

# Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Ben Stutts	5:04.00	Lowell Koppel	18:40.35	Keith Johnson	19:17.38	Julio Lopez	23:07.84
Jackie Griese	5:47.00	Briana Carter	24:09.42	Kim Andres	26:50.77	Kumiko McCoy	32:05.08

## 5K MALE

		50 MALE Runners --- Average Time of <b>28:21</b>					Avg. Age Grade: <b>54.5%</b>		Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Lowell Koppel	Flower Mound	(43)		18:40.35	M ✓	6:00.6	74.8%	1	1
MASTERS	1	Keith Johnson	Plano	(55)		19:17.38		6:12.5	79.7%	2	2
SENIORS	1	Julio Lopez	Farmers Branch	(60)		23:07.84	M	7:26.7	69.3%	7	7
M10-14	1	Joe Wales	Carrollton	(14)		25:28.13		8:11.9	55.7%	21	19
M15-19	1	Sean Hemenway	Frisco	(16)		20:17.29	M	6:31.8	67.5%	3	3
	2	Harsh Grosar	Richardson	(18)		33:15.16		10:42.2	40.1%	54	41
M25-29	1	Jonathon Barnett	Arlington	(26)		22:55.23		7:22.6	56.3%	6	6
	2	Maurice Valderas	Dallas	(26)		25:26.01		8:11.2	50.7%	20	18
	3	Derek Sims	Carrollton	(26)		26:09.46		8:25.2	49.3%	24	22
M30-34	1	Manav Shah	Dallas	(31)		24:34.96		7:54.7	52.7%	13	12
	2	Jason Shyung	Dallas	(33)		24:51.62		8:00.1	52.5%	17	16
	3	Ryan Bailey	Arlington	(31)		30:34.32		9:50.4	42.4%	46	36
	4	Hunter Johnson	DALLAS	(34)		38:29.04		12:23.2	34.1%	63	47
M35-39	1	Jhovany Bonilla	Dallas	(37)		25:18.76		8:08.8	52.7%	18	17
	2	Gabor Toth	Irving	(35)		28:22.07		9:07.8	46.5%	36	31
M40-44	1	Ryan Loehding	Carrollton	(44)		20:40.09	M	6:39.1	68.1%	4	4
	2	Jakub Balazy	Coppell	(43)		26:44.16	✓	8:36.3	52.2%	33	29
	3	Tony Esquivel	Carrollton	(40)		28:46.01		9:15.6	47.4%	37	32
	4	Deuk Lee	Irving	(44)		33:43.05	M	10:51.2	41.7%	57	43
	5	Chris Goins	Garland	(44)		34:41.13		11:09.9	40.6%	58	44
	6	Chris Thomas	The Colony	(44)		35:27.10		11:24.6	39.7%	59	45
	7	Thomas Hetzler	Lewisville	(43)		43:07.83		13:52.9	32.4%	66	48
M45-49	1	Nathan Bruser	Coppell	(45)		24:20.00	M	7:49.9	58.3%	28	26
	2	John Olsen	Coppell	(48)		24:32.79	✓	7:54.0	59.1%	15	14
	3	Rich Weklar	Bartonville	(45)		26:08.37	✓	8:24.8	54.2%	25	23
	4	Ryan Pogue	Carrollton	(45)		26:49.67	✓	8:38.1	52.8%	31	27
	5	Jen Evangelista	Irving	(45)		27:49.71	M	8:57.4	50.9%	35	30
	6	Supote Manodamrongsat	Flower Mound	(48)		31:46.17		10:13.5	45.7%	49	39
	7	Ming Chin	Coppell	(49)		33:32.43		10:47.7	43.6%	55	42
M50-54	1	Ron Williamson	Flower Mound	(50)		22:40.82		7:18.0	65.0%	5	5
	2	Doug Waters	Carrollton	(52)		23:10.69		7:27.6	64.7%	9	9
	3	Charles Land	Dallas	(50)		23:36.53	M	7:35.9	62.5%	10	10
	4	Rob Preston	Forney	(52)		24:41.13		7:56.7	60.7%	16	15
	5	Aloysius Mathenge	Dallas	(52)		25:47.42		8:18.1	58.1%	23	21
	6	Rob Windsor	Flower Mound	(52)		29:01.07		9:20.4	51.7%	38	33
	7	John Smith	Dallas	(50)		29:29.72		9:29.6	50.0%	42	34
M55-59	1	David Short	Frisco	(55)		25:42.58	M	8:16.5	59.8%	27	25

M55-59	2	<b>Gabriel Sapien</b>	Carrollton (56)	<b>30:02.13</b>	9:40.1	51.6%	44	35
	3	<b>Dave Lawson</b>	Flower Mound (59)	<b>52:54.87</b>	17:01.9	30.0%	71	50
M60-64	1	<b>Barry Papermaster</b>	Dallas (62)	<b>23:15.01</b> M	7:29.0	<b>70.2%</b>	8	8
	2	<b>David Mask</b>	Lewisville (64)	<b>25:35.90</b>	8:14.4	<b>64.9%</b>	22	20
	3	<b>Ruben Arevalo</b>	Carrollton (61)	<b>26:53.21</b> M ✓	8:39.2	<b>60.2%</b>	32	28
	4	<b>Ruben Reyes</b>	Carrollton (60)	<b>31:12.06</b> M	10:02.6	51.4%	48	38
M65-69	1	<b>Robert Benson</b>	Dallas (66)	<b>24:26.52</b> M	7:52.0	<b>69.3%</b>	12	11
	2	<b>John Nance</b>	Rowlett (68)	<b>24:38.45</b>	7:55.9	<b>70.0%</b>	14	13
	3	<b>Scott McKissick</b>	Irving (68)	<b>30:42.90</b> M	9:53.2	56.2%	47	37
	4	<b>Scott Ahlstrom</b>	Carrollton (68)	<b>43:51.68</b>	14:07.1	39.3%	68	49
M70-74	1	<b>Bill Shirley</b>	Dallas (73)	<b>32:07.43</b> M	10:20.4	57.1%	50	40
	2	<b>Jack Manning</b>	Dallas (73)	<b>35:58.59</b> M	11:34.8	51.0%	60	46
M75-79	1	<b>Wally Capps</b>	Farmers Branch (75)	<b>26:26.80</b> M	8:30.7	<b>71.6%</b>	26	24

## 5K FEMALE

				22 FEMALE Runners --- Average Time of		34:25	Avg. Age Grade: 49.6%		Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	<b>Briana Carter</b>	Arlington (23)			<b>24:09.42</b>		7:46.5	<b>61.3%</b>	11	<b>1</b>
MASTERS	1	<b>Kim Andres</b>	Irving (63)			<b>26:50.77</b> M		8:38.5	<b>75.2%</b>	30	<b>3</b>
SENIORS	1	<b>Kumiko McCoy</b>	Eules (67)			<b>32:05.08</b>	✓	10:19.6	<b>66.9%</b>	51	<b>10</b>
F15-19	1	<b>Paige Loehding</b>	Carrollton (15)			<b>25:17.02</b>		8:08.3	<b>61.3%</b>	19	<b>2</b>
F25-29	1	<b>Diane Shyung</b>	Dallas (29)			<b>29:05.73</b>		9:21.9	50.9%	39	<b>5</b>
F30-34	1	<b>Rebecca Turner</b>	North Richland Hills (31)			<b>33:13.00</b>	✓	10:41.5	44.6%	53	<b>12</b>
	2	<b>Meagan Holder</b>	Arlington (33)			<b>38:28.86</b>		12:23.2	38.6%	64	<b>16</b>
	3	<b>Kristine Johnson</b>	DALLAS (31)			<b>43:45.09</b>		14:04.9	33.9%	67	<b>18</b>
F35-39	1	<b>Anne Johnson</b>	Farmers Branch (38)			<b>32:58.70</b>		10:36.9	45.9%	52	<b>11</b>
F40-44	1	<b>Jennifer Loehding</b>	Carrollton (43)			<b>27:23.09</b>		8:48.9	57.3%	34	<b>4</b>
	2	<b>Amie Goins</b>	Garland (44)			<b>30:24.79</b>		9:47.3	52.0%	45	<b>9</b>
	3	<b>Tabatha Juestel</b>	Mcki3 (42)			<b>33:44.94</b>		10:51.8	46.1%	56	<b>13</b>
	4	<b>Janice Esquivel</b>	Carrollton (44)			<b>40:26.71</b>	✓	13:01.1	39.1%	65	<b>17</b>
F45-49	1	<b>Kay Scott</b>	Bedford (46)			<b>28:52.46</b>		9:17.6	55.9%	40	<b>6</b>
	2	<b>Rebecca Becht</b>	Carrollton (49)			<b>37:18.84</b>		12:00.6	44.8%	61	<b>14</b>
	3	<b>Tina Clark</b>	Farmers Branch (47)			<b>37:20.80</b>		12:01.2	43.7%	62	<b>15</b>
	4	<b>Karen Wales</b>	Carrollton (46)			<b>44:10.86</b>		14:13.2	36.5%	69	<b>19</b>
F50-54	1	<b>Yanira Lopez</b>	Farmers Branch (53)			<b>29:09.43</b> M		9:23.1	<b>60.3%</b>	41	<b>7</b>
	2	<b>Susan Kohl</b>	Dallas (51)			<b>29:47.87</b> M		9:35.5	57.5%	43	<b>8</b>
F55-59	1	<b>Brenda Lawson</b>	Flower Mound (56)			<b>52:52.46</b>		17:01.1	34.6%	70	<b>20</b>
F60-64	1	<b>Rosemary Lewis</b>	Carrollton (61)			<b>55:24.88</b>		17:50.2	35.4%	72	<b>21</b>
FStroller	1	<b>Blake Bruser</b>	Coppell (-7)			<b>24:19.89</b> M		7:49.9		29	<b>0</b>

# 1M MALE

		20 MALE Runners --- Average Time of					8:00	Avg. Age Grade: 58.9%			Place in	
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Ben Stutts	Dallas	(27)			5:04.00		5:04.0	73.2%	1	1
M15-19	1	Sean Hemenway	Frisco	(16)			5:31.00		5:31.0	71.4%	3	3
M35-39	1	Alfonzo Gonzalez Jr.	Lancaster	(36)			5:06.00		5:06.0	74.8%	2	2
M40-44	1	Ryan Loehding	Carrollton	(44)			5:44.00		5:44.0	70.6%	4	4
	2	Lowell Koppel	Flower Mound	(43)			6:33.57	✓	6:33.6	61.2%	8	6
	3	Deuk Lee	Irving	(44)			7:52.77		7:52.8	51.4%	14	11
M45-49	1	Jen Evangelista	Irving	(45)			7:59.64		7:59.6	51.0%	15	12
	2	Nathan Bruser	Coppell	(45)			10:36.03		10:36.0	38.5%	23	17
M50-54	1	Charles Land	Dallas	(50)			6:26.47	✓	6:26.5	65.8%	6	5
	2	Troy Skillern		(53)			13:38.80		13:38.8	31.8%	27	20
M55-59	1	David Short	Frisco	(55)			11:18.97		11:19.0	39.1%	25	19
M60-64	1	Julio Lopez	Farmers Branch	(60)			6:37.59		6:37.6	69.6%	9	7
	2	Barry Papermaster	Dallas	(62)			6:42.10		6:42.1	70.1%	10	8
	3	Ruben Arevalo	Carrollton	(61)			7:44.03	✓	7:44.0	60.2%	12	10
	4	Ruben Reyes	Carrollton	(60)			9:44.68		9:44.7	47.3%	21	16
M65-69	1	Robert Benson	Dallas	(66)			7:23.22		7:23.2	65.9%	11	9
	2	Scott McKissick	Irving	(68)			8:31.90		8:31.9	58.1%	20	15
M70-74	1	Bill Shirley	Dallas	(73)			8:30.01		8:30.0	62.1%	19	14
	2	Jack Manning	Dallas	(73)			10:45.50		10:45.5	49.0%	24	18
M75-79	1	Wally Capps	Farmers Branch	(75)			8:02.69		8:02.7	67.7%	16	13

# 1M FEMALE

		7 FEMALE Runners --- Average Time of					8:39	Avg. Age Grade: 61.6%			Place in	
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Jackie Griese	Dallas	(34)			5:47.00		5:47.0	73.4%	5	1
F01-09	1	Blake Bruser	Coppell	(7)			10:34.75		10:34.8	50.3%	22	6
	2	Sydney Skillern		(6)			13:36.00		13:36.0	40.7%	26	7
F20-24	1	Alexandra Sizemore	Dallas	(24)			6:28.74	✓	6:28.7	64.7%	7	2
F50-54	1	Yanira Lopez	Farmers Branch	(53)			8:05.87		8:05.9	64.0%	17	4
	2	Susan Kohl	Dallas	(51)			8:13.73		8:13.7	61.3%	18	5
F60-64	1	Kim Andres	Irving	(63)			7:46.52		7:46.5	76.8%	13	3

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6178 Ben Stutts (M27)	1	M25-29	OA	---				5:04.00		5:04.0	17.33	5:04.00	73.2%
2	6190 Alfonzo Gonzalez Jr. (M36)	2	M35-39	1st	---				5:06.00		5:06.0	17.45	5:06.00	74.8%
3	6435 Sean Hemenway (M16)	3	M15-19	1st	---				5:31.00	⊗	5:31.0	18.87	5:31.00	71.4%
4	7072 Ryan Loehding (M44)	4	M40-44	1st	---				5:44.00		5:44.0	19.61	5:44.00	70.6%
5	6425 Jackie Griese (F34)	1	F30-34	OA	---				5:47.00		5:47.0	19.79	5:47.00	73.4%
6	6996 Charles Land (M50)	5	M50-54	1st	---				6:26.47	✓ 5	6:26.5	22.01	6:26.47	65.8%
7	6422 Alexandra Sizemore (F24)	2	F20-24	1st	---				6:28.74	✓ 1	6:28.7	22.12	6:28.74	64.7%
8	7519 Lowell Koppel (M43)	6	M40-44	2nd	---				6:33.57	✓ 1	6:33.6	22.41	6:33.57	61.2%
9	7193 Julio Lopez (M60)	7	M60-64	1st	---				6:37.59		6:37.6	22.64	6:37.59	69.6%
10	7554 Barry Papermaster (M62)	8	M60-64	2nd	---				6:42.10		6:42.1	22.92	6:42.10	70.1%
11	7118 Robert Benson (M66)	9	M65-69	1st	---				7:23.22		7:23.2	25.26	7:23.22	65.9%
12	6437 Ruben Arevalo (M61)	10	M60-64	3rd	---				7:44.03	✓ 1	7:44.0	26.46	7:44.03	60.2%
13	7040 Kim Andres (F63)	3	F60-64	1st	---				7:46.52		7:46.5	26.57	7:46.52	76.8%
14	7243 Deuk Lee (M44)	11	M40-44	3rd	---				7:52.77		7:52.8	26.91	7:52.77	51.4%
15	7343 Jen Evangelista (M45)	12	M45-49	1st	---				7:59.64		7:59.6	27.31	7:59.64	51.0%
16	7916 Wally Capps (M75)	13	M75-79	1st	---				8:02.69		8:02.7	27.48	8:02.69	67.7%
17	7198 Yanira Lopez (F53)	4	F50-54	1st	---				8:05.87		8:05.9	27.65	8:05.87	64.0%
18	6999 Susan Kohl (F51)	5	F50-54	2nd	---				8:13.73	⊗	8:13.7	28.11	8:13.73	61.3%
19	6993 Bill Shirley (M73)	14	M70-74	1st	---				8:30.01		8:30.0	29.08	8:30.01	62.1%
20	7048 Scott McKissick (M68)	15	M65-69	2nd	---				8:31.90		8:31.9	29.14	8:31.90	58.1%
21	7283 Ruben Reyes (M60)	16	M60-64	4th	---				9:44.68		9:44.7	33.30	9:44.68	47.3%
22	7097 Blake Bruser (F7)	6	F01-09	1st	---				10:34.75		10:34.8	36.15	10:34.75	50.3%
23	7316 Nathan Bruser (M45)	17	M45-49	2nd	---				10:36.03		10:36.0	36.26	10:36.03	38.5%
24	7143 Jack Manning (M73)	18	M70-74	2nd	---				10:45.50		10:45.5	36.78	10:45.50	49.0%
25	7061 David Short (M55)	19	M55-59	1st	---				11:18.97		11:19.0	38.66	11:18.97	39.1%
26	6014 Sydney Skillern (F6)	7	F01-09	2nd	---				13:36.00	⊗	13:36.0	46.53	13:36.00	40.7%
27	6015 Troy Skillern (M53)	20	M50-54	2nd	---				13:38.80	⊗	13:38.8	46.64	13:38.80	31.8%
✓ 4 Club PR's						Average Finish Time: 08:09 4 First Timers			Average Age Grade: 59.6%					

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7519 Lowell Koppel (M43)	1	M40-44	OA	---				18:40.35	⌚ ✓ 2	6:00.6	18.67	18:40.35	74.8%
2	6003 Keith Johnson (M55)	2	M55-59	MS	---				19:17.38		6:12.5	19.28	19:17.38	79.7%
3	6435 Sean Hemenway (M16)	3	M15-19	1st	0.7				20:17.29	⌚ ⊗	6:31.8	20.28	20:18.01	67.5%
4	7072 Ryan Loehding (M44)	4	M40-44	1st	---				20:40.09	⌚	6:39.1	20.67	20:40.09	68.1%
5	6002 Ron Williamson (M50)	5	M50-54	1st	1.8				22:40.82		7:18.0	22.67	22:42.61	65.0%
6	7590 Jonathon Barnett (M26)	6	M25-29	1st	---				22:55.23		7:22.6	22.92	22:55.23	56.3%
7	7193 Julio Lopez (M60)	7	M60-64	SR	1.1				23:07.84	⌚	7:26.7	23.12	23:08.99	69.3%
8	7554 Barry Papermaster (M62)	8	M60-64	1st	1.8				23:15.01	⌚	7:29.0	23.25	23:16.80	70.2%
9	7012 Doug Waters (M52)	9	M50-54	2nd	6.1				23:10.69		7:27.6	23.17	23:16.84	64.7%
10	6996 Charles Land (M50)	10	M50-54	3rd	1.8				23:36.53	⌚	7:35.9	23.60	23:38.31	62.5%
11	7593 Briana Carter (F23)	1	F20-24	OA	0.8				24:09.42		7:46.5	24.15	24:10.24	61.3%
12	7118 Robert Benson (M66)	11	M65-69	1st	0.4				24:26.52	⌚	7:52.0	24.43	24:26.88	69.3%
13	7184 Manav Shah (M31)	12	M30-34	1st	2.3				24:34.96		7:54.7	24.57	24:37.30	52.7%
14	7089 John Nance (M68)	13	M65-69	2nd	---				24:38.45		7:55.9	24.63	24:38.45	70.0%
15	7046 John Olsen (M48)	14	M45-49	2nd	6.8				24:32.79	✓ 3	7:54.0	24.53	24:39.61	59.1%
16	6013 Rob Preston (M52)	15	M50-54	4th	11.9				24:41.13	⊗	7:56.7	24.68	24:53.04	60.7%
17	6007 Jason Shyung (M33)	16	M30-34	2nd	4.4				24:51.62	⊗	8:00.1	24.85	24:56.07	52.5%
18	6405 Jhovany Bonilla (M37)	17	M35-39	1st	---				25:18.76	⊗	8:08.8	25.30	25:18.76	52.7%
19	7473 Paige Loehding (F15)	2	F15-19	1st	2.5				25:17.02		8:08.3	25.28	25:19.54	61.3%

20	7591	Maurice Valderas (M26)	18	M25-29	2nd	---		<b>25:26.01</b>		8:11.2	25.43	25:26.01	50.7%
21	7568	Joe Wales (M14)	19	M10-14	1st	2.6		<b>25:28.13</b>		8:11.9	25.47	25:30.77	55.7%
22	7008	David Mask (M64)	20	M60-64	2nd	2.6		<b>25:35.90</b>		8:14.4	25.58	25:38.53	<b>64.9%</b>
23	6464	Aloysius Mathenge (M52)	21	M50-54	5th	---		<b>25:47.42</b>		8:18.1	25.78	25:47.42	58.1%
24	7090	Derek Sims (M26)	22	M25-29	3rd	4.5		<b>26:09.46</b>		8:25.2	26.15	26:13.92	49.3%
25	6004	Rich Weklar (M45)	23	M45-49	3rd	12.1		<b>26:08.37</b>	✓ 1	8:24.8	26.13	26:20.48	54.2%
26	7916	Wally Capps (M75)	24	M75-79	1st	1.3		<b>26:26.80</b>	ℓ	8:30.7	26.43	26:28.09	<b>71.6%</b>
27	7061	David Short (M55)	25	M55-59	1st	46.8		<b>25:42.58</b>	ℓ	8:16.5	25.70	26:29.34	59.8%
28	7097	Nathan Bruser (M45)	26	M45-49	1st	131.5		<b>24:20.00</b>	ℓ	7:49.9	24.33	26:31.50	58.3%
29	7316	Blake Bruser (F-7)	0	FStrolle	1st	131.7		<b>24:19.89</b>	ℓ 35	7:49.9	24.32	26:31.59	
30	7040	Kim Andres (F63)	3	F60-64	MS	5.0		<b>26:50.77</b>	ℓ	8:38.5	26.83	26:55.76	<b>75.2%</b>
31	7345	Ryan Pogue (M45)	27	M45-49	4th	10.1		<b>26:49.67</b>	✓ 2	8:38.1	26.82	26:59.73	52.8%
32	6437	Ruben Arevalo (M61)	28	M60-64	3rd	8.9		<b>26:53.21</b>	ℓ ✓ 1	8:39.2	26.88	27:02.13	<b>60.2%</b>
33	6108	Jakub Balazy (M43)	29	M40-44	2nd	29.9		<b>26:44.16</b>	✓ 1	8:36.3	26.73	27:14.05	52.2%
34	7472	Jennifer Loehding (F43)	4	F40-44	1st	5.6		<b>27:23.09</b>		8:48.9	27.38	27:28.72	57.3%
35	7343	Jen Evangelista (M45)	30	M45-49	5th	8.5		<b>27:49.71</b>	ℓ	8:57.4	27.82	27:58.21	50.9%
36	7380	Gabor Toth (M35)	31	M35-39	2nd	11.2		<b>28:22.07</b>		9:07.8	28.37	28:33.31	46.5%
37	6493	Tony Esquivel (M40)	32	M40-44	3rd	8.4		<b>28:46.01</b>	x	9:15.6	28.77	28:54.40	47.4%
38	7451	Rob Windsor (M52)	33	M50-54	6th	4.0		<b>29:01.07</b>		9:20.4	29.02	29:05.11	51.7%
39	6008	Diane Shyung (F29)	5	F25-29	1st	3.5		<b>29:05.73</b>	x	9:21.9	29.08	29:09.19	50.9%
40	7041	Kay Scott (F46)	6	F45-49	1st	20.8		<b>28:52.46</b>		9:17.6	28.87	29:13.26	55.9%
41	7198	Yanira Lopez (F53)	7	F50-54	1st	4.2		<b>29:09.43</b>	ℓ	9:23.1	29.15	29:13.60	<b>60.3%</b>
42	7376	John Smith (M50)	34	M50-54	7th	0.6		<b>29:29.72</b>		9:29.6	29.48	29:30.32	50.0%
43	6999	Susan Kohl (F51)	8	F50-54	2nd	3.3		<b>29:47.87</b>	ℓ x	9:35.5	29.78	29:51.13	57.5%
44	7015	Gabriel Sapien (M56)	35	M55-59	2nd	8.9		<b>30:02.13</b>		9:40.1	30.03	30:11.05	51.6%
45	7044	Amie Goins (F44)	9	F40-44	2nd	7.3		<b>30:24.79</b>		9:47.3	30.40	30:32.12	52.0%
46	6442	Ryan Bailey (M31)	36	M30-34	3rd	6.1		<b>30:34.32</b>	x	9:50.4	30.57	30:40.39	42.4%
47	7048	Scott McKissick (M68)	37	M65-69	3rd	3.5		<b>30:42.90</b>	ℓ	9:53.2	30.70	30:46.37	56.2%
48	7283	Ruben Reyes (M60)	38	M60-64	4th	12.7		<b>31:12.06</b>	ℓ	10:02.6	31.20	31:24.73	51.4%
49	7249	Supote Manodamrongsat (M4	39	M45-49	6th	20.7		<b>31:46.17</b>		10:13.5	31.77	32:06.86	45.7%
50	6993	Bill Shirley (M73)	40	M70-74	1st	1.8		<b>32:07.43</b>	ℓ	10:20.4	32.12	32:09.20	57.1%
51	7449	Kumiko McCoy (F67)	10	F65-69	SR	5.2		<b>32:05.08</b>	✓ 5	10:19.6	32.08	32:10.29	<b>66.9%</b>
52	6016	Anne Johnson (F38)	11	F35-39	1st	4.3		<b>32:58.70</b>	x	10:36.9	32.97	33:03.00	45.9%
53	6461	Rebecca Turner (F31)	12	F30-34	1st	---		<b>33:13.00</b>	✓ 2	10:41.5	33.22	33:13.00	44.6%
54	6011	Harsh Grosar (M18)	41	M15-19	2nd	4.2		<b>33:15.16</b>	x	10:42.2	33.25	33:19.40	40.1%
55	6876	Ming Chin (M49)	42	M45-49	7th	16.5		<b>33:32.43</b>		10:47.7	33.53	33:48.89	43.6%
56	7242	Tabatha Juestel (F42)	13	F40-44	3rd	7.3		<b>33:44.94</b>	x	10:51.8	33.73	33:52.25	46.1%
57	7243	Deuk Lee (M44)	43	M40-44	4th	11.2		<b>33:43.05</b>	ℓ	10:51.2	33.72	33:54.25	41.7%
58	7050	Chris Goins (M44)	44	M40-44	5th	12.3		<b>34:41.13</b>		11:09.9	34.68	34:53.46	40.6%
59	6017	Chris Thomas (M44)	45	M40-44	6th	15.2		<b>35:27.10</b>	x	11:24.6	35.45	35:42.27	39.7%
60	7143	Jack Manning (M73)	46	M70-74	2nd	2.5		<b>35:58.59</b>	ℓ	11:34.8	35.97	36:01.09	51.0%
61	7248	Rebecca Becht (F49)	14	F45-49	2nd	21.6		<b>37:18.84</b>		12:00.6	37.30	37:40.39	44.8%
62	7185	Tina Clark (F47)	15	F45-49	3rd	20.5		<b>37:20.80</b>		12:01.2	37.33	37:41.30	43.7%
63	6444	Hunter Johnson (M34)	47	M30-34	4th	---		<b>38:29.04</b>	x	12:23.2	38.48	38:29.04	34.1%
64	6446	Meagan Holder (F33)	16	F30-34	2nd	6.4		<b>38:28.86</b>	x	12:23.2	38.47	38:35.30	38.6%
65	6494	Janice Esquivel (F44)	17	F40-44	4th	8.6		<b>40:26.71</b>	✓ 1	13:01.1	40.43	40:35.36	39.1%
66	6632	Thomas Hetzler (M43)	48	M40-44	7th	3.8		<b>43:07.83</b>	x	13:52.9	43.12	43:11.63	32.4%
67	6445	Kristine Johnson (F31)	18	F30-34	3rd	5.8		<b>43:45.09</b>	x	14:04.9	43.75	43:50.89	33.9%
68	7148	Scott Ahlstrom (M68)	49	M65-69	4th	14.3		<b>43:51.68</b>		14:07.1	43.85	44:05.95	39.3%
69	7569	Karen Wales (F46)	19	F45-49	4th	12.6		<b>44:10.86</b>		14:13.2	44.17	44:23.50	36.5%

FN\*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

8/28/2016

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

△ Negative Split

 DeltaViewTiming.com

70	6413	Brenda Lawson (F56)	20	F55-59	1st	17.5	52:52.46	17:01.1	52.87	53:09.91	34.6%	
71	6001	Dave Lawson (M59)	50	M55-59	3rd	17.1	52:54.87	x 17:01.9	52.90	53:12.00	30.0%	
72	7455	Rosemary Lewis (F61)	21	F60-64	1st	22.9	55:24.88	17:50.2	55.40	55:47.81	35.4%	
✓ 9 Club PR's							Average Finish Time: 30:12		17 First Timers		Average Age Grade: 53.1%	



## Sorted Age Grades

### 1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	13	Kim Andres	F63	7:46.52	76.8%	
2	2	Alfonzo Gonzalez Jr.	M36	5:06.00	74.8%	
3	5	Jackie Griese	F34	5:47.00	73.4%	
4	1	Ben Stutts	M27	5:04.00	73.2%	
5	3	Sean Hemenway	M16	5:31.00	71.4%	New
6	4	Ryan Loehding	M44	5:44.00	70.6%	
7	10	Barry Papermaster	M62	6:42.10	70.1%	
8	9	Julio Lopez	M60	6:37.59	69.6%	
9	16	Wally Capps	M75	8:02.69	67.7%	
10	11	Robert Benson	M66	7:23.22	65.9%	
11	6	Charles Land	M50	6:26.47	65.8%	Move UP
12	7	Alexandra Sizemore	F24	6:28.74	64.7%	
13	17	Yanira Lopez	F53	8:05.87	64.0%	
14	19	Bill Shirley	M73	8:30.01	62.1%	
15	18	Susan Kohl	F51	8:13.73	61.3%	
16	8	Lowell Koppel	M43	6:33.57	61.2%	
17	12	Ruben Arevalo	M61	7:44.03	60.2%	
18	20	Scott McKissick	M68	8:31.90	58.1%	
19	14	Deuk Lee	M44	7:52.77	51.4%	
20	15	Jen Evangelista	M45	7:59.64	51.0%	
21	22	Blake Bruser	F7	10:34.75	50.3%	

### 5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Keith Johnson	M55	19:17.38	79.7%	
2	30	Kim Andres	F63	26:50.77	75.2%	
3	1	Lowell Koppel	M43	18:40.35	74.8%	Move UP
4	26	Wally Capps	M75	26:26.80	71.6%	
5	8	Barry Papermaster	M62	23:15.01	70.2%	
6	14	John Nance	M68	24:38.45	70.0%	
7	7	Julio Lopez	M60	23:07.84	69.3%	
8	12	Robert Benson	M66	24:26.52	69.3%	
9	4	Ryan Loehding	M44	20:40.09	68.1%	
10	3	Sean Hemenway	M16	20:17.29	67.5%	New
11	51	Kumiko McCoy	F67	32:05.08	66.9%	New
12	5	Ron Williamson	M50	22:40.82	65.0%	
13	22	David Mask	M64	25:35.90	64.9%	
14	9	Doug Waters	M52	23:10.69	64.7%	
15	10	Charles Land	M50	23:36.53	62.5%	
16	19	Paige Loehding	F15	25:17.02	61.3%	
17	11	Briana Carter	F23	24:09.42	61.3%	
18	16	Rob Preston	M52	24:41.13	60.7%	
19	41	Yanira Lopez	F53	29:09.43	60.3%	
20	32	Ruben Arevalo	M61	26:53.21	60.2%	
21	27	David Short	M55	25:42.58	59.8%	
22	15	John Olsen	M48	24:32.79	59.1%	
23	28	Nathan Bruser	M45	24:20.00	58.3%	
24	23	Solusius Mathenge	M52	25:47.42	58.1%	
25	43	Susan Kohl	F51	29:47.87	57.5%	
26	34	Jennifer Loehding	F43	27:23.09	57.3%	
27	50	Bill Shirley	M73	32:07.43	57.1%	
28	6	Jonathon Barnett	M26	22:55.23	56.3%	
29	47	Scott McKissick	M68	30:42.90	56.2%	
30	40	Kay Scott	F46	28:52.46	55.9%	
31	21	Joe Wales	M14	25:28.13	55.7%	
32	25	Rich Weklar	M45	26:08.37	54.2%	
33	31	Ryan Pogue	M45	26:49.67	52.8%	
34	18	Jhovany Bonilla	M37	25:18.76	52.7%	
35	13	Manav Shah	M31	24:34.96	52.7%	
36	17	Jason Shyung	M33	24:51.62	52.5%	
37	33	Jakub Balazy	M43	26:44.16	52.2%	
38	45	Amie Goins	F44	30:24.79	52.0%	
39	38	Rob Windsor	M52	29:01.07	51.7%	
40	44	Gabriel Sapien	M56	30:02.13	51.6%	
41	48	Ruben Reyes	M60	31:12.06	51.4%	
42	60	Jack Manning	M73	35:58.59	51.0%	
43	35	Jen Evangelista	M45	27:49.71	50.9%	
44	39	Diane Shyung	F29	29:05.73	50.9%	
45	20	Maurice Valderas	M26	25:26.01	50.7%	
46	42	John Smith	M50	29:29.72	50.0%	

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