

Sunday, July 28, 2013

# Carrollton Runners Mile + 5K

73F Clear 80%H 4mphSE

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

Mile Off :7:30 am

5K Off :7:47 am

Mile Overall		5K Overall		5K Masters		5K Seniors	
Alfonzo Gonzalez Jr	5:16.54	Albert Marban	18:01.54	Ian Maung	19:24.44	Steven Mudgett	20:14.84
Randi Burnett	6:28.17	Monica Ortigoza	23:35.92	Melissa Dorrill	24:25.94	Kim Andres	25:00.12

## 5K MALE

		33 MALE Runners --- Average Time of 30:13					Avg. Age Grade: 54.1%		Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Albert Marban</b>	Farmers Branch	(19)	9:10	-18	<b>18:01.54</b>	✓	5:48.1	<b>73.1%</b>	1	1
MASTERS	1 <b>Ian Maung</b>	Coppell	(46)	9:31	+23	<b>19:24.44</b>	✓	6:14.8	<b>73.6%</b>	3	3
SENIORS	1 <b>Steven Mudgett</b>	Richardson	(56)	10:03	+8	<b>20:14.84</b>		6:31.0	<b>76.5%</b>	4	4
M01-09	1 <b>Yonatan Lewis</b>	Dallas	(5)			<b>51:15.64</b>		16:30.0	38.6%	56	31
	2 <b>Joseph DiPalma</b>	Carrollton	(6)			<b>55:50.27</b>		17:58.3	33.5%	58	33
M15-19	1 <b>Sam Shzu</b>	Plano	(16)	9:24	+90	<b>20:17.27</b>		6:31.8	<b>67.5%</b>	5	5
M20-24	1 <b>Jon Lewis</b>	Ennis	(20)			<b>25:20.96</b>		8:09.6	51.4%	14	10
M30-34	1 <b>Alfonzo Gonzalez Jr.</b>	Lancaster	(33)			<b>18:41.34</b> M		6:00.9	<b>69.8%</b>	2	2
	2 <b>Gabor Toth</b>	Irving	(32)	12:51	+3	<b>25:45.04</b>		8:17.3	50.5%	16	12
	3 <b>Ronnie Shocks</b>	Lewisville	(31)	10:08	+651	<b>31:07.28</b>		10:01.0	41.7%	37	23
M40-44	1 <b>Sanjay Kalluvilayil</b>	Carrollton	(40)	11:58	+16	<b>24:11.62</b>	✓	7:47.2	56.4%	10	8
	2 <b>Nathan Bruser</b>	Coppell	(42)	12:44	-8	<b>25:20.03</b>		8:09.3	54.7%	22	14
	3 <b>Dierk Hohman</b>	Coppell	(43)	13:33	-28	<b>26:37.39</b>		8:34.2	52.4%	20	13
	4 <b>Michael Rumery</b>	Plano	(40)	14:11	+8	<b>28:29.85</b>		9:10.3	47.9%	27	17
	5 <b>Derek Lewis</b>	Dallas	(40)	20:12	+652	<b>51:17.02</b>		16:30.4	26.6%	57	32
M45-49	1 <b>Nivaldo Castro</b>	Mckinney	(47)	12:12	-11	<b>24:12.05</b>		7:47.4	59.5%	11	9
	2 <b>Keith Fisher</b>	Irving	(45)	14:14	-53	<b>27:35.08</b>		8:52.7	51.4%	24	16
	3 <b>James Turner</b>	Carrollton	(46)	14:41	+82	<b>30:43.07</b>		9:53.2	46.5%	34	22
	4 <b>Glenn Meador</b>	Coppell	(48)	15:28	+59	<b>31:55.11</b>		10:16.4	45.5%	38	24
	5 <b>Joe Sullivan</b>	Coppell	(49)			<b>32:16.22</b>		10:23.2	45.3%	39	25
	6 <b>Trent Anderson</b>	Arlington	(45)			<b>37:08.86</b>		11:57.4	38.2%	44	28
M50-54	1 <b>Ronald Hamilton</b>	The Colony	(53)	13:48	-18	<b>27:18.49</b>		8:47.4	55.3%	23	15
	2 <b>John Kramer</b>	Plano	(51)	14:31	+12	<b>29:14.03</b> M ✓		9:24.6	50.9%	28	18
M55-59	1 <b>Julio Lopez</b>	Farmers Branch	(57)	11:32	+15	<b>23:17.79</b> M		7:29.9	<b>67.1%</b>	6	6
	2 <b>Ruben Reyes</b>	Carrollton	(57)	14:09	+101	<b>30:00.32</b> M		9:39.5	52.1%	30	19
	3 <b>Mike Catt</b>	The Colony	(59)	18:42	+86	<b>38:50.65</b> M		12:30.2	40.9%	48	29
M60-64	1 <b>David Mask</b>	Lewisville	(61)			<b>25:28.95</b>		8:12.1	<b>63.5%</b>	15	11
	2 <b>Maxx Pomm</b>	Dallas	(63)	14:50	+45	<b>30:25.00</b>	✓	9:47.4	54.2%	33	21
	3 <b>Michael Johnson</b>	Coppell	(60)	16:29	+39	<b>33:36.71</b> M		10:49.1	47.7%	42	27
M70-74	1 <b>Wally Capps</b>	Farmers Branch	(72)	11:39	+9	<b>23:26.61</b> M ✓		7:32.7	<b>77.1%</b>	7	7
	2 <b>Tommy Farrar</b>	Coppell	(72)	14:51	+33	<b>30:14.62</b>		9:44.1	59.8%	32	20
M80-99	1 <b>Charles Key</b>	Dallas	(81)	15:42	+88	<b>32:52.29</b>	☑	10:34.8	<b>65.6%</b>	40	26
	2 <b>Arland Philson</b>	Carrollton	(83)	23:13	+8	<b>46:33.34</b>		14:59.1	49.0%	53	30

# 5K FEMALE

26 FEMALE Runners --- Average Time of

33:53

Avg. Age Grade: 49.6%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Monica Ortigoza</b>	Coppell	(33)	11:38	+19	23:35.92		7:35.7	63.0%	8	1
MASTERS	1 <b>Melissa Dorrill</b>	Dallas	(45)			24:25.94		7:51.8	65.4%	12	3
SENIORS	1 <b>Kim Andres</b>	Irving	(60)	12:05	+50	25:00.12	☐	8:02.8	77.3%	13	4
F01-09	1 <b>Arwyn Sullivan</b>	Coppell	(9)	14:26	-65	27:46.51		8:56.4	63.2%	25	8
F10-14	1 <b>Trinity Sullivan</b>	Coppell	(14)	13:13	-32	25:54.62		8:20.4	60.6%	17	5
	2 <b>Madeline Turner</b>	Carrollton	(13)			26:03.70		8:23.3	61.3%	18	6
F20-24	1 <b>Eliza Tellez</b>	Denton	(24)			23:56.45		7:42.4	61.8%	9	2
	2 <b>Melody Shzu</b>	Plano	(24)	18:49	+151	40:08.11		12:55.1	36.9%	50	20
	3 <b>Dulce Velasquez</b>	Irving	(24)	24:34	-328	43:39.31		14:03.1	33.9%	51	21
F25-29	1 <b>LaHoma Bennett</b>	Dallas	(29)			32:59.91		10:37.3	44.9%	41	14
	2 <b>Daisy Montano</b>	Irving	(26)	24:33	+65	50:11.91		16:09.4	29.5%	55	24
F30-34	1 <b>Julie Barber</b>	Lewisville	(31)	15:26	+8	31:00.32	✓	9:58.8	47.8%	36	13
F35-39	1 <b>Laura Keckhut</b>	Fort Worth	(39)	13:31	+40	27:41.65		8:54.8	55.0%	26	9
	2 <b>Patricia Stubbs</b>	Carrollton	(36)			30:16.17		9:44.6	49.6%	31	11
F40-44	1 <b>Kavita Maung</b>	Coppell	(43)	12:40	+62	26:22.76		8:29.4	59.4%	19	7
	2 <b>Scymentress Williams</b>	Arlington	(42)			30:40.41		9:52.4	50.7%	35	12
	3 <b>Janelle Reinke</b>	Lewisville	(43)	22:42	+176	48:18.89		15:33.1	32.5%	54	23
	4 <b>Theresa DiPalma</b>	Carrollton	(40)			55:49.88		17:58.2	27.5%	59	25
F45-49	1 <b>Changlan Zhang</b>	McKinney	(47)	16:25	+114	34:44.91		11:11.1	47.0%	43	15
	2 <b>Susan Schafer</b>	Richardson	(48)	18:16	+108	38:20.39		12:20.4	43.1%	49	19
	3 <b>Annie Anderson</b>	Arlington	(48)	17:17	+231	38:24.64		12:21.8	43.0%	45	16
	4 <b>Rachel Meador</b>	Coppell	(45)	17:18	+231	38:26.33	ℓ	12:22.3	41.6%	46	17
	5 <b>Amara Chan</b>	Fort Worth	(45)	20:14	+212	43:59.52		14:09.6	36.3%	52	22
F50-54	1 <b>Yanira Lopez</b>	Farmers Branch	(50)	14:35	-11	28:58.05	ℓ	9:19.4	58.4%	29	10
F60-64	1 <b>Carol Creech</b>	Plano	(62)	18:53	+64	38:50.12		12:30.0	51.2%	47	18
FStroller	1 <b>Blake Bruser</b>	Coppell	(4)	12:44	-8	25:20.03		8:09.3		21	0

FN\*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

7/28/2013

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

△ Negative Split

 DeltaViewTiming.com

# 1M MALE

11 MALE Runners --- Average Time of **8:59** Avg. Age Grade: **55.3%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 <b>Alfonzo Gonzalez Jr.</b>	Lancaster	(33)			<b>5:16.54</b>		5:16.5	<b>71.1%</b>	1	1
M01-09	1 <b>Daniel Olson</b>	Rockwall	(6)			<b>15:30.16</b>		15:30.2	34.7%	14	10
M45-49	1 <b>Ruben Saguil</b>	Carrollton	(48)			<b>6:31.39</b>		6:31.4	<b>64.0%</b>	4	3
	2 <b>Mauro Saavera</b>	Rockwall	(48)			<b>15:41.04</b>		15:41.0	26.6%	16	11
M50-54	1 <b>Gabriel Sapien</b>	Carrollton	(53)			<b>6:25.41</b>		6:25.4	<b>67.7%</b>	2	2
	2 <b>John Kramer</b>	Plano	(51)			<b>7:42.17</b>	✓	7:42.2	55.5%	7	6
M55-59	1 <b>Julio Lopez</b>	Farmers Branch	(57)			<b>6:35.16</b>		6:35.2	<b>68.2%</b>	5	4
	2 <b>Ruben Reyes</b>	Carrollton	(57)			<b>7:45.31</b>	✓	7:45.3	58.0%	8	7
	3 <b>Mike Catt</b>	The Colony	(59)			<b>10:16.54</b>		10:16.5	44.5%	13	9
M60-64	1 <b>Michael Johnson</b>	Coppell	(60)			<b>9:37.61</b>		9:37.6	47.9%	12	8
M70-74	1 <b>Wally Capps</b>	Farmers Branch	(72)			<b>7:25.76</b>		7:25.8	<b>70.0%</b>	6	5

# 1M FEMALE

5 FEMALE Runners --- Average Time of **9:31** Avg. Age Grade: **52.2%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 <b>Randi Burnett</b>	Dallas	(29)			<b>6:28.17</b>	☐	6:28.2	<b>64.8%</b>	3	<b>1</b>
F40-44	1 <b>Charlotte Reeves</b>	Coppell	(41)			<b>9:15.65</b>		9:15.7	48.3%	11	<b>4</b>
	2 <b>Marceal Olson</b>	Rockwall	(43)			<b>15:30.32</b>		15:30.3	29.5%	15	<b>5</b>
F45-49	1 <b>Rachel Meador</b>	Coppell	(45)			<b>8:11.51</b>		8:11.5	57.2%	10	<b>3</b>
F50-54	1 <b>Yanira Lopez</b>	Farmers Branch	(50)			<b>8:08.79</b>		8:08.8	<b>61.2%</b>	9	<b>2</b>

FN\*: ☐ Broke Age-Group Record **GD** Place among Females  
 ∞ Ran Mile before 5K ✓ # Races PR @ Carrollton Runners (2003 & later)

△ Positive Split  
 ▽ Negative Split

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	---				5:16.54	✓	5:16.5	18.02	5:16.54	71.1%
2	7015 Gabriel Sapien (M53)	2	M50-54	1st	---				6:25.41		6:25.4	21.95	6:25.41	67.7%
3	6205 Randi Burnett (F29)	1	F25-29	OA	---				6:28.17	□	6:28.2	22.12	6:28.17	64.8%
4	7003 Ruben Saguil (M48)	3	M45-49	1st	---				6:31.39		6:31.4	22.29	6:31.39	64.0%
5	7193 Julio Lopez (M57)	4	M55-59	1st	---				6:35.16		6:35.2	22.52	6:35.16	68.2%
6	1916 Wally Capps (M72)	5	M70-74	1st	---				7:25.76		7:25.8	25.37	7:25.76	70.0%
7	6813 John Kramer (M51)	6	M50-54	2nd	---				7:42.17	✓	7:42.2	26.34	7:42.17	55.5%
8	7283 Ruben Reyes (M57)	7	M55-59	2nd	---				7:45.31	✓	7:45.3	26.51	7:45.31	58.0%
9	7198 Yanira Lopez (F50)	2	F50-54	1st	---				8:08.79		8:08.8	27.83	8:08.79	61.2%
10	7168 Rachel Meador (F45)	3	F45-49	1st	---				8:11.51	✓	8:11.5	28.00	8:11.51	57.2%
11	6758 Charlotte Reeves (F41)	4	F40-44	1st	---				9:15.65	✓	9:15.7	31.65	9:15.65	48.3%
12	7252 Michael Johnson (M60)	8	M60-64	1st	---				9:37.61		9:37.6	32.90	9:37.61	47.9%
13	7154 Mike Catt (M59)	9	M55-59	3rd	---				10:16.54		10:16.5	35.12	10:16.54	44.5%
14	6203 Daniel Olson (M6)	10	M01-09	1st	---				15:30.16	✓	15:30.2	53.03	15:30.16	34.7%
15	6201 Marceal Olson (F43)	5	F40-44	2nd	---				15:30.32	✓	15:30.3	53.03	15:30.32	29.5%
16	6202 Mauro Saavera (M48)	11	M45-49	2nd	---				15:41.04	✓	15:41.0	53.65	15:41.04	26.6%

✓ 1 Club PR's

Average Finish Time: 09:08 7 First Timers

Average Age Grade: 54.3%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6555 Albert Marban (M19)	1	M15-19	OA	0.4	9:10	8:52	-18	18:01.54	✓	5:48.1	18.02	18:01.94	73.1%
2	6204 Alfonso Gonzalez Jr. (M33)	2	M30-34	1st	0.1				18:41.34	⌚	6:00.9	18.68	18:41.44	69.8%
3	7167 Ian Maung (M46)	3	M45-49	MS	3.0	9:31	9:54	+23	19:24.44	✓	6:14.8	19.40	19:27.45	73.6%
4	6113 Steven Mudgett (M56)	4	M55-59	SR	0.1	10:03	10:12	+8	20:14.84		6:31.0	20.23	20:14.99	76.5%
5	6102 Sam Shzu (M16)	5	M15-19	1st	0.3	9:24	10:54	+90	20:17.27	✓	6:31.8	20.28	20:17.58	67.5%
6	7193 Julio Lopez (M57)	6	M55-59	1st	0.2	11:32	11:46	+15	23:17.79	⌚	7:29.9	23.28	23:18.02	67.1%
7	1916 Wally Capps (M72)	7	M70-74	1st	0.8	11:39	11:48	+9	23:26.61	⌚	7:32.7	23.43	23:27.42	77.1%
8	6554 Monica Ortigoza (F33)	1	F30-34	OA	0.2	11:38	11:57	+19	23:35.92		7:35.7	23.58	23:36.07	63.0%
9	6536 Eliza Tellez (F24)	2	F20-24	1st	---				23:56.45		7:42.4	23.93	23:56.45	61.8%
10	6345 Sanjay Kalluvilayil (M40)	8	M40-44	1st	1.7	11:58	12:14	+16	24:11.62	✓	7:47.2	24.18	24:13.32	56.4%
11	6770 Nivaldo Castro (M47)	9	M45-49	1st	4.1	12:12	12:00	-11	24:12.05		7:47.4	24.20	24:16.10	59.5%
12	6122 Melissa Dorrill (F45)	3	F45-49	MS	4.7				24:25.94	✓	7:51.8	24.42	24:30.65	65.4%
13	7040 Kim Andres (F60)	4	F60-64	SR	0.8	12:05	12:55	+50	25:00.12	□	8:02.8	25.00	25:00.87	77.3%
14	6239 Jon Lewis (M20)	10	M20-24	1st	5.4				25:20.96	✓	8:09.6	25.33	25:26.36	51.4%
15	6996 David Mask (M61)	11	M60-64	1st	10.7				25:28.95		8:12.1	25.47	25:39.68	63.5%
16	6705 Gabor Toth (M32)	12	M30-34	2nd	6.8	12:51	12:54	+3	25:45.04		8:17.3	25.75	25:51.84	50.5%
17	6966 Trinity Sullivan (F14)	5	F10-14	1st	0.6	13:13	12:42	-32	25:54.62		8:20.4	25.90	25:55.19	60.6%
18	6124 Madeline Turner (F13)	6	F10-14	2nd	2.5				26:03.70	✓	8:23.3	26.05	26:06.24	61.3%
19	7169 Kavita Maung (F43)	7	F40-44	1st	4.7	12:40	13:42	+62	26:22.76		8:29.4	26.37	26:27.43	59.4%
20	6628 Dierk Hohman (M43)	13	M40-44	3rd	4.5	13:33	13:05	-28	26:37.39		8:34.2	26.62	26:41.92	52.4%
21	7316 Blake Bruser (F4)	0	FStrolle	1st	104.7	12:44	12:36	-8	25:20.03	15	8:09.3	25.33	27:04.71	
22	7097 Nathan Bruser (M42)	14	M40-44	2nd	104.7	12:44	12:36	-8	25:20.03		8:09.3	25.33	27:04.72	54.7%
23	7020 Ronald Hamilton (M53)	15	M50-54	1st	10.8	13:48	13:30	-18	27:18.49		8:47.4	27.30	27:29.26	55.3%
24	6118 Keith Fisher (M45)	16	M45-49	2nd	5.8	14:14	13:21	-53	27:35.08	✓	8:52.7	27.58	27:40.91	51.4%
25	6965 Arwyn Sullivan (F9)	8	F01-09	1st	6.2	14:26	13:21	-65	27:46.51		8:56.4	27.77	27:52.67	63.2%
26	6331 Laura Keckhut (F39)	9	F35-39	1st	20.9	13:31	14:11	+40	27:41.65		8:54.8	27.68	28:02.57	55.0%
27	7038 Michael Rumery (M40)	17	M40-44	4th	12.2	14:11	14:19	+8	28:29.85		9:10.3	28.48	28:42.06	47.9%
28	6813 John Kramer (M51)	18	M50-54	2nd	3.1	14:31	14:43	+12	29:14.03	⌚	9:24.6	29.23	29:17.18	50.9%
29	7198 Yanira Lopez (F50)	10	F50-54	1st	30.5	14:35	14:24	-11	28:58.05	⌚	9:19.4	28.97	29:28.56	58.4%
30	7283 Ruben Reyes (M57)	19	M55-59	2nd	9.0	14:09	15:51	+101	30:00.32	⌚	9:39.5	30.00	30:09.31	52.1%

FN\*: □ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

7/28/2013

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

△ Negative Split

 DeltaViewTiming.com

31	6233	Patricia Stubbs (F36)	11	F35-39	2nd	3.3				<b>30:16.17</b>	⊗	9:44.6	30.27	30:19.50	49.6%
32	078	Tommy Farrar (M72)	20	M70-74	2nd	6.7	14:51	15:24	+33	<b>30:14.62</b>		9:44.1	30.23	30:21.36	59.8%
33	6106	Maxx Pomm (M63)	21	M60-64	2nd	4.3	14:50	15:35	+45	<b>30:25.00</b>	✓ ⊗	9:47.4	30.42	30:29.26	54.2%
34	6125	James Turner (M46)	22	M45-49	3rd	2.2	14:41	16:03	+82	<b>30:43.07</b>	⊗	9:53.2	30.72	30:45.28	46.5%
35	6997	Scymentress Williams (F42)	12	F40-44	2nd	16.7				<b>30:40.41</b>		9:52.4	30.67	30:57.08	50.7%
36	6701	Julie Barber (F31)	13	F30-34	1st	7.5	15:26	15:34	+8	<b>31:00.32</b>	✓ ⊗	9:58.8	31.00	31:07.82	47.8%
37	6238	Ronnie Shocks (M31)	23	M30-34	3rd	10.5	10:08	20:59	+651	<b>31:07.28</b>	⊗	10:01.0	31.12	31:17.75	41.7%
38	7164	Glenn Meador (M48)	24	M45-49	4th	12.1	15:28	16:27	+59	<b>31:55.11</b>		10:16.4	31.92	32:07.20	45.5%
39	6967	Joe Sullivan (M49)	25	M45-49	5th	6.8				<b>32:16.22</b>		10:23.2	32.27	32:23.02	45.3%
40	7131	Charles Key (M81)	26	M80-99	1st	2.1	15:42	17:10	+88	<b>32:52.29</b>	☑ ⊗	10:34.8	32.87	32:54.37	<b>65.6%</b>
41	6237	LaHoma Bennett (F29)	14	F25-29	1st	4.2				<b>32:59.91</b>	⊗	10:37.3	32.98	33:04.08	44.9%
42	7252	Michael Johnson (M60)	27	M60-64	3rd	7.8	16:29	17:08	+39	<b>33:36.71</b>	ℓ	10:49.1	33.60	33:44.46	47.7%
43	6107	Changlan Zhang (F47)	15	F45-49	1st	1.3	16:25	18:20	+114	<b>34:44.91</b>		11:11.1	34.73	34:46.25	47.0%
44	6110	Trent Anderson (M45)	28	M45-49	6th	12.9				<b>37:08.86</b>	⊗	11:57.4	37.13	37:21.76	38.2%
45	6109	Annie Anderson (F48)	16	F45-49	3rd	14.2	17:17	21:08	+231	<b>38:24.64</b>	⊗	12:21.8	38.40	38:38.81	43.0%
46	7168	Rachel Meador (F45)	17	F45-49	4th	13.4	17:18	21:09	+231	<b>38:26.33</b>	ℓ	12:22.3	38.43	38:39.74	41.6%
47	7024	Carol Creech (F62)	18	F60-64	1st	3.7	18:53	19:57	+64	<b>38:50.12</b>		12:30.0	38.83	38:53.78	51.2%
48	7154	Mike Catt (M59)	29	M55-59	3rd	8.4	18:42	20:09	+86	<b>38:50.65</b>	ℓ	12:30.2	38.83	38:59.07	40.9%
49	7065	Susan Schafer (F48)	19	F45-49	2nd	68.2	18:16	20:04	+108	<b>38:20.39</b>		12:20.4	38.33	39:28.56	43.1%
50	6101	Melody Shzu (F24)	20	F20-24	2nd	0.1	18:49	21:19	+151	<b>40:08.11</b>	⊗	12:55.1	40.13	40:08.25	36.9%
51	6128	Dulce Velasquez (F24)	21	F20-24	3rd	5.3	24:34	19:06	-328	<b>43:39.31</b>	⊗	14:03.1	43.65	43:44.61	33.9%
52	7268	Amara Chan (F45)	22	F45-49	5th	24.2	20:14	23:46	+212	<b>43:59.52</b>		14:09.6	43.98	44:23.75	36.3%
53	7129	Arland Philson (M83)	30	M80-99	2nd	5.4	23:13	23:21	+8	<b>46:33.34</b>	⊗	14:59.1	46.55	46:38.76	49.0%
54	6121	Janelle Reinke (F43)	23	F40-44	3rd	2.2	22:42	25:37	+176	<b>48:18.89</b>	⊗	15:33.1	48.30	48:21.05	32.5%
55	6127	Daisy Montano (F26)	24	F25-29	2nd	4.9	24:33	25:39	+65	<b>50:11.91</b>	⊗	16:09.4	50.18	50:16.84	29.5%
56	6130	Yonatan Lewis (M5)	31	M01-09	1st	4.3				<b>51:15.64</b>	⊗	16:30.0	51.25	51:19.91	38.6%
57	6129	Derek Lewis (M40)	32	M40-44	5th	3.4	20:12	31:05	+652	<b>51:17.02</b>	⊗	16:30.4	51.28	51:20.44	26.6%
58	6660	Joseph DiPalma (M6)	33	M01-09	2nd	0.7				<b>55:50.27</b>	⊗	17:58.3	55.83	55:50.94	33.5%
59	6654	Theresia DiPalma (F40)	25	F40-44	4th	2.1				<b>55:49.88</b>	⊗	17:58.2	55.82	55:51.97	27.5%

34 Positive Split

11 Negative Split

✓ 9 Club PR's

Average Finish Time: 31:49 21 First Timers Average Age Grade: 52.1%

FN\*:  Broke Age-Group Record

GD Place among Females

Positive Split

Timing provided by:

7/28/2013

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

Negative Split

 DeltaViewTiming.com

## Sorted Age Grades

## 1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Alfonzo Gonzalez Jr.	M33	5:16.54	71.1%	New
2	6	Wally Capps	M72	7:25.76	70.0%	
3	5	Julio Lopez	M57	6:35.16	68.2%	
4	2	Gabriel Sapien	M53	6:25.41	67.7%	
5	3	Randi Burnett	F29	6:28.17	64.8%	
6	4	Ruben Saguil	M48	6:31.39	64.0%	
7	9	Yanira Lopez	F50	8:08.79	61.2%	
8	8	Ruben Reyes	M57	7:45.31	58.0%	
9	10	Rachel Meador	F45	8:11.51	57.2%	
10	7	John Kramer	M51	7:42.17	55.5%	

## 5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	13	Kim Andres	F60	25:00.12	77.3%	
2	7	Wally Capps	M72	23:26.61	77.1%	Move UP
3	4	Steven Mudgett	M56	20:14.84	76.5%	
4	3	Ian Maung	M46	19:24.44	73.6%	Move UP
5	1	Albert Marban	M19	18:01.54	73.1%	Move UP
6	2	Alfonzo Gonzalez Jr.	M33	18:41.34	69.8%	New
7	5	Sam Shzu	M16	20:17.27	67.5%	New
8	6	Julio Lopez	M57	23:17.79	67.1%	
9	40	Charles Key	M81	32:52.29	65.6%	New
10	12	Melissa Dorrill	F45	24:25.94	65.4%	New
11	15	David Mask	M61	25:28.95	63.5%	
12	25	Arwyn Sullivan	F9	27:46.51	63.2%	
13	8	Monica Ortigoza	F33	23:35.92	63.0%	
14	9	Eliza Tellez	F24	23:56.45	61.8%	
15	18	Madeline Turner	F13	26:03.70	61.3%	
16	17	Trinity Sullivan	F14	25:54.62	60.6%	
17	32	Tommy Farrar	M72	30:14.62	59.8%	
18	11	Nivaldo Castro	M47	24:12.05	59.5%	
19	19	Kavita Maung	F43	26:22.76	59.4%	
20	29	Yanira Lopez	F50	28:58.05	58.4%	
21	10	Sanjay Kalluvilayil	M40	24:11.62	56.4%	
22	23	Ronald Hamilton	M53	27:18.49	55.3%	
23	26	Laura Keckhut	F39	27:41.65	55.0%	
24	22	Nathan Bruser	M42	25:20.03	54.7%	
25	33	Maxx Pomm	M63	30:25.00	54.2%	
26	20	Dierk Hohman	M43	26:37.39	52.4%	
27	30	Ruben Reyes	M57	30:00.32	52.1%	
28	14	Jon Lewis	M20	25:20.96	51.4%	
29	24	Keith Fisher	M45	27:35.08	51.4%	
30	47	Carol Creech	F62	38:50.12	51.2%	
31	28	John Kramer	M51	29:14.03	50.9%	
32	35	Scymentress Williams	F42	30:40.41	50.7%	
33	16	Gabor Toth	M32	25:45.04	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