

Run For Recovery 10K

T.W. Richardson Park, Irving, TX

Saturday, September 16, 2017

77F Clear 75%H 7mphS
10K Off :7:45 am

10K MALE

		11 Runners --- Average Time of 1:01:48				Avg. Age Grade: 47.3%		Place in		
	Name	City	(Age)	Half	Split	Chip Time	Pace	Age Grade	OA	GD
OVERALL	1st <u>Tim Karbula</u>	BOMF	(54)			53:10.11	8:33.4	59.7%	1	1
M15-19	<u>1 Adrian Sagrego</u>	Homeward Bound	(19)			1:05:45.07	10:34.9	41.7%	13	9
M20-24	<u>1 Dyllan Powell</u>	Homeward Bound	(23)			1:01:13.08	9:51.1	43.9%	6	5
M25-29	<u>1 Brian Bustillos</u>	Homeward Bound	(25)			1:05:06.67	10:28.7	41.2%	12	8
M30-34	<u>1 Aaron Jones</u>	Carrollton	(32)			1:08:03.72	10:57.2	39.8%	16	11
M35-39	<u>1 Tom Kaim</u>	BOMF	(39)			1:07:45.83	10:54.3	41.6%	14	10
M40-44	<u>1 Zach Roberts</u>	Dallas	(40)			56:39.99	9:07.2	50.1%	2	2
	<u>2 John Warnes</u>	Temple	(42)			1:04:29.36	10:22.7	44.7%	11	7
M45-49	<u>1 Eric Henry</u>	Lewisville	(45)			58:05.07	9:20.9	50.8%	3	3
M50-54	<u>1 Denny Hanrahan</u>	Dallas	(53)			58:17.44	9:22.9	54.0%	4	4
M55-59	<u>1 Martin T Martinez</u>	Trophy Club	(56)			1:01:08.05	9:50.3	52.8%	7	6

10K FEMALE

		10 Runners --- Average Time of 1:11:24				Avg. Age Grade: 48.3%		Place in		
	Name	City	(Age)	Half	Split	Chip Time	Pace	Age Grade	OA	GD
OVERALL	1st <u>Patricia Lang</u>	Dallas	(58)			59:29.50	9:34.5	64.7%	5	1
F25-29	<u>1 Amanda Hart</u>	Plano	(27)			1:21:10.06	13:03.8	37.4%	19	8
F30-34	<u>1 Sabrina Macarty</u>	Schoolers	(34)			1:02:44.80	10:05.9	48.7%	9	3
	<u>2 Andrea Powell</u>	Forney	(34)			1:26:00.85	13:50.6	35.5%	20	9
F35-39	<u>1 Tiffany Calhoun</u>	Lewisville	(35)			1:07:50.08	10:55.0	45.2%	15	5
F45-49	<u>1 Carrie Ann Martinez</u>	Trophy Club	(49)			1:01:40.32	9:55.5	55.5%	8	2
	<u>2 Hamsa Murugesan</u>	Frisco	(46)			1:16:24.66	12:17.8	43.3%	18	7
	<u>3 Jennifer Hart</u>	Plano	(48)			1:26:36.12	13:56.2	39.1%	21	10
F50-54	<u>1 Christine Willows</u>	Frisco	(50)			1:08:43.43	11:03.6	50.5%	17	6
F60-64	<u>1 Teresa Nix</u>	McKinney	(61)			1:03:18.32	10:11.3	63.5%	10	4

Note: Splits were not captured on this race.

2017 Run For Recovery 5K & 10K 9/16/2017

GD Place among Females ▲ Positive Split
▲ Negative Split

Timing provided by:
 DeltaViewTiming.com

Order of Finish

10K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	Net Chip Time	Pace	5KEq	Clock Time	AgeGD
1	322 Tim Karbula (M54)	1	M50-54	OA	2.4				53:10.11	8:33.4	25.32	53:12.53	59.7%
2	383 Zach Roberts (M40)	2	M40-44	1st	3.5				56:39.99	9:07.2	26.98	56:43.53	50.1%
3	397 Eric Henry (M45)	3	M45-49	1st	3.3				58:05.07	9:20.9	27.67	58:08.37	50.8%
4	305 Denny Hanrahan (M53)	4	M50-54	1st	5.7				58:17.44	9:22.9	27.76	58:23.17	54.0%
5	324 Patricia Lang (F58)	1	F55-59	OA	4.1				59:29.50	9:34.5	28.33	59:33.60	64.7%
6	202 Dyllan Powell (M23)	5	M20-24	1st	2.3				1:01:13.08	9:51.1	29.16	1:01:15.35	43.9%
7	398 Martin T Martinez (M56)	6	M55-59	1st	7.8				1:01:08.05	9:50.3	29.12	1:01:15.83	52.8%
8	399 Carrie Ann Martinez (F49)	2	F45-49	1st	7.0				1:01:40.32	9:55.5	29.37	1:01:47.33	55.5%
9	325 Sabrina Macarty (F34)	3	F30-34	1st	22.7				1:02:44.80	10:05.9	29.88	1:03:07.48	48.7%
10	351 Teresa Nix (F61)	4	F60-64	1st	2.5				1:03:18.32	10:11.3	30.15	1:03:20.83	63.5%
11	396 John Warnes (M42)	7	M40-44	2nd	1.6				1:04:29.36	10:22.7	30.71	1:04:30.95	44.7%
12	201 Brian Bustillos (M25)	8	M25-29	1st	4.5				1:05:06.67	10:28.7	31.01	1:05:11.19	41.2%
13	203 Adrian Sagrego (M19)	9	M15-19	1st	2.9				1:05:45.07	10:34.9	31.32	1:05:48.01	41.7%
14	312 Tom Kaim (M39)	10	M35-39	1st	3.3				1:07:45.83	10:54.3	32.27	1:07:49.15	41.6%
15	303 Tiffany Calhoun (F35)	5	F35-39	1st	1.8				1:07:50.08	10:55.0	32.31	1:07:51.85	45.2%
16	311 Aaron Jones (M32)	11	M30-34	1st	6.6				1:08:03.72	10:57.2	32.41	1:08:10.36	39.8%
17	394 Christine Willows (F50)	6	F50-54	1st	6.7				1:08:43.43	11:03.6	32.73	1:08:50.11	50.5%
18	331 Hamsa Murugesan (F46)	7	F45-49	2nd	4.8				1:16:24.66	12:17.8	36.39	1:16:29.45	43.3%
19	306 Amanda Hart (F27)	8	F25-29	1st	12.9				1:21:10.06	13:03.8	38.66	1:21:23.00	37.4%
20	368 Andrea Powell (F34)	9	F30-34	2nd	5.9				1:26:00.85	13:50.6	40.96	1:26:06.76	35.5%
21	307 Jennifer Hart (F48)	10	F45-49	3rd	13.3				1:26:36.12	13:56.2	41.25	1:26:49.39	39.1%
									Average Finish Time:	06:22	Average Age Grade:		47.79%