

Sunday, August 25, 2013

Carrollton Runners Mile + 5K

79F Clear 72%H 6mphESE

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

Mile Off :7:30 am
5K Off :7:45 am

Mile Overall		5K Overall		5K Masters		5K Seniors	
Alfonzo Gonzalez Jr	5:15.11	Ryan Loehding	18:45.12	Marcus O'con	20:26.47	Julio Lopez	24:08.35
Randi Burnett	6:53.63	Rebecca Sandberg	27:42.18	Yanira Lopez	28:38.05		

5K MALE

		29 MALE Runners --- Average Time of 28:18					Avg. Age Grade: 52.4%		Place in			
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD	
OVERALL	1	Ryan Loehding	Carrollton	(41)	9:16	+12	18:45.12	✓	6:02.1	73.3%	1	1
MASTERS	1	Marcus O'con	Dallas	(42)	10:17	-8	20:26.47	ML✓	6:34.8	67.8%	2	2
SENIORS	1	Julio Lopez	Farmers Branch	(57)	11:57	+14	24:08.35	ML	7:46.2	64.7%	5	5
M15-19	1	Trey Irving	Lewisville	(19)	13:14	-1	26:28.45	ML✓	8:31.3	49.8%	13	13
M25-29	1	Conrad Butler	Fort Worth	(27)	13:08	-1	26:16.04		8:27.3	49.1%	12	12
M30-34	1	Ronnie Shocks	Lewisville	(31)	9:55	+107	21:37.74	✓	6:57.7	59.9%	3	3
	2	Gabor Toth	Irving	(32)	12:16	+24	24:55.97		8:01.5	52.1%	7	7
	3	Jason Graham	Carrollton	(33)	14:25	+172	31:41.63		10:12.1	41.2%	33	23
	4	Eugene Mosley	Denton	(32)	16:04	-23	31:46.21		10:13.6	40.9%	34	24
M35-39	1	Oliver Ramos	Farmers Branch	(39)	12:33	+38	25:43.91		8:16.9	52.7%	9	9
	2	John Lemon	Ferris	(35)	13:22	+119	28:43.49		9:14.7	45.9%	21	17
M40-44	1	Nathan Bruser	Coppell	(42)			24:26.64		7:52.1	56.7%	11	11
	2	Dierk Hohman	Coppell	(43)	13:09	-30	25:48.11		8:18.3	54.1%	10	10
	3	Michael Rumery	Plano	(40)	13:08	+143	28:39.50		9:13.5	47.6%	22	18
	4	Wesley Bumgarner	Keller	(42)	15:25	-43	30:07.34		9:41.7	46.0%	30	21
	5	Bob Stephens	Plano	(41)	15:42	+12	31:36.25		10:10.3	43.5%	31	22
	6	Shiva Gorthi	Coppell	(42)	20:51	+59	42:41.64	✓	13:44.5	32.5%	45	28
M45-49	1	Alex Veguilla	Carrollton	(45)	10:35	+69	22:19.53		7:11.2	63.5%	4	4
	2	Richard Galemore	Keller	(46)	13:12	-1	26:22.16		8:29.2	54.2%	14	14
	3	Daniel Briggs	Highland village	(49)	16:28	+82	34:18.31		11:02.5	42.6%	38	26
M50-54	1	Gabriel Sapien	Carrollton	(53)	12:05	+11	24:22.35	ML	7:50.7	62.0%	6	6
	2	Ronald Hamilton	The Colony	(54)	13:49	+22	27:59.45		9:00.6	54.4%	18	16
	3	John Kramer	Plano	(51)	14:50	+27	30:07.51	ML	9:41.8	49.4%	29	20
M55-59	1	Ruben Reyes	Carrollton	(57)	13:08	+21	26:36.87		8:34.0	58.7%	15	15
	2	Timothy Eaton	Corinth	(57)	15:54	+33	32:20.12	✓	10:24.5	48.3%	35	25
	3	Mike Catt	The Colony	(59)	20:34	+109	42:56.92	ML	13:49.4	37.0%	46	29
M60-64	1	David Mask	Lewisville	(61)	12:33	+21	25:27.87		8:11.8	63.5%	8	8
	2	Maxx Pomm	Dallas	(64)	15:48	+171	34:27.40		11:05.4	48.2%	39	27
M70-74	1	Jack Manning	Dallas	(70)	14:25	+32	29:22.41		9:27.3	60.0%	26	19

5K FEMALE

21 FEMALE Runners --- Average Time of

35:06

Avg. Age Grade: 46.8%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Rebecca Sandberg	Dallas	(31)			27:42.18		8:55.0	53.5%	16	1
MASTERS	1 Yanira Lopez	Farmers Branch	(50)	14:20	-3	28:38.05	ℓ	9:13.0	59.1%	20	4
F01-09	1 Arwyn Sullivan	Coppell	(9)	14:45	-31	28:59.24	ℓ	9:19.8	60.5%	23	5
F10-14	1 Paige Loehding	Carrollton	(12)	14:46	-87	28:04.74	✓	9:02.3	58.0%	19	3
	2 Trinity Sullivan	Coppell	(14)	13:49	+97	29:14.66	ℓ	9:24.8	53.7%	25	7
	3 Mackenzie Bumgarner	Keller	(13)	23:44	+94	49:01.51		15:46.8	32.6%	50	21
F15-19	1 Melissa Mejico	Shady shores	(16)	13:25	+196	30:05.83		9:41.2	50.9%	28	9
	2 Hannah Bumgarner	Keller	(15)	23:44	+93	49:00.45		15:46.4	31.6%	49	20
F20-24	1 Emily Sides	Desoto	(23)	15:15	+403	37:12.21		11:58.5	39.8%	42	15
F25-29	1 Jennifer Sandberg	Carrollton	(28)			27:40.16		8:54.4	53.5%	17	2
F35-39	1 Laura Dittlinger	Carrollton	(37)	18:25	+277	41:27.23		13:20.6	36.4%	44	17
	2 Amanda Barbour	Dallas	(35)			47:03.97		15:09.0	31.8%	48	19
F40-44	1 Elise Harper	Allen	(44)	16:16	+9	32:40.62	ℓ	10:31.1	48.4%	36	11
	2 Jennifer Loehding	Carrollton	(40)	16:32	+21	33:24.41		10:45.2	45.9%	37	12
	3 Katrice Briggs	Highland village	(43)	16:24	+126	34:53.83		11:13.9	44.9%	40	13
F45-49	1 Kuay Sullivan	Coppell	(47)	14:42	-27	28:57.29	ℓ	9:19.2	56.3%	24	6
	2 Rachel Meador	Coppell	(45)	15:02	-15	29:48.60	ℓ	9:35.7	53.6%	27	8
	3 Esmeralda Mejico	Shady Shores	(45)	15:21	+63	31:45.90	✓	10:13.5	50.3%	32	10
	4 Changlan Zhang	McKinney	(47)	16:52	+114	35:37.94		11:28.1	45.8%	41	14
	5 Amara Chan	Fort Worth	(45)	18:47	+144	39:57.34	✓	12:51.6	40.0%	43	16
	6 Cathy Swartz	Fort Worth	(48)	22:05	+92	45:42.59		14:42.8	36.1%	47	18

FN*: Broke Age-Group Record

GD Place among Females

Positive Split

Timing provided by:

8/25/2013

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

Negative Split

 DeltaViewTiming.com

1M MALE

		8 MALE Runners --- Average Time of 7:11					Avg. Age Grade: 59.6%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Alfonzo Gonzalez Jr.	Lancaster	(33)			5:15.11	✓	5:15.1	71.5%	1	1
M15-19	1 Trey Irving		(19)			7:01.66	✓	7:01.7	53.9%	6	5
M40-44	1 Macus O'con		(42)			7:36.94		7:36.9	52.3%	7	6
M45-49	1 Ruben Saguil	Carrollton	(48)			6:28.22		6:28.2	64.5%	3	3
M50-54	1 Gabriel Sapien	Carrollton	(53)			6:15.41		6:15.4	69.5%	2	2
	2 John Kramer	Plano	(51)			8:01.48		8:01.5	53.3%	8	7
M55-59	1 Julio Lopez	Farmers Branch	(57)			6:48.26		6:48.3	66.1%	4	4
	2 Mike Catt	The Colony	(59)			9:58.08		9:58.1	45.9%	14	8

1M FEMALE

		7 FEMALE Runners --- Average Time of 8:42					Avg. Age Grade: 54.3%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Randi Burnett	Dallas	(29)			6:53.63		6:53.6	60.8%	5	1
F01-09	1 Arwyn Sullivan	Coppell	(9)			10:12.34		10:12.3	48.7%	15	7
F10-14	1 Trinity Sullivan	Coppell	(14)			9:50.83		9:50.8	45.2%	13	6
F40-44	1 Elise Harper	Allen	(44)			8:33.43		8:33.4	54.1%	11	4
F45-49	1 Rachel Meador	Coppell	(45)			8:14.16		8:14.2	56.9%	10	3
	2 Kuay Sullivan	Coppell	(47)			8:59.44		8:59.4	53.4%	12	5
F50-54	1 Yanira Lopez	Farmers Branch	(50)			8:08.33		8:08.3	61.2%	9	2

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6204 Alfonso Gonzalez Jr. (M33)	1	M30-34	OA	---				5:15.11	✓ 1	5:15.1	17.96	5:15.11	71.5%
2	7015 Gabriel Sapien (M53)	2	M50-54	1st	---				6:15.41		6:15.4	21.38	6:15.41	69.5%
3	7003 Ruben Saguil (M48)	3	M45-49	1st	---				6:28.22		6:28.2	22.12	6:28.22	64.5%
4	7193 Julio Lopez (M57)	4	M55-59	1st	---				6:48.26		6:48.3	23.26	6:48.26	66.1%
5	6205 Randi Burnett (F29)	1	F25-29	OA	---				6:53.63		6:53.6	23.55	6:53.63	60.8%
6	6121 Trey Irving (M19)	5	M15-19	1st	---				7:01.66	✓ 1	7:01.7	24.00	7:01.66	53.9%
7	6113 Macus O'con (M42)	6	M40-44	1st	---				7:36.94	✗	7:36.9	26.00	7:36.94	52.3%
8	7261 John Kramer (M51)	7	M50-54	2nd	---				8:01.48		8:01.5	27.43	8:01.48	53.3%
9	7198 Yanira Lopez (F50)	2	F50-54	1st	---				8:08.33		8:08.3	27.83	8:08.33	61.2%
10	7168 Rachel Meador (F45)	3	F45-49	1st	---				8:14.16		8:14.2	28.17	8:14.16	56.9%
11	6995 Elise Harper (F44)	4	F40-44	1st	---				8:33.43		8:33.4	29.25	8:33.43	54.1%
12	7265 Kuay Sullivan (F47)	5	F45-49	2nd	---				8:59.44		8:59.4	30.73	8:59.44	53.4%
13	7099 Trinity Sullivan (F14)	6	F10-14	1st	---				9:50.83		9:50.8	33.64	9:50.83	45.2%
14	7154 Mike Catt (M59)	8	M55-59	2nd	---				9:58.08		9:58.1	34.10	9:58.08	45.9%
15	7204 Arwyn Sullivan (F9)	7	F01-09	1st	---				10:12.34		10:12.3	34.90	10:12.34	48.7%

✓ 2 Club PR's Average Finish Time: 07:53 1 First Timers Average Age Grade: 57.2%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7072 Ryan Loehding (M41)	1	M40-44	OA	0.2	9:16	9:29	+12	18:45.12	✓ 22	6:02.1	18.75	18:45.35	73.3%
2	6113 Marcus O'con (M42)	2	M40-44	MS	2.0	10:17	10:09	-8	20:26.47	♫ ✓ 4	6:34.8	20.43	20:28.48	67.8%
3	6238 Ronnie Shocks (M31)	3	M30-34	1st	13.3	9:55	11:42	+107	21:37.74	✓ 1	6:57.7	21.62	21:51.03	59.9%
4	6617 Alex Veguilla (M45)	4	M45-49	1st	0.3	10:35	11:44	+69	22:19.53	✗	7:11.2	22.32	22:19.81	63.5%
5	7193 Julio Lopez (M57)	5	M55-59	SR	0.3	11:57	12:11	+14	24:08.35	♫	7:46.2	24.13	24:08.62	64.7%
6	7015 Gabriel Sapien (M53)	6	M50-54	1st	3.1	12:05	12:17	+11	24:22.35	♫	7:50.7	24.37	24:25.44	62.0%
7	6705 Gabor Toth (M32)	7	M30-34	2nd	3.0	12:16	12:40	+24	24:55.97		8:01.5	24.92	24:58.98	52.1%
8	7008 David Mask (M61)	8	M60-64	1st	18.2	12:33	12:55	+21	25:27.87		8:11.8	25.45	25:46.08	63.5%
9	6577 Oliver Ramos (M39)	9	M35-39	1st	6.4	12:33	13:11	+38	25:43.91	✗	8:16.9	25.72	25:50.30	52.7%
10	6114 Dierk Hohman (M43)	10	M40-44	2nd	4.8	13:09	12:39	-30	25:48.11		8:18.3	25.80	25:52.92	54.1%
11	7097 Nathan Bruser (M42)	11	M40-44	1st	93.5				24:26.64		7:52.1	24.43	26:00.16	56.7%
12	7186 Conrad Butler (M27)	12	M25-29	1st	15.5	13:08	13:08	-1	26:16.04		8:27.3	26.27	26:31.56	49.1%
13	6121 Trey Irving (M19)	13	M15-19	1st	3.4	13:14	13:14	-1	26:28.45	♫ ✓ 1	8:31.3	26.47	26:31.85	49.8%
14	7166 Richard Galemore (M46)	14	M45-49	2nd	12.4	13:12	13:10	-1	26:22.16		8:29.2	26.37	26:34.54	54.2%
15	7283 Ruben Reyes (M57)	15	M55-59	1st	4.3	13:08	13:29	+21	26:36.87		8:34.0	26.60	26:41.14	58.7%
16	6125 Rebecca Sandberg (F31)	1	F30-34	OA	11.0				27:42.18	✗	8:55.0	27.70	27:53.17	53.5%
17	6124 Jennifer Sandberg (F28)	2	F25-29	1st	13.1				27:40.16	✗	8:54.4	27.67	27:53.23	53.5%
18	7020 Ronald Hamilton (M54)	16	M50-54	2nd	8.5	13:49	14:11	+22	27:59.45		9:00.6	27.98	28:07.97	54.4%
19	6110 Paige Loehding (F12)	3	F10-14	1st	13.7	14:46	13:19	-87	28:04.74	✓ 3	9:02.3	28.07	28:18.45	58.0%
20	7198 Yanira Lopez (F50)	4	F50-54	MS	0.2	14:20	14:18	-3	28:38.05	♫	9:13.0	28.63	28:38.29	59.1%
21	6118 John Lemon (M35)	17	M35-39	2nd	5.4	13:22	15:21	+119	28:43.49	✗	9:14.7	28.72	28:48.87	45.9%
22	7038 Michael Rumery (M40)	18	M40-44	3rd	18.2	13:08	15:31	+143	28:39.50		9:13.5	28.65	28:57.71	47.6%
23	7204 Arwyn Sullivan (F9)	5	F01-09	1st	0.3	14:45	14:14	-31	28:59.24	♫	9:19.8	28.98	28:59.53	60.5%
24	7265 Kuay Sullivan (F47)	6	F45-49	1st	3.1	14:42	14:15	-27	28:57.29	♫	9:19.2	28.95	29:00.41	56.3%
25	7099 Trinity Sullivan (F14)	7	F10-14	2nd	0.3	13:49	15:26	+97	29:14.66	♫	9:24.8	29.23	29:14.95	53.7%
26	6968 Jack Manning (M70)	19	M70-74	1st	1.5	14:25	14:57	+32	29:22.41		9:27.3	29.37	29:23.95	60.0%
27	7168 Rachel Meador (F45)	8	F45-49	2nd	7.5	15:02	14:47	-15	29:48.60	♫	9:35.7	29.80	29:56.09	53.6%
28	6107 Melissa Mejico (F16)	9	F15-19	1st	1.0	13:25	16:41	+196	30:05.83	✗	9:41.2	30.08	30:06.87	50.9%
29	7261 John Kramer (M51)	20	M50-54	3rd	0.5	14:50	15:17	+27	30:07.51	♫	9:41.8	30.12	30:08.01	49.4%
30	6565 Wesley Bumgarner (M42)	21	M40-44	4th	10.1	15:25	14:42	-43	30:07.34	✗	9:41.7	30.12	30:17.42	46.0%
31	7271 Bob Stephens (M41)	22	M40-44	5th	5.5	15:42	15:54	+12	31:36.25	✗	10:10.3	31.60	31:41.74	43.5%

32	6887	Esmeralda Mejico (F45)	10	F45-49	3rd	0.3	15:21	16:25	+63	31:45.90	✓	≥	10:13.5	31.75	31:46.18	50.3%	
33	6321	Jason Graham (M33)	23	M30-34	3rd	7.6	14:25	17:17	+172	31:41.63			10:12.1	31.68	31:49.23	41.2%	
34	6347	Eugene Mosley (M32)	24	M30-34	4th	6.6	16:04	15:42	-23	31:46.21			10:13.6	31.77	31:52.83	40.9%	
35	6106	Timothy Eaton (M57)	25	M55-59	2nd	10.9	15:54	16:27	+33	32:20.12	✓	≥	10:24.5	32.33	32:31.01	48.3%	
36	6995	Elise Harper (F44)	11	F40-44	1st	13.1	16:16	16:25	+9	32:40.62	⌘		10:31.1	32.67	32:53.77	48.4%	
37	6112	Jennifer Loehding (F40)	12	F40-44	2nd	13.3	16:32	16:53	+21	33:24.41			10:45.2	33.40	33:37.69	45.9%	
38	6971	Daniel Briggs (M49)	26	M45-49	3rd	---	16:28	17:50	+82	34:18.31			11:02.5	34.30	34:18.31	42.6%	
39	6102	Maxx Pomm (M64)	27	M60-64	2nd	2.6	15:48	18:39	+171	34:27.40			11:05.4	34.45	34:30.00	48.2%	
40	6972	Katrice Briggs (F43)	13	F40-44	3rd	4.0	16:24	18:30	+126	34:53.83			11:13.9	34.88	34:57.84	44.9%	
41	6101	Changlan Zhang (F47)	14	F45-49	4th	2.9	16:52	18:46	+114	35:37.94			11:28.1	35.62	35:40.80	45.8%	
42	6122	Emily Sides (F23)	15	F20-24	1st	11.8	15:15	21:57	+403	37:12.21		⊗	11:58.5	37.20	37:24.02	39.8%	
43	7268	Amara Chan (F45)	16	F45-49	5th	16.3	18:47	21:11	+144	39:57.34	✓	⊕	12:51.6	39.95	40:13.59	40.0%	
44	6786	Laura Dittlinger (F37)	17	F35-39	1st	13.6	18:25	23:02	+277	41:27.23			13:20.6	41.45	41:40.80	36.4%	
45	6761	Shiva Gorthi (M42)	28	M40-44	6th	12.1	20:51	21:51	+59	42:41.64	✓	⊖	13:44.5	42.68	42:53.78	32.5%	
46	7154	Mike Catt (M59)	29	M55-59	3rd	8.9	20:34	22:23	+109	42:56.92	⌘		13:49.4	42.93	43:05.78	37.0%	
47	6595	Cathy Swartz (F48)	18	F45-49	6th	16.2	22:05	23:37	+92	45:42.59		⊗	14:42.8	45.70	45:58.83	36.1%	
48	6525	Amanda Barbour (F35)	19	F35-39	2nd	17.4				47:03.97		⊗	15:09.0	47.05	47:21.33	31.8%	
49	6109	Hannah Bumgarner (F15)	20	F15-19	2nd	9.2	23:44	25:17	+93	49:00.45		⊗	15:46.4	49.00	49:09.61	31.6%	
50	6108	Mackenzie Bumgarner (F13)	21	F10-14	3rd	10.4	23:44	25:18	+94	49:01.51		⊗	15:46.8	49.02	49:11.93	32.6%	
34 Positive Split 12 Negative Split ✓ 9 Club PR's Average Finish Time: 31:09 <i>13 First Timers</i> Average Age Grade: 50.0%																	

Sorted Age Grades

1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Alfonzo Gonzalez Jr.	M33	5:15.11	71.5%	Move UP
2	2	Gabriel Sapien	M53	6:15.41	69.5%	
3	4	Julio Lopez	M57	6:48.26	66.1%	
4	3	Ruben Saguil	M48	6:28.22	64.5%	
5	9	Yanira Lopez	F50	8:08.33	61.2%	
6	5	Randi Burnett	F29	6:53.63	60.8%	
7	10	Rachel Meador	F45	8:14.16	56.9%	
8	11	Elise Harper	F44	8:33.43	54.1%	
9	6	Trey Irving	M19	7:01.66	53.9%	
10	12	Kuay Sullivan	F47	8:59.44	53.4%	
11	8	John Kramer	M51	8:01.48	53.3%	
12	7	Macus O'con	M42	7:36.94	52.3%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Ryan Loehding	M41	18:45.12	73.3%	Move UP
2	2	Marcus O'con	M42	20:26.47	67.8%	Move UP
3	5	Julio Lopez	M57	24:08.35	64.7%	
4	8	David Mask	M61	25:27.87	63.5%	
5	4	Alex Veguilla	M45	22:19.53	63.5%	
6	6	Gabriel Sapien	M53	24:22.35	62.0%	
7	23	Arwyn Sullivan	F9	28:59.24	60.5%	
8	26	Jack Manning	M70	29:22.41	60.0%	
9	3	Ronnie Shocks	M31	21:37.74	59.9%	
10	20	Yanira Lopez	F50	28:38.05	59.1%	
11	15	Ruben Reyes	M57	26:36.87	58.7%	
12	19	Paige Loehding	F12	28:04.74	58.0%	
13	11	Nathan Bruser	M42	24:26.64	56.7%	
14	24	Kuay Sullivan	F47	28:57.29	56.3%	
15	18	Ronald Hamilton	M54	27:59.45	54.4%	
16	14	Richard Galemore	M46	26:22.16	54.2%	
17	10	Dierk Hohman	M43	25:48.11	54.1%	
18	25	Trinity Sullivan	F14	29:14.66	53.7%	
19	27	Rachel Meador	F45	29:48.60	53.6%	
20	17	Jennifer Sandberg	F28	27:40.16	53.5%	
21	16	Rebecca Sandberg	F31	27:42.18	53.5%	
22	9	Oliver Ramos	M39	25:43.91	52.7%	
23	7	Gabor Toth	M32	24:55.97	52.1%	
24	28	Melissa Mejico	F16	30:05.83	50.9%	
25	32	Esmeralda Mejico	F45	31:45.90	50.3%	

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