

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Albert Marban	5:35.00	Albert Marban	18:16.33	Vijayan Nair	22:08.84	John Cosentino	22:27.43
Mala Francis	6:20.83	Mala Francis	25:29.40	Kuay Sullivan	28:07.58	Frances McKissick	31:33.77

5K MALE

		30 MALE Runners --- Average Time of 28:31					Avg. Age Grade: 56.5%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Albert Marban	Farmers Branch	(25)	9:11	-7	18:16.33	ML	5:52.9	70.6%	1	1
MASTERS	1 Vijayan Nair	Plano	(56)	11:04	+2	22:08.84	ML	7:07.7	70.0%	2	2
SENIORS	1 John Cosentino	Plano	(56)	11:21	-15	22:27.43		7:13.7	69.0%	4	4
M10-14	1 Isaiah Broussard	Arlington	(10)	20:47	+135	43:49.16		14:06.2	36.0%	41	30
M30-34	1 Brandon Hakari	Carrollton	(33)	11:16	-16	22:15.37	✓	7:09.8	58.6%	3	3
M35-39	1 Gabor Toth	Coppell	(38)	14:46	-23	29:09.63	ML	9:23.2	46.1%	19	17
M45-49	1 Rich Weklar	Bartonville	(47)	11:19	-8	22:30.08	ML ✓	7:14.6	64.0%	6	6
	2 Ryan Pogue	Carrollton	(47)	14:45	-36	28:54.92		9:18.4	49.8%	18	16
	3 Nathan Bruser	Higland Village	(47)	14:39	+19	29:38.22	ML	9:32.4	48.6%	21	19
	4 Chris Goins	Garland	(48)	19:21	+58	39:39.64		12:45.9	36.6%	36	28
M50-54	1 Lee Frey	Parker	(50)	11:49	+5	23:41.59		7:37.6	62.2%	7	7
	2 Rob Preston	Irving	(54)	11:40	+33	23:52.40	ML ✓	7:41.0	63.8%	8	8
	3 Rich Cronin	Arlington	(51)	13:40	+74	28:33.37		9:11.5	52.1%	17	15
	4 Doug Waters	Carrollton	(54)			29:39.78		9:32.9	51.4%	22	20
M55-59	1 Steve Russo	Plano	(55)	11:20	-13	22:27.83		7:13.8	68.4%	5	5
	2 Robert Landon	Allen	(59)	12:28	-27	24:28.32	✓	7:52.6	65.0%	9	9
	3 Jaws Hansen	Dallas	(58)			26:56.23		8:40.2	58.5%	15	14
	4 David Short	Frisco	(58)	14:29	+32	29:30.67	ML	9:29.9	53.4%	23	21
	5 Jeffrey Conklin	Arlington	(55)	15:25	+32	31:21.40		10:05.6	49.0%	25	23
	6 Jeff Goodman	Hickory Creek	(56)	14:55	+117	31:47.65		10:14.0	48.7%	27	24
	7 John Kramer	Plano	(57)			40:51.86	ML	13:09.2	38.2%	38	29
M60-64	1 Dave Watson	Uk	(62)	12:27	-17	24:36.96	✓	7:55.4	66.3%	11	11
	2 Julio Lopez	Farmers Branch	(63)	12:28	-15	24:40.28	ML	7:56.5	66.8%	10	10
	3 Ruben Arevalo	Carrollton	(63)	12:28	+29	25:24.08	ML	8:10.6	64.8%	13	13
	4 Ruben Reyes	Carrollton	(62)	16:28	+0	32:55.71	ML	10:35.9	49.6%	30	26
	5 Robert Simpson	Coppell	(63)	18:15	+55	37:24.48		12:02.4	44.0%	34	27
M65-69	1 Michael Sullivan	Dallas	(66)	14:44	+3	29:31.79	✓	9:30.3	57.3%	20	18
	2 David Mask	Lewisville	(66)	15:23	+15	31:01.70	ML	9:59.2	54.6%	24	22
M70-74	1 John Nance	Rowlett	(70)	12:30	+9	25:08.89		8:05.7	70.1%	12	12
M75-79	1 Victor Hegemann	Bedford	(78)	16:30	-5	32:55.29		10:35.8	61.0%	29	25

5K FEMALE

12 FEMALE Runners --- Average Time of **36:40** Avg. Age Grade: **48.0%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Mala Francis	Dallas	(15)	12:48	-7	25:29.40	ℓ	8:12.3	60.8%	14	1
MASTERS	1 Kuay Sullivan	Coppell	(53)	14:18	-28	28:07.58		9:03.2	62.5%	16	2
SENIORS	1 Frances McKissick	Irving	(56)	15:55	-16	31:33.77	ℓ	10:09.5	57.9%	26	3
F30-34	1 Shieryl Bryan	Carrollton	(34)			40:27.70		13:01.4	36.8%	37	9
	2 Jasmine Broussard	Arlington	(31)	20:48	+128	43:43.90		14:04.6	33.9%	40	11
F35-39	1 Lesley Hakari	Carrollton	(38)	17:00	+37	34:36.64		11:08.4	43.8%	32	6
F45-49	1 Kim Frey	Parker	(48)	18:15	+21	36:50.04		11:51.3	44.8%	33	7
	2 Amie Goins	Garland	(47)	19:22	+56	39:38.81		12:45.7	41.2%	35	8
	3 Sheila Holen	Lewisville	(47)	25:11	+15	50:36.18		16:17.3	32.2%	42	12
F55-59	1 Yanira Lopez	Farmers Branch	(56)	16:11	-11	32:10.71	ℓ	10:21.4	56.8%	28	4
	2 Betsy Palmer	Carrollton	(57)	16:39	+14	33:32.90		10:47.9	55.3%	31	5
F65-69	1 Carol Creech	Plano	(68)	21:34	+10	43:17.58		13:56.1	50.4%	39	10

1M MALE

17 MALE Runners --- Average Time of **8:34** Avg. Age Grade: **54.2%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Albert Marban	Farmers Branch	(25)			5:35.00		5:35.0	66.4%	1	1
M10-14	1 German Marban	Farmers Branch	(12)			7:00.25	✓	7:00.3	61.1%	5	4
	2 Enrique Marban	Farmers Branch	(11)			7:29.81		7:29.8	58.7%	8	7
M35-39	1 Gabor Toth	Coppell	(38)			7:35.42		7:35.4	51.0%	10	9
	2 Lynard Broussard	Arlington	(38)			17:23.00		17:23.0	22.3%	21	17
M45-49	1 Rich Weklar	Bartonville	(47)			6:29.02		6:29.0	63.9%	3	2
	2 Nathan Bruser	Higland Village	(47)			8:21.49		8:21.5	49.6%	12	11
M50-54	1 Rob Preston	Irving	(54)			8:21.15		8:21.2	52.5%	11	10
	2 David Francis	Dallas	(53)			9:56.49		9:56.5	43.7%	17	15
M55-59	1 Vijayan Nair	Plano	(56)			6:45.64		6:45.6	65.9%	4	3
	2 John Kramer	Plano	(57)			9:50.10		9:50.1	45.7%	16	14
	3 David Short	Frisco	(58)			10:27.79		10:27.8	43.3%	19	16
M60-64	1 Bradley Gardner	Fort Worth	(61)			7:03.95		7:04.0	65.9%	6	5
	2 Julio Lopez	Farmers Branch	(63)			7:07.91		7:07.9	66.4%	7	6
	3 Ruben Arevalo	Carrollton	(63)			7:32.63		7:32.6	62.8%	9	8
	4 Ruben Reyes	Carrollton	(62)			9:23.73		9:23.7	50.0%	15	13
M65-69	1 David Mask	Lewisville	(66)			9:12.46		9:12.5	52.9%	13	12

1M FEMALE

5 FEMALE Runners --- Average Time of **10:48** Avg. Age Grade: **51.0%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Mala Francis	Dallas	(15)			6:20.83	□	6:20.8	69.2%	2	1
F01-09	1 Emerie Broussard	Arlington	(6)			17:23.50		17:23.5	31.8%	22	5
F10-14	1 Saira Francis	Dallas	(11)			10:29.38		10:29.4	44.9%	20	4
F55-59	1 Frances McKissick	Irving	(56)			9:20.85		9:20.9	57.7%	14	2
	2 Yanira Lopez	Farmers Branch	(56)			10:27.17		10:27.2	51.6%	18	3

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

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6627 Albert Marban (M25)	1	M25-29	OA	---				5:35.00		5:35.0	19.10	5:35.00	66.4%
2	7564 Mala Francis (F15)	1	F15-19	OA	---				6:20.83	☐	6:20.8	21.67	6:20.83	69.2%
3	7222 Rich Weklar (M47)	2	M45-49	1st	---				6:29.02		6:29.0	22.18	6:29.02	63.9%
4	7117 Vijayan Nair (M56)	3	M55-59	1st	---				6:45.64		6:45.6	23.09	6:45.64	65.9%
5	6005 German Marban (M12)	4	M10-14	1st	---				7:00.25	✓ 2	7:00.3	23.95	7:00.25	61.1%
6	6802 Bradley Gardner (M61)	5	M60-64	1st	---				7:03.95	✕	7:04.0	24.12	7:03.95	65.9%
7	7193 Julio Lopez (M63)	6	M60-64	2nd	---				7:07.91		7:07.9	24.35	7:07.91	66.4%
8	6008 Enrique Marban (M11)	7	M10-14	2nd	---				7:29.81		7:29.8	25.60	7:29.81	58.7%
9	7155 Ruben Arevalo (M63)	8	M60-64	3rd	---				7:32.63		7:32.6	25.77	7:32.63	62.8%
10	7380 Gabor Toth (M38)	9	M35-39	1st	---				7:35.42		7:35.4	25.94	7:35.42	51.0%
11	6998 Rob Preston (M54)	10	M50-54	1st	---				8:21.15		8:21.2	28.57	8:21.15	52.5%
12	7097 Nathan Bruser (M47)	11	M45-49	2nd	---				8:21.49		8:21.5	28.57	8:21.49	49.6%
13	7008 David Mask (M66)	12	M65-69	1st	---				9:12.46		9:12.5	31.47	9:12.46	52.9%
14	7062 Frances McKissick (F56)	2	F55-59	1st	---				9:20.85		9:20.9	31.93	9:20.85	57.7%
15	7283 Ruben Reyes (M62)	13	M60-64	4th	---				9:23.73		9:23.7	32.10	9:23.73	50.0%
16	7261 John Kramer (M57)	14	M55-59	2nd	---				9:50.10		9:50.1	33.64	9:50.10	45.7%
17	7565 David Francis (M53)	15	M50-54	2nd	---				9:56.49		9:56.5	33.98	9:56.49	43.7%
18	7198 Yanira Lopez (F56)	3	F55-59	2nd	---				10:27.17		10:27.2	35.75	10:27.17	51.6%
19	7061 David Short (M58)	16	M55-59	3rd	---				10:27.79		10:27.8	35.75	10:27.79	43.3%
20	7558 Saira Francis (F11)	4	F10-14	1st	---				10:29.38		10:29.4	35.86	10:29.38	44.9%
21	6014 Lynard Broussard (M38)	17	M35-39	2nd	---				17:23.00	✕	17:23.0	59.47	17:23.00	22.3%
22	6016 Emerie Broussard (F6)	5	F01-09	1st	---				17:23.50	✕	17:23.5	59.47	17:23.50	31.8%
✓ 1 Club PR's										Average Finish Time: 09:04 <u>3 First Timers</u>			Average Age Grade: 53.5%	

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6627 Albert Marban (M25)	1	M25-29	OA	1.6	9:11	9:05	-7	18:16.33	ℓ	5:52.9	18.27	18:17.93	70.6%
2	7117 Vijayan Nair (M56)	2	M55-59	MS	---	11:04	11:05	+2	22:08.84	ℓ	7:07.7	22.13	22:08.84	70.0%
3	7085 Brandon Hakari (M33)	3	M30-34	1st	1.3	11:16	11:00	-16	22:15.37	✓ 1	7:09.8	22.25	22:16.66	58.6%
4	7255 John Cosentino (M56)	4	M55-59	SR	---	11:21	11:06	-15	22:27.43		7:13.7	22.45	22:27.43	69.0%
5	7405 Steve Russo (M55)	5	M55-59	1st	---	11:20	11:07	-13	22:27.83		7:13.8	22.45	22:27.83	68.4%
6	7222 Rich Weklar (M47)	6	M45-49	1st	3.6	11:19	11:11	-8	22:30.08	ℓ ✓ 12	7:14.6	22.50	22:33.68	64.0%
7	6011 Lee Frey (M50)	7	M50-54	1st	2.7	11:49	11:53	+5	23:41.59	✕	7:37.6	23.68	23:44.26	62.2%
8	6998 Rob Preston (M54)	8	M50-54	2nd	4.1	11:40	12:13	+33	23:52.40	ℓ ✓ 5	7:41.0	23.87	23:56.47	63.8%
9	6811 Robert Landon (M59)	9	M55-59	2nd	5.0	12:28	12:01	-27	24:28.32	✓ 1	7:52.6	24.47	24:33.33	65.0%
10	7193 Julio Lopez (M63)	10	M60-64	2nd	1.9	12:28	12:13	-15	24:40.28	ℓ	7:56.5	24.67	24:42.20	66.8%
11	6982 Dave Watson (M62)	11	M60-64	1st	6.7	12:27	12:10	-17	24:36.96	✓ 1	7:55.4	24.60	24:43.64	66.3%
12	7089 John Nance (M70)	12	M70-74	1st	3.0	12:30	12:39	+9	25:08.89		8:05.7	25.13	25:11.88	70.1%
13	7155 Ruben Arevalo (M63)	13	M60-64	3rd	1.6	12:28	12:56	+29	25:24.08	ℓ	8:10.6	25.40	25:25.70	64.8%
14	7564 Mala Francis (F15)	1	F15-19	OA	8.2	12:48	12:41	-7	25:29.40	ℓ	8:12.3	25.48	25:37.63	60.8%
15	7060 Jaws Hansen (M58)	14	M55-59	3rd	3.1				26:56.23		8:40.2	26.93	26:59.37	58.5%
16	7265 Kuay Sullivan (F53)	2	F50-54	MS	10.3	14:18	13:50	-28	28:07.58		9:03.2	28.12	28:17.87	62.5%
17	7256 Rich Cronin (M51)	15	M50-54	3rd	6.1	13:40	14:54	+74	28:33.37		9:11.5	28.55	28:39.51	52.1%
18	7345 Ryan Pogue (M47)	16	M45-49	2nd	9.8	14:45	14:10	-36	28:54.92		9:18.4	28.90	29:04.75	49.8%
19	7380 Gabor Toth (M38)	17	M35-39	1st	7.2	14:46	14:23	-23	29:09.63	ℓ	9:23.2	29.15	29:16.86	46.1%
20	6003 Michael Sullivan (M66)	18	M65-69	1st	7.6	14:44	14:48	+3	29:31.79	✓ 1	9:30.3	29.52	29:39.41	57.3%
21	7097 Nathan Bruser (M47)	19	M45-49	3rd	14.8	14:39	14:59	+19	29:38.22	ℓ	9:32.4	29.63	29:53.02	48.6%
22	7012 Doug Waters (M54)	20	M50-54	4th	15.9				29:39.78		9:32.9	29.65	29:55.68	51.4%
23	7061 David Short (M58)	21	M55-59	4th	25.0	14:29	15:01	+32	29:30.67	ℓ	9:29.9	29.50	29:55.70	53.4%
24	7008 David Mask (M66)	22	M65-69	2nd	6.5	15:23	15:38	+15	31:01.70	ℓ	9:59.2	31.02	31:08.25	54.6%

25	7257	Jeffrey Conklin (M55)	23	M55-59	5th	5.5	15:25	15:57	+32	31:21.40		10:05.6	31.35	31:26.85	49.0%
26	7062	Frances McKissick (F56)	3	F55-59	SR	8.8	15:55	15:39	-16	31:33.77	ℓ	10:09.5	31.55	31:42.52	57.9%
27	7026	Jeff Goodman (M56)	24	M55-59	6th	3.5	14:55	16:52	+117	31:47.65		10:14.0	31.78	31:51.13	48.7%
28	7198	Yanira Lopez (F56)	4	F55-59	1st	19.0	16:11	16:00	-11	32:10.71	ℓ	10:21.4	32.17	32:29.71	56.8%
29	6009	Victor Hegemann (M78)	25	M75-79	1st	6.7	16:30	16:25	-5	32:55.29		10:35.8	32.92	33:02.02	61.0%
30	7283	Ruben Reyes (M62)	26	M60-64	4th	8.7	16:28	16:28	+0	32:55.71	ℓ	10:35.9	32.92	33:04.45	49.6%
31	7454	Betsy Palmer (F57)	5	F55-59	2nd	11.4	16:39	16:54	+14	33:32.90		10:47.9	33.53	33:44.28	55.3%
32	7080	Lesley Hakari (F38)	6	F35-39	1st	11.1	17:00	17:37	+37	34:36.64		11:08.4	34.60	34:47.77	43.8%
33	6010	Kim Frey (F48)	7	F45-49	1st	6.9	18:15	18:35	+21	36:50.04	⌘	11:51.3	36.83	36:56.93	44.8%
34	7106	Robert Simpson (M63)	27	M60-64	5th	13.5	18:15	19:10	+55	37:24.48		12:02.4	37.40	37:37.99	44.0%
35	7044	Amie Goins (F47)	8	F45-49	2nd	7.6	19:22	20:17	+56	39:38.81		12:45.7	39.63	39:46.41	41.2%
36	7050	Chris Goins (M48)	28	M45-49	4th	7.6	19:21	20:19	+58	39:39.64		12:45.9	39.65	39:47.24	36.6%
37	6995	Shieryl Bryan (F34)	9	F30-34	1st	9.7				40:27.70		13:01.4	40.45	40:37.38	36.8%
38	7261	John Kramer (M57)	29	M55-59	7th	118.1				40:51.86	ℓ	13:09.2	40.85	42:49.93	38.2%
39	7024	Carol Creech (F68)	10	F65-69	1st	3.8	21:34	21:44	+10	43:17.58		13:56.1	43.28	43:21.33	50.4%
40	6013	Jasmine Broussard (F31)	11	F30-34	2nd	39.8	20:48	22:56	+128	43:43.90	⌘	14:04.6	43.72	44:23.72	33.9%
41	6015	Isaiah Broussard (M10)	30	M10-14	1st	43.6	20:47	23:02	+135	43:49.16	⌘	14:06.2	43.82	44:32.74	36.0%
42	7246	Sheila Holen (F47)	12	F45-49	3rd	4.3	25:11	25:26	+15	50:36.18		16:17.3	50.60	50:40.43	32.2%
23 Positive Split 15 Negative Split ✓ 6 Club PR's										Average Finish Time: 30:51		4 <i>First Timers</i>		Average Age Grade: 54.1%	

Sorted Age Grades

1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Mala Francis	F15	6:20.83	69.2%	
2	1	Albert Marban	M25	5:35.00	66.4%	
3	7	Julio Lopez	M63	7:07.91	66.4%	
4	4	Vijayan Nair	M56	6:45.64	65.9%	
5	6	Bradley Gardner	M61	7:03.95	65.9%	New
6	3	Rich Weklar	M47	6:29.02	63.9%	
7	9	Ruben Arevalo	M63	7:32.63	62.8%	
8	5	German Marban	M12	7:00.25	61.1%	
9	8	Enrique Marban	M11	7:29.81	58.7%	
10	14	Frances McKissick	F56	9:20.85	57.7%	
11	13	David Mask	M66	9:12.46	52.9%	
12	11	Rob Preston	M54	8:21.15	52.5%	
13	18	Yanira Lopez	F56	10:27.17	51.6%	
14	10	Gabor Toth	M38	7:35.42	51.0%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Albert Marban	M25	18:16.33	70.6%	
2	12	John Nance	M70	25:08.89	70.1%	
3	2	Vijayan Nair	M56	22:08.84	70.0%	
4	4	John Cosentino	M56	22:27.43	69.0%	
5	5	Steve Russo	M55	22:27.83	68.4%	
6	10	Julio Lopez	M63	24:40.28	66.8%	
7	11	Dave Watson	M62	24:36.96	66.3%	New
8	9	Robert Landon	M59	24:28.32	65.0%	
9	13	Ruben Arevalo	M63	25:24.08	64.8%	
10	6	Rich Weklar	M47	22:30.08	64.0%	
11	8	Rob Preston	M54	23:52.40	63.8%	
12	16	Kuay Sullivan	F53	28:07.58	62.5%	
13	7	Lee Frey	M50	23:41.59	62.2%	
14	29	Victor Hegemann	M78	32:55.29	61.0%	
15	14	Mala Francis	F15	25:29.40	60.8%	
16	3	Brandon Hakari	M33	22:15.37	58.6%	
17	15	Jaws Hansen	M58	26:56.23	58.5%	
18	26	Frances McKissick	F56	31:33.77	57.9%	
19	20	Michael Sullivan	M66	29:31.79	57.3%	
20	28	Yanira Lopez	F56	32:10.71	56.8%	
21	31	Betsy Palmer	F57	33:32.90	55.3%	
22	24	David Mask	M66	31:01.70	54.6%	
23	23	David Short	M58	29:30.67	53.4%	
24	17	Rich Cronin	M51	28:33.37	52.1%	
25	22	Doug Waters	M54	29:39.78	51.4%	
26	39	Carol Creech	F68	43:17.58	50.4%	

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