

Sunday, June 24, 2012

# Carrollton Runners Mile + 5K

77F Clear 66%H 3mphE

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

Mile Off :7:37 am

5K Off :7:50 am

Mile Overall		5K Overall		5K Masters		5K Seniors	
Jesse Nikkel	5:22.79	Jose Garcia	18:45.84	Brad Pearson	20:02.19	Julio Lopez	22:52.45
Yolanda Hopping	6:32.40	Colleen Baranowski	21:28.27	Yolanda Hopping	24:16.08	Kim Andres	25:30.52

## 5K MALE

		22 Runners --- Average Time of <b>26:58</b>					Avg. Age Grade: <b>56.0%</b>			Place in	
Name		City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Jose Garcia	(40)			<b>18:45.84</b>		6:02.4	<b>72.7%</b>	1	1
MASTERS	1	Brad Pearson	Grapevine (48)			<b>20:02.19</b>	ℓ	6:26.9	<b>72.4%</b>	3	3
SENIORS	1	Julio Lopez	Farmers Branch (56)			<b>22:52.45</b>	ℓ	7:21.7	<b>67.8%</b>	8	7
M01-09	1	Conner Robinson	Plano (9)			<b>41:55.80</b>		13:29.8	39.0%	38	21
M15-19	1	Naim Cueto	(17)			<b>25:39.41</b>	ℓ	8:15.5	52.6%	15	11
M20-24	1	Julio Alvarez	(20)			<b>20:35.83</b>	ℓ	6:37.8	<b>63.3%</b>	5	5
	2	Blake Emert	(23)			<b>29:06.66</b>	✓	9:22.2	44.3%	24	18
M25-29	1	John Camacho	Plano (29)			<b>36:48.76</b>		11:50.9	35.1%	32	20
M30-34	1	Jesse Nikkel	The Colony (32)			<b>20:04.78</b>	ℓ	6:27.8	<b>64.7%</b>	4	4
	2	Seun Olugbode	Duncanville (31)			<b>28:45.99</b>		9:15.5	45.1%	23	17
	3	Jay Jackson	Dallas (32)			<b>34:55.56</b>		11:14.5	37.2%	31	19
M35-39	1	Fernando Garcia	(35)			<b>19:21.64</b>		6:13.9	<b>68.1%</b>	2	2
	2	Doug Elmore	Carrollton (39)			<b>20:34.77</b>	ℓ	6:37.4	<b>65.8%</b>	6	6
M40-44	1	Frank Gamez	(42)			<b>25:00.48</b>		8:03.0	55.4%	13	10
M45-49	1	Rob Murta	(49)			<b>27:33.21</b>		8:52.1	53.1%	20	14
M50-54	1	Alan Carruthers	Dallas (52)			<b>27:14.14</b>	✓	8:46.0	55.0%	18	13
	2	Ronald Hamilton	The Colony (52)			<b>27:25.99</b>		8:49.8	54.6%	21	15
	3	Kenny Hallman	(50)			<b>28:25.81</b>		9:09.0	51.9%	22	16
M55-59	1	James Johnson	Dallas (59)			<b>25:52.70</b>		8:19.8	<b>61.4%</b>	16	12
M60-64	1	Robert Benson	Dallas (62)			<b>23:17.71</b>	ℓ	7:29.9	<b>70.1%</b>	9	8
	2	David Mask	Lewisville (60)			<b>23:56.70</b>		7:42.4	<b>67.0%</b>	10	9
	3	Maxx Million	(62)			<b>45:04.02</b>		14:30.3	36.2%	41	22

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

△ Positive Split  
 ▽ Negative Split

Timing provided by:  
 **DeltaViewTiming.com**

# 5K FEMALE

24 Runners --- Average Time of **37:05** Avg. Age Grade: **48.5%** Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Colleen Baranowski	Dallas	(34)			21:28.27		6:54.7	69.4%	7	1
MASTERS	1 Yolanda Hopping	Flower Mound	(50)			24:16.08 $\mathcal{M}$		7:48.7	69.7%	11	2
SENIORS	1 Kim Andres	Irving	(59)			25:30.52 $\mathcal{M}$		8:12.6	74.7%	14	4
F10-14	1 Grace Rogers	Double Oak	(13)			27:06.69		8:43.6	58.9%	17	5
F20-24	1 Sarah Seifert	Plano	(20)			55:04.47		17:43.6	26.9%	46	24
F25-29	1 Brittney Siro		(26)			24:40.73		7:56.6	60.0%	12	3
F30-34	1 Sara Greathouse	Dallas	(34)			31:35.53		10:10.1	47.2%	27	9
	2 Marianne Jeanes	Allen	(30)			32:10.05		10:21.2	46.0%	28	10
	3 Courtney Nisbeth	McKinney	(33)			38:25.47 $\mathcal{M}$		12:22.1	38.7%	33	13
	4 Candace Amanchuku		(31)			39:21.13 ✓	12:40.0	37.7%		35	15
	5 Vania Camacho	Plano	(34)			52:53.94		17:01.6	28.2%	44	22
F35-39	1 Laura Dittlinger		(35)			42:22.55		13:38.4	35.3%	40	19
	2 Melody Allen	McKinney	(37)			52:52.51		17:01.1	28.5%	43	21
F40-44	1 Rachel Meador	Coppell	(43)			30:04.91		9:40.9	52.1%	25	7
	2 Kara Sims	Carrollton	(40)			30:26.82		9:48.0	50.4%	26	8
	3 Elise Harper		(43)			34:13.85		11:01.1	45.8%	30	12
F45-49	1 Yanira Lopez	Farmers Branch	(49)			27:32.18 $\mathcal{M}$		8:51.8	60.7%	19	6
F50-54	1 Norma Fernandez	Frisco	(54)			50:50.50		16:21.9	35.0%	42	20
	2 Cindy Braddock	Plano	(51)			55:04.30		17:43.6	31.1%	45	23
F55-59	1 Cynthia Shepard	Colleyville	(57)			32:26.15 $\mathcal{M}$ ✓	10:26.4	57.1%		29	11
F60-64	1 Carol Creech	Plano	(61)			41:55.97		13:29.8	46.8%	39	18
F65-69	1 Janice Snyder		(65)			40:16.12		12:57.7	51.7%	36	16
	2 Ruth Olinger	The Colony	(69)			40:23.99		13:00.2	54.9%	37	17
F70-74	1 Nancy Lowden		(70)			39:06.25		12:35.2	57.6%	34	14

# 1M MALE

		14 Runners --- Average Time of <b>7:26</b>				Avg. Age Grade: <b>60.7%</b>			Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Jesse Nikkel</b>	The Colony	(32)			<b>5:22.79</b>		5:22.8	<b>69.5%</b>	1	1
M01-09	1 <b>Owen Ross</b>	Grapevine	(6)			<b>12:40.00</b>		12:40.0	42.5%	18	13
M15-19	1 <b>Naim Cueto</b>		(17)			<b>5:47.88</b>		5:47.9	<b>67.0%</b>	4	4
M20-24	1 <b>Julio Alvarez</b>		(20)			<b>5:46.16</b>		5:46.2	<b>65.0%</b>	3	3
	2 <b>Hannah Emert</b>	Dallas	(23)			<b>8:42.34</b>		8:42.3	42.6%	15	12
M35-39	1 <b>Doug Elmore</b>	Carrollton	(39)			<b>5:35.72</b>	✓	5:35.7	<b>69.6%</b>	2	2
M40-44	1 <b>Michael Ross</b>	Grapevine	(40)			<b>12:41.00</b>		12:41.0	31.0%	19	14
M45-49	1 <b>Ruben Saguil</b>	Carrollton	(47)			<b>6:35.24</b>		6:35.2	<b>62.9%</b>	8	7
	2 <b>Brad Pearson</b>	Grapevine	(48)			<b>6:52.65</b>	✓	6:52.7	<b>60.7%</b>	9	8
M50-54	1 <b>Gabriel Sapien</b>	Carrollton	(52)			<b>5:55.00</b>		5:55.0	<b>72.9%</b>	5	5
M55-59	1 <b>Julio Lopez</b>	Farmers Branch	(56)			<b>6:30.55</b>		6:30.6	<b>68.5%</b>	6	6
M60-64	1 <b>Robert Benson</b>	Dallas	(62)			<b>6:53.57</b>		6:53.6	<b>68.1%</b>	10	9
	2 <b>Scott McKissick</b>	Irving	(63)			<b>7:13.39</b>		7:13.4	<b>65.6%</b>	12	10
	3 <b>John Nance</b>	Rowlett	(64)			<b>7:27.00</b>	✓	7:27.0	<b>64.2%</b>	13	11

# 1M FEMALE

		5 Runners --- Average Time of <b>8:22</b>				Avg. Age Grade: <b>62.5%</b>			Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Yolanda Hopping</b>	Flower Mound	(50)			<b>6:32.40</b>	☐	6:32.4	<b>76.2%</b>	7	<b>1</b>
F30-34	1 <b>Courtney Nisbeth</b>	McKinney	(33)			<b>10:10.11</b>		10:10.1	41.6%	17	<b>5</b>
F45-49	1 <b>Yanira Lopez</b>	Farmers Branch	(49)			<b>8:31.74</b>		8:31.7	57.7%	14	<b>3</b>
F55-59	1 <b>Kim Andres</b>	Irving	(59)			<b>7:02.40</b>		7:02.4	<b>79.9%</b>	11	<b>2</b>
	2 <b>Cynthia Shepard</b>	Colleyville	(57)			<b>9:34.05</b>		9:34.1	57.2%	16	<b>4</b>

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**

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6166 Jesse Nikkel (M32)	1	M30-34	OA	---				5:22.79	✗	5:22.8	18.36	5:22.79	69.5%
2	7037 Doug Elmore (M39)	2	M35-39	1st	---				5:35.72	✓ 5	5:35.7	19.10	5:35.72	69.6%
3	6175 Julio Alvarez (M20)	3	M20-24	1st	---				5:46.16	✗	5:46.2	19.73	5:46.16	65.0%
4	6176 Naim Cueto (M17)	4	M15-19	1st	---				5:47.88	✗	5:47.9	19.79	5:47.88	67.0%
5	7015 Gabriel Sapien (M52)	5	M50-54	1st	---				5:55.00		5:55.0	20.24	5:55.00	72.9%
6	7193 Julio Lopez (M56)	6	M55-59	1st	---				6:30.55		6:30.6	22.24	6:30.55	68.5%
7	6541 Yolanda Hopping (F50)	1	F50-54	OA	---				6:32.40	□	6:32.4	22.35	6:32.40	76.2%
8	173 Ruben Saguil (M47)	7	M45-49	1st	---				6:35.24		6:35.2	22.52	6:35.24	62.9%
9	6606 Brad Pearson (M48)	8	M45-49	2nd	---				6:52.65	✓ 1	6:52.7	23.49	6:52.65	60.7%
10	6177 Robert Benson (M62)	9	M60-64	1st	---				6:53.57		6:53.6	23.55	6:53.57	68.1%
11	7040 Kim Andres (F59)	2	F55-59	1st	---				7:02.40		7:02.4	24.06	7:02.40	79.9%
12	7048 Scott McKissick (M63)	10	M60-64	2nd	---				7:13.39		7:13.4	24.69	7:13.39	65.6%
13	7089 John Nance (M64)	11	M60-64	3rd	---				7:27.00	✓ 2	7:27.0	25.49	7:27.00	64.2%
14	7198 Yanira Lopez (F49)	3	F45-49	1st	---				8:31.74		8:31.7	29.14	8:31.74	57.7%
15	6158 Hannah Emert (M23)	12	M20-24	2nd	---				8:42.34	✗	8:42.3	29.76	8:42.34	42.6%
16	6125 Cynthia Shepard (F57)	4	F55-59	2nd	---				9:34.05	✗	9:34.1	32.73	9:34.05	57.2%
17	6173 Courtney Nisbeth (F33)	5	F30-34	1st	---				10:10.11	✗	10:10.1	34.78	10:10.11	41.6%
18	6144 Owen Ross (M6)	13	M01-09	1st	---				12:40.00	✗	12:40.0	43.33	12:40.00	42.5%
19	6143 Michael Ross (M40)	14	M40-44	1st	---				12:41.00	✗	12:41.0	43.39	12:41.00	31.0%

✓ 3 Club PR's

Average Finish Time: 07:40 8 First Timers

Average Age Grade: 61.2%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6180 Jose Garcia (M40)	1	M40-44	OA	---				18:45.84	✗	6:02.4	18.75	18:45.84	72.7%
2	6167 Fernando Garcia (M35)	2	M35-39	1st	2.2				19:21.64	✗	6:13.9	19.35	19:23.81	68.1%
3	6606 Brad Pearson (M48)	3	M45-49	MS	3.0				20:02.19	ℓ	6:26.9	20.03	20:05.21	72.4%
4	6166 Jesse Nikkel (M32)	4	M30-34	1st	3.0				20:04.78	ℓ	6:27.8	20.07	20:07.78	64.7%
5	6175 Julio Alvarez (M20)	5	M20-24	1st	---				20:35.83	ℓ	6:37.8	20.58	20:35.83	63.3%
6	7037 Doug Elmore (M39)	6	M35-39	2nd	15.7				20:34.77	ℓ	6:37.4	20.57	20:50.46	65.8%
7	6595 Colleen Baranowski (F34)	1	F30-34	OA	1.2				21:28.27		6:54.7	21.47	21:29.46	69.4%
8	7193 Julio Lopez (M56)	7	M55-59	SR	---				22:52.45	ℓ	7:21.7	22.87	22:52.45	67.8%
9	6177 Robert Benson (M62)	8	M60-64	1st	1.4				23:17.71	ℓ	7:29.9	23.28	23:19.14	70.1%
10	7008 David Mask (M60)	9	M60-64	2nd	3.4				23:56.70		7:42.4	23.93	24:00.11	67.0%
11	6541 Yolanda Hopping (F50)	2	F50-54	MS	1.3				24:16.08	ℓ	7:48.7	24.27	24:17.33	69.7%
12	6170 Brittney Siro (F26)	3	F25-29	1st	4.4				24:40.73	✗	7:56.6	24.67	24:45.18	60.0%
13	6172 Frank Gamez (M42)	10	M40-44	1st	10.6				25:00.48	✗	8:03.0	25.00	25:11.06	55.4%
14	7040 Kim Andres (F59)	4	F55-59	SR	1.6				25:30.52	ℓ	8:12.6	25.50	25:32.12	74.7%
15	6176 Naim Cueto (M17)	11	M15-19	1st	---				25:39.41	ℓ	8:15.5	25.65	25:39.41	52.6%
16	7191 James Johnson (M59)	12	M55-59	1st	---				25:52.70		8:19.8	25.87	25:52.70	61.4%
17	6156 Grace Rogers (F13)	5	F10-14	1st	0.7				27:06.69	✗	8:43.6	27.10	27:07.43	58.9%
18	7259 Alan Carruthers (M52)	13	M50-54	1st	2.2				27:14.14	✓ 1	8:46.0	27.23	27:16.37	55.0%
19	7198 Yanira Lopez (F49)	6	F45-49	1st	3.3				27:32.18	ℓ	8:51.8	27.53	27:35.47	60.7%
20	6174 Rob Murta (M49)	14	M45-49	1st	3.5				27:33.21	✗	8:52.1	27.55	27:36.67	53.1%
21	6769 Ronald Hamilton (M52)	15	M50-54	2nd	11.7				27:25.99		8:49.8	27.42	27:37.70	54.6%
22	7231 Kenny Hallman (M50)	16	M50-54	3rd	---				28:25.81		9:09.0	28.42	28:25.81	51.9%
23	6732 Seun Olugbode (M31)	17	M30-34	2nd	4.8				28:45.99		9:15.5	28.75	28:50.82	45.1%
24	6748 Blake Emert (M23)	18	M20-24	2nd	2.8				29:06.66	✓ 1	9:22.2	29.10	29:09.42	44.3%
25	7168 Rachel Meador (F43)	7	F40-44	1st	6.6				30:04.91		9:40.9	30.07	30:11.56	52.1%
26	7172 Kara Sims (F40)	8	F40-44	2nd	6.0				30:26.82	✗	9:48.0	30.43	30:32.86	50.4%
27	6160 Sara Greathouse (F34)	9	F30-34	1st	4.6				31:35.53	✗	10:10.1	31.58	31:40.16	47.2%

FN\*: □ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

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

△ Negative Split

 DeltaViewTiming.com

28	7182	Marianne Jeanes (F30)	10	F30-34	2nd	6.0	32:10.05	⊗	10:21.2	32.17	32:16.10	46.0%	
29	6125	Cynthia Shepard (F57)	11	F55-59	1st	2.6	32:26.15	Ⓜ ✓	10:26.4	32.43	32:28.78	57.1%	
30	6178	Elise Harper (F43)	12	F40-44	3rd	4.9	34:13.85	⊗	11:01.1	34.22	34:18.75	45.8%	
31	6163	Jay Jackson (M32)	19	M30-34	3rd	5.4	34:55.56	⊗	11:14.5	34.92	35:01.00	37.2%	
32	6152	John Camacho (M29)	20	M25-29	1st	4.2	36:48.76	⊗	11:50.9	36.80	36:52.93	35.1%	
33	6173	Courtney Nisbeth (F33)	13	F30-34	3rd	8.3	38:25.47	Ⓜ	12:22.1	38.42	38:33.75	38.7%	
34	6181	Nancy Lowden (F70)	14	F70-74	1st	1.9	39:06.25	⊗	12:35.2	39.10	39:08.14	57.6%	
35	6703	Candace Amanchuku (F31)	15	F30-34	4th	11.1	39:21.13	✓	12:40.0	39.35	39:32.26	37.7%	
36	6182	Janice Snyder (F65)	16	F65-69	1st	2.2	40:16.12		12:57.7	40.27	40:18.35	51.7%	
37	7149	Ruth Olinger (F69)	17	F65-69	2nd	2.1	40:23.99		13:00.2	40.38	40:26.04	54.9%	
38	6165	Conner Robinson (M9)	21	M01-09	1st	3.7	41:55.80	⊗	13:29.8	41.92	41:59.54	39.0%	
39	7024	Carol Creech (F61)	18	F60-64	1st	3.8	41:55.97		13:29.8	41.92	41:59.80	46.8%	
40	6179	Laura Dittlinger (F35)	19	F35-39	1st	6.4	42:22.55	⊗	13:38.4	42.37	42:28.99	35.3%	
41	6169	Maxx Million (M62)	22	M60-64	3rd	7.8	45:04.02	⊗	14:30.3	45.07	45:11.87	36.2%	
42	5146	Norma Fernandez (F54)	20	F50-54	1st	7.7	50:50.50	⊗	16:21.9	50.83	50:58.24	35.0%	
43	6155	Melody Allen (F37)	21	F35-39	2nd	9.9	52:52.51	⊗	17:01.1	52.87	53:02.45	28.5%	
44	6153	Vania Camacho (F34)	22	F30-34	5th	8.9	52:53.94	⊗	17:01.6	52.88	53:02.83	28.2%	
45	6139	Cindy Braddock (F51)	23	F50-54	2nd	10.2	55:04.30	⊗	17:43.6	55.07	55:14.50	31.1%	
46	6138	Sarah Seifert (F20)	24	F20-24	1st	11.0	55:04.47	⊗	17:43.6	55.07	55:15.46	26.9%	
✓ 4 Club PR's							Average Finish Time: 32:14 25 First Timers						Average Age Grade: 52.1%

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

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	11	Kim Andres	F59	7:02.40	79.9%	Move UP
2	7	Yolanda Hopping	F50	6:32.40	76.2%	
3	5	Gabriel Sapien	M52	5:55.00	72.9%	Move UP
4	2	Doug Elmore	M39	5:35.72	69.6%	Move UP
5	1	Jesse Nikkel	M32	5:22.79	69.5%	New
6	6	Julio Lopez	M56	6:30.55	68.5%	
7	10	Robert Benson	M62	6:53.57	68.1%	
8	4	Naim Cueto	M17	5:47.88	67.0%	New
9	12	Scott McKissick	M63	7:13.39	65.6%	
10	3	Julio Alvarez	M20	5:46.16	65.0%	
11	13	John Nance	M64	7:27.00	64.2%	
12	8	Ruben Saguil	M47	6:35.24	62.9%	
13	9	Brad Pearson	M48	6:52.65	60.7%	
14	14	Yanira Lopez	F49	8:31.74	57.7%	
15	16	Cynthia Shepard	F57	9:34.05	57.2%	

## 5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	14	Kim Andres	F59	25:30.52	74.7%	
2	1	Jose Garcia	M40	18:45.84	72.7%	New
3	3	Brad Pearson	M48	20:02.19	72.4%	
4	9	Robert Benson	M62	23:17.71	70.1%	
5	11	Yolanda Hopping	F50	24:16.08	69.7%	
6	7	Colleen Baranowski	F34	21:28.27	69.4%	
7	2	Fernando Garcia	M35	19:21.64	68.1%	New
8	8	Julio Lopez	M56	22:52.45	67.8%	
9	10	David Mask	M60	23:56.70	67.0%	
10	6	Doug Elmore	M39	20:34.77	65.8%	
11	4	Jesse Nikkel	M32	20:04.78	64.7%	
12	5	Julio Alvarez	M20	20:35.83	63.3%	
13	16	James Johnson	M59	25:52.70	61.4%	
14	19	Yanira Lopez	F49	27:32.18	60.7%	
15	12	Brittney Siro	F26	24:40.73	60.0%	
16	17	Grace Rogers	F13	27:06.69	58.9%	
17	34	Nancy Lowden	F70	39:06.25	57.6%	
18	29	Cynthia Shepard	F57	32:26.15	57.1%	
19	13	Frank Gamez	M42	25:00.48	55.4%	
20	18	Alan Carruthers	M52	27:14.14	55.0%	
21	37	Ruth Olinger	F69	40:23.99	54.9%	
22	21	Ronald Hamilton	M52	27:25.99	54.6%	
23	20	Rob Murta	M49	27:33.21	53.1%	
24	15	Naim Cueto	M17	25:39.41	52.6%	
25	25	Rachel Meador	F43	30:04.91	52.1%	
26	22	Kenny Hallman	M50	28:25.81	51.9%	
27	36	Janice Snyder	F65	40:16.12	51.7%	
28	26	Kara Sims	F40	30:26.82	50.4%	

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