

Sunday, May 28, 2017

Carrollton Runners Mile + 5K

75F Cloudy 79%H 9mphWNW

www.CarrolltonRunners.com

@Josey Ranch Athletic Complex, Carrollton TX

Mile Off :7:32 am

5K Off :7:48 am

Mile Overall		5K Overall		5K Masters		5K Seniors	
Everett Schroeter	6:05.32	Clinton Blacksmith	20:01.13	Kelly Parma	22:35.94	Julio Lopez	23:11.64
Frances McKissick	7:13.02	Frances McKissick	23:48.05	Eeva Toiviainen	25:54.83	Kim Andres	26:16.35

5K MALE

38 MALE Runners --- Average Time of **29:15**

Avg. Age Grade: **53.0%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Clinton Blacksmith	Denton	(25)	9:38	+45	20:01.13		6:26.6	64.4%	1	1
MASTERS	1 Kelly Parma		(44)	11:09	+19	22:35.94	ML	7:16.4	62.3%	2	2
SENIORS	1 Julio Lopez	Farmers Branch	(61)	11:22	+27	23:11.64	ML	7:27.9	69.8%	6	6
M10-14	1 Jonathan Chock	Plano	(14)	11:08	+21	22:36.40		7:16.6	62.8%	3	3
	2 Logan Rock	Plano	(14)	11:11	+71	23:33.14		7:34.8	60.2%	8	8
	3 Karthik Ponnappalli		(12)	13:35	+173	30:02.78		9:40.3	49.5%	35	24
M15-19	1 Ethan Merrifield	Carrollton	(15)	11:11	+23	22:43.98		7:19.0	61.2%	4	4
	2 Henry Ridley	Dallas	(15)	11:25	+34	23:23.54		7:31.8	59.5%	7	7
	3 Mason Morland	Irving	(15)			24:37.84		7:55.7	56.5%	13	12
M20-24	1 Clint Simpson		(21)	15:32	-36	30:28.69		9:48.6	42.5%	38	25
M30-34	1 Manav Shah	Dallas	(32)	11:31	+45	23:48.05		7:39.6	54.6%	10	10
	2 Vikram Jaiswal		(33)	15:57	-52	31:02.65		9:59.5	42.0%	39	26
	3 Andres Franco	Plano	(31)	19:51	+87	41:08.76		13:14.6	31.5%	53	36
M40-44	1 Kris Nance	Plano	(40)	11:12	+22	22:45.25	ML	7:19.4	60.0%	5	5
	2 Siva Vurimi		(44)	27:51	+34	56:15.43		18:06.4	25.0%	57	38
M45-49	1 Keith Lundberg		(49)	13:17	+3	26:37.21	ML	8:34.1	55.0%	24	18
	2 Marcus Moore	Carrollton	(46)	13:26	-12	26:39.80		8:34.9	53.6%	22	16
	3 Alex Ramirez	Carrollton	(48)	12:47	+70	26:43.11	✓	8:36.0	54.3%	23	17
	4 Ryan Pogue	Carrollton	(45)	14:04	-23	27:45.47		8:56.1	51.1%	30	22
	5 Geronimo Simpao	Irving	(45)	14:46	-2	29:30.59		9:29.9	48.0%	33	23
	6 Supote Manodamrongsat	Flower Mound	(49)	15:27	+145	33:19.75		10:43.7	43.9%	48	32
	7 Chris Goins	Garland	(46)	17:22	+79	36:02.58		11:36.1	39.6%	50	34
M50-54	1 Scott Berthel	Carrollton	(52)	12:32	-88	23:36.97		7:36.1	63.5%	9	9
	2 Doug Waters	Carrollton	(52)	13:00	+14	26:14.05		8:26.6	57.1%	20	15
	3 M Maimonides	Kansas City, Mo	(53)	13:53	-32	27:14.10	ML	8:46.0	55.5%	27	20
	4 Ken Robinson	Plano	(54)	13:43	+4	27:29.50		8:50.9	55.4%	29	21
M55-59	1 David Short	Frisco	(56)	11:38	+9	23:24.44	ML	7:32.0	66.2%	12	11
	2 Ronald Hamilton	The Colony	(57)	15:46	+19	31:51.32		10:15.2	49.1%	41	27
	3 Clay Timmons	Carrollton	(55)	15:24	+155	33:21.85		10:44.3	46.1%	47	31
	4 John Kramer	Plano	(55)			35:34.27	ML	11:27.0	43.2%	51	35
M60-64	1 Ruben Arevalo	Carrollton	(61)	12:38	+34	25:50.09	ML	8:18.9	62.6%	16	14
	2 Ruben Reyes	Carrollton	(61)	16:03	+66	33:10.56	ML	10:40.7	48.8%	45	29
	3 Robert Simpson		(62)	15:53	+97	33:22.39		10:44.5	48.9%	46	30
	4 Michael Johnson	Coppell	(64)	16:54	+78	35:05.78	ML	11:17.8	47.4%	49	33
M65-69	1 John Nance	Rowlett	(69)	12:00	+61	25:00.36		8:02.9	69.7%	14	13
	2 David Mask	Lewisville	(65)	13:20	+3	26:43.00		8:36.0	62.8%	26	19
	3 Scott McKissick	Irving	(68)	16:11	+17	32:38.83		10:30.5	52.8%	43	28

FN*: Broke Age-Group Record

GD Place among Females

▲ Positive Split

▲ Negative Split

Timing provided by: 5/28/2017

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

 DeltaViewTiming.com

5K FEMALE

21 FEMALE Runners --- Average Time of **34:44** Avg. Age Grade: **52.6%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Frances McKissick	Irving	(55)	11:47	+13	23:48.05	ℳ	7:39.6	75.8%	11	1
MASTERS	1 Eeva Toivainen	Flower Mound	(44)	12:52	+10	25:54.83	ℳ	8:20.5	61.0%	17	3
SENIORS	1 Kim Andres	Irving	(64)			26:16.35	ℳ	8:27.4	78.0%	19	5
F15-19	1 McKenzie Moore	Carrollton	(16)	11:57	+159	26:32.97		8:32.7	57.6%	21	6
	2 Isabella Berthel	Carrollton	(15)	13:58	+143	30:19.00		9:45.5	51.1%	36	12
F20-24	1 Sonia Vazquez		(23)	12:11	+46	25:08.92		8:05.7	58.8%	15	2
F30-34	1 Natalia Gaitan	Plano	(31)	19:52	+84	41:07.88		13:14.3	36.0%	52	17
F35-39	1 Megha Ramanan		(36)	15:55	+42	32:32.62		10:28.5	46.1%	42	15
F40-44	1 Angela Harris	Grapevine	(42)	13:42	+94	28:58.86		9:19.7	53.7%	31	9
	2 Lisa Jo Garcia	Coppell	(41)	14:08	+76	29:31.50	✓	9:30.2	52.3%	32	10
F45-49	1 Kaisa Peltonen	Coppell	(45)	12:54	+65	26:53.21		8:39.2	59.4%	25	7
	2 Amie Goins	Garland	(45)	15:02	+77	31:21.50		10:05.6	50.9%	40	14
	3 Elise Harper	Allen	(48)			47:09.13	ℳ	15:10.6	35.0%	55	18
	4 Rashmi Ponnappalli		(45)	27:50	+35	56:15.36		18:06.4	28.4%	56	19
F50-54	1 Jennifer Johnson	Coppell	(54)	12:44	+29	25:58.36	ℳ	8:21.6	68.6%	18	4
	2 Kuay Sullivan	Coppell	(51)			27:38.02	ℳ	8:53.7	62.0%	28	8
	3 Cindy Felker	Bedford	(54)	14:32	+51	29:54.94		9:37.7	59.5%	34	11
	4 Yanira Lopez	Farmers Branch	(54)	15:04	+21	30:27.77	ℳ	9:48.3	58.5%	37	13
F55-59	1 Betsy Palmer	Carrollton	(56)	16:14	+28	32:56.61	ℳ	10:36.2	55.5%	44	16
	2 Kathy Kelly	The Colony	(58)	31:20	+147	1:05:07.80		20:57.8	28.9%	58	20
	3 Susan Olukoga-Daniel		(55)	31:25	+151	1:05:21.06		21:02.1	27.6%	59	21

1M MALE

		15 MALE Runners --- Average Time of					8:14	Avg. Age Grade: 54.2%			Place in	
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Everett Schroeter		(38)			6:05.32		6:05.3	63.5%	1	1
M01-09	1	David Toth	Coppell	(7)			8:35.75		8:35.8	59.5%	13	9
M35-39	1	Gabor Toth	Coppell	(36)			8:34.84	✓	8:34.8	44.4%	12	8
M40-44	1	Kris Nance	Plano	(40)			6:09.01		6:09.0	63.8%	2	2
	2	Kelly Parma		(44)			6:19.84		6:19.8	63.9%	3	3
	3	Enrique Hernandez	Carrollton	(42)			9:57.69		9:57.7	40.0%	19	12
M45-49	1	Keith Lundberg		(49)			7:06.25		7:06.3	59.2%	6	6
	2	Nathan Bruser	Coppell	(46)			8:21.07		8:21.1	49.2%	17	10
M50-54	1	M Maimonides	Kansas City, Mo	(53)			7:05.77	✓	7:05.8	61.2%	5	5
M55-59	1	John Kramer	Plano	(55)			9:07.79		9:07.8	48.4%	18	11
	2	David Short	Frisco	(56)			10:45.90		10:45.9	41.4%	23	15
M60-64	1	Julio Lopez	Farmers Branch	(61)			6:52.44		6:52.4	67.7%	4	4
	2	Ruben Arevalo	Carrollton	(61)			7:46.92		7:46.9	59.8%	8	7
	3	Ruben Reyes	Carrollton	(61)			10:12.49		10:12.5	45.6%	22	14
	4	Michael Johnson	Coppell	(64)			10:30.53		10:30.5	45.5%	21	13

1M FEMALE

		9 FEMALE Runners --- Average Time of					8:45	Avg. Age Grade: 60.9%			Place in	
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Frances McKissick	Irving	(55)			7:13.02		7:13.0	73.7%	7	1
F01-09	1	Blake Bruser	Coppell	(8)			8:20.31	✓	8:20.3	61.5%	16	7
F40-44	1	Eeva Toiviainen	Flower Mound	(44)			8:14.94	✓	8:14.9	56.1%	11	4
F45-49	1	Elise Harper	Allen	(48)			11:24.12		11:24.1	42.6%	24	9
F50-54	1	Jennifer Johnson	Coppell	(54)			8:07.05	✓	8:07.1	64.7%	10	3
	2	Yanira Lopez	Farmers Branch	(54)			8:38.52		8:38.5	60.7%	14	5
	3	Kuay Sullivan	Coppell	(51)			8:45.44		8:45.4	57.6%	15	6
F55-59	1	Betsy Palmer	Carrollton	(56)			10:11.37	✓	10:11.4	52.9%	20	8
F60-64	1	Kim Andres	Irving	(64)			7:47.32		7:47.3	77.8%	9	2

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	6003	Everett Schroeter (M38)	1	M35-39	OA	---			6:05.32		6:05.3	20.81	6:05.33	63.5%
2	7276	Kris Nance (M40)	2	M40-44	1st	0.9			6:09.01		6:09.0	21.04	6:09.90	63.8%
3	6013	Kelly Parma (M44)	3	M40-44	2nd	---			6:19.84		6:19.8	21.61	6:19.84	63.9%
4	7193	Julio Lopez (M61)	4	M60-64	1st	---			6:52.44		6:52.4	23.49	6:52.44	67.7%
5	6557	M Maimonides (M53)	5	M50-54	1st	---			7:05.77	✓ 1	7:05.8	24.23	7:05.77	61.2%
6	6002	Keith Lundberg (M49)	6	M45-49	1st	1.2			7:06.25	✗	7:06.3	24.29	7:07.42	59.2%
7	7062	Frances McKissick (F55)	1	F55-59	OA	1.8			7:13.02		7:13.0	24.69	7:14.78	73.7%
8	6995	Ruben Arevalo (M61)	7	M60-64	2nd	---			7:46.92		7:46.9	26.57	7:46.92	59.8%
9	7040	Kim Andres (F64)	2	F60-64	1st	0.4			7:47.32		7:47.3	26.63	7:47.76	77.8%
10	7262	Jennifer Johnson (F54)	3	F50-54	1st	---			8:07.05	✓ 12	8:07.1	27.77	8:07.06	64.7%
11	7073	Eeva Toiviainen (F44)	4	F40-44	1st	1.4			8:14.94	✓ 5	8:14.9	28.17	8:16.36	56.1%
12	7380	Gabor Toth (M36)	8	M35-39	1st	2.9			8:34.84	✓ 1	8:34.8	29.31	8:37.75	44.4%
13	7379	David Toth (M7)	9	M01-09	1st	2.2			8:35.75	✗	8:35.8	29.36	8:37.99	59.5%
14	7198	Yanira Lopez (F54)	5	F50-54	2nd	2.9			8:38.52		8:38.5	29.54	8:41.38	60.7%
15	7265	Kuay Sullivan (F51)	6	F50-54	3rd	3.4			8:45.44		8:45.4	29.93	8:48.86	57.6%
16	6994	Blake Bruser (F8)	7	F01-09	1st	33.0			8:20.31	✓ 20	8:20.3	28.51	8:53.30	61.5%
17	6993	Nathan Bruser (M46)	10	M45-49	2nd	32.7			8:21.07		8:21.1	28.57	8:53.73	49.2%
18	7261	John Kramer (M55)	11	M55-59	1st	2.6			9:07.79		9:07.8	31.19	9:10.38	48.4%
19	7075	Enrique Hernandez (M42)	12	M40-44	3rd	10.6			9:57.69		9:57.7	34.04	10:08.29	40.0%
20	7454	Betsy Palmer (F56)	8	F55-59	1st	11.9			10:11.37	✓ 5	10:11.4	34.84	10:23.25	52.9%
21	7252	Michael Johnson (M64)	13	M60-64	4th	4.2			10:30.53		10:30.5	35.92	10:34.77	45.5%
22	7283	Ruben Reyes (M61)	14	M60-64	3rd	33.4			10:12.49		10:12.5	34.90	10:45.85	45.6%
23	7061	David Short (M56)	15	M55-59	2nd	3.9			10:45.90		10:45.9	36.78	10:49.79	41.4%
24	6775	Elise Harper (F48)	9	F45-49	1st	1.0			11:24.12		11:24.1	39.00	11:25.09	42.6%

✓ 6 Club PR's

Average Finish Time: 08:25 2 First Timers

Average Age Grade: 56.7%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	6626	Clinton Blacksmith (M25)	1	M25-29	OA	9:38	10:23	+45	20:01.13		6:26.6	20.02	20:01.13	64.4%
2	6013	Kelly Parma (M44)	2	M40-44	MS	0.7	11:09	+19	22:35.94	ℓ	7:16.4	22.58	22:36.60	62.3%
3	6665	Jonathan Chock (M14)	3	M10-14	1st	2.2	11:08	+21	22:36.40	✗	7:16.6	22.60	22:38.57	62.8%
4	6664	Ethan Merrifield (M15)	4	M15-19	1st	---	11:11	+23	22:43.98	✗	7:19.0	22.72	22:43.98	61.2%
5	7276	Kris Nance (M40)	5	M40-44	1st	3.6	11:12	+22	22:45.25	ℓ	7:19.4	22.75	22:48.82	60.0%
6	7193	Julio Lopez (M61)	6	M60-64	SR	2.0	11:22	+27	23:11.64	ℓ	7:27.9	23.18	23:13.67	69.8%
7	6663	Henry Ridley (M15)	7	M15-19	2nd	1.8	11:25	+34	23:23.54	✗	7:31.8	23.38	23:25.30	59.5%
8	6662	Logan Rock (M14)	8	M10-14	2nd	---	11:11	+71	23:33.14	✗	7:34.8	23.55	23:33.14	60.2%
9	6655	Scott Berthel (M52)	9	M50-54	1st	7.6	12:32	-88	23:36.97	✗	7:36.1	23.60	23:44.55	63.5%
10	7184	Manav Shah (M32)	10	M30-34	1st	1.9	11:31	+45	23:48.05		7:39.6	23.80	23:49.93	54.6%
11	7062	Frances McKissick (F55)	1	F55-59	OA	2.7	11:47	+13	23:48.05	ℓ	7:39.6	23.80	23:50.77	75.8%
12	7061	David Short (M56)	11	M55-59	1st	30.4	11:38	+9	23:24.44	ℓ	7:32.0	23.40	23:54.80	66.2%
13	6667	Mason Morland (M15)	12	M15-19	3rd	1.3			24:37.84	✗	7:55.7	24.62	24:39.14	56.5%
14	7089	John Nance (M69)	13	M65-69	1st	1.4	12:00	+61	25:00.36		8:02.9	25.00	25:01.74	69.7%
15	6001	Sonia Vazquez (F23)	2	F20-24	1st	2.3	12:11	+46	25:08.92	✗	8:05.7	25.13	25:11.26	58.8%
16	6995	Ruben Arevalo (M61)	14	M60-64	1st	---	12:38	+34	25:50.09	ℓ	8:18.9	25.83	25:50.09	62.6%
17	7073	Eeva Toiviainen (F44)	3	F40-44	MS	4.9	12:52	+10	25:54.83	ℓ	8:20.5	25.90	25:59.77	61.0%
18	7262	Jennifer Johnson (F54)	4	F50-54	1st	3.3	12:44	+29	25:58.36	ℓ	8:21.6	25.97	26:01.61	68.6%
19	7040	Kim Andres (F64)	5	F60-64	SR	3.6			26:16.35	ℓ	8:27.4	26.27	26:19.98	78.0%
20	6992	Doug Waters (M52)	15	M50-54	2nd	7.3	13:00	+14	26:14.05		8:26.6	26.23	26:21.38	57.1%
21	6670	McKenzie Moore (F16)	6	F15-19	1st	---	11:57	+159	26:32.97	✗	8:32.7	26.53	26:32.97	57.6%
22	6669	Marcus Moore (M46)	16	M45-49	2nd	0.7	13:26	-12	26:39.80	✗	8:34.9	26.65	26:40.53	53.6%

FN*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

5/28/2017

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

△ Negative Split

 DeltaViewTiming.com

23	7146	Alex Ramirez (M48)	17	M45-49	3rd	---	12:47	13:56	+70	26:43.11	✓	1	8:36.0	26.72	26:43.11	54.3%						
24	6002	Keith Lundberg (M49)	18	M45-49	1st	13.9	13:17	13:20	+3	26:37.21	ℓ	×	8:34.1	26.62	26:51.12	55.0%						
25	7571	Kaisa Peltonen (F45)	7	F45-49	1st	6.0	12:54	13:59	+65	26:53.21			8:39.2	26.88	26:59.25	59.4%						
26	7008	David Mask (M65)	19	M65-69	2nd	35.0	13:20	13:23	+3	26:43.00			8:36.0	26.72	27:18.01	62.8%						
27	6557	M Maimonides (M53)	20	M50-54	3rd	9.1	13:53	13:21	-32	27:14.10	ℓ		8:46.0	27.23	27:23.23	55.5%						
28	7265	Kuay Sullivan (F51)	8	F50-54	2nd	6.2				27:38.02	ℓ		8:53.7	27.63	27:44.26	62.0%						
29	7077	Ken Robinson (M54)	21	M50-54	4th	17.1	13:43	13:47	+4	27:29.50			8:50.9	27.48	27:46.61	55.4%						
30	7345	Ryan Pogue (M45)	22	M45-49	4th	14.2	14:04	13:41	-23	27:45.47			8:56.1	27.75	27:59.64	51.1%						
31	6649	Angela Harris (F42)	9	F40-44	1st	4.8	13:42	15:17	+94	28:58.86		×	9:19.7	28.97	29:03.63	53.7%						
32	7575	Lisa Jo Garcia (F41)	10	F40-44	2nd	5.5	14:08	15:24	+76	29:31.50	✓	2	9:30.2	29.52	29:37.04	52.3%						
33	7509	Geronimo Simpao (M45)	23	M45-49	5th	17.1	14:46	14:44	-2	29:30.59			9:29.9	29.50	29:47.74	48.0%						
34	6173	Cindy Felker (F54)	11	F50-54	3rd	5.3	14:32	15:23	+51	29:54.94			9:37.7	29.90	30:00.19	59.5%						
35	6006	Karthik Ponnappalli (M12)	24	M10-14	3rd	3.3	13:35	16:28	+173	30:02.78		×	9:40.3	30.03	30:06.08	49.5%						
36	6651	Isabella Berthel (F15)	12	F15-19	2nd	3.1	13:58	16:21	+143	30:19.00		×	9:45.5	30.32	30:22.08	51.1%						
37	7198	Yanira Lopez (F54)	13	F50-54	4th	6.1	15:04	15:24	+21	30:27.77	ℓ		9:48.3	30.45	30:33.86	58.5%						
38	6009	Clint Simpson (M21)	25	M20-24	1st	7.3	15:32	14:56	-36	30:28.69		×	9:48.6	30.47	30:35.96	42.5%						
39	6011	Vikram Jaiswal (M33)	26	M30-34	2nd	5.5	15:57	15:05	-52	31:02.65		×	9:59.5	31.03	31:08.12	42.0%						
40	7044	Amie Goins (F45)	14	F45-49	2nd	8.1	15:02	16:19	+77	31:21.50			10:05.6	31.35	31:29.63	50.9%						
41	7020	Ronald Hamilton (M57)	27	M55-59	2nd	9.7	15:46	16:05	+19	31:51.32			10:15.2	31.85	32:01.05	49.1%						
42	6012	Megha Ramanan (F36)	15	F35-39	1st	6.9	15:55	16:37	+42	32:32.62		×	10:28.5	32.53	32:39.49	46.1%						
43	7048	Scott McKissick (M68)	28	M65-69	3rd	21.8	16:11	16:28	+17	32:38.83			10:30.5	32.63	33:00.68	52.8%						
44	7454	Betsy Palmer (F56)	16	F55-59	1st	16.4	16:14	16:42	+28	32:56.61	ℓ		10:36.2	32.93	33:13.06	55.5%						
45	7283	Ruben Reyes (M61)	29	M60-64	2nd	12.0	16:03	17:08	+66	33:10.56	ℓ		10:40.7	33.17	33:22.60	48.8%						
46	6008	Robert Simpson (M62)	30	M60-64	3rd	8.3	15:53	17:30	+97	33:22.39		×	10:44.5	33.37	33:30.65	48.9%						
47	7555	Clay Timmons (M55)	31	M55-59	3rd	15.1	15:24	17:58	+155	33:21.85			10:44.3	33.35	33:36.98	46.1%						
48	7249	Supote Manodamrongsat (M4	32	M45-49	6th	25.0	15:27	17:52	+145	33:19.75			10:43.7	33.32	33:44.80	43.9%						
49	7252	Michael Johnson (M64)	33	M60-64	4th	10.9	16:54	18:12	+78	35:05.78	ℓ		11:17.8	35.08	35:16.69	47.4%						
50	7050	Chris Goins (M46)	34	M45-49	7th	8.7	17:22	18:41	+79	36:02.58			11:36.1	36.03	36:11.24	39.6%						
51	7261	John Kramer (M55)	35	M55-59	4th	132.7				35:34.27	ℓ		11:27.0	35.57	37:46.96	43.2%						
52	7332	Natalia Gaitan (F31)	17	F30-34	1st	19.1	19:52	21:16	+84	41:07.88		×	13:14.3	41.12	41:27.00	36.0%						
53	7331	Andres Franco (M31)	36	M30-34	3rd	19.3	19:51	21:18	+87	41:08.76		×	13:14.6	41.13	41:28.11	31.5%						
54	7148	Scott Ahlstrom (M68)	37	M65-69	4th	10.6	22:38	23:22	+43	45:59.72			14:48.3	45.98	46:10.37	37.5%						
55	6775	Elise Harper (F48)	18	F45-49	3rd	15.6				47:09.13	ℓ		15:10.6	47.15	47:24.71	35.0%						
56	6007	Rashmi Ponnappalli (F45)	19	F45-49	4th	3.9	27:50	28:25	+35	56:15.36		×	18:06.4	56.25	56:19.27	28.4%						
57	6005	Siva Vurimi (M44)	38	M40-44	2nd	4.4	27:51	28:25	+34	56:15.43		×	18:06.4	56.25	56:19.88	25.0%						
58	6135	Kathy Kelly (F58)	20	F55-59	2nd	13.1	31:20	33:47	+147	1:05:07.80			20:57.8	65.121	05:20.92	28.9%						
59	7462	Susan Olukoga-Daniel (F55)	21	F55-59	3rd	10.9	31:25	33:56	+151	1:05:21.06			21:02.1	65.351	05:31.97	27.6%						
47 Positive Split											7 Negative Split		✓ 2 Club PR's		Average Finish Time: 31:11				21 First Timers		Average Age Grade: 52.9%	

FN*: Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

5/28/2017

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	9	Kim Andres	F64	7:47.32	77.8%	
2	7	Frances McKissick	F55	7:13.02	73.7%	
3	4	Julio Lopez	M61	6:52.44	67.7%	
4	10	Jennifer Johnson	F54	8:07.05	64.7%	
5	3	Kelly Parma	M44	6:19.84	63.9%	
6	2	Kris Nance	M40	6:09.01	63.8%	
7	1	Everett Schroeter	M38	6:05.32	63.5%	
8	16	Blake Bruser	F8	8:20.31	61.5%	
9	5	M Maimonides	M53	7:05.77	61.2%	
10	14	Yanira Lopez	F54	8:38.52	60.7%	
11	8	Ruben Arevalo	M61	7:46.92	59.8%	
12	13	David Toth	M7	8:35.75	59.5%	
13	6	Keith Lundberg	M49	7:06.25	59.2%	
14	15	Kuay Sullivan	F51	8:45.44	57.6%	
15	11	Eeva Toiviainen	F44	8:14.94	56.1%	
16	20	Betsy Palmer	F56	10:11.37	52.9%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	19	Kim Andres	F64	26:16.35	78.0%	
2	11	Frances McKissick	F55	23:48.05	75.8%	
3	6	Julio Lopez	M61	23:11.64	69.8%	
4	14	John Nance	M69	25:00.36	69.7%	
5	18	Jennifer Johnson	F54	25:58.36	68.6%	
6	12	David Short	M56	23:24.44	66.2%	
7	1	Clinton Blacksmith	M25	20:01.13	64.4%	
8	9	Scott Berthel	M52	23:36.97	63.5%	
9	26	David Mask	M65	26:43.00	62.8%	
10	3	Jonathan Chock	M14	22:36.40	62.8%	
11	16	Ruben Arevalo	M61	25:50.09	62.6%	
12	2	Kelly Parma	M44	22:35.94	62.3%	
13	28	Kuay Sullivan	F51	27:38.02	62.0%	
14	4	Ethan Merrifield	M15	22:43.98	61.2%	
15	17	Eeva Toiviainen	F44	25:54.83	61.0%	
16	8	Logan Rock	M14	23:33.14	60.2%	
17	5	Kris Nance	M40	22:45.25	60.0%	
18	34	Cindy Felker	F54	29:54.94	59.5%	
19	7	Henry Ridley	M15	23:23.54	59.5%	
20	25	Kaisa Peltonen	F45	26:53.21	59.4%	
21	15	Sonia Vazquez	F23	25:08.92	58.8%	
22	37	Yanira Lopez	F54	30:27.77	58.5%	
23	21	McKenzie Moore	F16	26:32.97	57.6%	
24	20	Doug Waters	M52	26:14.05	57.1%	
25	13	Mason Morland	M15	24:37.84	56.5%	
26	44	Betsy Palmer	F56	32:56.61	55.5%	
27	27	M Maimonides	M53	27:14.10	55.5%	
28	29	Ken Robinson	M54	27:29.50	55.4%	
29	24	Keith Lundberg	M49	26:37.21	55.0%	
30	10	Manav Shah	M32	23:48.05	54.6%	
31	23	Alex Ramirez	M48	26:43.11	54.3%	
32	31	Angela Harris	F42	28:58.86	53.7%	
33	22	Marcus Moore	M46	26:39.80	53.6%	
34	43	Scott McKissick	M68	32:38.83	52.8%	
35	32	Lisa Jo Garcia	F41	29:31.50	52.3%	
36	36	Isabella Berthel	F15	30:19.00	51.1%	
37	30	Ryan Pogue	M45	27:45.47	51.1%	
38	40	Amie Goins	F45	31:21.50	50.9%	

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