

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
John Shirk	4:51.05	John Shirk	17:04.44	Robert Landon	21:56.38	John Cosentino	22:17.00
Iris Pizzarello	5:40.61	Kuay Sullivan	27:49.48	Amie Goins	34:44.15	Betsy Palmer	34:44.17

5K MALE

33 MALE Runners --- Average Time of **28:15**

Avg. Age Grade: **56.2%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 John Shirk		(25)			17:04.44	M ✓	5:29.7	75.6%	1	1
MASTERS	1 Robert Landon	Allen	(60)			21:56.38		7:03.7	73.1%	6	6
SENIORS	1 John Cosentino	Plano	(57)			22:17.00	✓	7:10.3	70.1%	7	7
M01-09	1 Adam Koppel	Flower Mound	(9)			37:15.61		11:59.6	43.9%	32	29
M10-14	1 William Poole	Carrollton	(14)			23:13.48		7:28.5	61.1%	20	19
	2 Daniel Yang		(12)			28:22.47		9:08.0	52.4%	19	18
M15-19	1 Seth Bator		(16)			18:50.18	✓	6:03.8	72.7%	4	4
	2 Reece Parker	Plano	(18)			21:52.54		7:02.5	61.0%	5	5
	3 Benjamin Schussler	Dallas	(15)			24:58.60		8:02.4	55.7%	13	13
	4 Jason Yang		(16)			26:12.89		8:26.3	52.2%	15	15
	5 Paul Schussler	Dallas	(17)			34:12.12	✓	11:00.5	39.5%	27	26
M20-24	1 Luke Maddox		(22)			17:06.23		5:30.3	75.5%	2	2
M25-29	1 Albert Marban	Farmers Branch	(26)			18:07.30	M	5:50.0	71.2%	3	3
M30-34	1 Blair Casey	Carrollton	(32)			22:16.69		7:10.2	58.4%	8	8
M35-39	1 Gabor Toth	Coppell	(39)			27:42.83	M	8:55.2	48.9%	17	17
M45-49	1 Rich Weklar	Bartonville	(48)			24:20.20	M	7:50.0	59.6%	11	11
	2 Chris Goins	Garland	(49)			31:34.84	✓	10:09.9	46.3%	24	23
	3 Lowell Koppel	Flower Mound	(46)			37:20.39		12:01.1	38.3%	33	30
M50-54	1 Rob Preston	Irving	(54)			25:02.78	M	8:03.7	60.8%	14	14
	2 Rich Cronin	Arlington	(52)			29:23.59		9:27.6	51.0%	21	20
M55-59	1 Steve Russo	Plano	(56)			22:25.84		7:13.2	69.1%	9	9
	2 Doug Waters	Carrollton	(55)			23:48.30		7:39.7	64.6%	10	10
	3 Tomas Bern	Allen	(56)			29:41.16	M	9:33.3	52.2%	22	21
	4 Jeffrey Conklin	Arlington	(56)			35:54.67		11:33.5	43.2%	31	28
	5 John Kramer	Plano	(57)			40:54.70	M	13:10.1	38.2%	37	33
M60-64	1 Julio Lopez	Farmers Branch	(64)			24:26.48	M	7:52.0	68.0%	12	12
	2 Ruben Reyes	Carrollton	(63)			30:45.88	M	9:54.1	53.5%	23	22
	3 Robert Simpson	Coppell	(64)			35:03.36		11:17.0	47.4%	30	27
	4 Steven Johnson	Farmers Branch	(61)			43:10.03		13:53.7	37.5%	35	31
M65-69	1 David Mask	Lewisville	(67)			32:05.38	M	10:19.7	53.2%	25	24
M70-74	1 John Nance	Rowlett	(71)			26:25.16		8:30.2	67.5%	16	16
	2 Kendall Black	Grand Prairie	(70)			33:12.53	M	10:41.3	53.1%	26	25
	3 Scott Ahlstrom	Carrollton	(71)			45:09.23	M	14:32.0	39.5%	36	32

5K FEMALE

		5 FEMALE Runners --- Average Time of 38:01				Avg. Age Grade: 50.2%			Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Kuay Sullivan	Coppell	(54)			27:49.48		8:57.4	64.0%	18	1
MASTERS	1 Amie Goins	Garland	(48)			34:44.15		11:10.8	47.5%	28	2
SENIORS	1 Betsy Palmer	Carrollton	(58)			34:44.17		11:10.8	54.1%	29	3
F45-49	1 Sheila Holen	Lewisville	(48)			52:17.79		16:50.0	31.6%	38	5
F65-69	1 Carol Creech	Plano	(68)			40:29.47		13:02.0	53.9%	34	4

1M MALE

		17 MALE Runners --- Average Time of 8:02				Avg. Age Grade: 57.4%			Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 John Shirk		(25)			4:51.05		4:51.1	76.5%	1	1
M10-14	1 German Marban	Farmers Branch	(13)			8:03.14		8:03.1	51.8%	10	9
	2 Enrique Marban	Farmers Branch	(11)			8:14.20		8:14.2	53.4%	11	10
M20-24	1 Ben Reed		(23)			5:35.54		5:35.5	66.3%	4	4
M25-29	1 Cole Atchinson	Mile Race Group	(25)			5:02.93		5:02.9	73.5%	2	2
	2 Albert Marban	Farmers Branch	(26)			5:28.48		5:28.5	67.8%	3	3
M35-39	1 Gabor Toth	Coppell	(39)			8:45.02		8:45.0	44.5%	14	13
M45-49	1 Rich Weklar	Bartonville	(48)			6:39.05		6:39.1	62.8%	6	5
M50-54	1 Rob Preston	Irving	(54)			7:21.88		7:21.9	59.5%	8	7
M55-59	1 Tomas Bern	Allen	(56)			8:28.86	✓	8:28.9	52.6%	13	12
	2 John Kramer	Plano	(57)			11:22.20		11:22.2	39.5%	18	16
M60-64	1 Julio Lopez	Farmers Branch	(64)			7:28.93		7:28.9	63.9%	9	8
	2 Ruben Reyes	Carrollton	(63)			8:17.55		8:17.6	57.1%	12	11
M65-69	1 Tom Menn	Hurst	(65)			7:06.01		7:06.0	67.9%	7	6
	2 David Mask	Lewisville	(67)			9:25.44		9:25.4	52.1%	16	14
M70-74	1 Kendall Black	Grand Prairie	(70)			9:49.50		9:49.5	51.6%	17	15
	2 Scott Ahlstrom	Carrollton	(71)			14:36.00		14:36.0	35.1%	19	17

1M FEMALE

		2 FEMALE Runners --- Average Time of 7:28				Avg. Age Grade: 65.4%			Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Iris Pizzarello	Carrollton	(31)			5:40.61	✓	5:40.6	74.1%	5	1
F50-54	1 Kuay Sullivan	Coppell	(54)			9:15.31		9:15.3	56.7%	15	2

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

Positive Split
 Negative Split

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	6005 John Shirk (M25)	1	M25-29	OA	---				4:51.05		4:51.1	16.59	4:51.05	76.5%
2	128 Cole Atchinson (M25)	2	M25-29	1st	---				5:02.93		5:02.9	17.22	5:02.93	73.5%
3	7493 Albert Marban (M26)	3	M25-29	2nd	---				5:28.48		5:28.5	18.70	5:28.48	67.8%
4	6004 Ben Reed (M23)	4	M20-24	1st	---				5:35.54	×	5:35.5	19.10	5:35.54	66.3%
5	6764 Iris Pizzarello (F31)	1	F30-34	OA	---				5:40.61	✓ 3	5:40.6	19.39	5:40.61	74.1%
6	7222 Rich Weklar (M48)	5	M45-49	1st	---				6:39.05		6:39.1	22.75	6:39.05	62.8%
7	7053 Tom Menn (M65)	6	M65-69	1st	---				7:06.01		7:06.0	24.29	7:06.01	67.9%
8	7192 Rob Preston (M54)	7	M50-54	1st	---				7:21.88		7:21.9	25.15	7:21.88	59.5%
9	7193 Julio Lopez (M64)	8	M60-64	1st	---				7:28.93		7:28.9	25.54	7:28.93	63.9%
10	7494 German Marban (M13)	9	M10-14	1st	---				8:03.14		8:03.1	27.54	8:03.14	51.8%
11	7495 Enrique Marban (M11)	10	M10-14	2nd	---				8:14.20		8:14.2	28.17	8:14.20	53.4%
12	7283 Ruben Reyes (M63)	11	M60-64	2nd	---				8:17.55		8:17.6	28.34	8:17.55	57.1%
13	7563 Tomas Bern (M56)	12	M55-59	1st	---				8:28.86	✓ 1	8:28.9	28.97	8:28.86	52.6%
14	7380 Gabor Toth (M39)	13	M35-39	1st	---				8:45.02		8:45.0	29.93	8:45.02	44.5%
15	7265 Kuay Sullivan (F54)	2	F50-54	1st	---				9:15.31		9:15.3	31.65	9:15.31	56.7%
16	7008 David Mask (M67)	14	M65-69	2nd	---				9:25.44		9:25.4	32.22	9:25.44	52.1%
17	7070 Kendall Black (M70)	15	M70-74	1st	---				9:49.50		9:49.5	33.58	9:49.50	51.6%
18	7261 John Kramer (M57)	16	M55-59	2nd	---				11:22.20		11:22.2	38.89	11:22.20	39.5%
19	7148 Scott Ahlstrom (M71)	17	M70-74	2nd	---				14:36.00	×	14:36.0	49.95	14:36.00	35.1%

✓ 2 Club PR's

Average Finish Time: 07:58 2 First Timers

Average Age Grade: 58.3%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	6005 John Shirk (M25)	1	M25-29	OA	1.3				17:04.44	✓ 2	5:29.7	17.07	17:05.74	75.6%
2	6003 Luke Maddox (M22)	2	M20-24	1st	1.5				17:06.23	×	5:30.3	17.10	17:07.75	75.5%
3	7493 Albert Marban (M26)	3	M25-29	1st	1.6				18:07.30	⌚	5:50.0	18.12	18:08.93	71.2%
4	6002 Seth Bator (M16)	4	M15-19	1st	---				18:50.18	✓ 2	6:03.8	18.83	18:50.18	72.7%
5	6824 Reece Parker (M18)	5	M15-19	2nd	3.6				21:52.54		7:02.5	21.87	21:56.15	61.0%
6	7159 Robert Landon (M60)	6	M60-64	MS	2.1				21:56.38		7:03.7	21.93	21:58.44	73.1%
7	7255 John Cosentino (M57)	7	M55-59	SR	1.3				22:17.00	✓ 17	7:10.3	22.28	22:18.26	70.1%
8	7011 Blair Casey (M32)	8	M30-34	1st	2.5				22:16.69		7:10.2	22.27	22:19.23	58.4%
9	7405 Steve Russo (M56)	9	M55-59	1st	2.2				22:25.84		7:13.2	22.42	22:28.03	69.1%
10	7012 Doug Waters (M55)	10	M55-59	2nd	4.8				23:48.30		7:39.7	23.80	23:53.14	64.6%
11	7222 Rich Weklar (M48)	11	M45-49	1st	3.5				24:20.20	⌚	7:50.0	24.33	24:23.73	59.6%
12	7193 Julio Lopez (M64)	12	M60-64	1st	3.3				24:26.48	⌚	7:52.0	24.43	24:29.82	68.0%
13	6948 Benjamin Schussler (M15)	13	M15-19	3rd	3.0				24:58.60		8:02.4	24.97	25:01.59	55.7%
14	7192 Rob Preston (M54)	14	M50-54	1st	3.8				25:02.78	⌚	8:03.7	25.03	25:06.58	60.8%
15	6006 Jason Yang (M16)	15	M15-19	4th	1.9				26:12.89	×	8:26.3	26.20	26:14.75	52.2%
16	7089 John Nance (M71)	16	M70-74	1st	2.1				26:25.16		8:30.2	26.42	26:27.26	67.5%
17	7380 Gabor Toth (M39)	17	M35-39	1st	2.8				27:42.83	⌚	8:55.2	27.70	27:45.63	48.9%
18	7265 Kuay Sullivan (F54)	1	F50-54	OA	5.7				27:49.48	⌚	8:57.4	27.82	27:55.22	64.0%
19	6007 Daniel Yang (M12)	18	M10-14	2nd	2.1				28:22.47	×	9:08.0	28.37	28:24.53	52.4%
20	6718 William Poole (M14)	19	M10-14	1st	328.8				23:13.48		7:28.5	23.22	28:42.29	61.1%
21	7256 Rich Cronin (M52)	20	M50-54	2nd	5.6				29:23.59		9:27.6	29.38	29:29.21	51.0%
22	7563 Tomas Bern (M56)	21	M55-59	3rd	4.1				29:41.16	⌚	9:33.3	29.68	29:45.23	52.2%
23	7283 Ruben Reyes (M63)	22	M60-64	2nd	6.8				30:45.88	⌚	9:54.1	30.75	30:52.69	53.5%
24	7050 Chris Goins (M49)	23	M45-49	2nd	6.1				31:34.84	✓ 21	10:09.9	31.57	31:40.93	46.3%
25	7008 David Mask (M67)	24	M65-69	1st	6.6				32:05.38	⌚	10:19.7	32.08	32:11.94	53.2%
26	7070 Kendall Black (M70)	25	M70-74	2nd	3.8				33:12.53	⌚	10:41.3	33.20	33:16.36	53.1%
27	6717 Paul Schussler (M17)	26	M15-19	5th	3.1				34:12.12	✓ 2	11:00.5	34.20	34:15.26	39.5%

FN*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split



Timing provided by:

10/27/2019

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

△ Negative Split

 DeltaViewTiming.com

28	7044	Amie Goins (F48)	2	F45-49	MS	6.2	34:44.15	11:10.8	34.73	34:50.35	47.5%	
29	7454	Betsy Palmer (F58)	3	F55-59	SR	7.7	34:44.17	11:10.8	34.73	34:51.84	54.1%	
30	7106	Robert Simpson (M64)	27	M60-64	3rd	9.6	35:03.36	11:17.0	35.05	35:12.93	47.4%	
31	7257	Jeffrey Conklin (M56)	28	M55-59	4th	6.9	35:54.67	11:33.5	35.90	36:01.58	43.2%	
32	7518	Adam Koppel (M9)	29	M01-09	1st	3.0	37:15.61	11:59.6	37.25	37:18.56	43.9%	
33	7519	Lowell Koppel (M46)	30	M45-49	3rd	2.9	37:20.39	12:01.1	37.33	37:23.34	38.3%	
34	7024	Carol Creech (F68)	4	F65-69	1st	5.1	40:29.47	13:02.0	40.48	40:34.57	53.9%	
35	7258	Steven Johnson (M61)	31	M60-64	4th	10.0	43:10.03	13:53.7	43.17	43:20.00	37.5%	
36	7148	Scott Ahlstrom (M71)	32	M70-74	3rd	8.8	45:09.23 	14:32.0	45.15	45:18.00	39.5%	
37	7261	John Kramer (M57)	33	M55-59	5th	385.5	40:54.70 	13:10.1	40.90	47:20.25	38.2%	
38	7246	Sheila Holen (F48)	5	F45-49	1st	9.3	52:17.79	16:50.0	52.28	52:27.13	31.6%	
✓ 5 Club PR's							Average Finish Time: 29:32 <i>3 First Timers</i>		Average Age Grade: 55.4%			

Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	John Shirk	M25	4:51.05	76.5%	New
2	5	Iris Pizzarello	F31	5:40.61	74.1%	Move UP
3	2	Cole Atchinson	M25	5:02.93	73.5%	
4	7	Tom Menn	M65	7:06.01	67.9%	
5	3	Albert Marban	M26	5:28.48	67.8%	
6	4	Ben Reed	M23	5:35.54	66.3%	New
7	9	Julio Lopez	M64	7:28.93	63.9%	
8	6	Rich Weklar	M48	6:39.05	62.8%	
9	8	Rob Preston	M54	7:21.88	59.5%	
10	12	Ruben Reyes	M63	8:17.55	57.1%	
11	15	Kuay Sullivan	F54	9:15.31	56.7%	
12	11	Enrique Marban	M11	8:14.20	53.4%	
13	13	Tomas Bern	M56	8:28.86	52.6%	
14	16	David Mask	M67	9:25.44	52.1%	
15	10	German Marban	M13	8:03.14	51.8%	
16	17	Kendall Black	M70	9:49.50	51.6%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	John Shirk	M25	17:04.44	75.6%	New
2	2	Luke Maddox	M22	17:06.23	75.5%	New
3	6	Robert Landon	M60	21:56.38	73.1%	
4	4	Seth Bator	M16	18:50.18	72.7%	Move UP
5	3	Albert Marban	M26	18:07.30	71.2%	
6	7	John Cosentino	M57	22:17.00	70.1%	Move UP
7	9	Steve Russo	M56	22:25.84	69.1%	
8	12	Julio Lopez	M64	24:26.48	68.0%	
9	16	John Nance	M71	26:25.16	67.5%	
10	10	Doug Waters	M55	23:48.30	64.6%	
11	18	Kuay Sullivan	F54	27:49.48	64.0%	
12	20	William Poole	M14	23:13.48	61.1%	
13	5	Reece Parker	M18	21:52.54	61.0%	
14	14	Rob Preston	M54	25:02.78	60.8%	
15	11	Rich Weklar	M48	24:20.20	59.6%	
16	8	Blair Casey	M32	22:16.69	58.4%	
17	13	Benjamin Schussler	M15	24:58.60	55.7%	
18	29	Betsy Palmer	F58	34:44.17	54.1%	
19	34	Carol Creech	F68	40:29.47	53.9%	
20	23	Ruben Reyes	M63	30:45.88	53.5%	
21	25	David Mask	M67	32:05.38	53.2%	
22	26	Kendall Black	M70	33:12.53	53.1%	
23	19	Daniel Yang	M12	28:22.47	52.4%	
24	15	Jason Yang	M16	26:12.89	52.2%	
25	22	Tomas Bern	M56	29:41.16	52.2%	
26	21	Rich Cronin	M52	29:23.59	51.0%	

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