

# Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
John Shirk	5:26.34	Albert Marban	16:43.16	Robert Landon	20:12.83	Ian Maung	20:43.39
Kuay Sullivan	9:48.19	Kavita Maung	27:52.93	Kim Andres	28:43.83	Kuay Sullivan	30:31.47

## 5K MALE

		29 MALE Runners --- Average Time of 29:28						Avg. Age Grade: 57.4%		Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Albert Marban	Farmers Branch	(31)	8:18	+7	16:43.16	✓	5:22.9	77.5%	1	1
MASTERS	1 Robert Landon	Allen	(65)	10:22	-31	20:12.83	☑	6:30.4	83.0%	4	4
SENIORS	1 Ian Maung	Coppell	(57)	10:46	-50	20:43.39	✓	6:40.2	75.4%	5	5
M10-14	1 Alex Toth	Coppell	(11)	17:32	+1	35:04.54		11:17.4	43.6%	31	23
M15-19	1 Jaydin Turner	Carrollton	(15)	8:42	-13	17:11.30	✓	5:31.9	81.0%	2	2
M25-29	1 Dingkun Zhang	Allen	(29)	16:29	-49	32:08.98	ℓ	10:20.9	40.2%	24	19
M30-34	1 John Shirk	Mile Race Group	(30)	8:43	+48	18:14.16	ℓ	5:52.2	70.9%	3	3
M35-39	1 Blair Casey	Carrollton	(37)	11:36	-35	22:36.15		7:16.5	59.1%	8	8
	2 Serge Reshetnikov	The Colony	(39)	11:46	-2	23:29.75		7:33.8	57.7%	10	10
M40-44	1 Brad Foster	Coppell	(41)	15:29	+7	31:05.38	✓	10:00.4	44.2%	19	15
	2 Gabor Toth	Coppell	(44)	17:30	-5	34:55.68		11:14.5	40.3%	30	22
M50-54	1 Francisco Espinosa	Carrollton	(54)	11:01	-32	21:31.25	ℓ ✓	6:55.6	70.8%	7	7
	2 Nathan Bruser	Carrollton	(53)	12:18	-63	23:31.91		7:34.5	64.2%	16	14
	3 Carlos Ordonez	Carrollton	(54)	23:27	+22	47:16.89		15:13.1	32.2%	41	29
M55-59	1 Robert Preston	Irving	(59)	13:48	-42	26:53.73		8:39.4	59.1%	11	11
	2 Chris Wong	Arlington	(55)	20:06	-44	39:27.61		12:42.1	38.9%	39	28
M60-64	1 John Cosentino	Plano	(62)	10:58	-34	21:21.58	✓	6:52.5	76.4%	6	6
	2 Vijayan Nair	Plano	(62)	12:07	-54	23:19.51	ℓ	7:30.5	70.0%	9	9
	3 John Leighton	Bedford	(63)	15:57	-26	31:27.73	ℓ	10:07.6	52.4%	20	16
	4 Doug Waters	Carrollton	(60)	17:42	+22	35:46.82		11:31.0	44.8%	32	24
	5 Jaws Hansen	Dallas	(64)	27:14	-52	53:35.63		17:15.0	31.0%	36	27
M65-69	1 Julio Lopez	Farmers Branch	(69)	13:47	+1	27:34.36	ℓ	8:52.5	63.2%	12	12
	2 Ruben Arevalo	Carrollton	(69)	14:13	-10	28:15.42	ℓ	9:05.7	61.7%	14	13
	3 Victor Eifenbein	Dallas	(66)	15:33	+47	31:53.69	ℓ	10:16.0	53.1%	22	17
	4 Ruben Reyes	Carrollton	(68)	16:21	-2	32:40.43		10:31.0	52.8%	27	20
	5 Robert Simpson	Coppell	(69)	17:03	-29	33:37.32	✓	10:49.3	51.8%	29	21
	6 Phil Murch	Frisco	(67)	18:25	-56	35:53.21		11:33.1	47.6%	33	25
M70-74	1 Peter Chan	Coppell	(71)	16:43	-94	31:52.27	ℓ	10:15.5	56.0%	23	18
M80-99	1 Wally Capps	Farmers Branch	(84)	18:03	+3	36:09.89	ℓ	11:38.4	65.0%	34	26

# 5K FEMALE

13 FEMALE Runners --- Average Time of **34:26** Avg. Age Grade: **57.7%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Kavita Maung	Coppell	(54)	14:08	-23	27:52.93	✓	8:58.5	63.9%	13	1
MASTERS	1 Kim Andres	Irving	(71)	14:28	-12	28:43.83		9:14.8	79.8%	15	2
SENIORS	1 Kuay Sullivan	Coppell	(59)	15:40	-48	30:31.47	Ⓜ	9:49.5	62.4%	18	4
F35-39	1 Emily Whitehurst	Carrollton	(38)	15:55	-2	31:48.50	Ⓜ	10:14.3	47.6%	21	5
F45-49	1 Sarah Meyer	Coppell	(48)	16:27	-149	30:25.24		9:47.5	54.3%	17	3
F50-54	1 Lilliana Wutter	Frisco	(52)	18:53	+38	38:24.32		12:21.7	45.2%	38	11
F55-59	1 Debbie Riedner	Dallas	(55)	16:33	-29	32:35.91	Ⓜ	10:29.5	55.4%	26	7
	2 Kim Tsutsui	Arlington	(56)	20:38	-89	39:47.12		12:48.3	46.0%	40	12
F60-64	1 Yanira Lopez	Farmers Branch	(61)	16:35	-25	32:45.93	Ⓜ	10:32.8	59.8%	28	8
	2 Betsy Palmer	Carrollton	(63)	18:56	-19	37:32.19		12:04.9	53.8%	37	10
F70-74	1 Chris Cantrell	Carrollton	(71)	16:36	-60	32:11.97	✓	10:21.8	71.2%	25	6
	2 Jerri Hixson	Plano	(70)	18:44	-60	36:28.96		11:44.6	61.8%	35	9
	3 Carol Creech	Aubrey	(73)	24:08	+15	48:31.51		15:37.1	48.9%	42	13

# 1M MALE

16 MALE Runners --- Average Time of **8:42** Avg. Age Grade: **54.9%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 John Shirk	Mile Race Group	(30)			5:26.34		5:26.3	68.4%	1	1
M01-09	1 Michael Gehring	Highland Village	(9)			8:11.97		8:12.0	57.4%	7	7
M15-19	1 Enrique Marban	Farmers Branch	(16)			5:55.80		5:55.8	66.4%	2	2
	2 John Nguyen	Carrollton	(19)			6:45.40		6:45.4	56.1%	4	4
	3 German Marban	Farmers Branch	(18)			6:52.45		6:52.5	55.8%	5	5
M25-29	1 Dingkun Zhang	Allen	(29)			9:50.96		9:51.0	37.7%	13	12
M45-49	1 Dan Gehring	Highland Village	(49)			8:13.37		8:13.4	51.2%	8	8
M50-54	1 Francisco Espinosa	Carrollton	(54)			6:22.90	✓	6:22.9	68.7%	3	3
M60-64	1 Vijayan Nair	Plano	(62)			7:26.92		7:26.9	63.0%	6	6
	2 John Leighton	Bedford	(63)			10:16.01		10:16.0	46.1%	16	13
	3 John Kramer	Plano	(62)			15:12.05		15:12.1	30.9%	20	16
M65-69	1 Ruben Arevalo	Carrollton	(69)			8:23.81		8:23.8	59.7%	9	9
	2 Julio Lopez	Farmers Branch	(69)			8:37.72		8:37.7	58.1%	10	10
	3 Victor Eifenbein	Dallas	(66)			9:32.35		9:32.4	51.0%	11	11
M70-74	1 Peter Chan	Coppell	(71)			11:12.39		11:12.4	45.8%	19	15
M80-99	1 Wally Capps	Farmers Branch	(84)			10:59.00		10:59.0	61.5%	18	14

# 1M FEMALE

4 FEMALE Runners --- Average Time of **10:03** Avg. Age Grade: **52.5%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Kuay Sullivan	Coppell	(59)			9:48.19		9:48.2	57.4%	12	1
F35-39	1 Emily Whitehurst	Carrollton	(38)			10:02.60		10:02.6	43.3%	15	3
F55-59	1 Debbie Riedner	Dallas	(55)			9:59.64		9:59.6	53.2%	14	2
F60-64	1 Yanira Lopez	Farmers Branch	(61)			10:20.16		10:20.2	56.0%	17	4

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	129 John Shirk (M30)	1	M30-34	OA	---				5:26.34		5:26.3	18.59	5:26.34	68.4%
2	149 Enrique Marban (M16)	2	M15-19	1st	---				5:55.80		5:55.8	20.24	5:55.80	66.4%
3	6656 Francisco Espinosa (M54)	3	M50-54	1st	---				6:22.90	✓ Z	6:22.9	21.78	6:22.90	68.7%
4	150 John Nguyen (M19)	4	M15-19	2nd	---				6:45.40	⊗	6:45.4	23.09	6:45.40	56.1%
5	7494 German Marban (M18)	5	M15-19	3rd	---				6:52.45		6:52.5	23.49	6:52.45	55.8%
6	7117 Vijayan Nair (M62)	6	M60-64	1st	---				7:26.92		7:26.9	25.43	7:26.92	63.0%
7	6893 Michael Gehring (M9)	7	M01-09	1st	---				8:11.97		8:12.0	28.00	8:11.97	57.4%
8	6891 Dan Gehring (M49)	8	M45-49	1st	---				8:13.37		8:13.4	28.11	8:13.37	51.2%
9	7155 Ruben Arevalo (M69)	9	M65-69	1st	---				8:23.81		8:23.8	28.68	8:23.81	59.7%
10	7193 Julio Lopez (M69)	10	M65-69	2nd	---				8:37.72		8:37.7	29.48	8:37.72	58.1%
11	7113 Victor Elfenbein (M66)	11	M65-69	3rd	---				9:32.35		9:32.4	32.61	9:32.35	51.0%
12	7265 Kuay Sullivan (F59)	1	F55-59	OA	---				9:48.19		9:48.2	33.53	9:48.19	57.4%
13	6881 Dingkun Zhang (M29)	12	M25-29	1st	---				9:50.96		9:51.0	33.64	9:50.96	37.7%
14	7121 Debbie Riedner (F55)	2	F55-59	1st	---				9:59.64		9:59.6	34.15	9:59.64	53.2%
15	146 Emily Whitehurst (F38)	3	F35-39	1st	---				10:02.60		10:02.6	34.33	10:02.60	43.3%
16	7042 John Leighton (M63)	13	M60-64	2nd	---				10:16.01		10:16.0	35.12	10:16.01	46.1%
17	7198 Yanira Lopez (F61)	4	F60-64	1st	---				10:20.16		10:20.2	35.35	10:20.16	56.0%
18	7916 Wally Capps (M84)	14	M80-99	1st	---				10:59.00		10:59.0	37.58	10:59.00	61.5%
19	7153 Peter Chan (M71)	15	M70-74	1st	---				11:12.39		11:12.4	38.32	11:12.39	45.8%
20	7261 John Kramer (M62)	16	M60-64	3rd	---				15:12.05		15:12.1	52.00	15:12.05	30.9%

✓ 1 Club PR's Average Finish Time: 08:58 1 First Timers Average Age Grade: 54.4%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7493 Albert Marban (M31)	1	M30-34	OA	0.4	8:18	8:25	+7	16:43.16	✓ 42	5:22.9	16.72	16:43.56	77.5%
2	6710 Jaydin Turner (M15)	2	M15-19	1st	0.4	8:42	8:29	-13	17:11.30	✓ 13	5:31.9	17.18	17:11.69	81.0%
3	129 John Shirk (M30)	3	M30-34	1st	0.4	8:43	9:31	+48	18:14.16	Ⓜ	5:52.2	18.23	18:14.55	70.9%
4	7159 Robert Landon (M65)	4	M65-69	MS	0.4	10:22	9:51	-31	20:12.83	☑ 28	6:30.4	20.20	20:13.22	83.0%
5	147 Ian Maung (M57)	5	M55-59	SR	0.9	10:46	9:57	-50	20:43.39	✓ 24	6:40.2	20.72	20:44.31	75.4%
6	7255 John Cosentino (M62)	6	M60-64	1st	0.4	10:58	10:24	-34	21:21.58	✓ 60	6:52.5	21.35	21:21.98	76.4%
7	6656 Francisco Espinosa (M54)	7	M50-54	1st	1.9	11:01	10:30	-32	21:31.25	Ⓜ ✓ Z	6:55.6	21.52	21:33.17	70.8%
8	7011 Blair Casey (M37)	8	M35-39	1st	7.8	11:36	11:01	-35	22:36.15		7:16.5	22.60	22:43.98	59.1%
9	7117 Vijayan Nair (M62)	9	M60-64	2nd	0.4	12:07	11:13	-54	23:19.51	Ⓜ	7:30.5	23.32	23:19.91	70.0%
10	6807 Serge Reshetnikov (M39)	10	M35-39	2nd	0.4	11:46	11:44	-2	23:29.75		7:33.8	23.48	23:30.14	57.7%
11	7192 Robert Preston (M59)	11	M55-59	1st	5.7	13:48	13:06	-42	26:53.73		8:39.4	26.88	26:59.40	59.1%
12	7193 Julio Lopez (M69)	12	M65-69	1st	1.7	13:47	13:48	+1	27:34.36	Ⓜ	8:52.5	27.57	27:36.06	63.2%
13	145 Kavita Maung (F54)	1	F50-54	OA	1.3	14:08	13:45	-23	27:52.93	✓ 15	8:58.5	27.87	27:54.19	63.9%
14	7155 Ruben Arevalo (M69)	13	M65-69	2nd	0.6	14:13	14:03	-10	28:15.42	Ⓜ	9:05.7	28.25	28:15.97	61.7%
15	7040 Kim Andres (F71)	2	F70-74	MS	1.5	14:28	14:16	-12	28:43.83		9:14.8	28.72	28:45.31	79.8%
16	7097 Nathan Bruser (M53)	14	M50-54	2nd	407.8	12:18	11:14	-63	23:31.91		7:34.5	23.52	30:19.68	64.2%
17	7407 Sarah Meyer (F48)	3	F45-49	1st	3.1	16:27	13:58	-149	30:25.24		9:47.5	30.42	30:28.37	54.3%
18	7265 Kuay Sullivan (F59)	4	F55-59	SR	5.5	15:40	14:52	-48	30:31.47	Ⓜ	9:49.5	30.52	30:36.92	62.4%
19	6967 Brad Foster (M41)	15	M40-44	1st	12.2	15:29	15:36	+7	31:05.38	✓ 1	10:00.4	31.08	31:17.63	44.2%
20	7042 John Leighton (M63)	16	M60-64	3rd	3.6	15:57	15:31	-26	31:27.73	Ⓜ	10:07.6	31.45	31:31.34	52.4%
21	146 Emily Whitehurst (F38)	5	F35-39	1st	3.0	15:55	15:53	-2	31:48.50	Ⓜ	10:14.3	31.80	31:51.45	47.6%
22	7113 Victor Elfenbein (M66)	17	M65-69	3rd	7.0	15:33	16:20	+47	31:53.69	Ⓜ	10:16.0	31.88	32:00.72	53.1%
23	7153 Peter Chan (M71)	18	M70-74	1st	10.5	16:43	15:09	-94	31:52.27	Ⓜ	10:15.5	31.87	32:02.74	56.0%
24	6881 Dingkun Zhang (M29)	19	M25-29	1st	4.5	16:29	15:40	-49	32:08.98	Ⓜ	10:20.9	32.13	32:13.52	40.2%
25	6884 Chris Cantrell (F71)	6	F70-74	1st	9.6	16:36	15:36	-60	32:11.97	✓ 2	10:21.8	32.18	32:21.55	71.2%
26	7121 Debbie Riedner (F55)	7	F55-59	1st	6.8	16:33	16:03	-29	32:35.91	Ⓜ	10:29.5	32.58	32:42.68	55.4%
27	7283 Ruben Reyes (M68)	20	M65-69	4th	4.2	16:21	16:19	-2	32:40.43		10:31.0	32.67	32:44.64	52.8%
28	7198 Yanira Lopez (F61)	8	F60-64	1st	10.9	16:35	16:10	-25	32:45.93	Ⓜ	10:32.8	32.75	32:56.85	59.8%
29	7106 Robert Simpson (M69)	21	M65-69	5th	20.1	17:03	16:34	-29	33:37.32	✓ Z1	10:49.3	33.62	33:57.41	51.8%

30	7380	Gabor Toth (M44)	22	M40-44	2nd	2.3	17:30	17:26	-5	<b>34:55.68</b>	11:14.5	34.92	34:57.95	40.3%
31	7368	Alex Toth (M11)	23	M10-14	1st	1.8	17:32	17:33	+1	<b>35:04.54</b>	11:17.4	35.07	35:06.37	43.6%
32	100	Doug Waters (M60)	24	M60-64	4th	11.0	17:42	18:04	+22	<b>35:46.82</b>	11:31.0	35.77	35:57.78	44.8%
33	7157	Phil Murch (M67)	25	M65-69	6th	12.8	18:25	17:29	-56	<b>35:53.21</b>	11:33.1	35.88	36:06.03	47.6%
34	7916	Wally Capps (M84)	26	M80-99	1st	22.1	18:03	18:07	+3	<b>36:09.89</b>	11:38.4	36.15	36:31.96	<b>65.0%</b>
35	7124	Jerri Hixson (F70)	9	F70-74	2nd	6.1	18:44	17:45	-60	<b>36:28.96</b>	11:44.6	36.47	36:35.07	<b>61.8%</b>
36	7060	Jaws Hansen (M64)	27	M60-64	5th	989.4	27:14	26:22	-52	<b>53:35.63</b>	17:15.0	53.58	37:06.18	31.0%
37	7454	Betsy Palmer (F63)	10	F60-64	2nd	18.8	18:56	18:37	-19	<b>37:32.19</b>	12:04.9	37.53	37:50.96	53.8%
38	148	Lilliana Wutter (F52)	11	F50-54	1st	9.4	18:53	19:31	+38	<b>38:24.32</b>	12:21.7	38.40	38:33.69	45.2%
39	7223	Chris Wong (M55)	28	M55-59	2nd	18.4	20:06	19:22	-44	<b>39:27.61</b>	12:42.1	39.45	39:46.00	38.9%
40	7109	Kim Tsutsui (F56)	12	F55-59	2nd	16.2	20:38	19:09	-89	<b>39:47.12</b>	12:48.3	39.78	40:03.32	46.0%
41	7529	Carlos Ordonez (M54)	29	M50-54	3rd	22.1	23:27	23:50	+22	<b>47:16.89</b>	15:13.1	47.27	47:38.97	32.2%
42	7024	Carol Creech (F73)	13	F70-74	3rd	7.3	24:08	24:23	+15	<b>48:31.51</b>	15:37.1	48.52	48:38.76	48.9%
<b>11 Positive Split</b> <b>31 Negative Split</b> ✓ <b>10 Club PR's</b>							Average Finish Time: <b>31:00</b>				Average Age Grade: <b>57.5%</b>			