

Sunday, November 27, 2011

Carrollton Runners Mile + 5K

39F Clear 48%H 16mphNNW

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

Mile Off :7:37 am

5K Off :7:48 am

Mile Overall		5K Overall		5K Masters		5K Seniors	
Ian Maung	6:25.26	Oscar Leal	21:27.40	Julio Lopez	21:57.15	Roland Cormier	23:58.00
Kim Andres	7:30.77	Laura Nelson	20:13.53	Sari Turkulainen	24:49.50	Kim Andres	24:56.88

5K MALE

		26 Runners --- Average Time of 27:30				Avg. Age Grade: 57.2%		Place in			
		Name	City	(Age)	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Oscar Leal		(18)	+61	21:27.40		6:54.4	62.2%	2	1
MASTERS	1	Julio Lopez	Farmers Branch	(56)	+31	21:57.15	M	7:03.9	70.6%	3	2
SENIORS	1	Roland Cormier		(71)	+28	23:58.00		7:42.8	74.4%	8	6
M01-09	1	Aidan Beukema	Lewisville	(7)	+151	34:48.44	✓	11:12.2	51.1%	36	23
M35-39	1	Jose Albanil		(39)		24:33.70		7:54.3	55.2%	11	9
	2	Rishi Sirpal	Coppell	(37)	+26	24:50.20	M	7:59.7	53.8%	18	13
	3	Paul Beukema		(35)	-4	26:39.41	M	8:34.8	49.4%	21	14
M40-44	1	Nathan Bruser	Coppell	(40)	+25	22:53.35	M	7:22.0	59.6%	9	7
	2	Ian Maung	Coppell	(44)	+40	23:16.26	M	7:29.4	60.5%	10	8
	3	Dierk Hohman	Coppell	(41)	+66	25:39.77		8:15.6	53.6%	17	12
	4	Danny Fuller	Dallas	(41)	-76	28:14.35		9:05.4	48.7%	25	16
M45-49	1	Doug Waters	Carrollton	(47)	+21	22:29.50		7:14.4	64.0%	6	5
	2	Duane Thomason	Plano	(45)	-69	28:08.74	M	9:03.6	50.4%	26	17
	3	Mark Burnett	Hickory Creek	(48)	+93	28:26.61		9:09.3	51.0%	28	18
M50-54	1	David Short	Frisco	(50)	+19	21:45.78	M ✓	7:00.3	67.8%	5	4
	2	Dennis Maietta	Grapevine	(51)	+15	22:18.76		7:10.9	66.6%	4	3
M55-59	1	David Mask	Lewisville	(59)	+89	25:07.69	M	8:05.3	63.3%	15	10
	2	James Johnson	Dallas	(58)	+91	27:12.49		8:45.4	57.9%	23	15
	3	Ruben Reyes	Carrollton	(55)	+36	28:33.73	M	9:11.6	53.8%	30	20
	4	Mike Catt	The Colony	(57)	+67	31:04.50	M	10:00.1	50.3%	34	22
	5	Steve Long		(58)		36:57.97		11:53.9	42.6%	40	25
M60-64	1	Teddy Viator	Dallas	(60)	-59	27:34.62	M	8:52.6	58.2%	32	21
	2	Scott Mckissick	Irving	(63)	-9	28:00.57	M	9:00.9	58.8%	29	19
M65-69	1	Spareribs Lamothe	Coppell	(65)	+12	25:20.26		8:09.3	66.2%	16	11
M75-79	1	Patrick Greene	Coppell	(75)	+81	35:03.16		11:16.9	54.1%	37	24
M80-99	1	Robert Cunningham	Grand Prairie	(80)	+9	48:29.21		15:36.4	43.3%	47	26

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

5K FEMALE

		21 Runners --- Average Time of 31:04			Avg. Age Grade: 54.6%			Place in		
	Name	City	(Age)	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Laura Nelson	Grapevine	(46)	+31	20:13.53		6:30.6	79.8%	1	1
MASTERS	1 Sari Turkulainen	Coppell	(45)	-5	24:49.50		7:59.4	64.3%	12	3
SENIORS	1 Kim Andres	Irving	(58)	+63	24:56.88	ℓ	8:01.8	75.3%	13	4
F10-14	1 Nicki Guidone	Dallas	(14)	-60	37:03.66		11:55.7	42.4%	41	16
	2 Gina Guidone	Dallas	(12)		41:30.43		13:21.6	39.2%	44	19
	3 Lauran Harrell		(14)		41:39.91		13:24.6	37.7%	45	20
F15-19	1 Zerlina Fung	Lewisville	(16)	+84	23:11.48		7:27.9	66.0%	7	2
F30-34	1 Melisia Beukema		(30)	+114	30:10.03		9:42.6	49.1%	33	12
F35-39	1 Tytti Lauhava-kaariainen	Flower Mound	(35)	+74	26:10.24		8:25.4	57.1%	19	6
	2 Eeva Toiviainen	Flower Mound	(38)	-39	27:25.59		8:49.7	55.2%	24	9
	3 Susana Gaona		(36)	+44	28:44.46		9:15.1	52.2%	31	11
F40-44	1 Katariina Keranen	Flower Mound	(41)	+49	26:46.52		8:37.1	57.7%	22	8
	2 Suzanne Visanko	Flower Mound	(42)	+11	28:17.55		9:06.4	55.0%	27	10
	3 Kay Scott	Bedford	(42)	+12	29:54.03		9:37.4	52.0%	42	17
F45-49	1 Keiko Yokoyama	Plano	(48)	+39	25:15.86	✓	8:07.9	65.3%	14	5
	2 Yanira Lopez	Farmers Branch	(48)	+56	26:40.18	ℓ	8:35.0	61.9%	20	7
	3 Betsy Guidone	Dallas	(46)	+8	31:36.62		10:10.5	51.1%	35	13
	4 Christine Mayhan	Coppell	(49)	+15	35:06.33		11:18.0	47.6%	38	14
	5 Chiffon Okuda	Lewisville	(48)	+30	35:22.05		11:23.0	46.7%	39	15
F50-54	1 Rekha Sharma	Flower Mound	(51)	+15	46:58.81		15:07.3	36.5%	46	21
F65-69	1 Ruth Olinger	The Colony	(69)	+95	40:27.40		13:01.3	54.8%	43	18

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

△ Positive Split
 ▽ Negative Split

1M MALE


		14 Runners --- Average Time of 7:35			Avg. Age Grade: 56.3%			Place in		
	Name	City	(Age)	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Ian Maung	Coppell	(44)		6:25.26		6:25.3	63.0%	1	1
M35-39	1 Paul Beukema		(35)		7:40.01		7:40.0	49.4%	10	9
	2 Rishi Sirpal	Coppell	(37)		8:40.63		8:40.6	44.3%	16	14
M40-44	1 Danny Fuller	Dallas	(41)		7:07.97		7:08.0	55.5%	4	4
	2 Nathan Bruser	Coppell	(40)		8:39.09		8:39.1	45.4%	15	13
M45-49	1 Ruben Saguil	Carrollton	(46)		6:37.13		6:37.1	62.1%	3	3
	2 Duane Thomason	Plano	(45)		7:26.88	✓	7:26.9	54.7%	5	5
M50-54	1 David Short	Frisco	(50)		7:27.03		7:27.0	56.9%	6	6
M55-59	1 Julio Lopez	Farmers Branch	(56)		6:28.07		6:28.1	68.9%	2	2
	2 David Mask	Lewisville	(59)		7:32.26		7:32.3	60.7%	8	7
	3 Ruben Reyes	Carrollton	(55)		7:46.23		7:46.2	56.9%	11	10
	4 Mike Catt	The Colony	(57)		8:23.11		8:23.1	53.6%	14	12
M60-64	1 Scott Mckissick	Irving	(63)		7:38.43		7:38.4	62.0%	9	8
	2 Teddy Viator	Dallas	(60)		8:22.77		8:22.8	55.0%	13	11

1M FEMALE

		2 Runners --- Average Time of 7:45			Avg. Age Grade: 67.3%			Place in		
	Name	City	(Age)	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Kim Andres	Irving	(58)		7:30.77		7:30.8	73.8%	7	1
F45-49	1 Yanira Lopez	Farmers Branch	(48)		7:59.53		7:59.5	60.8%	12	2

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7167 Ian Maung (M44)	1	M40-44	OA	---				6:25.26	✗	6:25.3	21.95	6:25.26	63.0%
2	7193 Julio Lopez (M56)	2	M55-59	1st	---				6:28.07		6:28.1	22.12	6:28.07	68.9%
3	173 Ruben Saguil (M46)	3	M45-49	1st	---				6:37.13		6:37.1	22.64	6:37.13	62.1%
4	6605 Danny Fuller (M41)	4	M40-44	1st	---				7:07.97	✗	7:08.0	24.35	7:07.97	55.5%
5	7066 Duane Thomason (M45)	5	M45-49	2nd	---				7:26.88	✓ 3	7:26.9	25.43	7:26.88	54.7%
6	7061 David Short (M50)	6	M50-54	1st	---				7:27.03		7:27.0	25.49	7:27.03	56.9%
7	7040 Kim Andres (F58)	1	F55-59	OA	---				7:30.77		7:30.8	25.66	7:30.77	73.8%
8	7008 David Mask (M59)	7	M55-59	2nd	---				7:32.26	✗	7:32.3	25.77	7:32.26	60.7%
9	7048 Scott Mckissick (M63)	8	M60-64	1st	---				7:38.43		7:38.4	26.11	7:38.43	62.0%
10	6780 Paul Beukema (M35)	9	M35-39	1st	---				7:40.01		7:40.0	26.23	7:40.01	49.4%
11	7283 Ruben Reyes (M55)	10	M55-59	3rd	---				7:46.23		7:46.2	26.57	7:46.23	56.9%
12	7198 Yanira Lopez (F48)	2	F45-49	1st	---				7:59.53		7:59.5	27.31	7:59.53	60.8%
13	7051 Teddy Viator (M60)	11	M60-64	2nd	---				8:22.77		8:22.8	28.62	8:22.77	55.0%
14	6611 Mike Catt (M57)	12	M55-59	4th	---				8:23.11		8:23.1	28.68	8:23.11	53.6%
15	6100 Nathan Bruser (M40)	13	M40-44	2nd	---				8:39.09		8:39.1	29.59	8:39.09	45.4%
16	6697 Rishi Sirpal (M37)	14	M35-39	2nd	---				8:40.63	✗	8:40.6	29.65	8:40.63	44.3%
✓ 1 Club PR's						Average Finish Time: 07:36 4 First Timers				Average Age Grade: 57.7%				

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7274 Laura Nelson (F46)	1	F45-49	OA	0.7	9:51	10:22	+31	20:13.53		6:30.6	20.22	20:14.21	79.8%
2	6783 Oscar Leal (M18)	1	M15-19	OA	---	10:13	11:14	+61	21:27.40	✗	6:54.4	21.45	21:27.40	62.2%
3	7193 Julio Lopez (M56)	2	M55-59	MS	1.0	10:43	11:14	+31	21:57.15	ℓ	7:03.9	21.95	21:58.18	70.6%
4	7273 Dennis Maietta (M51)	3	M50-54	2nd	0.9	11:02	11:17	+15	22:18.76		7:10.9	22.30	22:19.69	66.6%
5	7061 David Short (M50)	4	M50-54	1st	35.1	10:44	11:02	+19	21:45.78	ℓ ✓ 11	7:00.3	21.75	22:20.89	67.8%
6	7012 Doug Waters (M47)	5	M45-49	1st	---	11:04	11:25	+21	22:29.50		7:14.4	22.48	22:29.50	64.0%
7	6565 Zerlina Fung (F16)	2	F15-19	1st	---	10:54	12:18	+84	23:11.48	✗	7:27.9	23.18	23:11.48	66.0%
8	6776 Roland Cormier (M71)	6	M70-74	SR	---	11:45	12:13	+28	23:58.00	✗	7:42.8	23.97	23:58.00	74.4%
9	6100 Nathan Bruser (M40)	7	M40-44	1st	66.7	11:14	11:39	+25	22:53.35	ℓ	7:22.0	22.88	24:00.04	59.6%
10	7167 Ian Maung (M44)	8	M40-44	2nd	68.8	11:18	11:58	+40	23:16.26	ℓ	7:29.4	23.27	24:25.04	60.5%
11	6779 Jose Albanil (M39)	9	M35-39	1st	2.4				24:33.70	✗	7:54.3	24.55	24:36.14	55.2%
12	6604 Sari Turkulainen (F45)	3	F45-49	MS	2.4	12:27	12:22	-5	24:49.50	✗	7:59.4	24.82	24:51.92	64.3%
13	7040 Kim Andres (F58)	4	F55-59	SR	7.0	11:57	13:00	+63	24:56.88	ℓ	8:01.8	24.93	25:03.85	75.3%
14	1428 Keiko Yokoyama (F48)	5	F45-49	1st	0.3	12:19	12:57	+39	25:15.86	✓ 5	8:07.9	25.25	25:16.20	65.3%
15	7008 David Mask (M59)	10	M55-59	1st	9.0	11:49	13:19	+89	25:07.69	ℓ	8:05.3	25.12	25:16.67	63.3%
16	6782 Spareribs Lamothe (M65)	11	M65-69	1st	---	12:34	12:46	+12	25:20.26		8:09.3	25.33	25:20.26	66.2%
17	6639 Dierk Hohman (M41)	12	M40-44	3rd	1.4	12:17	13:23	+66	25:39.77		8:15.6	25.65	25:41.16	53.6%
18	6697 Rishi Sirpal (M37)	13	M35-39	2nd	75.6	12:12	12:38	+26	24:50.20	ℓ ✗	7:59.7	24.83	26:05.78	53.8%
19	6643 Tytti Lauhava-kaarainen (F35)	6	F35-39	1st	2.4	12:28	13:42	+74	26:10.24		8:25.4	26.17	26:12.68	57.1%
20	7198 Yanira Lopez (F48)	7	F45-49	2nd	3.3	12:52	13:48	+56	26:40.18	ℓ	8:35.0	26.67	26:43.45	61.9%
21	6780 Paul Beukema (M35)	14	M35-39	3rd	4.6	13:22	13:18	-4	26:39.41	ℓ	8:34.8	26.65	26:43.99	49.4%
22	6568 Katariina Keranen (F41)	8	F40-44	1st	2.2	12:59	13:48	+49	26:46.52		8:37.1	26.77	26:48.67	57.7%
23	7191 James Johnson (M58)	15	M55-59	2nd	1.2	12:51	14:22	+91	27:12.49		8:45.4	27.20	27:13.66	57.9%
24	6753 Eeva Toiviainen (F38)	9	F35-39	2nd	3.4	14:02	13:23	-39	27:25.59		8:49.7	27.42	27:28.99	55.2%
25	6605 Danny Fuller (M41)	16	M40-44	4th	2.5	14:45	13:29	-76	28:14.35	✗	9:05.4	28.23	28:16.87	48.7%
26	7066 Duane Thomason (M45)	17	M45-49	2nd	9.0	14:39	13:30	-69	28:08.74	ℓ	9:03.6	28.13	28:17.71	50.4%
27	6571 Suzanne Visanko (F42)	10	F40-44	2nd	2.0	14:03	14:14	+11	28:17.55		9:06.4	28.28	28:19.50	55.0%
28	6601 Mark Burnett (M48)	18	M45-49	3rd	1.8	13:27	15:00	+93	28:26.61	✗	9:09.3	28.43	28:28.42	51.0%
29	7048 Scott Mckissick (M63)	19	M60-64	2nd	31.4	14:05	13:56	-9	28:00.57	ℓ	9:00.9	28.00	28:32.00	58.8%
30	7283 Ruben Reyes (M55)	20	M55-59	3rd	4.2	13:59	14:35	+36	28:33.73	ℓ	9:11.6	28.55	28:37.93	53.8%

FN*: Broke Age-Group Record GD Place among Females Positive Split Negative Split
 ℓ Ran Mile before 5K ✓ # Races PR @ Carrollton Runners (2003 & later)  Timing provided by: DeltaViewTiming.com

31	6785	Susana Gaona (F36)	11	F35-39	3rd	---	14:00	14:44	+44	28:44.46	⊗	9:15.1	28.73	28:44.46	52.2%
32	7051	Teddy Viator (M60)	21	M60-64	1st	132.0	14:17	13:18	-59	27:34.62	⌚	8:52.6	27.57	29:46.64	58.2%
33	6781	Melisia Beukema (F30)	12	F30-34	1st	3.1	14:08	16:02	+114	30:10.03		9:42.6	30.17	30:13.13	49.1%
34	6611	Mike Catt (M57)	22	M55-59	4th	19.0	14:59	16:06	+67	31:04.50	⌚	10:00.1	31.07	31:23.48	50.3%
35	6587	Betsy Guidone (F46)	13	F45-49	3rd	0.6	15:44	15:52	+8	31:36.62	⊗	10:10.5	31.60	31:37.25	51.1%
36	6739	Aidan Beukema (M7)	23	M01-09	1st	3.3	16:09	18:40	+151	34:48.44	✓ ⊗	11:12.2	34.80	34:51.75	51.1%
37	7067	Patrick Greene (M75)	24	M75-79	1st	1.4	16:51	18:12	+81	35:03.16		11:16.9	35.05	35:04.54	54.1%
38	7100	Christine Mayhan (F49)	14	F45-49	4th	2.7	17:26	17:41	+15	35:06.33		11:18.0	35.10	35:09.05	47.6%
39	7047	Chiffon Okuda (F48)	15	F45-49	5th	2.5	17:26	17:56	+30	35:22.05		11:23.0	35.37	35:24.51	46.7%
40	6786	Steve Long (M58)	25	M55-59	5th	0.2				36:57.97	⊗	11:53.9	36.95	36:58.16	42.6%
41	6585	Nicki Guidone (F14)	16	F10-14	1st	1.9	19:02	18:02	-60	37:03.66	⊗	11:55.7	37.05	37:05.54	42.4%
42	7041	Kay Scott (F42)	17	F40-44	3rd	484.8	14:51	15:03	+12	29:54.03		9:37.4	29.90	37:58.88	52.0%
43	7149	Ruth Olinger (F69)	18	F65-69	1st	1.4	19:26	21:01	+95	40:27.40		13:01.3	40.45	40:28.80	54.8%
44	6589	Gina Guidone (F12)	19	F10-14	2nd	1.6				41:30.43	⊗	13:21.6	41.50	41:32.04	39.2%
45	6619	Lauran Harrell (F14)	20	F10-14	3rd	1.4				41:39.91	⊗	13:24.6	41.65	41:41.35	37.7%
46	6600	Rekha Sharma (F51)	21	F50-54	1st	1.2	23:22	23:37	+15	46:58.81	⊗	15:07.3	46.97	47:00.00	36.5%
47	7030	Robert Cunningham (M80)	26	M80-99	1st	98.4	24:10	24:19	+9	48:29.21		15:36.4	48.48	50:07.59	43.3%
35 Positive Split							8 Negative Split		✓ 3 Club PR's		Average Finish Time: 29:05 <i>15 First Timers</i> Average Age Grade: 56.1%				

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**

Sorted Age Grades**1M**

	OA Name	Finish Time	AgeGrade	List?
1	7 Kim Andres	F58 7:30.77	73.8%	
2	2 Julio Lopez	M56 6:28.07	68.9%	
3	1 Ian Maung	M44 6:25.26	63.0%	
4	3 Ruben Saguil	M46 6:37.13	62.1%	
5	9 Scott Mckissick	M63 7:38.43	62.0%	
6	12 Yanira Lopez	F48 7:59.53	60.8%	
7	8 David Mask	M59 7:32.26	60.7%	
8	6 David Short	M50 7:27.03	56.9%	
9	11 Ruben Reyes	M55 7:46.23	56.9%	
10	4 Danny Fuller	M41 7:07.97	55.5%	
11	13 Teddy Viator	M60 8:22.77	55.0%	
12	5 Duane Thomason	M45 7:26.88	54.7%	
13	14 Mike Catt	M57 8:23.11	53.6%	

5K

	OA Name	Finish Time	AgeGrade	List?
1	1 Laura Nelson	F46 20:13.53	79.8%	
2	13 Kim Andres	F58 24:56.88	75.3%	
3	8 Roland Cormier	M71 23:58.00	74.4%	New
4	3 Julio Lopez	M56 21:57.15	70.6%	
5	5 David Short	M50 21:45.78	67.8%	Move UP
6	4 Dennis Maietta	M51 22:18.76	66.6%	
7	16 Spareribs Lamothe	M65 25:20.26	66.2%	
8	7 Zerlina Fung	F16 23:11.48	66.0%	New
9	14 Keiko Yokoyama	F48 25:15.86	65.3%	New
10	12 Sari Turkulainen	F45 24:49.50	64.3%	
11	6 Doug Waters	M47 22:29.50	64.0%	
12	15 David Mask	M59 25:07.69	63.3%	
13	2 Oscar Leal	M18 21:27.40	62.2%	
14	20 Yanira Lopez	F48 26:40.18	61.9%	
15	10 Ian Maung	M44 23:16.26	60.5%	
16	9 Nathan Bruser	M40 22:53.35	59.6%	
17	29 Scott Mckissick	M63 28:00.57	58.8%	
18	32 Teddy Viator	M60 27:34.62	58.2%	
19	23 James Johnson	M58 27:12.49	57.9%	
20	22 Katariina Keranen	F41 26:46.52	57.7%	
21	19 Tytti Lauhava-kaariain	F35 26:10.24	57.1%	
22	24 Eeva Toiviainen	F38 27:25.59	55.2%	
23	11 Jose Albanil	M39 24:33.70	55.2%	
24	27 Suzanne Visanko	F42 28:17.55	55.0%	
25	43 Ruth Olinger	F69 40:27.40	54.8%	
26	37 Patrick Greene	M75 35:03.16	54.1%	
27	30 Ruben Reyes	M55 28:33.73	53.8%	
28	18 Rishi Sirpal	M37 24:50.20	53.8%	
29	17 Dierk Hohman	M41 25:39.77	53.6%	
30	31 Susana Gaona	F36 28:44.46	52.2%	
31	42 Kay Scott	F42 29:54.03	52.0%	
32	36 Aidan Beukema	M7 34:48.44	51.1%	
33	35 Betsy Guidone	F46 31:36.62	51.1%	
34	28 Mark Burnett	M48 28:26.61	51.0%	
35	26 Duane Thomason	M45 28:08.74	50.4%	
36	34 Mike Catt	M57 31:04.50	50.3%	

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