

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Kris Nance	5:36.94	Ryan Loehding	19:29.51	Brad Pearson	19:52.44	Wally Capps	23:34.25
Kim Andres	7:11.12	Kim Andres	25:13.81	Jennifer Johnson	26:09.10	Cynthia Shepard	34:46.09

5K MALE

		26 Runners --- Average Time of 27:03					Avg. Age Grade: 56.4%			Place in	
Name		City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Ryan Loehding	Carrollton	(40)	9:44	+1	19:29.51 M	6:16.4	70.0%	1	1
MASTERS	1	Brad Pearson	Grapevine	(48)	10:00	-8	19:52.44 M	6:23.8	73.0%	3	3
SENIORS	1	Wally Capps	Farmers Branch	(71)	11:40	+14	23:34.25 M	7:35.2	75.7%	7	7
M25-29	1	Conrad Butler	Fort Worth	(26)	11:53	+58	24:44.95 M ✓	7:58.0	52.1%	9	9
M30-34	1	Seun Olugbode	Duncanville	(31)	14:30	+28	29:28.67	9:29.3	44.0%	22	16
M35-39	1	Kris Nance	Plano	(35)	9:53	+2	19:48.40 M	6:22.5	66.5%	2	2
	2	Michael Rumery	Plano	(39)	13:53	+43	28:29.31 M	9:10.2	47.6%	26	19
M40-44	1	Nathan Bruser		(41)	14:03	+28	28:34.26	9:11.8	48.1%	20	15
	2	Erwin Ramos	Rowlett	(41)	15:05	+101	31:51.24 M	10:15.2	43.2%	30	22
M45-49	1	Ian Maung	Coppell	(45)	9:54	+5	19:52.23 ✓	6:23.7	71.3%	4	4
	2	Matthew Parker	Kaufman	(46)	10:00	+14	20:12.97 M ✓	6:30.4	70.7%	5	5
	3	M Maimonides	Kansas City, Mo	(49)	11:08	+45	22:59.81 ✓	7:24.1	63.6%	6	6
	4	Richard Galemor	Keller	(45)	11:54	+57	24:45.36 M ✓	7:58.1	57.3%	10	10
	5	John Smith	Dallas	(46)	15:04	+31	30:38.40	9:51.7	46.6%	25	18
	6	Glenn Meador	Coppell	(47)	14:59	+74	31:11.63	10:02.4	46.2%	27	20
M50-54	1	David Short	Frisco	(51)	13:43	-100	25:46.86 M	8:17.9	57.7%	13	12
	2	Ronald Hamilton	The Colony	(53)	13:33	-19	26:45.92	8:36.9	56.5%	17	14
	3	John Kramer	Plano	(50)	15:10	+2	30:22.26 M ✓	9:46.5	48.6%	23	17
M55-59	1	Patrick Wheeler		(55)	11:39	+38	23:56.54	7:42.4	64.2%	8	8
	2	Julio Lopez	Farmers Branch	(56)	12:56	+0	25:51.07 M	8:19.2	59.9%	12	11
	3	James Johnson	Dallas	(59)	12:59	+23	26:21.11	8:28.9	60.3%	15	13
	4	Michael Johnson	Coppell	(59)	15:48	+21	31:57.46 M ✓	10:17.2	49.8%	31	23
	5	Ruben Reyes	Carrollton	(56)	16:37	+74	34:28.51 M	11:05.8	45.0%	36	25
	6	Mike Catt	The Colony	(58)	18:06	+105	37:56.11 M	12:12.6	41.6%	43	26
M60-64	1	Dave Hanna	Little Elm	(61)	15:46	+70	32:42.03 ✓	10:31.5	49.5%	35	24
M70-74	1	Tommy Farrar	Coppell	(71)	16:08	-51	31:25.97	10:07.0	56.8%	28	21

5K FEMALE

		24 Runners --- Average Time of 33:56					Avg. Age Grade: 48.9%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Kim Andres	Irving	(59)	12:23	+29	25:13.81	ℓ	8:07.3	75.5%	11	1
MASTERS	1 Jennifer Johnson	Coppell	(50)	13:00	+9	26:09.10	ℓ	8:25.0	64.7%	14	2
SENIORS	1 Cynthia Shepard	Colleyville	(57)	16:58	+50	34:46.09		11:11.4	53.3%	37	12
F10-14	1 Trinity Sullivan		(13)	14:28	+15	29:11.16		9:23.6	54.7%	21	6
F25-29	1 Florence Olugbuyi	Grand Prairie	(29)	15:31	+89	32:31.93		10:28.3	45.5%	34	11
	2 Daisy Agunbiade	Lewisville	(29)	17:10	+40	34:59.37		11:15.7	42.3%	38	13
	3 Michelle Middleton	Bedford	(29)	20:41	+56	42:17.07	✓	13:36.6	35.0%	50	24
F30-34	1 Mandy Kelly	Dallas	(31)	14:53	+50	30:35.33	✓	9:50.7	48.4%	24	7
	2 Marianne Jeanes	Allen	(30)	16:10	-18	32:02.83	✓	10:18.9	46.2%	33	10
	3 Jessica Linkert	Farmers Branch	(31)	16:10	+268	36:48.12		11:50.7	40.3%	47	21
	4 Candace Amanchuku	Irving	(31)	18:28	+146	39:21.34		12:40.0	37.6%	46	20
F35-39	1 Sara Greathouse	Dallas	(35)	16:10	-17	32:02.41		10:18.8	46.7%	32	9
	2 Laura Dittlinger	Carrollton	(36)	18:41	+65	38:27.94	✓	12:22.9	39.0%	44	18
	3 Maria Barrios		(38)	19:48	+133	41:49.22		13:27.6	36.2%	49	23
F40-44	1 Kavita Maung	Coppell	(42)	13:50	+54	28:34.64		9:11.9	54.4%	19	5
	2 Elise Harper	Allen	(43)	15:11	+82	31:43.75	ℓ ✓	10:12.8	49.4%	29	8
	3 Rachel Sandoval	Dallas	(43)	17:56	-15	35:37.68		11:28.1	44.0%	41	16
	4 Rachel Meador	Coppell	(44)	15:44	+374	37:42.75		12:08.3	41.9%	42	17
F45-49	1 Yanira Lopez	Farmers Branch	(49)	13:00	+19	26:20.13	ℓ	8:28.6	63.5%	16	3
	2 Kuay Sullivan		(46)	13:20	+34	27:14.97	ℓ	8:46.2	59.2%	18	4
	3 Helen Riney	Dallas	(49)	17:44	+6	35:33.21	ℓ	11:26.6	47.0%	40	15
F50-54	1 Deborah Pritchard	Allen	(53)	17:19	+37	35:15.45		11:20.9	49.9%	39	14
	2 Kimberly Arasato	Plano	(53)	20:17	+63	41:38.19		13:24.1	42.2%	48	22
F65-69	1 Ruth Olinger	The Colony	(69)	18:59	+36	38:33.62		12:24.7	57.5%	45	19

1M MALE

		17 Runners --- Average Time of 8:22				Avg. Age Grade: 54.0%			Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Kris Nance	Plano	(35)		5:36.94		5:36.9	67.5%	1	1
M25-29	1	Conrad Butler	Fort Worth	(26)		13:34.89		13:34.9	27.3%	23	16
M35-39	1	Michael Rumery	Plano	(39)		7:11.71		7:11.7	54.2%	6	5
M40-44	1	Ryan Loehding	Carrollton	(40)		5:43.21		5:43.2	68.6%	2	2
	2	Erwin Ramos	Rowlett	(41)		8:32.65		8:32.7	46.3%	16	12
M45-49	1	Matthew Parker	Kaufman	(46)		5:46.56	✓	5:46.6	71.1%	3	3
	2	Ruben Saguil	Carrollton	(47)		6:45.81		6:45.8	61.2%	4	4
	3	Brad Pearson	Grapevine	(48)		7:51.69		7:51.7	53.1%	10	8
	4	Richard Galemore	Keller	(45)		13:35.12		13:35.1	30.0%	24	17
M50-54	1	John Kramer	Plano	(50)		8:30.97		8:31.0	49.8%	15	11
	2	David Short	Frisco	(51)		9:36.49		9:36.5	44.5%	21	15
M55-59	1	Julio Lopez	Farmers Branch	(56)		8:02.60		8:02.6	55.4%	11	9
	2	Ruben Reyes	Carrollton	(56)		8:08.15		8:08.2	54.8%	13	10
	3	Michael Johnson	Coppell	(59)		8:59.50		8:59.5	50.9%	17	13
	4	Mike Catt	The Colony	(58)		9:36.06		9:36.1	47.2%	20	14
M60-64	1	John Nance	Rowlett	(64)		7:22.44		7:22.4	64.8%	8	7
M70-74	1	Wally Capps	Farmers Branch	(71)		7:12.20		7:12.2	71.2%	7	6

1M FEMALE

		7 Runners --- Average Time of 8:46				Avg. Age Grade: 58.3%			Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Kim Andres	Irving	(59)		7:11.12		7:11.1	78.3%	5	1
F01-09	1	Arwyn Sullivan		(8)		9:10.43	✓	9:10.4	55.9%	18	5
F40-44	1	Elise Harper	Allen	(43)		8:18.76		8:18.8	55.0%	14	4
F45-49	1	Yanira Lopez	Farmers Branch	(49)		7:46.00		7:46.0	63.3%	9	2
	2	Kuay Sullivan		(46)		9:10.62		9:10.6	51.7%	19	6
	3	Helen Riney	Dallas	(49)		11:42.72		11:42.7	42.0%	22	7
F50-54	1	Jennifer Johnson	Coppell	(50)		8:05.59		8:05.6	61.6%	12	3

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7276 Kris Nance (M35)	1	M35-39	OA	---				5:36.94		5:36.9	19.16	5:36.94	67.5%
2	7072 Ryan Loehding (M40)	2	M40-44	1st	---				5:43.21		5:43.2	19.56	5:43.21	68.6%
3	6802 Matthew Parker (M46)	3	M45-49	1st	---				5:46.56	✓ 1	5:46.6	19.73	5:46.56	71.1%
4	173 Ruben Saguil (M47)	4	M45-49	2nd	---				6:45.81		6:45.8	23.09	6:45.81	61.2%
5	6999 Kim Andres (F59)	1	F55-59	OA	---				7:11.12		7:11.1	24.58	7:11.12	78.3%
6	7038 Michael Rumery (M39)	5	M35-39	1st	---				7:11.71		7:11.7	24.58	7:11.71	54.2%
7	1916 Wally Capps (M71)	6	M70-74	1st	---				7:12.20		7:12.2	24.63	7:12.20	71.2%
8	7089 John Nance (M64)	7	M60-64	1st	---				7:22.44		7:22.4	25.20	7:22.44	64.8%
9	6931 Yanira Lopez (F49)	2	F45-49	1st	---				7:46.00		7:46.0	26.57	7:46.00	63.3%
10	6606 Brad Pearson (M48)	8	M45-49	3rd	---				7:51.69		7:51.7	26.86	7:51.69	53.1%
11	7193 Julio Lopez (M56)	9	M55-59	1st	---				8:02.60		8:02.6	27.48	8:02.60	55.4%
12	7262 Jennifer Johnson (F50)	3	F50-54	1st	---				8:05.59	✗	8:05.6	27.65	8:05.59	61.6%
13	6940 Ruben Reyes (M56)	10	M55-59	2nd	---				8:08.15		8:08.2	27.83	8:08.15	54.8%
14	6775 Elise Harper (F43)	4	F40-44	1st	---				8:18.76	✗	8:18.8	28.40	8:18.76	55.0%
15	6813 John Kramer (M50)	11	M50-54	1st	---				8:30.97		8:31.0	29.08	8:30.97	49.8%
16	6829 Erwin Ramos (M41)	12	M40-44	2nd	---				8:32.65	✗	8:32.7	29.19	8:32.65	46.3%
17	7252 Michael Johnson (M59)	13	M55-59	3rd	---				8:59.50		8:59.5	30.73	8:59.50	50.9%
18	6100 Arwyn Sullivan (F8)	5	F01-09	1st	---				9:10.43	✓ 1	9:10.4	31.36	9:10.43	55.9%
19	6102 Kuay Sullivan (F46)	6	F45-49	2nd	---				9:10.62		9:10.6	31.36	9:10.62	51.7%
20	7154 Mike Catt (M58)	14	M55-59	4th	---				9:36.06		9:36.1	32.84	9:36.06	47.2%
21	7061 David Short (M51)	15	M50-54	2nd	---				9:36.49		9:36.5	32.84	9:36.49	44.5%
22	6832 Helen Riney (F49)	7	F45-49	3rd	---				11:42.72	✗	11:42.7	40.03	11:42.72	42.0%
23	6738 Conrad Butler (M26)	16	M25-29	1st	---				13:34.89		13:34.9	46.41	13:34.89	27.3%
24	6678 Richard Galemore (M45)	17	M45-49	4th	---				13:35.12		13:35.1	46.47	13:35.12	30.0%

✓ 2 Club PR's

Average Finish Time: 08:28 4 First Timers

Average Age Grade: 55.2%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7072 Ryan Loehding (M40)	1	M40-44	OA	---	9:44	9:45	+1	19:29.51	ℓ	6:16.4	19.48	19:29.51	70.0%
2	7276 Kris Nance (M35)	2	M35-39	1st	0.6	9:53	9:55	+2	19:48.40	ℓ	6:22.5	19.80	19:49.05	66.5%
3	6606 Brad Pearson (M48)	3	M45-49	MS	---	10:00	9:52	-8	19:52.44	ℓ	6:23.8	19.87	19:52.44	73.0%
4	7167 Ian Maung (M45)	4	M45-49	1st	0.9	9:54	9:58	+5	19:52.23	✓ 2	6:23.7	19.87	19:53.16	71.3%
5	6802 Matthew Parker (M46)	5	M45-49	2nd	1.5	10:00	10:13	+14	20:12.97	ℓ ✓ 1	6:30.4	20.20	20:14.50	70.7%
6	6557 M Maimonides (M49)	6	M45-49	3rd	1.5	11:08	11:52	+45	22:59.81	✓ 2	7:24.1	22.98	23:01.31	63.6%
7	1916 Wally Capps (M71)	7	M70-74	SR	1.1	11:40	11:54	+14	23:34.25	ℓ	7:35.2	23.57	23:35.35	75.7%
8	6105 Patrick Wheeler (M55)	8	M55-59	1st	---	11:39	12:17	+38	23:56.54		7:42.4	23.93	23:56.54	64.2%
9	6738 Conrad Butler (M26)	9	M25-29	1st	2.5	11:53	12:52	+58	24:44.95	ℓ ✓ 1	7:58.0	24.73	24:47.44	52.1%
10	6678 Richard Galemore (M45)	10	M45-49	4th	2.6	11:54	12:51	+57	24:45.36	ℓ ✓ 1	7:58.1	24.75	24:47.96	57.3%
11	6999 Kim Andres (F59)	1	F55-59	OA	0.7	12:23	12:51	+29	25:13.81	ℓ	8:07.3	25.22	25:14.54	75.5%
12	7193 Julio Lopez (M56)	11	M55-59	2nd	2.9	12:56	12:55	+0	25:51.07	ℓ	8:19.2	25.85	25:53.93	59.9%
13	7061 David Short (M51)	12	M50-54	1st	8.5	13:43	12:03	-100	25:46.86	ℓ	8:17.9	25.77	25:55.39	57.7%
14	7262 Jennifer Johnson (F50)	2	F50-54	MS	1.5	13:00	13:09	+9	26:09.10	ℓ	8:25.0	26.15	26:10.59	64.7%
15	7191 James Johnson (M59)	13	M55-59	3rd	0.3	12:59	13:22	+23	26:21.11		8:28.9	26.35	26:21.41	60.3%
16	6931 Yanira Lopez (F49)	3	F45-49	1st	2.6	13:00	13:20	+19	26:20.13	ℓ	8:28.6	26.33	26:22.71	63.5%
17	6769 Ronald Hamilton (M53)	14	M50-54	2nd	7.1	13:33	13:13	-19	26:45.92		8:36.9	26.75	26:53.05	56.5%
18	6102 Kuay Sullivan (F46)	4	F45-49	2nd	2.5	13:20	13:55	+34	27:14.97	ℓ	8:46.2	27.23	27:17.45	59.2%
19	7169 Kavita Maung (F42)	5	F40-44	1st	0.3	13:50	14:45	+54	28:34.64		9:11.9	28.57	28:34.97	54.4%
20	6104 Nathan Bruser (M41)	15	M40-44	1st	28.4	14:03	14:31	+28	28:34.26		9:11.8	28.57	29:02.68	48.1%
21	6101 Trinity Sullivan (F13)	6	F10-14	1st	1.6	14:28	14:43	+15	29:11.16		9:23.6	29.18	29:12.74	54.7%
22	6732 Seun Olugbode (M31)	16	M30-34	1st	4.2	14:30	14:59	+28	29:28.67		9:29.3	29.47	29:32.83	44.0%

FN*: Broke Age-Group Record

GD Place among Females

Positive Split

Timing provided by:

8/26/2012

Ran Mile before 5K ✓ # Races PR @ Carrollton Runners (2003 & later)

Negative Split

 DeltaViewTiming.com

23	6813	John Kramer (M50)	17	M50-54	3rd	---	15:10	15:12	+2	30:22.26	♫ ✓	1	9:46.5	30.37	30:22.26	48.6%
24	6834	Mandy Kelly (F31)	7	F30-34	1st	2.7	14:53	15:43	+50	30:35.33	✓	1	9:50.7	30.58	30:37.99	48.4%
25	6676	John Smith (M46)	18	M45-49	5th	5.6	15:04	15:35	+31	30:38.40			9:51.7	30.63	30:44.00	46.6%
26	7038	Michael Rumery (M39)	19	M35-39	2nd	142.9	13:53	14:36	+43	28:29.31	♫		9:10.2	28.48	30:52.24	47.6%
27	7164	Glenn Meador (M47)	20	M45-49	6th	4.7	14:59	16:13	+74	31:11.63			10:02.4	31.18	31:16.33	46.2%
28	6997	Tommy Farrar (M71)	21	M70-74	1st	3.9	16:08	15:18	-51	31:25.97			10:07.0	31.42	31:29.89	56.8%
29	6775	Elise Harper (F43)	8	F40-44	2nd	3.6	15:11	16:33	+82	31:43.75	♫ ✓	2	10:12.8	31.72	31:47.35	49.4%
30	6829	Erwin Ramos (M41)	22	M40-44	2nd	6.8	15:05	16:46	+101	31:51.24	♫	⊗	10:15.2	31.85	31:58.02	43.2%
31	7252	Michael Johnson (M59)	23	M55-59	4th	8.1	15:48	16:09	+21	31:57.46	♫ ✓	6	10:17.2	31.95	32:05.52	49.8%
32	7277	Sara Greathouse (F35)	9	F35-39	1st	10.3	16:10	15:53	-17	32:02.41			10:18.8	32.03	32:12.70	46.7%
33	6182	Marianne Jeanes (F30)	10	F30-34	2nd	10.6	16:10	15:53	-18	32:02.83	✓	1	10:18.9	32.03	32:13.45	46.2%
34	6820	Florence Olugbuyi (F29)	11	F25-29	1st	10.3	15:31	17:01	+89	32:31.93		⊗	10:28.3	32.52	32:42.21	45.5%
35	6670	Dave Hanna (M61)	24	M60-64	1st	4.1	15:46	16:56	+70	32:42.03	✓	2	10:31.5	32.70	32:46.17	49.5%
36	6940	Ruben Reyes (M56)	25	M55-59	5th	3.8	16:37	17:51	+74	34:28.51	♫		11:05.8	34.47	34:32.35	45.0%
37	6635	Cynthia Shepard (F57)	12	F55-59	SR	1.9	16:58	17:48	+50	34:46.09			11:11.4	34.77	34:47.97	53.3%
38	6693	Daisy Agunbiade (F29)	13	F25-29	2nd	6.5	17:10	17:50	+40	34:59.37		⊗	11:15.7	34.98	35:05.88	42.3%
39	7226	Deborah Pritchard (F53)	14	F50-54	1st	2.1	17:19	17:56	+37	35:15.45		⊗	11:20.9	35.25	35:17.58	49.9%
40	6832	Helen Riney (F49)	15	F45-49	3rd	4.6	17:44	17:50	+6	35:33.21	♫	⊗	11:26.6	35.55	35:37.82	47.0%
41	6827	Rachel Sandoval (F43)	16	F40-44	3rd	6.4	17:56	17:41	-15	35:37.68		⊗	11:28.1	35.62	35:44.04	44.0%
42	7168	Rachel Meador (F44)	17	F40-44	4th	5.4	15:44	21:59	+374	37:42.75			12:08.3	37.70	37:48.13	41.9%
43	7154	Mike Catt (M58)	26	M55-59	6th	6.1	18:06	19:51	+105	37:56.11	♫		12:12.6	37.93	38:02.25	41.6%
44	6786	Laura Dittlinger (F36)	18	F35-39	2nd	3.2	18:41	19:47	+65	38:27.94	✓	2	12:22.9	38.45	38:31.12	39.0%
45	7149	Ruth Olinger (F69)	19	F65-69	1st	2.5	18:59	19:35	+36	38:33.62			12:24.7	38.55	38:36.12	57.5%
46	6927	Candace Amanchuku (F31)	20	F30-34	4th	8.6	18:28	20:54	+146	39:21.34			12:40.0	39.35	39:29.96	37.6%
47	6735	Jessica Linkert (F31)	21	F30-34	3rd	180.4	16:10	20:38	+268	36:48.12			11:50.7	36.80	39:48.53	40.3%
48	6826	Kimberly Arasato (F53)	22	F50-54	2nd	9.9	20:17	21:21	+63	41:38.19		⊗	13:24.1	41.63	41:48.13	42.2%
49	6103	Maria Barrios (F38)	23	F35-39	3rd	3.6	19:48	22:01	+133	41:49.22		⊗	13:27.6	41.82	41:52.87	36.2%
50	6796	Michelle Middleton (F29)	24	F25-29	3rd	399.0	20:41	21:36	+56	42:17.07	✓	1	13:36.6	42.28	48:56.05	35.0%
42 Positive Split 8 Negative Split ✓ 13 Club PR's Average Finish Time: 30:21 <i>8 First Timers</i> Average Age Grade: 52.8%																

Sorted Age Grades

1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	5	Kim Andres	F59	7:11.12	78.3%	
2	7	Wally Capps	M71	7:12.20	71.2%	
3	3	Matthew Parker	M46	5:46.56	71.1%	Move UP
4	2	Ryan Loehding	M40	5:43.21	68.6%	
5	1	Kris Nance	M35	5:36.94	67.5%	
6	8	John Nance	M64	7:22.44	64.8%	
7	9	Yanira Lopez	F49	7:46.00	63.3%	
8	12	Jennifer Johnson	F50	8:05.59	61.6%	
9	4	Ruben Saguil	M47	6:45.81	61.2%	
10	18	Arwyn Sullivan	F8	9:10.43	55.9%	
11	11	Julio Lopez	M56	8:02.60	55.4%	
12	14	Elise Harper	F43	8:18.76	55.0%	
13	13	Ruben Reyes	M56	8:08.15	54.8%	
14	6	Michael Rumery	M39	7:11.71	54.2%	
15	10	Brad Pearson	M48	7:51.69	53.1%	
16	19	Kuay Sullivan	F46	9:10.62	51.7%	
17	17	Michael Johnson	M59	8:59.50	50.9%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	7	Wally Capps	M71	23:34.25	75.7%	Move UP
2	11	Kim Andres	F59	25:13.81	75.5%	
3	3	Brad Pearson	M48	19:52.44	73.0%	
4	4	Ian Maung	M45	19:52.23	71.3%	Move UP
5	5	Matthew Parker	M46	20:12.97	70.7%	Move UP
6	1	Ryan Loehding	M40	19:29.51	70.0%	
7	2	Kris Nance	M35	19:48.40	66.5%	
8	14	Jennifer Johnson	F50	26:09.10	64.7%	
9	8	Patrick Wheeler	M55	23:56.54	64.2%	
10	6	M Maimonides	M49	22:59.81	63.6%	
11	16	Yanira Lopez	F49	26:20.13	63.5%	
12	15	James Johnson	M59	26:21.11	60.3%	
13	12	Julio Lopez	M56	25:51.07	59.9%	
14	18	Kuay Sullivan	F46	27:14.97	59.2%	
15	13	David Short	M51	25:46.86	57.7%	
16	45	Ruth Olinger	F69	38:33.62	57.5%	
17	10	Richard Galemore	M45	24:45.36	57.3%	
18	28	Tommy Farrar	M71	31:25.97	56.8%	
19	17	Ronald Hamilton	M53	26:45.92	56.5%	
20	21	Trinity Sullivan	F13	29:11.16	54.7%	
21	19	Kavita Maung	F42	28:34.64	54.4%	
22	37	Cynthia Shepard	F57	34:46.09	53.3%	
23	9	Conrad Butler	M26	24:44.95	52.1%	

100%	World Record Level for Gender/Age
90%	World Class Level
80%	National Class Level
70%	Regional Class Level

List*	Carrollton Runners Performance Lists for Age Grades > 65%
65%	Boston-Qualifier Approximate Level
60%	Local Class Level
50%	Average Class Level