

# Carrollton Runners Mile + 5K

| Mile Overall  |         | 5K Overall     |          | 5K Masters   |          | 5K Seniors  |          |
|---------------|---------|----------------|----------|--------------|----------|-------------|----------|
| Ryan Loehding | 5:58.66 | Alex Reinhart  | 18:51.94 | Reyes Silvas | 19:51.88 | Ruben Rubio | 22:08.00 |
| Kim Andres    | 7:34.21 | Paige Loehding | 23:28.50 | Andrea Hulcy | 24:29.14 | Kim Andres  | 25:41.21 |

## 5K MALE

|         |   | 42 MALE Runners --- Average Time of 29:32 |                |       |       |       |           | Avg. Age Grade: 54.1% |         | Place in  |    |    |
|---------|---|---|----------------|-------|-------|-------|-----------|-----------------------|---------|-----------|----|----|
|         |   | Name                                      | City           | (Age) | Half  | Split | Chip Time | FN*                   | Pace    | Age Grade | OA | GD |
| OVERALL | 1 | Alex Reinhart                             |                | (29)  | 9:27  | -1    | 18:51.94  |                       | 6:04.3  | 68.4%     | 1  | 1  |
| MASTERS | 1 | Reyes Silvas                              | el Paso        | (41)  | 9:52  | +8    | 19:51.88  |                       | 6:23.6  | 69.2%     | 3  | 3  |
| SENIORS | 1 | Ruben Rubio                               | Dallas         | (60)  | 11:08 | -8    | 22:08.00  |                       | 7:07.4  | 72.5%     | 8  | 8  |
| M01-09  | 1 | David St. John                            |                | (7)   | 17:45 | +122  | 37:32.39  | ⌚                     | 12:05.0 | 47.4%     | 53 | 36 |
| M10-14  | 1 | Emil Aaltonen                             | Coppell        | (14)  | 13:43 | -111  | 25:35.89  |                       | 8:14.4  | 55.4%     | 22 | 18 |
|         | 2 | Joe Wales                                 | Carrollton     | (12)  | 14:01 | +192  | 31:14.36  | ✓                     | 10:03.3 | 47.6%     | 44 | 30 |
|         | 3 | Sean Loehding                             | Carrollton     | (10)  | 15:37 | +84   | 32:37.60  | ✓                     | 10:30.1 | 48.4%     | 47 | 32 |
|         | 4 | Julian La Neve                            | Plano          | (14)  | 16:36 | +64   | 34:17.13  |                       | 11:02.1 | 41.4%     | 51 | 34 |
| M15-19  | 1 | Emilio Popoca                             | Dallas         | (15)  | 9:39  | +28   | 19:46.65  | ✓                     | 6:21.9  | 70.4%     | 2  | 2  |
| M20-24  | 1 | Aspen Trevino                             | Carrollton     | (23)  | 12:47 | -11   | 25:22.07  |                       | 8:09.9  | 50.9%     | 19 | 16 |
|         | 2 | Andrew Mark                               |                | (21)  | 18:57 | -6    | 37:47.91  |                       | 12:10.0 | 34.3%     | 56 | 37 |
| M25-29  | 1 | Flavio Concha                             | Dallas         | (27)  | 13:35 | +3    | 27:12.23  | ✓                     | 8:45.4  | 47.4%     | 29 | 20 |
|         | 2 | Patrick Scott                             | Garland        | (26)  |       |       | 33:20.41  | ⌚                     | 10:43.9 | 38.7%     | 49 | 33 |
| M30-34  | 1 | Bharath Shivaraj                          | Grapevine      | (33)  | 13:47 | +4    | 27:36.93  |                       | 8:53.3  | 47.3%     | 31 | 22 |
|         | 2 | Gabor Toth                                | Irving         | (34)  | 14:08 | +23   | 28:39.50  |                       | 9:13.5  | 45.7%     | 36 | 25 |
|         | 3 | Benjamin Cazares                          | Grapevine      | (30)  | 14:47 | +22   | 29:56.57  |                       | 9:38.3  | 43.2%     | 43 | 29 |
| M35-39  | 1 | Luis Mares                                | Dallas         | (39)  | 12:48 | -62   | 24:32.91  | ✓                     | 7:54.1  | 55.2%     | 17 | 14 |
| M40-44  | 1 | Ryan Loehding                             | Carrollton     | (42)  | 10:43 | +11   | 21:36.49  | ⌚                     | 6:57.3  | 64.1%     | 5  | 5  |
|         | 2 | Bryan Pennartz                            | Lewisville     | (44)  | 10:56 | -9    | 21:42.31  | ✓                     | 6:59.2  | 64.8%     | 6  | 6  |
|         | 3 | Kim Aaltonen                              | Coppell        | (41)  | 11:09 | +33   | 22:50.41  | ✓                     | 7:21.1  | 60.2%     | 9  | 9  |
|         | 4 | Bob Stephens                              | Plano          | (42)  | 13:21 | +32   | 27:13.20  | ⌚✓                    | 8:45.7  | 50.9%     | 28 | 19 |
|         | 5 | Michael Rumery                            | Plano          | (41)  | 14:48 | +4    | 29:38.80  |                       | 9:32.5  | 46.4%     | 42 | 28 |
| M45-49  | 1 | David Vargas                              | Dallas         | (46)  |       |       | 20:00.61  |                       | 6:26.4  | 71.4%     | 4  | 4  |
|         | 2 | Mark La Neve                              | Plano          | (48)  | 16:35 | +71   | 34:22.05  |                       | 11:03.7 | 42.2%     | 52 | 35 |
|         | 3 | Anthony Delena                            | Murphy         | (45)  | 24:38 | -118  | 47:17.80  |                       | 15:13.4 | 30.0%     | 64 | 40 |
| M50-54  | 1 | David Short                               | Frisco         | (53)  | 10:42 | -12   | 21:13.09  | ⌚✓                    | 6:49.8  | 71.2%     | 7  | 7  |
|         | 2 | Doug Waters                               | Carrollton     | (50)  | 12:18 | -7    | 24:29.73  |                       | 7:53.1  | 60.2%     | 16 | 13 |
|         | 3 | Gabriel Sapien                            | Carrollton     | (54)  | 23:13 | +0    | 46:26.61  |                       | 14:56.9 | 32.8%     | 63 | 39 |
|         | 4 | Jaws Hansen                               | Dallas         | (54)  | 24:24 | +24   | 49:11.41  | ⌚                     | 15:50.0 | 31.0%     | 66 | 41 |
| M55-59  | 1 | Julio Lopez                               | Farmers Branch | (59)  | 11:22 | +24   | 23:07.68  | ⌚                     | 7:26.7  | 68.7%     | 10 | 10 |
|         | 2 | Ruben Reyes                               | Carrollton     | (58)  | 14:13 | +16   | 28:43.08  | ⌚                     | 9:14.6  | 54.9%     | 35 | 24 |
|         | 3 | Phil Murch                                | Frisco         | (57)  | 14:40 | -24   | 28:56.02  |                       | 9:18.8  | 54.0%     | 37 | 26 |
|         | 4 | Ronald Hamilton                           | The Colony     | (55)  | 14:56 | -29   | 29:24.15  |                       | 9:27.8  | 52.3%     | 39 | 27 |
| M60-64  | 1 | Robert Benson                             | Dallas         | (64)  | 11:47 | +6    | 23:40.31  | ⌚                     | 7:37.2  | 70.2%     | 12 | 11 |
|         | 2 | Glenn Dumas                               | Farmers Branch | (64)  | 12:49 | -7    | 25:31.97  |                       | 8:13.1  | 65.1%     | 20 | 17 |
|         | 3 | David Mask                                | Lewisville     | (62)  | 14:36 | -51   | 28:22.36  |                       | 9:07.9  | 57.5%     | 34 | 23 |
| M65-69  | 1 | John Nance                                | Rowlett        | (66)  | 12:43 | +1    | 25:26.46  |                       | 8:11.3  | 66.5%     | 18 | 15 |

|        |   |                |                |      |       |      |          |         |       |    |    |
|--------|---|----------------|----------------|------|-------|------|----------|---------|-------|----|----|
| M65-69 | 2 | Scott Ahlstrom | Carrollton     | (66) | 21:54 | -103 | 42:05.85 | 13:33.0 | 40.2% | 62 | 38 |
| M70-74 | 1 | Wally Capps    | Farmers Branch | (73) | 12:16 | +1   | 24:32.14 | 7:53.8  | 74.8% | 15 | 12 |
|        | 2 | Bill Shirley   | Dallas         | (71) | 13:41 | +9   | 27:31.56 | 8:51.6  | 64.8% | 30 | 21 |
|        | 3 | Tom Sheehan    | Coppell        | (70) | 15:02 | +105 | 31:49.38 | 10:14.6 | 55.4% | 45 | 31 |
| M80-99 | 1 | Lelon Beckham  | Dallas         | (82) | 29:03 | +39  | 58:46.23 | 18:55.0 | 37.7% | 69 | 42 |

## 5K FEMALE

|         |      | 27 FEMALE Runners --- Average Time of 33:12 |                |      |       |           |          | Avg. Age Grade: 52.9% |           | Place in |    |    |
|---------|------|---|----------------|------|-------|-----------|----------|-----------------------|-----------|----------|----|----|
|         | Name | City  | (Age)          | Half | Split | Chip Time | FN*      | Pace                  | Age Grade | OA       | GD |    |
| OVERALL | 1    | Paige Loehding                              | Carrollton     | (13) | 11:32 | +24       | 23:28.50 | ✓                     | 7:33.4    | 68.0%    | 11 | 1  |
| MASTERS | 1    | Andrea Hulcy                                | Coppell        | (48) | 12:12 | +4        | 24:29.14 |                       | 7:52.9    | 67.4%    | 14 | 3  |
| SENIORS | 1    | Kim Andres                                  | Irving         | (61) | 12:45 | +11       | 25:41.21 | ⌚                     | 8:16.1    | 76.3%    | 27 | 9  |
| F10-14  | 1    | Maddie Hulcy                                | Coppell        | (13) | 12:11 | +9        | 24:30.79 |                       | 7:53.4    | 65.2%    | 13 | 2  |
|         | 2    | Catie Kimball                               | Coppell        | (13) | 13:03 | +126      | 28:12.38 |                       | 9:04.7    | 56.6%    | 33 | 11 |
|         | 3    | Caroline St. John                           |                | (10) |       |           | 33:41.97 | ⌚                     | 10:50.8   | 50.6%    | 50 | 17 |
| F15-19  | 1    | Melva Yanes                                 | Dallas         | (15) | 12:07 | +91       | 25:44.66 | ✓                     | 8:17.2    | 60.2%    | 21 | 4  |
| F25-29  | 1    | Amber Davis                                 |                | (27) | 15:39 | +31       | 31:50.17 |                       | 10:14.8   | 46.5%    | 46 | 15 |
| F30-34  | 1    | Marybelle Raza                              | Carrollton     | (34) | 12:39 | +41       | 25:58.97 | ✓                     | 8:21.8    | 57.4%    | 23 | 5  |
|         | 2    | Elizabeth Gomez                             |                | (34) |       |           | 26:44.82 |                       | 8:36.5    | 55.7%    | 26 | 8  |
| F35-39  | 1    | Liz Kimball                                 | Coppell        | (42) | 14:26 | +15       | 29:08.05 |                       | 9:22.6    | 53.4%    | 38 | 12 |
|         | 2    | Monica Acosta                               | Carrollton     | (37) | 28:25 | -53       | 55:56.99 | ✓                     | 18:00.5   | 26.9%    | 67 | 26 |
| F40-44  | 1    | Kavita Maung                                | Coppell        | (44) | 12:59 | +43       | 26:40.66 |                       | 8:35.2    | 59.3%    | 25 | 7  |
|         | 2    | Aino Aaltonen                               | Coppell        | (40) | 14:29 | +33       | 29:31.40 |                       | 9:30.2    | 51.9%    | 40 | 13 |
|         | 3    | Kay Scott                                   | Bedford        | (44) | 15:09 | +58       | 31:16.75 |                       | 10:04.1   | 50.6%    | 59 | 22 |
|         | 4    | Jennifer Loehding                           | Carrollton     | (41) |       |           | 32:41.35 |                       | 10:31.3   | 47.2%    | 48 | 16 |
|         | 5    | Karen Wales                                 | Carrollton     | (44) | 20:00 | -20       | 39:41.36 | ✓                     | 12:46.5   | 39.9%    | 60 | 23 |
|         | 6    | Shelly Kelly                                | Plano          | (43) |       |           | 42:07.82 |                       | 13:33.6   | 37.2%    | 61 | 24 |
|         | 7    | Gisel Delena                                | Murphy         | (37) | 24:43 | -129      | 47:18.14 |                       | 15:13.5   | 31.9%    | 65 | 25 |
| F45-49  | 1    | Julia Rodriguez                             | Dallas         | (45) | 12:41 | +46       | 26:08.13 |                       | 8:24.7    | 61.1%    | 24 | 6  |
|         | 2    | Barbara Vollmering                          | Garland        | (48) | 28:28 | -58       | 55:57.45 | ✓                     | 18:00.7   | 29.5%    | 68 | 27 |
| F50-54  | 1    | Yanira Lopez                                | Farmers Branch | (51) | 13:46 | +12       | 27:43.78 | ⌚                     | 8:55.5    | 61.8%    | 32 | 10 |
|         | 2    | Jennifer Afflerbach                         | Dallas         | (54) | 18:58 | -8        | 37:48.20 |                       | 12:10.1   | 47.1%    | 55 | 19 |
|         | 3    | Sharon Keeler                               | Dallas         | (54) | 18:55 | +2        | 37:52.41 |                       | 12:11.4   | 47.0%    | 57 | 20 |
| F60-64  | 1    | Libby Afflenbach                            |                | (64) |       |           | 29:45.72 |                       | 9:34.8    | 68.9%    | 41 | 14 |
|         | 2    | Carol Creech                                | Plano          | (63) | 18:37 | +78       | 38:31.93 |                       | 12:24.1   | 52.4%    | 58 | 21 |
| F65-69  | 1    | Betsy Veneziano                             | Carrollton     | (69) | 18:59 | -9        | 37:49.30 | ✓                     | 12:10.4   | 58.6%    | 54 | 18 |

# 1M MALE

|         |      | 15 MALE Runners --- Average Time of <b>8:13</b> |                |      |       |                 |     | Avg. Age Grade: <b>56.3%</b> |              | Place in |    |
|---------|------|---|----------------|------|-------|-----------------|-----|------------------------------|--------------|----------|----|
|         | Name | City  | (Age)          | Half | Split | Chip Time       | FN* | Pace                         | Age Grade    | OA       | GD |
| OVERALL | 1    | <b>Ryan Loehding</b>                            | Carrollton     | (42) |       | <b>5:58.66</b>  |     | 5:58.7                       | <b>66.7%</b> | 1        | 1  |
| M01-09  | 1    | <b>Axel Aaltonen</b>                            | Coppell        | (7)  |       | <b>8:28.35</b>  | ✓   | 8:28.4                       | <b>60.4%</b> | 13       | 10 |
|         | 2    | <b>David St. John</b>                           |                | (7)  |       | <b>9:14.45</b>  |     | 9:14.5                       | 55.4%        | 15       | 12 |
| M10-14  | 1    | <b>Brian St. John</b>                           |                | (13) |       | <b>11:46.58</b> |     | 11:46.6                      | 35.4%        | 19       | 15 |
| M25-29  | 1    | <b>Patrick Scott</b>                            | Garland        | (26) |       | <b>7:03.45</b>  |     | 7:03.5                       | 52.6%        | 4        | 4  |
| M35-39  | 1    | <b>Yavuz Colasan</b>                            | Irving         | (38) |       | <b>10:55.12</b> |     | 10:55.1                      | 35.4%        | 18       | 14 |
| M40-44  | 1    | <b>Bob Stephens</b>                             | Plano          | (42) |       | <b>8:04.51</b>  | ✓   | 8:04.5                       | 49.3%        | 11       | 9  |
| M45-49  | 1    | <b>Ruben Saguil</b>                             | Carrollton     | (49) |       | <b>6:45.36</b>  |     | 6:45.4                       | <b>62.3%</b> | 2        | 2  |
| M50-54  | 1    | <b>David Short</b>                              | Frisco         | (53) |       | <b>8:36.03</b>  |     | 8:36.0                       | 50.5%        | 14       | 11 |
|         | 2    | <b>Jaws Hansen</b>                              | Dallas         | (54) |       | <b>9:23.90</b>  |     | 9:23.9                       | 46.6%        | 16       | 13 |
| M55-59  | 1    | <b>Julio Lopez</b>                              | Farmers Branch | (59) |       | <b>6:46.66</b>  |     | 6:46.7                       | <b>67.5%</b> | 3        | 3  |
|         | 2    | <b>Ruben Reyes</b>                              | Carrollton     | (58) |       | <b>7:51.98</b>  |     | 7:52.0                       | 57.6%        | 9        | 8  |
| M60-64  | 1    | <b>Robert Benson</b>                            | Dallas         | (64) |       | <b>7:09.14</b>  |     | 7:09.1                       | <b>66.8%</b> | 5        | 5  |
| M70-74  | 1    | <b>Bill Shirley</b>                             | Dallas         | (71) |       | <b>7:26.33</b>  |     | 7:26.3                       | <b>69.0%</b> | 6        | 6  |
|         | 2    | <b>Wally Capps</b>                              | Farmers Branch | (73) |       | <b>7:43.41</b>  |     | 7:43.4                       | <b>68.3%</b> | 8        | 7  |

# 1M FEMALE

|         |      | 4 FEMALE Runners --- Average Time of <b>8:27</b> |                |      |       |                |     | Avg. Age Grade: <b>61.3%</b> |              | Place in |    |
|---------|------|--|----------------|------|-------|----------------|-----|------------------------------|--------------|----------|----|
|         | Name | City   | (Age)          | Half | Split | Chip Time      | FN* | Pace                         | Age Grade    | OA       | GD |
| OVERALL | 1    | <b>Kim Andres</b>                                | Irving         | (61) |       | <b>7:34.21</b> |     | 7:34.2                       | <b>76.5%</b> | 7        | 1  |
| F10-14  | 1    | <b>Caroline St. John</b>                         |                | (10) |       | <b>8:26.44</b> | ✓   | 8:26.4                       | 57.3%        | 12       | 3  |
| F45-49  | 1    | <b>Elise Harper</b>                              | Allen          | (45) |       | <b>9:52.99</b> |     | 9:53.0                       | 47.4%        | 17       | 4  |
| F50-54  | 1    | <b>Yanira Lopez</b>                              | Farmers Branch | (51) |       | <b>7:52.42</b> |     | 7:52.4                       | <b>64.1%</b> | 10       | 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  | ---   |      |      |   | 5:58.66     |     | 5:58.7  | 20.41 | 5:58.66    | 66.7% |
| 2  | 7003 Ruben Saguil (M49)      | 2  | M45-49 | 1st | ---   |      |      |   | 6:45.36     |     | 6:45.4  | 23.09 | 6:45.36    | 62.3% |
| 3  | 7193 Julio Lopez (M59)       | 3  | M55-59 | 1st | ---   |      |      |   | 6:46.66     |     | 6:46.7  | 23.15 | 6:46.66    | 67.5% |
| 4  | 6405 Patrick Scott (M26)     | 4  | M25-29 | 1st | ---   |      |      |   | 7:03.45     | x   | 7:03.5  | 24.12 | 7:03.45    | 52.6% |
| 5  | 7118 Robert Benson (M64)     | 5  | M60-64 | 1st | ---   |      |      |   | 7:09.14     |     | 7:09.1  | 24.46 | 7:09.14    | 66.8% |
| 6  | 7043 Bill Shirley (M71)      | 6  | M70-74 | 1st | ---   |      |      |   | 7:26.33     |     | 7:26.3  | 25.43 | 7:26.33    | 69.0% |
| 7  | 7040 Kim Andres (F61)        | 1  | F60-64 | OA  | ---   |      |      |   | 7:34.21     |     | 7:34.2  | 25.89 | 7:34.21    | 76.5% |
| 8  | 1916 Wally Capps (M73)       | 7  | M70-74 | 2nd | ---   |      |      |   | 7:43.41     |     | 7:43.4  | 26.40 | 7:43.41    | 68.3% |
| 9  | 7283 Ruben Reyes (M58)       | 8  | M55-59 | 2nd | ---   |      |      |   | 7:51.98     |     | 7:52.0  | 26.86 | 7:51.98    | 57.6% |
| 10 | 7198 Yanira Lopez (F51)      | 2  | F50-54 | 1st | ---   |      |      |   | 7:52.42     |     | 7:52.4  | 26.91 | 7:52.42    | 64.1% |
| 11 | 6991 Bob Stephens (M42)      | 9  | M40-44 | 1st | ---   |      |      |   | 8:04.51     | ✓ 2 | 8:04.5  | 27.60 | 8:04.51    | 49.3% |
| 12 | 6106 Caroline St. John (F10) | 3  | F10-14 | 1st | ---   |      |      |   | 8:26.44     | ✓ 1 | 8:26.4  | 28.85 | 8:26.44    | 57.3% |
| 13 | 7306 Axel Aaltonen (M7)      | 10 | M01-09 | 1st | ---   |      |      |   | 8:28.35     | ✓ 3 | 8:28.4  | 28.97 | 8:28.35    | 60.4% |
| 14 | 7061 David Short (M53)       | 11 | M50-54 | 1st | ---   |      |      |   | 8:36.03     |     | 8:36.0  | 29.42 | 8:36.03    | 50.5% |
| 15 | 6108 David St. John (M7)     | 12 | M01-09 | 2nd | ---   |      |      |   | 9:14.45     | x   | 9:14.5  | 31.59 | 9:14.45    | 55.4% |
| 16 | 6704 Jaws Hansen (M54)       | 13 | M50-54 | 2nd | ---   |      |      |   | 9:23.90     |     | 9:23.9  | 32.10 | 9:23.90    | 46.6% |
| 17 | 6775 Elise Harper (F45)      | 4  | F45-49 | 1st | ---   |      |      |   | 9:52.99     |     | 9:53.0  | 33.76 | 9:52.99    | 47.4% |
| 18 | 6636 Yavuz Colasan (M38)     | 14 | M35-39 | 1st | ---   |      |      |   | 10:55.12    | x   | 10:55.1 | 37.35 | 10:55.12   | 35.4% |
| 19 | 6107 Brian St. John (M13)    | 15 | M10-14 | 1st | ---   |      |      |   | 11:46.58    | x   | 11:46.6 | 40.26 | 11:46.58   | 35.4% |

✓ 3 Club PR's

Average Finish Time: 08:15 4 First Timers

Average Age Grade: 57.3%

| 5K | Bib Name                   | GD | AgeGrp | AG  | Start | 1stH  | 2ndH  | Δ    | FinishTime+ | FN*    | Pace   | 5KEq  | Clock Time | AgeGD |
|----|----------------------------|----|--------|-----|-------|-------|-------|------|-------------|--------|--------|-------|------------|-------|
| 1  | 6117 Alex Reinhart (M29)   | 1  | M25-29 | OA  | 1.8   | 9:27  | 9:25  | -1   | 18:51.94    | x      | 6:04.3 | 18.85 | 18:53.77   | 68.4% |
| 2  | 7498 Emilio Popoca (M15)   | 2  | M15-19 | 1st | 0.3   | 9:39  | 10:07 | +28  | 19:46.65    | ✓ 2    | 6:21.9 | 19.77 | 19:46.97   | 70.4% |
| 3  | 6114 Reyes Silvas (M41)    | 3  | M40-44 | MS  | ---   | 9:52  | 10:00 | +8   | 19:51.88    | x      | 6:23.6 | 19.85 | 19:51.88   | 69.2% |
| 4  | 6111 David Vargas (M46)    | 4  | M45-49 | 1st | 2.3   |       |       |      | 20:00.61    | x      | 6:26.4 | 20.00 | 20:02.88   | 71.4% |
| 5  | 7072 Ryan Loehding (M42)   | 5  | M40-44 | 1st | 0.5   | 10:43 | 10:54 | +11  | 21:36.49    | ℓ      | 6:57.3 | 21.60 | 21:36.99   | 64.1% |
| 6  | 7217 Bryan Pennartz (M44)  | 6  | M40-44 | 2nd | 1.0   | 10:56 | 10:47 | -9   | 21:42.31    | ✓ 1    | 6:59.2 | 21.70 | 21:43.33   | 64.8% |
| 7  | 7061 David Short (M53)     | 7  | M50-54 | 1st | 31.7  | 10:42 | 10:31 | -12  | 21:13.09    | ℓ ✓ 34 | 6:49.8 | 21.22 | 21:44.80   | 71.2% |
| 8  | 6112 Ruben Rubio (M60)     | 8  | M60-64 | SR  | 2.7   | 11:08 | 11:00 | -8   | 22:08.00    | x      | 7:07.4 | 22.13 | 22:10.74   | 72.5% |
| 9  | 7303 Kim Aaltonen (M41)    | 9  | M40-44 | 3rd | 11.6  | 11:09 | 11:42 | +33  | 22:50.41    | ✓ 3    | 7:21.1 | 22.83 | 23:01.99   | 60.2% |
| 10 | 7193 Julio Lopez (M59)     | 10 | M55-59 | 1st | 2.0   | 11:22 | 11:46 | +24  | 23:07.68    | ℓ      | 7:26.7 | 23.12 | 23:09.71   | 68.7% |
| 11 | 6628 Paige Loehding (F13)  | 1  | F10-14 | OA  | 6.3   | 11:32 | 11:56 | +24  | 23:28.50    | ✓ 4    | 7:33.4 | 23.47 | 23:34.79   | 68.0% |
| 12 | 7118 Robert Benson (M64)   | 11 | M60-64 | 1st | 1.4   | 11:47 | 11:53 | +6   | 23:40.31    | ℓ      | 7:37.2 | 23.67 | 23:41.73   | 70.2% |
| 13 | 7400 Maddie Hulcy (F13)    | 2  | F10-14 | 1st | ---   | 12:11 | 12:20 | +9   | 24:30.79    | x      | 7:53.4 | 24.50 | 24:30.79   | 65.2% |
| 14 | 7466 Andrea Hulcy (F48)    | 3  | F45-49 | MS  | 1.8   | 12:12 | 12:17 | +4   | 24:29.14    | x      | 7:52.9 | 24.48 | 24:30.98   | 67.4% |
| 15 | 1916 Wally Capps (M73)     | 12 | M70-74 | 1st | 2.0   | 12:16 | 12:17 | +1   | 24:32.14    | ℓ      | 7:53.8 | 24.53 | 24:34.18   | 74.8% |
| 16 | 7012 Doug Waters (M50)     | 13 | M50-54 | 2nd | 6.0   | 12:18 | 12:12 | -7   | 24:29.73    |        | 7:53.1 | 24.48 | 24:35.71   | 60.2% |
| 17 | 7175 Luis Mares (M39)      | 14 | M35-39 | 1st | 9.3   | 12:48 | 11:45 | -62  | 24:32.91    | ✓ 4    | 7:54.1 | 24.53 | 24:42.20   | 55.2% |
| 18 | 7089 John Nance (M66)      | 15 | M65-69 | 1st | 1.6   | 12:43 | 12:44 | +1   | 25:26.46    |        | 8:11.3 | 25.43 | 25:28.07   | 66.5% |
| 19 | 6300 Aspen Trevino (M23)   | 16 | M20-24 | 1st | 13.0  | 12:47 | 12:35 | -11  | 25:22.07    | x      | 8:09.9 | 25.37 | 25:35.08   | 50.9% |
| 20 | 7014 Glenn Dumas (M64)     | 17 | M60-64 | 2nd | 4.7   | 12:49 | 12:42 | -7   | 25:31.97    |        | 8:13.1 | 25.52 | 25:36.70   | 65.1% |
| 21 | 7496 Melva Yanes (F15)     | 4  | F15-19 | 1st | ---   | 12:07 | 13:38 | +91  | 25:44.66    | ✓ 3    | 8:17.2 | 25.73 | 25:44.66   | 60.2% |
| 22 | 7300 Emil Aaltonen (M14)   | 18 | M10-14 | 1st | 16.2  | 13:43 | 11:52 | -111 | 25:35.89    |        | 8:14.4 | 25.58 | 25:52.07   | 55.4% |
| 23 | 7480 Marybelle Raza (F34)  | 5  | F30-34 | 1st | 2.5   | 12:39 | 13:20 | +41  | 25:58.97    | ✓ 3    | 8:21.8 | 25.97 | 26:01.46   | 57.4% |
| 24 | 6113 Julia Rodriguez (F45) | 6  | F45-49 | 1st | ---   | 12:41 | 13:27 | +46  | 26:08.13    | x      | 8:24.7 | 26.13 | 26:08.13   | 61.1% |
| 25 | 7169 Kavita Maung (F44)    | 7  | F40-44 | 1st | ---   | 12:59 | 13:42 | +43  | 26:40.66    |        | 8:35.2 | 26.67 | 26:40.66   | 59.3% |
| 26 | 6116 Elizabeth Gomez (F34) | 8  | F30-34 | 2nd | 2.7   |       |       |      | 26:44.82    | x      | 8:36.5 | 26.73 | 26:47.55   | 55.7% |
| 27 | 7040 Kim Andres (F61)      | 9  | F60-64 | SR  | 83.9  | 12:45 | 12:56 | +11  | 25:41.21    | ℓ      | 8:16.1 | 25.68 | 27:05.08   | 76.3% |

FN\*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

9/28/2014

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

△ Negative Split

 DeltaViewTiming.com

|    |      |                           |    |        |     |       |       |       |      |                 |       |         |       |          |              |
|----|------|---------------------------|----|--------|-----|-------|-------|-------|------|-----------------|-------|---------|-------|----------|--------------|
| 28 | 6991 | Bob Stephens (M42)        | 19 | M40-44 | 4th | 3.4   | 13:21 | 13:53 | +32  | <b>27:13.20</b> | ℓ ✓ 4 | 8:45.7  | 27.22 | 27:16.59 | 50.9%        |
| 29 | 6499 | Flavio Concha (M27)       | 20 | M25-29 | 1st | 4.4   | 13:35 | 13:38 | +3   | <b>27:12.23</b> | ✓ 1   | 8:45.4  | 27.20 | 27:16.59 | 47.4%        |
| 30 | 7043 | Bill Shirley (M71)        | 21 | M70-74 | 2nd | 2.4   | 13:41 | 13:50 | +9   | <b>27:31.56</b> | ℓ     | 8:51.6  | 27.52 | 27:33.99 | <b>64.8%</b> |
| 31 | 6485 | Bharath Shivaraj (M33)    | 22 | M30-34 | 1st | 3.2   | 13:47 | 13:50 | +4   | <b>27:36.93</b> | ✗     | 8:53.3  | 27.60 | 27:40.17 | 47.3%        |
| 32 | 7198 | Yanira Lopez (F51)        | 10 | F50-54 | 1st | 13.6  | 13:46 | 13:58 | +12  | <b>27:43.78</b> | ℓ     | 8:55.5  | 27.72 | 27:57.40 | <b>61.8%</b> |
| 33 | 6133 | Catie Kimball (F13)       | 11 | F10-14 | 2nd | ---   | 13:03 | 15:09 | +126 | <b>28:12.38</b> | ✗     | 9:04.7  | 28.20 | 28:12.38 | 56.6%        |
| 34 | 7008 | David Mask (M62)          | 23 | M60-64 | 3rd | 4.2   | 14:36 | 13:46 | -51  | <b>28:22.36</b> |       | 9:07.9  | 28.37 | 28:26.59 | 57.5%        |
| 35 | 7283 | Ruben Reyes (M58)         | 24 | M55-59 | 2nd | 3.7   | 14:13 | 14:30 | +16  | <b>28:43.08</b> | ℓ     | 9:14.6  | 28.72 | 28:46.78 | 54.9%        |
| 36 | 7380 | Gabor Toth (M34)          | 25 | M30-34 | 2nd | 10.3  | 14:08 | 14:31 | +23  | <b>28:39.50</b> |       | 9:13.5  | 28.65 | 28:49.85 | 45.7%        |
| 37 | 7157 | Phil Murch (M57)          | 26 | M55-59 | 3rd | 5.9   | 14:40 | 14:16 | -23  | <b>28:56.02</b> |       | 9:18.8  | 28.93 | 29:01.92 | 54.0%        |
| 38 | 6132 | Liz Kimball (F42)         | 12 | F35-39 | 1st | 1.7   | 14:26 | 14:42 | +15  | <b>29:08.05</b> |       | 9:22.6  | 29.13 | 29:09.79 | 53.4%        |
| 39 | 7020 | Ronald Hamilton (M55)     | 27 | M55-59 | 4th | 7.3   | 14:56 | 14:28 | -29  | <b>29:24.15</b> |       | 9:27.8  | 29.40 | 29:31.45 | 52.3%        |
| 40 | 7304 | Aino Aaltonen (F40)       | 13 | F40-44 | 2nd | 15.6  | 14:29 | 15:02 | +33  | <b>29:31.40</b> |       | 9:30.2  | 29.52 | 29:46.96 | 51.9%        |
| 41 | 6118 | Libby Afflenbach (F64)    | 14 | F60-64 | 1st | 11.3  |       |       |      | <b>29:45.72</b> | ✗     | 9:34.8  | 29.75 | 29:57.06 | <b>68.9%</b> |
| 42 | 7038 | Michael Rumery (M41)      | 28 | M40-44 | 5th | 20.9  | 14:48 | 14:51 | +4   | <b>29:38.80</b> |       | 9:32.5  | 29.63 | 29:59.70 | 46.4%        |
| 43 | 6115 | Benjamin Cazares (M30)    | 29 | M30-34 | 3rd | 21.0  | 14:47 | 15:09 | +22  | <b>29:56.57</b> | ✗     | 9:38.3  | 29.93 | 30:17.60 | 43.2%        |
| 44 | 7568 | Joe Wales (M12)           | 30 | M10-14 | 2nd | 2.8   | 14:01 | 17:13 | +192 | <b>31:14.36</b> | ✓ 2   | 10:03.3 | 31.23 | 31:17.13 | 47.6%        |
| 45 | 7444 | Tom Sheehan (M70)         | 31 | M70-74 | 3rd | 3.9   | 15:02 | 16:47 | +105 | <b>31:49.38</b> |       | 10:14.6 | 31.82 | 31:53.32 | 55.4%        |
| 46 | 6109 | Amber Davis (F27)         | 15 | F25-29 | 1st | 12.5  | 15:39 | 16:11 | +31  | <b>31:50.17</b> | ✗     | 10:14.8 | 31.83 | 32:02.68 | 46.5%        |
| 47 | 6657 | Sean Loehding (M10)       | 32 | M10-14 | 3rd | 6.4   | 15:37 | 17:01 | +84  | <b>32:37.60</b> | ✓ 2   | 10:30.1 | 32.62 | 32:44.02 | 48.4%        |
| 48 | 6625 | Jennifer Loehding (F41)   | 16 | F40-44 | 4th | 7.7   |       |       |      | <b>32:41.35</b> |       | 10:31.3 | 32.68 | 32:49.05 | 47.2%        |
| 49 | 6405 | Patrick Scott (M26)       | 33 | M25-29 | 2nd | 5.0   |       |       |      | <b>33:20.41</b> | ℓ     | 10:43.9 | 33.33 | 33:25.39 | 38.7%        |
| 50 | 6106 | Caroline St. John (F10)   | 17 | F10-14 | 3rd | 6.6   |       |       |      | <b>33:41.97</b> | ℓ ✗   | 10:50.8 | 33.68 | 33:48.53 | 50.6%        |
| 51 | 6661 | Julian La Neve (M14)      | 34 | M10-14 | 4th | 14.2  | 16:36 | 17:41 | +64  | <b>34:17.13</b> | ✗     | 11:02.1 | 34.28 | 34:31.32 | 41.4%        |
| 52 | 6660 | Mark La Neve (M48)        | 35 | M45-49 | 2nd | 14.8  | 16:35 | 17:47 | +71  | <b>34:22.05</b> | ✗     | 11:03.7 | 34.37 | 34:36.84 | 42.2%        |
| 53 | 6108 | David St. John (M7)       | 36 | M01-09 | 1st | 6.8   | 17:45 | 19:47 | +122 | <b>37:32.39</b> | ℓ ✗   | 12:05.0 | 37.53 | 37:39.20 | 47.4%        |
| 54 | 7145 | Betsy Veneziano (F69)     | 18 | F65-69 | 1st | 2.6   | 18:59 | 18:50 | -9   | <b>37:49.30</b> | ✓ 2   | 12:10.4 | 37.82 | 37:51.90 | 58.6%        |
| 55 | 6529 | Jennifer Afflerbach (F54) | 19 | F50-54 | 2nd | 8.4   | 18:58 | 18:50 | -8   | <b>37:48.20</b> | ✗     | 12:10.1 | 37.80 | 37:56.60 | 47.1%        |
| 56 | 6110 | Andrew Mark (M21)         | 37 | M20-24 | 2nd | 8.7   | 18:57 | 18:51 | -6   | <b>37:47.91</b> | ✗     | 12:10.0 | 37.78 | 37:56.60 | 34.3%        |
| 57 | 6542 | Sharon Keeler (F54)       | 20 | F50-54 | 3rd | 8.5   | 18:55 | 18:57 | +2   | <b>37:52.41</b> | ✗     | 12:11.4 | 37.87 | 38:00.95 | 47.0%        |
| 58 | 7024 | Carol Creech (F63)        | 21 | F60-64 | 2nd | 3.2   | 18:37 | 19:55 | +78  | <b>38:31.93</b> |       | 12:24.1 | 38.52 | 38:35.18 | 52.4%        |
| 59 | 6990 | Kay Scott (F44)           | 22 | F40-44 | 3rd | 503.6 | 15:09 | 16:08 | +58  | <b>31:16.75</b> |       | 10:04.1 | 31.27 | 39:40.34 | 50.6%        |
| 60 | 7569 | Karen Wales (F44)         | 23 | F40-44 | 5th | 12.3  | 20:00 | 19:41 | -20  | <b>39:41.36</b> | ✓ 2   | 12:46.5 | 39.68 | 39:53.63 | 39.9%        |
| 61 | 6701 | Shelly Kelly (F43)        | 24 | F40-44 | 6th | 4.1   |       |       |      | <b>42:07.82</b> | ✗     | 13:33.6 | 42.12 | 42:11.88 | 37.2%        |
| 62 | 7148 | Scott Ahlstrom (M66)      | 38 | M65-69 | 2nd | 8.1   | 21:54 | 20:12 | -103 | <b>42:05.85</b> |       | 13:33.0 | 42.08 | 42:13.97 | 40.2%        |
| 63 | 7015 | Gabriel Sapien (M54)      | 39 | M50-54 | 3rd | 5.6   | 23:13 | 23:13 | +0   | <b>46:26.61</b> |       | 14:56.9 | 46.43 | 46:32.25 | 32.8%        |
| 64 | 6119 | Anthony Delena (M45)      | 40 | M45-49 | 3rd | 21.0  | 24:38 | 22:40 | -118 | <b>47:17.80</b> | ✗     | 15:13.4 | 47.28 | 47:38.82 | 30.0%        |
| 65 | 6120 | Gisel Delena (F37)        | 25 | F40-44 | 7th | 21.7  | 24:43 | 22:35 | -129 | <b>47:18.14</b> | ✗     | 15:13.5 | 47.30 | 47:39.84 | 31.9%        |
| 66 | 6704 | Jaws Hansen (M54)         | 41 | M50-54 | 4th | 14.4  | 24:24 | 24:48 | +24  | <b>49:11.41</b> | ℓ     | 15:50.0 | 49.18 | 49:25.81 | 31.0%        |
| 67 | 6889 | Monica Acosta (F37)       | 26 | F35-39 | 2nd | 20.3  | 28:25 | 27:32 | -53  | <b>55:56.99</b> | ✓ 5   | 18:00.5 | 55.93 | 56:17.28 | 26.9%        |
| 68 | 7266 | Barbara Vollmering (F48)  | 27 | F45-49 | 2nd | 20.6  | 28:28 | 27:30 | -58  | <b>55:57.45</b> | ✓ 7   | 18:00.7 | 55.95 | 56:18.09 | 29.5%        |
| 69 | 6530 | Lelon Beckham (M82)       | 42 | M80-99 | 1st | 10.9  | 29:03 | 29:43 | +39  | <b>58:46.23</b> | ✗     | 18:55.0 | 58.77 | 58:57.14 | 37.7%        |

41 Positive Split 21 Negative Split ✓ 16 Club PR's

Average Finish Time: 30:58 25 First Timers Average Age Grade: 53.6%

## Sorted Age Grades

### 1M

| #  | OA | Name              | Gender-Age | Finish Time | AgeGrade | List* |
|----|----|-------------------|------------|-------------|----------|-------|
| 1  | 7  | Kim Andres        | F61        | 7:34.21     | 76.5%    |       |
| 2  | 6  | Bill Shirley      | M71        | 7:26.33     | 69.0%    |       |
| 3  | 8  | Wally Capps       | M73        | 7:43.41     | 68.3%    |       |
| 4  | 3  | Julio Lopez       | M59        | 6:46.66     | 67.5%    |       |
| 5  | 5  | Robert Benson     | M64        | 7:09.14     | 66.8%    |       |
| 6  | 1  | Ryan Loehding     | M42        | 5:58.66     | 66.7%    |       |
| 7  | 10 | Yanira Lopez      | F51        | 7:52.42     | 64.1%    |       |
| 8  | 2  | Ruben Saguil      | M49        | 6:45.36     | 62.3%    |       |
| 9  | 13 | Axel Aaltonen     | M7         | 8:28.35     | 60.4%    |       |
| 10 | 9  | Ruben Reyes       | M58        | 7:51.98     | 57.6%    |       |
| 11 | 12 | Caroline St. John | F10        | 8:26.44     | 57.3%    |       |
| 12 | 15 | David St. John    | M7         | 9:14.45     | 55.4%    |       |
| 13 | 4  | Patrick Scott     | M26        | 7:03.45     | 52.6%    |       |
| 14 | 14 | David Short       | M53        | 8:36.03     | 50.5%    |       |

### 5K

| #  | OA | Name              | Gender-Age | Finish Time | AgeGrade | List*   |
|----|----|-------------------|------------|-------------|----------|---------|
| 1  | 27 | Kim Andres        | F61        | 25:41.21    | 76.3%    |         |
| 2  | 15 | Wally Capps       | M73        | 24:32.14    | 74.8%    |         |
| 3  | 8  | Ruben Rubio       | M60        | 22:08.00    | 72.5%    | New     |
| 4  | 4  | David Vargas      | M46        | 20:00.61    | 71.4%    | New     |
| 5  | 7  | David Short       | M53        | 21:13.09    | 71.2%    | Move UP |
| 6  | 2  | Emilio Popoca     | M15        | 19:46.65    | 70.4%    | New     |
| 7  | 12 | Robert Benson     | M64        | 23:40.31    | 70.2%    |         |
| 8  | 3  | Reyes Silvas      | M41        | 19:51.88    | 69.2%    | New     |
| 9  | 41 | Libby Afflenbach  | F64        | 29:45.72    | 68.9%    | New     |
| 10 | 10 | Julio Lopez       | M59        | 23:07.68    | 68.7%    |         |
| 11 | 1  | Alex Reinhart     | M29        | 18:51.94    | 68.4%    | New     |
| 12 | 11 | Paige Loehding    | F13        | 23:28.50    | 68.0%    | New     |
| 13 | 14 | Andrea Hulcy      | F48        | 24:29.14    | 67.4%    | New     |
| 14 | 18 | John Nance        | M66        | 25:26.46    | 66.5%    |         |
| 15 | 13 | Maddie Hulcy      | F13        | 24:30.79    | 65.2%    | New     |
| 16 | 20 | Glenn Dumas       | M64        | 25:31.97    | 65.1%    |         |
| 17 | 30 | Bill Shirley      | M71        | 27:31.56    | 64.8%    |         |
| 18 | 6  | Bryan Pennartz    | M44        | 21:42.31    | 64.8%    |         |
| 19 | 5  | Ryan Loehding     | M42        | 21:36.49    | 64.1%    |         |
| 20 | 32 | Yanira Lopez      | F51        | 27:43.78    | 61.8%    |         |
| 21 | 24 | Julia Rodriguez   | F45        | 26:08.13    | 61.1%    |         |
| 22 | 9  | Kim Aaltonen      | M41        | 22:50.41    | 60.2%    |         |
| 23 | 16 | Doug Waters       | M50        | 24:29.73    | 60.2%    |         |
| 24 | 21 | Melva Yanes       | F15        | 25:44.66    | 60.2%    |         |
| 25 | 25 | Kavita Maung      | F44        | 26:40.66    | 59.3%    |         |
| 26 | 54 | Betsy Veneziano   | F69        | 37:49.30    | 58.6%    |         |
| 27 | 34 | David Mask        | M62        | 28:22.36    | 57.5%    |         |
| 28 | 23 | Marybelle Raza    | F34        | 25:58.97    | 57.4%    |         |
| 29 | 33 | Catie Kimball     | F13        | 28:12.38    | 56.6%    |         |
| 30 | 26 | Elizabeth Gomez   | F34        | 26:44.82    | 55.7%    |         |
| 31 | 22 | Emil Aaltonen     | M14        | 25:35.89    | 55.4%    |         |
| 32 | 45 | Tom Sheehan       | M70        | 31:49.38    | 55.4%    |         |
| 33 | 17 | Luis Mares        | M39        | 24:32.91    | 55.2%    |         |
| 34 | 35 | Ruben Reyes       | M58        | 28:43.08    | 54.9%    |         |
| 35 | 37 | Phil Murch        | M57        | 28:56.02    | 54.0%    |         |
| 36 | 38 | Liz Kimball       | F42        | 29:08.05    | 53.4%    |         |
| 37 | 58 | Carol Creech      | F63        | 38:31.93    | 52.4%    |         |
| 38 | 39 | Ronald Hamilton   | M55        | 29:24.15    | 52.3%    |         |
| 39 | 40 | Aino Aaltonen     | F40        | 29:31.40    | 51.9%    |         |
| 40 | 28 | Bob Stephens      | M42        | 27:13.20    | 50.9%    |         |
| 41 | 19 | Aspen Trevino     | M23        | 25:22.07    | 50.9%    |         |
| 42 | 50 | Caroline St. John | F10        | 33:41.97    | 50.6%    |         |
| 43 | 59 | Kay Scott         | F44        | 31:16.75    | 50.6%    |         |

|      |                                   |
|------|-----------------------------------|
| 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                                       |