

Sunday, October 27, 2013

# Carrollton Runners Mile + 5K

61F Cloudy 96%H 4mphESE

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

Mile Off :7:32 am

5K Off :7:45 am

Mile Overall		5K Overall		5K Masters		5K Seniors	
Ryan Loehding	5:46.68	Logan Lewis	19:10.79	Ryan Loehding	19:27.99	Julio Lopez	22:27.96
Yanira Lopez	7:56.21	Abby Lewis	22:25.67	Kim Andres	25:37.42	Carol Creech	39:33.80

## 5K MALE

		24 MALE Runners --- Average Time of 25:54				Avg. Age Grade: 58.8%		Place in			
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Logan Lewis	Bedford	(15)	9:32	+7	19:10.79	✓	6:10.4	72.6%	1	1
MASTERS	1 Ryan Loehding	Carrollton	(41)	9:36	+16	19:27.99	ML	6:15.9	70.6%	2	2
SENIORS	1 Julio Lopez	Farmers Branch	(58)	11:14	+0	22:27.96	ML	7:13.9	70.2%	8	7
M30-34	1 Shunxing Rong	Coppell	(34)			24:17.05		7:49.0	54.0%	13	12
	2 Jason Graham	Carrollton	(33)	14:02	+10	28:14.03	✓	9:05.3	46.2%	24	18
M40-44	1 James Faroppa	Dallas	(40)			22:39.26		7:17.5	60.3%	9	8
	2 David Lewis	Bedford	(42)	11:22	+3	22:48.14	✓	7:20.4	60.8%	11	10
	3 Dierk Hohman	Coppell	(43)	11:31	+12	23:14.35	✓	7:28.8	60.1%	12	11
	4 Nathan Bruser	Coppell	(42)	12:13	+5	24:30.36		7:53.3	56.5%	16	13
M45-49	1 Ian Maung	Coppell	(46)	9:40	+25	19:43.91		6:21.1	72.4%	3	3
	2 Robert Addison	Carrollton	(49)	10:49	+6	21:43.23	✓	6:59.5	67.4%	4	4
	3 Jonathan Hartmann	Hamden, CT	(46)	13:05	+96	27:46.11		8:56.3	51.5%	22	17
	4 Glenn Meador	Coppell	(49)	13:50	+29	28:10.04	✓	9:04.0	51.9%	25	19
	5 Joe Sullivan	Coppell	(49)	16:37	+20	33:33.46		10:48.1	43.6%	41	24
M50-54	1 David Short	Frisco	(52)	10:48	-6	21:30.02	ML✓	6:55.2	69.7%	5	5
	2 Gabriel Sapien	Carrollton	(53)	11:05	-1	22:07.58	ML	7:07.3	68.3%	6	6
	3 Paul Lake	Richardson	(52)	11:16	+11	22:42.81		7:18.6	66.0%	10	9
	4 Ronald Hamilton	The Colony	(54)	13:46	-17	27:15.25		8:46.3	55.9%	21	16
M55-59	1 Ruben Reyes	Carrollton	(57)	13:31	-24	26:38.26		8:34.4	58.7%	20	15
	2 Joey Makanas	Carrollton	(56)			36:13.75		11:39.7	42.8%	32	22
	3 Mike Catt	The Colony	(59)	17:44	+110	37:17.29		12:00.1	42.6%	36	23
M60-64	1 David Mask	Lewisville	(61)	12:13	+53	25:18.95		8:08.9	63.9%	18	14
	2 Michael Johnson	Coppell	(61)	16:33	+41	33:45.74	ML	10:52.0	47.9%	30	21
M70-74	1 Jack Manning	Dallas	(70)	15:00	+59	30:59.43	ML	9:58.5	56.9%	28	20

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: 10/27/2013  


# 5K FEMALE

		17 FEMALE Runners --- Average Time of <b>31:03</b>					Avg. Age Grade: <b>53.5%</b>			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Abby Lewis	Bedford	(11)	11:21	-15	22:25.67		7:13.1	74.2%	7	1
MASTERS	1 Kim Andres	Irving	(60)	12:53	-8	25:37.42		8:14.8	75.4%	14	2
SENIORS	1 Carol Creech	Plano	(62)	19:23	+47	39:33.80		12:44.1	50.3%	39	15
F01-09	1 Arwyn Sullivan	Coppell	(9)	13:47	+43	28:15.62		9:05.8	62.1%	34	11
F10-14	1 Trinity Sullivan	Coppell	(14)	13:36	+49	28:01.12		9:01.1	56.1%	33	10
F25-29	1 Satu Hyyrylainen	Irving	(27)	18:05	+80	37:31.42		12:04.7	39.4%	37	13
	2 Shieryl Bryan	Carrollton	(29)			39:05.95	✓	12:35.1	37.9%	38	14
F30-34	1 Sari Rautapaa	Flower Mound	(33)	12:51	+1	25:43.06		8:16.7	57.8%	17	3
	2 Hanna Saari	Irving	(33)			33:34.45		10:48.4	44.3%	29	8
	3 Hannele Tyni	Coppell	(32)			37:16.36		11:59.8	39.8%	35	12
F35-39	1 Gini Mattson	Carrollton	(39)			35:54.84	✓	11:33.6	42.4%	31	9
F40-44	1 Jennifer Loehding	Carrollton	(40)			30:48.51	✓	9:55.0	49.8%	27	7
F45-49	1 Rachel Meador	Coppell	(45)	14:08	+7	28:22.58	ML ✓	9:08.0	56.3%	26	6
	2 Susan Schafer	Richardson	(48)	17:01	+140	36:20.75	✓	11:41.9	45.4%	40	16
F50-54	1 Jennifer Johnson	Coppell	(51)	13:29	-21	26:36.37	ML	8:33.8	64.4%	19	4
	2 Yanira Lopez	Farmers Branch	(50)	13:54	+16	28:04.52	ML	9:02.2	60.3%	23	5
FStroller	1 Blake Bruser	Coppell	(4)	12:13	+4	24:30.25		7:53.2		15	0

# 1M MALE

		9 MALE Runners --- Average Time of <b>7:44</b>					Avg. Age Grade: <b>59.1%</b>			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Ryan Loehding	Carrollton	(41)			5:46.68		5:46.7	68.5%	1	1
M01-09	1 Anderson Moore	Richardson	(4)			9:12.29		9:12.3		12	7
M35-39	1 Conor Moore	Richardson	(35)			9:12.57		9:12.6	41.2%	13	8
M45-49	1 Ruben Saguil	Carrollton	(48)			6:37.88		6:37.9	62.9%	3	3
M50-54	1 Gabriel Sapien	Carrollton	(53)			6:16.73		6:16.7	69.2%	2	2
	2 David Short	Frisco	(52)			7:03.55		7:03.6	61.1%	4	4
M55-59	1 Julio Lopez	Farmers Branch	(58)			7:12.54		7:12.5	62.9%	5	5
M60-64	1 Michael Johnson	Coppell	(61)			9:19.57		9:19.6	49.9%	14	9
M70-74	1 Jack Manning	Dallas	(70)			8:53.53		8:53.5	57.0%	11	6

# 1M FEMALE

		5 FEMALE Runners --- Average Time of <b>8:35</b>					Avg. Age Grade: <b>57.1%</b>			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Yanira Lopez	Farmers Branch	(50)			7:56.21		7:56.2	62.8%	6	1
F01-09	1 Akeelah Moore	Richardson	(6)			8:47.13		8:47.1	63.0%	8	3
F25-29	1 Amanda Moore	Richardson	(27)			8:47.54		8:47.5	47.7%	9	4
F45-49	1 Rachel Meador	Coppell	(45)			8:30.01		8:30.0	55.1%	7	2
F50-54	1 Jennifer Johnson	Coppell	(51)			8:51.89		8:51.9	56.9%	10	5

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7072 Ryan Loehding (M41)	1	M40-44	OA	---				5:46.68		5:46.7	19.73	5:46.68	68.5%
2	7015 Gabriel Sapien (M53)	2	M50-54	1st	---				6:16.73		6:16.7	21.44	6:16.73	69.2%
3	7003 Ruben Saguil (M48)	3	M45-49	1st	---				6:37.88		6:37.9	22.64	6:37.88	62.9%
4	7061 David Short (M52)	4	M50-54	2nd	---				7:03.55		7:03.6	24.12	7:03.55	61.1%
5	7193 Julio Lopez (M58)	5	M55-59	1st	---				7:12.54		7:12.5	24.63	7:12.54	62.9%
6	7198 Yanira Lopez (F50)	1	F50-54	OA	---				7:56.21		7:56.2	27.14	7:56.21	62.8%
7	7168 Rachel Meador (F45)	2	F45-49	1st	---				8:30.01		8:30.0	29.08	8:30.01	55.1%
8	6100 Akeelah Moore (F6)	3	F01-09	1st	---				8:47.13	x	8:47.1	30.05	8:47.13	63.0%
9	6102 Amanda Moore (F27)	4	F25-29	1st	---				8:47.54	x	8:47.5	30.05	8:47.54	47.7%
10	7262 Jennifer Johnson (F51)	5	F50-54	1st	---				8:51.89		8:51.9	30.28	8:51.89	56.9%
11	7143 Jack Manning (M70)	6	M70-74	1st	---				8:53.53		8:53.5	30.39	8:53.53	57.0%
12	6101 Anderson Moore (M4)	7	M01-09	1st	---				9:12.29	x	9:12.3	31.47	9:12.29	
13	6103 Conor Moore (M35)	8	M35-39	1st	---				9:12.57	x	9:12.6	31.47	9:12.57	41.2%
14	7252 Michael Johnson (M61)	9	M60-64	1st	---				9:19.57		9:19.6	31.87	9:19.57	49.9%

✓ No Club PR's

Average Finish Time: 08:01 *4 First Timers*

Average Age Grade: 58.3%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6780 Logan Lewis (M15)	1	M15-19	OA	1.2	9:32	9:39	+7	19:10.79	✓ 4	6:10.4	19.17	19:11.95	72.6%
2	7072 Ryan Loehding (M41)	2	M40-44	MS	---	9:36	9:52	+16	19:27.99	ℓ	6:15.9	19.45	19:27.99	70.6%
3	7167 Ian Maung (M46)	3	M45-49	1st	---	9:40	10:04	+25	19:43.91		6:21.1	19.72	19:43.91	72.4%
4	6863 Robert Addison (M49)	4	M45-49	2nd	0.7	10:49	10:54	+6	21:43.23	✓ 2	6:59.5	21.72	21:43.95	67.4%
5	7061 David Short (M52)	5	M50-54	1st	18.8	10:48	10:42	-6	21:30.02	ℓ ✓ 25	6:55.2	21.50	21:48.86	69.7%
6	7015 Gabriel Sapien (M53)	6	M50-54	2nd	3.6	11:05	11:03	-1	22:07.58	ℓ	7:07.3	22.12	22:11.20	68.3%
7	6766 Abby Lewis (F11)	1	F10-14	OA	0.3	11:21	11:05	-15	22:25.67	x	7:13.1	22.42	22:26.02	74.2%
8	7193 Julio Lopez (M58)	7	M55-59	SR	0.2	11:14	11:14	+0	22:27.96	ℓ	7:13.9	22.45	22:28.13	70.2%
9	6510 James Faroppa (M40)	8	M40-44	1st	2.8				22:39.26		7:17.5	22.65	22:42.02	60.3%
10	6104 Paul Lake (M52)	9	M50-54	3rd	0.5	11:16	11:27	+11	22:42.81	x	7:18.6	22.70	22:43.29	66.0%
11	6731 David Lewis (M42)	10	M40-44	2nd	1.3	11:22	11:26	+3	22:48.14	✓ 4	7:20.4	22.80	22:49.41	60.8%
12	7170 Dierk Hohman (M43)	11	M40-44	3rd	1.0	11:31	11:43	+12	23:14.35	✓ 10	7:28.8	23.23	23:15.37	60.1%
13	6768 Shunxing Rong (M34)	12	M30-34	1st	---				24:17.05	x	7:49.0	24.28	24:17.05	54.0%
14	7040 Kim Andres (F60)	2	F60-64	MS	1.2	12:53	12:45	-8	25:37.42		8:14.8	25.62	25:38.61	75.4%
15	7316 Blake Bruser (F4)	0	FStrolle	1st	69.8	12:13	12:17	+4	24:30.25	17	7:53.2	24.50	25:40.01	
16	7097 Nathan Bruser (M42)	13	M40-44	4th	70.1	12:13	12:17	+5	24:30.36		7:53.3	24.50	25:40.46	56.5%
17	6335 Sari Rautapaa (F33)	3	F30-34	1st	3.6	12:51	12:52	+1	25:43.06	x	8:16.7	25.72	25:46.70	57.8%
18	7008 David Mask (M61)	14	M60-64	1st	52.2	12:13	13:06	+53	25:18.95		8:08.9	25.30	26:11.19	63.9%
19	7262 Jennifer Johnson (F51)	4	F50-54	1st	2.2	13:29	13:08	-21	26:36.37	ℓ	8:33.8	26.60	26:38.57	64.4%
20	7283 Ruben Reyes (M57)	15	M55-59	1st	2.7	13:31	13:07	-24	26:38.26		8:34.4	26.63	26:40.97	58.7%
21	7020 Ronald Hamilton (M54)	16	M50-54	4th	4.5	13:46	13:29	-17	27:15.25		8:46.3	27.25	27:19.70	55.9%
22	6791 Jonathan Hartmann (M46)	17	M45-49	3rd	3.9	13:05	14:41	+96	27:46.11	x	8:56.3	27.77	27:50.00	51.5%
23	7198 Yanira Lopez (F50)	5	F50-54	2nd	3.5	13:54	14:10	+16	28:04.52	ℓ	9:02.2	28.07	28:08.00	60.3%
24	6321 Jason Graham (M33)	18	M30-34	2nd	3.3	14:02	14:12	+10	28:14.03	✓ 3	9:05.3	28.23	28:17.36	46.2%
25	7164 Glenn Meador (M49)	19	M45-49	4th	10.5	13:50	14:20	+29	28:10.04	✓ 9	9:04.0	28.17	28:20.52	51.9%
26	7168 Rachel Meador (F45)	6	F45-49	1st	8.5	14:08	14:15	+7	28:22.58	ℓ ✓ 14	9:08.0	28.37	28:31.10	56.3%
27	6625 Jennifer Loehding (F40)	7	F40-44	1st	7.2				30:48.51	✓ 8	9:55.0	30.80	30:55.72	49.8%
28	7143 Jack Manning (M70)	20	M70-74	1st	---	15:00	15:59	+59	30:59.43	ℓ	9:58.5	30.98	30:59.43	56.9%
29	6782 Hanna Saari (F33)	8	F30-34	2nd	2.6				33:34.45	x	10:48.4	33.57	33:37.08	44.3%
30	7252 Michael Johnson (M61)	21	M60-64	2nd	3.2	16:33	17:13	+41	33:45.74	ℓ	10:52.0	33.75	33:48.94	47.9%
31	6574 Gini Mattson (F39)	9	F35-39	1st	2.0				35:54.84	✓ 1	11:33.6	35.90	35:56.81	42.4%
32	6528 Joey Makanas (M56)	22	M55-59	2nd	7.8				36:13.75	x	11:39.7	36.22	36:21.57	42.8%

FN\*:  Broke Age-Group Record

GD Place among Females

Positive Split

Timing provided by:

10/27/2013

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

Negative Split

 DeltaViewTiming.com

33	7099	Trinity Sullivan (F14)	10	F10-14	1st	511.1	13:36	14:25	+49	<b>28:01.12</b>	9:01.1	28.02	36:32.25	56.1%		
34	7204	Arwyn Sullivan (F9)	11	F01-09	1st	509.7	13:47	14:29	+43	<b>28:15.62</b>	9:05.8	28.25	36:45.34	62.1%		
35	6333	Hannele Tyni (F32)	12	F30-34	3rd	2.9				<b>37:16.36</b>	x 11:59.8	37.27	37:19.21	39.8%		
36	7154	Mike Catt (M59)	23	M55-59	3rd	4.8	17:44	19:34	+110	<b>37:17.29</b>	12:00.1	37.28	37:22.09	42.6%		
37	6781	Satu Hyrylainen (F27)	13	F25-29	1st	---	18:05	19:26	+80	<b>37:31.42</b>	x 12:04.7	37.52	37:31.42	39.4%		
38	6623	Shieryl Bryan (F29)	14	F25-29	2nd	7.8				<b>39:05.95</b>	✓ 1 12:35.1	39.08	39:13.73	37.9%		
39	7024	Carol Creech (F62)	15	F60-64	SR	1.8	19:23	20:10	+47	<b>39:33.80</b>	12:44.1	39.55	39:35.62	50.3%		
40	7065	Susan Schafer (F48)	16	F45-49	2nd	301.9	17:01	19:20	+140	<b>36:20.75</b>	✓ 10 11:41.9	36.33	41:22.63	45.4%		
41	7263	Joe Sullivan (M49)	24	M45-49	5th	508.7	16:37	16:57	+20	<b>33:33.46</b>	10:48.1	33.55	42:02.18	43.6%		
<b>26 Positive Split</b>							<b>7 Negative Split</b>		✓ <b>12 Club PR's</b>		Average Finish Time: <b>28:01</b>		9 <i>First Timers</i>		Average Age Grade: <b>56.7%</b>	

## Sorted Age Grades

### 1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Gabriel Sapien	M53	6:16.73	69.2%	
2	1	Ryan Loehding	M41	5:46.68	68.5%	
3	8	Akeelah Moore	F6	8:47.13	63.0%	
4	3	Ruben Saguil	M48	6:37.88	62.9%	
5	5	Julio Lopez	M58	7:12.54	62.9%	
6	6	Yanira Lopez	F50	7:56.21	62.8%	
7	4	David Short	M52	7:03.55	61.1%	
8	11	Jack Manning	M70	8:53.53	57.0%	
9	10	Jennifer Johnson	F51	8:51.89	56.9%	
10	7	Rachel Meador	F45	8:30.01	55.1%	

### 5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	14	Kim Andres	F60	25:37.42	75.4%	
2	7	Abby Lewis	F11	22:25.67	74.2%	New
3	1	Logan Lewis	M15	19:10.79	72.6%	Move UP
4	3	Ian Maung	M46	19:43.91	72.4%	
5	2	Ryan Loehding	M41	19:27.99	70.6%	
6	8	Julio Lopez	M58	22:27.96	70.2%	
7	5	David Short	M52	21:30.02	69.7%	Move UP
8	6	Gabriel Sapien	M53	22:07.58	68.3%	
9	4	Robert Addison	M49	21:43.23	67.4%	New
10	10	Paul Lake	M52	22:42.81	66.0%	New
11	19	Jennifer Johnson	F51	26:36.37	64.4%	
12	18	David Mask	M61	25:18.95	63.9%	
13	34	Arwyn Sullivan	F9	28:15.62	62.1%	
14	11	David Lewis	M42	22:48.14	60.8%	
15	23	Yanira Lopez	F50	28:04.52	60.3%	
16	9	James Faroppa	M40	22:39.26	60.3%	
17	12	Dierk Hohman	M43	23:14.35	60.1%	
18	20	Ruben Reyes	M57	26:38.26	58.7%	
19	17	Sari Rautapaa	F33	25:43.06	57.8%	
20	28	Jack Manning	M70	30:59.43	56.9%	
21	16	Nathan Bruser	M42	24:30.36	56.5%	
22	26	Rachel Meador	F45	28:22.58	56.3%	
23	33	Trinity Sullivan	F14	28:01.12	56.1%	
24	21	Ronald Hamilton	M54	27:15.25	55.9%	
25	13	Shunxing Rong	M34	24:17.05	54.0%	
26	25	Glenn Meador	M49	28:10.04	51.9%	
27	22	Jonathan Hartmann	M46	27:46.11	51.5%	
28	39	Carol Creech	F62	39:33.80	50.3%	

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