

Mile Overall		5K Overall		5K Masters		5K Seniors	
Ivan Marquez	4:43.11	Ivan Marquez	18:20.11	Nathan Kromminga	18:52.19	Steve Russo	23:07.96
Blake Bruser	7:45.84	Blake Bruser	29:52.36	Amie Goins	30:54.85	Yanira Lopez	33:07.03

5K MALE

30 MALE Runners --- Average Time of **30:55**

Avg. Age Grade: **53.3%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Ivan Marquez	Fort Worth	(20)			18:20.11	ML	5:54.1	71.1%	1	1
MASTERS	1 Nathan Kromminga	Keller	(41)			18:52.19		6:04.4	72.9%	2	2
SENIORS	1 Steve Russo	Plano	(59)			23:07.96		7:26.7	68.7%	6	6
M10-14	1 Yota Matsumoto	Plano	(13)			24:09.91		7:46.7	60.0%	10	10
	2 Takumi Matsumoto	Plano	(11)			27:55.20		8:59.2	54.8%	15	15
	3 Mason Marks	Carrollton	(10)			35:21.07		11:22.7	44.7%	23	20
M15-19	1 Hector Barajas	Fort Worth	(18)			19:26.71	ML	6:15.5	68.6%	3	3
M20-24	1 Carter Melton	Fort Worth	(24)			20:50.01	ML	6:42.3	61.9%	4	4
M25-29	1 Rajan Makanji	Fort Worth	(28)			38:10.08	ML	12:17.1	33.8%	34	26
M40-44	1 Atsushi Matsumoto	Plano	(40)			24:58.13	✓	8:02.2	54.7%	12	12
	2 Balaji Ammanji Sundararaju	Coppell	(41)			36:36.46	ML	11:47.0	37.6%	27	23
M50-54	1 Marcus O'con	Dallas	(52)			22:15.15	ML	7:09.7	67.4%	5	5
	2 Nathan Bruser	Highland Village	(52)			27:27.93		8:50.4	54.6%	33	25
	3 Ryan Pogue	Carrollton	(51)			33:05.91		10:39.2	44.9%	19	17
	4 Chris Goins	Garland	(52)			34:14.37		11:01.2	43.8%	22	19
	5 Carlos Ordonez	Carrollton	(52)			44:13.15		14:14.0	33.9%	35	27
	6 Chris Wong	Arlington	(53)			48:45.81		15:41.7	31.0%	41	29
M55-59	1 Doug Waters	Carrollton	(58)			24:08.27		7:46.2	65.3%	9	9
	2 Rob Preston	Irving	(58)			26:52.63		8:39.1	58.6%	13	13
	3 Andrew Ngotho	Carrollton	(56)			31:01.81	✓	9:59.3	49.9%	18	16
M60-64	1 Vijayan Nair	Plano	(60)			23:44.58	ML	7:38.5	67.6%	7	7
	2 John Cosentino	Plano	(60)			23:46.50	ML	7:39.1	67.5%	8	8
	3 Martin Chavez	Lewisville	(61)			46:50.34		15:04.6	34.5%	40	28
	4 John Kramer	Plano	(61)			59:05.41	ML	19:01.2	27.4%	43	30
M65-69	1 Julio Lopez	Farmers Branch	(67)			24:41.55	ML	7:56.9	69.2%	11	11
	2 Ruben Arevalo	Carrollton	(67)			27:40.30	ML	8:54.4	61.7%	14	14
	3 Ruben Reyes	Carrollton	(67)			33:14.54		10:42.0	51.4%	21	18
	4 Robert Simpson	Coppell	(68)			35:22.37		11:23.1	48.8%	24	21
	5 Phil Murch	Frisco	(66)			35:52.78		11:32.9	47.2%	25	22
	6 Victor Elfenbein	Dallas	(65)			37:12.85	ML	11:58.7	45.1%	29	24

5K FEMALE

13 FEMALE Runners --- Average Time of

39:32

Avg. Age Grade: 45.9%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Blake Bruser	Highland Village	(14)			29:52.36	Ⓜ	9:36.9	52.6%	16	1
MASTERS	1 Amie Goins	Garland	(51)			30:54.85		9:57.0	55.4%	17	2
SENIORS	1 Yanira Lopez	Farmers Branch	(60)			33:07.03	Ⓜ	10:39.6	58.4%	20	3
F10-14	1 Yuvathi Balaji	Coppell	(10)			36:37.19	✓	11:47.2	46.6%	26	4
	2 Atiquah Amreen Sadullah	Coppell	(14)			46:31.67		14:58.6	33.8%	38	11
F15-19	1 Aqeela Afreen Sadullah	Coppell	(15)			46:37.45		15:00.4	33.2%	39	12
F35-39	1 Jennifer Speer	Carrollton	(36)			36:44.03		11:49.4	40.9%	28	5
F40-44	1 Leah Marks	Carrollton	(42)			37:26.20		12:03.0	41.5%	31	7
F50-54	1 Lilliana Wutter	Frisco	(51)			39:16.15		12:38.4	43.6%	32	8
F55-59	1 Kim Tsutsui	Arlington	(55)			48:46.46		15:41.9	37.0%	42	13
F60-64	1 Betsy Palmer	Carrollton	(62)			37:07.06		11:56.8	53.6%	30	6
F65-69	1 Jerri Hixson	Plano	(69)			45:08.91		14:31.9	49.1%	36	9
F70-74	1 Carol Creech	Aubrey	(72)			45:45.53		14:43.7	50.9%	37	10

1M MALE

12 MALE Runners --- Average Time of

7:51

Avg. Age Grade: 60.6%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Ivan Marquez	Fort Worth	(20)			4:43.11	☐	4:43.1	79.5%	1	1
M15-19	1 Hector Barajas	Fort Worth	(18)			4:45.05	☐	4:45.1	80.8%	2	2
M20-24	1 Carter Melton	Fort Worth	(24)			5:18.17	✓	5:18.2	70.0%	3	3
M25-29	1 Rajan Makanji	Fort Worth	(28)			5:52.24		5:52.2	63.2%	4	4
M40-44	1 Balaji Ammanji Sundararaju	Coppell	(41)			13:55.58		13:55.6	28.4%	16	12
M50-54	1 Marcus O'con	Dallas	(52)			7:50.79	✓	7:50.8	54.9%	10	9
M60-64	1 John Cosentino	Plano	(60)			6:21.85		6:21.9	72.5%	5	5
	2 Vijayan Nair	Plano	(60)			7:08.02		7:08.0	64.7%	6	6
	3 John Kramer	Plano	(61)			13:38.49		13:38.5	34.1%	14	11
M65-69	1 Julio Lopez	Farmers Branch	(67)			7:31.29		7:31.3	65.3%	7	7
	2 Ruben Arevalo	Carrollton	(67)			7:43.61		7:43.6	63.6%	8	8
	3 Victor Efenbein	Dallas	(65)			9:28.84		9:28.8	50.9%	12	10

1M FEMALE

4 FEMALE Runners --- Average Time of

11:02

Avg. Age Grade: 48.7%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Blake Bruser	Highland Village	(14)			7:45.84		7:45.8	57.3%	9	1
F01-09	1 Atifa Asreen Sadullah	Coppell	(9)			13:15.60		13:15.6	37.5%	13	3
	2 Kavya Balaji	Coppell	(7)			13:53.50		13:53.5	38.3%	15	4
F60-64	1 Yanira Lopez	Farmers Branch	(60)			9:14.62		9:14.6	61.8%	11	2

FN*: ☐ Broke Age-Group Record

GD Place among Females

▲ Positive Split

Timing provided by:

5/28/2023

Ⓜ 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	6009 Ivan Marquez (M20)	1	M20-24	OA	---				4:43.11	☐ x	4:43.1	16.14	4:43.11	79.5%
2	6010 Hector Barajas (M18)	2	M15-19	1st	---				4:45.05	☐ x	4:45.1	16.25	4:45.05	80.8%
3	6712 Carter Melton (M24)	3	M20-24	1st	---				5:18.17	✓ 1	5:18.2	18.13	5:18.17	70.0%
4	6724 Rajan Makanji (M28)	4	M25-29	1st	---				5:52.24	x	5:52.2	20.07	5:52.24	63.2%
5	7255 John Cosentino (M60)	5	M60-64	1st	---				6:21.85		6:21.9	21.72	6:21.85	72.5%
6	7117 Vijayan Nair (M60)	6	M60-64	2nd	---				7:08.02		7:08.0	24.40	7:08.02	64.7%
7	7193 Julio Lopez (M67)	7	M65-69	1st	---				7:31.29		7:31.3	25.72	7:31.29	65.3%
8	7155 Ruben Arevalo (M67)	8	M65-69	2nd	---				7:43.61		7:43.6	26.40	7:43.61	63.6%
9	7096 Blake Bruser (F14)	1	F10-14	OA	---				7:45.84		7:45.8	26.51	7:45.84	57.3%
10	7270 Marcus O'con (M52)	9	M50-54	1st	---				7:50.79	✓ 33	7:50.8	26.80	7:50.79	54.9%
11	7198 Yanira Lopez (F60)	2	F60-64	1st	---				9:14.62		9:14.6	31.59	9:14.62	61.8%
12	7113 Victor Elfenbein (M65)	10	M65-69	3rd	---				9:28.84		9:28.8	32.39	9:28.84	50.9%
13	6761 Atifa Asreen Sadullah (F9)	3	F01-09	1st	---				13:15.60		13:15.6	45.33	13:15.60	37.5%
14	7261 John Kramer (M61)	11	M60-64	3rd	---				13:38.49		13:38.5	46.64	13:38.49	34.1%
15	6791 Kavya Balaji (F7)	4	F01-09	2nd	---				13:53.50		13:53.5	47.50	13:53.50	38.3%
16	6979 Balaji Ammanji Sundararaju (12	M40-44	1st	---				13:55.58		13:55.6	47.61	13:55.58	28.4%
✓ 2 Club PR's										Average Finish Time: 08:39 3 First Timers			Average Age Grade: 57.7%	

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	6009 Ivan Marquez (M20)	1	M20-24	OA	---				18:20.11	ℓ x	5:54.1	18.33	18:20.11	71.1%
2	6702 Nathan Kromminga (M41)	2	M40-44	MS	0.8				18:52.19	x	6:04.4	18.87	18:53.00	72.9%
3	6010 Hector Barajas (M18)	3	M15-19	1st	---				19:26.71	ℓ x	6:15.5	19.43	19:26.71	68.6%
4	6712 Carter Melton (M24)	4	M20-24	1st	---				20:50.01	ℓ x	6:42.3	20.83	20:50.01	61.9%
5	7270 Marcus O'con (M52)	5	M50-54	1st	1.1				22:15.15	ℓ	7:09.7	22.25	22:16.23	67.4%
6	7405 Steve Russo (M59)	6	M55-59	SR	1.8				23:07.96		7:26.7	23.12	23:09.72	68.7%
7	7117 Vijayan Nair (M60)	7	M60-64	1st	---				23:44.58	ℓ	7:38.5	23.73	23:44.58	67.6%
8	7255 John Cosentino (M60)	8	M60-64	2nd	---				23:46.50	ℓ	7:39.1	23.77	23:46.50	67.5%
9	7012 Doug Waters (M58)	9	M55-59	1st	1.5				24:08.27		7:46.2	24.13	24:09.77	65.3%
10	7235 Yota Matsumoto (M13)	10	M10-14	1st	---				24:09.91	x	7:46.7	24.15	24:09.91	60.0%
11	7193 Julio Lopez (M67)	11	M65-69	1st	0.6				24:41.55	ℓ	7:56.9	24.68	24:42.11	69.2%
12	7234 Atsushi Matsumoto (M40)	12	M40-44	1st	---				24:58.13	✓ 1	8:02.2	24.97	24:58.13	54.7%
13	7192 Rob Preston (M58)	13	M55-59	2nd	1.9				26:52.63		8:39.1	26.87	26:54.56	58.6%
14	7155 Ruben Arevalo (M67)	14	M65-69	2nd	---				27:40.30	ℓ	8:54.4	27.67	27:40.30	61.7%
15	7236 Takumi Matsumoto (M11)	15	M10-14	2nd	---				27:55.20	x	8:59.2	27.92	27:55.21	54.8%
16	7096 Blake Bruser (F14)	1	F10-14	OA	6.1				29:52.36	ℓ	9:36.9	29.87	29:58.48	52.6%
17	7044 Amie Goins (F51)	2	F50-54	MS	4.2				30:54.85		9:57.0	30.90	30:59.05	55.4%
18	7466 Andrew Ngotho (M56)	16	M55-59	3rd	2.1				31:01.81	✓ 2	9:59.3	31.02	31:03.91	49.9%
19	7345 Ryan Pogue (M51)	17	M50-54	3rd	5.9				33:05.91		10:39.2	33.08	33:11.79	44.9%
20	7198 Yanira Lopez (F60)	3	F60-64	SR	5.0				33:07.03	ℓ	10:39.6	33.12	33:12.06	58.4%
21	7283 Ruben Reyes (M67)	18	M65-69	3rd	6.6				33:14.54		10:42.0	33.23	33:21.16	51.4%
22	7050 Chris Goins (M52)	19	M50-54	4th	4.2				34:14.37		11:01.2	34.23	34:18.52	43.8%
23	7318 Mason Marks (M10)	20	M10-14	3rd	---				35:21.07		11:22.7	35.35	35:21.07	44.7%
24	7106 Robert Simpson (M68)	21	M65-69	4th	16.1				35:22.37		11:23.1	35.37	35:38.51	48.8%
25	7157 Phil Murch (M66)	22	M65-69	5th	10.6				35:52.78		11:32.9	35.87	36:03.33	47.2%
26	6980 Yuvathi Balaji (F10)	4	F10-14	1st	---				36:37.19	✓ 3	11:47.2	36.62	36:37.19	46.6%
27	6979 Balaji Ammanji Sundararaju (23	M40-44	2nd	7.7				36:36.46	ℓ	11:47.0	36.60	36:44.14	37.6%
28	6721 Jennifer Speer (F36)	5	F35-39	1st	3.8				36:44.03	x	11:49.4	36.73	36:47.79	40.9%
29	7113 Victor Elfenbein (M65)	24	M65-69	6th	4.9				37:12.85	ℓ	11:58.7	37.20	37:17.78	45.1%
30	7454 Betsy Palmer (F62)	6	F60-64	1st	11.6				37:07.06		11:56.8	37.12	37:18.64	53.6%
31	7317 Leah Marks (F42)	7	F40-44	1st	4.9				37:26.20		12:03.0	37.43	37:31.14	41.5%
32	7530 Lilliana Wutter (F51)	8	F50-54	1st	6.0				39:16.15		12:38.4	39.27	39:22.18	43.6%
33	7097 Nathan Bruser (M52)	25	M50-54	2nd	714.6				27:27.93		8:50.4	27.45	39:22.50	54.6%

34	6724	Rajan Makanji (M28)	26	M25-29	1st	88.7	38:10.08	Ⓜ	ⓧ	12:17.1	38.17	39:38.77	33.8%
35	7529	Carlos Ordonez (M52)	27	M50-54	5th	17.9	44:13.15			14:14.0	44.22	44:31.08	33.9%
36	7124	Jerri Hixson (F69)	9	F65-69	1st	3.3	45:08.91			14:31.9	45.13	45:12.24	49.1%
37	7024	Carol Creech (F72)	10	F70-74	1st	4.7	45:45.53			14:43.7	45.75	45:50.23	50.9%
38	6760	Atiqah Amreen Sadullah (F1	11	F10-14	2nd	---	46:31.67			14:58.6	46.52	46:31.67	33.8%
39	6759	Aqeela Afreen Sadullah (F15)	12	F15-19	1st	---	46:37.45			15:00.4	46.62	46:37.45	33.2%
40	7409	Martin Chavez (M61)	28	M60-64	3rd	14.1	46:50.34			15:04.6	46.83	47:04.47	34.5%
41	7223	Chris Wong (M53)	29	M50-54	6th	11.8	48:45.81			15:41.7	48.75	48:57.58	31.0%
42	7109	Kim Tsutsui (F55)	13	F55-59	1st	11.2	48:46.46			15:41.9	48.77	48:57.66	37.0%
43	7261	John Kramer (M61)	30	M60-64	4th	260.3	59:05.41	Ⓜ		19:01.2	59.08	1:03:25.67	27.4%
✓ 3 Club PR's							Average Finish Time: 33:31 <i>8 First Timers</i>			Average Age Grade: 51.0%			

Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Hector Barajas	M18	4:45.05	80.8%	New
2	1	Ivan Marquez	M20	4:43.11	79.5%	New
3	5	John Cosentino	M60	6:21.85	72.5%	
4	3	Carter Melton	M24	5:18.17	70.0%	Move UP
5	7	Julio Lopez	M67	7:31.29	65.3%	
6	6	Vijayan Nair	M60	7:08.02	64.7%	
7	8	Ruben Arevalo	M67	7:43.61	63.6%	
8	4	Rajan Makanji	M28	5:52.24	63.2%	
9	11	Yanira Lopez	F60	9:14.62	61.8%	
10	9	Blake Bruser	F14	7:45.84	57.3%	
11	10	Marcus O'con	M52	7:50.79	54.9%	
12	12	Victor Elfenbein	M65	9:28.84	50.9%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Nathan Kromminga	M41	18:52.19	72.9%	New
2	1	Ivan Marquez	M20	18:20.11	71.1%	New
3	11	Julio Lopez	M67	24:41.55	69.2%	
4	6	Steve Russo	M59	23:07.96	68.7%	
5	3	Hector Barajas	M18	19:26.71	68.6%	New
6	7	Vijayan Nair	M60	23:44.58	67.6%	
7	8	John Cosentino	M60	23:46.50	67.5%	
8	5	Marcus O'con	M52	22:15.15	67.4%	
9	9	Doug Waters	M58	24:08.27	65.3%	
10	4	Carter Melton	M24	20:50.01	61.9%	
11	14	Ruben Arevalo	M67	27:40.30	61.7%	
12	10	Yota Matsumoto	M13	24:09.91	60.0%	
13	13	Rob Preston	M58	26:52.63	58.6%	
14	20	Yanira Lopez	F60	33:07.03	58.4%	
15	17	Amie Goins	F51	30:54.85	55.4%	
16	15	Takumi Matsumoto	M11	27:55.20	54.8%	
17	12	Atsushi Matsumoto	M40	24:58.13	54.7%	
18	33	Nathan Bruser	M52	27:27.93	54.6%	
19	30	Betsy Palmer	F62	37:07.06	53.6%	
20	16	Blake Bruser	F14	29:52.36	52.6%	
21	21	Ruben Reyes	M67	33:14.54	51.4%	
22	37	Carol Creech	F72	45:45.53	50.9%	

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