

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Ryan Loehding	5:48.98	David Gardner	18:29.96	Ryan Loehding	19:14.96	James Burnett	22:07.15
Kim Andres	7:46.97	Kim Andres	25:42.56	Yanira Lopez	27:36.01	Ruth Olinger	39:42.46

5K MALE

		20 Runners --- Average Time of 25:17					Avg. Age Grade: 59.7%			Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	David Gardner	Boulder CO	(42)	9:14	+2	18:29.96		5:57.3	74.9%	1	1
MASTERS	1	Ryan Loehding	Carrollton	(40)	9:38	-1	19:14.96	ℓ	6:11.7	70.9%	2	2
SENIORS	1	James Burnett		(58)	11:07	-6	22:07.15	ℓ	7:07.2	71.3%	6	6
M01-09	1	Brandon Baxter	Frisco	(9)	17:43	+100	37:07.22		11:56.9	44.1%	30	20
M30-34	1	Patrick Marques	Irving	(30)	11:48	+64	24:39.10	✓	7:56.1	52.5%	11	11
M35-39	1	Kris Nance	Plano	(36)	10:26	-11	20:40.85	ℓ	6:39.4	64.1%	3	3
	2	Hector Urbina	Double Oak	(35)	13:37	-54	26:19.69		8:28.5	50.1%	16	14
M40-44	1	Jared Raye		(40)	11:08	+7	22:23.17	ℓ	7:12.3	61.0%	7	7
	2	Nathan Bruser	Coppell	(41)	12:23	-5	24:40.30		7:56.5	55.7%	12	12
	3	Emmett Rahl	Long Beach, Ca	(41)	13:15	-21	26:09.68	ℓ	8:25.2	52.6%	15	13
M45-49	1	Ian Maung	Coppell	(45)	10:24	+6	20:54.91		6:43.9	67.8%	4	4
	2	Doug Waters	Carrollton	(48)	10:38	-7	21:08.92	ℓ	6:48.4	68.6%	5	5
	3	Jeff Breese	Frisco	(48)	12:04	-25	23:42.92	ℓ	7:38.0	61.2%	9	9
	4	David Baxter	Frisco	(48)	17:44	-80	34:07.87		10:59.1	42.5%	26	19
M50-54	1	Ronald Hamilton	The Colony	(53)	13:54	-1	27:47.24	ℓ	8:56.6	54.4%	20	16
M55-59	1	Julio Lopez	Farmers Branch	(57)	11:29	+33	23:31.48	ℓ	7:34.3	66.4%	8	8
M60-64	1	Glenn Dumas	Farmers Branch	(63)	12:38	+7	25:23.08	ℓ	8:10.2	64.9%	17	15
	2	Michael Johnson	Coppell	(60)	15:27	-7	30:47.32	ℓ ✓	9:54.6	52.1%	24	17
	3	David Mask	Lewisville	(60)	16:26	-23	32:28.14		10:27.0	49.4%	25	18
M65-69	1	John Ross		(65)	12:06	-24	23:47.35		7:39.4	70.5%	10	10



5K FEMALE

		12 Runners --- Average Time of 32:07					Avg. Age Grade: 53.7%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Kim Andres	Irving	(59)	12:38	+26	25:42.56	ℓ	8:16.5	74.1%	13	1
MASTERS	1 Yanira Lopez	Farmers Branch	(50)	13:48	+1	27:36.01	ℓ	8:53.0	61.3%	18	3
SENIORS	1 Ruth Olinger	The Colony	(70)	19:31	+41	39:42.46		12:46.8	56.8%	31	11
F01-09	1 Arwyn Sullivan		(8)	15:05	+2	30:12.50		9:43.4	60.0%	21	5
F10-14	1 Trinity Sullivan		(13)	12:57	+1	25:55.52	✓	8:20.7	61.6%	14	2
F20-24	1 Marilu Flores		(23)			34:53.80		11:13.9	42.4%	28	9
F30-34	1 Jacqi Serie	Denton	(34)	14:05	-29	27:40.44		8:54.4	53.9%	19	4
	2 Nicole Manley	Farmers Branch	(34)	14:54	+55	30:43.24		9:53.3	48.5%	23	7
F40-44	1 Esmeralda Mejico	Shady Shores	(44)	17:14	+3	34:30.24		11:06.3	45.9%	27	8
	2 Brenda Baxter	Frisco	(44)	17:45	+96	37:05.59		11:56.4	42.7%	29	10
F45-49	1 Kuay Sullivan		(47)	15:04	+3	30:11.42	ℓ	9:43.0	54.0%	22	6
F50-54	1 Karen Webb	Farmers Branch	(53)	19:40	+110	41:09.71		13:14.9	42.7%	32	12

1M MALE

		14 Runners --- Average Time of 7:07					Avg. Age Grade: 61.4%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Ryan Loehding	Carrollton	(40)			5:48.98		5:49.0	67.5%	1	1
M35-39	1 Kris Nance	Plano	(36)			5:51.79		5:51.8	65.0%	2	2
M40-44	1 Jared Raye		(40)			6:49.07		6:49.1	57.6%	8	8
	2 Emmett Rahl	Long Beach, Ca	(41)			8:06.02		8:06.0	48.8%	12	11
M45-49	1 Jeff Breese	Frisco	(48)			6:30.77		6:30.8	64.1%	3	3
	2 Ruben Saguil	Carrollton	(48)			6:40.89		6:40.9	62.5%	5	5
	3 Doug Waters	Carrollton	(48)			6:43.31		6:43.3	62.1%	7	7
M50-54	1 Ronald Hamilton	The Colony	(53)			8:13.75		8:13.8	52.8%	14	12
M55-59	1 James Burnett		(58)			6:34.39		6:34.4	69.0%	4	4
	2 Julio Lopez	Farmers Branch	(57)			6:42.03		6:42.0	67.1%	6	6
M60-64	1 John Nance	Rowlett	(64)			7:23.53		7:23.5	64.7%	10	10
	2 Michael Johnson	Coppell	(60)			8:32.52		8:32.5	54.0%	16	13
	3 Glenn Dumas	Farmers Branch	(63)			8:36.52		8:36.5	55.0%	17	14
M65-69	1 Thomas Conway		(67)			7:02.55		7:02.6	69.8%	9	9

1M FEMALE

		3 Runners --- Average Time of 8:06					Avg. Age Grade: 63.6%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Kim Andres	Irving	(59)			7:46.97		7:47.0	72.3%	11	1
F45-49	1 Kuay Sullivan		(47)			8:21.41		8:21.4	57.4%	15	3
F50-54	1 Yanira Lopez	Farmers Branch	(50)			8:10.12		8:10.1	61.0%	13	2

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7072 Ryan Loehding (M40)	1	M40-44	OA	---				5:48.98		5:49.0	19.84	5:48.98	67.5%
2	7276 Kris Nance (M36)	2	M35-39	1st	---				5:51.79		5:51.8	20.01	5:51.79	65.0%
3	7216 Jeff Breese (M48)	3	M45-49	1st	---				6:30.77		6:30.8	22.24	6:30.77	64.1%
4	6106 James Burnett (M58)	4	M55-59	1st	---				6:34.39	x	6:34.4	22.47	6:34.39	69.0%
5	7003 Ruben Saguil (M48)	5	M45-49	2nd	---				6:40.89		6:40.9	22.81	6:40.89	62.5%
6	7193 Julio Lopez (M57)	6	M55-59	2nd	---				6:42.03		6:42.0	22.92	6:42.03	67.1%
7	7012 Doug Waters (M48)	7	M45-49	3rd	---				6:43.31	x	6:43.3	22.98	6:43.31	62.1%
8	6101 Jared Raye (M40)	8	M40-44	1st	---				6:49.07	x	6:49.1	23.32	6:49.07	57.6%
9	7045 Thomas Conway (M67)	9	M65-69	1st	---				7:02.55		7:02.6	24.06	7:02.55	69.8%
10	7089 John Nance (M64)	10	M60-64	1st	---				7:23.53		7:23.5	25.26	7:23.53	64.7%
11	7040 Kim Andres (F59)	1	F55-59	OA	---				7:46.97		7:47.0	26.57	7:46.97	72.3%
12	6536 Emmett Rahl (M41)	11	M40-44	2nd	---				8:06.02		8:06.0	27.71	8:06.02	48.8%
13	7198 Yanira Lopez (F50)	2	F50-54	1st	---				8:10.12		8:10.1	27.94	8:10.12	61.0%
14	6769 Ronald Hamilton (M53)	12	M50-54	1st	---				8:13.75	x	8:13.8	28.11	8:13.75	52.8%
15	6105 Kuay Sullivan (F47)	3	F45-49	1st	---				8:21.41		8:21.4	28.57	8:21.41	57.4%
16	7252 Michael Johnson (M60)	13	M60-64	2nd	---				8:32.52		8:32.5	29.19	8:32.52	54.0%
17	7014 Glenn Dumas (M63)	14	M60-64	3rd	---				8:36.52		8:36.5	29.42	8:36.52	55.0%

✓ No Club PR's

Average Finish Time: 07:17 4 First Timers

Average Age Grade: 61.8%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6108 David Gardner (M42)	1	M40-44	OA	---	9:14	9:16	+2	18:29.96		5:57.3	18.48	18:29.96	74.9%
2	7072 Ryan Loehding (M40)	2	M40-44	MS	1.2	9:38	9:37	-1	19:14.96	ℓ	6:11.7	19.23	19:16.14	70.9%
3	7276 Kris Nance (M36)	3	M35-39	1st	0.4	10:26	10:15	-11	20:40.85	ℓ	6:39.4	20.67	20:41.22	64.1%
4	7167 Ian Maung (M45)	4	M45-49	1st	4.2	10:24	10:31	+6	20:54.91		6:43.9	20.90	20:59.11	67.8%
5	7012 Doug Waters (M48)	5	M45-49	2nd	---	10:38	10:31	-7	21:08.92	ℓ	6:48.4	21.13	21:08.92	68.6%
6	6106 James Burnett (M58)	6	M55-59	SR	3.0	11:07	11:01	-6	22:07.15	ℓ x	7:07.2	22.12	22:10.12	71.3%
7	6101 Jared Raye (M40)	7	M40-44	1st	---	11:08	11:15	+7	22:23.17	ℓ x	7:12.3	22.38	22:23.17	61.0%
8	7193 Julio Lopez (M57)	8	M55-59	1st	0.1	11:29	12:02	+33	23:31.48	ℓ	7:34.3	23.52	23:31.62	66.4%
9	7216 Jeff Breese (M48)	9	M45-49	3rd	4.2	12:04	11:39	-25	23:42.92	ℓ	7:38.0	23.70	23:47.09	61.2%
10	6107 John Ross (M65)	10	M65-69	1st	0.1	12:06	11:42	-24	23:47.35	x	7:39.4	23.78	23:47.47	70.5%
11	6895 Patrick Marques (M30)	11	M30-34	1st	6.7	11:48	12:52	+64	24:39.10	✓ 1	7:56.1	24.65	24:45.84	52.5%
12	7097 Nathan Bruser (M41)	12	M40-44	2nd	10.1	12:23	12:18	-5	24:40.30		7:56.5	24.67	24:50.43	55.7%
13	7040 Kim Andres (F59)	1	F55-59	OA	2.1	12:38	13:04	+26	25:42.56	ℓ	8:16.5	25.70	25:44.63	74.1%
14	6104 Trinity Sullivan (F13)	2	F10-14	1st	---	12:57	12:58	+1	25:55.52	✓ 3	8:20.7	25.92	25:55.52	61.6%
15	6536 Emmett Rahl (M41)	13	M40-44	3rd	3.9	13:15	12:54	-21	26:09.68	ℓ	8:25.2	26.15	26:13.62	52.6%
16	6898 Hector Urbina (M35)	14	M35-39	2nd	5.5	13:37	12:43	-54	26:19.69	x	8:28.5	26.32	26:25.17	50.1%
17	7014 Glenn Dumas (M63)	15	M60-64	1st	66.0	12:38	12:45	+7	25:23.08	ℓ	8:10.2	25.38	26:29.07	64.9%
18	7198 Yanira Lopez (F50)	3	F50-54	MS	2.6	13:48	13:48	+1	27:36.01	ℓ	8:53.0	27.60	27:38.58	61.3%
19	6947 Jacqi Serie (F34)	4	F30-34	1st	4.8	14:05	13:36	-29	27:40.44	x	8:54.4	27.67	27:45.25	53.9%
20	6769 Ronald Hamilton (M53)	16	M50-54	1st	4.7	13:54	13:53	-1	27:47.24	ℓ	8:56.6	27.78	27:51.95	54.4%
21	6103 Arwyn Sullivan (F8)	5	F01-09	1st	1.7	15:05	15:07	+2	30:12.50	x	9:43.4	30.20	30:14.23	60.0%
22	6105 Kuay Sullivan (F47)	6	F45-49	1st	3.5	15:04	15:07	+3	30:11.42	ℓ	9:43.0	30.18	30:14.87	54.0%
23	6894 Nicole Manley (F34)	7	F30-34	2nd	6.7	14:54	15:49	+55	30:43.24		9:53.3	30.72	30:49.99	48.5%
24	7252 Michael Johnson (M60)	17	M60-64	2nd	3.9	15:27	15:20	-7	30:47.32	ℓ ✓ 4	9:54.6	30.78	30:51.19	52.1%
25	7008 David Mask (M60)	18	M60-64	3rd	42.3	16:26	16:02	-23	32:28.14		10:27.0	32.47	33:10.45	49.4%
26	6959 David Baxter (M48)	19	M45-49	4th	2.6	17:44	16:24	-80	34:07.87	x	10:59.1	34.12	34:10.44	42.5%
27	6887 Esmeralda Mejico (F44)	8	F40-44	1st	5.3	17:14	17:17	+3	34:30.24		11:06.3	34.50	34:35.52	45.9%
28	6102 Marilu Flores (F23)	9	F20-24	1st	5.0				34:53.80	x	11:13.9	34.88	34:58.80	42.4%
29	6949 Brenda Baxter (F44)	10	F40-44	2nd	0.2	17:45	19:21	+96	37:05.59	x	11:56.4	37.08	37:05.81	42.7%

FN*: Broke Age-Group Record

GD Place among Females

Positive Split

Timing provided by:

12/30/2012

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

Negative Split



DeltaViewTiming.com

30	6950	Brandon Baxter (M9)	20	M01-09	1st	---	17:43	19:24	+100	37:07.22	⌘ 11:56.9	37.12	37:07.22	44.1%
31	7149	Ruth Olinger (F70)	11	F70-74	SR	2.0	19:31	20:11	+41	39:42.46	12:46.8	39.70	39:44.43	56.8%
32	6955	Karen Webb (F53)	12	F50-54	1st	5.1	19:40	21:30	+110	41:09.71	⌘ 13:14.9	41.15	41:14.81	42.7%
17 Positive Split 14 Negative Split ✓ 3 Club PR's							Average Finish Time: 27:50 <u>11 First Timers</u> Average Age Grade: 57.5%							

Sorted Age Grades

1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	11	Kim Andres	F59	7:46.97	72.3%	
2	9	Thomas Conway	M67	7:02.55	69.8%	
3	4	James Burnett	M58	6:34.39	69.0%	New
4	1	Ryan Loehding	M40	5:48.98	67.5%	
5	6	Julio Lopez	M57	6:42.03	67.1%	
6	2	Kris Nance	M36	5:51.79	65.0%	
7	10	John Nance	M64	7:23.53	64.7%	
8	3	Jeff Breese	M48	6:30.77	64.1%	
9	5	Ruben Saguil	M48	6:40.89	62.5%	
10	7	Doug Waters	M48	6:43.31	62.1%	
11	13	Yanira Lopez	F50	8:10.12	61.0%	
12	8	Jared Raye	M40	6:49.07	57.6%	
13	15	Kuay Sullivan	F47	8:21.41	57.4%	
14	17	Glenn Dumas	M63	8:36.52	55.0%	
15	16	Michael Johnson	M60	8:32.52	54.0%	
16	14	Ronald Hamilton	M53	8:13.75	52.8%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	David Gardner	M42	18:29.96	74.9%	Move UP
2	13	Kim Andres	F59	25:42.56	74.1%	
3	6	James Burnett	M58	22:07.15	71.3%	New
4	2	Ryan Loehding	M40	19:14.96	70.9%	
5	10	John Ross	M65	23:47.35	70.5%	New
6	5	Doug Waters	M48	21:08.92	68.6%	
7	4	Ian Maung	M45	20:54.91	67.8%	
8	8	Julio Lopez	M57	23:31.48	66.4%	
9	17	Glenn Dumas	M63	25:23.08	64.9%	
10	3	Kris Nance	M36	20:40.85	64.1%	
11	14	Trinity Sullivan	F13	25:55.52	61.6%	
12	18	Yanira Lopez	F50	27:36.01	61.3%	
13	9	Jeff Breese	M48	23:42.92	61.2%	
14	7	Jared Raye	M40	22:23.17	61.0%	
15	21	Arwyn Sullivan	F8	30:12.50	60.0%	
16	31	Ruth Olinger	F70	39:42.46	56.8%	
17	12	Nathan Bruser	M41	24:40.30	55.7%	
18	20	Ronald Hamilton	M53	27:47.24	54.4%	
19	22	Kuay Sullivan	F47	30:11.42	54.0%	
20	19	Jacqi Serie	F34	27:40.44	53.9%	
21	15	Emmett Rahl	M41	26:09.68	52.6%	
22	11	Patrick Marques	M30	24:39.10	52.5%	
23	24	Michael Johnson	M60	30:47.32	52.1%	
24	16	Hector Urbina	M35	26:19.69	50.1%	

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