

Sunday, June 30, 2013

Carrollton Runners Mile + 5K

76F Clear 60%H 8mphNNE

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	
Matthew Parker	6:22.24	Kris Nance	19:35.66	Steven Mudgett	20:02.51	Julio Lopez	22:19.63
Kim Andres	7:11.22	Laura Nelson	21:17.11	Kavita Maung	26:12.90	Carol Creech	39:04.51

5K MALE

24 MALE Runners --- Average Time of **26:51**

Avg. Age Grade: **56.8%**

Place in

	Name	City	(Age)	@1M	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Kris Nance	Plano	(36)	6:15		19:35.66		6:18.4	67.7%	1	1
MASTERS	1 Steven Mudgett	Richardson	(56)			20:02.51		6:27.1	77.3%	3	3
SENIORS	1 Julio Lopez	Farmers Branch	(57)			22:19.63 M		7:11.2	70.0%	8	7
M25-29	1 Nawaaz Ismail	Plano	(27)	6:21		21:38.33 ✓		6:57.9	59.6%	6	5
	2 Conrad Butler	Fort Worth	(27)	9:30		27:25.35		8:49.6	47.0%	22	16
	3 Valenti Wasyk	Grand Prairie	(29)			49:37.98		15:58.5	26.0%	45	24
M30-34	1 Jason Hughes	Coppell	(31)	8:04		26:46.41		8:37.1	48.4%	19	13
M35-39	1 Mitch Kies	Irving	(35)			19:45.12		6:21.5	66.7%	2	2
	2 Luis Mares	Dallas	(38)	8:42		27:29.67		8:51.0	48.9%	23	17
M40-44	1 Nathan Bruser	Coppell	(42)	8:05		24:11.31		7:47.1	57.3%	15	10
	2 Sanjay Kalluvilayil	Carrollton	(40)	8:42		27:01.82		8:42.0	50.5%	20	14
	3 Michael Rumery	Plano	(40)	9:26		32:51.90		10:34.7	41.5%	35	21
M45-49	1 Ian Maung	Coppell	(46)	5:56		19:35.68		6:18.4	72.9%	4	4
	2 Matthew Parker	Kaufman	(47)			22:12.03 M		7:08.7	64.9%	7	6
	3 Richard Galemore	Keller	(46)			26:39.05		8:34.7	53.6%	18	12
	4 Joe Sullivan	Coppell	(49)	10:22		33:49.00		10:53.1	43.3%	36	22
M50-54	1 Dennis Maietta	Grapevine	(52)	7:33		23:20.15		7:30.7	64.2%	9	8
	2 Ronald Hamilton	The Colony	(53)			28:17.30 M		9:06.3	53.4%	26	18
M55-59	1 Rickey Lowe	Carrollton	(59)	8:07		27:03.27		8:42.5	58.8%	21	15
M60-64	1 James Johnson	Dallas	(60)	8:02		26:18.28		8:28.0	61.0%	17	11
	2 David Mask	Lewisville	(61)	8:16		26:59.12		8:41.1	60.0%	31	19
	3 Dave Hanna	Little Elm	(62)			32:41.70 ✓		10:31.4	49.9%	33	20
	4 Michael Johnson	Coppell	(60)			33:59.42 M		10:56.4	47.2%	37	23
M70-74	1 Wally Capps	Farmers Branch	(72)	7:54		24:33.48		7:54.3	73.6%	12	9

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

△ Positive Split
 ▽ Negative Split

Timing provided by:  **DeltaViewTiming.com** 6/30/2013

5K FEMALE

22 FEMALE Runners --- Average Time of

34:10

Avg. Age Grade: 49.6%

Place in

	Name	City	(Age)	@1M	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Laura Nelson	Grapevine	(47)			21:17.11		6:51.1	76.7%	5	1
MASTERS	1 Kavita Maung	Coppell	(43)	8:15		26:12.90	✓	8:26.3	59.8%	16	5
SENIORS	1 Carol Creech	Plano	(62)			39:04.51		12:34.6	50.9%	38	14
F01-09	1 Arwyn Sullivan	Coppell	(8)	9:59		28:29.95	✓	9:10.4	63.6%	27	8
F10-14	1 Trinity Sullivan	Coppell	(13)			28:14.14	ℓ	9:05.3	56.6%	24	6
	2 Megan Rumery	Plano	(11)	9:26		32:51.17		10:34.5	50.7%	34	13
F15-19	1 Elizabeth Mondragon	Dallas	(15)			25:01.20		8:03.2	61.9%	13	4
F20-24	1 Ceylon Kara	Irving	(24)			46:14.76		14:53.1	32.0%	40	16
F25-29	1 Lejla Haliti	Flower Mound	(26)	16:17		47:52.88		15:24.7	30.9%	42	18
F30-34	1 Monica Ortigoza	Coppell	(33)			23:29.09	✓	7:33.5	63.3%	10	2
	2 Sarah Bohlman		(31)	7:51		23:59.50		7:43.3	61.8%	11	3
	3 Smith Unostigui	Fort Worth	(32)	14:15		47:55.03		15:25.4	31.0%	44	20
F35-39	1 Laura Keckhut	Fort Worth	(39)	8:40		28:17.08	ℓ	9:06.2	53.9%	25	7
	2 Nicole Manley	Farmers Branch	(35)	9:37		31:18.35		10:04.6	47.8%	32	12
	3 Tammy Vela	Coppell	(35)	11:58		45:14.55		14:33.7	33.1%	39	15
F40-44	1 Rachel Meador	Coppell	(44)	9:27		29:13.45		9:24.4	54.1%	30	11
	2 Gigi Endersby	Grand Prairie	(41)			49:37.72		15:58.4	31.1%	46	21
F45-49	1 Kuay Sullivan	Coppell	(47)			28:30.32	ℓ	9:10.5	57.2%	28	9
	2 Gigi Nabonne	Carrollton	(47)			47:53.96		15:25.0	34.1%	41	17
	3 Amara Chan	Lewisville	(45)	14:16		47:54.63		15:25.3	33.3%	43	19
F50-54	1 Yanira Lopez	Farmers Branch	(50)			28:55.50	ℓ	9:18.6	58.5%	29	10
FStroller	1 Blake Bruser	Coppell	(4)	8:05		24:11.30		7:47.1		14	0

1M MALE

		8 MALE Runners --- Average Time of 7:24					Avg. Age Grade: 61.2%			Place in		
		Name	City	(Age)	@1M	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Matthew Parker	Kaufman	(47)			6:22.24		6:22.2	65.0%	1	1
M45-49	1	Ruben Saguil	Carrollton	(48)			6:34.98		6:35.0	63.4%	3	3
M50-54	1	Gabriel Sapien	Carrollton	(53)			6:58.51		6:58.5	62.3%	4	4
	2	Ronald Hamilton	The Colony	(53)			8:20.04		8:20.0	52.2%	9	7
M55-59	1	Julio Lopez	Farmers Branch	(57)			6:26.25		6:26.3	69.8%	2	2
M60-64	1	Scott McKissick	Irving	(64)			7:51.95		7:52.0	60.8%	7	6
	2	Michael Johnson	Coppell	(60)			9:16.75		9:16.8	49.7%	11	8
M65-69	1	John Nance	Rowlett	(65)			7:18.40		7:18.4	66.0%	6	5

1M FEMALE

		7 FEMALE Runners --- Average Time of 9:31					Avg. Age Grade: 53.1%			Place in		
		Name	City	(Age)	@1M	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Kim Andres	Irving	(60)			7:11.22	☐	7:11.2	79.4%	5	1
F01-09	1	Olivia Kies	Irving	(7)			11:06.05		11:06.1	47.9%	15	7
F10-14	1	Trinity Sullivan	Coppell	(13)			9:36.01		9:36.0	47.1%	12	4
F35-39	1	Laura Keckhut	Fort Worth	(39)			10:59.93		10:59.9	39.9%	13	5
	2	Rebecca Kies	Irving	(38)			11:04.65		11:04.7	39.3%	14	6
F45-49	1	Kuay Sullivan	Coppell	(47)			8:38.93		8:38.9	55.5%	10	3
F50-54	1	Yanira Lopez	Farmers Branch	(50)			7:57.60		7:57.6	62.6%	8	2

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6802 Matthew Parker (M47)	1	M45-49	OA	---				6:22.24		6:22.2	21.78	6:22.24	65.0%
2	7193 Julio Lopez (M57)	2	M55-59	1st	---				6:26.25		6:26.3	22.01	6:26.25	69.8%
3	7003 Ruben Saguil (M48)	3	M45-49	1st	---				6:34.98		6:35.0	22.47	6:34.98	63.4%
4	7015 Gabriel Sapien (M53)	4	M50-54	1st	---				6:58.51		6:58.5	23.83	6:58.51	62.3%
5	6998 Kim Andres (F60)	1	F60-64	OA	---				7:11.22	☐	7:11.2	24.58	7:11.22	79.4%
6	7089 John Nance (M65)	5	M65-69	1st	---				7:18.40		7:18.4	24.97	7:18.40	66.0%
7	7048 Scott McKissick (M64)	6	M60-64	1st	---				7:51.95		7:52.0	26.86	7:51.95	60.8%
8	7198 Yanira Lopez (F50)	2	F50-54	1st	---				7:57.60		7:57.6	27.20	7:57.60	62.6%
9	7020 Ronald Hamilton (M53)	7	M50-54	2nd	---				8:20.04		8:20.0	28.51	8:20.04	52.2%
10	6982 Kuay Sullivan (F47)	3	F45-49	1st	---				8:38.93		8:38.9	29.54	8:38.93	55.5%
11	7252 Michael Johnson (M60)	8	M60-64	2nd	---				9:16.75		9:16.8	31.70	9:16.75	49.7%
12	6966 Trinity Sullivan (F13)	4	F10-14	1st	---				9:36.01		9:36.0	32.84	9:36.01	47.1%
13	6331 Laura Keckhut (F39)	5	F35-39	1st	---				10:59.93	⊗	10:59.9	37.58	10:59.93	39.9%
14	6575 Rebecca Kies (F38)	6	F35-39	2nd	---				11:04.65	⊗	11:04.7	37.86	11:04.65	39.3%
15	6582 Olivia Kies (F7)	7	F01-09	1st	---				11:06.05	⊗	11:06.1	37.97	11:06.05	47.9%

✓ No Club PR's

Average Finish Time: 08:22 3 First Timers

Average Age Grade: 57.4%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7276 Kris Nance (M36)	1	M35-39	OA	---	6:15			19:35.66		6:18.4	19.58	19:35.66	67.7%
2	6564 Mitch Kies (M35)	2	M35-39	1st	1.8				19:45.12	⊗	6:21.5	19.75	19:46.94	66.7%
3	6107 Steven Mudgett (M56)	3	M55-59	MS	1.1				20:02.51	⊗	6:27.1	20.03	20:03.56	77.3%
4	7167 Ian Maung (M46)	4	M45-49	1st	32.4	5:56			19:35.68		6:18.4	19.58	20:08.08	72.9%
5	7274 Laura Nelson (F47)	1	F45-49	OA	1.2				21:17.11		6:51.1	21.28	21:18.34	76.7%
6	7085 Nawaaz Ismail (M27)	5	M25-29	1st	---	6:21			21:38.33	✓ 1	6:57.9	21.63	21:38.33	59.6%
7	6802 Matthew Parker (M47)	6	M45-49	2nd	---				22:12.03	ℓ	7:08.7	22.20	22:12.03	64.9%
8	7193 Julio Lopez (M57)	7	M55-59	SR	---				22:19.63	ℓ	7:11.2	22.32	22:19.63	70.0%
9	7273 Dennis Maietta (M52)	8	M50-54	1st	1.0	7:33			23:20.15		7:30.7	23.33	23:21.15	64.2%
10	6554 Monica Ortigoza (F33)	2	F30-34	1st	1.5				23:29.09	✓ 1	7:33.5	23.48	23:30.56	63.3%
11	7029 Sarah Bohlman (F31)	3	F30-34	2nd	5.3	7:51			23:59.50		7:43.3	23.98	24:04.78	61.8%
12	1916 Wally Capps (M72)	9	M70-74	1st	1.5	7:54			24:33.48		7:54.3	24.55	24:34.96	73.6%
13	6101 Elizabeth Mondragon (F15)	4	F15-19	1st	1.0				25:01.20	⊗	8:03.2	25.02	25:02.15	61.9%
14	7316 Blake Bruser (F4)	0	FStrolle	1st	52.2	8:05			24:11.30	14	7:47.1	24.18	25:03.50	
15	7097 Nathan Bruser (M42)	10	M40-44	1st	52.2	8:05			24:11.31		7:47.1	24.18	25:03.51	57.3%
16	7169 Kavita Maung (F43)	5	F40-44	MS	3.6	8:15			26:12.90	✓ 9	8:26.3	26.20	26:16.51	59.8%
17	7191 James Johnson (M60)	11	M60-64	1st	2.5	8:02			26:18.28		8:28.0	26.30	26:20.73	61.0%
18	6678 Richard Galemore (M46)	12	M45-49	3rd	2.7				26:39.05		8:34.7	26.65	26:41.80	53.6%
19	6102 Jason Hughes (M31)	13	M30-34	1st	4.6	8:04			26:46.41	⊗	8:37.1	26.77	26:50.99	48.4%
20	6345 Sanjay Kalluvilayil (M40)	14	M40-44	2nd	2.0	8:42			27:01.82		8:42.0	27.02	27:03.79	50.5%
21	6518 Rickey Lowe (M59)	15	M55-59	1st	4.4	8:07			27:03.27	⊗	8:42.5	27.05	27:07.71	58.8%
22	6574 Conrad Butler (M27)	16	M25-29	2nd	5.8	9:30			27:25.35		8:49.6	27.42	27:31.16	47.0%
23	6964 Luis Mares (M38)	17	M35-39	2nd	3.6	8:42			27:29.67	⊗	8:51.0	27.48	27:33.23	48.9%
24	6966 Trinity Sullivan (F13)	6	F10-14	1st	2.6				28:14.14	ℓ	9:05.3	28.23	28:16.77	56.6%
25	6331 Laura Keckhut (F39)	7	F35-39	1st	2.8	8:40			28:17.08	ℓ	9:06.2	28.28	28:19.87	53.9%
26	7020 Ronald Hamilton (M53)	18	M50-54	2nd	9.0				28:17.30	ℓ	9:06.3	28.28	28:26.33	53.4%
27	6965 Arwyn Sullivan (F8)	8	F01-09	1st	4.1	9:59			28:29.95	✓ 5	9:10.4	28.48	28:34.07	63.6%
28	6982 Kuay Sullivan (F47)	9	F45-49	1st	4.0				28:30.32	ℓ	9:10.5	28.50	28:34.33	57.2%
29	7198 Yanira Lopez (F50)	10	F50-54	1st	2.1				28:55.50	ℓ	9:18.6	28.92	28:57.58	58.5%
30	7168 Rachel Meador (F44)	11	F40-44	1st	6.4	9:27			29:13.45		9:24.4	29.22	29:19.81	54.1%
31	6997 David Mask (M61)	19	M60-64	2nd	168.8	8:16			26:59.12		8:41.1	26.98	29:47.90	60.0%

FN*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

6/30/2013

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

△ Negative Split

 DeltaViewTiming.com

32	6894	Nicole Manley (F35)	12	F35-39	2nd	---	9:37	31:18.35		10:04.6	31.30	31:18.35	47.8%
33	6605	Dave Hanna (M62)	20	M60-64	3rd	3.3		32:41.70	✓ 6	10:31.4	32.68	32:44.99	49.9%
34	6103	Megan Rumery (F11)	13	F10-14	2nd	3.6	9:26	32:51.17	⊗	10:34.5	32.85	32:54.77	50.7%
35	7038	Michael Rumery (M40)	21	M40-44	3rd	3.3	9:26	32:51.90		10:34.7	32.85	32:55.25	41.5%
36	6967	Joe Sullivan (M49)	22	M45-49	4th	4.5	10:22	33:49.00		10:53.1	33.82	33:53.48	43.3%
37	7252	Michael Johnson (M60)	23	M60-64	4th	6.8		33:59.42	⌚	10:56.4	33.98	34:06.25	47.2%
38	7024	Carol Creech (F62)	14	F60-64	SR	3.8		39:04.51		12:34.6	39.07	39:08.26	50.9%
39	6601	Tammy Vela (F35)	15	F35-39	3rd	9.4	11:58	45:14.55	⊗	14:33.7	45.23	45:23.97	33.1%
40	6106	Ceylon Kara (F24)	16	F20-24	1st	10.7		46:14.76	⊗	14:53.1	46.23	46:25.46	32.0%
41	6602	Gigi Nabonne (F47)	17	F45-49	2nd	4.9		47:53.96	⊗	15:25.0	47.88	47:58.89	34.1%
42	6598	Lejla Haliti (F26)	18	F25-29	1st	10.9	16:17	47:52.88	⊗	15:24.7	47.87	48:03.80	30.9%
43	6268	Amara Chan (F45)	19	F45-49	3rd	13.2	14:16	47:54.63		15:25.3	47.90	48:07.79	33.3%
44	6109	Smith Unostigui (F32)	20	F30-34	3rd	13.2	14:15	47:55.03	⊗	15:25.4	47.92	48:08.23	31.0%
45	6649	Valenti Wasyk (M29)	24	M25-29	3rd	6.1		49:37.98	⊗	15:58.5	49.62	49:44.10	26.0%
46	6647	Gigi Endersby (F41)	21	F40-44	2nd	6.9		49:37.72	⊗	15:58.4	49.62	49:44.66	31.1%

✓ 5 Club PR's

Average Finish Time: 30:20 14 First Timers Average Age Grade: 53.5%

Sorted Age Grades

1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	5	Kim Andres	F60	7:11.22	79.4%	
2	2	Julio Lopez	M57	6:26.25	69.8%	
3	6	John Nance	M65	7:18.40	66.0%	
4	1	Matthew Parker	M47	6:22.24	65.0%	
5	3	Ruben Saguil	M48	6:34.98	63.4%	
6	8	Yanira Lopez	F50	7:57.60	62.6%	
7	4	Gabriel Sapien	M53	6:58.51	62.3%	
8	7	Scott McKissick	M64	7:51.95	60.8%	
9	10	Kuay Sullivan	F47	8:38.93	55.5%	
10	9	Ronald Hamilton	M53	8:20.04	52.2%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	3	Steven Mudgett	M56	20:02.51	77.3%	New
2	5	Laura Nelson	F47	21:17.11	76.7%	
3	12	Wally Capps	M72	24:33.48	73.6%	
4	4	Ian Maung	M46	19:35.68	72.9%	
5	8	Julio Lopez	M57	22:19.63	70.0%	
6	1	Kris Nance	M36	19:35.66	67.7%	
7	2	Mitch Kies	M35	19:45.12	66.7%	New
8	7	Matthew Parker	M47	22:12.03	64.9%	
9	9	Dennis Maietta	M52	23:20.15	64.2%	
10	27	Arwyn Sullivan	F8	28:29.95	63.6%	
11	10	Monica Ortigoza	F33	23:29.09	63.3%	
12	13	Elizabeth Mondragon	F15	25:01.20	61.9%	
13	11	Sarah Bohlman	F31	23:59.50	61.8%	
14	17	James Johnson	M60	26:18.28	61.0%	
15	31	David Mask	M61	26:59.12	60.0%	
16	16	Kavita Maung	F43	26:12.90	59.8%	
17	6	Nawaaz Ismail	M27	21:38.33	59.6%	
18	21	Rickey Lowe	M59	27:03.27	58.8%	
19	29	Yanira Lopez	F50	28:55.50	58.5%	
20	15	Nathan Bruser	M42	24:11.31	57.3%	
21	28	Kuay Sullivan	F47	28:30.32	57.2%	
22	24	Trinity Sullivan	F13	28:14.14	56.6%	
23	30	Rachel Meador	F44	29:13.45	54.1%	
24	25	Laura Keckhut	F39	28:17.08	53.9%	
25	18	Richard Galemore	M46	26:39.05	53.6%	
26	26	Ronald Hamilton	M53	28:17.30	53.4%	
27	38	Carol Creech	F62	39:04.51	50.9%	
28	34	Megan Rumery	F11	32:51.17	50.7%	
29	20	Sanjay Kalluvilayil	M40	27:01.82	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