

Sunday, July 29, 2012

Carrollton Runners Mile + 5K

82F Clear 58%H 6mphSW

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

Mile Off :7:37 am

5K Off :7:54 am

Mile Overall		5K Overall		5K Masters		5K Seniors	
Matthew Parker	6:05.64	Albert Marban	19:21.93	Ian Maung	20:03.68	Julio Lopez	23:24.54
Kim Andres	6:57.39	Trinity Sullivan	26:36.51	Yanira Lopez	28:26.16	Cynthia Shepard	36:37.76

5K MALE

		35 Runners --- Average Time of 32:21					Avg. Age Grade: 51.0%			Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Albert Marban	Farmers Branch	(18)	9:18	+46	19:21.93		6:14.0	68.9%	1	1
MASTERS	1	Ian Maung	Coppell	(45)	9:57	+10	20:03.68		6:27.4	70.7%	3	3
SENIORS	1	Julio Lopez	Farmers Branch	(56)	11:22	+41	23:24.54 M		7:32.1	66.2%	9	9
M01-09	1	Nathan Eppelman	Coppell	(6)	16:45	+88	34:57.27		11:15.0	53.5%	34	24
	2	Nicholas Eppelman	Coppell	(6)	16:44	+90	34:57.85		11:15.2	53.5%	33	23
	3	Ryan Gibson		(6)	21:30	+21	43:21.29		13:57.3	43.1%	43	28
M10-14	1	Andrew Gibson	Justin	(10)	12:25	+72	26:02.20		8:22.8	60.6%	13	13
	2	Matthew Galemore	Keller	(13)	24:49	-7	49:31.60 M		15:56.5	29.3%	48	30
	3	Richardo Leal, Jr	Fort Worth	(13)	25:52	-100	50:04.44		16:07.0	29.0%	50	32
	4	Christopher Leal	Fort Worth	(11)	25:53	-48	50:58.27		16:24.4	30.0%	53	34
	5	Jacob King		(11)	25:41	+63	52:24.93		16:52.3	29.2%	55	35
M20-24	1	Robert McDermott	Dallas	(20)	10:07	+85	21:38.13		6:57.8	60.3%	6	6
	2	Marcus Wilson	Eules	(24)	14:25	+143	31:13.88 M		10:03.1	41.3%	25	21
M25-29	1	Chinedu Orabuchi	Denton	(25)			22:30.00		7:14.5	57.3%	7	7
	2	Conrad Butler	Fort Worth	(26)	13:42	+141	29:45.48 M		9:34.7	43.3%	22	18
M35-39	1	Kris Nance	Plano	(35)	9:57	-13	19:40.53		6:20.0	67.0%	2	2
M40-44	1	David Fox	Kaufman	(43)	13:34	+13	27:20.55		8:48.0	51.1%	18	16
	2	Andy Gibson		(41)	19:31	+152	41:34.67		13:23.0	33.1%	42	27
	3	Richardo Leal	Fort Worth	(42)	25:51	-88	50:14.48		16:10.3	27.6%	51	33
M45-49	1	Monte Dobson		(47)	10:06	+0	20:11.49		6:29.9	71.3%	4	4
	2	Matthew Parker		(46)	10:04	+23	20:31.08 M		6:36.2	69.6%	5	5
	3	M Maimonides	Kansas City, MO	(49)	11:20	+27	23:06.36 ✓		7:26.2	63.3%	8	8
	4	Scott Eppelman	Coppell	(45)	16:45	+91	35:01.45		11:16.4	40.5%	35	25
	5	Richard Galemore	Keller	(45)	24:50	-8	49:32.53 M		15:56.8	28.6%	49	31
M50-54	1	Ronald Hamilton	The Colony	(52)	13:04	+11	26:19.69 ✓		8:28.5	56.9%	14	14
	2	Dennis Starkey	Farmers Branch	(54)	14:11	+11	28:32.14		9:11.1	53.4%	21	17
	3	John Kramer	Plano	(50)	14:57	+62	30:56.73 M		9:57.6	47.7%	24	20
	4	Andrew Sommerman		(50)	22:13	+106	46:11.29		14:52.0	31.9%	45	29
M55-59	1	James Johnson	Dallas	(59)	13:00	+56	26:55.58		8:40.0	59.1%	17	15
	2	Ruben Reyes	Carrollton	(56)	14:37	+82	30:36.06 M		9:51.0	50.6%	23	19
	3	Mike Johnson		(59)	16:34	+7	33:15.39 M		10:42.3	47.8%	30	22
	4	Dennis Chupp	McKinney	(55)	17:46	+197	38:50.05		12:30.0	39.6%	38	26
M60-64	1	David Mask	Lewisville	(60)	12:10	+18	24:37.96		7:55.7	65.1%	12	12
M65-69	1	Thomas Conway		(67)	12:24	-4	24:44.01 M		7:57.7	69.1%	11	11
M70-74	1	Wally Capps	Farmers Branch	(71)	11:55	+6	23:55.77 M		7:42.1	74.6%	10	10

FN*: Broke Age-Group Record

GD Place among Females

▲ Positive Split

Timing provided by:

M Ran Mile before 5K

✓ # Races

PR @ Carrollton Runners (2003 & later)

▲ Negative Split



DeltaViewTiming.com

5K FEMALE

		22 Runners --- Average Time of 38:21		Avg. Age Grade: 43.6%			Place in					
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD	
OVERALL	1	Trinity Sullivan	(13)	13:09	+18	26:36.51	✓	8:33.9	60.0%	15	1	
MASTERS	1	Yanira Lopez	Farmers Branch	(49)	13:43	+60	28:26.16	⌚	9:09.2	58.8%	20	4
SENIORS	1	Cynthia Shepard	Colleyville	(57)	17:14	+130	36:37.76		11:47.4	50.6%	36	11
F10-14	1	Amanda Leal	Fort Worth	(14)	27:37	-256	50:58.77	⌚	16:24.5	30.8%	54	20
F15-19	1	Nicole Hartman	Lewisville	(18)	13:34	-26	26:41.78	✓	8:35.6	56.0%	16	2
	2	Kirsten Dobson		(16)	17:08	-53	33:24.13		10:45.1	45.8%	31	9
F20-24	1	Chinwe Orabuchi	Denton	(22)			28:06.12	✓	9:02.7	52.7%	19	3
	2	Samantha Sommerman		(23)	14:56	+112	31:44.48		10:13.0	46.6%	27	6
F25-29	1	Florence Olugbnyi	Grand Prairie	(29)	16:20	+107	34:26.75		11:05.2	43.0%	32	10
	2	Michelle Middleton	Bedford	(29)	24:15	-78	47:12.62	⌚	15:11.7	31.3%	47	18
	3	Casandra Piott	Fort Worth	(29)	25:55	-91	50:18.18	⌚	16:11.5	29.4%	52	19
F30-34	1	Mandy Kelly	Dallas	(31)	15:14	+65	31:33.45		10:09.4	46.9%	26	5
	2	Candace Amanchuku	Irving	(31)	17:56	+157	38:29.55	✓	12:23.4	38.5%	37	12
F35-39	1	Laura Dittlinger	Carrollton	(36)	19:46	-6	39:26.72	✓	12:41.8	38.1%	40	14
	2	Sendra Leal	Fort Worth	(39)	27:43	-159	52:46.27	⌚	16:59.1	28.9%	56	21
F40-44	1	Elise Harper	Allen	(43)	15:24	+62	31:49.93	✓	10:14.7	49.3%	28	7
	2	Scymentress Williams	Arlington	(41)	15:45	+83	32:53.35		10:35.2	46.9%	29	8
	3	Sherri Gibson	Justin	(41)	21:18	+49	43:25.77		13:58.7	35.5%	44	16
	4	LaBina Lee-Mason	Carrollton	(40)	22:15	+101	46:11.76		14:52.1	33.2%	46	17
F50-54	1	Pam Long		(52)	25:42	+108	53:12.17		17:07.5	32.6%	57	22
F60-64	1	Carol Creech	Plano	(61)	18:37	+127	39:20.33		12:39.7	49.8%	39	13
F65-69	1	Ruth Olinger	The Colony	(69)	19:31	+61	40:02.76		12:53.4	55.4%	41	15

FN*: Broke Age-Group Record GD Place among Females
 Ran Mile before 5K ✓ #Races PR @ Carrollton Runners (2003 & later)

▲ Positive Split
 ▼ Negative Split

1M MALE

		14 Runners --- Average Time of 8:11				Avg. Age Grade: 57.0%			Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Matthew Parker	Kaufman	(46)			6:05.64		6:05.6	67.4%	1	1
M10-14	1 Matthew Galemore	Keller	(13)			12:33.40		12:33.4	33.2%	21	13
M20-24	1 Marcus Wilson	Eules	(24)			8:35.27		8:35.3	43.2%	14	11
M25-29	1 Conrad Butler	Fort Worth	(26)			6:25.19		6:25.2	57.8%	2	2
M45-49	1 Richard Galemore	Keller	(45)			12:33.88		12:33.9	32.5%	22	14
M50-54	1 John Kramer	Plano	(50)			8:30.88		8:30.9	49.8%	13	10
M55-59	1 Julio Lopez	Farmers Branch	(56)			6:29.71		6:29.7	68.6%	3	3
	2 Ruben Reyes	Carrollton	(56)			7:57.55		7:57.6	56.0%	12	9
	3 Mike Johnson		(59)			8:59.21		8:59.2	50.9%	15	12
M60-64	1 John Nance	Rowlett	(64)			7:13.63	✓	7:13.6	66.1%	8	7
	2 Scott McKissick	Irving	(63)			7:49.04		7:49.0	60.6%	11	8
M65-69	1 Thomas Conway		(67)			6:52.12	✓	6:52.1	71.5%	4	4
	2 Bill Shirley	Dallas	(69)			7:13.32		7:13.3	69.4%	7	6
M70-74	1 Wally Capps	Farmers Branch	(71)			7:10.81		7:10.8	71.5%	6	5

1M FEMALE

		10 Runners --- Average Time of 10:20				Avg. Age Grade: 50.1%			Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Kim Andres	Irving	(59)			6:57.39	✓	6:57.4	80.9%	5	1
F01-09	1 Arwyn Sullivan		(8)			9:20.88		9:20.9	54.9%	16	4
	2 Caroline St. John	Allen	(8)			14:39.96		14:40.0	35.0%	24	10
F10-14	1 Amanda Leal		(14)			11:01.02		11:01.0	40.4%	18	6
F25-29	1 Michelle Middleton	Bedford	(29)			11:24.25		11:24.3	36.8%	19	7
	2 Casandra Piott	Fort Worth	(29)			12:25.63		12:25.6	33.7%	20	8
F35-39	1 Sendra Leal	Fort Worth	(39)			13:02.48		13:02.5	33.6%	23	9
F45-49	1 Yanira Lopez	Farmers Branch	(49)			7:36.83	✓	7:36.8	64.6%	10	3
	2 Kuay Sullivan		(46)			9:22.03		9:22.0	50.6%	17	5
F50-54	1 Edna Turner		(54)			7:30.13		7:30.1	70.0%	9	2

FN*: Broke Age-Group Record GD Place among Females
 Ran Mile before 5K #Races PR @ Carrollton Runners (2003 & later)

▲ Positive Split
▲ Negative Split

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6180 Matthew Parker (M46)	1	M45-49	OA	---				6:05.64	✓ 3	6:05.6	20.81	6:05.64	67.4%
2	6626 Conrad Butler (M26)	2	M25-29	1st	---				6:25.19	✓ 3	6:25.2	21.95	6:25.19	57.8%
3	7193 Julio Lopez (M56)	3	M55-59	1st	---				6:29.71		6:29.7	22.18	6:29.71	68.6%
4	7045 Thomas Conway (M67)	4	M65-69	1st	---				6:52.12	✓ 3	6:52.1	23.49	6:52.12	71.5%
5	7040 Kim Andres (F59)	1	F55-59	OA	---				6:57.39	✓ 28	6:57.4	23.78	6:57.39	80.9%
6	1916 Wally Capps (M71)	5	M70-74	1st	---				7:10.81		7:10.8	24.52	7:10.81	71.5%
7	7043 Bill Shirley (M69)	6	M65-69	2nd	---				7:13.32		7:13.3	24.69	7:13.32	69.4%
8	7089 John Nance (M64)	7	M60-64	1st	---				7:13.63	✓ 3	7:13.6	24.69	7:13.63	66.1%
9	6173 Edna Turner (F54)	2	F50-54	1st	---				7:30.13	✓ 3	7:30.1	25.66	7:30.13	70.0%
10	7198 Yanira Lopez (F49)	3	F45-49	1st	---				7:36.83	✓ 24	7:36.8	26.00	7:36.83	64.6%
11	7048 Scott McKissick (M63)	8	M60-64	2nd	---				7:49.04		7:49.0	26.74	7:49.04	60.6%
12	7283 Ruben Reyes (M56)	9	M55-59	2nd	---				7:57.55		7:57.6	27.20	7:57.55	56.0%
13	6174 John Kramer (M50)	10	M50-54	1st	---				8:30.88	✓ 3	8:30.9	29.08	8:30.88	49.8%
14	6569 Marcus Wilson (M24)	11	M20-24	1st	---				8:35.27	✓ 3	8:35.3	29.36	8:35.27	43.2%
15	6176 Mike Johnson (M59)	12	M55-59	3rd	---				8:59.21		8:59.2	30.73	8:59.21	50.9%
16	6177 Arwyn Sullivan (F8)	4	F01-09	1st	---				9:20.88	✓ 3	9:20.9	31.93	9:20.88	54.9%
17	6179 Kuay Sullivan (F46)	5	F45-49	2nd	---				9:22.03		9:22.0	32.04	9:22.03	50.6%
18	6169 Amanda Leal (F14)	6	F10-14	1st	---				11:01.02	✓ 3	11:01.0	37.69	11:01.02	40.4%
19	6612 Michelle Middleton (F29)	7	F25-29	1st	---				11:24.25	✓ 3	11:24.3	39.00	11:24.25	36.8%
20	6185 Casandra Piott (F29)	8	F25-29	2nd	---				12:25.63	✓ 3	12:25.6	42.48	12:25.63	33.7%
21	6613 Matthew Galemore (M13)	13	M10-14	1st	---				12:33.40	✓ 3	12:33.4	42.94	12:33.40	33.2%
22	6694 Richard Galemore (M45)	14	M45-49	1st	---				12:33.88	✓ 3	12:33.9	42.94	12:33.88	32.5%
23	6567 Sendra Leal (F39)	9	F35-39	1st	---				13:02.48	✓ 3	13:02.5	44.59	13:02.48	33.6%
24	6190 Caroline St. John (F8)	10	F01-09	2nd	---				14:39.96	✓ 3	14:40.0	50.12	14:39.96	35.0%

✓ 4 Club PR's

Average Finish Time: 09:04 13 First Timers Average Age Grade: 54.1%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6560 Albert Marban (M18)	1	M15-19	OA	1.3	9:18	10:04	+46	19:21.93		6:14.0	19.35	19:23.26	68.9%
2	7276 Kris Nance (M35)	2	M35-39	1st	---	9:57	9:44	-13	19:40.53		6:20.0	19.67	19:40.53	67.0%
3	7167 Ian Maung (M45)	3	M45-49	MS	2.6	9:57	10:07	+10	20:03.68		6:27.4	20.05	20:06.25	70.7%
4	6182 Monte Dobson (M47)	4	M45-49	1st	1.6	10:06	10:06	+0	20:11.49	✓ 3	6:29.9	20.18	20:13.08	71.3%
5	6180 Matthew Parker (M46)	5	M45-49	2nd	1.5	10:04	10:27	+23	20:31.08	ML	6:36.2	20.52	20:32.55	69.6%
6	6629 Robert McDermott (M20)	6	M20-24	1st	0.2	10:07	11:31	+85	21:38.13	✓ 3	6:57.8	21.63	21:38.34	60.3%
7	6135 Chinedu Orabuchi (M25)	7	M25-29	1st	---				22:30.00		7:14.5	22.50	22:30.00	57.3%
8	6557 M Maimonides (M49)	8	M45-49	3rd	4.1	11:20	11:47	+27	23:06.36	✓ 2	7:26.2	23.10	23:10.42	63.3%
9	7193 Julio Lopez (M56)	9	M55-59	SR	2.0	11:22	12:03	+41	23:24.54	ML	7:32.1	23.40	23:26.55	66.2%
10	1916 Wally Capps (M71)	10	M70-74	1st	2.0	11:55	12:01	+6	23:55.77	ML	7:42.1	23.92	23:57.80	74.6%
11	7045 Thomas Conway (M67)	11	M65-69	1st	0.2	12:24	12:20	-4	24:44.01	ML	7:57.7	24.73	24:44.26	69.1%
12	7008 David Mask (M60)	12	M60-64	1st	21.5	12:10	12:28	+18	24:37.96		7:55.7	24.62	24:59.48	65.1%
13	6593 Andrew Gibson (M10)	13	M10-14	1st	0.3	12:25	13:37	+72	26:02.20	✓ 3	8:22.8	26.03	26:02.45	60.6%
14	6769 Ronald Hamilton (M52)	14	M50-54	1st	10.1	13:04	13:15	+11	26:19.69	✓ 5	8:28.5	26.32	26:29.80	56.9%
15	6178 Trinity Sullivan (F13)	1	F10-14	OA	1.2	13:09	13:27	+18	26:36.51	✓ 1	8:33.9	26.60	26:37.72	60.0%
16	6680 Nicole Hartman (F18)	2	F15-19	1st	3.4	13:34	13:08	-26	26:41.78	✓ 1	8:35.6	26.68	26:45.18	56.0%
17	7191 James Johnson (M59)	15	M55-59	1st	0.3	13:00	13:56	+56	26:55.58		8:40.0	26.92	26:55.84	59.1%
18	6181 David Fox (M43)	16	M40-44	1st	6.8	13:34	13:47	+13	27:20.55	✓ 3	8:48.0	27.33	27:27.35	51.1%
19	6714 Chinwe Orabuchi (F22)	3	F20-24	1st	---				28:06.12	✓ 1	9:02.7	28.10	28:06.12	52.7%
20	7198 Yanira Lopez (F49)	4	F45-49	MS	3.9	13:43	14:43	+60	28:26.16	ML	9:09.2	28.43	28:30.07	58.8%
21	6184 Dennis Starkey (M54)	17	M50-54	2nd	3.6	14:11	14:21	+11	28:32.14		9:11.1	28.53	28:35.75	53.4%
22	6626 Conrad Butler (M26)	18	M25-29	2nd	2.1	13:42	16:03	+141	29:45.48	ML	9:34.7	29.75	29:47.63	43.3%

FN*: Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

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

△ Negative Split



DeltaViewTiming.com

23	7283	Ruben Reyes (M56)	19	M55-59	2nd	7.2	14:37	15:59	+82	30:36.06	ℓ	9:51.0	30.60	30:43.24	50.6%
24	6174	John Kramer (M50)	20	M50-54	3rd	2.8	14:57	16:00	+62	30:56.73	ℓ	9:57.6	30.93	30:59.50	47.7%
25	6569	Marcus Wilson (M24)	21	M20-24	2nd	6.3	14:25	16:49	+143	31:13.88	ℓ	10:03.1	31.22	31:20.21	41.3%
26	6186	Mandy Kelly (F31)	5	F30-34	1st	4.3	15:14	16:19	+65	31:33.45	ℓ	10:09.4	31.55	31:37.72	46.9%
27	6189	Samantha Sommerman (F23)	6	F20-24	2nd	4.1	14:56	16:48	+112	31:44.48	ℓ	10:13.0	31.73	31:48.62	46.6%
28	6192	Elise Harper (F43)	7	F40-44	1st	11.1	15:24	16:26	+62	31:49.93	✓	10:14.7	31.82	32:01.02	49.3%
29	6196	Scymentress Williams (F41)	8	F40-44	2nd	7.5	15:45	17:08	+83	32:53.35		10:35.2	32.88	33:00.90	46.9%
30	6176	Mike Johnson (M59)	22	M55-59	3rd	12.9	16:34	16:41	+7	33:15.39	ℓ	10:42.3	33.25	33:28.29	47.8%
31	6183	Kirsten Dobson (F16)	9	F15-19	2nd	9.8	17:08	16:16	-53	33:24.13	ℓ	10:45.1	33.40	33:33.90	45.8%
32	6194	Florence Olugbnyi (F29)	10	F25-29	1st	5.6	16:20	18:07	+107	34:26.75	ℓ	11:05.2	34.43	34:32.34	43.0%
33	6638	Nicholas Eppelman (M6)	23	M01-09	2nd	5.3	16:44	18:14	+90	34:57.85	ℓ	11:15.2	34.95	35:03.10	53.5%
34	6637	Nathan Eppelman (M6)	24	M01-09	1st	6.1	16:45	18:12	+88	34:57.27		11:15.0	34.95	35:03.37	53.5%
35	6634	Scott Eppelman (M45)	25	M45-49	4th	5.7	16:45	18:16	+91	35:01.45		11:16.4	35.02	35:07.16	40.5%
36	6125	Cynthia Shepard (F57)	11	F55-59	SR	2.7	17:14	19:24	+130	36:37.76		11:47.4	36.62	36:40.49	50.6%
37	6703	Candace Amanchuku (F31)	12	F30-34	2nd	6.4	17:56	20:33	+157	38:29.55	✓	12:23.4	38.48	38:35.97	38.5%
38	6187	Dennis Chupp (M55)	26	M55-59	4th	--	17:46	21:04	+197	38:50.05		12:30.0	38.83	38:50.05	39.6%
39	7024	Carol Creech (F61)	13	F60-64	1st	3.5	18:37	20:44	+127	39:20.33		12:39.7	39.33	39:23.80	49.8%
40	6193	Laura Dittlinger (F36)	14	F35-39	1st	10.6	19:46	19:40	-6	39:26.72	✓	12:41.8	39.43	39:37.29	38.1%
41	7149	Ruth Olinger (F69)	15	F65-69	1st	3.4	19:31	20:32	+61	40:02.76		12:53.4	40.03	40:06.21	55.4%
42	6598	Andy Gibson (M41)	27	M40-44	2nd	5.1	19:31	22:03	+152	41:34.67	ℓ	13:23.0	41.57	41:39.77	33.1%
43	6576	Ryan Gibson (M6)	28	M01-09	3rd	0.2	21:30	21:51	+21	43:21.29	ℓ	13:57.3	43.35	43:21.54	43.1%
44	6603	Sherri Gibson (F41)	16	F40-44	3rd	4.7	21:18	22:08	+49	43:25.77	ℓ	13:58.7	43.42	43:30.43	35.5%
45	6188	Andrew Sommerman (M50)	29	M50-54	4th	11.5	22:13	23:58	+106	46:11.29	ℓ	14:52.0	46.18	46:22.81	31.9%
46	6543	LaBina Lee-Mason (F40)	17	F40-44	4th	11.7	22:15	23:56	+101	46:11.76	ℓ	14:52.1	46.18	46:23.43	33.2%
47	6612	Michelle Middleton (F29)	18	F25-29	2nd	9.9	24:15	22:57	-78	47:12.62	ℓ	15:11.7	47.20	47:22.53	31.3%
48	6613	Matthew Galemore (M13)	30	M10-14	2nd	9.3	24:49	24:42	-7	49:31.60	ℓ	15:56.5	49.52	49:40.88	29.3%
49	6694	Richard Galemore (M45)	31	M45-49	5th	8.5	24:50	24:42	-8	49:32.53	ℓ	15:56.8	49.53	49:41.00	28.6%
50	6171	Richardo Leal, Jr (M13)	32	M10-14	3rd	11.7	25:52	24:12	-100	50:04.44	ℓ	16:07.0	50.07	50:16.09	29.0%
51	6172	Richardo Leal (M42)	33	M40-44	3rd	12.7	25:51	24:23	-88	50:14.48	ℓ	16:10.3	50.23	50:27.17	27.6%
52	6185	Cassandra Piott (F29)	19	F25-29	3rd	10.2	25:55	24:23	-91	50:18.18	ℓ	16:11.5	50.30	50:28.34	29.4%
53	6170	Christopher Leal (M11)	34	M10-14	4th	12.5	25:53	25:05	-48	50:58.27	ℓ	16:24.4	50.97	51:10.73	30.0%
54	6169	Amanda Leal (F14)	20	F10-14	1st	13.4	27:37	23:22	-256	50:58.77	ℓ	16:24.5	50.97	51:12.18	30.8%
55	6197	Jacob King (M11)	35	M10-14	5th	4.8	25:41	26:44	+63	52:24.93	ℓ	16:52.3	52.40	52:29.72	29.2%
56	6567	Sendra Leal (F39)	21	F35-39	2nd	8.7	27:43	25:03	-159	52:46.27	ℓ	16:59.1	52.77	52:55.00	28.9%
57	6195	Pam Long (F52)	22	F50-54	1st	4.9	25:42	27:30	+108	53:12.17	ℓ	17:07.5	53.20	53:17.11	32.6%

40 Positive Split

15 Negative Split

✓ 8 Club PR's

Average Finish Time: 34:40 29 First Timers Average Age Grade: 48.1%

FN*: Broke Age-Group Record GD Place among Females
 Ran Mile before 5K ✓ # Races PR @ Carrollton Runners (2003 & later)

▲ Positive Split
 ▼ Negative Split

Timing provided by:
 DeltaViewTiming.com

Sorted Age Grades

1M

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*	#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	5	Kim Andres	F59	6:57.39	80.9%	Move UP	1	10	Wally Capps	M71	23:55.77	74.6%	
2	4	Thomas Conway	M67	6:52.12	71.5%	Move UP	2	4	Monte Dobson	M47	20:11.49	71.3%	New
3	6	Wally Capps	M71	7:10.81	71.5%	Move UP	3	3	Ian Maung	M45	20:03.68	70.7%	
4	9	Edna Turner	F54	7:30.13	70.0%	New	4	5	Matthew Parker	M46	20:31.08	69.6%	New
5	7	Bill Shirley	M69	7:13.32	69.4%		5	11	Thomas Conway	M67	24:44.01	69.1%	
6	3	Julio Lopez	M56	6:29.71	68.6%		6	1	Albert Marban	M18	19:21.93	68.9%	
7	1	Matthew Parker	M46	6:05.64	67.4%	New	7	2	Kris Nance	M35	19:40.53	67.0%	
8	8	John Nance	M64	7:13.63	66.1%	New	8	9	Julio Lopez	M56	23:24.54	66.2%	
9	10	Yanira Lopez	F49	7:36.83	64.6%		9	12	David Mask	M60	24:37.96	65.1%	
10	11	Scott McKissick	M63	7:49.04	60.6%		10	8	M Maimonides	M49	23:06.36	63.3%	
11	2	Conrad Butler	M26	6:25.19	57.8%		11	13	Andrew Gibson	M10	26:02.20	60.6%	
12	12	Ruben Reyes	M56	7:57.55	56.0%		12	6	Robert McDermott	M20	21:38.13	60.3%	
13	16	Arwyn Sullivan	F8	9:20.88	54.9%		13	15	Trinity Sullivan	F13	26:36.51	60.0%	
14	15	Mike Johnson	M59	8:59.21	50.9%		14	17	James Johnson	M59	26:55.58	59.1%	
15	17	Kuay Sullivan	F46	9:22.03	50.6%		15	20	Yanira Lopez	F49	28:26.16	58.8%	
							16	7	Chinedu Orabuchi	M25	22:30.00	57.3%	
							17	14	Ronald Hamilton	M52	26:19.69	56.9%	
							18	16	Nicole Hartman	F18	26:41.78	56.0%	
							19	42	Ruth Olinger	F69	40:02.76	55.4%	
							20	34	Nathan Eppelman	M6	34:57.27	53.5%	
							21	33	Nicholas Eppelman	M6	34:57.85	53.5%	
							22	21	Dennis Starkey	M54	28:32.14	53.4%	
							23	19	Chinwe Orabuchi	F22	28:06.12	52.7%	
							24	18	David Fox	M43	27:20.55	51.1%	
							25	23	Ruben Reyes	M56	30:36.06	50.6%	
							26	36	Cynthia Shepard	F57	36:37.76	50.6%	

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