

Sunday, July 28, 2019

Carrollton Runners Mile + 5K

78F Clear 72%H 9mphSSE

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

Mile Off :7:30 am

5K Off :7:47 am

Mile Overall		5K Overall		5K Masters		5K Seniors	
Jon Shirk	4:47.41	Jon Shirk	18:02.52	Jeff Hillhouse	20:30.94	Robert Landon	21:47.03
Iris Pizzarello	5:56.01	April Hince	21:41.81	Sarah Meyer	24:33.23	Kumiko McCoy	32:18.78

5K MALE

54 MALE Runners --- Average Time of **27:41**

Avg. Age Grade: **56.9%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Jon Shirk	Mile Race Group	(25)			18:02.52	ML	5:48.4	71.5%	1	1
MASTERS	1 Jeff Hillhouse	Mile Race Group	(43)			20:30.94	ML	6:36.2	68.1%	6	6
SENIORS	1 Robert Landon	Allen	(60)			21:47.03		7:00.7	73.6%	14	13
M15-19	1 Justin Miller	Plano	(15)			20:11.18		6:29.8	69.0%	5	5
	2 Seth Bator		(16)			20:56.83		6:44.5	65.4%	8	8
	3 Logan Rock	Plano	(17)			21:14.89	✓	6:50.3	63.6%	10	10
	4 Colby James	Lewisville	(19)			23:21.77		7:31.2	56.4%	17	16
	5 Ryan Freese	Dallas	(15)			23:49.01		7:40.0	58.5%	19	18
	6 Cooper James		(17)			25:29.69	✓	8:12.4	53.0%	31	27
M25-29	1 Connor Brock	Mile Race Group	(27)			18:25.83	ML	5:55.9	70.0%	2	2
	2 Albert Marban	Farmers Branch	(25)			18:40.55	ML	6:00.7	69.1%	3	3
M30-34	1 Josh Heimbach	Mile Race Group	(34)			19:07.21	ML	6:09.3	68.6%	4	4
	2 Spencer Peacock	Lewisville	(34)			20:41.74	ML	6:39.7	63.3%	7	7
	3 Blair Casey	Carrollton	(32)			21:29.24		6:55.0	60.5%	11	11
	4 Christopher Everitt	Forney	(30)			22:27.10	ML	7:13.6	57.6%	15	14
	5 James Clymer III	Clio	(32)			34:58.21		11:15.4	37.2%	59	46
M35-39	1 Robert Flores	Aubrey	(39)			20:58.77		6:45.2	64.6%	9	9
	2 Jason Egger	Mesquite	(37)			25:22.77	ML	8:10.1	52.6%	28	25
	3 Gabor Toth	Coppell	(38)			26:13.83	ML	8:26.6	51.3%	35	29
M40-44	1 Michael Kayser	Mile Race Group	(41)			21:40.61	ML	6:58.6	63.4%	12	12
M45-49	1 Rich Weklar	Bartonville	(48)			24:05.50	ML	7:45.3	60.2%	22	20
	2 Christopher Bouchard	The Colony	(45)			26:05.36	ML	8:23.8	54.3%	33	28
	3 Jen Evangelista	Irving	(48)			26:37.20	ML	8:34.1	54.5%	38	32
	4 Marcus Moore		(49)			28:42.25		9:14.3	51.0%	43	35
	5 Ryan Pogue	Carrollton	(48)			31:34.22		10:09.7	46.0%	51	40
	6 Chris Goins	Garland	(49)			37:34.56		12:05.7	38.9%	64	49
	7 James Dutton	Carrollton	(45)			38:43.91		12:28.0	36.6%	68	51
M50-54	1 Ron Williamson	Flower Mound	(52)			23:51.47	ML	7:40.7	62.8%	20	19
	2 Doug Waters	Carrollton	(54)			24:08.94		7:46.4	63.1%	23	21
	3 J D Sandfort	Coppell	(54)			24:47.22	ML	7:58.7	61.5%	26	23
	4 Rob Preston	Irving	(54)			25:15.52		8:07.8	60.3%	27	24
	5 Rich Cronin	Arlington	(51)			29:50.32		9:36.2	49.8%	46	37
	6 Gray Kinney	The Colony	(52)			36:02.88		11:36.2	41.6%	60	47
M55-59	1 John Cosentino	Plano	(57)			23:17.24		7:29.7	67.1%	16	15
	2 Steve Russo	Plano	(55)			23:27.94		7:33.2	65.5%	18	17
	3 Vijayan Nair	Plano	(56)			24:25.83	ML	7:51.8	63.4%	24	22
	4 Jeff Gardner	Dallas	(59)			27:53.54		8:58.7	57.0%	41	34
	5 Tim Kerr	Savannah	(57)			30:29.25	✓	9:48.8	51.3%	47	38

FN*: Broke Age-Group Record

GD Place among Females

Positive Split

Timing provided by:

7/28/2019

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

Negative Split

 DeltaViewTiming.com

M55-59	6	Michael Buedden	Carrollton (57)	31:41.27	10:12.0	49.3%	52	41
	7	Ronald Hamilton	The Colony (59)	33:27.04 M	10:46.0	47.5%	57	45
	8	Jeffrey Conklin	Arlington (55)	38:52.97	12:30.9	39.5%	69	52
	9	John Kramer	Plano (57)	45:47.83 M	14:44.4	34.1%	74	53
M60-64	1	Julio Lopez	Farmers Branch (63)	26:37.40 M	8:34.2	61.9%	36	30
	2	Ruben Arevalo	Carrollton (64)	26:50.39 M	8:38.3	61.9%	37	31
	3	Robert Simpson	Coppell (64)	37:49.00	12:10.3	44.0%	65	50
M65-69	1	Daniel Brown	Abilene (69)	25:25.67	8:11.1	68.5%	29	26
	2	David Mask	Lewisville (67)	30:33.96 M	9:50.3	55.9%	48	39
	3	Michael Sullivan	(67)	32:44.07	10:32.2	52.2%	54	42
	4	Maxx Pomm	Dallas (69)	33:11.95	10:41.1	52.5%	56	44
M70-74	1	John Nance	Rowlett (71)	27:03.44 M	8:42.5	65.9%	39	33
	2	Scott Ahlstrom	Carrollton (70)	53:31.02	17:13.5	32.9%	75	54
M75-79	1	Wally Capps	Farmers Branch (78)	29:23.89 M	9:27.7	68.3%	45	36
	2	Victor Heggemann	(79)	32:56.75	10:36.3	62.3%	55	43
	3	Bill Shirley	Dallas (76)	36:15.02 M	11:40.1	53.2%	62	48

5K FEMALE		22 FEMALE Runners --- Average Time of 33:48				Avg. Age Grade: 53.2%		Place in			
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 April Hince	Mile Race Group	(39)			21:41.81 M		6:59.0	70.2%	13	1
MASTERS	1 Sarah Meyer	Coppell	(42)			24:33.23		7:54.2	63.3%	25	3
SENIORS	1 Kumiko McCoy	Eules	(70)			32:18.78		10:24.0	69.7%	53	12
F10-14	1 Carys Dutton	Carrollton	(11)			38:42.50		12:27.5	43.0%	66	16
F15-19	1 Avery Overberg	Plano	(16)			23:49.66		7:40.2	64.2%	21	2
	2 Mala Francis	Dallas	(16)			25:41.12 M		8:16.0	59.6%	32	5
	3 Olivia Berggren	Dallas	(17)			26:12.83		8:26.2	57.7%	34	6
	4 Isabela Figueroa	Carrollton	(15)			28:36.71		9:12.6	54.2%	42	8
	5 Isabella Berthel		(17)			30:49.04		9:55.1	49.1%	49	10
F35-39	1 Kerri Dickey	Mile Race Group	(36)			25:31.07 M		8:12.8	58.8%	30	4
	2 Nika Brunk	Eules	(38)			38:34.90		12:25.1	39.3%	67	17
	3 Marietta Kovacs	Coppell	(38)			44:04.75	✓	14:11.3	34.4%	72	20
F40-44	1 Carrie Young	The Colony	(44)			42:11.98		13:35.0	37.5%	71	19
F45-49	1 Amie Goins	Garland	(47)			34:34.35		11:07.7	47.2%	58	13
	2 Sheila Holen	Lewisville	(48)			48:15.37	✓	15:31.9	34.2%	73	21
F50-54	1 Rebecca Caruso		(52)			27:04.43		8:42.9	64.1%	40	7
	2 Kuay Sullivan	Coppell	(53)			28:53.81 M		9:18.1	60.8%	44	9
	3 Elise Harper	Allen	(50)			31:14.81	✓	10:03.4	54.1%	50	11
F55-59	1 Yanira Lopez	Farmers Branch	(56)			35:59.39 M		11:35.0	50.8%	61	14
	2 Judith Jordan	Carrollton	(55)			55:29.48	✓	17:51.7	32.5%	76	22
F65-69	1 Carol Creech	Plano	(68)			42:10.82		13:34.6	51.7%	70	18
F80-99	1 Mary Kaplan	Sunrise Beach	(80)			37:00.54	□	11:54.7	73.1%	63	15

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

△ Positive Split
 ▽ Negative Split

Timing provided by: 7/28/2019
 DeltaViewTiming.com

1M MALE

33 MALE Runners --- Average Time of **7:02** Avg. Age Grade: **62.3%** Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Jon Shirk	Mile Race Group	(25)			4:47.41		4:47.4	77.4%	1	1
M10-14	1 Charlie Meyer	Coppell	(11)			6:59.67		6:59.7	62.9%	21	16
	2 German Marban	Farmers Branch	(13)			7:25.69		7:25.7	56.2%	26	21
	3 Enrique Marban	Farmers Branch	(11)			7:51.27		7:51.3	56.0%	29	24
	4 Johnny Meyer	Coppell	(10)			8:33.01		8:33.0	53.1%	33	28
M20-24	1 Michael Ecker	Mile Race Group	(20)			4:51.24		4:51.2	77.3%	2	2
M25-29	1 Cole Atchinson	Mile Race Group	(25)			5:02.59		5:02.6	73.6%	3	3
	2 Connor Brock	Mile Race Group	(27)			5:04.25		5:04.3	73.2%	4	4
	3 Albert Marban	Farmers Branch	(25)			5:15.91		5:15.9	70.5%	6	6
	4 Kash Tavakoli	Mile Race Group	(25)			5:22.14		5:22.1	69.1%	7	7
	5 Luke Halterman	Mile Race Group	(29)			5:45.14		5:45.1	64.6%	10	10
M30-34	1 Josh Heimbach	Mile Race Group	(34)			5:06.48	☐	5:06.5	73.8%	5	5
	2 Christopher Everitt	Forney	(30)			5:55.97		5:56.0	62.7%	11	11
	3 Spencer Peacock	Lewisville	(34)			7:21.13	✓	7:21.1	51.3%	25	20
M35-39	1 Jason Egger	Mesquite	(37)			6:57.61		6:57.6	55.2%	20	15
	2 Gabor Toth	Coppell	(38)			7:29.94		7:29.9	51.6%	27	22
M40-44	1 Michael Kayser	Mile Race Group	(41)			5:23.06	✓	5:23.1	73.5%	8	8
	2 Jeff Hillhouse	Mile Race Group	(43)			5:28.70		5:28.7	73.3%	9	9
M45-49	1 Rich Weklar	Bartonville	(48)			6:17.35		6:17.4	66.4%	14	12
	2 Christopher Bouchard	The Colony	(45)			7:08.06		7:08.1	57.2%	23	18
	3 Jen Evangelista	Irving	(48)			10:39.33		10:39.3	39.2%	40	33
M50-54	1 J D Sandfort	Coppell	(54)			6:53.44		6:53.4	63.6%	19	14
	2 Ron Williamson	Flower Mound	(52)			7:03.02		7:03.0	61.1%	22	17
M55-59	1 Vijayan Nair	Plano	(56)			6:33.79		6:33.8	67.9%	15	13
	2 M Maimonides	Kansas City, Mo	(56)			7:54.65		7:54.7	56.3%	30	25
	3 Ronald Hamilton	The Colony	(59)			9:20.86		9:20.9	48.9%	38	31
	4 John Kramer	Plano	(57)			9:50.65		9:50.7	45.7%	39	32
M60-64	1 Julio Lopez	Farmers Branch	(63)			7:17.47		7:17.5	65.0%	24	19
	2 Ruben Arevalo	Carrollton	(64)			8:13.03		8:13.0	58.2%	31	26
M65-69	1 David Mask	Lewisville	(67)			9:00.75		9:00.8	54.5%	36	29
M70-74	1 John Nance	Rowlett	(71)			7:47.86		7:47.9	65.8%	28	23
M75-79	1 Bill Shirley	Dallas	(76)			8:20.38		8:20.4	66.5%	32	27
	2 Wally Capps	Farmers Branch	(78)			9:02.72		9:02.7	63.8%	37	30

1M FEMALE

8 FEMALE Runners --- Average Time of **7:44**

Avg. Age Grade: **61.5%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Iris Pizzarello	Carrollton	(31)			5:56.01		5:56.0	70.9%	12	1
F10-14	1 Blake Bruser	Higland Village	(10)			8:55.56		8:55.6	54.2%	35	7
F15-19	1 Mala Francis	Dallas	(16)			6:39.23		6:39.2	65.2%	16	3
F30-34	1 Emily Denny	Mckinney	(30)			6:49.59		6:49.6	61.5%	18	5
F35-39	1 April Hince	Mile Race Group	(39)			6:02.82		6:02.8	72.6%	13	2
	2 Kerri Dickey	Mile Race Group	(36)			6:39.50		6:39.5	64.5%	17	4
F50-54	1 Kuay Sullivan	Coppell	(53)			8:53.83		8:53.8	58.2%	34	6
F55-59	1 Yanira Lopez	Farmers Branch	(56)			11:57.83		11:57.8	45.1%	41	8

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

Positive Split Negative Split

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	120 Jon Shirk (M25)	1	M25-29	OA	---				4:47.41	⊗	4:47.4	16.36	4:47.41	77.4%
2	127 Michael Ecker (M20)	2	M20-24	1st	---				4:51.24	⊗	4:51.2	16.59	4:51.24	77.3%
3	128 Cole Atchinson (M25)	3	M25-29	1st	---				5:02.59	⊗	5:02.6	17.22	5:02.59	73.6%
4	102 Connor Brock (M27)	4	M25-29	2nd	---				5:04.25	⊗	5:04.3	17.33	5:04.25	73.2%
5	107 Josh Heimbach (M34)	5	M30-34	1st	---				5:06.48	☐ ⊗	5:06.5	17.45	5:06.48	73.8%
6	7493 Albert Marban (M25)	6	M25-29	3rd	---				5:15.91		5:15.9	17.96	5:15.91	70.5%
7	124 Kash Tavakoli (M25)	7	M25-29	4th	---				5:22.14	⊗	5:22.1	18.36	5:22.14	69.1%
8	113 Michael Kayser (M41)	8	M40-44	1st	---				5:23.06	✓ 1	5:23.1	18.42	5:23.06	73.5%
9	108 Jeff Hillhouse (M43)	9	M40-44	2nd	---				5:28.70		5:28.7	18.70	5:28.70	73.3%
10	105 Luke Halterman (M29)	10	M25-29	5th	---				5:45.14		5:45.1	19.67	5:45.14	64.6%
11	6705 Christopher Everitt (M30)	11	M30-34	2nd	---				5:55.97	⊗	5:56.0	20.24	5:55.97	62.7%
12	6764 Iris Pizzarello (F31)	1	F30-34	OA	---				5:56.01	⊗	5:56.0	20.30	5:56.01	70.9%
13	109 April Hince (F39)	2	F35-39	1st	---				6:02.82	⊗	6:02.8	20.64	6:02.82	72.6%
14	7222 Rich Weklar (M48)	12	M45-49	1st	---				6:17.35		6:17.4	21.50	6:17.35	66.4%
15	7117 Vijayan Nair (M56)	13	M55-59	1st	---				6:33.79		6:33.8	22.41	6:33.79	67.9%
16	7564 Mala Francis (F16)	3	F15-19	1st	---				6:39.23		6:39.2	22.75	6:39.23	65.2%
17	103 Kerri Dickey (F36)	4	F35-39	2nd	---				6:39.50	⊗	6:39.5	22.75	6:39.50	64.5%
18	6879 Emily Denny (F30)	5	F30-34	1st	---				6:49.59	⊗	6:49.6	23.32	6:49.59	61.5%
19	7308 J D Sandfort (M54)	14	M50-54	1st	---				6:53.44	⊗	6:53.4	23.55	6:53.44	63.6%
20	6889 Jason Egger (M37)	15	M35-39	1st	---				6:57.61	⊗	6:57.6	23.78	6:57.61	55.2%
21	6782 Charlie Meyer (M11)	16	M10-14	1st	---				6:59.67	⊗	6:59.7	23.89	6:59.67	62.9%
22	7450 Ron Williamson (M52)	17	M50-54	2nd	---				7:03.02		7:03.0	24.12	7:03.02	61.1%
23	6702 Christopher Bouchard (M45)	18	M45-49	2nd	---				7:08.06	⊗	7:08.1	24.40	7:08.06	57.2%
24	7193 Julio Lopez (M63)	19	M60-64	1st	---				7:17.47		7:17.5	24.92	7:17.47	65.0%
25	6002 Spencer Peacock (M34)	20	M30-34	3rd	---				7:21.13	✓ 2	7:21.1	25.15	7:21.13	51.3%
26	7494 German Marban (M13)	21	M10-14	2nd	---				7:25.69		7:25.7	25.37	7:25.69	56.2%
27	7380 Gabor Toth (M38)	22	M35-39	2nd	---				7:29.94		7:29.9	25.60	7:29.94	51.6%
28	7089 John Nance (M71)	23	M70-74	1st	---				7:47.86		7:47.9	26.63	7:47.86	65.8%
29	7495 Enrique Marban (M11)	24	M10-14	3rd	---				7:51.27		7:51.3	26.86	7:51.27	56.0%
30	7013 M Maimonides (M56)	25	M55-59	2nd	---				7:54.65		7:54.7	27.03	7:54.65	56.3%
31	6998 Ruben Arevalo (M64)	26	M60-64	2nd	---				8:13.03		8:13.0	28.11	8:13.03	58.2%
32	7043 Bill Shirley (M76)	27	M75-79	1st	---				8:20.38		8:20.4	28.51	8:20.38	66.5%
33	6783 Johnny Meyer (M10)	28	M10-14	4th	---				8:33.01	⊗	8:33.0	29.25	8:33.01	53.1%
34	7265 Kuay Sullivan (F53)	6	F50-54	1st	---				8:53.83		8:53.8	30.39	8:53.83	58.2%
35	7316 Blake Bruser (F10)	7	F10-14	1st	---				8:55.56		8:55.6	30.50	8:55.56	54.2%
36	7008 David Mask (M67)	29	M65-69	1st	---				9:00.75		9:00.8	30.79	9:00.75	54.5%
37	7916 Wally Capps (M78)	30	M75-79	2nd	---				9:02.72		9:02.7	30.90	9:02.72	63.8%
38	7020 Ronald Hamilton (M59)	31	M55-59	3rd	---				9:20.86		9:20.9	31.93	9:20.86	48.9%
39	7261 John Kramer (M57)	32	M55-59	4th	---				9:50.65		9:50.7	33.64	9:50.65	45.7%
40	7343 Jen Evangelista (M48)	33	M45-49	3rd	---				10:39.33		10:39.3	36.43	10:39.33	39.2%
41	7198 Yanira Lopez (F56)	8	F55-59	1st	---				11:57.83		11:57.8	40.88	11:57.83	45.1%
✓ 2 Club PR's						Average Finish Time: 07:10 <u>16 First Timers</u> Average Age Grade: 62.1%								

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	120 Jon Shirk (M25)	1	M25-29	OA	1.1				18:02.52	ℓ ⊗	5:48.4	18.03	18:03.59	71.5%
2	102 Connor Brock (M27)	2	M25-29	1st	2.1				18:25.83	ℓ ⊗	5:55.9	18.42	18:27.95	70.0%
3	7493 Albert Marban (M25)	3	M25-29	2nd	0.8				18:40.55	ℓ	6:00.7	18.67	18:41.34	69.1%
4	107 Josh Heimbach (M34)	4	M30-34	1st	1.3				19:07.21	ℓ ⊗	6:09.3	19.12	19:08.51	68.6%
5	6962 Justin Miller (M15)	5	M15-19	1st	1.5				20:11.18		6:29.8	20.18	20:12.67	69.0%

6	108	Jeff Hillhouse (M43)	6	M40-44	MS	1.7	20:30.94	ℓ	×	6:36.2	20.50	20:32.66	68.1%
7	6002	Spencer Peacock (M34)	7	M30-34	2nd	1.5	20:41.74	ℓ		6:39.7	20.68	20:43.27	63.3%
8	6007	Seth Bator (M16)	8	M15-19	2nd	---	20:56.83			6:44.5	20.93	20:56.84	65.4%
9	7580	Robert Flores (M39)	9	M35-39	1st	0.1	20:58.77			6:45.2	20.97	20:58.89	64.6%
10	6701	Logan Rock (M17)	10	M15-19	3rd	4.1	21:14.89	✓	1	6:50.3	21.23	21:18.98	63.6%
11	7011	Blair Casey (M32)	11	M30-34	3rd	1.1	21:29.24			6:55.0	21.48	21:30.30	60.5%
12	113	Michael Kayser (M41)	12	M40-44	1st	2.3	21:40.61	ℓ	×	6:58.6	21.67	21:42.86	63.4%
13	109	April Hince (F39)	1	F35-39	OA	1.7	21:41.81	ℓ	×	6:59.0	21.68	21:43.54	70.2%
14	7159	Robert Landon (M60)	13	M60-64	SR	3.1	21:47.03			7:00.7	21.78	21:50.12	73.6%
15	6705	Christopher Everitt (M30)	14	M30-34	4th	2.9	22:27.10	ℓ	×	7:13.6	22.45	22:30.02	57.6%
16	7255	John Cosentino (M57)	15	M55-59	1st	2.5	23:17.24			7:29.7	23.28	23:19.69	67.1%
17	6689	Colby James (M19)	16	M15-19	4th	4.4	23:21.77			7:31.2	23.35	23:26.14	56.4%
18	7405	Steve Russo (M55)	17	M55-59	2nd	2.5	23:27.94			7:33.2	23.45	23:30.43	65.5%
19	6707	Ryan Freese (M15)	18	M15-19	5th	4.4	23:49.01		×	7:40.0	23.82	23:53.40	58.5%
20	7450	Ron Williamson (M52)	19	M50-54	1st	2.4	23:51.47	ℓ		7:40.7	23.85	23:53.92	62.8%
21	6708	Avery Overberg (F16)	2	F15-19	1st	5.4	23:49.66		×	7:40.2	23.82	23:55.02	64.2%
22	7222	Rich Weklar (M48)	20	M45-49	1st	3.6	24:05.50	ℓ		7:45.3	24.08	24:09.06	60.2%
23	7012	Doug Waters (M54)	21	M50-54	2nd	4.8	24:08.94			7:46.4	24.13	24:13.73	63.1%
24	7117	Vijayan Nair (M56)	22	M55-59	3rd	0.1	24:25.83	ℓ		7:51.8	24.42	24:25.94	63.4%
25	6784	Sarah Meyer (F42)	3	F40-44	MS	7.8	24:33.23			7:54.2	24.55	24:41.02	63.3%
26	7308	J D Sandfort (M54)	23	M50-54	3rd	3.1	24:47.22	ℓ		7:58.7	24.78	24:50.31	61.5%
27	7192	Rob Preston (M54)	24	M50-54	4th	---	25:15.52			8:07.8	25.25	25:15.52	60.3%
28	6889	Jason Egger (M37)	25	M35-39	2nd	3.2	25:22.77	ℓ	×	8:10.1	25.37	25:25.95	52.6%
29	6885	Daniel Brown (M69)	26	M65-69	1st	5.1	25:25.67		×	8:11.1	25.42	25:30.76	68.5%
30	103	Kerri Dickey (F36)	4	F35-39	1st	1.9	25:31.07	ℓ	×	8:12.8	25.52	25:33.00	58.8%
31	6012	Cooper James (M17)	27	M15-19	6th	4.4	25:29.69	✓	1	8:12.4	25.48	25:34.13	53.0%
32	7564	Mala Francis (F16)	5	F15-19	2nd	2.7	25:41.12	ℓ		8:16.0	25.68	25:43.83	59.6%
33	6702	Christopher Bouchard (M45)	28	M45-49	2nd	---	26:05.36	ℓ	×	8:23.8	26.08	26:05.36	54.3%
34	6887	Olivia Berggren (F17)	6	F15-19	3rd	6.2	26:12.83		×	8:26.2	26.20	26:19.00	57.7%
35	7380	Gabor Toth (M38)	29	M35-39	3rd	12.1	26:13.83	ℓ		8:26.6	26.22	26:25.98	51.3%
36	7193	Julio Lopez (M63)	30	M60-64	1st	3.8	26:37.40	ℓ		8:34.2	26.62	26:41.23	61.9%
37	6998	Ruben Arevalo (M64)	31	M60-64	2nd	5.9	26:50.39	ℓ		8:38.3	26.83	26:56.34	61.9%
38	7343	Jen Evangelista (M48)	32	M45-49	3rd	21.3	26:37.20	ℓ		8:34.1	26.62	26:58.53	54.5%
39	7089	John Nance (M71)	33	M70-74	1st	3.8	27:03.44	ℓ		8:42.5	27.05	27:07.26	65.9%
40	6003	Rebecca Caruso (F52)	7	F50-54	1st	4.6	27:04.43		×	8:42.9	27.07	27:09.02	64.1%
41	6888	Jeff Gardner (M59)	34	M55-59	4th	5.3	27:53.54			8:58.7	27.88	27:58.80	57.0%
42	6703	Isabela Figueroa (F15)	8	F15-19	4th	4.6	28:36.71		×	9:12.6	28.60	28:41.27	54.2%
43	6008	Marcus Moore (M49)	35	M45-49	4th	---	28:42.25			9:14.3	28.70	28:42.25	51.0%
44	7265	Kuay Sullivan (F53)	9	F50-54	2nd	6.3	28:53.81	ℓ		9:18.1	28.88	29:00.13	60.8%
45	7916	Wally Capps (M78)	36	M75-79	1st	3.8	29:23.89	ℓ		9:27.7	29.38	29:27.71	68.3%
46	6992	Rich Cronin (M51)	37	M50-54	5th	8.0	29:50.32			9:36.2	29.83	29:58.30	49.8%
47	7162	Tim Kerr (M57)	38	M55-59	5th	3.3	30:29.25	✓	1	9:48.8	30.48	30:32.53	51.3%
48	7008	David Mask (M67)	39	M65-69	2nd	9.2	30:33.96	ℓ		9:50.3	30.55	30:43.17	55.9%
49	6004	Isabella Berthel (F17)	10	F15-19	5th	5.7	30:49.04			9:55.1	30.82	30:54.71	49.1%
50	6775	Elise Harper (F50)	11	F50-54	3rd	7.2	31:14.81	✓	9	10:03.4	31.23	31:22.02	54.1%
51	7345	Ryan Pogue (M48)	40	M45-49	5th	10.6	31:34.22			10:09.7	31.57	31:44.79	46.0%
52	7161	Michael Buedden (M57)	41	M55-59	6th	8.1	31:41.27		×	10:12.0	31.68	31:49.40	49.3%
53	7449	Kumiko McCoy (F70)	12	F70-74	SR	15.2	32:18.78			10:24.0	32.30	32:33.96	69.7%
54	6005	Michael Sullivan (M67)	42	M65-69	3rd	8.2	32:44.07			10:32.2	32.73	32:52.27	52.2%
55	6006	Victor Heggemann (M79)	43	M75-79	2nd	7.8	32:56.75		×	10:36.3	32.93	33:04.56	62.3%

FN*: Broke Age-Group Record

GD Place among Females

Positive Split

Timing provided by:

7/28/2019

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

Negative Split



DeltaViewTiming.com

56	7049	Maxx Pomm (M69)	44	M65-69	4 th	5.2	33:11.95		10:41.1	33.18	33:17.10	52.5%
57	7020	Ronald Hamilton (M59)	45	M55-59	7 th	10.5	33:27.04	ℓ	10:46.0	33.45	33:37.51	47.5%
58	7044	Amie Goins (F47)	13	F45-49	1 st	9.1	34:34.35		11:07.7	34.57	34:43.41	47.2%
59	6706	James Clymer III (M32)	46	M30-34	5 th	8.2	34:58.21	⊥	11:15.4	34.97	35:06.37	37.2%
60	6994	Gray Kinney (M52)	47	M50-54	6 th	11.9	36:02.88		11:36.2	36.03	36:14.76	41.6%
61	7198	Yanira Lopez (F56)	14	F55-59	1 st	19.1	35:59.39	ℓ	11:35.0	35.98	36:18.50	50.8%
62	7043	Bill Shirley (M76)	48	M75-79	3 rd	4.4	36:15.02	ℓ	11:40.1	36.25	36:19.39	53.2%
63	7039	Mary Kaplan (F80)	15	F80-99	1 st	3.5	37:00.54	□	11:54.7	37.00	37:04.00	73.1%
64	7050	Chris Goins (M49)	49	M45-49	6 th	9.9	37:34.56		12:05.7	37.57	37:44.50	38.9%
65	7106	Robert Simpson (M64)	50	M60-64	3 rd	14.7	37:49.00		12:10.3	37.82	38:03.73	44.0%
66	7211	Carys Dutton (F11)	16	F10-14	1 st	7.5	38:42.50	⊥	12:27.5	38.70	38:50.00	43.0%
67	7448	Nika Brunk (F38)	17	F35-39	2 nd	15.7	38:34.90		12:25.1	38.57	38:50.56	39.3%
68	7210	James Dutton (M45)	51	M45-49	7 th	8.1	38:43.91	⊥	12:28.0	38.72	38:52.00	36.6%
69	6993	Jeffrey Conklin (M55)	52	M55-59	8 th	7.5	38:52.97		12:30.9	38.87	39:00.47	39.5%
70	7024	Carol Creech (F68)	18	F65-69	1 st	6.8	42:10.82		13:34.6	42.17	42:17.60	51.7%
71	7144	Carrie Young (F44)	19	F40-44	1 st	13.0	42:11.98	⊥	13:35.0	42.18	42:24.95	37.5%
72	6013	Marietta Kovacs (F38)	20	F35-39	3 rd	12.7	44:04.75	✓ 1	14:11.3	44.07	44:17.43	34.4%
73	7246	Sheila Holen (F48)	21	F45-49	2 nd	11.1	48:15.37	✓ 18	15:31.9	48.25	48:26.45	34.2%
74	7261	John Kramer (M57)	53	M55-59	9 th	208.4	45:47.83	ℓ	14:44.4	45.78	49:16.27	34.1%
75	7148	Scott Ahlstrom (M70)	54	M70-74	2 nd	13.6	53:31.02		17:13.5	53.52	53:44.61	32.9%
76	6981	Judith Jordan (F55)	22	F55-59	2 nd	15.2	55:29.48	✓ 1	17:51.7	55.48	55:44.68	32.5%

✓ 7 Club PR's

Average Finish Time: 29:26 22 First Timers Average Age Grade: 55.8%

Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*	#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Jon Shirk	M25	4:47.41	77.4%	New	1	14	Robert Landon	M60	21:47.03	73.6%	
2	2	Michael Ecker	M20	4:51.24	77.3%	New	2	63	Mary Kaplan	F80	37:00.54	73.1%	
3	5	Josh Heimbach	M34	5:06.48	73.8%	New	3	1	Jon Shirk	M25	18:02.52	71.5%	New
4	3	Cole Atchinson	M25	5:02.59	73.6%	New	4	13	April Hince	F39	21:41.81	70.2%	New
5	8	Michael Kayser	M41	5:23.06	73.5%	Move UP	5	2	Connor Brock	M27	18:25.83	70.0%	New
6	9	Jeff Hillhouse	M43	5:28.70	73.3%		6	53	Kumiko McCoy	F70	32:18.78	69.7%	
7	4	Connor Brock	M27	5:04.25	73.2%	New	7	3	Albert Marban	M25	18:40.55	69.1%	
8	13	April Hince	F39	6:02.82	72.6%	New	8	5	Justin Miller	M15	20:11.18	69.0%	
9	12	Iris Pizzarello	F31	5:56.01	70.9%	New	9	4	Josh Heimbach	M34	19:07.21	68.6%	New
10	6	Albert Marban	M25	5:15.91	70.5%		10	29	Daniel Brown	M69	25:25.67	68.5%	New
11	7	Kash Tavakoli	M25	5:22.14	69.1%	New	11	45	Wally Capps	M78	29:23.89	68.3%	
12	15	Vijayan Nair	M56	6:33.79	67.9%		12	6	Jeff Hillhouse	M43	20:30.94	68.1%	New
13	32	Bill Shirley	M76	8:20.38	66.5%		13	16	John Cosentino	M57	23:17.24	67.1%	
14	14	Rich Weklar	M48	6:17.35	66.4%		14	39	John Nance	M71	27:03.44	65.9%	
15	28	John Nance	M71	7:47.86	65.8%		15	18	Steve Russo	M55	23:27.94	65.5%	
16	16	Mala Francis	F16	6:39.23	65.2%		16	8	Seth Bator	M16	20:56.83	65.4%	
17	24	Julio Lopez	M63	7:17.47	65.0%		17	9	Robert Flores	M39	20:58.77	64.6%	
18	10	Luke Halterman	M29	5:45.14	64.6%		18	21	Avery Overberg	F16	23:49.66	64.2%	
19	17	Kerri Dickey	F36	6:39.50	64.5%		19	40	Rebecca Caruso	F52	27:04.43	64.1%	
20	37	Wally Capps	M78	9:02.72	63.8%		20	10	Logan Rock	M17	21:14.89	63.6%	
21	19	J D Sandfort	M54	6:53.44	63.6%		21	12	Michael Kayser	M41	21:40.61	63.4%	
22	21	Charlie Meyer	M11	6:59.67	62.9%		22	24	Vijayan Nair	M56	24:25.83	63.4%	
23	11	Christopher Everitt	M30	5:55.97	62.7%		23	25	Sarah Meyer	F42	24:33.23	63.3%	
24	18	Emily Denny	F30	6:49.59	61.5%		24	7	Spencer Peacock	M34	20:41.74	63.3%	
25	22	Ron Williamson	M52	7:03.02	61.1%		25	23	Doug Waters	M54	24:08.94	63.1%	
26	34	Kuay Sullivan	F53	8:53.83	58.2%		26	20	Ron Williamson	M52	23:51.47	62.8%	
27	31	Ruben Arevalo	M64	8:13.03	58.2%		27	55	Victor Heggemann	M79	32:56.75	62.3%	
28	23	Christopher Bouchard	M45	7:08.06	57.2%		28	37	Ruben Arevalo	M64	26:50.39	61.9%	
29	30	M Maimonides	M56	7:54.65	56.3%		29	36	Julio Lopez	M63	26:37.40	61.9%	
30	26	German Marban	M13	7:25.69	56.2%		30	26	J D Sandfort	M54	24:47.22	61.5%	
31	29	Enrique Marban	M11	7:51.27	56.0%		31	44	Kuay Sullivan	F53	28:53.81	60.8%	
32	20	Jason Egger	M37	6:57.61	55.2%		32	11	Blair Casey	M32	21:29.24	60.5%	
33	36	David Mask	M67	9:00.75	54.5%		33	27	Rob Preston	M54	25:15.52	60.3%	
34	35	Blake Bruser	F10	8:55.56	54.2%		34	22	Rich Weklar	M48	24:05.50	60.2%	
35	33	Johnny Meyer	M10	8:33.01	53.1%		35	32	Mala Francis	F16	25:41.12	59.6%	
36	27	Gabor Toth	M38	7:29.94	51.6%		36	30	Kerri Dickey	F36	25:31.07	58.8%	
37	25	Spencer Peacock	M34	7:21.13	51.3%		37	19	Ryan Freese	M15	23:49.01	58.5%	
							38	34	Olivia Berggren	F17	26:12.83	57.7%	
							39	15	Christopher Everitt	M30	22:27.10	57.6%	
							40	41	Jeff Gardner	M59	27:53.54	57.0%	
							41	17	Colby James	M19	23:21.77	56.4%	
							42	48	David Mask	M67	30:33.96	55.9%	
							43	38	Jen Evangelista	M48	26:37.20	54.5%	
							44	33	Christopher Bouchard	M45	26:05.36	54.3%	
							45	42	Isabela Figueroa	F15	28:36.71	54.2%	
							46	50	Elise Harper	F50	31:14.81	54.1%	
							47	62	Bill Shirley	M76	36:15.02	53.2%	
							48	31	Cooper James	M17	25:29.69	53.0%	
							49	28	Jason Egger	M37	25:22.77	52.6%	
							50	56	Maxx Pomm	M69	33:11.95	52.5%	
							51	54	Michael Sullivan	M67	32:44.07	52.2%	
							52	70	Carol Creech	F68	42:10.82	51.7%	
							53	35	Gabor Toth	M38	26:13.83	51.3%	
							54	47	Tim Kerr	M57	30:29.25	51.3%	
							55	43	Marcus Moore	M49	28:42.25	51.0%	
							56	61	Yanira Lopez	F56	35:59.39	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