

# Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Jaydin Turner	5:00.17	Chris Shirk	17:31.04	Paul Norris	21:15.14	John Cosentino	21:19.01
Nakshatra Arun bha	7:38.60	Debbie Riedner	31:03.67	Kuay Sullivan	31:19.72	Jerri Hixson	37:09.31

## 5K MALE

28 MALE Runners --- Average Time of **29:53**

Avg. Age Grade: **56.4%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
<b>OVERALL</b>	1 <b>Chris Shirk</b>	Mile Race Group	(27)	8:50	-9	<b>17:31.04</b>	✓	5:38.3	<b>73.6%</b>	1	1
<b>MASTERS</b>	1 <b>Paul Norris</b>	Coppell	(52)	10:54	-33	<b>21:15.14</b>	✓	6:50.4	<b>70.5%</b>	4	4
<b>SENIORS</b>	1 <b>John Cosentino</b>	Plano	(62)	10:47	-15	<b>21:19.01</b>	✓	6:51.7	<b>76.6%</b>	5	5
<b>M10-14</b>	1 <b>Mason Marks</b>	Carrollton	(12)	13:39	+142	<b>29:40.23</b>		9:33.0	50.1%	15	15
<b>M15-19</b>	1 <b>Jaydin Turner</b>	Carrollton	(15)	8:58	+17	<b>18:12.55</b> M		5:51.7	<b>76.5%</b>	2	2
<b>M25-29</b>	1 <b>John Shirk</b>	Mile Race Group	(30)	10:10	+23	<b>20:42.22</b> M		6:39.8	<b>62.5%</b>	3	3
	2 <b>Dingkun Zhang</b>	Allen	(29)	14:38	-47	<b>28:28.35</b> M ✓		9:09.9	45.3%	13	13
<b>M35-39</b>	1 <b>Blair Casey</b>	Carrollton	(37)	12:26	-60	<b>23:51.40</b>		7:40.7	56.0%	8	8
	2 <b>Ryan Boyd</b>	Carrollton	(36)	14:44	-13	<b>29:14.36</b>		9:24.7	45.3%	16	16
<b>M40-44</b>	1 <b>Christopher Marks</b>	Carrollton	(44)	15:34	+15	<b>31:23.55</b>		10:06.3	44.8%	20	18
<b>M50-54</b>	1 <b>Francisco Espinosa</b>	Carrollton	(54)	10:51	-1	<b>21:39.86</b> M		6:58.4	<b>70.3%</b>	6	6
	2 <b>Chris Goins</b>	Garland	(54)	16:26	+25	<b>33:16.35</b>		10:42.6	45.8%	25	21
	3 <b>Rich Weklar</b>	Bartonville	(53)	16:40	+118	<b>35:17.21</b>		11:21.5	42.8%	30	26
<b>M60-64</b>	1 <b>Steve Russo</b>	Plano	(61)	11:41	+7	<b>23:28.05</b> M		7:33.2	<b>69.0%</b>	7	7
	2 <b>Vijayan Nair</b>	Plano	(62)	12:12	+20	<b>24:43.39</b> M		7:57.5	<b>66.0%</b>	9	9
	3 <b>Doug Waters</b>	Carrollton	(60)	14:24	+16	<b>29:03.61</b>		9:21.2	55.2%	14	14
	4 <b>John Leighton</b>	Bedford	(64)	15:15	-2	<b>30:28.81</b> M ✓		9:48.6	54.5%	17	17
	5 <b>Rob Windsor</b>	Flower Mound	(61)	16:55	+130	<b>35:59.76</b>		11:35.2	45.0%	31	27
	6 <b>Jaws Hansen</b>	Dallas	(64)	25:18	+43	<b>51:18.28</b>		16:30.8	32.4%	27	23
	7 <b>John Kramer</b>	Plano	(62)	29:09	+20	<b>58:38.08</b> M		18:52.4	27.8%	38	28
<b>M65-69</b>	1 <b>Ruben Arevalo</b>	Carrollton	(69)	13:32	-5	<b>26:58.75</b> M		8:41.0	<b>64.6%</b>	10	10
	2 <b>Julio Lopez</b>	Farmers Branch	(69)	13:54	-7	<b>27:40.27</b> M		8:54.4	<b>63.0%</b>	11	11
	3 <b>Ruben Reyes</b>	Carrollton	(68)	16:15	-8	<b>32:22.80</b>		10:25.3	53.3%	23	20
	4 <b>Phil Murch</b>	Frisco	(67)	17:15	-21	<b>34:09.52</b>		10:59.7	50.0%	26	22
	5 <b>Victor Elfenbein</b>	Dallas	(66)	15:59	+207	<b>35:24.42</b> M		11:23.8	47.8%	29	25
<b>M70-74</b>	1 <b>Daniel Brown</b>	Abilene	(74)	13:56	-4	<b>27:47.07</b> M		8:56.6	<b>67.1%</b>	12	12
	2 <b>Peter Chan</b>	Coppell	(71)	16:02	-15	<b>31:48.25</b> M		10:14.2	56.1%	21	19
<b>M80-99</b>	1 <b>Wally Capps</b>	Farmers Branch	(84)	17:25	+23	<b>35:13.19</b> M		11:20.2	<b>66.7%</b>	28	24

# 5K FEMALE

10 FEMALE Runners --- Average Time of **37:41** Avg. Age Grade: **53.1%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 <b>Debbie Riedner</b>	Dallas	(55)	15:23	+17	<b>31:03.67</b>	ℓ	9:59.9	58.1%	18	<b>1</b>
MASTERS	1 <b>Kuay Sullivan</b>	Coppell	(59)	15:41	-2	<b>31:19.72</b>	ℓ	10:05.0	<b>60.8%</b>	19	<b>2</b>
SENIORS	1 <b>Jerri Hixson</b>	Plano	(70)	18:47	-25	<b>37:09.31</b>		11:57.5	<b>60.7%</b>	32	<b>5</b>
F35-39	1 <b>Emily Whitehurst</b>	Carrollton	(38)	16:08	+37	<b>32:52.04</b>	ℓ	10:34.7	46.1%	24	<b>4</b>
F40-44	1 <b>Leah Marks</b>	Carrollton	(44)	20:19	+134	<b>42:52.56</b>		13:48.0	36.9%	36	<b>9</b>
F50-54	1 <b>Amie Goins</b>	Garland	(53)	15:49	+35	<b>32:13.65</b>		10:22.4	54.5%	22	<b>3</b>
	2 <b>Lilliana Wutter</b>	Frisco	(52)	18:27	+65	<b>37:59.10</b>		12:13.6	45.7%	35	<b>8</b>
	3 <b>Sheila Holen</b>	Lewisville	(53)	27:29	+62	<b>55:59.28</b>		18:01.3	31.4%	37	<b>10</b>
F60-64	1 <b>Betsy Palmer</b>	Carrollton	(63)	18:48	-21	<b>37:15.18</b>		11:59.4	54.2%	33	<b>6</b>
F80-99	1 <b>Mary Kaplan</b>	Sunrise Beach	(85)	19:08	-13	<b>38:01.99</b>		12:14.5	<b>82.5%</b>	34	<b>7</b>

# 1M MALE

17 MALE Runners --- Average Time of **8:53** Avg. Age Grade: **56.6%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 <b>Jaydin Turner</b>	Carrollton	(15)			<b>5:00.17</b>		5:00.2	<b>80.0%</b>	1	1
M01-09	1 <b>Michael Gehring</b>	Highland Village	(9)			<b>8:18.45</b>		8:18.5	56.6%	9	8
M25-29	1 <b>Dingkun Zhang</b>	Allen	(29)			<b>8:40.33</b>	✓	8:40.3	42.8%	13	11
M30-34	1 <b>John Shirk</b>	Mile Race Group	(30)			<b>5:09.22</b>		5:09.2	<b>72.2%</b>	2	2
M45-49	1 <b>Dan Gehring</b>	Highland Village	(49)			<b>7:54.00</b>		7:54.0	53.3%	6	5
M50-54	1 <b>Francisco Espinosa</b>	Carrollton	(54)			<b>6:20.89</b>	✓	6:20.9	<b>69.0%</b>	3	3
M60-64	1 <b>Vijayan Nair</b>	Plano	(62)			<b>7:12.79</b>		7:12.8	<b>65.1%</b>	4	4
	2 <b>Steve Russo</b>	Plano	(61)			<b>8:34.86</b>		8:34.9	54.2%	11	10
	3 <b>John Leighton</b>	Bedford	(64)			<b>9:41.17</b>		9:41.2	49.4%	16	13
	4 <b>John Kramer</b>	Plano	(62)			<b>15:01.67</b>		15:01.7	31.2%	22	17
M65-69	1 <b>Ruben Arevalo</b>	Carrollton	(69)			<b>7:59.14</b>		7:59.1	<b>62.8%</b>	7	6
	2 <b>Julio Lopez</b>	Farmers Branch	(69)			<b>8:00.53</b>		8:00.5	<b>62.6%</b>	8	7
	3 <b>Victor Efenbein</b>	Dallas	(66)			<b>9:20.08</b>		9:20.1	52.2%	15	12
	4 <b>Robert Simpson</b>	Coppell	(69)			<b>13:51.45</b>		13:51.5	36.2%	21	16
M70-74	1 <b>Daniel Brown</b>	Abilene	(74)			<b>8:27.03</b>		8:27.0	<b>63.4%</b>	10	9
	2 <b>Peter Chan</b>	Coppell	(71)			<b>10:24.76</b>		10:24.8	49.3%	19	14
M80-99	1 <b>Wally Capps</b>	Farmers Branch	(84)			<b>10:59.62</b>		10:59.6	<b>61.5%</b>	20	15

# 1M FEMALE

5 FEMALE Runners --- Average Time of **9:01** Avg. Age Grade: **54.6%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 <b>Nakshatra Arun bharathi</b>	Flower Mound	(12)			<b>7:38.60</b>		7:38.6	<b>60.3%</b>	5	<b>1</b>
F10-14	1 <b>Yuvathi Balaji</b>	Coppell	(12)			<b>8:36.79</b>	✓	8:36.8	53.6%	12	<b>2</b>
F35-39	1 <b>Emily Whitehurst</b>	Carrollton	(38)			<b>9:51.01</b>		9:51.0	44.2%	18	<b>5</b>
F55-59	1 <b>Debbie Riedner</b>	Dallas	(55)			<b>9:13.37</b>		9:13.4	57.7%	14	<b>3</b>
	2 <b>Kuay Sullivan</b>	Coppell	(59)			<b>9:47.44</b>		9:47.4	57.5%	17	<b>4</b>

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	6710 Jaydin Turner (M15)	1	M15-19	OA	---				5:00.17		5:00.2	17.11	5:00.17	80.0%
2	101 John Shirk (M30)	2	M30-34	1st	---				5:09.22		5:09.2	17.62	5:09.22	72.2%
3	6656 Francisco Espinosa (M54)	3	M50-54	1st	---				6:20.89	✓ g	6:20.9	21.67	6:20.89	69.0%
4	7117 Vijayan Nair (M62)	4	M60-64	1st	---				7:12.79		7:12.8	24.63	7:12.79	65.1%
5	6843 Nakshatra Arun bharathi (F12)	1	F10-14	OA	---				7:38.60	x	7:38.6	26.11	7:38.60	60.3%
6	6891 Dan Gehring (M49)	5	M45-49	1st	---				7:54.00		7:54.0	27.03	7:54.00	53.3%
7	7155 Ruben Arevalo (M69)	6	M65-69	1st	---				7:59.14		7:59.1	27.31	7:59.14	62.8%
8	7193 Julio Lopez (M69)	7	M65-69	2nd	---				8:00.53		8:00.5	27.37	8:00.53	62.6%
9	6893 Michael Gehring (M9)	8	M01-09	1st	---				8:18.45		8:18.5	28.40	8:18.45	56.6%
10	6657 Daniel Brown (M74)	9	M70-74	1st	---				8:27.03		8:27.0	28.91	8:27.03	63.4%
11	7405 Steve Russo (M61)	10	M60-64	2nd	---				8:34.86		8:34.9	29.31	8:34.86	54.2%
12	6980 Yuvathi Balaji (F12)	2	F10-14	1st	---				8:36.79	✓ 4	8:36.8	29.42	8:36.79	53.6%
13	6881 Dingkun Zhang (M29)	11	M25-29	1st	---				8:40.33	✓ 3	8:40.3	29.65	8:40.33	42.8%
14	7121 Debbie Riedner (F55)	3	F55-59	1st	---				9:13.37		9:13.4	31.53	9:13.37	57.7%
15	7113 Victor Elfenbein (M66)	12	M65-69	3rd	---				9:20.08		9:20.1	31.93	9:20.08	52.2%
16	7042 John Leighton (M64)	13	M60-64	3rd	---				9:41.17		9:41.2	33.13	9:41.17	49.4%
17	7265 Kuay Sullivan (F59)	4	F55-59	2nd	---				9:47.44		9:47.4	33.47	9:47.44	57.5%
18	7586 Emily Whitehurst (F38)	5	F35-39	1st	---				9:51.01		9:51.0	33.70	9:51.01	44.2%
19	7153 Peter Chan (M71)	14	M70-74	2nd	---				10:24.76		10:24.8	35.58	10:24.76	49.3%
20	7916 Wally Capps (M84)	15	M80-99	1st	---				10:59.62		10:59.6	37.58	10:59.62	61.5%
21	7106 Robert Simpson (M69)	16	M65-69	4th	---				13:51.45	x	13:51.5	47.38	13:51.45	36.2%
22	7261 John Kramer (M62)	17	M60-64	4th	---				15:01.67		15:01.7	51.37	15:01.67	31.2%

✓ 3 Club PR's

Average Finish Time: 08:54 2 First Timers

Average Age Grade: 56.1%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	102 Chris Shirk (M27)	1	M20-24	OA	---	8:50	8:41	-9	17:31.04	✓ g	5:38.3	17.52	17:31.04	73.6%
2	6710 Jaydin Turner (M15)	2	M15-19	1st	---	8:58	9:15	+17	18:12.55	ℓ	5:51.7	18.20	18:12.55	76.5%
3	101 John Shirk (M30)	3	M25-29	1st	0.2	10:10	10:32	+23	20:42.22	ℓ	6:39.8	20.70	20:42.41	62.5%
4	144 Paul Norris (M52)	4	M50-54	MS	2.0	10:54	10:21	-33	21:15.14	✓ 5	6:50.4	21.25	21:17.17	70.5%
5	7255 John Cosentino (M62)	5	M60-64	SR	0.8	10:47	10:32	-15	21:19.01	✓ 61	6:51.7	21.32	21:19.84	76.6%
6	6656 Francisco Espinosa (M54)	6	M50-54	1st	1.5	10:51	10:49	-1	21:39.86	ℓ	6:58.4	21.65	21:41.33	70.3%
7	7405 Steve Russo (M61)	7	M60-64	1st	0.2	11:41	11:47	+7	23:28.05	ℓ	7:33.2	23.47	23:28.27	69.0%
8	7011 Blair Casey (M37)	8	M35-39	1st	2.4	12:26	11:26	-60	23:51.40		7:40.7	23.85	23:53.78	56.0%
9	7117 Vijayan Nair (M62)	9	M60-64	2nd	0.2	12:12	12:32	+20	24:43.39	ℓ	7:57.5	24.72	24:43.54	66.0%
10	7155 Ruben Arevalo (M69)	10	M65-69	1st	0.9	13:32	13:27	-5	26:58.75	ℓ	8:41.0	26.97	26:59.66	64.6%
11	7193 Julio Lopez (M69)	11	M65-69	2nd	0.4	13:54	13:47	-7	27:40.27	ℓ	8:54.4	27.67	27:40.65	63.0%
12	6657 Daniel Brown (M74)	12	M70-74	1st	1.2	13:56	13:51	-4	27:47.07	ℓ	8:56.6	27.78	27:48.31	67.1%
13	6881 Dingkun Zhang (M29)	13	M25-29	2nd	2.2	14:38	13:51	-47	28:28.35	ℓ ✓ 3	9:09.9	28.47	28:30.58	45.3%
14	100 Doug Waters (M60)	14	M60-64	3rd	2.4	14:24	14:40	+16	29:03.61		9:21.2	29.05	29:06.00	55.2%
15	7318 Mason Marks (M12)	15	M10-14	1st	2.0	13:39	16:01	+142	29:40.23		9:33.0	29.67	29:42.27	50.1%
16	137 Ryan Boyd (M36)	16	M35-39	2nd	71.2	14:44	14:31	-13	29:14.36		9:24.7	29.23	30:25.55	45.3%
17	7042 John Leighton (M64)	17	M60-64	4th	3.5	15:15	15:13	-2	30:28.81	ℓ ✓ 5	9:48.6	30.47	30:32.35	54.5%
18	7121 Debbie Riedner (F55)	1	F55-59	OA	4.8	15:23	15:41	+17	31:03.67	ℓ	9:59.9	31.05	31:08.51	58.1%
19	7265 Kuay Sullivan (F59)	2	F55-59	MS	6.0	15:41	15:39	-2	31:19.72	ℓ	10:05.0	31.32	31:25.73	60.8%
20	7319 Christopher Marks (M44)	18	M40-44	1st	2.8	15:34	15:49	+15	31:23.55		10:06.3	31.38	31:26.31	44.8%
21	7153 Peter Chan (M71)	19	M70-74	2nd	8.5	16:02	15:47	-15	31:48.25	ℓ	10:14.2	31.80	31:56.72	56.1%
22	7044 Amie Goins (F53)	3	F50-54	1st	4.8	15:49	16:24	+35	32:13.65		10:22.4	32.22	32:18.40	54.5%
23	7283 Ruben Reyes (M68)	20	M65-69	3rd	6.5	16:15	16:07	-8	32:22.80		10:25.3	32.37	32:29.34	53.3%
24	7586 Emily Whitehurst (F38)	4	F35-39	1st	7.5	16:08	16:45	+37	32:52.04	ℓ	10:34.7	32.87	32:59.50	46.1%
25	7050 Chris Goins (M54)	21	M50-54	2nd	4.3	16:26	16:51	+25	33:16.35		10:42.6	33.27	33:20.69	45.8%
26	7157 Phil Murch (M67)	22	M65-69	4th	5.8	17:15	16:54	-21	34:09.52		10:59.7	34.15	34:15.28	50.0%
27	7060 Jaws Hansen (M64)	23	M60-64	6th	1013.6	25:18	26:01	+43	51:18.28		16:30.8	51.30	34:24.73	32.4%

FN\*:  Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

11/24/2024

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

△ Negative Split

 DeltaViewTiming.com

28	7916	Wally Capps (M84)	24	M80-99	1st	14.1	17:25	17:48	+23	<b>35:13.19</b>	ℓ	11:20.2	35.22	35:27.27	<b>66.7%</b>
29	7113	Victor Elfenbein (M66)	25	M65-69	5th	6.4	15:59	19:26	+207	<b>35:24.42</b>	ℓ	11:23.8	35.40	35:30.82	47.8%
30	7222	Rich Weklar (M53)	26	M50-54	3rd	15.5	16:40	18:38	+118	<b>35:17.21</b>		11:21.5	35.28	35:32.69	42.8%
31	7451	Rob Windsor (M61)	27	M60-64	5th	8.1	16:55	19:05	+130	<b>35:59.76</b>		11:35.2	35.98	36:07.88	45.0%
32	7124	Jerri Hixson (F70)	5	F70-74	SR	4.7	18:47	18:22	-25	<b>37:09.31</b>		11:57.5	37.15	37:13.99	<b>60.7%</b>
33	7454	Betsy Palmer (F63)	6	F60-64	1st	15.8	18:48	18:27	-21	<b>37:15.18</b>		11:59.4	37.25	37:30.97	54.2%
34	7039	Mary Kaplan (F85)	7	F80-99	1st	0.4	19:08	18:54	-13	<b>38:01.99</b>		12:14.5	38.02	38:02.38	<b>82.5%</b>
35	7530	Lilliana Wutter (F52)	8	F50-54	2nd	9.8	18:27	19:32	+65	<b>37:59.10</b>		12:13.6	37.98	38:08.85	45.7%
36	7317	Leah Marks (F44)	9	F40-44	1st	8.6	20:19	22:33	+134	<b>42:52.56</b>		13:48.0	42.87	43:01.12	36.9%
37	7246	Sheila Holen (F53)	10	F50-54	3rd	13.2	27:29	28:31	+62	<b>55:59.28</b>		18:01.3	55.98	56:12.50	31.4%
38	7261	John Kramer (M62)	28	M60-64	7th	390.0	29:09	29:29	+20	<b>58:38.08</b>	ℓ	18:52.4	58.63	1:05:08.07	27.8%
<b>20 Positive Split</b> <b>18 Negative Split</b> ✓ <b>5 Club PR's</b>										Average Finish Time: <b>31:56</b>			Average Age Grade: <b>55.5%</b>		