

Sunday, May 29, 2011

Carrollton Runners Mile + 5K

74F Clear 84%H 17mph SSE

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

Mile Off :7:30 am

5K Off :7:48 am

Mile Overall		5K Overall		5K Masters		5K Seniors	
Doug Elmore	5:51.54	Brad Pearson	20:34.27	Ryan Montcalm	21:11.31	David Mask	23:25.74
Kim Andres	7:20.94	Kim Andres	24:57.73	Keiko Yokoyama	25:56.45	Ruth Olinger	37:55.41

5K MALE

30 Runners --- Average Time of **27:08** Avg. Age Grade: **56.2%** Place in

	Name	City	(Age)	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Brad Pearson	Grapevine	(47)	+87	20:34.27		6:37.3	70.0%	1	1
MASTERS	1 Ryan Montcalm	Decatur	(48)	+17	21:11.31		6:49.2	68.5%	4	4
SENIORS	1 David Mask	Lewisville	(59)	+20	23:25.74		7:32.5	67.9%	13	12
M01-09	1 Aidan Beukema		(6)	+189	35:12.33		11:19.9	53.1%	37	27
M15-19	1 Ross Kahn		(19)	+91	20:35.52		6:37.7	64.0%	2	2
	2 Jake Patterson	Coppell	(19)	+0	36:29.86		11:44.9	36.1%	39	28
M25-29	1 Joshua Miller	Killeen	(26)	-26	23:28.27		7:33.3	55.0%	12	11
	2 Brandon Eichten		(27)	+84	44:26.89		14:18.4	29.0%	47	29
M30-34	1 Paul Beukema		(34)	+20	26:18.56 M		8:28.1	49.8%	22	19
M35-39	1 Doug Elmore	Carrollton	(38)	-10	20:35.52 M		6:37.7	65.3%	3	3
	2 Barrett Clark		(38)	+15	25:16.75		8:08.2	53.2%	17	15
	3 Michael Rumery	Plano	(38)	+28	26:42.49 M		8:35.8	50.4%	24	20
M40-44	1 Ian Maung	Coppell	(44)	+13	22:15.80		7:10.0	63.2%	6	6
	2 Nathan Bruser	Coppell	(40)	+4	22:47.16 M		7:20.0	59.9%	8	8
	3 Bob Krener		(42)	-8	23:06.27		7:26.2	60.0%	10	9
	4 Keith Kupiec	Carrollton	(43)	+124	30:29.87		9:49.0	45.8%	31	23
	5 Gray Kinney	Lewisville	(44)	+37	30:33.73		9:50.2	46.0%	32	24
M45-49	1 Jeff Breese	Frisco	(46)	-3	22:11.00 M		7:08.4	64.4%	5	5
	2 Doug Waters	Carrollton	(46)	+16	23:15.38		7:29.1	61.4%	11	10
	3 Jesus Puentes	Plano	(47)	-42	23:33.65		7:35.0	61.1%	14	13
	4 Kenny Hallman	Arlington	(49)	+17	24:50.33 M		7:59.7	58.9%	15	14
	5 Doran Brown	Carrollton	(46)	-11	25:58.38	✓	8:21.6	55.0%	21	18
M50-54	1 David Short	Frisco	(50)	+6	22:46.50 M	✓	7:19.8	64.8%	7	7
	2 Kevin Casey		(53)	+36	31:22.52		10:05.9	48.2%	33	25
M55-59	1 Julio Lopez	Farmers Branch	(55)	+23	25:36.72		8:14.6	60.0%	18	16
	2 Ken Ashby	Dallas	(58)	-16	25:51.50 M		8:19.4	61.0%	19	17
	3 Ruben Reyes	Carrollton	(55)	+17	29:17.32		9:25.6	52.5%	29	22
M60-64	1 Glenn Dumas	Farmers Branch	(61)	+47	26:57.38 M		8:40.6	60.0%	25	21
M75-79	1 Patrick Greene	Coppell	(75)	+49	33:46.79		10:52.4	56.1%	34	26
	2 Robert Cunningham	Grand Prairie	(79)	+1	45:10.67		14:32.5	45.4%	48	30

FN*: Broke Age-Group Record GD Place among Females
M 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 **34:42** Avg. Age Grade: **47.9%** Place in

	Name	City	(Age)	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Kim Andres	Plano	(58)	+48	24:57.73	⌚	8:02.1	75.3%	16	1
MASTERS	1 Keiko Yokoyama	Plano	(47)	+55	25:56.45		8:21.0	62.9%	20	2
SENIORS	1 Ruth Olinger	The Colony	(68)	+39	37:55.41		12:12.4	57.5%	41	12
F15-19	1 Tess Patterson	Coppell	(17)	+3	27:51.18		8:57.9	54.3%	26	4
F25-29	1 Sarah Bohlman		(29)	-41	26:10.24	✓	8:25.4	56.6%	23	3
	2 Melisia Beukema		(29)	+128	28:49.00	✓	9:16.5	51.4%	28	6
	3 Lindsay Eichten		(25)	+63	44:05.02		14:11.4	33.6%	46	17
F35-39	1 Evelyn Bruser	Coppell	(39)	+36	40:29.37		13:01.9	37.6%	43	14
	2 Rebekah Currier		(35)	+57	41:09.81		13:15.0	36.3%	44	15
	3 Morena Valle	Carrollton	(35)	-42	46:02.01		14:49.0	32.5%	49	18
F40-44	1 Kay Scott	Bedford	(41)	+5	28:13.75		9:05.2	54.7%	27	5
	2 Scymentress Williams	Arlington	(40)	+35	36:00.27	✓	11:35.3	42.6%	38	10
	3 Rachel Hartman		(42)	+29	37:23.33		12:02.1	41.6%	40	11
	4 Rachel Tedesco		(41)	+104	43:41.18		14:03.7	35.3%	45	16
	5 Kelly Roberts	Dallas	(42)	+9	46:25.05		14:56.4	33.5%	50	19
F45-49	1 Christine Mayhan	Coppell	(48)	+8	33:51.68		10:53.9	48.8%	35	8
	2 Chiffon Okuda	Lewisville	(48)	+7	33:55.36		10:55.1	48.7%	36	9
F50-54	1 Pamela Day		(51)	+60	29:33.30		9:30.8	58.0%	30	7
F60-64	1 Carol Creech	Plano	(60)	+114	38:47.50		12:29.2	49.8%	42	13
FStroller	1 Blake Bruser	Coppell	(2)	+4	22:47.37	⌚	7:20.1		9	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

		13 Runners --- Average Time of 7:48			Avg. Age Grade: 54.1%			Place in		
Name		City	(Age)	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Doug Elmore	Carrollton	(38)	5:51.54	✓	5:51.5	66.0%	1	1
M20-24	1	Christian Mora	Carrollton	(24)	5:55.49		5:55.5	62.6%	2	2
	2	Anthony Ruiz	Carrollton	(24)	7:48.58		7:48.6	47.5%	7	6
M30-34	1	Paul Beukema		(34)	8:06.83		8:06.8	46.5%	13	11
M35-39	1	Michael Rumery	Plano	(38)	8:03.06	✓	8:03.1	48.0%	10	8
M40-44	1	Nathan Bruser	Coppell	(40)	11:57.88		11:57.9	32.8%	16	13
M45-49	1	Ruben Saguil	Carrollton	(46)	6:32.50	✓	6:32.5	62.8%	3	3
	2	Kenny Hallman		(49)	6:56.86		6:56.9	60.6%	4	4
	3	Jeff Breese	Frisco	(46)	8:06.35		8:06.4	50.7%	12	10
M50-54	1	David Short	Frisco	(50)	8:06.29		8:06.3	52.3%	11	9
M55-59	1	Ken Ashby	Dallas	(58)	7:53.98		7:54.0	57.4%	8	7
M60-64	1	Scott Mckissick	Irving	(62)	7:45.60		7:45.6	60.5%	6	5
	2	Glenn Dumas	Farmers Branch	(61)	8:25.15		8:25.2	55.3%	14	12

1M FEMALE

		4 Runners --- Average Time of 9:23			Avg. Age Grade: 62.5%			Place in		
Name		City	(Age)	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Kim Andres	Plano	(58)	7:20.94		7:20.9	75.5%	5	1
F01-09	1	Megan Rumery	Plano	(9)	8:02.72	☑	8:02.7	61.8%	9	2
F50-54	1	Carol Pope		(52)	10:11.67		10:11.7	50.1%	15	3
FStroller	1	Blake Bruser	Coppell	(2)	11:58.11		11:58.1		17	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	6669	Doug Elmore (M38)	1	M35-39	OA	---			5:51.54	✓ 2	5:51.5	20.01	5:51.54	66.0%
2	6603	Christian Mora (M24)	2	M20-24	1st	---			5:55.49	✗	5:55.5	20.24	5:55.49	62.6%
3	7003	Ruben Saguil (M46)	3	M45-49	1st	---			6:32.50	✓ 8	6:32.5	22.35	6:32.50	62.8%
4	7231	Kenny Hallman (M49)	4	M45-49	2nd	---			6:56.86		6:56.9	23.72	6:56.86	60.6%
5	1486	Kim Andres (F58)	1	F55-59	OA	---			7:20.94		7:20.9	25.09	7:20.94	75.5%
6	7048	Scott Mckissick (M62)	5	M60-64	1st	---			7:45.60		7:45.6	26.51	7:45.60	60.5%
7	6698	Anthony Ruiz (M24)	6	M20-24	2nd	---			7:48.58	✗	7:48.6	26.68	7:48.58	47.5%
8	7005	Ken Ashby (M58)	7	M55-59	1st	---			7:53.98		7:54.0	26.97	7:53.98	57.4%
9	6658	Megan Rumery (F9)	2	F01-09	1st	---			8:02.72	☑ 1	8:02.7	27.48	8:02.72	61.8%
10	7038	Michael Rumery (M38)	8	M35-39	1st	---			8:03.06	✓ 1	8:03.1	27.54	8:03.06	48.0%
11	7061	David Short (M50)	9	M50-54	1st	---			8:06.29		8:06.3	27.71	8:06.29	52.3%
12	7216	Jeff Breese (M46)	10	M45-49	3rd	---			8:06.35		8:06.4	27.71	8:06.35	50.7%
13	6763	Paul Beukema (M34)	11	M30-34	1st	---			8:06.83		8:06.8	27.71	8:06.83	46.5%
14	7014	Glenn Dumas (M61)	12	M60-64	2nd	---			8:25.15		8:25.2	28.79	8:25.15	55.3%
15	6697	Carol Pope (F52)	3	F50-54	1st	---			10:11.67	✗	10:11.7	34.84	10:11.67	50.1%
16	7097	Nathan Bruser (M40)	13	M40-44	1st	---			11:57.88		11:57.9	40.88	11:57.88	32.8%
17	7316	Blake Bruser (F2)	0	FStroller	1st	---			11:58.11		11:58.1	40.94	11:58.11	
									Average Finish Time:	08:10	Average Age Grade:		55.7%	

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD	
1	6606	Brad Pearson (M47)	1	M45-49	OA	---	2 9:34	3 11:01	+87	20:34.27		6:37.3	20:57	20:34.27	70.0%
2	6695	Ross Kahn (M19)	2	M15-19	1st	1.5	1 9:32	4 11:03	+91	20:35.52	✗	6:37.7	20:58	20:37.00	64.0%
3	6669	Doug Elmore (M38)	3	M35-39	1st	5.5	3 10:23	1 10:13	-10	20:35.52	ℓ	6:37.7	20:58	20:41.05	65.3%
4	6522	Ryan Montcalm (M48)	4	M45-49	MS	---	4 10:27	2 10:44	+17	21:11.31		6:49.2	21.18	21:11.31	68.5%
5	7216	Jeff Breese (M46)	5	M45-49	1st	1.7	6 11:07	5 11:04	-3	22:11.00	ℓ	7:08.4	22.18	22:12.69	64.4%
6	6699	Ian Maung (M44)	6	M40-44	1st	---	5 11:01	6 11:15	+13	22:15.80	✗	7:10.0	22.25	22:15.80	63.2%
7	7061	David Short (M50)	7	M50-54	1st	3.5	7 11:20	10 11:26	+6	22:46.50	ℓ ✓ 1	7:19.8	22.77	22:49.96	64.8%
8	7097	Nathan Bruser (M40)	8	M40-44	2nd	13.4	8 11:22	7 11:26	+4	22:47.16	ℓ	7:20.0	22.78	23:00.51	59.9%
9	7316	Blake Bruser (F2)	0	FStroller	1st	13.4	9 11:22	8 11:26	+4	22:47.37	ℓ	7:20.1	22.78	23:00.72	
10	6761	Bob Krener (M42)	9	M40-44	3rd	0.4	12 11:37	11 11:29	-8	23:06.27	✗	7:26.2	23.10	23:06.72	60.0%
11	7012	Doug Waters (M46)	10	M45-49	2nd	1.3	10 11:29	13 11:46	+16	23:15.38		7:29.1	23.25	23:16.71	61.4%
12	6768	Joshua Miller (M26)	11	M25-29	1st	0.2	13 11:57	12 11:31	-26	23:28.27	✗	7:33.3	23.47	23:28.46	55.0%
13	7008	David Mask (M59)	12	M55-59	SR	4.2	11 11:33	14 11:53	+20	23:25.74		7:32.5	23.42	23:29.95	67.9%
14	7063	Jesus Puentes (M47)	13	M45-49	3rd	0.4	15 12:08	9 11:26	-42	23:33.65	✗	7:35.0	23.55	23:34.08	61.1%
15	7231	Kenny Hallman (M49)	14	M45-49	4th	4.7	16 12:17	15 12:33	+17	24:50.33	ℓ	7:59.7	24.83	24:54.99	58.9%
16	1486	Kim Andres (F58)	1	F55-59	OA	---	14 12:05	19 12:53	+48	24:57.73	ℓ	8:02.1	24.95	24:57.73	75.3%
17	6762	Barrett Clark (M38)	15	M35-39	2nd	2.3	18 12:31	17 12:46	+15	25:16.75	✗	8:08.2	25.27	25:19.05	53.2%
18	7193	Julio Lopez (M55)	16	M55-59	1st	5.7	19 12:37	21 13:00	+23	25:36.72		8:14.6	25.60	25:42.37	60.0%
19	7005	Ken Ashby (M58)	17	M55-59	2nd	---	21 13:04	18 12:48	-16	25:51.50	ℓ	8:19.4	25.85	25:51.50	61.0%
20	1428	Keiko Yokoyama (F47)	2	F45-49	MS	---	17 12:31	23 13:26	+55	25:56.45		8:21.0	25.93	25:56.45	62.9%
21	7064	Doran Brown (M46)	18	M45-49	5th	3.3	22 13:05	20 12:54	-11	25:58.38	✓ 5	8:21.6	25.97	26:01.66	55.0%
22	6763	Paul Beukema (M34)	19	M30-34	1st	5.0	20 12:59	22 13:19	+20	26:18.56	ℓ	8:28.1	26.30	26:23.55	49.8%
23	6734	Sarah Bohlman (F29)	3	F25-29	1st	18.5	26 13:25	16 12:45	-41	26:10.24	✓ 3	8:25.4	26.17	26:28.70	56.6%
24	7038	Michael Rumery (M38)	20	M35-39	3rd	14.8	24 13:07	24 13:35	+28	26:42.49	ℓ	8:35.8	26.70	26:57.24	50.4%
25	7014	Glenn Dumas (M61)	21	M60-64	1st	8.7	23 13:05	25 13:52	+47	26:57.38	ℓ	8:40.6	26.95	27:06.07	60.0%
26	6682	Tess Patterson (F17)	4	F15-19	1st	2.8	27 13:54	26 13:57	+3	27:51.18	✗	8:57.9	27.85	27:53.93	54.3%
27	7041	Kay Scott (F41)	5	F40-44	1st	9.8	28 14:04	27 14:10	+5	28:13.75	✗	9:05.2	28.22	28:23.50	54.7%
28	6764	Melisia Beukema (F29)	6	F25-29	2nd	5.1	25 13:20	30 15:29	+128	28:49.00	✓ 2	9:16.5	28.82	28:54.13	51.4%
29	7283	Ruben Reyes (M55)	22	M55-59	3rd	4.5	31 14:30	28 14:47	+17	29:17.32		9:25.6	29.28	29:21.87	52.5%

30	6766	Pamela Day (F51)	7	F50-54	1st	3.6	30	14:17	29	15:16	+60	29:33.30	⊗	9:30.8	29.55	29:36.89	58.0%
31	7147	Keith Kupiec (M43)	23	M40-44	4th	7.3	29	14:13	33	16:17	+124	30:29.87		9:49.0	30.48	30:37.20	45.8%
32	6769	Gray Kinney (M44)	24	M40-44	5th	3.8	32	14:59	31	15:35	+37	30:33.73		9:50.2	30.55	30:37.52	46.0%
33	6767	Kevin Casey (M53)	25	M50-54	2nd	3.7	33	15:23	32	15:59	+36	31:22.52	⊗	10:05.9	31.37	31:26.17	48.2%
34	7067	Patrick Greene (M75)	26	M75-79	1st	1.0	35	16:29	36	17:18	+49	33:46.79		10:52.4	33.77	33:47.83	56.1%
35	7100	Christine Mayhan (F48)	8	F45-49	1st	4.3	36	16:52	34	17:00	+8	33:51.68		10:53.9	33.85	33:55.94	48.8%
36	7047	Chiffon Okuda (F48)	9	F45-49	2nd	2.0	37	16:54	35	17:01	+7	33:55.36		10:55.1	33.92	33:57.39	48.7%
37	6765	Aidan Beukema (M6)	27	M01-09	1st	---	34	16:01	40	19:11	+189	35:12.33		11:19.9	35.20	35:12.33	53.1%
38	7769	Scymentress Williams (F40)	10	F40-44	2nd	10.5	38	17:43	38	18:18	+35	36:00.27	✓ ⊗	11:35.3	36.00	36:10.73	42.6%
39	6685	Jake Patterson (M19)	28	M15-19	2nd	6.9	39	18:15	37	18:15	+0	36:29.86	⊗	11:44.9	36.48	36:36.74	36.1%
40	7042	Rachel Hartman (F42)	11	F40-44	3rd	8.1	41	18:27	39	18:56	+29	37:23.33	⊗	12:02.1	37.38	37:31.45	41.6%
41	149	Ruth Olinger (F68)	12	F65-69	SR	2.9	42	18:38	41	19:17	+39	37:55.41		12:12.4	37.92	37:58.30	57.5%
42	7024	Carol Creech (F60)	13	F60-64	1st	2.1	40	18:27	42	20:21	+114	38:47.50		12:29.2	38.78	38:49.58	49.8%
43	7315	Evelyn Bruser (F39)	14	F35-39	1st	9.2	43	19:57	43	20:33	+36	40:29.37		13:01.9	40.48	40:38.57	37.6%
44	6771	Rebekah Currier (F35)	15	F35-39	2nd	9.6	44	20:06	44	21:04	+57	41:09.81		13:15.0	41.15	41:19.42	36.3%
45	6770	Rachel Tedesco (F41)	16	F40-44	4th	10.0	45	20:58	48	22:43	+104	43:41.18	⊗	14:03.7	43.68	43:51.22	35.3%
46	6693	Lindsay Eichten (F25)	17	F25-29	3rd	5.8	46	21:31	45	22:34	+63	44:05.02	⊗	14:11.4	44.08	44:10.78	33.6%
47	6694	Brandon Eichten (M27)	29	M25-29	2nd	5.9	47	21:32	49	22:55	+84	44:26.89	⊗	14:18.4	44.43	44:32.75	29.0%
48	7030	Robert Cunningham (M79)	30	M75-79	2nd	11.6	48	22:35	46	22:36	+1	45:10.67		14:32.5	45.17	45:22.26	45.4%
49	6680	Morena Valle (F35)	18	F35-39	3rd	2.1	50	23:22	47	22:40	-42	46:02.01	⊗	14:49.0	46.03	46:04.13	32.5%
50	6613	Kelly Roberts (F42)	19	F40-44	5th	7.6	49	23:08	50	23:17	+9	46:25.05	⊗	14:56.4	46.42	46:32.69	33.5%
			41 Positive Split	9 Negative Split				Average Finish Time:			30:09	Average Age Grade:			53.0%		

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