

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Sergio Arias	5:52.39	Sergio Arias	19:37.84	Vijayan Nair	22:13.72	Julio Lopez	22:52.69
Mala Francis	6:48.89	Frances McKissick	24:55.14	Kim Andres	27:00.74	Yanira Lopez	31:36.13

5K MALE

34 MALE Runners --- Average Time of **28:13**

Avg. Age Grade: **56.1%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Sergio Arias	NRH	(34)			19:37.84 M		6:19.1	66.8%	1	1
MASTERS	1 Vijayan Nair	Plano	(55)			22:13.72 M		7:09.3	69.1%	5	5
SENIORS	1 Julio Lopez	Farmers Branch	(62)			22:52.69 M		7:21.8	71.4%	9	9
M10-14	1 Drew Jeong	New Life Korean	(10)			22:47.98		7:20.3	69.2%	8	8
	2 Jinwoo Kwak	New Life Korean	(13)			27:08.28		8:44.1	53.4%	20	18
	3 Jacob Choi	New Life Korean	(13)			28:06.76		9:02.9	51.6%	22	20
	4 Jun Lee	New Life Korean	(11)			35:34.17		11:26.9	43.0%	44	29
M15-19	1 Yesung Sohn	New Life Korean	(17)			22:03.12		7:05.9	61.3%	4	4
	2 Jun Young Cho	New Life Korean	(17)			22:40.88		7:18.0	59.6%	7	7
M25-29	1 Avram Carter	The Colony	(29)			20:30.90		6:36.2	62.9%	2	2
M30-34	1 Blair Casey	Carrollton	(31)			22:37.39		7:16.9	57.3%	6	6
	2 Manav Shah	Dallas	(33)			22:52.94		7:21.9	57.0%	11	11
M35-39	1 Robert Flores	Aubrey	(37)			21:30.54 M		6:55.4	62.1%	3	3
	2 Evan Chan	Irving	(35)			25:18.61 ✓		8:08.8	52.1%	17	16
M40-44	1 Vijayaraghava Reddy	Plano	(40)			22:58.02		7:23.5	59.4%	10	10
	2 Rama Atla	Coppell	(41)			32:26.75		10:26.6	42.4%	37	26
M45-49	1 Ryan Pogue	Carrollton	(46)			27:49.54		8:57.4	51.4%	24	21
	2 Tony Jeong	New Life Korean	(46)			31:18.38		10:04.6	45.6%	35	25
	3 Chris Goins	Garland	(47)			34:07.99		10:59.2	42.2%	40	27
M50-54	1 Ron Jackson	Williamston, NJ	(53)			24:09.41		7:46.5	62.6%	13	13
	2 Tomas Bern	Allen	(54)			28:49.15		9:16.6	52.9%	28	23
M55-59	1 David Short	Frisco	(57)			24:19.49 M		7:49.8	64.3%	16	15
	2 John Kramer	Plano	(56)			34:19.90 M		11:03.0	45.1%	41	28
	3 Steven Johnson	Farmers Branch	(59)			36:03.18 ✓		11:36.3	44.1%	47	30
M60-64	1 Raymond Kang	New Life Korean	(60)			24:10.90		7:47.0	66.3%	12	12
	2 Ruben Arevalo	Carrollton	(62)			25:30.66 M ✓		8:12.7	64.0%	18	17
	3 Robert Simpson	Coppell	(62)			37:43.81		12:08.7	43.3%	48	31
M65-69	1 John Nance	Rowlett	(69)			24:18.79		7:49.5	71.7%	14	14
	2 David Mask	Lewisville	(65)			28:25.73 M		9:09.0	59.0%	25	22
	3 Maxx Pomm	Dallas	(68)			29:07.54		9:22.5	59.2%	30	24
	4 Scott McKissick	Irving	(69)			51:37.62 M		16:37.0	33.8%	57	34
M70-74	1 Stephen Brown	Lewisville	(71)			38:28.98 M		12:23.2	46.4%	49	32
	2 Bill Shirley	Dallas	(74)			39:55.29		12:51.0	46.7%	50	33
M75-79	1 Wally Capps	Farmers Branch	(77)			27:31.15 M		8:51.5	71.5%	21	19

5K FEMALE

24 FEMALE Runners --- Average Time of

35:01

Avg. Age Grade: 49.1%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Frances McKissick	Irving	(55)			24:55.14	ℓ	8:01.2	72.4%	15	1
MASTERS	1 Kim Andres	Irving	(65)			27:00.74	□	8:41.7	77.0%	19	2
SENIORS	1 Yanira Lopez	Farmers Branch	(55)			31:36.13	ℓ	10:10.3	57.1%	36	11
F10-14	1 Mala Francis	Dallas	(14)			28:04.98	ℓ	9:02.3	56.0%	23	3
	2 Yesle Sohn	New Life Korean	(13)			28:39.34		9:13.4	55.7%	26	4
	3 Erin Cho	New Life Korean	(11)			28:42.12		9:14.3	58.0%	27	5
	4 Hope Jeong	New Life Korean	(12)			29:01.12		9:20.4	56.1%	29	6
	5 Jade Jeong	New Life Korean	(13)			34:43.00		11:10.5	46.0%	42	14
	6 Lynn Choi	New Life Korean	(11)			34:50.54		11:12.9	47.8%	43	15
	7 In Hae Cho	New Life Korean	(14)			35:58.10		11:34.6	43.7%	45	16
F15-19	1 Sieun Kwak	New Life Korean	(17)			31:07.31		10:01.0	48.6%	32	8
	2 Dawn Jeong	New Life Korean	(15)			36:00.39		11:35.4	43.0%	46	17
F30-34	1 Carmen Kramer	Dallas	(31)			45:50.84		14:45.4	32.3%	56	23
F35-39	1 Esther Jeong	New Life Korean	(39)			31:14.88		10:03.5	48.8%	33	9
F40-44	1 Merari Baeza	The Colony	(43)			29:26.40		9:28.6	53.3%	31	7
	2 Eunmi An	New Life Korean	(43)			30:44.53		9:53.7	51.0%	34	10
	3 Sunyoung Sohn	New Life Korean	(42)			33:11.85		10:41.1	46.9%	38	12
	4 Kyungae Lee	New Life Korean	(41)			41:32.39		13:22.2	37.2%	52	19
	5 Youngran Seo	New Life Korean	(44)			41:53.45		13:29.0	37.8%	51	18
	6 Sowon Kim	New Life Korean	(41)			41:54.06		13:29.2	36.8%	53	20
F45-49	1 Amie Goins	Garland	(46)			33:19.20		10:43.5	48.4%	39	13
	2 EunYoung Cho	New Life Korean	(46)			41:36.40		13:23.5	38.8%	54	21
F60-64	1 Rosemary Lewis	Carrollton	(62)			57:02.64		18:21.6	34.9%	58	24
F65-69	1 Carol Creech	Plano	(67)			42:01.99		13:31.8	51.1%	55	22

1M MALE

		14 MALE Runners --- Average Time of 9:20					Avg. Age Grade: 51.2%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Sergio Arias	NRH	(34)			5:52.39		5:52.4	64.2%	1	1
M01-09	1 Gideon Sohn	New Life	Korean (8)			12:18.43		12:18.4	39.8%	15	12
M25-29	1 Allen Smith	Dallas	(29)			7:38.15		7:38.2	48.6%	6	5
M35-39	1 Robert Flores	Aubrey	(37)			8:07.36	✓	8:07.4	47.3%	8	6
M40-44	1 Sungun Choi	New Life	Korean (44)			11:44.00		11:44.0	34.5%	14	11
M55-59	1 Vijayan Nair	Plano	(55)			6:32.31		6:32.3	67.6%	2	2
	2 John Kramer	Plano	(56)			8:55.12		8:55.1	50.0%	10	8
	3 David Short	Frisco	(57)			13:09.89		13:09.9	34.1%	18	14
M60-64	1 Julio Lopez	Farmers Branch	(62)			7:01.56		7:01.6	66.8%	4	3
	2 Ruben Arevalo	Carrollton	(62)			7:27.33	✓	7:27.3	63.0%	5	4
M65-69	1 David Mask	Lewisville	(65)			10:10.38		10:10.4	47.4%	11	9
	2 Scott McKissick	Irving	(69)			12:29.18		12:29.2	40.1%	17	13
M70-74	1 Stephen Brown	Lewisville	(71)			10:33.24		10:33.2	48.6%	12	10
M75-79	1 Wally Capps	Farmers Branch	(77)			8:45.06		8:45.1	64.6%	9	7

1M FEMALE

		5 FEMALE Runners --- Average Time of 10:20					Avg. Age Grade: 52.1%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Mala Francis	Dallas	(14)			6:48.89		6:48.9	65.3%	3	1
F01-09	1 Ashlyn Choi	New Life	Korean (8)			11:32.81		11:32.8	44.4%	13	3
	2 Soul Jeong	New Life	Korean (8)			12:21.05		12:21.1	41.6%	16	4
F55-59	1 Frances McKissick	Irving	(55)			7:44.38		7:44.4	68.7%	7	2
	2 Yanira Lopez	Farmers Branch	(55)			13:10.50		13:10.5	40.4%	19	5

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	6001 Sergio Arias (M34)	1	M30-34	OA	---				5:52.39	x	5:52.4	20.07	5:52.39	64.2%
2	7117 Vijayan Nair (M55)	2	M55-59	1st	---				6:32.31		6:32.3	22.35	6:32.31	67.6%
3	7564 Mala Francis (F14)	1	F10-14	OA	---				6:48.89		6:48.9	23.26	6:48.89	65.3%
4	7193 Julio Lopez (M62)	3	M60-64	1st	---				7:01.56		7:01.6	24.00	7:01.56	66.8%
5	7155 Ruben Arevalo (M62)	4	M60-64	2nd	---				7:27.33	✓ g	7:27.3	25.49	7:27.33	63.0%
6	6003 Allen Smith (M29)	5	M25-29	1st	---				7:38.15		7:38.2	26.11	7:38.15	48.6%
7	7062 Frances McKissick (F55)	2	F55-59	1st	---				7:44.38		7:44.4	26.46	7:44.38	68.7%
8	6674 Robert Flores (M37)	6	M35-39	1st	---				8:07.36	✓ 1	8:07.4	27.77	8:07.36	47.3%
9	7916 Wally Capps (M77)	7	M75-79	1st	---				8:45.06		8:45.1	29.93	8:45.06	64.6%
10	7261 John Kramer (M56)	8	M55-59	2nd	---				8:55.12		8:55.1	30.50	8:55.12	50.0%
11	6998 David Mask (M65)	9	M65-69	1st	---				10:10.38		10:10.4	34.78	10:10.38	47.4%
12	6004 Stephen Brown (M71)	10	M70-74	1st	---				10:33.24	x	10:33.2	36.09	10:33.24	48.6%
13	528 Ashlyn Choi (F8)	3	F01-09	1st	---				11:32.81	x	11:32.8	39.46	11:32.81	44.4%
14	526 Sungun Choi (M44)	11	M40-44	1st	---				11:44.00	x	11:44.0	40.14	11:44.00	34.5%
15	525 Gideon Sohn (M8)	12	M01-09	1st	---				12:18.43	x	12:18.4	42.08	12:18.43	39.8%
16	507 Soul Jeong (F8)	4	F01-09	2nd	---				12:21.05	x	12:21.1	42.25	12:21.05	41.6%
17	7048 Scott McKissick (M69)	13	M65-69	2nd	---				12:29.18		12:29.2	42.71	12:29.18	40.1%
18	7061 David Short (M57)	14	M55-59	3rd	---				13:09.89		13:09.9	44.99	13:09.89	34.1%
19	7198 Yanira Lopez (F55)	5	F55-59	2nd	---				13:10.50		13:10.5	45.04	13:10.50	40.4%
✓ 2 Club PR's										Average Finish Time: 09:36 <u>6 First Timers</u>			Average Age Grade: 51.4%	

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	6001 Sergio Arias (M34)	1	M30-34	OA	---				19:37.84	ℓ	6:19.1	19.62	19:37.84	66.8%
2	6898 Avram Carter (M29)	2	M25-29	1st	---				20:30.90	x	6:36.2	20.50	20:30.90	62.9%
3	6674 Robert Flores (M37)	3	M35-39	1st	---				21:30.54	ℓ	6:55.4	21.50	21:30.54	62.1%
4	523 Yesung Sohn (M17)	4	M15-19	1st	---				22:03.12	x	7:05.9	22.05	22:03.12	61.3%
5	7117 Vijayan Nair (M55)	5	M55-59	MS	---				22:13.72	ℓ	7:09.3	22.22	22:13.72	69.1%
6	6896 Blair Casey (M31)	6	M30-34	1st	1.2				22:37.39		7:16.9	22.62	22:38.61	57.3%
7	510 Jun Young Cho (M17)	7	M15-19	2nd	0.4				22:40.88	x	7:18.0	22.67	22:41.28	59.6%
8	506 Drew Jeong (M10)	8	M10-14	1st	---				22:47.98	x	7:20.3	22.78	22:47.98	69.2%
9	7193 Julio Lopez (M62)	9	M60-64	SR	---				22:52.69	ℓ	7:21.8	22.87	22:52.69	71.4%
10	6865 Vijayaraghava Reddy (M40)	10	M40-44	1st	---				22:58.02	x	7:23.5	22.97	22:58.02	59.4%
11	7184 Manav Shah (M33)	11	M30-34	2nd	10.8				22:52.94		7:21.9	22.87	23:03.70	57.0%
12	508 Raymond Kang (M60)	12	M60-64	1st	2.2				24:10.90	x	7:47.0	24.17	24:13.14	66.3%
13	6005 Ron Jackson (M53)	13	M50-54	1st	5.1				24:09.41	x	7:46.5	24.15	24:14.55	62.6%
14	7089 John Nance (M69)	14	M65-69	1st	1.2				24:18.79		7:49.5	24.30	24:19.95	71.7%
15	7062 Frances McKissick (F55)	1	F55-59	OA	3.2				24:55.14	ℓ	8:01.2	24.92	24:58.36	72.4%
16	7061 David Short (M57)	15	M55-59	1st	47.0				24:19.49	ℓ	7:49.8	24.32	25:06.53	64.3%
17	6002 Evan Chan (M35)	16	M35-39	2nd	---				25:18.61	✓ 1	8:08.8	25.30	25:18.61	52.1%
18	7155 Ruben Arevalo (M62)	17	M60-64	2nd	---				25:30.66	ℓ ✓ g	8:12.7	25.50	25:30.66	64.0%
19	7040 Kim Andres (F65)	2	F65-69	MS	---				27:00.74	□	8:41.7	27.00	27:00.74	77.0%
20	521 Jinwoo Kwak (M13)	18	M10-14	2nd	---				27:08.28	x	8:44.1	27.13	27:08.28	53.4%
21	7916 Wally Capps (M77)	19	M75-79	1st	5.0				27:31.15	ℓ	8:51.5	27.52	27:36.16	71.5%
22	517 Jacob Choi (M13)	20	M10-14	3rd	---				28:06.76	x	9:02.9	28.10	28:06.76	51.6%
23	7564 Mala Francis (F14)	3	F10-14	1st	3.2				28:04.98	ℓ	9:02.3	28.07	28:08.22	56.0%
24	7345 Ryan Pogue (M46)	21	M45-49	1st	19.8				27:49.54		8:57.4	27.82	28:09.31	51.4%
25	6998 David Mask (M65)	22	M65-69	2nd	10.0				28:25.73	ℓ	9:09.0	28.42	28:35.68	59.0%
26	524 Yesle Sohn (F13)	4	F10-14	2nd	---				28:39.34	x	9:13.4	28.65	28:39.34	55.7%
27	512 Erin Cho (F11)	5	F10-14	3rd	---				28:42.12	x	9:14.3	28.70	28:42.12	58.0%

28	7563	Tomas Bern (M54)	23	M50-54	2nd	4.4	28:49.15		9:16.6	28.82	28:53.56	52.9%
29	505	Hope Jeong (F12)	6	F10-14	4th	0.8	29:01.12	⊗	9:20.4	29.02	29:01.96	56.1%
30	7049	Maxx Pomm (M68)	24	M65-69	3rd	1.7	29:07.54		9:22.5	29.12	29:09.27	59.2%
31	7111	Merari Baeza (F43)	7	F40-44	1st	1.3	29:26.40		9:28.6	29.43	29:27.66	53.3%
32	520	Sieun Kwak (F17)	8	F15-19	1st	1.6	31:07.31	⊗	10:01.0	31.12	31:08.91	48.6%
33	502	Esther Jeong (F39)	9	F35-39	1st	5.4	31:14.88	⊗	10:03.5	31.23	31:20.27	48.8%
34	527	Eunmi An (F43)	10	F40-44	2nd	36.2	30:44.53	⊗	9:53.7	30.73	31:20.75	51.0%
35	501	Tony Jeong (M46)	25	M45-49	2nd	2.5	31:18.38	⊗	10:04.6	31.30	31:20.92	45.6%
36	7198	Yanira Lopez (F55)	11	F55-59	SR	10.6	31:36.13	⌚	10:10.3	31.60	31:46.77	57.1%
37	7777	Rama Atla (M41)	26	M40-44	2nd	---	32:26.75		10:26.6	32.43	32:26.75	42.4%
38	522	Sunyoung Sohn (F42)	12	F40-44	3rd	2.3	33:11.85	⊗	10:41.1	33.18	33:14.18	46.9%
39	7044	Amie Goins (F46)	13	F45-49	1st	5.4	33:19.20		10:43.5	33.32	33:24.58	48.4%
40	7050	Chris Goins (M47)	27	M45-49	3rd	5.5	34:07.99		10:59.2	34.12	34:13.50	42.2%
41	7261	John Kramer (M56)	28	M55-59	2nd	11.6	34:19.90	⌚	11:03.0	34.32	34:31.54	45.1%
42	504	Jade Jeong (F13)	14	F10-14	5th	---	34:43.00	⊗	11:10.5	34.72	34:43.00	46.0%
43	518	Lynn Choi (F11)	15	F10-14	6th	---	34:50.54	⊗	11:12.9	34.83	34:50.54	47.8%
44	514	Jun Lee (M11)	29	M10-14	4th	15.2	35:34.17	⊗	11:26.9	35.57	35:49.36	43.0%
45	511	In Hae Cho (F14)	16	F10-14	7th	1.7	35:58.10	⊗	11:34.6	35.97	35:59.83	43.7%
46	503	Dawn Jeong (F15)	17	F15-19	2nd	---	36:00.39	⊗	11:35.4	36.00	36:00.39	43.0%
47	7258	Steven Johnson (M59)	30	M55-59	3rd	11.3	36:03.18	✓ 10	11:36.3	36.05	36:14.44	44.1%
48	6688	Robert Simpson (M62)	31	M60-64	3rd	8.5	37:43.81		12:08.7	37.72	37:52.35	43.3%
49	6004	Stephen Brown (M71)	32	M70-74	1st	17.8	38:28.98	⌚	⊗ 12:23.2	38.47	38:46.74	46.4%
50	7043	Bill Shirley (M74)	33	M70-74	2nd	2.0	39:55.29		12:51.0	39.92	39:57.27	46.7%
51	519	Youngran Seo (F44)	18	F40-44	5th	2.2	41:53.45	⊗	13:29.0	41.88	41:55.62	37.8%
52	513	Kyungae Lee (F41)	19	F40-44	4th	24.6	41:32.39	⊗	13:22.2	41.53	41:56.98	37.2%
53	516	Sowon Kim (F41)	20	F40-44	6th	3.2	41:54.06	⊗	13:29.2	41.90	41:57.29	36.8%
54	509	EunYoung Cho (F46)	21	F45-49	2nd	22.9	41:36.40	⊗	13:23.5	41.60	41:59.29	38.8%
55	7024	Carol Creech (F67)	22	F65-69	1st	3.3	42:01.99		13:31.8	42.02	42:05.30	51.1%
56	6006	Carmen Kramer (F31)	23	F30-34	1st	48.3	45:50.84	⊗	14:45.4	45.83	46:39.18	32.3%
57	7048	Scott McKissick (M69)	34	M65-69	4th	4.4	51:37.62	⌚	16:37.0	51.62	51:42.07	33.8%
58	7455	Rosemary Lewis (F62)	24	F60-64	1st	13.8	57:02.64		18:21.6	57.03	57:16.44	34.9%

✓ 3 Club PR's

Average Finish Time: 31:01 28 First Timers Average Age Grade: 53.2%

FN*: Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

2/25/2018

⌚ 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	7	Frances McKissick	F55	7:44.38	68.7%	
2	2	Vijayan Nair	M55	6:32.31	67.6%	
3	4	Julio Lopez	M62	7:01.56	66.8%	
4	3	Mala Francis	F14	6:48.89	65.3%	
5	9	Wally Capps	M77	8:45.06	64.6%	
6	1	Sergio Arias	M34	5:52.39	64.2%	
7	5	Ruben Arevalo	M62	7:27.33	63.0%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	19	Kim Andres	F65	27:00.74	77.0%	
2	15	Frances McKissick	F55	24:55.14	72.4%	
3	14	John Nance	M69	24:18.79	71.7%	
4	21	Wally Capps	M77	27:31.15	71.5%	
5	9	Julio Lopez	M62	22:52.69	71.4%	
6	8	Drew Jeong	M10	22:47.98	69.2%	New
7	5	Vijayan Nair	M55	22:13.72	69.1%	
8	1	Sergio Arias	M34	19:37.84	66.8%	
9	12	Raymond Kang	M60	24:10.90	66.3%	New
10	16	David Short	M57	24:19.49	64.3%	
11	18	Ruben Arevalo	M62	25:30.66	64.0%	
12	2	Avram Carter	M29	20:30.90	62.9%	
13	13	Ron Jackson	M53	24:09.41	62.6%	
14	3	Robert Flores	M37	21:30.54	62.1%	
15	4	Yesung Sohn	M17	22:03.12	61.3%	
16	7	Jun Young Cho	M17	22:40.88	59.6%	
17	10	Vijayaraghava Reddy	M40	22:58.02	59.4%	
18	30	Maxx Pomm	M68	29:07.54	59.2%	
19	25	David Mask	M65	28:25.73	59.0%	
20	27	Erin Cho	F11	28:42.12	58.0%	
21	6	Blair Casey	M31	22:37.39	57.3%	
22	36	Yanira Lopez	F55	31:36.13	57.1%	
23	11	Manav Shah	M33	22:52.94	57.0%	
24	29	Hope Jeong	F12	29:01.12	56.1%	
25	23	Mala Francis	F14	28:04.98	56.0%	
26	26	Yesle Sohn	F13	28:39.34	55.7%	
27	20	Jinwoo Kwak	M13	27:08.28	53.4%	
28	31	Merari Baeza	F43	29:26.40	53.3%	
29	28	Tomas Bern	M54	28:49.15	52.9%	
30	17	Evan Chan	M35	25:18.61	52.1%	
31	22	Jacob Choi	M13	28:06.76	51.6%	
32	24	Ryan Pogue	M46	27:49.54	51.4%	
33	55	Carol Creech	F67	42:01.99	51.1%	
34	34	Eunmi An	F43	30:44.53	51.0%	

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