

Sunday, November 23, 2008

# Carrollton Runners Club

Cloudy 57 F  
Race Off :7:36 am

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

## 5K MALE

		Name	(Age)	Time	Pace	Place in	
						OA	GD
OVERALL	-	<b>AUSTIN MILLER</b>	(15)	<b>17:49.89</b>	5:44.1	1	1
MASTERS	-	<b>STEVE BESHEAR</b>	(49)	<b>22:53.81</b>	7:21.9	4	4
SENIORS	-	<b>JOHN NANCE</b>	(60)	<b>23:18.62</b>	7:30.0	5	5
M25-29	1	<b>ANDREW WEBER</b>	(29)	<b>18:12.17</b>	5:51.5	2	2
M35-39	1	<b>NATHAN BRUSER</b>	(37)	<b>20:44.31</b>	6:40.4	3	3
M45-49	1	<b>RUSSELL LAUSTSEN</b>	(48)	<b>26:22.92</b>	8:29.2	8	7
M50-54	1	<b>LANCE NAIL</b>	(52)	<b>32:31.73</b>	10:28.0	14	12
M60-64	1	<b>SPARERIBS LAMOTHE</b>	(62)	<b>26:45.07</b>	8:36.6	9	8
	2	<b>RICHARD SMITH</b>	(61)	<b>30:50.84</b>	9:55.5	12	10
M65-69	1	<b>TOMMY FARRAR</b>	(68)	<b>25:25.10</b>	8:10.8	6	6
M75-79	1	<b>DEWEY FAMBRY</b>	(76)	<b>29:55.81</b>	9:37.8	11	9
	2	<b>JOHN PLATT</b>	(78)	<b>31:45.93</b>	10:13.2	13	11

## 5K FEMALE

		Name	(Age)	Time	Pace	Place in	
						OA	GD
OVERALL	-	<b>JESSICA PORTALES</b>	(12)	<b>25:33.75</b>	8:13.4	7	1
MASTERS	-	<b>LOUIS LAMOTHE</b>	(52)	<b>28:22.71</b>	9:07.8	10	2
F45-49	1	<b>TERI JENKINS</b>	(49)	<b>32:59.07</b>	10:37.0	15	3
	2	<b>KIM LAUSTSEN</b>	(47)	<b>34:31.28</b>	11:06.6	16	4
	3	<b>MARYANN SLINGERLAND</b>	(45)	<b>37:25.87</b>	12:02.6	17	5

Dist	OA	Bib	First Name	Last Name	GD	M/F	Age	AgeGrp	AG	FinishTime+	Pace	5KEq
5K	1	4043	Austin	Miller	1	M	15	M15-19	OA	17:49.89	5:44.1	17.81
5K	2	4001	Andrew	Weber	2	M	29	M25-29	1st	18:12.17	5:51.5	18.19
5K	3	4023	Nathan	Bruser	3	M	37	M35-39	1st	20:44.31	6:40.4	20.73
5K	4	4050	Steve	Beshear	4	M	49	M45-49	MS	22:53.81	7:21.9	22.88
5K	5	4016	John	Nance	5	M	60	M60-64	SR	23:18.62	7:30.0	23.29
5K	6	4045	Tommy	Farrar	6	M	68	M65-69	1st	25:25.10	8:10.8	25.41
5K	7	4046	Jessica	Portales	1	F	12	F10-14	OA	25:33.75	8:13.4	25.54
5K	8	4053	Russell	Laustsen	7	M	48	M45-49	1st	26:22.92	8:29.2	26.36
5K	9	4032	Spareribs	Lamothe	8	M	62	M60-64	1st	26:45.07	8:36.6	26.74
5K	10	4052	Louis	Lamothe	2	F	52	F50-54	MS	28:22.71	9:07.8	28.36
5K	11	4005	Dewey	Fambry	9	M	76	M75-79	1st	29:55.81	9:37.8	29.91
5K	12	4047	Richard	Smith	10	M	61	M60-64	2nd	30:50.84	9:55.5	30.82
5K	13	4044	John	Platt	11	M	78	M75-79	2nd	31:45.93	10:13.2	31.74
5K	14	4048	Lance	Nail	12	M	52	M50-54	1st	32:31.73	10:28.0	32.51
5K	15	4051	Teri	Jenkins	3	F	49	F45-49	1st	32:59.07	10:37.0	32.97
5K	16	4054	Kim	Laustsen	4	F	47	F45-49	2nd	34:31.28	11:06.6	34.51
5K	17	4055	Maryann	Slingerland	5	F	45	F45-49	3rd	37:25.87	12:02.6	37.41