

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Logan Lewis	5:51.94	Logan Lewis	20:49.90	Adrian Walmsley	22:02.22	Julio Lopez	22:22.20
Kim Andres	7:42.78	Maddee Rowe	21:38.79	Kuay Sullivan	26:34.56	Carol Creech	43:57.62

5K MALE

		31 Runners --- Average Time of 29:22					Avg. Age Grade: 51.5%			Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Logan Lewis	Bedford	(14)	10:27	-4	20:49.90	ℓ	6:42.3	68.1%	1	1
MASTERS	1	Adrian Walmsley	Dallas	(54)	11:10	-19	22:02.22	✓	7:05.6	69.2%	3	2
SENIORS	1	Julio Lopez	Farmers Branch	(57)	11:10	+2	22:22.20	ℓ	7:12.0	69.9%	4	3
M01-09	1	Garrett Robinson	Plano	(8)	20:25	+188	43:56.95		14:08.8	38.7%	43	30
M10-14	1	Christian Villarreal	carrollton	(14)	12:11	+41	25:02.76		8:03.7	56.7%	15	11
	2	Presley Briggs		(14)	13:07	+440	33:33.75		10:48.2	42.3%	31	23
M25-29	1	Conrad Butler	Fort Worth	(26)	12:15	+3	24:33.15		7:54.2	52.5%	11	7
	2	Raul Platas	Lewisville	(28)	12:47	-17	25:17.09		8:08.3	51.0%	16	12
	3	Jonathan Rodriguez	Arlington	(29)	12:38	+44	26:00.63		8:22.3	49.6%	17	13
	4	Carlos Sanchez	Carrollton	(28)			37:38.73		12:07.0	34.3%	40	29
M30-34	1	Gabor Toth	Irving	(32)			23:18.98		7:30.3	55.8%	6	5
	2	Hung Phan	Irving	(31)			49:58.78		16:05.2	25.9%	46	31
M35-39	1	Mani Raveendran	Irving	(35)	14:16	+49	29:21.28	ℓ✓	9:26.9	44.9%	23	17
	2	Michael Rumery	Plano	(39)	14:58	+447	37:23.04		12:02.0	36.2%	39	28
M40-44	1	Johnny Chen	Plano	(44)			21:30.18	ℓ	6:55.3	65.4%	5	4
	2	Nathan Bruser	Coppell	(41)	11:22	-17	22:27.25		7:13.6	61.2%	14	10
	3	David Lewis	Bedford	(41)	11:39	+16	23:34.45		7:35.3	58.3%	7	6
	4	Dierk Hohman	Coppell	(43)	15:03	-28	29:37.78		9:32.2	47.1%	26	20
M45-49	1	John Smith	Dallas	(47)	14:39	+2	29:20.44		9:26.6	49.1%	25	19
	2	Joe Sullivan	Coppell	(49)			31:55.00	✓	10:16.4	45.8%	29	21
	3	Daniel Briggs		(49)	16:22	+65	33:48.96		10:53.1	43.3%	32	24
	4	Brian Rowe	Irving	(46)	16:22	+90	34:13.81		11:01.1	41.7%	35	25
M50-54	1	David Short	Frisco	(52)	12:52	-84	24:20.31	ℓ	7:50.0	61.6%	12	8
	2	Wally Gruenes		(54)			27:07.51		8:43.8	56.2%	19	14
	3	Ronald Hamilton	The Colony	(53)	14:04	-38	27:29.69		8:51.0	55.0%	21	16
	4	John Kramer	Plano	(51)	14:47	-7	29:27.02	ℓ✓	9:28.8	50.5%	24	18
M55-59	1	Terry Marcott	Corinth	(55)	12:40	-33	24:47.61		7:58.8	62.0%	13	9
	2	Mike Catt	The Colony	(59)	17:55	+78	37:08.27	ℓ	11:57.2	42.8%	38	27
M60-64	1	David Mask	Lewisville	(60)	12:43	+16	25:42.39		8:16.4	62.4%	20	15
	2	Speed Collingsworth		(63)	15:30	+81	32:20.45		10:24.6	50.9%	30	22
	3	Dave Hanna	Little Elm	(61)			34:11.35		11:00.3	47.3%	36	26

5K FEMALE

		19 Runners --- Average Time of 36:07				Avg. Age Grade: 48.7%			Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Maddee Rowe	Irving	(13)			21:38.79	<input type="checkbox"/>	6:58.0	73.8%	2	1
MASTERS	1 Kuay Sullivan	Coppell	(47)	13:12	+10	26:34.56	<input checked="" type="checkbox"/>	8:33.2	61.4%	18	5
SENIORS	1 Carol Creech	Plano	(62)	20:26	+186	43:57.62		14:09.0	45.3%	44	14
F01-09	1 Arwyn Sullivan	Coppell	(8)	16:02	-27	31:38.13		10:10.9	57.3%	28	8
F10-14	1 Trinity Sullivan	Coppell	(13)	15:04	+72	31:19.45	<input checked="" type="checkbox"/>	10:04.9	51.0%	27	7
	2 Mallory Rowe	Irving	(11)	16:23	+88	34:13.64		11:01.0	48.6%	34	10
F15-19	1 Mackenzie Wilson	Carrollton	(18)	12:16	+4	24:36.35		7:55.2	60.8%	10	4
F25-29	1 Kim Wilson	Addison	(27)	12:16	-32	24:00.79		7:43.7	61.6%	9	3
	2 Amber Harris	Arlington	(26)	17:13	+27	34:52.95	<input checked="" type="checkbox"/>	11:13.7	42.4%	37	11
	3 Helen Phan	Scott City	(29)			49:58.87		16:05.2	29.6%	47	16
	4 Thu Phan	Addison	(29)			49:59.19		16:05.3	29.6%	48	17
F30-34	1 Sarah Bohlman		(30)	12:24	-64	23:45.07	<input checked="" type="checkbox"/>	7:38.7	62.3%	8	2
F40-44	1 Katrice Briggs		(42)			33:55.70		10:55.2	45.8%	33	9
F45-49	1 Susan Schafer	Richardson	(47)	18:26	+63	37:54.45		12:12.1	43.0%	45	15
	2 Julie Larson	Carrollton	(48)	18:13	+97	38:04.21	<input checked="" type="checkbox"/>	12:15.2	43.4%	42	13
F50-54	1 Yanira Lopez	Farmers Branch	(50)	14:30	-39	28:21.54	<input checked="" type="checkbox"/>	9:07.7	59.7%	22	6
	2 Althea Mason	Carrollton	(50)			38:05.19		12:15.5	44.4%	41	12
	3 Nancy Marcott	Corinth	(52)			56:41.14		18:14.7	30.6%	50	19
F60-64	1 Beverly Collingsworth		(62)			56:37.59		18:13.6	35.1%	49	18

1M MALE

		12 Runners --- Average Time of 7:52				Avg. Age Grade: 56.8%			Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Logan Lewis	Bedford	(14)		5:51.94		5:51.9	69.6%	1	1
M01-09	1	Conner Robinson	Plano	(9)		10:26.25	✓	10:26.3	45.1%	15	11
M25-29	1	Matthew Robinson	Fort Worth	(27)		12:09.17		12:09.2	30.5%	17	12
M35-39	1	Mani Raveendran	Irving	(35)		7:33.34		7:33.3	50.2%	7	7
M40-44	1	Johnny Chen	Plano	(44)		6:11.31	✓	6:11.3	65.4%	2	2
M45-49	1	Ruben Saguil	Carrollton	(48)		6:41.24		6:41.2	62.4%	5	5
M50-54	1	David Short	Frisco	(52)		6:34.23		6:34.2	65.6%	4	4
	2	Gabriel Sapien	Carrollton	(53)		7:30.56		7:30.6	57.9%	6	6
	3	John Kramer	Plano	(51)		7:59.45	✓	7:59.5	53.5%	10	9
M55-59	1	Julio Lopez	Farmers Branch	(57)		6:25.66	✓	6:25.7	69.9%	3	3
	2	Mike Catt	The Colony	(59)		9:28.93		9:28.9	48.2%	14	10
M60-64	1	Scott McKissick	Irving	(64)		7:33.38		7:33.4	63.3%	8	8

1M FEMALE

		5 Runners --- Average Time of 8:51				Avg. Age Grade: 56.0%			Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Kim Andres	Irving	(60)		7:42.78	☐	7:42.8	74.0%	9	1
F10-14	1	Trinity Sullivan	Coppell	(13)		9:18.31		9:18.3	48.6%	13	4
F25-29	1	Amber Harris	Arlington	(26)		10:34.31		10:34.3	39.7%	16	5
F45-49	1	Kuay Sullivan	Coppell	(47)		8:35.68		8:35.7	55.8%	12	3
F50-54	1	Yanira Lopez	Farmers Branch	(50)		8:03.30		8:03.3	61.9%	11	2

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6732 Logan Lewis (M14)	1	M10-14	OA	---				5:51.94	✗	5:51.9	20.01	5:51.94	69.6%
2	6973 Johnny Chen (M44)	2	M40-44	1st	---				6:11.31	✓ 1	6:11.3	21.15	6:11.31	65.4%
3	7193 Julio Lopez (M57)	3	M55-59	1st	---				6:25.66	✓ 34	6:25.7	21.95	6:25.66	69.9%
4	7061 David Short (M52)	4	M50-54	1st	---				6:34.23		6:34.2	22.47	6:34.23	65.6%
5	7003 Ruben Saguil (M48)	5	M45-49	1st	---				6:41.24		6:41.2	22.86	6:41.24	62.4%
6	7015 Gabriel Sapien (M53)	6	M50-54	2nd	---				7:30.56		7:30.6	25.66	7:30.56	57.9%
7	7377 Mani Raveendran (M35)	7	M35-39	1st	---				7:33.34	✗	7:33.3	25.83	7:33.34	50.2%
8	7048 Scott McKissick (M64)	8	M60-64	1st	---				7:33.38		7:33.4	25.83	7:33.38	63.3%
9	7040 Kim Andres (F60)	1	F60-64	OA	---				7:42.78	□	7:42.8	26.34	7:42.78	74.0%
10	6813 John Kramer (M51)	9	M50-54	3rd	---				7:59.45	✓ 3	7:59.5	27.31	7:59.45	53.5%
11	7198 Yanira Lopez (F50)	2	F50-54	1st	---				8:03.30		8:03.3	27.54	8:03.30	61.9%
12	6982 Kuay Sullivan (F47)	3	F45-49	1st	---				8:35.68		8:35.7	29.36	8:35.68	55.8%
13	6984 Trinity Sullivan (F13)	4	F10-14	1st	---				9:18.31		9:18.3	31.82	9:18.31	48.6%
14	7154 Mike Catt (M59)	10	M55-59	2nd	---				9:28.93		9:28.9	32.39	9:28.93	48.2%
15	7103 Conner Robinson (M9)	11	M01-09	1st	---				10:26.25	✓ 3	10:26.3	35.69	10:26.25	45.1%
16	6771 Amber Harris (F26)	5	F25-29	1st	---				10:34.31	✗	10:34.3	36.15	10:34.31	39.7%
17	6772 Matthew Robinson (M27)	12	M25-29	1st	---				12:09.17	✗	12:09.2	41.57	12:09.17	30.5%
✓ 4 Club PR's						Average Finish Time: 08:09 4 First Timers				Average Age Grade: 56.6%				

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6732 Logan Lewis (M14)	1	M10-14	OA	---	10:27	10:23	-4	20:49.90	ℓ	6:42.3	20.82	20:49.90	68.1%
2	6774 Maddee Rowe (F13)	1	F10-14	OA	---				21:38.79	□ ✗	6:58.0	21.63	21:38.79	73.8%
3	6980 Adrian Walmsley (M54)	2	M50-54	MS	1.6	11:10	10:52	-19	22:02.22	✓ 1	7:05.6	22.03	22:03.81	69.2%
4	7193 Julio Lopez (M57)	3	M55-59	SR	0.2	11:10	11:12	+2	22:22.20	ℓ	7:12.0	22.37	22:22.37	69.9%
5	6973 Johnny Chen (M44)	4	M40-44	1st	98.6				21:30.18	ℓ	6:55.3	21.50	23:08.77	65.4%
6	6705 Gabor Toth (M32)	5	M30-34	1st	0.5				23:18.98	✗	7:30.3	23.30	23:19.43	55.8%
7	6731 David Lewis (M41)	6	M40-44	3rd	0.2	11:39	11:55	+16	23:34.45		7:35.3	23.57	23:34.62	58.3%
8	7029 Sarah Bohlman (F30)	2	F30-34	1st	6.4	12:24	11:21	-64	23:45.07	✓ 2	7:38.7	23.75	23:51.47	62.3%
9	6712 Kim Wilson (F27)	3	F25-29	1st	4.4	12:16	11:44	-32	24:00.79	✗	7:43.7	24.00	24:05.18	61.6%
10	6716 Mackenzie Wilson (F18)	4	F15-19	1st	4.4	12:16	12:20	+4	24:36.35	✗	7:55.2	24.60	24:40.76	60.8%
11	6574 Conrad Butler (M26)	7	M25-29	1st	7.8	12:15	12:18	+3	24:33.15		7:54.2	24.55	24:40.98	52.5%
12	7061 David Short (M52)	8	M50-54	1st	31.8	12:52	11:28	-84	24:20.31	ℓ	7:50.0	24.33	24:52.15	61.6%
13	6709 Terry Marcott (M55)	9	M55-59	1st	8.5	12:40	12:07	-33	24:47.61		7:58.8	24.78	24:56.08	62.0%
14	7097 Nathan Bruser (M41)	10	M40-44	2nd	153.6	11:22	11:05	-17	22:27.25		7:13.6	22.45	25:00.90	61.2%
15	6737 Christian Villarreal (M14)	11	M10-14	1st	1.9	12:11	12:52	+41	25:02.76	✗	8:03.7	25.03	25:04.71	56.7%
16	6981 Raul Platas (M28)	12	M25-29	2nd	4.7	12:47	12:30	-17	25:17.09	✗	8:08.3	25.28	25:21.77	51.0%
17	6707 Jonathan Rodriguez (M29)	13	M25-29	3rd	2.4	12:38	13:22	+44	26:00.63	✗	8:22.3	26.00	26:03.01	49.6%
18	6982 Kuay Sullivan (F47)	5	F45-49	MS	3.1	13:12	13:22	+10	26:34.56	ℓ	8:33.2	26.57	26:37.63	61.4%
19	6106 Wally Gruenes (M54)	14	M50-54	2nd	2.3				27:07.51		8:43.8	27.12	27:09.81	56.2%
20	7008 David Mask (M60)	15	M60-64	1st	99.3	12:43	12:59	+16	25:42.39		8:16.4	25.70	27:21.74	62.4%
21	7020 Ronald Hamilton (M53)	16	M50-54	3rd	6.6	14:04	13:26	-38	27:29.69		8:51.0	27.48	27:36.32	55.0%
22	7198 Yanira Lopez (F50)	6	F50-54	1st	13.9	14:30	13:51	-39	28:21.54	ℓ	9:07.7	28.35	28:35.46	59.7%
23	7377 Mani Raveendran (M35)	17	M35-39	1st	4.0	14:16	15:05	+49	29:21.28	ℓ ✓ 1	9:26.9	29.35	29:25.32	44.9%
24	6813 John Kramer (M51)	18	M50-54	4th	2.1	14:47	14:40	-7	29:27.02	ℓ ✓ 3	9:28.8	29.45	29:29.10	50.5%
25	6676 John Smith (M47)	19	M45-49	1st	15.5	14:39	14:41	+2	29:20.44		9:26.6	29.33	29:35.99	49.1%
26	6545 Dierk Hohman (M43)	20	M40-44	4th	5.4	15:03	14:35	-28	29:37.78		9:32.2	29.62	29:43.14	47.1%
27	6984 Trinity Sullivan (F13)	7	F10-14	1st	1.7	15:04	16:16	+72	31:19.45	ℓ	10:04.9	31.32	31:21.17	51.0%
28	6983 Arwyn Sullivan (F8)	8	F01-09	1st	7.9	16:02	15:36	-27	31:38.13		10:10.9	31.63	31:46.01	57.3%
29	6109 Joe Sullivan (M49)	21	M45-49	2nd	8.1				31:55.00	✓ 1	10:16.4	31.92	32:03.14	45.8%

30	6108	Speed Collingsworth (M63)	22	M60-64	2nd	24.1	15:30	16:51	+81	32:20.45		10:24.6	32.33	32:44.55	50.9%
31	6103	Presley Briggs (M14)	23	M10-14	2nd	3.2	13:07	20:27	+440	33:33.75	⌘	10:48.2	33.55	33:36.96	42.3%
32	6102	Daniel Briggs (M49)	24	M45-49	3rd	3.7	16:22	17:27	+65	33:48.96		10:53.1	33.80	33:52.66	43.3%
33	6101	Katrice Briggs (F42)	9	F40-44	1st	2.9				33:55.70		10:55.2	33.92	33:58.56	45.8%
34	6776	Mallory Rowe (F11)	10	F10-14	2nd	0.9	16:23	17:51	+88	34:13.64	⌘	11:01.0	34.22	34:14.52	48.6%
35	6777	Brian Rowe (M46)	25	M45-49	4th	0.9	16:22	17:52	+90	34:13.81	⌘	11:01.1	34.22	34:14.69	41.7%
36	6605	Dave Hanna (M61)	26	M60-64	3rd	8.5				34:11.35		11:00.3	34.18	34:19.89	47.3%
37	6771	Amber Harris (F26)	11	F25-29	2nd	5.3	17:13	17:40	+27	34:52.95	⌘	11:13.7	34.87	34:58.27	42.4%
38	7154	Mike Catt (M59)	27	M55-59	2nd	9.9	17:55	19:13	+78	37:08.27	⌘	11:57.2	37.13	37:18.12	42.8%
39	7038	Michael Rumery (M39)	28	M35-39	2nd	17.6	14:58	22:25	+447	37:23.04		12:02.0	37.38	37:40.63	36.2%
40	6754	Carlos Sanchez (M28)	29	M25-29	4th	5.0				37:38.73	⌘	12:07.0	37.63	37:43.69	34.3%
41	6880	Althea Mason (F50)	12	F50-54	2nd	2.8				38:05.19		12:15.5	38.08	38:07.96	44.4%
42	6882	Julie Larson (F48)	13	F45-49	2nd	4.2	18:13	19:51	+97	38:04.21	✓	12:15.2	38.07	38:08.43	43.4%
43	7104	Garrett Robinson (M8)	30	M01-09	1st	---	20:25	23:32	+188	43:56.95	⌘	14:08.8	43.93	43:56.95	38.7%
44	7024	Carol Creech (F62)	14	F60-64	SR	---	20:26	23:32	+186	43:57.62		14:09.0	43.95	43:57.62	45.3%
45	7065	Susan Schafer (F47)	15	F45-49	1st	443.3	18:26	19:29	+63	37:54.45		12:12.1	37.90	45:17.72	43.0%
46	6742	Hung Phan (M31)	31	M30-34	2nd	12.1				49:58.78	⌘	16:05.2	49.97	50:10.90	25.9%
47	6748	Helen Phan (F29)	16	F25-29	3rd	12.1				49:58.87	⌘	16:05.2	49.97	50:11.00	29.6%
48	6710	Thu Phan (F29)	17	F25-29	4th	12.2				49:59.19	⌘	16:05.3	49.98	50:11.36	29.6%
49	6107	Beverly Collingsworth (F62)	18	F60-64	1st	34.6				56:37.59	⌘	18:13.6	56.62	57:12.19	35.1%
50	6104	Nancy Marcott (F52)	19	F50-54	3rd	33.6				56:41.14	⌘	18:14.7	56.68	57:14.75	30.6%

23 Positive Split 13 Negative Split ✓ 6 Club PR's Average Finish Time: 31:55 20 First Timers Average Age Grade: 50.4%

Sorted Age Grades

1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	9	Kim Andres	F60	7:42.78	74.0%	
2	3	Julio Lopez	M57	6:25.66	69.9%	Move UP
3	1	Logan Lewis	M14	5:51.94	69.6%	New
4	4	David Short	M52	6:34.23	65.6%	
5	2	Johnny Chen	M44	6:11.31	65.4%	Move UP
6	8	Scott McKissick	M64	7:33.38	63.3%	
7	5	Ruben Saguil	M48	6:41.24	62.4%	
8	11	Yanira Lopez	F50	8:03.30	61.9%	
9	6	Gabriel Sapien	M53	7:30.56	57.9%	
10	12	Kuay Sullivan	F47	8:35.68	55.8%	
11	10	John Kramer	M51	7:59.45	53.5%	
12	7	Mani Raveendran	M35	7:33.34	50.2%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Maddee Rowe	F13	21:38.79	73.8%	New
2	4	Julio Lopez	M57	22:22.20	69.9%	
3	3	Adrian Walmsley	M54	22:02.22	69.2%	Move UP
4	1	Logan Lewis	M14	20:49.90	68.1%	
5	5	Johnny Chen	M44	21:30.18	65.4%	
6	20	David Mask	M60	25:42.39	62.4%	
7	8	Sarah Bohlman	F30	23:45.07	62.3%	
8	13	Terry Marcott	M55	24:47.61	62.0%	
9	9	Kim Wilson	F27	24:00.79	61.6%	
10	12	David Short	M52	24:20.31	61.6%	
11	18	Kuay Sullivan	F47	26:34.56	61.4%	
12	14	Nathan Bruser	M41	22:27.25	61.2%	
13	10	Mackenzie Wilson	F18	24:36.35	60.8%	
14	22	Yanira Lopez	F50	28:21.54	59.7%	
15	7	David Lewis	M41	23:34.45	58.3%	
16	28	Arwyn Sullivan	F8	31:38.13	57.3%	
17	15	Christian Villarreal	M14	25:02.76	56.7%	
18	19	Wally Gruenes	M54	27:07.51	56.2%	
19	6	Gabor Toth	M32	23:18.98	55.8%	
20	21	Ronald Hamilton	M53	27:29.69	55.0%	
21	11	Conrad Butler	M26	24:33.15	52.5%	
22	16	Raul Platas	M28	25:17.09	51.0%	
23	27	Trinity Sullivan	F13	31:19.45	51.0%	
24	30	Speed Collingsworth	M63	32:20.45	50.9%	
25	24	John Kramer	M51	29:27.02	50.5%	

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