



# Carrollton Runners Prediction Run 5K

Sunday, September 16, 2018

www.CarrolltonRunners.com

@Josey Ranch Athletic Complex, Carrollton TX

76F Clear 84%H 5mphENE  
5K Off :7:33 am

Place	OA	Bib	Name	5K	[Lap]	GD	AgeGrp	Predicted	ChipStart	1stH	2ndH	△	NetChipTime	Pace	Difference
1	11	265	Kuay Sullivan (F52)			1	F50-54	27:48	3.6				27:42.174	8:55.0	5.83
2	6	002	Dave Watson (M61)			6	M60-64	26:00	1.6				26:07.182	8:24.4	7.18
3	3	961	Brian Miller (M47)			3	M45-49	22:54	1.1				23:03.507	7:25.3	9.51
4	13	283	Ruben Reyes (M62)			12	M60-64	29:35	8.1				29:22.629	9:27.3	12.37
5	10	008	David Mask (M66)			10	M65-69	27:27	3.9				27:40.042	8:54.3	13.04
6	21	454	Betsy Palmer (F57)			4	F55-59	32:33	6.0				32:48.604	10:33.6	15.60
7	4	255	John Cosentino (M56)			4	M55-59	24:10	1.3				23:53.624	7:41.4	16.38
8	26	050	Chris Goins (M48)			19	M45-49	36:00	9.3				36:17.933	11:41.0	17.93
9	7	256	Rich Cronin (M50)			7	M50-54	26:30	1.5				26:08.798	8:24.9	21.20
10	27	448	Nika Brunk (F37)			8	F35-39	38:00	9.0				37:37.253	12:06.5	22.75
11	1	962	Justin Miller (M14)			1	M10-14	18:42	0.0				19:08.023	6:09.5	26.02
12	30	261	John Kramer (M56)			22	M55-59	37:50	2:35.7				38:18.332	12:19.8	28.33
13	2	011	Blair Casey (M31)			2	M30-34	22:30	0.3				21:57.718	7:04.1	32.28
14	19	257	Jeffrey Conklin (M55)			16	M55-59	30:30	5.8				31:20.737	10:05.4	50.74
15	18	449	Kumiko McCoy (F69)			3	F65-69	31:45	7.5				30:53.271	9:56.5	51.73
16	20	157	Phil Murch (M61)			17	M60-64	32:26	3.6				31:33.186	10:09.4	52.81
17	9	193	Julio Lopez (M62)			9	M60-64	28:30	5.5				27:35.352	8:52.8	54.65
18	33	145	Betsy Veneziano (F73)			10	F70-74	44:00	2.4				43:03.713	13:51.6	56.29
19	25	044	Amie Goins (F46)			7	F45-49	33:57	7.8				34:55.691	11:14.5	58.69
20	32	024	Carol Creech (F67)			9	F65-69	43:44	3.5				42:42.452	13:44.8	61.55
21	36	246	Sheila Holen (F47)			11	F45-49	53:00	3.3				51:53.069	16:42.0	66.93
22	14	345	Ryan Pogue (M47)			13	M45-49	28:10	5.9				29:31.664	9:30.2	81.66
23	12	089	John Nance (M70)			11	M70-74	26:30	2.0				28:11.648	9:04.5	101.65
24	5	155	Ruben Arevalo (M63)			5	M60-64	27:42	0.0				25:54.763	8:20.4	107.24
25	37	041	Kay Scott (F48)			12	F45-49	40:00	12:03.2				42:02.856	13:32.0	122.86
26	8	039	Johnny Meyer (M9)			8	M01-09	24:10	0.0				26:33.472	8:32.9	143.47
27	29	003	Chris Lopez (M31)			21	M30-34	36:00	11.6				38:29.124	12:23.2	149.12
28	28	005	Amanda Poland (M30)			20	M30-34	36:00	10.5				38:29.900	12:23.5	149.90
29	15	061	David Short (M57)			14	M55-59	27:00	14.3				29:42.542	9:33.7	162.54
30	16	995	Blake Bruser (F9)			2	F01-09	33:33	7.4				30:44.598	9:53.7	168.40
31	34	148	Scott Ahlstrom (M70)			24	M70-74	48:00	9.7				45:09.803	14:32.2	170.20
32	35	106	Robert Simpson (M63)			25	M60-64	50:00	10.0				46:41.725	15:01.8	198.27
33	23	038	Sarah Meyer (F41)			6	F40-44	31:00	0.9				34:24.287	11:04.4	204.29
34	24	040	Charlie Meyer (M10)			18	M10-14	31:00	0.0				34:25.164	11:04.7	205.16
35	17	097	Nathan Bruser (M47)			15	M45-49	34:34	8.2				30:44.846	9:53.8	229.15
36	22	198	Yanira Lopez (F55)			5	F55-59	38:17	20.1				34:01.590	10:57.1	255.41
37	31	258	Steven Johnson (M60)			23	M60-64	35:00	8.0				42:17.646	13:36.8	437.65
38	38	193	Julio Lopez (M62) [2]			26	M60-64	29:30	27:42.2				31:22.583	10:05.9	112.58

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20 Slower

18 Faster

OA Order of Finish (by Guntime) Difference # of Seconds off Prediction  
NetChipTimeNet Running Time (ChipTime) **Fast** **Slow**

△ Positive Split  
△ Negative Split

Timing provided by:  
**DELTAVIEWTIMING.COM**

### By Order of Finish

OA	Bib Name	5K	[Lap]	GD	AgeGrp	City	ChipStart	1stH	2ndH	△	NetChipTime	Pace	Diff	ClockTime	AgeGD
1	962	Justin Miller (M14)		1	M10-14	Plano	0.0				19:08.023	6:09.5	26.02	19:08.023	74.2%
2	011	Blair Casey (M31)		2	M30-34	Carrollton	0.3				21:57.718	7:04.1	32.28	21:58.000	59.0%
3	961	Brian Miller (M47)		3	M45-49	Plano	1.1				23:03.507	7:25.3	9.51	23:04.646	62.5%
4	255	John Cosentino (M56)		4	M55-59	Plano	1.3				23:53.624	7:41.4	16.38	23:54.937	64.9%
5	155	Ruben Arevalo (M63)		5	M60-64	Carrollton	0.0				25:54.763	8:20.4	107.24	25:54.763	63.6%
6	002	Dave Watson (M61)		6	M60-64	UK	1.6				26:07.182	8:24.4	7.18	26:08.822	62.0%
7	256	Rich Cronin (M50)		7	M50-54	Arlington	1.5				26:08.798	8:24.9	21.20	26:10.283	56.4%
8	039	Johnny Meyer (M9)		8	M01-09	Coppell	0.0				26:33.472	8:32.9	143.47	26:33.472	61.6%
9	193	Julio Lopez (M62)		9	M60-64	Farmers Branch	5.5				27:35.352	8:52.8	54.65	27:40.861	59.2%
10	008	David Mask (M66)		10	M65-69	Lewisville	3.9				27:40.042	8:54.3	13.04	27:43.935	61.2%
11	265	Kuay Sullivan (F52)		1	F50-54	Coppell	3.6				27:42.174	8:55.0	5.83	27:45.752	62.6%
12	089	John Nance (M70)		11	M70-74	Rowlett	2.0				28:11.648	9:04.5	101.65	28:13.646	62.5%
13	283	Ruben Reyes (M62)		12	M60-64	Carrollton	8.1				29:22.629	9:27.3	12.37	29:30.759	55.6%
14	345	Ryan Pogue (M47)		13	M45-49	Carrollton	5.9				29:31.664	9:30.2	81.66	29:37.584	48.8%
15	061	David Short (M57)		14	M55-59	Frisco	14.3				29:42.542	9:33.7	162.54	29:56.816	52.6%
16	995	Blake Bruser (F9)		2	F01-09	Highland Village	7.4				30:44.598	9:53.7	168.40	30:51.992	57.1%
17	097	Nathan Bruser (M47)		15	M45-49	Highland Village	8.2				30:44.846	9:53.8	229.15	30:53.015	46.8%
18	449	Kumiko McCoy (F69)		3	F65-69	Euless	7.5				30:53.271	9:56.5	51.73	31:00.818	71.8%
19	257	Jeffrey Conklin (M55)		16	M55-59	Arlington	5.8				31:20.737	10:05.4	50.74	31:26.505	49.0%
20	157	Phil Murch (M61)		17	M60-64	Frisco	3.6				31:33.186	10:09.4	52.81	31:36.806	51.3%
21	454	Betsy Palmer (F57)		4	F55-59	Carrollton	6.0				32:48.604	10:33.6	15.60	32:54.554	56.5%
22	198	Yanira Lopez (F55)		5	F55-59	Farmers Branch	20.1				34:01.590	10:57.1	255.41	34:21.695	53.0%
23	038	Sarah Meyer (F41)		6	F40-44	Coppell	0.9				34:24.287	11:04.4	204.29	34:25.154	44.9%
24	040	Charlie Meyer (M10)		18	M10-14	Coppell	0.0				34:25.164	11:04.7	205.16	34:25.164	45.9%
25	044	Amie Goins (F46)		7	F45-49	Garland	7.8				34:55.691	11:14.5	58.69	35:03.527	46.2%
26	050	Chris Goins (M48)		19	M45-49	Garland	9.3				36:17.933	11:41.0	17.93	36:27.250	40.0%
27	448	Nika Brunk (F37)		8	F35-39	Euless	9.0				37:37.253	12:06.5	22.75	37:46.271	40.1%
28	005	Amanda Poland (M30)		20	M30-34	Carrollton	10.5				38:29.900	12:23.5	149.90	38:40.382	33.6%
29	003	Chris Lopez (M31)		21	M30-34	Carrollton	11.6				38:29.124	12:23.2	149.12	38:40.722	33.7%
30	261	John Kramer (M56)		22	M55-59	Plano	2:35.7				38:18.332	12:19.8	28.33	40:53.996	40.5%
31	258	Steven Johnson (M60)		23	M60-64	Farmers Branch	8.0				42:17.646	13:36.8	437.65	42:25.607	37.9%
32	024	Carol Creech (F67)		9	F65-69	Plano	3.5				42:42.452	13:44.8	61.55	42:45.953	50.3%
33	145	Betsy Veneziano (F73)		10	F70-74	Carrollton	2.4				43:03.713	13:51.6	56.29	43:06.111	55.1%
34	148	Scott Ahlstrom (M70)		24	M70-74	Carrollton	9.7				45:09.803	14:32.2	170.20	45:19.482	39.0%
35	106	Robert Simpson (M63)		25	M60-64	Coppell	10.0				46:41.725	15:01.8	198.27	46:51.691	35.3%
36	246	Sheila Holen (F47)		11	F45-49	Lewisville	3.3				51:53.069	16:42.0	66.93	51:56.347	31.4%
37	041	Kay Scott (F48)		12	F45-49	Bedford	12:03.2				42:02.856	13:32.0	122.86	54:06.029	39.3%
38	193	Julio Lopez (M62) [2]		26	M60-64	Farmers Branch	27:42.2				31:22.583	10:05.9	112.58	59:04.806	52.0%
Average Finish Time:											32:58	Average Age Grade:		51.5%	