



Trash Dash 5K

Fair Oaks Park, Dallas, TX

Saturday, June 01, 2019
76F Clear 74% H 6mph S
5K Off :8:35 am

5K MALE

		25 Runners --- Average Time of 32:32				Avg. Age Grade: 46.6%			Place in	
Name		City	(Age)	Half	Split	Chip Time	Pace	Age Grade	OA	GD
OVERALL	<u>1</u> #375 - Tito Salas	Dallas	(31)	10:39	-95	19:42.58	6:20.6	65.8%	1	1
M15-19	<u>1</u> #317 - William Cryer	Lancaster	(15)	13:25	+58	27:47.56	8:56.7	50.1%	19	12
M20-24	<u>1</u> #392 - Donte Tucker	Little Elm	(21)	10:40	+48	22:08.55	7:07.6	58.5%	4	4
	<u>2</u> #360 - Martin Moncada	Coachella	(24)	11:20	+173	25:33.38	8:13.5	50.5%	13	9
	<u>3</u> #348 - Jesus Lopez	Dallas	(20)	26:30	-232	49:08.20	15:48.9	26.5%	55	23
M25-29	<u>1</u> #344 - Durwesh Khalfe	Richardson	(26)	10:53	-38	21:07.77	6:48.1	61.1%	2	2
	<u>2</u> #334 - John Gray Iii	Dallas	(27)	11:53	+37	24:22.39	7:50.7	52.9%	11	7
	<u>3</u> #329 - Ryan Gary	Dallas	(25)	13:14	-80	25:08.50	8:05.5	51.3%	12	8
	<u>4</u> #400 - Kary Yergler	Dallas	(29)	14:21	-201	25:20.30	8:09.3	51.0%	14	10
M30-34	<u>1</u> #358 - Rigo Melendez	Dallas	(33)	13:20	+111	28:30.92	9:10.7	45.8%	21	14
	<u>2</u> #365 - Anshul Nigam	Irving	(32)	14:43	+93	30:58.91	9:58.3	42.0%	24	15
	<u>3</u> #398 - Jerald Wilson	Dallas	(34)	22:43	-176	42:29.90	13:40.7	30.8%	41	19
M35-39	<u>1</u> #376 - Joshua Samuels	Dallas	(39)	10:57	+22	22:17.10	7:10.4	60.8%	7	5
	<u>2</u> #336 - Adam Griffin	Dallas	(39)	11:25	+41	23:31.68	7:34.4	57.6%	9	6
	<u>3</u> #393 - Daniel Turet	Dallas	(38)	19:52	+366	45:50.58	14:45.3	29.3%	49	22
M40-44	<u>1</u> #355 - Johnny Mcgriff	Desoto	(42)	14:22	+137	31:01.80	9:59.3	44.7%	25	16
	<u>2</u> #304 - Temesghen Asmerom	Irving	(43)	24:37	-292	44:21.44	14:16.6	31.5%	47	20
	<u>3</u> #330 - Efrain Garza	Dallas	(42)	26:37	-155	50:39.43	16:18.3	27.4%	56	24
M45-49	<u>1</u> #374 - Walter Rodriguez	Wylie	(49)	10:53	+19	22:03.91	7:06.1	66.3%	3	3
	<u>2</u> #354 - Bennie Mcgriff	Dallas	(47)	22:43	+5	45:29.85	14:38.7	31.7%	48	21
M50-54	<u>1</u> #316 - Patrick Cryer	Lancaster	(53)	14:41	-97	27:44.97	8:55.9	54.5%	18	11
M55-59	<u>1</u> #339 - Pauli Kajaani	Richardson	(56)	14:53	-108	27:57.39	8:59.9	55.4%	20	13
M60-64	<u>1</u> #384 - John Smylie	Dallas	(60)	22:42	-257	41:06.24	13:13.8	39.0%	34	18
M65-69	<u>1</u> #318 - John Cusack	Dallas	(68)			37:19.15	12:00.7	46.2%	33	17
M70-74	<u>1</u> #306 - Ken Benson	Dallas	(70)	30:41	-585	51:37.08	16:36.9	34.1%	60	25

5K FEMALE

		35 Runners --- Average Time of 38:23				Avg. Age Grade: 43.4%			Place in	
Name		City	(Age)	Half	Split	Chip Time	Pace	Age Grade	OA	GD
OVERALL	<u>1</u> #322 - Katie Disabato	Dallas	(27)	11:17	-23	22:10.63	7:08.3	66.7%	5	1
F01-09	<u>1</u> #394 - Cora Turetsky	Dallas	(9)	17:00	+154	36:33.56	11:46.0	48.0%	31	15
F15-19	<u>1</u> #301 - Avery Ackelbein	Southlake	(18)	27:29	-242	50:54.96	16:23.3	29.4%	57	33
F20-24	<u>1</u> #367 - Leigh Parks	Dallas	(23)	20:50	+12	41:52.68	13:28.8	35.3%	36	18
	<u>2</u> #324 - Carley English	Dallas	(23)	20:53	+7	41:52.88	13:28.8	35.3%	37	19
F25-29	<u>1</u> #303 - Kristin Andreska	Dallas	(26)	11:27	-42	22:11.89	7:08.7	66.7%	6	2
	<u>2</u> #380 - Sarah Shelton	Dallas	(26)	11:29	+47	23:44.34	7:38.5	62.3%	10	4
	<u>3</u> #333 - Louise Gliga	Dallas	(29)	14:26	-83	27:29.28	8:50.9	53.8%	17	7
	4 #305 - Iqra Beg		(25)	15:39	-15	31:03.07	9:59.7	47.7%	22	8
	5 #315 - Kait Chura	Gallatin Gateway	(29)	14:47	+93	31:06.55	10:00.8	47.6%	23	9
	6 #343 - Chelsea Kerrigan	Dallas	(27)	18:30	-34	36:25.78	11:43.5	40.6%	29	13
	7 #332 - Samantha Geis	Dallas	(28)	17:23	+121	36:47.64	11:50.6	40.2%	32	16
	8 #386 - Lohgan Swaggard	Dallas	(27)	22:41	-171	42:31.05	13:41.1	34.8%	42	23
	9 #363 - Sarah Moran	Dallas	(28)	26:29	-233	49:05.59	15:48.1	30.1%	52	30
F30-34	<u>1</u> #307 - Sara Blackmon	Fate	(33)	12:45	+67	26:36.00	8:33.7	55.9%	15	5
	<u>2</u> #313 - Elizabeth Caulfield	Richardson	(30)	14:18	-116	26:38.89	8:34.6	55.6%	16	6
	<u>3</u> #399 - Katie Wright	Dallas	(33)	17:02	-23	33:40.95	10:50.5	44.1%	26	10
	4 #309 - Kirsty Briscoe	Flower Mound	(32)	17:11	+2	34:23.89	11:04.3	43.1%	27	11
	5 #368 - Moniqa Paullet	Richardson	(32)	20:49	+7	41:44.76	13:26.2	35.5%	38	20
	6 #353 - Krystal Mayes	Lewisville	(33)	20:37	+275	45:49.73	14:45.1	32.4%	50	28
	7 #350 - Cora Loyd	Coppell	(32)	20:40	+270	45:50.45	14:45.3	32.4%	51	29
	8 #326 - Sallie Finklea	Dallas	(33)	26:26	-223	49:07.86	15:48.8	30.3%	54	32
F35-39	<u>1</u> #371 - Cassie Rawson	Dallas	(36)	11:52	-25	23:19.31	7:30.4	64.4%	8	3
	<u>2</u> #372 - Bridget Rikustad	Lewisville	(36)	17:10	+4	34:24.23	11:04.4	43.6%	28	12
	<u>3</u> #325 - Vivian Fairley	Forney	(35)	21:45	-113	41:36.63	13:23.6	35.9%	35	17
	4 #331 - Roxanne Garza	Dallas	(35)	22:41	-195	42:06.86	13:33.3	35.5%	40	22
F40-44	<u>1</u> #338 - Cynetria Jones		(41)	22:35	-90	43:39.66	14:03.2	35.4%	45	26
	<u>2</u> #357 - Lorena Mcmenomy	Dallas	(41)	26:29	-232	49:06.53	15:48.4	31.4%	53	31
F45-49	<u>1</u> #366 - Nitzzy Ocoro	Dallas	(48)	21:55	-104	42:05.72	13:33.0	39.2%	39	21
	<u>2</u> #361 - Lakeishia Montgomery	Dallas	(47)	22:38	-96	43:40.22	14:03.4	37.4%	44	25
F50-54	<u>1</u> #302 - Kim Ackelbein	Southlake	(50)	27:26	-238	50:54.43	16:23.1	33.2%	58	34
F55-59	<u>1</u> #378 - Mariana Secheli	Garland	(56)	21:50	-27	43:13.13	13:54.6	42.3%	43	24
F60-64	<u>1</u> #383 - Betty Smylie	Dallas	(61)	22:39	-101	43:37.04	14:02.3	45.0%	46	27
F65-69	<u>1</u> #385 - Martha Stowe	Dallas	(65)	30:32	-572	51:33.24	16:35.6	40.4%	59	35
F70-74	<u>1</u> #312 - Peggy Campagna	Flower Mound	(74)	18:34	-43	36:26.11	11:43.6	66.3%	30	14

Order of Finish

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	Net Chip Time	Pace	5KEq	Clock Time	AgeGD	
1	375	Tito Salas (M31)	1	M30-34	OA	0.0	10:39	9:04	-95	19:42.58	6:20.6	19.70	19:42.58	65.8%
2	344	Durwesh Khalife (M26)	2	M25-29	1st	1.5	10:53	10:15	-38	21:07.77	6:48.1	21.12	21:09.25	61.1%
3	374	Walter Rodriguez (M49)	3	M45-49	1st	0.3	10:53	11:11	+19	22:03.91	7:06.1	22.05	22:04.19	66.3%
4	392	Donte Tucker (M21)	4	M20-24	1st	0.4	10:40	11:28	+48	22:08.55	7:07.6	22.13	22:08.91	58.5%
5	322	Katie Disabato (F27)	1	F25-29	OA	2.4	11:17	10:54	-23	22:10.63	7:08.3	22.17	22:13.03	66.7%
6	303	Kristin Andreska (F26)	2	F25-29	1st	2.7	11:27	10:45	-42	22:11.89	7:08.7	22.18	22:14.61	66.7%
7	376	Joshua Samuels (M39)	5	M35-39	1st	1.5	10:57	11:20	+22	22:17.10	7:10.4	22.28	22:18.59	60.8%
8	371	Cassie Rawson (F36)	3	F35-39	1st	3.2	11:52	11:27	-25	23:19.31	7:30.4	23.32	23:22.47	64.4%
9	336	Adam Griffin (M39)	6	M35-39	2nd	2.5	11:25	12:06	+41	23:31.68	7:34.4	23.52	23:34.17	57.6%
10	380	Sarah Shelton (F26)	4	F25-29	2nd	0.0	11:29	12:16	+47	23:44.34	7:38.5	23.73	23:44.34	62.3%
11	334	John Gray Iii (M27)	7	M25-29	2nd	4.7	11:53	12:30	+37	24:22.39	7:50.7	24.37	24:27.08	52.9%
12	329	Ryan Gary (M25)	8	M25-29	3rd	0.0	13:14	11:54	-80	25:08.50	8:05.5	25.13	25:08.50	51.3%
13	360	Martin Moncada (M24)	9	M20-24	2nd	1.7	11:20	14:13	+173	25:33.38	8:13.5	25.55	25:35.03	50.5%
14	400	Kary Yergler (M29)	10	M25-29	4th	30.2	14:21	11:00	-201	25:20.30	8:09.3	25.33	25:50.51	51.0%
15	307	Sara Blackmon (F33)	5	F30-34	1st	0.7	12:45	13:51	+67	26:36.00	8:33.7	26.60	26:36.71	55.9%
16	313	Elizabeth Caulfield (F30)	6	F30-34	2nd	31.0	14:18	12:21	-116	26:38.89	8:34.6	26.63	27:09.87	55.6%
17	333	Louise Gliga (F29)	7	F25-29	3rd	5.2	14:26	13:03	-83	27:29.28	8:50.9	27.48	27:34.50	53.8%
18	316	Patrick Cryer (M53)	11	M50-54	1st	9.1	14:41	13:04	-97	27:44.97	8:55.9	27.73	27:54.10	54.5%
19	317	William Cryer (M15)	12	M15-19	1st	9.9	13:25	14:23	+58	27:47.56	8:56.7	27.78	27:57.49	50.1%
20	339	Pauli Kajaani (M56)	13	M55-59	1st	8.2	14:53	13:05	-108	27:57.39	8:59.9	27.95	28:05.56	55.4%
21	358	Rigo Melendez (M33)	14	M30-34	1st	2.1	13:20	15:11	+111	28:30.92	9:10.7	28.50	28:33.00	45.8%
22	305	Iqra Beg (F25)	8	F25-29	4th	2.4	15:39	15:24	-15	31:03.07	9:59.7	31.05	31:05.45	47.7%
23	315	Kait Chura (F29)	9	F25-29	5th	5.6	14:47	16:20	+93	31:06.55	10:00.8	31.10	31:12.18	47.6%
24	365	Anshul Nigam (M32)	15	M30-34	2nd	15.0	14:43	16:16	+93	30:58.91	9:58.3	30.97	31:13.92	42.0%
25	355	Johnny Mcgriff (M42)	16	M40-44	1st	18.8	14:22	16:40	+137	31:01.80	9:59.3	31.02	31:20.60	44.7%
26	399	Katie Wright (F33)	10	F30-34	3rd	9.1	17:02	16:39	-23	33:40.95	10:50.5	33.67	33:50.05	44.1%
27	309	Kirsty Briscoe (F32)	11	F30-34	4th	7.2	17:11	17:13	+2	34:23.89	11:04.3	34.38	34:31.07	43.1%
28	372	Bridget Rikustad (F36)	12	F35-39	2nd	7.1	17:10	17:14	+4	34:24.23	11:04.4	34.40	34:31.37	43.6%
29	343	Chelsea Kerrigan (F27)	13	F25-29	6th	1.1	18:30	17:56	-34	36:25.78	11:43.5	36.42	36:26.83	40.6%
30	312	Peggy Campagna (F74)	14	F70-74	1st	13.2	18:34	17:52	-43	36:26.11	11:43.6	36.43	36:39.34	66.3%
31	394	Cora Turetsky (F9)	15	F01-09	1st	8.3	17:00	19:34	+154	36:33.56	11:46.0	36.55	36:41.88	48.0%
32	332	Samantha Geis (F28)	16	F25-29	7th	6.4	17:23	19:24	+121	36:47.64	11:50.6	36.78	36:54.02	40.2%
33	318	John Cusack (M68)	17	M65-69	1st	38.8				37:19.15	12:00.7	37.32	37:58.00	46.2%
34	384	John Smylie (M60)	18	M60-64	1st	24.6	22:42	18:25	-257	41:06.24	13:13.8	41.10	41:30.83	39.0%
35	325	Vivian Fairley (F35)	17	F35-39	3rd	18.2	21:45	19:52	-113	41:36.63	13:23.6	41.60	41:54.86	35.9%
36	367	Leigh Parks (F23)	18	F20-24	1st	3.2	20:50	21:02	+12	41:52.68	13:28.8	41.87	41:55.86	35.3%
37	324	Carley English (F23)	19	F20-24	2nd	3.7	20:53	21:00	+7	41:52.88	13:28.8	41.87	41:56.58	35.3%
38	368	Moniqa Pullet (F32)	20	F30-34	5th	17.4	20:49	20:56	+7	41:44.76	13:26.2	41.73	42:02.12	35.5%
39	366	Nitzy Ocoro (F48)	21	F45-49	1st	21.5	21:55	20:11	-104	42:05.72	13:33.0	42.08	42:27.18	39.2%
40	331	Roxanne Garza (F35)	22	F35-39	4th	31.9	22:41	19:26	-195	42:06.86	13:33.3	42.10	42:38.77	35.5%
41	398	Jerald Wilson (M34)	19	M30-34	3rd	17.6	22:43	19:47	-176	42:29.90	13:40.7	42.48	42:47.49	30.8%
42	386	Lohgan Swaggard (F27)	23	F25-29	8th	17.1	22:41	19:50	-171	42:31.05	13:41.1	42.52	42:48.14	34.8%
43	378	Mariana Secheli (F56)	24	F55-59	1st	21.8	21:50	21:23	-27	43:13.13	13:54.6	43.22	43:34.95	42.3%
44	361	Lakeishia Montgomery (F4)	25	F45-49	2nd	18.3	22:38	21:02	-96	43:40.22	14:03.4	43.67	43:58.55	37.4%
45	338	Cynetria Jones (F41)	26	F40-44	1st	20.0	22:35	21:05	-90	43:39.66	14:03.2	43.65	43:59.70	35.4%

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

46	383	Betty Smylie (F61)	27	F60-64	1st	24.4	22:39	20:58	-101	43:37.04	14:02.3	43.62	44:01.47	45.0%
47	304	Temesghen Asmerom (M43)	20	M40-44	2nd	0.0	24:37	19:45	-292	44:21.44	14:16.6	44.35	44:21.44	31.5%
48	354	Bennie Mcgriff (M47)	21	M45-49	2nd	18.5	22:43	22:47	+5	45:29.85	14:38.7	45.48	45:48.33	31.7%
49	393	Daniel Turet (M38)	22	M35-39	3rd	7.7	19:52	25:58	+366	45:50.58	14:45.3	45.83	45:58.23	29.3%
50	353	Krystal Mayes (F33)	28	F30-34	6th	11.4	20:37	25:12	+275	45:49.73	14:45.1	45.82	46:01.17	32.4%
51	350	Cora Loyd (F32)	29	F30-34	7th	12.1	20:40	25:10	+270	45:50.45	14:45.3	45.83	46:02.51	32.4%
52	363	Sarah Moran (F28)	30	F25-29	9th	28.8	26:29	22:36	-233	49:05.59	15:48.1	49.08	49:34.42	30.1%
53	357	Lorena Mcmenomy (F41)	31	F40-44	2nd	31.0	26:29	22:37	-232	49:06.53	15:48.4	49.10	49:37.53	31.4%
54	326	Sallie Finklea (F33)	32	F30-34	8th	30.1	26:26	22:42	-223	49:07.86	15:48.8	49.12	49:37.91	30.3%
55	348	Jesus Lopez (M20)	23	M20-24	3rd	30.8	26:30	22:38	-232	49:08.20	15:48.9	49.13	49:39.02	26.5%
56	330	Efrain Garza (M42)	24	M40-44	3rd	32.9	26:37	24:02	-155	50:39.43	16:18.3	50.65	51:12.36	27.4%
57	301	Avery Ackelbein (F18)	33	F15-19	1st	22.2	27:29	23:26	-242	50:54.96	16:23.3	50.90	51:17.16	29.4%
58	302	Kim Ackelbein (F50)	34	F50-54	1st	23.1	27:26	23:28	-238	50:54.43	16:23.1	50.90	51:17.49	33.2%
59	385	Martha Stowe (F65)	35	F65-69	1st	37.3	30:32	21:01	-572	51:33.24	16:35.6	51.55	52:10.55	40.4%
60	306	Ken Benson (M70)	25	M70-74	1st	38.0	30:41	20:56	-585	51:37.08	16:36.9	51.62	52:15.10	34.1%
									Average Finish Time:	35:56	Average Age Grade:		44.71%	