

The Carrollton Chase Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Gabriel Sapien	5:55.28	Dennis Maietta	20:36.41	David Short	22:51.56	Bruce Johnston	24:23.63
Frances Mckissick	6:49.10	Laura Nelson	19:55.58	Frances Mckissick	23:31.96	Ruth Olinger	37:30.04

5K MALE

11 Runners --- Average Time of 27:27

	Name	City	(Age)	Split	Chip Time	FN*	Pace	Place in OA	GD
OVERALL	1 Dennis Maietta	Grapevine	(50)	+20	20:36.41		6:38.0	2	1
MASTERS	1 David Short	Frisco	(50)	-18	22:51.56	M✓	7:21.5	6	4
SENIORS	1 Bruce Johnston	Plano	(58)	+4	24:23.63	M	7:51.1	9	6
M25-29	1 Gabe Guevara	Coppell	(25)	+91	22:27.46	M	7:13.7	3	2
M35-39	1 Nathan Bruser	Coppell	(39)	+9	22:45.47	M	7:19.5	4	3
M50-54	1 Gary Cox	Carrollton	(53)	-5	23:23.64	M	7:31.8	7	5
M55-59	1 Ruben Reyes	Carrollton	(55)	+20	29:38.81	M	9:32.5	12	9
M60-64	1 Scott Mckissick	Irving	(62)	-20	26:55.65	M	8:40.0	10	7
	2 Glenn Dumas	Farmers Branch	(61)	-25	27:12.20	M	8:45.4	11	8
M70-74	1 Al Angell	Dallas	(71)	+37	34:55.46	M	11:14.5	13	10
M75-79	1 Robert Cunningham	Grand Prairie	(79)	-6	46:42.62		15:02.1	20	11

5K FEMALE

9 Runners --- Average Time of 32:55

	Name	City	(Age)	Split	Chip Time	FN*	Pace	Place in OA	GD
OVERALL	1 Laura Nelson	Grapevine	(45)	+9	19:55.58		6:24.8	1	1
MASTERS	1 Frances Mckissick	Irving	(48)	-42	23:31.96	M	7:34.5	8	2
SENIORS	1 Ruth Olinger	The Colony	(68)	+76	37:30.04	□	12:04.2	15	4
F25-29	1 Kimberly Porter	Ft. Worth	(29)	+49	38:40.81		12:27.0	17	6
F30-34	1 Demicia Massey	Fort Worth	(31)	+278	36:04.91		11:36.8	14	3
F35-39	1 Evelyn Bruser	Coppell	(39)	+36	40:09.99		12:55.7	19	8
F40-44	1 Scymentress Williams	Arlington	(40)	+60	38:52.02	✓	12:30.6	18	7
F60-64	1 Carol Creech	Plano	(60)	+121	38:40.08		12:26.8	16	5
FStroller	1 Blake Bruser	Coppell	(1)	+9	22:45.77	M	7:19.6	5	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 MALE

11 Runners --- Average Time of **7:55**

	Name	City	(Age)	Split	Chip Time	FN*	Pace	Place in OA	GD
OVERALL	1 Gabriel Sapien	Carrollton	(51)		5:55.28		5:55.3	1	1
M25-29	1 Gabe Guevara	Coppell	(25)		6:48.09		6:48.1	3	3
M35-39	1 Nathan Bruser	Coppell	(39)		9:56.15		9:56.2	14	11
M45-49	1 Ruben Saguil	Carrollton	(46)		6:39.20		6:39.2	2	2
M50-54	1 Gary Cox	Carrollton	(53)		7:19.66		7:19.7	6	5
	2 David Short	Frisco	(50)		8:41.95		8:42.0	11	9
M55-59	1 Bruce Johnston	Plano	(58)		7:12.26		7:12.3	5	4
	2 Ruben Reyes	Carrollton	(55)		8:13.07		8:13.1	8	7
M60-64	1 Scott Mckissick	Irving	(62)		7:49.48		7:49.5	7	6
	2 Glenn Dumas	Farmers Branch	(61)		8:41.53		8:41.5	10	8
M70-74	1 Al Angell	Dallas	(71)		9:50.88		9:50.9	12	10

1M FEMALE

3 Runners --- Average Time of **8:29**

	Name	City	(Age)	Split	Chip Time	FN*	Pace	Place in OA	GD
OVERALL	1 Frances Mckissick	Irving	(48)		6:49.10	✓	6:49.1	4	1
F10-14	1 Callie Harrigan	Carrollton	(12)		8:40.51		8:40.5	9	2
FStroller	1 Blake Bruser	Coppell	(1)		9:56.09		9:56.1	13	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	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7015		Gabriel Sapien (M51)	1	M50-54	OA	---		5:55.28		5:55.3	20.24	5:55.28	72.2%
2	7003		Ruben Saguil (M46)	2	M45-49	1st	---		6:39.20		6:39.2	22.75	6:39.20	61.8%
3	6696		Gabe Guevara (M25)	3	M25-29	1st	---		6:48.09	✕	6:48.1	23.26	6:48.09	54.5%
4	7062		Frances Mckissick (F48)	1	F45-49	OA	---		6:49.10	✓	6:49.1	23.32	6:49.10	71.3%
5	6699		Bruce Johnston (M58)	4	M55-59	1st	---		7:12.26	✕	7:12.3	24.63	7:12.26	62.9%
6	6698		Gary Cox (M53)	5	M50-54	1st	---		7:19.66	✕	7:19.7	25.03	7:19.66	59.3%
7	7048		Scott Mckissick (M62)	6	M60-64	1st	---		7:49.48		7:49.5	26.74	7:49.48	60.0%
8	7283		Ruben Reyes (M55)	7	M55-59	2nd	---		8:13.07		8:13.1	28.11	8:13.07	53.8%
9	6618		Callie Harrigan (F12)	2	F10-14	1st	---		8:40.51	✕	8:40.5	29.65	8:40.51	53.2%
10	7014		Glenn Dumas (M61)	8	M60-64	2nd	---		8:41.53		8:41.5	29.71	8:41.53	53.5%
11	6527		David Short (M50)	9	M50-54	2nd	---		8:41.95		8:42.0	29.71	8:41.95	48.8%
12	6622		Al Angell (M71)	10	M70-74	1st	---		9:50.88	✕	9:50.9	33.64	9:50.88	52.1%
13	7316		Blake Bruser (F1)	0	FStroller	1st	---		9:56.09		9:56.1	33.98	9:56.09	
14	7097		Nathan Bruser (M39)	11	M35-39	1st	---		9:56.15		9:56.2	33.98	9:56.15	39.2%
Average Finish Time:									08:02	Average Age Grade:			57.1%	

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD				
1	7274		Laura Nelson (F45)	1	F45-49	OA	---	1 9:53	1 10:02	+9	19:55.58		6:24.8	19.92	19:55.58	80.2%		
2	7273		Dennis Maietta (M50)	1	M50-54	OA	---	2 10:08	2 10:28	+20	20:36.41		6:38.0	20.60	20:36.41	71.6%		
3	6696		Gabe Guevara (M25)	2	M25-29	1st	0.2	3 10:28	8 11:59	+91	22:27.46	ℓ	✕	7:13.7	22.45	22:27.65	57.4%	
4	7097		Nathan Bruser (M39)	3	M35-39	1st	6.9	4 11:18	5 11:27	+9	22:45.47	ℓ		7:19.5	22.75	22:52.41	59.5%	
5	7316		Blake Bruser (F1)	0	FStroller	1st	6.8	5 11:18	6 11:28	+9	22:45.77	ℓ		7:19.6	22.75	22:52.55		
6	6527		David Short (M50)	4	M50-54	MS	4.6	6 11:35	3 11:17	-18	22:51.56	ℓ	✓	5	7:21.5	22.85	22:56.19	64.5%
7	6698		Gary Cox (M53)	5	M50-54	1st	---	7 11:44	7 11:40	-5	23:23.64	ℓ	✕	7:31.8	23.38	23:23.64	64.6%	
8	7062		Frances Mckissick (F48)	2	F45-49	MS	---	8 12:07	4 11:25	-42	23:31.96	ℓ		7:34.5	23.52	23:31.96	70.2%	
9	6699		Bruce Johnston (M58)	6	M55-59	SR	1.2	9 12:10	9 12:14	+4	24:23.63	ℓ	✕	7:51.1	24.38	24:24.86	64.6%	
10	7048		Scott Mckissick (M62)	7	M60-64	1st	0.4	10 13:38	10 13:18	-20	26:55.65	ℓ		8:40.0	26.92	26:56.00	60.6%	
11	7014		Glenn Dumas (M61)	8	M60-64	2nd	7.9	11 13:49	11 13:24	-25	27:12.20	ℓ		8:45.4	27.20	27:20.11	59.5%	
12	7283		Ruben Reyes (M55)	9	M55-59	1st	1.0	12 14:40	12 14:59	+20	29:38.81	ℓ		9:32.5	29.63	29:39.79	51.8%	
13	6622		Al Angell (M71)	10	M70-74	1st	0.4	14 17:09	13 17:46	+37	34:55.46	ℓ	✕	11:14.5	34.92	34:55.90	51.1%	
14	6602		Demicia Massey (F31)	3	F30-34	1st	0.2	13 15:43	18 20:22	+278	36:04.91		✕	11:36.8	36.07	36:05.12	41.1%	
15	149		Ruth Olinger (F68)	4	F65-69	SR	---	15 18:07	14 19:23	+76	37:30.04		□	12:04.2	37.50	37:30.04	58.2%	
16	7024		Carol Creech (F60)	5	F60-64	1st	0.6	16 18:19	17 20:21	+121	38:40.08			12:26.8	38.67	38:40.64	50.0%	
17	6617		Kimberly Porter (F29)	6	F25-29	1st	0.4	17 18:56	15 19:45	+49	38:40.81		✕	12:27.0	38.67	38:41.21	38.3%	
18	7769		Scymentress Williams (F40)	7	F40-44	1st	---	18 18:56	16 19:56	+60	38:52.02		✓	1	12:30.6	38.87	38:52.02	39.4%
19	7315		Evelyn Bruser (F39)	8	F35-39	1st	6.3	19 19:47	19 20:23	+36	40:09.99			12:55.7	40.15	40:16.27	37.9%	
20	7030		Robert Cunningham (M79)	11	M75-79	1st	2.8	20 23:24	20 23:18	-6	46:42.62			15:02.1	46.70	46:45.45	43.9%	
Average Finish Time:									29:54	Average Age Grade:			56.0%					