

Carrollton Runners Mile + 5K

| Mile Overall | | 5K Overall | | 5K Masters | | 5K Seniors | |
|---------------|---------|---------------|----------|-------------|----------|------------|----------|
| Jaydin Turner | 5:02.00 | Jaydin Turner | 19:35.32 | Adam Eiler | 21:20.81 | Ian Maung | 21:31.12 |
| Blake Bruser | 6:57.65 | Kavita Maung | 28:58.06 | Sarah Meyer | 29:21.66 | Kim Andres | 31:00.74 |

5K MALE

35 MALE Runners --- Average Time of **30:33**

Avg. Age Grade: **54.5%**

Place in

| | Name | City | (Age) | Half | Split | Chip Time | FN* | Pace | Age Grade | OA | GD |
|----------------|--------------------------------|----------------|-------|-------|-------|-------------------|------|---------|--------------|----|----|
| OVERALL | 1 Jaydin Turner | Carrollton | (15) | 9:50 | -4 | 19:35.32 | ML | 6:18.3 | 71.1% | 1 | 1 |
| MASTERS | 1 Adam Eiler | Houston | (53) | 10:46 | -11 | 21:20.81 | | 6:52.3 | 70.8% | 4 | 4 |
| SENIORS | 1 Ian Maung | Coppell | (57) | 10:49 | -7 | 21:31.12 | | 6:55.6 | 72.6% | 5 | 5 |
| M10-14 | 1 David Gehring | | (11) | 15:01 | -40 | 29:21.44 | | 9:27.0 | 52.1% | 19 | 18 |
| | 2 Mason Marks | Carrollton | (12) | 15:01 | +376 | 36:17.81 | | 11:41.0 | 41.0% | 33 | 29 |
| M15-19 | 1 Armando Gutierrez III | Rockwall, TX | (15) | 12:00 | +591 | 33:51.87 | | 10:54.0 | 41.1% | 28 | 24 |
| M25-29 | 1 Carter Melton | Fort Worth | (25) | 11:01 | -51 | 21:11.36 | ML | 6:49.2 | 60.9% | 3 | 3 |
| | 2 Kyle Reynoso | Dallas | (26) | 10:41 | +22 | 21:43.16 | | 6:59.4 | 59.4% | 7 | 7 |
| M30-34 | 1 Griffin Gurley | Carrollton | (32) | 10:03 | +38 | 20:42.94 | ✓ | 6:40.1 | 62.8% | 2 | 2 |
| | 2 Ka Lau | Plano | (33) | 20:52 | -429 | 34:35.01 | ML | 11:07.9 | 37.7% | 29 | 25 |
| M35-39 | 1 Blair Casey | Carrollton | (37) | 11:00 | -23 | 21:36.53 | | 6:57.3 | 61.8% | 6 | 6 |
| M40-44 | 1 Uttam Haldar | Plano | (40) | 11:34 | +15 | 23:22.20 | | 7:31.3 | 58.4% | 10 | 10 |
| M50-54 | 1 Francisco Espinosa | Carrollton | (54) | 11:51 | -28 | 23:13.67 | ML ✓ | 7:28.6 | 65.6% | 9 | 9 |
| | 2 Marcus O'con | Dallas | (53) | 11:50 | -7 | 23:32.23 | ML | 7:34.6 | 64.2% | 11 | 11 |
| | 3 Nathan Bruser | Carrollton | (53) | 15:01 | -37 | 29:24.39 | | 9:27.9 | 51.4% | 37 | 31 |
| | 4 Ryan Pogue | Carrollton | (53) | 15:57 | +47 | 32:40.64 | | 10:31.1 | 46.2% | 25 | 21 |
| | 5 Chris Goins | Garland | (54) | 16:03 | +192 | 35:17.34 | | 11:21.5 | 43.2% | 30 | 26 |
| | 6 Chris Wong | Arlington | (54) | 20:18 | +193 | 43:48.94 | | 14:06.2 | 34.8% | 41 | 32 |
| | 7 Carlos Ordonez | Carrollton | (53) | 23:43 | +1 | 47:26.13 | | 15:16.1 | 31.9% | 43 | 33 |
| M55-59 | 1 Doug Waters | Carrollton | (59) | 15:54 | -3 | 31:44.68 | | 10:13.1 | 50.1% | 22 | 19 |
| | 2 Andrew Ngotho | Carrollton | (57) | 16:46 | -42 | 32:50.50 | | 10:34.2 | 47.6% | 26 | 22 |
| | 3 Mikko Tauriainen | Grapevine | (59) | 20:18 | -193 | 37:23.05 | | 12:02.0 | 42.5% | 34 | 30 |
| M60-64 | 1 Chip Gorman | Plano | (61) | 11:07 | -2 | 22:11.36 | ML | 7:08.5 | 72.9% | 8 | 8 |
| | 2 Vijayan Nair | Plano | (61) | 11:32 | +62 | 24:05.23 | ML | 7:45.2 | 67.2% | 12 | 12 |
| | 3 Steve Russo | Plano | (60) | 12:38 | +11 | 25:26.41 | ML | 8:11.3 | 63.0% | 13 | 13 |
| | 4 Santos Ofarrill | Lewisville | (64) | 13:23 | +32 | 27:18.09 | ML | 8:47.3 | 60.9% | 15 | 15 |
| | 5 Jaws Hansen | Dallas | (64) | 14:21 | +7 | 28:47.73 | ML | 9:16.1 | 57.7% | 17 | 17 |
| | 6 Tim Kerr | Savannah | (62) | 15:46 | +83 | 32:54.91 | | 10:35.7 | 49.6% | 24 | 20 |
| | 7 John Kramer | Plano | (62) | 30:32 | +18 | 1:01:21.42 | ML | 19:44.9 | 26.6% | 49 | 35 |
| M65-69 | 1 Julio Lopez | Farmers Branch | (68) | 13:14 | +24 | 26:52.14 | ML | 8:38.9 | 64.2% | 14 | 14 |
| | 2 Ruben Arevalo | Carrollton | (69) | 13:47 | +34 | 28:07.62 | ML | 9:03.2 | 62.0% | 16 | 16 |
| | 3 Ruben Reyes | Carrollton | (68) | 17:18 | -75 | 33:20.66 | ML | 10:44.0 | 51.7% | 27 | 23 |
| | 4 Robert Simpson | Coppell | (69) | 18:22 | -55 | 35:49.14 | | 11:31.7 | 48.7% | 32 | 28 |
| M80-99 | 1 Wally Capps | Farmers Branch | (83) | 17:34 | +13 | 35:21.62 | ML | 11:22.9 | 64.5% | 31 | 27 |
| | 2 Enrique Ordonez | Carrollton | (84) | 21:41 | +109 | 45:11.75 | ML | 14:32.8 | 52.0% | 47 | 34 |

5K FEMALE

14 FEMALE Runners --- Average Time of

39:23

Avg. Age Grade: **49.7%**

Place in

| | Name | City | (Age) | Half | Split | Chip Time | FN* | Pace | Age Grade | OA | GD |
|---------|---------------------------|----------------|-------|-------|-------|-------------------|-----|---------|--------------|----|-----------|
| OVERALL | 1 Kavita Maung | Coppell | (54) | 14:01 | +56 | 28:58.06 | ✓ | 9:19.4 | 61.5% | 18 | 1 |
| MASTERS | 1 Sarah Meyer | Coppell | (47) | 14:59 | -36 | 29:21.66 | | 9:27.0 | 55.6% | 20 | 2 |
| SENIORS | 1 Kim Andres | Irving | (71) | 14:44 | +93 | 31:00.74 | | 9:58.9 | 73.9% | 21 | 3 |
| F15-19 | 1 Blake Bruser | Carrollton | (15) | 15:12 | -59 | 29:24.14 M | | 9:27.8 | 52.7% | 36 | 6 |
| | 2 Alfonsa Ordonez | Carrollton | (15) | 21:41 | +109 | 45:11.10 M | | 14:32.6 | 34.3% | 46 | 13 |
| F40-44 | 1 Leah Marks | Carrollton | (43) | 18:27 | +156 | 39:29.96 | | 12:42.8 | 39.7% | 38 | 7 |
| | 2 Keisha McPherson | Cleburne | (41) | 24:23 | -35 | 48:11.25 | | 15:30.6 | 32.0% | 45 | 12 |
| F50-54 | 1 Amie Goins | Garland | (52) | 16:08 | +27 | 32:42.17 | | 10:31.6 | 53.1% | 23 | 4 |
| | 2 Lilliana Wutter | Frisco | (52) | 19:01 | +107 | 39:49.53 | | 12:49.1 | 43.6% | 39 | 8 |
| | 3 Sheila Holen | Lewisville | (53) | 27:16 | +75 | 55:46.29 M | | 17:57.1 | 31.5% | 48 | 14 |
| F55-59 | 1 Kim Tsutsui | Arlington | (56) | 20:26 | +178 | 43:50.78 | | 14:06.8 | 41.7% | 42 | 10 |
| F60-64 | 1 Yanira Lopez | Farmers Branch | (61) | 18:19 | +103 | 38:21.42 M | | 12:20.8 | 51.1% | 35 | 5 |
| F70-74 | 1 Carol Creech | Aubrey | (73) | 24:09 | -7 | 48:11.12 | | 15:30.6 | 49.2% | 44 | 11 |
| F80-99 | 1 Mary Kaplan | Sunrise Beach | (85) | 20:32 | -5 | 40:59.11 | | 13:11.5 | 76.6% | 40 | 9 |

FN*: Broke Age-Group Record

GD Place among Females

▲ Positive Split

Timing provided by:

7/28/2024

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

▲ Negative Split



DeltaViewTiming.com

1M MALE

| | | 19 MALE Runners --- Average Time of | | | | 8:25 | Avg. Age Grade: 58.6% | | | Place in | | | |
|---------|------|-------------------------------------|----------------|------|-------|-----------|-----------------------|----------|-----------|----------|-------|----|----|
| | Name | City | (Age) | Half | Split | Chip Time | FN* | Pace | Age Grade | OA | GD | | |
| OVERALL | 1 | Jaydin Turner | Carrollton | (15) | | | | 5:02.00 | ✓ | 5:02.0 | 79.5% | 1 | 1 |
| M01-09 | 1 | Michael Gehring | | (9) | | | | 8:37.87 | | 8:37.9 | 54.5% | 14 | 13 |
| M25-29 | 1 | Carter Melton | Fort Worth | (25) | | | | 5:56.51 | | 5:56.5 | 62.4% | 2 | 2 |
| M30-34 | 1 | Ka Lau | Plano | (33) | | | | 7:20.00 | | 7:20.0 | 51.2% | 8 | 7 |
| M35-39 | 1 | Armando Gutierrez Jr | Rockwall, TX | (39) | | | | 10:59.80 | | 10:59.8 | 35.4% | 20 | 17 |
| M45-49 | 1 | Dan Gehring | | (49) | | | | 7:34.76 | ✓ | 7:34.8 | 55.5% | 9 | 8 |
| M50-54 | 1 | Francisco Espinosa | Carrollton | (54) | | | | 6:32.89 | ✓ | 6:32.9 | 66.9% | 4 | 4 |
| | 2 | Marcus O'con | Dallas | (53) | | | | 8:58.36 | | 8:58.4 | 48.4% | 15 | 14 |
| M60-64 | 1 | Chip Gorman | Plano | (61) | | | | 6:17.40 | | 6:17.4 | 74.0% | 3 | 3 |
| | 2 | Vijayan Nair | Plano | (61) | | | | 6:49.79 | | 6:49.8 | 68.1% | 5 | 5 |
| | 3 | Santos Ofarrill | Lewisville | (64) | | | | 6:57.01 | ✓ | 6:57.0 | 68.8% | 6 | 6 |
| | 4 | Steve Russo | Plano | (60) | | | | 7:51.27 | | 7:51.3 | 58.7% | 11 | 10 |
| | 5 | Jaws Hansen | Dallas | (64) | | | | 8:08.53 | | 8:08.5 | 58.7% | 12 | 11 |
| | 6 | John Kramer | Plano | (62) | | | | 16:01.92 | | 16:01.9 | 29.3% | 22 | 19 |
| M65-69 | 1 | Julio Lopez | Farmers Branch | (68) | | | | 7:48.63 | | 7:48.6 | 63.5% | 10 | 9 |
| | 2 | Ruben Arevalo | Carrollton | (69) | | | | 8:22.94 | | 8:22.9 | 59.8% | 13 | 12 |
| | 3 | Ruben Reyes | Carrollton | (68) | | | | 9:02.59 | | 9:02.6 | 54.9% | 16 | 15 |
| M80-99 | 1 | Enrique Ordonez | Carrollton | (84) | | | | 10:26.21 | ✓ | 10:26.2 | 64.8% | 18 | 16 |
| | 2 | Wally Capps | Farmers Branch | (83) | | | | 11:07.23 | | 11:07.2 | 58.9% | 21 | 18 |

1M FEMALE

| | | 4 FEMALE Runners --- Average Time of | | | | 10:56 | Avg. Age Grade: 49.0% | | | Place in | | | |
|---------|------|--------------------------------------|----------------|------|-------|-----------|-----------------------|----------|-----------|----------|-------|----|---|
| | Name | City | (Age) | Half | Split | Chip Time | FN* | Pace | Age Grade | OA | GD | | |
| OVERALL | 1 | Blake Bruser | Carrollton | (15) | | | | 6:57.65 | | 6:57.7 | 63.1% | 7 | 1 |
| F15-19 | 1 | Alfonsa Ordonez | Carrollton | (15) | | | | 9:19.62 | | 9:19.6 | 47.1% | 17 | 2 |
| F50-54 | 1 | Sheila Holen | Lewisville | (53) | | | | 17:00.95 | | 17:01.0 | 30.4% | 23 | 4 |
| F60-64 | 1 | Yanira Lopez | Farmers Branch | (61) | | | | 10:26.91 | | 10:26.9 | 55.4% | 19 | 3 |

| 1M | Bib Name | GD | AgeGrp | AG | Start | 1stH | 2ndH | Δ | FinishTime+ | FN* | Pace | 5KEqClock | Time | AgeGD |
|----|---------------------------------|----|--------|-----|-------|------|------|---|-------------|-----|---------|-----------|----------|-------|
| 1 | 001 Jaydin Turner (M15) | 1 | M15-19 | OA | --- | | | | 5:02.00 | ✓ g | 5:02.0 | 17.22 | 5:02.00 | 79.5% |
| 2 | 6005 Carter Melton (M25) | 2 | M25-29 | 1st | --- | | | | 5:56.51 | | 5:56.5 | 20.30 | 5:56.51 | 62.4% |
| 3 | 7462 Chip Gorman (M61) | 3 | M60-64 | 1st | --- | | | | 6:17.40 | x | 6:17.4 | 21.50 | 6:17.40 | 74.0% |
| 4 | 6656 Francisco Espinosa (M54) | 4 | M50-54 | 1st | --- | | | | 6:32.89 | ✓ g | 6:32.9 | 22.35 | 6:32.89 | 66.9% |
| 5 | 7117 Vijayan Nair (M61) | 5 | M60-64 | 2nd | --- | | | | 6:49.79 | | 6:49.8 | 23.32 | 6:49.79 | 68.1% |
| 6 | 6006 Santos Ofarrill (M64) | 6 | M60-64 | 3rd | --- | | | | 6:57.01 | ✓ 1 | 6:57.0 | 23.78 | 6:57.01 | 68.8% |
| 7 | 7096 Blake Bruser (F15) | 1 | F15-19 | OA | --- | | | | 6:57.65 | | 6:57.7 | 23.78 | 6:57.65 | 63.1% |
| 8 | 7190 Ka Lau (M33) | 7 | M30-34 | 1st | --- | | | | 7:20.00 | | 7:20.0 | 25.09 | 7:20.00 | 51.2% |
| 9 | 6015 Dan Gehring (M49) | 8 | M45-49 | 1st | --- | | | | 7:34.76 | ✓ 4 | 7:34.8 | 25.89 | 7:34.76 | 55.5% |
| 10 | 7193 Julio Lopez (M68) | 9 | M65-69 | 1st | --- | | | | 7:48.63 | | 7:48.6 | 26.68 | 7:48.63 | 63.5% |
| 11 | 7405 Steve Russo (M60) | 10 | M60-64 | 4th | --- | | | | 7:51.27 | | 7:51.3 | 26.86 | 7:51.27 | 58.7% |
| 12 | 7060 Jaws Hansen (M64) | 11 | M60-64 | 5th | --- | | | | 8:08.53 | | 8:08.5 | 27.83 | 8:08.53 | 58.7% |
| 13 | 7155 Ruben Arevalo (M69) | 12 | M65-69 | 2nd | --- | | | | 8:22.94 | | 8:22.9 | 28.62 | 8:22.94 | 59.8% |
| 14 | 6013 Michael Gehring (M9) | 13 | M01-09 | 1st | --- | | | | 8:37.87 | | 8:37.9 | 29.48 | 8:37.87 | 54.5% |
| 15 | 7270 Marcus O'con (M53) | 14 | M50-54 | 2nd | --- | | | | 8:58.36 | | 8:58.4 | 30.68 | 8:58.36 | 48.4% |
| 16 | 7283 Ruben Reyes (M68) | 15 | M65-69 | 3rd | --- | | | | 9:02.59 | | 9:02.6 | 30.90 | 9:02.59 | 54.9% |
| 17 | 6011 Alfonsa Ordonez (F15) | 2 | F15-19 | 1st | --- | | | | 9:19.62 | x | 9:19.6 | 31.87 | 9:19.62 | 47.1% |
| 18 | 7140 Enrique Ordonez (M84) | 16 | M80-99 | 1st | --- | | | | 10:26.21 | ✓ 2 | 10:26.2 | 35.69 | 10:26.21 | 64.8% |
| 19 | 7198 Yanira Lopez (F61) | 3 | F60-64 | 1st | --- | | | | 10:26.91 | | 10:26.9 | 35.69 | 10:26.91 | 55.4% |
| 20 | 6682 Armando Gutierrez Jr (M39) | 17 | M35-39 | 1st | --- | | | | 10:59.80 | x | 10:59.8 | 37.58 | 10:59.80 | 35.4% |
| 21 | 7916 Wally Capps (M83) | 18 | M80-99 | 2nd | --- | | | | 11:07.23 | | 11:07.2 | 38.03 | 11:07.23 | 58.9% |
| 22 | 7261 John Kramer (M62) | 19 | M60-64 | 6th | --- | | | | 16:01.92 | | 16:01.9 | 54.79 | 16:01.92 | 29.3% |
| 23 | 7246 Sheila Holen (F53) | 4 | F50-54 | 1st | --- | | | | 17:00.95 | | 17:01.0 | 58.16 | 17:00.95 | 30.4% |

✓ 5 Club PR's

Average Finish Time: 08:51 3 First Timers

Average Age Grade: 56.9%

| 5K | Bib Name | GD | AgeGrp | AG | Start | 1stH | 2ndH | Δ | FinishTime+ | FN* | Pace | 5KEqClock | Time | AgeGD |
|----|-------------------------------|----|--------|-----|-------|-------|-------|-----|-------------|-------|---------|-----------|----------|-------|
| 1 | 001 Jaydin Turner (M15) | 1 | M15-19 | OA | 3.1 | 9:50 | 9:45 | -4 | 19:35.32 | ℓ | 6:18.3 | 19.58 | 19:38.45 | 71.1% |
| 2 | 6729 Griffin Gurley (M32) | 2 | M30-34 | 1st | 2.4 | 10:03 | 10:40 | +38 | 20:42.94 | ✓ 5 | 6:40.1 | 20.70 | 20:45.38 | 62.8% |
| 3 | 6005 Carter Melton (M25) | 3 | M25-29 | 1st | 2.7 | 11:01 | 10:10 | -51 | 21:11.36 | ℓ | 6:49.2 | 21.18 | 21:14.04 | 60.9% |
| 4 | 6674 Adam Eiler (M53) | 4 | M50-54 | MS | 3.3 | 10:46 | 10:35 | -11 | 21:20.81 | x | 6:52.3 | 21.33 | 21:24.08 | 70.8% |
| 5 | 040 Ian Maung (M57) | 5 | M55-59 | SR | 3.0 | 10:49 | 10:42 | -7 | 21:31.12 | | 6:55.6 | 21.52 | 21:34.10 | 72.6% |
| 6 | 7011 Blair Casey (M37) | 6 | M35-39 | 1st | 4.1 | 11:00 | 10:37 | -23 | 21:36.53 | | 6:57.3 | 21.60 | 21:40.59 | 61.8% |
| 7 | 6686 Kyle Reynoso (M26) | 7 | M25-29 | 2nd | 6.2 | 10:41 | 11:02 | +22 | 21:43.16 | x | 6:59.4 | 21.72 | 21:49.31 | 59.4% |
| 8 | 7462 Chip Gorman (M61) | 8 | M60-64 | 1st | 0.4 | 11:07 | 11:05 | -2 | 22:11.36 | ℓ x | 7:08.5 | 22.18 | 22:11.76 | 72.9% |
| 9 | 6656 Francisco Espinosa (M54) | 9 | M50-54 | 1st | 5.1 | 11:51 | 11:23 | -28 | 23:13.67 | ℓ ✓ 6 | 7:28.6 | 23.22 | 23:18.76 | 65.6% |
| 10 | 6009 Uttam Haldar (M40) | 10 | M40-44 | 1st | 0.3 | 11:34 | 11:49 | +15 | 23:22.20 | x | 7:31.3 | 23.37 | 23:22.52 | 58.4% |
| 11 | 7270 Marcus O'con (M53) | 11 | M50-54 | 2nd | 4.4 | 11:50 | 11:43 | -7 | 23:32.23 | ℓ | 7:34.6 | 23.53 | 23:36.63 | 64.2% |
| 12 | 7117 Vijayan Nair (M61) | 12 | M60-64 | 2nd | 0.4 | 11:32 | 12:34 | +62 | 24:05.23 | ℓ | 7:45.2 | 24.08 | 24:05.59 | 67.2% |
| 13 | 7405 Steve Russo (M60) | 13 | M60-64 | 3rd | 4.4 | 12:38 | 12:49 | +11 | 25:26.41 | ℓ | 8:11.3 | 25.43 | 25:30.81 | 63.0% |
| 14 | 7193 Julio Lopez (M68) | 14 | M65-69 | 1st | 2.0 | 13:14 | 13:38 | +24 | 26:52.14 | ℓ | 8:38.9 | 26.87 | 26:54.14 | 64.2% |
| 15 | 6006 Santos Ofarrill (M64) | 15 | M60-64 | 4th | 4.2 | 13:23 | 13:55 | +32 | 27:18.09 | ℓ | 8:47.3 | 27.30 | 27:22.24 | 60.9% |
| 16 | 7155 Ruben Arevalo (M69) | 16 | M65-69 | 2nd | 0.4 | 13:47 | 14:21 | +34 | 28:07.62 | ℓ | 9:03.2 | 28.12 | 28:07.97 | 62.0% |
| 17 | 7060 Jaws Hansen (M64) | 17 | M60-64 | 5th | 3.4 | 14:21 | 14:27 | +7 | 28:47.73 | ℓ | 9:16.1 | 28.78 | 28:51.11 | 57.7% |
| 18 | 039 Kavita Maung (F54) | 1 | F50-54 | OA | 3.2 | 14:01 | 14:57 | +56 | 28:58.06 | ✓ 14 | 9:19.4 | 28.97 | 29:01.24 | 61.5% |
| 19 | 6014 David Gehring (M11) | 18 | M10-14 | 1st | 4.0 | 15:01 | 14:21 | -40 | 29:21.44 | | 9:27.0 | 29.35 | 29:25.49 | 52.1% |
| 20 | 7407 Sarah Meyer (F47) | 2 | F45-49 | MS | 4.0 | 14:59 | 14:23 | -36 | 29:21.66 | | 9:27.0 | 29.35 | 29:25.64 | 55.6% |
| 21 | 7040 Kim Andres (F71) | 3 | F70-74 | SR | 2.9 | 14:44 | 16:17 | +93 | 31:00.74 | | 9:58.9 | 31.00 | 31:03.67 | 73.9% |
| 22 | 6991 Doug Waters (M59) | 19 | M55-59 | 1st | 12.1 | 15:54 | 15:51 | -3 | 31:44.68 | | 10:13.1 | 31.73 | 31:56.77 | 50.1% |
| 23 | 7044 Amie Goins (F52) | 4 | F50-54 | 1st | 7.3 | 16:08 | 16:34 | +27 | 32:42.17 | | 10:31.6 | 32.70 | 32:49.43 | 53.1% |
| 24 | 7162 Tim Kerr (M62) | 20 | M60-64 | 6th | 4.0 | 15:46 | 17:09 | +83 | 32:54.91 | | 10:35.7 | 32.90 | 32:58.89 | 49.6% |
| 25 | 7345 Ryan Pogue (M53) | 21 | M50-54 | 4th | 19.2 | 15:57 | 16:44 | +47 | 32:40.64 | | 10:31.1 | 32.67 | 32:59.82 | 46.2% |
| 26 | 7466 Andrew Ngotho (M57) | 22 | M55-59 | 2nd | 12.0 | 16:46 | 16:05 | -42 | 32:50.50 | | 10:34.2 | 32.83 | 33:02.48 | 47.6% |

FN*: Broke Age-Group Record

GD Place among Females

Positive Split

Timing provided by:

7/28/2024

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

Negative Split

 DeltaViewTiming.com

| | | | | | | | | | | | | | | | |
|--|------|-----------------------------|----|--------|-----|-------|-------|-------|------|------------|---|-----------|--------|----------|-------|
| 27 | 7283 | Ruben Reyes (M68) | 23 | M65-69 | 3rd | 10.3 | 17:18 | 16:03 | -75 | 33:20.66 | ℓ | 10:44.0 | 33.33 | 33:31.00 | 51.7% |
| 28 | 6683 | Armando Gutierrez III (M15) | 24 | M15-19 | 1st | 1.7 | 12:00 | 21:52 | +591 | 33:51.87 | ⊥ | 10:54.0 | 33.85 | 33:53.55 | 41.1% |
| 29 | 7190 | Ka Lau (M33) | 25 | M30-34 | 2nd | 6.0 | 20:52 | 13:43 | -429 | 34:35.01 | ℓ | 11:07.9 | 34.58 | 34:41.00 | 37.7% |
| 30 | 7050 | Chris Goins (M54) | 26 | M50-54 | 5th | 7.2 | 16:03 | 19:15 | +192 | 35:17.34 | | 11:21.5 | 35.28 | 35:24.57 | 43.2% |
| 31 | 7916 | Wally Capps (M83) | 27 | M80-99 | 1st | 18.9 | 17:34 | 17:48 | +13 | 35:21.62 | ℓ | 11:22.9 | 35.35 | 35:40.53 | 64.5% |
| 32 | 7106 | Robert Simpson (M69) | 28 | M65-69 | 4th | 15.9 | 18:22 | 17:27 | -55 | 35:49.14 | | 11:31.7 | 35.82 | 36:05.06 | 48.7% |
| 33 | 7318 | Mason Marks (M12) | 29 | M10-14 | 2nd | 0.9 | 15:01 | 21:17 | +376 | 36:17.81 | | 11:41.0 | 36.28 | 36:18.67 | 41.0% |
| 34 | 6010 | Mikko Tauriainen (M59) | 30 | M55-59 | 3rd | 16.2 | 20:18 | 17:05 | -193 | 37:23.05 | ⊥ | 12:02.0 | 37.38 | 37:39.23 | 42.5% |
| 35 | 7198 | Yanira Lopez (F61) | 5 | F60-64 | 1st | 16.0 | 18:19 | 20:02 | +103 | 38:21.42 | ℓ | 12:20.8 | 38.35 | 38:37.38 | 51.1% |
| 36 | 7096 | Blake Bruser (F15) | 6 | F15-19 | 1st | 598.3 | 15:12 | 14:12 | -59 | 29:24.14 | ℓ | 9:27.8 | 29.40 | 39:22.47 | 52.7% |
| 37 | 7097 | Nathan Bruser (M53) | 31 | M50-54 | 3rd | 598.1 | 15:01 | 14:24 | -37 | 29:24.39 | | 9:27.9 | 29.40 | 39:22.51 | 51.4% |
| 38 | 7317 | Leah Marks (F43) | 7 | F40-44 | 1st | 9.3 | 18:27 | 21:03 | +156 | 39:29.96 | | 12:42.8 | 39.48 | 39:39.21 | 39.7% |
| 39 | 7530 | Lilliana Wutter (F52) | 8 | F50-54 | 2nd | 10.7 | 19:01 | 20:48 | +107 | 39:49.53 | | 12:49.1 | 39.82 | 40:00.20 | 43.6% |
| 40 | 7039 | Mary Kaplan (F85) | 9 | F80-99 | 1st | 3.8 | 20:32 | 20:27 | -5 | 40:59.11 | | 13:11.5 | 40.98 | 41:02.86 | 76.6% |
| 41 | 7223 | Chris Wong (M54) | 32 | M50-54 | 6th | 15.0 | 20:18 | 23:31 | +193 | 43:48.94 | | 14:06.2 | 43.80 | 44:03.93 | 34.8% |
| 42 | 7109 | Kim Tsutsui (F56) | 10 | F55-59 | 1st | 14.6 | 20:26 | 23:24 | +178 | 43:50.78 | | 14:06.8 | 43.83 | 44:05.41 | 41.7% |
| 43 | 6998 | Carlos Ordonez (M53) | 33 | M50-54 | 7th | 24.4 | 23:43 | 23:44 | +1 | 47:26.13 | | 15:16.1 | 47.43 | 47:50.50 | 31.9% |
| 44 | 7024 | Carol Creech (F73) | 11 | F70-74 | 1st | 8.8 | 24:09 | 24:02 | -7 | 48:11.12 | | 15:30.6 | 48.18 | 48:19.89 | 49.2% |
| 45 | 6692 | Keisha McPherson (F41) | 12 | F40-44 | 2nd | 10.0 | 24:23 | 23:48 | -35 | 48:11.25 | ⊥ | 15:30.6 | 48.18 | 48:21.27 | 32.0% |
| 46 | 6011 | Alfonsa Ordonez (F15) | 13 | F15-19 | 2nd | 311.2 | 21:41 | 23:30 | +109 | 45:11.10 | ℓ | ⊥ 14:32.6 | 45.18 | 50:22.27 | 34.3% |
| 47 | 7140 | Enrique Ordonez (M84) | 34 | M80-99 | 2nd | 310.6 | 21:41 | 23:30 | +109 | 45:11.75 | ℓ | 14:32.8 | 45.18 | 50:22.33 | 52.0% |
| 48 | 7246 | Sheila Holen (F53) | 14 | F50-54 | 3rd | 63.1 | 27:16 | 28:30 | +75 | 55:46.29 | ℓ | 17:57.1 | 55.77 | 56:49.42 | 31.5% |
| 49 | 7261 | John Kramer (M62) | 35 | M60-64 | 7th | 316.3 | 30:32 | 30:50 | +18 | 1:01:21.42 | ℓ | 19:44.9 | 61.351 | 06:37.67 | 26.6% |
| 28 Positive Split 21 Negative Split ✓ 3 Club PR's | | | | | | | | | | | Average Finish Time: 33:04 <i>8 First Timers</i> Average Age Grade: 53.2% | | | | |