

# Carrollton Runners Mile + 5K

| Mile Overall    |         | 5K Overall    |          | 5K Masters     |          | 5K Seniors  |          |
|-----------------|---------|---------------|----------|----------------|----------|-------------|----------|
| Albert Marban   | 5:30.41 | Albert Marban | 18:17.56 | John Cosentino | 22:22.92 | Steve Russo | 22:53.51 |
| Iris Pizzarello | 5:41.44 | Mala Francis  | 27:39.46 | Betsy Palmer   | 33:14.08 | Mary Kaplan | 34:36.49 |

## 5K MALE

|         |                                 | 30 MALE Runners --- Average Time of 34:40 |       |       |       |            | Avg. Age Grade: 50.5% |         | Place in  |    |    |
|---------|---------------------------------|---|-------|-------|-------|------------|-----------------------|---------|-----------|----|----|
|         | Name                            | City                                      | (Age) | Half  | Split | Chip Time  | FN*                   | Pace    | Age Grade | OA | GD |
| OVERALL | 1 <b>Albert Marban</b>          | Farmers Branch                            | (26)  | 9:06  | +6    | 18:17.56   | ML                    | 5:53.3  | 70.5%     | 1  | 1  |
| MASTERS | 1 <b>John Cosentino</b>         | Plano                                     | (57)  | 11:11 | +2    | 22:22.92   |                       | 7:12.2  | 69.8%     | 4  | 4  |
| SENIORS | 1 <b>Steve Russo</b>            | Plano                                     | (56)  | 11:23 | +8    | 22:53.51   |                       | 7:22.1  | 67.7%     | 5  | 5  |
| M01-09  | 1 <b>Tj Mosley</b>              | Dallas                                    | (8)   | 19:59 | -55   | 39:02.63   |                       | 12:34.0 | 43.6%     | 27 | 22 |
|         | 2 <b>Caden Minnieweather</b>    | Mesquite                                  | (6)   | 34:51 | -372  | 1:03:29.12 |                       | 20:26.0 | 29.5%     | 37 | 30 |
| M10-14  | 1 <b>William Poole</b>          | Carrollton                                | (14)  | 10:53 | +33   | 22:18.23   | ✓                     | 7:10.7  | 63.6%     | 3  | 3  |
|         | 2 <b>Chris Minnieweather</b>    | Mesquite                                  | (12)  | 34:39 | -354  | 1:03:25.00 |                       | 20:24.7 | 23.4%     | 36 | 29 |
| M30-34  | 1 <b>Blair Casey</b>            | Carrollton                                | (32)  | 10:39 | -27   | 20:51.09   |                       | 6:42.7  | 62.4%     | 2  | 2  |
|         | 2 <b>Jay Mosley</b>             | Dallas                                    | (33)  | 19:53 | -49   | 38:57.45   |                       | 12:32.4 | 33.5%     | 28 | 23 |
|         | 3 <b>Chris Sr Minnieweather</b> | Mesquite                                  | (33)  | 21:27 | -31   | 42:23.01   |                       | 13:38.5 | 30.8%     | 30 | 25 |
| M40-44  | 1 <b>Ray Guzman</b>             | Garland                                   | (44)  | 30:54 | -36   | 1:01:12.38 |                       | 19:42.0 | 23.0%     | 35 | 28 |
| M45-49  | 1 <b>Rich Weklar</b>            | Bartonville                               | (48)  | 12:05 | +9    | 24:18.85   | ML                    | 7:49.6  | 59.7%     | 9  | 9  |
|         | 2 <b>Chris Goins</b>            | Garland                                   | (49)  | 16:15 | +54   | 33:24.67   |                       | 10:45.2 | 43.8%     | 19 | 16 |
| M50-54  | 1 <b>Rich Cronin</b>            | Arlington                                 | (52)  | 14:11 | +15   | 28:37.66   |                       | 9:12.9  | 52.4%     | 15 | 14 |
|         | 2 <b>Les George</b>             | Grand Prairie                             | (54)  | 15:38 | -35   | 30:41.75   | ✓                     | 9:52.8  | 49.6%     | 16 | 15 |
|         | 3 <b>Mike Rowland</b>           | Aubrey                                    | (51)  | 26:44 | +56   | 54:23.72   |                       | 17:30.5 | 27.3%     | 32 | 26 |
| M55-59  | 1 <b>Doug Waters</b>            | Carrollton                                | (55)  | 11:49 | +2    | 23:39.60   |                       | 7:36.9  | 64.9%     | 7  | 7  |
|         | 2 <b>Jeffrey Conklin</b>        | Arlington                                 | (56)  | 16:55 | +39   | 34:29.38   |                       | 11:06.1 | 44.9%     | 22 | 19 |
|         | 3 <b>John Kramer</b>            | Plano                                     | (57)  | 19:53 | -27   | 39:17.73   | ML                    | 12:38.9 | 39.8%     | 29 | 24 |
|         | 4 <b>Charles Jones</b>          | Carrollton                                | (55)  | 30:57 | -39   | 1:01:15.27 |                       | 19:43.0 | 25.1%     | 34 | 27 |
| M60-64  | 1 <b>Robert Landon</b>          | Allen                                     | (60)  | 11:39 | -9    | 23:09.30   |                       | 7:27.2  | 69.3%     | 6  | 6  |
|         | 2 <b>Bradley Gardner</b>        | Fort Worth                                | (61)  | 12:15 | -25   | 24:04.58   |                       | 7:45.0  | 67.2%     | 8  | 8  |
|         | 3 <b>Dave Watson</b>            | Uk  | (62)  | 13:02 | -32   | 25:31.01   |                       | 8:12.8  | 64.0%     | 10 | 10 |
|         | 4 <b>Julio Lopez</b>            | Farmers Branch                            | (64)  | 12:58 | -23   | 25:33.79   | ML                    | 8:13.7  | 65.0%     | 11 | 11 |
|         | 5 <b>Ruben Arevalo</b>          | Carrollton                                | (64)  | 13:02 | +13   | 26:18.45   | ML                    | 8:28.1  | 63.2%     | 12 | 12 |
|         | 6 <b>Robert Simpson</b>         | Coppell                                   | (64)  | 17:40 | +4    | 35:24.05   |                       | 11:23.7 | 47.0%     | 24 | 20 |
| M65-69  | 1 <b>Peter Chan</b>             | Coppell                                   | (66)  | 16:15 | -45   | 31:46.02   | ML                    | 10:13.5 | 53.3%     | 21 | 18 |
|         | 2 <b>David Mask</b>             | Lewisville                                | (67)  | 16:52 | -82   | 32:22.92   | ML                    | 10:25.4 | 52.8%     | 20 | 17 |
| M70-74  | 1 <b>John Nance</b>             | Rowlett                                   | (71)  | 13:20 | +9    | 26:48.58   |                       | 8:37.8  | 66.6%     | 13 | 13 |
|         | 2 <b>Scott Ahlstrom</b>         | Carrollton                                | (71)  | 22:07 | -37   | 43:37.29   |                       | 14:02.4 | 40.9%     | 26 | 21 |

# 5K FEMALE

10 FEMALE Runners --- Average Time of **46:49** Avg. Age Grade: **41.0%**

|         | Name                    | City          | (Age) | Half  | Split | Chip Time  | FN* | Pace    | Age Grade | Place in OA | GD |
|---------|-------------------------|---------------|-------|-------|-------|------------|-----|---------|-----------|-------------|----|
| OVERALL | 1 Mala Francis          | Dallas        | (16)  | 13:35 | +29   | 27:39.46   | ⌘   | 8:54.1  | 55.3%     | 14          | 1  |
| MASTERS | 1 Betsy Palmer          | Carrollton    | (58)  | 16:52 | -29   | 33:14.08   |     | 10:41.8 | 56.5%     | 17          | 2  |
| SENIORS | 1 Mary Kaplan           | Sunrise Beach | (80)  | 17:23 | -9    | 34:36.49   | ☑   | 11:08.4 | 78.2%     | 23          | 4  |
| F10-14  | 1 Caliyah Minnieweather | Mesquite      | (10)  | 35:29 | -401  | 1:04:16.42 |     | 20:41.3 | 26.5%     | 40          | 10 |
| F15-19  | 1 Ava Kosoy             | Plano         | (17)  | 18:20 | +167  | 39:27.46   | ✓   | 12:42.0 | 38.3%     | 25          | 5  |
| F30-34  | 1 Ciara Minnieweather   | Mesquite      | (32)  | 34:45 | -354  | 1:03:36.58 |     | 20:28.4 | 23.3%     | 39          | 9  |
|         | 2 Tia Mosley            | Dallas        | (31)  | 34:41 | -343  | 1:03:38.00 |     | 20:28.9 | 23.3%     | 38          | 8  |
| F35-39  | 1 Jessica Guzman        | Garland       | (39)  | 26:20 | +75   | 53:54.41   |     | 17:21.1 | 28.3%     | 31          | 6  |
| F45-49  | 1 Amie Goins            | Garland       | (48)  | 16:42 | -4    | 33:20.65   |     | 10:43.9 | 49.5%     | 18          | 3  |
|         | 2 Sheila Holen          | Lewisville    | (48)  | 26:45 | +54   | 54:24.25   |     | 17:30.7 | 30.3%     | 33          | 7  |

# 1M MALE

11 MALE Runners --- Average Time of **7:58** Avg. Age Grade: **57.8%**

|         | Name             | City           | (Age) | Half | Split | Chip Time | FN* | Pace    | Age Grade | Place in OA | GD |
|---------|------------------|----------------|-------|------|-------|-----------|-----|---------|-----------|-------------|----|
| OVERALL | 1 Albert Marban  | Farmers Branch | (26)  |      |       | 5:30.41   |     | 5:30.4  | 67.4%     | 1           | 1  |
| M10-14  | 1 German Marban  | Farmers Branch | (13)  |      |       | 7:19.73   |     | 7:19.7  | 56.9%     | 6           | 4  |
|         | 2 Enrique Marban | Farmers Branch | (12)  |      |       | 7:51.56   |     | 7:51.6  | 54.4%     | 9           | 7  |
| M45-49  | 1 Rich Weklar    | Bartonville    | (48)  |      |       | 6:36.91   |     | 6:36.9  | 63.1%     | 3           | 2  |
| M50-54  | 1 David Francis  | Dallas         | (54)  |      |       | 7:43.15   |     | 7:43.2  | 56.8%     | 8           | 6  |
| M55-59  | 1 John Kramer    | Plano          | (57)  |      |       | 10:37.39  |     | 10:37.4 | 42.3%     | 13          | 11 |
| M60-64  | 1 Julio Lopez    | Farmers Branch | (64)  |      |       | 7:31.52   |     | 7:31.5  | 63.5%     | 7           | 5  |
|         | 2 Ruben Arevalo  | Carrollton     | (64)  |      |       | 7:52.18   |     | 7:52.2  | 60.7%     | 10          | 8  |
| M65-69  | 1 Tom Menn       | NRH            | (65)  |      |       | 6:45.83   |     | 6:45.8  | 71.3%     | 4           | 3  |
|         | 2 David Mask     | Lewisville     | (67)  |      |       | 9:52.18   |     | 9:52.2  | 49.8%     | 11          | 9  |
|         | 3 Peter Chan     | Coppell        | (66)  |      |       | 9:53.52   |     | 9:53.5  | 49.2%     | 12          | 10 |

# 1M FEMALE

4 FEMALE Runners --- Average Time of **19:17** Avg. Age Grade: **40.9%**

|         | Name              | City       | (Age) | Half | Split | Chip Time | FN* | Pace    | Age Grade | Place in OA | GD |
|---------|-------------------|------------|-------|------|-------|-----------|-----|---------|-----------|-------------|----|
| OVERALL | 1 Iris Pizzarello | Carrollton | (32)  |      |       | 5:41.44   |     | 5:41.4  | 74.1%     | 2           | 1  |
| F15-19  | 1 Mala Francis    | Dallas     | (16)  |      |       | 7:10.53   |     | 7:10.5  | 60.4%     | 5           | 2  |
|         | 2 Trinity Nelson  |            | (18)  |      |       | 32:07.37  |     | 32:07.4 | 13.2%     | 15          | 4  |
| F50-54  | 1 Ally Conklin    |            | (52)  |      |       | 32:07.11  |     | 32:07.1 | 15.9%     | 14          | 3  |

| 1M | Bib Name                   | GD | AgeGrp | AG  | Start | 1stH | 2ndH | Δ | FinishTime+ | FN* | Pace    | 5KEq   | Clock Time | AgeGD |
|----|----------------------------|----|--------|-----|-------|------|------|---|-------------|-----|---------|--------|------------|-------|
| 1  | 7493 Albert Marban (M26)   | 1  | M25-29 | OA  | ---   |      |      |   | 5:30.41     |     | 5:30.4  | 18.82  | 5:30.41    | 67.4% |
| 2  | 6764 Iris Pizzarello (F32) | 1  | F30-34 | OA  | ---   |      |      |   | 5:41.44     |     | 5:41.4  | 19.44  | 5:41.44    | 74.1% |
| 3  | 7222 Rich Weklar (M48)     | 2  | M45-49 | 1st | ---   |      |      |   | 6:36.91     |     | 6:36.9  | 22.58  | 6:36.91    | 63.1% |
| 4  | 6033 Tom Menn (M65)        | 3  | M65-69 | 1st | ---   |      |      |   | 6:45.83     |     | 6:45.8  | 23.09  | 6:45.83    | 71.3% |
| 5  | 7564 Mala Francis (F16)    | 2  | F15-19 | 1st | ---   |      |      |   | 7:10.53     |     | 7:10.5  | 24.52  | 7:10.53    | 60.4% |
| 6  | 7494 German Marban (M13)   | 4  | M10-14 | 1st | ---   |      |      |   | 7:19.73     |     | 7:19.7  | 25.03  | 7:19.73    | 56.9% |
| 7  | 7193 Julio Lopez (M64)     | 5  | M60-64 | 1st | ---   |      |      |   | 7:31.52     |     | 7:31.5  | 25.72  | 7:31.52    | 63.5% |
| 8  | 7565 David Francis (M54)   | 6  | M50-54 | 1st | ---   |      |      |   | 7:43.15     |     | 7:43.2  | 26.40  | 7:43.15    | 56.8% |
| 9  | 7495 Enrique Marban (M12)  | 7  | M10-14 | 2nd | ---   |      |      |   | 7:51.56     |     | 7:51.6  | 26.86  | 7:51.56    | 54.4% |
| 10 | 7155 Ruben Arevalo (M64)   | 8  | M60-64 | 2nd | ---   |      |      |   | 7:52.18     |     | 7:52.2  | 26.91  | 7:52.18    | 60.7% |
| 11 | 7008 David Mask (M67)      | 9  | M65-69 | 2nd | ---   |      |      |   | 9:52.18     |     | 9:52.2  | 33.76  | 9:52.18    | 49.8% |
| 12 | 7153 Peter Chan (M66)      | 10 | M65-69 | 3rd | ---   |      |      |   | 9:53.52     |     | 9:53.5  | 33.81  | 9:53.52    | 49.2% |
| 13 | 7261 John Kramer (M57)     | 11 | M55-59 | 1st | ---   |      |      |   | 10:37.39    |     | 10:37.4 | 36.32  | 10:37.39   | 42.3% |
| 14 | 6002 Ally Conklin (F52)    | 3  | F50-54 | 1st | ---   |      |      |   | 32:07.11    | ⊗   | 32:07.1 | 109.87 | 32:07.11   | 15.9% |
| 15 | 6004 Trinity Nelson (F18)  | 4  | F15-19 | 2nd | ---   |      |      |   | 32:07.37    | ⊗   | 32:07.4 | 109.87 | 32:07.37   | 13.2% |

✓ No Club PR's Average Finish Time: 10:58 2 First Timers Average Age Grade: 53.3%

| 5K | Bib Name                          | GD | AgeGrp | AG  | Start | 1stH  | 2ndH  | Δ    | FinishTime+ | FN* | Pace    | 5KEq  | Clock Time | AgeGD |
|----|-----------------------------------|----|--------|-----|-------|-------|-------|------|-------------|-----|---------|-------|------------|-------|
| 1  | 7493 Albert Marban (M26)          | 1  | M25-29 | OA  | ---   | 9:06  | 9:12  | +6   | 18:17.56    | Ⓜ   | 5:53.3  | 18.28 | 18:17.56   | 70.5% |
| 2  | 7011 Blair Casey (M32)            | 2  | M30-34 | 1st | 0.9   | 10:39 | 10:12 | -27  | 20:51.09    |     | 6:42.7  | 20.85 | 20:52.02   | 62.4% |
| 3  | 6718 William Poole (M14)          | 3  | M10-14 | 1st | 0.7   | 10:53 | 11:26 | +33  | 22:18.23    | ✓ ⊗ | 7:10.7  | 22.30 | 22:18.90   | 63.6% |
| 4  | 7255 John Cosentino (M57)         | 4  | M55-59 | MS  | ---   | 11:11 | 11:12 | +2   | 22:22.92    |     | 7:12.2  | 22.37 | 22:22.92   | 69.8% |
| 5  | 7405 Steve Russo (M56)            | 5  | M55-59 | SR  | 1.2   | 11:23 | 11:31 | +8   | 22:53.51    |     | 7:22.1  | 22.88 | 22:54.68   | 67.7% |
| 6  | 7159 Robert Landon (M60)          | 6  | M60-64 | 1st | 3.2   | 11:39 | 11:30 | -9   | 23:09.30    |     | 7:27.2  | 23.15 | 23:12.45   | 69.3% |
| 7  | 7012 Doug Waters (M55)            | 7  | M55-59 | 1st | 3.1   | 11:49 | 11:51 | +2   | 23:39.60    |     | 7:36.9  | 23.65 | 23:42.70   | 64.9% |
| 8  | 7058 Bradley Gardner (M61)        | 8  | M60-64 | 2nd | 1.8   | 12:15 | 11:50 | -25  | 24:04.58    | ⊗   | 7:45.0  | 24.07 | 24:06.34   | 67.2% |
| 9  | 7222 Rich Weklar (M48)            | 9  | M45-49 | 1st | 0.5   | 12:05 | 12:14 | +9   | 24:18.85    | Ⓜ   | 7:49.6  | 24.30 | 24:19.36   | 59.7% |
| 10 | 6982 Dave Watson (M62)            | 10 | M60-64 | 3rd | 4.0   | 13:02 | 12:29 | -32  | 25:31.01    |     | 8:12.8  | 25.52 | 25:35.00   | 64.0% |
| 11 | 7193 Julio Lopez (M64)            | 11 | M60-64 | 4th | 2.1   | 12:58 | 12:35 | -23  | 25:33.79    | Ⓜ   | 8:13.7  | 25.55 | 25:35.84   | 65.0% |
| 12 | 7155 Ruben Arevalo (M64)          | 12 | M60-64 | 5th | 2.6   | 13:02 | 13:16 | +13  | 26:18.45    | Ⓜ   | 8:28.1  | 26.30 | 26:21.04   | 63.2% |
| 13 | 7089 John Nance (M71)             | 13 | M70-74 | 1st | 1.9   | 13:20 | 13:29 | +9   | 26:48.58    |     | 8:37.8  | 26.80 | 26:50.43   | 66.6% |
| 14 | 7564 Mala Francis (F16)           | 1  | F15-19 | OA  | 3.0   | 13:35 | 14:04 | +29  | 27:39.46    | Ⓜ   | 8:54.1  | 27.65 | 27:42.49   | 55.3% |
| 15 | 7256 Rich Cronin (M52)            | 14 | M50-54 | 1st | 3.5   | 14:11 | 14:26 | +15  | 28:37.66    |     | 9:12.9  | 28.62 | 28:41.16   | 52.4% |
| 16 | 6944 Les George (M54)             | 15 | M50-54 | 2nd | 5.8   | 15:38 | 15:03 | -35  | 30:41.75    | ✓ ⊗ | 9:52.8  | 30.68 | 30:47.51   | 49.6% |
| 17 | 7454 Betsy Palmer (F58)           | 2  | F55-59 | MS  | 7.5   | 16:52 | 16:23 | -29  | 33:14.08    |     | 10:41.8 | 33.23 | 33:21.60   | 56.5% |
| 18 | 7044 Amie Goins (F48)             | 3  | F45-49 | 1st | 10.1  | 16:42 | 16:38 | -4   | 33:20.65    |     | 10:43.9 | 33.33 | 33:30.78   | 49.5% |
| 19 | 7050 Chris Goins (M49)            | 16 | M45-49 | 2nd | 6.7   | 16:15 | 17:09 | +54  | 33:24.67    |     | 10:45.2 | 33.40 | 33:31.42   | 43.8% |
| 20 | 7008 David Mask (M67)             | 17 | M65-69 | 2nd | 104.0 | 16:52 | 15:30 | -82  | 32:22.92    | Ⓜ   | 10:25.4 | 32.37 | 34:06.89   | 52.8% |
| 21 | 7153 Peter Chan (M66)             | 18 | M65-69 | 1st | 141.6 | 16:15 | 15:31 | -45  | 31:46.02    | Ⓜ   | 10:13.5 | 31.77 | 34:07.58   | 53.3% |
| 22 | 7257 Jeffrey Conklin (M56)        | 19 | M55-59 | 2nd | 4.2   | 16:55 | 17:34 | +39  | 34:29.38    |     | 11:06.1 | 34.48 | 34:33.59   | 44.9% |
| 23 | 7039 Mary Kaplan (F80)            | 4  | F80-99 | SR  | 1.5   | 17:23 | 17:14 | -9   | 34:36.49    | ☑ ⊗ | 11:08.4 | 34.60 | 34:38.03   | 78.2% |
| 24 | 7106 Robert Simpson (M64)         | 20 | M60-64 | 6th | 12.8  | 17:40 | 17:44 | +4   | 35:24.05    |     | 11:23.7 | 35.40 | 35:36.83   | 47.0% |
| 25 | 7116 Ava Kosoy (F17)              | 5  | F15-19 | 1st | 2.6   | 18:20 | 21:07 | +167 | 39:27.46    | ✓ ⊗ | 12:42.0 | 39.45 | 39:30.03   | 38.3% |
| 26 | 7148 Scott Ahlstrom (M71)         | 21 | M70-74 | 2nd | 3.9   | 22:07 | 21:30 | -37  | 43:37.29    |     | 14:02.4 | 43.62 | 43:41.19   | 40.9% |
| 27 | 6011 Tj Mosley (M8)               | 22 | M01-09 | 1st | 358.4 | 19:59 | 19:04 | -55  | 39:02.63    | ⊗   | 12:34.0 | 39.03 | 45:01.00   | 43.6% |
| 28 | 6006 Jay Mosley (M33)             | 23 | M30-34 | 2nd | 363.8 | 19:53 | 19:04 | -49  | 38:57.45    | ⊗   | 12:32.4 | 38.95 | 45:01.25   | 33.5% |
| 29 | 7261 John Kramer (M57)            | 24 | M55-59 | 3rd | 391.0 | 19:53 | 19:25 | -27  | 39:17.73    | Ⓜ   | 12:38.9 | 39.28 | 45:48.76   | 39.8% |
| 30 | 6007 Chris Sr Minnieweather (M33) | 25 | M30-34 | 3rd | 366.1 | 21:27 | 20:56 | -31  | 42:23.01    | ⊗   | 13:38.5 | 42.38 | 48:29.09   | 30.8% |
| 31 | 7114 Jessica Guzman (F39)         | 6  | F35-39 | 1st | 11.3  | 26:20 | 27:35 | +75  | 53:54.41    | ⊗   | 17:21.1 | 53.90 | 54:05.67   | 28.3% |

|                          |      |                             |    |                      |     |                                   |       |                        |      |                                 |           |                 |          |       |
|--------------------------|------|-----------------------------|----|----------------------|-----|-----------------------------------|-------|------------------------|------|---------------------------------|-----------|-----------------|----------|-------|
| 32                       | 6001 | Mike Rowland (M51)          | 26 | M50-54               | 3rd | 11.5                              | 26:44 | 27:40                  | +56  | <b>54:23.72</b>                 | ⌘ 17:30.5 | 54.38           | 54:35.27 | 27.3% |
| 33                       | 7246 | Sheila Holen (F48)          | 7  | F45-49               | 2nd | 12.0                              | 26:45 | 27:39                  | +54  | <b>54:24.25</b>                 | 17:30.7   | 54.40           | 54:36.29 | 30.3% |
| 34                       | 6856 | Charles Jones (M55)         | 27 | M55-59               | 4th | 8.2                               | 30:57 | 30:18                  | -39  | <b>1:01:15.27</b>               | ⌘ 19:43.0 | 61.251:01:23.44 | 25.1%    |       |
| 35                       | 7115 | Ray Guzman (M44)            | 28 | M40-44               | 1st | 11.7                              | 30:54 | 30:18                  | -36  | <b>1:01:12.38</b>               | ⌘ 19:42.0 | 61.201:01:24.09 | 23.0%    |       |
| 36                       | 6009 | Chris Minnieweather (M12)   | 29 | M10-14               | 2nd | 364.5                             | 34:39 | 28:46                  | -354 | <b>1:03:25.00</b>               | ⌘ 20:24.7 | 63.421:09:29.53 | 23.4%    |       |
| 37                       | 6010 | Caden Minnieweather (M6)    | 30 | M01-09               | 2nd | 364.7                             | 34:51 | 28:38                  | -372 | <b>1:03:29.12</b>               | ⌘ 20:26.0 | 63.481:09:33.86 | 29.5%    |       |
| 38                       | 6005 | Tia Mosley (F31)            | 8  | F30-34               | 2nd | 359.1                             | 34:41 | 28:57                  | -343 | <b>1:03:38.00</b>               | ⌘ 20:28.9 | 63.631:09:37.05 | 23.3%    |       |
| 39                       | 6899 | Ciara Minnieweather (F32)   | 9  | F30-34               | 1st | 364.9                             | 34:45 | 28:51                  | -354 | <b>1:03:36.58</b>               | ⌘ 20:28.4 | 63.601:09:41.48 | 23.3%    |       |
| 40                       | 6008 | Caliyah Minnieweather (F10) | 10 | F10-14               | 1st | 366.7                             | 35:29 | 28:48                  | -401 | <b>1:04:16.42</b>               | ⌘ 20:41.3 | 64.271:10:23.09 | 26.5%    |       |
| <b>17 Positive Split</b> |      | <b>23 Negative Split</b>    |    | ✓ <b>4 Club PR's</b> |     | Average Finish Time: <b>37:42</b> |       | <i>13 First Timers</i> |      | Average Age Grade: <b>48.1%</b> |           |                 |          |       |

## Sorted Age Grades

| #  | OA | Name            | Gender-Age | Finish Time | AgeGrade | List*   |
|----|----|-----------------|------------|-------------|----------|---------|
| 1  | 2  | Iris Pizzarello | F32        | 5:41.44     | 74.1%    | Move UP |
| 2  | 4  | Tom Menn        | M65        | 6:45.83     | 71.3%    |         |
| 3  | 1  | Albert Marban   | M26        | 5:30.41     | 67.4%    |         |
| 4  | 7  | Julio Lopez     | M64        | 7:31.52     | 63.5%    |         |
| 5  | 3  | Rich Weklar     | M48        | 6:36.91     | 63.1%    |         |
| 6  | 10 | Ruben Arevalo   | M64        | 7:52.18     | 60.7%    |         |
| 7  | 5  | Mala Francis    | F16        | 7:10.53     | 60.4%    |         |
| 8  | 6  | German Marban   | M13        | 7:19.73     | 56.9%    |         |
| 9  | 8  | David Francis   | M54        | 7:43.15     | 56.8%    |         |
| 10 | 9  | Enrique Marban  | M12        | 7:51.56     | 54.4%    |         |

| #  | OA | Name            | Gender-Age | Finish Time | AgeGrade | List*   |
|----|----|-----------------|------------|-------------|----------|---------|
| 1  | 23 | Mary Kaplan     | F80        | 34:36.49    | 78.2%    | Move UP |
| 2  | 1  | Albert Marban   | M26        | 18:17.56    | 70.5%    |         |
| 3  | 4  | John Cosentino  | M57        | 22:22.92    | 69.8%    |         |
| 4  | 6  | Robert Landon   | M60        | 23:09.30    | 69.3%    |         |
| 5  | 5  | Steve Russo     | M56        | 22:53.51    | 67.7%    |         |
| 6  | 8  | Bradley Gardner | M61        | 24:04.58    | 67.2%    | New     |
| 7  | 13 | John Nance      | M71        | 26:48.58    | 66.6%    |         |
| 8  | 11 | Julio Lopez     | M64        | 25:33.79    | 65.0%    |         |
| 9  | 7  | Doug Waters     | M55        | 23:39.60    | 64.9%    |         |
| 10 | 10 | Dave Watson     | M62        | 25:31.01    | 64.0%    |         |
| 11 | 3  | William Poole   | M14        | 22:18.23    | 63.6%    |         |
| 12 | 12 | Ruben Arevalo   | M64        | 26:18.45    | 63.2%    |         |
| 13 | 2  | Blair Casey     | M32        | 20:51.09    | 62.4%    |         |
| 14 | 9  | Rich Weklar     | M48        | 24:18.85    | 59.7%    |         |
| 15 | 17 | Betsy Palmer    | F58        | 33:14.08    | 56.5%    |         |
| 16 | 14 | Mala Francis    | F16        | 27:39.46    | 55.3%    |         |
| 17 | 21 | Peter Chan      | M66        | 31:46.02    | 53.3%    |         |
| 18 | 20 | David Mask      | M67        | 32:22.92    | 52.8%    |         |
| 19 | 15 | Rich Cronin     | M52        | 28:37.66    | 52.4%    |         |

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