

Sunday, July 31, 2016

Carrollton Runners Mile + 5K

82F Clear 68%H 8mphSSW

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

Mile Off :7:30 am

5K Off :7:45 am

Mile Overall	5K Overall	5K Masters	5K Seniors
Alfonzo Gonzalez Jr.5:03.74	Jose Gallegos 18:41.82	Keith Johnson 19:45.71	Julio Lopez 22:24.30
Jackie Griese 5:35.97	Fiona Green 22:20.47	Kim Andres 25:55.17	Kathy Johnson 29:42.12

5K MALE

		43 MALE Runners --- Average Time of 26:26						Avg. Age Grade: 58.1%		Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Jose Gallegos		(17)	9:04	+34	18:41.82		6:01.1	72.2%	1	1
MASTERS	1 Keith Johnson		(55)	9:48	+10	19:45.71		6:21.6	77.8%	4	4
SENIORS	1 Julio Lopez	Farmers Branch	(60)	11:18	-12	22:24.30	ML	7:12.7	71.6%	13	12
M10-14	1 Alan Zuniga		(14)	10:46	+17	21:49.40		7:01.5	65.0%	10	10
	2 Jacob Ozuna		(14)	10:43	+95	23:01.08		7:24.5	61.6%	15	13
	3 Joe Wales	Carrollton	(14)	10:59	+217	25:35.68		8:14.3	55.4%	31	25
M15-19	1 Jacob Shepherd	Irving	(15)	9:06	+39	18:50.00		6:03.7	73.9%	2	2
	2 Jayce Turner	Arlington	(15)	9:39	+9	19:28.09		6:16.0	71.5%	3	3
	3 Jesus Delgado		(15)	9:43	+63	20:29.14		6:35.6	68.0%	5	5
	4 Hiram-abi Yotchoum		(15)	10:41	+32	21:53.28		7:02.7	63.6%	9	9
	5 Ted Hebert		(16)	12:25	+6	24:56.48		8:01.7	54.9%	26	21
M20-24	1 Cameron Edwards		(24)	10:15	+57	21:27.78		6:54.5	60.1%	8	8
M25-29	1 Darius Woods		(27)	11:11	+81	23:43.37		7:38.1	54.4%	16	14
	2 Jonathon Barnett	Arlington	(25)	11:23	+83	24:08.09		7:46.1	53.4%	18	15
	3 Maurice Valderas	Dallas	(26)	11:59	+81	25:20.19	✓	8:09.3	50.9%	28	23
M30-34	1 Manav Shah	Dallas	(31)	12:21	+41	25:22.58		8:10.1	51.1%	30	24
	2 Christopher Toolin	Dallas	(30)	12:34	+28	25:36.81	✓	8:14.7	50.5%	32	26
	3 Nate Thomas		(32)			31:55.33		10:16.5	40.7%	50	36
M35-39	1 Kyle McKinnon	Lewisville	(35)	9:52	+52	20:36.53	✓	6:38.0	64.0%	6	6
	2 Zak Sakoglu	Dallas	(37)	13:41	-43	26:37.63		8:34.2	50.1%	40	30
	3 Harold Girata	Irving	(39)	14:12	+7	28:30.34		9:10.5	47.5%	39	29
M40-44	1 Ryan Loehding	Carrollton	(44)	10:10	+55	21:14.16	ML	6:50.1	66.3%	7	7
	2 Jeho Oh	Mckinney	(41)	12:12	+38	25:03.23		8:03.8	54.9%	27	22
M45-49	1 David Lewis	Bedford	(45)	10:51	+31	22:14.06		7:09.4	63.8%	11	11
	2 Nathan Bruser	Coppell	(45)	12:39	-34	24:44.24	ML	7:57.7	57.3%	53	38
	3 Ryan Pogue		(45)	14:48	-37	28:57.92		9:19.4	48.9%	41	31
	4 Supote Manodamrongsat	Flower Mound	(48)	15:57	+2	31:56.17		10:16.8	45.4%	51	37
M50-54	1 Doug Waters	Carrollton	(51)	12:07	-11	24:03.56		7:44.6	61.8%	22	17
	2 David Francis	Dallas	(51)	12:16	+0	24:31.56	ML	7:53.7	60.6%	24	19
	3 John Smith	Dallas	(50)	15:01	+70	31:12.13		10:02.6	47.3%	47	34
	4 John Kramer	Plano	(54)	16:05	+18	32:27.58	ML	10:26.9	46.9%	58	39
M55-59	1 Ronald Hamilton	The Colony	(56)	15:51	-61	30:41.95		9:52.9	50.5%	46	33
M60-64	1 Barry Papermaster	Dallas	(62)	11:51	+28	24:10.55	ML	7:46.9	67.5%	21	16
	2 David Mask	Lewisville	(64)	12:53	+24	26:10.48		8:25.5	63.5%	36	28
	3 Ruben Reyes	Carrollton	(60)	15:01	+67	31:09.30	ML	10:01.7	51.5%	48	35
	4 Michael Johnson	Coppell	(63)	18:21	+46	37:27.62	ML	12:03.4	44.0%	61	41
	5 Mike Catt	The Colony	(62)	20:57	+88	43:21.37	ML	13:57.3	37.7%	65	42

M65-69	1	John Nance	Rowlett	(68)	12:08	+17	24:32.27	7:53.9	70.3%	23	18
	2	Robert Benson	Dallas	(66)	12:19	+13	24:51.18 M	7:60.0	68.1%	25	20
	3	Scott McKissick	Irving	(67)	14:23	+64	29:49.89 M	9:36.1	57.3%	44	32
	4	Scott Ahlstrom	Carrollton	(68)	22:24	+82	46:09.63	14:51.5	37.4%	70	43
M75-79	1	Wally Capps	Farmers Branch	(75)	12:58	+14	26:09.73 M	8:25.2	72.4%	35	27
M80-99	1	Charles Key	Dallas	(84)	17:21	+49	35:30.76	11:25.8	66.2%	59	40

5K FEMALE		34 FEMALE Runners --- Average Time of 35:21					Avg. Age Grade: 49.2%			Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Fiona Green		(51)			22:20.47		7:11.5	76.7%	12	1
MASTERS	1	Kim Andres	Irving	(63)	12:36	+43	25:55.17		8:20.6	77.9%	34	8
SENIORS	1	Kathy Johnson		(55)	13:51	+121	29:42.12		9:33.6	60.8%	43	12
F01-09	1	Alexia Esquivel		(8)	21:37	+160	45:53.65		14:46.3	39.5%	69	26
F10-14	1	Abby Lewis		(14)	11:58	+8	24:04.47		7:44.9	65.3%	19	4
	2	Carmen Guerrero		(14)			24:05.11		7:45.1	65.2%	20	5
	3	Mala Francis	Dallas	(13)	14:30	+32	29:31.40 M		9:30.2	54.1%	42	11
F15-19	1	Maddie Hebert		(15)	11:11	+9	22:30.32		7:14.6	68.9%	14	2
	2	Jessica Jenkins		(15)	12:01	+77	25:18.22		8:08.7	61.2%	29	6
	3	Sara Lindero		(15)	12:19	+72	25:49.02		8:18.6	60.0%	33	7
	4	Melissa Mejico	Shady Shores	(18)	12:40	+152	27:50.86		8:57.8	53.7%	38	10
F20-24	1	Briana Carter	Arlington	(23)	12:03	-14	23:51.50		7:40.8	62.0%	17	3
	2	Maribel Chatman	Carrollton	(24)			49:52.11		16:03.1	29.7%	75	31
F25-29	1	Sara Sasso	Rockwall	(29)	13:09	+15	26:33.65		8:32.9	55.7%	37	9
F30-34	1	Stacy Jackson	Lewisville	(30)	15:27	+85	32:18.29		10:23.9	45.8%	52	15
	2	Myra Williams	Dallas	(32)	21:09	+208	45:46.69	✓	14:44.1	32.4%	68	25
	3	Samantha Cabrera	Arlington	(32)			48:29.43		15:36.5	30.6%	76	32
	4	Shieryl Bryan	Carrollton	(32)			49:50.62		16:02.6	29.8%	74	30
F35-39	1	Heather Tabor		(39)	16:15	+7	32:36.89		10:29.9	46.7%	55	16
	2	Nika Brunk	Eules	(35)	18:06	+182	39:13.95		12:37.7	38.1%	62	20
F40-44	1	Amie Goins	Garland	(44)	15:13	+66	31:32.79		10:09.2	50.1%	49	14
	2	Janice Esquivel		(44)			44:33.75		14:20.6	35.5%	67	24
	3	Elsa Gil	Richardson	(44)	22:40	+54	46:13.94		14:52.8	34.2%	71	27
F45-49	1	Scymentress Williams	Arlington	(45)	15:28	-34	30:21.88		9:46.4	52.6%	56	17
	2	Esmeralda Mejico	Shady Shores	(48)	17:17	+146	37:00.81		11:54.8	44.6%	60	19
	3	Rebecca Becht	Carrollton	(49)	18:40	+160	40:00.44		12:52.6	41.8%	63	21
	4	Tina Clark	Farmers Branch	(47)	18:40	+160	40:00.84		12:52.8	40.8%	64	22
F50-54	1	Yanira Lopez	Farmers Branch	(53)	14:54	+25	30:12.15 M		9:43.3	58.2%	45	13
	2	Jennifer Johnson	Coppell	(54)	21:42	+52	44:15.56 M		14:14.7	40.2%	66	23
	3	Julie Larson	Carrollton	(51)	22:39	+56	46:13.73		14:52.8	37.1%	72	28
	4	JoAnn Talkington	Coppell	(53)	25:35	-214	47:36.52 M		15:19.4	36.9%	73	29
F60-64	1	Rosemary Lewis	Carrollton	(61)	26:26	-48	52:04.54	✓	16:45.7	37.7%	77	33
F65-69	1	Kumiko McCoy	Eules	(67)	17:01	+72	35:12.73	☑	11:20.0	61.0%	57	18
FStroller	1	Blake Bruser	Coppell	(-7)	12:39	-34	24:43.99 M		7:57.7		54	0

1M MALE

		18 MALE Runners --- Average Time of 7:57					Avg. Age Grade: 58.7%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Alfonzo Gonzalez Jr.	Lancaster	(36)		5:03.74	✓	5:03.7	75.3%	1	1
M01-09	1	Angelo Espinosa	Grapevine	(8)		9:22.70	✓	9:22.7	52.2%	19	15
M10-14	1	Oscar Espinosa	Grapevine	(10)		8:39.70		8:39.7	52.4%	14	12
M20-24	1	Curt Wilson	Plano	(22)		9:14.97		9:15.0	40.1%	17	14
M30-34	1	Eric Thibo	Dallas	(33)		5:49.00		5:49.0	64.5%	5	4
M40-44	1	Ryan Loehding	Carrollton	(44)		5:45.94		5:45.9	70.2%	4	3
M45-49	1	Mauricio Castillion		(45)		5:36.43		5:36.4	72.7%	3	2
	2	Nathan Bruser	Coppell	(45)		12:05.25		12:05.3	33.7%	24	18
M50-54	1	David Francis	Dallas	(51)		6:32.31		6:32.3	65.4%	6	5
	2	John Kramer	Plano	(54)		8:06.80		8:06.8	54.0%	13	11
M60-64	1	Barry Papermaster	Dallas	(62)		6:33.93	✓	6:33.9	71.5%	7	6
	2	Julio Lopez	Farmers Branch	(60)		6:44.92		6:44.9	68.3%	8	7
	3	Ruben Reyes	Carrollton	(60)		8:41.23		8:41.2	53.1%	15	13
	4	Michael Johnson	Coppell	(63)		10:12.43		10:12.4	46.4%	21	16
	5	Mike Catt	The Colony	(62)		10:58.00		10:58.0	42.8%	23	17
M65-69	1	Robert Benson	Dallas	(66)		7:35.49		7:35.5	64.1%	10	8
	2	Scott McKissick	Irving	(67)		8:04.12		8:04.1	60.9%	12	10
M75-79	1	Wally Capps	Farmers Branch	(75)		7:59.40		7:59.4	68.2%	11	9

1M FEMALE

		8 FEMALE Runners --- Average Time of 9:35					Avg. Age Grade: 52.4%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Jackie Griese	Dallas	(34)		5:35.97		5:36.0	75.8%	2	1
F01-09	1	Blake Bruser	Coppell	(7)		12:05.29		12:05.3	44.0%	25	7
F10-14	1	Mala Francis	Dallas	(13)		7:14.30	✓	7:14.3	62.5%	9	2
F20-24	1	Alexandra Sizemore	Dallas	(24)		9:15.77		9:15.8	45.3%	18	4
F35-39	1	Kelli Espinosa	Grapevine	(37)		9:23.44	✓	9:23.4	46.0%	20	5
F50-54	1	Yanira Lopez	Farmers Branch	(53)		8:46.71		8:46.7	59.0%	16	3
	2	JoAnn Talkington	Coppell	(53)		10:56.84		10:56.8	47.3%	22	6
	3	Jennifer Johnson	Coppell	(54)		13:18.20		13:18.2	39.5%	26	8

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6190 Alfonso Gonzalez Jr. (M36)	1	M35-39	OA	---				5:03.74	✓ 5	5:03.7	17.28	5:03.74	75.3%
2	6425 Jackie Griese (F34)	1	F30-34	OA	---				5:35.97	✗	5:36.0	19.10	5:35.97	75.8%
3	6001 Mauricio Castillion (M45)	2	M45-49	1st	---				5:36.43	✗	5:36.4	19.16	5:36.43	72.7%
4	7072 Ryan Loehding (M44)	3	M40-44	1st	---				5:45.94		5:45.9	19.67	5:45.94	70.2%
5	6436 Eric Thibo (M33)	4	M30-34	1st	---				5:49.00	✗	5:49.0	19.90	5:49.00	64.5%
6	7565 David Francis (M51)	5	M50-54	1st	---				6:32.31		6:32.3	22.35	6:32.31	65.4%
7	7554 Barry Papermaster (M62)	6	M60-64	1st	---				6:33.93	✓ 2	6:33.9	22.41	6:33.93	71.5%
8	7193 Julio Lopez (M60)	7	M60-64	2nd	---				6:44.92		6:44.9	23.04	6:44.92	68.3%
9	7564 Mala Francis (F13)	2	F10-14	1st	---				7:14.30	✓ 2	7:14.3	24.75	7:14.30	62.5%
10	7118 Robert Benson (M66)	8	M65-69	1st	---				7:35.49		7:35.5	25.94	7:35.49	64.1%
11	7916 Wally Capps (M75)	9	M75-79	1st	---				7:59.40		7:59.4	27.31	7:59.40	68.2%
12	7048 Scott McKissick (M67)	10	M65-69	2nd	---				8:04.12		8:04.1	27.60	8:04.12	60.9%
13	7261 John Kramer (M54)	11	M50-54	2nd	---				8:06.80		8:06.8	27.71	8:06.80	54.0%
14	7536 Oscar Espinosa (M10)	12	M10-14	1st	---				8:39.70	✗	8:39.7	29.59	8:39.70	52.4%
15	7283 Ruben Reyes (M60)	13	M60-64	3rd	---				8:41.23		8:41.2	29.71	8:41.23	53.1%
16	7198 Yanira Lopez (F53)	3	F50-54	1st	---				8:46.71		8:46.7	29.99	8:46.71	59.0%
17	6423 Curt Wilson (M22)	14	M20-24	1st	---				9:14.97	✗	9:15.0	31.59	9:14.97	40.1%
18	6422 Alexandra Sizemore (F24)	4	F20-24	1st	---				9:15.77	✗	9:15.8	31.65	9:15.77	45.3%
19	7535 Angelo Espinosa (M8)	15	M01-09	1st	---				9:22.70	✓ 1	9:22.7	32.04	9:22.70	52.2%
20	7537 Kelli Espinosa (F37)	5	F35-39	1st	---				9:23.44	✓ 1	9:23.4	32.10	9:23.44	46.0%
21	7252 Michael Johnson (M63)	16	M60-64	4th	---				10:12.43		10:12.4	34.90	10:12.43	46.4%
22	7531 JoAnn Talkington (F53)	6	F50-54	2nd	---				10:56.84	✗	10:56.8	37.40	10:56.84	47.3%
23	7154 Mike Catt (M62)	17	M60-64	5th	---				10:58.00		10:58.0	37.52	10:58.00	42.8%
24	7097 Nathan Bruser (M45)	18	M45-49	2nd	---				12:05.25		12:05.3	41.34	12:05.25	33.7%
25	7316 Blake Bruser (F7)	7	F01-09	1st	---				12:05.29		12:05.3	41.34	12:05.29	44.0%
26	7262 Jennifer Johnson (F54)	8	F50-54	3rd	---				13:18.20		13:18.2	45.50	13:18.20	39.5%
✓ 5 Club PR's						Average Finish Time: 08:26 7 First Timers				Average Age Grade: 56.7%				

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6013 Jose Gallegos (M17)	1	M15-19	OA	2.0	9:04	9:38	+34	18:41.82	✗	6:01.1	18.68	18:43.84	72.2%
2	6793 Jacob Shepherd (M15)	2	M15-19	1st	---	9:06	9:44	+39	18:50.00		6:03.7	18.83	18:50.00	73.9%
3	6438 Jayce Turner (M15)	3	M15-19	2nd	---	9:39	9:49	+9	19:28.09	✗	6:16.0	19.47	19:28.09	71.5%
4	6020 Keith Johnson (M55)	4	M55-59	MS	4.0	9:48	9:58	+10	19:45.71		6:21.6	19.75	19:49.67	77.8%
5	6006 Jesus Delgado (M15)	5	M15-19	3rd	2.6	9:43	10:46	+63	20:29.14	✗	6:35.6	20.48	20:31.74	68.0%
6	6370 Kyle McKinnon (M35)	6	M35-39	1st	1.6	9:52	10:44	+52	20:36.53	✓ 1	6:38.0	20.60	20:38.08	64.0%
7	7072 Ryan Loehding (M44)	7	M40-44	1st	0.8	10:10	11:04	+55	21:14.16	ℓ	6:50.1	21.23	21:15.01	66.3%
8	6018 Cameron Edwards (M24)	8	M20-24	1st	1.3	10:15	11:12	+57	21:27.78	✗	6:54.5	21.45	21:29.12	60.1%
9	6004 Hiram-abi Yotchoum (M15)	9	M15-19	4th	---	10:41	11:12	+32	21:53.28	✗	7:02.7	21.88	21:53.28	63.6%
10	6016 Alan Zuniga (M14)	10	M10-14	1st	4.1	10:46	11:03	+17	21:49.40	✗	7:01.5	21.82	21:53.46	65.0%
11	7299 David Lewis (M45)	11	M45-49	1st	3.6	10:51	11:23	+31	22:14.06		7:09.4	22.23	22:17.62	63.8%
12	6002 Fiona Green (F51)	1	F50-54	OA	---				22:20.47	✗	7:11.5	22.33	22:20.47	76.7%
13	7193 Julio Lopez (M60)	12	M60-64	SR	1.9	11:18	11:06	-12	22:24.30	ℓ	7:12.7	22.40	22:26.20	71.6%
14	6027 Maddie Hebert (F15)	2	F15-19	1st	6.8	11:11	11:20	+9	22:30.32	✗	7:14.6	22.50	22:37.09	68.9%
15	6014 Jacob Ozuna (M14)	13	M10-14	2nd	4.5	10:43	12:18	+95	23:01.08	✗	7:24.5	23.02	23:05.58	61.6%
16	6019 Darius Woods (M27)	14	M25-29	1st	1.6	11:11	12:32	+81	23:43.37	✗	7:38.1	23.72	23:44.99	54.4%
17	7593 Briana Carter (F23)	3	F20-24	1st	---	12:03	11:49	-14	23:51.50		7:40.8	23.85	23:51.50	62.0%
18	6999 Jonathon Barnett (M25)	15	M25-29	2nd	---	11:23	12:46	+83	24:08.09		7:46.1	24.13	24:08.09	53.4%
19	6012 Abby Lewis (F14)	4	F10-14	1st	5.0	11:58	12:06	+8	24:04.47		7:44.9	24.07	24:09.52	65.3%
20	6011 Carmen Guerrero (F14)	5	F10-14	2nd	5.9				24:05.11		7:45.1	24.08	24:11.01	65.2%

21	7554	Barry Papermaster (M62)	16	M60-64	1st	3.1	11:51	12:19	+28	24:10.55	ℓ	7:46.9	24.17	24:13.66	67.5%
22	7012	Doug Waters (M51)	17	M50-54	1st	10.8	12:07	11:56	-11	24:03.56		7:44.6	24.05	24:14.32	61.8%
23	7089	John Nance (M68)	18	M65-69	1st	0.3	12:08	12:25	+17	24:32.27		7:53.9	24.53	24:32.58	70.3%
24	7565	David Francis (M51)	19	M50-54	2nd	4.3	12:16	12:16	+0	24:31.56	ℓ	7:53.7	24.52	24:35.85	60.6%
25	7118	Robert Benson (M66)	20	M65-69	2nd	2.7	12:19	12:32	+13	24:51.18	ℓ	7:60.0	24.85	24:53.85	68.1%
26	6026	Ted Hebert (M16)	21	M15-19	5th	7.1	12:25	12:31	+6	24:56.48	×	8:01.7	24.93	25:03.57	54.9%
27	7275	Jeho Oh (M41)	22	M40-44	2nd	3.6	12:12	12:51	+38	25:03.23		8:03.8	25.05	25:06.81	54.9%
28	7591	Maurice Valderas (M26)	23	M25-29	3rd	2.4	11:59	13:21	+81	25:20.19	✓ 4	8:09.3	25.33	25:22.55	50.9%
29	6007	Jessica Jenkins (F15)	6	F15-19	2nd	5.7	12:01	13:17	+77	25:18.22	×	8:08.7	25.30	25:23.96	61.2%
30	7184	Manav Shah (M31)	24	M30-34	1st	6.3	12:21	13:02	+41	25:22.58		8:10.1	25.37	25:28.83	51.1%
31	7568	Joe Wales (M14)	25	M10-14	3rd	--	10:59	14:37	+217	25:35.68		8:14.3	25.58	25:35.68	55.4%
32	6364	Christopher Toolin (M30)	26	M30-34	2nd	3.7	12:34	13:03	+28	25:36.81	✓ 2	8:14.7	25.60	25:40.48	50.5%
33	6008	Sara Lindero (F15)	7	F15-19	3rd	5.5	12:19	13:31	+72	25:49.02	×	8:18.6	25.82	25:54.51	60.0%
34	7040	Kim Andres (F63)	8	F60-64	MS	2.6	12:36	13:19	+43	25:55.17		8:20.6	25.92	25:57.77	77.9%
35	7916	Wally Capps (M75)	27	M75-79	1st	3.4	12:58	13:12	+14	26:09.73	ℓ	8:25.2	26.15	26:13.10	72.4%
36	7008	David Mask (M64)	28	M60-64	2nd	15.8	12:53	13:17	+24	26:10.48		8:25.5	26.17	26:26.23	63.5%
37	6393	Sara Sasso (F29)	9	F25-29	1st	3.6	13:09	13:24	+15	26:33.65	×	8:32.9	26.55	26:37.22	55.7%
38	7197	Melissa Mejico (F18)	10	F15-19	4th	1.7	12:40	15:11	+152	27:50.86		8:57.8	27.83	27:52.58	53.7%
39	7339	Harold Girata (M39)	29	M35-39	3rd	5.9	14:12	14:19	+7	28:30.34		9:10.5	28.50	28:36.25	47.5%
40	6998	Zak Sakoglu (M37)	30	M35-39	2nd	162.2	13:41	12:57	-43	26:37.63		8:34.2	26.62	29:19.85	50.1%
41	6022	Ryan Pogue (M45)	31	M45-49	3rd	23.0	14:48	14:10	-37	28:57.92		9:19.4	28.95	29:20.87	48.9%
42	7564	Mala Francis (F13)	11	F10-14	3rd	4.3	14:30	15:02	+32	29:31.40	ℓ	9:30.2	29.52	29:35.70	54.1%
43	6021	Kathy Johnson (F55)	12	F55-59	SR	6.1	13:51	15:52	+121	29:42.12	×	9:33.6	29.70	29:48.24	60.8%
44	7048	Scott McKissick (M67)	32	M65-69	3rd	32.0	14:23	15:27	+64	29:49.89	ℓ	9:36.1	29.82	30:21.87	57.3%
45	7198	Yanira Lopez (F53)	13	F50-54	1st	9.8	14:54	15:19	+25	30:12.15	ℓ	9:43.3	30.20	30:22.00	58.2%
46	7020	Ronald Hamilton (M56)	33	M55-59	1st	17.4	15:51	14:51	-61	30:41.95		9:52.9	30.68	30:59.30	50.5%
47	7376	John Smith (M50)	34	M50-54	3rd	3.2	15:01	16:11	+70	31:12.13		10:02.6	31.20	31:15.38	47.3%
48	7283	Ruben Reyes (M60)	35	M60-64	3rd	11.1	15:01	16:08	+67	31:09.30	ℓ	10:01.7	31.15	31:20.38	51.5%
49	7044	Amie Goins (F44)	14	F40-44	1st	5.0	15:13	16:20	+66	31:32.79		10:09.2	31.53	31:37.74	50.1%
50	6031	Nate Thomas (M32)	36	M30-34	3rd	7.2				31:55.33	×	10:16.5	31.92	32:02.56	40.7%
51	7249	Supote Manodamrongsat (M4	37	M45-49	4th	26.8	15:57	15:59	+2	31:56.17		10:16.8	31.93	32:22.95	45.4%
52	6371	Stacy Jackson (F30)	15	F30-34	1st	7.7	15:27	16:51	+85	32:18.29	×	10:23.9	32.30	32:25.97	45.8%
53	7097	Nathan Bruser (M45)	38	M45-49	2nd	474.5	12:39	12:05	-34	24:44.24	ℓ	7:57.7	24.73	32:38.74	57.3%
54	7316	Blake Bruser (F-7)	0	FStrolle	1st	474.8	12:39	12:05	-34	24:43.99	ℓ 34	7:57.7	24.72	32:38.78	
55	6015	Heather Tabor (F39)	16	F35-39	1st	12.1	16:15	16:22	+7	32:36.89	×	10:29.9	32.60	32:48.98	46.7%
56	6992	Scymentress Williams (F45)	17	F45-49	1st	161.0	15:28	14:54	-34	30:21.88		9:46.4	30.35	33:02.93	52.6%
57	7449	Kumiko McCoy (F67)	18	F65-69	1st	11.2	17:01	18:12	+72	35:12.73	☑ 4	11:20.0	35.20	35:23.89	61.0%
58	7261	John Kramer (M54)	39	M50-54	4th	188.7	16:05	16:23	+18	32:27.58	ℓ	10:26.9	32.45	35:36.31	46.9%
59	7131	Charles Key (M84)	40	M80-99	1st	5.8	17:21	18:10	+49	35:30.76		11:25.8	35.50	35:36.58	66.2%
60	7196	Esmeralda Mejico (F48)	19	F45-49	2nd	10.2	17:17	19:44	+146	37:00.81		11:54.8	37.00	37:11.05	44.6%
61	7252	Michael Johnson (M63)	41	M60-64	4th	8.9	18:21	19:07	+46	37:27.62	ℓ	12:03.4	37.45	37:36.53	44.0%
62	7448	Nika Brunk (F35)	20	F35-39	2nd	11.6	18:06	21:08	+182	39:13.95		12:37.7	39.22	39:25.59	38.1%
63	7248	Rebecca Becht (F49)	21	F45-49	3rd	14.3	18:40	21:20	+160	40:00.44		12:52.6	40.00	40:14.70	41.8%
64	7185	Tina Clark (F47)	22	F45-49	4th	14.2	18:40	21:21	+160	40:00.84		12:52.8	40.00	40:15.06	40.8%
65	7154	Mike Catt (M62)	42	M60-64	5th	12.0	20:57	22:25	+88	43:21.37	ℓ	13:57.3	43.35	43:33.33	37.7%
66	7262	Jennifer Johnson (F54)	23	F50-54	2nd	10.5	21:42	22:34	+52	44:15.56	ℓ	14:14.7	44.25	44:26.02	40.2%
67	6023	Janice Esquivel (F44)	24	F40-44	2nd	15.4				44:33.75	×	14:20.6	44.55	44:49.14	35.5%
68	6408	Myra Williams (F32)	25	F30-34	2nd	10.2	21:09	24:38	+208	45:46.69	✓ 2	14:44.1	45.77	45:56.89	32.4%
69	6024	Alexia Esquivel (F8)	26	F01-09	1st	15.0	21:37	24:17	+160	45:53.65	×	14:46.3	45.88	46:08.64	39.5%
70	7148	Scott Ahlstrom (M68)	43	M65-69	4th	18.3	22:24	23:46	+82	46:09.63		14:51.5	46.15	46:27.93	37.4%

FN*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

7/31/2016

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

△ Negative Split

 DeltaViewTiming.com

71	7372	Elsa Gil (F44)	27	F40-44	3rd	20.3	22:40	23:34	+54	46:13.94	14:52.8	46.22	46:34.19	34.2%
72	6882	Julie Larson (F51)	28	F50-54	3rd	21.2	22:39	23:35	+56	46:13.73	14:52.8	46.22	46:34.90	37.1%
73	7531	JoAnn Talkington (F53)	29	F50-54	4th	7.4	25:35	22:01	-214	47:36.52	15:19.4	47.60	47:43.93	36.9%
74	7284	Shieryl Bryan (F32)	30	F30-34	4th	9.4				49:50.62	16:02.6	49.83	50:00.04	29.8%
75	6029	Mariebel Chatman (F24)	31	F20-24	2nd	9.9				49:52.11	16:03.1	49.87	50:01.98	29.7%
76	7217	Samantha Cabrera (F32)	32	F30-34	3rd	116.6				48:29.43	15:36.5	48.48	50:26.00	30.6%
77	7455	Rosemary Lewis (F61)	33	F60-64	1st	21.9	26:26	25:38	-48	52:04.54	16:45.7	52.07	52:26.44	37.7%
58 Positive Split 12 Negative Split ✓ 6 Club PR's										Average Finish Time: 30:22 <u>22 First Timers</u> Average Age Grade: 54.2%				

Sorted Age Grades

1M

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*	#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Jackie Griese	F34	5:35.97	75.8%	New	1	34	Kim Andres	F63	25:55.17	77.9%	
2	1	Alfonzo Gonzalez Jr.	M36	5:03.74	75.3%	Move UP	2	4	Keith Johnson	M55	19:45.71	77.8%	
3	3	Mauricio Castillion	M45	5:36.43	72.7%	New	3	12	Fiona Green	F51	22:20.47	76.7%	New
4	7	Barry Papermaster	M62	6:33.93	71.5%	Move UP	4	2	Jacob Shepherd	M15	18:50.00	73.9%	
5	4	Ryan Loehding	M44	5:45.94	70.2%		5	35	Wally Capps	M75	26:09.73	72.4%	
6	8	Julio Lopez	M60	6:44.92	68.3%		6	1	Jose Gallegos	M17	18:41.82	72.2%	New
7	11	Wally Capps	M75	7:59.40	68.2%		7	13	Julio Lopez	M60	22:24.30	71.6%	
8	6	David Francis	M51	6:32.31	65.4%		8	3	Jayce Turner	M15	19:28.09	71.5%	New
9	5	Eric Thibo	M33	5:49.00	64.5%		9	23	John Nance	M68	24:32.27	70.3%	
10	10	Robert Benson	M66	7:35.49	64.1%		10	14	Maddie Hebert	F15	22:30.32	68.9%	New
11	9	Mala Francis	F13	7:14.30	62.5%		11	25	Robert Benson	M66	24:51.18	68.1%	
12	12	Scott McKissick	M67	8:04.12	60.9%		12	5	Jesus Delgado	M15	20:29.14	68.0%	New
13	16	Yanira Lopez	F53	8:46.71	59.0%		13	21	Barry Papermaster	M62	24:10.55	67.5%	
14	13	John Kramer	M54	8:06.80	54.0%		14	7	Ryan Loehding	M44	21:14.16	66.3%	
15	15	Ruben Reyes	M60	8:41.23	53.1%		15	59	Charles Key	M84	35:30.76	66.2%	
16	14	Oscar Espinosa	M10	8:39.70	52.4%		16	19	Abby Lewis	F14	24:04.47	65.3%	
17	19	Angelo Espinosa	M8	9:22.70	52.2%		17	20	Carmen Guerrero	F14	24:05.11	65.2%	
							18	10	Alan Zuniga	M14	21:49.40	65.0%	New
							19	6	Kyle McKinnon	M35	20:36.53	64.0%	
							20	11	David Lewis	M45	22:14.06	63.8%	
							21	9	Huram-abi Yotchoum	M15	21:53.28	63.6%	
							22	36	David Mask	M64	26:10.48	63.5%	
							23	17	Briana Carter	F23	23:51.50	62.0%	
							24	22	Doug Waters	M51	24:03.56	61.8%	
							25	15	Jacob Ozuna	M14	23:01.08	61.6%	
							26	29	Jessica Jenkins	F15	25:18.22	61.2%	
							27	57	Kumiko McCoy	F67	35:12.73	61.0%	
							28	43	Kathy Johnson	F55	29:42.12	60.8%	
							29	24	David Francis	M51	24:31.56	60.6%	
							30	8	Cameron Edwards	M24	21:27.78	60.1%	
							31	33	Sara Lindero	F15	25:49.02	60.0%	
							32	45	Yanira Lopez	F53	30:12.15	58.2%	
							33	53	Nathan Bruser	M45	24:44.24	57.3%	
							34	44	Scott McKissick	M67	29:49.89	57.3%	
							35	37	Sara Sasso	F29	26:33.65	55.7%	
							36	31	Joe Wales	M14	25:35.68	55.4%	
							37	26	Ted Hebert	M16	24:56.48	54.9%	
							38	27	Jeho Oh	M41	25:03.23	54.9%	
							39	16	Darius Woods	M27	23:43.37	54.4%	
							40	42	Mala Francis	F13	29:31.40	54.1%	
							41	38	Melissa Mejico	F18	27:50.86	53.7%	
							42	18	Jonathon Barnett	M25	24:08.09	53.4%	
							43	56	Scymentress Williams	F45	30:21.88	52.6%	
							44	48	Ruben Reyes	M60	31:09.30	51.5%	
							45	30	Manav Shah	M31	25:22.58	51.1%	
							46	28	Maurice Valderas	M26	25:20.19	50.9%	
							47	32	Christopher Toolin	M30	25:36.81	50.5%	
							48	46	Ronald Hamilton	M56	30:41.95	50.5%	
							49	49	Amie Goins	F44	31:32.79	50.1%	
							50	40	Zak Sakoglu	M37	26:37.63	50.1%	

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