

# Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Albert Marban	5:28.59	Albert Marban	18:25.66	Robert Landon	20:56.16	Rob Preston	23:25.62
Sydney Williams	7:17.17	Kim Andres	27:33.62	Kumiko McCoy	30:17.77	Yanira Lopez	33:16.37

## 5K MALE

31 MALE Runners --- Average Time of **28:10**

Avg. Age Grade: **55.9%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Albert Marban</b>	Farmers Branch	(26)			<b>18:25.66</b> $\mathcal{M}$		5:55.9	<b>70.0%</b>	1	1
MASTERS	1 <b>Robert Landon</b>	Allen	(60)			<b>20:56.16</b> $\mathcal{M}$	<input checked="" type="checkbox"/>	6:44.3	<b>76.6%</b>	2	2
SENIORS	1 <b>Rob Preston</b>	Irving	(55)			<b>23:25.62</b> $\mathcal{M}$	<input checked="" type="checkbox"/>	7:32.4	<b>65.6%</b>	7	7
M25-29	1 <b>Isaac Hicks</b>	Euless	(26)			<b>22:39.50</b>		7:17.6	56.9%	5	5
M30-34	1 <b>Blair Casey</b>	Carrollton	(33)			<b>20:57.58</b>		6:44.8	<b>62.3%</b>	3	3
	2 <b>Avram Carter</b>	Lewisville	(31)			<b>22:49.75</b>		7:20.9	56.8%	6	6
	3 <b>Ryan Boyd</b>	Carrollton	(31)			<b>26:20.88</b> $\mathcal{M}$		8:28.8	49.2%	14	14
M35-39	1 <b>Jason Egger</b>	Mesquite	(38)			<b>24:20.84</b> $\mathcal{M}$	<input checked="" type="checkbox"/>	7:50.2	55.2%	10	10
	2 <b>Gabor Toth</b>	Coppell	(39)			<b>24:44.50</b> $\mathcal{M}$		7:57.8	54.8%	11	11
	3 <b>Kevin Kimball</b>	Carrollton	(35)			<b>30:20.88</b>		9:46.1	43.4%	26	24
M45-49	1 <b>Marcus O'con</b>	Dallas	(49)			<b>21:10.30</b> $\mathcal{M}$	<input checked="" type="checkbox"/>	6:48.9	<b>69.1%</b>	4	4
	2 <b>Rich Weklar</b>	Bartonville	(48)			<b>24:03.55</b> $\mathcal{M}$		7:44.6	<b>60.3%</b>	9	9
	3 <b>Ryan Pogue</b>	Carrollton	(48)			<b>29:50.55</b>		9:36.3	48.6%	23	22
	4 <b>Chris Goins</b>	Garland	(49)			<b>34:38.85</b>		11:09.1	42.2%	34	27
M50-54	1 <b>Rich Cronin</b>	Arlington	(52)			<b>29:02.64</b>		9:20.9	51.6%	21	20
	2 <b>Les George</b>	Grand Prairie	(54)			<b>33:16.52</b>		10:42.6	45.8%	30	25
M55-59	1 <b>John Cosentino</b>	Plano	(57)			<b>24:03.91</b>		7:44.8	<b>64.9%</b>	8	8
	2 <b>Vijayan Nair</b>	Plano	(57)			<b>26:41.93</b> $\mathcal{M}$		8:35.6	58.5%	15	15
	3 <b>Tomas Bern</b>	Allen	(56)			<b>27:57.07</b> $\mathcal{M}$		8:59.8	55.4%	18	17
	4 <b>David Short</b>	Frisco	(59)			<b>29:43.43</b>		9:34.0	53.5%	24	23
	5 <b>Jeffrey Conklin</b>	Arlington	(56)			<b>38:46.07</b>		12:28.7	40.0%	37	29
	6 <b>Charles Jones</b>	Carrollton	(55)			<b>40:26.93</b>	<input checked="" type="checkbox"/>	13:01.2	38.0%	38	30
	7 <b>John Kramer</b>	Plano	(58)			<b>43:39.22</b> $\mathcal{M}$		14:03.0	36.1%	40	31
M60-64	1 <b>Julio Lopez</b>	Farmers Branch	(64)			<b>25:54.56</b> $\mathcal{M}$		8:20.4	<b>64.2%</b>	12	12
	2 <b>Ruben Arevalo</b>	Carrollton	(64)			<b>26:10.23</b> $\mathcal{M}$		8:25.4	<b>63.5%</b>	13	13
	3 <b>Ruben Reyes</b>	Carrollton	(63)			<b>29:48.01</b> $\mathcal{M}$		9:35.5	55.3%	22	21
	4 <b>Robert Simpson</b>	Coppell	(64)			<b>36:42.80</b>		11:49.0	45.3%	36	28
M65-69	1 <b>Peter Chan</b>	Coppell	(66)			<b>28:08.51</b> $\mathcal{M}$		9:03.5	<b>60.2%</b>	20	19
	2 <b>David Mask</b>	Lewisville	(67)			<b>33:02.95</b> $\mathcal{M}$		10:38.3	51.7%	31	26
M70-74	1 <b>John Nance</b>	Rowlett	(71)			<b>26:43.68</b>		8:36.2	<b>66.8%</b>	16	16
M75-79	1 <b>Wally Capps</b>	Farmers Branch	(79)			<b>28:20.18</b> $\mathcal{M}$		9:07.2	<b>72.4%</b>	19	18

# 5K FEMALE

13 FEMALE Runners --- Average Time of

39:41

Avg. Age Grade: 51.6%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Kim Andres</b>	Irving	(66)			<b>27:33.62</b>		8:52.2	<b>76.7%</b>	17	<b>1</b>
MASTERS	1 <b>Kumiko McCoy</b>	Eules	(70)			<b>30:17.77</b>	☐	9:45.1	<b>74.4%</b>	25	<b>2</b>
SENIORS	1 <b>Yanira Lopez</b>	Farmers Branch	(57)			<b>33:16.37</b>	ℓ	10:42.6	55.7%	29	<b>5</b>
F15-19	1 <b>Trinity Nelson</b>	Arlington	(18)			<b>54:16.69</b>		17:28.2	27.6%	44	<b>13</b>
F20-24	1 <b>Trinity Sullivan</b>	Coppell	(20)			<b>31:39.89</b>	ℓ	10:11.5	46.8%	27	<b>3</b>
F45-49	1 <b>Amie Goins</b>	Garland	(48)			<b>33:47.38</b>		10:52.6	48.9%	32	<b>6</b>
	2 <b>Sheila Holen</b>	Lewisville	(48)			<b>52:38.42</b>		16:56.6	31.4%	41	<b>10</b>
F50-54	1 <b>Kuay Sullivan</b>	Coppell	(54)			<b>31:44.04</b>	ℓ	10:12.9	56.1%	28	<b>4</b>
	2 <b>Stephanie Jones</b>	Carrollton	(52)			<b>54:07.14</b>		17:25.2	32.1%	43	<b>12</b>
F55-59	1 <b>Betsy Palmer</b>	Carrollton	(58)			<b>33:46.61</b>		10:52.3	55.6%	33	<b>7</b>
F60-64	1 <b>Rosemary Lewis</b>	Carrollton	(64)			<b>54:02.45</b>		17:23.6	37.9%	42	<b>11</b>
F65-69	1 <b>Carol Creech</b>	Plano	(69)			<b>43:47.48</b>		14:05.7	50.6%	39	<b>9</b>
F80-99	1 <b>Mary Kaplan</b>	Sunrise Beach	(80)			<b>34:56.66</b>		11:14.8	<b>77.4%</b>	35	<b>8</b>

# 1M MALE

		22 MALE Runners --- Average Time of <b>8:17</b>					Avg. Age Grade: <b>55.4%</b>			Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Albert Marban	Farmers Branch	(26)			5:28.59		5:28.6	67.7%	1	1
M01-09	1	Jordan Williams	Mckinney	(9)			6:52.80		6:52.8	68.4%	3	3
M10-14	1	German Marban	Farmers Branch	(13)			6:55.58		6:55.6	60.2%	4	4
	2	Enrique Marban	Farmers Branch	(12)			7:23.63		7:23.6	57.8%	8	7
M30-34	1	Ryan Boyd	Carrollton	(31)			7:26.02		7:26.0	50.1%	9	8
M35-39	1	Jason Egger	Mesquite	(38)			6:47.20	✓	6:47.2	57.0%	2	2
	2	Gabor Toth	Coppell	(39)			7:45.52		7:45.5	50.2%	10	9
M45-49	1	Rich Weklar	Bartonville	(48)			6:56.98		6:57.0	60.1%	5	5
	2	Marcus O'con	Dallas	(49)			8:20.03		8:20.0	50.5%	13	12
	3	Carlos Ordonez	Carrollton	(49)			12:07.36		12:07.4	34.7%	27	22
M55-59	1	Vijayan Nair	Plano	(57)			7:58.36		7:58.4	56.4%	12	11
	2	M Maimonides	Kansas City, Mo	(56)			8:24.13		8:24.1	53.0%	14	13
	3	Tomas Bern	Allen	(56)			8:29.11		8:29.1	52.5%	16	15
	4	Rob Preston	Irving	(55)			8:37.92		8:37.9	51.2%	17	16
	5	John Kramer	Plano	(58)			11:22.48		11:22.5	39.9%	26	21
M60-64	1	Julio Lopez	Farmers Branch	(64)			7:17.73		7:17.7	65.5%	7	6
	2	Ruben Arevalo	Carrollton	(64)			7:57.97		7:58.0	60.0%	11	10
	3	Ruben Reyes	Carrollton	(63)			8:24.96		8:25.0	56.3%	15	14
M65-69	1	David Mask	Lewisville	(67)			9:38.51		9:38.5	51.0%	21	19
	2	Peter Chan	Coppell	(66)			10:35.30		10:35.3	46.0%	25	20
M75-79	1	Wally Capps	Farmers Branch	(79)			8:43.53		8:43.5	67.7%	18	17
	2	Bill Shirley	Dallas	(76)			8:45.05		8:45.1	63.4%	19	18

# 1M FEMALE

		6 FEMALE Runners --- Average Time of <b>11:53</b>					Avg. Age Grade: <b>48.2%</b>			Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Sydney Williams	Mckinney	(7)			7:17.17	☐	7:17.2	73.0%	6	1
F10-14	1	A'liyah Williams	Mckinney	(14)			9:44.54		9:44.5	45.7%	22	3
F20-24	1	Trinity Sullivan	Coppell	(20)			10:16.30		10:16.3	40.8%	23	4
F50-54	1	Kuay Sullivan	Coppell	(54)			10:16.30		10:16.3	51.1%	24	5
	2	Ally Conklin	Arlington	(51)			24:17.54	✓	24:17.5	20.8%	28	6
F55-59	1	Yanira Lopez	Farmers Branch	(57)			9:28.11		9:28.1	57.8%	20	2

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7493 Albert Marban (M26)	1	M25-29	OA	---				5:28.59		5:28.6	18.70	5:28.59	67.7%
2	6889 Jason Egger (M38)	2	M35-39	1st	---				6:47.20	✓ 1	6:47.2	23.21	6:47.20	57.0%
3	7023 Jordan Williams (M9)	3	M01-09	1st	---				6:52.80	✗	6:52.8	23.49	6:52.80	68.4%
4	7494 German Marban (M13)	4	M10-14	1st	---				6:55.58		6:55.6	23.66	6:55.58	60.2%
5	7222 Rich Weklar (M48)	5	M45-49	1st	---				6:56.98		6:57.0	23.72	6:56.98	60.1%
6	7019 Sydney Williams (F7)	1	F01-09	OA	---				7:17.17	☐ ✗	7:17.2	24.92	7:17.17	73.0%
7	7193 Julio Lopez (M64)	6	M60-64	1st	---				7:17.73		7:17.7	24.92	7:17.73	65.5%
8	7495 Enrique Marban (M12)	7	M10-14	2nd	---				7:23.63		7:23.6	25.26	7:23.63	57.8%
9	6760 Ryan Boyd (M31)	8	M30-34	1st	---				7:26.02	✗	7:26.0	25.43	7:26.02	50.1%
10	7380 Gabor Toth (M39)	9	M35-39	2nd	---				7:45.52		7:45.5	26.51	7:45.52	50.2%
11	7155 Ruben Arevalo (M64)	10	M60-64	2nd	---				7:57.97		7:58.0	27.20	7:57.97	60.0%
12	7117 Vijayan Nair (M57)	11	M55-59	1st	---				7:58.36		7:58.4	27.25	7:58.36	56.4%
13	7270 Marcus O'con (M49)	12	M45-49	2nd	---				8:20.03		8:20.0	28.51	8:20.03	50.5%
14	7013 M Maimonides (M56)	13	M55-59	2nd	---				8:24.13		8:24.1	28.74	8:24.13	53.0%
15	7283 Ruben Reyes (M63)	14	M60-64	3rd	---				8:24.96		8:25.0	28.74	8:24.96	56.3%
16	7563 Tomas Bern (M56)	15	M55-59	3rd	---				8:29.11		8:29.1	29.02	8:29.11	52.5%
17	7192 Rob Preston (M55)	16	M55-59	4th	---				8:37.92		8:37.9	29.48	8:37.92	51.2%
18	7916 Wally Capps (M79)	17	M75-79	1st	---				8:43.53		8:43.5	29.82	8:43.53	67.7%
19	7043 Bill Shirley (M76)	18	M75-79	2nd	---				8:45.05		8:45.1	29.93	8:45.05	63.4%
20	7198 Yanira Lopez (F57)	2	F55-59	1st	---				9:28.11		9:28.1	32.39	9:28.11	57.8%
21	7008 David Mask (M67)	19	M65-69	1st	---				9:38.51		9:38.5	32.96	9:38.51	51.0%
22	7025 A'lyyah Williams (F14)	3	F10-14	1st	---				9:44.54	✗	9:44.5	33.30	9:44.54	45.7%
23	7099 Trinity Sullivan (F20)	4	F20-24	1st	---				10:16.30		10:16.3	35.12	10:16.30	40.8%
24	7265 Kuay Sullivan (F54)	5	F50-54	1st	---				10:16.30		10:16.3	35.12	10:16.30	51.1%
25	7153 Peter Chan (M66)	20	M65-69	2nd	---				10:35.30		10:35.3	36.21	10:35.30	46.0%
26	7261 John Kramer (M58)	21	M55-59	5th	---				11:22.48		11:22.5	38.89	11:22.48	39.9%
27	6002 Carlos Ordonez (M49)	22	M45-49	3rd	---				12:07.36		12:07.4	41.45	12:07.36	34.7%
28	6004 Ally Conklin (F51)	6	F50-54	2nd	---				24:17.54	✓ 1	24:17.5	83.08	24:17.54	20.8%

✓ 2 Club PR's

Average Finish Time: 09:03 4 First Timers

Average Age Grade: 53.9%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7493 Albert Marban (M26)	1	M25-29	OA	---				18:25.66	ℓ	5:55.9	18.42	18:25.70	70.0%
2	7159 Robert Landon (M60)	2	M60-64	MS	---				20:56.16	☑ 8	6:44.3	20.93	20:56.20	76.6%
3	7011 Blair Casey (M33)	3	M30-34	1st	0.2				20:57.58		6:44.8	20.95	20:57.76	62.3%
4	7270 Marcus O'con (M49)	4	M45-49	1st	2.6				21:10.30	ℓ ✓ 10	6:48.9	21.17	21:12.91	69.1%
5	6731 Isaac Hicks (M26)	5	M25-29	1st	0.7				22:39.50	✗	7:17.6	22.65	22:40.19	56.9%
6	6001 Avram Carter (M31)	6	M30-34	2nd	2.8				22:49.75		7:20.9	22.82	22:52.52	56.8%
7	7192 Rob Preston (M55)	7	M55-59	SR	4.2				23:25.62	ℓ ✓ 14	7:32.4	23.42	23:29.84	65.6%
8	7255 John Cosentino (M57)	8	M55-59	1st	3.9				24:03.91		7:44.8	24.05	24:07.80	64.9%
9	7222 Rich Weklar (M48)	9	M45-49	2nd	4.7				24:03.55	ℓ	7:44.6	24.05	24:08.20	60.3%
10	6889 Jason Egger (M38)	10	M35-39	1st	0.3				24:20.84	ℓ ✓ 1	7:50.2	24.33	24:21.14	55.2%
11	7380 Gabor Toth (M39)	11	M35-39	2nd	0.7				24:44.50	ℓ	7:57.8	24.73	24:45.24	54.8%
12	7193 Julio Lopez (M64)	12	M60-64	1st	0.2				25:54.56	ℓ	8:20.4	25.90	25:54.73	64.2%
13	7155 Ruben Arevalo (M64)	13	M60-64	2nd	0.1				26:10.23	ℓ	8:25.4	26.17	26:10.35	63.5%
14	6760 Ryan Boyd (M31)	14	M30-34	3rd	2.7				26:20.88	ℓ ✗	8:28.8	26.33	26:23.58	49.2%
15	7117 Vijayan Nair (M57)	15	M55-59	2nd	0.1				26:41.93	ℓ	8:35.6	26.68	26:42.06	58.5%
16	7089 John Nance (M71)	16	M70-74	1st	3.0				26:43.68		8:36.2	26.72	26:46.63	66.8%
17	7040 Kim Andres (F66)	1	F65-69	OA	2.3				27:33.62		8:52.2	27.55	27:35.93	76.7%
18	7563 Tomas Bern (M56)	17	M55-59	3rd	2.2				27:57.07	ℓ	8:59.8	27.95	27:59.23	55.4%

FN\*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

1/26/2020

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

△ Negative Split

 DeltaViewTiming.com

19	7916	Wally Capps (M79)	18	M75-79	1st	4.0	<b>28:20.18</b>	ℓ	9:07.2	28.33	28:24.20	<b>72.4%</b>
20	7153	Peter Chan (M66)	19	M65-69	1st	19.4	<b>28:08.51</b>	ℓ	9:03.5	28.13	28:27.91	<b>60.2%</b>
21	7256	Rich Cronin (M52)	20	M50-54	1st	2.6	<b>29:02.64</b>		9:20.9	29.03	29:05.28	51.6%
22	7283	Ruben Reyes (M63)	21	M60-64	3rd	6.9	<b>29:48.01</b>	ℓ	9:35.5	29.80	29:54.89	55.3%
23	7345	Ryan Pogue (M48)	22	M45-49	3rd	16.0	<b>29:50.55</b>		9:36.3	29.83	30:06.54	48.6%
24	7061	David Short (M59)	23	M55-59	4th	25.9	<b>29:43.43</b>		9:34.0	29.72	30:09.31	53.5%
25	7449	Kumiko McCoy (F70)	2	F70-74	MS	6.5	<b>30:17.77</b>	□	9:45.1	30.28	30:24.32	<b>74.4%</b>
26	6803	Kevin Kimball (M35)	24	M35-39	3rd	8.7	<b>30:20.88</b>	×	9:46.1	30.33	30:29.58	43.4%
27	7099	Trinity Sullivan (F20)	3	F20-24	1st	10.9	<b>31:39.89</b>	ℓ	10:11.5	31.65	31:50.83	46.8%
28	7265	Kuay Sullivan (F54)	4	F50-54	1st	11.6	<b>31:44.04</b>	ℓ	10:12.9	31.73	31:55.60	56.1%
29	7198	Yanira Lopez (F57)	5	F55-59	SR	7.3	<b>33:16.37</b>	ℓ	10:42.6	33.27	33:23.72	55.7%
30	6944	Les George (M54)	25	M50-54	2nd	9.5	<b>33:16.52</b>		10:42.6	33.27	33:25.97	45.8%
31	7008	David Mask (M67)	26	M65-69	2nd	34.8	<b>33:02.95</b>	ℓ	10:38.3	33.03	33:37.76	51.7%
32	7044	Amie Goins (F48)	6	F45-49	1st	4.5	<b>33:47.38</b>		10:52.6	33.78	33:51.93	48.9%
33	7454	Betsy Palmer (F58)	7	F55-59	1st	11.6	<b>33:46.61</b>		10:52.3	33.77	33:58.18	55.6%
34	7050	Chris Goins (M49)	27	M45-49	4th	4.8	<b>34:38.85</b>		11:09.1	34.63	34:43.66	42.2%
35	7039	Mary Kaplan (F80)	8	F80-99	1st	1.8	<b>34:56.66</b>		11:14.8	34.93	34:58.44	<b>77.4%</b>
36	7106	Robert Simpson (M64)	28	M60-64	4th	14.1	<b>36:42.80</b>		11:49.0	36.70	36:56.86	45.3%
37	7257	Jeffrey Conklin (M56)	29	M55-59	5th	13.9	<b>38:46.07</b>		12:28.7	38.77	38:59.93	40.0%
38	7120	Charles Jones (M55)	30	M55-59	6th	5.4	<b>40:26.93</b>	✓ 1	13:01.2	40.43	40:32.28	38.0%
39	7024	Carol Creech (F69)	9	F65-69	1st	6.1	<b>43:47.48</b>		14:05.7	43.78	43:53.55	50.6%
40	7261	John Kramer (M58)	31	M55-59	7th	239.5	<b>43:39.22</b>	ℓ	14:03.0	43.65	47:38.73	36.1%
41	7246	Sheila Holen (F48)	10	F45-49	2nd	14.9	<b>52:38.42</b>		16:56.6	52.63	52:53.35	31.4%
42	7455	Rosemary Lewis (F64)	11	F60-64	1st	9.6	<b>54:02.45</b>		17:23.6	54.03	54:12.09	37.9%
43	7119	Stephanie Jones (F52)	12	F50-54	2nd	10.5	<b>54:07.14</b>	×	17:25.2	54.12	54:17.63	32.1%
44	6005	Trinity Nelson (F18)	13	F15-19	1st	1.6	<b>54:16.69</b>	×	17:28.2	54.27	54:18.32	27.6%

✓ 5 Club PR's

Average Finish Time: 31:34 5 First Timers Average Age Grade: 54.7%

## Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	6	Sydney Williams	F7	7:17.17	73.0%	New
2	3	Jordan Williams	M9	6:52.80	68.4%	New
3	1	Albert Marban	M26	5:28.59	67.7%	
4	18	Wally Capps	M79	8:43.53	67.7%	
5	7	Julio Lopez	M64	7:17.73	65.5%	
6	19	Bill Shirley	M76	8:45.05	63.4%	
7	4	German Marban	M13	6:55.58	60.2%	
8	5	Rich Weklar	M48	6:56.98	60.1%	
9	11	Ruben Arevalo	M64	7:57.97	60.0%	
10	8	Enrique Marban	M12	7:23.63	57.8%	
11	20	Yanira Lopez	F57	9:28.11	57.8%	
12	2	Jason Egger	M38	6:47.20	57.0%	
13	12	Vijayan Nair	M57	7:58.36	56.4%	
14	15	Ruben Reyes	M63	8:24.96	56.3%	
15	14	M Maimonides	M56	8:24.13	53.0%	
16	16	Tomas Bern	M56	8:29.11	52.5%	
17	17	Rob Preston	M55	8:37.92	51.2%	
18	24	Kuay Sullivan	F54	10:16.30	51.1%	
19	21	David Mask	M67	9:38.51	51.0%	
20	13	Marcus O'con	M49	8:20.03	50.5%	
21	10	Gabor Toth	M39	7:45.52	50.2%	
22	9	Ryan Boyd	M31	7:26.02	50.1%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	35	Mary Kaplan	F80	34:56.66	77.4%	
2	17	Kim Andres	F66	27:33.62	76.7%	
3	2	Robert Landon	M60	20:56.16	76.6%	Move UP
4	25	Kumiko McCoy	F70	30:17.77	74.4%	
5	19	Wally Capps	M79	28:20.18	72.4%	
6	1	Albert Marban	M26	18:25.66	70.0%	
7	4	Marcus O'con	M49	21:10.30	69.1%	Move UP
8	16	John Nance	M71	26:43.68	66.8%	
9	7	Rob Preston	M55	23:25.62	65.6%	New
10	8	John Cosentino	M57	24:03.91	64.9%	
11	12	Julio Lopez	M64	25:54.56	64.2%	
12	13	Ruben Arevalo	M64	26:10.23	63.5%	
13	3	Blair Casey	M33	20:57.58	62.3%	
14	9	Rich Weklar	M48	24:03.55	60.3%	
15	20	Peter Chan	M66	28:08.51	60.2%	
16	15	Vijayan Nair	M57	26:41.93	58.5%	
17	5	Isaac Hicks	M26	22:39.50	56.9%	
18	6	Avram Carter	M31	22:49.75	56.8%	
19	28	Kuay Sullivan	F54	31:44.04	56.1%	
20	29	Yanira Lopez	F57	33:16.37	55.7%	
21	33	Betsy Palmer	F58	33:46.61	55.6%	
22	18	Tomas Bern	M56	27:57.07	55.4%	
23	22	Ruben Reyes	M63	29:48.01	55.3%	
24	10	Jason Egger	M38	24:20.84	55.2%	
25	11	Gabor Toth	M39	24:44.50	54.8%	
26	24	David Short	M59	29:43.43	53.5%	
27	31	David Mask	M67	33:02.95	51.7%	
28	21	Rich Cronin	M52	29:02.64	51.6%	
29	39	Carol Creech	F69	43:47.48	50.6%	

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