

# Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Albert Marban	5:58.38	Blair Casey	18:26.06	Robert Landon	21:19.81	John Cosentino	21:59.83
Sheila Holen	19:08.17	Rebecca Caruso	27:24.91	Kumiko McCoy	30:34.67	Betsy Palmer	35:51.97

## 5K MALE

		24 MALE Runners --- Average Time of 27:00					Avg. Age Grade: 58.3%		Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Blair Casey	Carrollton	(33)	9:08	+10	18:26.06		5:56.0	70.8%	1	1
MASTERS	1 Robert Landon	Allen	(61)	10:22	+36	21:19.81		6:51.9	75.9%	3	3
SENIORS	1 John Cosentino	Plano	(57)	10:55	+10	21:59.83	✓	7:04.8	71.0%	4	4
M25-29	1 Albert Marban	Farmers Branch	(26)	9:29	+47	19:44.45	ML	6:21.2	65.3%	2	2
	2 Craig Ostrovich	Coppell	(25)	10:53	+52	22:38.03		7:17.1	57.0%	5	5
M30-34	1 Ryan Boyd	Carrollton	(32)	13:56	-83	26:28.76		8:31.4	49.1%	16	16
	2 Andres Franco	Plano	(34)	19:43	+62	40:27.05		13:01.2	32.4%	30	24
M35-39	1 Max Chounlamany	Dallas	(37)	10:54	+97	23:25.17		7:32.3	57.0%	7	7
	2 Jason Egger	Mesquite	(38)	14:13	+63	29:28.14	ML	9:29.1	45.6%	20	19
M45-49	1 Rich Weklar	Bartonville	(49)	12:13	+53	25:17.70	ML	8:08.5	57.8%	13	13
	2 Marcus O'con	Dallas	(49)	13:22	-19	26:25.12	ML	8:30.2	55.4%	15	15
	3 Chris Goins	Garland	(49)	16:33	+81	34:28.04		11:05.6	42.4%	23	21
M50-54	1 Ron Williamson	Flower Mound	(53)	11:33	+63	24:09.78	ML	7:46.6	62.5%	8	8
M55-59	1 Steve Russo	Plano	(56)	11:26	+26	23:18.38		7:30.1	66.5%	6	6
	2 Vijayan Nair	Plano	(57)	11:48	+59	24:35.22	ML	7:54.8	63.6%	9	9
	3 Doug Waters	Carrollton	(55)	12:02	+32	24:35.77		7:55.0	62.5%	11	11
	4 Antonio Alvarez	Carrollton	(55)	12:05	+38	24:46.99	✓	7:58.6	62.0%	12	12
	5 David Short	Frisco	(59)	13:32	-79	25:44.48		8:17.1	61.8%	14	14
M60-64	1 Ruben Arevalo	Carrollton	(64)	12:07	+31	24:44.13	ML ✓	7:57.7	67.2%	10	10
	2 Julio Lopez	Farmers Branch	(64)	13:28	+42	27:38.20	ML	8:53.7	60.1%	18	17
	3 Victor Elfenbein	Dallas	(62)	18:24	+130	38:58.73	ML	12:32.8	41.9%	29	23
M65-69	1 Robert Simpson	Coppell	(65)	18:36	+36	37:47.22		12:09.8	44.4%	28	22
M70-74	1 Kendall Black	Grand Prairie	(71)	15:35	+127	33:18.10	ML	10:43.1	53.6%	22	20
M75-79	1 Wally Capps	Farmers Branch	(79)	13:55	+17	28:06.07	ML	9:02.7	73.0%	19	18

# 5K FEMALE

10 FEMALE Runners --- Average Time of

39:09

Avg. Age Grade: 48.7%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Rebecca Caruso	Dallas	(53)	13:44	-3	27:24.91		8:49.4	64.1%	17	1
MASTERS	1 Kumiko McCoy	Eules	(71)	14:31	+92	30:34.67		9:50.5	74.9%	21	2
SENIORS	1 Betsy Palmer	Carrollton	(59)	17:38	+35	35:51.97		11:32.7	53.1%	27	6
F30-34	1 Natalia Gaitan	Plano	(34)	19:51	+58	40:40.53		13:05.5	36.6%	31	7
F40-44	1 Mireya Salas	Carrollton	(44)	16:24	+116	34:43.14		11:10.5	45.6%	24	3
F45-49	1 Clemencia Sanchez		(47)	15:58	+195	35:11.52		11:19.6	46.4%	25	4
	2 Amie Goins	Garland	(48)	17:35	+27	35:37.06		11:27.9	46.3%	26	5
	3 Sheila Holen	Lewisville	(49)	24:44	+78	50:45.65	ML	16:20.3	32.9%	33	9
F65-69	1 Carol Creech	Plano	(69)	21:21	+56	43:39.24		14:03.1	50.8%	32	8
	2 Rosemary Lewis	Carrollton	(65)	27:42	+97	57:01.14		18:21.2	36.5%	34	10

# 1M MALE

15 MALE Runners --- Average Time of

7:40

Avg. Age Grade: 58.6%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Albert Marban	Farmers Branch	(26)			5:58.38		5:58.4	62.1%	1	1
M10-14	1 German Marban	Farmers Branch	(14)			7:33.68		7:33.7	54.0%	9	9
	2 Enrique Marban	Farmers Branch	(12)			7:45.93		7:45.9	55.1%	11	11
M20-24	1 Daniel Elfenbein		(23)			6:55.06		6:55.1	53.6%	3	3
M35-39	1 Jason Egger	Mesquite	(38)			6:52.56		6:52.6	56.3%	2	2
M45-49	1 Rich Weklar	Bartonville	(49)			7:02.89		7:02.9	59.7%	6	6
	2 Marcus O'con	Dallas	(49)			8:34.59		8:34.6	49.1%	12	12
M50-54	1 Ron Williamson	Flower Mound	(53)			6:56.33		6:56.3	62.6%	4	4
M55-59	1 Vijayan Nair	Plano	(57)			6:59.48		6:59.5	64.3%	5	5
M60-64	1 Bradley Gardner	Fort Worth	(62)			7:05.82	✓	7:05.8	66.2%	7	7
	2 Ruben Arevalo	Carrollton	(64)			7:09.86	✓	7:09.9	66.7%	8	8
	3 Julio Lopez	Farmers Branch	(64)			7:35.58		7:35.6	63.0%	10	10
	4 Victor Elfenbein	Dallas	(62)			9:59.08		9:59.1	47.0%	15	15
M70-74	1 Kendall Black	Grand Prairie	(71)			9:24.46		9:24.5	54.5%	14	14
M75-79	1 Wally Capps	Farmers Branch	(79)			9:04.49		9:04.5	65.0%	13	13

# 1M FEMALE

1 FEMALE Runners --- Average Time of

19:08

Avg. Age Grade: 25.7%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Sheila Holen	Lewisville	(49)			19:08.17		19:08.2	25.7%	16	1

FN\*:  Broke Age-Group Record

**GD** Place among Females

▲ Positive Split

Timing provided by:

5/31/2020

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

▲ Negative Split



DeltaViewTiming.com

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7493 Albert Marban (M26)	1	M25-29	OA	---				5:58.38		5:58.4	20.41	5:58.38	62.1%
2	7081 Jason Egger (M38)	2	M35-39	1st	---				6:52.56		6:52.6	23.49	6:52.56	56.3%
3	6001 Daniel Elfenbein (M23)	3	M20-24	1st	---				6:55.06	⌘	6:55.1	23.66	6:55.06	53.6%
4	7450 Ron Williamson (M53)	4	M50-54	1st	---				6:56.33		6:56.3	23.72	6:56.33	62.6%
5	7117 Vijayan Nair (M57)	5	M55-59	1st	---				6:59.48		6:59.5	23.89	6:59.48	64.3%
6	7222 Rich Weklar (M49)	6	M45-49	1st	---				7:02.89		7:02.9	24.06	7:02.89	59.7%
7	7058 Bradley Gardner (M62)	7	M60-64	1st	---				7:05.82	✓ 2	7:05.8	24.23	7:05.82	66.2%
8	7155 Ruben Arevalo (M64)	8	M60-64	2nd	---				7:09.86	✓ 2g	7:09.9	24.46	7:09.86	66.7%
9	7494 German Marban (M14)	9	M10-14	1st	---				7:33.68		7:33.7	25.83	7:33.68	54.0%
10	7193 Julio Lopez (M64)	10	M60-64	3rd	---				7:35.58		7:35.6	25.94	7:35.58	63.0%
11	7495 Enrique Marban (M12)	11	M10-14	2nd	---				7:45.93		7:45.9	26.51	7:45.93	55.1%
12	7270 Marcus O'con (M49)	12	M45-49	2nd	---				8:34.59		8:34.6	29.31	8:34.59	49.1%
13	7916 Wally Capps (M79)	13	M75-79	1st	---				9:04.49		9:04.5	31.02	9:04.49	65.0%
14	7070 Kendall Black (M71)	14	M70-74	1st	---				9:24.46		9:24.5	32.16	9:24.46	54.5%
15	7113 Victor Elfenbein (M62)	15	M60-64	4th	---				9:59.08		9:59.1	34.15	9:59.08	47.0%
16	7246 Sheila Holen (F49)	1	F45-49	OA	---				19:08.17		19:08.2	65.46	19:08.17	25.7%
✓ 2 Club PR's						Average Finish Time: 08:22 1 First Timers				Average Age Grade: 56.6%				

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7011 Blair Casey (M33)	1	M30-34	OA	1.7	9:08	9:18	+10	18:26.06		5:56.0	18.43	18:27.71	70.8%
2	7493 Albert Marban (M26)	2	M25-29	1st	1.1	9:29	10:16	+47	19:44.45	⌘	6:21.2	19.73	19:45.55	65.3%
3	7159 Robert Landon (M61)	3	M60-64	MS	4.1	10:22	10:58	+36	21:19.81		6:51.9	21.32	21:23.95	75.9%
4	7255 John Cosentino (M57)	4	M55-59	SR	8.9	10:55	11:05	+10	21:59.83	✓ 2i	7:04.8	21.98	22:08.74	71.0%
5	6904 Craig Ostrovich (M25)	5	M25-29	2nd	6.7	10:53	11:45	+52	22:38.03	⌘	7:17.1	22.63	22:44.76	57.0%
6	7405 Steve Russo (M56)	6	M55-59	1st	13.7	11:26	11:52	+26	23:18.38		7:30.1	23.30	23:32.09	66.5%
7	6831 Max Chounlamany (M37)	7	M35-39	1st	13.8	10:54	12:31	+97	23:25.17	⌘	7:32.3	23.42	23:38.99	57.0%
8	7450 Ron Williamson (M53)	8	M50-54	1st	5.3	11:33	12:36	+63	24:09.78	⌘	7:46.6	24.15	24:15.06	62.5%
9	7117 Vijayan Nair (M57)	9	M55-59	2nd	2.2	11:48	12:47	+59	24:35.22	⌘	7:54.8	24.58	24:37.41	63.6%
10	7155 Ruben Arevalo (M64)	10	M60-64	1st	8.2	12:07	12:38	+31	24:44.13	⌘ ✓ 30	7:57.7	24.73	24:52.28	67.2%
11	7012 Doug Waters (M55)	11	M55-59	3rd	28.5	12:02	12:34	+32	24:35.77		7:55.0	24.58	25:04.22	62.5%
12	6926 Antonio Alvarez (M55)	12	M55-59	4th	31.4	12:05	12:42	+38	24:46.99	✓ 1	7:58.6	24.77	25:18.40	62.0%
13	7222 Rich Weklar (M49)	13	M45-49	1st	22.0	12:13	13:05	+53	25:17.70	⌘	8:08.5	25.28	25:39.66	57.8%
14	7061 David Short (M59)	14	M55-59	5th	44.8	13:32	12:13	-79	25:44.48		8:17.1	25.73	26:29.28	61.8%
15	7270 Marcus O'con (M49)	15	M45-49	2nd	22.0	13:22	13:03	-19	26:25.12	⌘	8:30.2	26.42	26:47.14	55.4%
16	7488 Ryan Boyd (M32)	16	M30-34	1st	39.6	13:56	12:33	-83	26:28.76		8:31.4	26.47	27:08.32	49.1%
17	7467 Rebecca Caruso (F53)	1	F50-54	OA	18.1	13:44	13:41	-3	27:24.91		8:49.4	27.40	27:43.00	64.1%
18	7193 Julio Lopez (M64)	17	M60-64	2nd	12.0	13:28	14:10	+42	27:38.20	⌘	8:53.7	27.63	27:50.15	60.1%
19	7916 Wally Capps (M79)	18	M75-79	1st	41.9	13:55	14:11	+17	28:06.07	⌘	9:02.7	28.10	28:48.00	73.0%
20	7081 Jason Egger (M38)	19	M35-39	2nd	17.7	14:13	15:16	+63	29:28.14	⌘	9:29.1	29.47	29:45.89	45.6%
21	7449 Kumiko McCoy (F71)	2	F70-74	MS	27.8	14:31	16:03	+92	30:34.67		9:50.5	30.57	31:02.48	74.9%
22	7070 Kendall Black (M71)	20	M70-74	1st	21.6	15:35	17:43	+127	33:18.10	⌘	10:43.1	33.30	33:39.66	53.6%
23	7050 Chris Goins (M49)	21	M45-49	3rd	37.4	16:33	17:55	+81	34:28.04		11:05.6	34.47	35:05.44	42.4%
24	6949 Mireya Salas (F44)	3	F40-44	1st	30.8	16:24	18:20	+116	34:43.14	⌘	11:10.5	34.72	35:13.98	45.6%
25	6004 Clemencia Sanchez (F47)	4	F45-49	1st	23.0	15:58	19:13	+195	35:11.52	⌘	11:19.6	35.18	35:34.54	46.4%
26	7044 Amie Goins (F48)	5	F45-49	2nd	36.7	17:35	18:02	+27	35:37.06		11:27.9	35.62	36:13.79	46.3%
27	7454 Betsy Palmer (F59)	6	F55-59	SR	39.8	17:38	18:14	+35	35:51.97		11:32.7	35.85	36:31.78	53.1%
28	7106 Robert Simpson (M65)	22	M65-69	1st	53.3	18:36	19:11	+36	37:47.22		12:09.8	37.78	38:40.53	44.4%
29	7113 Victor Elfenbein (M62)	23	M60-64	3rd	52.4	18:24	20:34	+130	38:58.73	⌘	12:32.8	38.97	39:51.17	41.9%
30	7331 Andres Franco (M34)	24	M30-34	2nd	45.7	19:43	20:44	+62	40:27.05		13:01.2	40.45	41:12.74	32.4%

31	7332	Natalia Gaitan (F34)	7	F30-34	1st	46.6	19:51	20:49	+58	<b>40:40.53</b>	13:05.5	40.67	41:27.09	36.6%		
32	7024	Carol Creech (F69)	8	F65-69	1st	34.3	21:21	22:18	+56	<b>43:39.24</b>	14:03.1	43.65	44:13.55	50.8%		
33	7246	Sheila Holen (F49)	9	F45-49	3rd	248.6	24:44	26:02	+78	<b>50:45.65</b> $\mathcal{M}$	16:20.3	50.75	54:54.23	32.9%		
34	7455	Rosemary Lewis (F65)	10	F65-69	2nd	58.2	27:42	29:19	+97	<b>57:01.14</b>	18:21.2	57.02	57:59.31	36.5%		
<b>30 Positive Split</b>							<b>4 Negative Split</b>		<b>✓ 3 Club PR's</b>		Average Finish Time: <b>30:34</b>		4 <i>First Timers</i>		Average Age Grade: <b>55.5%</b>	

## Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	8	Ruben Arevalo	M64	7:09.86	66.7%	Move UP
2	7	Bradley Gardner	M62	7:05.82	66.2%	Move UP
3	13	Wally Capps	M79	9:04.49	65.0%	
4	5	Vijayan Nair	M57	6:59.48	64.3%	
5	10	Julio Lopez	M64	7:35.58	63.0%	
6	4	Ron Williamson	M53	6:56.33	62.6%	
7	1	Albert Marban	M26	5:58.38	62.1%	
8	6	Rich Weklar	M49	7:02.89	59.7%	
9	2	Jason Egger	M38	6:52.56	56.3%	
10	11	Enrique Marban	M12	7:45.93	55.1%	
11	14	Kendall Black	M71	9:24.46	54.5%	
12	9	German Marban	M14	7:33.68	54.0%	
13	3	Daniel Elfenbein	M23	6:55.06	53.6%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	3	Robert Landon	M61	21:19.81	75.9%	
2	21	Kumiko McCoy	F71	30:34.67	74.9%	
3	19	Wally Capps	M79	28:06.07	73.0%	
4	4	John Cosentino	M57	21:59.83	71.0%	Move UP
5	1	Blair Casey	M33	18:26.06	70.8%	
6	10	Ruben Arevalo	M64	24:44.13	67.2%	Move UP
7	6	Steve Russo	M56	23:18.38	66.5%	
8	2	Albert Marban	M26	19:44.45	65.3%	
9	17	Rebecca Caruso	F53	27:24.91	64.1%	
10	9	Vijayan Nair	M57	24:35.22	63.6%	
11	8	Ron Williamson	M53	24:09.78	62.5%	
12	11	Doug Waters	M55	24:35.77	62.5%	
13	12	Antonio Alvarez	M55	24:46.99	62.0%	
14	14	David Short	M59	25:44.48	61.8%	
15	18	Julio Lopez	M64	27:38.20	60.1%	
16	13	Rich Weklar	M49	25:17.70	57.8%	
17	7	Max Chounlamany	M37	23:25.17	57.0%	
18	5	Craig Ostrovich	M25	22:38.03	57.0%	
19	15	Marcus O'con	M49	26:25.12	55.4%	
20	22	Kendall Black	M71	33:18.10	53.6%	
21	27	Betsy Palmer	F59	35:51.97	53.1%	
22	32	Carol Creech	F69	43:39.24	50.8%	

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