

Mile Overall		5K Overall		5K Masters		5K Seniors	
Chris Shirk	4:59.47	John Shirk	17:11.00	Paul Norris	21:14.32	John Cosentino	22:46.26
Blake Bruser	7:47.89	Kuay Sullivan	30:59.57	Debbie Riedner	32:04.49	Yanira Lopez	33:57.73

5K MALE

		25 MALE Runners --- Average Time of 29:45						Avg. Age Grade: 56.1%		Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 John Shirk		(29)	8:30	+11	17:11.00		5:31.8	75.1%	1	1
MASTERS	1 Paul Norris	Coppell	(51)	10:39	-4	21:14.32	M✓	6:50.2	70.0%	4	4
SENIORS	1 John Cosentino	Plano	(61)	11:20	+6	22:46.26		7:19.8	71.1%	6	6
M15-19	1 Jaydin Turner	Carrollton	(15)	9:11	+33	18:54.94	M✓	6:05.3	73.6%	3	3
	2 Evan Kangethe	Carrollton	(17)	11:03	+1	22:06.87		7:07.1	61.1%	11	11
M25-29	1 Carter Melton	Fort Worth	(25)	9:07	-9	18:03.82	✓	5:48.8	71.4%	2	2
M35-39	1 Blair Casey	Carrollton	(37)	12:12	-48	23:36.55	M	7:35.9	56.6%	8	8
M40-44	1 Balaji Ammanji Sundararaju	Coppell	(42)	14:08	+12	28:28.77	M✓	9:10.0	48.7%	14	14
M45-49	1 Trey Backes	Dallas	(46)	11:00	-8	21:52.34	M✓	7:02.4	65.3%	5	5
M50-54	1 Francisco Espinosa	Carrollton	(53)	12:41	-26	24:55.62	M	8:01.4	60.6%	9	9
	2 Chris Goins	Garland	(53)	14:28	+81	30:16.92		9:44.8	49.9%	16	16
	3 Rich Weklar	Bartonville	(53)	17:19	-7	34:31.98		11:06.9	43.8%	23	19
	4 Carlos Ordonez	Carrollton	(53)	23:37	-74	45:59.56		14:48.2	32.9%	28	23
M55-59	1 Doug Waters	Carrollton	(59)	15:26	-29	30:22.03	M	9:46.5	52.4%	17	17
	2 Andrew Ngotho	Carrollton	(57)	15:06	+23	30:34.54		9:50.5	51.1%	21	18
M60-64	1 Steve Russo	Plano	(60)	11:43	+5	23:30.47	M	7:34.0	68.2%	7	7
	2 Vijayan Nair	Plano	(61)	12:54	-12	25:35.85	M	8:14.3	63.2%	10	10
	3 Jaws Hansen	Dallas	(63)	14:31	-21	28:40.88	M	9:13.9	57.4%	15	15
	4 Ronald Hamilton	The Colony	(64)	18:15	-60	35:30.23		11:25.7	46.8%	25	21
	5 John Kramer	Plano	(62)	32:33	-4	1:05:02.69	M	20:56.2	25.1%	32	25
M65-69	1 Julio Lopez	Farmers Branch	(68)	13:47	+4	27:38.17	M	8:53.7	62.4%	12	12
	2 Ruben Arevalo	Carrollton	(68)	14:20	-25	28:14.83	M	9:05.5	61.1%	13	13
	3 Robert Simpson	Coppell	(69)	18:29	+12	37:09.80		11:57.7	46.9%	26	22
	4 Victor Elfenbein	Dallas	(66)	20:27	+361	46:54.22	M	15:05.8	36.1%	29	24
M70-74	1 Peter Chan	Coppell	(70)	17:01	+29	34:31.41	M	11:06.7	51.1%	24	20

5K FEMALE

		7 FEMALE Runners --- Average Time of 39:02						Avg. Age Grade: 50.1%		Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Kuay Sullivan	Coppell	(58)	15:18	+24	30:59.57	M	9:58.5	60.6%	18	1
MASTERS	1 Debbie Riedner	Dallas	(54)	15:48	+28	32:04.49	M	10:19.4	55.5%	19	2
SENIORS	1 Yanira Lopez	Farmers Branch	(61)	16:27	+63	33:57.73	M	10:55.9	57.7%	20	3
F50-54	1 Amie Goins	Garland	(52)	17:01	+24	34:25.47		11:04.8	50.4%	22	4
	2 Lilliana Wutter	Frisco	(52)	19:00	+71	39:11.26		12:36.8	44.3%	27	5
	3 Sheila Holen	Lewisville	(53)	27:55	+16	56:05.86		18:03.4	31.3%	31	7
F70-74	1 Carol Creech	Aubrey	(73)	23:12	+8	46:32.44		14:58.8	51.0%	30	6

1M MALE

		18 MALE Runners --- Average Time of 8:53					Avg. Age Grade: 55.4%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Chris Shirk	(27)			4:59.47		4:59.5	74.3%	1	1
M01-09	1	Rowan Hensley	Carrollton (5)			17:51.15	✓	17:51.2	31.8%	23	18
M15-19	1	Jaydin Turner	Carrollton (15)			5:03.93	✓	5:03.9	79.0%	2	2
M35-39	1	Blair Casey	Carrollton (37)			7:31.22		7:31.2	51.1%	8	8
M40-44	1	Balaji Ammanji Sundararaju	Coppell (42)			7:08.91	✓	7:08.9	55.7%	6	6
M45-49	1	Trey Backes	Dallas (46)			7:12.97		7:13.0	56.9%	7	7
M50-54	1	Paul Norris	Coppell (51)			6:06.33		6:06.3	70.0%	3	3
	2	Francisco Espinosa	Carrollton (53)			7:03.28	✓	7:03.3	61.6%	5	5
M55-59	1	Ruben Saguil	Carrollton (59)			8:35.97		8:36.0	53.2%	13	12
	2	Doug Waters	Carrollton (59)			10:22.81		10:22.8	44.1%	18	14
M60-64	1	Vijayan Nair	Plano (61)			6:57.42		6:57.4	66.9%	4	4
	2	Jaws Hansen	Dallas (63)			8:02.77		8:02.8	58.9%	11	10
	3	Steve Russo	Plano (60)			8:42.22		8:42.2	53.0%	14	13
	4	John Kramer	Plano (62)			15:33.30		15:33.3	30.2%	21	17
M65-69	1	Julio Lopez	Farmers Branch (68)			7:57.23		7:57.2	62.4%	10	9
	2	Ruben Arevalo	Carrollton (68)			8:22.13		8:22.1	59.3%	12	11
	3	Victor Eifenbein	Dallas (66)			11:06.35		11:06.4	43.8%	19	15
M70-74	1	Peter Chan	Coppell (70)			11:12.96		11:13.0	45.2%	20	16

1M FEMALE

		5 FEMALE Runners --- Average Time of 10:50					Avg. Age Grade: 51.1%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Blake Bruser	Carrollton (14)			7:47.89		7:47.9	57.1%	9	1
F30-34	1	Carly Hensley	Carrollton (32)			17:51.02	✓	17:51.0	23.6%	22	5
F50-54	1	Debbie Riedner	Dallas (54)			9:25.03		9:25.0	55.7%	16	3
F55-59	1	Kuay Sullivan	Coppell (58)			9:22.83		9:22.8	59.1%	15	2
F60-64	1	Yanira Lopez	Farmers Branch (61)			9:41.00		9:41.0	59.8%	17	4

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	6998	Chris Shirk (M27)	1	M25-29	OA	---			4:59.47		4:59.5	17.05	4:59.47	74.3%
2	6710	Jaydin Turner (M15)	2	M15-19	1st	---			5:03.93	✓ 5	5:03.9	17.28	5:03.93	79.0%
3	7577	Paul Norris (M51)	3	M50-54	1st	---			6:06.33		6:06.3	20.87	6:06.33	70.0%
4	7117	Vijayan Nair (M61)	4	M60-64	1st	---			6:57.42		6:57.4	23.78	6:57.42	66.9%
5	6003	Francisco Espinosa (M53)	5	M50-54	2nd	---			7:03.28	✓ 3	7:03.3	24.12	7:03.28	61.6%
6	6979	Balaji Ammanji Sundararaju (6	M40-44	1st	---			7:08.91	✓ 10	7:08.9	24.40	7:08.91	55.7%
7	6856	Trey Backes (M46)	7	M45-49	1st	---			7:12.97		7:13.0	24.63	7:12.97	56.9%
8	7011	Blair Casey (M37)	8	M35-39	1st	---			7:31.22		7:31.2	25.72	7:31.22	51.1%
9	7096	Blake Bruser (F14)	1	F10-14	OA	---			7:47.89		7:47.9	26.63	7:47.89	57.1%
10	7193	Julio Lopez (M68)	9	M65-69	1st	---			7:57.23		7:57.2	27.20	7:57.23	62.4%
11	7060	Jaws Hansen (M63)	10	M60-64	2nd	---			8:02.77		8:02.8	27.48	8:02.77	58.9%
12	7155	Ruben Arevalo (M68)	11	M65-69	2nd	---			8:22.13		8:22.1	28.62	8:22.13	59.3%
13	7003	Ruben Saguil (M59)	12	M55-59	1st	---			8:35.97		8:36.0	29.36	8:35.97	53.2%
14	7405	Steve Russo (M60)	13	M60-64	3rd	---			8:42.22		8:42.2	29.76	8:42.22	53.0%
15	7265	Kuay Sullivan (F58)	2	F55-59	1st	---			9:22.83		9:22.8	32.04	9:22.83	59.1%
16	7121	Debbie Riedner (F54)	3	F50-54	1st	---			9:25.03		9:25.0	32.22	9:25.03	55.7%
17	7198	Yanira Lopez (F61)	4	F60-64	1st	---			9:41.00		9:41.0	33.13	9:41.00	59.8%
18	7012	Doug Waters (M59)	14	M55-59	2nd	---			10:22.81		10:22.8	35.47	10:22.81	44.1%
19	7113	Victor Elfenbein (M66)	15	M65-69	3rd	---			11:06.35		11:06.4	37.97	11:06.35	43.8%
20	7153	Peter Chan (M70)	16	M70-74	1st	---			11:12.96		11:13.0	38.32	11:12.96	45.2%
21	7261	John Kramer (M62)	17	M60-64	4th	---			15:33.30		15:33.3	53.20	15:33.30	30.2%
22	7521	Carly Hensley (F32)	5	F30-34	1st	---			17:51.02	✓ 1	17:51.0	61.07	17:51.02	23.6%
23	6991	Rowan Hensley (M5)	18	M01-09	1st	---			17:51.15	✓ 1	17:51.2	61.07	17:51.15	31.8%
✓ 5 Club PR's						Average Finish Time: 09:18				Average Age Grade: 54.5%				

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD	
1	6997	John Shirk (M29)	1	M25-29	OA	---	8:30	8:41	+11	17:11.00		5:31.8	17.18	17:11.00	75.1%
2	6712	Carter Melton (M25)	2	M25-29	1st	0.5	9:07	8:57	-9	18:03.82	✓ 4	5:48.8	18.05	18:04.28	71.4%
3	6710	Jaydin Turner (M15)	3	M15-19	1st	---	9:11	9:44	+33	18:54.94	✓ 7	6:05.3	18.90	18:54.94	73.6%
4	7577	Paul Norris (M51)	4	M50-54	MS	0.9	10:39	10:35	-4	21:14.32	✓ 1	6:50.2	21.23	21:15.24	70.0%
5	6856	Trey Backes (M46)	5	M45-49	1st	0.6	11:00	10:52	-8	21:52.34	✓ 1	7:02.4	21.87	21:52.97	65.3%
6	7255	John Cosentino (M61)	6	M60-64	SR	1.1	11:20	11:26	+6	22:46.26		7:19.8	22.77	22:47.34	71.1%
7	7405	Steve Russo (M60)	7	M60-64	1st	1.0	11:43	11:48	+5	23:30.47		7:34.0	23.50	23:31.50	68.2%
8	7011	Blair Casey (M37)	8	M35-39	1st	1.5	12:12	11:24	-48	23:36.55		7:35.9	23.60	23:38.09	56.6%
9	6003	Francisco Espinosa (M53)	9	M50-54	1st	17.0	12:41	12:15	-26	24:55.62		8:01.4	24.92	25:12.62	60.6%
10	7117	Vijayan Nair (M61)	10	M60-64	2nd	0.2	12:54	12:42	-12	25:35.85		8:14.3	25.58	25:36.01	63.2%
11	6004	Evan Kangethe (M17)	11	M15-19	2nd	240.1	11:03	11:04	+1	22:06.87	x	7:07.1	22.10	26:07.00	61.1%
12	7193	Julio Lopez (M68)	12	M65-69	1st	3.0	13:47	13:51	+4	27:38.17		8:53.7	27.63	27:41.17	62.4%
13	7155	Ruben Arevalo (M68)	13	M65-69	2nd	16.9	14:20	13:55	-25	28:14.83		9:05.5	28.23	28:31.76	61.1%
14	6979	Balaji Ammanji Sundararaju (14	M40-44	1st	9.5	14:08	14:20	+12	28:28.77	✓ 12	9:10.0	28.47	28:38.32	48.7%
15	7060	Jaws Hansen (M63)	15	M60-64	3rd	2.2	14:31	14:10	-21	28:40.88		9:13.9	28.67	28:43.10	57.4%
16	7050	Chris Goins (M53)	16	M50-54	2nd	7.0	14:28	15:49	+81	30:16.92		9:44.8	30.27	30:23.90	49.9%
17	7012	Doug Waters (M59)	17	M55-59	1st	9.4	15:26	14:56	-29	30:22.03		9:46.5	30.37	30:31.48	52.4%
18	7265	Kuay Sullivan (F58)	1	F55-59	OA	5.2	15:18	15:42	+24	30:59.57		9:58.5	30.98	31:04.79	60.6%
19	7121	Debbie Riedner (F54)	2	F50-54	MS	5.7	15:48	16:16	+28	32:04.49		10:19.4	32.07	32:10.22	55.5%
20	7198	Yanira Lopez (F61)	3	F60-64	SR	15.7	16:27	17:30	+63	33:57.73		10:55.9	33.95	34:13.40	57.7%
21	7466	Andrew Ngotho (M57)	18	M55-59	2nd	240.1	15:06	15:29	+23	30:34.54		9:50.5	30.57	34:34.67	51.1%
22	7044	Amie Goins (F52)	4	F50-54	1st	16.1	17:01	17:25	+24	34:25.47		11:04.8	34.42	34:41.61	50.4%
23	7222	Rich Weklar (M53)	19	M50-54	3rd	12.6	17:19	17:13	-7	34:31.98		11:06.9	34.52	34:44.61	43.8%
24	7153	Peter Chan (M70)	20	M70-74	1st	36.9	17:01	17:30	+29	34:31.41		11:06.7	34.52	35:08.34	51.1%
25	7020	Ronald Hamilton (M64)	21	M60-64	4th	3.8	18:15	17:15	-60	35:30.23		11:25.7	35.50	35:34.04	46.8%
26	7106	Robert Simpson (M69)	22	M65-69	3rd	29.0	18:29	18:41	+12	37:09.80		11:57.7	37.15	37:38.80	46.9%

27	7530	Lilliana Wutter (F52)	5	F50-54	2nd	7.1	19:00	20:11	+71	39:11.26	12:36.8	39.18	39:18.33	44.3%	
28	7529	Carlos Ordonez (M53)	23	M50-54	4th	30.3	23:37	22:23	-74	45:59.56	14:48.2	45.98	46:29.82	32.9%	
29	7113	Victor Elfenbein (M66)	24	M65-69	4th	6.3	20:27	26:28	+361	46:54.22	15:05.8	46.90	47:00.52	36.1%	
30	7024	Carol Creech (F73)	6	F70-74	1st	61.9	23:12	23:20	+8	46:32.44	14:58.8	46.53	47:34.32	51.0%	
31	7246	Sheila Holen (F53)	7	F50-54	3rd	26.2	27:55	28:11	+16	56:05.86	18:03.4	56.08	56:32.10	31.3%	
32	7261	John Kramer (M62)	25	M60-64	5th	537.6	32:33	32:29	-4	1:05:02.69	20:56.2	65.03	1:14:00.30	25.1%	
19 Positive Split 13 Negative Split ✓ 5 Club PR's										Average Finish Time: 31:46		<i>1 First Timers</i>		Average Age Grade: 54.8%	