

Carrollton Runners Mile + 5K

| Mile Overall | | 5K Overall | | 5K Masters | | 5K Seniors | |
|----------------------|---------|---------------------|----------|---------------------|----------|---------------------|----------|
| Conrad Butler | 6:43.72 | Doug Elmore | 19:14.13 | Ian Maung | 20:20.35 | Julio Lopez | 23:35.92 |
| Yanira Lopez | 7:56.41 | Eliza Tellez | 23:36.00 | Yanira Lopez | 25:52.31 | Carol Creech | 36:52.24 |

5K MALE

| | | | | 26 Runners --- Average Time of 30:23 | | Avg. Age Grade: 50.9% | | Place in | | | | |
|---------|---|--------------------------|----------------|---|------|------------------------------|-----------------|----------|---------|--------------|----|----|
| | | Name | City | (Age) | Half | Split | Chip Time | FN* | Pace | Age Grade | OA | GD |
| OVERALL | 1 | Doug Elmore | Carrollton | (39) | | | 19:14.13 | ✓ | 6:11.5 | 70.4% | 1 | 1 |
| MASTERS | 1 | Ian Maung | Coppell | (45) | | | 20:20.35 | | 6:32.8 | 69.7% | 2 | 2 |
| SENIORS | 1 | Julio Lopez | Farmers Branch | (57) | | | 23:35.92 | ℓ | 7:35.7 | 66.2% | 3 | 3 |
| M01-09 | 1 | Nicholas Eppelman | Coppell | (6) | | | 32:54.29 | ✓ | 10:35.5 | 56.8% | 21 | 16 |
| | 2 | Nathan Eppelman | Coppell | (6) | | | 32:56.84 | ℓ | 10:36.3 | 56.8% | 23 | 18 |
| M20-24 | 1 | Chris Schlatte | | (23) | | | 34:21.62 | | 11:03.6 | 37.5% | 26 | 21 |
| M25-29 | 1 | Conrad Butler | Fort Worth | (26) | | | 26:36.92 | ℓ | 8:34.0 | 48.5% | 10 | 8 |
| | 2 | Mike Schultz | Lewisville | (29) | | | 31:34.17 | | 10:09.7 | 40.9% | 19 | 15 |
| M30-34 | 1 | Steven Steward | | (30) | | | 32:59.97 | | 10:37.3 | 39.2% | 24 | 19 |
| M35-39 | 1 | Michael Rumery | Plano | (39) | | | 25:12.70 | ℓ | 8:06.9 | 53.7% | 7 | 6 |
| M40-44 | 1 | Tal Fisher | Allen | (41) | | | 24:47.44 | ℓ | 7:58.8 | 55.5% | 6 | 5 |
| | 2 | Keith Kupiec | Carrollton | (44) | | | 28:51.33 | | 9:17.3 | 48.8% | 14 | 11 |
| | 3 | Nathan Bruser | Coppell | (41) | | | 30:18.54 | | 9:45.3 | 45.4% | 29 | 23 |
| | 4 | Erwin Ramos | Rowlett | (42) | | | 45:40.17 | | 14:42.0 | 30.3% | 35 | 25 |
| | 5 | Rand Muchiri | The Colony | (41) | | | 48:15.70 | | 15:32.0 | 28.5% | 37 | 26 |
| M45-49 | 1 | Ruben Saguil | Carrollton | (47) | | | 23:36.67 | ℓ | 7:36.0 | 61.0% | 4 | 4 |
| | 2 | Richard Galemore | Keller | (46) | | | 26:36.28 | ℓ | 8:33.8 | 53.7% | 9 | 7 |
| | 3 | Scott Eppelman | Coppell | (46) | | | 32:56.44 | | 10:36.2 | 43.4% | 22 | 17 |
| | 4 | Simon Rose | | (48) | | | 34:40.40 | | 11:09.6 | 41.9% | 27 | 22 |
| M50-54 | 1 | Alan Carruthers | Dallas | (53) | | | 26:40.89 | ✓ | 8:35.3 | 56.6% | 11 | 9 |
| M55-59 | 1 | Mike Catt | The Colony | (58) | | | 34:54.21 | ℓ | 11:14.1 | 45.2% | 31 | 24 |
| M60-64 | 1 | Scott McKissick | Irving | (64) | | | 27:39.24 | ℓ | 8:54.1 | 60.1% | 13 | 10 |
| | 2 | David Mask | Lewisville | (60) | | | 30:12.73 | | 9:43.5 | 53.1% | 16 | 12 |
| | 3 | Michael Johnson | Coppell | (60) | | | 31:09.98 | ℓ ✓ | 10:01.9 | 51.5% | 18 | 14 |
| M65-69 | 1 | Tom Sheehan | | (68) | | | 30:54.40 | ℓ | 9:56.9 | 55.8% | 17 | 13 |
| M70-74 | 1 | Tommy Farrar | Coppell | (71) | | | 33:00.63 | | 10:37.5 | 54.1% | 25 | 20 |

5K FEMALE

| | | 13 Runners --- Average Time of 38:04 | | | | Avg. Age Grade: 46.4% | | | Place in | | |
|---------|----------------------------|---|-------|------|-------|------------------------------|-----|---------|--------------|----|-----------|
| | Name | City | (Age) | Half | Split | Chip Time | FN* | Pace | Age Grade | OA | GD |
| OVERALL | 1 Eliza Tellez | Denton | (24) | | | 23:36.00 | | 7:35.8 | 62.7% | 5 | 1 |
| MASTERS | 1 Yanira Lopez | Farmers Branch | (49) | | | 25:52.31 | ML✓ | 8:19.6 | 64.6% | 8 | 2 |
| SENIORS | 1 Carol Creech | Plano | (61) | | | 36:52.24 | | 11:52.1 | 53.2% | 30 | 7 |
| F30-34 | 1 Gladys Nyachwaya | Dallas | (32) | | | 32:10.20 | | 10:21.3 | 46.1% | 20 | 5 |
| | 2 Kamisha Flaggs | | (34) | | | 59:24.85 | | 19:07.4 | 25.1% | 39 | 13 |
| F35-39 | 1 Ariella Wilde | Dallas | (38) | | | 30:04.26 | | 9:40.7 | 50.4% | 15 | 4 |
| | 2 Laura Dittlinger | Carrollton | (36) | | | 35:43.80 | ✓ | 11:30.0 | 42.0% | 28 | 6 |
| | 3 Betty Mortenson | Lewisville | (39) | | | 47:41.73 | | 15:21.1 | 31.9% | 36 | 11 |
| F40-44 | 1 Kavita Maung | Coppell | (42) | | | 27:17.53 | ✓ | 8:47.1 | 57.0% | 12 | 3 |
| | 2 Danon Carter D.M. | Carrollton | (43) | | | 59:21.73 | | 19:06.4 | 26.4% | 38 | 12 |
| F45-49 | 1 Julie Larson | Carrollton | (48) | | | 39:07.59 | | 12:35.6 | 42.2% | 33 | 9 |
| F50-54 | 1 Althea Mason | Carrollton | (50) | | | 39:08.67 | | 12:36.0 | 43.2% | 34 | 10 |
| F70-74 | 1 Ruth Olinger | The Colony | (70) | | | 38:35.15 | | 12:25.2 | 58.4% | 32 | 8 |

1M MALE

| | | 12 Runners --- Average Time of 8:33 | | | | Avg. Age Grade: 52.7% | | | Place in | | |
|---------|---------------------------|--|-------|------|-------|------------------------------|-----|---------|--------------|----|----|
| | Name | City | (Age) | Half | Split | Chip Time | FN* | Pace | Age Grade | OA | GD |
| OVERALL | 1 Conrad Butler | Fort Worth | (26) | | | 6:43.72 | | 6:43.7 | 55.1% | 1 | 1 |
| M01-09 | 1 Conner Robinson | Plano | (9) | | | 11:40.57 | ✓ | 11:40.6 | 40.3% | 12 | 11 |
| | 2 Garrett Robinson | Plano | (8) | | | 11:41.79 | ✓ | 11:41.8 | 41.9% | 13 | 12 |
| M35-39 | 1 Michael Rumery | Plano | (39) | | | 7:36.72 | | 7:36.7 | 51.2% | 5 | 5 |
| M40-44 | 1 Tal Fisher | Allen | (41) | | | 6:51.71 | ✓ | 6:51.7 | 57.6% | 3 | 3 |
| M45-49 | 1 Ruben Saguil | Carrollton | (47) | | | 7:10.04 | | 7:10.0 | 57.8% | 4 | 4 |
| | 2 Richard Galemore | Keller | (46) | | | 9:11.62 | ✓ | 9:11.6 | 44.7% | 10 | 9 |
| M55-59 | 1 Julio Lopez | Farmers Branch | (57) | | | 6:46.31 | | 6:46.3 | 66.4% | 2 | 2 |
| | 2 Mike Catt | The Colony | (58) | | | 9:23.95 | | 9:24.0 | 48.2% | 11 | 10 |
| M60-64 | 1 Scott McKissick | Irving | (64) | | | 7:42.17 | | 7:42.2 | 62.1% | 6 | 6 |
| | 2 Michael Johnson | Coppell | (60) | | | 8:41.56 | | 8:41.6 | 53.1% | 8 | 7 |
| M65-69 | 1 Tom Sheehan | | (68) | | | 9:05.98 | | 9:06.0 | 54.5% | 9 | 8 |

1M FEMALE

| | | 1 Runners --- Average Time of 7:56 | | | | Avg. Age Grade: 62.0% | | | Place in | | |
|---------|-----------------------|---|-------|------|-------|------------------------------|-----|--------|--------------|----|----------|
| | Name | City | (Age) | Half | Split | Chip Time | FN* | Pace | Age Grade | OA | GD |
| OVERALL | 1 Yanira Lopez | Farmers Branch | (49) | | | 7:56.41 | | 7:56.4 | 62.0% | 7 | 1 |

| 1M | Bib Name | GD | AgeGrp | AG | Start | 1stH | 2ndH | △ | FinishTime+ | FN* | Pace | 5KEq | Clock Time | AgeGD |
|----|-----------------------------|----|--------|-----|-------|------|------|---|-------------|-----|---------|-------|------------|-------|
| 1 | 6574 Conrad Butler (M26) | 1 | M25-29 | OA | --- | | | | 6:43.72 | | 6:43.7 | 22.98 | 6:43.72 | 55.1% |
| 2 | 7193 Julio Lopez (M57) | 2 | M55-59 | 1st | --- | | | | 6:46.31 | | 6:46.3 | 23.15 | 6:46.31 | 66.4% |
| 3 | 6511 Tal Fisher (M41) | 3 | M40-44 | 1st | --- | | | | 6:51.71 | ✓ 1 | 6:51.7 | 23.43 | 6:51.71 | 57.6% |
| 4 | 173 Ruben Saguil (M47) | 4 | M45-49 | 1st | --- | | | | 7:10.04 | | 7:10.0 | 24.52 | 7:10.04 | 57.8% |
| 5 | 7038 Michael Rumery (M39) | 5 | M35-39 | 1st | --- | | | | 7:36.72 | | 7:36.7 | 26.00 | 7:36.72 | 51.2% |
| 6 | 7048 Scott McKissick (M64) | 6 | M60-64 | 1st | --- | | | | 7:42.17 | | 7:42.2 | 26.34 | 7:42.17 | 62.1% |
| 7 | 7198 Yanira Lopez (F49) | 1 | F45-49 | OA | --- | | | | 7:56.41 | | 7:56.4 | 27.14 | 7:56.41 | 62.0% |
| 8 | 7252 Michael Johnson (M60) | 7 | M60-64 | 2nd | --- | | | | 8:41.56 | | 8:41.6 | 29.71 | 8:41.56 | 53.1% |
| 9 | 6100 Tom Sheehan (M68) | 8 | M65-69 | 1st | --- | | | | 9:05.98 | ✗ | 9:06.0 | 31.08 | 9:05.98 | 54.5% |
| 10 | 6678 Richard Galemore (M46) | 9 | M45-49 | 2nd | --- | | | | 9:11.62 | ✓ 3 | 9:11.6 | 31.42 | 9:11.62 | 44.7% |
| 11 | 7154 Mike Catt (M58) | 10 | M55-59 | 2nd | --- | | | | 9:23.95 | | 9:24.0 | 32.10 | 9:23.95 | 48.2% |
| 12 | 6664 Conner Robinson (M9) | 11 | M01-09 | 1st | --- | | | | 11:40.57 | ✓ 1 | 11:40.6 | 39.91 | 11:40.57 | 40.3% |
| 13 | 6881 Garrett Robinson (M8) | 12 | M01-09 | 2nd | --- | | | | 11:41.79 | ✓ 1 | 11:41.8 | 39.97 | 11:41.79 | 41.9% |

✓ 4 Club PR's

Average Finish Time: 08:30 1 First Timers

Average Age Grade: 53.4%

| 5K | Bib Name | GD | AgeGrp | AG | Start | 1stH | 2ndH | △ | FinishTime+ | FN* | Pace | 5KEq | Clock Time | AgeGD |
|----|-----------------------------|----|--------|-----|-------|------|------|---|-------------|--------|---------|-------|------------|-------|
| 1 | 7037 Doug Elmore (M39) | 1 | M35-39 | OA | 31.9 | | | | 19:14.13 | ✓ 9 | 6:11.5 | 19.23 | 19:46.01 | 70.4% |
| 2 | 7167 Ian Maung (M45) | 2 | M45-49 | MS | 5.3 | | | | 20:20.35 | | 6:32.8 | 20.33 | 20:25.67 | 69.7% |
| 3 | 7193 Julio Lopez (M57) | 3 | M55-59 | SR | --- | | | | 23:35.92 | ℓ | 7:35.7 | 23.58 | 23:35.91 | 66.2% |
| 4 | 173 Ruben Saguil (M47) | 4 | M45-49 | 1st | 3.1 | | | | 23:36.67 | ℓ | 7:36.0 | 23.60 | 23:39.79 | 61.0% |
| 5 | 6559 Eliza Tellez (F24) | 1 | F20-24 | OA | 4.7 | | | | 23:36.00 | | 7:35.8 | 23.60 | 23:40.65 | 62.7% |
| 6 | 6511 Tal Fisher (M41) | 5 | M40-44 | 1st | 12.9 | | | | 24:47.44 | ℓ | 7:58.8 | 24.78 | 25:00.33 | 55.5% |
| 7 | 7038 Michael Rumery (M39) | 6 | M35-39 | 1st | 14.4 | | | | 25:12.70 | ℓ | 8:06.9 | 25.20 | 25:27.06 | 53.7% |
| 8 | 7198 Yanira Lopez (F49) | 2 | F45-49 | MS | 1.6 | | | | 25:52.31 | ℓ ✓ 27 | 8:19.6 | 25.87 | 25:53.93 | 64.6% |
| 9 | 6678 Richard Galemore (M46) | 7 | M45-49 | 2nd | --- | | | | 26:36.28 | ℓ | 8:33.8 | 26.60 | 26:36.28 | 53.7% |
| 10 | 6574 Conrad Butler (M26) | 8 | M25-29 | 1st | --- | | | | 26:36.92 | ℓ | 8:34.0 | 26.60 | 26:36.92 | 48.5% |
| 11 | 7259 Alan Carruthers (M53) | 9 | M50-54 | 1st | 2.5 | | | | 26:40.89 | ✓ 2 | 8:35.3 | 26.67 | 26:43.36 | 56.6% |
| 12 | 7169 Kavita Maung (F42) | 3 | F40-44 | 1st | 5.3 | | | | 27:17.53 | ✓ 5 | 8:47.1 | 27.28 | 27:22.80 | 57.0% |
| 13 | 7048 Scott McKissick (M64) | 10 | M60-64 | 1st | 8.4 | | | | 27:39.24 | ℓ | 8:54.1 | 27.65 | 27:47.63 | 60.1% |
| 14 | 7147 Keith Kupiec (M44) | 11 | M40-44 | 2nd | 3.3 | | | | 28:51.33 | | 9:17.3 | 28.85 | 28:54.62 | 48.8% |
| 15 | 6891 Ariella Wilde (F38) | 4 | F35-39 | 1st | 2.4 | | | | 30:04.26 | ✗ | 9:40.7 | 30.07 | 30:06.65 | 50.4% |
| 16 | 7008 David Mask (M60) | 12 | M60-64 | 2nd | 7.3 | | | | 30:12.73 | | 9:43.5 | 30.20 | 30:20.07 | 53.1% |
| 17 | 6100 Tom Sheehan (M68) | 13 | M65-69 | 1st | 6.3 | | | | 30:54.40 | ℓ | 9:56.9 | 30.90 | 31:00.74 | 55.8% |
| 18 | 7252 Michael Johnson (M60) | 14 | M60-64 | 3rd | 6.1 | | | | 31:09.98 | ℓ ✓ 2 | 10:01.9 | 31.15 | 31:16.03 | 51.5% |
| 19 | 6889 Mike Schultz (M29) | 15 | M25-29 | 2nd | 4.1 | | | | 31:34.17 | ✗ | 10:09.7 | 31.57 | 31:38.32 | 40.9% |
| 20 | 6107 Gladys Nyachwaya (F32) | 5 | F30-34 | 1st | --- | | | | 32:10.20 | ✗ | 10:21.3 | 32.17 | 32:10.20 | 46.1% |
| 21 | 6638 Nicholas Eppelman (M6) | 16 | M01-09 | 1st | 3.7 | | | | 32:54.29 | ✓ 1 | 10:35.5 | 32.90 | 32:57.94 | 56.8% |
| 22 | 6634 Scott Eppelman (M46) | 17 | M45-49 | 3rd | 3.6 | | | | 32:56.44 | | 10:36.2 | 32.93 | 33:00.00 | 43.4% |
| 23 | 6637 Nathan Eppelman (M6) | 18 | M01-09 | 2nd | 4.0 | | | | 32:56.84 | ℓ | 10:36.3 | 32.93 | 33:00.85 | 56.8% |
| 24 | 6104 Steven Steward (M30) | 19 | M30-34 | 1st | 2.8 | | | | 32:59.97 | ✗ | 10:37.3 | 32.98 | 33:02.78 | 39.2% |
| 25 | 6102 Tommy Farrar (M71) | 20 | M70-74 | 1st | 3.8 | | | | 33:00.63 | | 10:37.5 | 33.00 | 33:04.46 | 54.1% |
| 26 | 6105 Chris Schlatter (M23) | 21 | M20-24 | 1st | 2.5 | | | | 34:21.62 | ✗ | 11:03.6 | 34.35 | 34:24.10 | 37.5% |
| 27 | 6103 Simon Rose (M48) | 22 | M45-49 | 4th | 0.5 | | | | 34:40.40 | ✗ | 11:09.6 | 34.67 | 34:40.86 | 41.9% |
| 28 | 6786 Laura Dittlinger (F36) | 6 | F35-39 | 2nd | --- | | | | 35:43.80 | ✓ 4 | 11:30.0 | 35.72 | 35:43.80 | 42.0% |
| 29 | 7097 Nathan Bruser (M41) | 23 | M40-44 | 3rd | 330.9 | | | | 30:18.54 | | 9:45.3 | 30.30 | 35:49.42 | 45.4% |
| 30 | 7024 Carol Creech (F61) | 7 | F60-64 | SR | 1.1 | | | | 36:52.24 | | 11:52.1 | 36.87 | 36:53.37 | 53.2% |
| 31 | 7154 Mike Catt (M58) | 24 | M55-59 | 1st | 182.9 | | | | 34:54.21 | ℓ | 11:14.1 | 34.90 | 37:57.14 | 45.2% |
| 32 | 7149 Ruth Olinger (F70) | 8 | F70-74 | 1st | 0.6 | | | | 38:35.15 | | 12:25.2 | 38.58 | 38:35.79 | 58.4% |
| 33 | 6882 Julie Larson (F48) | 9 | F45-49 | 1st | 1.7 | | | | 39:07.59 | ✗ | 12:35.6 | 39.12 | 39:09.31 | 42.2% |

FN*: Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

10/28/2012

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

△ Negative Split

 DeltaViewTiming.com

| | | | | | | | | | | | |
|----------------------|------|-------------------------|----|--------|-----|------|--|-----------|-------|----------|-------|
| 34 | 6717 | Althea Mason (F50) | 10 | F50-54 | 1st | 1.9 | 39:08.67 | ⌘ 12:36.0 | 39.13 | 39:10.61 | 43.2% |
| 35 | 6829 | Erwin Ramos (M42) | 25 | M40-44 | 4th | 8.6 | 45:40.17 | 14:42.0 | 45.67 | 45:48.77 | 30.3% |
| 36 | 6900 | Betty Mortenson (F39) | 11 | F35-39 | 3rd | 8.3 | 47:41.73 | ⌘ 15:21.1 | 47.68 | 47:50.04 | 31.9% |
| 37 | 6893 | Rand Muchiri (M41) | 26 | M40-44 | 5th | 8.5 | 48:15.70 | ⌘ 15:32.0 | 48.25 | 48:24.25 | 28.5% |
| 38 | 6743 | Danon Carter D.M. (F43) | 12 | F40-44 | 2nd | 2.9 | 59:21.73 | ⌘ 19:06.4 | 59.35 | 59:24.67 | 26.4% |
| 39 | 6106 | Kamisha Flaggs (F34) | 13 | F30-34 | 2nd | 11.1 | 59:24.85 | ⌘ 19:07.4 | 59.40 | 59:35.94 | 25.1% |
| ✓ 7 Club PR's | | | | | | | Average Finish Time: 32:56 <i>12 First Timers</i> Average Age Grade: 49.4% | | | | |

Sorted Age Grades

1M

| # | OA | Name | Gender-Age | Finish Time | AgeGrade | List* |
|---|----|-----------------|------------|-------------|----------|-------|
| 1 | 2 | Julio Lopez | M57 | 6:46.31 | 66.4% | |
| 2 | 6 | Scott McKissick | M64 | 7:42.17 | 62.1% | |
| 3 | 7 | Yanira Lopez | F49 | 7:56.41 | 62.0% | |
| 4 | 4 | Ruben Saguil | M47 | 7:10.04 | 57.8% | |
| 5 | 3 | Tal Fisher | M41 | 6:51.71 | 57.6% | |
| 6 | 1 | Conrad Butler | M26 | 6:43.72 | 55.1% | |
| 7 | 9 | Tom Sheehan | M68 | 9:05.98 | 54.5% | |
| 8 | 8 | Michael Johnson | M60 | 8:41.56 | 53.1% | |
| 9 | 5 | Michael Rumery | M39 | 7:36.72 | 51.2% | |

5K

| # | OA | Name | Gender-Age | Finish Time | AgeGrade | List* |
|----|----|-------------------|------------|-------------|----------|---------|
| 1 | 1 | Doug Elmore | M39 | 19:14.13 | 70.4% | Move UP |
| 2 | 2 | Ian Maung | M45 | 20:20.35 | 69.7% | |
| 3 | 3 | Julio Lopez | M57 | 23:35.92 | 66.2% | |
| 4 | 8 | Yanira Lopez | F49 | 25:52.31 | 64.6% | |
| 5 | 5 | Eliza Tellez | F24 | 23:36.00 | 62.7% | |
| 6 | 4 | Ruben Saguil | M47 | 23:36.67 | 61.0% | |
| 7 | 13 | Scott McKissick | M64 | 27:39.24 | 60.1% | |
| 8 | 32 | Ruth Olinger | F70 | 38:35.15 | 58.4% | |
| 9 | 12 | Kavita Maung | F42 | 27:17.53 | 57.0% | |
| 10 | 21 | Nicholas Eppelman | M6 | 32:54.29 | 56.8% | |
| 11 | 23 | Nathan Eppelman | M6 | 32:56.84 | 56.8% | |
| 12 | 11 | Alan Carruthers | M53 | 26:40.89 | 56.6% | |
| 13 | 17 | Tom Sheehan | M68 | 30:54.40 | 55.8% | |
| 14 | 6 | Tal Fisher | M41 | 24:47.44 | 55.5% | |
| 15 | 25 | Tommy Farrar | M71 | 33:00.63 | 54.1% | |
| 16 | 7 | Michael Rumery | M39 | 25:12.70 | 53.7% | |
| 17 | 9 | Richard Galemore | M46 | 26:36.28 | 53.7% | |
| 18 | 30 | Carol Creech | F61 | 36:52.24 | 53.2% | |
| 19 | 16 | David Mask | M60 | 30:12.73 | 53.1% | |
| 20 | 18 | Michael Johnson | M60 | 31:09.98 | 51.5% | |
| 21 | 15 | Ariella Wilde | F38 | 30:04.26 | 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 |