

Monday, December 26, 2011

# Carrollton Runners Mile + 5K

38F Cloudy 93% H 6mph NNW

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

Mile Off :7:40 am

5K Off :7:57 am

Mile Overall		5K Overall		5K Masters		5K Seniors	
Ryan Loehding	5:38.16	Tommy Brown	17:20.84	Doug Waters	20:55.25	Julio Lopez	22:01.28
Kim Andres	7:45.52	Kim Rogers-Tracy	22:11.20	Kim Andres	25:29.35	Carol Creech	37:25.48

## 5K MALE

		25 Runners --- Average Time of <b>26:42</b>				Avg. Age Grade: <b>60.2%</b>		Place in			
		Name	City	(Age)	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Tommy Brown	Land O' Lakes, FL	(37)		<b>17:20.84</b>		5:35.0	<b>77.0%</b>	1	1
MASTERS	1	Doug Waters	Carrollton	(47)		<b>20:55.25</b>		6:44.0	<b>68.8%</b>	4	4
SENIORS	1	Julio Lopez	Farmers Branch	(56)		<b>22:01.28</b>	ML	7:05.3	<b>70.4%</b>	6	6
M01-09	1	Braeden Rogers-Tracy		(8)		<b>34:45.84</b>		11:11.4	49.0%	29	22
	2	Sean Loehding	Carrollton	(7)		<b>38:50.21</b>		12:30.0	45.8%	37	24
	3	Oscar Brown	Land O' Lakes, FL	(4)		<b>46:10.08</b>		14:51.6		43	25
M10-14	1	Matteo Agius		(12)		<b>24:50.38</b>		7:59.7	59.9%	12	11
M15-19	1	Shawn Syed		(16)		<b>25:23.82</b>		8:10.5	53.9%	13	12
	2	Harris Syed		(19)		<b>25:30.67</b>		8:12.7	51.7%	15	13
M35-39	1	Ryan Loehding	Carrollton	(39)		<b>19:30.64</b>	ML	6:16.8	<b>69.4%</b>	2	2
	2	Frankie Agius		(39)		<b>20:00.75</b>		6:26.5	<b>67.7%</b>	3	3
	3	Matthew Mordhorst	Carrollton	(38)		<b>22:54.81</b>		7:22.5	58.7%	8	7
M40-44	1	Ian Maung	Coppell	(44)		<b>21:09.13</b>	✓	6:48.5	<b>66.5%</b>	5	5
	2	Jeff Keup		(43)		<b>27:45.72</b>		8:56.1	50.3%	21	18
	3	Victor Rojas	Mexico City	(43)		<b>27:59.12</b>	ML	9:00.5	49.9%	22	19
	4	Gray Kinney		(44)		<b>29:57.88</b>	✓	9:38.7	47.0%	24	21
M50-54	1	Scott Bertrand	Plano	(53)		<b>23:12.70</b>		7:28.3	<b>65.1%</b>	9	8
M55-59	1	James Johnson	Dallas	(58)		<b>26:10.65</b>		8:25.5	<b>60.2%</b>	17	15
	2	Peter Chan		(58)		<b>26:56.64</b>		8:40.3	58.5%	18	16
M60-64	1	Teddy Viator	Dallas	(60)		<b>25:40.39</b>	ML	8:15.8	<b>62.5%</b>	16	14
	2	Glenn Dumas	Farmers Branch	(62)		<b>27:17.98</b>	ML	8:47.2	59.8%	19	17
	3	John Nance	Rowlett	(63)		<b>28:56.66</b>		9:19.0	56.9%	23	20
M65-69	1	Thomas Conway		(66)		<b>24:03.61</b>	ML ✓	7:44.7	<b>70.4%</b>	10	9
M70-74	1	Wally Capps	Farmers Branch	(71)		<b>24:46.24</b>	ML	7:58.4	<b>72.0%</b>	11	10
M75-79	1	Patrick Greene	Coppell	(75)		<b>35:16.58</b>		11:21.3	53.7%	30	23

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

△ Positive Split  
 △ Negative Split

Timing provided by:  
 **DeltaViewTiming.com**

# 5K FEMALE

		20 Runners --- Average Time of <b>35:51</b>			Avg. Age Grade: <b>48.4%</b>			Place in		
	Name	City	(Age)	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	<b>Kim Rogers-Tracy</b>	(34)		<b>22:11.20</b>	<input type="checkbox"/>	7:08.5	<b>67.2%</b>	7	<b>1</b>
MASTERS	1	<b>Kim Andres</b>	Irving (58)		<b>25:29.35</b>	<input checked="" type="checkbox"/>	8:12.3	<b>73.7%</b>	14	<b>2</b>
SENIORS	1	<b>Carol Creech</b>	Plano (60)		<b>37:25.48</b>		12:02.8	51.6%	36	<b>13</b>
F01-09	1	<b>Emelina Brown</b>	Land O' Lakes, FL (6)		<b>40:19.29</b>		12:58.7	48.4%	40	<b>16</b>
F10-14	1	<b>Cameron Rogers-Tracy</b>	(11)		<b>34:45.81</b>		11:11.4	47.9%	28	<b>7</b>
	2	<b>Paige Loehding</b>	Carrollton (11)		<b>35:29.18</b>	<input checked="" type="checkbox"/>	11:25.3	46.9%	31	<b>8</b>
	3	<b>Jamila James</b>	(11)		<b>38:54.17</b>		12:31.3	42.8%	38	<b>14</b>
	4	<b>Izzie Brown</b>	Land O' Lakes, FL (12)		<b>46:08.31</b>		14:51.0	35.3%	42	<b>18</b>
F30-34	1	<b>Sarah Brown</b>	Land O' Lakes, FL (32)		<b>46:13.06</b>		14:52.6	32.1%	44	<b>19</b>
F35-39	1	<b>Ashley Walkup</b>	(35)		<b>30:24.21</b>	<input checked="" type="checkbox"/>	9:47.2	49.2%	25	<b>4</b>
	2	<b>Jennifer Loehding</b>	Carrollton (39)		<b>35:29.46</b>		11:25.4	42.9%	32	<b>9</b>
F40-44	1	<b>Rikki Creech</b>	(40)		<b>30:30.80</b>		9:49.3	50.2%	26	<b>5</b>
	2	<b>Christine Douglass</b>	Coppell (44)		<b>32:48.91</b>		10:33.7	48.2%	27	<b>6</b>
F45-49	1	<b>Yanira Lopez</b>	Farmers Branch (49)		<b>27:21.98</b>	<input checked="" type="checkbox"/>	8:48.5	<b>61.1%</b>	20	<b>3</b>
	2	<b>Susan Schafer</b>	Richardson (46)		<b>35:40.64</b>	<input checked="" type="checkbox"/>	11:29.0	45.2%	33	<b>10</b>
	3	<b>Christine Mayhan</b>	Coppell (49)		<b>35:47.88</b>		11:31.3	46.7%	34	<b>11</b>
	4	<b>Chiffon Okuda</b>	Lewisville (48)		<b>35:56.57</b>		11:34.1	45.9%	35	<b>12</b>
	5	<b>Stephanie James</b>	(45)		<b>38:55.25</b>		12:31.6	41.0%	39	<b>15</b>
F50-54	1	<b>Rekha Sharma</b>	Flower Mound (51)		<b>46:23.74</b>	<input checked="" type="checkbox"/>	14:56.0	36.9%	45	<b>20</b>
F65-69	1	<b>Ruth Olinger</b>	The Colony (69)		<b>40:36.28</b>		13:04.2	54.6%	41	<b>17</b>

# 1M MALE

		10 Runners --- Average Time of <b>7:50</b>			Avg. Age Grade: <b>60.2%</b>			Place in		
	Name	City	(Age)	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	<b>Ryan Loehding</b>	Carrollton (39)		<b>5:38.16</b>		5:38.2	<b>69.1%</b>	1	1
M01-09	1	<b>Nathan Eppelman</b>	Coppell (5)		<b>11:25.46</b>		11:25.5	49.8%	11	9
M40-44	1	<b>Nathan Bruser</b>	Coppell (40)		<b>6:06.68</b>		6:06.7	<b>64.2%</b>	2	2
	2	<b>Victor Rojas</b>	Mexico City (43)		<b>6:58.50</b>		6:58.5	57.6%	4	4
M45-49	1	<b>Scott Eppelman</b>	Coppell (45)		<b>11:26.82</b>		11:26.8	35.6%	12	10
M55-59	1	<b>Julio Lopez</b>	Farmers Branch (56)		<b>6:26.29</b>		6:26.3	<b>69.2%</b>	3	3
M60-64	1	<b>Teddy Viator</b>	Dallas (60)		<b>7:17.66</b>	<input checked="" type="checkbox"/>	7:17.7	<b>63.2%</b>	6	6
	2	<b>Glenn Dumas</b>	Farmers Branch (62)		<b>8:16.77</b>		8:16.8	56.7%	9	8
M65-69	1	<b>Thomas Conway</b>	(66)		<b>6:59.30</b>		6:59.3	<b>69.7%</b>	5	5
M70-74	1	<b>Wally Capps</b>	Farmers Branch (71)		<b>7:41.83</b>		7:41.8	<b>66.7%</b>	7	7

# 1M FEMALE

		2 Runners --- Average Time of <b>8:07</b>			Avg. Age Grade: <b>64.8%</b>			Place in		
	Name	City	(Age)	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	<b>Kim Andres</b>	Irving (58)		<b>7:45.52</b>		7:45.5	<b>71.5%</b>	8	<b>1</b>
F45-49	1	<b>Yanira Lopez</b>	Farmers Branch (49)		<b>8:28.66</b>		8:28.7	58.0%	10	<b>2</b>

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6509 Ryan Loehding (M39)	1	M35-39	OA	---				5:38.16		5:38.2	19.27	5:38.16	69.1%
2	7097 Nathan Bruser (M40)	2	M40-44	1st	---				6:06.68		6:06.7	20.87	6:06.68	64.2%
3	7193 Julio Lopez (M56)	3	M55-59	1st	---				6:26.29		6:26.3	22.01	6:26.29	69.2%
4	7068 Victor Rojas (M43)	4	M40-44	2nd	---				6:58.50		6:58.5	23.83	6:58.50	57.6%
5	6787 Thomas Conway (M66)	5	M65-69	1st	---				6:59.30		6:59.3	23.89	6:59.30	69.7%
6	7051 Teddy Viator (M60)	6	M60-64	1st	---				7:17.66	✓ 4	7:17.7	24.92	7:17.66	63.2%
7	1916 Wally Capps (M71)	7	M70-74	1st	---				7:41.83		7:41.8	26.29	7:41.83	66.7%
8	1486 Kim Andres (F58)	1	F55-59	OA	---				7:45.52		7:45.5	26.51	7:45.52	71.5%
9	7014 Glenn Dumas (M62)	8	M60-64	2nd	---				8:16.77		8:16.8	28.28	8:16.77	56.7%
10	7198 Yanira Lopez (F49)	2	F45-49	1st	---				8:28.66		8:28.7	28.97	8:28.66	58.0%
11	6637 Nathan Eppelman (M5)	9	M01-09	1st	---				11:25.46		11:25.5	39.06	11:25.46	49.8%
12	6634 Scott Eppelman (M45)	10	M45-49	1st	---				11:26.82		11:26.8	39.11	11:26.82	35.6%

✓ 1 Club PR's

Average Finish Time: 07:52

Average Age Grade: 60.9%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6738 Tommy Brown (M37)	1	M35-39	OA	0.6				17:20.84	✗	5:35.0	17.33	17:21.49	77.0%
2	6509 Ryan Loehding (M39)	2	M35-39	1st	0.1				19:30.64	ℓ	6:16.8	19.50	19:30.75	69.4%
3	6785 Frankie Agius (M39)	3	M35-39	2nd	---				20:00.75	✗	6:26.5	20.00	20:00.75	67.7%
4	7012 Doug Waters (M47)	4	M45-49	MS	---				20:55.25		6:44.0	20.92	20:55.25	68.8%
5	7167 Ian Maung (M44)	5	M40-44	1st	0.7				21:09.13	✓ 4	6:48.5	21.15	21:09.84	66.5%
6	7193 Julio Lopez (M56)	6	M55-59	SR	1.1				22:01.28	ℓ	7:05.3	22.02	22:02.40	70.4%
7	6788 Kim Rogers-Tracy (F34)	1	F30-34	OA	4.1				22:11.20	□ ✗	7:08.5	22.18	22:15.30	67.2%
8	6776 Matthew Mordhorst (M38)	7	M35-39	3rd	1.4				22:54.81	✗	7:22.5	22.90	22:56.24	58.7%
9	6736 Scott Bertrand (M53)	8	M50-54	1st	3.5				23:12.70	✗	7:28.3	23.20	23:16.15	65.1%
10	6787 Thomas Conway (M66)	9	M65-69	1st	1.3				24:03.61	ℓ ✓ 1	7:44.7	24.05	24:04.92	70.4%
11	1916 Wally Capps (M71)	10	M70-74	1st	1.4				24:46.24	ℓ	7:58.4	24.77	24:47.61	72.0%
12	6784 Matteo Agius (M12)	11	M10-14	1st	0.4				24:50.38	✗	7:59.7	24.83	24:50.74	59.9%
13	6674 Shawn Syed (M16)	12	M15-19	1st	---				25:23.82	✗	8:10.5	25.38	25:23.82	53.9%
14	1486 Kim Andres (F58)	2	F55-59	MS	---				25:29.35	ℓ	8:12.3	25.48	25:29.35	73.7%
15	6673 Harris Syed (M19)	13	M15-19	2nd	---				25:30.67	✗	8:12.7	25.50	25:30.67	51.7%
16	7051 Teddy Viator (M60)	14	M60-64	1st	3.1				25:40.39	ℓ	8:15.8	25.67	25:43.46	62.5%
17	7191 James Johnson (M58)	15	M55-59	1st	---				26:10.65		8:25.5	26.17	26:10.65	60.2%
18	6780 Peter Chan (M58)	16	M55-59	2nd	2.9				26:56.64		8:40.3	26.93	26:59.54	58.5%
19	7014 Glenn Dumas (M62)	17	M60-64	2nd	8.0				27:17.98	ℓ	8:47.2	27.28	27:25.94	59.8%
20	7198 Yanira Lopez (F49)	3	F45-49	1st	4.7				27:21.98	ℓ	8:48.5	27.35	27:26.70	61.1%
21	6790 Jeff Keup (M43)	18	M40-44	2nd	4.4				27:45.72	✗	8:56.1	27.75	27:50.07	50.3%
22	7068 Victor Rojas (M43)	19	M40-44	3rd	5.1				27:59.12	ℓ	9:00.5	27.98	28:04.23	49.9%
23	7089 John Nance (M63)	20	M60-64	3rd	1.4				28:56.66		9:19.0	28.93	28:58.02	56.9%
24	6783 Gray Kinney (M44)	21	M40-44	4th	0.9				29:57.88	✓ 2	9:38.7	29.95	29:58.83	47.0%
25	6734 Ashley Walkup (F35)	4	F35-39	1st	3.3				30:24.21	✓ 1	9:47.2	30.40	30:27.51	49.2%
26	6721 Rikki Creech (F40)	5	F40-44	1st	3.5				30:30.80		9:49.3	30.50	30:34.25	50.2%
27	6535 Christine Douglass (F44)	6	F40-44	2nd	3.2				32:48.91	✗	10:33.7	32.80	32:52.07	48.2%
28	6789 Cameron Rogers-Tracy (F11)	7	F10-14	1st	4.3				34:45.81	✗	11:11.4	34.75	34:50.08	47.9%
29	6791 Braeden Rogers-Tracy (M8)	22	M01-09	1st	4.3				34:45.84	✗	11:11.4	34.75	34:50.12	49.0%
30	7067 Patrick Greene (M75)	23	M75-79	1st	3.3				35:16.58		11:21.3	35.27	35:19.89	53.7%
31	6778 Paige Loehding (F11)	8	F10-14	2nd	5.0				35:29.18	✓ 1	11:25.3	35.48	35:34.20	46.9%
32	6777 Jennifer Loehding (F39)	9	F35-39	2nd	5.1				35:29.46		11:25.4	35.48	35:34.59	42.9%
33	7065 Susan Schafer (F46)	10	F45-49	2nd	6.0				35:40.64	✓ 2	11:29.0	35.67	35:46.63	45.2%
34	7100 Christine Mayhan (F49)	11	F45-49	3rd	2.1				35:47.88		11:31.3	35.78	35:50.00	46.7%

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

35	7047	Chiffon Okuda (F48)	12	F45-49	4 <sup>th</sup>	1.8		35:56.57	11:34.1	35.93	35:58.36	45.9%		
36	7024	Carol Creech (F60)	13	F60-64	SR	2.7		37:25.48	12:02.8	37.42	37:28.15	51.6%		
37	6779	Sean Loehding (M7)	24	M01-09	2 <sup>nd</sup>	4.0		38:50.21	⊗ 12:30.0	38.83	38:54.22	45.8%		
38	6754	Jamila James (F11)	14	F10-14	3 <sup>rd</sup>	4.1		38:54.17	⊗ 12:31.3	38.90	38:58.23	42.8%		
39	6766	Stephanie James (F45)	15	F45-49	5 <sup>th</sup>	4.4		38:55.25	⊗ 12:31.6	38.92	38:59.63	41.0%		
40	6108	Emelina Brown (F6)	16	F01-09	1 <sup>st</sup>	2.1		40:19.29	⊗ 12:58.7	40.32	40:21.43	48.4%		
41	7149	Ruth Olinger (F69)	17	F65-69	1 <sup>st</sup>	1.4		40:36.28	13:04.2	40.60	40:37.71	54.6%		
42	6107	Izzie Brown (F12)	18	F10-14	4 <sup>th</sup>	2.9		46:08.31	⊗ 14:51.0	46.13	46:11.25	35.3%		
43	6109	Oscar Brown (M4)	25	M01-09	3 <sup>rd</sup>	1.8		46:10.08	⊗ 14:51.6	46.17	46:11.91			
44	6106	Sarah Brown (F32)	19	F30-34	1 <sup>st</sup>	---		46:13.06	⊗ 14:52.6	46.22	46:13.06	32.1%		
45	6600	Rekha Sharma (F51)	20	F50-54	1 <sup>st</sup>	1.0		46:23.74	✓ ⊗ 14:56.0	46.38	46:24.79	36.9%		
✓ 7 Club PR's								Average Finish Time: 30:45			19 First Timers		Average Age Grade: 54.8%	

## Sorted Age Grades

## 1M

	OA Name	Finish Time	AgeGrade	List*
1	8 <b>Kim Andres</b>	F58 7:45.52	71.5%	
2	5 <b>Thomas Conway</b>	M66 6:59.30	69.7%	
3	3 <b>Julio Lopez</b>	M56 6:26.29	69.2%	Move UP
4	1 <b>Ryan Loehding</b>	M39 5:38.16	69.1%	
5	7 <b>Wally Capps</b>	M71 7:41.83	66.7%	
6	2 <b>Nathan Bruser</b>	M40 6:06.68	64.2%	
7	6 <b>Teddy Viator</b>	M60 7:17.66	63.2%	
8	10 <b>Yanira Lopez</b>	F49 8:28.66	58.0%	
9	4 <b>Victor Rojas</b>	M43 6:58.50	57.6%	
10	9 <b>Glenn Dumas</b>	M62 8:16.77	56.7%	

## 5K

	OA Name	Finish Time	AgeGrade	List*
1	1 <b>Tommy Brown</b>	M37 17:20.84	77.0%	New
2	14 <b>Kim Andres</b>	F58 25:29.35	73.7%	
3	11 <b>Wally Capps</b>	M71 24:46.24	72.0%	
4	6 <b>Julio Lopez</b>	M56 22:01.28	70.4%	
5	10 <b>Thomas Conway</b>	M66 24:03.61	70.4%	Move UP
6	2 <b>Ryan Loehding</b>	M39 19:30.64	69.4%	
7	4 <b>Doug Waters</b>	M47 20:55.25	68.8%	
8	3 <b>Frankie Agius</b>	M39 20:00.75	67.7%	New
9	7 <b>Kim Rogers-Tracy</b>	F34 22:11.20	67.2%	New
10	5 <b>Ian Maung</b>	M44 21:09.13	66.5%	Move UP
11	9 <b>Scott Bertrand</b>	M53 23:12.70	65.1%	New
12	16 <b>Teddy Viator</b>	M60 25:40.39	62.5%	
13	20 <b>Yanira Lopez</b>	F49 27:21.98	61.1%	
14	17 <b>James Johnson</b>	M58 26:10.65	60.2%	
15	12 <b>Matteo Agius</b>	M12 24:50.38	59.9%	
16	19 <b>Glenn Dumas</b>	M62 27:17.98	59.8%	
17	8 <b>Matthew Mordhorst</b>	M38 22:54.81	58.7%	
18	18 <b>Peter Chan</b>	M58 26:56.64	58.5%	
19	23 <b>John Nance</b>	M63 28:56.66	56.9%	
20	41 <b>Ruth Olinger</b>	F69 40:36.28	54.6%	
21	13 <b>Shawn Syed</b>	M16 25:23.82	53.9%	
22	30 <b>Patrick Greene</b>	M75 35:16.58	53.7%	
23	15 <b>Harris Syed</b>	M19 25:30.67	51.7%	
24	36 <b>Carol Creech</b>	F60 37:25.48	51.6%	
25	21 <b>Jeff Keup</b>	M43 27:45.72	50.3%	
26	26 <b>Rikki Creech</b>	F40 30:30.80	50.2%	

100%	World Record Level for Gender/Age
90%	World Class Level
80%	National Class Level
70%	Regional Class Level

List*	Carrollton Runners Performance Lists for Age Grades > 65
65%	Boston-Qualifier Approximate Level
60%	Local Class Level
50%	Average Class Level