

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Paul Wells	4:56.00	Albert Marban	17:15.36	Steve Russo	22:51.98	Vijayan Nair	23:37.95
Debbie Riedner	8:28.53	Kim Andres	30:15.39	Amie Goins	31:54.01	Yanira Lopez	36:29.27

5K MALE

32 MALE Runners --- Average Time of **29:40**

Avg. Age Grade: **53.5%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Albert Marban	Farmers Branch	(28)	8:38	-1	17:15.36	ML ✓	5:33.3	74.8%	1	1
MASTERS	1 Steve Russo	Plano	(58)	11:24	+5	22:51.98		7:21.6	68.9%	4	4
SENIORS	1 Vijayan Nair	Plano	(59)	11:40	+18	23:37.95	ML	7:36.4	67.3%	7	7
M01-09	1 Trishul Gorla	Coppell	(9)	14:13	+158	31:04.19		10:00.0	52.6%	18	17
	2 Mason Marks	Carrollton	(9)	19:47	+104	41:18.09		13:17.6	39.6%	39	30
M10-14	1 Namish Ganjikunta	Coppell	(10)	14:15	+155	31:05.49		10:00.4	50.8%	19	18
M20-24	1 Jun Cho	Sachse	(21)	11:51	-35	23:07.15		7:26.5	56.0%	5	5
M25-29	1 Paul Wells	Plano	(28)	8:43	+18	17:44.63	ML	5:42.7	72.7%	2	2
	2 Eric Anderson	Dallas	(28)	9:58	+63	20:59.43		6:45.4	61.5%	3	3
M35-39	1 Blair Casey	Carrollton	(35)	11:34	+19	23:27.42		7:33.0	56.2%	6	6
M40-44	1 Frederick Palma		(42)	12:25	+78	26:07.32		8:24.5	53.0%	13	13
	2 Balaji Ammanji Sundararaju	Coppell	(40)	15:02	+82	31:26.34		10:07.2	43.4%	22	21
M45-49	1 Alex Reodica		(45)	16:12	-58	31:27.09		10:07.4	45.1%	23	22
	2 Burns Thacker	Carrollton	(48)	15:32	+63	32:07.29		10:20.3	45.2%	27	25
	3 Narasimhulu Ganjikunta	Coppell	(46)	20:59	+259	46:15.62		14:53.4	30.9%	44	31
M50-54	1 Kyoungjoon Cho	Sachse	(52)	11:59	+16	24:13.48	✓	7:47.8	61.9%	8	8
	2 Marcus O'con	Dallas	(51)	12:33	-41	24:24.64	ML	7:51.4	60.9%	9	9
	3 Jen Evangelista	Irving	(51)	12:34	-36	24:30.78	ML	7:53.4	60.7%	10	10
	4 Heath Boehm	Lake Dallas	(52)	15:07	-97	28:36.70	✓	9:12.6	52.4%	15	15
	5 Ryan Pogue	Carrollton	(51)	15:27	+6	31:00.06		9:58.7	48.0%	21	20
	6 Avie Poblete		(54)	16:14	-80	31:08.14		10:01.3	48.9%	20	19
	7 Chris Goins	Garland	(51)	14:54	+115	31:43.99		10:12.8	46.9%	24	23
	8 Chris Wong	Arlington	(52)	17:23	-80	33:25.21		10:45.4	44.9%	28	26
M55-59	1 John Cosentino	Plano	(59)	12:35	-38	24:32.65	ML	7:54.0	64.8%	11	11
	2 Doug Waters	Carrollton	(57)	12:36	+13	25:24.59		8:10.7	61.5%	12	12
M60-64	1 David Short	Frisco	(61)	17:17	+15	34:49.11		11:12.4	46.5%	38	29
	2 Victor Eifenbein	Dallas	(64)	16:39	+101	34:58.56	ML	11:15.5	47.5%	32	27
	3 John Kramer	Plano	(60)	27:09	+28	54:46.79		17:37.9	29.3%	48	32
M65-69	1 Ruben Arevalo	Carrollton	(67)	13:22	+19	27:03.45	ML	8:42.5	63.1%	14	14
	2 Julio Lopez	Farmers Branch	(66)	14:14	+38	29:05.94	ML	9:22.0	58.2%	16	16
	3 Ruben Reyes	Carrollton	(66)	15:23	+57	31:42.51	ML	10:12.4	53.4%	25	24
	4 Robert Simpson	Coppell	(67)	19:03	-17	37:49.99		12:10.6	45.2%	36	28

5K FEMALE

16 FEMALE Runners --- Average Time of **39:54** Avg. Age Grade: **46.7%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Kim Andres	Irving	(69)	14:25	+85	30:15.39		9:44.3	73.3%	17	1
MASTERS	1 Amie Goins	Garland	(50)	15:17	+80	31:54.01		10:16.1	53.0%	26	2
SENIORS	1 Yanira Lopez	Farmers Branch	(59)	16:48	+173	36:29.27	M	11:44.7	52.2%	33	6
F01-09	1 Yuvathi Balaji	Coppell	(9)	22:42	+198	48:43.19		15:40.9	36.0%	45	14
F10-14	1 Chaithanya Srikanth	Coppell	(11)	19:44	+121	41:29.13		13:21.2	40.1%	40	10
F25-29	1 Lauren Zender	Carrollton	(28)	17:36	+97	36:48.84	✓	11:51.0	40.2%	34	7
F30-34	1 Claudia Chavez	Denton	(32)	18:32	+121	39:04.69		12:34.7	38.0%	37	9
	2 Viviana Gonzalez	Dallas	(30)	21:10	-8	42:12.39	M	13:35.1	35.1%	42	12
F35-39	1 Emily Whitehurst	Carrollton	(35)	16:34	+49	33:56.34		10:55.4	44.1%	29	3
F40-44	1 Leah Marks	Carrollton	(41)	16:10	+150	34:50.09		11:12.7	44.3%	31	5
F50-54	1 Debbie Riedner	Dallas	(52)	16:52	+50	34:34.87	M	11:07.8	50.2%	30	4
	2 Esther Contreras	Dallas	(52)	24:54	+40	50:26.75	M	16:14.2	34.4%	46	15
	3 Sheila Holen	Lewisville	(51)	26:38	+35	53:52.13		17:20.3	31.8%	47	16
F60-64	1 Betsy Palmer	Carrollton	(61)	18:10	+28	36:47.08		11:50.4	53.3%	35	8
F70-74	1 Carol Creech	Aubrey	(71)	22:56	-22	45:29.37		14:38.5	50.4%	43	13
F80-99	1 Mary Kaplan	Sunrise Beach	(83)	21:16	-54	41:37.98		13:24.0	70.3%	41	11

1M MALE

12 MALE Runners --- Average Time of **7:26** Avg. Age Grade: **60.3%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Paul Wells	Plano	(28)			4:56.00		4:56.0	75.2%	1	1
M10-14	1 Enrique Marban	Farmers Branch	(14)			6:07.30	✓	6:07.3	66.7%	3	3
M25-29	1 Albert Marban	Farmers Branch	(28)			5:22.80		5:22.8	69.0%	2	2
M30-34	1 Ka Lau	Plano	(31)			7:07.89		7:07.9	52.3%	6	6
M50-54	1 Marcus O'con	Dallas	(51)			8:19.14		8:19.1	51.4%	9	9
	2 Jen Evangelista	Irving	(51)			9:07.27		9:07.3	46.9%	12	11
M55-59	1 John Cosentino	Plano	(59)			6:09.63	✓	6:09.6	74.2%	4	4
	2 Vijayan Nair	Plano	(59)			7:14.61		7:14.6	63.1%	5	5
M60-64	1 Victor Efenbein	Dallas	(64)			10:00.29		10:00.3	47.8%	14	12
M65-69	1 Ruben Arevalo	Carrollton	(67)			7:42.52		7:42.5	63.7%	7	7
	2 Julio Lopez	Farmers Branch	(66)			8:14.97		8:15.0	59.0%	8	8
	3 Ruben Reyes	Carrollton	(66)			8:54.20		8:54.2	54.7%	11	10

1M FEMALE

5 FEMALE Runners --- Average Time of **12:26** Avg. Age Grade: **42.6%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Debbie Riedner	Dallas	(52)			8:28.53	✓	8:28.5	60.3%	10	1
F30-34	1 Viviana Gonzalez	Dallas	(30)			12:23.01		12:23.0	33.9%	15	3
F40-44	1 Swapna Gorla		(41)			15:46.01		15:46.0	28.4%	16	4
F50-54	1 Esther Contreras	Dallas	(52)			15:48.10		15:48.1	32.4%	17	5
F55-59	1 Yanira Lopez	Farmers Branch	(59)			9:43.51		9:43.5	57.9%	13	2

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	6965 Paul Wells (M28)	1	M25-29	OA	---				4:56.00	✓	4:56.0	16.88	4:56.00	75.2%
2	7493 Albert Marban (M28)	2	M25-29	1st	---				5:22.80		5:22.8	18.36	5:22.80	69.0%
3	7495 Enrique Marban (M14)	3	M10-14	1st	---				6:07.30	✓ 25	6:07.3	20.93	6:07.30	66.7%
4	7255 John Cosentino (M59)	4	M55-59	1st	---				6:09.63	✓ 3	6:09.6	21.04	6:09.63	74.2%
5	7117 Vijayan Nair (M59)	5	M55-59	2nd	---				7:14.61		7:14.6	24.75	7:14.61	63.1%
6	7190 Ka Lau (M31)	6	M30-34	1st	15.0				7:07.89		7:07.9	24.35	7:22.87	52.3%
7	7155 Ruben Arevalo (M67)	7	M65-69	1st	---				7:42.52		7:42.5	26.34	7:42.52	63.7%
8	7193 Julio Lopez (M66)	8	M65-69	2nd	---				8:14.97		8:15.0	28.17	8:14.97	59.0%
9	7270 Marcus O'con (M51)	9	M50-54	1st	---				8:19.14		8:19.1	28.45	8:19.14	51.4%
10	7121 Debbie Riedner (F52)	1	F50-54	OA	---				8:28.53	✓ 7	8:28.5	28.97	8:28.53	60.3%
11	7283 Ruben Reyes (M66)	10	M65-69	3rd	---				8:54.20		8:54.2	30.45	8:54.20	54.7%
12	7343 Jen Evangelista (M51)	11	M50-54	2nd	---				9:07.27		9:07.3	31.19	9:07.27	46.9%
13	7198 Yanira Lopez (F59)	2	F55-59	1st	---				9:43.51		9:43.5	33.24	9:43.51	57.9%
14	7113 Victor Elfenbein (M64)	12	M60-64	1st	---				10:00.29		10:00.3	34.21	10:00.29	47.8%
15	6951 Viviana Gonzalez (F30)	3	F30-34	1st	120.0				12:23.01	✓	12:23.0	42.36	14:23.00	33.9%
16	6004 Swapna Gorla (F41)	4	F40-44	1st	120.0				15:46.01	✓	15:46.0	53.94	17:46.00	28.4%
17	6953 Esther Contreras (F52)	5	F50-54	1st	120.0				15:48.10	✓	15:48.1	54.05	17:48.09	32.4%

✓ 3 Club PR's

Average Finish Time: 08:54 *4 First Timers*

Average Age Grade: 55.1%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7493 Albert Marban (M28)	1	M25-29	OA	---	8:38	8:37	-1	17:15.36	✓ 35	5:33.3	17.25	17:15.36	74.8%
2	6965 Paul Wells (M28)	2	M25-29	1st	0.6	8:43	9:01	+18	17:44.63	✓	5:42.7	17.73	17:45.26	72.7%
3	6947 Eric Anderson (M28)	3	M25-29	2nd	1.7	9:58	11:01	+63	20:59.43	✓	6:45.4	20.98	21:01.12	61.5%
4	7405 Steve Russo (M58)	4	M55-59	MS	2.4	11:24	11:28	+5	22:51.98		7:21.6	22.85	22:54.33	68.9%
5	6797 Jun Cho (M21)	5	M20-24	1st	2.8	11:51	11:16	-35	23:07.15	✓	7:26.5	23.12	23:09.93	56.0%
6	7011 Blair Casey (M35)	6	M35-39	1st	2.9	11:34	11:53	+19	23:27.42		7:33.0	23.45	23:30.29	56.2%
7	7117 Vijayan Nair (M59)	7	M55-59	SR	---	11:40	11:58	+18	23:37.95	✓	7:36.4	23.62	23:37.95	67.3%
8	6796 Kyoungjoon Cho (M52)	8	M50-54	1st	3.2	11:59	12:15	+16	24:13.48	✓ 1	7:47.8	24.22	24:16.66	61.9%
9	7270 Marcus O'con (M51)	9	M50-54	2nd	6.3	12:33	11:52	-41	24:24.64	✓	7:51.4	24.40	24:30.90	60.9%
10	7343 Jen Evangelista (M51)	10	M50-54	3rd	3.4	12:34	11:57	-36	24:30.78	✓	7:53.4	24.50	24:34.20	60.7%
11	7255 John Cosentino (M59)	11	M55-59	1st	5.6	12:35	11:57	-38	24:32.65	✓	7:54.0	24.53	24:38.26	64.8%
12	7012 Doug Waters (M57)	12	M55-59	2nd	8.0	12:36	12:49	+13	25:24.59		8:10.7	25.40	25:32.63	61.5%
13	6001 Frederick Palma (M42)	13	M40-44	1st	3.3	12:25	13:43	+78	26:07.32	✓	8:24.5	26.12	26:10.63	53.0%
14	7155 Ruben Arevalo (M67)	14	M65-69	1st	1.0	13:22	13:41	+19	27:03.45	✓	8:42.5	27.05	27:04.44	63.1%
15	6958 Heath Boehm (M52)	15	M50-54	4th	7.2	15:07	13:30	-97	28:36.70	✓ 1	9:12.6	28.60	28:43.91	52.4%
16	7193 Julio Lopez (M66)	16	M65-69	2nd	3.2	14:14	14:52	+38	29:05.94	✓	9:22.0	29.08	29:09.16	58.2%
17	7040 Kim Andres (F69)	1	F65-69	OA	2.0	14:25	15:50	+85	30:15.39	✓	9:44.3	30.25	30:17.42	73.3%
18	6864 Trishul Gorla (M9)	17	M01-09	1st	2.7	14:13	16:51	+158	31:04.19	✓	10:00.0	31.07	31:06.87	52.6%
19	6988 Namish Ganjikutna (M10)	18	M10-14	1st	1.5	14:15	16:50	+155	31:05.49	✓	10:00.4	31.08	31:07.02	50.8%
20	6003 Avie Poblete (M54)	19	M50-54	6th	7.9	16:14	14:54	-80	31:08.14	✓	10:01.3	31.13	31:16.08	48.9%
21	7345 Ryan Pogue (M51)	20	M50-54	5th	24.0	15:27	15:33	+6	31:00.06		9:58.7	31.00	31:24.07	48.0%
22	6979 Balaji Ammanji Sundararaju (21	M40-44	2nd	3.7	15:02	16:24	+82	31:26.34	✓	10:07.2	31.43	31:30.02	43.4%
23	6002 Alex Reodica (M45)	22	M45-49	1st	9.5	16:12	15:15	-58	31:27.09		10:07.4	31.45	31:36.62	45.1%
24	7050 Chris Goins (M51)	23	M50-54	7th	8.6	14:54	16:50	+115	31:43.99		10:12.8	31.72	31:52.55	46.9%
25	7283 Ruben Reyes (M66)	24	M65-69	3rd	12.1	15:23	16:20	+57	31:42.51	✓	10:12.4	31.70	31:54.65	53.4%
26	7044 Amie Goins (F50)	2	F50-54	MS	8.0	15:17	16:37	+80	31:54.01		10:16.1	31.90	32:02.04	53.0%
27	7127 Burns Thacker (M48)	25	M45-49	2nd	9.8	15:32	16:35	+63	32:07.29		10:20.3	32.12	32:17.12	45.2%
28	7223 Chris Wong (M52)	26	M50-54	8th	18.2	17:23	16:02	-80	33:25.21		10:45.4	33.42	33:43.42	44.9%
29	6863 Emily Whitehurst (F35)	3	F35-39	1st	6.1	16:34	17:22	+49	33:56.34		10:55.4	33.93	34:02.47	44.1%
30	7121 Debbie Riedner (F52)	4	F50-54	1st	8.7	16:52	17:43	+50	34:34.87	✓	11:07.8	34.57	34:43.61	50.2%
31	7317 Leah Marks (F41)	5	F40-44	1st	8.1	16:10	18:40	+150	34:50.09		11:12.7	34.83	34:58.14	44.3%
32	7113 Victor Elfenbein (M64)	27	M60-64	2nd	10.1	16:39	18:20	+101	34:58.56	✓	11:15.5	34.97	35:08.69	47.5%

FN*: Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

6/26/2022

✓ # Races PR @ Carrollton Runners (2003 & later)

△ Negative Split



DeltaViewTiming.com

33	7198	Yanira Lopez (F59)	6	F55-59	SR	11.9	16:48	19:41	+173	36:29.27	⌚	11:44.7	36.48	36:41.14	52.2%
34	7328	Lauren Zender (F28)	7	F25-29	1st	11.2	17:36	19:13	+97	36:48.84	✓	≥ 11:51.0	36.80	37:00.08	40.2%
35	7454	Betsy Palmer (F61)	8	F60-64	1st	19.2	18:10	18:37	+28	36:47.08		11:50.4	36.78	37:06.31	53.3%
36	7106	Robert Simpson (M67)	28	M65-69	4th	20.6	19:03	18:47	-17	37:49.99		12:10.6	37.82	38:10.58	45.2%
37	6940	Claudia Chavez (F32)	9	F30-34	1st	14.1	18:32	20:33	+121	39:04.69	⌚	≥ 12:34.7	39.07	39:18.84	38.0%
38	7061	David Short (M61)	29	M60-64	1st	295.8	17:17	17:32	+15	34:49.11		11:12.4	34.82	39:44.90	46.5%
39	7318	Mason Marks (M9)	30	M01-09	2nd	7.0	19:47	21:31	+104	41:18.09		13:17.6	41.30	41:25.05	39.6%
40	6978	Chaithanya Srikanth (F11)	10	F10-14	1st	3.8	19:44	21:45	+121	41:29.13	⌚	≥ 13:21.2	41.48	41:32.90	40.1%
41	7039	Mary Kaplan (F83)	11	F80-99	1st	1.9	21:16	20:22	-54	41:37.98		13:24.0	41.62	41:39.87	70.3%
42	6951	Viviana Gonzalez (F30)	12	F30-34	2nd	171.9	21:10	21:02	-8	42:12.39	⌚	≥ 13:35.1	42.20	45:04.28	35.1%
43	7024	Carol Creech (F71)	13	F70-74	1st	6.3	22:56	22:34	-22	45:29.37		14:38.5	45.48	45:35.63	50.4%
44	6989	Narasimhulu Ganjikunta (M46)	31	M45-49	3rd	4.4	20:59	25:17	+259	46:15.62	⌚	≥ 14:53.4	46.25	46:20.04	30.9%
45	6980	Yuvathi Balaji (F9)	14	F01-09	1st	4.6	22:42	26:01	+198	48:43.19	⌚	≥ 15:40.9	48.72	48:47.78	36.0%
46	6953	Esther Contreras (F52)	15	F50-54	2nd	169.5	24:54	25:33	+40	50:26.75	⌚	≥ 16:14.2	50.43	53:16.21	34.4%
47	7246	Sheila Holen (F51)	16	F50-54	3rd	22.6	26:38	27:14	+35	53:52.13		17:20.3	53.87	54:14.73	31.8%
48	7261	John Kramer (M60)	32	M60-64	3rd	744.6	27:09	27:37	+28	54:46.79		17:37.9	54.77	1:07:11.38	29.3%
35 Positive Split 13 Negative Split ✓ 4 Club PR's										Average Finish Time: 33:04 <i>14 First Timers</i> Average Age Grade: 51.2%					

Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Paul Wells	M28	4:56.00	75.2%	New
2	4	John Cosentino	M59	6:09.63	74.2%	Move UP
3	2	Albert Marban	M28	5:22.80	69.0%	
4	3	Enrique Marban	M14	6:07.30	66.7%	Move UP
5	7	Ruben Arevalo	M67	7:42.52	63.7%	
6	5	Vijayan Nair	M59	7:14.61	63.1%	
7	10	Debbie Riedner	F52	8:28.53	60.3%	
8	8	Julio Lopez	M66	8:14.97	59.0%	
9	13	Yanira Lopez	F59	9:43.51	57.9%	
10	11	Ruben Reyes	M66	8:54.20	54.7%	
11	6	Ka Lau	M31	7:07.89	52.3%	
12	9	Marcus O'con	M51	8:19.14	51.4%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Albert Marban	M28	17:15.36	74.8%	Move UP
2	17	Kim Andres	F69	30:15.39	73.3%	
3	2	Paul Wells	M28	17:44.63	72.7%	New
4	41	Mary Kaplan	F83	41:37.98	70.3%	
5	4	Steve Russo	M58	22:51.98	68.9%	
6	7	Vijayan Nair	M59	23:37.95	67.3%	
7	11	John Cosentino	M59	24:32.65	64.8%	
8	14	Ruben Arevalo	M67	27:03.45	63.1%	
9	8	Kyoungjoon Cho	M52	24:13.48	61.9%	
10	12	Doug Waters	M57	25:24.59	61.5%	
11	3	Eric Anderson	M28	20:59.43	61.5%	
12	9	Marcus O'con	M51	24:24.64	60.9%	
13	10	Jen Evangelista	M51	24:30.78	60.7%	
14	16	Julio Lopez	M66	29:05.94	58.2%	
15	6	Blair Casey	M35	23:27.42	56.2%	
16	5	Jun Cho	M21	23:07.15	56.0%	
17	25	Ruben Reyes	M66	31:42.51	53.4%	
18	35	Betsy Palmer	F61	36:47.08	53.3%	
19	13	Frederick Palma	M42	26:07.32	53.0%	
20	26	Amie Goins	F50	31:54.01	53.0%	
21	18	Trishul Gorla	M9	31:04.19	52.6%	
22	15	Heath Boehm	M52	28:36.70	52.4%	
23	33	Yanira Lopez	F59	36:29.27	52.2%	
24	19	Namish Ganjikutta	M10	31:05.49	50.8%	
25	43	Carol Creech	F71	45:29.37	50.4%	
26	30	Debbie Riedner	F52	34:34.87	50.2%	

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