

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Vijayan Nair	6:05.63	Justin Miller	19:05.31	Scott Wonderly	22:42.65	Vijayan Nair	23:32.13
Molly Sarchet	7:05.21	Emily Field	18:48.39	Jacqueline Nivet	25:15.11	Kumiko McCoy	30:54.39

5K MALE

37 MALE Runners --- Average Time of **29:36**

Avg. Age Grade: **54.0%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Justin Miller	Plano	(14)	9:39	-13	19:05.31	✓	6:08.6	74.3%	2	1
MASTERS	1 Scott Wonderly	Houston	(52)	10:58	+47	22:42.65		7:18.6	66.0%	6	5
SENIORS	1 Vijayan Nair	Plano	(55)	11:13	+66	23:32.13	ML	7:34.5	65.3%	9	8
M01-09	1 Oliver Choy	Hurst	(7)	13:17	+50	27:24.75		8:49.4	64.9%	24	18
M10-14	1 Benjamin Schussler	Dallas	(14)	14:31	+146	31:27.00		10:07.4	45.1%	35	26
M15-19	1 Reece Parker	Plano	(17)	12:12	+98	26:02.61		8:23.0	51.9%	18	14
M30-34	1 Sergio Arias	N Richland Hills	(34)	9:47	+8	19:41.66	ML	6:20.3	66.6%	3	2
	2 Blair Casey	Carrollton	(31)	10:44	+51	22:19.00		7:11.0	58.1%	5	4
M35-39	1 Robert Flores	Aubrey	(38)	9:58	+42	20:36.87		6:38.1	65.2%	4	3
	2 Tim Choy	Hurst	(38)	13:16	+54	27:25.10		8:49.5	49.1%	25	19
	3 Gabor Toth	Coppell	(37)	14:13	+10	28:35.44		9:12.1	46.7%	27	21
	4 Jose Arellano	Little Elm	(39)	17:20	+15	34:54.76	ML	11:14.2	38.8%	42	29
M45-49	1 Brian Miller	Plano	(47)	11:14	+33	23:00.75		7:24.4	62.6%	7	6
	2 Rich Weklar	Bartonville	(47)	11:13	+46	23:11.66	ML✓	7:27.9	62.1%	8	7
	3 Ryan Pogue	Carrollton	(47)	15:16	-3	30:27.91		9:48.3	47.3%	32	24
	4 Doug Haugh	Carrollton	(49)	15:13	+44	31:10.21		10:02.0	46.9%	34	25
	5 Nathan Bruser	Higland Village	(47)	17:53	+48	36:33.75	ML	11:46.1	39.4%	44	30
	6 Chris Goins	Garland	(48)	16:55	+224	37:34.09		12:05.5	38.6%	48	31
M50-54	1 Steve Russo	Plano	(54)	11:25	+53	23:43.11	ML	7:38.1	64.3%	10	9
	2 Doug Waters	Carrollton	(53)	12:07	-8	24:05.83	ML	7:45.4	62.7%	11	10
	3 Rob Preston	Irving	(53)	13:09	-16	26:02.22		8:22.8	58.0%	19	15
	4 Rich Cronin	Arlington	(50)	12:57	+48	26:41.16		8:35.4	55.3%	21	17
	5 Jeffrey Conklin	Arlington	(54)	14:41	+23	29:44.66		9:34.4	51.2%	30	23
	6 Carey Stinson	Richardson	(50)	19:06	+58	39:09.21		12:36.1	37.7%	52	32
	7 Matt Lucas	Keller	(51)	21:22	+106	44:29.96		14:19.4	33.4%	61	36
M55-59	1 David Short	Frisco	(57)	12:17	-38	23:54.78	ML	7:41.8	65.4%	15	13
	2 John Cosentino	Plano	(56)	12:22	+14	24:57.34		8:01.9	62.1%	12	11
	3 Jeff Gardner	Dallas	(58)	14:02	+53	28:57.36		9:19.2	54.4%	28	22
	4 John Kramer	Plano	(56)	19:03	+12	38:18.03	ML	12:19.7	40.5%	53	33
M60-64	1 Julio Lopez	Farmers Branch	(62)	12:39	-10	25:08.48	ML	8:05.5	64.9%	13	12
	2 Ruben Arevalo	Carrollton	(63)	13:24	-1	26:46.99	ML	8:37.2	61.5%	20	16
	3 Ruben Reyes	Carrollton	(62)	16:35	+59	34:08.71	ML	10:59.4	47.8%	41	28
	4 Robert Simpson	Coppell	(63)	22:44	+156	48:04.22		15:28.3	34.3%	63	37
M65-69	1 David Mask	Lewisville	(66)	13:28	+61	27:57.61	ML	8:60.0	60.5%	26	20
	2 Maxx Pomm	Dallas	(69)	15:29	+73	32:11.70		10:21.8	54.1%	36	27
M70-74	1 Scott Ahlstrom	Carrollton	(70)	22:30	-44	44:16.20		14:14.9	39.8%	60	35
M80-99	1 Charles Key	Dallas	(86)	19:28	+106	40:42.44		13:06.1	61.8%	54	34

FN*: Broke Age-Group Record

GD Place among Females

▲ Positive Split

Timing provided by:

9/3/2018

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

▲ Negative Split



DeltaViewTiming.com

5K FEMALE

27 FEMALE Runners --- Average Time of

35:14

Avg. Age Grade: 51.4%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Emily Field	Dallas	(36)	9:25	-1	18:48.39	☑	6:03.2	79.8%	1	1
MASTERS	1 Jacqueline Nivet	Dallas	(48)	12:36	+2	25:15.11	✓	8:07.7	65.4%	14	2
SENIORS	1 Kumiko McCoy	Eules	(69)	15:08	+37	30:54.39		9:56.9	71.7%	33	9
F01-09	1 Raihana Arellano	Little Elm	(9)	17:04	-89	32:40.01	ℳ	10:30.9	53.7%	37	10
	2 Shahana Arellano	Little Elm	(8)	17:13	-82	33:03.44	ℳ	10:38.4	54.8%	39	12
	3 Blake Bruser	Higland Village	(9)	18:03	+25	36:30.91	ℳ	11:45.2	48.1%	45	15
F15-19	1 Alisa Rubinstein	Plano	(17)	16:50	+117	35:37.57		11:28.0	42.4%	43	14
	2 Mei Sullum	Dallas	(15)	17:21	+175	37:37.08		12:06.5	41.2%	47	17
	3 Miriam Schwitzer	Dallas	(15)	22:38	+159	47:54.84		15:25.3	32.3%	62	26
F25-29	1 Molly Sarchet		(25)	11:36	+164	25:56.94	ℳ	8:21.1	57.0%	16	3
F30-34	1 Lindsay Aragon	Fort Worth	(30)	12:43	+34	25:59.27		8:21.9	57.0%	17	4
F35-39	1 Nika Brunk	Eules	(37)	18:47	+8	37:40.70		12:07.6	40.0%	50	19
	2 Michelle Barraza	Dallas	(39)	18:23	+109	38:33.73		12:24.7	39.5%	51	20
F40-44	1 Jojo Montoya		(43)	12:59	+61	26:59.28	✓	8:41.2	58.1%	22	5
	2 Dafna Rubinstein	Plano	(44)	15:24	-81	29:27.13		9:28.8	53.7%	29	7
	3 Jen Haugh	Carrollton	(40)	15:13	-11	30:15.92		9:44.5	50.7%	31	8
F45-49	1 Amie Goins	Garland	(46)	16:18	+89	34:04.40		10:58.0	47.4%	40	13
	2 Rachel Sandoval	Dallas	(49)	20:56	+13	42:04.66		13:32.6	39.7%	55	21
	3 Rikki Creech		(47)	21:50	-23	43:17.00		13:55.9	37.7%	57	23
	4 Kim Lucas	Dallas	(47)	21:22	+61	43:45.21		14:05.0	37.3%	59	25
F50-54	1 Kuay Sullivan	Coppell	(52)	13:27	+18	27:11.96	ℳ	8:45.3	63.8%	23	6
F55-59	1 Betsy Palmer	Carrollton	(57)	16:17	+15	32:49.19		10:33.8	56.5%	38	11
	2 Yanira Lopez	Farmers Branch	(55)	18:36	-21	36:51.09	ℳ	11:51.7	49.0%	46	16
F60-64	1 Rosemary Lewis	Carrollton	(63)			53:03.46		17:04.7	38.1%	64	27
F65-69	1 Carol Creech	Plano	(67)	21:51	-24	43:17.67		13:56.1	49.6%	56	22
F70-74	1 Betsy Veneziano	Carrollton	(73)	21:02	+100	43:43.51		14:04.4	54.2%	58	24
F75-79	1 Mary Kaplan	Sunrise Beach	(79)	19:08	-31	37:45.34		12:09.1	70.2%	49	18

FN*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

9/3/2018

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

△ Negative Split



DeltaViewTiming.com

1M MALE

		14 MALE Runners --- Average Time of					8:02	Avg. Age Grade: 56.6%			Place in	
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Vijayan Nair	Plano	(55)			6:05.63		6:05.6	72.5%	1	1
M01-09	1	Hunter Dorrill	Dallas	(9)			12:56.44		12:56.4	36.4%	20	14
M30-34	1	Sergio Arias	N Richland Hills	(34)			6:38.68		6:38.7	56.7%	4	4
M35-39	1	Jose Arellano	Little Elm	(39)			6:29.79		6:29.8	60.0%	3	3
M45-49	1	Rich Weklar	Bartonville	(47)			6:11.75	✓	6:11.8	66.8%	2	2
	2	Nathan Bruser	Higland Village	(47)			8:40.74		8:40.7	47.7%	15	10
M50-54	1	Steve Russo	Plano	(54)			7:06.49		7:06.5	61.7%	6	5
	2	Doug Waters	Carrollton	(53)			7:15.77		7:15.8	59.8%	7	6
M55-59	1	David Short	Frisco	(57)			9:11.69		9:11.7	48.9%	17	12
	2	John Kramer	Plano	(56)			9:19.67		9:19.7	47.8%	18	13
M60-64	1	Julio Lopez	Farmers Branch	(62)			7:37.85		7:37.9	61.5%	8	7
	2	Ruben Arevalo	Carrollton	(63)			7:41.06		7:41.1	61.6%	9	8
	3	Ruben Reyes	Carrollton	(62)			8:08.62		8:08.6	57.7%	11	9
M65-69	1	David Mask	Lewisville	(66)			9:10.16		9:10.2	53.1%	16	11

1M FEMALE

		8 FEMALE Runners --- Average Time of					10:04	Avg. Age Grade: 52.8%			Place in	
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Molly Sarchet		(25)			7:05.21		7:05.2	59.2%	5	1
F01-09	1	Shahana Arellano	Little Elm	(8)			7:41.46		7:41.5	66.7%	10	2
	2	Raihana Arellano	Little Elm	(9)			8:37.44		8:37.4	57.7%	13	4
	3	Blake Bruser	Higland Village	(9)			8:40.08		8:40.1	57.4%	14	5
	4	Madeline Choy	Hurst	(5)			14:55.00		14:55.0	38.8%	21	7
F35-39	1	Kristine Choy	Hurst	(38)			14:55.00		14:55.0	29.2%	22	8
F50-54	1	Kuay Sullivan	Coppell	(52)			8:16.36		8:16.4	61.8%	12	3
F55-59	1	Yanira Lopez	Farmers Branch	(55)			10:18.04		10:18.0	51.7%	19	6

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7117 Vijayan Nair (M55)	1	M55-59	OA	---				6:05.63		6:05.6	20.81	6:05.63	72.5%
2	7222 Rich Weklar (M47)	2	M45-49	1st	---				6:11.75	✓ 3	6:11.8	21.15	6:11.75	66.8%
3	6967 Jose Arellano (M39)	3	M35-39	1st	---				6:29.79	✗	6:29.8	22.18	6:29.79	60.0%
4	6006 Sergio Arias (M34)	4	M30-34	1st	---				6:38.68		6:38.7	22.69	6:38.68	56.7%
5	6007 Molly Sarchet (F25)	1	F25-29	OA	---				7:05.21		7:05.2	24.23	7:05.21	59.2%
6	6622 Steve Russo (M54)	5	M50-54	1st	---				7:06.49		7:06.5	24.29	7:06.49	61.7%
7	7012 Doug Waters (M53)	6	M50-54	2nd	---				7:15.77		7:15.8	24.80	7:15.77	59.8%
8	7193 Julio Lopez (M62)	7	M60-64	1st	---				7:37.85		7:37.9	26.06	7:37.85	61.5%
9	6997 Ruben Arevalo (M63)	8	M60-64	2nd	---				7:41.06		7:41.1	26.29	7:41.06	61.6%
10	6969 Shahana Arellano (F8)	2	F01-09	1st	---				7:41.46	✗	7:41.5	26.29	7:41.46	66.7%
11	7283 Ruben Reyes (M62)	9	M60-64	3rd	---				8:08.62		8:08.6	27.83	8:08.62	57.7%
12	7265 Kuay Sullivan (F52)	3	F50-54	1st	---				8:16.36		8:16.4	28.28	8:16.36	61.8%
13	6968 Raihana Arellano (F9)	4	F01-09	2nd	---				8:37.44	✗	8:37.4	29.48	8:37.44	57.7%
14	7316 Blake Bruser (F9)	5	F01-09	3rd	---				8:40.08		8:40.1	29.65	8:40.08	57.4%
15	7097 Nathan Bruser (M47)	10	M45-49	2nd	---				8:40.74		8:40.7	29.65	8:40.74	47.7%
16	7008 David Mask (M66)	11	M65-69	1st	---				9:10.16		9:10.2	31.36	9:10.16	53.1%
17	7061 David Short (M57)	12	M55-59	1st	---				9:11.69		9:11.7	31.42	9:11.69	48.9%
18	7261 John Kramer (M56)	13	M55-59	2nd	---				9:19.67		9:19.7	31.87	9:19.67	47.8%
19	7198 Yanira Lopez (F55)	6	F55-59	1st	---				10:18.04		10:18.0	35.24	10:18.04	51.7%
20	6001 Hunter Dorrill (M9)	14	M01-09	1st	---				12:56.44		12:56.4	44.25	12:56.44	36.4%
21	6960 Madeline Choy (F5)	7	F01-09	4th	---				14:55.00	✗	14:55.0	51.03	14:55.00	38.8%
22	6959 Kristine Choy (F38)	8	F35-39	1st	---				14:55.00	✗	14:55.0	51.03	14:55.00	29.2%
✓ 1 Club PR's										Average Finish Time: 08:46 <i>5 First Timers</i>			Average Age Grade: 55.2%	

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7581 Emily Field (F36)	1	F35-39	OA	3.0	9:25	9:24	-1	18:48.39	☑ 2	6:03.2	18.80	18:51.40	79.8%
2	6962 Justin Miller (M14)	1	M10-14	OA	0.4	9:39	9:26	-13	19:05.31	✓ 1	6:08.6	19.08	19:05.68	74.3%
3	6006 Sergio Arias (M34)	2	M30-34	1st	---	9:47	9:55	+8	19:41.66	ℓ	6:20.3	19.68	19:41.66	66.6%
4	7580 Robert Flores (M38)	3	M35-39	1st	0.7	9:58	10:39	+42	20:36.87		6:38.1	20.60	20:37.61	65.2%
5	7011 Blair Casey (M31)	4	M30-34	2nd	1.3	10:44	11:35	+51	22:19.00		7:11.0	22.32	22:20.28	58.1%
6	6966 Scott Wonderly (M52)	5	M50-54	MS	3.5	10:58	11:45	+47	22:42.65	✗	7:18.6	22.70	22:46.14	66.0%
7	6961 Brian Miller (M47)	6	M45-49	1st	1.3	11:14	11:47	+33	23:00.75		7:24.4	23.00	23:02.08	62.6%
8	7222 Rich Weklar (M47)	7	M45-49	2nd	6.6	11:13	11:59	+46	23:11.66	ℓ ✓ 3	7:27.9	23.18	23:18.25	62.1%
9	7117 Vijayan Nair (M55)	8	M55-59	SR	---	11:13	12:19	+66	23:32.13	ℓ	7:34.5	23.53	23:32.13	65.3%
10	6622 Steve Russo (M54)	9	M50-54	1st	0.6	11:25	12:18	+53	23:43.11	ℓ	7:38.1	23.72	23:43.67	64.3%
11	7012 Doug Waters (M53)	10	M50-54	2nd	3.2	12:07	11:59	-8	24:05.83	ℓ	7:45.4	24.08	24:09.01	62.7%
12	7255 John Cosentino (M56)	11	M55-59	2nd	2.4	12:22	12:36	+14	24:57.34		8:01.9	24.95	24:59.79	62.1%
13	7193 Julio Lopez (M62)	12	M60-64	1st	1.5	12:39	12:29	-10	25:08.48	ℓ	8:05.5	25.13	25:10.03	64.9%
14	6930 Jacqueline Nivet (F48)	2	F45-49	MS	5.8	12:36	12:39	+2	25:15.11	✓ 1	8:07.7	25.25	25:20.87	65.4%
15	7061 David Short (M57)	13	M55-59	1st	96.0	12:17	11:38	-38	23:54.78	ℓ	7:41.8	23.90	25:30.76	65.4%
16	6007 Molly Sarchet (F25)	3	F25-29	1st	1.2	11:36	14:21	+164	25:56.94	ℓ ✗	8:21.1	25.93	25:58.13	57.0%
17	6008 Lindsay Aragon (F30)	4	F30-34	1st	---	12:43	13:17	+34	25:59.27		8:21.9	25.98	25:59.27	57.0%
18	6824 Reece Parker (M17)	14	M15-19	1st	1.7	12:12	13:50	+98	26:02.61		8:23.0	26.03	26:04.28	51.9%
19	6009 Rob Preston (M53)	15	M50-54	3rd	7.3	13:09	12:53	-16	26:02.22		8:22.8	26.03	26:09.54	58.0%
20	6997 Ruben Arevalo (M63)	16	M60-64	2nd	4.3	13:24	13:23	-1	26:46.99	ℓ	8:37.2	26.77	26:51.29	61.5%
21	7256 Rich Cronin (M50)	17	M50-54	4th	11.6	12:57	13:45	+48	26:41.16		8:35.4	26.68	26:52.79	55.3%
22	6890 Jojo Montoya (F43)	5	F40-44	1st	---	12:59	14:00	+61	26:59.28	✓ 1	8:41.2	26.98	26:59.28	58.1%
23	7265 Kuay Sullivan (F52)	6	F50-54	1st	4.8	13:27	13:45	+18	27:11.96	ℓ	8:45.3	27.18	27:16.75	63.8%
24	6958 Oliver Choy (M7)	18	M01-09	1st	3.7	13:17	14:08	+50	27:24.75	✗	8:49.4	27.40	27:28.44	64.9%

25	6957	Tim Choy (M38)	19	M35-39	2nd	4.4	13:16	14:10	+54	27:25.10	⌘	8:49.5	27.42	27:29.52	49.1%
26	7008	David Mask (M66)	20	M65-69	1st	12.2	13:28	14:29	+61	27:57.61	⌘	8:60.0	27.95	28:09.80	60.5%
27	7380	Gabor Toth (M37)	21	M35-39	3rd	14.2	14:13	14:23	+10	28:35.44		9:12.1	28.58	28:49.66	46.7%
28	6004	Jeff Gardner (M58)	22	M55-59	3rd	6.7	14:02	14:55	+53	28:57.36	⌘	9:19.2	28.95	29:04.08	54.4%
29	6002	Dafna Rubinstein (F44)	7	F40-44	2nd	5.3	15:24	14:03	-81	29:27.13	⌘	9:28.8	29.45	29:32.48	53.7%
30	7257	Jeffrey Conklin (M54)	23	M50-54	5th	11.9	14:41	15:04	+23	29:44.66		9:34.4	29.73	29:56.53	51.2%
31	6949	Jen Haugh (F40)	8	F40-44	3rd	10.4	15:13	15:02	-11	30:15.92	⌘	9:44.5	30.25	30:26.32	50.7%
32	7345	Ryan Pogue (M47)	24	M45-49	3rd	19.2	15:16	15:12	-3	30:27.91		9:48.3	30.45	30:47.11	47.3%
33	7449	Kumiko McCoy (F69)	9	F65-69	SR	8.6	15:08	15:46	+37	30:54.39		9:56.9	30.90	31:03.01	71.7%
34	6950	Doug Haugh (M49)	25	M45-49	4th	10.6	15:13	15:57	+44	31:10.21	⌘	10:02.0	31.17	31:20.76	46.9%
35	6948	Benjamin Schussler (M14)	26	M10-14	1st	2.0	14:31	16:56	+146	31:27.00	⌘	10:07.4	31.45	31:29.02	45.1%
36	7049	Maxx Pomm (M69)	27	M65-69	2nd	4.5	15:29	16:43	+73	32:11.70		10:21.8	32.18	32:16.22	54.1%
37	6968	Raihana Arellano (F9)	10	F01-09	1st	8.5	17:04	15:36	-89	32:40.01	⌘	10:30.9	32.67	32:48.47	53.7%
38	7454	Betsy Palmer (F57)	11	F55-59	1st	13.0	16:17	16:32	+15	32:49.19		10:33.8	32.82	33:02.17	56.5%
39	6969	Shahana Arellano (F8)	12	F01-09	2nd	8.4	17:13	15:51	-82	33:03.44	⌘	10:38.4	33.05	33:11.84	54.8%
40	7044	Amie Goins (F46)	13	F45-49	1st	9.4	16:18	17:47	+89	34:04.40		10:58.0	34.07	34:13.84	47.4%
41	7283	Ruben Reyes (M62)	28	M60-64	3rd	6.7	16:35	17:34	+59	34:08.71	⌘	10:59.4	34.13	34:15.44	47.8%
42	6967	Jose Arellano (M39)	29	M35-39	4th	---	17:20	17:35	+15	34:54.76	⌘	11:14.2	34.90	34:54.76	38.8%
43	6839	Alisa Rubinstein (F17)	14	F15-19	1st	2.0	16:50	18:47	+117	35:37.57		11:28.0	35.62	35:39.57	42.4%
44	7097	Nathan Bruser (M47)	30	M45-49	5th	22.2	17:53	18:41	+48	36:33.75	⌘	11:46.1	36.55	36:55.93	39.4%
45	7316	Blake Bruser (F9)	15	F01-09	3rd	26.3	18:03	18:28	+25	36:30.91	⌘	11:45.2	36.50	36:57.25	48.1%
46	7198	Yanira Lopez (F55)	16	F55-59	2nd	17.8	18:36	18:15	-21	36:51.09	⌘	11:51.7	36.85	37:08.88	49.0%
47	6010	Mei Sullum (F15)	17	F15-19	2nd	2.3	17:21	20:16	+175	37:37.08	⌘	12:06.5	37.62	37:39.35	41.2%
48	7050	Chris Goins (M48)	31	M45-49	6th	9.0	16:55	20:39	+224	37:34.09		12:05.5	37.57	37:43.08	38.6%
49	6932	Mary Kaplan (F79)	18	F75-79	1st	1.5	19:08	18:37	-31	37:45.34		12:09.1	37.75	37:46.87	70.2%
50	7448	Nika Brunk (F37)	19	F35-39	1st	8.4	18:47	18:54	+8	37:40.70		12:07.6	37.67	37:49.11	40.0%
51	7279	Michelle Barraza (F39)	20	F35-39	2nd	8.2	18:23	20:11	+109	38:33.73	⌘	12:24.7	38.55	38:41.91	39.5%
52	6965	Carey Stinson (M50)	32	M50-54	6th	12.6	19:06	20:03	+58	39:09.21	⌘	12:36.1	39.15	39:21.84	37.7%
53	7261	John Kramer (M56)	33	M55-59	4th	145.9	19:03	19:15	+12	38:18.03	⌘	12:19.7	38.30	40:43.98	40.5%
54	7131	Charles Key (M86)	34	M80-99	1st	4.5	19:28	21:14	+106	40:42.44		13:06.1	40.70	40:46.97	61.8%
55	6011	Rachel Sandoval (F49)	21	F45-49	2nd	11.1	20:56	21:09	+13	42:04.66		13:32.6	42.07	42:15.74	39.7%
56	7024	Carol Creech (F67)	22	F65-69	1st	6.9	21:51	21:27	-24	43:17.67		13:56.1	43.28	43:24.56	49.6%
57	6714	Rikki Creech (F47)	23	F45-49	3rd	7.9	21:50	21:27	-23	43:17.00		13:55.9	43.28	43:24.91	37.7%
58	7145	Betsy Veneziano (F73)	24	F70-74	1st	5.2	21:02	22:42	+100	43:43.51		14:04.4	43.72	43:48.69	54.2%
59	6964	Kim Lucas (F47)	25	F45-49	4th	13.7	21:22	22:23	+61	43:45.21	⌘	14:05.0	43.75	43:58.94	37.3%
60	7148	Scott Ahlstrom (M70)	35	M70-74	1st	14.0	22:30	21:46	-44	44:16.20		14:14.9	44.27	44:30.16	39.8%
61	6963	Matt Lucas (M51)	36	M50-54	7th	14.5	21:22	23:08	+106	44:29.96	⌘	14:19.4	44.48	44:44.47	33.4%
62	6825	Miriam Schwitzer (F15)	26	F15-19	3rd	3.8	22:38	25:17	+159	47:54.84		15:25.3	47.90	47:58.60	32.3%
63	7106	Robert Simpson (M63)	37	M60-64	4th	16.0	22:44	25:20	+156	48:04.22		15:28.3	48.07	48:20.27	34.3%
64	7455	Rosemary Lewis (F63)	27	F60-64	1st	21.7				53:03.46		17:04.7	53.05	53:25.12	38.1%

46 Positive Split

17 Negative Split

✓ 5 Club PR's

Average Finish Time: 31:58 17 First Timers Average Age Grade: 52.9%FN*: Broke Age-Group Record GD Place among Females Positive Split

Timing provided by:

9/3/2018

 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	M55	6:05.63	72.5%	
2	2	Rich Weklar	M47	6:11.75	66.8%	New
3	10	Shahana Arellano	F8	7:41.46	66.7%	New
4	12	Kuay Sullivan	F52	8:16.36	61.8%	
5	6	Steve Russo	M54	7:06.49	61.7%	
6	9	Ruben Arevalo	M63	7:41.06	61.6%	
7	8	Julio Lopez	M62	7:37.85	61.5%	
8	3	Jose Arellano	M39	6:29.79	60.0%	
9	7	Doug Waters	M53	7:15.77	59.8%	
10	5	Molly Sarchet	F25	7:05.21	59.2%	
11	11	Ruben Reyes	M62	8:08.62	57.7%	
12	13	Raihana Arellano	F9	8:37.44	57.7%	
13	14	Blake Bruser	F9	8:40.08	57.4%	
14	4	Sergio Arias	M34	6:38.68	56.7%	
15	16	David Mask	M66	9:10.16	53.1%	
16	19	Yanira Lopez	F55	10:18.04	51.7%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Emily Field	F36	18:48.39	79.8%	Move UP
2	2	Justin Miller	M14	19:05.31	74.3%	Move UP
3	33	Kumiko McCoy	F69	30:54.39	71.7%	
4	49	Mary Kaplan	F79	37:45.34	70.2%	
5	3	Sergio Arias	M34	19:41.66	66.6%	
6	6	Scott Wonderly	M52	22:42.65	66.0%	New
7	14	Jacqueline Nivet	F48	25:15.11	65.4%	New
8	15	David Short	M57	23:54.78	65.4%	
9	9	Vijayan Nair	M55	23:32.13	65.3%	
10	4	Robert Flores	M38	20:36.87	65.2%	Move UP
11	13	Julio Lopez	M62	25:08.48	64.9%	
12	24	Oliver Choy	M7	27:24.75	64.9%	
13	10	Steve Russo	M54	23:43.11	64.3%	
14	23	Kuay Sullivan	F52	27:11.96	63.8%	
15	11	Doug Waters	M53	24:05.83	62.7%	
16	7	Brian Miller	M47	23:00.75	62.6%	
17	12	John Cosentino	M56	24:57.34	62.1%	
18	8	Rich Weklar	M47	23:11.66	62.1%	
19	54	Charles Key	M86	40:42.44	61.8%	
20	20	Ruben Arevalo	M63	26:46.99	61.5%	
21	26	David Mask	M66	27:57.61	60.5%	
22	22	Jojo Montoya	F43	26:59.28	58.1%	
23	5	Blair Casey	M31	22:19.00	58.1%	
24	19	Rob Preston	M53	26:02.22	58.0%	
25	16	Molly Sarchet	F25	25:56.94	57.0%	
26	17	Lindsay Aragon	F30	25:59.27	57.0%	
27	38	Betsy Palmer	F57	32:49.19	56.5%	
28	21	Rich Cronin	M50	26:41.16	55.3%	
29	39	Shahana Arellano	F8	33:03.44	54.8%	
30	28	Jeff Gardner	M58	28:57.36	54.4%	
31	58	Betsy Veneziano	F73	43:43.51	54.2%	
32	36	Maxx Pomm	M69	32:11.70	54.1%	
33	37	Raihana Arellano	F9	32:40.01	53.7%	
34	29	Dafna Rubinstein	F44	29:27.13	53.7%	
35	18	Reece Parker	M17	26:02.61	51.9%	
36	30	Jeffrey Conklin	M54	29:44.66	51.2%	
37	31	Jen Haugh	F40	30:15.92	50.7%	

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