

# Carrollton Runners Mile + 5K

| Mile Overall |         | 5K Overall      |          | 5K Masters     |          | 5K Seniors       |          |
|--------------|---------|-----------------|----------|----------------|----------|------------------|----------|
| Vijayan Nair | 6:01.21 | Cole Atchison   | 18:53.91 | Vijayan Nair   | 19:43.79 | John Cosentino   | 23:13.68 |
| Blake Bruser | 7:33.78 | Eeva Toiviainen | 25:19.66 | Kaisa Peltonen | 25:58.66 | Jennifer Johnson | 26:41.46 |

## 5K MALE

|         |                     | 33 MALE Runners --- Average Time of 29:33 |       |       |       |            |     | Avg. Age Grade: 52.9% |           | Place in |    |
|---------|---------------------|---|-------|-------|-------|------------|-----|-----------------------|-----------|----------|----|
|         | Name                | City                                      | (Age) | Half  | Split | Chip Time  | FN* | Pace                  | Age Grade | OA       | GD |
| OVERALL | 1 Cole Atchison     | Lewisville                                | (23)  | 9:09  | +37   | 18:53.91   |     | 6:05.0                | 68.3%     | 1        | 1  |
| MASTERS | 1 Vijayan Nair      | Plano                                     | (54)  | 9:46  | +11   | 19:43.79   | M✓  | 6:21.0                | 77.2%     | 2        | 2  |
| SENIORS | 1 John Cosentino    | Plano                                     | (55)  | 11:31 | +13   | 23:13.68   |     | 7:28.6                | 66.2%     | 6        | 6  |
| M10-14  | 1 William Poole     | Carrollton                                | (12)  | 16:55 | -56   | 32:53.42   | ✓   | 10:35.2               | 45.2%     | 32       | 25 |
|         | 2 Alex Reyes        | Dallas                                    | (13)  | 16:36 | -17   | 32:53.78   |     | 10:35.3               | 44.1%     | 31       | 24 |
|         | 3 Wesley Poole      | Carrollton                                | (10)  | 16:59 | +51   | 34:49.45   | ✓   | 11:12.5               | 45.3%     | 36       | 26 |
| M20-24  | 1 Christian Vicente |   | (24)  | 13:07 | -1    | 26:14.16   |     | 8:26.7                | 49.2%     | 16       | 14 |
|         | 2 Giovanni Vicente  | Bedford                                   | (21)  | 13:10 | -3    | 26:16.43   |     | 8:27.4                | 49.3%     | 17       | 15 |
| M25-29  | 1 Derek Sims        | Carrollton                                | (27)  | 12:33 | +82   | 26:27.76   |     | 8:31.1                | 48.7%     | 18       | 16 |
| M30-34  | 1 Manav Shah        | Dallas                                    | (33)  | 12:08 | +39   | 24:55.64   |     | 8:01.4                | 52.4%     | 10       | 10 |
|         | 2 Andres Franco     | Plano                                     | (31)  | 18:43 | -23   | 37:03.81   | ✓   | 11:55.8               | 35.0%     | 41       | 29 |
| M35-39  | 1 Robert Flores     | Aubrey                                    | (37)  | 10:56 | +16   | 22:07.08   | ✓   | 7:07.1                | 60.4%     | 4        | 4  |
| M40-44  | 1 Damian Reyes      | Dallas                                    | (40)  | 10:46 | +24   | 21:56.10   |     | 7:03.6                | 62.2%     | 3        | 3  |
|         | 2 Gerald Solorio    | Grand Prairie                             | (42)  | 10:57 | +94   | 23:28.80   |     | 7:33.5                | 59.0%     | 8        | 8  |
|         | 3 Luis Mares        | Dallas                                    | (42)  | 13:03 | -38   | 25:28.16   |     | 8:11.9                | 54.4%     | 14       | 13 |
| M45-49  | 1 Ryan Pogue        | Carrollton                                | (46)  | 13:20 | -80   | 25:20.47   | ✓   | 8:09.4                | 56.4%     | 13       | 12 |
|         | 2 Jen Evangelista   | Irving                                    | (46)  | 13:16 | +57   | 27:29.59   | M   | 8:51.0                | 52.0%     | 22       | 18 |
|         | 3 Rich Weklar       | Bartonville                               | (46)  | 13:36 | +123  | 29:15.79   |     | 9:25.1                | 48.8%     | 24       | 19 |
|         | 4 John Tang         | Dallas                                    | (49)  | 14:32 | +15   | 29:18.54   | M   | 9:26.0                | 49.9%     | 25       | 20 |
|         | 5 Donghui Wu        | Dallas                                    | (49)  | 17:48 | +140  | 37:56.89   |     | 12:12.9               | 38.6%     | 42       | 30 |
| M50-54  | 1 Steve Russo       | Plano                                     | (54)  | 11:16 | +15   | 22:47.79   | ✓   | 7:20.3                | 66.8%     | 5        | 5  |
|         | 2 Doug Waters       | Carrollton                                | (53)  | 12:07 | -3    | 24:11.42   |     | 7:47.2                | 62.5%     | 9        | 9  |
|         | 3 Oscar Vicente     | Bedford                                   | (52)  | 16:32 | +114  | 34:59.10   |     | 11:15.6               | 42.8%     | 37       | 27 |
| M55-59  | 1 David Short       | Frisco                                    | (56)  | 14:31 | +16   | 29:17.63   | M   | 9:25.7                | 52.9%     | 26       | 21 |
|         | 2 John Kramer       | Plano                                     | (55)  | 17:05 | -23   | 33:46.23   | M   | 10:52.2               | 45.5%     | 39       | 28 |
|         | 3 Brian Mega        | Arlington                                 | (55)  |       |       | 1:04:29.58 |     | 20:45.5               | 23.8%     | 51       | 33 |
| M60-64  | 1 Julio Lopez       | Farmers Branch                            | (61)  | 11:27 | +21   | 23:14.42   | M   | 7:28.8                | 69.6%     | 7        | 7  |
|         | 2 Ruben Reyes       | Carrollton                                | (61)  | 15:27 | +28   | 31:22.62   | M   | 10:06.0               | 51.6%     | 29       | 22 |
|         | 3 Robert Simpson    | Coppell                                   | (62)  | 16:00 | +23   | 32:23.66   | ✓   | 10:25.6               | 50.4%     | 30       | 23 |
| M65-69  | 1 John Nance        | Rowlett                                   | (69)  | 12:41 | +5    | 25:26.26   |     | 8:11.3                | 68.5%     | 12       | 11 |
|         | 2 David Mask        | Lewisville                                | (65)  | 12:59 | +62   | 26:59.22   |     | 8:41.2                | 62.2%     | 20       | 17 |
|         | 3 Michael Johnson   | Coppell                                   | (65)  | 19:23 | -8    | 38:38.69   | M   | 12:26.3               | 43.4%     | 43       | 31 |
|         | 4 Scott Ahlstrom    | Carrollton                                | (69)  | 21:13 | -31   | 41:55.83   |     | 13:29.8               | 41.6%     | 47       | 32 |

# 5K FEMALE

18 FEMALE Runners --- Average Time of

35:50

Avg. Age Grade: 51.0%

Place in

|         | Name                | City           | (Age) | Half  | Split | Chip Time | FN* | Pace    | Age Grade | OA | GD |
|---------|---------------------|----------------|-------|-------|-------|-----------|-----|---------|-----------|----|----|
| OVERALL | 1 Eeva Toivainen    | Flower Mound   | (44)  | 12:55 | -30   | 25:19.66  |     | 8:09.1  | 62.5%     | 11 | 1  |
| MASTERS | 1 Kaisa Peltonen    | Coppell        | (46)  | 12:55 | +9    | 25:58.66  | ✓   | 8:21.7  | 62.1%     | 15 | 2  |
| SENIORS | 1 Jennifer Johnson  | Coppell        | (55)  | 13:24 | -6    | 26:41.46  | ℓ   | 8:35.5  | 67.6%     | 19 | 3  |
| F01-09  | 1 Samantha Poole    | Carrollton     | (9)   | 16:55 | +30   | 34:19.57  | ✓   | 11:02.9 | 51.1%     | 35 | 10 |
| F10-14  | 1 Cristie Reyes     | Dallas         | (14)  | 25:58 | +209  | 55:24.69  |     | 17:50.1 | 28.4%     | 50 | 18 |
| F30-34  | 1 Natalia Gaitan    | Plano          | (31)  | 18:46 | -29   | 37:02.75  | ✓   | 11:55.4 | 40.0%     | 40 | 12 |
|         | 2 Megan Denman      | Frisco         | (30)  | 18:17 | +190  | 39:44.88  |     | 12:47.6 | 37.2%     | 44 | 13 |
| F40-44  | 1 Barbara Gibson    | Carrollton     | (44)  | 17:32 | +22   | 35:25.32  | ℓ ✓ | 11:24.1 | 44.7%     | 38 | 11 |
|         | 2 Anel Reyna        | Carrollton     | (42)  | 19:21 | +120  | 40:41.23  |     | 13:05.8 | 38.2%     | 45 | 14 |
| F45-49  | 1 Rosalyn Poole     | Carrollton     | (47)  | 16:54 | +30   | 34:18.59  | ✓   | 11:02.6 | 47.6%     | 34 | 9  |
|         | 2 Tina Clark        | Farmers Branch | (48)  | 23:01 | +225  | 49:46.95  |     | 16:01.4 | 33.2%     | 49 | 17 |
| F50-54  | 1 Elizabeth Trimble | Argyle         | (50)  | 14:12 | -16   | 28:07.16  |     | 9:03.0  | 60.2%     | 23 | 5  |
|         | 2 Yanira Lopez      | Farmers Branch | (54)  | 15:00 | +0    | 30:00.70  | ℓ   | 9:39.6  | 59.3%     | 27 | 6  |
|         | 3 Rebecca Becht     | Carrollton     | (50)  | 23:02 | +222  | 49:46.65  |     | 16:01.3 | 34.0%     | 48 | 16 |
| F55-59  | 1 Betsy Palmer      | Carrollton     | (56)  | 16:50 | -31   | 33:09.47  | ℓ   | 10:40.4 | 55.2%     | 33 | 8  |
| F60-64  | 1 Kim Andres        | Irving         | (64)  | 13:20 | +31   | 27:10.47  |     | 8:44.8  | 75.4%     | 21 | 4  |
| F65-69  | 1 Kumiko McCoy      | Eules          | (68)  | 15:15 | +10   | 30:39.04  |     | 9:51.9  | 71.2%     | 28 | 7  |
|         | 2 Carol Creech      | Plano          | (66)  | 20:50 | -16   | 41:24.00  |     | 13:19.5 | 51.0%     | 46 | 15 |

FN\*:  Broke Age-Group Record

**GD** Place among Females

△ Positive Split

Timing provided by:

9/24/2017

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

△ Negative Split



DeltaViewTiming.com

# 1M MALE

|         |      | 11 MALE Runners --- Average Time of <b>8:31</b> |                |      |       |                 | Avg. Age Grade: <b>52.9%</b> |         | Place in     |    |    |
|---------|------|---|----------------|------|-------|-----------------|------------------------------|---------|--------------|----|----|
|         | Name | City  | (Age)          | Half | Split | Chip Time       | FN*                          | Pace    | Age Grade    | OA | GD |
| OVERALL | 1    | <b>Vijayan Nair</b>                             | Plano          | (54) |       | <b>6:01.21</b>  |                              | 6:01.2  | <b>72.8%</b> | 1  | 1  |
| M10-14  | 1    | <b>Valerie Olson</b>                            | Carrollton     | (11) |       | <b>9:20.18</b>  |                              | 9:20.2  | 47.1%        | 12 | 9  |
| M45-49  | 1    | <b>Nathan Bruser</b>                            | Coppell        | (46) |       | <b>7:34.01</b>  |                              | 7:34.0  | 54.3%        | 4  | 3  |
|         | 2    | <b>John Tang</b>                                | Dallas         | (49) |       | <b>8:26.56</b>  |                              | 8:26.6  | 49.8%        | 6  | 4  |
|         | 3    | <b>Jen Evangelista</b>                          | Irving         | (46) |       | <b>8:27.89</b>  |                              | 8:27.9  | 48.5%        | 8  | 6  |
| M50-54  | 1    | <b>Paula Olson</b>                              | Carrollton     | (50) |       | <b>9:25.99</b>  |                              | 9:26.0  | 45.0%        | 13 | 10 |
| M55-59  | 1    | <b>David Short</b>                              | Frisco         | (56) |       | <b>8:27.31</b>  |                              | 8:27.3  | 52.7%        | 7  | 5  |
|         | 2    | <b>John Kramer</b>                              | Plano          | (55) |       | <b>8:46.76</b>  |                              | 8:46.8  | 50.3%        | 10 | 8  |
| M60-64  | 1    | <b>Julio Lopez</b>                              | Farmers Branch | (61) |       | <b>7:04.43</b>  |                              | 7:04.4  | <b>65.8%</b> | 2  | 2  |
|         | 2    | <b>Ruben Reyes</b>                              | Carrollton     | (61) |       | <b>8:43.11</b>  |                              | 8:43.1  | 53.4%        | 9  | 7  |
| M65-69  | 1    | <b>Michael Johnson</b>                          | Coppell        | (65) |       | <b>11:20.18</b> |                              | 11:20.2 | 42.6%        | 17 | 11 |

# 1M FEMALE

|         |      | 8 FEMALE Runners --- Average Time of <b>11:47</b> |                |      |       |                 | Avg. Age Grade: <b>48.7%</b>        |         | Place in     |    |          |
|---------|------|---|----------------|------|-------|-----------------|-------------------------------------|---------|--------------|----|----------|
|         | Name | City  | (Age)          | Half | Split | Chip Time       | FN*                                 | Pace    | Age Grade    | OA | GD       |
| OVERALL | 1    | <b>Blake Bruser</b>                               | Coppell        | (8)  |       | <b>7:33.78</b>  | <input checked="" type="checkbox"/> | 7:33.8  | <b>67.9%</b> | 3  | <b>1</b> |
| F20-24  | 1    | <b>Grecia Caez</b>                                | Bedford        | (22) |       | <b>10:17.07</b> |                                     | 10:17.1 | 40.8%        | 14 | <b>4</b> |
| F40-44  | 1    | <b>Barbara Gibson</b>                             | Carrollton     | (44) |       | <b>10:26.21</b> | <input checked="" type="checkbox"/> | 10:26.2 | 44.4%        | 15 | <b>5</b> |
| F45-49  | 1    | <b>Chris Snoberger</b>                            | Arlington      | (46) |       | <b>26:24.04</b> |                                     | 26:24.0 | 18.0%        | 19 | <b>8</b> |
| F50-54  | 1    | <b>Yanira Lopez</b>                               | Farmers Branch | (54) |       | <b>8:26.02</b>  |                                     | 8:26.0  | <b>62.2%</b> | 5  | <b>2</b> |
| F55-59  | 1    | <b>Jennifer Johnson</b>                           | Coppell        | (55) |       | <b>8:48.84</b>  |                                     | 8:48.8  | <b>60.4%</b> | 11 | <b>3</b> |
|         | 2    | <b>Betsy Palmer</b>                               | Carrollton     | (56) |       | <b>10:58.45</b> |                                     | 10:58.5 | 49.2%        | 16 | <b>6</b> |
|         | 3    | <b>Jeanna Kramer</b>                              | Plano          | (56) |       | <b>11:25.11</b> | <input checked="" type="checkbox"/> | 11:25.1 | 47.2%        | 18 | <b>7</b> |

| 1M | Bib Name                    | GD | AgeGrp | AG  | Start  | 1stH | 2ndH | △ | FinishTime+ | FN*  | Pace    | 5KEq  | Clock Time | AgeGD |
|----|-----------------------------|----|--------|-----|--------|------|------|---|-------------|------|---------|-------|------------|-------|
| 1  | 7117 Vijayan Nair (M54)     | 1  | M50-54 | OA  | ---    |      |      |   | 6:01.21     |      | 6:01.2  | 20.58 | 6:01.21    | 72.8% |
| 2  | 7193 Julio Lopez (M61)      | 2  | M60-64 | 1st | ---    |      |      |   | 7:04.43     |      | 7:04.4  | 24.18 | 7:04.43    | 65.8% |
| 3  | 7316 Blake Bruser (F8)      | 1  | F01-09 | OA  | ---    |      |      |   | 7:33.78     | ☑ 24 | 7:33.8  | 25.83 | 7:33.78    | 67.9% |
| 4  | 7097 Nathan Bruser (M46)    | 3  | M45-49 | 1st | ---    |      |      |   | 7:34.01     |      | 7:34.0  | 25.89 | 7:34.01    | 54.3% |
| 5  | 7198 Yanira Lopez (F54)     | 2  | F50-54 | 1st | ---    |      |      |   | 8:26.02     |      | 8:26.0  | 28.85 | 8:26.02    | 62.2% |
| 6  | 6004 John Tang (M49)        | 4  | M45-49 | 2nd | ---    |      |      |   | 8:26.56     | ✕    | 8:26.6  | 28.85 | 8:26.56    | 49.8% |
| 7  | 7061 David Short (M56)      | 5  | M55-59 | 1st | ---    |      |      |   | 8:27.31     |      | 8:27.3  | 28.91 | 8:27.31    | 52.7% |
| 8  | 7343 Jen Evangelista (M46)  | 6  | M45-49 | 3rd | ---    |      |      |   | 8:27.89     |      | 8:27.9  | 28.91 | 8:27.89    | 48.5% |
| 9  | 7283 Ruben Reyes (M61)      | 7  | M60-64 | 2nd | ---    |      |      |   | 8:43.11     |      | 8:43.1  | 29.82 | 8:43.11    | 53.4% |
| 10 | 7261 John Kramer (M55)      | 8  | M55-59 | 2nd | ---    |      |      |   | 8:46.76     |      | 8:46.8  | 29.99 | 8:46.76    | 50.3% |
| 11 | 7262 Jennifer Johnson (F55) | 3  | F55-59 | 1st | ---    |      |      |   | 8:48.84     |      | 8:48.8  | 30.11 | 8:48.84    | 60.4% |
| 12 | 6205 Valerie Olson (M11)    | 9  | M10-14 | 1st | ---    |      |      |   | 9:20.18     |      | 9:20.2  | 31.93 | 9:20.18    | 47.1% |
| 13 | 6207 Paula Olson (M50)      | 10 | M50-54 | 1st | ---    |      |      |   | 9:25.99     |      | 9:26.0  | 32.22 | 9:25.99    | 45.0% |
| 14 | 6817 Grecia Caez (F22)      | 4  | F20-24 | 1st | ---    |      |      |   | 10:17.07    | ✕    | 10:17.1 | 35.18 | 10:17.07   | 40.8% |
| 15 | 6791 Barbara Gibson (F44)   | 5  | F40-44 | 1st | ---    |      |      |   | 10:26.21    | ✓ 1  | 10:26.2 | 35.69 | 10:26.21   | 44.4% |
| 16 | 7454 Betsy Palmer (F56)     | 6  | F55-59 | 2nd | ---    |      |      |   | 10:58.45    |      | 10:58.5 | 37.52 | 10:58.45   | 49.2% |
| 17 | 7252 Michael Johnson (M65)  | 11 | M65-69 | 1st | ---    |      |      |   | 11:20.18    |      | 11:20.2 | 38.77 | 11:20.18   | 42.6% |
| 18 | 6732 Jeanna Kramer (F56)    | 7  | F55-59 | 3rd | ---    |      |      |   | 11:25.11    | ✓ 1  | 11:25.1 | 39.06 | 11:25.11   | 47.2% |
| 19 | 6007 Chris Snoberger (F46)  | 8  | F45-49 | 1st | 1277.0 |      |      |   | 26:24.04    | ✕    | 26:24.0 | 90.32 | 47:41.00   | 18.0% |

✓ 3 Club PR's

Average Finish Time: 09:53 3 First Timers

Average Age Grade: 51.2%

| 5K | Bib Name                     | GD | AgeGrp | AG  | Start | 1stH  | 2ndH  | △    | FinishTime+ | FN*  | Pace   | 5KEq  | Clock Time | AgeGD |
|----|------------------------------|----|--------|-----|-------|-------|-------|------|-------------|------|--------|-------|------------|-------|
| 1  | 7293 Cole Atchison (M23)     | 1  | M20-24 | OA  | 0.3   | 9:09  | 9:45  | +37  | 18:53.91    |      | 6:05.0 | 18.88 | 18:54.21   | 68.3% |
| 2  | 7117 Vijayan Nair (M54)      | 2  | M50-54 | MS  | ---   | 9:46  | 9:58  | +11  | 19:43.79    | ☑ 2  | 6:21.0 | 19.72 | 19:43.79   | 77.2% |
| 3  | 6003 Damian Reyes (M40)      | 3  | M40-44 | 1st | ---   | 10:46 | 11:10 | +24  | 21:56.10    |      | 7:03.6 | 21.93 | 21:56.10   | 62.2% |
| 4  | 6674 Robert Flores (M37)     | 4  | M35-39 | 1st | 1.2   | 10:56 | 11:11 | +16  | 22:07.08    | ✓ 1  | 7:07.1 | 22.12 | 22:08.23   | 60.4% |
| 5  | 6508 Steve Russo (M54)       | 5  | M50-54 | 1st | ---   | 11:16 | 11:32 | +15  | 22:47.79    | ✓ 3  | 7:20.3 | 22.78 | 22:47.79   | 66.8% |
| 6  | 6648 John Cosentino (M55)    | 6  | M55-59 | SR  | 1.9   | 11:31 | 11:43 | +13  | 23:13.68    |      | 7:28.6 | 23.22 | 23:15.53   | 66.2% |
| 7  | 7193 Julio Lopez (M61)       | 7  | M60-64 | 1st | 1.3   | 11:27 | 11:48 | +21  | 23:14.42    | ☑    | 7:28.8 | 23.23 | 23:15.76   | 69.6% |
| 8  | 6483 Gerald Solorio (M42)    | 8  | M40-44 | 2nd | 2.1   | 10:57 | 12:31 | +94  | 23:28.80    | ✕    | 7:33.5 | 23.47 | 23:30.94   | 59.0% |
| 9  | 7012 Doug Waters (M53)       | 9  | M50-54 | 2nd | 16.6  | 12:07 | 12:04 | -3   | 24:11.42    |      | 7:47.2 | 24.18 | 24:28.05   | 62.5% |
| 10 | 7184 Manav Shah (M33)        | 10 | M30-34 | 1st | 1.2   | 12:08 | 12:47 | +39  | 24:55.64    |      | 8:01.4 | 24.92 | 24:56.85   | 52.4% |
| 11 | 7073 Eeva Toiviainen (F44)   | 1  | F40-44 | OA  | 2.9   | 12:55 | 12:25 | -30  | 25:19.66    |      | 8:09.1 | 25.32 | 25:22.53   | 62.5% |
| 12 | 7089 John Nance (M69)        | 11 | M65-69 | 1st | 1.0   | 12:41 | 12:46 | +5   | 25:26.26    |      | 8:11.3 | 25.43 | 25:27.27   | 68.5% |
| 13 | 7345 Ryan Pogue (M46)        | 12 | M45-49 | 1st | 9.5   | 13:20 | 12:00 | -80  | 25:20.47    | ✓ 11 | 8:09.4 | 25.33 | 25:29.92   | 56.4% |
| 14 | 7175 Luis Mares (M42)        | 13 | M40-44 | 3rd | 7.3   | 13:03 | 12:25 | -38  | 25:28.16    |      | 8:11.9 | 25.47 | 25:35.50   | 54.4% |
| 15 | 6571 Kaisa Peltonen (F46)    | 2  | F45-49 | MS  | 4.5   | 12:55 | 13:04 | +9   | 25:58.66    | ✓ 10 | 8:21.7 | 25.97 | 26:03.18   | 62.1% |
| 16 | 6815 Christian Vicente (M24) | 14 | M20-24 | 1st | 8.9   | 13:07 | 13:07 | -1   | 26:14.16    | ✕    | 8:26.7 | 26.23 | 26:23.05   | 49.2% |
| 17 | 6816 Giovanni Vicente (M21)  | 15 | M20-24 | 2nd | 7.1   | 13:10 | 13:07 | -3   | 26:16.43    | ✕    | 8:27.4 | 26.27 | 26:23.56   | 49.3% |
| 18 | 7090 Derek Sims (M27)        | 16 | M25-29 | 1st | 5.1   | 12:33 | 13:55 | +82  | 26:27.76    |      | 8:31.1 | 26.45 | 26:32.90   | 48.7% |
| 19 | 7262 Jennifer Johnson (F55)  | 3  | F55-59 | SR  | 2.2   | 13:24 | 13:18 | -6   | 26:41.46    | ☑    | 8:35.5 | 26.68 | 26:43.64   | 67.6% |
| 20 | 7008 David Mask (M65)        | 17 | M65-69 | 2nd | 9.7   | 12:59 | 14:00 | +62  | 26:59.22    |      | 8:41.2 | 26.98 | 27:08.93   | 62.2% |
| 21 | 7040 Kim Andres (F64)        | 4  | F60-64 | 1st | 2.1   | 13:20 | 13:51 | +31  | 27:10.47    |      | 8:44.8 | 27.17 | 27:12.54   | 75.4% |
| 22 | 7343 Jen Evangelista (M46)   | 18 | M45-49 | 2nd | 5.6   | 13:16 | 14:13 | +57  | 27:29.59    | ☑    | 8:51.0 | 27.48 | 27:35.24   | 52.0% |
| 23 | 7156 Elizabeth Trimble (F50) | 5  | F50-54 | 1st | 9.2   | 14:12 | 13:56 | -16  | 28:07.16    |      | 9:03.0 | 28.12 | 28:16.38   | 60.2% |
| 24 | 6005 Rich Weklar (M46)       | 19 | M45-49 | 3rd | 5.4   | 13:36 | 15:39 | +123 | 29:15.79    |      | 9:25.1 | 29.25 | 29:21.22   | 48.8% |
| 25 | 6004 John Tang (M49)         | 20 | M45-49 | 4th | 15.2  | 14:32 | 14:47 | +15  | 29:18.54    | ☑    | 9:26.0 | 29.30 | 29:33.75   | 49.9% |
| 26 | 7061 David Short (M56)       | 21 | M55-59 | 1st | 16.9  | 14:31 | 14:47 | +16  | 29:17.63    | ☑    | 9:25.7 | 29.28 | 29:34.53   | 52.9% |
| 27 | 7198 Yanira Lopez (F54)      | 6  | F50-54 | 2nd | 10.3  | 15:00 | 15:00 | +0   | 30:00.70    | ☑    | 9:39.6 | 30.00 | 30:11.01   | 59.3% |

FN\*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

9/24/2017

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

△ Negative Split

 DeltaViewTiming.com

|                   |      |                       |    |        |     |       |       |       |      |                   |     |                |         |                            |          |                |  |                          |  |
|-------------------|------|-----------------------|----|--------|-----|-------|-------|-------|------|-------------------|-----|----------------|---------|----------------------------|----------|----------------|--|--------------------------|--|
| 28                | 7449 | Kumiko McCoy (F68)    | 7  | F65-69 | 1st | 6.6   | 15:15 | 15:24 | +10  | 30:39.04          |     | 9:51.9         | 30.65   | 30:45.67                   | 71.2%    |                |  |                          |  |
| 29                | 7283 | Ruben Reyes (M61)     | 22 | M60-64 | 2nd | 6.0   | 15:27 | 15:55 | +28  | 31:22.62          | ℓ   | 10:06.0        | 31.37   | 31:28.62                   | 51.6%    |                |  |                          |  |
| 30                | 6688 | Robert Simpson (M62)  | 23 | M60-64 | 3rd | 10.9  | 16:00 | 16:23 | +23  | 32:23.66          | ✓   | ≥              | 10:25.6 | 32.38                      | 32:34.59 | 50.4%          |  |                          |  |
| 31                | 6002 | Alex Reyes (M13)      | 24 | M10-14 | 2nd | 2.4   | 16:36 | 16:18 | -17  | 32:53.78          |     | 10:35.3        | 32.88   | 32:56.13                   | 44.1%    |                |  |                          |  |
| 32                | 6713 | William Poole (M12)   | 25 | M10-14 | 1st | 3.6   | 16:55 | 15:59 | -56  | 32:53.42          | ✓   | ≥              | 10:35.2 | 32.88                      | 32:57.04 | 45.2%          |  |                          |  |
| 33                | 7454 | Betsy Palmer (F56)    | 8  | F55-59 | 1st | 12.2  | 16:50 | 16:19 | -31  | 33:09.47          | ℓ   | 10:40.4        | 33.15   | 33:21.66                   | 55.2%    |                |  |                          |  |
| 34                | 6710 | Rosalyn Poole (F47)   | 9  | F45-49 | 1st | 3.8   | 16:54 | 17:24 | +30  | 34:18.59          | ✓   | ≥              | 11:02.6 | 34.30                      | 34:22.35 | 47.6%          |  |                          |  |
| 35                | 6711 | Samantha Poole (F9)   | 10 | F01-09 | 1st | 4.1   | 16:55 | 17:25 | +30  | 34:19.57          | ✓   | ≥              | 11:02.9 | 34.32                      | 34:23.68 | 51.1%          |  |                          |  |
| 36                | 6712 | Wesley Poole (M10)    | 26 | M10-14 | 3rd | 4.5   | 16:59 | 17:50 | +51  | 34:49.45          | ✓   | ≥              | 11:12.5 | 34.82                      | 34:53.93 | 45.3%          |  |                          |  |
| 37                | 6814 | Oscar Vicente (M52)   | 27 | M50-54 | 3rd | 8.3   | 16:32 | 18:27 | +114 | 34:59.10          |     | ×              | 11:15.6 | 34.98                      | 35:07.35 | 42.8%          |  |                          |  |
| 38                | 6791 | Barbara Gibson (F44)  | 11 | F40-44 | 1st | 5.7   | 17:32 | 17:54 | +22  | 35:25.32          | ℓ ✓ | 1              | 11:24.1 | 35.42                      | 35:31.00 | 44.7%          |  |                          |  |
| 39                | 7261 | John Kramer (M55)     | 28 | M55-59 | 2nd | 178.7 | 17:05 | 16:41 | -23  | 33:46.23          | ℓ   | 10:52.2        | 33.77   | 36:44.96                   | 45.5%    |                |  |                          |  |
| 40                | 7332 | Natalia Gaitan (F31)  | 12 | F30-34 | 1st | 19.5  | 18:46 | 18:17 | -29  | 37:02.75          | ✓   | ≥              | 11:55.4 | 37.03                      | 37:22.24 | 40.0%          |  |                          |  |
| 41                | 7331 | Andres Franco (M31)   | 29 | M30-34 | 2nd | 19.8  | 18:43 | 18:21 | -23  | 37:03.81          | ✓   | ≥              | 11:55.8 | 37.05                      | 37:23.62 | 35.0%          |  |                          |  |
| 42                | 6811 | Donghui Wu (M49)      | 30 | M45-49 | 5th | ---   | 17:48 | 20:09 | +140 | 37:56.89          |     | ×              | 12:12.9 | 37.93                      | 37:56.89 | 38.6%          |  |                          |  |
| 43                | 7252 | Michael Johnson (M65) | 31 | M65-69 | 3rd | 10.3  | 19:23 | 19:15 | -8   | 38:38.69          | ℓ   | 12:26.3        | 38.63   | 38:48.94                   | 43.4%    |                |  |                          |  |
| 44                | 6212 | Megan Denman (F30)    | 13 | F30-34 | 2nd | 7.8   | 18:17 | 21:27 | +190 | 39:44.88          |     | 12:47.6        | 39.73   | 39:52.69                   | 37.2%    |                |  |                          |  |
| 45                | 6806 | Anel Reyna (F42)      | 14 | F40-44 | 2nd | 6.5   | 19:21 | 21:20 | +120 | 40:41.23          |     | ×              | 13:05.8 | 40.68                      | 40:47.73 | 38.2%          |  |                          |  |
| 46                | 7024 | Carol Creech (F66)    | 15 | F65-69 | 2nd | 6.0   | 20:50 | 20:34 | -16  | 41:24.00          |     | 13:19.5        | 41.40   | 41:30.02                   | 51.0%    |                |  |                          |  |
| 47                | 7148 | Scott Ahlstrom (M69)  | 32 | M65-69 | 4th | 10.3  | 21:13 | 20:42 | -31  | 41:55.83          |     | 13:29.8        | 41.92   | 42:06.17                   | 41.6%    |                |  |                          |  |
| 48                | 7248 | Rebecca Becht (F50)   | 16 | F50-54 | 3rd | 15.5  | 23:02 | 26:44 | +222 | 49:46.65          |     | 16:01.3        | 49.77   | 50:02.15                   | 34.0%    |                |  |                          |  |
| 49                | 7185 | Tina Clark (F48)      | 17 | F45-49 | 2nd | 15.9  | 23:01 | 26:46 | +225 | 49:46.95          |     | 16:01.4        | 49.77   | 50:02.84                   | 33.2%    |                |  |                          |  |
| 50                | 6001 | Cristie Reyes (F14)   | 18 | F10-14 | 1st | ---   | 25:58 | 29:27 | +209 | 55:24.69          |     | 17:50.1        | 55.40   | 55:24.69                   | 28.4%    |                |  |                          |  |
| 51                | 6006 | Brian Mega (M55)      | 33 | M55-59 | 3rd | 13.4  |       |       |      | 1:04:29.58        |     | 20:45.5        | 64.481  | 04:42.99                   | 23.8%    |                |  |                          |  |
| 32 Positive Split |      |                       |    |        |     |       |       |       |      | 18 Negative Split |     | ✓ 13 Club PR's |         | Average Finish Time: 31:46 |          | 7 First Timers |  | Average Age Grade: 52.2% |  |

# Sorted Age Grades

## 1M

| # | OA | Name             | Gender-Age | Finish Time | AgeGrade     | List*   |
|---|----|------------------|------------|-------------|--------------|---------|
| 1 | 1  | Vijayan Nair     | M54        | 6:01.21     | <b>72.8%</b> |         |
| 2 | 3  | Blake Bruser     | F8         | 7:33.78     | <b>67.9%</b> | Move UP |
| 3 | 2  | Julio Lopez      | M61        | 7:04.43     | <b>65.8%</b> |         |
| 4 | 5  | Yanira Lopez     | F54        | 8:26.02     | <b>62.2%</b> |         |
| 5 | 11 | Jennifer Johnson | F55        | 8:48.84     | <b>60.4%</b> |         |
| 6 | 4  | Nathan Bruser    | M46        | 7:34.01     | 54.3%        |         |
| 7 | 9  | Ruben Reyes      | M61        | 8:43.11     | 53.4%        |         |
| 8 | 7  | David Short      | M56        | 8:27.31     | 52.7%        |         |
| 9 | 10 | John Kramer      | M55        | 8:46.76     | 50.3%        |         |

## 5K

| #  | OA | Name              | Gender-Age | Finish Time | AgeGrade     | List*   |
|----|----|-------------------|------------|-------------|--------------|---------|
| 1  | 2  | Vijayan Nair      | M54        | 19:43.79    | <b>77.2%</b> | Move UP |
| 2  | 21 | Kim Andres        | F64        | 27:10.47    | <b>75.4%</b> |         |
| 3  | 28 | Kumiko McCoy      | F68        | 30:39.04    | <b>71.2%</b> |         |
| 4  | 7  | Julio Lopez       | M61        | 23:14.42    | <b>69.6%</b> |         |
| 5  | 12 | John Nance        | M69        | 25:26.26    | <b>68.5%</b> |         |
| 6  | 1  | Cole Atchison     | M23        | 18:53.91    | <b>68.3%</b> |         |
| 7  | 19 | Jennifer Johnson  | F55        | 26:41.46    | <b>67.6%</b> |         |
| 8  | 5  | Steve Russo       | M54        | 22:47.79    | <b>66.8%</b> | Move UP |
| 9  | 6  | John Cosentino    | M55        | 23:13.68    | <b>66.2%</b> |         |
| 10 | 9  | Doug Waters       | M53        | 24:11.42    | <b>62.5%</b> |         |
| 11 | 11 | Eeva Toiviainen   | F44        | 25:19.66    | <b>62.5%</b> |         |
| 12 | 3  | Damian Reyes      | M40        | 21:56.10    | <b>62.2%</b> |         |
| 13 | 20 | David Mask        | M65        | 26:59.22    | <b>62.2%</b> |         |
| 14 | 15 | Kaisa Peltonen    | F46        | 25:58.66    | <b>62.1%</b> |         |
| 15 | 4  | Robert Flores     | M37        | 22:07.08    | <b>60.4%</b> |         |
| 16 | 23 | Elizabeth Trimble | F50        | 28:07.16    | <b>60.2%</b> |         |
| 17 | 27 | Yanira Lopez      | F54        | 30:00.70    | 59.3%        |         |
| 18 | 8  | Gerald Solorio    | M42        | 23:28.80    | 59.0%        |         |
| 19 | 13 | Ryan Pogue        | M46        | 25:20.47    | 56.4%        |         |
| 20 | 33 | Betsy Palmer      | F56        | 33:09.47    | 55.2%        |         |
| 21 | 14 | Luis Mares        | M42        | 25:28.16    | 54.4%        |         |
| 22 | 26 | David Short       | M56        | 29:17.63    | 52.9%        |         |
| 23 | 10 | Manav Shah        | M33        | 24:55.64    | 52.4%        |         |
| 24 | 22 | Jen Evangelista   | M46        | 27:29.59    | 52.0%        |         |
| 25 | 29 | Ruben Reyes       | M61        | 31:22.62    | 51.6%        |         |
| 26 | 35 | Samantha Poole    | F9         | 34:19.57    | 51.1%        |         |
| 27 | 46 | Carol Creech      | F66        | 41:24.00    | 51.0%        |         |
| 28 | 30 | Robert Simpson    | M62        | 32:23.66    | 50.4%        |         |

**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