

Sunday, May 30, 2010

# Carrollton Runners Club

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

Mile Off :7:35 am

5K Off :7:49 am

5K MALE		Name	City	(Age)	Split	Chip Time	Pace	Place in	
								OA	GD
OVERALL	-	<b>RYAN LOEHDING</b>	Carrollton	(37)	+17	<b>18:55.87</b> ⌘	6:05.6	1	1
MASTERS	-	<b>RYAN MONTCALM</b>	Decatur	(47)		<b>20:05.72</b>	6:28.1	3	3
SENIORS	-	<b>ROBERT BENSON</b>	Dallas	(60)	+19	<b>22:14.37</b> ⌘	7:09.5	9	9
M10-14	1	<b>CRISTIAN LARA</b>	Dallas	(14)	-66	<b>31:19.30</b> ⌘	10:04.9	33	28
	2	<b>CHASE WINGO</b>	Big Spring	(14)		<b>40:03.65</b>	12:53.7	47	34
M25-29	1	<b>JOSH TERRY</b>		(29)	+5	<b>19:26.98</b> ⌘	6:15.6	2	2
	2	<b>KYLE WOOD</b>	Dallas	(25)		<b>30:38.22</b> ⌘	9:51.7	31	26
	3	<b>MATT MCPHERSON</b>	Dallas	(27)		<b>30:38.24</b> ⌘	9:51.7	32	27
M40-44	1	<b>ALEX RODRIGUEZ</b>	Flower Mound	(40)	+50	<b>24:33.77</b>	7:54.4	14	12
	2	<b>GRAY KINNEY</b>	Lewisville	(42)	+117	<b>30:16.97</b>	9:44.8	29	24
M45-49	1	<b>JAMES ROYAL</b>	Plano	(48)	-13	<b>20:39.26</b> ⌘	6:38.9	4	4
	2	<b>DEAN FERRIS</b>		(47)	+20	<b>20:48.19</b>	6:41.8	5	5
	3	<b>DOUG WATERS</b>	Carrollton	(45)	+36	<b>21:41.52</b>	6:58.9	8	8
	4	<b>KENNY HALLMAN</b>		(48)		<b>25:25.00</b>	8:10.8	17	15
	5	<b>DANIEL KILLIAN</b>	Lewisville	(46)	+114	<b>25:33.79</b>	8:13.7	18	16
	6	<b>CALVIN WOLF</b>	Frisco	(49)	+9	<b>59:30.50</b>	19:09.2	50	36
M50-54	1	<b>GABRIEL SAPIEN</b>	N/a	(50)	+27	<b>21:05.95</b> ⌘	6:47.5	6	6
	2	<b>JULIO LOPEZ</b>	Farmers Branch	(54)	+30	<b>21:32.94</b> ⌘	6:56.2	7	7
	3	<b>GONZALO RAMIREZ</b>		(54)	+37	<b>24:42.28</b> ⌘	7:57.1	15	13
	4	<b>RUBEN REYES</b>	Carrollton	(54)	+42	<b>27:10.15</b>	8:44.7	21	19
	5	<b>TOM GRANT</b>	Plano	(52)		<b>29:38.00</b> ⌘	9:32.3	26	22
	6	<b>RICHARD WEBER</b>	Arlington	(53)	+14	<b>29:51.94</b>	9:36.8	27	23
	7	<b>JOE AIKEN</b>	Grapevine	(50)		<b>31:41.83</b>	10:12.1	35	29
	8	<b>DENNIS CHUPP</b>	Mckinney	(53)		<b>43:23.19</b>	13:57.9	48	35
M55-59	1	<b>DAVID MASK</b>	Lewisville	(58)	+5	<b>23:09.71</b>	7:27.3	11	10
	2	<b>KEN ASHBY</b>	Dallas	(57)	-14	<b>26:42.19</b> ⌘	8:35.7	20	18
	3	<b>CHARLEY TAYLOR</b>	Fort Worth	(59)	+12	<b>30:22.48</b>	9:46.6	30	25
M60-64	1	<b>GLENN DUMAS</b>	Farmers Branch	(60)	-1	<b>24:43.80</b>	7:57.6	16	14
	2	<b>JOHN NANCE</b>	Rowlett	(62)		<b>25:34.00</b>	8:13.7	19	17
	3	<b>SCOTT MCKISSICK</b>	Irving	(61)	+92	<b>27:52.48</b>	8:58.3	23	20
	4	<b>GARY GRESSETT</b>	Big Spring	(63)	+103	<b>33:50.27</b>	10:53.5	38	31
M65-69	1	<b>ENRIQUE ORDONEZ</b>		(69)	+2	<b>23:20.33</b>	7:30.7	12	11
	2	<b>BILL SHIRLEY</b>		(67)	-72	<b>28:38.43</b> ⌘	9:13.1	25	21
	3	<b>GARY WELCH</b>	Dallas	(66)	+39	<b>32:44.58</b>	10:32.3	37	30
M70-74	1	<b>PATRICK GREENE</b>	Coppell	(74)	+54	<b>35:10.58</b> ⌘	11:19.3	39	32
M75-79	1	<b>ROBERT CUNNINGHAM</b>	Grand Prairie	(78)		<b>39:35.00</b>	12:44.4	46	33

⌘ 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	OA	GD
OVERALL	-	LINDA KELLY	Dallas	(58)	+12	22:20.25	7:11.4	10	1
MASTERS	-	KIM ANDRES	Plano	(57)	+12	24:17.61	7:49.2	13	2
SENIORS	-	CAROL CREECH	Plano	(59)	+129	38:09.34	12:16.9	43	11
F01-09	1	PAIGE LOEHING		(9)	+159	38:29.00	12:23.2	44	12
F15-19	1	JESSICA KINNEY	Lewisville	(16)	+134	30:16.23	9:44.6	28	5
F30-34	1	LAURA BUSSINGER		(31)		31:37.70	10:10.8	34	6
F35-39	1	JENNIFER LOEHING	Carrollton	(37)		35:56.95	11:34.3	41	9
F40-44	1	DORIS EVANS	Dallas	(44)		36:46.86	11:50.3	42	10
F45-49	1	YANIRA LOPEZ	Farmers Branch	(47)	+36	27:30.84	8:51.4	22	3
	2	CHRISTINE FERRIS		(47)	+25	28:10.33	9:04.1	24	4
	3	TOMMIE GRESSETT	Big Spring	(47)		35:37.02	11:27.8	40	8
	4	MOYA WOLF	Frisco	(46)	+9	59:27.44	19:08.2	49	14
F50-54	1	PATRICIA WEBER	Arlington	(51)	+32	31:57.36	10:17.1	36	7
F65-69	1	ALICE WELCH		(65)		39:25.00	12:41.2	45	13

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

GD Place among Females

▲ Positive Split  
 ▼ Negative Split

Timing provided by:  
 DELTAVIEWTIMING.COM

# 1M MALE

		Name	City	(Age)	Split	Chip Time	Pace	OA	GD	Place in
OVERALL	-	<b>JOSH TERRY</b>			(29)	<b>5:12.73</b> ☺	5:12.7	1	1	
M10-14	1	<b>CRISTIAN LARA</b>	Dallas	(14)		<b>8:07.64</b>	8:07.6	16	14	
	2	<b>ALONZO GARCIA</b>	Little Elm	(13)		<b>9:04.28</b>	9:04.3	18	15	
M25-29	1	<b>KYLE WOOD</b>	Dallas	(25)		<b>7:51.27</b>	7:51.3	12	11	
	2	<b>MATT MCPHERSON</b>	Dallas	(27)		<b>7:52.27</b>	7:52.3	13	12	
M30-34	1	<b>FERNANDO GARCIA</b>	Little Elm	(34)		<b>11:20.82</b>	11:20.8	23	18	
M35-39	1	<b>RYAN LOEHNDING</b>	Carrollton	(37)		<b>5:25.78</b>	5:25.8	2	2	
M45-49	1	<b>JAMES ROYAL</b>	Plano	(48)		<b>5:34.68</b>	5:34.7	3	3	
	2	<b>RUBEN SAGUIL</b>	Farmers Branch	(45)		<b>6:35.80</b>	6:35.8	7	7	
M50-54	1	<b>GABRIEL SAPIEN</b>	N/a	(50)		<b>5:54.89</b> ☺	5:54.9	4	4	
	2	<b>MICHAEL STAMP</b>	Carrollton	(50)		<b>6:10.49</b>	6:10.5	5	5	
	3	<b>JULIO LOPEZ</b>	Farmers Branch	(54)		<b>6:25.94</b>	6:25.9	6	6	
	4	<b>TOM GRANT</b>	Plano	(52)		<b>6:58.57</b>	6:58.6	9	9	
	5	<b>GONZALO RAMIREZ</b>		(54)		<b>9:59.09</b>	9:59.1	19	16	
M55-59	1	<b>KEN ASHBY</b>	Dallas	(57)		<b>7:53.01</b>	7:53.0	14	13	
M60-64	1	<b>ROBERT BENSON</b>	Dallas	(60)		<b>6:41.48</b> ☺	6:41.5	8	8	
M65-69	1	<b>BILL SHIRLEY</b>		(67)		<b>7:13.79</b> ☺	7:13.8	11	10	
M70-74	1	<b>PATRICK GREENE</b>	Coppell	(74)		<b>10:16.06</b>	10:16.1	21	17	

# 1M FEMALE

		Name	City	(Age)	Split	Chip Time	Pace	OA	GD	Place in
OVERALL	-	<b>KIM ANDRES</b>	Plano	(57)		<b>7:04.87</b>	7:04.9	10	<b>1</b>	
F10-14	1	<b>IRENE HOPPING</b>		(13)		<b>8:24.41</b>	8:24.4	17	<b>3</b>	
F30-34	1	<b>KARA DUKES</b>		(33)		<b>10:30.25</b>	10:30.3	22	<b>5</b>	
	2	<b>LISA GARCIA</b>	Little Elm	(34)		<b>11:21.19</b>	11:21.2	24	<b>6</b>	
F40-44	1	<b>DORIS EVANS</b>	Dallas	(44)		<b>10:02.61</b>	10:02.6	20	<b>4</b>	
F45-49	1	<b>YANIRA LOPEZ</b>	Farmers Branch	(47)		<b>7:53.23</b>	7:53.2	15	<b>2</b>	

⌘ Ran Mile before 5K

© Broke Age-Group Record

**GD** Place among Females

▲ Positive Split

△ Negative Split



Timing provided by:

**DELTAVIEWTIMING.COM**

Dist	OA	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	Pace	5KEq	Clock Time
1M	1	381 Josh Terry (M29)	1	M25-29	OA	---				5:12.73 ☺	5:12.7	17.79	5:12.73
1M	2	175 Ryan Loehding (M37)	2	M35-39	1st	---				5:25.78	5:25.8	18.53	5:25.78
1M	3	030 James Royal (M48)	3	M45-49	1st	---				5:34.68	5:34.7	19.04	5:34.68
1M	4	015 Gabriel Sapien (M50)	4	M50-54	1st	---				5:54.89 ☺	5:54.9	20.18	5:54.89
1M	5	322 Michael Stamp (M50)	5	M50-54	2nd	---				6:10.49	6:10.5	21.10	6:10.49
1M	6	193 Julio Lopez (M54)	6	M50-54	3rd	---				6:25.94	6:25.9	21.95	6:25.94
1M	7	203 Ruben Saguil (M45)	7	M45-49	2nd	---				6:35.80	6:35.8	22.52	6:35.80
1M	8	118 Robert Benson (M60)	8	M60-64	1st	---				6:41.48 ☺	6:41.5	22.86	6:41.48
1M	9	342 Tom Grant (M52)	9	M50-54	4th	---				6:58.57	6:58.6	23.83	6:58.57
1M	10	211 Kim Andres (F57)	1	F55-59	OA	---				7:04.87	7:04.9	24.18	7:04.87
1M	11	384 Bill Shirley (M67)	10	M65-69	1st	---				7:13.79 ☺	7:13.8	24.69	7:13.79
1M	12	308 Kyle Wood (M25)	11	M25-29	1st	---				7:51.27	7:51.3	26.86	7:51.27
1M	13	307 Matt Mcherson (M27)	12	M25-29	2nd	---				7:52.27	7:52.3	26.91	7:52.27
1M	14	205 Ken Ashby (M57)	13	M55-59	1st	---				7:53.01	7:53.0	26.97	7:53.01
1M	15	198 Yanira Lopez (F47)	2	F45-49	1st	---				7:53.23	7:53.2	26.97	7:53.23
1M	16	353 Cristian Lara (M14)	14	M10-14	1st	---				8:07.64	8:07.6	27.77	8:07.64
1M	17	394 Irene Hopping (F13)	3	F10-14	1st	---				8:24.41	8:24.4	28.74	8:24.41
1M	18	331 Alonzo Garcia (M13)	15	M10-14	2nd	---				9:04.28	9:04.3	31.02	9:04.28
1M	19	390 Gonzalo Ramirez (M54)	16	M50-54	5th	---				9:59.09	9:59.1	34.15	9:59.09
1M	20	374 Doris Evans (F44)	4	F40-44	1st	---				10:02.61	10:02.6	34.33	10:02.61
1M	21	067 Patrick Greene (M74)	17	M70-74	1st	---				10:16.06	10:16.1	35.12	10:16.06
1M	22	396 Kara Dukes (F33)	5	F30-34	1st	---				10:30.25	10:30.3	35.92	10:30.25
1M	23	330 Fernando Garcia (M34)	18	M30-34	1st	---				11:20.82	11:20.8	38.77	11:20.82
1M	24	115 Lisa Garcia (F34)	6	F30-34	2nd	---				11:21.19	11:21.2	38.83	11:21.19

Dist	OA	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	Pace	5KEq	Clock Time
5K	1	175 Ryan Loehding (M37)	1	M35-39	OA	---	9:19	9:36	+17	18:55.87 ☹	6:05.6	18.92	18:55.87
5K	2	381 Josh Terry (M29)	2	M25-29	1st	---	9:41	9:46	+5	19:26.98 ☹	6:15.6	19.43	19:26.98
5K	3	266 Ryan Montcalm (M47)	3	M45-49	MS	---				20:05.72	6:28.1	20.08	20:05.72
5K	4	030 James Royal (M48)	4	M45-49	1st	---	10:26	10:13	-13	20:39.26 ☹	6:38.9	20.65	20:39.26
5K	5	393 Dean Ferris (M47)	5	M45-49	2nd	---	10:14	10:34	+20	20:48.19	6:41.8	20.80	20:48.19
5K	6	015 Gabriel Sapien (M50)	6	M50-54	1st	---	10:19	10:47	+27	21:05.95 ☹	6:47.5	21.08	21:05.95
5K	7	193 Julio Lopez (M54)	7	M50-54	2nd	---	10:31	11:02	+30	21:32.94 ☹	6:56.2	21.53	21:32.94
5K	8	012 Doug Waters (M45)	8	M45-49	3rd	---	10:33	11:09	+36	21:41.52	6:58.9	21.68	21:41.52
5K	9	118 Robert Benson (M60)	9	M60-64	SR	---	10:58	11:16	+19	22:14.37 ☹	7:09.5	22.23	22:14.37
5K	10	007 Linda Kelly (F58)	1	F55-59	OA	---	11:04	11:16	+12	22:20.25	7:11.4	22.33	22:20.25
5K	11	179 David Mask (M58)	10	M55-59	1st	---	11:32	11:37	+5	23:09.71	7:27.3	23.15	23:09.71
5K	12	389 Enrique Ordonez (M69)	11	M65-69	1st	---	11:39	11:41	+2	23:20.33	7:30.7	23.33	23:20.33
5K	13	211 Kim Andres (F57)	2	F55-59	MS	0.8	12:03	12:15	+12	24:17.61 ☹	7:49.2	24.28	24:18.41
5K	14	221 Alex Rodriguez (M40)	12	M40-44	1st	---	11:52	12:42	+50	24:33.77	7:54.4	24.55	24:33.77
5K	15	390 Gonzalo Ramirez (M54)	13	M50-54	3rd	---	12:02	12:40	+37	24:42.28 ☹	7:57.1	24.70	24:42.28
5K	16	014 Glenn Dumas (M60)	14	M60-64	1st	2.6	12:23	12:21	-1	24:43.80	7:57.6	24.72	24:46.40
5K	17	231 Kenny Hallman (M48)	15	M45-49	4th	---				25:25.00	8:10.8	25.42	25:25.00
5K	18	366 Daniel Killian (M46)	16	M45-49	5th	---	11:50	13:44	+114	25:33.79	8:13.7	25.55	25:33.79
5K	19	028 John Nance (M62)	17	M60-64	2nd	---				25:34.00	8:13.7	25.57	25:34.00
5K	20	205 Ken Ashby (M57)	18	M55-59	2nd	---	13:28	13:14	-14	26:42.19 ☹	8:35.7	26.70	26:42.19
5K	21	283 Ruben Reyes (M54)	19	M50-54	4th	---	13:14	13:56	+42	27:10.15	8:44.7	27.17	27:10.15
5K	22	198 Yanira Lopez (F47)	3	F45-49	1st	1.5	13:28	14:03	+36	27:30.84 ☹	8:51.4	27.50	27:32.37
5K	23	248 Scott Mckissick (M61)	20	M60-64	3rd	8.8	13:10	14:42	+92	27:52.48	8:58.3	27.87	28:01.32
5K	24	392 Christine Ferris (F47)	4	F45-49	2nd	4.7	13:53	14:18	+25	28:10.33	9:04.1	28.17	28:15.04
5K	25	384 Bill Shirley (M67)	21	M65-69	2nd	---	14:55	13:43	-72	28:38.43 ☹	9:13.1	28.63	28:38.43
5K	26	342 Tom Grant (M52)	22	M50-54	5th	---				29:38.00 ☹	9:32.3	29.63	29:38.00

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

GD Place among Females

▲ Positive Split  
▼ Negative Split

Timing provided by:  
 DELTAVIEWTIMING.COM

5K	27	017	Richard Weber (M53)	23	M50-54	6th	---	14:49	15:03	+14	29:51.94	9:36.8	29.85	29:51.94	
5K	28	365	Jessica Kinney (F16)	5	F15-19	1st	3.3	14:01	16:15	+134	30:16.23	9:44.6	30.27	30:19.50	
5K	29	363	Gray Kinney (M42)	24	M40-44	2nd	2.9	14:10	16:07	+117	30:16.97	9:44.8	30.27	30:19.90	
5K	30	323	Charley Taylor (M59)	25	M55-59	3rd	3.8	15:05	15:17	+12	30:22.48	9:46.6	30.37	30:26.23	
5K	31	308	Kyle Wood (M25)	26	M25-29	2nd	---				30:38.22	⌘	9:51.7	30.63	30:38.22
5K	32	307	Matt Mcpherson (M27)	27	M25-29	3rd	---				30:38.24	⌘	9:51.7	30.63	30:38.24
5K	33	353	Cristian Lara (M14)	28	M10-14	1st	2.2	16:13	15:07	-66	31:19.30	⌘	10:04.9	31.32	31:21.52
5K	34	395	Laura Bussinger (F31)	6	F30-34	1st	---				31:37.70		10:10.8	31.62	31:37.70
5K	35	377	Joe Aiken (M50)	29	M50-54	7th	1.4				31:41.83		10:12.1	31.68	31:43.22
5K	36	020	Patricia Weber (F51)	7	F50-54	1st	1.2	15:43	16:15	+32	31:57.36		10:17.1	31.95	31:58.51
5K	37	043	Gary Welch (M66)	30	M65-69	3rd	1.5	16:03	16:42	+39	32:44.58		10:32.3	32.73	32:46.09
5K	38	369	Gary Gressett (M63)	31	M60-64	4th	---	16:03	17:47	+103	33:50.27		10:53.5	33.83	33:50.27
5K	39	067	Patrick Greene (M74)	32	M70-74	1st	---	17:08	18:02	+54	35:10.58	⌘	11:19.3	35.17	35:10.58
5K	40	370	Tommie Gressett (F47)	8	F45-49	3rd	---				35:37.02		11:27.8	35.62	35:37.02
5K	41	177	Jennifer Loehding (F37)	9	F35-39	1st	---				35:56.95		11:34.3	35.93	35:56.95
5K	42	374	Doris Evans (F44)	10	F40-44	1st	---				36:46.86	⌘	11:50.3	36.77	36:46.86
5K	43	024	Carol Creech (F59)	11	F55-59	SR	---	18:00	20:09	+129	38:09.34		12:16.9	38.15	38:09.34
5K	44	380	Paige Loehding (F9)	12	F01-09	1st	---	17:55	20:34	+159	38:29.00		12:23.2	38.48	38:29.00
5K	45	385	Alice Welch (F65)	13	F65-69	1st	---				39:25.00		12:41.2	39.42	39:25.00
5K	46	031	Robert Cunningham (M78)	33	M75-79	1st	---				39:35.00		12:44.4	39.58	39:35.00
5K	47	373	Chase Wingo (M14)	34	M10-14	2nd	---				40:03.65		12:53.7	40.05	40:03.65
5K	48	106	Dennis Chupp (M53)	35	M50-54	8th	0.7				43:23.19		13:57.9	43.38	43:23.91
5K	49	348	Moya Wolf (F46)	14	F45-49	4th	9.4	29:39	29:48	+9	59:27.44		19:08.2	59.45	59:36.89
5K	50	349	Calvin Wolf (M49)	36	M45-49	6th	7.1	29:41	29:50	+9	59:30.50		19:09.2	59.50	59:37.63

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

GD Place among Females

▲ Positive Split  
 ▼ Negative Split

Timing provided by:  
 DELTAVIEWTIMING.COM