

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Vijayan Nair	6:01.02	Cole Atchison	18:10.86	Vijayan Nair	21:02.29	John Cosentino	22:36.91
Blake Bruser	8:15.20	Paige Loehding	23:23.87	Sandra Stierman	24:05.39	Kim Andres	28:02.52

5K MALE

40 MALE Runners --- Average Time of **28:17**

Avg. Age Grade: **55.0%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Cole Atchison	Lewisville	(23)	9:04	+2	18:10.86		5:51.1	71.0%	1	1
MASTERS	1 Vijayan Nair	Plano	(54)	10:28	+6	21:02.29	ML	6:46.3	72.4%	5	5
SENIORS	1 John Cosentino	Plano	(55)	11:15	+8	22:36.91	✓	7:16.7	67.9%	7	7
M01-09	1 Charlie Meyer	Coppell	(9)	12:36	+80	26:32.84		8:32.7	61.6%	21	17
	2 David Toth	Coppell	(7)	15:26	-20	30:31.82	✓	9:49.6	58.3%	37	26
	3 Johnny Meyer	Coppell	(8)	15:24	-15	30:32.73		9:49.9	55.7%	38	27
M10-14	1 Julian Evangelista	Irving	(13)	16:04	-67	31:02.02		9:59.3	46.7%	43	30
	2 Alex Reyes	Dallas	(13)	15:43	-23	31:03.34		9:59.8	46.7%	41	28
	3 William Poole	Carrollton	(12)	17:08	+18	34:34.81	✓	11:07.8	43.0%	49	34
	4 Wesley Poole	Carrollton	(10)	17:17	+76	35:49.87	✓	11:32.0	44.1%	52	36
M25-29	1 Aaron Carter	The Colony	(28)	10:19	+9	20:47.28		6:41.5	62.1%	3	3
	2 Bemnet Alemayehu	Tyler	(29)	9:51	+76	20:58.58		6:45.1	61.6%	4	4
	3 Derek Sims	Carrollton	(27)	12:25	+85	26:15.49		8:27.1	49.1%	20	16
	4 Brian Turner	N Richland Hills	(29)	15:06	+81	31:33.21	✓	10:09.4	40.9%	45	32
M30-34	1 Sergio Arias	N Richland Hills	(33)	9:18	+6	18:41.56		6:01.0	69.8%	2	2
	2 Manav Shah	Dallas	(32)	11:26	+57	23:49.41		7:40.1	54.6%	12	11
M35-39	1 Evan Chan	Irving	(35)	13:13	-49	25:37.12		8:14.8	51.4%	16	14
	2 Gabor Toth	Coppell	(36)	15:25	-23	30:26.90		9:48.0	43.5%	36	25
	3 Miguel Camacho	N Richland Hills	(35)	16:34	+154	35:42.48		11:29.6	36.9%	54	37
	4 Tim Christensen	Corpus Christi, TX	(38)	24:12	+6	48:30.79	ML	15:36.9	27.7%	62	40
M40-44	1 Damain Reyes	Dallas	(40)	10:56	+37	22:29.12		7:14.2	60.7%	6	6
M45-49	1 Ryan Pogue	Carrollton	(46)	13:43	-47	26:39.59		8:34.9	53.6%	23	18
	2 Russ Johnson	Dallas	(48)	14:23	-64	27:41.36		8:54.7	52.4%	28	22
	3 Ryan Loehding	Carrollton	(45)	12:00	+264	28:25.26	ML	9:08.9	49.9%	30	23
	4 Jen Evangelista	Irving	(46)	16:05	-77	30:52.83		9:56.4	46.3%	42	29
	5 Supote Manodamrongsat	Flower Mound	(49)	16:32	+41	33:44.84		10:51.7	43.4%	48	33
M50-54	1 Steve Russo	Plano	(53)	11:15	+16	22:46.84		7:19.9	66.3%	8	8
	2 Doug Waters	Carrollton	(52)	11:32	+22	23:26.50		7:32.7	63.9%	11	10
	3 M Maimonides	Kansas City, Mo	(54)	13:30	-19	26:40.07	ML	8:35.0	57.1%	24	19
M55-59	1 David Short	Frisco	(56)	11:49	-26	23:12.14	ML	7:28.1	66.8%	13	12
	2 David Debes	Carrollton	(58)	12:52	+5	25:48.75		8:18.5	61.1%	18	15
	3 Clay Timmons	Carrollton	(55)	14:11	-4	28:18.85		9:06.8	54.3%	32	24
	4 John Kramer	Plano	(55)	17:32	-24	34:40.27	ML	11:09.6	44.3%	56	38
M60-64	1 Julio Lopez	Farmers Branch	(61)	11:28	+34	23:28.93	ML	7:33.5	68.9%	10	9
	2 Ruben Reyes	Carrollton	(61)	15:57	-46	31:07.59	ML	10:01.1	52.0%	44	31
M65-69	1 John Nance	Rowlett	(69)	12:14	+24	24:51.11		7:59.9	70.1%	15	13
	2 David Mask	Lewisville	(65)	13:52	-20	27:23.90		8:49.1	61.2%	27	21

FN*: Broke Age-Group Record

GD Place among Females

Positive Split

Timing provided by:

8/28/2017

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

Negative Split

DeltaViewTiming.com

M65-69	3	Scott Ahlstrom	Carrollton	(69)	21:36	+1	43:13.56	13:54.8	40.3%	58	39
M70-74	1	Bill Shirley	Dallas	(74)	16:56	+53	34:45.97 M	11:11.4	53.6%	50	35
M75-79	1	Wally Capps	Farmers Branch	(76)	13:41	+14	27:35.36 M	8:52.8	69.9%	26	20

5K FEMALE

24 FEMALE Runners --- Average Time of **33:48**

Avg. Age Grade: **52.0%**

		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1	Paige Loehding	Carrollton	(16)	11:57	-31	23:23.87		7:31.9	65.4%	9	1
MASTERS	1	Sandra Stierman	Grand Prairie	(50)	11:42	+41	24:05.39		7:45.2	70.2%	14	2
SENIORS	1	Kim Andres	Irving	(64)	13:29	+65	28:02.52		9:01.6	73.1%	29	7
F01-09	1	Samantha Poole	Carrollton	(9)	17:18	+78	35:54.08	✓	11:33.3	48.9%	53	17
F10-14	1	Cristie Reyes	Dallas	(14)	23:59	+70	49:07.57		15:48.7	32.0%	64	24
F15-19	1	Jenna Brannon	allen	(16)	19:14	+309	43:37.39		14:02.5	35.1%	59	20
F20-24	1	Kendall Brannon	allen	(20)	18:56	+345	43:37.50		14:02.5	33.9%	60	21
F25-29	1	Samantha Clark	Carrollton	(28)	12:08	+89	25:43.91		8:16.9	57.5%	19	4
	2	Valerie Marquez	Carrollton	(28)	13:07	+13	26:27.70		8:31.0	55.9%	22	5
	3	Lindsay Aragon	Highland Village	(29)	14:42	-41	28:43.07		9:14.6	51.5%	33	9
F30-34	1	Alissa Mayhaus	Carrollton	(30)	15:32	-14	30:50.15		9:55.5	48.0%	39	12
	2	Rebecca Turner	North Richland Hills	(32)	15:52	+49	32:32.66	✓	10:28.5	45.6%	46	14
F40-44	1	Sarah Meyer	Coppell	(40)	12:27	+49	25:44.34		8:17.1	59.6%	17	3
	2	Jennifer Loehding	Carrollton	(44)	14:31	-42	28:20.04		9:07.2	55.8%	31	8
	3	Barbara Gibson	Carrollton	(44)	23:36	+82	48:33.99 M		15:37.9	32.6%	63	23
F45-49	1	Rosalyn Poole	Carrollton	(47)	17:07	+81	35:35.18	✓	11:27.2	45.8%	51	16
F50-54	1	Elizabeth Trimble	Argyle	(50)	13:52	-32	27:12.43	✓	8:45.4	62.2%	25	6
	2	Yanira Lopez	Farmers Branch	(54)	14:57	+9	30:03.69 M		9:40.6	59.2%	34	10
	3	Kuay Sullivan	Coppell	(51)	15:32	-13	30:50.72 M		9:55.7	55.5%	40	13
	4	Ghislaine Christensen	Corpus Christi, TX	(52)	23:37	+63	48:17.25		15:32.5	35.9%	61	22
F55-59	1	Betsy Palmer	Carrollton	(56)	16:30	-1	32:58.58		10:36.8	55.5%	47	15
	2	Brenda Lawson	Flower Mound	(57)	18:57	+89	39:22.92		12:40.6	47.1%	55	18
F65-69	1	Kumiko McCoy	Eules	(68)	14:50	+45	30:25.28		9:47.5	71.7%	35	11
	2	Carol Creech	Plano	(66)	20:37	+34	41:47.39		13:27.1	50.6%	57	19

1M MALE

		16 MALE Runners --- Average Time of					9:03	Avg. Age Grade: 54.4%			Place in	
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Vijayan Nair	Plano	(54)			6:01.02	✓	6:01.0	72.8%	1	1
M01-09	1	Maxwell Griffin	Flower Mound	(6)			14:36.41		14:36.4	36.8%	20	16
M10-14	1	Noah Christensen	Corpus Christi, TX	(13)			11:00.10		11:00.1	37.9%	17	13
	2	Brandon Gibson	Carrollton	(11)			12:48.63		12:48.6	34.3%	18	14
M35-39	1	Tim Christensen	Corpus Christi, TX	(38)			12:49.24		12:49.2	30.2%	19	15
M45-49	1	Ryan Loehding	Carrollton	(45)			6:39.60		6:39.6	61.2%	2	2
	2	Nathan Bruser	Coppell	(46)			8:13.49		8:13.5	50.0%	7	7
M50-54	1	M Maimonides	Kansas City, Mo	(54)			6:52.29	✓	6:52.3	63.8%	3	3
M55-59	1	David Short	Frisco	(56)			6:55.84		6:55.8	64.3%	4	4
	2	John Kramer	Plano	(55)			8:45.76		8:45.8	50.4%	14	11
M60-64	1	Barry Papermaster	Dallas	(63)			6:59.57		6:59.6	67.7%	5	5
	2	Julio Lopez	Farmers Branch	(61)			7:00.70		7:00.7	66.4%	6	6
	3	Ruben Reyes	Carrollton	(61)			8:29.00		8:29.0	54.9%	11	9
M70-74	1	Bill Shirley	Dallas	(74)			8:21.94		8:21.9	64.1%	9	8
	2	Jack Manning	Dallas	(74)			10:32.29		10:32.3	50.9%	15	12
M75-79	1	Wally Capps	Farmers Branch	(76)			8:36.18		8:36.2	64.5%	12	10

1M FEMALE

		5 FEMALE Runners --- Average Time of					10:11	Avg. Age Grade: 51.5%			Place in	
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Blake Bruser	Coppell	(8)			8:15.20		8:15.2	62.2%	8	1
F40-44	1	Barbara Gibson	Carrollton	(44)			10:56.83		10:56.8	42.3%	16	4
F45-49	1	Elizabeth Griffin	Flower Mound	(46)			14:38.03		14:38.0	32.4%	21	5
F50-54	1	Yanira Lopez	Farmers Branch	(54)			8:23.35		8:23.4	62.6%	10	2
	2	Kuay Sullivan	Coppell	(51)			8:43.19		8:43.2	57.9%	13	3

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	6771 Vijayan Nair (M54)	1	M50-54	OA	---				6:01.02	✓ 1	6:01.0	20.58	6:01.02	72.8%
2	7072 Ryan Loehding (M45)	2	M45-49	1st	---				6:39.60		6:39.6	22.75	6:39.60	61.2%
3	6557 M Maimonides (M54)	3	M50-54	1st	---				6:52.29	✓ 4	6:52.3	23.49	6:52.29	63.8%
4	7061 David Short (M56)	4	M55-59	1st	---				6:55.84		6:55.8	23.66	6:55.84	64.3%
5	6999 Barry Papermaster (M63)	5	M60-64	1st	---				6:59.57		6:59.6	23.89	6:59.57	67.7%
6	7193 Julio Lopez (M61)	6	M60-64	2nd	---				7:00.70		7:00.7	23.95	7:00.70	66.4%
7	7097 Nathan Bruser (M46)	7	M45-49	2nd	---				8:13.49		8:13.5	28.11	8:13.49	50.0%
8	7316 Blake Bruser (F8)	1	F01-09	OA	---				8:15.20		8:15.2	28.22	8:15.20	62.2%
9	7043 Bill Shirley (M74)	8	M70-74	1st	---				8:21.94		8:21.9	28.57	8:21.94	64.1%
10	7198 Yanira Lopez (F54)	2	F50-54	1st	---				8:23.35		8:23.4	28.68	8:23.35	62.6%
11	7283 Ruben Reyes (M61)	9	M60-64	3rd	---				8:29.00		8:29.0	29.02	8:29.00	54.9%
12	7916 Wally Capps (M76)	10	M75-79	1st	---				8:36.18		8:36.2	29.42	8:36.18	64.5%
13	7265 Kuay Sullivan (F51)	3	F50-54	2nd	---				8:43.19		8:43.2	29.82	8:43.19	57.9%
14	7261 John Kramer (M55)	11	M55-59	2nd	---				8:45.76		8:45.8	29.93	8:45.76	50.4%
15	7143 Jack Manning (M74)	12	M70-74	2nd	---				10:32.29		10:32.3	36.04	10:32.29	50.9%
16	6791 Barbara Gibson (F44)	4	F40-44	1st	---				10:56.83	✗	10:56.8	37.40	10:56.83	42.3%
17	6778 Noah Christensen (M13)	13	M10-14	1st	---				11:00.10	✗	11:00.1	37.63	11:00.10	37.9%
18	6777 Brandon Gibson (M11)	14	M10-14	2nd	---				12:48.63	✗	12:48.6	43.79	12:48.63	34.3%
19	6780 Tim Christensen (M38)	15	M35-39	1st	---				12:49.24	✗	12:49.2	43.85	12:49.24	30.2%
20	6793 Maxwell Griffin (M6)	16	M01-09	1st	910.1				14:36.41	✗	14:36.4	49.95	29:46.46	36.8%
21	6705 Elizabeth Griffin (F46)	5	F45-49	1st	910.3				14:38.03	✗	14:38.0	50.06	29:48.30	32.4%
✓ 2 Club PR's						Average Finish Time: 09:19 6 First Timers				Average Age Grade: 53.7%				

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7293 Cole Atchison (M23)	1	M20-24	OA	0.2	9:04	9:06	+2	18:10.86		5:51.1	18.17	18:11.04	71.0%
2	6005 Sergio Arias (M33)	2	M30-34	1st	0.3	9:18	9:24	+6	18:41.56	✗	6:01.0	18.68	18:41.87	69.8%
3	6006 Aaron Carter (M28)	3	M25-29	1st	---	10:19	10:28	+9	20:47.28	✗	6:41.5	20.78	20:47.28	62.1%
4	6786 Bemnet Alemayehu (M29)	4	M25-29	2nd	0.2	9:51	11:07	+76	20:58.58	✗	6:45.1	20.97	20:58.80	61.6%
5	6771 Vijayan Nair (M54)	5	M50-54	MS	0.4	10:28	10:34	+6	21:02.29	ℓ	6:46.3	21.03	21:02.65	72.4%
6	6001 Damain Reyes (M40)	6	M40-44	1st	0.3	10:56	11:33	+37	22:29.12	✗	7:14.2	22.48	22:29.38	60.7%
7	6648 John Cosentino (M55)	7	M55-59	SR	0.9	11:15	11:22	+8	22:36.91	✓ 2	7:16.7	22.60	22:37.85	67.9%
8	6508 Steve Russo (M53)	8	M50-54	1st	0.6	11:15	11:31	+16	22:46.84		7:19.9	22.77	22:47.44	66.3%
9	7473 Paige Loehding (F16)	1	F15-19	OA	2.3	11:57	11:27	-31	23:23.87		7:31.9	23.38	23:26.17	65.4%
10	7193 Julio Lopez (M61)	9	M60-64	1st	0.3	11:28	12:01	+34	23:28.93	ℓ	7:33.5	23.47	23:29.23	68.9%
11	7012 Doug Waters (M52)	10	M50-54	2nd	3.7	11:32	11:54	+22	23:26.50		7:32.7	23.43	23:30.24	63.9%
12	7184 Manav Shah (M32)	11	M30-34	2nd	1.6	11:26	12:23	+57	23:49.41		7:40.1	23.82	23:51.06	54.6%
13	7061 David Short (M56)	12	M55-59	1st	48.8	11:49	11:23	-26	23:12.14	ℓ	7:28.1	23.20	24:00.96	66.8%
14	6457 Sandra Stierman (F50)	2	F50-54	MS	2.9	11:42	12:23	+41	24:05.39		7:45.2	24.08	24:08.32	70.2%
15	7089 John Nance (M69)	13	M65-69	1st	1.5	12:14	12:37	+24	24:51.11		7:59.9	24.85	24:52.58	70.1%
16	6776 Evan Chan (M35)	14	M35-39	1st	2.3	13:13	12:24	-49	25:37.12	✗	8:14.8	25.62	25:39.40	51.4%
17	6784 Sarah Meyer (F40)	3	F40-44	1st	4.9	12:27	13:17	+49	25:44.34	✗	8:17.1	25.73	25:49.25	59.6%
18	6004 David Debes (M58)	15	M55-59	2nd	2.6	12:52	12:57	+5	25:48.75	✗	8:18.5	25.80	25:51.33	61.1%
19	6245 Samantha Clark (F28)	4	F25-29	1st	11.2	12:08	13:36	+89	25:43.91	✗	8:16.9	25.72	25:55.16	57.5%
20	7090 Derek Sims (M27)	16	M25-29	3rd	6.0	12:25	13:50	+85	26:15.49		8:27.1	26.25	26:21.46	49.1%
21	6782 Charlie Meyer (M9)	17	M01-09	1st	4.4	12:36	13:57	+80	26:32.84	✗	8:32.7	26.53	26:37.25	61.6%
22	6788 Valerie Marquez (F28)	5	F25-29	2nd	10.2	13:07	13:20	+13	26:27.70	✗	8:31.0	26.45	26:37.94	55.9%
23	7345 Ryan Pogue (M46)	18	M45-49	1st	---	13:43	12:56	-47	26:39.59		8:34.9	26.65	26:39.59	53.6%
24	6557 M Maimonides (M54)	19	M50-54	3rd	7.5	13:30	13:10	-19	26:40.07	ℓ	8:35.0	26.67	26:47.55	57.1%
25	6683 Elizabeth Trimble (F50)	6	F50-54	1st	6.5	13:52	13:20	-32	27:12.43	✓ 2	8:45.4	27.20	27:18.92	62.2%

26	7916	Wally Capps (M76)	20	M75-79	1st	3.0	13:41	13:54	+14	27:35.36	ℓ	8:52.8	27.58	27:38.34	69.9%														
27	7008	David Mask (M65)	21	M65-69	2nd	25.5	13:52	13:32	-20	27:23.90		8:49.1	27.38	27:49.37	61.2%														
28	7094	Russ Johnson (M48)	22	M45-49	2nd	20.2	14:23	13:19	-64	27:41.36	⊗	8:54.7	27.68	28:01.53	52.4%														
29	7040	Kim Andres (F64)	7	F60-64	SR	3.2	13:29	14:34	+65	28:02.52		9:01.6	28.03	28:05.70	73.1%														
30	7072	Ryan Loehding (M45)	23	M45-49	3rd	2.7	12:00	16:25	+264	28:25.26	ℓ	9:08.9	28.42	28:27.97	49.9%														
31	7472	Jennifer Loehding (F44)	8	F40-44	2nd	8.1	14:31	13:49	-42	28:20.04		9:07.2	28.33	28:28.11	55.8%														
32	7555	Clay Timmons (M55)	24	M55-59	3rd	10.9	14:11	14:08	-4	28:18.85		9:06.8	28.30	28:29.78	54.3%														
33	6007	Lindsay Aragon (F29)	9	F25-29	3rd	3.4	14:42	14:01	-41	28:43.07	⊗	9:14.6	28.72	28:46.47	51.5%														
34	7198	Yanira Lopez (F54)	10	F50-54	2nd	8.8	14:57	15:06	+9	30:03.69	ℓ	9:40.6	30.05	30:12.51	59.2%														
35	7449	Kumiko McCoy (F68)	11	F65-69	1st	6.0	14:50	15:35	+45	30:25.28		9:47.5	30.42	30:31.27	71.7%														
36	7380	Gabor Toth (M36)	25	M35-39	2nd	5.2	15:25	15:02	-23	30:26.90		9:48.0	30.43	30:32.08	43.5%														
37	7379	David Toth (M7)	26	M01-09	2nd	4.2	15:26	15:06	-20	30:31.82	✓ ⊙	9:49.6	30.52	30:36.04	58.3%														
38	6783	Johnny Meyer (M8)	27	M01-09	3rd	4.4	15:24	15:09	-15	30:32.73	⊗	9:49.9	30.53	30:37.15	55.7%														
39	6673	Alissa Mayhaus (F30)	12	F30-34	1st	4.5	15:32	15:18	-14	30:50.15	⊗	9:55.5	30.83	30:54.60	48.0%														
40	7265	Kuay Sullivan (F51)	13	F50-54	3rd	4.0	15:32	15:19	-13	30:50.72	ℓ	9:55.7	30.83	30:54.75	55.5%														
41	6003	Alex Reyes (M13)	28	M10-14	2nd	0.9	15:43	15:20	-23	31:03.34		9:59.8	31.05	31:04.28	46.7%														
42	7343	Jen Evangelista (M46)	29	M45-49	4th	11.9	16:05	14:48	-77	30:52.83		9:56.4	30.87	31:04.69	46.3%														
43	7346	Julian Evangelista (M13)	30	M10-14	1st	12.7	16:04	14:58	-67	31:02.02	⊗	9:59.3	31.03	31:14.72	46.7%														
44	7283	Ruben Reyes (M61)	31	M60-64	2nd	11.2	15:57	15:11	-46	31:07.59	ℓ	10:01.1	31.12	31:18.77	52.0%														
45	6008	Brian Turner (M29)	32	M25-29	4th	15.2	15:06	16:27	+81	31:33.21	✓ ⊙	10:09.4	31.55	31:48.38	40.9%														
46	6461	Rebecca Turner (F32)	14	F30-34	2nd	--	15:52	16:41	+49	32:32.66	✓ ⊙	10:28.5	32.53	32:32.66	45.6%														
47	7454	Betsy Palmer (F56)	15	F55-59	1st	8.9	16:30	16:29	-1	32:58.58		10:36.8	32.97	33:07.43	55.5%														
48	7249	Supote Manodamrongsat (M4	33	M45-49	5th	22.1	16:32	17:13	+41	33:44.84		10:51.7	33.73	34:06.90	43.4%														
49	6713	William Poole (M12)	34	M10-14	3rd	3.7	17:08	17:27	+18	34:34.81	✓ ⊙	11:07.8	34.57	34:38.50	43.0%														
50	7043	Bill Shirley (M74)	35	M70-74	1st	17.3	16:56	17:50	+53	34:45.97	ℓ	11:11.4	34.75	35:03.22	53.6%														
51	6710	Rosalyn Poole (F47)	16	F45-49	1st	4.6	17:07	18:28	+81	35:35.18	✓ ⊙	11:27.2	35.58	35:39.77	45.8%														
52	6712	Wesley Poole (M10)	36	M10-14	4th	3.3	17:17	18:33	+76	35:49.87	✓ ⊙	11:32.0	35.82	35:53.14	44.1%														
53	6711	Samantha Poole (F9)	17	F01-09	1st	3.7	17:18	18:36	+78	35:54.08	✓ ⊙	11:33.3	35.90	35:57.74	48.9%														
54	6009	Miguel Camacho (M35)	37	M35-39	3rd	16.1	16:34	19:08	+154	35:42.48		11:29.6	35.70	35:58.56	36.9%														
55	6413	Brenda Lawson (F57)	18	F55-59	2nd	9.4	18:57	20:26	+89	39:22.92		12:40.6	39.37	39:32.31	47.1%														
56	7261	John Kramer (M55)	38	M55-59	4th	302.9	17:32	17:08	-24	34:40.27	ℓ	11:09.6	34.67	39:43.16	44.3%														
57	7024	Carol Creech (F66)	19	F65-69	2nd	5.4	20:37	21:11	+34	41:47.39		13:27.1	41.78	41:52.83	50.6%														
58	7148	Scott Ahlstrom (M69)	39	M65-69	3rd	13.8	21:36	21:37	+1	43:13.56		13:54.8	43.22	43:27.35	40.3%														
59	6759	Jenna Brannon (F16)	20	F15-19	1st	4.8	19:14	24:23	+309	43:37.39	⊗	14:02.5	43.62	43:42.18	35.1%														
60	6760	Kendall Brannon (F20)	21	F20-24	1st	4.7	18:56	24:42	+345	43:37.50	⊗	14:02.5	43.62	43:42.24	33.9%														
61	6779	Ghislaine Christensen (F52)	22	F50-54	4th	6.9	23:37	24:40	+63	48:17.25	⊗	15:32.5	48.28	48:24.17	35.9%														
62	6780	Tim Christensen (M38)	40	M35-39	4th	7.8	24:12	24:18	+6	48:30.79	ℓ	⊗	15:36.9	48.50	48:38.62	27.7%													
63	6791	Barbara Gibson (F44)	23	F40-44	3rd	7.4	23:36	24:58	+82	48:33.99	ℓ	⊗	15:37.9	48.55	48:41.37	32.6%													
64	6002	Cristie Reyes (F14)	24	F10-14	1st	1.7	23:59	25:09	+70	49:07.57		15:48.7	49.12	49:09.22	32.0%														
42 Positive Split										22 Negative Split										✓ 9 Club PR's									
Average Finish Time: 30:21										20 First Timers										Average Age Grade: 53.9%									

FN*: Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

8/28/2017

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	1	Vijayan Nair	M54	6:01.02	72.8%	New
2	5	Barry Papermaster	M63	6:59.57	67.7%	
3	6	Julio Lopez	M61	7:00.70	66.4%	
4	12	Wally Capps	M76	8:36.18	64.5%	
5	4	David Short	M56	6:55.84	64.3%	
6	9	Bill Shirley	M74	8:21.94	64.1%	
7	3	M Maimonides	M54	6:52.29	63.8%	
8	10	Yanira Lopez	F54	8:23.35	62.6%	
9	8	Blake Bruser	F8	8:15.20	62.2%	
10	2	Ryan Loehding	M45	6:39.60	61.2%	
11	13	Kuay Sullivan	F51	8:43.19	57.9%	
12	11	Ruben Reyes	M61	8:29.00	54.9%	
13	15	Jack Manning	M74	10:32.29	50.9%	
14	14	John Kramer	M55	8:45.76	50.4%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	29	Kim Andres	F64	28:02.52	73.1%	
2	5	Vijayan Nair	M54	21:02.29	72.4%	
3	35	Kumiko McCoy	F68	30:25.28	71.7%	
4	1	Cole Atchison	M23	18:10.86	71.0%	
5	14	Sandra Stierman	F50	24:05.39	70.2%	
6	15	John Nance	M69	24:51.11	70.1%	
7	26	Wally Capps	M76	27:35.36	69.9%	
8	2	Sergio Arias	M33	18:41.56	69.8%	New
9	10	Julio Lopez	M61	23:28.93	68.9%	
10	7	John Cosentino	M55	22:36.91	67.9%	New
11	13	David Short	M56	23:12.14	66.8%	
12	8	Steve Russo	M53	22:46.84	66.3%	
13	9	Paige Loehding	F16	23:23.87	65.4%	
14	11	Doug Waters	M52	23:26.50	63.9%	
15	25	Elizabeth Trimble	F50	27:12.43	62.2%	
16	3	Aaron Carter	M28	20:47.28	62.1%	
17	21	Charlie Meyer	M9	26:32.84	61.6%	
18	4	Bemnet Alemayehu	M29	20:58.58	61.6%	
19	27	David Mask	M65	27:23.90	61.2%	
20	18	David Debes	M58	25:48.75	61.1%	
21	6	Damain Reyes	M40	22:29.12	60.7%	
22	17	Sarah Meyer	F40	25:44.34	59.6%	
23	34	Yanira Lopez	F54	30:03.69	59.2%	
24	37	David Toth	M7	30:31.82	58.3%	
25	19	Samantha Clark	F28	25:43.91	57.5%	
26	24	M Maimonides	M54	26:40.07	57.1%	
27	22	Valerie Marquez	F28	26:27.70	55.9%	
28	31	Jennifer Loehding	F44	28:20.04	55.8%	
29	38	Johnny Meyer	M8	30:32.73	55.7%	
30	40	Kuay Sullivan	F51	30:50.72	55.5%	
31	47	Betsy Palmer	F56	32:58.58	55.5%	
32	12	Manav Shah	M32	23:49.41	54.6%	
33	32	Clay Timmons	M55	28:18.85	54.3%	
34	50	Bill Shirley	M74	34:45.97	53.6%	
35	23	Ryan Pogue	M46	26:39.59	53.6%	
36	28	Russ Johnson	M48	27:41.36	52.4%	
37	44	Ruben Reyes	M61	31:07.59	52.0%	
38	33	Lindsay Aragon	F29	28:43.07	51.5%	
39	16	Evan Chan	M35	25:37.12	51.4%	
40	57	Carol Creech	F66	41:47.39	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