

# Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Vijayan Nair	6:22.10	Albert Marban	18:28.18	Vijayan Nair	22:27.93	Steve Russo	22:34.30
Mala Francis	6:34.77	Mala Francis	25:14.45	Eeva Toiviainen	25:39.75	Kumiko McCoy	31:00.94

## 5K MALE

		23 MALE Runners --- Average Time of 30:18						Avg. Age Grade: 53.5%		Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	<b>Albert Marban</b>	Farmers Branch	(25)	9:09	+11	<b>18:28.18</b>		5:56.7	<b>69.8%</b>	1	1
MASTERS	1	<b>Vijayan Nair</b>	Plano	(56)	10:49	+49	<b>22:27.93</b> M		7:13.9	<b>69.0%</b>	3	3
SENIORS	1	<b>Steve Russo</b>	Plano	(55)	11:17	+1	<b>22:34.30</b>		7:15.9	<b>68.1%</b>	4	4
M01-09	1	<b>Carlos Ramirez Jr</b>	Carrollton	(9)	14:14	+72	<b>29:40.56</b>		9:33.1	55.1%	16	12
	2	<b>David Toth</b>	Coppell	(8)	15:37	-19	<b>30:54.50</b>		9:56.9	55.1%	21	17
	3	<b>Peyton Hine</b>	Highland Village	(9)	21:25	+175	<b>45:45.38</b> M		14:43.7	35.8%	30	22
M25-29	1	<b>Jonathon Barnett</b>	Arlington	(28)	12:34	+96	<b>26:44.54</b>		8:36.5	48.2%	10	8
M30-34	1	<b>Blair Casey</b>	Carrollton	(31)	10:49	+41	<b>22:20.20</b>		7:11.4	58.0%	2	2
M35-39	1	<b>Gabor Toth</b>	Coppell	(38)	15:34	-20	<b>30:48.73</b> M		9:55.1	43.6%	20	16
M40-44	1	<b>Carlos Ramirez</b>	Carrollton	(41)	14:27	+87	<b>30:20.46</b> ✓		9:46.0	45.3%	18	14
M45-49	1	<b>Rich Weklar</b>	Bartonville	(47)	11:17	+69	<b>23:43.38</b> M		7:38.1	<b>60.7%</b>	5	5
	2	<b>Jen Evangelista</b>	Irving	(47)	15:11	+22	<b>30:44.64</b> M		9:53.7	46.8%	19	15
	3	<b>Nathan Bruser</b>	Higland Village	(47)	17:43	+288	<b>40:15.07</b>		12:57.3	35.8%	26	21
M50-54	1	<b>Rob Preston</b>	Irving	(53)	12:20	-2	<b>24:38.24</b>		7:55.8	<b>61.3%</b>	6	6
	2	<b>Doug Waters</b>	Carrollton	(54)	14:42	+27	<b>29:50.34</b>		9:36.3	51.1%	17	13
M55-59	1	<b>John Kramer</b>	Plano	(56)	18:28	-28	<b>36:26.88</b> M		11:43.9	42.5%	24	19
M60-64	1	<b>Julio Lopez</b>	Farmers Branch	(63)	12:16	+14	<b>24:45.34</b> M		7:58.1	<b>66.5%</b>	7	7
	2	<b>Ruben Arevalo</b>	Carrollton	(63)	13:01	+57	<b>26:59.91</b> M		8:41.4	<b>61.0%</b>	11	9
	3	<b>Ruben Reyes</b>	Carrollton	(62)	18:01	-46	<b>35:15.79</b> M		11:21.0	46.3%	23	18
	4	<b>Robert Simpson</b>	Coppell	(63)	18:22	+87	<b>38:10.65</b>		12:17.3	43.1%	25	20
M65-69	1	<b>David Mask</b>	Lewisville	(66)	14:18	+22	<b>28:57.55</b> M		9:19.3	58.5%	15	11
M70-74	1	<b>Scott Ahlstrom</b>	Carrollton	(70)	24:44	+17	<b>49:45.47</b>		16:00.9	35.4%	32	23
M75-79	1	<b>Wally Capps</b>	Farmers Branch	(78)	13:40	+8	<b>27:27.20</b> M		8:50.2	<b>73.1%</b>	12	10

# 5K FEMALE

10 FEMALE Runners --- Average Time of

36:04

Avg. Age Grade: 51.0%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Mala Francis	Dallas	(15)	12:45	-15	25:14.45	ℓ	8:07.5	61.4%	8	1
MASTERS	1 Eeva Toiviainen	Flower Mound	(45)	12:51	-2	25:39.75		8:15.6	62.2%	9	2
SENIORS	1 Kumiko McCoy	Eules	(69)	15:04	+52	31:00.94		9:59.0	71.5%	22	5
F01-09	1 Blake Bruser	Higland Village	(9)	17:50	+275	40:15.31	ℓ	12:57.4	43.6%	27	6
F45-49	1 Kaisa Peltonen	Coppell	(47)	13:43	+24	27:50.36		8:57.6	58.6%	13	3
	2 Anu Keskimaula	Flower Mound	(45)	14:00	+26	28:25.04		9:08.8	56.2%	14	4
	3 Rikki Creech		(47)	20:57	+23	42:17.90		13:36.9	38.6%	29	8
	4 Danielle Hine	Highland Village	(47)	21:25	+179	45:48.56		14:44.7	35.6%	31	9
	5 Sheila Holen	Lewisville	(47)	25:43	+19	51:44.64		16:39.3	31.5%	33	10
F65-69	1 Carol Creech	Plano	(67)	20:54	+29	42:18.03		13:36.9	50.8%	28	7

# 1M MALE

14 MALE Runners --- Average Time of

8:08

Avg. Age Grade: 56.9%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Vijayan Nair	Plano	(56)			6:22.10		6:22.1	70.0%	1	1
M01-09	1 Peyton Hine	Highland Village	(9)			9:35.05		9:35.1	49.1%	15	12
M10-14	1 German Marban	Farmers Branch	(12)			7:02.97		7:03.0	60.7%	4	3
	2 Enrique Marban	Farmers Branch	(11)			7:03.13		7:03.1	62.4%	5	4
M35-39	1 Gabor Toth	Coppell	(38)			7:23.90	✓	7:23.9	52.3%	7	6
M45-49	1 Rich Weklar	Bartonville	(47)			6:41.53		6:41.5	61.9%	3	2
	2 Jen Evangelista	Irving	(47)			10:05.25		10:05.3	41.1%	16	13
M50-54	1 David Francis	Dallas	(53)			7:35.85		7:35.9	57.2%	8	7
M55-59	1 John Kramer	Plano	(56)			10:13.00		10:13.0	43.6%	17	14
M60-64	1 Julio Lopez	Farmers Branch	(63)			7:12.11		7:12.1	65.8%	6	5
	2 Ruben Arevalo	Carrollton	(63)			7:37.70		7:37.7	62.1%	9	8
	3 Ruben Reyes	Carrollton	(62)			8:51.08		8:51.1	53.0%	11	10
M65-69	1 David Mask	Lewisville	(66)			9:25.99		9:26.0	51.6%	13	11
M75-79	1 Wally Capps	Farmers Branch	(78)			8:41.88		8:41.9	66.4%	10	9

# 1M FEMALE

3 FEMALE Runners --- Average Time of

8:20

Avg. Age Grade: 57.8%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Mala Francis	Dallas	(15)			6:34.77		6:34.8	66.7%	2	1
F01-09	1 Blake Bruser	Higland Village	(9)			9:26.53		9:26.5	52.7%	14	3
F10-14	1 Saira Francis	Dallas	(10)			8:57.99	✓	8:58.0	53.9%	12	2

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7117 Vijayan Nair (M56)	1	M55-59	OA	---				6:22.10		6:22.1	21.78	6:22.10	70.0%
2	7564 Mala Francis (F15)	1	F15-19	OA	---				6:34.77		6:34.8	22.47	6:34.77	66.7%
3	7222 Rich Weklar (M47)	2	M45-49	1st	---				6:41.53		6:41.5	22.86	6:41.53	61.9%
4	6003 German Marban (M12)	3	M10-14	1st	---				7:02.97	x	7:03.0	24.06	7:02.97	60.7%
5	6002 Enrique Marban (M11)	4	M10-14	2nd	---				7:03.13	x	7:03.1	24.12	7:03.13	62.4%
6	7193 Julio Lopez (M63)	5	M60-64	1st	---				7:12.11		7:12.1	24.63	7:12.11	65.8%
7	7380 Gabor Toth (M38)	6	M35-39	1st	---				7:23.90	✓ 3	7:23.9	25.26	7:23.90	52.3%
8	7565 David Francis (M53)	7	M50-54	1st	---				7:35.85		7:35.9	25.94	7:35.85	57.2%
9	7155 Ruben Arevalo (M63)	8	M60-64	2nd	---				7:37.70		7:37.7	26.06	7:37.70	62.1%
10	7916 Wally Capps (M78)	9	M75-79	1st	---				8:41.88		8:41.9	29.71	8:41.88	66.4%
11	7283 Ruben Reyes (M62)	10	M60-64	3rd	---				8:51.08		8:51.1	30.28	8:51.08	53.0%
12	6994 Saira Francis (F10)	2	F10-14	1st	---				8:57.99	✓ 1	8:58.0	30.62	8:57.99	53.9%
13	7008 David Mask (M66)	11	M65-69	1st	---				9:25.99		9:26.0	32.22	9:25.99	51.6%
14	7316 Blake Bruser (F9)	3	F01-09	1st	---				9:26.53		9:26.5	32.27	9:26.53	52.7%
15	6005 Peyton Hine (M9)	12	M01-09	1st	---				9:35.05	x	9:35.1	32.79	9:35.05	49.1%
16	7343 Jen Evangelista (M47)	13	M45-49	2nd	---				10:05.25		10:05.3	34.50	10:05.25	41.1%
17	7261 John Kramer (M56)	14	M55-59	1st	---				10:13.00		10:13.0	34.95	10:13.00	43.6%
✓ 2 Club PR's						Average Finish Time: 08:10 3 First Timers				Average Age Grade: 57.1%				

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	6627 Albert Marban (M25)	1	M25-29	OA	1.8	9:09	9:20	+11	18:28.18		5:56.7	18.47	18:29.95	69.8%
2	7011 Blair Casey (M31)	2	M30-34	1st	2.0	10:49	11:31	+41	22:20.20		7:11.4	22.33	22:22.17	58.0%
3	7117 Vijayan Nair (M56)	3	M55-59	MS	---	10:49	11:39	+49	22:27.93	ℓ	7:13.9	22.45	22:27.93	69.0%
4	7405 Steve Russo (M55)	4	M55-59	SR	1.2	11:17	11:18	+1	22:34.30		7:15.9	22.57	22:35.49	68.1%
5	7222 Rich Weklar (M47)	5	M45-49	1st	0.8	11:17	12:26	+69	23:43.38	ℓ	7:38.1	23.72	23:44.18	60.7%
6	7192 Rob Preston (M53)	6	M50-54	1st	0.9	12:20	12:18	-2	24:38.24		7:55.8	24.63	24:39.17	61.3%
7	7193 Julio Lopez (M63)	7	M60-64	1st	0.9	12:16	12:29	+14	24:45.34	ℓ	7:58.1	24.75	24:46.21	66.5%
8	7564 Mala Francis (F15)	1	F15-19	OA	1.9	12:45	12:30	-15	25:14.45	ℓ	8:07.5	25.23	25:16.36	61.4%
9	7073 Eeva Toiviainen (F45)	2	F45-49	MS	2.5	12:51	12:49	-2	25:39.75		8:15.6	25.65	25:42.20	62.2%
10	7590 Jonathon Barnett (M28)	8	M25-29	1st	5.0	12:34	14:10	+96	26:44.54		8:36.5	26.73	26:49.59	48.2%
11	7155 Ruben Arevalo (M63)	9	M60-64	2nd	---	13:01	13:59	+57	26:59.91	ℓ	8:41.4	26.98	26:59.91	61.0%
12	7916 Wally Capps (M78)	10	M75-79	1st	3.8	13:40	13:48	+8	27:27.20	ℓ	8:50.2	27.45	27:31.04	73.1%
13	7571 Kaisa Peltonen (F47)	3	F45-49	1st	3.7	13:43	14:07	+24	27:50.36		8:57.6	27.83	27:54.03	58.6%
14	6804 Anu Keskimaula (F45)	4	F45-49	2nd	2.9	14:00	14:25	+26	28:25.04	x	9:08.8	28.42	28:27.96	56.2%
15	7008 David Mask (M66)	11	M65-69	1st	4.2	14:18	14:40	+22	28:57.55	ℓ	9:19.3	28.95	29:01.78	58.5%
16	6010 Carlos Ramirez Jr (M9)	12	M01-09	1st	4.1	14:14	15:26	+72	29:40.56	x	9:33.1	29.67	29:44.64	55.1%
17	7012 Doug Waters (M54)	13	M50-54	2nd	6.9	14:42	15:09	+27	29:50.34		9:36.3	29.83	29:57.20	51.1%
18	6009 Carlos Ramirez (M41)	14	M40-44	1st	5.4	14:27	15:54	+87	30:20.46	✓ 1	9:46.0	30.33	30:25.89	45.3%
19	7343 Jen Evangelista (M47)	15	M45-49	2nd	7.0	15:11	15:33	+22	30:44.64	ℓ	9:53.7	30.73	30:51.66	46.8%
20	7380 Gabor Toth (M38)	16	M35-39	1st	6.0	15:34	15:14	-20	30:48.73	ℓ	9:55.1	30.80	30:54.76	43.6%
21	7379 David Toth (M8)	17	M01-09	2nd	4.2	15:37	15:18	-19	30:54.50		9:56.9	30.90	30:58.73	55.1%
22	7449 Kumiko McCoy (F69)	5	F65-69	SR	4.3	15:04	15:57	+52	31:00.94		9:59.0	31.00	31:05.26	71.5%
23	7283 Ruben Reyes (M62)	18	M60-64	3rd	7.5	18:01	17:15	-46	35:15.79	ℓ	11:21.0	35.25	35:23.29	46.3%
24	7261 John Kramer (M56)	19	M55-59	1st	47.8	18:28	17:59	-28	36:26.88	ℓ	11:43.9	36.43	37:14.71	42.5%
25	7106 Robert Simpson (M63)	20	M60-64	4th	8.9	18:22	19:49	+87	38:10.65		12:17.3	38.17	38:19.51	43.1%
26	7097 Nathan Bruser (M47)	21	M45-49	3rd	3.6	17:43	22:32	+288	40:15.07		12:57.3	40.25	40:18.72	35.8%
27	7316 Blake Bruser (F9)	6	F01-09	1st	3.5	17:50	22:25	+275	40:15.31	ℓ	12:57.4	40.25	40:18.84	43.6%
28	7024 Carol Creech (F67)	7	F65-69	1st	2.2	20:54	21:24	+29	42:18.03		13:36.9	42.30	42:20.27	50.8%
29	6714 Rikki Creech (F47)	8	F45-49	3rd	2.5	20:57	21:21	+23	42:17.90		13:36.9	42.28	42:20.39	38.6%

30	6005	Peyton Hine (M9)	22	M01-09	3 <sup>rd</sup>	3.1	21:25	24:20	+175	<b>45:45.38</b>	⌚	⌘ 14:43.7	45.75	45:48.46	35.8%
31	6006	Danielle Hine (F47)	9	F45-49	4 <sup>th</sup>	3.1	21:25	24:24	+179	<b>45:48.56</b>		⌘ 14:44.7	45.80	45:51.70	35.6%
32	7148	Scott Ahlstrom (M70)	23	M70-74	1 <sup>st</sup>	4.9	24:44	25:01	+17	<b>49:45.47</b>		16:00.9	49.75	49:50.34	35.4%
33	7246	Sheila Holen (F47)	10	F45-49	5 <sup>th</sup>	7.8	25:43	26:02	+19	<b>51:44.64</b>		16:39.3	51.73	51:52.44	31.5%
<b>26 Positive Split</b> <b>7 Negative Split</b> ✓ <b>1 Club PR's</b>							Average Finish Time: <b>32:03</b> <u>4 First Timers</u>				Average Age Grade: <b>52.7%</b>				

# Sorted Age Grades

## 1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Vijayan Nair	M56	6:22.10	70.0%	
2	2	Mala Francis	F15	6:34.77	66.7%	
3	10	Wally Capps	M78	8:41.88	66.4%	
4	6	Julio Lopez	M63	7:12.11	65.8%	
5	5	Enrique Marban	M11	7:03.13	62.4%	
6	9	Ruben Arevalo	M63	7:37.70	62.1%	
7	3	Rich Weklar	M47	6:41.53	61.9%	
8	4	German Marban	M12	7:02.97	60.7%	
9	8	David Francis	M53	7:35.85	57.2%	
10	12	Saira Francis	F10	8:57.99	53.9%	
11	11	Ruben Reyes	M62	8:51.08	53.0%	
12	14	Blake Bruser	F9	9:26.53	52.7%	
13	7	Gabor Toth	M38	7:23.90	52.3%	
14	13	David Mask	M66	9:25.99	51.6%	

## 5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	12	Wally Capps	M78	27:27.20	73.1%	
2	22	Kumiko McCoy	F69	31:00.94	71.5%	
3	1	Albert Marban	M25	18:28.18	69.8%	
4	3	Vijayan Nair	M56	22:27.93	69.0%	
5	4	Steve Russo	M55	22:34.30	68.1%	
6	7	Julio Lopez	M63	24:45.34	66.5%	
7	9	Eeva Toiviainen	F45	25:39.75	62.2%	
8	8	Mala Francis	F15	25:14.45	61.4%	
9	6	Rob Preston	M53	24:38.24	61.3%	
10	11	Ruben Arevalo	M63	26:59.91	61.0%	
11	5	Rich Weklar	M47	23:43.38	60.7%	
12	13	Kaisa Peltonen	F47	27:50.36	58.6%	
13	15	David Mask	M66	28:57.55	58.5%	
14	2	Blair Casey	M31	22:20.20	58.0%	
15	14	Anu Keskimaula	F45	28:25.04	56.2%	
16	16	Carlos Ramirez Jr	M9	29:40.56	55.1%	
17	21	David Toth	M8	30:54.50	55.1%	
18	17	Doug Waters	M54	29:50.34	51.1%	
19	28	Carol Creech	F67	42:18.03	50.8%	

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