

Sunday, June 24, 2018

Carrollton Runners Mile + 5K

79F Clear 75%H 13mphS

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

Mile Off :7:30 am

5K Off :7:45 am

Mile Overall		5K Overall		5K Masters		5K Seniors	
Isidro Flores	5:28.00	Blair Casey	19:15.42	Steven Mudgett	21:01.37	Vijayan Nair	22:23.82
Yanira Lopez	9:06.06	Kim Andres	27:08.35	Merari Baeza	28:57.62	Frances McKissick	30:02.63

5K MALE

27 MALE Runners --- Average Time of **26:44**

Avg. Age Grade: **60.7%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Blair Casey	Carrollton	(31)	9:33	+10	19:15.42		6:11.9	67.3%	1	1
MASTERS	1 Steven Mudgett		(61)			21:01.37	☐	6:46.0	77.0%	3	3
SENIORS	1 Vijayan Nair	Plano	(55)	10:51	+41	22:23.82	ℳ	7:12.5	68.6%	8	8
M10-14	1 Justin Miller	Plano	(14)	10:08	-43	19:32.50		6:17.4	72.6%	2	2
	2 Seth Bator		(14)	10:31	+31	21:33.21		6:56.2	65.8%	6	6
M30-34	1 Isidro Flores	Dallas	(34)	10:54	-6	21:41.37	ℳ	6:58.9	60.4%	7	7
M35-39	1 Robert Flores	Aubrey	(37)	10:13	+44	21:10.65	ℳ	6:49.0	63.0%	4	4
M45-49	1 Brian Miller	Plano	(47)	11:08	+39	22:55.04		7:22.6	62.8%	9	9
	2 Rich Weklar	Bartonville	(47)	12:23	+38	25:23.12	ℳ ✓	8:10.2	56.7%	14	14
	3 Nathan Bruser	Higland Village	(47)	14:32	-34	28:29.68	ℳ	9:10.3	50.5%	36	26
	4 Ryan Pogue	Carrollton	(47)	15:07	-29	29:44.41		9:34.3	48.4%	25	21
M50-54	1 Charles Land	Dallas	(52)			21:29.71	ℳ ✓	6:55.1	69.7%	5	5
	2 Scott Berthel	Carrollton	(53)	11:40	-23	22:57.14	ℳ ✓	7:23.3	65.8%	10	10
	3 Steve Russo	Plano	(54)	11:30	+36	23:36.38	ℳ	7:35.9	64.6%	11	11
	4 Doug Waters	Carrollton	(53)	12:23	+3	24:50.23	ℳ	7:59.7	60.8%	13	13
	5 Jeffrey Conklin	Arlington	(54)	14:10	+49	29:09.25		9:23.0	52.3%	22	19
M55-59	1 David Short	Frisco	(57)	11:33	+87	24:33.08	ℳ	7:54.1	63.7%	15	15
	2 John Kramer	Plano	(56)	19:48	-57	38:39.24	ℳ	12:26.5	40.1%	35	25
M60-64	1 Julio Lopez	Farmers Branch	(62)	12:10	+10	24:29.42	ℳ	7:53.0	66.7%	12	12
	2 Ruben Arevalo	Carrollton	(63)	13:11	+0	26:23.25	ℳ	8:29.6	62.4%	17	17
	3 Ruben Reyes	Carrollton	(62)	16:04	+157	34:45.28		11:11.2	47.0%	31	23
M65-69	1 David Mask	Lewisville	(66)	13:33	+5	27:09.91		8:44.6	62.3%	19	18
	2 Scott Salter	Irving	(65)	15:42	+153	33:57.61		10:55.8	49.4%	30	22
	3 Scott Ahlstrom	Carrollton	(69)	21:22	-35	42:10.08		13:34.4	41.3%	37	27
M70-74	1 John Nance	Rowlett	(70)	13:02	+15	26:18.19		8:28.0	67.0%	16	16
M75-79	1 Wally Capps	Farmers Branch	(77)	14:44	-2	29:25.54	ℳ	9:28.3	66.8%	23	20
M80-99	1 Charles Key	Dallas	(86)	18:57	+41	38:34.58		12:25.0	65.3%	32	24

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: 6/24/2018

5K FEMALE

11 FEMALE Runners --- Average Time of **33:45** Avg. Age Grade: **54.3%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Kim Andres	Irving	(65)	13:21	+26	27:08.35		8:44.1	76.7%	18	1
MASTERS	1 Merari Baeza	The Colony	(43)	14:05	+47	28:57.62		9:19.3	54.1%	21	3
SENIORS	1 Frances McKissick	Irving	(56)	16:05	-126	30:02.63		9:40.2	60.9%	26	5
F15-19	1 Isabella Berthel	Carrollton	(16)	13:29	+65	28:02.86	✓	9:01.7	54.6%	20	2
F35-39	1 Nika Brunk	Eules	(37)	20:01	+11	40:13.70		12:56.9	37.5%	33	9
F45-49	1 Barbara Gibson	Carrollton	(45)	20:01	+9	40:11.42	ℓ	12:56.2	39.7%	34	10
	2 Sheila Holen	Lewisville	(47)	25:12	+66	51:28.65		16:34.1	31.7%	38	11
F50-54	1 Elizabeth Trimble	Highland Village	(50)	15:08	-41	29:34.38		9:31.1	57.2%	24	4
F55-59	1 Yanira Lopez	Farmers Branch	(55)	16:04	+19	32:26.53	ℓ	10:26.5	55.6%	28	7
	2 Betsy Palmer	Carrollton	(57)	16:14	+32	33:00.53		10:37.5	56.2%	29	8
F65-69	1 Kumiko McCoy	Eules	(69)	14:55	+18	30:07.20		9:41.7	73.6%	27	6

1M MALE

17 MALE Runners --- Average Time of **7:49** Avg. Age Grade: **58.5%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Isidro Flores	Dallas	(34)			5:28.00		5:28.0	69.0%	1	1
M35-39	1 Robert Flores	Aubrey	(37)			8:03.33		8:03.3	47.7%	12	12
M45-49	1 Kim Mang	Carrollton	(48)			5:28.72	□	5:28.7	76.2%	2	2
	2 Rich Weklar	Bartonville	(47)			7:02.40		7:02.4	58.8%	6	6
	3 Nathan Bruser	Highland Village	(47)			8:28.00		8:28.0	48.9%	13	13
M50-54	1 Charles Land	Dallas	(52)			6:53.60		6:53.6	62.5%	4	4
	2 Steve Russo	Plano	(54)			7:09.34		7:09.3	61.2%	7	7
	3 Scott Berthel	Carrollton	(53)			7:13.32		7:13.3	60.2%	8	8
	4 Doug Waters	Carrollton	(53)			7:15.27		7:15.3	59.9%	9	9
M55-59	1 Vijayan Nair	Plano	(55)			6:34.19		6:34.2	67.3%	3	3
	2 M Maimonides	Kansas City, Mo	(55)			7:17.05		7:17.1	60.7%	10	10
	3 David Short	Frisco	(57)			9:12.67		9:12.7	48.8%	16	15
	4 John Kramer	Plano	(56)			9:25.01		9:25.0	47.3%	17	16
M60-64	1 Julio Lopez	Farmers Branch	(62)			7:01.23		7:01.2	66.9%	5	5
	2 Ruben Arevalo	Carrollton	(63)			7:54.82		7:54.8	59.9%	11	11
M65-69	1 Scott McKissick	Irving	(69)			13:18.52		13:18.5	37.7%	19	17
M75-79	1 Wally Capps	Farmers Branch	(77)			9:10.70		9:10.7	61.6%	15	14

1M FEMALE

2 FEMALE Runners --- Average Time of **10:01** Avg. Age Grade: **50.6%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Yanira Lopez	Farmers Branch	(55)			9:06.06		9:06.1	58.5%	14	1
F45-49	1 Barbara Gibson	Carrollton	(45)			10:56.75		10:56.8	42.8%	18	2

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

△ Positive Split
 ▽ Negative Split

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6925 Isidro Flores (M34)	1	M30-34	OA	---				5:28.00		5:28.0	18.70	5:28.00	69.0%
2	6995 Kim Mang (M48)	2	M45-49	1st	---				5:28.72	□	5:28.7	18.70	5:28.72	76.2%
3	7117 Vijayan Nair (M55)	3	M55-59	1st	---				6:34.19		6:34.2	22.47	6:34.19	67.3%
4	7566 Charles Land (M52)	4	M50-54	1st	---				6:53.60		6:53.6	23.55	6:53.60	62.5%
5	7193 Julio Lopez (M62)	5	M60-64	1st	---				7:01.23		7:01.2	24.00	7:01.23	66.9%
6	7222 Rich Weklar (M47)	6	M45-49	2nd	---				7:02.40		7:02.4	24.06	7:02.40	58.8%
7	6508 Steve Russo (M54)	7	M50-54	2nd	---				7:09.34		7:09.3	24.46	7:09.34	61.2%
8	6655 Scott Berthel (M53)	8	M50-54	3rd	---				7:13.32	⊗	7:13.3	24.69	7:13.32	60.2%
9	7012 Doug Waters (M53)	9	M50-54	4th	---				7:15.27		7:15.3	24.80	7:15.27	59.9%
10	6557 M Maimonides (M55)	10	M55-59	2nd	---				7:17.05		7:17.1	24.92	7:17.05	60.7%
11	7155 Ruben Arevalo (M63)	11	M60-64	2nd	---				7:54.82		7:54.8	27.03	7:54.82	59.9%
12	6580 Robert Flores (M37)	12	M35-39	1st	---				8:03.33		8:03.3	27.54	8:03.33	47.7%
13	7097 Nathan Bruser (M47)	13	M45-49	3rd	---				8:28.00		8:28.0	28.97	8:28.00	48.9%
14	7198 Yanira Lopez (F55)	1	F55-59	OA	---				9:06.06		9:06.1	31.13	9:06.06	58.5%
15	7916 Wally Capps (M77)	14	M75-79	1st	---				9:10.70		9:10.7	31.36	9:10.70	61.6%
16	6992 David Short (M57)	15	M55-59	3rd	---				9:12.67		9:12.7	31.47	9:12.67	48.8%
17	7261 John Kramer (M56)	16	M55-59	4th	---				9:25.01		9:25.0	32.22	9:25.01	47.3%
18	7244 Barbara Gibson (F45)	2	F45-49	1st	---				10:56.75		10:56.8	37.40	10:56.75	42.8%
19	7048 Scott McKissick (M69)	17	M65-69	1st	---				13:18.52		13:18.5	45.50	13:18.52	37.7%

✓ No Club PR's

Average Finish Time: 08:03 1 First Timers

Average Age Grade: 57.7%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7011 Blair Casey (M31)	1	M30-34	OA	---	9:33	9:43	+10	19:15.42		6:11.9	19.25	19:15.42	67.3%
2	6007 Justin Miller (M14)	2	M10-14	1st	---	10:08	9:25	-43	19:32.50	⊗	6:17.4	19.53	19:32.50	72.6%
3	6009 Steven Mudgett (M61)	3	M60-64	MS	---				21:01.37	□	6:46.0	21.02	21:01.37	77.0%
4	6580 Robert Flores (M37)	4	M35-39	1st	0.5	10:13	10:57	+44	21:10.65	⌚	6:49.0	21.17	21:11.14	63.0%
5	7566 Charles Land (M52)	5	M50-54	1st	---				21:29.71	⌚ ✓ ⊗	6:55.1	21.48	21:29.71	69.7%
6	6008 Seth Bator (M14)	6	M10-14	2nd	---	10:31	11:02	+31	21:33.21	⊗	6:56.2	21.55	21:33.21	65.8%
7	6925 Isidro Flores (M34)	7	M30-34	1st	---	10:54	10:48	-6	21:41.37	⌚	6:58.9	21.68	21:41.37	60.4%
8	7117 Vijayan Nair (M55)	8	M55-59	SR	---	10:51	11:33	+41	22:23.82	⌚	7:12.5	22.38	22:23.82	68.6%
9	6006 Brian Miller (M47)	9	M45-49	1st	0.6	11:08	11:47	+39	22:55.04	⊗	7:22.6	22.92	22:55.66	62.8%
10	6655 Scott Berthel (M53)	10	M50-54	2nd	4.6	11:40	11:17	-23	22:57.14	⌚ ✓ ⊗	7:23.3	22.95	23:01.71	65.8%
11	6508 Steve Russo (M54)	11	M50-54	3rd	---	11:30	12:06	+36	23:36.38	⌚	7:35.9	23.60	23:36.38	64.6%
12	7193 Julio Lopez (M62)	12	M60-64	1st	2.8	12:10	12:20	+10	24:29.42	⌚	7:53.0	24.48	24:32.26	66.7%
13	7012 Doug Waters (M53)	13	M50-54	4th	5.2	12:23	12:27	+3	24:50.23	⌚	7:59.7	24.83	24:55.45	60.8%
14	7222 Rich Weklar (M47)	14	M45-49	2nd	1.6	12:23	13:00	+38	25:23.12	⌚ ✓ ⊗	8:10.2	25.38	25:24.70	56.7%
15	6992 David Short (M57)	15	M55-59	1st	55.9	11:33	13:00	+87	24:33.08	⌚	7:54.1	24.55	25:28.94	63.7%
16	7089 John Nance (M70)	16	M70-74	1st	0.2	13:02	13:16	+15	26:18.19		8:28.0	26.30	26:18.43	67.0%
17	7155 Ruben Arevalo (M63)	17	M60-64	2nd	2.3	13:11	13:12	+0	26:23.25	⌚	8:29.6	26.38	26:25.55	62.4%
18	7040 Kim Andres (F65)	1	F65-69	OA	1.9	13:21	13:47	+26	27:08.35		8:44.1	27.13	27:10.27	76.7%
19	7008 David Mask (M66)	18	M65-69	1st	7.7	13:33	13:37	+5	27:09.91		8:44.6	27.15	27:17.57	62.3%
20	6651 Isabella Berthel (F16)	2	F15-19	1st	3.5	13:29	14:34	+65	28:02.86	✓ ⊗	9:01.7	28.03	28:06.39	54.6%
21	7111 Merari Baeza (F43)	3	F40-44	MS	2.7	14:05	14:52	+47	28:57.62		9:19.3	28.95	29:00.28	54.1%
22	7257 Jeffrey Conklin (M54)	19	M50-54	5th	5.1	14:10	14:59	+49	29:09.25		9:23.0	29.15	29:14.38	52.3%
23	7916 Wally Capps (M77)	20	M75-79	1st	0.4	14:44	14:42	-2	29:25.54	⌚	9:28.3	29.42	29:25.90	66.8%
24	7156 Elizabeth Trimble (F50)	4	F50-54	1st	4.9	15:08	14:26	-41	29:34.38		9:31.1	29.57	29:39.30	57.2%
25	7345 Ryan Pogue (M47)	21	M45-49	4th	7.7	15:07	14:38	-29	29:44.41		9:34.3	29.73	29:52.07	48.4%
26	7062 Frances McKissick (F56)	5	F55-59	SR	2.8	16:05	13:58	-126	30:02.63		9:40.2	30.03	30:05.48	60.9%
27	7449 Kumiko McCoy (F69)	6	F65-69	1st	6.5	14:55	15:12	+18	30:07.20		9:41.7	30.12	30:13.69	73.6%

FN*: □ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

6/24/2018

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

△ Negative Split

 DeltaViewTiming.com

28	7198	Yanira Lopez (F55)	7	F55-59	1st	2.8	16:04	16:23	+19	32:26.53	ℓ	10:26.5	32.43	32:29.28	55.6%
29	7454	Betsy Palmer (F57)	8	F55-59	2nd	10.5	16:14	16:46	+32	33:00.53		10:37.5	33.00	33:11.00	56.2%
30	6909	Scott Salter (M65)	22	M65-69	2nd	6.0	15:42	18:15	+153	33:57.61		10:55.8	33.95	34:03.56	49.4%
31	7283	Ruben Reyes (M62)	23	M60-64	3rd	3.5	16:04	18:41	+157	34:45.28		11:11.2	34.75	34:48.75	47.0%
32	7131	Charles Key (M86)	24	M80-99	1st	0.6	18:57	19:38	+41	38:34.58		12:25.0	38.57	38:35.16	65.3%
33	7448	Nika Brunk (F37)	9	F35-39	1st	7.8	20:01	20:12	+11	40:13.70		12:56.9	40.22	40:21.52	37.5%
34	7244	Barbara Gibson (F45)	10	F45-49	1st	12.1	20:01	20:10	+9	40:11.42	ℓ	12:56.2	40.18	40:23.54	39.7%
35	7261	John Kramer (M56)	25	M55-59	2nd	149.7	19:48	18:51	-57	38:39.24	ℓ	12:26.5	38.65	41:08.98	40.1%
36	7097	Nathan Bruser (M47)	26	M45-49	3rd	766.5	14:32	13:58	-34	28:29.68	ℓ	9:10.3	28.48	41:16.14	50.5%
37	7148	Scott Ahlstrom (M69)	27	M65-69	3rd	8.7	21:22	20:48	-35	42:10.08		13:34.4	42.17	42:18.78	41.3%
38	7246	Sheila Holen (F47)	11	F45-49	2nd	6.4	25:12	26:17	+66	51:28.65		16:34.1	51.47	51:35.06	31.7%
26 Positive Split 10 Negative Split ✓ 4 Club PR's										Average Finish Time: 28:45 <i>3 First Timers</i>		Average Age Grade: 58.9%			

Sorted Age Grades

1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Kim Mang	M48	5:28.72	76.2%	
2	1	Isidro Flores	M34	5:28.00	69.0%	
3	3	Vijayan Nair	M55	6:34.19	67.3%	
4	5	Julio Lopez	M62	7:01.23	66.9%	
5	4	Charles Land	M52	6:53.60	62.5%	
6	15	Wally Capps	M77	9:10.70	61.6%	
7	7	Steve Russo	M54	7:09.34	61.2%	
8	10	M Maimonides	M55	7:17.05	60.7%	
9	8	Scott Berthel	M53	7:13.32	60.2%	
10	9	Doug Waters	M53	7:15.27	59.9%	
11	11	Ruben Arevalo	M63	7:54.82	59.9%	
12	6	Rich Weklar	M47	7:02.40	58.8%	
13	14	Yanira Lopez	F55	9:06.06	58.5%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	3	Steven Mudgett	M61	21:01.37	77.0%	
2	18	Kim Andres	F65	27:08.35	76.7%	
3	27	Kumiko McCoy	F69	30:07.20	73.6%	
4	2	Justin Miller	M14	19:32.50	72.6%	New
5	5	Charles Land	M52	21:29.71	69.7%	Move UP
6	8	Vijayan Nair	M55	22:23.82	68.6%	
7	1	Blair Casey	M31	19:15.42	67.3%	
8	16	John Nance	M70	26:18.19	67.0%	
9	23	Wally Capps	M77	29:25.54	66.8%	
10	12	Julio Lopez	M62	24:29.42	66.7%	
11	10	Scott Berthel	M53	22:57.14	65.8%	New
12	6	Seth Bator	M14	21:33.21	65.8%	New
13	32	Charles Key	M86	38:34.58	65.3%	
14	11	Steve Russo	M54	23:36.38	64.6%	
15	15	David Short	M57	24:33.08	63.7%	
16	4	Robert Flores	M37	21:10.65	63.0%	
17	9	Brian Miller	M47	22:55.04	62.8%	
18	17	Ruben Arevalo	M63	26:23.25	62.4%	
19	19	David Mask	M66	27:09.91	62.3%	
20	26	Frances McKissick	F56	30:02.63	60.9%	
21	13	Doug Waters	M53	24:50.23	60.8%	
22	7	Isidro Flores	M34	21:41.37	60.4%	
23	24	Elizabeth Trimble	F50	29:34.38	57.2%	
24	14	Rich Weklar	M47	25:23.12	56.7%	
25	29	Betsy Palmer	F57	33:00.53	56.2%	
26	28	Yanira Lopez	F55	32:26.53	55.6%	
27	20	Isabella Berthel	F16	28:02.86	54.6%	
28	21	Merari Baeza	F43	28:57.62	54.1%	
29	22	Jeffrey Conklin	M54	29:09.25	52.3%	
30	36	Nathan Bruser	M47	28:29.68	50.5%	

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