

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Isidro Flores	6:00.08	Ryan Loehding	20:41.75	Eric Davis	21:23.39	Julio Lopez	23:18.95
Kim Andres	7:39.60	Briana Carter	25:50.29	Kim Andres	26:49.28	Kumiko McCoy	35:57.04

5K MALE

		41 MALE Runners --- Average Time of 29:38				Avg. Age Grade: 52.1%			Place in			
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Ryan Loehding	Carrollton	(44)	10:06	+29	20:41.75		6:39.7	68.0%	1	1
MASTERS	1	Eric Davis	highland park	(48)	10:37	+9	21:23.39 M		6:53.1	67.9%	5	5
SENIORS	1	Julio Lopez	Farmers Branch	(60)	11:40	-2	23:18.95 M		7:30.3	68.8%	7	7
M01-09	1	Chris Williams	Dallas	(9)	11:21	+66	23:48.21 M		7:39.7	68.7%	9	9
M10-14	1	Marco Rios	Corinth	(14)	10:13	+30	20:56.10		6:44.3	67.8%	3	3
	2	Cooper James	Lewisville	(14)	13:47	+248	31:42.26		10:12.3	44.8%	37	30
	3	Jonan Key	Dallas	(12)	13:56	+639	38:30.31		12:23.6	38.6%	49	35
M15-19	1	David Dembicki	Dallas	(17)	10:13	+32	20:57.02		6:44.6	64.5%	2	2
	2	Colby James	Lewisville	(16)	10:21	+42	21:23.08		6:53.0	64.0%	4	4
M20-24	1	Trevor Ward	Dallas	(21)	26:40	-163	50:36.97		16:17.5	25.6%	61	41
M25-29	1	Jonathon Barnett	Arlington	(25)	11:26	+29	23:21.21		7:31.0	55.2%	6	6
	2	Eric Connelly	Carrollton	(27)	11:38	+59	24:14.58		7:48.2	53.2%	11	11
	3	Maurice Valderas	Dallas	(26)	12:32	+54	25:57.34		8:21.3	49.7%	17	16
	4	Derek Sims	Carrollton	(26)	12:43	+99	27:04.16		8:42.8	47.7%	21	20
M30-34	1	Manav Shah	Dallas	(31)	12:02	+58	25:01.14		8:03.2	51.8%	13	13
	2	Blake Bueltel	The Colony	(30)	12:23	+23	25:09.20 M		8:05.8	51.4%	14	14
	3	Isidro Flores	Dallas	(32)	13:06	-53	25:19.16 M		8:09.0	51.3%	15	15
	4	Christopher Toolin	Dallas	(30)	13:10	+68	27:28.88		8:50.7	47.1%	22	21
M35-39	1	Harold Girata	Irving	(39)	14:00	+71	29:11.69		9:23.8	46.4%	28	24
	2	Miguel Virella	Carrollton	(39)	26:34	-222	49:26.10		15:54.7	27.4%	59	40
M40-44	1	Jeho Oh	Mckinney	(41)			24:28.65		7:52.7	56.2%	12	12
M45-49	1	Ron Williamson	Flower Mound	(49)	10:59	+106	23:44.07		7:38.4	61.6%	8	8
	2	Nathan Bruser	Coppell	(45)	12:42	+22	25:45.42 M		8:17.4	55.0%	35	28
	3	Rich Weklar	Bartonville	(45)	13:59	+20	28:17.55		9:06.4	50.1%	25	22
	4	Jen Evangelista	Irving	(45)	15:23	+17	31:03.07		9:59.7	45.7%	36	29
	5	Supote Manodamrongsat	Flower Mound	(48)	16:10	+22	32:41.62		10:31.4	44.4%	39	31
	6	Ryan Schwanke	Dallas	(46)	16:28	+208	36:23.71		11:42.9	39.3%	43	33
M50-54	1	Phil Williams	Dallas	(53)	11:47	+34	24:08.49 M		7:46.2	62.6%	10	10
	2	Jeff Breese	Frisco	(51)	12:21	+86	26:07.63 M		8:24.6	56.9%	18	17
	3	Rob Windsor	Flower Mound	(52)	13:43	+71	28:37.15		9:12.7	52.4%	26	23
	4	Ken Robinson	Plano	(53)	15:17	-14	30:21.14		9:46.2	49.8%	32	27
	5	John Kramer	Plano	(54)	19:50	-68	38:32.22 M		12:24.2	39.5%	50	36
M55-59	1	David Short	Frisco	(55)	11:21	+189	25:50.10 M		8:18.9	59.5%	19	18
	2	Jaws Hansen	Dallas	(56)	13:06	+18	26:30.44 M		8:31.9	58.5%	20	19
M60-64	1	David Mask	Lewisville	(64)			27:39.52 M		8:54.1	60.1%	30	25
	2	Ruben Reyes	Carrollton	(60)	14:33	+76	30:20.87		9:46.1	52.8%	31	26
	3	Michael Johnson	Coppell	(63)	19:01	+114	39:56.11 M		12:51.2	41.2%	51	37

M60-64	4	Mike Catt	The Colony	(62)	20:21	+152	43:13.68	ℓ	13:54.8	37.8%	54	38
M65-69	1	Scott McKissick	Irving	(67)	15:20	+212	34:11.96	ℓ	11:00.5	50.0%	41	32
	2	Scott Ahlstrom	Carrollton	(67)	22:02	+52	44:56.90		14:28.0	38.0%	55	39
M80-99	1	Charles Key	Dallas	(84)	17:37	+81	36:34.42		11:46.3	64.3%	45	34

5K FEMALE

23 FEMALE Runners --- Average Time of

37:49

Avg. Age Grade: 45.1%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Briana Carter	Arlington	(23)	12:32	+47	25:50.29		8:19.0	57.3%	16	1
MASTERS	1 Kim Andres	Irving	(63)			26:49.28	ℓ	8:38.0	75.3%	23	2
SENIORS	1 Kumiko McCoy	Eules	(67)	16:44	+149	35:57.04	☑	11:34.3	59.7%	42	9
F01-09	1 Isabella Baeza	Lewisville	(9)	16:23	+239	36:45.14		11:49.8	47.7%	46	11
F10-14	1 Kayla Schwanke	Dallas	(11)			36:24.30		11:43.1	45.7%	44	10
F20-24	1 Ashley Arnold	Plano	(24)	21:58	+302	48:57.84		15:45.6	30.2%	58	18
	2 Jordan Larson	Carrollton	(23)	24:32	+65	50:08.24		16:08.3	29.5%	60	19
	3 Tytiana Jackson	Dallas	(21)	26:40	-162	50:37.52		16:17.7	29.2%	62	20
F25-29	1 Sarah Sasso	Rockwall	(25)	14:09	+29	28:47.83		9:16.1	51.4%	27	4
	2 Renee Michon	Carrollton	(28)	14:10	+310	33:29.45		10:46.8	44.2%	40	8
F30-34	1 Mayola Arellano	Dallas	(34)	19:53	+87	41:13.05	ℓ	13:16.0	36.2%	52	14
F35-39	1 Nika Brunk	Eules	(35)	16:37	+238	37:11.41		11:58.2	40.2%	48	13
	2 Lisa Klenert	Carrollton	(35)	24:28	+85	50:20.10		16:12.1	29.7%	64	22
F40-44	1 Jennifer Loehding	Carrollton	(43)	14:03	+151	30:37.12		9:51.3	51.2%	33	6
	2 Merari Baeza	The Colony	(41)	16:24	+242	36:49.53		11:51.2	41.9%	47	12
	3 Elsa Gil	Richardson	(44)	24:25	+84	50:14.98		16:10.4	31.5%	63	21
F45-49	1 Scymentress Williams	Arlington	(45)	14:04	+70	29:17.88		9:25.8	54.5%	29	5
	2 Jeannette Carlson-Wahle	Plano	(48)	20:45	+137	43:47.09		14:05.6	37.7%	56	16
F50-54	1 Kuay Sullivan	Coppell	(50)	14:02	-4	27:59.16	ℓ	9:00.5	60.5%	24	3
	2 Yanira Lopez	Farmers Branch	(53)	14:40	+141	31:41.66	ℓ	10:12.1	55.5%	38	7
	3 Julie Larson	Carrollton	(51)	22:46	+157	48:08.35		15:29.7	35.6%	57	17
F65-69	1 Carol Creech	Plano	(65)	20:53	+67	42:54.00		13:48.5	48.5%	53	15
FStroller	1 Blake Bruser	Coppell	(-7)	12:42	+22	25:45.50	ℓ	8:17.4		34	0

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

△ Positive Split
 ▽ Negative Split

Timing provided by:  DeltaViewTiming.com 6/26/2016

1M MALE

		16 MALE Runners --- Average Time of					9:09	Avg. Age Grade: 51.1%			Place in	
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Isidro Flores	Dallas	(32)			6:00.08		6:00.1	62.3%	1	1
M01-09	1	Chris Williams		(9)			7:07.36		7:07.4	66.0%	5	5
	2	Angelo Espinosa	Grapevine	(8)			9:25.15		9:25.2	52.0%	11	8
M30-34	1	Blake Bueltel	The Colony	(30)			10:24.72		10:24.7	35.7%	18	13
M45-49	1	Eric Davis	highland park	(48)			6:01.07		6:01.1	69.4%	2	2
	2	Nathan Bruser	Coppell	(45)			12:45.34		12:45.3	32.0%	20	15
M50-54	1	Phil Williams		(53)			7:04.93		7:04.9	61.4%	4	4
	2	Jeff Breese	Frisco	(51)			9:27.47		9:27.5	45.2%	12	9
	3	John Kramer	Plano	(54)			14:16.00		14:16.0	30.7%	22	16
M55-59	1	Jaws Hansen	Dallas	(56)			7:50.05		7:50.1	56.9%	7	6
	2	David Short	Frisco	(55)			9:28.08		9:28.1	46.7%	13	10
M60-64	1	Julio Lopez	Farmers Branch	(60)			7:03.89		7:03.9	65.3%	3	3
	2	David Mask	Lewisville	(64)			9:47.00		9:47.0	48.9%	15	11
	3	Mike Catt	The Colony	(62)			10:08.21		10:08.2	46.3%	17	12
	4	Michael Johnson	Coppell	(63)			10:35.33		10:35.3	44.7%	19	14
M65-69	1	Scott McKissick	Irving	(67)			8:57.39		8:57.4	54.9%	10	7

1M FEMALE

		8 FEMALE Runners --- Average Time of					13:09	Avg. Age Grade: 46.7%			Place in	
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Kim Andres	Irving	(63)			7:39.60		7:39.6	77.9%	6	1
F01-09	1	Blake Bruser	Coppell	(7)			12:45.65		12:45.7	41.7%	21	6
F30-34	1	Mayola Arellano	Dallas	(34)			9:58.16		9:58.2	42.6%	16	5
F35-39	1	Kelli Espinosa	Grapevine	(37)			9:28.57		9:28.6	45.6%	14	4
F50-54	1	Yanira Lopez	Farmers Branch	(53)			8:37.07		8:37.1	60.1%	8	2
	2	Kuay Sullivan	Coppell	(50)			8:44.37		8:44.4	57.0%	9	3
	3	Jennifer Johnson	Coppell	(53)			17:23.78		17:23.8	29.8%	23	7
F60-64	1	Mirtha Velsor		(61)			30:38.71		30:38.7	18.9%	24	8

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6387 Isidro Flores (M32)	1	M30-34	OA	---				6:00.08		6:00.1	20.53	6:00.08	62.3%
2	6959 Eric Davis (M48)	2	M45-49	1st	---				6:01.07	⊗	6:01.1	20.58	6:01.07	69.4%
3	7193 Julio Lopez (M60)	3	M60-64	1st	---				7:03.89		7:03.9	24.12	7:03.89	65.3%
4	6008 Phil Williams (M53)	4	M50-54	1st	---				7:04.93	⊗	7:04.9	24.18	7:04.93	61.4%
5	6007 Chris Williams (M9)	5	M01-09	1st	---				7:07.36	⊗	7:07.4	24.35	7:07.36	66.0%
6	7040 Kim Andres (F63)	1	F60-64	OA	---				7:39.60		7:39.6	26.17	7:39.60	77.9%
7	7060 Jaws Hansen (M56)	6	M55-59	1st	---				7:50.05		7:50.1	26.80	7:50.05	56.9%
8	7198 Yanira Lopez (F53)	2	F50-54	1st	---				8:37.07		8:37.1	29.48	8:37.07	60.1%
9	7265 Kuay Sullivan (F50)	3	F50-54	2nd	---				8:44.37		8:44.4	29.88	8:44.37	57.0%
10	7048 Scott McKissick (M67)	7	M65-69	1st	---				8:57.39		8:57.4	30.62	8:57.39	54.9%
11	7535 Angelo Espinosa (M8)	8	M01-09	2nd	---				9:25.15	⊗	9:25.2	32.22	9:25.15	52.0%
12	7216 Jeff Breese (M51)	9	M50-54	2nd	---				9:27.47		9:27.5	32.33	9:27.47	45.2%
13	7061 David Short (M55)	10	M55-59	2nd	---				9:28.08		9:28.1	32.39	9:28.08	46.7%
14	7537 Kelli Espinosa (F37)	4	F35-39	1st	---				9:28.57	⊗	9:28.6	32.39	9:28.57	45.6%
15	7008 David Mask (M64)	11	M60-64	2nd	---				9:47.00		9:47.0	33.47	9:47.00	48.9%
16	6388 Mayola Arellano (F34)	5	F30-34	1st	---				9:58.16	⊗	9:58.2	34.10	9:58.16	42.6%
17	7154 Mike Catt (M62)	12	M60-64	3rd	---				10:08.21		10:08.2	34.67	10:08.21	46.3%
18	7086 Blake Bueltel (M30)	13	M30-34	1st	---				10:24.72		10:24.7	35.58	10:24.72	35.7%
19	7252 Michael Johnson (M63)	14	M60-64	4th	---				10:35.33		10:35.3	36.21	10:35.33	44.7%
20	7097 Nathan Bruser (M45)	15	M45-49	2nd	---				12:45.34		12:45.3	43.62	12:45.34	32.0%
21	7316 Blake Bruser (F7)	6	F01-09	1st	---				12:45.65		12:45.7	43.62	12:45.65	41.7%
22	7261 John Kramer (M54)	16	M50-54	3rd	---				14:16.00		14:16.0	48.81	14:16.00	30.7%
23	7262 Jennifer Johnson (F53)	7	F50-54	3rd	---				17:23.78		17:23.8	59.47	17:23.78	29.8%
24	6012 Mirtha Velsor (F61)	8	F60-64	1st	---				30:38.71	⊗	30:38.7	104.80	30:38.71	18.9%

✓ No Club PR's

Average Finish Time: 10:29 7 First Timers

Average Age Grade: 49.7%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD	
1	7072 Ryan Loehding (M44)	1	M40-44	OA	1.6	10:06	10:35	+29	20:41.75		6:39.7	20.68	20:43.38	68.0%	
2	6330 David Dembicki (M17)	2	M15-19	1st	2.8	10:13	10:44	+32	20:57.02	⊗	6:44.6	20.95	20:59.83	64.5%	
3	6228 Marco Rios (M14)	3	M10-14	1st	3.8	10:13	10:43	+30	20:56.10	⊗	6:44.3	20.93	20:59.90	67.8%	
4	6979 Colby James (M16)	4	M15-19	2nd	2.8	10:21	11:02	+42	21:23.08	⊗	6:53.0	21.38	21:25.92	64.0%	
5	6959 Eric Davis (M48)	5	M45-49	MS	4.4	10:37	10:46	+9	21:23.39	ℓ	6:53.1	21.38	21:27.77	67.9%	
6	7590 Jonathon Barnett (M25)	6	M25-29	1st	---	11:26	11:55	+29	23:21.21		7:31.0	23.35	23:21.21	55.2%	
7	7193 Julio Lopez (M60)	7	M60-64	SR	4.4	11:40	11:39	-2	23:18.95	ℓ	7:30.3	23.30	23:23.36	68.8%	
8	6001 Ron Williamson (M49)	8	M45-49	1st	---	10:59	12:45	+106	23:44.07		7:38.4	23.73	23:44.07	61.6%	
9	6007 Chris Williams (M9)	9	M01-09	1st	---	11:21	12:27	+66	23:48.21	ℓ	⊗	7:39.7	23.80	23:48.21	68.7%
10	6008 Phil Williams (M53)	10	M50-54	1st	---	11:47	12:21	+34	24:08.49	ℓ	⊗	7:46.2	24.13	24:08.49	62.6%
11	6014 Eric Connelly (M27)	11	M25-29	2nd	6.4	11:38	12:37	+59	24:14.58		7:48.2	24.23	24:21.01	53.2%	
12	7275 Jeho Oh (M41)	12	M40-44	1st	4.2				24:28.65		7:52.7	24.47	24:32.85	56.2%	
13	7184 Manav Shah (M31)	13	M30-34	1st	4.8	12:02	12:59	+58	25:01.14		8:03.2	25.02	25:05.92	51.8%	
14	7086 Blake Bueltel (M30)	14	M30-34	2nd	5.9	12:23	12:46	+23	25:09.20	ℓ	8:05.8	25.15	25:15.13	51.4%	
15	6387 Isidro Flores (M32)	15	M30-34	3rd	4.8	13:06	12:13	-53	25:19.16	ℓ	8:09.0	25.32	25:23.91	51.3%	
16	7593 Briana Carter (F23)	1	F20-24	OA	3.1	12:32	13:18	+47	25:50.29		8:19.0	25.83	25:53.42	57.3%	
17	7591 Maurice Valderas (M26)	16	M25-29	3rd	3.4	12:32	13:25	+54	25:57.34		8:21.3	25.95	26:00.76	49.7%	
18	7216 Jeff Breese (M51)	17	M50-54	2nd	9.3	12:21	13:47	+86	26:07.63	ℓ	8:24.6	26.12	26:16.95	56.9%	
19	7061 David Short (M55)	18	M55-59	1st	27.0	11:21	14:29	+189	25:50.10	ℓ	8:18.9	25.83	26:17.07	59.5%	
20	7060 Jaws Hansen (M56)	19	M55-59	2nd	5.3	13:06	13:24	+18	26:30.44	ℓ	8:31.9	26.50	26:35.70	58.5%	
21	7090 Derek Sims (M26)	20	M25-29	4th	3.9	12:43	14:21	+99	27:04.16		8:42.8	27.07	27:08.03	47.7%	
22	6364 Christopher Toolin (M30)	21	M30-34	4th	5.4	13:10	14:19	+68	27:28.88		8:50.7	27.47	27:34.25	47.1%	

FN*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

6/26/2016

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

△ Negative Split

 DeltaViewTiming.com

23	7040	Kim Andres (F63)	2	F60-64	MS	71.7						26:49.28	ℓ	8:38.0	26.82	28:01.00	75.3%
24	7265	Kuay Sullivan (F50)	3	F50-54	1st	9.8	14:02	13:58	-4	27:59.16	ℓ			9:00.5	27.98	28:09.00	60.5%
25	6004	Rich Weklar (M45)	22	M45-49	3rd	14.8	13:59	14:19	+20	28:17.55		×		9:06.4	28.28	28:32.37	50.1%
26	7451	Rob Windsor (M52)	23	M50-54	3rd	8.5	13:43	14:54	+71	28:37.15				9:12.7	28.62	28:45.60	52.4%
27	6370	Sarah Sasso (F25)	4	F25-29	1st	5.5	14:09	14:39	+29	28:47.83		×		9:16.1	28.78	28:53.33	51.4%
28	7339	Harold Girata (M39)	24	M35-39	1st	7.5	14:00	15:11	+71	29:11.69				9:23.8	29.18	29:19.18	46.4%
29	7769	Scymentress Williams (F45)	5	F45-49	1st	14.1	14:04	15:14	+70	29:17.88				9:25.8	29.28	29:31.96	54.5%
30	7008	David Mask (M64)	25	M60-64	1st	125.5				27:39.52	ℓ			8:54.1	27.65	29:45.00	60.1%
31	7283	Ruben Reyes (M60)	26	M60-64	2nd	8.1	14:33	15:48	+76	30:20.87				9:46.1	30.33	30:28.99	52.8%
32	7077	Ken Robinson (M53)	27	M50-54	4th	9.6	15:17	15:04	-14	30:21.14				9:46.2	30.35	30:30.69	49.8%
33	7472	Jennifer Loehding (F43)	6	F40-44	1st	9.5	14:03	16:34	+151	30:37.12				9:51.3	30.62	30:46.59	51.2%
34	7316	Blake Bruser (F-7)	0	FStrolle	1st	301.9	12:42	13:04	+22	25:45.50	ℓ	33		8:17.4	25.75	30:47.43	
35	7097	Nathan Bruser (M45)	28	M45-49	2nd	302.2	12:42	13:04	+22	25:45.42	ℓ			8:17.4	25.75	30:47.61	55.0%
36	7343	Jen Evangelista (M45)	29	M45-49	4th	7.3	15:23	15:40	+17	31:03.07				9:59.7	31.05	31:10.36	45.7%
37	6003	Cooper James (M14)	30	M10-14	2nd	---	13:47	17:55	+248	31:42.26		×		10:12.3	31.70	31:42.28	44.8%
38	7198	Yanira Lopez (F53)	7	F50-54	2nd	14.1	14:40	17:02	+141	31:41.66	ℓ			10:12.1	31.68	31:55.74	55.5%
39	7249	Supote Manodamrongsat (M4	31	M45-49	5th	20.2	16:10	16:32	+22	32:41.62				10:31.4	32.68	33:01.86	44.4%
40	6015	Renee Michon (F28)	8	F25-29	2nd	6.4	14:10	19:20	+310	33:29.45				10:46.8	33.48	33:35.85	44.2%
41	7048	Scott McKissick (M67)	32	M65-69	1st	69.1	15:20	18:52	+212	34:11.96	ℓ			11:00.5	34.18	35:21.08	50.0%
42	7449	Kumiko McCoy (F67)	9	F65-69	SR	12.1	16:44	19:13	+149	35:57.04	☑	3		11:34.3	35.95	36:09.17	59.7%
43	6238	Ryan Schwanke (M46)	33	M45-49	6th	6.9	16:28	19:56	+208	36:23.71		×		11:42.9	36.38	36:30.61	39.3%
44	6239	Kayla Schwanke (F11)	10	F10-14	1st	6.8				36:24.30		×		11:43.1	36.40	36:31.12	45.7%
45	6991	Charles Key (M84)	34	M80-99	1st	---	17:37	18:58	+81	36:34.42				11:46.3	36.57	36:34.42	64.3%
46	6005	Isabella Baeza (F9)	11	F01-09	1st	10.4	16:23	20:22	+239	36:45.14				11:49.8	36.75	36:55.49	47.7%
47	7111	Merari Baeza (F41)	12	F40-44	2nd	10.3	16:24	20:26	+242	36:49.53				11:51.2	36.82	36:59.86	41.9%
48	7448	Nika Brunk (F35)	13	F35-39	1st	11.6	16:37	20:35	+238	37:11.41				11:58.2	37.18	37:23.00	40.2%
49	6002	Jonan Key (M12)	35	M10-14	3rd	---	13:56	24:35	+639	38:30.31		×		12:23.6	38.50	38:30.33	38.6%
50	7261	John Kramer (M54)	36	M50-54	5th	60.4	19:50	18:42	-68	38:32.22	ℓ			12:24.2	38.53	39:32.63	39.5%
51	7252	Michael Johnson (M63)	37	M60-64	3rd	15.7	19:01	20:55	+114	39:56.11	ℓ			12:51.2	39.93	40:11.81	41.2%
52	6388	Mayola Arellano (F34)	14	F30-34	1st	22.6	19:53	21:20	+87	41:13.05	ℓ			13:16.0	41.22	41:35.64	36.2%
53	7024	Carol Creech (F65)	15	F65-69	1st	8.6	20:53	22:01	+67	42:54.00				13:48.5	42.90	43:02.55	48.5%
54	7154	Mike Catt (M62)	38	M60-64	4th	12.9	20:21	22:53	+152	43:13.68	ℓ			13:54.8	43.22	43:26.58	37.8%
55	7148	Scott Ahlstrom (M67)	39	M65-69	2nd	14.0	22:02	22:55	+52	44:56.90				14:28.0	44.93	45:10.87	38.0%
56	6297	Jeannette Carlson-Wahle (F48	16	F45-49	2nd	127.2	20:45	23:02	+137	43:47.09		×		14:05.6	43.78	45:54.32	37.7%
57	6882	Julie Larson (F51)	17	F50-54	3rd	29.1	22:46	25:23	+157	48:08.35				15:29.7	48.13	48:37.48	35.6%
58	6118	Ashley Arnold (F24)	18	F20-24	1st	14.3	21:58	27:00	+302	48:57.84		×		15:45.6	48.95	49:12.11	30.2%
59	6013	Miguel Virella (M39)	40	M35-39	2nd	28.1	26:34	22:52	-222	49:26.10		×		15:54.7	49.43	49:54.21	27.4%
60	6216	Jordan Larson (F23)	19	F20-24	2nd	32.7	24:32	25:36	+65	50:08.24		×		16:08.3	50.13	50:40.91	29.5%
61	6010	Trevor Ward (M21)	41	M20-24	1st	5.5	26:40	23:57	-163	50:36.97		×		16:17.5	50.60	50:42.51	25.6%
62	6009	Tytiana Jackson (F21)	20	F20-24	3rd	5.4	26:40	23:58	-162	50:37.52		×		16:17.7	50.62	50:42.90	29.2%
63	7372	Elsa Gil (F44)	21	F40-44	3rd	31.3	24:25	25:50	+84	50:14.98				16:10.4	50.23	50:46.28	31.5%
64	6011	Lisa Klenert (F35)	22	F35-39	2nd	31.2	24:28	25:53	+85	50:20.10		×		16:12.1	50.33	50:51.33	29.7%

52 Positive Split

8 Negative Split

✓ 1 Club PR's

Average Finish Time: 32:34 18 First Timers

Average Age Grade: 49.7%

FN*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

6/26/2016

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

△ Negative Split



DeltaViewTiming.com

Sorted Age Grades

1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	6	Kim Andres	F63	7:39.60	77.9%	
2	2	Eric Davis	M48	6:01.07	69.4%	New
3	5	Chris Williams	M9	7:07.36	66.0%	New
4	3	Julio Lopez	M60	7:03.89	65.3%	
5	1	Isidro Flores	M32	6:00.08	62.3%	
6	4	Phil Williams	M53	7:04.93	61.4%	
7	8	Yanira Lopez	F53	8:37.07	60.1%	
8	9	Kuay Sullivan	F50	8:44.37	57.0%	
9	7	Jaws Hansen	M56	7:50.05	56.9%	
10	10	Scott McKissick	M67	8:57.39	54.9%	
11	11	Angelo Espinosa	M8	9:25.15	52.0%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	23	Kim Andres	F63	26:49.28	75.3%	
2	7	Julio Lopez	M60	23:18.95	68.8%	
3	9	Chris Williams	M9	23:48.21	68.7%	New
4	1	Ryan Loehding	M44	20:41.75	68.0%	
5	5	Eric Davis	M48	21:23.39	67.9%	
6	3	Marco Rios	M14	20:56.10	67.8%	New
7	2	David Dembicki	M17	20:57.02	64.5%	
8	45	Charles Key	M84	36:34.42	64.3%	
9	4	Colby James	M16	21:23.08	64.0%	
10	10	Phil Williams	M53	24:08.49	62.6%	
11	8	Ron Williamson	M49	23:44.07	61.6%	
12	24	Kuay Sullivan	F50	27:59.16	60.5%	
13	30	David Mask	M64	27:39.52	60.1%	
14	42	Kumiko McCoy	F67	35:57.04	59.7%	
15	19	David Short	M55	25:50.10	59.5%	
16	20	Jaws Hansen	M56	26:30.44	58.5%	
17	16	Briana Carter	F23	25:50.29	57.3%	
18	18	Jeff Breese	M51	26:07.63	56.9%	
19	12	Jeho Oh	M41	24:28.65	56.2%	
20	38	Yanira Lopez	F53	31:41.66	55.5%	
21	6	Jonathon Barnett	M25	23:21.21	55.2%	
22	35	Nathan Bruser	M45	25:45.42	55.0%	
23	29	Scymentress Williams	F45	29:17.88	54.5%	
24	11	Eric Connelly	M27	24:14.58	53.2%	
25	31	Ruben Reyes	M60	30:20.87	52.8%	
26	26	Rob Windsor	M52	28:37.15	52.4%	
27	13	Manav Shah	M31	25:01.14	51.8%	
28	14	Blake Bueltel	M30	25:09.20	51.4%	
29	27	Sarah Sasso	F25	28:47.83	51.4%	
30	15	Isidro Flores	M32	25:19.16	51.3%	
31	33	Jennifer Loehding	F43	30:37.12	51.2%	
32	25	Rich Weklar	M45	28:17.55	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