

Sunday, July 27, 2014

Carrollton Runners Mile + 5K

81F Sunny 74%H 9mphSSW

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

Mile Off :7:30 am

5K Off :7:46 am

Mile Overall		5K Overall		5K Masters		5K Seniors	
Dillon Chen	6:04.64	Dillon Chen	22:55.00	Robert Benson	23:32.20	Julio Lopez	25:21.41
Megan Rumery	8:48.54	Pricilla Aguilar	24:43.58	Kim Andres	26:09.14	Betsy Veneziano	38:43.88

5K MALE

36 MALE Runners --- Average Time of **33:24**

Avg. Age Grade: **46.6%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Dillon Chen	Dallas	(29)	10:52	+70	22:55.00 M		7:22.6	56.3%	1	1
MASTERS	1 Robert Benson	Dallas	(64)	11:35	+21	23:32.20 M		7:34.5	70.6%	3	3
SENIORS	1 Julio Lopez	Farmers Branch	(58)	12:20	+41	25:21.41 M		8:09.7	62.2%	7	6
M10-14	1 Adam Singer		(14)	11:48	+86	25:00.79		8:03.1	56.7%	6	5
	2 Jake Hagood	Carrollton	(12)	12:23	+91	26:16.84	✓	8:27.5	56.6%	11	9
	3 Gray Hagood		(10)	17:55	+45	36:34.79	✓	11:46.4	43.2%	36	25
	4 Joe Wales		(12)	20:49	-227	37:52.19	✓	12:11.3	39.3%	43	30
M25-29	1 Blake Bueltel	The Colony	(28)	11:56	+95	25:26.50		8:11.3	50.7%	8	7
	2 Madhan Doraiswamy		(28)	16:45	+50	34:19.64		11:02.9	37.6%	30	19
	3 Conrad Butler	Fort Worth	(28)	16:54	+159	36:27.01		11:43.9	35.4%	35	24
	4 Seth Kunin-Goldsmith		(27)	16:53	+215	37:21.25 M		12:01.4	34.5%	41	28
	5 Flavio Concha	Dallas	(27)	18:54	+207	41:14.33		13:16.4	31.3%	47	32
M35-39	1 Shunxing Rong	Coppell	(35)	11:42	+3	23:27.84	✓	7:33.1	56.2%	2	2
	2 Matt Mckinney		(38)	12:49	+91	27:08.80		8:44.3	49.5%	17	11
	3 Luis Mares	Dallas	(39)	12:32	+133	27:15.99	✓	8:46.6	49.7%	18	12
	4 Chris Bruno	Dallas	(38)	16:53	+217	37:21.69		12:01.5	36.0%	40	27
M40-44	1 Nathan Bruser	Coppell	(43)	13:54	-108	25:59.78		8:22.0	53.7%	22	14
	2 Michael Rumery	Plano	(41)	17:03	+93	35:39.27 M		11:28.6	38.6%	33	22
M45-49	1 Graham Hagood	Carrollton	(45)	12:19	+71	25:47.83	✓	8:18.2	55.0%	9	8
	2 Ming Chin	Coppell	(47)	15:23	+74	31:59.31		10:17.8	45.0%	26	17
	3 Bart Sherman	Carrollton	(46)	18:48	+205	41:00.80		13:12.1	34.8%	45	31
M50-54	1 David Short	Frisco	(53)	11:49	-31	23:07.21 M		7:26.5	65.4%	4	4
	2 Ronald Hamilton	The Colony	(54)	15:06	-29	29:42.00		9:33.6	51.3%	24	15
	3 David Baxter		(50)	16:27	+121	34:55.52		11:14.5	42.2%	31	20
	4 Brian Mega		(52)	26:11	-68	51:15.03		16:29.8	29.2%	55	35
	5 Ric Kimble	Coppell	(53)	30:17	-102	58:51.34		18:56.6	25.7%	63	36
M55-59	1 Paul Gerba		(58)	13:29	+57	27:55.33		8:59.2	56.5%	19	13
	2 Ruben Reyes	Carrollton	(58)	15:59	+29	32:26.91 M		10:26.6	48.6%	27	18
	3 Tom Hedrick		(58)	16:53	+216	37:22.34 M		12:01.7	42.2%	42	29
M60-64	1 Glenn Dumas	Farmers Branch	(64)	12:57	+56	26:49.48		8:38.0	62.0%	14	10
	2 David Mask	Lewisville	(62)	14:03	-58	27:07.45		8:43.8	60.2%	25	16
	3 Dave Hanna	Little Elm	(63)	15:21	+262	35:03.19		11:17.0	47.0%	32	21
	4 Michael Johnson	Coppell	(61)	18:11	-1	36:21.95 M		11:42.3	44.5%	34	23
	5 Robert Mount		(60)	19:12	-74	37:10.26		11:57.9	43.1%	39	26
	6 Mike Catt	The Colony	(60)	21:28	+154	45:30.65 M		14:38.9	35.2%	52	33
M65-69	1 Scott Ahlstrom	Carrollton	(65)			50:48.13		16:21.1	33.0%	54	34

FN*: Broke Age-Group Record

GD Place among Females

Positive Split

Timing provided by:

7/27/2014

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

Negative Split

 **DeltaViewTiming.com**

5K FEMALE

27 FEMALE Runners --- Average Time of

39:42

Avg. Age Grade: 44.0%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Pricilla Aguilar	Dallas	(16)	11:21	+122	24:43.58	✓	7:57.5	61.9%	5	1
MASTERS	1 Kim Andres	Irving	(61)	12:28	+73	26:09.14		8:25.1	75.0%	10	2
SENIORS	1 Betsy Veneziano	Carrollton	(69)	19:08	+28	38:43.88	✓	12:28.0	57.2%	44	14
F*	1 Blake Bruser	Coppell	(-5)	13:54	-108	25:59.90		8:22.1		23	9
F15-19	1 Melva Yanes	Dallas	(15)	12:36	+103	26:54.55	✓	8:39.7	57.6%	13	4
	2 Karina Niño	Dallas	(15)	13:15	+156	29:06.01	✓	9:22.0	53.3%	20	7
F25-29	1 Maria Mares	Dallas	(29)	18:54	+206	41:13.64		13:16.2	35.9%	46	15
	2 Shyla Rajashekar	Grapevine	(28)	25:14	+179	53:27.33		17:12.3	27.7%	57	22
	3 Radha Kasi		(28)			53:27.47		17:12.4	27.7%	56	21
F30-34	1 Marybelle Raza	Carrollton	(34)	12:52	+87	27:10.49	✓	8:44.8	54.9%	16	6
	2 Julie Barber	Lewisville	(32)	15:31	+123	33:05.00		10:38.9	44.9%	28	10
	3 Shieryl Bryan	Carrollton	(30)	18:52	+996	54:20.92		17:29.6	27.2%	58	23
	4 Myra Williams	Dallas	(30)	27:53	-72	54:33.23		17:33.6	27.1%	60	25
F35-39	1 Lin Jia	Coppell	(35)	15:58	+128	34:04.76		10:58.1	43.9%	29	11
	2 Monica Acosta	Carrollton	(37)	29:51	-78	58:23.51	✓	18:47.7	25.8%	61	26
F40-44	1 Scymentress Williams	Arlington	(43)	13:33	-23	26:43.20	✓	8:36.0	58.7%	15	5
	2 Karen Wales	Carrollton	(44)	21:33	+1	43:06.24		13:52.4	36.7%	50	18
	3 Elsa Gil	Richardson	(42)	21:34	+84	44:33.27		14:20.4	34.9%	51	19
F45-49	1 Suzanne Hagood		(45)	18:00	+47	36:47.70		11:50.6	43.4%	37	12
	2 Amara Chan	Fort Worth	(46)	19:20	+157	41:16.03		13:17.0	39.1%	48	16
	3 Movinia Mertz	Grapevine	(46)	27:52	-76	54:28.58		17:32.1	29.6%	59	24
	4 Barbara Vollmering	Garland	(48)	29:53	-77	58:28.70	✓	18:49.3	28.2%	62	27
F50-54	1 Janice Singer		(50)	13:01	+36	26:38.78		8:34.6	63.5%	12	3
	2 Yanira Lopez	Farmers Branch	(51)	14:04	+65	29:12.27	⌘	9:24.0	58.7%	21	8
	3 Teresa Lewis	Lewisville	(53)	18:07	+37	36:50.99		11:51.6	47.7%	38	13
	4 Patricia Orendain	Prosper	(51)	21:28	+454	50:29.52		16:15.1	33.9%	53	20
F60-64	1 Carol Creech	Plano	(63)	19:55	+113	41:44.20		13:26.0	48.4%	49	17

FN*: Broke Age-Group Record

GD Place among Females

Positive Split

Timing provided by:

7/27/2014

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

Negative Split



DeltaViewTiming.com

1M MALE

		13 MALE Runners --- Average Time of 8:39					Avg. Age Grade: 53.3%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Dillon Chen	Dallas	(29)		6:04.64		6:04.6	61.1%	1	1
M01-09	1	George Rumery	Plano	(7)		10:33.68		10:33.7	48.5%	14	11
	2	James Rumery	Plano	(9)		11:57.76		11:57.8	39.3%	15	12
M25-29	1	Seth Kunin-goldsmith		(27)		7:05.60		7:05.6	52.3%	5	5
M40-44	1	Michael Rumery	Plano	(41)		11:58.01		11:58.0	33.1%	16	13
M45-49	1	Ruben Saguil	Carrollton	(49)		6:57.12		6:57.1	60.5%	3	3
M50-54	1	David Short	Frisco	(53)		6:17.25		6:17.3	69.1%	2	2
M55-59	1	Tom Hedrick		(58)		7:26.78		7:26.8	60.9%	6	6
	2	Julio Lopez	Farmers Branch	(58)		8:06.69		8:06.7	55.9%	7	7
	3	Ruben Reyes	Carrollton	(58)		8:17.54		8:17.5	54.7%	8	8
M60-64	1	Robert Benson	Dallas	(64)		7:03.27		7:03.3	67.8%	4	4
	2	Michael Johnson	Coppell	(61)		10:12.18		10:12.2	45.6%	11	9
	3	Mike Catt	The Colony	(60)		10:31.93		10:31.9	43.8%	13	10

1M FEMALE

		5 FEMALE Runners --- Average Time of 10:59					Avg. Age Grade: 43.4%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Megan Rumery	Plano	(12)		8:48.54		8:48.5	52.4%	9	1
F25-29	1	Christine Gonzales	Grand Prairie	(26)		12:00.15		12:00.2	34.9%	17	4
F40-44	1	Jennifer Rumery	Plano	(40)		14:16.62		14:16.6	31.0%	18	5
F45-49	1	Claudette Bennalley	Grand Prairie	(45)		10:31.79		10:31.8	44.5%	12	3
F50-54	1	Yanira Lopez	Farmers Branch	(51)		9:16.44		9:16.4	54.4%	10	2

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6685 Dillon Chen (M29)	1	M25-29	OA	---				6:04.64	✓	6:04.6	20.75	6:04.64	61.1%
2	7061 David Short (M53)	2	M50-54	1st	---				6:17.25		6:17.3	21.50	6:17.25	69.1%
3	7003 Ruben Saguil (M49)	3	M45-49	1st	---				6:57.12		6:57.1	23.78	6:57.12	60.5%
4	7118 Robert Benson (M64)	4	M60-64	1st	---				7:03.27		7:03.3	24.12	7:03.27	67.8%
5	6424 Seth Kunin-goldsmith (M27)	5	M25-29	1st	---				7:05.60	✓	7:05.6	24.23	7:05.60	52.3%
6	6404 Tom Hedrick (M58)	6	M55-59	1st	---				7:26.78	✓	7:26.8	25.43	7:26.78	60.9%
7	7193 Julio Lopez (M58)	7	M55-59	2nd	---				8:06.69		8:06.7	27.71	8:06.69	55.9%
8	7283 Ruben Reyes (M58)	8	M55-59	3rd	---				8:17.54		8:17.5	28.34	8:17.54	54.7%
9	6572 Megan Rumery (F12)	1	F10-14	OA	---				8:48.54		8:48.5	30.11	8:48.54	52.4%
10	7198 Yanira Lopez (F51)	2	F50-54	1st	---				9:16.44		9:16.4	31.70	9:16.44	54.4%
11	7252 Michael Johnson (M61)	9	M60-64	2nd	---				10:12.18		10:12.2	34.90	10:12.18	45.6%
12	6564 Claudette Bennalley (F45)	3	F45-49	1st	---				10:31.79	✓	10:31.8	35.98	10:31.79	44.5%
13	7154 Mike Catt (M60)	10	M60-64	3rd	---				10:31.93		10:31.9	35.98	10:31.93	43.8%
14	6106 George Rumery (M7)	11	M01-09	1st	---				10:33.68	✓	10:33.7	36.09	10:33.68	48.5%
15	6107 James Rumery (M9)	12	M01-09	2nd	---				11:57.76	✓	11:57.8	40.88	11:57.76	39.3%
16	7038 Michael Rumery (M41)	13	M40-44	1st	---				11:58.01		11:58.0	40.94	11:58.01	33.1%
17	6466 Christine Gonzales (F26)	4	F25-29	1st	---				12:00.15		12:00.2	41.05	12:00.15	34.9%
18	6108 Jennifer Rumery (F40)	5	F40-44	1st	---				14:16.62	✓	14:16.6	48.81	14:16.62	31.0%

✓ No Club PR's

Average Finish Time: 09:18 7 First Timers

Average Age Grade: 50.5%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6685 Dillon Chen (M29)	1	M25-29	OA	---	10:52	12:03	+70	22:55.00	⌚	7:22.6	22.92	22:55.00	56.3%
2	6768 Shunxing Rong (M35)	2	M35-39	1st	0.5	11:42	11:45	+3	23:27.84	✓	7:33.1	23.45	23:28.33	56.2%
3	7118 Robert Benson (M64)	3	M60-64	MS	---	11:35	11:57	+21	23:32.20	⌚	7:34.5	23.53	23:32.20	70.6%
4	7061 David Short (M53)	4	M50-54	1st	27.1	11:49	11:18	-31	23:07.21	⌚	7:26.5	23.12	23:34.35	65.4%
5	6477 Pricilla Aguilar (F16)	1	F15-19	OA	---	11:21	13:23	+122	24:43.58	✓	7:57.5	24.72	24:43.58	61.9%
6	6104 Adam Singer (M14)	5	M10-14	1st	0.5	11:48	13:13	+86	25:00.79	✓	8:03.1	25.00	25:01.29	56.7%
7	7193 Julio Lopez (M58)	6	M55-59	SR	1.6	12:20	13:01	+41	25:21.41	⌚	8:09.7	25.35	25:22.97	62.2%
8	7086 Blake Bueltel (M28)	7	M25-29	1st	3.3	11:56	13:31	+95	25:26.50		8:11.3	25.43	25:29.80	50.7%
9	6489 Graham Hagood (M45)	8	M45-49	1st	---	12:19	13:29	+71	25:47.83	✓	8:18.2	25.78	25:47.83	55.0%
10	7040 Kim Andres (F61)	2	F60-64	MS	0.3	12:28	13:41	+73	26:09.14		8:25.1	26.15	26:09.43	75.0%
11	6490 Jake Hagood (M12)	9	M10-14	2nd	4.3	12:23	13:54	+91	26:16.84	✓	8:27.5	26.27	26:21.15	56.6%
12	6105 Janice Singer (F50)	3	F50-54	1st	0.5	13:01	13:37	+36	26:38.78		8:34.6	26.63	26:39.26	63.5%
13	6474 Melva Yanes (F15)	4	F15-19	1st	---	12:36	14:19	+103	26:54.55	✓	8:39.7	26.90	26:54.55	57.6%
14	7014 Glenn Dumas (M64)	10	M60-64	1st	6.9	12:57	13:53	+56	26:49.48		8:38.0	26.82	26:56.40	62.0%
15	7769 Scymentress Williams (F43)	5	F40-44	1st	18.7	13:33	13:10	-23	26:43.20	✓	8:36.0	26.72	27:01.92	58.7%
16	7480 Marybelle Raza (F34)	6	F30-34	1st	0.9	12:52	14:19	+87	27:10.49	✓	8:44.8	27.17	27:11.41	54.9%
17	6109 Matt Mckinney (M38)	11	M35-39	2nd	6.0	12:49	14:20	+91	27:08.80	✓	8:44.3	27.13	27:14.77	49.5%
18	7175 Luis Mares (M39)	12	M35-39	3rd	5.3	12:32	14:44	+133	27:15.99	✓	8:46.6	27.25	27:21.25	49.7%
19	6101 Paul Gerba (M58)	13	M55-59	1st	1.2	13:29	14:26	+57	27:55.33		8:59.2	27.92	27:56.51	56.5%
20	6471 Karina Niño (F15)	7	F15-19	2nd	0.3	13:15	15:51	+156	29:06.01	✓	9:22.0	29.10	29:06.29	53.3%
21	7198 Yanira Lopez (F51)	8	F50-54	2nd	1.9	14:04	15:09	+65	29:12.27	⌚	9:24.0	29.20	29:14.21	58.7%
22	7097 Nathan Bruser (M43)	14	M40-44	1st	217.2	13:54	12:06	-108	25:59.78		8:22.0	25.98	29:36.99	53.7%
23	7316 Blake Bruser (F-5)	9	F*	1st	217.3	13:54	12:06	-108	25:59.90	23	8:22.1	25.98	29:37.18	
24	7020 Ronald Hamilton (M54)	15	M50-54	2nd	3.1	15:06	14:36	-29	29:42.00		9:33.6	29.70	29:45.12	51.3%
25	7008 David Mask (M62)	16	M60-64	2nd	204.0	14:03	13:05	-58	27:07.45		8:43.8	27.12	30:31.42	60.2%
26	6876 Ming Chin (M47)	17	M45-49	2nd	7.7	15:23	16:37	+74	31:59.31	✓	10:17.8	31.98	32:06.98	45.0%
27	7283 Ruben Reyes (M58)	18	M55-59	2nd	6.7	15:59	16:28	+29	32:26.91	⌚	10:26.6	32.43	32:33.64	48.6%
28	6701 Julie Barber (F32)	10	F30-34	2nd	2.1	15:31	17:34	+123	33:05.00		10:38.9	33.08	33:07.08	44.9%

FN*: Broke Age-Group Record

GD Place among Females

Positive Split

Timing provided by:

7/27/2014

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

Negative Split

 DeltaViewTiming.com

29	6502	Lin Jia (F35)	11	F35-39	1st	2.7	15:58	18:06	+128	34:04.76	✕	10:58.1	34.07	34:07.49	43.9%
30	6119	Madhan Doraiswamy (M28)	19	M25-29	2nd	5.3	16:45	17:35	+50	34:19.64		11:02.9	34.32	34:24.91	37.6%
31	6102	David Baxter (M50)	20	M50-54	3rd	9.9	16:27	18:28	+121	34:55.52		11:14.5	34.92	35:05.38	42.2%
32	6605	Dave Hanna (M63)	21	M60-64	3rd	6.2	15:21	19:43	+262	35:03.19		11:17.0	35.05	35:09.39	47.0%
33	7038	Michael Rumery (M41)	22	M40-44	2nd	31.1	17:03	18:36	+93	35:39.27	⌚	11:28.6	35.65	36:10.41	38.6%
34	7252	Michael Johnson (M61)	23	M60-64	4th	11.2	18:11	18:11	-1	36:21.95	⌚	11:42.3	36.35	36:33.19	44.5%
35	7186	Conrad Butler (M28)	24	M25-29	3rd	12.6	16:54	19:33	+159	36:27.01		11:43.9	36.45	36:39.58	35.4%
36	6112	Gray Hagood (M10)	25	M10-14	3rd	5.8	17:55	18:40	+45	36:34.79	✓ 1	11:46.4	36.57	36:40.54	43.2%
37	6111	Suzanne Hagood (F45)	12	F45-49	1st	--	18:00	18:47	+47	36:47.70		11:50.6	36.78	36:47.70	43.4%
38	6461	Teresa Lewis (F53)	13	F50-54	3rd	12.3	18:07	18:44	+37	36:50.99		11:51.6	36.83	37:03.33	47.7%
39	6117	Robert Mount (M60)	26	M60-64	5th	15.2	19:12	17:58	-74	37:10.26	✕	11:57.9	37.17	37:25.46	43.1%
40	6413	Chris Bruno (M38)	27	M35-39	4th	7.3	16:53	20:29	+217	37:21.69	✕	12:01.5	37.35	37:28.95	36.0%
41	6424	Seth Kunin-goldsmith (M27)	28	M25-29	4th	7.7	16:53	20:28	+215	37:21.25	⌚	12:01.4	37.35	37:28.99	34.5%
42	6404	Tom Hedrick (M58)	29	M55-59	3rd	7.0	16:53	20:29	+216	37:22.34	⌚	12:01.7	37.37	37:29.39	42.2%
43	6114	Joe Wales (M12)	30	M10-14	4th	4.1	20:49	17:03	-227	37:52.19	✓ 1	12:11.3	37.87	37:56.29	39.3%
44	6421	Betsy Veneziano (F69)	14	F65-69	SR	2.7	19:08	19:36	+28	38:43.88	✓ 1	12:28.0	38.72	38:46.60	57.2%
45	6492	Bart Sherman (M46)	31	M45-49	3rd	10.2	18:48	22:13	+205	41:00.80	✕	13:12.1	41.00	41:11.00	34.8%
46	6498	Maria Mares (F29)	15	F25-29	1st	1.4	18:54	22:20	+206	41:13.64	✕	13:16.2	41.22	41:15.00	35.9%
47	6499	Flavio Concha (M27)	32	M25-29	5th	1.7	18:54	22:20	+207	41:14.33	✕	13:16.4	41.23	41:16.00	31.3%
48	7268	Amara Chan (F46)	16	F45-49	2nd	19.4	19:20	21:57	+157	41:16.03		13:17.0	41.27	41:35.46	39.1%
49	7024	Carol Creech (F63)	17	F60-64	1st	2.4	19:55	21:49	+113	41:44.20		13:26.0	41.73	41:46.56	48.4%
50	7569	Karen Wales (F44)	18	F40-44	2nd	3.9	21:33	21:33	+1	43:06.24		13:52.4	43.10	43:10.16	36.7%
51	6436	Elsa Gil (F42)	19	F40-44	3rd	6.7	21:34	22:59	+84	44:33.27	✕	14:20.4	44.55	44:39.97	34.9%
52	7154	Mike Catt (M60)	33	M60-64	6th	5.4	21:28	24:02	+154	45:30.65	⌚	14:38.9	45.50	45:36.09	35.2%
53	7463	Patricia Orendain (F51)	20	F50-54	4th	11.3	21:28	29:02	+454	50:29.52		16:15.1	50.48	50:40.84	33.9%
54	6766	Scott Ahlstrom (M65)	34	M65-69	1st	16.0				50:48.13		16:21.1	50.80	51:04.11	33.0%
55	6120	Brian Mega (M52)	35	M50-54	4th	73.8	26:11	25:04	-68	51:15.03		16:29.8	51.25	52:28.88	29.2%
56	6118	Radha Kasi (F28)	21	F25-29	3rd	5.3				53:27.47	✕	17:12.4	53.45	53:32.79	27.7%
57	6484	Shyla Rajashekar (F28)	22	F25-29	2nd	5.5	25:14	28:13	+179	53:27.33	✕	17:12.3	53.45	53:32.80	27.7%
58	7284	Shieryl Bryan (F30)	23	F30-34	3rd	4.1	18:52	35:29	+996	54:20.92		17:29.6	54.33	54:24.98	27.2%
59	6495	Movinia Mertz (F46)	24	F45-49	3rd	5.2	27:52	26:37	-76	54:28.58	✕	17:32.1	54.47	54:33.81	29.6%
60	6505	Myra Williams (F30)	25	F30-34	4th	5.0	27:53	26:40	-72	54:33.23		17:33.6	54.55	54:38.20	27.1%
61	6998	Monica Acosta (F37)	26	F35-39	2nd	16.7	29:51	28:33	-78	58:23.51	✓ 4	18:47.7	58.38	58:40.18	25.8%
62	7266	Barbara Vollmering (F48)	27	F45-49	4th	15.9	29:53	28:36	-77	58:28.70	✓ 5	18:49.3	58.47	58:44.61	28.2%
63	6110	Ric Kimble (M53)	36	M50-54	5th	15.9	30:17	28:34	-102	58:51.34	✕	18:56.6	58.85	59:07.20	25.7%

46 Positive Split

15 Negative Split

✓ 14 Club PR's

Average Finish Time: 36:05 17 First Timers Average Age Grade: 45.5%

FN*: Broke Age-Group Record

GD Place among Females

Positive Split

Timing provided by:

7/27/2014

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	2	David Short	M53	6:17.25	69.1%	
2	4	Robert Benson	M64	7:03.27	67.8%	
3	1	Dillon Chen	M29	6:04.64	61.1%	
4	6	Tom Hedrick	M58	7:26.78	60.9%	
5	3	Ruben Saguil	M49	6:57.12	60.5%	
6	7	Julio Lopez	M58	8:06.69	55.9%	
7	8	Ruben Reyes	M58	8:17.54	54.7%	
8	10	Yanira Lopez	F51	9:16.44	54.4%	
9	9	Megan Rumery	F12	8:48.54	52.4%	
10	5	Seth Kunin-goldsmith	M27	7:05.60	52.3%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	10	Kim Andres	F61	26:09.14	75.0%	
2	3	Robert Benson	M64	23:32.20	70.6%	
3	4	David Short	M53	23:07.21	65.4%	
4	12	Janice Singer	F50	26:38.78	63.5%	
5	7	Julio Lopez	M58	25:21.41	62.2%	
6	14	Glenn Dumas	M64	26:49.48	62.0%	
7	5	Pricilla Aguilar	F16	24:43.58	61.9%	
8	25	David Mask	M62	27:07.45	60.2%	
9	15	Scymentress Williams	F43	26:43.20	58.7%	
10	21	Yanira Lopez	F51	29:12.27	58.7%	
11	13	Melva Yanes	F15	26:54.55	57.6%	
12	44	Betsy Veneziano	F69	38:43.88	57.2%	
13	6	Adam Singer	M14	25:00.79	56.7%	
14	11	Jake Hagood	M12	26:16.84	56.6%	
15	19	Paul Gerba	M58	27:55.33	56.5%	
16	1	Dillon Chen	M29	22:55.00	56.3%	
17	2	Shunxing Rong	M35	23:27.84	56.2%	
18	9	Graham Hagood	M45	25:47.83	55.0%	
19	16	Marybelle Raza	F34	27:10.49	54.9%	
20	22	Nathan Bruser	M43	25:59.78	53.7%	
21	20	Karina Niño	F15	29:06.01	53.3%	
22	24	Ronald Hamilton	M54	29:42.00	51.3%	
23	8	Blake Bueltel	M28	25:26.50	50.7%	

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