

# Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Albert Marban	5:32.35	Albert Marban	18:10.01	Jim Dietz	19:53.27	Robert Landon	24:27.97
Yanira Lopez	9:36.52	Kim Andres	28:16.94	Yanira Lopez	32:56.00	Betsy Palmer	34:33.58

## 5K MALE

30 MALE Runners --- Average Time of **27:54**

Avg. Age Grade: **58.4%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
<b>OVERALL</b>	1 <b>Albert Marban</b>	Farmers Branch	(28)	8:57	+16	<b>18:10.01</b>	ML	5:50.8	<b>71.0%</b>	1	1
<b>MASTERS</b>	1 <b>Jim Dietz</b>	Prosper	(61)	10:12	-31	<b>19:53.27</b>	ML	6:24.1	<b>81.4%</b>	2	2
<b>SENIORS</b>	1 <b>Robert Landon</b>	Allen	(62)	12:29	-30	<b>24:27.97</b>		7:52.5	<b>66.7%</b>	9	9
<b>M01-09</b>	1 <b>Dylan Loudermilk</b>	Haslet	(9)	12:59	+9	<b>26:07.46</b>	ML	8:24.5	<b>62.6%</b>	17	17
<b>M10-14</b>	1 <b>Connor Shipp</b>	Haslet	(10)	12:59	-13	<b>25:44.60</b>	ML	8:17.2	<b>61.3%</b>	16	16
<b>M15-19</b>	1 <b>Ephraim Weiss</b>	Dallas	(17)	10:00	+30	<b>20:29.51</b>	✓	6:35.7	<b>65.9%</b>	4	4
	2 <b>Mordechai Weiss</b>	Dallas	(15)	11:36	-3	<b>23:09.40</b>	✓	7:27.2	<b>60.1%</b>	5	5
	3 <b>Avi Burstein</b>	Dallas	(16)	11:37	-3	<b>23:12.03</b>	✓	7:28.1	59.0%	6	6
	4 <b>Benjamin Schussler</b>	Dallas	(17)	12:31	+18	<b>25:20.31</b>		8:09.3	53.3%	15	15
<b>M35-39</b>	1 <b>Shuichi Toyohiro</b>	Carrollton	(39)	9:59	+4	<b>20:02.10</b>		6:26.9	<b>67.6%</b>	3	3
	2 <b>Jason Egger</b>	Mesquite	(39)	12:12	-1	<b>24:21.72</b>		7:50.5	55.6%	7	7
	3 <b>Blair Casey</b>	Carrollton	(35)	12:05	+20	<b>24:30.11</b>	ML	7:53.2	53.8%	8	8
<b>M45-49</b>	1 <b>Michael Stone</b>	Carrollton	(45)	12:23	+7	<b>24:54.11</b>	✓	8:00.9	56.9%	13	13
	2 <b>Charlie Tauber</b>	Houston	(49)	16:04	+18	<b>32:26.22</b>		10:26.4	45.1%	28	26
<b>M50-54</b>	1 <b>Rich Weklar</b>	Bartonville	(50)	12:15	+2	<b>24:32.92</b>	ML	7:54.1	<b>60.1%</b>	10	10
	2 <b>Nathan Bruser</b>	Highland Village	(50)	15:40	+386	<b>37:44.95</b>		12:09.0	39.1%	35	28
<b>M55-59</b>	1 <b>Steve Russo</b>	Plano	(58)	12:31	-12	<b>24:50.03</b>		7:59.6	<b>63.5%</b>	11	11
	2 <b>Rob Windsor</b>	Flower Mound	(58)	12:23	+11	<b>24:57.58</b>	✓	8:02.0	<b>63.2%</b>	12	12
	3 <b>Doug Waters</b>	Carrollton	(57)	13:34	-18	<b>26:50.21</b>		8:38.3	58.2%	19	19
	4 <b>John Kramer</b>	Plano	(59)	24:50	-25	<b>49:15.26</b>	ML	15:51.2	32.3%	38	29
<b>M60-64</b>	1 <b>Bradley Gardner</b>	Fort Worth	(63)	12:50	-21	<b>25:19.05</b>		8:08.9	<b>65.1%</b>	14	14
	2 <b>Jaws Hansen</b>	Dallas	(61)	13:38	+9	<b>27:24.18</b>	ML	8:49.2	59.1%	21	21
	3 <b>Victor Eifenbein</b>	Dallas	(63)	13:45	+50	<b>28:19.81</b>	ML✓	9:07.1	58.1%	24	23
<b>M65-69</b>	1 <b>Julio Lopez</b>	Farmers Branch	(66)	13:23	+7	<b>26:51.99</b>	ML	8:38.8	<b>63.0%</b>	18	18
	2 <b>Ruben Arevalo</b>	Carrollton	(66)	13:18	+43	<b>27:19.22</b>		8:47.6	<b>62.0%</b>	20	20
	3 <b>Peter Chan</b>	Coppell	(68)	13:49	-12	<b>27:26.13</b>	ML✓	8:49.8	<b>62.9%</b>	22	22
	4 <b>Ruben Reyes</b>	Carrollton	(65)	15:43	+45	<b>32:11.71</b>		10:21.8	52.1%	26	25
	5 <b>Robert Simpson</b>	Coppell	(66)	18:55	-55	<b>36:55.07</b>		11:53.0	45.9%	32	27
	6 <b>David Mask</b>	Denton	(69)	25:02	+321	<b>55:24.31</b>		17:50.0	31.5%	39	30
<b>M80-99</b>	1 <b>Wally Capps</b>	Farmers Branch	(81)	14:29	-13	<b>28:45.46</b>	ML	9:15.4	<b>74.9%</b>	25	24

# 5K FEMALE

		10 FEMALE Runners --- Average Time of <b>37:29</b>					Avg. Age Grade: <b>52.3%</b>			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Kim Andres</b>	Irving	(68)	13:59	+18	<b>28:16.94</b>		9:06.2	<b>77.1%</b>	23	<b>1</b>
MASTERS	1 <b>Yanira Lopez</b>	Farmers Branch	(58)	16:15	+26	<b>32:56.00</b>	⌘	10:36.0	57.1%	29	<b>3</b>
SENIORS	1 <b>Betsy Palmer</b>	Carrollton	(60)	17:20	-6	<b>34:33.58</b>		11:07.4	55.9%	31	<b>5</b>
F10-14	1 <b>Blake Bruser</b>	Highland Village	(12)	16:24	+301	<b>37:48.48</b>		12:10.2	43.1%	36	<b>8</b>
F15-19	1 <b>Linda Hannah Rhoads</b>	Dallas	(17)	17:09	-10	<b>34:08.22</b>	✓	10:59.3	44.3%	30	<b>4</b>
F25-29	1 <b>Shannon Miller</b>	Fort Worth	(27)	15:45	+41	<b>32:09.92</b>		10:21.2	46.0%	27	<b>2</b>
F45-49	1 <b>Teresa Tran</b>	Irving	(45)	19:02	+38	<b>38:41.46</b>		12:27.2	41.3%	34	<b>7</b>
F50-54	1 <b>Sheila Holen</b>	Lewisville	(50)	25:59	+200	<b>55:17.34</b>		17:47.7	30.6%	40	<b>10</b>
F70-74	1 <b>Carol Creech</b>	Aubrey	(70)	21:22	+22	<b>43:05.64</b>		13:52.2	52.3%	37	<b>9</b>
F80-99	1 <b>Mary Kaplan</b>	Sunrise Beach	(82)	18:54	+5	<b>37:52.16</b>		12:11.3	<b>75.1%</b>	33	<b>6</b>

# 1M MALE

		12 MALE Runners --- Average Time of <b>8:21</b>					Avg. Age Grade: <b>57.4%</b>			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Albert Marban</b>	Farmers Branch	(28)			<b>5:32.35</b>		5:32.4	<b>67.0%</b>	1	1
M01-09	1 <b>Dylan Loudermilk</b>	Haslet	(9)			<b>8:28.32</b>		8:28.3	55.5%	7	7
M10-14	1 <b>Connor Shipp</b>	Haslet	(10)			<b>8:28.86</b>		8:28.9	53.5%	8	8
M35-39	1 <b>Blair Casey</b>	Carrollton	(35)			<b>7:58.02</b>		7:58.0	47.6%	4	4
M50-54	1 <b>Rich Weklar</b>	Bartonville	(50)			<b>6:55.54</b>		6:55.5	<b>61.2%</b>	3	3
M55-59	1 <b>John Kramer</b>	Plano	(59)			<b>12:47.88</b>		12:47.9	35.7%	13	12
M60-64	1 <b>Jim Dietz</b>	Prosper	(61)			<b>5:48.14</b>		5:48.1	<b>80.2%</b>	2	2
	2 <b>Victor Eifenbein</b>	Dallas	(63)			<b>8:27.33</b>	✓	8:27.3	56.0%	6	6
	3 <b>Jaws Hansen</b>	Dallas	(61)			<b>8:57.46</b>		8:57.5	52.0%	9	9
M65-69	1 <b>Julio Lopez</b>	Farmers Branch	(66)			<b>8:13.18</b>		8:13.2	59.2%	5	5
	2 <b>Peter Chan</b>	Coppell	(68)			<b>9:13.67</b>		9:13.7	53.8%	10	10
M80-99	1 <b>Wally Capps</b>	Farmers Branch	(81)			<b>9:15.60</b>		9:15.6	<b>66.9%</b>	11	11

# 1M FEMALE

		1 FEMALE Runners --- Average Time of <b>9:37</b>					Avg. Age Grade: <b>57.7%</b>			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Yanira Lopez</b>	Farmers Branch	(58)			<b>9:36.52</b>		9:36.5	57.7%	12	<b>1</b>

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7493 Albert Marban (M28)	1	M25-29	OA	---				5:32.35		5:32.4	18.93	5:32.35	67.0%
2	7045 Jim Dietz (M61)	2	M60-64	1st	---				5:48.14		5:48.1	19.84	5:48.14	80.2%
3	7222 Rich Weklar (M50)	3	M50-54	1st	---				6:55.54		6:55.5	23.66	6:55.54	61.2%
4	7011 Blair Casey (M35)	4	M35-39	1st	---				7:58.02		7:58.0	27.25	7:58.02	47.6%
5	7193 Julio Lopez (M66)	5	M65-69	1st	---				8:13.18		8:13.2	28.11	8:13.18	59.2%
6	7113 Victor Elfenbein (M63)	6	M60-64	2nd	---				8:27.33	✓ 11	8:27.3	28.91	8:27.33	56.0%
7	6881 Dylan Loudermilk (M9)	7	M01-09	1st	---				8:28.32	✗	8:28.3	28.97	8:28.32	55.5%
8	6984 Connor Shipp (M10)	8	M10-14	1st	---				8:28.86	✗	8:28.9	28.97	8:28.86	53.5%
9	7060 Jaws Hansen (M61)	9	M60-64	3rd	---				8:57.46		8:57.5	30.62	8:57.46	52.0%
10	7153 Peter Chan (M68)	10	M65-69	2nd	---				9:13.67		9:13.7	31.53	9:13.67	53.8%
11	7916 Wally Capps (M81)	11	M80-99	1st	---				9:15.60		9:15.6	31.65	9:15.60	66.9%
12	7198 Yanira Lopez (F58)	1	F55-59	OA	---				9:36.52		9:36.5	32.84	9:36.52	57.7%
13	7261 John Kramer (M59)	12	M55-59	1st	---				12:47.88		12:47.9	43.73	12:47.88	35.7%

✓ 1 Club PR's

Average Finish Time: 08:26 2 First Timers

Average Age Grade: 57.4%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7493 Albert Marban (M28)	1	M25-29	OA	---	8:57	9:13	+16	18:10.01	⌚	5:50.8	18.17	18:10.01	71.0%
2	7045 Jim Dietz (M61)	2	M60-64	MS	9.0	10:12	9:41	-31	19:53.27	⌚	6:24.1	19.88	20:02.25	81.4%
3	874 Shuichi Toyohiro (M39)	3	M35-39	1st	2.7	9:59	10:03	+4	20:02.10	✗	6:26.9	20.03	20:04.84	67.6%
4	7134 Ephraim Weiss (M17)	4	M15-19	1st	---	10:00	10:30	+30	20:29.51	✓ 3	6:35.7	20.48	20:29.51	65.9%
5	6002 Mordechai Weiss (M15)	5	M15-19	2nd	1.6	11:36	11:33	-3	23:09.40	✓ 1	7:27.2	23.15	23:11.03	60.1%
6	6001 Avi Burstein (M16)	6	M15-19	3rd	0.5	11:37	11:35	-3	23:12.03	✓ 1	7:28.1	23.20	23:12.58	59.0%
7	7081 Jason Egger (M39)	7	M35-39	2nd	0.4	12:12	12:10	-1	24:21.72		7:50.5	24.35	24:22.16	55.6%
8	7011 Blair Casey (M35)	8	M35-39	3rd	6.9	12:05	12:25	+20	24:30.11	⌚	7:53.2	24.50	24:37.00	53.8%
9	7159 Robert Landon (M62)	9	M60-64	SR	9.2	12:29	11:59	-30	24:27.97		7:52.5	24.45	24:37.13	66.7%
10	7222 Rich Weklar (M50)	10	M50-54	1st	4.5	12:15	12:17	+2	24:32.92	⌚	7:54.1	24.53	24:37.47	60.1%
11	7405 Steve Russo (M58)	11	M55-59	1st	7.2	12:31	12:19	-12	24:50.03		7:59.6	24.83	24:57.18	63.5%
12	7451 Rob Windsor (M58)	12	M55-59	2nd	3.6	12:23	12:34	+11	24:57.58	✓ 10	8:02.0	24.95	25:01.15	63.2%
13	6889 Michael Stone (M45)	13	M45-49	1st	15.6	12:23	12:31	+7	24:54.11	✓ 1	8:00.9	24.90	25:09.71	56.9%
14	7058 Bradley Gardner (M63)	14	M60-64	1st	2.7	12:50	12:29	-21	25:19.05		8:08.9	25.32	25:21.79	65.1%
15	7132 Benjamin Schussler (M17)	15	M15-19	4th	1.7	12:31	12:49	+18	25:20.31		8:09.3	25.33	25:22.06	53.3%
16	6984 Connor Shipp (M10)	16	M10-14	1st	---	12:59	12:46	-13	25:44.60	⌚ ✗	8:17.2	25.73	25:44.60	61.3%
17	6881 Dylan Loudermilk (M9)	17	M01-09	1st	---	12:59	13:08	+9	26:07.46	⌚ ✗	8:24.5	26.12	26:07.46	62.6%
18	7193 Julio Lopez (M66)	18	M65-69	1st	2.2	13:23	13:29	+6	26:51.99	⌚	8:38.8	26.85	26:54.22	63.0%
19	7012 Doug Waters (M57)	19	M55-59	3rd	9.8	13:34	13:16	-18	26:50.21		8:38.3	26.83	27:00.00	58.2%
20	7155 Ruben Arevalo (M66)	20	M65-69	2nd	2.0	13:18	14:01	+43	27:19.22		8:47.6	27.32	27:21.23	62.0%
21	7060 Jaws Hansen (M61)	21	M60-64	2nd	1.2	13:38	13:46	+9	27:24.18	⌚	8:49.2	27.40	27:25.39	59.1%
22	7153 Peter Chan (M68)	22	M65-69	3rd	8.8	13:49	13:37	-12	27:26.13	⌚ ✓ 24	8:49.8	27.43	27:34.98	62.9%
23	7040 Kim Andres (F68)	1	F65-69	OA	1.6	13:59	14:18	+18	28:16.94		9:06.2	28.27	28:18.59	77.1%
24	7113 Victor Elfenbein (M63)	23	M60-64	3rd	5.2	13:45	14:35	+50	28:19.81	⌚ ✓ 11	9:07.1	28.32	28:25.03	58.1%
25	7916 Wally Capps (M81)	24	M80-99	1st	5.8	14:29	14:16	-13	28:45.46	⌚	9:15.4	28.75	28:51.25	74.9%
26	7283 Ruben Reyes (M65)	25	M65-69	4th	3.8	15:43	16:29	+45	32:11.71		10:21.8	32.18	32:15.54	52.1%
27	6895 Shannon Miller (F27)	2	F25-29	1st	6.4	15:45	16:25	+41	32:09.92	✗	10:21.2	32.15	32:16.32	46.0%
28	900 Charlie Tauber (M49)	26	M45-49	2nd	5.6	16:04	16:22	+18	32:26.22		10:26.4	32.43	32:31.86	45.1%
29	7198 Yanira Lopez (F58)	3	F55-59	MS	9.8	16:15	16:41	+26	32:56.00	⌚	10:36.0	32.93	33:05.79	57.1%
30	6003 Linda Hannah Rhoads (F17)	4	F15-19	1st	1.8	17:09	16:59	-10	34:08.22	✓ 2	10:59.3	34.13	34:10.01	44.3%
31	7454 Betsy Palmer (F60)	5	F60-64	SR	19.4	17:20	17:14	-6	34:33.58		11:07.4	34.55	34:52.97	55.9%
32	7106 Robert Simpson (M66)	27	M65-69	5th	13.2	18:55	18:00	-55	36:55.07		11:53.0	36.92	37:08.26	45.9%
33	7039 Mary Kaplan (F82)	6	F80-99	1st	3.3	18:54	18:58	+5	37:52.16		12:11.3	37.87	37:55.42	75.1%
34	7224 Teresa Tran (F45)	7	F45-49	1st	0.4	19:02	19:40	+38	38:41.46		12:27.2	38.68	38:41.89	41.3%

FN\*:  Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

11/28/2021

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

△ Negative Split

 DeltaViewTiming.com

35	7097	Nathan Bruser (M50)	28	M50-54	2nd	113.3	15:40	22:05	+386	<b>37:44.95</b>	12:09.0	37.73	39:38.30	39.1%
36	7096	Blake Bruser (F12)	8	F10-14	1st	113.2	16:24	21:25	+301	<b>37:48.48</b>	12:10.2	37.80	39:41.65	43.1%
37	7024	Carol Creech (F70)	9	F70-74	1st	4.2	21:22	21:44	+22	<b>43:05.64</b>	13:52.2	43.08	43:09.86	52.3%
38	7261	John Kramer (M59)	29	M55-59	4th	131.9	24:50	24:25	-25	<b>49:15.26</b>	15:51.2	49.25	51:27.12	32.3%
39	7008	David Mask (M69)	30	M65-69	6th	8.4	25:02	30:23	+321	<b>55:24.31</b>	17:50.0	55.40	55:32.69	31.5%
40	7246	Sheila Holen (F50)	10	F50-54	1st	15.4	25:59	29:19	+200	<b>55:17.34</b>	17:47.7	55.28	55:32.70	30.6%
<b>25 Positive Split</b>		<b>15 Negative Split</b>		✓ <b>8 Club PR's</b>		Average Finish Time: <b>30:17</b>		<u>4 First Timers</u>		Average Age Grade: <b>56.8%</b>				

## Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Jim Dietz	M61	5:48.14	80.2%	
2	1	Albert Marban	M28	5:32.35	67.0%	
3	11	Wally Capps	M81	9:15.60	66.9%	
4	3	Rich Weklar	M50	6:55.54	61.2%	
5	5	Julio Lopez	M66	8:13.18	59.2%	
6	12	Yanira Lopez	F58	9:36.52	57.7%	
7	6	Victor Elfenbein	M63	8:27.33	56.0%	
8	7	Dylan Loudermilk	M9	8:28.32	55.5%	
9	10	Peter Chan	M68	9:13.67	53.8%	
10	8	Connor Shipp	M10	8:28.86	53.5%	
11	9	Jaws Hansen	M61	8:57.46	52.0%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Jim Dietz	M61	19:53.27	81.4%	
2	23	Kim Andres	F68	28:16.94	77.1%	
3	33	Mary Kaplan	F82	37:52.16	75.1%	
4	25	Wally Capps	M81	28:45.46	74.9%	
5	1	Albert Marban	M28	18:10.01	71.0%	
6	3	Shuichi Toyohiro	M39	20:02.10	67.6%	New
7	9	Robert Landon	M62	24:27.97	66.7%	
8	4	Ephraim Weiss	M17	20:29.51	65.9%	Move UP
9	14	Bradley Gardner	M63	25:19.05	65.1%	
10	11	Steve Russo	M58	24:50.03	63.5%	
11	12	Rob Windsor	M58	24:57.58	63.2%	
12	18	Julio Lopez	M66	26:51.99	63.0%	
13	22	Peter Chan	M68	27:26.13	62.9%	
14	17	Dylan Loudermilk	M9	26:07.46	62.6%	
15	20	Ruben Arevalo	M66	27:19.22	62.0%	
16	16	Connor Shipp	M10	25:44.60	61.3%	
17	5	Mordechai Weiss	M15	23:09.40	60.1%	
18	10	Rich Weklar	M50	24:32.92	60.1%	
19	21	Jaws Hansen	M61	27:24.18	59.1%	
20	6	Avi Burstein	M16	23:12.03	59.0%	
21	19	Doug Waters	M57	26:50.21	58.2%	
22	24	Victor Elfenbein	M63	28:19.81	58.1%	
23	29	Yanira Lopez	F58	32:56.00	57.1%	
24	13	Michael Stone	M45	24:54.11	56.9%	
25	31	Betsy Palmer	F60	34:33.58	55.9%	
26	7	Jason Egger	M39	24:21.72	55.6%	
27	8	Blair Casey	M35	24:30.11	53.8%	
28	15	Benjamin Schussler	M17	25:20.31	53.3%	
29	37	Carol Creech	F70	43:05.64	52.3%	
30	26	Ruben Reyes	M65	32:11.71	52.1%	

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