

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
David Lewis	6:28.98	Keith Johnson	20:14.85	David Lewis	22:15.93	Barry Papermaster	23:01.22
Kim Andres	7:44.10	Briana Carter	25:21.04	Kim Andres	26:23.03	Betsy Palmer	31:02.69

5K MALE

		19 MALE Runners --- Average Time of 27:12					Avg. Age Grade: 55.6%			Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Keith Johnson	Plano	(55)	10:09	-3	20:14.85		6:31.0	75.9%	1	1
MASTERS	1	David Lewis	Bedford	(45)	11:00	+17	22:15.93 μ		7:10.0	63.7%	3	3
SENIORS	1	Barry Papermaster	Dallas	(62)			23:01.22 μ		7:24.6	70.9%	5	5
M25-29	1	Jonathon Barnett	Arlington	(26)	11:25	-7	22:42.54		7:18.6	56.8%	4	4
	2	Maurice Valderas	Dallas	(26)	13:18	+60	27:37.05		8:53.4	46.7%	12	11
M35-39	1	Kyle McKinnon	Lewisville	(35)	10:09	+1	20:19.88	✓	6:32.6	64.8%	2	2
	2	Harold Girata	Irving	(39)	13:24	+0	26:47.69	✓	8:37.5	50.6%	11	10
M40-44	1	Luis Mares	Dallas	(41)	13:16	-46	25:46.87		8:17.9	53.3%	8	7
	2	Kim Aaltonen	Coppell	(43)	13:00	+13	26:12.94		8:26.3	53.3%	15	13
	3	Chris Goins	Garland	(44)	16:23	-2	32:43.65	✓	10:32.0	43.0%	21	16
M45-49	1	Nathan Bruser	Coppell	(45)			24:41.46 μ		7:56.8	57.4%	32	19
M50-54	1	Aloysius Mathenge	Little Elm	(52)			24:41.07		7:56.7	60.7%	6	6
	2	Doug Waters	Carrollton	(52)	13:12	+4	26:28.05		8:31.1	56.6%	10	9
	3	Tomas Bern	Allen	(52)	13:47	+52	28:25.06		9:08.8	52.7%	14	12
	4	John Kramer	Plano	(54)			31:22.42 μ		10:05.9	48.6%	22	17
M55-59	1	Ronald Hamilton	The Colony	(57)	16:20	-26	32:15.21		10:22.9	48.5%	20	15
M60-64	1	David Mask	Lewisville	(64)			26:05.04		8:23.7	63.7%	9	8
	2	Ruben Reyes	Carrollton	(60)	16:23	-34	32:13.21		10:22.2	49.8%	19	14
M65-69	1	Scott Ahlstrom	Carrollton	(68)			42:51.81		13:47.8	40.2%	29	18

5K FEMALE

		13 FEMALE Runners --- Average Time of 34:25					Avg. Age Grade: 49.8%			Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Briana Carter	Arlington	(23)	12:37	+7	25:21.04		8:09.6	58.4%	7	1
MASTERS	1	Kim Andres	Irving	(63)			26:23.03 μ		8:29.5	76.5%	13	2
SENIORS	1	Betsy Palmer	Carrollton	(55)	15:02	+59	31:02.69 μ ✓		9:59.5	58.1%	18	5
F25-29	1	Megan Denman	Frisco	(29)	17:38	+33	35:48.89		11:31.7	41.3%	24	7
F35-39	1	Nika Brunk	Euless	(35)	18:11	-41	35:40.72		11:29.0	41.9%	23	6
	2	Brandy Saleh		(36)			40:05.10 μ		12:54.1	37.4%	27	10
F40-44	1	Amie Goins	Garland	(44)	15:03	+48	30:54.89		9:57.0	51.2%	17	4
	2	Lisa Jo Garcia	Coppell	(41)	17:18	+111	36:27.77	✓	11:44.2	42.3%	25	8
F45-49	1	Rachel Meador	Coppell	(48)	18:37	+171	40:05.35 μ		12:54.2	41.2%	26	9
F50-54	1	Yanira Lopez	Farmers Branch	(53)			29:19.01 μ		9:26.2	60.0%	16	3
F60-64	1	Rosemary Lewis	Carrollton	(61)			50:28.28	✓	16:14.7	38.8%	30	12
F65-69	1	Carol Creech	Plano	(65)			41:04.02		13:13.1	50.7%	28	11
FStroller	1	Blake Bruser	Coppell	(-7)			24:41.10 μ		7:56.7		31	0

1M MALE

		6 MALE Runners --- Average Time of 8:18						Avg. Age Grade: 54.0%		Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	David Lewis	Bedford	(45)		6:28.98	✓	6:29.0	62.9%	1	1
M40-44	1	Dean Baranowski	Lewisville	(41)		11:47.52	✓	11:47.5	33.5%	12	6
M45-49	1	Nathan Bruser	Coppell	(45)		9:52.30		9:52.3	41.3%	8	5
M50-54	1	David Francis	Dallas	(51)		6:44.30		6:44.3	63.5%	2	2
	2	John Kramer	Plano	(54)		8:09.81		8:09.8	53.7%	5	4
M60-64	1	Barry Papermaster	Dallas	(62)		6:46.44		6:46.4	69.3%	3	3

1M FEMALE

		8 FEMALE Runners --- Average Time of 11:04						Avg. Age Grade: 49.5%		Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Kim Andres	Irving	(63)		7:44.10		7:44.1	77.2%	4	1
F01-09	1	Blake Bruser	Coppell	(7)		9:52.00	✓	9:52.0	53.9%	7	3
	2	Piper Baranowski	Lewisville	(9)		11:49.16		11:49.2	42.1%	13	7
F35-39	1	Brandy Saleh		(36)		10:48.42		10:48.4	39.7%	11	6
F45-49	1	Rachel Meador	Coppell	(48)		10:48.38		10:48.4	45.0%	10	5
F50-54	1	Yanira Lopez	Farmers Branch	(53)		8:39.08		8:39.1	59.9%	6	2
	2	Ruth Lengete		(50)		18:26.00		18:26.0	27.0%	14	8
F55-59	1	Betsy Palmer	Carrollton	(55)		10:27.32		10:27.3	50.9%	9	4

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7299 David Lewis (M45)	1	M45-49	OA	---				6:28.98	✓ 1	6:29.0	22.12	6:28.98	62.9%
2	7565 David Francis (M51)	2	M50-54	1st	---				6:44.30		6:44.3	23.04	6:44.30	63.5%
3	7554 Barry Papermaster (M62)	3	M60-64	1st	---				6:46.44		6:46.4	23.15	6:46.44	69.3%
4	7040 Kim Andres (F63)	1	F60-64	OA	---				7:44.10		7:44.1	26.46	7:44.10	77.2%
5	7261 John Kramer (M54)	4	M50-54	2nd	---				8:09.81		8:09.8	27.88	8:09.81	53.7%
6	7198 Yanira Lopez (F53)	2	F50-54	1st	---				8:39.08		8:39.1	29.59	8:39.08	59.9%
7	7316 Blake Bruser (F7)	3	F01-09	1st	---				9:52.00	✓ 16	9:52.0	33.76	9:52.00	53.9%
8	7097 Nathan Bruser (M45)	5	M45-49	1st	---				9:52.30		9:52.3	33.76	9:52.30	41.3%
9	7454 Betsy Palmer (F55)	4	F55-59	1st	---				10:27.32	✗	10:27.3	35.75	10:27.32	50.9%
10	7168 Rachel Meador (F48)	5	F45-49	1st	---				10:48.38		10:48.4	36.95	10:48.38	45.0%
11	6001 Brandy Saleh (F36)	6	F35-39	1st	---				10:48.42	✗	10:48.4	36.95	10:48.42	39.7%
12	6955 Dean Baranowski (M41)	6	M40-44	1st	---				11:47.52	✓ 1	11:47.5	40.31	11:47.52	33.5%
13	6002 Piper Baranowski (F9)	7	F01-09	2nd	---				11:49.16		11:49.2	40.43	11:49.16	42.1%
14	6003 Ruth Lengete (F50)	8	F50-54	2nd	---				18:26.00	✗	18:26.0	63.06	18:26.00	27.0%

✓ 3 Club PR's

Average Finish Time: 09:53 3 First Timers

Average Age Grade: 51.4%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6182 Keith Johnson (M55)	1	M55-59	OA	---	10:09	10:06	-3	20:14.85		6:31.0	20.23	20:14.85	75.9%
2	6370 Kyle McKinnon (M35)	2	M35-39	1st	0.2	10:09	10:11	+1	20:19.88	✓ 2	6:32.6	20.32	20:20.08	64.8%
3	7299 David Lewis (M45)	3	M45-49	MS	5.0	11:00	11:16	+17	22:15.93	ℓ	7:10.0	22.25	22:20.92	63.7%
4	7590 Jonathon Barnett (M26)	4	M25-29	1st	2.4	11:25	11:18	-7	22:42.54		7:18.6	22.70	22:44.95	56.8%
5	7554 Barry Papermaster (M62)	5	M60-64	SR	1.8				23:01.22	ℓ	7:24.6	23.02	23:03.00	70.9%
6	6464 Aloysius Mathenge (M52)	6	M50-54	1st	2.1				24:41.07		7:56.7	24.68	24:43.16	60.7%
7	7593 Briana Carter (F23)	1	F20-24	OA	---	12:37	12:44	+7	25:21.04		8:09.6	25.35	25:21.04	58.4%
8	7175 Luis Mares (M41)	7	M40-44	1st	15.3	13:16	12:30	-46	25:46.87		8:17.9	25.77	26:02.15	53.3%
9	7008 David Mask (M64)	8	M60-64	1st	6.6				26:05.04		8:23.7	26.08	26:11.64	63.7%
10	7012 Doug Waters (M52)	9	M50-54	2nd	8.3	13:12	13:16	+4	26:28.05		8:31.1	26.47	26:36.38	56.6%
11	7339 Harold Girata (M39)	10	M35-39	2nd	1.9	13:24	13:24	+0	26:47.69	✓ 9	8:37.5	26.78	26:49.59	50.6%
12	7591 Maurice Valderas (M26)	11	M25-29	2nd	3.4	13:18	14:19	+60	27:37.05		8:53.4	27.62	27:40.44	46.7%
13	7040 Kim Andres (F63)	2	F60-64	MS	89.3				26:23.03	ℓ	8:29.5	26.38	27:52.35	76.5%
14	7563 Tomas Bern (M52)	12	M50-54	3rd	1.3	13:47	14:38	+52	28:25.06		9:08.8	28.42	28:26.37	52.7%
15	7303 Kim Aaltonen (M43)	13	M40-44	2nd	147.8	13:00	13:13	+13	26:12.94		8:26.3	26.20	28:40.73	53.3%
16	7198 Yanira Lopez (F53)	3	F50-54	1st	9.8				29:19.01	ℓ	9:26.2	29.32	29:28.77	60.0%
17	7044 Amie Goins (F44)	4	F40-44	1st	6.9	15:03	15:52	+48	30:54.89		9:57.0	30.90	31:01.77	51.2%
18	7454 Betsy Palmer (F55)	5	F55-59	SR	16.0	15:02	16:01	+59	31:02.69	ℓ ✓ 1	9:59.5	31.03	31:18.65	58.1%
19	7283 Ruben Reyes (M60)	14	M60-64	2nd	2.1	16:23	15:50	-34	32:13.21		10:22.2	32.22	32:15.27	49.8%
20	7020 Ronald Hamilton (M57)	15	M55-59	1st	12.3	16:20	15:55	-26	32:15.21		10:22.9	32.25	32:27.50	48.5%
21	7050 Chris Goins (M44)	16	M40-44	3rd	7.2	16:23	16:21	-2	32:43.65	✓ 2	10:32.0	32.72	32:50.80	43.0%
22	7261 John Kramer (M54)	17	M50-54	4th	258.0				31:22.42	ℓ	10:05.9	31.37	35:40.39	48.6%
23	7448 Nika Brunk (F35)	6	F35-39	1st	14.6	18:11	17:30	-41	35:40.72		11:29.0	35.67	35:55.34	41.9%
24	6212 Megan Denman (F29)	7	F25-29	1st	10.8	17:38	18:11	+33	35:48.89		11:31.7	35.80	35:59.66	41.3%
25	7575 Lisa Jo Garcia (F41)	8	F40-44	2nd	5.3	17:18	19:09	+111	36:27.77	✓ 4	11:44.2	36.45	36:33.10	42.3%
26	7168 Rachel Meador (F48)	9	F45-49	1st	8.7	18:37	21:28	+171	40:05.35	ℓ	12:54.2	40.08	40:14.02	41.2%
27	6001 Brandy Saleh (F36)	10	F35-39	2nd	9.2				40:05.10	ℓ	✗ 12:54.1	40.08	40:14.32	37.4%
28	7024 Carol Creech (F65)	11	F65-69	1st	3.7				41:04.02		13:13.1	41.07	41:07.68	50.7%
29	7148 Scott Ahlstrom (M68)	18	M65-69	1st	6.8				42:51.81		13:47.8	42.85	42:58.65	40.2%
30	7455 Rosemary Lewis (F61)	12	F60-64	1st	19.2				50:28.28	✓ 9	16:14.7	50.47	50:47.51	38.8%
31	7316 Blake Bruser (F-7)	0	FStrolle	1st	1679.0				24:41.10	ℓ	✗ 7:56.7	24.68	52:40.09	
32	7097 Nathan Bruser (M45)	19	M45-49	1st	1678.8				24:41.46	ℓ	7:56.8	24.68	52:40.28	57.4%

FN*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

9/26/2016

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

△ Negative Split

 DeltaViewTiming.com

12 Positive Split

8 Negative Split

✓ 6 Club PR's

Average Finish Time: 30:07 1 First Timers

Average Age Grade: 53.4%

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:  **DeltaViewTiming.com** 9/26/2016

Sorted Age Grades

1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	4	Kim Andres	F63	7:44.10	77.2%	
2	3	Barry Papermaster	M62	6:46.44	69.3%	
3	2	David Francis	M51	6:44.30	63.5%	
4	1	David Lewis	M45	6:28.98	62.9%	
5	6	Yanira Lopez	F53	8:39.08	59.9%	
6	7	Blake Bruser	F7	9:52.00	53.9%	
7	5	John Kramer	M54	8:09.81	53.7%	
8	9	Betsy Palmer	F55	10:27.32	50.9%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	13	Kim Andres	F63	26:23.03	76.5%	
2	1	Keith Johnson	M55	20:14.85	75.9%	
3	5	Barry Papermaster	M62	23:01.22	70.9%	
4	2	Kyle McKinnon	M35	20:19.88	64.8%	
5	9	David Mask	M64	26:05.04	63.7%	
6	3	David Lewis	M45	22:15.93	63.7%	
7	6	Aloysius Mathenge	M52	24:41.07	60.7%	
8	16	Yanira Lopez	F53	29:19.01	60.0%	
9	7	Briana Carter	F23	25:21.04	58.4%	
10	18	Betsy Palmer	F55	31:02.69	58.1%	
11	32	Nathan Bruser	M45	24:41.46	57.4%	
12	4	Jonathon Barnett	M26	22:42.54	56.8%	
13	10	Doug Waters	M52	26:28.05	56.6%	
14	8	Luis Mares	M41	25:46.87	53.3%	
15	15	Kim Aaltonen	M43	26:12.94	53.3%	
16	14	Tomas Bern	M52	28:25.06	52.7%	
17	17	Amie Goins	F44	30:54.89	51.2%	
18	28	Carol Creech	F65	41:04.02	50.7%	
19	11	Harold Girata	M39	26:47.69	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