

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Vijayan Nair	6:17.19	Robert Flores	20:30.31	Vijayan Nair	23:03.95	John Cosentino	23:33.86
Mala Francis	6:25.22	Sarah Wilson	22:53.16	Frances McKissick	25:31.71	Yanira Lopez	32:03.88

5K MALE

30 MALE Runners --- Average Time of **28:44** Avg. Age Grade: **54.4%** Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Robert Flores	Aubrey	(38)	10:03	+25	20:30.31	✓	6:36.0	65.6%	1	1
MASTERS	1 Vijayan Nair	Plano	(55)	11:21	+22	23:03.95	ℳ	7:25.5	66.6%	6	5
SENIORS	1 John Cosentino	Plano	(56)	11:49	-5	23:33.86		7:35.1	65.8%	8	7
M20-24	1 Daniel Elfenbein	Dallas	(22)	10:29	+21	21:18.87		6:51.6	60.5%	3	3
	2 Kendarius Steele	Mesquite	(24)	16:22	+247	36:50.30		11:51.4	35.0%	40	27
M25-29	1 Maurice Valderas	Dallas	(28)	13:20	+66	27:46.19		8:56.3	46.5%	20	15
	2 Ka Lau	Plano	(28)	12:48	+144	27:59.33	ℳ	9:00.5	46.1%	21	16
M30-34	1 Blair Casey	Carrollton	(31)	10:26	+11	21:02.56		6:46.4	61.6%	2	2
M35-39	1 Jose Arellano	Little Elm	(39)			22:10.12	✓	7:08.1	61.1%	4	4
	2 Gabor Toth	Coppell	(38)	14:31	-51	28:10.29	ℳ	9:04.1	47.7%	23	18
M40-44	1 John Meyers	Farmers Branch	(40)	14:05	-11	27:59.19		9:00.5	48.8%	22	17
M45-49	1 Rich Weklar	Bartonville	(47)	11:35	+9	23:18.13		7:30.0	61.8%	7	6
	2 Ryan Pogue	Carrollton	(47)	14:50	-16	29:24.23		9:27.9	49.0%	26	20
	3 Nathan Bruser	Higland Village	(47)	15:54	+99	33:27.69		10:46.2	43.0%	35	25
M50-54	1 Doug Waters	Carrollton	(54)	12:35	-32	24:37.92	ℳ	7:55.7	61.9%	10	9
	2 Jason Meador	Arlington	(54)	12:19	+12	24:50.49		7:59.7	61.3%	11	10
	3 Leonard Evans	Richardson	(50)	13:23	+0	26:45.56		8:36.8	55.1%	16	13
M55-59	1 David Short	Frisco	(57)			24:00.56	ℳ	7:43.7	65.1%	15	12
	2 Jeffrey Conklin	Arlington	(55)	16:15	-76	31:13.47		10:03.0	49.2%	31	22
	3 William Wilson	Plano	(57)	16:27	+41	33:36.04		10:48.9	46.5%	36	26
M60-64	1 Julio Lopez	Farmers Branch	(63)	12:03	+26	24:32.02	ℳ	7:53.8	67.1%	9	8
	2 Ruben Arevalo	Carrollton	(63)	13:03	-1	26:05.31	ℳ	8:23.8	63.1%	14	11
	3 Ruben Reyes	Carrollton	(62)	14:42	-3	29:21.10	ℳ	9:26.8	55.6%	25	19
	4 Victor Elfenbein	Dallas	(60)	14:30	+87	30:25.86		9:47.7	52.7%	28	21
	5 Steven Johnson	Farmers Branch	(60)	18:30	+154	39:33.57		12:44.0	40.5%	42	28
	6 Robert Simpson	Coppell	(63)	20:12	+105	42:10.28		13:34.4	39.1%	44	29
M65-69	1 Maxx Pomm	Dallas	(69)	15:30	+34	31:33.25		10:09.4	55.2%	32	23
	2 David Mask	Lewisville	(66)	16:17	+54	33:28.46	ℳ	10:46.5	50.6%	34	24
M70-74	1 Scott Ahlstrom	Carrollton	(70)	22:43	+20	45:45.35		14:43.6	38.5%	47	30
M75-79	1 Wally Capps	Farmers Branch	(78)	14:06	-31	27:40.59	ℳ	8:54.5	72.5%	19	14

5K FEMALE

18 FEMALE Runners --- Average Time of

33:16

Avg. Age Grade: 53.2%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Sarah Wilson	Plano	(17)	11:04	+45	22:53.16		7:22.0	66.1%	5	1
MASTERS	1 Frances McKissick	Irving	(56)	13:08	-45	25:31.71	ℓ	8:13.0	71.6%	13	3
SENIORS	1 Yanira Lopez	Farmers Branch	(55)	16:11	-18	32:03.88	ℓ	10:19.2	56.3%	33	10
F01-09	1 Raihana Arellano	Little Elm	(8)	14:19	-6	28:32.82	✓	9:11.3	63.4%	24	6
	2 Shahana Arellano	Little Elm	(8)	14:24	+67	29:56.35	✓	9:38.2	60.5%	27	7
	3 Blake Bruser	Higland Village	(9)	15:59	+128	34:07.07	ℓ	10:58.9	51.4%	38	12
F10-14	1 Diya Ahuja	Dallas	(12)	14:47	+57	30:30.21		9:49.1	53.4%	29	8
	2 Jeena Ahuja	Dallas	(11)	15:14	+36	31:05.28		10:00.4	53.5%	30	9
	3 Saira Francis	Dallas	(10)	16:59	-15	33:42.64		10:51.0	50.6%	37	11
	4 Ariana Ellis	Dallas	(10)	18:27	+52	37:46.79		12:09.6	45.2%	41	14
	5 Alondra Rivera-Diaz	Dallas	(10)	22:13	-48	43:37.36		14:02.4	39.1%	45	16
F15-19	1 Mala Francis	Dallas	(15)			25:15.00		8:07.6	61.4%	12	2
F30-34	1 Emily Davis	Denton	(30)	14:27	-102	27:13.06		8:45.6	54.4%	18	5
F40-44	1 Merari Baeza	The Colony	(43)	16:21	+93	34:15.81	ℓ	11:01.7	45.8%	39	13
	2 Veronica Diaz	Dallas	(42)	22:10	-41	43:38.90		14:02.9	35.6%	46	17
F45-49	1 Sheila Holen	Lewisville	(47)	24:59	+10	50:08.86		16:08.5	32.5%	48	18
F50-54	1 Kuay Sullivan	Coppell	(52)	13:54	-49	26:58.77	ℓ	8:41.0	64.3%	17	4
F65-69	1 Carol Creech	Plano	(67)	20:47	+2	41:36.10		13:23.4	51.6%	43	15

FN*: Broke Age-Group Record

GD Place among Females

▲ Positive Split

Timing provided by:

9/30/2018

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

▲ Negative Split



DeltaViewTiming.com

1M MALE

		11 MALE Runners --- Average Time of					8:23	Avg. Age Grade: 55.7%			Place in	
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Vijayan Nair	Plano	(55)			6:17.19		6:17.2	70.3%	1	1
M25-29	1	Ka Lau	Plano	(28)			6:29.66		6:29.7	57.1%	3	2
M35-39	1	Gabor Toth	Coppell	(38)			7:33.68	✓	7:33.7	51.2%	6	5
M50-54	1	Doug Waters	Carrollton	(54)			9:15.61		9:15.6	47.3%	15	8
M55-59	1	John Kramer	Plano	(56)			10:19.50		10:19.5	43.2%	17	10
	2	David Short	Frisco	(57)			10:47.00		10:47.0	41.7%	18	11
M60-64	1	Julio Lopez	Farmers Branch	(63)			7:13.58		7:13.6	65.6%	4	3
	2	Ruben Arevalo	Carrollton	(63)			7:20.51	✓	7:20.5	64.5%	5	4
	3	Ruben Reyes	Carrollton	(62)			7:53.03		7:53.0	59.6%	8	6
M65-69	1	David Mask	Lewisville	(66)			10:05.90		10:05.9	48.2%	16	9
M75-79	1	Wally Capps	Farmers Branch	(78)			9:01.47		9:01.5	64.0%	13	7

1M FEMALE

		7 FEMALE Runners --- Average Time of					8:12	Avg. Age Grade: 60.5%			Place in	
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Mala Francis	Dallas	(15)			6:25.22	☐	6:25.2	68.4%	2	1
F01-09	1	Blake Bruser	Higland Village	(9)			8:33.75		8:33.8	58.1%	10	4
F10-14	1	Isabella Baeza		(11)			8:13.47		8:13.5	57.3%	9	3
F40-44	1	Merari Baeza	The Colony	(43)			8:55.97	✓	8:56.0	51.2%	12	6
F50-54	1	Kuay Sullivan	Coppell	(52)			8:40.00		8:40.0	59.0%	11	5
F55-59	1	Frances McKissick	Irving	(56)			7:36.49		7:36.5	70.9%	7	2
	2	Yanira Lopez	Farmers Branch	(55)			9:02.17		9:02.2	58.9%	14	7

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	---				6:17.19		6:17.2	21.50	6:17.19	70.3%
2	7565 Mala Francis (F15)	1	F15-19	OA	---				6:25.22	☐	6:25.2	21.95	6:25.22	68.4%
3	6947 Ka Lau (M28)	2	M25-29	1st	---				6:29.66	⊗	6:29.7	22.18	6:29.66	57.1%
4	7193 Julio Lopez (M63)	3	M60-64	1st	---				7:13.58		7:13.6	24.69	7:13.58	65.6%
5	7155 Ruben Arevalo (M63)	4	M60-64	2nd	---				7:20.51	✓ 14	7:20.5	25.09	7:20.51	64.5%
6	7380 Gabor Toth (M38)	5	M35-39	1st	---				7:33.68	✓ 2	7:33.7	25.83	7:33.68	51.2%
7	7062 Frances McKissick (F56)	2	F55-59	1st	---				7:36.49		7:36.5	26.00	7:36.49	70.9%
8	7283 Ruben Reyes (M62)	6	M60-64	3rd	---				7:53.03		7:53.0	26.97	7:53.03	59.6%
9	6007 Isabella Baeza (F11)	3	F10-14	1st	---				8:13.47	⊗	8:13.5	28.11	8:13.47	57.3%
10	6995 Blake Bruser (F9)	4	F01-09	1st	---				8:33.75		8:33.8	29.25	8:33.75	58.1%
11	7265 Kuay Sullivan (F52)	5	F50-54	1st	---				8:40.00		8:40.0	29.65	8:40.00	59.0%
12	6994 Merari Baeza (F43)	6	F40-44	1st	---				8:55.97	✓ 1	8:56.0	30.50	8:55.97	51.2%
13	7916 Wally Capps (M78)	7	M75-79	1st	---				9:01.47		9:01.5	30.85	9:01.47	64.0%
14	7198 Yanira Lopez (F55)	7	F55-59	2nd	---				9:02.17		9:02.2	30.90	9:02.17	58.9%
15	7012 Doug Waters (M54)	8	M50-54	1st	---				9:15.61		9:15.6	31.65	9:15.61	47.3%
16	7008 David Mask (M66)	9	M65-69	1st	---				10:05.90		10:05.9	34.50	10:05.90	48.2%
17	7261 John Kramer (M56)	10	M55-59	1st	---				10:19.50		10:19.5	35.29	10:19.50	43.2%
18	7061 David Short (M57)	11	M55-59	2nd	---				10:47.00		10:47.0	36.89	10:47.00	41.7%

✓ 3 Club PR's

Average Finish Time: 08:19 2 First Timers

Average Age Grade: 57.6%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7580 Robert Flores (M38)	1	M35-39	OA	---	10:03	10:28	+25	20:30.31	✓ 11	6:36.0	20.50	20:30.29	65.6%
2	7011 Blair Casey (M31)	2	M30-34	1st	---	10:26	10:37	+11	21:02.56		6:46.4	21.03	21:02.54	61.6%
3	6952 Daniel Elfenbein (M22)	3	M20-24	1st	---	10:29	10:50	+21	21:18.87	⊗	6:51.6	21.30	21:18.85	60.5%
4	6967 Jose Arellano (M39)	4	M35-39	1st	4.0				22:10.12	✓ 1	7:08.1	22.17	22:14.10	61.1%
5	6005 Sarah Wilson (F17)	1	F15-19	OA	---	11:04	11:49	+45	22:53.16	⊗	7:22.0	22.88	22:53.14	66.1%
6	7117 Vijayan Nair (M55)	5	M55-59	MS	---	11:21	11:43	+22	23:03.95	ℓ	7:25.5	23.05	23:03.93	66.6%
7	7222 Rich Weklar (M47)	6	M45-49	1st	1.0	11:35	11:43	+9	23:18.13		7:30.0	23.30	23:19.11	61.8%
8	7255 John Cosentino (M56)	7	M55-59	SR	1.0	11:49	11:44	-5	23:33.86		7:35.1	23.55	23:34.84	65.8%
9	7193 Julio Lopez (M63)	8	M60-64	1st	1.0	12:03	12:29	+26	24:32.02	ℓ	7:53.8	24.53	24:33.00	67.1%
10	7012 Doug Waters (M54)	9	M50-54	1st	7.5	12:35	12:03	-32	24:37.92	ℓ	7:55.7	24.62	24:45.40	61.9%
11	6974 Jason Meador (M54)	10	M50-54	2nd	8.0	12:19	12:31	+12	24:50.49	⊗	7:59.7	24.83	24:58.47	61.3%
12	7564 Mala Francis (F15)	2	F15-19	1st	---				25:15.00		8:07.6	25.25	25:15.00	61.4%
13	7062 Frances McKissick (F56)	3	F55-59	MS	1.0	13:08	12:23	-45	25:31.71	ℓ	8:13.0	25.52	25:32.69	71.6%
14	7155 Ruben Arevalo (M63)	11	M60-64	2nd	1.5	13:03	13:02	-1	26:05.31	ℓ	8:23.8	26.08	26:06.79	63.1%
15	7061 David Short (M57)	12	M55-59	1st	138.0				24:00.56	ℓ	7:43.7	24.00	26:18.54	65.1%
16	7447 Leonard Evans (M50)	13	M50-54	3rd	3.0	13:23	13:23	+0	26:45.56		8:36.8	26.75	26:48.54	55.1%
17	7265 Kuay Sullivan (F52)	4	F50-54	1st	4.5	13:54	13:05	-49	26:58.77	ℓ	8:41.0	26.97	27:03.25	64.3%
18	6973 Emily Davis (F30)	5	F30-34	1st	2.0	14:27	12:46	-102	27:13.06	⊗	8:45.6	27.22	27:15.04	54.4%
19	7916 Wally Capps (M78)	14	M75-79	1st	3.0	14:06	13:35	-31	27:40.59	ℓ	8:54.5	27.67	27:43.57	72.5%
20	7591 Maurice Valderas (M28)	15	M25-29	1st	2.5	13:20	14:26	+66	27:46.19		8:56.3	27.77	27:48.67	46.5%
21	6947 Ka Lau (M28)	16	M25-29	2nd	1.0	12:48	15:12	+144	27:59.33	ℓ ⊗	9:00.5	27.98	28:00.32	46.1%
22	6006 John Meyers (M40)	17	M40-44	1st	2.0	14:05	13:54	-11	27:59.19	⊗	9:00.5	27.98	28:01.17	48.8%
23	7380 Gabor Toth (M38)	18	M35-39	2nd	6.0	14:31	13:40	-51	28:10.29	ℓ	9:04.1	28.17	28:16.27	47.7%
24	6968 Raihana Arellano (F8)	6	F01-09	1st	5.0	14:19	14:13	-6	28:32.82	✓ 1	9:11.3	28.53	28:37.80	63.4%
25	7283 Ruben Reyes (M62)	19	M60-64	3rd	8.0	14:42	14:39	-3	29:21.10	ℓ	9:26.8	29.35	29:29.08	55.6%
26	7345 Ryan Pogue (M47)	20	M45-49	2nd	9.0	14:50	14:34	-16	29:24.23		9:27.9	29.40	29:33.21	49.0%
27	6969 Shahana Arellano (F8)	7	F01-09	2nd	5.0	14:24	15:32	+67	29:56.35	✓ 1	9:38.2	29.93	30:01.33	60.5%
28	6945 Victor Elfenbein (M60)	21	M60-64	4th	4.0	14:30	15:56	+87	30:25.86	⊗	9:47.7	30.42	30:29.84	52.7%

FN*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

9/30/2018

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

△ Negative Split

 DeltaViewTiming.com

29	6979	Diya Ahuja (F12)	8	F10-14	1st	0.5	14:47	15:44	+57	30:30.21	⌘	9:49.1	30.50	30:30.69	53.4%
30	6980	Jeena Ahuja (F11)	9	F10-14	2nd	0.5	15:14	15:51	+36	31:05.28	⌘	10:00.4	31.08	31:05.76	53.5%
31	7257	Jeffrey Conklin (M55)	22	M55-59	2nd	6.0	16:15	14:59	-76	31:13.47		10:03.0	31.22	31:19.45	49.2%
32	7049	Maxx Pomm (M69)	23	M65-69	1st	3.0	15:30	16:04	+34	31:33.25		10:09.4	31.55	31:36.23	55.2%
33	7198	Yanira Lopez (F55)	10	F55-59	SR	14.0	16:11	15:53	-18	32:03.88	ℓ	10:19.2	32.05	32:17.86	56.3%
34	7008	David Mask (M66)	24	M65-69	2nd	4.5	16:17	17:11	+54	33:28.46	ℓ	10:46.5	33.47	33:32.94	50.6%
35	7097	Nathan Bruser (M47)	25	M45-49	3rd	6.0	15:54	17:33	+99	33:27.69		10:46.2	33.45	33:33.67	43.0%
36	6003	William Wilson (M57)	26	M55-59	3rd	3.0	16:27	17:09	+41	33:36.04	⌘	10:48.9	33.60	33:39.02	46.5%
37	6990	Saira Francis (F10)	11	F10-14	3rd	0.5	16:59	16:44	-15	33:42.64	⌘	10:51.0	33.70	33:43.12	50.6%
38	6995	Blake Bruser (F9)	12	F01-09	3rd	5.0	15:59	18:08	+128	34:07.07	ℓ	10:58.9	34.12	34:12.05	51.4%
39	6994	Merari Baeza (F43)	13	F40-44	1st	2.0	16:21	17:54	+93	34:15.81	ℓ	11:01.7	34.25	34:17.79	45.8%
40	6983	Kendarius Steele (M24)	27	M20-24	2nd	7.0	16:22	20:29	+247	36:50.30	⌘	11:51.4	36.83	36:57.28	35.0%
41	6002	Ariana Ellis (F10)	14	F10-14	4th	1.0	18:27	19:19	+52	37:46.79	⌘	12:09.6	37.77	37:47.77	45.2%
42	7258	Steven Johnson (M60)	28	M60-64	5th	13.0	18:30	21:04	+154	39:33.57		12:44.0	39.55	39:46.55	40.5%
43	7024	Carol Creech (F67)	15	F65-69	1st	6.0	20:47	20:49	+2	41:36.10		13:23.4	41.60	41:42.08	51.6%
44	7106	Robert Simpson (M63)	29	M60-64	6th	14.0	20:12	21:58	+105	42:10.28		13:34.4	42.17	42:24.26	39.1%
45	6975	Alondra Rivera-Diaz (F10)	16	F10-14	5th	2.0	22:13	21:24	-48	43:37.36	⌘	14:02.4	43.62	43:39.34	39.1%
46	6976	Veronica Diaz (F42)	17	F40-44	2nd	3.0	22:10	21:29	-41	43:38.90	⌘	14:02.9	43.63	43:41.88	35.6%
47	7148	Scott Ahlstrom (M70)	30	M70-74	1st	8.0	22:43	23:03	+20	45:45.35		14:43.6	45.75	45:53.33	38.5%
48	7246	Sheila Holen (F47)	18	F45-49	1st	11.0	24:59	25:10	+10	50:08.86		16:08.5	50.13	50:19.84	32.5%

28 Positive Split

17 Negative Split

✓ 4 Club PR's

Average Finish Time: 30:26 15 First Timers Average Age Grade: 54.0%

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:

9/30/2018



DeltaViewTiming.com

Sorted Age Grades

1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	7	Frances McKissick	F56	7:36.49	70.9%	
2	1	Vijayan Nair	M55	6:17.19	70.3%	
3	2	Mala Francis	F15	6:25.22	68.4%	
4	4	Julio Lopez	M63	7:13.58	65.6%	
5	5	Ruben Arevalo	M63	7:20.51	64.5%	
6	13	Wally Capps	M78	9:01.47	64.0%	
7	8	Ruben Reyes	M62	7:53.03	59.6%	
8	11	Kuay Sullivan	F52	8:40.00	59.0%	
9	14	Yanira Lopez	F55	9:02.17	58.9%	
10	10	Blake Bruser	F9	8:33.75	58.1%	
11	9	Isabella Baeza	F11	8:13.47	57.3%	
12	3	Ka Lau	M28	6:29.66	57.1%	
13	12	Merari Baeza	F43	8:55.97	51.2%	
14	6	Gabor Toth	M38	7:33.68	51.2%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	19	Wally Capps	M78	27:40.59	72.5%	
2	13	Frances McKissick	F56	25:31.71	71.6%	
3	9	Julio Lopez	M63	24:32.02	67.1%	
4	6	Vijayan Nair	M55	23:03.95	66.6%	
5	5	Sarah Wilson	F17	22:53.16	66.1%	New
6	8	John Cosentino	M56	23:33.86	65.8%	
7	1	Robert Flores	M38	20:30.31	65.6%	Move UP
8	15	David Short	M57	24:00.56	65.1%	
9	17	Kuay Sullivan	F52	26:58.77	64.3%	
10	24	Raihana Arellano	F8	28:32.82	63.4%	
11	14	Ruben Arevalo	M63	26:05.31	63.1%	
12	10	Doug Waters	M54	24:37.92	61.9%	
13	7	Rich Weklar	M47	23:18.13	61.8%	
14	2	Blair Casey	M31	21:02.56	61.6%	
15	12	Mala Francis	F15	25:15.00	61.4%	
16	11	Jason Meador	M54	24:50.49	61.3%	
17	4	Jose Arellano	M39	22:10.12	61.1%	
18	3	Daniel Elfenbein	M22	21:18.87	60.5%	
19	27	Shahana Arellano	F8	29:56.35	60.5%	
20	33	Yanira Lopez	F55	32:03.88	56.3%	
21	25	Ruben Reyes	M62	29:21.10	55.6%	
22	32	Maxx Pomm	M69	31:33.25	55.2%	
23	16	Leonard Evans	M50	26:45.56	55.1%	
24	18	Emily Davis	F30	27:13.06	54.4%	
25	30	Jeena Ahuja	F11	31:05.28	53.5%	
26	29	Diya Ahuja	F12	30:30.21	53.4%	
27	28	Victor Elfenbein	M60	30:25.86	52.7%	
28	43	Carol Creech	F67	41:36.10	51.6%	
29	38	Blake Bruser	F9	34:07.07	51.4%	
30	37	Saira Francis	F10	33:42.64	50.6%	
31	34	David Mask	M66	33:28.46	50.6%	

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