

# Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
<b>Ruben Saguil</b>	6:48.00	<b>Julio Lopez</b>	22:13.18	<b>Adrian Walmsley</b>	22:28.36	<b>Patrick Wheller</b>	23:40.88
<b>Kim Andres</b>	7:47.64	<b>Kim Andres</b>	25:57.55	<b>Yanira Lopez</b>	26:46.01	<b>Carol Creech</b>	37:36.05

## 5K MALE

		22 Runners --- Average Time of 27:00						Avg. Age Grade: 57.1%		Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
<b>OVERALL</b>	1	<b>Julio Lopez</b>	Farmers Branch	(57)	11:12	-10	<b>22:13.18</b>	ML	7:09.1	<b>70.3%</b>	1	1
<b>MASTERS</b>	1	<b>Adrian Walmsley</b>	Dallas	(53)	11:22	-16	<b>22:28.36</b>		7:14.0	<b>67.2%</b>	4	4
<b>SENIORS</b>	1	<b>Patrick Wheller</b>		(55)	11:42	+18	<b>23:40.88</b>	ML	7:37.3	<b>64.9%</b>	6	6
<b>M10-14</b>	1	<b>Logan Lewis</b>		(14)	11:08	+8	<b>22:23.52</b>		7:12.4	<b>63.4%</b>	3	3
<b>M15-19</b>	1	<b>Alonzo Garcia</b>	Little Elm	(16)	11:10	+3	<b>22:22.08</b>	✓	7:12.0	<b>61.2%</b>	2	2
<b>M30-34</b>	1	<b>Patrick Marques</b>	Irving	(30)	14:22	+22	<b>29:06.82</b>		9:22.2	44.4%	23	18
<b>M40-44</b>	1	<b>David Lewis</b>		(40)	11:25	+14	<b>23:03.57</b>		7:25.3	59.2%	5	5
	2	<b>Victor Rojas</b>	Mexico City	(44)	12:19	-19	<b>24:19.03</b>		7:49.6	57.9%	9	9
	3	<b>Juan Godinez</b>	Lewisville	(42)	12:02	+68	<b>25:12.72</b>		8:06.9	55.0%	10	10
<b>M45-49</b>	1	<b>Jeff Breese</b>	Frisco	(48)	11:53	+1	<b>23:47.59</b>	ML	7:39.5	<b>61.0%</b>	7	7
	2	<b>Brian Dickerson</b>		(47)	14:28	-5	<b>28:51.51</b>		9:17.3	49.9%	21	17
<b>M50-54</b>	1	<b>David Short</b>	Frisco	(51)	11:51	-1	<b>23:40.99</b>	ML	7:37.4	<b>62.8%</b>	8	8
	2	<b>Alan Carruthers</b>	Dallas	(53)	13:32	-29	<b>26:36.03</b>	✓	8:33.7	56.8%	14	12
	3	<b>Scott Hesketh</b>		(50)	13:17	+24	<b>26:57.02</b>		8:40.5	54.7%	16	13
	4	<b>Ronald Hamilton</b>	The Colony	(53)	14:14	-47	<b>27:42.14</b>		8:55.0	54.6%	17	14
	5	<b>Benjamin Kurtzer</b>	Dallas	(53)	19:28	+101	<b>40:37.28</b>		13:04.5	37.2%	39	22
<b>M55-59</b>	1	<b>Ruben Reyes</b>	Carrollton	(56)	13:20	-12	<b>26:28.88</b>		8:31.4	58.5%	13	11
	2	<b>Peter Chan</b>	Coppell	(59)	14:36	-47	<b>28:25.03</b>	ML	9:08.8	56.0%	19	15
<b>M60-64</b>	1	<b>David Mask</b>	Lewisville	(60)	14:14	+10	<b>28:38.94</b>		9:13.3	56.0%	20	16
	2	<b>Michael Johnson</b>	Coppell	(60)	16:09	-3	<b>32:15.36</b>	ML	10:22.9	49.7%	28	20
<b>M70-74</b>	1	<b>Tommy Farrar</b>	Coppell	(72)	15:03	+56	<b>31:02.32</b>		9:59.4	58.3%	26	19
<b>M75-79</b>	1	<b>Patrick Greene</b>	Coppell	(76)	16:36	+57	<b>34:09.23</b>		10:59.6	56.5%	34	21

# 5K FEMALE

		20 Runners --- Average Time of <b>33:18</b>				Avg. Age Grade: <b>50.1%</b>			Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Kim Andres</b>	Irving	(59)	13:02	-6	<b>25:57.55</b>		8:21.3	<b>73.4%</b>	11	<b>1</b>
MASTERS	1 <b>Yanira Lopez</b>	Farmers Branch	(49)	13:32	-18	<b>26:46.01</b>		8:36.9	<b>62.4%</b>	15	<b>3</b>
SENIORS	1 <b>Carol Creech</b>	Plano	(61)	18:20	+56	<b>37:36.05</b>		12:06.2	52.1%	37	<b>16</b>
F10-14	1 <b>Laura Godinez</b>	Lewisville	(14)	15:25	+94	<b>32:23.95</b>		10:25.7	48.5%	30	<b>10</b>
	2 <b>Teanna James</b>	Lewisville	(14)	21:03	+41	<b>42:46.57</b>		13:46.1	36.7%	41	<b>19</b>
F15-19	1 <b>Kaitlyn Nauenburg</b>	Lewisville	(15)	14:48	+45	<b>30:21.90</b>		9:46.4	51.0%	24	<b>6</b>
	2 <b>Emily Gesino</b>	Lewisville	(15)	14:50	+75	<b>30:55.21</b>		9:57.1	50.1%	25	<b>7</b>
	3 <b>Erin Hebert</b>	Lewisville	(18)	15:21	+98	<b>32:20.72</b>		10:24.7	46.3%	29	<b>9</b>
	4 <b>Leora Kurtzer</b>	Dallas	(19)	15:33	+137	<b>33:22.69</b>		10:44.6	44.5%	32	<b>12</b>
F25-29	1 <b>Florence Olugbuyi</b>	Grand Prairie	(29)	16:45	-21	<b>33:09.19</b>		10:40.3	44.6%	31	<b>11</b>
F30-34	1 <b>Nicole Manley</b>	Farmers Branch	(34)	14:24	+19	<b>29:07.16</b>		9:22.4	51.2%	22	<b>5</b>
F35-39	1 <b>Ashley Walkup</b>		(36)	12:46	+24	<b>25:56.56</b>	✓	8:21.0	57.9%	12	<b>2</b>
	2 <b>Merari Baeza</b>	The Colony	(38)	15:36	+15	<b>31:27.82</b>		10:07.6	48.2%	27	<b>8</b>
	3 <b>Kim James</b>	Lewisville	(39)			<b>43:04.49</b>		13:51.9	35.4%	42	<b>20</b>
F40-44	1 <b>Rikki Creech</b>		(41)	13:48	+33	<b>28:08.28</b>		9:03.4	54.9%	18	<b>4</b>
	2 <b>Esmeralda Mejico</b>	Shady Shores	(44)	17:14	+1	<b>34:28.44</b>		11:05.8	45.9%	35	<b>14</b>
F45-49	1 <b>Melissa Kurtzer</b>	Dallas	(49)	19:29	+101	<b>40:37.81</b>		13:04.7	41.1%	40	<b>18</b>
F50-54	1 <b>Deborah Pritchard</b>	Allen	(53)	16:40	+7	<b>33:26.91</b>	✓	10:46.0	52.5%	33	<b>13</b>
	2 <b>Althea Mason</b>	Carrollton	(50)	17:08	+51	<b>35:06.73</b>	✓	11:18.1	48.2%	36	<b>15</b>
F70-74	1 <b>Ruth Olinger</b>	The Colony	(70)	19:13	+27	<b>38:52.41</b>		12:30.7	58.0%	38	<b>17</b>

# 1M MALE

		12 Runners --- Average Time of <b>8:21</b>				Avg. Age Grade: <b>55.6%</b>			Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Ruben Saguil</b>	Carrollton	(47)			<b>6:48.00</b>		6:48.0	<b>60.9%</b>	1	1
M01-09	1 <b>Conner Robinson</b>	Plano	(9)			<b>11:52.71</b>		11:52.7	39.6%	14	11
	2 <b>Garrett Robinson</b>	Plano	(8)			<b>12:09.84</b>		12:09.8	40.2%	15	12
M45-49	1 <b>Jeff Breese</b>	Frisco	(48)			<b>7:23.93</b>		7:23.9	56.4%	4	4
M50-54	1 <b>Gabriel Sapien</b>	Carrollton	(52)			<b>7:15.56</b>		7:15.6	59.4%	3	3
	2 <b>David Short</b>	Frisco	(51)			<b>7:24.91</b>		7:24.9	57.7%	5	5
M55-59	1 <b>Julio Lopez</b>	Farmers Branch	(57)			<b>7:09.30</b>		7:09.3	<b>62.8%</b>	2	2
	2 <b>Patrick Wheller</b>		(55)			<b>7:36.00</b>		7:36.0	58.1%	7	7
	3 <b>Peter Chan</b>	Coppell	(59)			<b>8:08.56</b>		8:08.6	56.2%	11	9
M60-64	1 <b>John Nance</b>	Rowlett	(64)			<b>7:33.07</b>		7:33.1	<b>63.3%</b>	6	6
	2 <b>Scott McKissick</b>	Irving	(64)			<b>7:57.79</b>		7:57.8	<b>60.0%</b>	10	8
	3 <b>Michael Johnson</b>	Coppell	(60)			<b>8:48.82</b>		8:48.8	52.3%	12	10

# 1M FEMALE

		3 Runners --- Average Time of <b>8:18</b>				Avg. Age Grade: <b>60.0%</b>			Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Kim Andres</b>	Irving	(59)			<b>7:47.64</b>		7:47.6	<b>72.2%</b>	8	<b>1</b>
F25-29	1 <b>Florence Olugbuyi</b>	Grand Prairie	(29)			<b>9:13.34</b>		9:13.3	45.5%	13	<b>3</b>
F45-49	1 <b>Yanira Lopez</b>	Farmers Branch	(49)			<b>7:52.61</b>		7:52.6	<b>62.5%</b>	9	<b>2</b>

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7003 Ruben Saguil (M47)	1	M45-49	OA	---				6:48.00		6:48.0	23.26	6:48.00	60.9%
2	7193 Julio Lopez (M57)	2	M55-59	1st	---				7:09.30		7:09.3	24.46	7:09.30	62.8%
3	7015 Gabriel Sapien (M52)	3	M50-54	1st	---				7:15.56		7:15.6	24.80	7:15.56	59.4%
4	7216 Jeff Breese (M48)	4	M45-49	1st	---				7:23.93		7:23.9	25.26	7:23.93	56.4%
5	7061 David Short (M51)	5	M50-54	2nd	---				7:24.91		7:24.9	25.32	7:24.91	57.7%
6	7089 John Nance (M64)	6	M60-64	1st	---				7:33.07		7:33.1	25.83	7:33.07	63.3%
7	6108 Patrick Wheller (M55)	7	M55-59	2nd	---				7:36.00	×	7:36.0	26.00	7:36.00	58.1%
8	7040 Kim Andres (F59)	1	F55-59	OA	---				7:47.64		7:47.6	26.63	7:47.64	72.2%
9	7198 Yanira Lopez (F49)	2	F45-49	1st	---				7:52.61		7:52.6	26.91	7:52.61	62.5%
10	7048 Scott McKissick (M64)	8	M60-64	2nd	---				7:57.79		7:57.8	27.20	7:57.79	60.0%
11	7153 Peter Chan (M59)	9	M55-59	3rd	---				8:08.56		8:08.6	27.83	8:08.56	56.2%
12	7252 Michael Johnson (M60)	10	M60-64	3rd	---				8:48.82		8:48.8	30.11	8:48.82	52.3%
13	6820 Florence Olugbuyi (F29)	3	F25-29	1st	---				9:13.34	×	9:13.3	31.53	9:13.34	45.5%
14	6664 Conner Robinson (M9)	11	M01-09	1st	---				11:52.71		11:52.7	40.60	11:52.71	39.6%
15	6881 Garrett Robinson (M8)	12	M01-09	2nd	---				12:09.84		12:09.8	41.57	12:09.84	40.2%

✓ No Club PR's

Average Finish Time: 08:20 2 First Timers

Average Age Grade: 56.5%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7193 Julio Lopez (M57)	1	M55-59	OA	0.8	11:12	11:02	-10	22:13.18	ℓ	7:09.1	22.22	22:13.98	70.3%
2	6896 Alonzo Garcia (M16)	2	M15-19	1st	---	11:10	11:12	+3	22:22.08	✓ 1	7:12.0	22.37	22:22.08	61.2%
3	6102 Logan Lewis (M14)	3	M10-14	1st	1.7	11:08	11:16	+8	22:23.52	×	7:12.4	22.38	22:25.27	63.4%
4	6921 Adrian Walmsley (M53)	4	M50-54	MS	0.4	11:22	11:06	-16	22:28.36	×	7:14.0	22.47	22:28.76	67.2%
5	6103 David Lewis (M40)	5	M40-44	1st	2.7	11:25	11:39	+14	23:03.57	×	7:25.3	23.05	23:06.29	59.2%
6	6108 Patrick Wheller (M55)	6	M55-59	SR	0.4	11:42	11:59	+18	23:40.88	ℓ	7:37.3	23.67	23:41.27	64.9%
7	7216 Jeff Breese (M48)	7	M45-49	1st	4.8	11:53	11:54	+1	23:47.59	ℓ	7:39.5	23.78	23:52.44	61.0%
8	7061 David Short (M51)	8	M50-54	1st	16.2	11:51	11:50	-1	23:40.99	ℓ	7:37.4	23.67	23:57.19	62.8%
9	7068 Victor Rojas (M44)	9	M40-44	2nd	2.3	12:19	12:00	-19	24:19.03		7:49.6	24.32	24:21.28	57.9%
10	6110 Juan Godinez (M42)	10	M40-44	3rd	0.6	12:02	13:11	+68	25:12.72	×	8:06.9	25.20	25:13.36	55.0%
11	7040 Kim Andres (F59)	1	F55-59	OA	1.1	13:02	12:56	-6	25:57.55	ℓ	8:21.3	25.95	25:58.62	73.4%
12	6734 Ashley Walkup (F36)	2	F35-39	1st	2.1	12:46	13:10	+24	25:56.56	✓ 2	8:21.0	25.93	25:58.66	57.9%
13	7283 Ruben Reyes (M56)	11	M55-59	1st	0.7	13:20	13:09	-12	26:28.88		8:31.4	26.47	26:29.57	58.5%
14	7259 Alan Carruthers (M53)	12	M50-54	2nd	6.9	13:32	13:04	-29	26:36.03	✓ 3	8:33.7	26.60	26:42.92	56.8%
15	7198 Yanira Lopez (F49)	3	F45-49	MS	3.8	13:32	13:14	-18	26:46.01	ℓ	8:36.9	26.77	26:49.85	62.4%
16	6101 Scott Hesketh (M50)	13	M50-54	3rd	---	13:17	13:40	+24	26:57.02		8:40.5	26.95	26:57.02	54.7%
17	6769 Ronald Hamilton (M53)	14	M50-54	4th	5.3	14:14	13:28	-47	27:42.14		8:55.0	27.70	27:47.43	54.6%
18	6721 Rikki Creech (F41)	4	F40-44	1st	2.0	13:48	14:20	+33	28:08.28		9:03.4	28.13	28:10.28	54.9%
19	7153 Peter Chan (M59)	15	M55-59	2nd	2.2	14:36	13:49	-47	28:25.03	ℓ	9:08.8	28.42	28:27.28	56.0%
20	7008 David Mask (M60)	16	M60-64	1st	3.9	14:14	14:25	+10	28:38.94		9:13.3	28.63	28:42.79	56.0%
21	6105 Brian Dickerson (M47)	17	M45-49	2nd	3.5	14:28	14:23	-5	28:51.51	×	9:17.3	28.85	28:54.97	49.9%
22	6894 Nicole Manley (F34)	5	F30-34	1st	6.5	14:24	14:43	+19	29:07.16	×	9:22.4	29.12	29:13.69	51.2%
23	6895 Patrick Marques (M30)	18	M30-34	1st	7.3	14:22	14:45	+22	29:06.82	×	9:22.2	29.10	29:14.16	44.4%
24	6919 Kaitlyn Nauenburg (F15)	6	F15-19	1st	1.2	14:48	15:34	+45	30:21.90	×	9:46.4	30.35	30:23.11	51.0%
25	6918 Emily Gesino (F15)	7	F15-19	2nd	0.4	14:50	16:05	+75	30:55.21	×	9:57.1	30.92	30:55.61	50.1%
26	078 Tommy Farrar (M72)	19	M70-74	1st	1.5	15:03	15:59	+56	31:02.32		9:59.4	31.03	31:03.85	58.3%
27	7111 Merari Baeza (F38)	8	F35-39	2nd	2.7	15:36	15:51	+15	31:27.82		10:07.6	31.45	31:30.53	48.2%
28	7252 Michael Johnson (M60)	20	M60-64	2nd	5.4	16:09	16:06	-3	32:15.36	ℓ	10:22.9	32.25	32:20.75	49.7%
29	6911 Erin Hebert (F18)	9	F15-19	3rd	0.4	15:21	16:59	+98	32:20.72	×	10:24.7	32.33	32:21.15	46.3%
30	6109 Laura Godinez (F14)	10	F10-14	1st	0.7	15:25	16:59	+94	32:23.95	×	10:25.7	32.38	32:24.61	48.5%
31	6820 Florence Olugbuyi (F29)	11	F25-29	1st	5.2	16:45	16:24	-21	33:09.19	ℓ	10:40.3	33.15	33:14.35	44.6%

FN\*:  Broke Age-Group Record

GD Place among Females

Positive Split

Timing provided by:

11/26/2012

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

Negative Split



DeltaViewTiming.com

32	6893	Leora Kurtzer (F19)	12	F15-19	4 <sup>th</sup>	0.5	15:33	17:50	+137	<b>33:22.69</b>	⊗	10:44.6	33.37	33:23.15	44.5%
33	7226	Deborah Pritchard (F53)	13	F50-54	1 <sup>st</sup>	1.2	16:40	16:47	+7	<b>33:26.91</b>	✓	10:46.0	33.43	33:28.13	52.5%
34	7067	Patrick Greene (M76)	21	M75-79	1 <sup>st</sup>	1.8	16:36	17:33	+57	<b>34:09.23</b>		10:59.6	34.15	34:11.07	56.5%
35	6887	Esmeralda Mejico (F44)	14	F40-44	2 <sup>nd</sup>	2.9	17:14	17:15	+1	<b>34:28.44</b>	⊗	11:05.8	34.47	34:31.34	45.9%
36	6111	Althea Mason (F50)	15	F50-54	2 <sup>nd</sup>	4.5	17:08	17:59	+51	<b>35:06.73</b>	✓	11:18.1	35.10	35:11.24	48.2%
37	7024	Carol Creech (F61)	16	F60-64	SR	0.9	18:20	19:16	+56	<b>37:36.05</b>		12:06.2	37.60	37:36.99	52.1%
38	7149	Ruth Olinger (F70)	17	F70-74	1 <sup>st</sup>	0.5	19:13	19:40	+27	<b>38:52.41</b>		12:30.7	38.87	38:52.91	58.0%
39	6908	Benjamin Kurtzer (M53)	22	M50-54	5 <sup>th</sup>	---	19:28	21:09	+101	<b>40:37.28</b>	⊗	13:04.5	40.62	40:37.28	37.2%
40	6897	Melissa Kurtzer (F49)	18	F45-49	1 <sup>st</sup>	---	19:29	21:09	+101	<b>40:37.81</b>	⊗	13:04.7	40.62	40:37.81	41.1%
41	6104	Teanna James (F14)	19	F10-14	2 <sup>nd</sup>	1.6	21:03	21:44	+41	<b>42:46.57</b>	⊗	13:46.1	42.77	42:48.20	36.7%
42	6106	Kim James (F39)	20	F35-39	3 <sup>rd</sup>	---				<b>43:04.49</b>	⊗	13:51.9	43.07	43:04.49	35.4%
<b>28 Positive Split</b> <b>13 Negative Split</b> ✓ <b>5 Club PR's</b>										Average Finish Time: <b>30:00</b> <i>18 First Timers</i> Average Age Grade: <b>53.8%</b>					

## Sorted Age Grades

## 1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	8	Kim Andres	F59	7:47.64	72.2%	
2	6	John Nance	M64	7:33.07	63.3%	
3	2	Julio Lopez	M57	7:09.30	62.8%	
4	9	Yanira Lopez	F49	7:52.61	62.5%	
5	1	Ruben Saguil	M47	6:48.00	60.9%	
6	10	Scott McKissick	M64	7:57.79	60.0%	
7	3	Gabriel Sapien	M52	7:15.56	59.4%	
8	7	Patrick Wheller	M55	7:36.00	58.1%	
9	5	David Short	M51	7:24.91	57.7%	
10	4	Jeff Breese	M48	7:23.93	56.4%	
11	11	Peter Chan	M59	8:08.56	56.2%	
12	12	Michael Johnson	M60	8:48.82	52.3%	

## 5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	11	Kim Andres	F59	25:57.55	73.4%	
2	1	Julio Lopez	M57	22:13.18	70.3%	
3	4	Adrian Walmsley	M53	22:28.36	67.2%	New
4	6	Patrick Wheller	M55	23:40.88	64.9%	
5	3	Logan Lewis	M14	22:23.52	63.4%	
6	8	David Short	M51	23:40.99	62.8%	
7	15	Yanira Lopez	F49	26:46.01	62.4%	
8	2	Alonzo Garcia	M16	22:22.08	61.2%	
9	7	Jeff Breese	M48	23:47.59	61.0%	
10	5	David Lewis	M40	23:03.57	59.2%	
11	13	Ruben Reyes	M56	26:28.88	58.5%	
12	26	Tommy Farrar	M72	31:02.32	58.3%	
13	38	Ruth Olinger	F70	38:52.41	58.0%	
14	12	Ashley Walkup	F36	25:56.56	57.9%	
15	9	Victor Rojas	M44	24:19.03	57.9%	
16	14	Alan Carruthers	M53	26:36.03	56.8%	
17	34	Patrick Greene	M76	34:09.23	56.5%	
18	20	David Mask	M60	28:38.94	56.0%	
19	19	Peter Chan	M59	28:25.03	56.0%	
20	10	Juan Godinez	M42	25:12.72	55.0%	
21	18	Rikki Creech	F41	28:08.28	54.9%	
22	16	Scott Hesketh	M50	26:57.02	54.7%	
23	17	Ronald Hamilton	M53	27:42.14	54.6%	
24	33	Deborah Pritchard	F53	33:26.91	52.5%	
25	37	Carol Creech	F61	37:36.05	52.1%	
26	22	Nicole Manley	F34	29:07.16	51.2%	
27	24	Kaitlyn Nauenburg	F15	30:21.90	51.0%	
28	25	Emily Gesino	F15	30:55.21	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