



Carrollton Runners Prediction Run 5K

www.CarrolltonRunners.com

@Josey Ranch Athletic Complex, Carrollton TX

Sunday, August 18, 2019

82F Cloudy 73%H 10mphS

5K Off :7:34 am

Place	OA	Bib	Name	5K	[Lap]	GD	AgeGrp	Predicted	ChipStart	1stH	2ndH	Δ	NetChipTime	Pace	Difference
1	53	024	Carol Creech (F68)	19	F65-69	42:17	5.9	20:35	21:42	+68	42:16.710	⊙	13:36.5	0.29	
2	17	040	Kim Andres (F66)	2	F65-69	28:15	1.4	13:56	14:15	+18	28:10.877	⊙	9:04.2	4.12	
3	24	921	Sun Konar (F47)	4	F45-49	30:00	0.0	14:16	15:39	+83	29:54.523	⊙	9:37.6	5.48	
4	3	929	Wesley Fitts (M12)	3	M10-14	22:30	0.0	11:03	11:33	+30	22:36.033		7:16.5	6.03	
5	10	991	Melissa Sigler (F40)	1	F40-44	25:00	4.8	12:29	12:37	+8	25:06.375		8:04.9	6.38	
6	4	920	Jim Konar (M47)	4	M45-49	23:00	1.3	11:34	11:39	+5	23:13.525		7:28.5	13.53	
7	43	044	Amie Goins (F47)	15	F45-49	35:00	6.1	16:45	17:59	+74	34:44.429		11:10.9	15.57	
8	11	725	Eric Carlson (M37)	10	M35-39	25:00	1.4	14:00	11:20	-160	25:19.836		8:09.2	19.84	
9	5	117	Vijayan Nair (M56)	5	M55-59	23:30	0.0	11:37	12:19	+42	23:55.994		7:42.2	25.99	
10	48	039	Mary Kaplan (F80)	17	F80-99	37:10	0.0	18:27	18:17	-10	36:43.812		11:49.3	26.19	
11	51	448	Nika Brunk (F38)	18	F35-39	39:00	6.4	18:56	20:32	+95	39:28.109		12:42.2	28.11	
12	55	913	Rachel Jackson (F39)	20	F35-39	45:00	2.1	20:03	25:26	+323	45:29.044		14:38.4	29.04	
13	6	740	Greg Neal (M51)	6	M50-54	23:30	0.0	11:53	12:08	+15	24:01.000		7:43.8	31.00	
14	18	190	Ka Lau (M29)	16	M25-29	28:00	5.3				28:31.139		9:10.8	31.14	
15	12	012	Doug Waters (M54)	11	M50-54	25:10	1.4	12:46	12:55	+9	25:41.461		8:16.1	31.46	
16	13	193	Julio Lopez (M63)	12	M60-64	27:00	1.1	12:55	13:33	+39	26:27.783		8:31.1	32.22	
17	56	148	Scott Ahlstrom (M71)	36	M70-74	49:30	8.5	24:13	24:43	+30	48:55.527		15:44.9	34.47	
18	30	070	Kendall Black (M70)	24	M70-74	31:00	0.5	15:14	16:21	+67	31:34.536		10:09.8	34.54	
19	35	449	Kumiko McCoy (F70)	9	F70-74	31:45	7.3	15:52	16:28	+37	32:20.437		10:24.6	35.44	
20	2	011	Blair Casey (M32)	2	M30-34	22:40	0.1	11:15	10:49	-26	22:04.320		7:06.3	35.68	
21	26	756	Samantha Covington (F34)	5	F30-34	31:00	4.3	15:04	15:17	+13	30:20.796		9:46.1	39.20	
22	27	345	Ryan Pogue (M48)	22	M45-49	29:40	8.9	15:08	15:14	+6	30:21.756		9:46.4	41.76	
23	14	380	Gabor Toth (M38)	13	M35-39	27:30	3.4	13:01	13:46	+44	26:46.868		8:37.2	43.13	
24	9	192	Rob Preston (M54)	9	M50-54	24:00	0.0	12:27	12:17	-10	24:44.000		7:57.7	44.00	
25	52	992	Jeffrey Conklin (M55)	34	M55-59	40:00	7.3	19:12	21:32	+141	40:44.254		13:06.7	44.25	
26	49	050	Chris Goins (M49)	32	M45-49	36:00	6.1	17:02	19:48	+165	36:50.035		11:51.3	50.04	
27	15	155	Ruben Arevalo (M64)	14	M60-64	26:00	5.0	13:13	13:49	+36	27:02.646		8:42.3	62.65	
28	20	945	Victor Elfenbein (M61)	18	M60-64	30:00	3.8	13:45	15:12	+86	28:57.160		9:19.1	62.84	
29	50	261	John Kramer (M57)	33	M55-59	37:25	2.1	18:31	19:57	+86	38:28.759		12:23.1	63.76	
30	25	008	David Mask (M67)	21	M65-69	28:45	3.9	14:51	15:00	+9	29:50.660		9:36.4	65.66	
31	19	990	Ruben Reyes (M63)	17	M60-64	29:55	2.4	13:54	14:43	+49	28:36.830		9:12.6	78.17	
32	39	801	Sydney Bwalya (M46)	27	M45-49	35:00	2.8	16:03	17:33	+91	33:35.588		10:48.8	84.41	
33	41	906	Pamela Benjamin (F58)	14	F55-59	35:00	22.4	16:01	17:28	+87	33:28.716		10:46.5	91.28	
34	31	256	Rich Cronin (M51)	25	M50-54	30:00	3.8	15:16	16:19	+64	31:34.948		10:09.9	94.95	
35	45	316	Blake Bruser (F10)	16	F10-14	33:33	12.2	17:00	18:13	+73	35:13.471		11:20.3	100.47	
36	8	058	Bradley Gardner (M61)	8	M60-64	26:30	0.6	12:34	12:09	-25	24:43.312		7:57.4	106.69	
37	40	198	Yanira Lopez (F56)	13	F55-59	35:05	35.0	16:15	16:55	+41	33:09.694		10:40.4	115.31	
38	1	912	Gerald Jackson (M54)	1	M50-54	20:00	0.4	10:48	11:09	+21	21:56.643		7:03.8	116.64	
39	7	159	Robert Landon (M60)	7	M60-64	26:30	8.2	12:22	12:11	-10	24:32.815		7:54.1	117.18	
40	32	007	Jim Holland (M48)	26	M45-49	30:00	0.0	16:41	15:32	-69	32:12.613		10:22.0	132.61	
41	36	916	Nicole Gilmore (F45)	10	F45-49	30:00	0.2	15:43	16:47	+64	32:30.257		10:27.7	150.26	
42	44	097	Nathan Bruser (M48)	29	M45-49	32:32	12.9	16:41	18:22	+102	35:02.574		11:16.8	150.57	
43	28	924	Lindsey Cook (F11)	6	F10-14	28:00	0.0	14:40	16:16	+96	30:55.830		9:57.3	175.83	
44	33	004	Alex Lu (F16)	7	F15-19	29:00	1.0				32:19.302		10:24.2	199.30	
45	29	928	Stephen Cook (M39)	23	M35-39	27:30	0.7	14:36	16:25	+109	31:00.607		9:58.9	210.61	
46	22	923	Kevin Lowe (M56)	20	M55-59	25:00	3.7	13:21	15:41	+140	29:02.583		9:20.9	242.58	
47	34	915	Catie Gilmore (F11)	8	F10-14	28:00	0.0	15:44	16:41	+57	32:24.837		10:26.0	264.84	
48	23	724	Kennedy Carlson (F12)	3	F10-14	25:00	1.0	13:54	15:59	+125	29:53.378		9:37.2	293.38	
49	38	001	Eliona Kona (F12)	12	F10-14	28:00	0.0	14:44	18:10	+205	32:54.115		10:35.4	294.12	
50	21	922	Blake Lowe (M11)	19	M10-14	23:00	0.0	13:08	15:57	+169	29:04.250		9:21.4	364.25	

OA Order of Finish (by Guntime) Difference # of Seconds off Prediction

Δ Positive Split

△ Negative Split

NetChipTimeNet Running Time (ChipTime)

Fast

Slow



Timing provided by:

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51	46	002	James Shiflet (M13)	30	M10-14	30:00	0.0	17:29	18:50	+81	36:18.763	11:41.3	378.76
52	47	003	Tom Shiflet (M46)	31	M45-49	30:00	2.2	15:10	21:12	+362	36:21.512	11:42.2	381.51
53	37	006	Madeline Holland (F12)	11	F10-14	23:00	0.0				32:51.384	10:34.5	591.38
54	42	911	Ian Traub (M9)	28	M01-09	45:00	0.1	13:27	20:29	+422	33:55.566	10:55.2	664.43
55	16	910	Jeff Traub (M39)	15	M35-39	45:00	0.7	13:22	14:28	+67	27:49.817	8:57.5	1030.18
56	54	011	Blair Casey (M32) [2]	35	M30-34	22:50	22:05.3				22:08.912	7:07.7	41.09
57	57	117	Vijayan Nair (M56) [2]	37	M55-59	27:00	23:56.4	14:19	14:26	+7	28:44.728	9:15.1	104.73
58	58	193	Julio Lopez (M63) [2]	38	M60-64	30:00	26:29.5				31:50.098	10:14.8	110.10
59	59	192	Rob Preston (M54) [2]	39	M50-54	28:00	26:27.5	14:24	18:07	+223	32:31.616	10:28.2	271.62
											39 Slower	20 Faster	

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

By Order of Finish

OA	Bib Name	5K	[Lap]	GD	AgeGrp	City	ChipStart	1stH	2ndH	△	NetChipTime	Pace	Diff	ClockTime	AgeGD
1	912	Gerald Jackson (M54)		1	M50-54	Carrollton	0.4	10:48	11:09	+21	21:56.643	7:03.8	116.64	21:57.060	69.4%
2	011	Blair Casey (M32)		2	M30-34	Carrollton	0.1	11:15	10:49	-26	22:04.320	7:06.3	35.68	22:04.382	58.9%
3	929	Wesley Fitts (M12)		3	M10-14	Flower Mound	0.0	11:03	11:33	+30	22:36.033	7:16.5	6.03	22:36.033	65.8%
4	920	Jim Konar (M47)		4	M45-49	Roanoke	1.3	11:34	11:39	+5	23:13.525	7:28.5	13.53	23:14.802	62.0%
5	117	Vijayan Nair (M56)		5	M55-59	Plano	0.0	11:37	12:19	+42	23:55.994	7:42.2	25.99	23:55.994	64.8%
6	740	Greg Neal (M51)		6	M50-54	Plano	0.0	11:53	12:08	+15	24:01.000	7:43.8	31.00	24:01.000	61.9%
7	159	Robert Landon (M60)		7	M60-64	Allen	8.2	12:22	12:11	-10	24:32.815	7:54.1	117.18	24:40.998	65.3%
8	058	Bradley Gardner (M61)		8	M60-64	Fort Worth	0.6	12:34	12:09	-25	24:43.312	7:57.4	106.69	24:43.937	65.5%
9	192	Rob Preston (M54)		9	M50-54	Irving	0.0	12:27	12:17	-10	24:44.000	7:57.7	44.00	24:44.000	61.6%
10	991	Melissa Sigler (F40)		1	F40-44	Fort Worth	4.8	12:29	12:37	+8	25:06.375	8:04.9	6.38	25:11.209	61.1%
11	725	Eric Carlson (M37)		10	M35-39	Krum	1.4	14:00	11:20	-160	25:19.836	8:09.2	19.84	25:21.201	52.7%
12	012	Doug Waters (M54)		11	M50-54	Carrollton	1.4	12:46	12:55	+9	25:41.461	8:16.1	31.46	25:42.843	59.3%
13	193	Julio Lopez (M63)		12	M60-64	Farmers Branch	1.1	12:55	13:33	+39	26:27.783	8:31.1	32.22	26:28.869	62.2%
14	380	Gabor Toth (M38)		13	M35-39	Coppell	3.4	13:01	13:46	+44	26:46.868	8:37.2	43.13	26:50.257	50.2%
15	155	Ruben Arevalo (M64)		14	M60-64	Carrollton	5.0	13:13	13:49	+36	27:02.646	8:42.3	62.65	27:07.619	61.5%
16	910	Jeff Traub (M39)		15	M35-39	Carrollton	0.7	13:22	14:28	+67	27:49.817	8:57.5	1030.18	27:50.502	48.7%
17	040	Kim Andres (F66)		2	F65-69	Irving	1.4	13:56	14:15	+18	28:10.877	9:04.2	4.12	28:12.306	75.0%
18	190	Ka Lau (M29)		16	M25-29	Plano	5.3				28:31.139	9:10.8	31.14	28:36.466	45.3%
19	990	Ruben Reyes (M63)		17	M60-64	Carrollton	2.4	13:54	14:43	+49	28:36.830	9:12.6	78.17	28:39.197	57.6%
20	945	Victor Elfenbein (M61)		18	M60-64	Dallas	3.8	13:45	15:12	+86	28:57.160	9:19.1	62.84	29:00.935	55.9%
21	922	Blake Lowe (M11)		19	M10-14	Corinth	0.0	13:08	15:57	+169	29:04.250	9:21.4	364.25	29:04.250	52.6%
22	923	Kevin Lowe (M56)		20	M55-59	Corinth	3.7	13:21	15:41	+140	29:02.583	9:20.9	242.58	29:06.318	53.4%
23	724	Kennedy Carlson (F12)		3	F10-14	Krum	1.0	13:54	15:59	+125	29:53.378	9:37.2	293.38	29:54.355	54.5%
24	921	Sun Konar (F47)		4	F45-49	Roanoke	0.0	14:16	15:39	+83	29:54.523	9:37.6	5.48	29:54.523	54.6%
25	008	David Mask (M67)		21	M65-69	Lewisville	3.9	14:51	15:00	+9	29:50.660	9:36.4	65.66	29:54.582	57.3%
26	756	Samantha Covington (F34)		5	F30-34	Fort Worth	4.3	15:04	15:17	+13	30:20.796	9:46.1	39.20	30:25.080	49.1%
27	345	Ryan Pogue (M48)		22	M45-49	Carrollton	8.9	15:08	15:14	+6	30:21.756	9:46.4	41.76	30:30.625	47.8%
28	924	Lindsey Cook (F11)		6	F10-14	Argyle	0.0	14:40	16:16	+96	30:55.830	9:57.3	175.83	30:55.830	53.8%
29	928	Stephen Cook (M39)		23	M35-39	Argyle	0.7	14:36	16:25	+109	31:00.607	9:58.9	210.61	31:01.275	43.7%
30	070	Kendall Black (M70)		24	M70-74	Grand Prairie	0.5	15:14	16:21	+67	31:34.536	10:09.8	34.54	31:35.013	55.8%
31	256	Rich Cronin (M51)		25	M50-54	Arlington	3.8	15:16	16:19	+64	31:34.948	10:09.9	94.95	31:38.734	47.1%
32	007	Jim Holland (M48)		26	M45-49		0.0	16:41	15:32	-69	32:12.613	10:22.0	132.61	32:12.613	45.1%
33	004	Alex Lu (F16)		7	F15-19		1.0				32:19.302	10:24.2	199.30	32:20.304	47.4%
34	915	Catie Gilmore (F11)		8	F10-14	Lantana	0.0	15:44	16:41	+57	32:24.837	10:26.0	264.84	32:24.837	51.3%
35	449	Kumiko McCoy (F70)		9	F70-74	Eules	7.3	15:52	16:28	+37	32:20.437	10:24.6	35.44	32:27.724	69.7%
36	916	Nicole Gilmore (F45)		10	F45-49	Lantana	0.2	15:43	16:47	+64	32:30.257	10:27.7	150.26	32:30.492	49.1%
37	006	Madeline Holland (F12)		11	F10-14		0.0				32:51.384	10:34.5	591.38	32:51.384	49.5%
38	001	Eliona Kona (F12)		12	F10-14		0.0	14:44	18:10	+205	32:54.115	10:35.4	294.12	32:54.115	49.5%
39	801	Sydney Bwalya (M46)		27	M45-49	Dallas	2.8	16:03	17:33	+91	33:35.588	10:48.8	84.41	33:38.349	42.5%
40	198	Yanira Lopez (F56)		13	F55-59	Farmers Branch	35.0	16:15	16:55	+41	33:09.694	10:40.4	115.31	33:44.714	55.1%
41	906	Pamela Benjamin (F58)		14	F55-59	Irving	22.4	16:01	17:28	+87	33:28.716	10:46.5	91.28	33:51.148	56.1%
42	911	Ian Traub (M9)		28	M01-09	Carrollton	0.1	13:27	20:29	+422	33:55.566	10:55.2	664.43	33:55.625	48.2%
43	044	Amie Goins (F47)		15	F45-49	Garland	6.1	16:45	17:59	+74	34:44.429	11:10.9	15.57	34:50.568	47.0%
44	097	Nathan Bruser (M48)		29	M45-49	Higland Village	12.9	16:41	18:22	+102	35:02.574	11:16.8	150.57	35:15.460	41.4%
45	316	Blake Bruser (F10)		16	F10-14	Higland Village	12.2	17:00	18:13	+73	35:13.471	11:20.3	100.47	35:25.677	48.4%
46	002	James Shiflet (M13)		30	M10-14		0.0	17:29	18:50	+81	36:18.763	11:41.3	378.76	36:18.763	39.9%
47	003	Tom Shiflet (M46)		31	M45-49		2.2	15:10	21:12	+362	36:21.512	11:42.2	381.51	36:23.748	39.3%
48	039	Mary Kaplan (F80)		17	F80-99	Sunrise Beach	0.0	18:27	18:17	-10	36:43.812	11:49.3	26.19	36:43.812	73.6%
49	050	Chris Goins (M49)		32	M45-49	Garland	6.1	17:02	19:48	+165	36:50.035	11:51.3	50.04	36:56.166	39.7%

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

50	261	John Kramer (M57)	33	M55-59	Plano	2.1	18:31	19:57	+86	38:28.759	12:23.1	63.76	38:30.894	40.6%
51	448	Nika Brunk (F38)	18	F35-39	Euless	6.4	18:56	20:32	+95	39:28.109	12:42.2	28.11	39:34.478	38.4%
52	992	Jeffrey Conklin (M55)	34	M55-59	Arlington	7.3	19:12	21:32	+141	40:44.254	13:06.7	44.25	40:51.541	37.7%
53	024	Carol Creech (F68)	19	F65-69	Plano	5.9	20:35	21:42	+68	42:16.710	13:36.5	0.29	42:22.564	51.6%
54	011	Blair Casey (M32) [2]	35	M30-34	Carrollton	22:05.3				22:08.912	7:07.7	41.09	44:14.257	58.7%
55	913	Rachel Jackson (F39)	20	F35-39	Carrollton	2.1	20:03	25:26	+323	45:29.044	14:38.4	29.04	45:31.169	33.5%
56	148	Scott Ahlstrom (M71)	36	M70-74	Carrollton	8.5	24:13	24:43	+30	48:55.527	15:44.9	34.47	49:03.998	36.5%
57	117	Vijayan Nair (M56) [2]	37	M55-59	Plano	23:56.4	14:19	14:26	+7	28:44.728	9:15.1	104.73	52:41.132	53.9%
58	193	Julio Lopez (M63) [2]	38	M60-64	Farmers Branch	26:29.5				31:50.098	10:14.8	110.10	58:19.623	51.7%
59	192	Rob Preston (M54) [2]	39	M50-54	Irving	26:27.5	14:24	18:07	+223	32:31.616	10:28.2	271.62	58:59.154	46.9%
							47 Positive Split	7 Negative Split	Average Finish Time: 30:58		Average Age Grade:		52.8%	