

Sunday, January 30, 2011

Carrollton Runners Club Mile + 5K

58F and Humid
Mile Off :7:32 am
5K Off :7:45 am

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

Mile Overall		5K Overall		5K Masters		5K Seniors	
Jeff Breese	6:29.00	Kris Nance	18:49.51	Froylan Franco	19:17.73	John Ball	21:05.00
Kim Andres	7:37.58	Laura Nelson	20:21.93	Kim Andres	24:59.80	Carol Creech	39:20.06

5K MALE

33 Runners --- Average Time of 27:29

	Name	City	(Age)	Split	Chip Time	FN*	Pace	Place in OA	GD
OVERALL	1 Kris Nance	Plano	(34)	-14	18:49.51	✓	6:03.6	1	1
MASTERS	1 Froylan Franco	Mckinney	(42)	-10	19:17.73	✓	6:12.6	3	3
SENIORS	1 John Ball		(58)		21:05.00		6:47.2	8	7
M10-14	1 Benjamin Gillick	Denton	(12)	-19	24:25.18		7:51.6	13	12
M15-19	1 Pedro Pacheco	Denton	(17)	+102	23:12.50		7:28.2	9	8
	2 Ryan Meade	Coppell	(18)	-66	25:55.78		8:20.8	23	21
	3 Joe Minden	Coppell	(17)	-57	26:04.39		8:23.5	25	23
	4 Nate Hruby	Coppell	(17)	-4	27:00.70		8:41.7	31	26
M20-24	1 William An	Dallas	(24)	-221	47:40.61		15:20.7	40	31
M25-29	1 Christopher Williams	Carrollton	(29)	+29	28:37.11		9:12.7	33	28
M35-39	1 Doug Elmore	Carrollton	(37)	+18	19:16.95	✓	6:12.4	2	2
	2 Enrique Hernandez	Carrollton	(35)	+25	20:06.47	✓	6:28.3	5	5
M40-44	1 Duane Thomason	Plano	(44)	+34	25:29.70		8:12.4	18	16
	2 Keith Kupiec	Carrollton	(43)	+70	27:21.84	✓	8:48.5	28	24
M45-49	1 Jeff Breese	Frisco	(46)	-85	23:30.94		7:34.1	10	9
	2 Layton Freeman	Coppell	(45)	+91	25:07.25	✓	8:05.1	16	14
	3 John Smith	Dallas	(45)	+42	25:10.81	✓	8:06.3	17	15
	4 Doran Brown		(46)	+17	26:48.68	✓	8:37.8	22	20
	5 Kenny Hallman		(49)	-9	27:33.66		8:52.3	30	25
	6 Ken Robinson	Plano	(48)		29:13.00		9:24.2	34	29
	7 Sonny Mendoza		(46)	+104	53:47.99		17:19.0	46	33
M50-54	1 Terry Marcott	Corinth	(53)	+12	19:48.62		6:22.6	4	4
	2 Dennis Maietta	Grapevine	(50)	+36	20:53.59	✓	6:43.5	7	6
	3 David Short		(50)	+74	26:47.66		8:37.5	24	22
M55-59	1 Julio Lopez	Farmers Branch	(55)	+30	23:37.16		7:36.1	11	10
	2 David Mask	Lewisville	(58)	+59	24:30.57		7:53.3	14	13
	3 Teddy Viator	Dallas	(59)	-27	26:08.90		8:25.0	20	18
	4 James Johnson	Dallas	(58)	+11	26:09.89		8:25.3	21	19
M60-64	1 John Nance	Rowlett	(62)	+5	23:42.13		7:37.7	12	11
	2 Glenn Dumas	Farmers Branch	(61)	+7	25:41.02		8:16.0	19	17
	3 Speed Collingsworth		(61)	+29	28:23.31		9:08.2	32	27
M75-79	1 Robert Cunningham	Grand Prairie	(79)	-27	41:51.81		13:28.5	38	30
MStroller	1 Nathaniel An		(2)	+106	53:39.70		17:16.3	45	32

FN*: Broke Age-Group Record

GD Place among Females

▲ Positive Split

Timing provided by:

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

▲ Negative Split

 **DeltaViewTiming.com**

5K FEMALE

13 Runners --- Average Time of 37:43

	Name	City	(Age)	Split	Chip Time	FN*	Pace	Place in OA	GD
OVERALL	1 Laura Nelson	Grapevine	(45)	+14	20:21.93		6:33.3	6	1
MASTERS	1 Kim Andres	Plano	(57)	+45	24:59.80		8:02.7	15	2
SENIORS	1 Carol Creech	Plano	(60)	+72	39:20.06		12:39.6	36	7
F15-19	1 Taylor Freeman	Coppell	(17)	+124	31:20.66	✓	10:05.3	35	6
F20-24	1 Katlyn Mendoza	Dallas	(21)	+131	53:40.22		17:16.5	43	12
F25-29	1 Jennifer Miller	Dallas	(27)	+141	43:12.45		13:54.4	39	9
	2 Erin Mahaffey		(25)		50:27.55		16:14.5	41	10
	3 Anna Schwendeman		(26)		50:28.68		16:14.8	42	11
F30-34	1 Annie Koethe		(30)	-20	27:19.90		8:47.8	29	5
F35-39	1 Kelly Johnson	Dallas	(38)	+56	27:17.01	✓	8:46.9	27	4
F45-49	1 Yanira Lopez	Farmers Branch	(48)	+3	27:12.04		8:45.3	26	3
	2 Mary Salazar		(48)		41:00.00		13:11.8	37	8
	3 Shai Mendoza	Grand Prairie	(45)	+106	53:39.77		17:16.3	44	13

1M MALE

8 Runners --- Average Time of 7:01

	Name	City	(Age)	Split	Chip Time	FN*	Pace	Place in OA	GD
OVERALL	1 Jeff Breese	Frisco	(46)		6:29.00		6:29.0	1	1
M35-39	1 Doug Elmore	Carrollton	(37)		6:46.16		6:46.2	3	3
	2 Enrique Hernandez	Carrollton	(35)		7:39.47		7:39.5	8	7
M45-49	1 Kenny Hallman		(49)		6:58.26		6:58.3	5	5
	2 Ruben Saguil	Carrollton	(46)		6:59.00		6:59.0	6	6
M55-59	1 John Ball		(58)		6:40.78		6:40.8	2	2
	2 Julio Lopez	Farmers Branch	(55)		6:52.23		6:52.2	4	4
M60-64	1 Glenn Dumas	Farmers Branch	(61)		7:46.48		7:46.5	9	8

1M FEMALE

2 Runners --- Average Time of 8:12

	Name	City	(Age)	Split	Chip Time	FN*	Pace	Place in OA	GD
OVERALL	1 Kim Andres	Plano	(57)		7:37.58		7:37.6	7	1
F45-49	1 Yanira Lopez	Farmers Branch	(48)		8:46.86		8:46.9	10	2

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	1389 Jeff Breese (M46)	1	M45-49	OA	---				6:29.00		6:29.0	22.18	6:29.00	63.4%
2	7230 John Ball (M58)	2	M55-59	1st	---				6:40.78		6:40.8	22.81	6:40.78	67.9%
3	6669 Doug Elmore (M37)	3	M35-39	1st	---				6:46.16	×	6:46.2	23.15	6:46.16	56.7%
4	7193 Julio Lopez (M55)	4	M55-59	2nd	---				6:52.23		6:52.2	23.49	6:52.23	64.3%
5	7231 Kenny Hallman (M49)	5	M45-49	1st	---				6:58.26		6:58.3	23.83	6:58.26	60.4%
6	7203 Ruben Saguil (M46)	6	M45-49	2nd	---				6:59.00		6:59.0	23.89	6:59.00	58.8%
7	1486 Kim Andres (F57)	1	F55-59	OA	---				7:37.58		7:37.6	26.06	7:37.58	71.7%
8	6583 Enrique Hernandez (M35)	7	M35-39	2nd	---				7:39.47	×	7:39.5	26.17	7:39.47	49.5%
9	7014 Glenn Dumas (M61)	8	M60-64	1st	---				7:46.48		7:46.5	26.57	7:46.48	59.9%
10	7198 Yanira Lopez (F48)	2	F45-49	1st	---				8:46.86		8:46.9	29.99	8:46.86	55.3%

Average Finish Time: 07:15 Average Age Grade: 60.8%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6524 Kris Nance (M34)	1	M30-34	OA	---	9:32	9:18	-14	18:49.51	✓ 3	6:03.6	18.82	18:49.51	69.6%
2	6669 Doug Elmore (M37)	2	M35-39	1st	1.3	9:29	9:47	+18	19:16.95	✓ 2	6:12.4	19.27	19:18.21	69.2%
3	6756 Froylan Franco (M42)	3	M40-44	MS	2.5	9:44	9:34	-10	19:17.73	✓ 4	6:12.6	19.28	19:20.20	71.8%
4	6709 Terry Marcott (M53)	4	M50-54	1st	1.7	9:49	10:00	+12	19:48.62		6:22.6	19.80	19:50.36	76.3%
5	6583 Enrique Hernandez (M35)	5	M35-39	2nd	1.5	9:51	10:16	+25	20:06.47	✓ 1	6:28.3	20.10	20:07.92	65.5%
6	6706 Laura Nelson (F45)	1	F45-49	OA	1.4	10:04	10:18	+14	20:21.93		6:33.3	20.35	20:23.31	78.4%
7	6707 Dennis Maietta (M50)	6	M50-54	2nd	1.0	10:09	10:45	+36	20:53.59	✓ 7	6:43.5	20.88	20:54.55	70.6%
8	7230 John Ball (M58)	7	M55-59	SR	---				21:05.00		6:47.2	21.08	21:05.00	74.8%
9	6744 Pedro Pacheco (M17)	8	M15-19	1st	---	10:45	12:27	+102	23:12.50	×	7:28.2	23.20	23:12.50	58.2%
10	1389 Jeff Breese (M46)	9	M45-49	1st	5.8	12:28	11:03	-85	23:30.94		7:34.1	23.50	23:36.76	60.8%
11	7193 Julio Lopez (M55)	10	M55-59	1st	2.0	11:34	12:03	+30	23:37.16		7:36.1	23.62	23:39.12	65.1%
12	144 John Nance (M62)	11	M60-64	1st	---	11:48	11:54	+5	23:42.13		7:37.7	23.70	23:42.13	68.9%
13	6747 Benjamin Gillick (M12)	12	M10-14	1st	---	12:22	12:03	-19	24:25.18	×	7:51.6	24.42	24:25.18	60.9%
14	7179 David Mask (M58)	13	M55-59	2nd	9.4	11:46	12:45	+59	24:30.57		7:53.3	24.50	24:40.01	64.3%
15	1486 Kim Andres (F57)	2	F55-59	MS	1.9	12:07	12:52	+45	24:59.80		8:02.7	24.98	25:01.67	74.2%
16	6556 Layton Freeman (M45)	14	M45-49	2nd	3.0	11:48	13:19	+91	25:07.25	✓ 1	8:05.1	25.12	25:10.30	56.4%
17	6633 John Smith (M45)	15	M45-49	3rd	---	12:15	12:56	+42	25:10.81	✓ 2	8:06.3	25.17	25:10.81	56.3%
18	6752 Duane Thomason (M44)	16	M40-44	1st	6.9	12:28	13:02	+34	25:29.70	×	8:12.4	25.48	25:36.63	55.2%
19	7014 Glenn Dumas (M61)	17	M60-64	2nd	22.7	12:47	12:54	+7	25:41.02		8:16.0	25.68	26:03.68	63.0%
20	6745 Teddy Viator (M59)	18	M55-59	3rd	---	13:18	12:51	-27	26:08.90	×	8:25.0	26.13	26:08.90	60.8%
21	7191 James Johnson (M58)	19	M55-59	4th	2.4	12:59	13:11	+11	26:09.89		8:25.3	26.15	26:12.28	60.2%
22	6758 Doran Brown (M46)	20	M45-49	4th	3.7	13:16	13:33	+17	26:48.68	✓ 3	8:37.8	26.80	26:52.36	53.3%
23	6732 Ryan Meade (M18)	21	M15-19	2nd	58.0	13:31	12:25	-66	25:55.78	×	8:20.8	25.92	26:53.75	51.4%
24	6527 David Short (M50)	22	M50-54	3rd	8.0	12:47	14:01	+74	26:47.66		8:37.5	26.78	26:55.67	55.0%
25	6733 Joe Minden (M17)	23	M15-19	3rd	57.5	13:31	12:34	-57	26:04.39	×	8:23.5	26.07	27:01.85	51.8%
26	7198 Yanira Lopez (F48)	3	F45-49	1st	4.7	13:35	13:37	+3	27:12.04		8:45.3	27.20	27:16.71	60.7%
27	6746 Kelly Johnson (F38)	4	F35-39	1st	4.6	13:11	14:06	+56	27:17.01	✓ 2	8:46.9	27.28	27:21.63	55.5%
28	7147 Keith Kupiec (M43)	24	M40-44	2nd	1.6	13:06	14:16	+70	27:21.84	✓ 7	8:48.5	27.35	27:23.46	51.0%
29	6753 Annie Koethe (F30)	5	F30-34	1st	4.1	13:50	13:30	-20	27:19.90	×	8:47.8	27.32	27:24.03	54.2%
30	7231 Kenny Hallman (M49)	25	M45-49	5th	0.7	13:51	13:42	-9	27:33.66		8:52.3	27.55	27:34.33	53.1%
31	6740 Nate Hruby (M17)	26	M15-19	4th	56.8	13:33	13:28	-4	27:00.70	×	8:41.7	27.00	27:57.50	50.0%
32	6759 Speed Collingsworth (M61)	27	M60-64	3rd	9.8	13:57	14:26	+29	28:23.31		9:08.2	28.38	28:33.15	57.0%
33	6713 Christopher Williams (M29)	28	M25-29	1st	6.5	14:04	14:33	+29	28:37.11	×	9:12.7	28.62	28:43.62	45.1%
34	7077 Ken Robinson (M48)	29	M45-49	6th	---				29:13.00		9:24.2	29.22	29:13.00	49.7%
35	6558 Taylor Freeman (F17)	6	F15-19	1st	2.4	14:38	16:42	+124	31:20.66	✓ 1	10:05.3	31.33	31:23.05	48.2%
36	683 Carol Creech (F60)	7	F60-64	SR	8.5	19:04	20:16	+72	39:20.06		12:39.6	39.33	39:28.59	49.1%
37	6735 Mary Salazar (F48)	8	F45-49	2nd	---				41:00.00	×	13:11.8	41.00	41:00.00	40.3%
38	7030 Robert Cunningham (M79)	30	M75-79	1st	8.1	21:10	20:42	-27	41:51.81		13:28.5	41.85	41:59.93	49.0%
39	6743 Jennifer Miller (F27)	9	F25-29	1st	10.4	20:26	22:47	+141	43:12.45	×	13:54.4	43.20	43:22.88	34.3%
40	6548 William An (M24)	31	M20-24	1st	14.3	25:41	22:00	-221	47:40.61	×	15:20.7	47.67	47:54.90	27.1%

FN*: Broke Age-Group Record GD Place among Females

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

△ Positive Split

△ Negative Split

Timing provided by:

 DeltaViewTiming.com

41	6755	Erin Mahaffey (F25)	10	F25-29	2nd	4.4			50:27.55	⌘ 16:14.5	50.45	50:31.99	29.3%
42	6754	Anna Schwendeman (F26)	11	F25-29	3rd	4.0			50:28.68	⌘ 16:14.8	50.47	50:32.63	29.3%
43	6550	Katlyn Mendoza (F21)	12	F20-24	1st	11.1	25:45	27:55 +131	53:40.22	17:16.5	53.67	53:51.31	27.6%
44	6552	Shai Mendoza (F45)	13	F45-49	3rd	12.8	25:57	27:43 +106	53:39.77	17:16.3	53.65	53:52.53	29.8%
45	6760	Nathaniel An (M2)	32	MStroller	1st	13.6	25:57	27:43 +106	53:39.70	⌘ 17:16.3	53.65	53:53.28	
46	6757	Sonny Mendoza (M46)	33	M45-49	7th	13.5	26:02	27:46 +104	53:47.99	⌘ 17:19.0	53.78	54:01.52	26.6%
									Average Finish Time:	30:22	Average Age Grade:		54.6%

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

Positive Split
 Negative Split

Timing provided by:
 **DeltaViewTiming.com**