

Sunday, October 25, 2015

Carrollton Runners Mile + 5K

57F Cloudy 80%H 12mphNNE

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

Mile Off :7:35 am

5K Off :7:52 am

Mile Overall		5K Overall		5K Masters		5K Seniors	
Cole Atchison	4:58.70	Cole Atchison	17:56.84	Barry Papermaster	22:42.24	Julio Lopez	23:05.56
Kim Andres	7:45.86	Kim Andres	26:07.56	Yanira Lopez	27:05.43	Rosemary Lewis	55:02.29

5K MALE

		25 MALE Runners --- Average Time of 27:45				Avg. Age Grade: 57.5%		Place in			
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Cole Atchison	Lewisville	(22)			17:56.84	M ✓	5:46.6	71.9%	1	1
MASTERS	1 Barry Papermaster	Dallas	(61)			22:42.24	M	7:18.5	71.3%	3	3
SENIORS	1 Julio Lopez	Farmers Branch	(60)			23:05.56	M	7:26.0	69.5%	4	4
M30-34	1 Jose Ortiz	Lewisville	(33)			19:20.77	M ✓	6:13.6	67.5%	2	2
	2 Manav Shah	Dallas	(31)			27:59.74		9:00.7	46.3%	18	14
M35-39	1 Harold Girata	Irving	(38)			26:54.50		8:39.7	50.0%	14	13
M40-44	1 Jeho Oh	Mckinney	(40)			23:48.11		7:39.7	57.3%	6	6
	2 Geronimo Simpao	Irving	(44)			26:27.03	M ✓	8:30.8	53.2%	12	11
	3 Jen Evangelista	Irving	(44)			26:40.07	M	8:35.0	52.8%	13	12
	4 Nathan Bruser	Coppell	(44)			26:47.03	M	8:37.3	52.5%	23	18
M45-49	1 David Francis	Dallas	(45)			23:05.46	M	7:25.9	61.4%	5	5
M50-54	1 Doug Waters	Carrollton	(51)			24:02.00	M	7:44.1	61.9%	7	7
	2 John Kramer	Plano	(53)			29:00.29	M	9:20.1	52.1%	26	21
M55-59	1 Ronald Hamilton	The Colony	(56)			30:24.08		9:47.1	51.0%	24	19
	2 Ruben Reyes	Carrollton	(59)			30:50.85	M	9:55.7	51.5%	25	20
M60-64	1 David Mask	Lewisville	(63)			25:43.70		8:16.9	64.0%	10	10
	2 Peter Chan	Coppell	(62)			29:08.68	M	9:22.8	56.0%	21	17
	3 Michael Johnson	Coppell	(63)			33:23.24	M	10:44.8	49.3%	27	22
	4 Mike Catt	The Colony	(61)			38:56.13	M	12:31.9	41.6%	30	24
M65-69	1 Robert Benson	Dallas	(65)			24:42.02	M	7:57.0	67.9%	9	9
	2 Scott McKissick	Irving	(67)			28:42.18	M	9:14.3	59.5%	20	16
	3 Scott Ahlstrom	Carrollton	(67)			46:14.11		14:52.9	37.0%	31	25
M70-74	1 Bill Shirley	Dallas	(72)			28:55.13	M	9:18.5	62.5%	19	15
	2 Jack Manning	Dallas	(72)			34:25.59		11:04.8	52.5%	29	23
M75-79	1 Wally Capps	Farmers Branch	(75)			24:21.64	M ☑	7:50.5	77.8%	8	8

FN*: Broke Age-Group Record GD Place among Females
 Ran Mile before 5K ✓ # Races PR @ Carrollton Runners (2003 & later)

▲ Positive Split
 ▼ Negative Split

Timing provided by: 10/25/2015


5K FEMALE

		9 FEMALE Runners --- Average Time of				36:37	Avg. Age Grade: 48.7%			Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Kim Andres	Irving	(62)			26:07.56	ML	8:24.6	76.2%	11	1
MASTERS	1	Yanira Lopez	Farmers Branch	(52)			27:05.43	ML	8:43.2	64.1%	16	3
SENIORS	1	Rosemary Lewis	Carrollton	(60)			55:02.29	✓	17:42.9	35.1%	33	7
F25-29	1	Tahnee Walker	Dallas	(27)			27:48.16		8:56.9	53.2%	17	4
F30-34	1	Hien Le	Lewisville	(32)			27:01.52		8:41.9	54.9%	15	2
F40-44	1	Shandra Morton	Carrollton	(42)			50:24.01		16:13.3	30.9%	32	6
	2	Elsa Gil	Richardson	(43)			55:03.21		17:43.2	28.5%	34	8
F45-49	1	Tina Clark	Farmers Branch	(46)			34:15.43	✓	11:01.6	47.1%	28	5
FStroller	1	Blake Bruser	Coppell	(-6)			26:47.32	ML	8:37.3		22	0

1M MALE

		19 MALE Runners --- Average Time of				8:13	Avg. Age Grade: 57.2%			Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Cole Atchison	Lewisville	(22)			4:58.70	✓	4:58.7	74.6%	1	1
M01-09	1	Ira Simpao	Irving	(9)			8:43.00		8:43.0	54.0%	14	12
M30-34	1	Jose Ortiz	Lewisville	(33)			5:45.21	✓	5:45.2	65.2%	2	2
M40-44	1	Jen Evangelista	Irving	(44)			7:20.40		7:20.4	55.1%	6	6
	2	Geronimo Simpao	Irving	(44)			8:43.50	✓	8:43.5	46.4%	15	13
	3	Nathan Bruser	Coppell	(44)			15:19.21		15:19.2	26.4%	22	19
M45-49	1	David Francis	Dallas	(45)			6:28.32		6:28.3	63.0%	3	3
M50-54	1	Doug Waters	Carrollton	(51)			7:21.30		7:21.3	58.1%	7	7
	2	John Kramer	Plano	(53)			7:44.77		7:44.8	56.1%	10	10
M55-59	1	Ruben Reyes	Carrollton	(59)			8:57.86		8:57.9	51.0%	17	15
M60-64	1	Barry Papermaster	Dallas	(61)			6:43.15		6:43.2	69.3%	4	4
	2	Julio Lopez	Farmers Branch	(60)			7:02.01		7:02.0	65.6%	5	5
	3	Peter Chan	Coppell	(62)			8:59.11		8:59.1	52.3%	18	16
	4	Mike Catt	The Colony	(61)			9:52.50		9:52.5	47.1%	19	17
	5	Michael Johnson	Coppell	(63)			9:54.88		9:54.9	47.8%	20	18
M65-69	1	Robert Benson	Dallas	(65)			7:33.63		7:33.6	63.8%	8	8
	2	Scott McKissick	Irving	(67)			8:54.40		8:54.4	55.2%	16	14
M70-74	1	Bill Shirley	Dallas	(72)			8:08.76		8:08.8	63.8%	12	11
M75-79	1	Wally Capps	Farmers Branch	(75)			7:35.78	✓	7:35.8	71.7%	9	9

1M FEMALE

		3 FEMALE Runners --- Average Time of				10:28	Avg. Age Grade: 57.7%			Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Kim Andres	Irving	(62)			7:45.86		7:45.9	75.7%	11	1
F01-09	1	Blake Bruser	Coppell	(6)			15:18.92		15:18.9	36.1%	21	3
F50-54	1	Yanira Lopez	Farmers Branch	(52)			8:20.19		8:20.2	61.3%	13	2

FN*: Broke Age-Group Record GD Place among Females
 ML Ran Mile before 5K ✓ # Races PR @ Carrollton Runners (2003 & later)

▲ Positive Split
 ▼ Negative Split

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6993 Cole Atchison (M22)	1	M20-24	OA	---				4:58.70	✓ 5	4:58.7	16.99	4:58.70	74.6%
2	6002 Jose Ortiz (M33)	2	M30-34	1st	---				5:45.21	✓ 1	5:45.2	19.67	5:45.21	65.2%
3	6565 David Francis (M45)	3	M45-49	1st	---				6:28.32		6:28.3	22.12	6:28.32	63.0%
4	6001 Barry Papermaster (M61)	4	M60-64	1st	---				6:43.15	x	6:43.2	22.98	6:43.15	69.3%
5	7193 Julio Lopez (M60)	5	M60-64	2nd	---				7:02.01		7:02.0	24.06	7:02.01	65.6%
6	7343 Jen Evangelista (M44)	6	M40-44	1st	---				7:20.40	x	7:20.4	25.09	7:20.40	55.1%
7	7012 Doug Waters (M51)	7	M50-54	1st	---				7:21.30		7:21.3	25.15	7:21.30	58.1%
8	7118 Robert Benson (M65)	8	M65-69	1st	---				7:33.63		7:33.6	25.83	7:33.63	63.8%
9	1916 Wally Capps (M75)	9	M75-79	1st	---				7:35.78	✓ 16	7:35.8	25.94	7:35.78	71.7%
10	7261 John Kramer (M53)	10	M50-54	2nd	---				7:44.77		7:44.8	26.46	7:44.77	56.1%
11	7040 Kim Andres (F62)	1	F60-64	OA	---				7:45.86		7:45.9	26.51	7:45.86	75.7%
12	7043 Bill Shirley (M72)	11	M70-74	1st	---				8:08.76		8:08.8	27.83	8:08.76	63.8%
13	7198 Yanira Lopez (F52)	2	F50-54	1st	---				8:20.19		8:20.2	28.51	8:20.19	61.3%
14	6412 Ira Simpao (M9)	12	M01-09	1st	---				8:43.00		8:43.0	29.82	8:43.00	54.0%
15	6819 Geronimo Simpao (M44)	13	M40-44	2nd	---				8:43.50	✓ 1	8:43.5	29.82	8:43.50	46.4%
16	7048 Scott McKissick (M67)	14	M65-69	2nd	---				8:54.40		8:54.4	30.45	8:54.40	55.2%
17	7283 Ruben Reyes (M59)	15	M55-59	1st	---				8:57.86		8:57.9	30.62	8:57.86	51.0%
18	7153 Peter Chan (M62)	16	M60-64	3rd	---				8:59.11		8:59.1	30.73	8:59.11	52.3%
19	7154 Mike Catt (M61)	17	M60-64	4th	---				9:52.50		9:52.5	33.76	9:52.50	47.1%
20	7252 Michael Johnson (M63)	18	M60-64	5th	---				9:54.88		9:54.9	33.87	9:54.88	47.8%
21	7316 Blake Bruser (F6)	3	F01-09	1st	---				15:18.92		15:18.9	52.34	15:18.92	36.1%
22	7097 Nathan Bruser (M44)	19	M40-44	3rd	---				15:19.21		15:19.2	52.40	15:19.21	26.4%
✓ 4 Club PR's						Average Finish Time: 08:31 2 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	6993 Cole Atchison (M22)	1	M20-24	OA	---				17:56.84	✓ 5	5:46.6	17.93	17:56.84	71.9%
2	6002 Jose Ortiz (M33)	2	M30-34	1st	---				19:20.77	✓ 1	6:13.6	19.33	19:20.77	67.5%
3	6001 Barry Papermaster (M61)	3	M60-64	MS	1.6				22:42.24	x	7:18.5	22.70	22:43.87	71.3%
4	7193 Julio Lopez (M60)	4	M60-64	SR	---				23:05.56		7:26.0	23.08	23:05.56	69.5%
5	6565 David Francis (M45)	5	M45-49	1st	1.8				23:05.46		7:25.9	23.08	23:07.28	61.4%
6	7275 Jeho Oh (M40)	6	M40-44	1st	---				23:48.11	x	7:39.7	23.80	23:48.11	57.3%
7	7012 Doug Waters (M51)	7	M50-54	1st	8.0				24:02.00		7:44.1	24.03	24:10.00	61.9%
8	1916 Wally Capps (M75)	8	M75-79	1st	---				24:21.64	✓ 18	7:50.5	24.35	24:21.64	77.8%
9	7118 Robert Benson (M65)	9	M65-69	1st	1.0				24:42.02		7:57.0	24.70	24:43.00	67.9%
10	7008 David Mask (M63)	10	M60-64	1st	5.5				25:43.70		8:16.9	25.72	25:49.21	64.0%
11	7040 Kim Andres (F62)	1	F60-64	OA	2.2				26:07.56		8:24.6	26.12	26:09.79	76.2%
12	6819 Geronimo Simpao (M44)	11	M40-44	2nd	4.5				26:27.03	✓ 3	8:30.8	26.45	26:31.54	53.2%
13	7343 Jen Evangelista (M44)	12	M40-44	3rd	3.6				26:40.07		8:35.0	26.67	26:43.64	52.8%
14	6188 Harold Girata (M38)	13	M35-39	1st	3.8				26:54.50		8:39.7	26.90	26:58.28	50.0%
15	6389 Hien Le (F32)	2	F30-34	1st	1.0				27:01.52	x	8:41.9	27.02	27:02.51	54.9%
16	7198 Yanira Lopez (F52)	3	F50-54	MS	13.0				27:05.43		8:43.2	27.08	27:18.48	64.1%
17	6390 Tahnee Walker (F27)	4	F25-29	1st	---				27:48.16	x	8:56.9	27.80	27:48.16	53.2%
18	7184 Manav Shah (M31)	14	M30-34	2nd	6.4				27:59.74		9:00.7	27.98	28:06.10	46.3%
19	7043 Bill Shirley (M72)	15	M70-74	1st	---				28:55.13		9:18.5	28.92	28:55.13	62.5%
20	7048 Scott McKissick (M67)	16	M65-69	2nd	16.8				28:42.18		9:14.3	28.70	28:59.00	59.5%
21	7153 Peter Chan (M62)	17	M60-64	2nd	10.2				29:08.68		9:22.8	29.13	29:18.87	56.0%
22	7316 Blake Bruser (F-6)	0	FStrolle	1st	194.4				26:47.32		8:37.3	26.78	30:01.71	
23	7097 Nathan Bruser (M44)	18	M40-44	4th	194.7				26:47.03		8:37.3	26.78	30:01.74	52.5%
24	7020 Ronald Hamilton (M56)	19	M55-59	1st	14.6				30:24.08		9:47.1	30.40	30:38.70	51.0%

25	7283	Ruben Reyes (M59)	20	M55-59	2nd	5.2		30:50.85	ℓ	9:55.7	30.83	30:56.04	51.5%
26	7261	John Kramer (M53)	21	M50-54	2nd	195.0		29:00.29	ℓ	9:20.1	29.00	32:15.34	52.1%
27	7252	Michael Johnson (M63)	22	M60-64	3rd	7.5		33:23.24	ℓ	10:44.8	33.38	33:30.72	49.3%
28	6185	Tina Clark (F46)	5	F45-49	1st	7.5		34:15.43	✓	≥ 11:01.6	34.25	34:22.92	47.1%
29	7143	Jack Manning (M72)	23	M70-74	2nd	2.7		34:25.59		11:04.8	34.42	34:28.30	52.5%
30	7154	Mike Catt (M61)	24	M60-64	4th	4.9		38:56.13	ℓ	12:31.9	38.93	39:01.00	41.6%
31	7148	Scott Ahlstrom (M67)	25	M65-69	3rd	9.6		46:14.11		14:52.9	46.23	46:23.70	37.0%
32	7022	Shandra Morton (F42)	6	F40-44	1st	13.3		50:24.01		× 16:13.3	50.40	50:37.31	30.9%
33	7455	Rosemary Lewis (F60)	7	F60-64	SR	11.8		55:02.29	✓	≥ 17:42.9	55.03	55:14.08	35.1%
34	7372	Elsa Gil (F43)	8	F40-44	2nd	11.3		55:03.21		17:43.2	55.05	55:14.47	28.5%
✓ 6 Club PR's							Average Finish Time: 30:05 <i>5 First Timers</i>			Average Age Grade: 55.4%			

Sorted Age Grades

1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	11	Kim Andres	F62	7:45.86	75.7%	
2	1	Cole Atchison	M22	4:58.70	74.6%	Move UP
3	9	Wally Capps	M75	7:35.78	71.7%	Move UP
4	4	Barry Papermaster	M61	6:43.15	69.3%	New
5	5	Julio Lopez	M60	7:02.01	65.6%	
6	2	Jose Ortiz	M33	5:45.21	65.2%	New
7	12	Bill Shirley	M72	8:08.76	63.8%	
8	8	Robert Benson	M65	7:33.63	63.8%	
9	3	David Francis	M45	6:28.32	63.0%	
10	13	Yanira Lopez	F52	8:20.19	61.3%	
11	7	Doug Waters	M51	7:21.30	58.1%	
12	10	John Kramer	M53	7:44.77	56.1%	
13	16	Scott McKissick	M67	8:54.40	55.2%	
14	6	Jen Evangelista	M44	7:20.40	55.1%	
15	14	Ira Simpao	M9	8:43.00	54.0%	
16	18	Peter Chan	M62	8:59.11	52.3%	
17	17	Ruben Reyes	M59	8:57.86	51.0%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	8	Wally Capps	M75	24:21.64	77.8%	Move UP
2	11	Kim Andres	F62	26:07.56	76.2%	
3	1	Cole Atchison	M22	17:56.84	71.9%	Move UP
4	3	Barry Papermaster	M61	22:42.24	71.3%	New
5	4	Julio Lopez	M60	23:05.56	69.5%	
6	9	Robert Benson	M65	24:42.02	67.9%	
7	2	Jose Ortiz	M33	19:20.77	67.5%	New
8	16	Yanira Lopez	F52	27:05.43	64.1%	
9	10	David Mask	M63	25:43.70	64.0%	
10	19	Bill Shirley	M72	28:55.13	62.5%	
11	7	Doug Waters	M51	24:02.00	61.9%	
12	5	David Francis	M45	23:05.46	61.4%	
13	20	Scott McKissick	M67	28:42.18	59.5%	
14	6	Jeho Oh	M40	23:48.11	57.3%	
15	21	Peter Chan	M62	29:08.68	56.0%	
16	15	Hien Le	F32	27:01.52	54.9%	
17	17	Tahnee Walker	F27	27:48.16	53.2%	
18	12	Geronimo Simpao	M44	26:27.03	53.2%	
19	13	Jen Evangelista	M44	26:40.07	52.8%	
20	23	Nathan Bruser	M44	26:47.03	52.5%	
21	29	Jack Manning	M72	34:25.59	52.5%	
22	26	John Kramer	M53	29:00.29	52.1%	
23	25	Ruben Reyes	M59	30:50.85	51.5%	
24	24	Ronald Hamilton	M56	30:24.08	51.0%	

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