

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Ryan Loehding	5:38.06	Alex Munoz	19:33.13	Ryan Loehding	19:52.08	Robert Benson	24:21.19
Yanira Lopez	8:11.58	Paige Loehding	22:46.49	Eeva Toiviainen	24:53.98	Kim Andres	25:19.81

5K MALE

32 MALE Runners --- Average Time of **31:27**

Avg. Age Grade: **53.0%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Alex Munoz	Haslet	(44)			19:33.13	ML	6:17.6	72.0%	1	1
MASTERS	1 Ryan Loehding	Carrollton	(42)			19:52.08	ML	6:23.7	69.7%	2	2
SENIORS	1 Robert Benson	Dallas	(65)			24:21.19	ML	7:50.3	68.9%	11	10
M10-14	1 David Johnson	Frisco	(11)			19:58.59		6:25.8	76.6%	3	3
	2 Joe Wales	Carrollton	(12)			40:09.75		12:55.6	37.0%	40	27
M15-19	1 Wyatt Proctor	Plano	(17)			39:09.20		12:36.1	34.5%	37	25
	2 Joshua Jones	Plano	(16)			39:34.31		12:44.2	34.6%	39	26
M25-29	1 Jin Lee	Irving	(26)			1:03:20.61		20:23.3	20.4%	51	31
M30-34	1 Miguel D Matos	Oklahoma City	(33)			22:59.70		7:24.1	56.8%	7	6
M40-44	1 Tiger Vo	Lewisville	(42)			22:05.79	ML	7:06.7	62.7%	5	5
	2 John Jovanovich		(44)			23:47.01		7:39.3	59.2%	9	8
M45-49	1 Leonard Evans	Richardson	(47)			23:48.77		7:39.9	60.5%	8	7
M50-54	1 David Short	Frisco	(53)			21:34.61	ML	6:56.7	70.0%	4	4
	2 Gabriel Sapien	Carrollton	(54)			24:07.64		7:46.0	63.2%	10	9
	3 Rob Windsor	Flower Mound	(51)			26:58.05	✓	8:40.8	55.1%	20	14
	4 Jim Dryburgh	Carrollton	(51)			27:30.33		8:51.2	54.1%	24	15
	5 John Kramer	Plano	(53)			28:42.32	ML	9:14.4	52.6%	26	17
	6 Robert Hodge	Flower Mound	(53)			29:00.75		9:20.3	52.1%	25	16
M55-59	1 Julio Lopez	Farmers Branch	(59)			26:31.55	ML	8:32.3	59.9%	19	13
	2 Phil Murch	Frisco	(57)			29:31.38		9:30.2	52.9%	27	18
	3 Ronald Hamilton	The Colony	(55)			29:43.71	ML	9:34.1	51.7%	29	19
	4 Ruben Reyes	Carrollton	(58)			30:52.58		9:56.3	51.1%	30	20
	5 Miguel Matos	Eules	(58)			36:02.01		11:35.9	43.7%	35	24
	6 Woong Bum Kim	Irving	(55)			1:03:22.01		20:23.7	24.2%	53	32
M60-64	1 David Mask	Lewisville	(62)			26:14.15		8:26.7	62.2%	17	12
	2 James Johnson	Dallas	(61)			29:36.32	ML	9:31.7	54.7%	31	21
	3 Michael Johnson	Coppell	(62)			35:34.69	ML	11:27.1	45.9%	33	23
	4 Jimmy Wagers	Plano	(60)			42:58.46		13:49.9	37.3%	48	30
M65-69	1 John Nance	Rowlett	(66)			25:55.84		8:20.8	65.3%	16	11
	2 Scott Ahlstrom	Carrollton	(66)			40:45.98		13:07.3	41.5%	42	28
M70-74	1 Jack Manning	Dallas	(71)			31:07.91	ML	10:01.2	57.3%	32	22
M75-79	1 Patrick Greene	Coppell	(78)			41:27.47		13:20.6	48.4%	45	29

5K FEMALE

21 FEMALE Runners --- Average Time of

35:37

Avg. Age Grade: 50.0%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Paige Loehding	Carrollton	(14)			22:46.49		7:19.8	69.0%	6	1
MASTERS	1 Eeva Toiviainen	Flower Mound	(41)			24:53.98		8:00.9	62.0%	12	2
SENIORS	1 Kim Andres	Irving	(61)			25:19.81		8:09.2	77.4%	13	3
F15-19	1 Melissa Mejico	Shady Shores	(17)			27:31.34	✓	8:51.5	54.9%	22	8
	2 Madelynn Traylor	Plano	(16)			39:35.12		12:44.5	38.7%	38	13
	3 Sarah Nohrenberg	Plano	(16)			41:00.33		13:11.9	37.3%	43	15
	4 Meg Nohrenberg	Plano	(16)			41:03.13		13:12.8	37.3%	44	16
F20-24	1 HaeJin Kim		(20)			1:02:56.83		20:15.6	23.5%	50	20
F30-34	1 Marybelle Raza	Carrollton	(34)			25:39.58	✓	8:15.5	58.1%	15	5
F35-39	1 Ashley Walkup	Winston Salem, NC	(38)			29:52.69		9:37.0	50.7%	28	10
F40-44	1 Jennifer Loehding	Carrollton	(42)			25:28.53	✓	8:12.0	61.1%	14	4
	2 Kaisa Peltonen	Coppell	(43)			26:26.02		8:30.5	59.3%	18	6
	3 Rikki Creech		(43)			43:02.24		13:51.1	36.4%	49	19
F45-49	1 Kay Scott	Bedford	(45)			25:59.63	✓	8:22.0	61.4%	23	9
	2 Christy Traylor	Plano	(45)			35:38.43		11:28.3	44.8%	34	11
	3 Esmeralda Mejico	Shady Shores	(46)			36:16.98		11:40.7	44.5%	36	12
	4 Karen Wales	Carrollton	(45)			41:27.01		13:20.5	38.5%	46	17
F50-54	1 Yanira Lopez	Farmers Branch	(52)			27:07.20	⌚	8:43.7	64.0%	21	7
F55-59	1 Jay Ryou		(55)			1:03:19.93		20:23.1	28.5%	52	21
F60-64	1 Carol Creech	Plano	(63)			42:56.03		13:49.1	47.0%	47	18
F65-69	1 Betsy Veneziano	Carrollton	(69)			39:37.97		12:45.4	55.9%	41	14

1M MALE

		13 MALE Runners --- Average Time of 7:38					Avg. Age Grade: 59.7%			Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Ryan Loehding	Carrollton	(42)			5:38.06	✓	5:38.1	70.7%	1	1
M40-44	1	Alex Munoz	Haslet	(44)			6:10.08		6:10.1	65.6%	3	3
	2	Tiger Vo	Lewisville	(42)			6:50.83		6:50.8	58.2%	5	5
M45-49	1	Hector Delgado	Carrollton	(46)			5:43.76		5:43.8	71.7%	2	2
M50-54	1	David Short	Frisco	(53)			6:24.43		6:24.4	67.8%	4	4
	2	John Kramer	Plano	(53)			7:56.06		7:56.1	54.8%	8	8
M55-59	1	Julio Lopez	Farmers Branch	(59)			8:06.00		8:06.0	56.5%	9	9
	2	Ronald Hamilton	The Colony	(55)			8:52.17		8:52.2	49.8%	11	10
M60-64	1	James Johnson	Dallas	(61)			7:49.40		7:49.4	59.5%	7	7
	2	Michael Johnson	Coppell	(62)			9:49.61		9:49.6	47.8%	14	13
M65-69	1	Robert Benson	Dallas	(65)			7:21.40		7:21.4	65.6%	6	6
	2	Scott McKissick	Irving	(66)			9:37.47		9:37.5	50.6%	13	12
M70-74	1	Jack Manning	Dallas	(71)			9:00.47		9:00.5	57.0%	12	11

1M FEMALE

		2 FEMALE Runners --- Average Time of 10:51					Avg. Age Grade: 49.0%			Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Yanira Lopez	Farmers Branch	(52)			8:11.58		8:11.6	62.4%	10	1
F45-49	1	Shannon Wyrick	Plano	(47)			13:29.92		13:29.9	35.6%	15	2

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7072 Ryan Loehding (M42)	1	M40-44	OA	---				5:38.06	✓ 18	5:38.1	19.27	5:38.06	70.7%
2	6103 Hector Delgado (M46)	2	M45-49	1st	---				5:43.76		5:43.8	19.56	5:43.76	71.7%
3	6105 Alex Munoz (M44)	3	M40-44	1st	---				6:10.08	✗	6:10.1	21.10	6:10.08	65.6%
4	7061 David Short (M53)	4	M50-54	1st	---				6:24.43		6:24.4	21.90	6:24.43	67.8%
5	7272 Tiger Vo (M42)	5	M40-44	2nd	---				6:50.83	✗	6:50.8	23.38	6:50.83	58.2%
6	7118 Robert Benson (M65)	6	M65-69	1st	---				7:21.40		7:21.4	25.15	7:21.40	65.6%
7	7191 James Johnson (M61)	7	M60-64	1st	---				7:49.40		7:49.4	26.74	7:49.40	59.5%
8	7261 John Kramer (M53)	8	M50-54	2nd	---				7:56.06		7:56.1	27.14	7:56.06	54.8%
9	7193 Julio Lopez (M59)	9	M55-59	1st	---				8:06.00		8:06.0	27.71	8:06.00	56.5%
10	7198 Yanira Lopez (F52)	1	F50-54	OA	---				8:11.58		8:11.6	28.00	8:11.58	62.4%
11	7020 Ronald Hamilton (M55)	10	M55-59	2nd	---				8:52.17		8:52.2	30.33	8:52.17	49.8%
12	7143 Jack Manning (M71)	11	M70-74	1st	---				9:00.47		9:00.5	30.79	9:00.47	57.0%
13	7048 Scott McKissick (M66)	12	M65-69	2nd	---				9:37.47		9:37.5	32.90	9:37.47	50.6%
14	7252 Michael Johnson (M62)	13	M60-64	2nd	---				9:49.61		9:49.6	33.58	9:49.61	47.8%
15	6212 Shannon Wyrick (F47)	2	F45-49	1st	---				13:29.92	✗	13:29.9	46.13	13:29.92	35.6%
✓ 1 Club PR's						Average Finish Time: 08:04			3 First Timers		Average Age Grade: 58.2%			

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6105 Alex Munoz (M44)	1	M40-44	OA	---				19:33.13	ℓ ✗	6:17.6	19.55	19:33.13	72.0%
2	7072 Ryan Loehding (M42)	2	M40-44	MS	---				19:52.08	ℓ	6:23.7	19.87	19:52.08	69.7%
3	6107 David Johnson (M11)	3	M10-14	1st	---				19:58.59	✗	6:25.8	19.97	19:58.59	76.6%
4	7061 David Short (M53)	4	M50-54	1st	23.8				21:34.61	ℓ	6:56.7	21.57	21:58.44	70.0%
5	7272 Tiger Vo (M42)	5	M40-44	1st	4.9				22:05.79	ℓ	7:06.7	22.08	22:10.70	62.7%
6	6628 Paige Loehding (F14)	1	F10-14	OA	1.0				22:46.49		7:19.8	22.77	22:47.48	69.0%
7	6106 Miguel D Matos (M33)	6	M30-34	1st	---				22:59.70	✗	7:24.1	22.98	22:59.70	56.8%
8	6493 Leonard Evans (M47)	7	M45-49	1st	2.9				23:48.77		7:39.9	23.80	23:51.64	60.5%
9	6104 John Jovanovich (M44)	8	M40-44	2nd	5.9				23:47.01	✗	7:39.3	23.78	23:52.95	59.2%
10	7015 Gabriel Sapien (M54)	9	M50-54	2nd	7.0				24:07.64		7:46.0	24.12	24:14.66	63.2%
11	7118 Robert Benson (M65)	10	M65-69	SR	1.5				24:21.19	ℓ	7:50.3	24.35	24:22.70	68.9%
12	7073 Eeva Toiviainen (F41)	2	F40-44	MS	4.4				24:53.98		8:00.9	24.88	24:58.41	62.0%
13	6990 Kim Andres (F61)	3	F60-64	SR	2.7				25:19.81		8:09.2	25.32	25:22.47	77.4%
14	6625 Jennifer Loehding (F42)	4	F40-44	1st	5.4				25:28.53	✓ 11	8:12.0	25.47	25:33.95	61.1%
15	7480 Marybelle Raza (F34)	5	F30-34	1st	2.0				25:39.58	✓ 5	8:15.5	25.65	25:41.57	58.1%
16	7089 John Nance (M66)	11	M65-69	1st	2.6				25:55.84		8:20.8	25.92	25:58.40	65.3%
17	7008 David Mask (M62)	12	M60-64	1st	---				26:14.15		8:26.7	26.23	26:14.15	62.2%
18	6571 Kaisa Peltonen (F43)	6	F40-44	2nd	5.3				26:26.02		8:30.5	26.43	26:31.31	59.3%
19	7193 Julio Lopez (M59)	13	M55-59	1st	4.3				26:31.55	ℓ	8:32.3	26.52	26:35.87	59.9%
20	6312 Rob Windsor (M51)	14	M50-54	3rd	7.4				26:58.05	✓ 1	8:40.8	26.97	27:05.41	55.1%
21	7198 Yanira Lopez (F52)	7	F50-54	1st	13.3				27:07.20	ℓ	8:43.7	27.12	27:20.55	64.0%
22	6708 Melissa Mejico (F17)	8	F15-19	1st	4.4				27:31.34	✓ 1	8:51.5	27.52	27:35.77	54.9%
23	7041 Kay Scott (F45)	9	F45-49	1st	96.5				25:59.63	✓ 9	8:22.0	25.98	27:36.11	61.4%
24	6116 Jim Dryburgh (M51)	15	M50-54	4th	8.4				27:30.33	✗	8:51.2	27.50	27:38.70	54.1%
25	6217 Robert Hodge (M53)	16	M50-54	6th	5.5				29:00.75	✗	9:20.3	29.00	29:06.27	52.1%
26	7261 John Kramer (M53)	17	M50-54	5th	48.9				28:42.32	ℓ	9:14.4	28.70	29:31.25	52.6%
27	7157 Phil Murch (M57)	18	M55-59	2nd	9.6				29:31.38		9:30.2	29.52	29:40.98	52.9%
28	6115 Ashley Walkup (F38)	10	F35-39	1st	3.3				29:52.69		9:37.0	29.87	29:55.96	50.7%
29	7020 Ronald Hamilton (M55)	19	M55-59	3rd	16.2				29:43.71	ℓ	9:34.1	29.72	29:59.92	51.7%
30	7283 Ruben Reyes (M58)	20	M55-59	4th	6.2				30:52.58		9:56.3	30.87	30:58.82	51.1%
31	7191 James Johnson (M61)	21	M60-64	2nd	88.0				29:36.32	ℓ	9:31.7	29.60	31:04.28	54.7%

32	7143	Jack Manning (M71)	22	M70-74	1st	2.7	31:07.91	ℓ	10:01.2	31.12	31:10.58	57.3%
33	7252	Michael Johnson (M62)	23	M60-64	3rd	10.8	35:34.69	ℓ	11:27.1	35.57	35:45.54	45.9%
34	6110	Christy Traylor (F45)	11	F45-49	2nd	9.0	35:38.43	⊥	11:28.3	35.63	35:47.47	44.8%
35	7056	Miguel Matos (M58)	24	M55-59	5th	5.1	36:02.01		11:35.9	36.03	36:07.11	43.7%
36	6887	Esmeralda Mejico (F46)	12	F45-49	3rd	14.7	36:16.98		11:40.7	36.27	36:31.71	44.5%
37	6111	Wyatt Proctor (M17)	25	M15-19	1st	8.8	39:09.20	⊥	12:36.1	39.15	39:18.03	34.5%
38	6108	Madelynn Traylor (F16)	13	F15-19	2nd	7.7	39:35.12	⊥	12:44.5	39.58	39:42.82	38.7%
39	6109	Joshua Jones (M16)	26	M15-19	2nd	8.8	39:34.31	⊥	12:44.2	39.57	39:43.06	34.6%
40	7568	Joe Wales (M12)	27	M10-14	2nd	4.8	40:09.75		12:55.6	40.15	40:14.57	37.0%
41	7145	Betsy Veneziano (F69)	14	F65-69	1st	39.4	39:37.97		12:45.4	39.62	40:17.36	55.9%
42	7148	Scott Ahlstrom (M66)	28	M65-69	2nd	13.2	40:45.98		13:07.3	40.75	40:59.17	41.5%
43	6112	Sarah Nohrenberg (F16)	15	F15-19	3rd	8.5	41:00.33	⊥	13:11.9	41.00	41:08.79	37.3%
44	6113	Meg Nohrenberg (F16)	16	F15-19	4th	8.7	41:03.13	⊥	13:12.8	41.05	41:11.86	37.3%
45	7067	Patrick Greene (M78)	29	M75-79	1st	7.8	41:27.47		13:20.6	41.45	41:35.25	48.4%
46	7569	Karen Wales (F45)	17	F45-49	4th	10.3	41:27.01		13:20.5	41.45	41:37.28	38.5%
47	7024	Carol Creech (F63)	18	F60-64	1st	3.3	42:56.03		13:49.1	42.93	42:59.33	47.0%
48	6114	Jimmy Wagers (M60)	30	M60-64	4th	2.8	42:58.46	⊥	13:49.9	42.97	43:01.24	37.3%
49	6714	Rikki Creech (F43)	19	F40-44	3rd	4.0	43:02.24		13:51.1	43.03	43:06.26	36.4%
50	6208	HaeJin Kim (F20)	20	F20-24	1st	011.6	1:02:56.83	⊥	20:15.6	62.931	19:48.43	23.5%
51	6206	Jin Lee (M26)	31	M25-29	1st	007.3	1:03:20.61	⊥	20:23.3	63.331	20:07.86	20.4%
52	6209	Jay Ryou (F55)	21	F55-59	1st	008.5	1:03:19.93	⊥	20:23.1	63.321	20:08.40	28.5%
53	6207	Woong Bum Kim (M55)	32	M55-59	6th	008.4	1:03:22.01	⊥	20:23.7	63.371	20:10.39	24.2%
✓ 5 Club PR's							Average Finish Time: 33:06 <u>17 First Timers</u> Average Age Grade: 51.8%					

Sorted Age Grades

1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Hector Delgado	M46	5:43.76	71.7%	
2	1	Ryan Loehding	M42	5:38.06	70.7%	Move UP
3	4	David Short	M53	6:24.43	67.8%	
4	3	Alex Munoz	M44	6:10.08	65.6%	New
5	6	Robert Benson	M65	7:21.40	65.6%	
6	10	Yanira Lopez	F52	8:11.58	62.4%	
7	7	James Johnson	M61	7:49.40	59.5%	
8	5	Tiger Vo	M42	6:50.83	58.2%	
9	12	Jack Manning	M71	9:00.47	57.0%	
10	9	Julio Lopez	M59	8:06.00	56.5%	
11	8	John Kramer	M53	7:56.06	54.8%	
12	13	Scott McKissick	M66	9:37.47	50.6%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	13	Kim Andres	F61	25:19.81	77.4%	
2	3	David Johnson	M11	19:58.59	76.6%	New
3	1	Alex Munoz	M44	19:33.13	72.0%	New
4	4	David Short	M53	21:34.61	70.0%	
5	2	Ryan Loehding	M42	19:52.08	69.7%	
6	6	Paige Loehding	F14	22:46.49	69.0%	
7	11	Robert Benson	M65	24:21.19	68.9%	
8	16	John Nance	M66	25:55.84	65.3%	
9	21	Yanira Lopez	F52	27:07.20	64.0%	
10	10	Gabriel Sapien	M54	24:07.64	63.2%	
11	5	Tiger Vo	M42	22:05.79	62.7%	
12	17	David Mask	M62	26:14.15	62.2%	
13	12	Eeva Toiviainen	F41	24:53.98	62.0%	
14	23	Kay Scott	F45	25:59.63	61.4%	
15	14	Jennifer Loehding	F42	25:28.53	61.1%	
16	8	Leonard Evans	M47	23:48.77	60.5%	
17	19	Julio Lopez	M59	26:31.55	59.9%	
18	18	Kaisa Peltonen	F43	26:26.02	59.3%	
19	9	John Jovanovich	M44	23:47.01	59.2%	
20	15	Marybelle Raza	F34	25:39.58	58.1%	
21	32	Jack Manning	M71	31:07.91	57.3%	
22	7	Miguel D Matos	M33	22:59.70	56.8%	
23	41	Betsy Veneziano	F69	39:37.97	55.9%	
24	20	Rob Windsor	M51	26:58.05	55.1%	
25	22	Melissa Mejico	F17	27:31.34	54.9%	
26	31	James Johnson	M61	29:36.32	54.7%	
27	24	Jim Dryburgh	M51	27:30.33	54.1%	
28	27	Phil Murch	M57	29:31.38	52.9%	
29	26	John Kramer	M53	28:42.32	52.6%	
30	25	Robert Hodge	M53	29:00.75	52.1%	
31	29	Ronald Hamilton	M55	29:43.71	51.7%	
32	30	Ruben Reyes	M58	30:52.58	51.1%	
33	28	Ashley Walkup	F38	29:52.69	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