

Sunday, June 27, 2010

Carrollton Runners Club

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

Mile Off :7:32 am
5K Off :7:47 am

5K MALE

		Name	City	(Age)	Split	Chip Time	Pace	Place in	
								OA	GD
OVERALL	-	DAN CLUBB	Carrollton	(37)	-6	19:17.04 ⌘	6:12.4	1	1
MASTERS	-	FROYLAN FRANCO		(42)		20:03.51	6:27.4	3	3
SENIORS	-	DON WALLACE	Plano	(57)	-2	22:33.46 ⌘	7:15.6	8	7
M01-09	1	YUICHI COWLES		(8)	-34	33:19.78	10:43.7	28	21
M10-14	1	JACOB SHEDDY		(13)	+125	29:56.74	9:38.3	23	18
M15-19	1	ALBERT MARBAN	Farmers Branch	(16)	+23	19:53.17	6:24.0	2	2
M20-24	1	CODY EILRICH	Richardson	(22)	+182	37:36.61	12:06.3	30	22
M30-34	1	BRIAN EDMISON	Carrollton	(34)	+24	20:53.62	6:43.5	4	4
M35-39	1	SEAN MEEHAN		(38)	+18	24:52.75	8:00.5	13	11
	2	DEAN BARANOWSKI		(35)		26:34.00	8:33.1	17	14
M40-44	1	KEITH KUPIEC	Carrollton	(42)	+237	33:06.39	10:39.4	27	20
	2	RON MURCLEK		(43)	+512	39:54.71	12:50.8	33	23
M45-49	1	DOUG WATERS	Carrollton	(45)		23:08.19	7:26.8	9	8
	2	KENNY HALLMAN		(49)		25:43.70	8:16.9	15	12
	3	SCOTT HESKETH		(47)	+69	27:37.07	8:53.4	19	15
M50-54	1	GABRIEL SAPIEN		N/a (50)	+36	21:45.37 ⌘	7:00.2	5	5
	2	JULIO LOPEZ	Farmers Branch	(54)		22:09.70 ⌘	7:08.0	6	6
	3	RUBEN REYES	Carrollton	(54)	+21	26:14.09	8:26.7	16	13
M55-59	1	KEN ASHBY	Dallas	(57)	-14	27:45.77 ⌘	8:56.2	20	16
	2	MICHAEL DAVIS	Carrollton	(59)	+39	28:06.71	9:02.9	21	17
M60-64	1	JOHN NANCE	Rowlett	(62)		23:39.00	7:36.7	11	9
	2	BRYCE WILSON		(63)	+25	24:20.08 ⌘	7:50.0	12	10
M65-69	1	JACK MANNING		(67)	+38	28:06.67	9:02.9	24	19
	2	GARY WELCH	Dallas	(66)		41:22.12	13:18.9	35	25
M75-79	1	ROBERT CUNNINGHAM	Grand Prairie	(78)		41:15.07	13:16.6	34	24

⌘ Ran Mile before 5K
© Broke Age-Group Record

GD Place among Females

▲ Positive Split
△ Negative Split

Timing provided by:
DELTAVIEWTIMING.COM

5K FEMALE

		Name	City	(Age)	Split	Chip Time	Pace	Place in	
								OA	GD
OVERALL	-	COLLEEN BARANOWSKI		(32)	+0	22:29.93	☺ 7:14.5	7	1
MASTERS	-	FRANCES MCKISSICK	Irving	(48)	-33	26:50.94	⌘ 8:38.5	18	4
F10-14	1	KATE SCRUMERFELD		(12)		39:52.46	12:50.1	32	10
F20-24	1	EMILY ESPE	Richardson	(21)		37:37.01	12:06.5	31	9
F35-39	1	CHERILYN WILSON	Coppell	(38)	+60	23:07.72	7:26.7	10	2
	2	SAMANTHA MURCLEK		(35)	-17	25:29.76	8:12.4	14	3
	3	LAURIE ANNE HOHMAN	Coppell	(39)	+80	31:14.14	10:03.2	25	6
F45-49	1	YANIRA LOPEZ	Farmers Branch	(47)	+48	28:32.89	⌘ 9:11.3	22	5
	2	NYNA OLATEJU		(47)	+109	31:34.10	10:09.7	26	7
	3	KEIKO YOKOYAMA		(46)	-29	33:25.70	10:45.6	29	8

1M MALE

		Name	City	(Age)	Split	Chip Time	Pace	Place in	
								OA	GD
OVERALL	-	DAN CLUBB	Carrollton	(37)		5:21.62	5:21.6	1	1
M40-44	1	HECTOR DELGADO	Plano	(41)		5:30.93	☺ 5:30.9	2	2
	2	NORMAN NIMER	Allen	(40)		10:27.75	10:27.8	13	10
M50-54	1	GABRIEL SAPIEN		N/a (50)		5:54.61	☺ 5:54.6	3	3
	2	JULIO LOPEZ	Farmers Branch	(54)		6:31.37	6:31.4	6	6
M55-59	1	DON WALLACE	Plano	(57)		6:16.85	☺ 6:16.9	5	5
	2	KEN ASHBY	Dallas	(57)		8:00.62	8:00.6	11	9
M60-64	1	RONNIE BARDIN		(60)		5:55.55	☺ 5:55.6	4	4
	2	BRYCE WILSON		(63)		7:00.72	7:00.7	7	7
	3	SCOTT MCKISSICK	Irving	(61)		7:32.56	7:32.6	9	8

1M FEMALE

		Name	City	(Age)	Split	Chip Time	Pace	Place in	
								OA	GD
OVERALL	-	KIM ANDRES	Plano	(57)		7:05.98	7:06.0	8	1
F35-39	1	JUVY NIMER	Allen	(37)		10:34.28	10:34.3	14	4
	2	MADIRA MCKEE	Carrollton	(35)		11:51.60	11:51.6	15	5
F45-49	1	FRANCES MCKISSICK	Irving	(48)		7:41.35	7:41.4	10	2
	2	YANIRA LOPEZ	Farmers Branch	(47)		8:11.91	8:11.9	12	3
F65-69	1	ALICE WELCH		(65)		12:29.27	12:29.3	16	6

Dist	OA	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	Pace	5KEq	Clock Time
1M	1	271 Dan Clubb (M37)	1	M35-39	OA	---				5:21.62	5:21.6	18.30	5:21.62
1M	2	199 Hector Delgado (M41)	2	M40-44	1st	---				5:30.93 ☺	5:30.9	18.82	5:30.93
1M	3	015 Gabriel Sapien (M50)	3	M50-54	1st	---				5:54.61 ☺	5:54.6	20.18	5:54.61
1M	4	520 Ronnie Bardin (M60)	4	M60-64	1st	---				5:55.55 ☺	5:55.6	20.24	5:55.55
1M	5	441 Don Wallace (M57)	5	M55-59	1st	---				6:16.85 ☺	6:16.9	21.44	6:16.85
1M	6	193 Julio Lopez (M54)	6	M50-54	2nd	---				6:31.37	6:31.4	22.29	6:31.37
1M	7	531 Bryce Wilson (M63)	7	M60-64	2nd	---				7:00.72	7:00.7	23.95	7:00.72
1M	8	040 Kim Andres (F57)	1	F55-59	OA	---				7:05.98	7:06.0	24.23	7:05.98
1M	9	248 Scott McKissick (M61)	8	M60-64	3rd	---				7:32.56	7:32.6	25.77	7:32.56
1M	10	062 Frances Mckissick (F48)	2	F45-49	1st	---				7:41.35	7:41.4	26.29	7:41.35
1M	11	090 Ken Ashby (M57)	9	M55-59	2nd	---				8:00.62	8:00.6	27.37	8:00.62
1M	12	198 Yanira Lopez (F47)	3	F45-49	2nd	---				8:11.91	8:11.9	28.00	8:11.91
1M	13	402 Norman Nimer (M40)	10	M40-44	2nd	---				10:27.75	10:27.8	35.75	10:27.75
1M	14	399 Juvy Nimer (F37)	4	F35-39	1st	---				10:34.28	10:34.3	36.15	10:34.28
1M	15	403 Madira Mckee (F35)	5	F35-39	2nd	---				11:51.60	11:51.6	40.54	11:51.60
1M	16	385 Alice Welch (F65)	6	F65-69	1st	---				12:29.27	12:29.3	42.71	12:29.27

Dist	OA	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	Pace	5KEq	Clock Time
5K	1	271 Dan Clubb (M37)	1	M35-39	OA	---	9:41	9:36	-6	19:17.04 ⚡	6:12.4	19.28	19:17.04
5K	2	430 Albert Marban (M16)	2	M15-19	1st	0.3	9:45	10:08	+23	19:53.17	6:24.0	19.88	19:53.42
5K	3	429 Froylan Franco (M42)	3	M40-44	MS	0.5				20:03.51	6:27.4	20.05	20:03.98
5K	4	232 Brian Edmison (M34)	4	M30-34	1st	---	10:15	10:39	+24	20:53.62	6:43.5	20.88	20:53.62
5K	5	015 Gabriel Sapien (M50)	5	M50-54	1st	4.9	10:34	11:11	+36	21:45.37 ⚡	7:00.2	21.75	21:50.29
5K	6	193 Julio Lopez (M54)	6	M50-54	2nd	0.7				22:09.70 ⚡	7:08.0	22.15	22:10.39
5K	7	425 Colleen Baranowski (F32)	1	F30-34	OA	---	11:15	11:15	+0	22:29.93 ☺	7:14.5	22.48	22:29.93
5K	8	441 Don Wallace (M57)	7	M55-59	SR	---	11:18	11:16	-2	22:33.46 ⚡	7:15.6	22.55	22:33.46
5K	9	095 Doug Waters (M45)	8	M45-49	1st	---				23:08.19	7:26.8	23.13	23:08.19
5K	10	434 Cherilyn Wilson (F38)	2	F35-39	1st	2.8	11:04	12:04	+60	23:07.72	7:26.7	23.12	23:10.56
5K	11	028 John Nance (M62)	9	M60-64	1st	---				23:39.00	7:36.7	23.65	23:39.00
5K	12	531 Bryce Wilson (M63)	10	M60-64	2nd	---	11:58	12:22	+25	24:20.08 ⚡	7:50.0	24.33	24:20.08
5K	13	431 Sean Meehan (M38)	11	M35-39	1st	---	12:17	12:35	+18	24:52.75	8:00.5	24.87	24:52.75
5K	14	443 Samantha Murclek (F35)	3	F35-39	2nd	---	12:53	12:36	-17	25:29.76	8:12.4	25.48	25:29.76
5K	15	231 Kenny Hallman (M49)	12	M45-49	2nd	4.2				25:43.70	8:16.9	25.72	25:47.94
5K	16	283 Ruben Reyes (M54)	13	M50-54	3rd	4.5	12:56	13:18	+21	26:14.09	8:26.7	26.23	26:18.55
5K	17	424 Dean Baranowski (M35)	14	M35-39	2nd	---				26:34.00	8:33.1	26.57	26:34.00
5K	18	062 Frances Mckissick (F48)	4	F45-49	MS	---	13:42	13:09	-33	26:50.94 ⚡	8:38.5	26.83	26:50.94
5K	19	428 Scott Hesketh (M47)	15	M45-49	3rd	0.5	13:14	14:23	+69	27:37.07	8:53.4	27.62	27:37.53
5K	20	090 Ken Ashby (M57)	16	M55-59	1st	---	14:00	13:46	-14	27:45.77 ⚡	8:56.2	27.75	27:45.77
5K	21	437 Michael Davis (M59)	17	M55-59	2nd	3.1	13:44	14:23	+39	28:06.71	9:02.9	28.10	28:09.82
5K	22	198 Yanira Lopez (F47)	5	F45-49	1st	2.3	13:53	14:40	+48	28:32.89 ⚡	9:11.3	28.53	28:35.18
5K	23	427 Jacob Sheddy (M13)	18	M10-14	1st	---	13:56	16:01	+125	29:56.74	9:38.3	29.93	29:56.74
5K	24	449 Jack Manning (M67)	19	M65-69	1st	165.7	13:44	14:22	+38	28:06.67	9:02.9	28.10	30:52.33
5K	25	432 Laurie Anne Hohman (F39)	6	F35-39	3rd	3.4	14:57	16:17	+80	31:14.14	10:03.2	31.23	31:17.51
5K	26	422 Nyna Olateju (F47)	7	F45-49	2nd	6.8	14:53	16:41	+109	31:34.10	10:09.7	31.57	31:40.94
5K	27	147 Keith Kupiec (M42)	20	M40-44	1st	---	14:35	18:32	+237	33:06.39	10:39.4	33.10	33:06.39
5K	28	446 Yuichi Cowles (M8)	21	M01-09	1st	2.0	16:57	16:23	-34	33:19.78	10:43.7	33.32	33:21.81
5K	29	445 Keiko Yokoyama (F46)	8	F45-49	3rd	2.4	16:57	16:28	-29	33:25.70	10:45.6	33.42	33:28.13
5K	30	440 Cody Eilrich (M22)	22	M20-24	1st	---	17:17	20:19	+182	37:36.61	12:06.3	37.60	37:36.61
5K	31	439 Emily Espe (F21)	9	F20-24	1st	---				37:37.01	12:06.5	37.62	37:37.01
5K	32	444 Kate Scrumerfeld (F12)	10	F10-14	1st	---				39:52.46	12:50.1	39.87	39:52.46
5K	33	442 Ron Murclek (M43)	23	M40-44	2nd	---	15:41	24:13	+512	39:54.71	12:50.8	39.90	39:54.71
5K	34	030 Robert Cunningham (M78)	24	M75-79	1st	5.6				41:15.07	13:16.6	41.25	41:20.71
5K	35	037 Gary Welch (M66)	25	M65-69	2nd	---				41:22.12	13:18.9	41.37	41:22.12

⚡ Ran Mile before 5K
☺ Broke Age-Group Record

GD Place among Females

▲ Positive Split
▼ Negative Split

Timing provided by:
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