

# Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Albert Marban	5:36.39	Albert Marban	17:45.42	J D Sandfort	21:06.00	Robert Landon	22:33.09
Mala Francis	6:45.38	Emily Denny	20:02.95	Stacie Sauber	22:52.29	Kim Andres	27:16.62

## 5K MALE

		28 MALE Runners --- Average Time of 28:35					Avg. Age Grade: 57.9%		Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Albert Marban	Farmers Branch	(25)	8:51	+4	17:45.42	ML	5:42.9	72.6%	1	1
MASTERS	1 J D Sandfort	Coppell	(54)	10:31	+4	21:06.00		6:47.5	72.2%	4	3
SENIORS	1 Robert Landon	Allen	(59)	11:18	-3	22:33.09	✓	7:15.5	70.5%	5	4
M15-19	1 Joe Wales	Carrollton	(17)			23:42.00	ML	7:37.7	57.0%	11	9
M30-34	1 Chris Jamison	Blue Ridge	(31)	8:51	+42	18:24.89		5:55.6	70.4%	2	2
	2 Blair Casey	Carrollton	(32)	11:14	+5	22:34.24		7:15.9	57.6%	6	5
M35-39	1 Chris McCrackin	Lewisville	(37)	17:32	+182	38:05.21	ML✓	12:15.5	35.1%	36	23
M45-49	1 Ed Haynes		(47)	11:22	+38	23:20.53		7:30.8	61.7%	10	8
	2 Marcus O'con	Dallas	(48)	11:54	-7	23:40.55	ML	7:37.2	61.3%	12	10
	3 Rich Weklar	Bartonville	(48)	11:30	+49	23:49.83	ML	7:40.2	60.9%	13	11
	4 Nathan Bruser	Higland Village	(47)	14:36	-105	27:26.50	ML	8:50.0	52.5%	21	17
	5 Chris Goins	Garland	(48)	18:38	+9	37:24.85		12:02.5	38.8%	34	22
M50-54	1 Rob Preston	Irving	(54)	12:44	-18	25:09.33	ML	8:05.8	60.6%	15	13
	2 Doug Waters	Carrollton	(54)	13:59	+21	28:19.19	ML	9:06.9	53.8%	23	18
M55-59	1 Steve Russo	Plano	(55)	11:14	+14	22:42.13		7:18.4	67.7%	7	6
	2 Vijayan Nair	Plano	(56)	11:16	+21	22:52.30	ML	7:21.7	67.8%	8	7
	3 John Kramer	Plano	(57)	21:25	-66	41:44.66	ML	13:26.2	37.4%	41	27
M60-64	1 Randy Wolf	Grapevine	(62)	12:47	-36	24:57.27		8:01.9	65.4%	14	12
	2 Julio Lopez	Farmers Branch	(63)	12:31	+16	25:18.73	ML	8:08.8	65.1%	16	14
	3 Ruben Arevalo	Carrollton	(63)	13:13	+11	26:37.13	ML	8:34.1	61.9%	19	16
	4 Ruben Reyes	Carrollton	(63)	15:00	+35	30:35.39	ML	9:50.8	53.8%	27	20
	5 Robert Simpson	Coppell	(64)	18:39	+50	38:08.42		12:16.6	43.6%	37	24
	6 Steven Johnson	Farmers Branch	(60)	18:00	+182	39:01.93		12:33.8	41.1%	39	25
M65-69	1 David Mask	Lewisville	(66)	15:08	+58	31:12.82	ML	10:02.8	54.2%	28	21
M70-74	1 John Nance	Rowlett	(70)	12:34	+15	25:23.84		8:10.5	69.4%	17	15
	2 Scott Ahlstrom	Carrollton	(70)	24:56	-77	48:34.96		15:38.2	36.3%	42	28
M75-79	1 Wally Capps	Farmers Branch	(78)	14:19	+34	29:12.49	ML	9:24.1	68.7%	24	19
M80-99	1 Charles Key	Dallas	(87)	20:17	+7	40:41.36		13:05.8	64.3%	40	26

# 5K FEMALE

16 FEMALE Runners --- Average Time of

33:37

Avg. Age Grade: 56.8%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Emily Denny	Mckinney	(29)	10:01	+0	20:02.95		6:27.2	73.8%	3	1
MASTERS	1 Stacie Sauber	Grapevine	(55)	11:22	+7	22:52.29		7:21.7	78.9%	9	2
SENIORS	1 Kim Andres	Irving	(66)	13:27	+23	27:16.62		8:46.8	77.5%	20	4
F15-19	1 Mala Francis	Dallas	(15)	12:54	+5	25:53.48 M		8:20.0	59.9%	18	3
F30-34	1 Katherine Meeks	Lake Dallas	(31)	17:14	-66	33:22.79	✓	10:44.6	44.4%	30	9
F35-39	1 Chara Rollins	Dallas	(36)	19:37	-44	38:29.92	✓	12:23.5	39.0%	38	14
F40-44	1 Stacy McCrackin	Lewisville	(40)	17:35	+163	37:54.17	✓	12:12.0	40.5%	35	13
F45-49	1 Amie Goins	Garland	(47)	18:41	+3	37:24.80		12:02.5	43.6%	33	12
	2 Sheila Holen	Lewisville	(48)	25:01	-22	49:40.16 M		15:59.2	33.2%	43	15
F50-54	1 Kuay Sullivan	Coppell	(53)	14:06	+6	28:17.86 M		9:06.5	62.1%	22	5
	2 Kirsten Sandfort	Coppell	(54)	15:03	-18	29:47.59		9:35.4	59.8%	25	6
F55-59	1 Yanira Lopez	Farmers Branch	(56)	15:28	-30	30:24.83 M		9:47.4	60.1%	26	7
	2 Betsy Palmer	Carrollton	(57)	17:18	-18	34:18.05		11:02.4	54.0%	31	10
F60-64	1 Rosemary Lewis	Carrollton	(63)	27:36	+12	55:24.11		17:49.9	36.4%	44	16
F65-69	1 Kumiko McCoy	Eules	(69)	15:21	+43	31:26.24		10:07.1	70.5%	29	8
F75-79	1 Mary Kaplan	Sunrise Beach	(79)	17:42	-9	35:15.64		11:21.0	75.1%	32	11

FN\*:  Broke Age-Group Record

**GD** Place among Females

▲ Positive Split

Timing provided by:

3/31/2019

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

▲ Negative Split



**DeltaViewTiming.com**

# 1M MALE

		17 MALE Runners --- Average Time of <b>7:56</b>						Avg. Age Grade: <b>56.5%</b>		Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Albert Marban</b>	Farmers Branch	(25)			<b>5:36.39</b>		5:36.4	<b>66.2%</b>	1	1
M10-14	1 <b>German Marban</b>	Farmers Branch	(12)			<b>7:29.69</b>		7:29.7	57.1%	6	5
	2 <b>Enrique Marban</b>	Farmers Branch	(11)			<b>8:05.74</b>		8:05.7	54.3%	11	10
M15-19	1 <b>Joe Wales</b>	Carrollton	(17)			<b>6:07.71</b>		6:07.7	<b>63.4%</b>	2	2
M35-39	1 <b>Chris McCrackin</b>	Lewisville	(37)			<b>7:54.80</b>	✓	7:54.8	48.5%	10	9
M45-49	1 <b>Rich Weklar</b>	Bartonville	(48)			<b>6:38.59</b>		6:38.6	<b>62.8%</b>	4	4
	2 <b>Nathan Bruser</b>	Higland Village	(47)			<b>7:30.00</b>		7:30.0	55.2%	7	6
	3 <b>Marcus O'con</b>	Dallas	(48)			<b>8:29.35</b>		8:29.4	49.2%	12	11
M50-54	1 <b>Rob Preston</b>	Irving	(54)			<b>8:48.98</b>		8:49.0	49.7%	14	13
	2 <b>Doug Waters</b>	Carrollton	(54)			<b>9:02.57</b>		9:02.6	48.5%	15	14
M55-59	1 <b>Vijayan Nair</b>	Plano	(56)			<b>6:37.99</b>		6:38.0	<b>67.2%</b>	3	3
	2 <b>John Kramer</b>	Plano	(57)			<b>9:50.21</b>		9:50.2	45.7%	18	16
M60-64	1 <b>Ruben Arevalo</b>	Carrollton	(63)			<b>7:32.47</b>		7:32.5	<b>62.8%</b>	8	7
	2 <b>Julio Lopez</b>	Farmers Branch	(63)			<b>7:33.50</b>		7:33.5	<b>62.7%</b>	9	8
	3 <b>Ruben Reyes</b>	Carrollton	(63)			<b>8:34.98</b>		8:35.0	55.2%	13	12
M65-69	1 <b>David Mask</b>	Lewisville	(66)			<b>9:54.50</b>		9:54.5	49.1%	19	17
M75-79	1 <b>Wally Capps</b>	Farmers Branch	(78)			<b>9:04.65</b>		9:04.7	<b>63.6%</b>	16	15

# 1M FEMALE

		4 FEMALE Runners --- Average Time of <b>10:01</b>						Avg. Age Grade: <b>52.4%</b>		Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Mala Francis</b>	Dallas	(15)			<b>6:45.38</b>		6:45.4	<b>65.0%</b>	5	<b>1</b>
F45-49	1 <b>Sheila Holen</b>	Lewisville	(48)			<b>14:11.11</b>	✓	14:11.1	34.3%	21	<b>4</b>
F50-54	1 <b>Kuay Sullivan</b>	Coppell	(53)			<b>9:12.62</b>		9:12.6	56.2%	17	<b>2</b>
F55-59	1 <b>Yanira Lopez</b>	Farmers Branch	(56)			<b>9:56.16</b>		9:56.2	54.3%	20	<b>3</b>

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	6997 Albert Marban (M25)	1	M25-29	OA	---				5:36.39		5:36.4	19.16	5:36.39	66.2%
2	6996 Joe Wales (M17)	2	M15-19	1st	---				6:07.71		6:07.7	20.93	6:07.71	63.4%
3	7117 Vijayan Nair (M56)	3	M55-59	1st	---				6:37.99		6:38.0	22.64	6:37.99	67.2%
4	7222 Rich Weklar (M48)	4	M45-49	1st	---				6:38.59		6:38.6	22.69	6:38.59	62.8%
5	7564 Mala Francis (F15)	1	F15-19	OA	---				6:45.38		6:45.4	23.09	6:45.38	65.0%
6	6998 German Marban (M12)	5	M10-14	1st	---				7:29.69		7:29.7	25.60	7:29.69	57.1%
7	7097 Nathan Bruser (M47)	6	M45-49	2nd	---				7:30.00		7:30.0	25.66	7:30.00	55.2%
8	7155 Ruben Arevalo (M63)	7	M60-64	1st	---				7:32.47		7:32.5	25.77	7:32.47	62.8%
9	7193 Julio Lopez (M63)	8	M60-64	2nd	---				7:33.50		7:33.5	25.83	7:33.50	62.7%
10	6864 Chris McCrackin (M37)	9	M35-39	1st	---				7:54.80	✓ 1	7:54.8	27.03	7:54.80	48.5%
11	6628 Enrique Marban (M11)	10	M10-14	2nd	---				8:05.74		8:05.7	27.65	8:05.74	54.3%
12	7270 Marcus O'con (M48)	11	M45-49	3rd	---				8:29.35		8:29.4	29.02	8:29.35	49.2%
13	7283 Ruben Reyes (M63)	12	M60-64	3rd	---				8:34.98		8:35.0	29.31	8:34.98	55.2%
14	7192 Rob Preston (M54)	13	M50-54	1st	---				8:48.98		8:49.0	30.11	8:48.98	49.7%
15	7012 Doug Waters (M54)	14	M50-54	2nd	---				9:02.57		9:02.6	30.90	9:02.57	48.5%
16	7916 Wally Capps (M78)	15	M75-79	1st	---				9:04.65		9:04.7	31.02	9:04.65	63.6%
17	7265 Kuay Sullivan (F53)	2	F50-54	1st	---				9:12.62		9:12.6	31.47	9:12.62	56.2%
18	7261 John Kramer (M57)	16	M55-59	2nd	---				9:50.21		9:50.2	33.64	9:50.21	45.7%
19	7008 David Mask (M66)	17	M65-69	1st	---				9:54.50		9:54.5	33.87	9:54.50	49.1%
20	7198 Yanira Lopez (F56)	3	F55-59	1st	---				9:56.16		9:56.2	33.98	9:56.16	54.3%
21	7246 Sheila Holen (F48)	4	F45-49	1st	---				14:11.11	✓ 2	14:11.1	48.52	14:11.11	34.3%
✓ 2 Club PR's						Average Finish Time: 08:19				Average Age Grade: 55.8%				

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	6997 Albert Marban (M25)	1	M25-29	OA	---	8:51	8:55	+4	17:45.42	ℓ	5:42.9	17.75	17:45.42	72.6%
2	6870 Chris Jamison (M31)	2	M30-34	1st	---	8:51	9:33	+42	18:24.89	⊗	5:55.6	18.40	18:24.89	70.4%
3	6879 Emily Denny (F29)	1	F25-29	OA	---	10:01	10:02	+0	20:02.95	⊗	6:27.2	20.03	20:02.95	73.8%
4	6004 J D Sandfort (M54)	3	M50-54	MS	0.9	10:31	10:35	+4	21:06.00	⊗	6:47.5	21.10	21:06.89	72.2%
5	6811 Robert Landon (M59)	4	M55-59	SR	1.4	11:18	11:15	-3	22:33.09	✓ 2	7:15.5	22.55	22:34.49	70.5%
6	7011 Blair Casey (M32)	5	M30-34	2nd	1.4	11:14	11:20	+5	22:34.24		7:15.9	22.57	22:35.64	57.6%
7	7405 Steve Russo (M55)	6	M55-59	1st	1.0	11:14	11:28	+14	22:42.13		7:18.4	22.70	22:43.15	67.7%
8	7117 Vijayan Nair (M56)	7	M55-59	2nd	---	11:16	11:37	+21	22:52.30	ℓ	7:21.7	22.87	22:52.30	67.8%
9	6001 Stacie Sauber (F55)	2	F55-59	MS	1.4	11:22	11:30	+7	22:52.29	⊗	7:21.7	22.87	22:53.65	78.9%
10	6003 Ed Haynes (M47)	8	M45-49	1st	2.5	11:22	11:59	+38	23:20.53	⊗	7:30.8	23.33	23:23.04	61.7%
11	6996 Joe Wales (M17)	9	M15-19	1st	---				23:42.00	ℓ	7:37.7	23.70	23:42.00	57.0%
12	7270 Marcus O'con (M48)	10	M45-49	2nd	3.3	11:54	11:47	-7	23:40.55	ℓ	7:37.2	23.67	23:43.85	61.3%
13	7222 Rich Weklar (M48)	11	M45-49	3rd	1.6	11:30	12:20	+49	23:49.83	ℓ	7:40.2	23.82	23:51.45	60.9%
14	6002 Randy Wolf (M62)	12	M60-64	1st	---	12:47	12:11	-36	24:57.27	⊗	8:01.9	24.95	24:57.27	65.4%
15	7192 Rob Preston (M54)	13	M50-54	1st	3.7	12:44	12:26	-18	25:09.33	ℓ	8:05.8	25.15	25:13.02	60.6%
16	7193 Julio Lopez (M63)	14	M60-64	2nd	0.8	12:31	12:47	+16	25:18.73	ℓ	8:08.8	25.30	25:19.57	65.1%
17	7089 John Nance (M70)	15	M70-74	1st	1.6	12:34	12:49	+15	25:23.84		8:10.5	25.38	25:25.46	69.4%
18	7564 Mala Francis (F15)	3	F15-19	1st	2.8	12:54	12:59	+5	25:53.48	ℓ	8:20.0	25.88	25:56.30	59.9%
19	7155 Ruben Arevalo (M63)	16	M60-64	3rd	1.9	13:13	13:24	+11	26:37.13	ℓ	8:34.1	26.62	26:39.04	61.9%
20	7040 Kim Andres (F66)	4	F65-69	SR	1.8	13:27	13:50	+23	27:16.62		8:46.8	27.27	27:18.41	77.5%
21	7097 Nathan Bruser (M47)	17	M45-49	4th	35.7	14:36	12:51	-105	27:26.50	ℓ	8:50.0	27.43	28:02.17	52.5%
22	7265 Kuay Sullivan (F53)	5	F50-54	1st	3.9	14:06	14:12	+6	28:17.86	ℓ	9:06.5	28.28	28:21.80	62.1%
23	7012 Doug Waters (M54)	18	M50-54	2nd	3.4	13:59	14:20	+21	28:19.19	ℓ	9:06.9	28.32	28:22.58	53.8%
24	7916 Wally Capps (M78)	19	M75-79	1st	2.5	14:19	14:53	+34	29:12.49	ℓ	9:24.1	29.20	29:14.99	68.7%
25	6005 Kirsten Sandfort (F54)	6	F50-54	2nd	26.8	15:03	14:45	-18	29:47.59	⊗	9:35.4	29.78	30:14.43	59.8%

26	7198	Yanira Lopez (F56)	7	F55-59	1st	6.3	15:28	14:57	-30	30:24.83	ℓ	9:47.4	30.40	30:31.18	60.1%
27	7283	Ruben Reyes (M63)	20	M60-64	4th	5.3	15:00	15:35	+35	30:35.39	ℓ	9:50.8	30.58	30:40.66	53.8%
28	7008	David Mask (M66)	21	M65-69	1st	4.4	15:08	16:05	+58	31:12.82	ℓ	10:02.8	31.20	31:17.19	54.2%
29	7449	Kumiko McCoy (F69)	8	F65-69	1st	6.0	15:21	16:05	+43	31:26.24		10:07.1	31.43	31:32.24	70.5%
30	6895	Katherine Meeks (F31)	9	F30-34	1st	4.2	17:14	16:09	-66	33:22.79	✓ 1	10:44.6	33.37	33:26.96	44.4%
31	7454	Betsy Palmer (F57)	10	F55-59	2nd	9.2	17:18	17:00	-18	34:18.05		11:02.4	34.30	34:27.26	54.0%
32	6932	Mary Kaplan (F79)	11	F75-79	1st	2.8	17:42	17:33	-9	35:15.64		11:21.0	35.25	35:18.41	75.1%
33	7044	Amie Goins (F47)	12	F45-49	1st	6.5	18:41	18:44	+3	37:24.80		12:02.5	37.40	37:31.29	43.6%
34	7050	Chris Goins (M48)	22	M45-49	5th	6.7	18:38	18:47	+9	37:24.85		12:02.5	37.40	37:31.58	38.8%
35	6862	Stacy McCrackin (F40)	13	F40-44	1st	4.0	17:35	20:19	+163	37:54.17	✓ 1	12:12.0	37.90	37:58.18	40.5%
36	6864	Chris McCrackin (M37)	23	M35-39	1st	4.5	17:32	20:34	+182	38:05.21	ℓ ✓ 1	12:15.5	38.08	38:09.71	35.1%
37	7106	Robert Simpson (M64)	24	M60-64	5th	10.4	18:39	19:29	+50	38:08.42		12:16.6	38.13	38:18.84	43.6%
38	7082	Chara Rollins (F36)	14	F35-39	1st	9.3	19:37	18:53	-44	38:29.92	✓ 1	12:23.5	38.48	38:39.24	39.0%
39	7258	Steven Johnson (M60)	25	M60-64	6th	7.4	18:00	21:02	+182	39:01.93		12:33.8	39.02	39:09.33	41.1%
40	7131	Charles Key (M87)	26	M80-99	1st	2.5	20:17	20:24	+7	40:41.36		13:05.8	40.68	40:43.90	64.3%
41	7261	John Kramer (M57)	27	M55-59	3rd	244.1	21:25	20:19	-66	41:44.66	ℓ	13:26.2	41.73	45:48.73	37.4%
42	7148	Scott Ahlstrom (M70)	28	M70-74	2nd	7.3	24:56	23:39	-77	48:34.96		15:38.2	48.57	48:42.24	36.3%
43	7246	Sheila Holen (F48)	15	F45-49	2nd	11.3	25:01	24:39	-22	49:40.16	ℓ	15:59.2	49.67	49:51.49	33.2%
44	7455	Rosemary Lewis (F63)	16	F60-64	1st	12.4	27:36	27:48	+12	55:24.11		17:49.9	55.40	55:36.50	36.4%
<b>29 Positive Split</b> <b>14 Negative Split</b> ✓ <b>5 Club PR's</b>										Average Finish Time: <b>30:24</b> <i>7 First Timers</i>			Average Age Grade: <b>57.5%</b>		

# Sorted Age Grades

## 1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	3	Vijayan Nair	M56	6:37.99	67.2%	
2	1	Albert Marban	M25	5:36.39	66.2%	
3	5	Mala Francis	F15	6:45.38	65.0%	
4	16	Wally Capps	M78	9:04.65	63.6%	
5	2	Joe Wales	M17	6:07.71	63.4%	
6	4	Rich Weklar	M48	6:38.59	62.8%	
7	8	Ruben Arevalo	M63	7:32.47	62.8%	
8	9	Julio Lopez	M63	7:33.50	62.7%	
9	6	German Marban	M12	7:29.69	57.1%	
10	17	Kuay Sullivan	F53	9:12.62	56.2%	
11	7	Nathan Bruser	M47	7:30.00	55.2%	
12	13	Ruben Reyes	M63	8:34.98	55.2%	
13	11	Enrique Marban	M11	8:05.74	54.3%	
14	20	Yanira Lopez	F56	9:56.16	54.3%	

## 5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	9	Stacie Sauber	F55	22:52.29	78.9%	New
2	20	Kim Andres	F66	27:16.62	77.5%	
3	32	Mary Kaplan	F79	35:15.64	75.1%	
4	3	Emily Denny	F29	20:02.95	73.8%	New
5	1	Albert Marban	M25	17:45.42	72.6%	
6	4	J D Sandfort	M54	21:06.00	72.2%	New
7	29	Kumiko McCoy	F69	31:26.24	70.5%	
8	5	Robert Landon	M59	22:33.09	70.5%	New
9	2	Chris Jamison	M31	18:24.89	70.4%	New
10	17	John Nance	M70	25:23.84	69.4%	
11	24	Wally Capps	M78	29:12.49	68.7%	
12	8	Vijayan Nair	M56	22:52.30	67.8%	
13	7	Steve Russo	M55	22:42.13	67.7%	
14	14	Randy Wolf	M62	24:57.27	65.4%	New
15	16	Julio Lopez	M63	25:18.73	65.1%	
16	40	Charles Key	M87	40:41.36	64.3%	
17	22	Kuay Sullivan	F53	28:17.86	62.1%	
18	19	Ruben Arevalo	M63	26:37.13	61.9%	
19	10	Ed Haynes	M47	23:20.53	61.7%	
20	12	Marcus O'con	M48	23:40.55	61.3%	
21	13	Rich Weklar	M48	23:49.83	60.9%	
22	15	Rob Preston	M54	25:09.33	60.6%	
23	26	Yanira Lopez	F56	30:24.83	60.1%	
24	18	Mala Francis	F15	25:53.48	59.9%	
25	25	Kirsten Sandfort	F54	29:47.59	59.8%	
26	6	Blair Casey	M32	22:34.24	57.6%	
27	11	Joe Wales	M17	23:42.00	57.0%	
28	28	David Mask	M66	31:12.82	54.2%	
29	31	Betsy Palmer	F57	34:18.05	54.0%	
30	27	Ruben Reyes	M63	30:35.39	53.8%	
31	23	Doug Waters	M54	28:19.19	53.8%	
32	21	Nathan Bruser	M47	27:26.50	52.5%	

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 &gt; 65%

65% Boston-Qualifier Approximate Level

60% Local Class Level

50% Average Class Level