

Sunday, March 25, 2018

Carrollton Runners Mile + 5K

65F PCloudy 73%H 7mphESE

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	
Julio Lopez	7:01.30	Blair Casey	18:01.38	Steve Russo	22:05.08	Julio Lopez	23:08.09
Kuay Sullivan	9:04.63	Lindsay Aragon	24:57.54	Kim Andres	25:56.96	Kumiko McCoy	29:27.64

5K MALE

27 MALE Runners --- Average Time of **28:26**

Avg. Age Grade: **55.4%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Blair Casey	Carrollton	(31)			18:01.38	☑	5:48.1	71.9%	1	1
MASTERS	1 Steve Russo	Plano	(54)			22:05.08	ℓ ✓	7:06.5	69.0%	4	4
SENIORS	1 Julio Lopez	Farmers Branch	(62)			23:08.09	ℓ	7:26.8	70.6%	6	6
M20-24	1 Clint Simpson	Coppell	(22)			36:04.34		11:36.6	35.8%	31	23
M30-34	1 Sergio Arias	NRH	(34)			19:21.72		6:13.9	67.7%	2	2
	2 Manav Shah	Dallas	(33)			23:16.12		7:29.4	56.1%	7	7
M35-39	1 Robert Flores	Aubrey	(37)			21:00.79	ℓ	6:45.8	63.5%	3	3
	2 Nate Thomas	Carrollton	(35)			30:56.94		9:57.7	42.6%	23	18
M40-44	1 Vijayaraghava Reddy	Plano	(40)			22:26.12	✓	7:13.3	60.8%	5	5
M45-49	1 Ryan Pogue	Carrollton	(46)			27:28.35		8:50.6	52.0%	18	15
	2 Nathan Bruser	Coppell	(46)			28:39.00	ℓ	9:13.3	49.9%	35	26
	3 Chris Goins	Garland	(47)			35:51.76		11:32.6	40.2%	29	21
M50-54	1 Doug Waters	Carrollton	(53)			23:13.85		7:28.6	65.1%	8	8
	2 Daniel Ernst	Carrollton	(54)			25:38.03		8:15.0	59.4%	12	11
	3 Jeffrey Conklin	Arlington	(54)			26:34.08		8:33.1	57.4%	14	12
	4 Rich Cronin	Arlington	(50)			28:30.40		9:10.5	51.7%	19	16
	5 Daniel Briggs	Highland Village	(54)			39:01.26		12:33.6	39.1%	32	24
M55-59	1 David Short	Frisco	(57)			24:03.27	ℓ	7:44.5	65.0%	9	9
	2 John Kramer	Plano	(56)			35:34.39	ℓ	11:27.0	43.6%	34	25
M60-64	1 Ruben Arevalo	Carrollton	(62)			26:53.81		8:39.4	60.7%	15	13
	2 Ruben Reyes	Carrollton	(62)			30:22.73	ℓ	9:46.7	53.7%	22	17
	3 Robert Simpson	Coppell	(63)			36:03.46		11:36.4	45.7%	30	22
M65-69	1 John Nance	Rowlett	(69)			25:21.15		8:09.6	68.7%	11	10
	2 David Mask	Lewisville	(65)			27:30.73		8:51.3	61.0%	17	14
	3 Scott Salter	Irving	(65)			33:49.09		10:53.1	49.6%	27	20
	4 Scott Ahlstrom	Carrollton	(69)			43:56.77		14:08.7	39.7%	36	27
M70-74	1 Bill Shirley	Dallas	(74)			32:57.18		10:36.4	56.5%	25	19

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

△ Positive Split
 ▽ Negative Split

Timing provided by: 3/25/2018


5K FEMALE

		12 FEMALE Runners --- Average Time of 35:20				Avg. Age Grade: 52.5%			Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Lindsay Aragon	Fort Worth	(30)			24:57.54	✓	8:02.0	59.3%	10	1
MASTERS	1 Kim Andres	Irving	(65)			25:56.96	☑	8:21.1	80.2%	13	2
SENIORS	1 Kumiko McCoy	Eules	(68)			29:27.64		9:28.9	74.0%	21	5
F30-34	1 Carmen Kramer	Dallas	(31)			49:52.01		16:03.0	29.7%	39	12
F45-49	1 Fulya Bayolken	Coppell	(45)			26:58.06		8:40.8	59.2%	16	3
	2 Amie Goins	Garland	(46)			33:31.71		10:47.5	48.1%	26	7
	3 Katrice Briggs	Highland Village	(47)			39:15.85		12:38.3	41.6%	33	9
	4 Sheila Holen	Lewisville	(47)			49:51.02		16:02.7	32.7%	38	11
F50-54	1 Kuay Sullivan	Coppell	(52)			29:08.40	ℓ	9:22.8	59.5%	20	4
	2 Raquel Arevalo	Carrollton	(54)			47:57.74		15:26.3	37.1%	37	10
F55-59	1 Yanira Lopez	Farmers Branch	(55)			32:24.39	ℓ	10:25.8	55.7%	24	6
	2 Betsy Palmer	Carrollton	(56)			34:38.18		11:08.9	52.8%	28	8

1M MALE

		9 MALE Runners --- Average Time of 9:46				Avg. Age Grade: 48.5%			Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Julio Lopez	Farmers Branch	(62)			7:01.30		7:01.3	66.9%	1	1
M01-09	1 Andrew Smith	Irving	(7)			9:25.26		9:25.3	54.3%	7	6
M35-39	1 Robert Flores	Aubrey	(37)			7:23.67	✓	7:23.7	51.9%	3	3
M45-49	1 Nathan Bruser	Coppell	(46)			11:41.29		11:41.3	35.2%	9	7
M50-54	1 M Maimonides	Kansas City, Mo	(54)			7:14.42		7:14.4	60.5%	2	2
	2 Steve Russo	Plano	(54)			14:31.18		14:31.2	30.2%	11	9
M55-59	1 John Kramer	Plano	(56)			9:20.21		9:20.2	47.7%	6	5
	2 David Short	Frisco	(57)			12:21.05		12:21.1	36.4%	10	8
M60-64	1 Ruben Reyes	Carrollton	(62)			8:51.72		8:51.7	53.0%	4	4

1M FEMALE

		3 FEMALE Runners --- Average Time of 16:39				Avg. Age Grade: 41.6%			Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Kuay Sullivan	Coppell	(52)			9:04.63		9:04.6	56.3%	5	1
F45-49	1 Chris Snoberger		(46)			30:54.11		30:54.1	15.3%	12	3
F55-59	1 Yanira Lopez	Farmers Branch	(55)			9:59.15		9:59.2	53.3%	8	2

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7193 Julio Lopez (M62)	1	M60-64	OA	---				7:01.30		7:01.3	24.00	7:01.30	66.9%
2	6557 M Maimonides (M54)	2	M50-54	1st	---				7:14.42		7:14.4	24.75	7:14.42	60.5%
3	6674 Robert Flores (M37)	3	M35-39	1st	---				7:23.67	✓ 2	7:23.7	25.26	7:23.67	51.9%
4	7283 Ruben Reyes (M62)	4	M60-64	1st	---				8:51.72		8:51.7	30.28	8:51.72	53.0%
5	7265 Kuay Sullivan (F52)	1	F50-54	OA	---				9:04.63		9:04.6	31.02	9:04.63	56.3%
6	7261 John Kramer (M56)	5	M55-59	1st	---				9:20.21		9:20.2	31.93	9:20.21	47.7%
7	6908 Andrew Smith (M7)	6	M01-09	1st	---				9:25.26	1	9:25.3	32.22	9:25.26	54.3%
8	7198 Yanira Lopez (F55)	2	F55-59	1st	---				9:59.15		9:59.2	34.15	9:59.15	53.3%
9	7097 Nathan Bruser (M46)	7	M45-49	1st	---				11:41.29		11:41.3	39.97	11:41.29	35.2%
10	7061 David Short (M57)	8	M55-59	2nd	---				12:21.05		12:21.1	42.25	12:21.05	36.4%
11	6508 Steve Russo (M54)	9	M50-54	2nd	---				14:31.18		14:31.2	49.66	14:31.18	30.2%
12	6006 Chris Snoberger (F46)	3	F45-49	1st	---				30:54.11		30:54.1	105.71	30:54.11	15.3%
✓ 1 Club PR's						Average Finish Time: 11:29				Average Age Grade: 46.8%				

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	6896 Blair Casey (M31)	1	M30-34	OA	---				18:01.38	☑ 5	5:48.1	18.02	18:01.38	71.9%
2	6003 Sergio Arias (M34)	2	M30-34	1st	---				19:21.72		6:13.9	19.35	19:21.72	67.7%
3	6674 Robert Flores (M37)	3	M35-39	1st	---				21:00.79	∩	6:45.8	21.00	21:00.79	63.5%
4	6508 Steve Russo (M54)	4	M50-54	MS	---				22:05.08	∩ ✓ 4	7:06.5	22.08	22:05.08	69.0%
5	6865 Vijayaraghava Reddy (M40)	5	M40-44	1st	3.4				22:26.12	✓ 1	7:13.3	22.43	22:29.49	60.8%
6	7193 Julio Lopez (M62)	6	M60-64	SR	---				23:08.09	∩	7:26.8	23.13	23:08.09	70.6%
7	7184 Manav Shah (M33)	7	M30-34	2nd	---				23:16.12		7:29.4	23.27	23:16.12	56.1%
8	7012 Doug Waters (M53)	8	M50-54	1st	3.7				23:13.85		7:28.6	23.22	23:17.56	65.1%
9	7061 David Short (M57)	9	M55-59	1st	33.0				24:03.27	∩	7:44.5	24.05	24:36.27	65.0%
10	6004 Lindsay Aragon (F30)	1	F30-34	OA	---				24:57.54	✓ 2	8:02.0	24.95	24:57.54	59.3%
11	7089 John Nance (M69)	10	M65-69	1st	2.1				25:21.15		8:09.6	25.35	25:23.23	68.7%
12	7010 Daniel Ernst (M54)	11	M50-54	2nd	9.7				25:38.03	x	8:15.0	25.63	25:47.75	59.4%
13	7040 Kim Andres (F65)	2	F65-69	MS	---				25:56.96	☑ 21	8:21.1	25.93	25:56.96	80.2%
14	6864 Jeffrey Conklin (M54)	12	M50-54	3rd	2.8				26:34.08		8:33.1	26.57	26:36.87	57.4%
15	6990 Ruben Arevalo (M62)	13	M60-64	1st	4.1				26:53.81		8:39.4	26.88	26:57.95	60.7%
16	6001 Fulya Bayolken (F45)	3	F45-49	1st	---				26:58.06	x	8:40.8	26.97	26:58.06	59.2%
17	7008 David Mask (M65)	14	M65-69	2nd	4.8				27:30.73		8:51.3	27.50	27:35.56	61.0%
18	7345 Ryan Pogue (M46)	15	M45-49	1st	9.2				27:28.35		8:50.6	27.47	27:37.55	52.0%
19	6861 Rich Cronin (M50)	16	M50-54	4th	3.7				28:30.40		9:10.5	28.50	28:34.07	51.7%
20	7265 Kuay Sullivan (F52)	4	F50-54	1st	5.0				29:08.40	∩	9:22.8	29.13	29:13.40	59.5%
21	7449 Kumiko McCoy (F68)	5	F65-69	SR	11.8				29:27.64		9:28.9	29.45	29:39.47	74.0%
22	7283 Ruben Reyes (M62)	17	M60-64	2nd	5.0				30:22.73	∩	9:46.7	30.37	30:27.73	53.7%
23	6838 Nate Thomas (M35)	18	M35-39	2nd	3.7				30:56.94		9:57.7	30.93	31:00.61	42.6%
24	7198 Yanira Lopez (F55)	6	F55-59	1st	6.0				32:24.39	∩	10:25.8	32.40	32:30.39	55.7%
25	7043 Bill Shirley (M74)	19	M70-74	1st	2.9				32:57.18		10:36.4	32.95	33:00.07	56.5%
26	7044 Amie Goins (F46)	7	F45-49	2nd	10.0				33:31.71		10:47.5	33.52	33:41.73	48.1%
27	6002 Scott Salter (M65)	20	M65-69	3rd	7.5				33:49.09	x	10:53.1	33.82	33:56.61	49.6%
28	7454 Betsy Palmer (F56)	8	F55-59	2nd	12.2				34:38.18		11:08.9	34.63	34:50.35	52.8%
29	7050 Chris Goins (M47)	21	M45-49	3rd	10.3				35:51.76		11:32.6	35.85	36:02.01	40.2%
30	7106 Robert Simpson (M63)	22	M60-64	3rd	11.4				36:03.46		11:36.4	36.05	36:14.90	45.7%
31	6007 Clint Simpson (M22)	23	M20-24	1st	10.6				36:04.34		11:36.6	36.07	36:14.99	35.8%
32	7363 Daniel Briggs (M54)	24	M50-54	5th	8.1				39:01.26		12:33.6	39.02	39:09.37	39.1%
33	7370 Katrice Briggs (F47)	9	F45-49	3rd	8.9				39:15.85		12:38.3	39.25	39:24.79	41.6%
34	7261 John Kramer (M56)	25	M55-59	2nd	258.0				35:34.39	∩	11:27.0	35.57	39:52.39	43.6%

35	7097	Nathan Bruser (M46)	26	M45-49	2 nd	769.6	28:39.00	⌚	9:13.3	28.65	41:28.58	49.9%
36	7148	Scott Ahlstrom (M69)	27	M65-69	4 th	9.0	43:56.77		14:08.7	43.93	44:05.74	39.7%
37	6005	Raquel Arevalo (F54)	10	F50-54	2 nd	9.0	47:57.74	⌚	15:26.3	47.95	48:06.72	37.1%
38	7246	Sheila Holen (F47)	11	F45-49	4 th	11.3	49:51.02		16:02.7	49.85	50:02.29	32.7%
39	6907	Carmen Kramer (F31)	12	F30-34	1 st	11.7	49:52.01		16:03.0	49.87	50:03.75	29.7%
✓ 5 Club PR's							Average Finish Time: 30:33 <i>4 First Timers</i>			Average Age Grade: 54.5%		

Sorted Age Grades

1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Julio Lopez	M62	7:01.30	66.9%	
2	2	M Maimonides	M54	7:14.42	60.5%	
3	5	Kuay Sullivan	F52	9:04.63	56.3%	
4	7	Andrew Smith	M7	9:25.26	54.3%	
5	8	Yanira Lopez	F55	9:59.15	53.3%	
6	4	Ruben Reyes	M62	8:51.72	53.0%	
7	3	Robert Flores	M37	7:23.67	51.9%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	13	Kim Andres	F65	25:56.96	80.2%	Move UP
2	21	Kumiko McCoy	F68	29:27.64	74.0%	
3	1	Blair Casey	M31	18:01.38	71.9%	Move UP
4	6	Julio Lopez	M62	23:08.09	70.6%	
5	4	Steve Russo	M54	22:05.08	69.0%	Move UP
6	11	John Nance	M69	25:21.15	68.7%	
7	2	Sergio Arias	M34	19:21.72	67.7%	
8	8	Doug Waters	M53	23:13.85	65.1%	
9	9	David Short	M57	24:03.27	65.0%	
10	3	Robert Flores	M37	21:00.79	63.5%	
11	17	David Mask	M65	27:30.73	61.0%	
12	5	Vijayaraghava Reddy	M40	22:26.12	60.8%	
13	15	Ruben Arevalo	M62	26:53.81	60.7%	
14	20	Kuay Sullivan	F52	29:08.40	59.5%	
15	12	Daniel Ernst	M54	25:38.03	59.4%	
16	10	Lindsay Aragon	F30	24:57.54	59.3%	
17	16	Fulya Bayolken	F45	26:58.06	59.2%	
18	14	Jeffrey Conklin	M54	26:34.08	57.4%	
19	25	Bill Shirley	M74	32:57.18	56.5%	
20	7	Manav Shah	M33	23:16.12	56.1%	
21	24	Yanira Lopez	F55	32:24.39	55.7%	
22	22	Ruben Reyes	M62	30:22.73	53.7%	
23	28	Betsy Palmer	F56	34:38.18	52.8%	
24	18	Ryan Pogue	M46	27:28.35	52.0%	
25	19	Rich Cronin	M50	28:30.40	51.7%	

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