

Sunday, March 31, 2013

# Carrollton Runners Mile + 5K

66F Cloudy 81%H 11mphSSE

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

Mile Off :7:35 am

5K Off :7:46 am

Mile Overall		5K Overall		5K Masters		5K Seniors	
Ryan Loehding	5:41.99	Spencer Peacock	19:09.48	Ryan Loehding	19:46.52	Julio Lopez	23:19.03
Kim Andres	7:27.94	Laura Nelson	20:48.68	Sari Turkulainen	25:58.76	Linda Wortman	32:51.30

## 5K MALE

		32 Runners --- Average Time of <b>27:48</b>					Avg. Age Grade: <b>54.8%</b>		Place in			
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	<b>Spencer Peacock</b>	Lewisville	(28)			<b>19:09.48</b>	ML	6:10.0	<b>67.3%</b>	1	1
MASTERS	1	<b>Ryan Loehding</b>	Carrollton	(40)			<b>19:46.52</b>	ML	6:21.9	<b>69.0%</b>	2	2
SENIORS	1	<b>Julio Lopez</b>	Farmers Branch	(57)			<b>23:19.03</b>	ML	7:30.3	<b>67.0%</b>	9	7
M01-09	1	<b>Nathan Eppelman</b>	Coppell	(7)			<b>27:42.20</b>	✓	8:55.0	<b>64.2%</b>	28	19
	2	<b>Nicholas Eppelman</b>	Coppell	(7)			<b>27:42.33</b>	✓	8:55.1	<b>64.2%</b>	27	18
	3	<b>Garrett Robinson</b>	Plano	(8)			<b>40:06.13</b>	✓	12:54.5	42.4%	47	30
M25-29	1	<b>Raul Platas</b>	Lewisville	(28)			<b>25:05.65</b>	✓	8:04.6	51.4%	15	13
	2	<b>Conrad Butler</b>	Fort Worth	(26)			<b>30:02.52</b>	ML	9:40.2	42.9%	36	26
M30-34	1	<b>Jason Christian</b>	Garland	(33)			<b>23:16.92</b>	ML	7:29.6	56.1%	10	8
	2	<b>Gabor Toth</b>	Irving	(32)			<b>23:28.62</b>		7:33.4	55.4%	11	9
	3	<b>Patrick Marques</b>	Irving	(30)			<b>23:49.23</b>	✓	7:40.0	54.3%	12	10
	4	<b>Seun Olugbode</b>	Duncanville	(32)			<b>27:43.13</b>	✓	8:55.3	46.9%	30	21
	5	<b>Karthik Chari</b>	Irving	(32)			<b>48:35.83</b>		15:38.5	26.8%	53	32
M40-44	1	<b>Kim Mang</b>	Carrollton	(43)			<b>20:11.71</b>	ML	6:30.0	<b>69.1%</b>	3	3
	2	<b>Victor Rojas</b>	Mexico City	(44)			<b>26:07.55</b>		8:24.5	53.9%	21	17
	3	<b>Moshe Shimko</b>	plano	(43)			<b>29:35.10</b>		9:31.4	47.2%	35	25
M45-49	1	<b>Doug Waters</b>	Carrollton	(48)			<b>22:02.91</b>		7:05.8	<b>65.8%</b>	5	4
	2	<b>Nivaldo Castro</b>	Mckinney	(47)			<b>23:59.31</b>		7:43.3	<b>60.0%</b>	14	12
	3	<b>Darren Fillmer</b>	Fort Worth	(45)			<b>25:56.74</b>		8:21.1	54.6%	18	16
	4	<b>Scott Eppelman</b>	Coppell	(46)			<b>27:42.10</b>		8:55.0	51.6%	29	20
	5	<b>John Smith</b>	Dallas	(47)			<b>29:25.12</b>		9:28.1	49.0%	33	24
	6	<b>Joe Sullivan</b>	Coppell	(49)			<b>33:03.99</b>		10:38.6	44.2%	43	27
M50-54	1	<b>Dennis Maietta</b>	Grapevine	(52)			<b>22:03.06</b>		7:05.9	<b>68.0%</b>	6	5
	2	<b>Gabriel Sapien</b>	Carrollton	(53)			<b>22:31.84</b>		7:15.1	<b>67.1%</b>	7	6
	3	<b>David Short</b>	Frisco	(52)			<b>23:29.87</b>	ML	7:33.8	<b>63.8%</b>	13	11
	4	<b>David Stonecipher</b>	Coppell	(50)			<b>25:33.30</b>	✓	8:13.5	57.7%	16	14
	5	<b>Ronald Hamilton</b>	The Colony	(53)			<b>28:21.88</b>		9:07.8	53.3%	31	22
	6	<b>Brian Mega</b>		(51)			<b>40:35.69</b>		13:04.0	36.6%	49	31
M55-59	1	<b>Peter Chan</b>	Coppell	(59)			<b>29:13.80</b>	ML	9:24.5	54.4%	32	23
	2	<b>Mike Catt</b>	The Colony	(59)			<b>39:47.09</b>	ML	12:48.3	40.0%	46	29
M60-64	1	<b>James Johnson</b>	Dallas	(60)			<b>25:41.63</b>	✓	8:16.2	<b>62.4%</b>	17	15
	2	<b>Maxx Pomm</b>		(63)			<b>34:21.91</b>		11:03.7	47.9%	45	28

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

▲ Positive Split  
 ▲ Negative Split

Timing provided by: 3/31/2013  
 **DeltaViewTiming.com**

# 5K FEMALE

21 Runners --- Average Time of **31:23**

Avg. Age Grade: **54.2%**

Place in  
OA GD

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Laura Nelson</b>	Grapevine	(47)			<b>20:48.68</b>		6:41.9	<b>78.4%</b>	4	<b>1</b>
MASTERS	1 <b>Sari Turkulainen</b>	Coppell	(47)			<b>25:58.76</b>		8:21.7	<b>62.8%</b>	19	<b>3</b>
SENIORS	1 <b>Linda Wortman</b>	Big Sky	(63)			<b>32:51.30</b>		10:34.5	<b>61.5%</b>	42	<b>16</b>
F01-09	1 <b>Arwyn Sullivan</b>	Coppell	(8)			<b>33:12.04</b>		10:41.2	54.6%	44	<b>17</b>
F10-14	1 <b>Trinity Sullivan</b>	Coppell	(13)			<b>26:29.07</b>		8:31.5	<b>60.3%</b>	23	<b>6</b>
	2 <b>Sagie Shimko</b>	Plano	(10)			<b>29:37.46</b>		9:32.1	57.6%	34	<b>10</b>
F15-19	1 <b>Destiny Fillmer</b>	Fort Worth	(15)			<b>23:17.67</b>		7:29.9	<b>66.5%</b>	8	<b>2</b>
F25-29	1 <b>Daisy Agunbiade</b>	Lewisville	(29)			<b>30:30.18</b>	✓	9:49.1	48.5%	37	<b>11</b>
	2 <b>Lindsey Willis</b>		(29)			<b>47:09.02</b>		15:10.6	31.4%	51	<b>20</b>
F30-34	1 <b>Priya Sessaadri</b>	Irving	(30)			<b>48:28.28</b>		15:36.1	30.5%	52	<b>21</b>
F35-39	1 <b>Nicole Manley</b>	Farmers Branch	(35)			<b>31:05.41</b>		10:00.4	48.1%	38	<b>12</b>
F40-44	1 <b>Eeva Toiviainen</b>	Flower Mound	(40)			<b>26:04.09</b>	ℓ	8:23.4	58.8%	20	<b>4</b>
	2 <b>Anna Johns</b>		(41)			<b>26:16.11</b>		8:27.3	58.8%	22	<b>5</b>
	3 <b>Kaisa Peltonen</b>	Coppell	(41)			<b>26:36.00</b>		8:33.7	58.0%	24	<b>7</b>
	4 <b>Melissa Rhea</b>	Frisco	(43)			<b>31:29.47</b>		10:08.2	49.8%	39	<b>13</b>
	5 <b>Amara Chan</b>	Fort Worth	(44)			<b>40:36.40</b>	✓	13:04.2	39.0%	50	<b>19</b>
F45-49	1 <b>Keiko Yokoyama</b>	Plano	(49)			<b>27:12.10</b>		8:45.3	<b>61.4%</b>	25	<b>8</b>
	2 <b>Kuay Sullivan</b>	Coppell	(47)			<b>27:16.19</b>	ℓ	8:46.6	59.8%	26	<b>9</b>
	3 <b>Changlan Zhang</b>		(47)			<b>31:54.63</b>		10:16.3	51.1%	40	<b>14</b>
	4 <b>Jaana Kattilakoski</b>	Coppell	(48)			<b>31:56.81</b>		10:17.0	51.7%	41	<b>15</b>
F60-64	1 <b>Carol Creech</b>	Plano	(62)			<b>40:06.39</b>		12:54.5	49.6%	48	<b>18</b>

# 1M MALE

		15 Runners --- Average Time of <b>8:13</b>			Avg. Age Grade: <b>54.8%</b>			Place in			
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	<b>Ryan Loehding</b>	Carrollton	(40)		<b>5:41.99</b>		5:42.0	<b>68.9%</b>	1	1
M01-09	1	<b>Cason Christian</b>	Garland	(5)		<b>9:08.01</b>		9:08.0	<b>62.2%</b>	12	9
	2	<b>Conner Robinson</b>	Plano	(9)		<b>9:33.24</b>	✓	9:33.2	49.2%	17	14
M10-14	1	<b>Bruce Mang</b>	Carrollton	(10)		<b>9:23.91</b>		9:23.9	48.3%	14	11
M25-29	1	<b>Conrad Butler</b>	Fort Worth	(26)		<b>8:57.65</b>		8:57.7	41.4%	11	8
	2	<b>Spencer Peacock</b>	Lewisville	(28)		<b>9:33.20</b>		9:33.2	38.8%	16	13
M30-34	1	<b>Jason Christian</b>	Garland	(33)		<b>9:13.59</b>		9:13.6	40.7%	13	10
M40-44	1	<b>Kim Mang</b>	Carrollton	(43)		<b>9:24.04</b>		9:24.0	42.7%	15	12
M45-49	1	<b>Ruben Saguil</b>	Carrollton	(48)		<b>6:37.68</b>		6:37.7	<b>63.0%</b>	4	4
M50-54	1	<b>David Short</b>	Frisco	(52)		<b>6:28.10</b>		6:28.1	<b>66.6%</b>	2	2
M55-59	1	<b>Julio Lopez</b>	Farmers Branch	(57)		<b>6:31.98</b>		6:32.0	<b>68.8%</b>	3	3
	2	<b>Peter Chan</b>	Coppell	(59)		<b>8:12.73</b>		8:12.7	55.7%	10	7
	3	<b>Mike Catt</b>	The Colony	(59)		<b>9:34.45</b>		9:34.5	47.8%	18	15
M60-64	1	<b>John Nance</b>	Rowlett	(64)		<b>7:24.36</b>		7:24.4	<b>64.5%</b>	5	5
	2	<b>Scott McKissick</b>	Irving	(64)		<b>7:29.95</b>		7:30.0	<b>63.7%</b>	7	6

# 1M FEMALE

		3 Runners --- Average Time of <b>7:54</b>			Avg. Age Grade: <b>63.4%</b>			Place in			
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	<b>Kim Andres</b>	Irving	(60)		<b>7:27.94</b>	☐	7:27.9	<b>76.5%</b>	6	<b>1</b>
F40-44	1	<b>Eeva Toiviainen</b>	Flower Mound	(40)		<b>8:06.83</b>	✓	8:06.8	54.6%	8	<b>2</b>
F45-49	1	<b>Kuay Sullivan</b>	Coppell	(47)		<b>8:07.48</b>		8:07.5	59.1%	9	<b>3</b>

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7072 Ryan Loehding (M40)	1	M40-44	OA	---				5:41.99		5:42.0	19.44	5:41.99	68.9%
2	7061 David Short (M52)	2	M50-54	1st	---				6:28.10		6:28.1	22.12	6:28.10	66.6%
3	7193 Julio Lopez (M57)	3	M55-59	1st	---				6:31.98		6:32.0	22.29	6:31.98	68.8%
4	173 Ruben Saguil (M48)	4	M45-49	1st	---				6:37.68		6:37.7	22.64	6:37.68	63.0%
5	7089 John Nance (M64)	5	M60-64	1st	---				7:24.36		7:24.4	25.32	7:24.36	64.5%
6	7040 Kim Andres (F60)	1	F60-64	OA	---				7:27.94	☐	7:27.9	25.49	7:27.94	76.5%
7	7048 Scott McKissick (M64)	6	M60-64	2nd	---				7:29.95		7:30.0	25.60	7:29.95	63.7%
8	7073 Eeva Toiviainen (F40)	2	F40-44	1st	---				8:06.83	✓ 3	8:06.8	27.71	8:06.83	54.6%
9	6982 Kuay Sullivan (F47)	3	F45-49	1st	---				8:07.48		8:07.5	27.77	8:07.48	59.1%
10	7153 Peter Chan (M59)	7	M55-59	2nd	---				8:12.73		8:12.7	28.05	8:12.73	55.7%
11	6574 Conrad Butler (M26)	8	M25-29	1st	---				8:57.65		8:57.7	30.62	8:57.65	41.4%
12	6389 Cason Christian (M5)	9	M01-09	1st	---				9:08.01	✗	9:08.0	31.25	9:08.01	62.2%
13	6388 Jason Christian (M33)	10	M30-34	1st	---				9:13.59	✗	9:13.6	31.53	9:13.59	40.7%
14	6106 Bruce Mang (M10)	11	M10-14	1st	---				9:23.91	✗	9:23.9	32.10	9:23.91	48.3%
15	6999 Kim Mang (M43)	12	M40-44	1st	---				9:24.04		9:24.0	32.16	9:24.04	42.7%
16	6393 Spencer Peacock (M28)	13	M25-29	2nd	---				9:33.20	✗	9:33.2	32.67	9:33.20	38.8%
17	7103 Conner Robinson (M9)	14	M01-09	2nd	---				9:33.24	✓ 4	9:33.2	32.67	9:33.24	49.2%
18	7154 Mike Catt (M59)	15	M55-59	3rd	---				9:34.45		9:34.5	32.73	9:34.45	47.8%

✓ 2 Club PR's

Average Finish Time: 08:09 4 First Timers

Average Age Grade: 56.3%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6393 Spencer Peacock (M28)	1	M25-29	OA	1.9				19:09.48	ℓ ✗	6:10.0	19.15	19:11.38	67.3%
2	7072 Ryan Loehding (M40)	2	M40-44	MS	---				19:46.52	ℓ	6:21.9	19.77	19:46.52	69.0%
3	6999 Kim Mang (M43)	3	M40-44	1st	---				20:11.71	ℓ	6:30.0	20.18	20:11.71	69.1%
4	7274 Laura Nelson (F47)	1	F45-49	OA	---				20:48.68		6:41.9	20.80	20:48.68	78.4%
5	7012 Doug Waters (M48)	4	M45-49	1st	4.5				22:02.91		7:05.8	22.03	22:07.42	65.8%
6	7273 Dennis Maietta (M52)	5	M50-54	1st	20.6				22:03.06		7:05.9	22.05	22:23.70	68.0%
7	7015 Gabriel Sapien (M53)	6	M50-54	2nd	7.4				22:31.84		7:15.1	22.52	22:39.26	67.1%
8	6987 Destiny Fillmer (F15)	2	F15-19	1st	---				23:17.67	✗	7:29.9	23.28	23:17.67	66.5%
9	7193 Julio Lopez (M57)	7	M55-59	SR	2.3				23:19.03	ℓ	7:30.3	23.32	23:21.31	67.0%
10	6388 Jason Christian (M33)	8	M30-34	1st	8.6				23:16.92	ℓ ✗	7:29.6	23.27	23:25.57	56.1%
11	6705 Gabor Toth (M32)	9	M30-34	2nd	4.9				23:28.62		7:33.4	23.47	23:33.52	55.4%
12	6895 Patrick Marques (M30)	10	M30-34	3rd	13.6				23:49.23	✓ 2	7:40.0	23.82	24:02.88	54.3%
13	7061 David Short (M52)	11	M50-54	3rd	34.3				23:29.87	ℓ	7:33.8	23.48	24:04.20	63.8%
14	6770 Nivaldo Castro (M47)	12	M45-49	2nd	10.2				23:59.31	✗	7:43.3	23.98	24:09.50	60.0%
15	6981 Raul Platas (M28)	13	M25-29	1st	5.9				25:05.65	✓ 1	8:04.6	25.08	25:11.57	51.4%
16	6966 David Stonecipher (M50)	14	M50-54	4th	6.7				25:33.30		8:13.5	25.55	25:39.96	57.7%
17	7191 James Johnson (M60)	15	M60-64	1st	4.5				25:41.63	✓ 15	8:16.2	25.68	25:46.12	62.4%
18	6986 Darren Fillmer (M45)	16	M45-49	3rd	1.7				25:56.74	✗	8:21.1	25.93	25:58.42	54.6%
19	6604 Sari Turkulainen (F47)	3	F45-49	MS	1.7				25:58.76		8:21.7	25.97	26:00.45	62.8%
20	7073 Eeva Toiviainen (F40)	4	F40-44	1st	2.0				26:04.09	ℓ	8:23.4	26.07	26:06.12	58.8%
21	7068 Victor Rojas (M44)	17	M40-44	2nd	3.8				26:07.55		8:24.5	26.12	26:11.38	53.9%
22	6107 Anna Johns (F41)	5	F40-44	2nd	0.7				26:16.11	✗	8:27.3	26.27	26:16.84	58.8%
23	6984 Trinity Sullivan (F13)	6	F10-14	1st	1.1				26:29.07		8:31.5	26.48	26:30.15	60.3%
24	6366 Kaisa Peltonen (F41)	7	F40-44	3rd	6.4				26:36.00	✗	8:33.7	26.60	26:42.43	58.0%
25	1428 Keiko Yokoyama (F49)	8	F45-49	1st	2.1				27:12.10		8:45.3	27.20	27:14.23	61.4%
26	6982 Kuay Sullivan (F47)	9	F45-49	2nd	3.0				27:16.19	ℓ	8:46.6	27.27	27:19.23	59.8%
27	6638 Nicholas Eppelman (M7)	18	M01-09	2nd	2.7				27:42.33	✓ 2	8:55.1	27.70	27:45.00	64.2%
28	6637 Nathan Eppelman (M7)	19	M01-09	1st	3.2				27:42.20	✓ 3	8:55.0	27.70	27:45.44	64.2%

FN\*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

3/31/2013

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

△ Negative Split

 DeltaViewTiming.com

29	6634	Scott Eppelman (M46)	20	M45-49	4 <sup>th</sup>	3.8	<b>27:42.10</b>		8:55.0	27.70	27:45.86	51.6%	
30	6732	Seun Olugbode (M32)	21	M30-34	4 <sup>th</sup>	10.8	<b>27:43.13</b>	✓	5	8:55.3	27.72	27:53.91	46.9%
31	7020	Ronald Hamilton (M53)	22	M50-54	5 <sup>th</sup>	11.2	<b>28:21.88</b>		9:07.8	28.35	28:33.04	53.3%	
32	7153	Peter Chan (M59)	23	M55-59	1 <sup>st</sup>	12.6	<b>29:13.80</b>	ℓ	9:24.5	29.22	29:26.41	54.4%	
33	6676	John Smith (M47)	24	M45-49	5 <sup>th</sup>	10.5	<b>29:25.12</b>		9:28.1	29.42	29:35.65	49.0%	
34	6386	Sagie Shimko (F10)	10	F10-14	2 <sup>nd</sup>	0.6	<b>29:37.46</b>	✗	9:32.1	29.62	29:38.02	57.6%	
35	6387	Moshe Shimko (M43)	25	M40-44	3 <sup>rd</sup>	3.2	<b>29:35.10</b>	✗	9:31.4	29.58	29:38.28	47.2%	
36	6574	Conrad Butler (M26)	26	M25-29	2 <sup>nd</sup>	9.4	<b>30:02.52</b>	ℓ	9:40.2	30.03	30:11.91	42.9%	
37	6599	Daisy Agunbiade (F29)	11	F25-29	1 <sup>st</sup>	7.9	<b>30:30.18</b>	✓	2	9:49.1	30.50	30:38.03	48.5%
38	6894	Nicole Manley (F35)	12	F35-39	1 <sup>st</sup>	16.4	<b>31:05.41</b>		10:00.4	31.08	31:21.83	48.1%	
39	6390	Melissa Rhea (F43)	13	F40-44	4 <sup>th</sup>	5.5	<b>31:29.47</b>	✗	10:08.2	31.48	31:34.95	49.8%	
40	6102	Changlan Zhang (F47)	14	F45-49	3 <sup>rd</sup>	3.7	<b>31:54.63</b>	✗	10:16.3	31.90	31:58.35	51.1%	
41	6392	Jaana Kattilakoski (F48)	15	F45-49	4 <sup>th</sup>	7.9	<b>31:56.81</b>	✗	10:17.0	31.93	32:04.72	51.7%	
42	6391	Linda Wortman (F63)	16	F60-64	SR	2.4	<b>32:51.30</b>	✗	10:34.5	32.85	32:53.66	61.5%	
43	6985	Joe Sullivan (M49)	27	M45-49	6 <sup>th</sup>	8.1	<b>33:03.99</b>		10:38.6	33.05	33:12.05	44.2%	
44	6983	Arwyn Sullivan (F8)	17	F01-09	1 <sup>st</sup>	7.4	<b>33:12.04</b>		10:41.2	33.20	33:19.42	54.6%	
45	6101	Maxx Pomm (M63)	28	M60-64	2 <sup>nd</sup>	4.0	<b>34:21.91</b>	✗	11:03.7	34.35	34:25.90	47.9%	
46	7154	Mike Catt (M59)	29	M55-59	2 <sup>nd</sup>	15.5	<b>39:47.09</b>	ℓ	12:48.3	39.78	40:02.55	40.0%	
47	7104	Garrett Robinson (M8)	30	M01-09	3 <sup>rd</sup>	2.7	<b>40:06.13</b>	✓	1	12:54.5	40.10	40:08.78	42.4%
48	7024	Carol Creech (F62)	18	F60-64	1 <sup>st</sup>	2.8	<b>40:06.39</b>		12:54.5	40.10	40:09.17	49.6%	
49	6108	Brian Mega (M51)	31	M50-54	6 <sup>th</sup>	3.7	<b>40:35.69</b>		13:04.0	40.58	40:39.40	36.6%	
50	7268	Amara Chan (F44)	19	F40-44	5 <sup>th</sup>	9.7	<b>40:36.40</b>	✓	1	13:04.2	40.60	40:46.08	39.0%
51	6109	Lindsey Willis (F29)	20	F25-29	2 <sup>nd</sup>	6.9	<b>47:09.02</b>	✗	15:10.6	47.15	47:15.97	31.4%	
52	6591	Priya Seshaadri (F30)	21	F30-34	1 <sup>st</sup>	18.2	<b>48:28.28</b>	✗	15:36.1	48.47	48:46.48	30.5%	
53	6590	Karthik Chari (M32)	32	M30-34	5 <sup>th</sup>	17.4	<b>48:35.83</b>	✗	15:38.5	48.58	48:53.25	26.8%	

✓ 9 Club PR's

Average Finish Time: 29:13 17 First Timers Average Age Grade: 54.6%

**Sorted Age Grades****1M**

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	6	Kim Andres	F60	7:27.94	76.5%	
2	1	Ryan Loehding	M40	5:41.99	68.9%	
3	3	Julio Lopez	M57	6:31.98	68.8%	
4	2	David Short	M52	6:28.10	66.6%	
5	5	John Nance	M64	7:24.36	64.5%	
6	7	Scott McKissick	M64	7:29.95	63.7%	
7	4	Ruben Saguil	M48	6:37.68	63.0%	
8	12	Cason Christian	M5	9:08.01	62.2%	
9	9	Kuay Sullivan	F47	8:07.48	59.1%	
10	10	Peter Chan	M59	8:12.73	55.7%	
11	8	Eeva Toiviainen	F40	8:06.83	54.6%	

**5K**

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	4	Laura Nelson	F47	20:48.68	78.4%	
2	3	Kim Mang	M43	20:11.71	69.1%	
3	2	Ryan Loehding	M40	19:46.52	69.0%	
4	6	Dennis Maietta	M52	22:03.06	68.0%	
5	1	Spencer Peacock	M28	19:09.48	67.3%	New
6	7	Gabriel Sapien	M53	22:31.84	67.1%	
7	9	Julio Lopez	M57	23:19.03	67.0%	
8	8	Destiny Fillmer	F15	23:17.67	66.5%	New
9	5	Doug Waters	M48	22:02.91	65.8%	
10	28	Nathan Eppelman	M7	27:42.20	64.2%	
11	27	Nicholas Eppelman	M7	27:42.33	64.2%	
12	13	David Short	M52	23:29.87	63.8%	
13	19	Sari Turkulainen	F47	25:58.76	62.8%	
14	17	James Johnson	M60	25:41.63	62.4%	
15	42	Linda Wortman	F63	32:51.30	61.5%	
16	25	Keiko Yokoyama	F49	27:12.10	61.4%	
17	23	Trinity Sullivan	F13	26:29.07	60.3%	
18	14	Nivaldo Castro	M47	23:59.31	60.0%	
19	26	Kuay Sullivan	F47	27:16.19	59.8%	
20	20	Eeva Toiviainen	F40	26:04.09	58.8%	
21	22	Anna Johns	F41	26:16.11	58.8%	
22	24	Kaisa Peltonen	F41	26:36.00	58.0%	
23	16	David Stonecipher	M50	25:33.30	57.7%	
24	34	Sagie Shimko	F10	29:37.46	57.6%	
25	10	Jason Christian	M33	23:16.92	56.1%	
26	11	Gabor Toth	M32	23:28.62	55.4%	
27	18	Darren Fillmer	M45	25:56.74	54.6%	
28	44	Arwyn Sullivan	F8	33:12.04	54.6%	
29	32	Peter Chan	M59	29:13.80	54.4%	
30	12	Patrick Marques	M30	23:49.23	54.3%	
31	21	Victor Rojas	M44	26:07.55	53.9%	
32	31	Ronald Hamilton	M53	28:21.88	53.3%	
33	41	Jaana Kattilakoski	F48	31:56.81	51.7%	
34	29	Scott Eppelman	M46	27:42.10	51.6%	
35	15	Raul Platas	M28	25:05.65	51.4%	
36	40	Changlan Zhang	F47	31:54.63	51.1%	

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