

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
David Short	6:11.91	Ian Maung	19:35.50	Tiger Vo	20:42.66	Julio Lopez	22:40.70
Sarah Bohlman	7:32.05	Sarah Bohlman	24:38.53	Eeva Toiviainen	24:39.62	Carol Creech	36:59.43

5K MALE

		31 Runners --- Average Time of 27:28					Avg. Age Grade: 54.4%			Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Ian Maung	Coppell	(46)	9:35	+26	19:35.50	✓	6:18.4	72.9%	1	1
MASTERS	1	Tiger Vo	Lewisville	(40)			20:42.66		6:40.0	65.9%	2	2
SENIORS	1	Julio Lopez	Farmers Branch	(57)	11:24	-6	22:40.70	ML	7:18.0	68.9%	5	5
M10-14	1	Logan Lewis	Bedford	(14)	10:27	+70	22:02.88	ML	7:05.8	64.4%	3	3
M25-29	1	Jonathan Rodriguez	Arlington	(29)	11:49	+83	25:00.28	✓	8:02.9	51.6%	14	11
	2	Conrad Butler	Fort Worth	(26)	14:46	-4	29:27.77	ML	9:29.0	43.8%	34	22
	3	Manuel Barron		(29)	18:08	+174	39:09.29		12:36.2	33.0%	49	30
M30-34	1	Brian Purcell	Carrollton	(33)	11:36	+37	23:49.91		7:40.2	54.8%	9	9
	2	Eugene Mosley	Denton	(32)	14:51	+44	30:26.05		9:47.8	42.7%	38	24
	3	Jason Graham	Carrollton	(33)			30:48.89		9:55.1	42.3%	40	26
M35-39	1	Rahul Shah	Murphy	(35)			44:50.00		14:25.8	29.4%	52	31
M40-44	1	David Lewis	Bedford	(41)	11:24	+10	22:57.38	ML✓	7:23.3	59.9%	6	6
	2	Nathan Bruser	Coppell	(41)	11:43	-10	23:16.52		7:29.5	59.1%	10	10
	3	Frederic Carrier	Allen	(43)	13:30	-30	26:30.14		8:31.8	52.7%	22	17
	4	Sanjay Kalluvilayil	Carrollton	(40)	13:45	-30	26:59.63		8:41.3	50.6%	25	18
M45-49	1	Nivaldo Castro	Mckinney	(47)	12:40	-38	24:41.25		7:56.8	58.3%	18	15
	2	Jim Benner	Allen	(45)	12:58	-39	25:17.34		8:08.4	56.1%	16	13
	3	John Smith	Dallas	(47)	13:56	+45	28:37.74		9:12.9	50.3%	29	21
	4	Richard Galemore	Keller	(46)	14:45	-2	29:28.62	ML	9:29.3	48.5%	36	23
	5	Jeff Shorter	dallas	(47)	15:25	-24	30:25.59	✓	9:47.6	47.3%	39	25
M50-54	1	Adrian Walmsley	Dallas	(54)	11:27	-18	22:35.86		7:16.4	67.4%	4	4
	2	David Short	Frisco	(52)	11:45	-34	22:54.99	ML	7:22.6	65.4%	7	7
	3	Scott Hesketh		(50)	12:49	+56	26:34.35		8:33.2	55.5%	21	16
	4	Ronald Hamilton	The Colony	(53)	13:54	-18	27:30.84		8:51.4	54.9%	27	19
M55-59	1	Patrick Wheeler		(56)	11:32	+31	23:35.38	ML	7:35.6	65.7%	8	8
	2	Ruben Reyes	Carrollton	(57)	14:11	+2	28:24.37		9:08.6	55.0%	28	20
	3	Mike Catt	The Colony	(59)			37:58.51	ML	12:13.4	41.9%	47	29
M60-64	1	David Mask	Lewisville	(61)	12:34	-2	25:06.66		8:05.0	64.4%	15	12
	2	James Johnson	Dallas	(60)	12:35	+9	25:18.35	✓	8:08.7	63.4%	17	14
	3	Maxx Pomm		(63)	15:49	+31	32:09.35	✓	10:21.0	51.2%	43	27
	4	Michael Johnson	Coppell	(60)	16:12	-2	32:22.64	ML	10:25.3	49.5%	44	28

5K FEMALE

		21 Runners --- Average Time of 30:08			Avg. Age Grade: 53.0%			Place in			
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Sarah Bohlman		(31)	12:09	+21	24:38.53	⌚	7:55.9	60.1%	12	1
MASTERS	1 Eeva Toiviainen	Flower Mound	(40)	12:18	+4	24:39.62	✓	7:56.2	62.2%	13	2
SENIORS	1 Carol Creech	Plano	(62)	17:59	+61	36:59.43		11:54.4	53.8%	46	17
F25-29	1 Elisha Foster		(28)	14:10	+23	28:43.15		9:14.6	51.5%	31	9
	2 Sneha Shah		(29)			41:03.47	⌚	13:12.9	36.0%	48	18
F30-34	1 Julie Barber	Lewisville	(31)	16:34	-36	32:32.42		10:28.4	45.5%	45	16
	2 Michelle Middleton	Bedford	(30)			41:12.97	✓	13:16.0	35.9%	51	20
F35-39	1 Daniela Lashbrook	Plano	(35)	14:18	+10	28:46.17		9:15.6	52.0%	32	10
F40-44	1 Anna Johns		(41)	12:58	-10	25:46.39	✓	8:17.7	59.9%	19	3
	2 Kaisa Peltonen	Coppell	(41)	12:40	+27	25:46.72	✓	8:17.8	59.9%	20	4
	3 Kavita Maung	Coppell	(43)	13:13	+8	26:34.19	✓	8:33.1	59.0%	23	5
	4 Melissa Rhea		(43)	14:15	+6	28:36.56	✓	9:12.5	54.8%	30	8
	5 Scymentress Williams	Arlington	(42)	14:16	+23	28:55.66	✓	9:18.7	53.8%	33	11
	6 Rachel Meador	Coppell	(44)			29:33.89		9:31.0	53.5%	35	12
	7 Kay Scott	Bedford	(43)			31:07.89		10:01.2	50.4%	42	15
	8 Amara Chan	Fort Worth	(44)	18:55	+135	40:03.95	✓	12:53.8	39.5%	50	19
F45-49	1 Keiko Yokoyama	Plano	(49)	13:12	+15	26:38.34		8:34.5	62.7%	24	6
	2 Lourdes Carson		(46)	14:44	+12	29:38.81		9:32.5	54.4%	37	13
	3 Changlan Zhang		(47)	15:11	+59	31:21.75	✓	10:05.7	52.0%	41	14
F50-54	1 Yanira Lopez	Farmers Branch	(50)	13:21	+17	26:58.09	⌚	8:40.8	62.7%	26	7
FStroller	1 Blake Bruser	Coppell	(3)	11:44	-10	23:16.67		7:29.5			0

1M MALE

		14 Runners --- Average Time of 8:26			Avg. Age Grade: 52.6%			Place in			
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	David Short	Frisco	(52)		6:11.91	✓	6:11.9	69.5%	1	1
M01-09	1	Conner Robinson	Plano	(9)		9:54.47		9:54.5	47.5%	13	11
	2	Garrett Robinson	Plano	(8)		11:07.59		11:07.6	44.0%	17	14
M10-14	1	Logan Lewis	Bedford	(14)		6:57.13		6:57.1	58.7%	3	3
M25-29	1	Conrad Butler	Fort Worth	(26)		10:12.14		10:12.1	36.4%	15	13
M30-34	1	Seun Olugbode	Irving	(32)		7:37.60		7:37.6	49.0%	8	7
M40-44	1	David Lewis	Bedford	(41)		7:28.13		7:28.1	53.0%	6	6
M45-49	1	Ruben Saguil	Carrollton	(48)		6:42.87		6:42.9	62.2%	2	2
	2	Richard Galemore	Keller	(46)		10:11.98		10:12.0	40.3%	14	12
M55-59	1	Julio Lopez	Farmers Branch	(57)		7:10.70		7:10.7	62.6%	4	4
	2	Patrick Wheeler		(56)		7:20.48	✓	7:20.5	60.7%	5	5
	3	Mike Catt	The Colony	(59)		9:32.21		9:32.2	47.9%	12	10
M60-64	1	Dave Hanna	Little Elm	(61)		8:37.76		8:37.8	53.9%	10	8
	2	Michael Johnson	Coppell	(60)		9:01.18		9:01.2	51.1%	11	9

1M FEMALE

		3 Runners --- Average Time of 8:50			Avg. Age Grade: 52.2%			Place in			
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Sarah Bohlman		(31)		7:32.05	☐	7:32.1	55.8%	7	1
F25-29	1	Sneha Shah		(29)		11:03.00		11:03.0	38.0%	16	3
F50-54	1	Yanira Lopez	Farmers Branch	(50)		7:56.14		7:56.1	62.8%	9	2

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7061 David Short (M52)	1	M50-54	OA	---				6:11.91	✓ 19	6:11.9	21.15	6:11.91	69.5%
2	7003 Ruben Saguil (M48)	2	M45-49	1st	---				6:42.87		6:42.9	22.92	6:42.87	62.2%
3	6999 Logan Lewis (M14)	3	M10-14	1st	---				6:57.13		6:57.1	23.78	6:57.13	58.7%
4	7193 Julio Lopez (M57)	4	M55-59	1st	---				7:10.70		7:10.7	24.52	7:10.70	62.6%
5	6111 Patrick Wheeler (M56)	5	M55-59	2nd	---				7:20.48	✓ 2	7:20.5	25.09	7:20.48	60.7%
6	6731 David Lewis (M41)	6	M40-44	1st	---				7:28.13	✗	7:28.1	25.54	7:28.13	53.0%
7	6998 Sarah Bohlman (F31)	1	F30-34	OA	---				7:32.05	✗	7:32.1	25.77	7:32.05	55.8%
8	6733 Seun Olugbode (M32)	7	M30-34	1st	---				7:37.60	✗	7:37.6	26.06	7:37.60	49.0%
9	7198 Yanira Lopez (F50)	2	F50-54	1st	---				7:56.14		7:56.1	27.14	7:56.14	62.8%
10	6605 Dave Hanna (M61)	8	M60-64	1st	---				8:37.76	✗	8:37.8	29.48	8:37.76	53.9%
11	7252 Michael Johnson (M60)	9	M60-64	2nd	---				9:01.18		9:01.2	30.85	9:01.18	51.1%
12	7154 Mike Catt (M59)	10	M55-59	3rd	---				9:32.21		9:32.2	32.61	9:32.21	47.9%
13	7103 Conner Robinson (M9)	11	M01-09	1st	---				9:54.47		9:54.5	33.87	9:54.47	47.5%
14	6678 Richard Galemore (M46)	12	M45-49	2nd	---				10:11.98		10:12.0	34.84	10:11.98	40.3%
15	6574 Conrad Butler (M26)	13	M25-29	1st	---				10:12.14		10:12.1	34.90	10:12.14	36.4%
16	6995 Sneha Shah (F29)	3	F25-29	1st	---				11:03.00	✗	11:03.0	37.80	11:03.00	38.0%
17	7104 Garrett Robinson (M8)	14	M01-09	2nd	---				11:07.59		11:07.6	38.03	11:07.59	44.0%

✓ 2 Club PR's

Average Finish Time: 08:30 5 First Timers

Average Age Grade: 52.6%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7167 Ian Maung (M46)	1	M45-49	OA	2.4	9:35	10:01	+26	19:35.50	✓ 14	6:18.4	19.58	19:37.93	72.9%
2	6325 Tiger Vo (M40)	2	M40-44	MS	4.5				20:42.66	✗	6:40.0	20.70	20:47.19	65.9%
3	6999 Logan Lewis (M14)	3	M10-14	1st	---	10:27	11:36	+70	22:02.88	ℓ	7:05.8	22.03	22:02.88	64.4%
4	6980 Adrian Walmsley (M54)	4	M50-54	1st	0.9	11:27	11:09	-18	22:35.86		7:16.4	22.58	22:36.72	67.4%
5	7193 Julio Lopez (M57)	5	M55-59	SR	3.5	11:24	11:17	-6	22:40.70	ℓ	7:18.0	22.67	22:44.24	68.9%
6	6731 David Lewis (M41)	6	M40-44	1st	0.9	11:24	11:34	+10	22:57.38	ℓ ✓ 3	7:23.3	22.95	22:58.25	59.9%
7	7061 David Short (M52)	7	M50-54	2nd	20.8	11:45	11:10	-34	22:54.99	ℓ	7:22.6	22.90	23:15.80	65.4%
8	6111 Patrick Wheeler (M56)	8	M55-59	1st	0.8	11:32	12:03	+31	23:35.38	ℓ	7:35.6	23.58	23:36.19	65.7%
9	6323 Brian Purcell (M33)	9	M30-34	1st	2.8	11:36	12:14	+37	23:49.91	✗	7:40.2	23.82	23:52.71	54.8%
10	7097 Nathan Bruser (M41)	10	M40-44	2nd	70.2	11:43	11:33	-10	23:16.52		7:29.5	23.27	24:26.68	59.1%
12	6998 Sarah Bohlman (F31)	1	F30-34	OA	0.6	12:09	12:30	+21	24:38.53	ℓ	7:55.9	24.63	24:39.09	60.1%
13	7073 Eeva Toiviainen (F40)	2	F40-44	MS	2.3	12:18	12:22	+4	24:39.62	✓ 6	7:56.2	24.65	24:41.96	62.2%
14	6707 Jonathan Rodriguez (M29)	11	M25-29	1st	9.1	11:49	13:12	+83	25:00.28	✓ 1	8:02.9	25.00	25:09.42	51.6%
15	7008 David Mask (M61)	12	M60-64	1st	8.4	12:34	12:32	-2	25:06.66		8:05.0	25.10	25:15.09	64.4%
16	6344 Jim Benner (M45)	13	M45-49	2nd	4.4	12:58	12:19	-39	25:17.34	✗	8:08.4	25.28	25:21.69	56.1%
17	7191 James Johnson (M60)	14	M60-64	2nd	5.4	12:35	12:44	+9	25:18.35	✓ 16	8:08.7	25.30	25:23.77	63.4%
18	6770 Nivaldo Castro (M47)	15	M45-49	1st	49.2	12:40	12:02	-38	24:41.25		7:56.8	24.68	25:30.46	58.3%
19	6110 Anna Johns (F41)	3	F40-44	1st	3.8	12:58	12:48	-10	25:46.39	✓ 1	8:17.7	25.77	25:50.14	59.9%
20	6366 Kaisa Peltonen (F41)	4	F40-44	2nd	5.2	12:40	13:07	+27	25:46.72	✓ 1	8:17.8	25.77	25:51.96	59.9%
21	6109 Scott Hesketh (M50)	16	M50-54	3rd	---	12:49	13:45	+56	26:34.35		8:33.2	26.57	26:34.35	55.5%
22	6340 Frederic Carrier (M43)	17	M40-44	3rd	4.7	13:30	13:00	-30	26:30.14	✗	8:31.8	26.50	26:34.88	52.7%
23	7169 Kavita Maung (F43)	5	F40-44	3rd	3.0	13:13	13:21	+8	26:34.19	✓ 7	8:33.1	26.57	26:37.14	59.0%
24	1428 Keiko Yokoyama (F49)	6	F45-49	1st	1.0	13:12	13:27	+15	26:38.34		8:34.5	26.63	26:39.32	62.7%
25	6345 Sanjay Kalluvilayil (M40)	18	M40-44	4th	1.3	13:45	13:15	-30	26:59.63	✗	8:41.3	26.98	27:00.89	50.6%
26	7198 Yanira Lopez (F50)	7	F50-54	1st	11.9	13:21	13:37	+17	26:58.09	ℓ	8:40.8	26.97	27:09.99	62.7%
27	7020 Ronald Hamilton (M53)	19	M50-54	4th	11.1	13:54	13:37	-18	27:30.84		8:51.4	27.50	27:41.95	54.9%
28	7283 Ruben Reyes (M57)	20	M55-59	2nd	2.3	14:11	14:13	+2	28:24.37		9:08.6	28.40	28:26.70	55.0%
29	6676 John Smith (M47)	21	M45-49	3rd	0.3	13:56	14:41	+45	28:37.74		9:12.9	28.62	28:37.99	50.3%
30	6101 Melissa Rhea (F43)	8	F40-44	4th	5.3	14:15	14:21	+6	28:36.56	✓ 1	9:12.5	28.60	28:41.87	54.8%

FN*: Broke Age-Group Record

GD Place among Females

Positive Split

Timing provided by:

4/28/2013

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

Negative Split



DeltaViewTiming.com

31	6377	Elisha Foster (F28)	9	F25-29	1st	5.3	14:10	14:33	+23	28:43.15	⌘	9:14.6	28.72	28:48.48	51.5%	
32	6371	Daniela Lashbrook (F35)	10	F35-39	1st	4.8	14:18	14:28	+10	28:46.17	⌘	9:15.6	28.77	28:50.93	52.0%	
33	6997	Scymentress Williams (F42)	11	F40-44	5th	11.8	14:16	14:39	+23	28:55.66	✓	6	9:18.7	28.92	29:07.43	53.8%
34	6574	Conrad Butler (M26)	22	M25-29	2nd	12.7	14:46	14:42	-4	29:27.77	⌘	9:29.0	29.45	29:40.43	43.8%	
35	7168	Rachel Meador (F44)	12	F40-44	6th	8.0				29:33.89		9:31.0	29.55	29:41.85	53.5%	
36	6678	Richard Galemore (M46)	23	M45-49	4th	13.5	14:45	14:43	-2	29:28.62	⌘	9:29.3	29.47	29:42.13	48.5%	
37	6102	Lourdes Carson (F46)	13	F45-49	2nd	6.0	14:44	14:55	+12	29:38.81	⌘	9:32.5	29.63	29:44.77	54.4%	
38	6347	Eugene Mosley (M32)	24	M30-34	2nd	14.4	14:51	15:35	+44	30:26.05	⌘	9:47.8	30.43	30:40.47	42.7%	
39	6975	Jeff Shorter (M47)	25	M45-49	5th	17.3	15:25	15:01	-24	30:25.59	✓	1	9:47.6	30.42	30:42.87	47.3%
40	6321	Jason Graham (M33)	26	M30-34	3rd	13.1				30:48.89	⌘	9:55.1	30.80	31:01.95	42.3%	
41	6104	Changlan Zhang (F47)	14	F45-49	3rd	2.9	15:11	16:11	+59	31:21.75	✓	1	10:05.7	31.35	31:24.64	52.0%
42	7041	Kay Scott (F43)	15	F40-44	7th	25.8				31:07.89		10:01.2	31.12	31:33.64	50.4%	
43	6103	Maxx Pomm (M63)	27	M60-64	3rd	7.1	15:49	16:20	+31	32:09.35	✓	1	10:21.0	32.15	32:16.43	51.2%
44	7252	Michael Johnson (M60)	28	M60-64	4th	8.8	16:12	16:10	-2	32:22.64	⌘	10:25.3	32.37	32:31.42	49.5%	
45	6996	Julie Barber (F31)	16	F30-34	1st	8.0	16:34	15:58	-36	32:32.42	⌘	10:28.4	32.53	32:40.38	45.5%	
46	7024	Carol Creech (F62)	17	F60-64	SR	3.5	17:59	19:00	+61	36:59.43		11:54.4	36.98	37:02.91	53.8%	
47	7154	Mike Catt (M59)	29	M55-59	3rd	14.0				37:58.51	⌘	12:13.4	37.97	38:12.55	41.9%	
48	6995	Sneha Shah (F29)	18	F25-29	2nd	---				41:03.47	⌘	13:12.9	41.05	41:03.47	36.0%	
49	6112	Manuel Barron (M29)	30	M25-29	3rd	114.4	18:08	21:02	+174	39:09.29	⌘	12:36.2	39.15	41:03.66	33.0%	
50	7268	Amara Chan (F44)	19	F40-44	8th	152.0	18:55	21:09	+135	40:03.95	✓	2	12:53.8	40.05	42:35.96	39.5%
51	6796	Michelle Middleton (F30)	20	F30-34	2nd	152.7				41:12.97	✓	2	13:16.0	41.20	43:45.71	35.9%
52	6398	Rahul Shah (M35)	31	M35-39	1st	---				44:50.00	⌘	14:25.8	44.83	44:50.00	29.4%	
27 Positive Split 16 Negative Split ✓ 15 Club PR's										Average Finish Time: 28:38 <i>14 First Timers</i> Average Age Grade: 53.9%						