

Sunday, June 30, 2019

Carrollton Runners Mile + 5K

73F PCloudy 77%H 6mphENE

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

Mile Off :7:30 am

5K Off :7:45 am

Mile Overall		5K Overall		5K Masters		5K Seniors	
Marquentin Barnes	4:51.54	Marquentin Barnes	17:15.68	Sean Horner	21:20.78	Robert Landon	21:34.14
Jessica Smith	5:32.74	Emily Denny	19:54.70	Sarah Meyer	24:02.88	Kumiko McCoy	31:02.30

5K MALE

37 MALE Runners --- Average Time of **26:35**

Avg. Age Grade: **59.1%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Marquentin Barnes	Irving	(18)	8:32	+11	17:15.68	ML	5:33.4	77.3%	1	1
MASTERS	1 Sean Horner	Roanoke	(51)	10:25	+32	21:20.78		6:52.2	69.7%	9	8
SENIORS	1 Robert Landon	Allen	(60)	10:50	-5	21:34.14	✓	6:56.5	74.4%	10	9
M15-19	1 Justin Miller	Plano	(15)	9:09	-7	18:11.45	✓	5:51.3	76.5%	3	3
	2 Scott Davis	Irving	(15)	10:25	+60	21:49.01	ML	7:01.3	63.8%	11	10
	3 Joseph Martinez	Irving	(16)	10:34	+50	21:57.49	ML	7:04.1	62.4%	12	11
	4 William Crowfoot	Irving	(19)	12:39	+31	25:48.49	ML	8:18.4	51.1%	26	23
M25-29	1 Albert Marban	Farmers Branch	(25)	9:01	-3	17:58.51	ML	5:47.1	71.8%	2	2
	2 Cole Atchison	Mile Race Group	(25)	9:47	+17	19:50.73	ML	6:23.3	65.0%	4	4
M30-34	1 Blair Casey	Carrollton	(32)	10:29	+15	21:14.39		6:50.2	61.2%	8	7
	2 Serge Reshetnikov	The Colony	(34)	11:30	+75	24:14.61		7:48.2	54.1%	20	18
M35-39	1 Richard Vargas	Mile Race Group	(37)	9:47	+21	19:55.82		6:24.9	67.0%	6	5
	2 Robert Flores	Aubrey	(38)	9:45	+52	20:22.51		6:33.5	66.0%	7	6
	3 Daniel Hopkins	Mile Race Group	(36)	12:38	-40	24:34.97	ML	7:54.7	53.9%	21	19
M40-44	1 John Myers		(40)	13:12	+10	26:33.68		8:33.0	51.4%	27	24
M45-49	1 Rich Weklar	Bartonville	(48)	11:18	+14	22:48.71	ML	7:20.5	63.6%	13	12
	2 David Lewis	Bedford	(48)	11:36	+34	23:46.22		7:39.1	61.1%	16	15
	3 Ed Haynes	Flower Mound	(47)	11:32	+66	24:09.68		7:46.6	59.6%	19	17
	4 Nathan Bruser	Higland Village	(48)	12:53	-7	25:39.54		8:15.5	56.6%	25	22
	5 Chris Wong	Arlington	(49)	17:11	-83	32:59.05		10:37.0	44.4%	37	32
	6 Chris Goins	Garland	(48)	16:23	+38	33:24.47	✓	10:45.2	43.4%	38	33
M50-54	1 Doug Waters	Carrollton	(54)	12:05	-13	23:56.64		7:42.4	63.6%	17	16
M55-59	1 Vijayan Nair	Plano	(56)	11:28	+8	23:05.21	ML	7:25.9	67.1%	14	13
	2 Steve Russo	Plano	(55)	11:31	+18	23:20.17		7:30.7	65.8%	15	14
	3 John Cosentino	Plano	(56)	12:39	-15	25:03.32		8:03.9	61.9%	23	20
	4 Jeff Gardner	Dallas	(59)	13:25	-15	26:35.17	✓	8:33.4	59.8%	28	25
	5 Tomas Bern	Allen	(55)	14:01	+36	28:37.55		9:12.8	53.7%	31	27
	6 John Kramer	Plano	(57)	21:25	-50	42:00.27	ML	13:31.2	37.2%	47	36
M60-64	1 Julio Lopez	Farmers Branch	(63)	12:36	+34	25:46.09	ML	8:17.6	63.9%	24	21
	2 Ruben Reyes	Carrollton	(63)	14:55	+24	30:14.00	ML	9:43.9	54.5%	32	28
	3 Robert Simpson	Coppell	(64)	17:57	+40	36:34.55		11:46.4	45.4%	43	35
M65-69	1 David Mask	Lewisville	(67)	16:03	-36	31:30.08	ML	10:08.4	54.2%	35	30
	2 Maxx Pomm	Dallas	(69)	16:33	+32	33:38.79		10:49.8	51.8%	39	34
M70-74	1 John Nance	Rowlett	(71)	13:33	-6	26:59.50	ML	8:41.3	66.1%	29	26
	2 Kendall Black	Grand Prairie	(70)	15:43	+7	31:32.45	ML	10:09.1	55.9%	34	29
	3 Scott Ahlstrom	Carrollton	(70)	28:47	+8	57:42.00		18:34.3	30.5%	50	37
M75-79	1 Bill Shirley	Dallas	(76)	15:48	+11	31:46.82		10:13.7	60.7%	36	31

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

GD Place among Females

△ Positive Split

△ Negative Split

Timing provided by: 6/30/2019

5K FEMALE

13 FEMALE Runners --- Average Time of

35:24

Avg. Age Grade: 54.0%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Emily Denny	Mckinney	(29)	9:49	+16	19:54.70	✓	6:24.5	74.3%	5	1
MASTERS	1 Sarah Meyer	Coppell	(42)	11:40	+44	24:02.88	✓	7:44.4	64.7%	18	2
SENIORS	1 Kumiko McCoy	Eules	(70)	15:26	+10	31:02.30	☐	9:59.4	72.6%	33	5
F15-19	1 Evie Flores	Aubrey	(15)	12:51	+85	27:07.17		8:43.7	57.1%	30	4
F35-39	1 Chara Rollins	Dallas	(37)	18:42	+66	38:29.95	✓	12:23.5	39.2%	44	9
F40-44	1 Jessica Smith	Mile Race Group	(41)			24:39.66	ℓ	7:56.3	62.6%	22	3
F45-49	1 Amie Goins	Garland	(47)	16:43	+20	33:46.25		10:52.2	48.3%	41	7
	2 Sheila Holen	Lewisville	(48)	23:44	+58	48:26.14	✓	15:35.4	34.1%	48	12
F55-59	1 Betsy Palmer	Carrollton	(58)	17:04	-37	33:30.63		10:47.2	56.1%	40	6
	2 Yanira Lopez	Farmers Branch	(56)	17:46	+14	35:45.15	ℓ	11:30.5	51.1%	42	8
F60-64	1 Rosemary Lewis	Carrollton	(64)	28:42	-18	57:05.18		18:22.5	35.9%	49	13
F65-69	1 Carol Creech	Plano	(68)	20:46	+7	41:39.18		13:24.4	52.4%	45	10
F70-74	1 Betsy Veneziano	Carrollton	(74)	21:51	+61	44:42.94		14:23.6	54.0%	46	11

1M MALE

		22 MALE Runners --- Average Time of 6:43					Avg. Age Grade: 64.4%			Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Marquentin Barnes	Irving	(18)			4:51.54		4:51.5	79.0%	1	1
M10-14	1	German Marban	Farmers Branch	(13)			7:37.36		7:37.4	54.7%	17	16
	2	Enrique Marban	Farmers Branch	(11)			7:43.18		7:43.2	57.0%	18	17
M15-19	1	Scott Davis	Irving	(15)			5:53.80		5:53.8	67.9%	11	10
	2	Joseph Martinez	Irving	(16)			5:55.10		5:55.1	66.6%	12	11
	3	William Crowfoot	Irving	(19)			6:29.39		6:29.4	58.4%	14	13
M25-29	1	Cole Atchison	Mile Race Group	(25)			4:59.41		4:59.4	74.3%	2	2
	2	Albert Marban	Farmers Branch	(25)			5:06.77	✓	5:06.8	72.6%	3	3
	3	Luke Halterman	Mile Race Group	(29)			5:29.23		5:29.2	67.7%	7	7
M35-39	1	Richard Vargas	Mile Race Group	(37)			5:18.91	✓	5:18.9	72.2%	4	4
	2	Ray Nichols	Mile Race Group	(36)			5:35.91		5:35.9	68.1%	9	8
	3	Daniel Hopkins	Mile Race Group	(36)			5:42.51		5:42.5	66.8%	10	9
M40-44	1	Michael Kayser	Mile Race Group	(41)			5:23.11		5:23.1	73.4%	5	5
	2	Jeff Hillhouse	Mile Race Group	(43)			5:24.76		5:24.8	74.2%	6	6
M45-49	1	Rich Weklar	Bartonville	(48)			6:18.01		6:18.0	66.3%	13	12
M55-59	1	Vijayan Nair	Plano	(56)			7:19.73		7:19.7	60.8%	15	14
	2	John Kramer	Plano	(57)			10:01.69		10:01.7	44.8%	23	22
M60-64	1	Julio Lopez	Farmers Branch	(63)			7:29.57		7:29.6	63.2%	16	15
	2	Ruben Reyes	Carrollton	(63)			8:05.34		8:05.3	58.6%	20	19
M65-69	1	David Mask	Lewisville	(67)			9:36.32		9:36.3	51.2%	22	21
M70-74	1	John Nance	Rowlett	(71)			7:47.07		7:47.1	65.9%	19	18
	2	Kendall Black	Grand Prairie	(70)			9:31.48		9:31.5	53.2%	21	20

1M FEMALE

		2 FEMALE Runners --- Average Time of 8:39					Avg. Age Grade: 63.3%			Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Jessica Smith	Mile Race Group	(41)			5:32.74	☐	5:32.7	80.7%	8	1
F55-59	1	Yanira Lopez	Farmers Branch	(56)			11:44.81		11:44.8	45.9%	24	2

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	6005 Marquentin Barnes (M18)	1	M15-19	OA	---				4:51.54	✓ x	4:51.5	16.59	4:51.54	79.0%
2	101 Cole Atchison (M25)	2	M25-29	1st	---				4:59.41		4:59.4	17.05	4:59.41	74.3%
3	7493 Albert Marban (M25)	3	M25-29	2nd	---				5:06.77	✓ g	5:06.8	17.45	5:06.77	72.6%
4	125 Richard Vargas (M37)	4	M35-39	1st	---				5:18.91	✓ 1	5:18.9	18.13	5:18.91	72.2%
5	113 Michael Kayser (M41)	5	M40-44	1st	---				5:23.11	x	5:23.1	18.42	5:23.11	73.4%
6	108 Jeff Hillhouse (M43)	6	M40-44	2nd	---				5:24.76	x	5:24.8	18.47	5:24.76	74.2%
7	105 Luke Halterman (M29)	7	M25-29	3rd	---				5:29.23	x	5:29.2	18.76	5:29.23	67.7%
8	121 Jessica Smith (F41)	1	F40-44	OA	---				5:32.74	□ x	5:32.7	18.93	5:32.74	80.7%
9	118 Ray Nichols (M36)	8	M35-39	2nd	---				5:35.91	x	5:35.9	19.10	5:35.91	68.1%
10	111 Daniel Hopkins (M36)	9	M35-39	3rd	---				5:42.51	x	5:42.5	19.50	5:42.51	66.8%
11	6004 Scott Davis (M15)	10	M15-19	1st	---				5:53.80	x	5:53.8	20.13	5:53.80	67.9%
12	6009 Joseph Martinez (M16)	11	M15-19	2nd	---				5:55.10	x	5:55.1	20.24	5:55.10	66.6%
13	7222 Rich Weklar (M48)	12	M45-49	1st	---				6:18.01		6:18.0	21.55	6:18.01	66.3%
14	6003 William Crowfoot (M19)	13	M15-19	3rd	---				6:29.39	x	6:29.4	22.18	6:29.39	58.4%
15	7117 Vijayan Nair (M56)	14	M55-59	1st	---				7:19.73		7:19.7	25.03	7:19.73	60.8%
16	7193 Julio Lopez (M63)	15	M60-64	1st	---				7:29.57		7:29.6	25.60	7:29.57	63.2%
17	7494 German Marban (M13)	16	M10-14	1st	---				7:37.36		7:37.4	26.06	7:37.36	54.7%
18	7495 Enrique Marban (M11)	17	M10-14	2nd	---				7:43.18		7:43.2	26.40	7:43.18	57.0%
19	7089 John Nance (M71)	18	M70-74	1st	---				7:47.07		7:47.1	26.63	7:47.07	65.9%
20	7283 Ruben Reyes (M63)	19	M60-64	2nd	---				8:05.34		8:05.3	27.65	8:05.34	58.6%
21	7070 Kendall Black (M70)	20	M70-74	2nd	---				9:31.48		9:31.5	32.56	9:31.48	53.2%
22	7008 David Mask (M67)	21	M65-69	1st	---				9:36.32		9:36.3	32.84	9:36.32	51.2%
23	7261 John Kramer (M57)	22	M55-59	2nd	---				10:01.69		10:01.7	34.27	10:01.69	44.8%
24	7198 Yanira Lopez (F56)	2	F55-59	1st	---				11:44.81		11:44.8	40.14	11:44.81	45.9%

✓ 2 Club PR's

Average Finish Time: 06:52 10 First Timers Average Age Grade: 64.3%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	6005 Marquentin Barnes (M18)	1	M15-19	OA	---	8:32	8:43	+11	17:15.68	ℓ x	5:33.4	17.25	17:15.68	77.3%
2	7493 Albert Marban (M25)	2	M25-29	1st	0.6	9:01	8:58	-3	17:58.51	ℓ	5:47.1	17.97	17:59.09	71.8%
3	6962 Justin Miller (M15)	3	M15-19	1st	---	9:09	9:02	-7	18:11.45	✓ 2	5:51.3	18.18	18:11.45	76.5%
4	101 Cole Atchison (M25)	4	M25-29	2nd	1.4	9:47	10:04	+17	19:50.73	ℓ	6:23.3	19.83	19:52.09	65.0%
5	6879 Emily Denny (F29)	1	F25-29	OA	---	9:49	10:05	+16	19:54.70	✓ 1	6:24.5	19.90	19:54.70	74.3%
6	125 Richard Vargas (M37)	5	M35-39	1st	1.9	9:47	10:08	+21	19:55.82		6:24.9	19.92	19:57.75	67.0%
7	7580 Robert Flores (M38)	6	M35-39	2nd	1.2	9:45	10:37	+52	20:22.51		6:33.5	20.37	20:23.75	66.0%
8	7011 Blair Casey (M32)	7	M30-34	1st	---	10:29	10:45	+15	21:14.39		6:50.2	21.23	21:14.39	61.2%
9	6746 Sean Horner (M51)	8	M50-54	MS	0.9	10:25	10:56	+32	21:20.78	x	6:52.2	21.33	21:21.72	69.7%
10	7159 Robert Landon (M60)	9	M60-64	SR	1.3	10:50	10:45	-5	21:34.14	✓ 3	6:56.5	21.57	21:35.40	74.4%
11	6004 Scott Davis (M15)	10	M15-19	2nd	0.1	10:25	11:24	+60	21:49.01	ℓ x	7:01.3	21.82	21:49.11	63.8%
12	6009 Joseph Martinez (M16)	11	M15-19	3rd	2.1	10:34	11:24	+50	21:57.49	ℓ x	7:04.1	21.95	21:59.58	62.4%
13	7222 Rich Weklar (M48)	12	M45-49	1st	3.4	11:18	11:31	+14	22:48.71	ℓ	7:20.5	22.80	22:52.12	63.6%
14	7117 Vijayan Nair (M56)	13	M55-59	1st	---	11:28	11:37	+8	23:05.21	ℓ	7:25.9	23.08	23:05.21	67.1%
15	7405 Steve Russo (M55)	14	M55-59	2nd	3.1	11:31	11:49	+18	23:20.17		7:30.7	23.33	23:23.23	65.8%
16	7299 David Lewis (M48)	15	M45-49	2nd	1.8	11:36	12:10	+34	23:46.22		7:39.1	23.77	23:48.03	61.1%
17	7012 Doug Waters (M54)	16	M50-54	1st	3.4	12:05	11:52	-13	23:56.64		7:42.4	23.93	24:00.06	63.6%
18	6784 Sarah Meyer (F42)	2	F40-44	MS	5.4	11:40	12:23	+44	24:02.88	✓ 3	7:44.4	24.03	24:08.27	64.7%
19	6998 Ed Haynes (M47)	17	M45-49	3rd	2.2	11:32	12:38	+66	24:09.68		7:46.6	24.15	24:11.89	59.6%
20	6807 Serge Reshetnikov (M34)	18	M30-34	2nd	2.1	11:30	12:45	+75	24:14.61	x	7:48.2	24.23	24:16.72	54.1%
21	111 Daniel Hopkins (M36)	19	M35-39	3rd	6.4	12:38	11:57	-40	24:34.97	ℓ x	7:54.7	24.57	24:41.32	53.9%
22	121 Jessica Smith (F41)	3	F40-44	1st	2.1				24:39.66	ℓ x	7:56.3	24.65	24:41.77	62.6%

FN*: □ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

6/30/2019

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

△ Negative Split

 DeltaViewTiming.com

23	7255	John Cosentino (M56)	20	M55-59	3rd	3.4	12:39	12:24	-15	25:03.32		8:03.9	25.05	25:06.71	61.9%
24	7193	Julio Lopez (M63)	21	M60-64	1st	2.4	12:36	13:10	+34	25:46.09	ℓ	8:17.6	25.77	25:48.52	63.9%
25	7097	Nathan Bruser (M48)	22	M45-49	4th	10.3	12:53	12:46	-7	25:39.54		8:15.5	25.65	25:49.87	56.6%
26	6003	William Crowfoot (M19)	23	M15-19	4th	1.8	12:39	13:10	+31	25:48.49	ℓ x	8:18.4	25.80	25:50.30	51.1%
27	6011	John Myers (M40)	24	M40-44	1st	4.2	13:12	13:22	+10	26:33.68		8:33.0	26.55	26:37.92	51.4%
28	6007	Jeff Gardner (M59)	25	M55-59	4th	4.4	13:25	13:10	-15	26:35.17	✓ 1	8:33.4	26.58	26:39.53	59.8%
29	7089	John Nance (M71)	26	M70-74	1st	5.7	13:33	13:27	-6	26:59.50	ℓ	8:41.3	26.98	27:05.21	66.1%
30	6008	Evie Flores (F15)	4	F15-19	1st	4.5	12:51	14:16	+85	27:07.17		8:43.7	27.12	27:11.64	57.1%
31	7563	Tomas Bern (M55)	27	M55-59	5th	4.0	14:01	14:37	+36	28:37.55		9:12.8	28.62	28:41.52	53.7%
32	7283	Ruben Reyes (M63)	28	M60-64	2nd	8.7	14:55	15:19	+24	30:14.00	ℓ	9:43.9	30.23	30:22.72	54.5%
33	7449	Kumiko McCoy (F70)	5	F70-74	SR	6.6	15:26	15:36	+10	31:02.30	□	9:59.4	31.03	31:08.91	72.6%
34	7070	Kendall Black (M70)	29	M70-74	2nd	4.2	15:43	15:50	+7	31:32.45	ℓ	10:09.1	31.53	31:36.68	55.9%
35	7008	David Mask (M67)	30	M65-69	1st	9.7	16:03	15:27	-36	31:30.08	ℓ	10:08.4	31.50	31:39.80	54.2%
36	6994	Bill Shirley (M76)	31	M75-79	1st	2.9	15:48	15:59	+11	31:46.82		10:13.7	31.77	31:49.71	60.7%
37	6010	Chris Wong (M49)	32	M45-49	5th	5.8	17:11	15:48	-83	32:59.05	x	10:37.0	32.98	33:04.80	44.4%
38	7050	Chris Goins (M48)	33	M45-49	6th	6.9	16:23	17:01	+38	33:24.47	✓ 17	10:45.2	33.40	33:31.34	43.4%
39	7049	Maxx Pomm (M69)	34	M65-69	2nd	2.9	16:33	17:05	+32	33:38.79		10:49.8	33.63	33:41.70	51.8%
40	7454	Betsy Palmer (F58)	6	F55-59	1st	13.0	17:04	16:27	-37	33:30.63		10:47.2	33.50	33:43.61	56.1%
41	7044	Amie Goins (F47)	7	F45-49	1st	7.9	16:43	17:03	+20	33:46.25		10:52.2	33.77	33:54.19	48.3%
42	7198	Yanira Lopez (F56)	8	F55-59	2nd	15.1	17:46	18:00	+14	35:45.15	ℓ	11:30.5	35.75	36:00.30	51.1%
43	7106	Robert Simpson (M64)	35	M60-64	3rd	10.7	17:57	18:37	+40	36:34.55		11:46.4	36.57	36:45.21	45.4%
44	7082	Chara Rollins (F37)	9	F35-39	1st	8.6	18:42	19:48	+66	38:29.95	✓ 2	12:23.5	38.48	38:38.57	39.2%
45	7024	Carol Creech (F68)	10	F65-69	1st	6.5	20:46	20:53	+7	41:39.18		13:24.4	41.65	41:45.66	52.4%
46	7145	Betsy Veneziano (F74)	11	F70-74	1st	4.2	21:51	22:52	+61	44:42.94		14:23.6	44.70	44:47.19	54.0%
47	7261	John Kramer (M57)	36	M55-59	6th	224.7	21:25	20:35	-50	42:00.27	ℓ	13:31.2	42.00	45:45.01	37.2%
48	7246	Sheila Holen (F48)	12	F45-49	2nd	7.1	23:44	24:42	+58	48:26.14	✓ 17	15:35.4	48.43	48:33.25	34.1%
49	7455	Rosemary Lewis (F64)	13	F60-64	1st	14.8	28:42	28:24	-18	57:05.18		18:22.5	57.08	57:19.93	35.9%
50	7148	Scott Ahlstrom (M70)	37	M70-74	3rd	8.6	28:47	28:55	+8	57:42.00		18:34.3	57.70	57:50.62	30.5%
35 Positive Split 14 Negative Split ✓ 8 Club PR's Average Finish Time: 28:52 <u>9 First Timers</u> Average Age Grade: 57.8%															

Sorted Age Grades

1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	8	Jessica Smith	F41	5:32.74	80.7%	New
2	1	Marquentin Barnes	M18	4:51.54	79.0%	New
3	2	Cole Atchison	M25	4:59.41	74.3%	
4	6	Jeff Hillhouse	M43	5:24.76	74.2%	New
5	5	Michael Kayser	M41	5:23.11	73.4%	New
6	3	Albert Marban	M25	5:06.77	72.6%	Move UP
7	4	Richard Vargas	M37	5:18.91	72.2%	New
8	9	Ray Nichols	M36	5:35.91	68.1%	New
9	11	Scott Davis	M15	5:53.80	67.9%	New
10	7	Luke Halterman	M29	5:29.23	67.7%	New
11	10	Daniel Hopkins	M36	5:42.51	66.8%	New
12	12	Joseph Martinez	M16	5:55.10	66.6%	New
13	13	Rich Weklar	M48	6:18.01	66.3%	
14	19	John Nance	M71	7:47.07	65.9%	
15	16	Julio Lopez	M63	7:29.57	63.2%	
16	15	Vijayan Nair	M56	7:19.73	60.8%	
17	20	Ruben Reyes	M63	8:05.34	58.6%	
18	14	William Crowfoot	M19	6:29.39	58.4%	
19	18	Enrique Marban	M11	7:43.18	57.0%	
20	17	German Marban	M13	7:37.36	54.7%	
21	21	Kendall Black	M70	9:31.48	53.2%	
22	22	David Mask	M67	9:36.32	51.2%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Marquentin Barnes	M18	17:15.68	77.3%	New
2	3	Justin Miller	M15	18:11.45	76.5%	Move UP
3	10	Robert Landon	M60	21:34.14	74.4%	Move UP
4	5	Emily Denny	F29	19:54.70	74.3%	Move UP
5	33	Kumiko McCoy	F70	31:02.30	72.6%	
6	2	Albert Marban	M25	17:58.51	71.8%	
7	9	Sean Horner	M51	21:20.78	69.7%	New
8	14	Vijayan Nair	M56	23:05.21	67.1%	
9	6	Richard Vargas	M37	19:55.82	67.0%	
10	29	John Nance	M71	26:59.50	66.1%	
11	7	Robert Flores	M38	20:22.51	66.0%	
12	15	Steve Russo	M55	23:20.17	65.8%	
13	4	Cole Atchison	M25	19:50.73	65.0%	
14	18	Sarah Meyer	F42	24:02.88	64.7%	
15	24	Julio Lopez	M63	25:46.09	63.9%	
16	11	Scott Davis	M15	21:49.01	63.8%	
17	17	Doug Waters	M54	23:56.64	63.6%	
18	13	Rich Weklar	M48	22:48.71	63.6%	
19	22	Jessica Smith	F41	24:39.66	62.6%	
20	12	Joseph Martinez	M16	21:57.49	62.4%	
21	23	John Cosentino	M56	25:03.32	61.9%	
22	8	Blair Casey	M32	21:14.39	61.2%	
23	16	David Lewis	M48	23:46.22	61.1%	
24	36	Bill Shirley	M76	31:46.82	60.7%	
25	28	Jeff Gardner	M59	26:35.17	59.8%	
26	19	Ed Haynes	M47	24:09.68	59.6%	
27	30	Evie Flores	F15	27:07.17	57.1%	
28	25	Nathan Bruser	M48	25:39.54	56.6%	
29	40	Betsy Palmer	F58	33:30.63	56.1%	
30	34	Kendall Black	M70	31:32.45	55.9%	
31	32	Ruben Reyes	M63	30:14.00	54.5%	
32	35	David Mask	M67	31:30.08	54.2%	
33	20	Serge Reshetnikov	M34	24:14.61	54.1%	
34	46	Betsy Veneziano	F74	44:42.94	54.0%	
35	21	Daniel Hopkins	M36	24:34.97	53.9%	
36	31	Tomas Bern	M55	28:37.55	53.7%	
37	45	Carol Creech	F68	41:39.18	52.4%	
38	39	Maxx Pomm	M69	33:38.79	51.8%	
39	27	John Myers	M40	26:33.68	51.4%	
40	42	Yanira Lopez	F56	35:45.15	51.1%	
41	26	William Crowfoot	M19	25:48.49	51.1%	

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