

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Jim Dietz	5:20.14	Blair Casey	18:15.51	Jim Dietz	19:10.50	Robert Landon	22:00.35
Jennifer Castro	7:00.94	Quinn Dixon	23:58.80	Rebecca Caruso	27:06.55	Betsy Palmer	34:34.38

5K MALE

		29 MALE Runners --- Average Time of 28:39					Avg. Age Grade: 56.9%		Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Blair Casey	Carrollton	(33)	9:13	-10	18:15.51		5:52.6	71.5%	1	1
MASTERS	1 Jim Dietz	Prosper	(60)	9:31	+9	19:10.50	ML	6:10.3	83.6%	2	2
SENIORS	1 Robert Landon	Allen	(61)	10:56	+8	22:00.35		7:05.0	73.5%	5	5
M10-14	1 William Poole	Carrollton	(14)	11:07	-16	21:57.56	✓	7:04.1	64.6%	4	4
M25-29	1 Albert Marban	Farmers Branch	(26)	9:42	+20	19:44.92	ML	6:21.4	65.3%	3	3
	2 Craig Ostrovich	Coppell	(25)	11:26	+58	23:50.11		7:40.3	54.1%	9	9
M30-34	1 Ryan Boyd	carrollton	(32)	12:50	+65	26:44.83		8:36.5	48.6%	18	17
M35-39	1 Jason Egger	Mesquite	(38)	11:28	+67	24:03.36	✓	7:44.6	55.9%	11	10
	2 Mark Herling	Dallas	(39)	10:47	+443	28:56.54		9:18.9	46.8%	22	19
M45-49	1 Marcus O'con	Dallas	(49)	11:46	-35	22:56.16	ML	7:22.9	63.8%	7	7
	2 Rich Weklar	Bartonville	(49)	13:21	+18	27:00.63	ML	8:41.6	54.2%	19	18
M50-54	1 Alex Veguilla	Carrollton	(52)	11:43	+56	24:21.05		7:50.3	61.6%	12	11
	2 Chris Goins	Garland	(50)	18:08	+138	38:34.19		12:24.9	38.2%	34	26
M55-59	1 John Cosentino	Plano	(58)	11:01	+4	22:06.19	✓	7:06.9	71.3%	6	6
	2 Steve Russo	Plano	(56)	11:35	+35	23:44.55		7:38.5	65.3%	8	8
	3 Doug Waters	Carrollton	(55)	12:16	+5	24:37.38		7:55.5	62.4%	14	13
	4 David Short	Frisco	(59)	13:07	-58	25:16.65		8:08.2	62.9%	16	15
	5 Vijayan Nair	Plano	(57)	11:57	+126	25:59.87	ML	8:22.1	60.1%	15	14
	6 Les George	Grand Prairie	(55)	13:17	-30	26:04.62	✓	8:23.6	58.9%	23	20
	7 Martin Chavez	Lewisville	(58)	21:41	+75	44:36.35		14:21.4	35.3%	36	27
	8 John Kramer	Plano	(58)	26:00	-75	50:43.68	ML	16:19.7	31.1%	39	29
M60-64	1 Bradley Gardner	Fort Worth	(62)	12:15	-4	24:26.51		7:52.0	66.8%	13	12
	2 Ed Ostrovich	Coppell	(61)	14:49	-10	29:28.02		9:29.1	54.9%	24	21
	3 Timothy Eaton	Corinth	(64)	18:40	+91	38:50.01		12:30.0	42.8%	33	25
M65-69	1 Ruben Arevalo	Carrollton	(65)	13:09	+11	26:28.57		8:31.3	63.4%	17	16
	2 David Mask	Denton	(68)	17:03	-46	33:19.51		10:43.6	51.8%	26	23
	3 Robert Simpson	Coppell	(65)	18:10	-30	35:50.77		11:32.3	46.8%	31	24
M70-74	1 Curt Thompson	Coppell	(71)	14:56	+16	30:07.13		9:41.7	59.2%	25	22
	2 Scott Ahlstrom	Carrollton	(71)	26:19	-77	51:22.26		16:32.1	34.7%	37	28

5K FEMALE

11 FEMALE Runners --- Average Time of

36:49

Avg. Age Grade: 51.2%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Quinn Dixon	Hurst	(14)	11:48	+23	23:58.80		7:43.1	65.5%	10	1
MASTERS	1 Rebecca Caruso	Dallas	(53)	13:40	-14	27:06.55	✓	8:43.5	64.8%	20	2
SENIORS	1 Betsy Palmer	Carrollton	(59)	17:06	+23	34:34.38		11:07.7	55.1%	29	6
F10-14	1 CatherineAnn Mathis	Dallas	(14)	15:57	+142	34:15.64		11:01.6	45.9%	28	5
F45-49	1 Mireya Salas	Carrollton	(45)	17:00	+6	34:04.64	✓	10:58.1	46.9%	27	4
	2 Amie Goins	Garland	(48)	17:25	+54	35:45.02		11:30.4	46.2%	30	7
	3 Sheila Holen	Lewisville	(49)	26:26	-19	52:33.05		16:54.9	31.8%	38	10
F50-54	1 Debbie Riedner	Dallas	(50)	13:41	+40	28:01.31	✓	9:01.2	60.4%	21	3
F65-69	1 Jerri Hixson	Plano	(66)	17:37	+74	36:28.36	✓	11:44.4	57.9%	32	8
	2 Carol Creech	Plano	(69)	21:29	+17	43:15.55		13:55.4	51.2%	35	9
	3 Rosemary Lewis	Carrollton	(65)	28:16	-92	54:59.28		17:41.9	37.8%	40	11

1M MALE

10 MALE Runners --- Average Time of

7:49

Avg. Age Grade: 57.8%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Jim Dietz	Prosper	(60)			5:20.14	☐	5:20.1	86.4%	1	1
M10-14	1 German Marban	Farmers Branch	(14)			6:53.97		6:54.0	59.1%	4	4
	2 Enrique Marban	Farmers Branch	(12)			7:14.93		7:14.9	59.0%	6	5
M25-29	1 Albert Marban	Farmers Branch	(26)			5:31.49		5:31.5	67.2%	2	2
M40-44	1 Phillip Reeder	Coppell	(42)			8:38.76		8:38.8	46.1%	10	8
M45-49	1 Rich Weklar	Bartonville	(49)			7:42.68		7:42.7	54.6%	7	6
	2 Marcus O'con	Dallas	(49)			8:21.75		8:21.8	50.3%	9	7
M55-59	1 Vijayan Nair	Plano	(57)			6:44.99		6:45.0	66.6%	3	3
	2 John Kramer	Plano	(58)			12:16.06		12:16.1	37.0%	12	10
M65-69	1 Peter Chan	Coppell	(67)			9:28.22		9:28.2	51.9%	11	9

1M FEMALE

2 FEMALE Runners --- Average Time of

7:23

Avg. Age Grade: 60.0%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Jennifer Castro	Bedford	(37)			7:00.94		7:00.9	61.6%	5	1
F10-14	1 Annie Reeder	Coppell	(13)			7:44.46		7:44.5	58.5%	8	2

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6005 Jim Dietz (M60)	1	M60-64	OA	---				5:20.14	☐ x	5:20.1	18.25	5:20.14	86.4%
2	7493 Albert Marban (M26)	2	M25-29	1st	---				5:31.49		5:31.5	18.87	5:31.49	67.2%
3	7117 Vijayan Nair (M57)	3	M55-59	1st	---				6:44.99		6:45.0	23.04	6:44.99	66.6%
4	7494 German Marban (M14)	4	M10-14	1st	---				6:53.97		6:54.0	23.55	6:53.97	59.1%
5	6004 Jennifer Castro (F37)	1	F35-39	OA	---				7:00.94	x	7:00.9	23.95	7:00.94	61.6%
6	7495 Enrique Marban (M12)	5	M10-14	2nd	---				7:14.93		7:14.9	24.75	7:14.93	59.0%
7	7222 Rich Weklar (M49)	6	M45-49	1st	---				7:42.68		7:42.7	26.34	7:42.68	54.6%
8	7438 Annie Reeder (F13)	2	F10-14	1st	---				7:44.46		7:44.5	26.46	7:44.46	58.5%
9	7270 Marcus O'con (M49)	7	M45-49	2nd	---				8:21.75		8:21.8	28.57	8:21.75	50.3%
10	7437 Phillip Reeder (M42)	8	M40-44	1st	---				8:38.76		8:38.8	29.54	8:38.76	46.1%
11	7153 Peter Chan (M67)	9	M65-69	1st	---				9:28.22		9:28.2	32.39	9:28.22	51.9%
12	7261 John Kramer (M58)	10	M55-59	2nd	---				12:16.06		12:16.1	41.97	12:16.06	37.0%

✓ No Club PR's

Average Finish Time: 07:44 2 First Timers

Average Age Grade: 58.2%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7011 Blair Casey (M33)	1	M30-34	OA	---	9:13	9:03	-10	18:15.51		5:52.6	18.25	18:15.51	71.5%
2	6005 Jim Dietz (M60)	2	M60-64	MS	13.1	9:31	9:40	+9	19:10.50	☐ x	6:10.3	19.17	19:23.56	83.6%
3	7493 Albert Marban (M26)	3	M25-29	1st	0.7	9:42	10:03	+20	19:44.92	☐	6:21.4	19.73	19:45.63	65.3%
4	7205 William Poole (M14)	4	M10-14	1st	2.3	11:07	10:51	-16	21:57.56	✓ z	7:04.1	21.95	21:59.85	64.6%
5	7159 Robert Landon (M61)	5	M60-64	SR	1.9	10:56	11:04	+8	22:00.35		7:05.0	22.00	22:02.26	73.5%
6	7255 John Cosentino (M58)	6	M55-59	1st	2.0	11:01	11:05	+4	22:06.19	✓ z	7:06.9	22.10	22:08.18	71.3%
7	7270 Marcus O'con (M49)	7	M45-49	1st	7.4	11:46	11:11	-35	22:56.16	☐	7:22.9	22.93	23:03.57	63.8%
8	7405 Steve Russo (M56)	8	M55-59	2nd	6.1	11:35	12:10	+35	23:44.55		7:38.5	23.73	23:50.70	65.3%
9	6904 Craig Ostrovich (M25)	9	M25-29	2nd	2.8	11:26	12:24	+58	23:50.11		7:40.3	23.83	23:52.96	54.1%
10	6820 Quinn Dixon (F14)	1	F10-14	OA	2.9	11:48	12:11	+23	23:58.80	x	7:43.1	23.97	24:01.72	65.5%
11	7081 Jason Egger (M38)	10	M35-39	1st	4.8	11:28	12:35	+67	24:03.36	✓ z	7:44.6	24.05	24:08.17	55.9%
12	7052 Alex Veguilla (M52)	11	M50-54	1st	2.3	11:43	12:38	+56	24:21.05		7:50.3	24.35	24:23.35	61.6%
13	7058 Bradley Gardner (M62)	12	M60-64	1st	5.8	12:15	12:11	-4	24:26.51		7:52.0	24.43	24:32.30	66.8%
14	7012 Doug Waters (M55)	13	M55-59	3rd	5.0	12:16	12:21	+5	24:37.38		7:55.5	24.62	24:42.34	62.4%
15	7117 Vijayan Nair (M57)	14	M55-59	5th	---	11:57	14:03	+126	25:59.87	☐	8:22.1	25.98	25:59.87	60.1%
16	7061 David Short (M59)	15	M55-59	4th	61.7	13:07	12:09	-58	25:16.65		8:08.2	25.27	26:18.34	62.9%
17	7155 Ruben Arevalo (M65)	16	M65-69	1st	4.3	13:09	13:20	+11	26:28.57		8:31.3	26.47	26:32.86	63.4%
18	7488 Ryan Boyd (M32)	17	M30-34	1st	5.2	12:50	13:55	+65	26:44.83		8:36.5	26.73	26:49.99	48.6%
19	7222 Rich Weklar (M49)	18	M45-49	2nd	7.9	13:21	13:40	+18	27:00.63	☐	8:41.6	27.00	27:08.48	54.2%
20	7467 Rebecca Caruso (F53)	2	F50-54	MS	6.7	13:40	13:26	-14	27:06.55	✓ z	8:43.5	27.10	27:13.23	64.8%
21	6817 Debbie Riedner (F50)	3	F50-54	1st	12.3	13:41	14:21	+40	28:01.31	✓ z	9:01.2	28.02	28:13.60	60.4%
22	6006 Mark Herling (M39)	19	M35-39	2nd	1.3	10:47	18:10	+443	28:56.54		9:18.9	28.93	28:57.86	46.8%
23	7365 Les George (M55)	20	M55-59	6th	177.6	13:17	12:47	-30	26:04.62	✓ z	8:23.6	26.07	29:02.26	58.9%
24	6834 Ed Ostrovich (M61)	21	M60-64	2nd	4.1	14:49	14:39	-10	29:28.02		9:29.1	29.47	29:32.15	54.9%
25	6823 Curt Thompson (M71)	22	M70-74	1st	12.3	14:56	15:11	+16	30:07.13	x	9:41.7	30.12	30:19.47	59.2%
26	7008 David Mask (M68)	23	M65-69	2nd	23.1	17:03	16:17	-46	33:19.51		10:43.6	33.32	33:42.59	51.8%
27	7445 Mireya Salas (F45)	4	F45-49	1st	17.5	17:00	17:05	+6	34:04.64	✓ z	10:58.1	34.07	34:22.13	46.9%
28	6832 CatherineAnn Mathis (F14)	5	F10-14	1st	14.2	15:57	18:19	+142	34:15.64	x	11:01.6	34.25	34:29.84	45.9%
29	7454 Betsy Palmer (F59)	6	F55-59	SR	16.5	17:06	17:29	+23	34:34.38		11:07.7	34.57	34:50.86	55.1%
30	7044 Amie Goins (F48)	7	F45-49	2nd	17.5	17:25	18:20	+54	35:45.02		11:30.4	35.75	36:02.55	46.2%
31	7106 Robert Simpson (M65)	24	M65-69	3rd	30.5	18:10	17:40	-30	35:50.77		11:32.3	35.83	36:21.28	46.8%
32	6621 Jerri Hixson (F66)	8	F65-69	1st	10.8	17:37	18:51	+74	36:28.36	✓ z	11:44.4	36.47	36:39.12	57.9%
33	6002 Timothy Eaton (M64)	25	M60-64	3rd	9.3	18:40	20:10	+91	38:50.01		12:30.0	38.83	38:59.34	42.8%
34	7050 Chris Goins (M50)	26	M50-54	2nd	64.7	18:08	20:26	+138	38:34.19		12:24.9	38.57	39:38.93	38.2%

FN*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

7/26/2020

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

△ Negative Split

 DeltaViewTiming.com

35	7024	Carol Creech (F69)	9	F65-69	2nd	9.8	21:29	21:46	+17	43:15.55	13:55.4	43.25	43:25.32	51.2%
36	7409	Martin Chavez (M58)	27	M55-59	7th	33.3	21:41	22:56	+75	44:36.35	14:21.4	44.60	45:09.60	35.3%
37	7148	Scott Ahlstrom (M71)	28	M70-74	2nd	23.5	26:19	25:03	-77	51:22.26	16:32.1	51.37	51:45.75	34.7%
38	7246	Sheila Holen (F49)	10	F45-49	3rd	20.8	26:26	26:07	-19	52:33.05	16:54.9	52.55	52:53.80	31.8%
39	7261	John Kramer (M58)	29	M55-59	8th	205.5	26:00	24:44	-75	50:43.68 M	16:19.7	50.72	54:09.16	31.1%
40	7455	Rosemary Lewis (F65)	11	F65-69	3rd	40.3	28:16	26:44	-92	54:59.28	17:41.9	54.98	55:39.58	37.8%
26 Positive Split		14 Negative Split		✓ 8 Club PR's		Average Finish Time: 30:53		4 First Timers		Average Age Grade: 55.3%				

Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Jim Dietz	M60	5:20.14	86.4%	New
2	2	Albert Marban	M26	5:31.49	67.2%	
3	3	Vijayan Nair	M57	6:44.99	66.6%	
4	5	Jennifer Castro	F37	7:00.94	61.6%	
5	4	German Marban	M14	6:53.97	59.1%	
6	6	Enrique Marban	M12	7:14.93	59.0%	
7	8	Annie Reeder	F13	7:44.46	58.5%	
8	7	Rich Weklar	M49	7:42.68	54.6%	
9	11	Peter Chan	M67	9:28.22	51.9%	
10	9	Marcus O'con	M49	8:21.75	50.3%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Jim Dietz	M60	19:10.50	83.6%	New
2	5	Robert Landon	M61	22:00.35	73.5%	
3	1	Blair Casey	M33	18:15.51	71.5%	
4	6	John Cosentino	M58	22:06.19	71.3%	Move UP
5	13	Bradley Gardner	M62	24:26.51	66.8%	
6	10	Quinn Dixon	F14	23:58.80	65.5%	New
7	3	Albert Marban	M26	19:44.92	65.3%	
8	8	Steve Russo	M56	23:44.55	65.3%	
9	20	Rebecca Caruso	F53	27:06.55	64.8%	
10	4	William Poole	M14	21:57.56	64.6%	
11	7	Marcus O'con	M49	22:56.16	63.8%	
12	17	Ruben Arevalo	M65	26:28.57	63.4%	
13	16	David Short	M59	25:16.65	62.9%	
14	14	Doug Waters	M55	24:37.38	62.4%	
15	12	Alex Veguilla	M52	24:21.05	61.6%	
16	21	Debbie Riedner	F50	28:01.31	60.4%	
17	15	Vijayan Nair	M57	25:59.87	60.1%	
18	25	Curt Thompson	M71	30:07.13	59.2%	
19	23	Les George	M55	26:04.62	58.9%	
20	32	Jerri Hixson	F66	36:28.36	57.9%	
21	11	Jason Egger	M38	24:03.36	55.9%	
22	29	Betsy Palmer	F59	34:34.38	55.1%	
23	24	Ed Ostrovich	M61	29:28.02	54.9%	
24	19	Rich Weklar	M49	27:00.63	54.2%	
25	9	Craig Ostrovich	M25	23:50.11	54.1%	
26	26	David Mask	M68	33:19.51	51.8%	
27	35	Carol Creech	F69	43:15.55	51.2%	

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