

Sunday, August 25, 2019

Carrollton Runners Mile + 5K

78F Clear 83%H 6mphESE

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

Mile Off :7:30 am

5K Off :7:46 am

Mile Overall		5K Overall		5K Masters		5K Seniors	
Cole Atchinson	4:57.92	Blair Casey	18:03.43	Vijayan Nair	22:42.09	Robert Landon	22:52.10
Iris Pizzarello	5:43.98	April Hince	21:32.40	Melissa Sigler	24:54.28	Frances McKissick	26:45.28

5K MALE

42 MALE Runners --- Average Time of **30:47**

Avg. Age Grade: **52.4%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Blair Casey	Carrollton	(32)	9:10	-16	18:03.43	✓	5:48.7	72.0%	1	1
MASTERS	1 Vijayan Nair	Plano	(56)	11:17	+7	22:42.09	ML	7:18.4	68.3%	6	5
SENIORS	1 Robert Landon	Allen	(60)	11:23	+6	22:52.10		7:21.6	70.1%	7	6
M01-09	1 Ian Traub	Carrollton	(9)	14:03	+226	31:51.30		10:15.2	51.4%	34	27
M10-14	1 Grayson Gosnell	Carrollton	(11)	18:06	+62	37:14.66		11:59.3	41.1%	50	34
M15-19	1 Tristan Morales	Fort Worth	(18)			44:41.96		14:23.2	29.8%	58	39
M20-24	1 Micah Kennedy	Dallas	(22)			21:34.22		6:56.6	59.8%	5	4
M25-29	1 Luke Halterman	Mile Race Group	(29)			21:13.26	ML	6:49.8	60.8%	3	3
	2 Kash Tavakoli	Mile Race Group	(25)	14:17	-21	28:13.98	ML	9:05.2	45.7%	21	17
M30-34	1 Josh Heimbach	Mile Race Group	(34)	9:10	+56	19:14.91	ML	6:11.7	68.1%	2	2
	2 James Clymer III	Clio	(32)	15:23	+171	33:36.83	✓	10:49.2	38.7%	41	31
M35-39	1 Jeff Traub	Carrollton	(39)	12:25	+110	26:39.14		8:34.7	50.8%	18	16
M40-44	1 Luis Morales	Fort Worth	(40)			44:43.66		14:23.8	30.5%	59	40
M45-49	1 Marcus O'con	Dallas	(48)	12:12	-16	24:08.15	ML	7:46.1	60.1%	11	10
	2 Lee Iliria	Plano	(45)	11:54	+28	24:16.62		7:48.8	58.4%	12	11
	3 Jen Evangelista	Irving	(48)	14:02	-13	27:50.82	ML	8:57.8	52.1%	23	19
	4 Rich Weklar	Bartonville	(48)	14:08	+15	28:30.62		9:10.6	50.9%	24	20
	5 Ryan Pogue	Carrollton	(48)	14:40	+75	30:34.89		9:50.6	47.5%	28	24
	6 Nathan Bruser	Higland Village	(48)			32:06.29		10:20.0	45.2%	35	28
	7 Chris Goins	Garland	(49)	17:25	+126	36:54.91		11:52.9	39.6%	49	33
M50-54	1 Rob Preston	Irving	(54)	12:07	-17	23:56.65	ML	7:42.4	63.6%	9	8
	2 Ron Williamson	Flower Mound	(53)	11:56	+102	25:32.68	ML	8:13.3	59.2%	15	13
	3 J D Sandfort	Coppell	(54)	16:03	-86	30:39.75	ML	9:52.2	49.7%	29	25
	4 Doug Waters	Carrollton	(54)	19:14	-13	38:16.25		12:19.1	39.8%	54	37
M55-59	1 John Cosentino	Plano	(57)	11:36	+4	23:16.54		7:29.5	67.1%	8	7
	2 Steve Russo	Plano	(55)	11:48	+32	24:06.81		7:45.7	63.7%	10	9
	3 Jeffery Gardner	Dallas	(59)	12:25	+11	25:00.98		8:03.1	63.6%	14	12
	4 Michael Buedden	Carrollton	(57)	15:11	-19	30:03.82	✓	9:40.6	52.0%	26	22
	5 David Short	Frisco	(58)	19:14	-12	38:15.51		12:18.9	41.2%	53	36
	6 John Kramer	Plano	(57)	25:13	+481	58:26.45	ML	18:48.6	26.7%	62	42
M60-64	1 Julio Lopez	Farmers Branch	(63)	12:46	+26	25:57.95	ML	8:21.5	63.4%	16	14
	2 Ruben Arevalo	Carrollton	(64)	13:12	+15	26:38.73	ML	8:34.6	62.4%	17	15
	3 Victor Eifenbein	Dallas	(61)	14:30	+65	30:04.49	ML ✓	9:40.8	53.8%	25	21
	4 Ruben Reyes	Carrollton	(63)	14:45	+47	30:16.16	ML	9:44.6	54.4%	27	23
	5 Danny White	Plano	(61)	15:23	+45	31:30.79		10:08.6	51.3%	32	26
	6 Robert Simpson	Coppell	(64)	18:13	+91	37:56.82		12:12.8	43.8%	52	35
	7 Steven Johnson	Farmers Branch	(61)	19:12	+289	43:12.58		13:54.5	37.4%	57	38

FN*: Broke Age-Group Record

GD Place among Females

▲ Positive Split

Timing provided by:

8/25/2019

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

▲ Negative Split

DeltaViewTiming.com

M65-69	1	David Mask	Lewisville	(67)	18:14	-178	33:30.17	ℳ	10:47.0	51.0%	42	32
M70-74	1	Kendall Black	Grand Prairie	(70)	15:55	+46	32:36.04	ℳ	10:29.6	54.1%	36	29
	2	Maxx Pomm	Dallas	(70)	16:12	+48	33:11.54		10:41.0	53.1%	38	30
	3	Scott Ahlstrom	Carrollton	(71)	22:25	+14	45:04.18		14:30.4	39.6%	60	41
M75-79	1	Wally Capps	Farmers Branch	(78)	14:12	-1	28:23.33	ℳ	9:08.2	70.7%	22	18

5K FEMALE

		20 FEMALE Runners --- Average Time of 33:37						Avg. Age Grade: 54.2%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD	
OVERALL	1	April Hince	Mile Race Group	(39)		21:32.40	ℳ ✓	6:56.0	70.7%	4	1	
MASTERS	1	Melissa Sigler	Fort Worth	(40)	12:47	-39	24:54.28		8:01.0	61.6%	13	2
SENIORS	1	Frances McKissick	Irving	(57)	13:37	-29	26:45.28	ℳ	8:36.7	69.3%	19	3
F10-14	1	Blake Bruser	Higland Village	(10)	16:08	+169	35:05.20		11:17.6	48.6%	45	13
F20-24	1	Ellen Hart	Dallas	(24)	17:14	+128	36:36.18		11:46.9	40.4%	48	16
F25-29	1	Ariell Burrell	Pompano Beach	(26)	15:18	+55	31:32.14		10:09.0	46.9%	37	8
	2	Margaret Austin	Dallas	(27)	16:11	+85	33:48.28		10:52.8	43.8%	43	11
F30-34	1	Samantha Covington	Fort Worth	(34)	15:16	-14	30:18.60		9:45.4	49.2%	33	7
F35-39	1	Amy Mohr	Carroll	(36)	15:33	+131	33:17.45		10:42.9	45.1%	39	9
F45-49	1	Amie Goins	Garland	(47)	16:05	+82	33:31.26		10:47.4	48.7%	40	10
	2	Sheila Holen	Lewisville	(48)	24:39	+86	50:43.11		16:19.5	32.5%	61	20
F50-54	1	Rebecca Caruso	Dallas	(52)	13:25	+14	27:03.25	✓	8:42.5	64.1%	20	4
	2	Kuay Sullivan	Coppell	(53)	15:48	-9	31:27.45	ℳ	10:07.5	55.9%	31	6
	3	Kirsten Sandfort	Coppell	(54)	16:01	+320	37:22.11		12:01.7	47.7%	51	17
F55-59	1	Betsy Palmer	Carrollton	(58)	16:59	+26	34:23.92		11:04.3	54.6%	44	12
	2	Yanira Lopez	Farmers Branch	(56)	16:04	+179	35:07.86	ℳ	11:18.5	52.1%	46	14
F65-69	1	Jane Ahlstrom	Carrollton	(66)	17:36	+205	38:36.77		12:25.7	54.7%	55	18
	2	Carol Creech	Plano	(68)	20:48	+43	42:19.02		13:37.2	51.5%	56	19
F70-74	1	Kumiko McCoy	Euless	(70)	15:16	+57	31:29.72		10:08.2	71.6%	30	5
F80-99	1	Mary Kaplan	Sunrise Beach	(80)	18:35	-41	36:28.86	□	11:44.5	74.2%	47	15

1M MALE

		26 MALE Runners --- Average Time of 7:55					Avg. Age Grade: 58.7%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Cole Atchinson	Mile Race Group	(25)		4:57.92	✓	4:57.9	74.7%	1	1
M01-09	1	David Toth	Coppell	(9)		10:36.51		10:36.5	44.3%	30	24
	2	Alex Toth	Coppell	(6)		11:20.12		11:20.1	47.4%	32	26
M25-29	1	Kash Tavakoli		(25)		5:00.58	✓	5:00.6	74.1%	2	2
	2	Robert Long	Coppell	(28)		5:19.99		5:20.0	69.6%	4	4
	3	Luke Halterman		(29)		5:32.31		5:32.3	67.0%	5	5
M30-34	1	Josh Heimbach		(34)		5:15.51		5:15.5	71.7%	3	3
M35-39	1	Gabor Toth	Coppell	(38)		11:19.76		11:19.8	34.1%	31	25
M45-49	1	Marcus O'con	Dallas	(48)		8:25.62		8:25.6	49.5%	19	17
	2	Jen Evangelista	Irving	(48)		9:45.27		9:45.3	42.8%	27	22
M50-54	1	Ron Williamson	Flower Mound	(53)		6:28.64	✓	6:28.6	67.1%	8	6
	2	David Francis	Dallas	(54)		7:37.76		7:37.8	57.4%	14	12
	3	J D Sandfort	Coppell	(54)		7:53.72		7:53.7	55.5%	16	14
	4	Rob Preston	Irving	(54)		7:57.60		7:57.6	55.1%	17	15
M55-59	1	Vijayan Nair	Plano	(56)		6:42.64		6:42.6	66.4%	9	7
	2	M Maimonides	Kansas City, Mo	(56)		7:26.88		7:26.9	59.8%	12	10
	3	John Kramer	Plano	(57)		10:09.35		10:09.4	44.3%	29	23
M60-64	1	Julio Lopez	Farmers Branch	(63)		7:15.34		7:15.3	65.3%	11	9
	2	Ruben Arevalo	Carrollton	(64)		7:30.79		7:30.8	63.6%	13	11
	3	Ruben Reyes	Carrollton	(63)		8:22.13		8:22.1	56.6%	18	16
	4	Victor Efenbein	Dallas	(61)		8:31.81		8:31.8	54.6%	21	18
M65-69	1	Tom Menn	Hurst	(65)		6:55.43		6:55.4	69.7%	10	8
	2	David Mask	Lewisville	(67)		9:40.88		9:40.9	50.8%	26	21
M70-74	1	John Nance	Rowlett	(71)		7:51.40		7:51.4	65.3%	15	13
	2	Kendall Black	Grand Prairie	(70)		9:19.06		9:19.1	54.4%	23	20
M75-79	1	Wally Capps	Farmers Branch	(78)		8:44.47		8:44.5	66.1%	22	19

1M FEMALE

		6 FEMALE Runners --- Average Time of 8:14					Avg. Age Grade: 61.1%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Iris Pizzarello	Carrollton	(31)		5:43.98	✓	5:44.0	73.3%	6	1
F10-14	1	Saira Francis	Dallas	(11)		10:04.38		10:04.4	46.8%	28	6
F35-39	1	April Hince		(39)		6:13.82		6:13.8	70.4%	7	2
F50-54	1	Kuay Sullivan	Coppell	(53)		9:22.83		9:22.8	55.2%	24	4
F55-59	1	Frances McKissick	Irving	(57)		8:27.58		8:27.6	64.7%	20	3
	2	Yanira Lopez	Farmers Branch	(56)		9:33.53		9:33.5	56.4%	25	5

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	128 Cole Atchinson (M25)	1	M25-29	OA	---				4:57.92	✓ 1	4:57.9	16.93	4:57.92	74.7%
2	024 Kash Tavakoli (M25)	2	M25-29	1st	---				5:00.58	✓ 1	5:00.6	17.11	5:00.58	74.1%
3	007 Josh Heimbach (M34)	3	M30-34	1st	---				5:15.51		5:15.5	17.96	5:15.51	71.7%
4	6998 Robert Long (M28)	4	M25-29	2nd	---				5:19.99	✗	5:20.0	18.19	5:19.99	69.6%
5	005 Luke Halterman (M29)	5	M25-29	3rd	---				5:32.31		5:32.3	18.93	5:32.31	67.0%
6	6764 Iris Pizzarello (F31)	1	F30-34	OA	---				5:43.98	✓ 1	5:44.0	19.56	5:43.98	73.3%
7	009 April Hince (F39)	2	F35-39	1st	---				6:13.82		6:13.8	21.27	6:13.82	70.4%
8	7450 Ron Williamson (M53)	6	M50-54	1st	---				6:28.64	✓ 3	6:28.6	22.12	6:28.64	67.1%
9	7117 Vijayan Nair (M56)	7	M55-59	1st	---				6:42.64		6:42.6	22.92	6:42.64	66.4%
10	7053 Tom Menn (M65)	8	M65-69	1st	---				6:55.43		6:55.4	23.66	6:55.43	69.7%
11	7193 Julio Lopez (M63)	9	M60-64	1st	---				7:15.34		7:15.3	24.80	7:15.34	65.3%
12	7013 M Maimonides (M56)	10	M55-59	2nd	---				7:26.88		7:26.9	25.43	7:26.88	59.8%
13	7155 Ruben Arevalo (M64)	11	M60-64	2nd	---				7:30.79		7:30.8	25.66	7:30.79	63.6%
14	7565 David Francis (M54)	12	M50-54	2nd	---				7:37.76		7:37.8	26.06	7:37.76	57.4%
15	7089 John Nance (M71)	13	M70-74	1st	---				7:51.40		7:51.4	26.86	7:51.40	65.3%
16	7308 J D Sandfort (M54)	14	M50-54	3rd	---				7:53.72		7:53.7	26.97	7:53.72	55.5%
17	7192 Rob Preston (M54)	15	M50-54	4th	---				7:57.60		7:57.6	27.20	7:57.60	55.1%
18	6995 Ruben Reyes (M63)	16	M60-64	3rd	---				8:22.13		8:22.1	28.62	8:22.13	56.6%
19	7270 Marcus O'con (M48)	17	M45-49	1st	---				8:25.62		8:25.6	28.79	8:25.62	49.5%
20	7062 Frances McKissick (F57)	3	F55-59	1st	---				8:27.58		8:27.6	28.91	8:27.58	64.7%
21	6945 Victor Elfenbein (M61)	18	M60-64	4th	---				8:31.81	✗	8:31.8	29.14	8:31.81	54.6%
22	7916 Wally Capps (M78)	19	M75-79	1st	---				8:44.47		8:44.5	29.88	8:44.47	66.1%
23	7070 Kendall Black (M70)	20	M70-74	2nd	---				9:19.06		9:19.1	31.87	9:19.06	54.4%
24	7265 Kuay Sullivan (F53)	4	F50-54	1st	---				9:22.83		9:22.8	32.04	9:22.83	55.2%
25	7198 Yanira Lopez (F56)	5	F55-59	2nd	---				9:33.53		9:33.5	32.67	9:33.53	56.4%
26	7008 David Mask (M67)	21	M65-69	2nd	---				9:40.88		9:40.9	33.07	9:40.88	50.8%
27	7343 Jen Evangelista (M48)	22	M45-49	2nd	---				9:45.27		9:45.3	33.36	9:45.27	42.8%
28	7558 Saira Francis (F11)	6	F10-14	1st	---				10:04.38		10:04.4	34.44	10:04.38	46.8%
29	7261 John Kramer (M57)	23	M55-59	3rd	---				10:09.35		10:09.4	34.72	10:09.35	44.3%
30	7379 David Toth (M9)	24	M01-09	1st	---				10:36.51		10:36.5	36.26	10:36.51	44.3%
31	7380 Gabor Toth (M38)	25	M35-39	1st	---				11:19.76		11:19.8	38.72	11:19.76	34.1%
32	6001 Alex Toth (M6)	26	M01-09	2nd	---				11:20.12	✗	11:20.1	38.77	11:20.12	47.4%

✓ 4 Club PR's

Average Finish Time: 07:58 3 First Timers

Average Age Grade: 59.2%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7011 Blair Casey (M32)	1	M30-34	OA	0.6	9:10	8:54	-16	18:03.43	✓ 20	5:48.7	18.05	18:03.99	72.0%
2	007 Josh Heimbach (M34)	2	M30-34	1st	0.1	9:10	10:05	+56	19:14.91	ℓ	6:11.7	19.23	19:15.02	68.1%
3	005 Luke Halterman (M29)	3	M25-29	1st	1.7				21:13.26	ℓ	✗ 6:49.8	21.22	21:14.93	60.8%
4	009 April Hince (F39)	1	F35-39	OA	---				21:32.40	ℓ ✓ 1	6:56.0	21.53	21:32.40	70.7%
5	6991 Micah Kennedy (M22)	4	M20-24	1st	0.6				21:34.22	✗	6:56.6	21.57	21:34.83	59.8%
6	7117 Vijayan Nair (M56)	5	M55-59	MS	0.1	11:17	11:25	+7	22:42.09	ℓ	7:18.4	22.70	22:42.20	68.3%
7	7159 Robert Landon (M60)	6	M60-64	SR	1.7	11:23	11:29	+6	22:52.10		7:21.6	22.87	22:53.76	70.1%
8	7255 John Cosentino (M57)	7	M55-59	1st	1.2	11:36	11:40	+4	23:16.54		7:29.5	23.27	23:17.75	67.1%
9	7192 Rob Preston (M54)	8	M50-54	1st	3.3	12:07	11:50	-17	23:56.65	ℓ	7:42.4	23.93	23:59.96	63.6%
10	7405 Steve Russo (M55)	9	M55-59	2nd	2.0	11:48	12:19	+32	24:06.81		7:45.7	24.10	24:08.78	63.7%
11	7270 Marcus O'con (M48)	10	M45-49	1st	2.8	12:12	11:56	-16	24:08.15	ℓ	7:46.1	24.13	24:10.98	60.1%
12	6773 Lee Iliria (M45)	11	M45-49	2nd	0.6	11:54	12:22	+28	24:16.62	✗	7:48.8	24.27	24:17.22	58.4%
13	6990 Melissa Sigler (F40)	2	F40-44	MS	8.3	12:47	12:07	-39	24:54.28	✗	8:01.0	24.90	25:02.54	61.6%
14	6917 Jeffery Gardner (M59)	12	M55-59	3rd	2.7	12:25	12:36	+11	25:00.98	✗	8:03.1	25.00	25:03.68	63.6%

FN*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

8/25/2019

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

△ Negative Split

 DeltaViewTiming.com

15	7450	Ron Williamson (M53)	13	M50-54	2nd	2.2	11:56	13:37	+102	25:32.68	⌚	8:13.3	25.53	25:34.83	59.2%
16	7193	Julio Lopez (M63)	14	M60-64	1st	1.1	12:46	13:12	+26	25:57.95	⌚	8:21.5	25.95	25:59.07	63.4%
17	7155	Ruben Arevalo (M64)	15	M60-64	2nd	0.2	13:12	13:27	+15	26:38.73	⌚	8:34.6	26.63	26:38.97	62.4%
18	6910	Jeff Traub (M39)	16	M35-39	1st	2.5	12:25	14:15	+110	26:39.14	⌚	8:34.7	26.65	26:41.66	50.8%
19	7062	Frances McKissick (F57)	3	F55-59	SR	3.0	13:37	13:08	-29	26:45.28	⌚	8:36.7	26.75	26:48.32	69.3%
20	6992	Rebecca Caruso (F52)	4	F50-54	1st	3.1	13:25	13:38	+14	27:03.25	✓ 1	8:42.5	27.05	27:06.39	64.1%
21	024	Kash Tavakoli (M25)	17	M25-29	2nd	1.7	14:17	13:57	-21	28:13.98	⌚	9:05.2	28.22	28:15.63	45.7%
22	7916	Wally Capps (M78)	18	M75-79	1st	2.7	14:12	14:11	-1	28:23.33	⌚	9:08.2	28.38	28:26.02	70.7%
23	7343	Jen Evangelista (M48)	19	M45-49	3rd	37.9	14:02	13:49	-13	27:50.82	⌚	8:57.8	27.83	28:28.75	52.1%
24	7222	Rich Weklar (M48)	20	M45-49	4th	12.3	14:08	14:23	+15	28:30.62		9:10.6	28.50	28:42.96	50.9%
25	6945	Victor Elfenbein (M61)	21	M60-64	3rd	9.3	14:30	15:35	+65	30:04.49	⌚ ✓ 1	9:40.8	30.07	30:13.83	53.8%
26	7161	Michael Buedden (M57)	22	M55-59	4th	11.2	15:11	14:52	-19	30:03.82	✓ 1	9:40.6	30.05	30:15.01	52.0%
27	6995	Ruben Reyes (M63)	23	M60-64	4th	11.4	14:45	15:32	+47	30:16.16	⌚	9:44.6	30.27	30:27.55	54.4%
28	7345	Ryan Pogue (M48)	24	M45-49	5th	11.3	14:40	15:55	+75	30:34.89		9:50.6	30.57	30:46.21	47.5%
29	7308	J D Sandfort (M54)	25	M50-54	3rd	18.3	16:03	14:37	-86	30:39.75	⌚	9:52.2	30.65	30:58.01	49.7%
30	7449	Kumiko McCoy (F70)	5	F70-74	1st	5.1	15:16	16:13	+57	31:29.72		10:08.2	31.48	31:34.82	71.6%
31	7265	Kuay Sullivan (F53)	6	F50-54	2nd	9.4	15:48	15:39	-9	31:27.45	⌚	10:07.5	31.45	31:36.89	55.9%
32	6994	Danny White (M61)	26	M60-64	5th	6.6	15:23	16:08	+45	31:30.79	⌚	10:08.6	31.50	31:37.43	51.3%
33	6756	Samantha Covington (F34)	7	F30-34	1st	79.5	15:16	15:03	-14	30:18.60	⌚	9:45.4	30.30	31:38.10	49.2%
34	6911	Ian Traub (M9)	27	M01-09	1st	---	14:03	17:49	+226	31:51.30	⌚	10:15.2	31.85	31:51.30	51.4%
35	7097	Nathan Bruser (M48)	28	M45-49	6th	7.8				32:06.29		10:20.0	32.10	32:14.07	45.2%
36	7070	Kendall Black (M70)	29	M70-74	1st	10.5	15:55	16:41	+46	32:36.04	⌚	10:29.6	32.60	32:46.52	54.1%
37	6757	Ariell Burrell (F26)	8	F25-29	1st	77.4	15:18	16:14	+55	31:32.14	⌚	10:09.0	31.53	32:49.52	46.9%
38	7049	Maxx Pomm (M70)	30	M70-74	2nd	3.6	16:12	17:00	+48	33:11.54		10:41.0	33.18	33:15.14	53.1%
39	6726	Amy Mohr (F36)	9	F35-39	1st	9.5	15:33	17:44	+131	33:17.45	⌚	10:42.9	33.28	33:26.93	45.1%
40	7044	Amie Goins (F47)	10	F45-49	1st	5.5	16:05	17:27	+82	33:31.26		10:47.4	33.52	33:36.73	48.7%
41	6706	James Clymer III (M32)	31	M30-34	2nd	4.0	15:23	18:14	+171	33:36.83	✓ 1	10:49.2	33.60	33:40.79	38.7%
42	7008	David Mask (M67)	32	M65-69	1st	18.6	18:14	15:16	-178	33:30.17	⌚	10:47.0	33.50	33:48.78	51.0%
43	6728	Margaret Austin (F27)	11	F25-29	2nd	13.0	16:11	17:37	+85	33:48.28	⌚	10:52.8	33.80	34:01.30	43.8%
44	7454	Betsy Palmer (F58)	12	F55-59	1st	8.7	16:59	17:25	+26	34:23.92		11:04.3	34.38	34:32.61	54.6%
45	7316	Blake Bruser (F10)	13	F10-14	1st	6.8	16:08	18:57	+169	35:05.20		11:17.6	35.08	35:12.01	48.6%
46	7198	Yanira Lopez (F56)	14	F55-59	2nd	10.1	16:04	19:04	+179	35:07.86	⌚	11:18.5	35.12	35:17.95	52.1%
47	7039	Mary Kaplan (F80)	15	F80-99	1st	0.6	18:35	17:54	-41	36:28.86	□	11:44.5	36.47	36:29.48	74.2%
48	6002	Ellen Hart (F24)	16	F20-24	1st	13.2	17:14	19:22	+128	36:36.18	⌚	11:46.9	36.60	36:49.34	40.4%
49	7050	Chris Goins (M49)	33	M45-49	7th	13.9	17:25	19:30	+126	36:54.91		11:52.9	36.90	37:08.85	39.6%
50	6711	Grayson Gosnell (M11)	34	M10-14	1st	---	18:06	19:09	+62	37:14.66	⌚	11:59.3	37.23	37:14.66	41.1%
51	7309	Kirsten Sandfort (F54)	17	F50-54	3rd	19.0	16:01	21:21	+320	37:22.11		12:01.7	37.37	37:41.13	47.7%
52	7106	Robert Simpson (M64)	35	M60-64	6th	11.6	18:13	19:44	+91	37:56.82		12:12.8	37.93	38:08.39	43.8%
53	7061	David Short (M58)	36	M55-59	5th	26.8	19:14	19:02	-12	38:15.51		12:18.9	38.25	38:42.31	41.2%
54	7012	Doug Waters (M54)	37	M50-54	4th	26.4	19:14	19:02	-13	38:16.25		12:19.1	38.27	38:42.65	39.8%
55	6003	Jane Ahlstrom (F66)	18	F65-69	1st	10.1	17:36	21:01	+205	38:36.77	⌚	12:25.7	38.60	38:46.82	54.7%
56	7024	Carol Creech (F68)	19	F65-69	2nd	5.9	20:48	21:31	+43	42:19.02		13:37.2	42.32	42:24.92	51.5%
57	7258	Steven Johnson (M61)	38	M60-64	7th	15.7	19:12	24:01	+289	43:12.58		13:54.5	43.20	43:28.25	37.4%
58	6909	Tristan Morales (M18)	39	M15-19	1st	4.4				44:41.96	⌚	14:23.2	44.68	44:46.34	29.8%
59	6908	Luis Morales (M40)	40	M40-44	1st	4.6				44:43.66	⌚	14:23.8	44.72	44:48.24	30.5%
60	7148	Scott Ahlstrom (M71)	41	M70-74	3rd	10.1	22:25	22:39	+14	45:04.18		14:30.4	45.07	45:14.24	39.6%
61	7246	Sheila Holen (F48)	20	F45-49	2nd	14.5	24:39	26:04	+86	50:43.11		16:19.5	50.72	50:57.66	32.5%
62	7261	John Kramer (M57)	42	M55-59	6th	250.6	25:13	33:14	+481	58:26.45	⌚	18:48.6	58.431	02:37.08	26.7%

40 Positive Split 16 Negative Split

✓ 6 Club PR's

Average Finish Time: 31:42 18 First Timers

Average Age Grade: 53.0%

FN*: □ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

8/25/2019

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

△ Negative Split

DeltaViewTiming.com

Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*	#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Cole Atchinson	M25	4:57.92	74.7%	Move UP	1	47	Mary Kaplan	F80	36:28.86	74.2%	
2	2	Kash Tavakoli	M25	5:00.58	74.1%	Move UP	2	1	Blair Casey	M32	18:03.43	72.0%	Move UP
3	6	Iris Pizzarello	F31	5:43.98	73.3%	Move UP	3	30	Kumiko McCoy	F70	31:29.72	71.6%	
4	3	Josh Heimbach	M34	5:15.51	71.7%		4	4	April Hince	F39	21:32.40	70.7%	Move UP
5	7	April Hince	F39	6:13.82	70.4%		5	22	Wally Capps	M78	28:23.33	70.7%	
6	10	Tom Menn	M65	6:55.43	69.7%		6	7	Robert Landon	M60	22:52.10	70.1%	
7	4	Robert Long	M28	5:19.99	69.6%	New	7	19	Frances McKissick	F57	26:45.28	69.3%	
8	8	Ron Williamson	M53	6:28.64	67.1%	Move UP	8	6	Vijayan Nair	M56	22:42.09	68.3%	
9	5	Luke Halterman	M29	5:32.31	67.0%		9	2	Josh Heimbach	M34	19:14.91	68.1%	
10	9	Vijayan Nair	M56	6:42.64	66.4%		10	8	John Cosentino	M57	23:16.54	67.1%	
11	22	Wally Capps	M78	8:44.47	66.1%		11	20	Rebecca Caruso	F52	27:03.25	64.1%	
12	15	John Nance	M71	7:51.40	65.3%		12	10	Steve Russo	M55	24:06.81	63.7%	
13	11	Julio Lopez	M63	7:15.34	65.3%		13	9	Rob Preston	M54	23:56.65	63.6%	
14	20	Frances McKissick	F57	8:27.58	64.7%		14	14	Jeffery Gardner	M59	25:00.98	63.6%	
15	13	Ruben Arevalo	M64	7:30.79	63.6%		15	16	Julio Lopez	M63	25:57.95	63.4%	
16	12	M Maimonides	M56	7:26.88	59.8%		16	17	Ruben Arevalo	M64	26:38.73	62.4%	
17	14	David Francis	M54	7:37.76	57.4%		17	13	Melissa Sigler	F40	24:54.28	61.6%	
18	18	Ruben Reyes	M63	8:22.13	56.6%		18	3	Luke Halterman	M29	21:13.26	60.8%	
19	25	Yanira Lopez	F56	9:33.53	56.4%		19	11	Marcus O'con	M48	24:08.15	60.1%	
20	16	J D Sandfort	M54	7:53.72	55.5%		20	5	Micah Kennedy	M22	21:34.22	59.8%	
21	24	Kuay Sullivan	F53	9:22.83	55.2%		21	15	Ron Williamson	M53	25:32.68	59.2%	
22	17	Rob Preston	M54	7:57.60	55.1%		22	12	Lee Iliria	M45	24:16.62	58.4%	
23	21	Victor Elfenbein	M61	8:31.81	54.6%		23	31	Kuay Sullivan	F53	31:27.45	55.9%	
24	23	Kendall Black	M70	9:19.06	54.4%		24	55	Jane Ahlstrom	F66	38:36.77	54.7%	
25	26	David Mask	M67	9:40.88	50.8%		25	44	Betsy Palmer	F58	34:23.92	54.6%	
							26	27	Ruben Reyes	M63	30:16.16	54.4%	
							27	36	Kendall Black	M70	32:36.04	54.1%	
							28	25	Victor Elfenbein	M61	30:04.49	53.8%	
							29	38	Maxx Pomm	M70	33:11.54	53.1%	
							30	23	Jen Evangelista	M48	27:50.82	52.1%	
							31	46	Yanira Lopez	F56	35:07.86	52.1%	
							32	26	Michael Buedden	M57	30:03.82	52.0%	
							33	56	Carol Creech	F68	42:19.02	51.5%	
							34	34	Ian Traub	M9	31:51.30	51.4%	
							35	32	Danny White	M61	31:30.79	51.3%	
							36	42	David Mask	M67	33:30.17	51.0%	
							37	24	Rich Weklar	M48	28:30.62	50.9%	
							38	18	Jeff Traub	M39	26:39.14	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 > 65%

65% Boston-Qualifier Approximate Level

60% Local Class Level

50% Average Class Level