

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Albert Marban	5:24.78	Albert Marban	18:03.59	Marcus O'con	22:16.39	Vijayan Nair	23:20.55
Blake Bruser	7:55.89	Kuay Sullivan	29:28.13	Kim Andres	30:13.64	Yanira Lopez	33:53.92

5K MALE

		22 MALE Runners --- Average Time of 30:19						Avg. Age Grade: 55.1%		Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Albert Marban	Farmers Branch	(29)	9:01	+2	18:03.59	ℳ	5:48.8	71.5%	1	1
MASTERS	1	Marcus O'con	Dallas	(52)	11:14	-11	22:16.39	ℳ	7:10.1	67.3%	4	4
SENIORS	1	Vijayan Nair	Plano	(60)	11:34	+13	23:20.55	ℳ	7:30.8	68.7%	5	5
M10-14	1	Bryce Bittner	Lucas	(13)	13:16	+127	28:39.15		9:13.3	50.6%	11	11
	2	Mason Marks	Carrollton	(10)	15:46	+35	32:06.85	✓	10:20.2	49.2%	19	16
M15-19	1	Enrique Marban	Farmers Branch	(15)	10:36	-48	20:23.10	ℳ ✓	6:33.7	68.3%	2	2
	2	Evan Bittner	Lucas	(16)	10:20	-13	20:26.62		6:34.8	67.0%	3	3
	3	Jason Ramirez		(16)	13:23	+311	31:56.43		10:16.8	42.9%	18	15
M45-49	1	Devon Champion	Richardson	(45)	16:55	+67	34:57.20	ℳ	11:15.0	40.6%	25	20
M50-54	1	Rich Weklar	Bartonville	(52)	13:55	+5	27:54.56		8:59.0	53.7%	10	10
	2	Chris Goins	Garland	(52)	14:27	+61	29:55.00		9:37.8	50.1%	14	13
	3	Ryan Pogue	Carrollton	(51)	15:17	-36	29:58.63		9:38.9	49.6%	15	14
	4	Chris Wong	Arlington	(53)	29:19	+58	59:35.43		19:10.8	25.4%	31	21
M55-59	1	Steve Russo	Plano	(59)	11:43	+28	23:53.05	ℳ	7:41.3	66.6%	6	6
	2	John Bittner	Lucas	(55)	12:05	-7	24:02.65		7:44.3	63.9%	7	7
	3	Rob Preston	Irving	(58)	13:55	-2	27:48.40		8:57.0	56.7%	9	9
M60-64	1	John Kramer	Plano	(61)	27:26	+16	55:07.02		17:44.4	29.4%	32	22
M65-69	1	Julio Lopez	Farmers Branch	(67)	12:47	+30	26:03.97	ℳ	8:23.4	65.5%	8	8
	2	Victor Eifenbein	Dallas	(65)	14:36	+28	29:39.78	ℳ	9:32.9	56.5%	13	12
	3	Peter Chan	Coppell	(69)	16:14	+10	32:38.03	ℳ	10:30.2	53.4%	20	17
	4	Ruben Reyes	Carrollton	(67)	16:40	+31	33:49.70	ℳ	10:53.3	50.5%	21	18
M80-99	1	Wally Capps	Farmers Branch	(82)	16:49	+33	34:10.88	ℳ	11:00.1	64.8%	22	19

5K FEMALE

		10 FEMALE Runners --- Average Time of 37:45						Avg. Age Grade: 51.1%		Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Kuay Sullivan	Coppell	(57)	14:42	+3	29:28.13	ℳ	9:29.1	62.9%	12	1
MASTERS	1	Kim Andres	Irving	(70)	14:49	+36	30:13.64	□	9:43.8	74.6%	16	2
SENIORS	1	Yanira Lopez	Farmers Branch	(60)	16:43	+28	33:53.92	ℳ	10:54.7	57.0%	23	4
F25-29	1	Lauren Zender	Carrollton	(29)	16:45	+74	34:43.85	✓	11:10.7	42.6%	24	5
F40-44	1	Leah Marks	Carrollton	(42)	17:20	+132	36:52.00		11:52.0	42.2%	26	6
F50-54	1	Amie Goins	Garland	(51)	15:11	+48	31:09.56		10:01.8	55.0%	17	3
	2	Lilliana Wutter	Frisco	(51)	18:41	+45	38:07.07	✓	12:16.1	44.9%	28	8
	3	Sheila Holen	Lewisville	(52)	29:20	+47	59:26.25		19:07.9	29.2%	30	10
F60-64	1	Betsy Palmer	Carrollton	(61)	18:28	+30	37:25.05		12:02.6	52.4%	27	7
F70-74	1	Carol Creech	Aubrey	(72)	22:50	+32	46:13.08		14:52.6	50.4%	29	9

1M MALE

		12 MALE Runners --- Average Time of 9:00					Avg. Age Grade: 54.3%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Albert Marban	Farmers Branch	(29)			5:24.78		5:24.8	68.6%	1	1
M15-19	1 Enrique Marban	Farmers Branch	(15)			5:28.30	✓	5:28.3	73.2%	2	2
M45-49	1 Devon Campion	Richardson	(45)			12:49.70		12:49.7	31.8%	14	11
	2 William Campion	Richardson	(47)			12:50.01		12:50.0	32.3%	15	12
M50-54	1 Marcus O'con	Dallas	(52)			8:17.60		8:17.6	52.0%	7	6
M55-59	1 Steve Russo	Plano	(59)			8:05.76		8:05.8	56.5%	6	5
M60-64	1 Vijayan Nair	Plano	(60)			7:28.50		7:28.5	61.7%	3	3
M65-69	1 Julio Lopez	Farmers Branch	(67)			7:53.47		7:53.5	62.3%	4	4
	2 Victor Elfenbein	Dallas	(65)			9:03.42		9:03.4	53.3%	8	7
	3 Ruben Reyes	Carrollton	(67)			9:29.42		9:29.4	51.8%	9	8
	4 Peter Chan	Coppell	(69)			10:36.45		10:36.5	47.3%	13	10
M80-99	1 Wally Capps	Farmers Branch	(82)			10:30.43		10:30.4	60.6%	12	9

1M FEMALE

		3 FEMALE Runners --- Average Time of 9:10					Avg. Age Grade: 57.1%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Blake Bruser	Highland Village	(13)			7:55.89		7:55.9	57.1%	5	1
F55-59	1 Kuay Sullivan	Coppell	(57)			9:37.89		9:37.9	56.8%	10	2
F60-64	1 Yanira Lopez	Farmers Branch	(60)			9:55.57		9:55.6	57.5%	11	3

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD	
1	6991 Albert Marban (M29)	1	M25-29	OA	---				5:24.78		5:24.8	18.47	5:24.78	68.6%	
2	6993 Enrique Marban (M15)	2	M15-19	1st	---				5:28.30	✓ 28	5:28.3	18.70	5:28.30	73.2%	
3	7117 Vijayan Nair (M60)	3	M60-64	1st	---				7:28.50		7:28.5	25.54	7:28.50	61.7%	
4	7193 Julio Lopez (M67)	4	M65-69	1st	---				7:53.47		7:53.5	26.97	7:53.47	62.3%	
5	7096 Blake Bruser (F13)	1	F10-14	OA	---				7:55.89		7:55.9	27.08	7:55.89	57.1%	
6	7405 Steve Russo (M59)	5	M55-59	1st	---				8:05.76		8:05.8	27.65	8:05.76	56.5%	
7	7270 Marcus O'con (M52)	6	M50-54	1st	---				8:17.60		8:17.6	28.34	8:17.60	52.0%	
8	7113 Victor Elfenbein (M65)	7	M65-69	2nd	---				9:03.42		9:03.4	30.96	9:03.42	53.3%	
9	7283 Ruben Reyes (M67)	8	M65-69	3rd	---				9:29.42		9:29.4	32.44	9:29.42	51.8%	
10	7265 Kuay Sullivan (F57)	2	F55-59	1st	---				9:37.89		9:37.9	32.90	9:37.89	56.8%	
11	7198 Yanira Lopez (F60)	3	F60-64	1st	---				9:55.57		9:55.6	33.93	9:55.57	57.5%	
12	7916 Wally Capps (M82)	9	M80-99	1st	---				10:30.43		10:30.4	35.92	10:30.43	60.6%	
13	7153 Peter Chan (M69)	10	M65-69	4th	---				10:36.45		10:36.5	36.26	10:36.45	47.3%	
14	6796 Devon Champion (M45)	11	M45-49	1st	---				12:49.70	✗	12:49.7	43.85	12:49.70	31.8%	
15	6711 William Champion (M47)	12	M45-49	2nd	---				12:50.01	✗	12:50.0	43.90	12:50.01	32.3%	
✓ 1 Club PR's						Average Finish Time: 09:01			2 First Timers		Average Age Grade: 54.8%				

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD		
1	6991 Albert Marban (M29)	1	M25-29	OA	---	9:01	9:03	+2	18:03.59	ℓ	5:48.8	18.05	18:03.59	71.5%		
2	6993 Enrique Marban (M15)	2	M15-19	1st	0.3	10:36	9:47	-48	20:23.10	ℓ ✓ 3	6:33.7	20.38	20:23.36	68.3%		
3	6707 Evan Bittner (M16)	3	M15-19	2nd	2.0	10:20	10:07	-13	20:26.62	✗	6:34.8	20.43	20:28.65	67.0%		
4	7270 Marcus O'con (M52)	4	M50-54	MS	1.3	11:14	11:03	-11	22:16.39	ℓ	7:10.1	22.27	22:17.67	67.3%		
5	7117 Vijayan Nair (M60)	5	M60-64	SR	---	11:34	11:47	+13	23:20.55	ℓ	7:30.8	23.33	23:20.55	68.7%		
6	7405 Steve Russo (M59)	6	M55-59	1st	1.3	11:43	12:10	+28	23:53.05	ℓ	7:41.3	23.88	23:54.34	66.6%		
7	6708 John Bittner (M55)	7	M55-59	2nd	2.2	12:05	11:58	-7	24:02.65	✗	7:44.3	24.03	24:04.87	63.9%		
8	7193 Julio Lopez (M67)	8	M65-69	1st	0.7	12:47	13:17	+30	26:03.97	ℓ	8:23.4	26.05	26:04.72	65.5%		
9	7192 Rob Preston (M58)	9	M55-59	3rd	6.8	13:55	13:53	-2	27:48.40		8:57.0	27.80	27:55.24	56.7%		
10	7222 Rich Weklar (M52)	10	M50-54	1st	7.4	13:55	14:00	+5	27:54.56		8:59.0	27.90	28:01.92	53.7%		
11	6709 Bryce Bittner (M13)	11	M10-14	1st	1.7	13:16	15:23	+127	28:39.15	✗	9:13.3	28.65	28:40.90	50.6%		
12	7265 Kuay Sullivan (F57)	1	F55-59	OA	3.6	14:42	14:46	+3	29:28.13	ℓ	9:29.1	29.47	29:31.76	62.9%		
13	7113 Victor Elfenbein (M65)	12	M65-69	2nd	1.1	14:36	15:04	+28	29:39.78	ℓ	9:32.9	29.65	29:40.85	56.5%		
14	7050 Chris Goins (M52)	13	M50-54	2nd	3.1	14:27	15:28	+61	29:55.00		9:37.8	29.92	29:58.08	50.1%		
15	7345 Ryan Pogue (M51)	14	M50-54	3rd	7.6	15:17	14:41	-36	29:58.63		9:38.9	29.97	30:06.28	49.6%		
16	7040 Kim Andres (F70)	2	F70-74	MS	---	14:49	15:25	+36	30:13.64	□	9:43.8	30.22	30:13.64	74.6%		
17	7044 Amie Goins (F51)	3	F50-54	1st	2.4	15:11	15:59	+48	31:09.56		10:01.8	31.15	31:11.99	55.0%		
18	6608 Jason Ramirez (M16)	15	M15-19	3rd	0.1	13:23	18:34	+311	31:56.43		10:16.8	31.93	31:56.49	42.9%		
19	7318 Mason Marks (M10)	16	M10-14	2nd	4.0	15:46	16:21	+35	32:06.85	✓ 5	10:20.2	32.10	32:10.86	49.2%		
20	7153 Peter Chan (M69)	17	M65-69	3rd	7.1	16:14	16:24	+10	32:38.03	ℓ	10:30.2	32.63	32:45.10	53.4%		
21	7283 Ruben Reyes (M67)	18	M65-69	4th	5.4	16:40	17:10	+31	33:49.70	ℓ	10:53.3	33.82	33:55.11	50.5%		
22	7916 Wally Capps (M82)	19	M80-99	1st	5.1	16:49	17:22	+33	34:10.88	ℓ	11:00.1	34.17	34:15.95	64.8%		
23	7198 Yanira Lopez (F60)	4	F60-64	SR	25.3	16:43	17:11	+28	33:53.92	ℓ	10:54.7	33.88	34:19.17	57.0%		
24	7328 Lauren Zender (F29)	5	F25-29	1st	3.9	16:45	17:59	+74	34:43.85	✓ 5	11:10.7	34.72	34:47.78	42.6%		
25	6796 Devon Champion (M45)	20	M45-49	1st	20.9	16:55	18:02	+67	34:57.20	ℓ	11:15.0	34.95	35:18.12	40.6%		
26	7317 Leah Marks (F42)	6	F40-44	1st	4.0	17:20	19:32	+132	36:52.00		11:52.0	36.87	36:55.97	42.2%		
27	7454 Betsy Palmer (F61)	7	F60-64	1st	16.4	18:28	18:57	+30	37:25.05		12:02.6	37.42	37:41.45	52.4%		
28	7530 Lilliana Wutter (F51)	8	F50-54	2nd	5.0	18:41	19:26	+45	38:07.07	✓ 2	12:16.1	38.12	38:12.04	44.9%		
29	7024 Carol Creech (F72)	9	F70-74	1st	5.7	22:50	23:23	+32	46:13.08		14:52.6	46.22	46:18.76	50.4%		
30	7246 Sheila Holen (F52)	10	F50-54	3rd	14.4	29:20	30:07	+47	59:26.25		19:07.9	59.43	59:40.61	29.2%		
31	7223 Chris Wong (M53)	21	M50-54	4th	15.1	29:19	30:17	+58	59:35.43		19:10.8	59.58	59:50.54	25.4%		
32	7261 John Kramer (M61)	22	M60-64	1st	396.3	27:26	27:41	+16	55:07.02		17:44.4	55.121	01:43.34	29.4%		
26 Positive Split						6 Negative Split		✓ 4 Club PR's		Average Finish Time: 32:38			4 First Timers		Average Age Grade: 53.9%	

Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Enrique Marban	M15	5:28.30	73.2%	Move UP
2	1	Albert Marban	M29	5:24.78	68.6%	
3	4	Julio Lopez	M67	7:53.47	62.3%	
4	3	Vijayan Nair	M60	7:28.50	61.7%	
5	12	Wally Capps	M82	10:30.43	60.6%	
6	11	Yanira Lopez	F60	9:55.57	57.5%	
7	5	Blake Bruser	F13	7:55.89	57.1%	
8	10	Kuay Sullivan	F57	9:37.89	56.8%	
9	6	Steve Russo	M59	8:05.76	56.5%	
10	8	Victor Elfenbein	M65	9:03.42	53.3%	
11	7	Marcus O'con	M52	8:17.60	52.0%	
12	9	Ruben Reyes	M67	9:29.42	51.8%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	16	Kim Andres	F70	30:13.64	74.6%	
2	1	Albert Marban	M29	18:03.59	71.5%	
3	5	Vijayan Nair	M60	23:20.55	68.7%	
4	2	Enrique Marban	M15	20:23.10	68.3%	Move UP
5	4	Marcus O'con	M52	22:16.39	67.3%	
6	3	Evan Bittner	M16	20:26.62	67.0%	New
7	6	Steve Russo	M59	23:53.05	66.6%	
8	8	Julio Lopez	M67	26:03.97	65.5%	
9	22	Wally Capps	M82	34:10.88	64.8%	
10	7	John Bittner	M55	24:02.65	63.9%	
11	12	Kuay Sullivan	F57	29:28.13	62.9%	
12	23	Yanira Lopez	F60	33:53.92	57.0%	
13	9	Rob Preston	M58	27:48.40	56.7%	
14	13	Victor Elfenbein	M65	29:39.78	56.5%	
15	17	Amie Goins	F51	31:09.56	55.0%	
16	10	Rich Weklar	M52	27:54.56	53.7%	
17	20	Peter Chan	M69	32:38.03	53.4%	
18	27	Betsy Palmer	F61	37:25.05	52.4%	
19	11	Bryce Bittner	M13	28:39.15	50.6%	
20	21	Ruben Reyes	M67	33:49.70	50.5%	
21	29	Carol Creech	F72	46:13.08	50.4%	
22	14	Chris Goins	M52	29:55.00	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