

Sunday, June 25, 2017

# Carrollton Runners Mile + 5K

72F Cloudy 72%<sup>H</sup> 7mphE

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

Mile Off :7:30 am

5K Off :7:46 am

Mile Overall		5K Overall		5K Masters		5K Seniors	
Everett Schroeter	5:50.12	Ryan Barrow	16:50.52	Keith Johnson	20:53.15	Julio Lopez	23:15.76
Stefanie Slekis	5:57.37	Sandra Stierman	23:19.09	Jennifer Johnson	26:43.61	Kim Andres	26:55.68

## 5K MALE

		36 MALE Runners --- Average Time of <b>28:55</b>					Avg. Age Grade: <b>54.3%</b>		Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Ryan Barrow</b>	Denton	(29)	8:23	+4	<b>16:50.52</b>	☑	5:25.3	<b>76.7%</b>	1	1
MASTERS	1 <b>Keith Johnson</b>	Plano	(56)	10:13	+27	<b>20:53.15</b>		6:43.4	<b>74.2%</b>	3	3
SENIORS	1 <b>Julio Lopez</b>	Farmers Branch	(61)	11:27	+22	<b>23:15.76</b>	ℳ	7:29.3	<b>69.6%</b>	7	7
M30-34	1 <b>Manav Shah</b>	Dallas	(32)	11:28	+64	<b>23:59.44</b>		7:43.3	54.2%	10	9
	2 <b>Eric Mills</b>	Lewisville	(32)	13:19	-7	<b>26:31.43</b>		8:32.2	49.0%	15	14
	3 <b>Simon Rose</b>	Carrollton	(34)	14:32	+1	<b>29:05.32</b>	✓	9:21.8	45.1%	26	22
	4 <b>Andres Franco</b>	Plano	(31)	18:41	-12	<b>37:09.83</b>	ℳ ✓	11:57.7	34.9%	40	32
M35-39	1 <b>Ricky Vargas</b>	Grapevine	(35)	10:04	-27	<b>19:40.19</b>		6:19.9	<b>67.0%</b>	2	2
	2 <b>Robert Flores</b>	Aubrey	(36)	11:56	+70	<b>25:02.76</b>		8:03.7	52.9%	12	11
M40-44	1 <b>Kelly Parma</b>	Carrollton	(44)	10:29	+35	<b>21:33.58</b>		6:56.4	<b>65.3%</b>	4	4
	2 <b>Robert Farmer</b>	Haslet	(43)	15:18	+70	<b>31:46.86</b>	✓	10:13.8	43.9%	32	26
M45-49	1 <b>Tony Trevino</b>	Carrollton	(46)	12:17	+63	<b>25:37.82</b>	✓	8:15.0	55.7%	13	12
	2 <b>Jen Evangelista</b>	Irving	(46)	13:10	+19	<b>26:38.43</b>	ℳ	8:34.5	53.6%	19	17
	3 <b>Ryan Pogue</b>	Carrollton	(46)	13:55	-49	<b>27:01.37</b>		8:41.9	52.9%	21	19
	4 <b>Geronimo Simpao</b>	Irving	(45)			<b>29:14.82</b>	ℳ	9:24.8	48.5%	27	23
	5 <b>Chris Goins</b>	Garland	(46)	18:46	+19	<b>37:50.89</b>	ℳ	12:10.9	37.8%	41	33
	6 <b>Mike Rowland</b>	Little Elm	(49)	26:28	+31	<b>53:27.92</b>		17:12.5	27.4%	50	36
M50-54	1 <b>John Cosentino</b>	Plano	(54)	11:26	-12	<b>22:39.53</b>		7:17.6	<b>67.3%</b>	5	5
	2 <b>Steve Russo</b>	Plano	(53)	11:24	+10	<b>22:57.67</b>	ℳ	7:23.4	<b>65.8%</b>	6	6
	3 <b>Ron Williamson</b>	Flower Mound	(50)	11:28	+34	<b>23:29.53</b>	ℳ	7:33.7	<b>62.8%</b>	9	8
	4 <b>M Maimonides</b>	Kansas City, Mo	(54)	13:27	-25	<b>26:29.43</b>	ℳ	8:31.6	57.5%	16	15
	5 <b>Ken Robinson</b>	Plano	(54)	13:54	-48	<b>26:59.33</b>		8:41.2	56.5%	20	18
	6 <b>Scott Hesketh</b>	Flower Mound	(54)	13:53	+15	<b>28:01.10</b>		9:01.1	54.4%	24	21
M55-59	1 <b>Clay Timmons</b>	Carrollton	(55)	13:51	-13	<b>27:29.44</b>	✓	8:50.9	55.9%	23	20
	2 <b>Ronald Hamilton</b>	The Colony	(57)	15:41	-10	<b>31:11.93</b>		10:02.5	50.1%	31	25
	3 <b>John Kramer</b>	Plano	(55)	15:44	+11	<b>31:39.05</b>		10:11.2	48.5%	35	29
	4 <b>Abe Mansoori</b>	Carrollton	(58)			<b>32:16.14</b>		10:23.2	48.8%	33	27
	5 <b>Jaws Hansen</b>	Dallas	(57)			<b>33:10.65</b>	ℳ	10:40.7	47.1%	34	28
	6 <b>Steven Johnson</b>	Farmers Branch	(58)	18:16	+161	<b>39:11.88</b>		12:37.0	40.2%	43	34
M60-64	1 <b>Ruben Arevalo</b>	Carrollton	(62)	13:07	+2	<b>26:15.78</b>	ℳ	8:27.2	<b>62.2%</b>	14	13
	2 <b>Ruben Reyes</b>	Carrollton	(61)	14:35	+40	<b>29:49.19</b>		9:35.9	54.3%	28	24
	3 <b>Michael Johnson</b>	Coppell	(64)	17:22	+5	<b>34:48.28</b>	ℳ	11:12.2	47.8%	37	31
M65-69	1 <b>John Nance</b>	Rowlett	(69)	12:07	+5	<b>24:19.19</b>		7:49.7	<b>71.7%</b>	11	10
	2 <b>David Mask</b>	Lewisville	(65)	13:49	-53	<b>26:43.73</b>		8:36.2	<b>62.8%</b>	18	16
	3 <b>Scott Ahlstrom</b>	Carrollton	(68)	21:32	+14	<b>43:17.76</b>		13:56.1	39.8%	46	35
M70-74	1 <b>Jack Manning</b>	Dallas	(74)			<b>34:19.25</b>		11:02.8	54.3%	36	30

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

△ Positive Split  
 ▽ Negative Split

Timing provided by: **DeltaViewTiming.com** 6/25/2017

# 5K FEMALE

17 FEMALE Runners --- Average Time of

39:36

Avg. Age Grade: 48.9%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Sandra Stierman	Grand Prairie	(50)	11:34	+12	23:19.09	✓	7:30.3	72.6%	8	1
MASTERS	1 Jennifer Johnson	Coppell	(54)	13:26	-8	26:43.61	ℓ	8:36.2	66.6%	17	2
SENIORS	1 Kim Andres	Irving	(64)	13:08	+39	26:55.68	ℓ	8:40.0	76.1%	22	3
F25-29	1 Stefanie Slekis	Denton	(29)	20:03	-59	39:07.43	ℓ	12:35.6	37.8%	42	9
F30-34	1 Natalia Gaitan	Plano	(31)	18:44	-17	37:10.60	✓	11:58.0	39.9%	39	8
F35-39	1 Tracy Vargas	Grapevine	(35)	22:18	+86	46:01.78		14:48.9	32.5%	47	12
F40-44	1 Heather Rowland	Little Elm	(44)	27:42	-7	55:15.83		17:47.3	28.6%	53	17
F45-49	1 Elizabeth Trimble	Argyle	(49)	14:48	+38	30:13.94		9:43.9	55.3%	30	6
	2 Amie Goins	Garland	(45)	16:05	+9	32:19.96	ℓ	10:24.4	49.4%	38	7
	3 Sheila Holen	Lewisville	(46)	26:30	+31	53:31.13		17:13.6	30.2%	51	15
F50-54	1 Yanira Lopez	Farmers Branch	(54)	14:03	+43	28:49.65	ℓ	9:16.7	61.8%	25	4
	2 Laura Mcland	Little Elm	(50)	27:41	-10	55:12.51		17:46.2	30.6%	52	16
F55-59	1 Cindi Gant	Carrollton	(58)	26:21	+10	52:51.05		17:00.7	35.6%	49	14
F60-64	1 Rosemary Lewis	Carrollton	(62)	26:35	-30	52:39.38		16:56.9	37.8%	48	13
F65-69	1 Kumiko McCoy	Eules	(68)	14:38	+48	30:03.56	☑	9:40.5	72.6%	29	5
	2 Carol Creech	Plano	(66)	19:55	+33	40:22.32		12:59.7	52.3%	44	10
	3 Francisca Trevino	Carrollton	(69)	20:23	+114	42:40.27		13:44.1	52.0%	45	11

FN\*:  Broke Age-Group Record

**GD** Place among Females

△ Positive Split

Timing provided by:

6/25/2017

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

△ Negative Split



DeltaViewTiming.com

# 1M MALE

		14 MALE Runners --- Average Time of <b>8:27</b>					Avg. Age Grade: <b>52.7%</b>			Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Everett Schroeter	Richardson	(38)			<b>5:50.12</b>	✓	5:50.1	<b>66.3%</b>	1	1
M30-34	1	Andres Franco	Plano	(31)			<b>7:29.62</b>		7:29.6	49.7%	7	6
M40-44	1	Rasesh Maniar	Lewisville	(42)			<b>10:13.11</b>		10:13.1	39.0%	18	12
M45-49	1	Nathan Bruser	Coppell	(46)			<b>7:50.23</b>		7:50.2	52.4%	9	8
	2	Chris Goins	Garland	(46)			<b>9:01.33</b>		9:01.3	45.5%	14	9
	3	Jen Evangelista	Irving	(46)			<b>9:04.75</b>		9:04.8	45.3%	15	10
	4	Geronimo Simpao	Irving	(45)			<b>9:04.88</b>		9:04.9	44.9%	16	11
M50-54	1	Steve Russo	Plano	(53)			<b>6:37.30</b>		6:37.3	<b>65.6%</b>	3	2
	2	M Maimonides	Kansas City, Mo	(54)			<b>6:54.19</b>	✓	6:54.2	<b>63.5%</b>	5	4
	3	Ron Williamson	Flower Mound	(50)			<b>7:03.86</b>		7:03.9	<b>60.0%</b>	6	5
M55-59	1	Jaws Hansen	Dallas	(57)			<b>13:45.29</b>		13:45.3	32.7%	22	14
M60-64	1	Julio Lopez	Farmers Branch	(61)			<b>6:46.84</b>		6:46.8	<b>68.6%</b>	4	3
	2	Ruben Arevalo	Carrollton	(62)			<b>7:47.89</b>	✓	7:47.9	<b>60.2%</b>	8	7
	3	Michael Johnson	Coppell	(64)			<b>10:45.54</b>		10:45.5	44.4%	19	13

# 1M FEMALE

		9 FEMALE Runners --- Average Time of <b>10:14</b>					Avg. Age Grade: <b>53.9%</b>			Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Stefanie Slekis	Denton	(29)			<b>5:57.37</b>		5:57.4	<b>70.4%</b>	2	1
F01-09	1	Blake Bruser	Coppell	(8)			<b>7:50.36</b>	✓	7:50.4	<b>65.5%</b>	10	2
	2	Catc Hall	Southlake	(8)			<b>12:26.00</b>		12:26.0	41.3%	20	7
F35-39	1	Rachana Maniar	Lewisville	(39)			<b>18:37.36</b>		18:37.4	23.6%	23	9
F40-44	1	Erin Hall	Southlake	(43)			<b>12:32.48</b>		12:32.5	36.5%	21	8
F45-49	1	Amie Goins	Garland	(45)			<b>9:22.72</b>		9:22.7	50.0%	17	6
F50-54	1	Yanira Lopez	Farmers Branch	(54)			<b>8:40.39</b>		8:40.4	<b>60.5%</b>	12	4
	2	Jennifer Johnson	Coppell	(54)			<b>8:44.52</b>		8:44.5	<b>60.0%</b>	13	5
F60-64	1	Kim Andres	Irving	(64)			<b>7:52.36</b>		7:52.4	<b>77.0%</b>	11	3

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	6671	Everett Schroeter (M38)	1	M35-39	OA	---			5:50.12	✓ 2	5:50.1	19.96	5:50.12	66.3%
2	7288	Stefanie Slekis (F29)	1	F25-29	OA	---			5:57.37		5:57.4	20.36	5:57.37	70.4%
3	6508	Steve Russo (M53)	2	M50-54	1st	---			6:37.30	✗	6:37.3	22.64	6:37.30	65.6%
4	7193	Julio Lopez (M61)	3	M60-64	1st	---			6:46.84		6:46.8	23.15	6:46.84	68.6%
5	6557	M Maimonides (M54)	4	M50-54	2nd	---			6:54.19	✓ 2	6:54.2	23.61	6:54.19	63.5%
6	7450	Ron Williamson (M50)	5	M50-54	3rd	---			7:03.86		7:03.9	24.12	7:03.86	60.0%
7	7331	Andres Franco (M31)	6	M30-34	1st	---			7:29.62	✗	7:29.6	25.60	7:29.62	49.7%
8	7155	Ruben Arevalo (M62)	7	M60-64	2nd	---			7:47.89	✓ 6	7:47.9	26.63	7:47.89	60.2%
9	6992	Nathan Bruser (M46)	8	M45-49	1st	---			7:50.23		7:50.2	26.80	7:50.23	52.4%
10	6993	Blake Bruser (F8)	2	F01-09	1st	---			7:50.36	✓ 21	7:50.4	26.80	7:50.36	65.5%
11	7040	Kim Andres (F64)	3	F60-64	1st	---			7:52.36		7:52.4	26.91	7:52.36	77.0%
12	7198	Yanira Lopez (F54)	4	F50-54	1st	---			8:40.39		8:40.4	29.65	8:40.39	60.5%
13	7262	Jennifer Johnson (F54)	5	F50-54	2nd	---			8:44.52		8:44.5	29.88	8:44.52	60.0%
14	7050	Chris Goins (M46)	9	M45-49	2nd	---			9:01.33	✗	9:01.3	30.85	9:01.33	45.5%
15	7343	Jen Evangelista (M46)	10	M45-49	3rd	---			9:04.75		9:04.8	31.02	9:04.75	45.3%
16	7509	Geronimo Simpao (M45)	11	M45-49	4th	---			9:04.88		9:04.9	31.02	9:04.88	44.9%
17	7044	Amie Goins (F45)	6	F45-49	1st	---			9:22.72		9:22.7	32.04	9:22.72	50.0%
18	6011	Rasesh Maniar (M42)	12	M40-44	1st	---			10:13.11	✗	10:13.1	34.95	10:13.11	39.0%
19	7252	Michael Johnson (M64)	13	M60-64	3rd	---			10:45.54		10:45.5	36.78	10:45.54	44.4%
20	6008	Catc Hall (F8)	7	F01-09	2nd	---			12:26.00	✗	12:26.0	42.54	12:26.00	41.3%
21	6007	Erin Hall (F43)	8	F40-44	1st	---			12:32.48	✗	12:32.5	42.88	12:32.48	36.5%
22	7060	Jaws Hansen (M57)	14	M55-59	1st	---			13:45.29		13:45.3	47.04	13:45.29	32.7%
23	6010	Rachana Maniar (F39)	9	F35-39	1st	---			18:37.36	✗	18:37.4	63.69	18:37.36	23.6%

✓ 4 Club PR's

Average Finish Time: 09:08 7 First Timers

Average Age Grade: 53.2%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD	
1	7287	Ryan Barrow (M29)	1	M25-29	OA	0.5	8:23	8:27	+4	16:50.52	☑ 5	5:25.3	16:51.00	76.7%	
2	6013	Ricky Vargas (M35)	2	M35-39	1st	9.3	10:04	9:37	-27	19:40.19	✗	6:19.9	19:49.53	67.0%	
3	7355	Keith Johnson (M56)	3	M55-59	MS	0.5	10:13	10:40	+27	20:53.15		6:43.4	20:53.70	74.2%	
4	6618	Kelly Parma (M44)	4	M40-44	1st	1.6	10:29	11:04	+35	21:33.58		6:56.4	21:35.21	65.3%	
5	6648	John Cosentino (M54)	5	M50-54	1st	3.3	11:26	11:14	-12	22:39.53	✗	7:17.6	22:42.81	67.3%	
6	6508	Steve Russo (M53)	6	M50-54	2nd	0.5	11:24	11:34	+10	22:57.67	⌚	7:23.4	22:58.17	65.8%	
7	7193	Julio Lopez (M61)	7	M60-64	SR	0.6	11:27	11:49	+22	23:15.76	⌚	7:29.3	23:16.32	69.6%	
8	6457	Sandra Stierman (F50)	1	F50-54	OA	2.6	11:34	11:45	+12	23:19.09	✓ 4	7:30.3	23:21.74	72.6%	
9	7450	Ron Williamson (M50)	8	M50-54	3rd	0.5	11:28	12:02	+34	23:29.53	⌚	7:33.7	23:30.00	62.8%	
10	7184	Manav Shah (M32)	9	M30-34	1st	4.7	11:28	12:32	+64	23:59.44		7:43.3	23:98	24:04.10	54.2%
11	7089	John Nance (M69)	10	M65-69	1st	2.0	12:07	12:12	+5	24:19.19		7:49.7	24:32	24:21.21	71.7%
12	6674	Robert Flores (M36)	11	M35-39	2nd	6.6	11:56	13:06	+70	25:02.76	✗	8:03.7	25:03	25:09.36	52.9%
13	6638	Tony Trevino (M46)	12	M45-49	1st	5.1	12:17	13:21	+63	25:37.82	✓ 6	8:15.0	25:62	25:42.91	55.7%
14	7155	Ruben Arevalo (M62)	13	M60-64	1st	5.6	13:07	13:09	+2	26:15.78	⌚	8:27.2	26:25	26:21.37	62.2%
15	6006	Eric Mills (M32)	14	M30-34	2nd	4.5	13:19	13:12	-7	26:31.43	✗	8:32.2	26:52	26:35.93	49.0%
16	6557	M Maimonides (M54)	15	M50-54	4th	8.7	13:27	13:02	-25	26:29.43	⌚	8:31.6	26:48	26:38.09	57.5%
17	7262	Jennifer Johnson (F54)	2	F50-54	MS	2.5	13:26	13:18	-8	26:43.61	⌚	8:36.2	26:72	26:46.09	66.6%
18	7008	David Mask (M65)	16	M65-69	2nd	12.0	13:49	12:55	-53	26:43.73		8:36.2	26:72	26:55.78	62.8%
19	7343	Jen Evangelista (M46)	17	M45-49	2nd	20.3	13:10	13:29	+19	26:38.43	⌚	8:34.5	26:63	26:58.74	53.6%
20	7077	Ken Robinson (M54)	18	M50-54	5th	8.4	13:54	13:06	-48	26:59.33		8:41.2	26:98	27:07.74	56.5%
21	7345	Ryan Pogue (M46)	19	M45-49	3rd	7.7	13:55	13:06	-49	27:01.37		8:41.9	27:02	27:09.07	52.9%
22	7040	Kim Andres (F64)	3	F60-64	SR	24.0	13:08	13:47	+39	26:55.68	⌚	8:40.0	26:92	27:19.66	76.1%
23	7555	Clay Timmons (M55)	20	M55-59	1st	17.2	13:51	13:38	-13	27:29.44	✓ 3	8:50.9	27:48	27:46.62	55.9%

FN\*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

6/25/2017

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

△ Negative Split

 DeltaViewTiming.com

24	6005	Scott Hesketh (M54)	21	M50-54	6th	4.2	13:53	14:08	+15	28:01.10		9:01.1	28.02	28:05.31	54.4%
25	7198	Yanira Lopez (F54)	4	F50-54	1st	3.2	14:03	14:46	+43	28:49.65	ℓ	9:16.7	28.82	28:52.81	61.8%
26	6652	Simon Rose (M34)	22	M30-34	3rd	17.0	14:32	14:33	+1	29:05.32	✓ 3	9:21.8	29.08	29:22.31	45.1%
27	7509	Geronimo Simpao (M45)	23	M45-49	4th	25.4				29:14.82	ℓ	9:24.8	29.23	29:40.26	48.5%
28	7283	Ruben Reyes (M61)	24	M60-64	2nd	5.3	14:35	15:15	+40	29:49.19		9:35.9	29.82	29:54.45	54.3%
29	7449	Kumiko McCoy (F68)	5	F65-69	1st	10.4	14:38	15:26	+48	30:03.56	☑ 12	9:40.5	30.05	30:13.92	72.6%
30	6683	Elizabeth Trimble (F49)	6	F45-49	1st	7.7	14:48	15:26	+38	30:13.94	⊗	9:43.9	30.22	30:21.68	55.3%
31	7020	Ronald Hamilton (M57)	25	M55-59	2nd	15.7	15:41	15:31	-10	31:11.93		10:02.5	31.18	31:27.67	50.1%
32	6619	Robert Farmer (M43)	26	M40-44	2nd	7.5	15:18	16:29	+70	31:46.86	✓ 1	10:13.8	31.77	31:54.36	43.9%
33	7357	Abe Mansoori (M58)	27	M55-59	4th	4.0				32:16.14	⊗	10:23.2	32.27	32:20.12	48.8%
34	7060	Jaws Hansen (M57)	28	M55-59	5th	29.7				33:10.65	ℓ	10:40.7	33.17	33:40.37	47.1%
35	7261	John Kramer (M55)	29	M55-59	3rd	143.3	15:44	15:55	+11	31:39.05		10:11.2	31.65	34:02.31	48.5%
36	7143	Jack Manning (M74)	30	M70-74	1st	3.9				34:19.25		11:02.8	34.32	34:23.13	54.3%
37	7252	Michael Johnson (M64)	31	M60-64	3rd	10.6	17:22	17:27	+5	34:48.28	ℓ	11:12.2	34.80	34:58.87	47.8%
38	7044	Amie Goins (F45)	7	F45-49	2nd	273.9	16:05	16:15	+9	32:19.96	ℓ	10:24.4	32.32	36:53.85	49.4%
39	7332	Natalia Gaitan (F31)	8	F30-34	1st	17.6	18:44	18:27	-17	37:10.60	✓ 1	11:58.0	37.17	37:28.23	39.9%
40	7331	Andres Franco (M31)	32	M30-34	4th	19.6	18:41	18:29	-12	37:09.83	ℓ ✓ 1	11:57.7	37.15	37:29.44	34.9%
41	7050	Chris Goins (M46)	33	M45-49	5th	16.0	18:46	19:05	+19	37:50.89	ℓ	12:10.9	37.83	38:06.90	37.8%
42	7288	Stefanie Slekis (F29)	9	F25-29	1st	11.9	20:03	19:04	-59	39:07.43	ℓ	12:35.6	39.12	39:19.33	37.8%
43	7258	Steven Johnson (M58)	34	M55-59	6th	25.7	18:16	20:56	+161	39:11.88		12:37.0	39.18	39:37.61	40.2%
44	7024	Carol Creech (F66)	10	F65-69	2nd	7.1	19:55	20:28	+33	40:22.32		12:59.7	40.37	40:29.42	52.3%
45	6640	Francisca Trevino (F69)	11	F65-69	3rd	4.8	20:23	22:17	+114	42:40.27		13:44.1	42.67	42:45.05	52.0%
46	7148	Scott Ahlstrom (M68)	35	M65-69	3rd	16.5	21:32	21:46	+14	43:17.76		13:56.1	43.28	43:34.25	39.8%
47	6012	Tracy Vargas (F35)	12	F35-39	1st	13.8	22:18	23:44	+86	46:01.78	⊗	14:48.9	46.02	46:15.59	32.5%
48	7455	Rosemary Lewis (F62)	13	F60-64	1st	23.3	26:35	26:05	-30	52:39.38		16:56.9	52.65	53:02.68	37.8%
49	7526	Cindi Gant (F58)	14	F55-59	1st	21.2	26:21	26:30	+10	52:51.05		17:00.7	52.85	53:12.28	35.6%
50	6001	Mike Rowland (M49)	36	M45-49	6th	14.1	26:28	27:00	+31	53:27.92	⊗	17:12.5	53.45	53:42.00	27.4%
51	7246	Sheila Holen (F46)	15	F45-49	3rd	11.6	26:30	27:01	+31	53:31.13	⊗	17:13.6	53.52	53:42.76	30.2%
52	6003	Laura McIand (F50)	16	F50-54	2nd	15.7	27:41	27:31	-10	55:12.51	⊗	17:46.2	55.20	55:28.16	30.6%
53	6002	Heather Rowland (F44)	17	F40-44	1st	13.6	27:42	27:34	-7	55:15.83	⊗	17:47.3	55.25	55:29.42	28.6%
<b>33 Positive Split</b> <b>16 Negative Split</b> ✓ <b>9 Club PR's</b>										Average Finish Time: <b>32:20</b> <u>11 First Timers</u> Average Age Grade: <b>52.6%</b>					

# Sorted Age Grades

## 1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	11	Kim Andres	F64	7:52.36	77.0%	
2	2	Stefanie Slekis	F29	5:57.37	70.4%	
3	4	Julio Lopez	M61	6:46.84	68.6%	
4	1	Everett Schroeter	M38	5:50.12	66.3%	New
5	3	Steve Russo	M53	6:37.30	65.6%	New
6	10	Blake Bruser	F8	7:50.36	65.5%	New
7	5	M Maimonides	M54	6:54.19	63.5%	
8	12	Yanira Lopez	F54	8:40.39	60.5%	
9	8	Ruben Arevalo	M62	7:47.89	60.2%	
10	13	Jennifer Johnson	F54	8:44.52	60.0%	
11	6	Ron Williamson	M50	7:03.86	60.0%	
12	9	Nathan Bruser	M46	7:50.23	52.4%	

## 5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Ryan Barrow	M29	16:50.52	76.7%	Move UP
2	22	Kim Andres	F64	26:55.68	76.1%	
3	3	Keith Johnson	M56	20:53.15	74.2%	
4	29	Kumiko McCoy	F68	30:03.56	72.6%	Move UP
5	8	Sandra Stierman	F50	23:19.09	72.6%	Move UP
6	11	John Nance	M69	24:19.19	71.7%	
7	7	Julio Lopez	M61	23:15.76	69.6%	
8	5	John Cosentino	M54	22:39.53	67.3%	New
9	2	Ricky Vargas	M35	19:40.19	67.0%	New
10	17	Jennifer Johnson	F54	26:43.61	66.6%	
11	6	Steve Russo	M53	22:57.67	65.8%	
12	4	Kelly Parma	M44	21:33.58	65.3%	
13	9	Ron Williamson	M50	23:29.53	62.8%	
14	18	David Mask	M65	26:43.73	62.8%	
15	14	Ruben Arevalo	M62	26:15.78	62.2%	
16	25	Yanira Lopez	F54	28:49.65	61.8%	
17	16	M Maimonides	M54	26:29.43	57.5%	
18	20	Ken Robinson	M54	26:59.33	56.5%	
19	23	Clay Timmons	M55	27:29.44	55.9%	
20	13	Tony Trevino	M46	25:37.82	55.7%	
21	30	Elizabeth Trimble	F49	30:13.94	55.3%	
22	24	Scott Hesketh	M54	28:01.10	54.4%	
23	36	Jack Manning	M74	34:19.25	54.3%	
24	28	Ruben Reyes	M61	29:49.19	54.3%	
25	10	Manav Shah	M32	23:59.44	54.2%	
26	19	Jen Evangelista	M46	26:38.43	53.6%	
27	12	Robert Flores	M36	25:02.76	52.9%	
28	21	Ryan Pogue	M46	27:01.37	52.9%	
29	44	Carol Creech	F66	40:22.32	52.3%	
30	45	Francisca Trevino	F69	42:40.27	52.0%	
31	31	Ronald Hamilton	M57	31:11.93	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 &gt; 65%

65% Boston-Qualifier Approximate Level

60% Local Class Level

50% Average Class Level