

Mile Overall		5K Overall		5K Masters		5K Seniors	
<b>Gary Spence</b>	6:47.66	<b>Marcus O'con</b>	21:48.11	<b>Gary Spence</b>	22:24.97	<b>John Cosentino</b>	23:11.65
<b>Blake Bruser</b>	7:36.74	<b>Kuay Sullivan</b>	30:03.25	<b>Amie Goins</b>	30:20.46	<b>Yanira Lopez</b>	32:53.48

## 5K MALE

		22 MALE Runners --- Average Time of <b>30:20</b>						Avg. Age Grade: <b>56.1%</b>		Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Marcus O'con</b>	Dallas	(52)	11:11	-34	<b>21:48.11</b>	ML	7:01.0	<b>68.8%</b>	1	1
MASTERS	1 <b>Gary Spence</b>	Allen	(56)	11:18	-12	<b>22:24.97</b>	ML✓	7:12.9	<b>69.1%</b>	2	2
SENIORS	1 <b>John Cosentino</b>	Plano	(60)	11:48	-24	<b>23:11.65</b>		7:27.9	<b>69.1%</b>	3	3
M10-14	1 <b>Mason Marks</b>	Carrollton	(10)	18:38	+38	<b>37:54.59</b>		12:12.1	41.6%	25	20
M50-54	1 <b>Rich Weklar</b>	Bartonville	(52)	14:15	-11	<b>28:18.66</b>		9:06.7	52.9%	12	12
	2 <b>Chris Goins</b>	Garland	(52)	14:46	+22	<b>29:55.22</b>		9:37.8	50.1%	13	13
	3 <b>Ryan Pogue</b>	Carrollton	(51)	15:25	-22	<b>30:28.61</b>		9:48.6	48.8%	17	14
	4 <b>Nathan Bruser</b>	Highland Village	(51)	22:21	-47	<b>43:53.95</b>		14:07.8	33.9%	28	21
M55-59	1 <b>Doug Waters</b>	Carrollton	(58)	11:42	+13	<b>23:36.94</b>		7:36.1	<b>66.7%</b>	4	4
	2 <b>Ron Williamson</b>	Flower Mound	(56)	12:32	+3	<b>25:07.65</b>	ML	8:05.3	<b>61.7%</b>	5	5
	3 <b>Steve Russo</b>	Plano	(59)	12:56	-21	<b>25:30.86</b>	ML	8:12.7	<b>62.3%</b>	7	7
	4 <b>Rob Preston</b>	Irving	(58)	13:54	-27	<b>27:19.82</b>		8:47.8	57.7%	10	10
	5 <b>Andrew Ngotho</b>	Carrollton	(56)	16:10	+6	<b>32:25.45</b>	✓	10:26.2	47.8%	21	17
M60-64	1 <b>Vijayan Nair</b>	Plano	(60)	12:53	-29	<b>25:17.08</b>	ML	8:08.3	<b>63.4%</b>	6	6
	2 <b>Jaws Hansen</b>	Dallas	(62)	13:56	-20	<b>27:31.08</b>	ML	8:51.4	59.3%	11	11
	3 <b>John Kramer</b>	Plano	(61)	28:56	-46	<b>57:04.84</b>	ML	18:22.4	28.3%	29	22
M65-69	1 <b>Ruben Arevalo</b>	Carrollton	(67)	12:58	+8	<b>26:04.04</b>	ML	8:23.4	<b>65.5%</b>	8	8
	2 <b>Julio Lopez</b>	Farmers Branch	(67)	13:06	+39	<b>26:51.07</b>	ML	8:38.6	<b>63.6%</b>	9	9
	3 <b>Ruben Reyes</b>	Carrollton	(67)	15:10	+39	<b>30:59.61</b>		9:58.6	55.1%	18	15
	4 <b>Peter Chan</b>	Coppell	(69)	16:10	-74	<b>31:05.89</b>		10:00.6	56.0%	20	16
	5 <b>Robert Simpson</b>	Coppell	(67)	18:15	+3	<b>36:32.99</b>		11:45.9	46.7%	24	19
M80-99	1 <b>Wally Capps</b>	Farmers Branch	(82)	16:50	+7	<b>33:46.84</b>	ML	10:52.4	<b>65.6%</b>	23	18

## 5K FEMALE

		7 FEMALE Runners --- Average Time of <b>33:01</b>						Avg. Age Grade: <b>53.6%</b>		Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Kuay Sullivan</b>	Coppell	(57)	15:09	-14	<b>30:03.25</b>	ML	9:40.4	<b>61.7%</b>	14	1
MASTERS	1 <b>Amie Goins</b>	Garland	(51)	14:48	+45	<b>30:20.46</b>	✓	9:46.0	56.5%	15	2
SENIORS	1 <b>Yanira Lopez</b>	Farmers Branch	(60)	15:25	+124	<b>32:53.48</b>	ML	10:35.2	58.8%	22	5
F35-39	1 <b>Emily Whitehurst</b>	Carrollton	(36)	15:17	+37	<b>31:10.40</b>	✓	10:02.0	48.2%	19	4
F40-44	1 <b>Leah Marks</b>	Carrollton	(42)	18:39	+71	<b>38:29.67</b>		12:23.4	40.4%	27	7
F50-54	1 <b>Debbie Riedner</b>	Dallas	(53)	15:11	+4	<b>30:26.93</b>	ML	9:48.0	57.7%	16	3
F60-64	1 <b>Betsy Palmer</b>	Carrollton	(61)	18:53	-1	<b>37:46.18</b>		12:09.4	51.9%	26	6

# 1M MALE

		10 MALE Runners --- Average Time of <b>8:48</b>					Avg. Age Grade: <b>56.9%</b>			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	<b>Gary Spence</b>	Allen	(56)		<b>6:47.66</b>		6:47.7	<b>65.6%</b>	1	1
M50-54	1	<b>Marcus O'con</b>	Dallas	(52)		<b>8:42.25</b>		8:42.3	49.5%	8	7
M55-59	1	<b>Ron Williamson</b>	Flower Mound	(56)		<b>7:20.75</b>		7:20.8	<b>60.7%</b>	3	3
	2	<b>Steve Russo</b>	Plano	(59)		<b>8:42.87</b>		8:42.9	52.5%	9	8
M60-64	1	<b>Vijayan Nair</b>	Plano	(60)		<b>6:54.12</b>		6:54.1	<b>66.8%</b>	2	2
	2	<b>Jaws Hansen</b>	Dallas	(62)		<b>8:08.61</b>		8:08.6	57.7%	7	6
	3	<b>John Kramer</b>	Plano	(61)		<b>15:08.86</b>		15:08.9	30.7%	14	10
M65-69	1	<b>Julio Lopez</b>	Farmers Branch	(67)		<b>7:52.93</b>		7:52.9	<b>62.3%</b>	5	4
	2	<b>Ruben Arevalo</b>	Carrollton	(67)		<b>7:54.94</b>		7:54.9	<b>62.1%</b>	6	5
M80-99	1	<b>Wally Capps</b>	Farmers Branch	(82)		<b>10:25.26</b>		10:25.3	<b>61.1%</b>	12	9

# 1M FEMALE

		4 FEMALE Runners --- Average Time of <b>9:26</b>					Avg. Age Grade: <b>55.7%</b>			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	<b>Blake Bruser</b>	Highland Village	(13)		<b>7:36.74</b>		7:36.7	59.4%	4	<b>1</b>
F50-54	1	<b>Debbie Riedner</b>	Dallas	(53)		<b>9:07.27</b>		9:07.3	56.8%	10	<b>2</b>
F55-59	1	<b>Kuay Sullivan</b>	Coppell	(57)		<b>10:02.78</b>		10:02.8	54.4%	11	<b>3</b>
F60-64	1	<b>Yanira Lopez</b>	Farmers Branch	(60)		<b>10:59.19</b>		10:59.2	52.0%	13	<b>4</b>

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6806 Gary Spence (M56)	1	M55-59	OA	---				6:47.66	⌘	6:47.7	23.21	6:47.66	65.6%
2	7117 Vijayan Nair (M60)	2	M60-64	1st	---				6:54.12		6:54.1	23.61	6:54.12	66.8%
3	6991 Ron Williamson (M56)	3	M55-59	1st	---				7:20.75		7:20.8	25.09	7:20.75	60.7%
4	7096 Blake Bruser (F13)	1	F10-14	OA	---				7:36.74		7:36.7	26.00	7:36.74	59.4%
5	7193 Julio Lopez (M67)	4	M65-69	1st	---				7:52.93		7:52.9	26.91	7:52.93	62.3%
6	7155 Ruben Arevalo (M67)	5	M65-69	2nd	---				7:54.94		7:54.9	27.03	7:54.94	62.1%
7	7060 Jaws Hansen (M62)	6	M60-64	2nd	---				8:08.61		8:08.6	27.83	8:08.61	57.7%
8	7270 Marcus O'con (M52)	7	M50-54	1st	---				8:42.25		8:42.3	29.76	8:42.25	49.5%
9	7405 Steve Russo (M59)	8	M55-59	2nd	---				8:42.87		8:42.9	29.76	8:42.87	52.5%
10	7121 Debbie Riedner (F53)	2	F50-54	1st	---				9:07.27		9:07.3	31.19	9:07.27	56.8%
11	7265 Kuay Sullivan (F57)	3	F55-59	1st	---				10:02.78		10:02.8	34.33	10:02.78	54.4%
12	7916 Wally Capps (M82)	9	M80-99	1st	---				10:25.26		10:25.3	35.64	10:25.26	61.1%
13	7198 Yanira Lopez (F60)	4	F60-64	1st	---				10:59.19		10:59.2	37.58	10:59.19	52.0%
14	7261 John Kramer (M61)	10	M60-64	3rd	---				15:08.86		15:08.9	51.77	15:08.86	30.7%

✓ No Club PR's

Average Finish Time: 08:58 1 First Timers

Average Age Grade: 56.5%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7270 Marcus O'con (M52)	1	M50-54	OA	0.8	11:11	10:37	-34	21:48.11	ℓ	7:01.0	21.80	21:48.91	68.8%
2	6806 Gary Spence (M56)	2	M55-59	MS	0.7	11:18	11:07	-12	22:24.97	ℓ ✓ g	7:12.9	22.40	22:25.69	69.1%
3	7255 John Cosentino (M60)	3	M60-64	SR	---	11:48	11:24	-24	23:11.65		7:27.9	23.18	23:11.66	69.1%
4	7012 Doug Waters (M58)	4	M55-59	1st	2.1	11:42	11:55	+13	23:36.94		7:36.1	23.60	23:39.02	66.7%
5	6991 Ron Williamson (M56)	5	M55-59	2nd	1.5	12:32	12:35	+3	25:07.65	ℓ	8:05.3	25.12	25:09.20	61.7%
6	7117 Vijayan Nair (M60)	6	M60-64	1st	---	12:53	12:24	-29	25:17.08	ℓ	8:08.3	25.28	25:17.08	63.4%
7	7405 Steve Russo (M59)	7	M55-59	3rd	2.1	12:56	12:35	-21	25:30.86	ℓ	8:12.7	25.50	25:32.92	62.3%
8	7155 Ruben Arevalo (M67)	8	M65-69	1st	---	12:58	13:06	+8	26:04.04	ℓ	8:23.4	26.07	26:04.04	65.5%
9	7193 Julio Lopez (M67)	9	M65-69	2nd	---	13:06	13:45	+39	26:51.07	ℓ	8:38.6	26.85	26:51.07	63.6%
10	7192 Rob Preston (M58)	10	M55-59	4th	4.4	13:54	13:26	-27	27:19.82		8:47.8	27.32	27:24.19	57.7%
11	7060 Jaws Hansen (M62)	11	M60-64	2nd	0.3	13:56	13:35	-20	27:31.08	ℓ	8:51.4	27.52	27:31.37	59.3%
12	7222 Rich Weklar (M52)	12	M50-54	1st	5.0	14:15	14:04	-11	28:18.66		9:06.7	28.30	28:23.64	52.9%
13	7050 Chris Goins (M52)	13	M50-54	2nd	3.6	14:46	15:09	+22	29:55.22		9:37.8	29.92	29:58.82	50.1%
14	7265 Kuay Sullivan (F57)	1	F55-59	OA	7.3	15:09	14:55	-14	30:03.25	ℓ	9:40.4	30.05	30:10.55	61.7%
15	7044 Amie Goins (F51)	2	F50-54	MS	4.4	14:48	15:33	+45	30:20.46	✓ 59	9:46.0	30.33	30:24.88	56.5%
16	7121 Debbie Riedner (F53)	3	F50-54	1st	4.7	15:11	15:16	+4	30:26.93	ℓ	9:48.0	30.43	30:31.67	57.7%
17	7345 Ryan Pogue (M51)	14	M50-54	3rd	9.7	15:25	15:03	-22	30:28.61		9:48.6	30.47	30:38.31	48.8%
18	7283 Ruben Reyes (M67)	15	M65-69	3rd	5.7	15:10	15:49	+39	30:59.61		9:58.6	30.98	31:05.30	55.1%
19	7586 Emily Whitehurst (F36)	4	F35-39	1st	3.2	15:17	15:54	+37	31:10.40	✓ z	10:02.0	31.17	31:13.60	48.2%
20	7153 Peter Chan (M69)	16	M65-69	4th	9.3	16:10	14:56	-74	31:05.89		10:00.6	31.08	31:15.16	56.0%
21	7466 Andrew Ngotho (M56)	17	M55-59	5th	9.3	16:10	16:16	+6	32:25.45	✓ 1	10:26.2	32.42	32:34.72	47.8%
22	7198 Yanira Lopez (F60)	5	F60-64	SR	7.3	15:25	17:29	+124	32:53.48	ℓ	10:35.2	32.88	33:00.74	58.8%
23	7916 Wally Capps (M82)	18	M80-99	1st	5.9	16:50	16:57	+7	33:46.84	ℓ	10:52.4	33.77	33:52.72	65.6%
24	7106 Robert Simpson (M67)	19	M65-69	5th	17.9	18:15	18:18	+3	36:32.99		11:45.9	36.53	36:50.87	46.7%
25	7318 Mason Marks (M10)	20	M10-14	1st	1.8	18:38	19:16	+38	37:54.59		12:12.1	37.90	37:56.38	41.6%
26	7454 Betsy Palmer (F61)	6	F60-64	1st	14.6	18:53	18:53	-1	37:46.18		12:09.4	37.77	38:00.77	51.9%
27	7317 Leah Marks (F42)	7	F40-44	1st	4.8	18:39	19:50	+71	38:29.67		12:23.4	38.48	38:34.47	40.4%
28	7097 Nathan Bruser (M51)	21	M50-54	4th	309.4	22:21	21:33	-47	43:53.95		14:07.8	43.88	49:03.36	33.9%
29	7261 John Kramer (M61)	22	M60-64	3rd	229.3	28:56	28:09	-46	57:04.84	ℓ	18:22.4	57.07	1:00:54.17	28.3%

15 Positive Split 14 Negative Split

✓ 4 Club PR's

Average Finish Time: 30:58

Average Age Grade: 55.5%

FN\*:  Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

2/26/2023

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

△ Negative Split

 DeltaViewTiming.com

## Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Vijayan Nair	M60	6:54.12	66.8%	
2	1	Gary Spence	M56	6:47.66	65.6%	New
3	5	Julio Lopez	M67	7:52.93	62.3%	
4	6	Ruben Arevalo	M67	7:54.94	62.1%	
5	12	Wally Capps	M82	10:25.26	61.1%	
6	3	Ron Williamson	M56	7:20.75	60.7%	
7	4	Blake Bruser	F13	7:36.74	59.4%	
8	7	Jaws Hansen	M62	8:08.61	57.7%	
9	10	Debbie Riedner	F53	9:07.27	56.8%	
10	11	Kuay Sullivan	F57	10:02.78	54.4%	
11	9	Steve Russo	M59	8:42.87	52.5%	
12	13	Yanira Lopez	F60	10:59.19	52.0%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	3	John Cosentino	M60	23:11.65	69.1%	
2	2	Gary Spence	M56	22:24.97	69.1%	New
3	1	Marcus O'con	M52	21:48.11	68.8%	
4	4	Doug Waters	M58	23:36.94	66.7%	
5	23	Wally Capps	M82	33:46.84	65.6%	
6	8	Ruben Arevalo	M67	26:04.04	65.5%	
7	9	Julio Lopez	M67	26:51.07	63.6%	
8	6	Vijayan Nair	M60	25:17.08	63.4%	
9	7	Steve Russo	M59	25:30.86	62.3%	
10	14	Kuay Sullivan	F57	30:03.25	61.7%	
11	5	Ron Williamson	M56	25:07.65	61.7%	
12	11	Jaws Hansen	M62	27:31.08	59.3%	
13	22	Yanira Lopez	F60	32:53.48	58.8%	
14	16	Debbie Riedner	F53	30:26.93	57.7%	
15	10	Rob Preston	M58	27:19.82	57.7%	
16	15	Amie Goins	F51	30:20.46	56.5%	
17	20	Peter Chan	M69	31:05.89	56.0%	
18	18	Ruben Reyes	M67	30:59.61	55.1%	
19	12	Rich Weklar	M52	28:18.66	52.9%	
20	26	Betsy Palmer	F61	37:46.18	51.9%	
21	13	Chris Goins	M52	29:55.22	50.1%	

**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