

Sunday, August 30, 2009

Carrollton Runners Club

Race Off :7:34 am

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

5K MALE

		Name	(Age)	Time	Pace	Place in	
						OA	GD
OVERALL	-	FERNANDO GUZMAN	Denton (32)	19:31.09	6:16.9	1	1
MASTERS	-	JAMES ROYAL	Plano (47)	19:49.53	6:22.7	2	2
SENIORS	-	TONY COLON	(57)	20:11.09	6:29.8	4	4
M01-09	1	ZACH PLYLER	(7)	24:40.35	7:56.4	26	23
	2	GARRETT WHITE	Plano (6)	30:19.65	9:45.5	49	42
M10-14	1	CAIN FOSTER	Combine (13)	27:19.01	8:47.5	40	36
	2	GRANT MCINTYRE	Plano (13)	38:11.21	12:17.4	70	48
M15-19	1	ALEC PURSER	Grapevine (17)	21:02.51	6:46.2	5	5
	2	BEN SALSBUURY	Colleyville (18)	21:12.82	6:49.4	7	7
	3	MCCULLOUGH NEWTON	Denton (17)	21:43.10	6:59.4	9	9
	4	JORGE MARTINEZ	Lewisville (17)	21:51.03	7:02.0	11	11
	5	EDGAR GONZAGA	Dallas (17)	22:13.82	7:09.1	14	14
	6	JUAN RIVERA	Dallas (18)	22:30.82	7:14.5	15	15
	7	MARCOS PAIZ	Dallas (17)	22:31.75	7:14.8	16	16
	8	REED FOSTER	Combine (15)	22:59.56	7:23.9	18	17
	9	JOSE GALARZA	Wylie (17)	23:20.28	7:30.6	19	18
	10	CHRISTOPHER ARIAS	Flower Mound (17)	23:50.62	7:40.3	22	21
	11	CRAIG PARDINI	Colleyville (17)	25:26.73	8:11.2	29	25
	12	CHRIS SHAO	Mansfield (17)	25:42.85	8:16.3	33	29
	13	KEVIN ANTONIO	Grand Prairie (17)	31:52.31	10:15.4	56	45
	14	ISRAEL DEPLAZA	Grapevine (15)	33:16.18	10:42.5	61	46
M20-24	1	MARK LEON	Aubrey (23)	21:47.10	7:00.7	10	10
M30-34	1	BRIAN GRIZZLE	Lake Dallas (34)	25:40.03	8:15.7	32	28
	2	ROY KEENAN	(34)	25:47.00	8:17.9	34	30
	3	JAMES SANDERS	Irving (30)	26:37.46	8:34.0	37	33
	4	MARK MADDUX	(31)	31:49.42	10:14.4	55	44
M35-39	1	JAMES MCGREW	(35)	19:55.95	6:24.6	3	3
	2	BRYAN GIROUARD	Crandall (39)	21:16.40	6:50.7	8	8
	3	TONY TREVINO	(38)	24:22.71	7:50.6	25	22
	4	ANDY SCHICH	(39)	33:51.47	10:53.7	63	47
M40-44	1	JEFF BREESE	(44)	21:06.31	6:47.5	6	6
	2	ANDREW WILLIS	Carrollton (40)	22:13.01	7:09.1	13	13
	3	CHRIS FOSTER	Combine (43)	25:00.40	8:02.8	28	24
	4	CJ MACDONALD	Coppell (42) ⌘	29:19.23	9:26.2	46	39
M45-49	1	KENNY HALLMAN	(47)	27:34.87	8:52.4	41	37

⌘ Ran Mile before 5K



Timing provided by:

DELTAVIEWTIMING.COM

M45-49	2	KEN ROBINSON	Plano (46)	28:45.56	9:15.2	44	38
	3	FRANK GIBBONS	Carrollton (48)	30:17.87	9:44.8	48	41
	4	MATTHEW MCINTYRE	Plano (45)	38:11.68	12:17.4	71	49
M50-54	1	JULIO LOPEZ	Farmers Branch (53)	21:56.18	7:03.6	12	12
	2	RUBEN REYES	Carrollton (53)	25:47.92	8:17.9	35	31
	3	RICHARD WEBER	Arlington (52)	30:03.48	9:40.3	47	40
	4	DENNIS CHUPP	Mckinney (52)	39:52.50	12:49.9	73	51
M55-59	1	KEN ASHBY	Dallas (56) ⌘	25:33.67	8:13.4	30	26
	2	GLENN DUMAS	Farmers Branch (59) ⌘	25:38.18	8:15.0	31	27
M60-64	1	JOHN NANCE	Rowlett (61)	23:27.64	7:32.9	20	19
	2	SCOTT MCKISSICK	Irving (61)	26:39.48	8:34.7	38	34
	3	MARVIN KEENAN	(62)	30:20.08	9:45.8	50	43
M65-69	1	ENRIGUE ORDONEZ	(69)	23:35.73	7:35.4	21	20
	2	TOMMY FARRAR	Coppell (68)	25:51.01	8:19.2	36	32
	3	GARY WELCH	Dallas (65)	27:01.50	8:41.7	39	35
M75-79	1	ROBERT CUNNINGHAM	Grand Prairie (78)	38:32.50	12:24.2	72	50
5K FEMALE							Place in
		Name	(Age)	Time	Pace	OA	GD
OVERALL	-	LINDA KELLY	Dallas (57)	22:38.18	7:17.1	17	1
MASTERS	-	KIM ANDRES	Plano (56) ⌘	24:06.34	7:45.4	23	2
SENIORS	-	CAROL CREECH	Plano (58)	34:07.57	10:58.9	65	18
F15-19	1	CAMICE KARING	(16)	27:39.65	8:54.0	42	5
	2	DANI PUGH	(16)	30:35.73	9:50.6	51	8
	3	ANDY VAZQUEZ	(16)	30:58.84	9:58.0	52	9
	4	MAYA DEPLAZA	(16)	31:48.28	10:14.1	54	11
	5	MERCEDES SOTO	(16)	32:58.34	10:36.7	58	13
	6	SABRINA SHAO	(16)	33:04.71	10:38.6	59	14
	7	DAYENA GONZAGA	(15)	33:05.12	10:38.9	60	15
	8	CRYSTAL CARMONA	(16)	33:17.15	10:42.8	62	16
F20-24	1	SHAROON NOORANI	Carrollton (23)	34:40.73	11:09.5	67	20
F25-29	1	SARAH MARTINEZ	Denton (26)	37:13.98	11:58.7	69	22
F30-34	1	JILL LANOIX	Plano (31)	29:07.82	9:22.3	45	7
	2	ANNIE PHILLIPS NEWTON	Denton (34)	31:00.31	9:58.7	53	10
	3	LORI NORTH	Carrollton (30)	34:02.95	10:57.3	64	17
	4	MELODI PENTICO	Oak Point (34)	45:05.12	14:30.7	75	24
F35-39	1	CANDACE BORDELON	Lake Dallas (39)	32:38.28	10:30.2	57	12
	2	TINA TEEL	Bedford (36)	41:55.78	13:29.5	74	23
F40-44	1	SUSAN WHITE	Plano (43)	24:10.53	7:46.7	24	3

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F40-44	2	RONICA MILLERBORG	(40)	24:59.56	8:02.5	27	4
	3	ROSA ROSENBAUM	Lewisville (43)	28:04.90	9:02.0	43	6
F45-49	1	BEE ONG	Carrollton (48)	35:39.65	11:28.5	68	21
	2	JANIS FALCONER	Carrollton (48)	46:42.98	15:01.9	76	25
	3	SHARON BALCKMAN	Carrollton (49)	54:57.12	17:41.2	77	26
F50-54	1	PATRICIA WEBER	Arlington (50)	34:16.82	11:01.8	66	19

1M MALE

		Name	(Age)	Time	Pace	Place in	OA	GD
OVERALL	-	HECTOR DELGADO	(40)	05:31.60	5:31.0	1	1	
M01-09	1	CONNOR WILLIS	(8)	10:12.68	10:12.0	12	9	
	2	DEREK WHITE	Plano (4)	18:01.89	18:01.0	14	10	
M10-14	1	LEVI MILLERBORG	(12)	07:13.03	7:13.0	9	7	
M15-19	1	JOHN HALLMAN	(18)	05:56.15	5:56.0	2	2	
M30-34	1	BRIAN EDMISON	Carrollton (34)	05:58.07	5:58.0	3	3	
M40-44	1	CJ MACDONALD	Coppell (42)	06:31.23	6:31.0	4	4	
M45-49	1	GABRIEL SAPIEN	N/a (47)	06:38.71	6:38.0	5	5	
M55-59	1	GLENN DUMAS	Farmers Branch (59)	06:40.10	6:40.0	6	6	
	2	KEN ASHBY	Dallas (56)	07:23.00	7:23.0	10	8	

1M FEMALE

		Name	(Age)	Time	Pace	Place in	OA	GD
OVERALL	-	COLLEEN WEBER	Arlington (16)	06:48.48	6:48.0	7	1	
F01-09	1	ERICA WHITE	Plano (4)	15:34.98	15:34.0	13	4	
F35-39	1	TRICIA WILLIS	Carrollton (35)	10:10.18	10:10.0	11	3	
F55-59	1	KIM ANDRES	Plano (56)	07:05.92	7:05.0	8	2	



Dist	OA	Bib Name	GD	M/F	Age	AgeGrp	AG	FinishTime+	Pace	5KEq	Handicap	Clock Time
1M	1	5080 Hector Delgado	1	M	40	M40-44	OA	05:31.60	5:31.0	18.87		05:31.60
1M	2	5089 John Hallman	2	M	18	M15-19	1st	05:56.15	5:56.0	20.29		05:56.15
1M	3	5068 Brian Edmison	3	M	34	M30-34	1st	05:58.07	5:58.0	20.41		05:58.07
1M	4	5073 Cj Macdonald	4	M	42	M40-44	1st	06:31.23	6:31.0	22.29		06:31.23
1M	5	15 Gabriel Sapien	5	M	47	M45-49	1st	06:38.71	6:38.0	22.69		06:38.71
1M	6	9 Glenn Dumas	6	M	59	M55-59	1st	06:40.10	6:40.0	22.80		06:40.10
1M	7	21 Colleen Weber	1	F	16	F15-19	OA	06:48.48	6:48.0	23.26		06:48.48
1M	8	11 Kim Andres	2	F	56	F55-59	1st	07:05.92	7:05.0	24.23		07:05.92
1M	9	5082 Levi Millerborg	7	M	12	M10-14	1st	07:13.03	7:13.0	24.68		07:13.03
1M	10	5 Ken Ashby	8	M	56	M55-59	2nd	07:23.00	7:23.0	25.25		07:23.00
1M	11	123 Tricia Willis	3	F	35	F35-39	1st	10:10.18	10:10.0	34.77		10:10.18
1M	12	5086 Connor Willis	9	M	8	M01-09	1st	10:12.68	10:12.0	34.89		10:12.68
1M	13	5048 Erica White	4	F	4	F01-09	1st	15:34.98	15:34.0	53.24		15:34.98
1M	14	5049 Derek White	10	M	4	M01-09	2nd	18:01.89	18:01.0	61.62		18:01.89
5K	1	5040 Fernando Guzman	1	M	32	M30-34	OA	19:31.09	6:16.9	19.51		19:31.09
5K	2	5051 James Royal	2	M	47	M45-49	MS	19:49.53	6:22.7	19.81		19:49.53
5K	3	5050 James Mcgrew	3	M	35	M35-39	1st	19:55.95	6:24.6	19.91		19:55.95
5K	4	5087 Tony Colon	4	M	57	M55-59	SR	20:11.09	6:29.8	20.18		20:11.09
5K	5	5008 Alec Purser	5	M	17	M15-19	1st	21:02.51	6:46.2	21.03		21:02.51
5K	6	16 Jeff Breese	6	M	44	M40-44	1st	21:06.31	6:47.5	21.09		21:06.31
5K	7	5022 Ben Salsbury	7	M	18	M15-19	2nd	21:12.82	6:49.4	21.19		21:12.82
5K	8	5054 Bryan Girouard	8	M	39	M35-39	2nd	21:16.40	6:50.7	21.26		21:16.40
5K	9	5001 Mccullough Newton	9	M	17	M15-19	3rd	21:43.10	6:59.4	21.71		21:43.10
5K	10	5060 Mark Leon	10	M	23	M20-24	1st	21:47.10	7:00.7	21.78		21:47.10
5K	11	5010 Jorge Martinez	11	M	17	M15-19	4th	21:51.03	7:02.0	21.84		21:51.03
5K	12	5066 Julio Lopez	12	M	53	M50-54	1st	21:56.18	7:03.6	21.93		21:56.18
5K	13	122 Andrew Willis	13	M	40	M40-44	2nd	22:13.01	7:09.1	22.21		22:13.01
5K	14	5012 Edgar Gonzaga	14	M	17	M15-19	5th	22:13.82	7:09.1	22.21		22:13.82
5K	15	5003 Juan Rivera	15	M	18	M15-19	6th	22:30.82	7:14.5	22.49		22:30.82
5K	16	5029 Marcos Paiz	16	M	17	M15-19	7th	22:31.75	7:14.8	22.51		22:31.75
5K	17	7 Linda Kelly	1	F	57	F55-59	OA	22:38.18	7:17.1	22.63		22:38.18
5K	18	5057 Reed Foster	17	M	15	M15-19	8th	22:59.56	7:23.9	22.98		22:59.56
5K	19	5005 Jose Galarza	18	M	17	M15-19	9th	23:20.28	7:30.6	23.33		23:20.28
5K	20	25 John Nance	19	M	61	M60-64	1st	23:27.64	7:32.9	23.44		23:27.64
5K	21	5083 Enrigue Ordonez	20	M	69	M65-69	1st	23:35.73	7:35.4	23.58		14:49.76
5K	22	5023 Christopher Arias	21	M	17	M15-19	10th	23:50.62	7:40.3	23.83		23:50.62
5K	23	11 Kim Andres	2	F	56	F55-59	MS	24:06.34	⌘ 7:45.4	24.09		24:06.34
5K	24	5045 Susan White	3	F	43	F40-44	1st	24:10.53	7:46.7	24.16		24:10.53
5K	25	5079 Tony Trevino	22	M	38	M35-39	3rd	24:22.71	7:50.6	24.36		15:36.75
5K	26	5088 Zach Plyler	23	M	7	M01-09	1st	24:40.35	7:56.4	24.66		15:54.39
5K	27	5081 Ronica Millerborg	4	F	40	F40-44	2nd	24:59.56	8:02.5	24.98		16:13.59
5K	28	5056 Chris Foster	24	M	43	M40-44	3rd	25:00.40	8:02.8	24.99		25:00.40
5K	29	5009 Craig Pardini	25	M	17	M15-19	11th	25:26.73	8:11.2	25.43		25:26.73
5K	30	5 Ken Ashby	26	M	56	M55-59	1st	25:33.67	⌘ 8:13.4	25.54		25:33.67
5K	31	9 Glenn Dumas	27	M	59	M55-59	2nd	25:38.18	⌘ 8:15.0	25.63		25:38.18
5K	32	5065 Brian Grizzle	28	M	34	M30-34	1st	25:40.03	8:15.7	25.66		25:40.03
5K	33	5011 Chris Shao	29	M	17	M15-19	12th	25:42.85	8:16.3	25.69		25:42.85

⌘ Ran Mile before 5K



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5K	34	5084	Roy Keenan	30	M	34	M30-34	2nd	25:47.00	8:17.9	25.78	25:47.00
5K	35	5071	Ruben Reyes	31	M	53	M50-54	2nd	25:47.92	8:17.9	25.78	25:47.92
5K	36	78	Tommy Farrar	32	M	68	M65-69	2nd	25:51.01	8:19.2	25.84	25:51.01
5K	37	5052	James Sanders	33	M	30	M30-34	3rd	26:37.46	8:34.0	26.61	26:37.46
5K	38	48	Scott Mckissick	34	M	61	M60-64	2nd	26:39.48	8:34.7	26.64	26:39.48
5K	39	43	Gary Welch	35	M	65	M65-69	3rd	27:01.50	8:41.7	27.01	27:01.50
5K	40	5055	Cain Foster	36	M	13	M10-14	1st	27:19.01	8:47.5	27.31	27:19.01
5K	41	5076	Kenny Hallman	37	M	47	M45-49	1st	27:34.87	8:52.4	27.56	27:34.87
5K	42	5028	Camice Karing	5	F	16	F15-19	1st	27:39.65	8:54.0	27.64	27:39.65
5K	43	5044	Rosa Rosenbaum	6	F	43	F40-44	3rd	28:04.90	9:02.0	28.06	28:04.90
5K	44	77	Ken Robinson	38	M	46	M45-49	2nd	28:45.56	9:15.2	28.74	19:59.59
5K	45	5061	Jill Lanoix	7	F	31	F30-34	1st	29:07.82	9:22.3	29.11	29:07.82
5K	46	5073	Cj Macdonald	39	M	42	M40-44	4th	29:19.23	⌘ 9:26.2	29.31	29:19.23
5K	47	17	Richard Weber	40	M	52	M50-54	3rd	30:03.48	9:40.3	30.04	30:03.48
5K	48	125	Frank Gibbons	41	M	48	M45-49	3rd	30:17.87	9:44.8	30.27	30:17.87
5K	49	5047	Garrett White	42	M	6	M01-09	2nd	30:19.65	9:45.5	30.31	21:33.68
5K	50	5085	Marvin Keenan	43	M	62	M60-64	3rd	30:20.08	9:45.8	30.32	21:34.10
5K	51	5030	Dani Pugh	8	F	16	F15-19	2nd	30:35.73	9:50.6	30.57	21:49.76
5K	52	5033	Andy Vazaquez	9	F	16	F15-19	3rd	30:58.84	9:58.0	30.96	30:58.84
5K	53	5064	Annie Phillips Newton	10	F	34	F30-34	2nd	31:00.31	9:58.7	30.99	22:14.34
5K	54	5019	Maya Deplaza	11	F	16	F15-19	4th	31:48.28	10:14.1	31.79	31:48.28
5K	55	4090	Mark Maddoux	44	M	31	M30-34	4th	31:49.42	10:14.4	31.81	31:49.42
5K	56	5021	Kevin Antonio	45	M	17	M15-19	13th	31:52.31	10:15.4	31.86	31:52.31
5K	57	88	Candace Bordelon	12	F	39	F35-39	1st	32:38.28	10:30.2	32.62	23:52.31
5K	58	5032	Mercedes Soto	13	F	16	F15-19	5th	32:58.34	10:36.7	32.96	32:58.34
5K	59	5031	Sabrina Shao	14	F	16	F15-19	6th	33:04.71	10:38.6	33.06	33:04.71
5K	60	5025	Dayena Gonzaga	15	F	15	F15-19	7th	33:05.12	10:38.9	33.07	33:05.12
5K	61	5026	Israel Deplaza	46	M	15	M15-19	14th	33:16.18	10:42.5	33.26	24:30.21
5K	62	5020	Crystal Carmona	16	F	16	F15-19	8th	33:17.15	10:42.8	33.27	24:31.18
5K	63	4089	Andy Schich	47	M	39	M35-39	4th	33:51.47	10:53.7	33.84	25:05.50
5K	64	5067	Lori North	17	F	30	F30-34	3rd	34:02.95	10:57.3	34.02	34:02.95
5K	65	24	Carol Creech	18	F	58	F55-59	SR	34:07.57	10:58.9	34.11	25:21.60
5K	66	20	Patricia Weber	19	F	50	F50-54	1st	34:16.82	11:01.8	34.26	34:16.82
5K	67	5039	Sharoon Noorani	20	F	23	F20-24	1st	34:40.73	11:09.5	34.66	34:40.73
5K	68	114	Bee Ong	21	F	48	F45-49	1st	35:39.65	11:28.5	35.64	26:53.68
5K	69	5041	Sarah Martinez	22	F	26	F25-29	1st	37:13.98	11:58.7	37.21	28:28.01
5K	70	5036	Grant McIntyre	48	M	13	M10-14	2nd	38:11.21	12:17.4	38.17	38:11.21
5K	71	5038	Matthew McIntyre	49	M	45	M45-49	4th	38:11.68	12:17.4	38.17	38:11.68
5K	72	31	Robert Cunningham	50	M	78	M75-79	1st	38:32.50	12:24.2	38.52	29:46.53
5K	73	106	Dennis Chupp	51	M	52	M50-54	4th	39:52.50	12:49.9	39.85	39:52.50
5K	74	5059	Tina Teel	23	F	36	F35-39	2nd	41:55.78	13:29.5	41.90	41:55.78
5K	75	5062	Melodi Pentico	24	F	34	F30-34	4th	45:05.12	14:30.7	45.07	36:19.15
5K	76	5043	Janis Falconer	25	F	48	F45-49	2nd	46:42.98	15:01.9	46.69	46:42.98
5K	77	5042	Sharon Balckman	26	F	49	F45-49	3rd	54:57.12	17:41.2	54.93	54:57.12

