



# Carrollton Runners Prediction Run 5K

www.CarrolltonRunners.com

@Josey Ranch Athletic Complex, Carrollton TX

Sunday, June 23, 2019  
80F Cloudy 81%H 13mphS  
5K Off :7:31 am

Place	OA	Bib	Name	5K	[Lap]	GD	AgeGrp	Predicted	ChipStart	1stH	2ndH	△	NetChipTime	Pace	Difference
1	10	012	Doug Waters (M54)			8	M50-54	24:40	2.8				24:41.407	7:56.8	1.41
2	14	003	Ashley Gutierrez (F31)			3	F30-34	30:00	3.2				29:58.229	9:38.8	1.77
3	16	008	David Mask (M67)			13	M65-69	31:10	10.2				31:12.522	10:02.7	2.52
4	3	811	Robert Landon (M60)			3	M60-64	22:10	0.0				21:59.816	7:04.8	10.18
5	13	283	Ruben Reyes (M63)			11	M60-64	29:30	3.4				29:14.037	9:24.6	15.96
6	18	995	Ruben Saguil (M54)			15	M50-54	26:00	8:38.6				25:36.115	8:14.4	23.88
7	19	454	Betsy Palmer (F58)			4	F55-59	35:12	6.7				34:42.928	11:10.4	29.07
8	8	117	Vijayan Nair (M56)			6	M55-59	23:00	1.3				23:34.177	7:35.2	34.18
9	2	004	Joseph Martinez (M16)			2	M15-19	22:00	0.0				21:13.537	6:49.9	46.46
10	12	089	John Nance (M71)			10	M70-74	27:20	3.6				28:10.581	9:04.1	50.58
11	6	301	Abby Lewis (F17)			1	F15-19	22:00	2.2				22:51.567	7:21.5	51.57
12	4	011	Blair Casey (M32)			4	M30-34	23:00	1.3				22:07.006	7:07.1	52.99
13	22	024	Carol Creech (F68)			6	F65-69	42:18	12.6				41:21.777	13:18.8	56.22
14	7	002	Savannah Gutierrez (F17)			2	F15-19	22:00	2.2				22:58.398	7:23.7	58.40
15	15	563	Tomas Bern (M55)			12	M55-59	29:00	5.0				29:59.230	9:39.1	59.23
16	17	345	Ryan Pogue (M48)			14	M45-49	29:35	6.1				31:23.119	10:06.1	108.12
17	26	246	Sheila Holen (F48)			8	F45-49	49:30	7.4				47:12.243	15:11.6	137.76
18	5	006	Logan Nasky (M15)			5	M15-19	20:00	0.0				22:22.744	7:12.2	142.74
19	11	193	Julio Lopez (M63)			9	M60-64	25:00	2.1				27:33.414	8:52.2	153.41
20	9	299	David Lewis (M48)			7	M45-49	22:00	0.5				24:34.508	7:54.6	154.51
21	1	005	Jacob Ozuna (M17)			1	M15-19	18:30	0.0				21:05.949	6:47.5	155.95
22	23	007	Lauren Mielcarek (F24)			7	F20-24	47:45	8.5				44:48.101	14:25.2	176.90
23	24	255	John Cosentino (M56)			17	M55-59	47:45	8.6				44:48.074	14:25.2	176.93
24	21	762	Mary Riddle (F69)			5	F65-69	30:00	4.6				37:31.308	12:04.6	451.31
25	20	947	Ka Lau (M28)			16	M25-29	25:00	2.9				36:08.540	11:38.0	668.54
26	25	011	Blair Casey (M32) [2]			18	M30-34	23:00	22:08.7				23:33.507	7:35.0	33.51
27	27	117	Vijayan Nair (M56) [2]			19	M55-59	29:00	25:37.4				27:41.253	8:54.7	78.75
28	28	193	Julio Lopez (M63) [2]			20	M60-64	27:00	27:35.5				32:27.040	10:26.7	327.04

© Most Accurate Predictor(s) wins gift card(s).

16 Slower

12 Faster

### By Order of Finish

OA	Bib Name	5K	[Lap]	GD	AgeGrp	City	ChipStart	1stH	2ndH	△	NetChipTime	Pace	Diff	ClockTime	AgeGD
1	005	Jacob Ozuna (M17)		1	M15-19		0.0				21:05.949	6:47.5	155.95	21:05.949	64.0%
2	004	Joseph Martinez (M16)		2	M15-19		0.0				21:13.537	6:49.9	46.46	21:13.537	64.5%
3	811	Robert Landon (M60)		3	M60-64	Allen	0.0				21:59.816	7:04.8	10.18	21:59.816	72.9%
4	011	Blair Casey (M32)		4	M30-34	Carrollton	1.3				22:07.006	7:07.1	52.99	22:08.300	58.8%
5	006	Logan Nasky (M15)		5	M15-19		0.0				22:22.744	7:12.2	142.74	22:22.744	62.2%
6	301	Abby Lewis (F17)		1	F15-19	Bedford	2.2				22:51.567	7:21.5	51.57	22:53.767	66.1%
7	002	Savannah Gutierrez (F17)		2	F15-19		2.2				22:58.398	7:23.7	58.40	23:00.584	65.8%
8	117	Vijayan Nair (M56)		6	M55-59	Plano	1.3				23:34.177	7:35.2	34.18	23:35.459	65.8%
9	299	David Lewis (M48)		7	M45-49	Bedford	0.5				24:34.508	7:54.6	154.51	24:35.013	59.1%
10	012	Doug Waters (M54)		8	M50-54	Carrollton	2.8				24:41.407	7:56.8	1.41	24:44.197	61.7%
11	193	Julio Lopez (M63)		9	M60-64	Farmers Branch	2.1				27:33.414	8:52.2	153.41	27:35.478	59.8%
12	089	John Nance (M71)		10	M70-74	Rowlett	3.6				28:10.581	9:04.1	50.58	28:14.173	63.3%
13	283	Ruben Reyes (M63)		11	M60-64	Carrollton	3.4				29:14.037	9:24.6	15.96	29:17.418	56.3%
14	003	Ashley Gutierrez (F31)		3	F30-34		3.2				29:58.229	9:38.8	1.77	30:01.392	49.4%
15	563	Tomas Bern (M55)		12	M55-59	Allen	5.0				29:59.230	9:39.1	59.23	30:04.246	51.2%
16	008	David Mask (M67)		13	M65-69	Lewisville	10.2				31:12.522	10:02.7	2.52	31:22.701	54.7%
17	345	Ryan Pogue (M48)		14	M45-49	Carrollton	6.1				31:23.119	10:06.1	108.12	31:29.212	46.2%
18	995	Ruben Saguil (M54)		15	M50-54	Carrollton	8:38.6				25:36.115	8:14.4	23.88	34:14.722	59.5%
19	454	Betsy Palmer (F58)		4	F55-59	Carrollton	6.7				34:42.928	11:10.4	29.07	34:49.668	54.1%
20	947	Ka Lau (M28)		16	M25-29	Plano	2.9				36:08.540	11:38.0	668.54	36:11.429	35.7%
21	762	Mary Riddle (F69)		5	F65-69	Carrollton	4.6				37:31.308	12:04.6	451.31	37:35.896	59.1%
22	024	Carol Creech (F68)		6	F65-69	Plano	12.6				41:21.777	13:18.8	56.22	41:34.365	52.7%
23	007	Lauren Mielcarek (F24)		7	F20-24	Plano	8.5				44:48.101	14:25.2	176.90	44:56.630	33.0%
24	255	John Cosentino (M56)		17	M55-59	Plano	8.6				44:48.074	14:25.2	176.93	44:56.693	34.6%
25	011	Blair Casey (M32) [2]		18	M30-34	Carrollton	22:08.7				23:33.507	7:35.0	33.51	45:42.244	55.2%
26	246	Sheila Holen (F48)		8	F45-49	Lewisville	7.4				47:12.243	15:11.6	137.76	47:19.675	35.0%
27	117	Vijayan Nair (M56) [2]		19	M55-59	Plano	25:37.4				27:41.253	8:54.7	78.75	53:18.681	56.0%
28	193	Julio Lopez (M63) [2]		20	M60-64	Farmers Branch	27:35.5				32:27.040	10:26.7	327.04	60:02.554	50.8%
Average Finish Time:											29:40	Average Age Grade:		55.3%	