

Sunday, May 26, 2019

Carrollton Runners Mile + 5K

74F Cloudy 75%H 10mphS

www.CarrolltonRunners.com

@Josey Ranch Athletic Complex, Carrollton TX

Mile Off :7:35 am

5K Off :7:53 am

Mile Overall		5K Overall		5K Masters		5K Seniors	
Albert Marban	5:18.03	Albert Marban	19:37.75	Ryan Loehding	21:43.19	Vijayan Nair	24:52.35
Kuay Sullivan	8:53.20	Iris Pizzarello	24:54.45	Kuay Sullivan	29:13.66	Yanira Lopez	33:19.79

5K MALE

		25 MALE Runners --- Average Time of 29:24				Avg. Age Grade: 54.3%		Place in			
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Albert Marban	Farmers Branch	(25)			19:37.75 \mathcal{M}		6:19.1	65.7%	1	1
MASTERS	1 Ryan Loehding	Carrollton	(46)			21:43.19 \mathcal{M}		6:59.5	65.8%	5	5
SENIORS	1 Vijayan Nair	Plano	(56)			24:52.35 \mathcal{M}		8:00.3	62.3%	9	9
M01-09	1 Adam Koppel	Flower Mound	(8)			34:05.97		10:58.5	49.9%	24	18
	2 Hunter Dorriil	Dallas	(9)			39:08.00		12:35.7	41.8%	31	23
M25-29	1 Cole Atchison	Lewisville	(25)			19:56.17 \mathcal{M}		6:25.0	64.7%	2	2
M30-34	1 Blair Casey	Carrollton	(32)			20:19.74		6:32.6	64.0%	3	3
	2 Gary Michael Kemp	Carrollton	(31)			25:44.98		8:17.3	50.3%	12	11
M35-39	1 Robert Flores	Aubrey	(38)			21:08.77		6:48.4	63.6%	4	4
	2 Ryan Sybertz	Dallas	(35)			37:16.01		11:59.7	35.4%	29	21
M45-49	1 Ed Haynes	Flower Mound	(47)			23:50.74		7:40.5	60.4%	6	6
	2 Lowell Koppel	Flower Mound	(46)			34:04.72		10:58.1	41.9%	23	17
	3 Chris Goins	Garland	(48)			34:23.45		11:04.2	42.2%	26	20
M50-54	1 Doug Waters	Carrollton	(54)			24:06.17		7:45.5	63.2%	7	7
	2 Rob Preston	Irving	(54)			24:45.14 \mathcal{M}		7:58.0	61.6%	8	8
M55-59	1 Todd Ridley	Farmers Branch	(56)			34:04.01		10:57.9	45.5%	25	19
	2 John Kramer	Plano	(57)			40:56.70 \mathcal{M}		13:10.7	38.2%	33	25
M60-64	1 Julio Lopez	Farmers Branch	(63)			24:54.78 \mathcal{M}		8:01.1	66.1%	11	10
	2 Ruben Arevalo	Carrollton	(63)			26:53.56 \mathcal{M}		8:39.4	61.2%	13	12
	3 Ruben Reyes	Carrollton	(63)			32:58.67 \mathcal{M}		10:36.9	49.9%	18	15
	4 Robert Simpson	Coppell	(64)			37:59.89		12:13.8	43.7%	30	22
	5 Gary Kemp	Carrollton	(63)			40:26.92		13:01.2	40.7%	32	24
M65-69	1 David Mask	Lewisville	(67)			30:44.66 \mathcal{M}		9:53.7	55.6%	17	14
M70-74	1 John Nance	Rowlett	(71)			26:55.68		8:40.0	66.3%	14	13
M75-79	1 Bill Shirley	Dallas	(76)			33:58.22 \mathcal{M}		10:56.0	56.8%	22	16

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

Positive Split
 Negative Split

Timing provided by:  5/26/2019
DeltaViewTiming.com

5K FEMALE

10 FEMALE Runners --- Average Time of **34:58** Avg. Age Grade: **50.8%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Iris Pizzarello	Carrollton	(31)			24:54.45		8:01.0	59.5%	10	1
MASTERS	1 Kuay Sullivan	Coppell	(53)			29:13.66 M		9:24.5	60.1%	15	2
SENIORS	1 Yanira Lopez	Farmers Branch	(56)			33:19.79 M		10:43.7	54.9%	20	5
F30-34	1 Brittany McLaughlin	Carrollton	(30)			30:39.91		9:52.2	48.3%	16	3
	2 Michelle Castro	Bedford	(34)			33:24.16		10:45.1	44.6%	19	4
F45-49	1 Amie Goins	Garland	(47)			35:22.16		11:23.1	46.1%	27	7
F50-54	1 Elise Harper	Allen	(50)			33:31.52 M ✓		10:47.4	50.5%	21	6
F55-59	1 Betsy Palmer	Carrollton	(58)			36:30.58		11:45.1	51.5%	28	8
F60-64	1 Rosemary Lewis	Carrollton	(64)			51:04.05 ✓		16:26.2	40.1%	35	10
F65-69	1 Carol Creech	Plano	(68)			41:36.76		13:23.6	52.4%	34	9

1M MALE

14 MALE Runners --- Average Time of **8:21** Avg. Age Grade: **55.9%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Albert Marban	Farmers Branch	(25)			5:18.03		5:18.0	70.0%	1	1
M10-14	1 Enrique Marban	Farmers Branch	(11)			8:00.34		8:00.3	54.9%	7	7
	2 German Marban	Farmers Branch	(13)			8:02.00		8:02.0	51.9%	8	8
M15-19	1 Jake Anglada-Hauser		(17)			14:48.67		14:48.7	26.2%	17	14
M25-29	1 Cole Atchison	Lewisville	(25)			5:22.50		5:22.5	69.0%	2	2
M45-49	1 Ryan Loehding	Carrollton	(46)			6:18.28		6:18.3	65.2%	3	3
M50-54	1 Rob Preston	Irving	(54)			8:32.18		8:32.2	51.3%	9	9
M55-59	1 Vijayan Nair	Plano	(56)			7:31.72		7:31.7	59.2%	5	5
	2 John Kramer	Plano	(57)			10:07.31		10:07.3	44.4%	16	13
M60-64	1 Julio Lopez	Farmers Branch	(63)			7:15.22		7:15.2	65.3%	4	4
	2 Ruben Arevalo	Carrollton	(63)			7:41.55		7:41.6	61.6%	6	6
	3 Ruben Reyes	Carrollton	(63)			8:58.25		8:58.3	52.8%	11	10
M65-69	1 David Mask	Lewisville	(67)			9:36.48		9:36.5	51.1%	15	12
M75-79	1 Bill Shirley	Dallas	(76)			9:19.32		9:19.3	59.5%	14	11

1M FEMALE

4 FEMALE Runners --- Average Time of **10:31** Avg. Age Grade: **50.5%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Kuay Sullivan	Coppell	(53)			8:53.20		8:53.2	58.3%	10	1
F40-44	1 Kerry Diehl-Hauser		(42)			14:50.20		14:50.2	30.5%	18	4
F50-54	1 Elise Harper	Allen	(50)			9:12.59		9:12.6	54.1%	13	3
F55-59	1 Yanira Lopez	Farmers Branch	(56)			9:08.38		9:08.4	59.0%	12	2

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

GD Place among Females

▲ Positive Split
 ▼ Negative Split

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	6994 Albert Marban (M25)	1	M25-29	OA	---				5:18.03		5:18.0	18.13	5:18.03	70.0%
2	6993 Cole Atchison (M25)	2	M25-29	1st	---				5:22.50		5:22.5	18.36	5:22.50	69.0%
3	7072 Ryan Loehding (M46)	3	M45-49	1st	---				6:18.28		6:18.3	21.55	6:18.28	65.2%
4	7193 Julio Lopez (M63)	4	M60-64	1st	---				7:15.22		7:15.2	24.80	7:15.22	65.3%
5	7117 Vijayan Nair (M56)	5	M55-59	1st	---				7:31.72		7:31.7	25.72	7:31.72	59.2%
6	7155 Ruben Arevalo (M63)	6	M60-64	2nd	---				7:41.55		7:41.6	26.29	7:41.55	61.6%
7	6628 Enrique Marban (M11)	7	M10-14	1st	---				8:00.34		8:00.3	27.37	8:00.34	54.9%
8	6998 German Marban (M13)	8	M10-14	2nd	---				8:02.00		8:02.0	27.48	8:02.00	51.9%
9	7192 Rob Preston (M54)	9	M50-54	1st	---				8:32.18		8:32.2	29.19	8:32.18	51.3%
10	7265 Kuay Sullivan (F53)	1	F50-54	OA	---				8:53.20		8:53.2	30.39	8:53.20	58.3%
11	7283 Ruben Reyes (M63)	10	M60-64	3rd	---				8:58.25		8:58.3	30.68	8:58.25	52.8%
12	7198 Yanira Lopez (F56)	2	F55-59	1st	---				9:08.38		9:08.4	31.25	9:08.38	59.0%
13	6775 Elise Harper (F50)	3	F50-54	1st	---				9:12.59		9:12.6	31.47	9:12.59	54.1%
14	7043 Bill Shirley (M76)	11	M75-79	1st	---				9:19.32		9:19.3	31.87	9:19.32	59.5%
15	7008 David Mask (M67)	12	M65-69	1st	---				9:36.48		9:36.5	32.84	9:36.48	51.1%
16	7261 John Kramer (M57)	13	M55-59	2nd	---				10:07.31		10:07.3	34.61	10:07.31	44.4%
17	6884 Jake Anglada-Hauser (M17)	14	M15-19	1st	---				14:48.67	⊗	14:48.7	50.63	14:48.67	26.2%
18	6883 Kerry Diehl-Hauser (F42)	4	F40-44	1st	---				14:50.20	⊗	14:50.2	50.75	14:50.20	30.5%

✓ No Club PR's

Average Finish Time: 08:49 2 First Timers

Average Age Grade: 54.7%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	6994 Albert Marban (M25)	1	M25-29	OA	---				19:37.75	Ⓜ	6:19.1	19.62	19:37.75	65.7%
2	6993 Cole Atchison (M25)	2	M25-29	1st	---				19:56.17	Ⓜ	6:25.0	19.93	19:56.17	64.7%
3	7011 Blair Casey (M32)	3	M30-34	1st	1.7				20:19.74		6:32.6	20.32	20:21.49	64.0%
4	7580 Robert Flores (M38)	4	M35-39	1st	1.8				21:08.77		6:48.4	21.13	21:10.53	63.6%
5	7072 Ryan Loehding (M46)	5	M45-49	MS	1.9				21:43.19	Ⓜ	6:59.5	21.72	21:45.08	65.8%
6	6995 Ed Haynes (M47)	6	M45-49	1st	3.6				23:50.74		7:40.5	23.83	23:54.30	60.4%
7	7012 Doug Waters (M54)	7	M50-54	1st	8.2				24:06.17		7:45.5	24.10	24:14.33	63.2%
8	7192 Rob Preston (M54)	8	M50-54	2nd	3.8				24:45.14	Ⓜ	7:58.0	24.75	24:48.93	61.6%
9	7117 Vijayan Nair (M56)	9	M55-59	SR	---				24:52.35	Ⓜ	8:00.3	24.87	24:52.35	62.3%
10	6764 Iris Pizzarello (F31)	1	F30-34	OA	2.5				24:54.45	⊗	8:01.0	24.90	24:57.00	59.5%
11	7193 Julio Lopez (M63)	10	M60-64	1st	3.1				24:54.78	Ⓜ	8:01.1	24.90	24:57.88	66.1%
12	6795 Gary Michael Kemp (M31)	11	M30-34	2nd	5.2				25:44.98	⊗	8:17.3	25.73	25:50.23	50.3%
13	7155 Ruben Arevalo (M63)	12	M60-64	2nd	---				26:53.56	Ⓜ	8:39.4	26.88	26:53.56	61.2%
14	7089 John Nance (M71)	13	M70-74	1st	3.0				26:55.68		8:40.0	26.92	26:58.70	66.3%
15	7265 Kuay Sullivan (F53)	2	F50-54	MS	6.6				29:13.66	Ⓜ	9:24.5	29.22	29:20.23	60.1%
16	6763 Brittany McLaughlin (F30)	3	F30-34	1st	7.7				30:39.91	⊗	9:52.2	30.65	30:47.62	48.3%
17	7008 David Mask (M67)	14	M65-69	1st	7.3				30:44.66	Ⓜ	9:53.7	30.73	30:51.93	55.6%
18	7283 Ruben Reyes (M63)	15	M60-64	3rd	3.6				32:58.67	Ⓜ	10:36.9	32.97	33:02.27	49.9%
19	6765 Michelle Castro (F34)	4	F30-34	2nd	1.8				33:24.16	⊗	10:45.1	33.40	33:25.91	44.6%
20	7198 Yanira Lopez (F56)	5	F55-59	SR	9.4				33:19.79	Ⓜ	10:43.7	33.32	33:29.20	54.9%
21	6775 Elise Harper (F50)	6	F50-54	1st	4.5				33:31.52	Ⓜ ✓ ⊗	10:47.4	33.52	33:36.06	50.5%
22	7043 Bill Shirley (M76)	16	M75-79	1st	3.2				33:58.22	Ⓜ	10:56.0	33.97	34:01.47	56.8%
23	7519 Lowell Koppel (M46)	17	M45-49	2nd	6.2				34:04.72		10:58.1	34.07	34:10.95	41.9%
24	7518 Adam Koppel (M8)	18	M01-09	1st	5.2				34:05.97		10:58.5	34.08	34:11.14	49.9%
25	6723 Todd Ridley (M56)	19	M55-59	1st	9.9				34:04.01	⊗	10:57.9	34.07	34:13.93	45.5%
26	7050 Chris Goins (M48)	20	M45-49	3rd	5.0				34:23.45		11:04.2	34.38	34:28.40	42.2%
27	7044 Amie Goins (F47)	7	F45-49	1st	5.1				35:22.16		11:23.1	35.37	35:27.30	46.1%
28	7454 Betsy Palmer (F58)	8	F55-59	1st	11.1				36:30.58		11:45.1	36.50	36:41.70	51.5%

FN*: Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

5/26/2019

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

△ Negative Split

 DeltaViewTiming.com

29	6004	Ryan Sybertz (M35)	21	M35-39	2nd	---	37:16.01	⌘ 11:59.7	37.27	37:16.01	35.4%	
30	7106	Robert Simpson (M64)	22	M60-64	4th	8.3	37:59.89	12:13.8	37.98	38:08.16	43.7%	
31	6006	Hunter Dorrill (M9)	23	M01-09	2nd	---	39:08.00	⌘ 12:35.7	39.13	39:08.00	41.8%	
32	6880	Gary Kemp (M63)	24	M60-64	5th	6.2	40:26.92	⌘ 13:01.2	40.43	40:33.17	40.7%	
33	7261	John Kramer (M57)	25	M55-59	2nd	3.7	40:56.70	⌘ 13:10.7	40.93	41:00.37	38.2%	
34	7024	Carol Creech (F68)	9	F65-69	1st	5.7	41:36.76	13:23.6	41.60	41:42.48	52.4%	
35	7455	Rosemary Lewis (F64)	10	F60-64	1st	10.7	51:04.05	✓ 17 16:26.2	51.07	51:14.75	40.1%	
✓ 2 Club PR's							Average Finish Time: 30:59		8 <i>First Timers</i>		Average Age Grade: 53.3%	

Sorted Age Grades

1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Albert Marban	M25	5:18.03	70.0%	
2	2	Cole Atchison	M25	5:22.50	69.0%	
3	4	Julio Lopez	M63	7:15.22	65.3%	
4	3	Ryan Loehding	M46	6:18.28	65.2%	
5	6	Ruben Arevalo	M63	7:41.55	61.6%	
6	14	Bill Shirley	M76	9:19.32	59.5%	
7	5	Vijayan Nair	M56	7:31.72	59.2%	
8	12	Yanira Lopez	F56	9:08.38	59.0%	
9	10	Kuay Sullivan	F53	8:53.20	58.3%	
10	7	Enrique Marban	M11	8:00.34	54.9%	
11	13	Elise Harper	F50	9:12.59	54.1%	
12	11	Ruben Reyes	M63	8:58.25	52.8%	
13	8	German Marban	M13	8:02.00	51.9%	
14	9	Rob Preston	M54	8:32.18	51.3%	
15	15	David Mask	M67	9:36.48	51.1%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	14	John Nance	M71	26:55.68	66.3%	
2	11	Julio Lopez	M63	24:54.78	66.1%	
3	5	Ryan Loehding	M46	21:43.19	65.8%	
4	1	Albert Marban	M25	19:37.75	65.7%	
5	2	Cole Atchison	M25	19:56.17	64.7%	
6	3	Blair Casey	M32	20:19.74	64.0%	
7	4	Robert Flores	M38	21:08.77	63.6%	
8	7	Doug Waters	M54	24:06.17	63.2%	
9	9	Vijayan Nair	M56	24:52.35	62.3%	
10	8	Rob Preston	M54	24:45.14	61.6%	
11	13	Ruben Arevalo	M63	26:53.56	61.2%	
12	6	Ed Haynes	M47	23:50.74	60.4%	
13	15	Kuay Sullivan	F53	29:13.66	60.1%	
14	10	Iris Pizzarello	F31	24:54.45	59.5%	
15	22	Bill Shirley	M76	33:58.22	56.8%	
16	17	David Mask	M67	30:44.66	55.6%	
17	20	Yanira Lopez	F56	33:19.79	54.9%	
18	34	Carol Creech	F68	41:36.76	52.4%	
19	28	Betsy Palmer	F58	36:30.58	51.5%	
20	21	Elise Harper	F50	33:31.52	50.5%	
21	12	Gary Michael Kemp	M31	25:44.98	50.3%	

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