

# Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Kim Mang	5:25.63	Kim Mang	18:56.21	Hector Delgado	20:56.43	Julio Lopez	22:41.90
Kim Andres	7:01.91	Laura Nelson	20:05.07	Kim Andres	24:53.01	Janice Snyder	37:20.26

## 5K MALE

		36 Runners --- Average Time of <b>28:42</b>				Avg. Age Grade: <b>53.7%</b>		Place in			
		Name	City	(Age)	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Kim Mang	Carrollton	(41)	-14	18:56.21	M ✓	6:05.7	72.6%	1	1
MASTERS	1	Hector Delgado	Plano	(42)	-14	20:56.43	M	6:44.4	66.2%	4	3
SENIORS	1	Julio Lopez	Farmers Branch	(55)	-9	22:41.90	M	7:18.4	67.7%	11	10
M15-19	1	Andre Buchanan	Frisco	(19)	+119	110:01.70		22:32.4	18.8%	60	36
M20-24	1	Ray Liberatore	Dallas	(23)	-10	21:49.84		7:01.6	59.1%	6	5
	2	Daniel Prado	Plano	(24)	+35	24:33.61		7:54.3	52.5%	16	14
	3	Evan Samuels	Plano	(22)	+96	26:44.83		8:36.5	48.2%	24	18
	4	Blake Emert		(22)	+15	29:40.94		9:33.2	43.5%	33	26
	5	Jake Davis		(22)	+134	32:09.39		10:21.0	40.1%	40	30
M25-29	1	Blake Bueltel	The Colony	(25)	+40	22:37.90		7:17.1	57.0%	10	9
	2	Isaias Rubio	Plano	(26)	+84	24:59.40		8:02.6	51.6%	21	16
M30-34	1	Kris Nance	Plano	(34)	-19	20:17.73	M	6:32.0	64.6%	3	2
	2	Paul Beukema		(34)	+42	25:20.48	M ✓	8:09.4	51.7%	22	17
M35-39	1	Enrique Hernandez	Carrollton	(36)	-1	22:09.94	M	7:08.1	59.8%	7	6
	2	Curt Burgess	Flower Mound	(39)	-9	27:10.47		8:44.8	49.9%	28	22
	3	Michael Rumery	Plano	(38)	+42	27:12.76	M	8:45.5	49.4%	29	23
	4	David Allen		(35)	-23	47:18.45		15:13.6	27.9%	55	35
M40-44	1	Nathan Bruser	Coppell	(40)	-5	22:21.06	M	7:11.6	61.1%	18	15
	2	Victor Rojas	Mexico City	(43)	+27	22:28.67	✓	7:14.1	62.1%	8	7
	3	Dierk Hohman		(41)	-25	26:49.51	✓	8:38.1	51.3%	25	19
	4	Duane Thomason	Plano	(44)	+20	29:11.74	M	9:23.8	48.2%	32	25
M45-49	1	James Royal	Plano	(49)	-89	21:47.80	M	7:00.9	67.1%	5	4
	2	M Maimonides		(48)	+51	23:17.98		7:30.0	62.3%	13	12
	3	Glenn Meador	Coppell	(46)	+116	30:46.98		9:54.5	46.4%	36	28
	4	Edgar Hernandez		(46)	+189	42:46.27		13:46.0	33.4%	53	33
M50-54	1	David Short	Frisco	(50)	-40	22:21.22	M ✓	7:11.7	66.0%	9	8
	2	Miguel Matos	Eules	(54)	+61	32:08.52		10:20.7	47.4%	39	29
M55-59	1	David Mask	Lewisville	(59)	+30	24:10.74		7:46.9	65.8%	14	13
	2	Ken Ashby	Dallas	(58)	-31	27:10.52	M	8:44.8	58.0%	27	21
	3	Ruben Reyes	Carrollton	(55)	-45	30:28.84	M	9:48.6	50.4%	35	27
	4	Mike Catt		(57)	+92	33:30.24	M	10:47.0	46.6%	41	31
	5	Timothy Eaton		(55)	+97	35:56.48		11:34.1	42.8%	44	32
M60-64	1	Scott Mckissick	Irving	(63)	-51	26:45.15	M	8:36.6	61.6%	26	20
M65-69	1	Bill Shirley	Dallas	(68)	-41	28:02.21	M	9:01.5	61.5%	30	24
M70-74	1	Wally Capps	Farmers Branch	(70)	-16	23:17.58	M ☑	7:29.8	75.7%	12	11
M80-99	1	Robert Cunningham	Grand Prairie	(80)	+39	45:22.72		14:36.4	46.3%	54	34

FN\*:  Broke Age-Group Record  GD Place among Females  
M Ran Mile before 5K ✓ # Races PR @ Carrollton Runners (2003 & later)

▲ Positive Split  
▲ Negative Split

# 5K FEMALE

24 Runners --- Average Time of **35:16**

Avg. Age Grade: **48.9%**

Place in  
OA GD

	Name	City	(Age)	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Laura Nelson</b>		(45)	-5	<b>20:05.07</b>		6:27.9	<b>79.5%</b>	2	<b>1</b>
MASTERS	1 <b>Kim Andres</b>	Irving	(58)	+45	<b>24:53.01</b> M		8:00.6	<b>75.5%</b>	20	<b>4</b>
SENIORS	1 <b>Janice Snyder</b>		(64)	+37	<b>37:20.26</b>		12:01.1	54.9%	46	<b>13</b>
F20-24	1 <b>Amy Nold</b>	Grapevine	(23)	-29	<b>24:26.35</b>		7:52.0	<b>60.6%</b>	15	<b>2</b>
	2 <b>Adriana Stanley</b>	Frisco	(23)	+23	<b>25:27.55</b>		8:11.7	58.1%	23	<b>5</b>
	3 <b>Hannah Stutts</b>		(23)	+17	<b>29:40.68</b>		9:33.1	49.9%	34	<b>7</b>
F25-29	1 <b>Lisa Fritz</b>	Irving	(27)	+10	<b>24:34.62</b>		7:54.6	<b>60.2%</b>	17	<b>3</b>
	2 <b>Lindsey Oliver</b>	Flower Mound	(25)	+262	<b>41:20.39</b>		13:18.4	35.8%	51	<b>18</b>
F30-34	1 <b>Amanda Witty</b>		(33)	+16	<b>33:42.62</b>		10:51.0	44.1%	42	<b>10</b>
	2 <b>Barbara Moran</b>	Carrollton	(30)	+213	<b>36:28.49</b>		11:44.4	40.6%	48	<b>15</b>
	3 <b>Tiffyni Allen</b>		(32)	+200	<b>51:01.20</b>		16:25.3	29.1%	58	<b>22</b>
F35-39	1 <b>Evelyn Bruser</b>	Coppell	(39)	+154	<b>47:25.27</b>		15:15.8	32.1%	56	<b>20</b>
F40-44	1 <b>Laurie Anne Hohman</b>		(40)	+57	<b>30:58.32</b>	✓	9:58.1	49.5%	37	<b>8</b>
	2 <b>Kay Scott</b>	Bedford	(41)	+139	<b>34:42.85</b>		11:10.4	44.5%	57	<b>21</b>
	3 <b>Rachel Meador</b>	Coppell	(43)	+47	<b>35:03.56</b>		11:17.1	44.7%	43	<b>11</b>
	4 <b>Crystal Hemmenway</b>	Irving	(44)		<b>42:40.31</b>		13:44.1	37.1%	52	<b>19</b>
F45-49	1 <b>Yanira Lopez</b>	Farmers Branch	(48)	+11	<b>28:46.47</b> M		9:15.7	57.4%	31	<b>6</b>
	2 <b>Tracy Brewer</b>		(45)	+138	<b>37:17.18</b>		12:00.1	42.8%	47	<b>14</b>
	3 <b>Andrenae Buchanan</b>	Frisco	(45)	+113	<b>110:02.63</b>		22:32.7	22.8%	59	<b>23</b>
F50-54	1 <b>Cheryl Oliver</b>	Flower Mound	(51)	-25	<b>31:09.80</b>		10:01.8	55.0%	38	<b>9</b>
	2 <b>Carol Pope</b>		(52)	+144	<b>37:12.60</b>		11:58.6	46.6%	45	<b>12</b>
F60-64	1 <b>Carol Creech</b>	Plano	(60)	+136	<b>40:48.44</b>		13:08.1	47.4%	50	<b>17</b>
F65-69	1 <b>Ruth Olinger</b>	The Colony	(68)	+46	<b>38:53.80</b>		12:31.2	56.1%	49	<b>16</b>
FStroller	1 <b>Blake Bruser</b>	Coppell	(2)	-6	<b>22:21.20</b> M ✓		7:11.7		19	<b>0</b>

FN\*:  Broke Age-Group Record GD Place among Females  
M Ran Mile before 5K ✓ #Races PR @ Carrollton Runners (2003 & later)

▲ Positive Split  
▼ Negative Split

# 1M MALE

		19 Runners --- Average Time of <b>7:17</b>			Avg. Age Grade: <b>60.5%</b>			Place in		
	Name	City	(Age)	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Kim Mang</b>	Carrollton	(41)		<b>5:25.63</b>		5:25.6	<b>72.9%</b>	1	1
M30-34	1 <b>Kris Nance</b>	Plano	(34)		<b>5:32.25</b>	☑	5:32.3	<b>68.1%</b>	3	3
	2 <b>Paul Beukema</b>		(34)		<b>7:31.15</b>	✓	7:31.2	50.1%	14	13
M35-39	1 <b>Enrique Hernandez</b>	Carrollton	(36)		<b>6:15.60</b>		6:15.6	<b>60.9%</b>	5	5
	2 <b>Michael Rumery</b>	Plano	(38)		<b>6:26.17</b>	✓	6:26.2	<b>60.1%</b>	7	7
	3 <b>Rolando Hernandez</b>	Carrollton	(37)		<b>6:28.78</b>	✓	6:28.8	59.3%	8	8
M40-44	1 <b>Hector Delgado</b>	Plano	(42)		<b>5:31.74</b>		5:31.7	<b>72.1%</b>	2	2
	2 <b>Duane Thomason</b>	Plano	(44)		<b>9:10.53</b>		9:10.5	44.1%	20	18
	3 <b>Nathan Bruser</b>	Coppell	(40)		<b>13:48.63</b>		13:48.6	28.4%	23	19
M45-49	1 <b>James Royal</b>	Plano	(49)		<b>5:51.10</b>		5:51.1	<b>71.9%</b>	4	4
	2 <b>Ruben Saguil</b>	Carrollton	(46)		<b>6:16.48</b>	✓	6:16.5	<b>65.5%</b>	6	6
M50-54	1 <b>David Short</b>	Frisco	(50)		<b>7:28.79</b>		7:28.8	56.7%	13	12
M55-59	1 <b>Julio Lopez</b>	Farmers Branch	(55)		<b>6:35.90</b>		6:35.9	<b>67.0%</b>	9	9
	2 <b>Ruben Reyes</b>	Carrollton	(55)		<b>7:37.86</b>	✓	7:37.9	57.9%	15	14
	3 <b>Ken Ashby</b>	Dallas	(58)		<b>7:55.35</b>		7:55.4	57.2%	17	16
	4 <b>Mike Catt</b>		(57)		<b>8:40.83</b>		8:40.8	51.8%	19	17
M60-64	1 <b>Scott Mckissick</b>	Irving	(63)		<b>7:43.02</b>		7:43.0	<b>61.4%</b>	16	15
M65-69	1 <b>Bill Shirley</b>	Dallas	(68)		<b>6:42.45</b>	☑	6:42.5	<b>74.0%</b>	10	10
M70-74	1 <b>Wally Capps</b>	Farmers Branch	(70)		<b>7:15.52</b>		7:15.5	<b>69.8%</b>	12	11

# 1M FEMALE

		4 Runners --- Average Time of <b>10:44</b>			Avg. Age Grade: <b>57.6%</b>			Place in		
	Name	City	(Age)	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Kim Andres</b>	Irving	(58)		<b>7:01.91</b>		7:01.9	<b>78.9%</b>	11	1
F45-49	1 <b>Yanira Lopez</b>	Farmers Branch	(48)		<b>8:22.08</b>		8:22.1	58.1%	18	2
	2 <b>Tina Hager</b>	Carrollton	(49)		<b>13:43.01</b>		13:43.0	35.9%	21	3
FStroller	1 <b>Blake Bruser</b>	Coppell	(2)		<b>13:48.63</b>		13:48.6		22	0

FN\*:  Broke Age-Group Record GD Place among Females  
 Ran Mile before 5K ✓ #Races PR @ Carrollton Runners (2003 & later)

▲ Positive Split  
 ▼ Negative Split

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6677 Kim Mang (M41)	1	M40-44	OA	---				5:25.63		5:25.6	18.53	5:25.63	72.9%
2	6770 Hector Delgado (M42)	2	M40-44	1st	---				5:31.74		5:31.7	18.87	5:31.74	72.1%
3	7276 Kris Nance (M34)	3	M30-34	1st	---				5:32.25	☑ 3	5:32.3	18.93	5:32.25	68.1%
4	7298 James Royal (M49)	4	M45-49	1st	---				5:51.10		5:51.1	20.01	5:51.10	71.9%
5	6583 Enrique Hernandez (M36)	5	M35-39	1st	---				6:15.60		6:15.6	21.38	6:15.60	60.9%
6	7003 Ruben Saguil (M46)	6	M45-49	2nd	---				6:16.48	✓ 11	6:16.5	21.44	6:16.48	65.5%
7	7038 Michael Rumery (M38)	7	M35-39	2nd	---				6:26.17	✓ 3	6:26.2	22.01	6:26.17	60.1%
8	6764 Rolando Hernandez (M37)	8	M35-39	3rd	---				6:28.78	✓ 1	6:28.8	22.12	6:28.78	59.3%
9	7193 Julio Lopez (M55)	9	M55-59	1st	---				6:35.90		6:35.9	22.52	6:35.90	67.0%
10	6547 Bill Shirley (M68)	10	M65-69	1st	---				6:42.45	☑ 3	6:42.5	22.92	6:42.45	74.0%
11	7040 Kim Andres (F58)	1	F55-59	OA	---				7:01.91		7:01.9	24.00	7:01.91	78.9%
12	1916 Wally Capps (M70)	11	M70-74	1st	---				7:15.52		7:15.5	24.80	7:15.52	69.8%
13	7061 David Short (M50)	12	M50-54	1st	---				7:28.79		7:28.8	25.54	7:28.79	56.7%
14	6775 Paul Beukema (M34)	13	M30-34	2nd	---				7:31.15	✓ 2	7:31.2	25.72	7:31.15	50.1%
15	7283 Ruben Reyes (M55)	14	M55-59	2nd	---				7:37.86	✓ 8	7:37.9	26.06	7:37.86	57.9%
16	7048 Scott Mckissick (M63)	15	M60-64	1st	---				7:43.02		7:43.0	26.40	7:43.02	61.4%
17	7005 Ken Ashby (M58)	16	M55-59	3rd	---				7:55.35		7:55.4	27.08	7:55.35	57.2%
18	7198 Yanira Lopez (F48)	2	F45-49	1st	---				8:22.08		8:22.1	28.62	8:22.08	58.1%
19	6774 Mike Catt (M57)	17	M55-59	4th	---				8:40.83		8:40.8	29.65	8:40.83	51.8%
20	7066 Duane Thomason (M44)	18	M40-44	2nd	---				9:10.53		9:10.5	31.36	9:10.53	44.1%
21	6763 Tina Hager (F49)	3	F45-49	2nd	---				13:43.01		13:43.0	46.93	13:43.01	35.9%
22	7316 Blake Bruser (F2)	0	FStroller	1st	---				13:48.63		13:48.6	47.21	13:48.63	
23	7097 Nathan Bruser (M40)	19	M40-44	3rd	---				13:48.63		13:48.6	47.21	13:48.63	28.4%
Average Finish Time:									07:52	Average Age Grade:			60.1%	

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD		
1	6677 Kim Mang (M41)	1	M40-44	OA	0.7	1	9:35	1	9:21	-14	18:56.21	☑ 1	6:05.7	18.93	18:56.88	72.6%
2	6776 Laura Nelson (F45)	1	F45-49	OA	---	2	10:05	3	10:00	-5	20:05.07		6:27.9	20.08	20:05.07	79.5%
3	7276 Kris Nance (M34)	2	M30-34	1st	---	3	10:18	2	9:59	-19	20:17.73	☑	6:32.0	20.28	20:17.73	64.6%
4	6770 Hector Delgado (M42)	3	M40-44	MS	0.9	4	10:35	5	10:21	-14	20:56.43	☑	6:44.4	20.93	20:57.34	66.2%
5	7298 James Royal (M49)	4	M45-49	1st	1.2	14	11:38	4	10:10	-89	21:47.80	☑	7:00.9	21.78	21:49.00	67.1%
6	6724 Ray Liberatore (M23)	5	M20-24	1st	2.5	6	11:00	6	10:50	-10	21:49.84	✗	7:01.6	21.82	21:52.31	59.1%
7	6583 Enrique Hernandez (M36)	6	M35-39	1st	1.5	8	11:05	8	11:05	-1	22:09.94	☑	7:08.1	22.15	22:11.47	59.8%
8	6657 Victor Rojas (M43)	7	M40-44	2nd	2.7	7	11:01	12	11:28	+27	22:28.67	✓ 1	7:14.1	22.47	22:31.39	62.1%
9	7061 David Short (M50)	8	M50-54	1st	12.9	13	11:31	7	10:51	-40	22:21.22	☑ 9	7:11.7	22.35	22:34.14	66.0%
10	6692 Blake Buelteel (M25)	9	M25-29	1st	4.7	5	10:59	14	11:39	+40	22:37.90	✗	7:17.1	22.62	22:42.63	57.0%
11	7193 Julio Lopez (M55)	10	M55-59	SR	4.3	12	11:25	11	11:16	-9	22:41.90	☑	7:18.4	22.68	22:46.25	67.7%
12	1916 Wally Capps (M70)	11	M70-74	1st	0.3	15	11:47	13	11:31	-16	23:17.58	☑ 2	7:29.8	23.28	23:17.91	75.7%
13	6557 M Maimonides (M48)	12	M45-49	2nd	1.3	10	11:13	16	12:05	+51	23:17.98		7:30.0	23.28	23:19.24	62.3%
14	7008 David Mask (M59)	13	M55-59	1st	6.3	17	11:50	17	12:20	+30	24:10.74		7:46.9	24.17	24:17.00	65.8%
15	6706 Amy Nold (F23)	2	F20-24	1st	3.5	22	12:28	15	11:59	-29	24:26.35	✗	7:52.0	24.43	24:29.80	60.6%
16	6722 Daniel Prado (M24)	14	M20-24	2nd	1.5	18	11:59	19	12:34	+35	24:33.61	✗	7:54.3	24.55	24:35.15	52.5%
17	6651 Lisa Fritz (F27)	3	F25-29	1st	2.4	20	12:12	18	12:22	+10	24:34.62	✗	7:54.6	24.57	24:36.99	60.2%
18	7097 Nathan Bruser (M40)	15	M40-44	1st	137.4	9	11:13	10	11:08	-5	22:21.06	☑	7:11.6	22.35	24:38.45	61.1%
19	7316 Blake Bruser (F2)	0	FStroller	1st	137.3	11	11:14	9	11:08	-6	22:21.20	☑ 11	7:11.7	22.35	24:38.46	
20	7040 Kim Andres (F58)	4	F55-59	MS	0.5	19	12:04	20	12:49	+45	24:53.01	☑	8:00.6	24.88	24:53.51	75.5%
21	6728 Isaias Rubio (M26)	16	M25-29	2nd	3.0	16	11:48	24	13:12	+84	24:59.40	✗	8:02.6	24.98	25:02.42	51.6%
22	6775 Paul Beukema (M34)	17	M30-34	2nd	6.1	21	12:19	23	13:01	+42	25:20.48	☑ 5	8:09.4	25.33	25:26.53	51.7%
23	6725 Adriana Stanley (F23)	5	F20-24	2nd	2.2	23	12:32	21	12:55	+23	25:27.55	✗	8:11.7	25.45	25:29.75	58.1%

24	6727	Evan Samuels (M22)	18	M20-24	3rd	2.5	24	12:34	30	14:11	+96	26:44.83	⊗	8:36.5	26.73	26:47.35	48.2%	
25	6772	Dierk Hohman (M41)	19	M40-44	3rd	---	26	13:37	25	13:12	-25	26:49.51	✓ 1	8:38.1	26.82	26:49.51	51.3%	
26	7048	Scott Mckissick (M63)	20	M60-64	1st	21.6	28	13:48	22	12:57	-51	26:45.15	ℓ	8:36.6	26.75	27:06.76	61.6%	
27	7005	Ken Ashby (M58)	21	M55-59	2nd	---	29	13:51	26	13:20	-31	27:10.52	ℓ	8:44.8	27.17	27:10.52	58.0%	
28	6656	Curt Burgess (M39)	22	M35-39	2nd	5.5	27	13:40	27	13:31	-9	27:10.47		8:44.8	27.17	27:15.97	49.9%	
29	7038	Michael Rumery (M38)	23	M35-39	3rd	20.5	25	13:15	29	13:58	+42	27:12.76	ℓ	8:45.5	27.20	27:33.23	49.4%	
30	6547	Bill Shirley (M68)	24	M65-69	1st	0.8	31	14:22	28	13:40	-41	28:02.21	ℓ	9:01.5	28.03	28:03.00	61.5%	
31	7198	Yanira Lopez (F48)	6	F45-49	1st	6.5	30	14:18	31	14:29	+11	28:46.47	ℓ	9:15.7	28.77	28:53.01	57.4%	
32	7066	Duane Thomason (M44)	25	M40-44	4th	9.9	33	14:26	32	14:46	+20	29:11.74	ℓ	9:23.8	29.18	29:21.66	48.2%	
33	6748	Blake Emert (M22)	26	M20-24	4th	2.6	35	14:43	34	14:58	+15	29:40.94	⊗	9:33.2	29.67	29:43.56	43.5%	
34	6749	Hannah Stutts (F23)	7	F20-24	3rd	3.3	34	14:42	35	14:59	+17	29:40.68	⊗	9:33.1	29.67	29:43.95	49.9%	
35	7283	Ruben Reyes (M55)	27	M55-59	3rd	6.2	39	15:37	33	14:52	-45	30:28.84	ℓ	9:48.6	30.47	30:35.05	50.4%	
36	6742	Glenn Meador (M46)	28	M45-49	3rd	6.4	32	14:25	38	16:22	+116	30:46.98	⊗	9:54.5	30.77	30:53.38	46.4%	
37	6773	Laurie Anne Hohman (F40)	8	F40-44	1st	1.8	37	15:00	37	15:58	+57	30:58.32	✓ 1	9:58.1	30.97	31:00.12	49.5%	
38	7052	Cheryl Oliver (F51)	9	F50-54	1st	43.8	40	15:47	36	15:23	-25	31:09.80	⊗	10:01.8	31.15	31:53.61	55.0%	
39	6548	Miguel Matos (M54)	29	M50-54	2nd	1.4	38	15:34	39	16:35	+61	32:08.52		10:20.7	32.13	32:09.94	47.4%	
40	6750	Jake Davis (M22)	30	M20-24	5th	2.9	36	14:58	41	17:12	+134	32:09.39	⊗	10:21.0	32.15	32:12.29	40.1%	
41	6774	Mike Catt (M57)	31	M55-59	4th	5.9	41	15:59	42	17:31	+92	33:30.24	ℓ	10:47.0	33.50	33:36.16	46.6%	
42	6730	Amanda Witty (F33)	10	F30-34	1st	4.5	44	16:44	40	16:59	+16	33:42.62	⊗	10:51.0	33.70	33:47.09	44.1%	
43	6660	Rachel Meador (F43)	11	F40-44	3rd	8.3	45	17:08	43	17:55	+47	35:03.56	⊗	11:17.1	35.05	35:11.85	44.7%	
44	6777	Timothy Eaton (M55)	32	M55-59	5th	9.4	46	17:10	45	18:47	+97	35:56.48	⊗	11:34.1	35.93	36:05.85	42.8%	
45	6697	Carol Pope (F52)	12	F50-54	2nd	7.9	47	17:24	48	19:48	+144	37:12.60	⊗	11:58.6	37.20	37:20.48	46.6%	
46	6778	Janice Snyder (F64)	13	F60-64	SR	1.4	49	18:22	46	18:59	+37	37:20.26		12:01.1	37.33	37:21.69	54.9%	
47	6731	Tracy Brewer (F45)	14	F45-49	2nd	8.1	48	17:30	47	19:47	+138	37:17.18	⊗	12:00.1	37.28	37:25.27	42.8%	
48	6530	Barbara Moran (F30)	15	F30-34	2nd	126.9	43	16:28	50	20:01	+213	36:28.49	⊗	11:44.4	36.47	38:35.39	40.6%	
49	7149	Ruth Olinger (F68)	16	F65-69	1st	1.4	51	19:04	49	19:50	+46	38:53.80		12:31.2	38.88	38:55.21	56.1%	
50	7024	Carol Creech (F60)	17	F60-64	1st	2.1	52	19:16	51	21:32	+136	40:48.44		13:08.1	40.80	40:50.51	47.4%	
51	7053	Lindsey Oliver (F25)	18	F25-29	2nd	21.4	50	18:29	52	22:51	+262	41:20.39	⊗	13:18.4	41.33	41:41.80	35.8%	
52	6707	Crystal Hemmenway (F44)	19	F40-44	4th	7.3						42:40.31	⊗	13:44.1	42.67	42:47.59	37.1%	
53	6771	Edgar Hernandez (M46)	33	M45-49	4th	5.2	53	19:49	53	22:57	+189	42:46.27		13:46.0	42.77	42:51.51	33.4%	
54	7030	Robert Cunningham (M80)	34	M80-99	1st	4.9	54	22:22	54	23:01	+39	45:22.72		14:36.4	45.37	45:27.64	46.3%	
55	6780	David Allen (M35)	35	M35-39	4th	108.6	57	23:51	55	23:28	-23	47:18.45		15:13.6	47.30	49:07.01	27.9%	
56	7315	Evelyn Bruser (F39)	20	F35-39	1st	132.5	55	22:25	56	25:00	+154	47:25.27		15:15.8	47.42	49:37.75	32.1%	
57	7041	Kay Scott (F41)	21	F40-44	2nd	061.1	42	16:12	44	18:31	+139	34:42.85		11:10.4	34.70	52:23.97	44.5%	
58	6779	Tiffyni Allen (F32)	22	F30-34	3rd	109.1	56	23:51	57	27:10	+200	51:01.20	⊗	16:25.3	51.02	52:50.28	29.1%	
59	6580	Andrenae Buchanan (F45)	23	F45-49	3rd	59.9	59	34:05	58	35:58	+113	110:02.63	⊗	22:32.7	70.03	111:02.56	22.8%	
60	6579	Andre Buchanan (M19)	36	M15-19	1st	61.2	58	34:01	59	36:00	+119	110:01.70	⊗	22:32.4	70.02	111:02.89	18.8%	
			38 Positive Split		21 Negative Split		Average Finish Time:				31:19		Average Age Grade:				51.8%	

FN\*:  Broke Age-Group Record

GD Place among Females

Positive Split

Timing provided by:

ℓ Ran Mile before 5K ✓ # Races PR @ Carrollton Runners (2003 & later)

Negative Split

 DeltaViewTiming.com

# Sorted Age Grades

Sunday, August 28, 2011

## 1M

	OA Name	Finish Time	AgeGrade
1	11 Kim Andres	F58 7:01.91	78.9%
2	10 Bill Shirley	M68 6:42.45	74.0%
3	1 Kim Mang	M41 5:25.63	72.9%
4	2 Hector Delgado	M42 5:31.74	72.1%
5	4 James Royal	M49 5:51.10	71.9%
6	12 Wally Capps	M70 7:15.52	69.8%
7	3 Kris Nance	M34 5:32.25	68.1%
8	9 Julio Lopez	M55 6:35.90	67.0%
9	6 Ruben Saguil	M46 6:16.48	65.5%
10	16 Scott Mckissick	M63 7:43.02	61.4%
11	5 Enrique Hernandez	M36 6:15.60	60.9%
12	7 Michael Rumery	M38 6:26.17	60.1%
13	8 Rolando Hernandez	M37 6:28.78	59.3%
14	18 Yanira Lopez	F48 8:22.08	58.1%
15	15 Ruben Reyes	M55 7:37.86	57.9%
16	17 Ken Ashby	M58 7:55.35	57.2%
17	13 David Short	M50 7:28.79	56.7%
18	19 Mike Catt	M57 8:40.83	51.8%
19	14 Paul Beukema	M34 7:31.15	50.1%

## 5K

	OA Name	Finish Time	AgeGrade
1	2 Laura Nelson	F45 20:05.07	79.5%
2	12 Wally Capps	M70 23:17.58	75.7%
3	20 Kim Andres	F58 24:53.01	75.5%
4	1 Kim Mang	M41 18:56.21	72.6%
5	11 Julio Lopez	M55 22:41.90	67.7%
6	5 James Royal	M49 21:47.80	67.1%
7	4 Hector Delgado	M42 20:56.43	66.2%
8	9 David Short	M50 22:21.22	66.0%
9	14 David Mask	M59 24:10.74	65.8%
10	3 Kris Nance	M34 20:17.73	64.6%
11	13 M Maimonides	M48 23:17.98	62.3%
12	8 Victor Rojas	M43 22:28.67	62.1%
13	26 Scott Mckissick	M63 26:45.15	61.6%
14	30 Bill Shirley	M68 28:02.21	61.5%
15	18 Nathan Bruser	M40 22:21.06	61.1%
16	15 Amy Nold	F23 24:26.35	60.6%
17	17 Lisa Fritz	F27 24:34.62	60.2%
18	7 Enrique Hernandez	M36 22:09.94	59.8%
19	6 Ray Liberatore	M23 21:49.84	59.1%
20	23 Adriana Stanley	F23 25:27.55	58.1%
21	27 Ken Ashby	M58 27:10.52	58.0%
22	31 Yanira Lopez	F48 28:46.47	57.4%
23	10 Blake Bueltel	M25 22:37.90	57.0%
24	49 Ruth Olinger	F68 38:53.80	56.1%
25	38 Cheryl Oliver	F51 31:09.80	55.0%
26	46 Janice Snyder	F64 37:20.26	54.9%
27	16 Daniel Prado	M24 24:33.61	52.5%
28	22 Paul Beukema	M34 25:20.48	51.7%
29	21 Isaias Rubio	M26 24:59.40	51.6%
30	25 Dierk Hohman	M41 26:49.51	51.3%
31	35 Ruben Reyes	M55 30:28.84	50.4%

100% World Record Level for Gender/Age

90% World Class Level

80% National Class Level

70% Regional Class Level

65% Boston-Qualifier Approximate Level

60% Local Class Level

50% Average Class Level