

Run thru the Nations 5K & 1M Run

South Lakes Park , Denton, TX

Friday, October 20, 2017

77F Cloudy 72%H 13mphSSE

5K Off :6:40 pm

1M Off :7:20 pm

5K MALE

		17 Runners --- Average Time of 29:27				Avg. Age Grade: 52.0%			Place in	
Name		City	(Age)	Half	Split	Chip Time	Pace	Age Grade	OA	GD
OVERALL	<u>1</u> <u>Nicholas Kashka</u>	Overland Park, KS	(18)	10:01	+5	20:07.70	6:28.7	66.3%	1	1
MASTERS	<u>1</u> <u>Tim Evans</u>	Little Elm	(45)	12:58	-14	25:42.64	8:16.5	55.1%	8	6
M01-12	<u>1</u> <u>Caleb Ferguson</u>	Little Elm	(12)	10:23	+48	21:34.49	6:56.7	68.9%	4	3
	<u>2</u> <u>Easton Poliseno</u>	Denton	(12)	11:40	+92	24:52.55	8:00.4	59.8%	6	4
	<u>3</u> <u>Micah Linn</u>	Denton	(10)	15:06	+61	31:13.88	10:03.1	50.6%	19	10
	4 Landry Linn	Denton	(12)	15:59	+42	32:39.68	10:30.8	45.5%	24	12
	5 Judah Linn	Denton	(7)	15:30	+207	34:26.34	11:05.1	51.7%	27	14
M13-19	<u>1</u> <u>Brave Mays</u>	Lantana	(13)	10:06	+70	21:22.48	6:52.8	67.9%	3	2
	<u>2</u> <u>Travis White</u>	Corinth	(13)	12:39	-17	25:01.21	8:03.2	58.0%	7	5
	<u>3</u> <u>Sam Pedigo</u>	Denton	(14)	14:02	-13	27:50.75	8:57.8	51.0%	13	9
M20-29	<u>1</u> <u>Travis Black</u>	Aubrey	(23)	19:10	+125	40:25.83	13:00.8	31.9%	37	16
M30-39	<u>1</u> <u>Bryan Beck</u>	Denton	(30)	19:27	+114	40:47.62	13:07.8	31.7%	38	17
M40-49	<u>1</u> <u>Chris Mays</u>	Lantana	(40)	15:06	+106	31:58.88	10:17.6	42.7%	22	11
	<u>2</u> <u>Jonathan Whitwork</u>		(47)	16:32	+70	34:13.33	11:00.9	42.1%	25	13
	<u>3</u> <u>Shane White</u>	Corinth	(44)	15:27	+210	34:22.67	11:03.9	40.9%	28	15
M50+	<u>1</u> <u>David Mask</u>	Lewisville	(65)	12:58	+13	26:08.26	8:24.8	64.2%	10	7
	<u>2</u> <u>Craig Smith</u>	Frisco	(55)	14:00	-17	27:43.28	8:55.4	55.4%	11	8

5K FEMALE

24 Runners --- Average Time of

33:31

Avg. Age Grade: 48.5%

Place in

	Name	City	(Age)	Half	Split	Chip Time	Pace	Age Grade	OA	GD
OVERALL	<u>1</u> Lauren Smith	Frisco	(24)	09:53	+49	20:33.82	6:37.1	72.0%	2	1
MASTERS	<u>1</u> Jennifer Evans	Little Elm	(42)	14:27	+84	30:18.64	9:45.4	51.3%	17	8
F01-12	<u>1</u> Elizabeth Colton	Denton	(9)	13:57	+189	31:03.03	9:59.7	56.5%	18	9
	<u>2</u> Malia Gattis	Little Elm	(12)	18:43	-121	35:24.26	11:23.7	46.0%	30	15
F13-19	<u>1</u> Sarah Quintanilla	Denton	(13)	10:23	+55	21:41.74	6:59.0	73.6%	5	2
	<u>2</u> Gabriela Dasilva		(14)	13:11	-19	26:03.46	8:23.2	60.3%	9	3
	<u>3</u> Makayla Mohair		(14)	13:25	+87	28:17.98	9:06.5	55.5%	14	5
	<u>4</u> Megan Graham	Denton	(14)	15:25	+43	31:32.34	10:09.1	49.8%	21	11
	<u>5</u> Zoe Gattis	Little Elm	(15)	18:46	+454	45:05.79	14:30.9	34.4%	41	24
F20-29	<u>1</u> Kimberly Coston	Johnstown, CO	(22)	13:44	+299	32:26.46	10:26.5	45.6%	23	12
	<u>2</u> Carmen Marley	Denton	(24)	17:42	+150	37:54.10	12:12.0	39.0%	31	16
	<u>3</u> Kiaran Beck	Denton	(28)	18:36	+103	38:54.10	12:31.3	38.0%	32	17
	<u>4</u> Paige Fritz	Denton	(26)	18:03	+175	39:00.20	12:33.2	37.9%	35	20
	<u>5</u> Sarah Hays	Corinth	(27)	19:44	+43	40:11.61	12:56.2	36.8%	36	21
F30-39	<u>1</u> Nichole Miller	Ponder	(37)	13:46	+20	27:52.85	8:58.4	54.1%	12	4
	<u>2</u> Kristin Hubbard	Denton	(37)	14:03	+14	28:20.65	9:07.4	53.2%	15	6
	<u>3</u> Cinthia Ramirez	Denton	(31)	14:09	+12	28:30.00	9:10.4	52.0%	16	7
	<u>4</u> Kristi Mays	Lantana	(38)	18:02	+176	38:59.75	12:33.1	38.9%	34	19
F40-49	<u>1</u> Gina Linn	Denton	(41)	16:41	+53	34:15.92	11:01.7	45.1%	26	13
	<u>2</u> Jenna Morris	Denton	(41)	16:57	+54	34:48.00	11:12.1	44.4%	29	14
	<u>3</u> Jennifer Colton	Denton	(41)	20:05	+79	41:29.57	13:21.3	37.2%	40	23
	<u>4</u> Deanna White	Corinth	(49)	19:58	+101	41:36.87	13:23.7	40.2%	39	22
F50+	<u>1</u> Corina Maxson		(50)	15:18	+36	31:12.77	10:02.8	54.2%	20	10
	<u>2</u> Connie Beck	Fort Worth	(56)	18:30	+115	38:55.28	12:31.7	47.0%	33	18

Order of Finish

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	Net Chip Time	Pace	5KEq	Clock Time	AgeGD	
1	128	Nicholas Kashka (M18)	1	M13-19	OA	0.5	10:01	10:06	+5	20:07.70	6:28.7	20:12	20:08.17	66.3%
2	121	Lauren Smith (F24)	1	F20-29	OA	1.5	9:53	10:41	+49	20:33.82	6:37.1	20:55	20:35.32	72.0%
3	144	Brave Mays (M13)	2	M13-19	1st	---	10:06	11:16	+70	21:22.48	6:52.8	21:37	21:22.48	67.9%
4	103	Caleb Ferguson (M12)	3	M01-12	1st	---	10:23	11:11	+48	21:34.49	6:56.7	21:57	21:34.49	68.9%
5	109	Sarah Quintanilla (F13)	2	F13-19	1st	---	10:23	11:19	+55	21:41.74	6:59.0	21:68	21:41.74	73.6%
6	141	Easton Polisenno (M12)	4	M01-12	2nd	---	11:40	13:12	+92	24:52.55	8:00.4	24:87	24:52.55	59.8%
7	113	Travis White (M13)	5	M13-19	2nd	1.1	12:39	12:22	-17	25:01.21	8:03.2	25:02	25:02.27	58.0%
8	137	Tim Evans (M45)	6	M40-49	MS	5.3	12:58	12:44	-14	25:42.64	8:16.5	25:70	25:47.96	55.1%
9	202	Gabriela Dasilva (F14)	3	F13-19	2nd	0.2	13:11	12:52	-19	26:03.46	8:23.2	26:05	26:03.63	60.3%
10	249	David Mask (M65)	7	M50+	1st	---	12:58	13:11	+13	26:08.26	8:24.8	26:13	26:08.26	64.2%
11	122	Craig Smith (M55)	8	M50+	2nd	0.9	14:00	13:43	-17	27:43.28	8:55.4	27:72	27:44.21	55.4%
12	127	Nichole Miller (F37)	4	F30-39	1st	4.0	13:46	14:06	+20	27:52.85	8:58.4	27:87	27:56.85	54.1%
13	108	Sam Pedigo (M14)	9	M13-19	3rd	8.9	14:02	13:49	-13	27:50.75	8:57.8	27:83	27:59.60	51.0%
14	201	Makayla Mohair (F14)	5	F13-19	3rd	---	13:25	14:53	+87	28:17.98	9:06.5	28:28	28:17.98	55.5%
15	134	Kristin Hubbard (F37)	6	F30-39	2nd	6.8	14:03	14:18	+14	28:20.65	9:07.4	28:33	28:27.47	53.2%
16	135	Cinthia Ramirez (F31)	7	F30-39	3rd	---	14:09	14:21	+12	28:30.00	9:10.4	28:50	28:30.00	52.0%
17	136	Jennifer Evans (F42)	8	F40-49	MS	11.7	14:27	15:51	+84	30:18.64	9:45.4	30:30	30:30.32	51.3%
18	111	Elizabeth Colton (F9)	9	F01-12	1st	10.6	13:57	17:06	+189	31:03.03	9:59.7	31:05	31:13.58	56.5%
19	118	Micah Linn (M10)	10	M01-12	3rd	0.6	15:06	16:07	+61	31:13.88	10:03.1	31:22	31:14.44	50.6%
20	250	Corina Maxson (F50)	10	F50+	1st	2.3	15:18	15:54	+36	31:12.77	10:02.8	31:20	31:15.10	54.2%
21	125	Megan Graham (F14)	11	F13-19	4th	8.5	15:25	16:08	+43	31:32.34	10:09.1	31:53	31:40.81	49.8%
22	142	Chris Mays (M40)	11	M40-49	1st	5.7	15:06	16:52	+106	31:58.88	10:17.6	31:97	32:04.56	42.7%
23	126	Kimberly Coston (F22)	12	F20-29	1st	2.9	13:44	18:42	+299	32:26.46	10:26.5	32:43	32:29.40	45.6%
24	117	Landry Linn (M12)	12	M01-12	4th	0.5	15:59	16:41	+42	32:39.68	10:30.8	32:65	32:40.19	45.5%
25	203	Jonathan Whitwork (M47)	13	M40-49	2nd	2.9	16:32	17:41	+70	34:13.33	11:00.9	34:22	34:16.21	42.1%
26	115	Gina Linn (F41)	13	F40-49	1st	3.0	16:41	17:35	+53	34:15.92	11:01.7	34:25	34:18.88	45.1%
27	119	Judah Linn (M7)	14	M01-12	5th	0.4	15:30	18:57	+207	34:26.34	11:05.1	34:43	34:26.74	51.7%
28	112	Shane White (M44)	15	M40-49	3rd	5.8	15:27	18:56	+210	34:22.67	11:03.9	34:37	34:28.49	40.9%
29	120	Jenna Morris (F41)	14	F40-49	2nd	9.8	16:57	17:51	+54	34:48.00	11:12.1	34:80	34:57.83	44.4%
30	138	Malia Gattis (F12)	15	F01-12	2nd	8.2	18:43	16:42	-121	35:24.26	11:23.7	35:40	35:32.49	46.0%
31	123	Carmen Marley (F24)	16	F20-29	2nd	8.9	17:42	20:12	+150	37:54.10	12:12.0	37:90	38:02.99	39.0%
32	105	Kieran Beck (F28)	17	F20-29	3rd	11.0	18:36	20:19	+103	38:54.10	12:31.3	38:90	39:05.09	38.0%
33	107	Connie Beck (F56)	18	F50+	2nd	11.0	18:30	20:25	+115	38:55.28	12:31.7	38:92	39:06.28	47.0%
34	143	Kristi Mays (F38)	19	F30-39	4th	9.9	18:02	20:58	+176	38:59.75	12:33.1	38:98	39:09.69	38.9%
35	145	Paige Fritz (F26)	20	F20-29	4th	9.7	18:03	20:58	+175	39:00.20	12:33.2	39:00	39:09.86	37.9%
36	129	Sarah Hays (F27)	21	F20-29	5th	7.6	19:44	20:27	+43	40:11.61	12:56.2	40:18	40:19.25	36.8%
37	130	Travis Black (M23)	16	M20-29	1st	3.5	19:10	21:15	+125	40:25.83	13:00.8	40:42	40:29.35	31.9%
38	106	Bryan Beck (M30)	17	M30-39	1st	2.8	19:27	21:21	+114	40:47.62	13:07.8	40:78	40:50.38	31.7%
39	131	Deanna White (F49)	22	F40-49	4th	3.7	19:58	21:39	+101	41:36.87	13:23.7	41:60	41:40.53	40.2%
40	104	Jennifer Colton (F41)	23	F40-49	3rd	12.1	20:05	21:25	+79	41:29.57	13:21.3	41:48	41:41.71	37.2%
41	139	Zoe Gattis (F15)	24	F13-19	5th	7.6	18:46	26:20	+454	45:05.79	14:30.9	45:08	45:13.40	34.4%

35 Positive Split 6 Negative Split

Average Finish Time: 31:49 Average Age Grade: 49.92%

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	Net Chip Time	Pace	5KEq	Clock Time	AgeGD
1	870 Andrew Morris (M11)	1	Males	1st	---				9:37.17	9:37.2	32.90	9:37.17	45.7%
2	882 Remington McCarty (F12)	1	Females	1st	---				9:52.47	9:52.5	33.76	9:52.47	46.7%
3	873 Cody Chidester (M27)	2	Males	2nd	---				11:27.92	11:27.9	39.17	11:27.92	32.4%
4	874 Dakota Chidester (F23)	2	Females	2nd	---				11:34.52	11:34.5	39.57	11:34.52	36.2%
5	887 Nancy Byrne (F62)	3	Females	3rd	---				17:29.52	17:29.5	59.81	17:29.52	33.6%
6	892 Janice Faris (F60)	4	Females	4th	---				17:32.79	17:32.8	59.98	17:32.79	32.5%
7	883 Sierra McCarty (F9)	5	Females	5th	---				19:00.80	19:00.8	65.00	19:00.80	26.1%
8	491 Temporary 491 (F)	6	Females	6th	---				19:01.50	19:01.5	65.06	19:01.50	
9	877 Tracy McCarty (F42)	7	Females	7th	---				19:02.82	19:02.8	65.12	19:02.82	23.7%
10	898 Temporary 898 (M)	3	Males	3rd	---				19:04.85	19:04.9	65.23	19:04.85	
11	881 Trinity McCarty (F16)	8	Females	8th	---				19:05.68	19:05.7	65.29	19:05.68	22.7%
12	895 Temporary 895 (M)	4	Males	4th	---				20:50.82	20:50.8	71.27	20:50.82	
13	857 Tabetha Epting (F32)	9	Females	9th	---				22:19.43	22:19.4	76.35	22:19.43	18.9%
14	852 Payton Rubel (F5)	10	Females	10th	---				22:24.57	22:24.6	76.63	22:24.57	25.8%
15	891 Austin Burrow (M25)	5	Males	5th	---				23:31.00	23:31.0	80.45	23:31.00	15.8%
16	886 David Byrne (M62)	6	Males	6th	---				23:31.00	23:31.0	80.45	23:31.00	20.0%
17	492 Temporary 492 (M)	7	Males	7th	---				23:32.74	23:32.7	80.51	23:32.74	
18	890 Kathy Byrne (F60)	11	Females	11th	---				23:34.20	23:34.2	80.62	23:34.20	24.2%
									Average Finish Time:	18:28	Average Age Grade:		28.89%

GD Place among Females

Age Grading is based on 100% for World Record for given Age/Gender.

△ Positive Split

△ Negative Split

Timing provided by:



DeltaViewTiming.com