

Sunday, November 24, 2013

# Carrollton Runners Mile + 5K

33F Cloudy 61%H 13mphNNE

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	
James Faroppa	6:24.48	J Luis Ahumada	22:01.70	Jeff Breese	22:28.47	Julio Lopez	23:34.06
Kim Andres	7:50.53	Laura Nelson	20:49.46	Kim Andres	26:21.83	Carol Creech	38:47.91

## 5K MALE

		16 MALE Runners --- Average Time of <b>26:26</b>					Avg. Age Grade: <b>57.5%</b>		Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 J Luis Ahumada	Irving	(44)	11:01	+0	22:01.70		7:05.4	63.9%	2	1
MASTERS	1 Jeff Breese	Frisco	(49)	11:00	+29	22:28.47		7:14.0	65.1%	3	2
SENIORS	1 Julio Lopez	Farmers Branch	(58)	11:39	+16	23:34.06	M	7:35.1	66.9%	4	3
M25-29	1 Conrad Butler	Fort Worth	(27)	12:29	+16	25:14.93	M	8:07.6	51.1%	9	8
	2 Zach Grant	Plano	(29)	14:04	+93	29:40.96	M	9:33.2	43.5%	16	14
M40-44	1 James Faroppa	Dallas	(40)	12:01	+10	24:12.03	M	7:47.4	56.4%	5	4
M50-54	1 Dennis Maietta	Grapevine	(53)	12:24	-42	24:06.37		7:45.5	62.7%	8	7
	2 Gabriel Sapien	Carrollton	(53)	12:21	-5	24:35.98	M	7:55.1	61.4%	7	6
	3 Ronald Hamilton	The Colony	(54)	14:06	+10	28:21.22	M	9:07.6	53.7%	13	11
M55-59	1 Patrick Wheeler	Dallas	(56)	12:30	-33	24:27.72	M	7:52.4	63.4%	6	5
	2 Ruben Reyes	Carrollton	(57)	14:17	-7	28:26.79		9:09.4	54.9%	14	12
	3 Tom Grant	Plano	(55)	14:03	+96	29:42.31	M	9:33.7	51.7%	17	15
	4 Steven Johnson	Farmers Branch	(55)	16:53	+83	35:08.65	✓	11:18.7	43.7%	19	16
M60-64	1 David Mask	Lewisville	(61)	12:51	+63	26:45.50		8:36.8	60.5%	12	10
	2 James Johnson	Dallas	(60)	13:26	+112	28:42.82		9:14.5	55.9%	15	13
M65-69	1 John Nance	Rowlett	(65)	12:34	+20	25:27.56		8:11.7	65.9%	10	9

## 5K FEMALE

		6 FEMALE Runners --- Average Time of <b>32:05</b>					Avg. Age Grade: <b>55.9%</b>		Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Laura Nelson	Grapevine	(48)	10:20	+10	20:49.46		6:42.2	79.3%	1	1
MASTERS	1 Kim Andres	Irving	(60)	13:00	+21	26:21.83	M	8:29.1	73.3%	11	2
SENIORS	1 Carol Creech	Plano	(62)	19:02	+43	38:47.91		12:29.3	51.3%	21	5
F15-19	1 Chandler Josey	Coppell	(16)	15:34	-63	30:06.08		9:41.3	50.8%	18	3
F25-29	1 Satu Hyrylainen	Irving	(27)	18:16	+27	36:58.90	✓	11:54.2	40.0%	20	4
F45-49	1 Amara Chan	Fort Worth	(45)	19:31	+26	39:26.65	✓	12:41.8	40.5%	22	6

FN\*:  Broke Age-Group Record

GD Place among Females

Positive Split

Timing provided by:

11/24/2013

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

Negative Split

 DeltaViewTiming.com

# 1M MALE

		9 MALE Runners --- Average Time of <b>8:24</b>					Avg. Age Grade: <b>53.8%</b>		Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	<b>James Faroppa</b>	Dallas	(40)		<b>6:24.48</b>		6:24.5	<b>61.3%</b>	1	1
M25-29	1	<b>Zach Grant</b>	Plano	(29)		<b>6:42.77</b>		6:42.8	55.3%	3	3
	2	<b>Conrad Butler</b>	Fort Worth	(27)		<b>13:02.69</b>		13:02.7	28.4%	11	9
M50-54	1	<b>Gabriel Sapien</b>	Carrollton	(53)		<b>6:50.39</b>		6:50.4	<b>63.5%</b>	4	4
	2	<b>Ronald Hamilton</b>	The Colony	(54)		<b>8:49.58</b>		8:49.6	49.7%	8	7
M55-59	1	<b>Tom Grant</b>	Plano	(55)		<b>6:36.49</b>	✓	6:36.5	<b>66.9%</b>	2	2
	2	<b>Julio Lopez</b>	Farmers Branch	(58)		<b>7:24.08</b>		7:24.1	<b>61.2%</b>	5	5
	3	<b>Patrick Wheeler</b>	Dallas	(56)		<b>11:32.22</b>		11:32.2	38.6%	9	8
M65-69	1	<b>Scott McKissick</b>	Irving	(65)		<b>8:10.11</b>		8:10.1	59.1%	7	6

# 1M FEMALE

		2 FEMALE Runners --- Average Time of <b>10:26</b>					Avg. Age Grade: <b>52.6%</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>7:50.53</b>		7:50.5	<b>72.8%</b>	6	1
F30-34	1	<b>Smith Uriostigui</b>	Fort Worth	(32)		<b>13:01.54</b>		13:01.5	32.4%	10	2

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6510 James Faroppa (M40)	1	M40-44	OA	---				6:24.48	⊗	6:24.5	21.90	6:24.48	61.3%
2	6826 Tom Grant (M55)	2	M55-59	1st	---				6:36.49	✓ 1	6:36.5	22.58	6:36.49	66.9%
3	6827 Zach Grant (M29)	3	M25-29	1st	---				6:42.77	⊗	6:42.8	22.92	6:42.77	55.3%
4	7015 Gabriel Sapien (M53)	4	M50-54	1st	---				6:50.39		6:50.4	23.38	6:50.39	63.5%
5	7193 Julio Lopez (M58)	5	M55-59	2nd	---				7:24.08		7:24.1	25.32	7:24.08	61.2%
6	7040 Kim Andres (F60)	1	F60-64	OA	---				7:50.53		7:50.5	26.80	7:50.53	72.8%
7	7048 Scott McKissick (M65)	6	M65-69	1st	---				8:10.11		8:10.1	27.94	8:10.11	59.1%
8	7020 Ronald Hamilton (M54)	7	M50-54	2nd	---				8:49.58		8:49.6	30.16	8:49.58	49.7%
9	6101 Patrick Wheeler (M56)	8	M55-59	3rd	---				11:32.22		11:32.2	39.46	11:32.22	38.6%
10	6100 Smith Uriostigui (F32)	2	F30-34	1st	---				13:01.54	⊗	13:01.5	44.53	13:01.54	32.4%
11	7186 Conrad Butler (M27)	9	M25-29	2nd	---				13:02.69		13:02.7	44.59	13:02.69	28.4%
✓ 1 Club PR's						Average Finish Time: 08:45 3 First Timers					Average Age Grade: 53.6%			

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7274 Laura Nelson (F48)	1	F45-49	OA	49.1	10:20	10:30	+10	20:49.46		6:42.2	20.82	21:38.55	79.3%
2	6831 J Luis Ahumada (M44)	1	M40-44	OA	0.1	11:01	11:01	+0	22:01.70	⊗	7:05.4	22.02	22:01.82	63.9%
3	7216 Jeff Breese (M49)	2	M45-49	MS	0.4	11:00	11:29	+29	22:28.47		7:14.0	22.47	22:28.84	65.1%
4	7193 Julio Lopez (M58)	3	M55-59	SR	---	11:39	11:55	+16	23:34.06	ℓ	7:35.1	23.57	23:34.09	66.9%
5	6510 James Faroppa (M40)	4	M40-44	1st	0.8	12:01	12:11	+10	24:12.03	ℓ	7:47.4	24.20	24:12.85	56.4%
6	6101 Patrick Wheeler (M56)	5	M55-59	1st	---	12:30	11:58	-33	24:27.72	ℓ	7:52.4	24.45	24:27.72	63.4%
7	7015 Gabriel Sapien (M53)	6	M50-54	2nd	1.1	12:21	12:15	-5	24:35.98	ℓ	7:55.1	24.58	24:37.08	61.4%
8	7273 Dennis Maietta (M53)	7	M50-54	1st	43.0	12:24	11:42	-42	24:06.37		7:45.5	24.10	24:49.38	62.7%
9	7186 Conrad Butler (M27)	8	M25-29	1st	5.9	12:29	12:46	+16	25:14.93	ℓ	8:07.6	25.23	25:20.81	51.1%
10	7089 John Nance (M65)	9	M65-69	1st	0.1	12:34	12:54	+20	25:27.56		8:11.7	25.45	25:27.63	65.9%
11	7040 Kim Andres (F60)	2	F60-64	MS	0.1	13:00	13:21	+21	26:21.83	ℓ	8:29.1	26.35	26:21.95	73.3%
12	7008 David Mask (M61)	10	M60-64	1st	3.4	12:51	13:54	+63	26:45.50		8:36.8	26.75	26:48.92	60.5%
13	7020 Ronald Hamilton (M54)	11	M50-54	3rd	3.1	14:06	14:15	+10	28:21.22	ℓ	9:07.6	28.35	28:24.30	53.7%
14	7283 Ruben Reyes (M57)	12	M55-59	2nd	1.4	14:17	14:10	-7	28:26.79		9:09.4	28.43	28:28.16	54.9%
15	7191 James Johnson (M60)	13	M60-64	2nd	0.1	13:26	15:17	+112	28:42.82		9:14.5	28.70	28:42.89	55.9%
16	6827 Zach Grant (M29)	14	M25-29	2nd	1.1	14:04	15:37	+93	29:40.96	ℓ ⊗	9:33.2	29.67	29:42.09	43.5%
17	6826 Tom Grant (M55)	15	M55-59	3rd	1.1	14:03	15:39	+96	29:42.31	ℓ	9:33.7	29.70	29:43.46	51.7%
18	6821 Chandlar Josey (F16)	3	F15-19	1st	---	15:34	14:32	-63	30:06.08	⊗	9:41.3	30.10	30:06.08	50.8%
19	6881 Steven Johnson (M55)	16	M55-59	4th	3.5	16:53	18:16	+83	35:08.65	✓ 1	11:18.7	35.13	35:12.19	43.7%
20	6781 Satu Hyrylainen (F27)	4	F25-29	1st	1.1	18:16	18:43	+27	36:58.90	✓ 1	11:54.2	36.97	37:00.00	40.0%
21	7024 Carol Creech (F62)	5	F60-64	SR	0.1	19:02	19:46	+43	38:47.91		12:29.3	38.78	38:48.00	51.3%
22	7268 Amara Chan (F45)	6	F45-49	1st	3.3	19:31	19:56	+26	39:26.65	✓ 2	12:41.8	39.43	39:30.00	40.5%
16 Positive Split 6 Negative Split ✓ 3 Club PR's						Average Finish Time: 27:58 3 First Timers					Average Age Grade: 57.1%			

## Sorted Age Grades

### 1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	6	Kim Andres	F60	7:50.53	72.8%	
2	2	Tom Grant	M55	6:36.49	66.9%	New
3	4	Gabriel Sapien	M53	6:50.39	63.5%	
4	1	James Faroppa	M40	6:24.48	61.3%	
5	5	Julio Lopez	M58	7:24.08	61.2%	
6	7	Scott McKissick	M65	8:10.11	59.1%	
7	3	Zach Grant	M29	6:42.77	55.3%	

### 5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Laura Nelson	F48	20:49.46	79.3%	
2	11	Kim Andres	F60	26:21.83	73.3%	
3	4	Julio Lopez	M58	23:34.06	66.9%	
4	10	John Nance	M65	25:27.56	65.9%	
5	3	Jeff Breese	M49	22:28.47	65.1%	
6	2	J Luis Ahumada	M44	22:01.70	63.9%	
7	6	Patrick Wheeler	M56	24:27.72	63.4%	
8	8	Dennis Maietta	M53	24:06.37	62.7%	
9	7	Gabriel Sapien	M53	24:35.98	61.4%	
10	12	David Mask	M61	26:45.50	60.5%	
11	5	James Faroppa	M40	24:12.03	56.4%	
12	15	James Johnson	M60	28:42.82	55.9%	
13	14	Ruben Reyes	M57	28:26.79	54.9%	
14	13	Ronald Hamilton	M54	28:21.22	53.7%	
15	17	Tom Grant	M55	29:42.31	51.7%	
16	21	Carol Creech	F62	38:47.91	51.3%	
17	9	Conrad Butler	M27	25:14.93	51.1%	
18	18	Chandler Josey	F16	30:06.08	50.8%	

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