

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Albert Marban	5:33.07	Albert Marban	17:57.66	John Cosentino	22:16.22	Vijayan Nair	22:57.92
Mala Francis	6:25.54	Mala Francis	25:57.31	Kumiko McCoy	31:40.72	Yanira Lopez	31:34.67

5K MALE

		23 MALE Runners --- Average Time of 29:38				Avg. Age Grade: 56.0%		Place in			
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Albert Marban	Farmers Branch	(25)			17:57.66 \mathcal{M}		5:46.9	71.8%	1	1
MASTERS	1 John Cosentino	Plano	(56)			22:16.22 ✓		7:10.1	69.6%	3	3
SENIORS	1 Vijayan Nair	Plano	(56)			22:57.92 \mathcal{M}		7:23.5	67.5%	4	4
M01-09	1 Adam Koppel	Flower Mound	(8)			33:08.60		10:40.1	51.4%	20	17
M35-39	1 Robert Flores	Aubrey	(38)			20:47.06		6:41.4	64.7%	2	2
M45-49	1 Nathan Bruser	Higland Village	(47)			26:12.15 \mathcal{M}		8:26.0	55.0%	12	11
	2 Charlie Tauber	Houston	(46)			31:02.93 \mathcal{M}		9:59.6	46.0%	15	14
	3 Lowell Koppel	Flower Mound	(46)			33:09.61		10:40.4	43.1%	21	18
	4 Chris Goins	Garland	(48)			36:04.23		11:36.6	40.2%	24	19
M50-54	1 Rob Preston	Irving	(54)			24:39.36 \mathcal{M}		7:56.2	61.8%	6	6
M55-59	1 Chris Scarpulla	Carrollton	(56)			24:10.15		7:46.8	64.1%	5	5
	2 David Short	Frisco	(58)			24:31.19 \mathcal{M}		7:53.5	64.3%	8	8
	3 John Kramer	Plano	(57)			42:57.35 \mathcal{M}		13:49.6	36.4%	30	23
M60-64	1 Julio Lopez	Farmers Branch	(63)			24:43.81 \mathcal{M}		7:57.6	66.6%	7	7
	2 Ruben Arevalo	Carrollton	(63)			25:53.70 \mathcal{M}		8:20.1	63.6%	9	9
	3 Dave Watson	Uk	(62)			26:58.48		8:40.9	60.5%	13	12
	4 Robert Simpson	Coppell	(64)			37:32.90		12:05.1	44.3%	25	20
	5 Steven Johnson	Farmers Branch	(60)			38:57.89		12:32.5	41.2%	26	21
M65-69	1 David Mask	Lewisville	(67)			32:56.33 \mathcal{M}		10:36.1	51.9%	19	16
M70-74	1 John Nance	Rowlett	(71)			25:56.16		8:20.9	68.8%	10	10
	2 Kendall Black	Grand Prairie	(70)			30:03.74 \mathcal{M}		9:40.6	58.6%	14	13
	3 Scott Ahlstrom	Carrollton	(70)			45:46.65		14:44.1	38.5%	29	22
M75-79	1 Bill Shirley	Dallas	(75)			32:59.45 \mathcal{M}		10:37.1	57.4%	18	15

5K FEMALE

		8 FEMALE Runners --- Average Time of 36:58				Avg. Age Grade: 54.3%		Place in			
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Mala Francis	Dallas	(16)			25:57.31 \mathcal{M}		8:21.2	59.0%	11	1
MASTERS	1 Kumiko McCoy	Eules	(70)			31:40.72 □		10:11.8	71.1%	16	2
SENIORS	1 Yanira Lopez	Farmers Branch	(56)			31:34.67 \mathcal{M}		10:09.8	57.9%	17	3
F45-49	1 Amie Goins	Garland	(47)			36:03.48		11:36.4	45.2%	23	5
	2 Sheila Holen	Lewisville	(48)			49:28.02		15:55.3	33.4%	31	8
F55-59	1 Betsy Palmer	Carrollton	(58)			35:12.53		11:20.0	53.4%	22	4
F65-69	1 Carol Creech	Plano	(68)			43:37.39		14:02.5	50.0%	28	7
F80-99	1 Mary Kaplan	Sunrise Beach	(80)			42:06.10		13:33.1	64.3%	27	6

1M MALE

		16 MALE Runners --- Average Time of					8:09	Avg. Age Grade: 56.8%			Place in	
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Albert Marban	Farmers Branch	(25)			5:33.07		5:33.1	66.8%	1	1
M10-14	1	German Marban	Farmers Branch	(13)			7:00.17		7:00.2	59.6%	5	4
	2	Enrique Marban	Farmers Branch	(12)			7:04.08		7:04.1	60.5%	6	5
M45-49	1	Nathan Bruser	Higland Village	(47)			6:58.27		6:58.3	59.4%	4	3
	2	Charlie Tauber	Houston	(46)			8:58.29		8:58.3	45.8%	13	12
M50-54	1	Rob Preston	Irving	(54)			8:36.48		8:36.5	50.9%	12	11
M55-59	1	Vijayan Nair	Plano	(56)			6:57.30		6:57.3	64.1%	3	2
	2	John Kramer	Plano	(57)			9:35.05		9:35.1	46.9%	15	13
	3	David Short	Frisco	(58)			10:30.27		10:30.3	43.2%	18	16
M60-64	1	Bradley Gardner	Fort Worth	(61)			7:06.10		7:06.1	65.5%	7	6
	2	Julio Lopez	Farmers Branch	(63)			7:15.40		7:15.4	65.3%	8	7
	3	Ruben Arevalo	Carrollton	(63)			7:36.19		7:36.2	62.3%	9	8
	4	Ruben Reyes	Carrollton	(63)			8:20.41		8:20.4	56.8%	11	10
M65-69	1	David Mask	Lewisville	(67)			10:29.83		10:29.8	46.8%	17	15
M70-74	1	Kendall Black	Grand Prairie	(70)			10:11.45		10:11.5	49.7%	16	14
M75-79	1	Bill Shirley	Dallas	(75)			8:18.83		8:18.8	65.5%	10	9

1M FEMALE

		2 FEMALE Runners --- Average Time of					7:51	Avg. Age Grade: 62.8%			Place in	
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Mala Francis	Dallas	(16)			6:25.54		6:25.5	67.5%	2	1
F55-59	1	Yanira Lopez	Farmers Branch	(56)			9:17.01		9:17.0	58.1%	14	2

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6627 Albert Marban (M25)	1	M25-29	OA	---				5:33.07		5:33.1	18.99	5:33.07	66.8%
2	7564 Mala Francis (F16)	1	F15-19	OA	---				6:25.54		6:25.5	21.95	6:25.54	67.5%
3	7117 Vijayan Nair (M56)	2	M55-59	1st	---				6:57.30		6:57.3	23.78	6:57.30	64.1%
4	7097 Nathan Bruser (M47)	3	M45-49	1st	---				6:58.27		6:58.3	23.83	6:58.27	59.4%
5	6998 German Marban (M13)	4	M10-14	1st	---				7:00.17		7:00.2	23.95	7:00.17	59.6%
6	6628 Enrique Marban (M12)	5	M10-14	2nd	---				7:04.08		7:04.1	24.18	7:04.08	60.5%
7	6802 Bradley Gardner (M61)	6	M60-64	1st	---				7:06.10		7:06.1	24.29	7:06.10	65.5%
8	7193 Julio Lopez (M63)	7	M60-64	2nd	---				7:15.40		7:15.4	24.80	7:15.40	65.3%
9	7155 Ruben Arevalo (M63)	8	M60-64	3rd	---				7:36.19		7:36.2	26.00	7:36.19	62.3%
10	7043 Bill Shirley (M75)	9	M75-79	1st	---				8:18.83		8:18.8	28.40	8:18.83	65.5%
11	7283 Ruben Reyes (M63)	10	M60-64	4th	---				8:20.41		8:20.4	28.51	8:20.41	56.8%
12	7192 Rob Preston (M54)	11	M50-54	1st	---				8:36.48		8:36.5	29.42	8:36.48	50.9%
13	6014 Charlie Tauber (M46)	12	M45-49	2nd	---				8:58.29		8:58.3	30.68	8:58.29	45.8%
14	7198 Yanira Lopez (F56)	2	F55-59	1st	---				9:17.01		9:17.0	31.76	9:17.01	58.1%
15	7261 John Kramer (M57)	13	M55-59	2nd	---				9:35.05		9:35.1	32.79	9:35.05	46.9%
16	7070 Kendall Black (M70)	14	M70-74	1st	---				10:11.45		10:11.5	34.84	10:11.45	49.7%
17	7008 David Mask (M67)	15	M65-69	1st	---				10:29.83		10:29.8	35.86	10:29.83	46.8%
18	7061 David Short (M58)	16	M55-59	3rd	---				10:30.27		10:30.3	35.92	10:30.27	43.2%

✓ No Club PR's

Average Finish Time: 08:07

Average Age Grade: 57.5%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6627 Albert Marban (M25)	1	M25-29	OA	0.3				17:57.66	ℓ	5:46.9	17.95	17:57.95	71.8%
2	7580 Robert Flores (M38)	2	M35-39	1st	---				20:47.06		6:41.4	20.78	20:47.06	64.7%
3	7255 John Cosentino (M56)	3	M55-59	MS	0.1				22:16.22	✓ 12	7:10.1	22.27	22:16.31	69.6%
4	7117 Vijayan Nair (M56)	4	M55-59	SR	---				22:57.92	ℓ	7:23.5	22.95	22:57.92	67.5%
5	6013 Chris Scarpulla (M56)	5	M55-59	1st	1.3				24:10.15	⊥	7:46.8	24.17	24:11.44	64.1%
6	7192 Rob Preston (M54)	6	M50-54	1st	3.0				24:39.36	ℓ	7:56.2	24.65	24:42.35	61.8%
7	7193 Julio Lopez (M63)	7	M60-64	1st	0.8				24:43.81	ℓ	7:57.6	24.72	24:44.60	66.6%
8	7061 David Short (M58)	8	M55-59	2nd	15.0				24:31.19	ℓ	7:53.5	24.52	24:46.18	64.3%
9	7155 Ruben Arevalo (M63)	9	M60-64	2nd	0.5				25:53.70	ℓ	8:20.1	25.88	25:54.19	63.6%
10	7089 John Nance (M71)	10	M70-74	1st	1.0				25:56.16		8:20.9	25.93	25:57.15	68.8%
11	7564 Mala Francis (F16)	1	F15-19	OA	2.0				25:57.31	ℓ	8:21.2	25.95	25:59.30	59.0%
12	7097 Nathan Bruser (M47)	11	M45-49	1st	5.0				26:12.15	ℓ	8:26.0	26.20	26:17.14	55.0%
13	6982 Dave Watson (M62)	12	M60-64	3rd	1.0				26:58.48		8:40.9	26.97	26:59.47	60.5%
14	7070 Kendall Black (M70)	13	M70-74	2nd	2.3				30:03.74	ℓ	9:40.6	30.05	30:06.03	58.6%
15	6014 Charlie Tauber (M46)	14	M45-49	2nd	3.0				31:02.93	ℓ	9:59.6	31.03	31:05.92	46.0%
16	7449 Kumiko McCoy (F70)	2	F70-74	MS	4.0				31:40.72	□	10:11.8	31.67	31:44.71	71.1%
17	7198 Yanira Lopez (F56)	3	F55-59	SR	11.0				31:34.67	ℓ	10:09.8	31.57	31:45.66	57.9%
18	7043 Bill Shirley (M75)	15	M75-79	1st	1.0				32:59.45	ℓ	10:37.1	32.98	33:00.44	57.4%
19	7008 David Mask (M67)	16	M65-69	1st	4.3				32:56.33	ℓ	10:36.1	32.93	33:00.62	51.9%
20	7518 Adam Koppel (M8)	17	M01-09	1st	2.0				33:08.60	⊥	10:40.1	33.13	33:10.59	51.4%
21	7519 Lowell Koppel (M46)	18	M45-49	3rd	2.0				33:09.61		10:40.4	33.15	33:11.60	43.1%
22	7454 Betsy Palmer (F58)	4	F55-59	1st	7.0				35:12.53		11:20.0	35.20	35:19.52	53.4%
23	7044 Amie Goins (F47)	5	F45-49	1st	3.0				36:03.48		11:36.4	36.05	36:06.47	45.2%
24	7050 Chris Goins (M48)	19	M45-49	4th	3.3				36:04.23		11:36.6	36.07	36:07.52	40.2%
25	7106 Robert Simpson (M64)	20	M60-64	4th	9.0				37:32.90		12:05.1	37.53	37:41.89	44.3%
26	7258 Steven Johnson (M60)	21	M60-64	5th	7.0				38:57.89		12:32.5	38.95	39:04.88	41.2%
27	6932 Mary Kaplan (F80)	6	F80-99	1st	0.5				42:06.10		13:33.1	42.10	42:06.59	64.3%
28	7024 Carol Creech (F68)	7	F65-69	1st	3.0				43:37.39		14:02.5	43.62	43:40.38	50.0%

FN*: □ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

4/29/2019

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

△ Negative Split

 DeltaViewTiming.com

29	7148	Scott Ahlstrom (M70)	22	M70-74	3rd	4.0	45:46.65	14:44.1	45.77	45:50.64	38.5%	
30	7261	John Kramer (M57)	23	M55-59	3rd	201.0	42:57.35 \mathcal{M}	13:49.6	42.95	46:18.34	36.4%	
31	7246	Sheila Holen (F48)	8	F45-49	2nd	8.0	49:28.02	15:55.3	49.47	49:36.01	33.4%	
✓ 1 Club PR's							Average Finish Time: 31:31		2 <u>First Timers</u>		Average Age Grade: 55.5%	

Sorted Age Grades

1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Mala Francis	F16	6:25.54	67.5%	
2	1	Albert Marban	M25	5:33.07	66.8%	
3	10	Bill Shirley	M75	8:18.83	65.5%	
4	7	Bradley Gardner	M61	7:06.10	65.5%	
5	8	Julio Lopez	M63	7:15.40	65.3%	
6	3	Vijayan Nair	M56	6:57.30	64.1%	
7	9	Ruben Arevalo	M63	7:36.19	62.3%	
8	6	Enrique Marban	M12	7:04.08	60.5%	
9	5	German Marban	M13	7:00.17	59.6%	
10	4	Nathan Bruser	M47	6:58.27	59.4%	
11	14	Yanira Lopez	F56	9:17.01	58.1%	
12	11	Ruben Reyes	M63	8:20.41	56.8%	
13	12	Rob Preston	M54	8:36.48	50.9%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Albert Marban	M25	17:57.66	71.8%	
2	16	Kumiko McCoy	F70	31:40.72	71.1%	
3	3	John Cosentino	M56	22:16.22	69.6%	Move UP
4	10	John Nance	M71	25:56.16	68.8%	
5	4	Vijayan Nair	M56	22:57.92	67.5%	
6	7	Julio Lopez	M63	24:43.81	66.6%	
7	2	Robert Flores	M38	20:47.06	64.7%	
8	8	David Short	M58	24:31.19	64.3%	
9	27	Mary Kaplan	F80	42:06.10	64.3%	
10	5	Chris Scarpulla	M56	24:10.15	64.1%	
11	9	Ruben Arevalo	M63	25:53.70	63.6%	
12	6	Rob Preston	M54	24:39.36	61.8%	
13	13	Dave Watson	M62	26:58.48	60.5%	
14	11	Mala Francis	F16	25:57.31	59.0%	
15	14	Kendall Black	M70	30:03.74	58.6%	
16	17	Yanira Lopez	F56	31:34.67	57.9%	
17	18	Bill Shirley	M75	32:59.45	57.4%	
18	12	Nathan Bruser	M47	26:12.15	55.0%	
19	22	Betsy Palmer	F58	35:12.53	53.4%	
20	19	David Mask	M67	32:56.33	51.9%	
21	20	Adam Koppel	M8	33:08.60	51.4%	
22	28	Carol Creech	F68	43:37.39	50.0%	

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