



Carrollton Runners Prediction Run 5K

www.CarrolltonRunners.com

@Josey Ranch Athletic Complex, Carrollton TX

Sunday, June 21, 2020

78F Cloudy 76%H 8mphSSW
5K Off :7:30 am

Place	OA	Bib	Name	5K	[Lap]	GD	AgeGrp	Predicted	ChipStart	1stH	2ndH	Δ	NetChipTime	Pace	Difference	
1	3	255	John Cosentino (M57)			2	M55-59	22:42	2.1	11:14	11:33	+19	22:46.453	⊙	7:19.8	4.45
2	19	449	Kumiko McCoy (F71)			6	F70-74	30:40	21.6	14:51	16:01	+69	30:52.143	⊙	9:56.1	12.14
3	1	011	Blair Casey (M33)			1	M30-34	22:35	1.8	11:03	11:16	+14	22:19.003	⊙	7:11.0	16.00
4	25	454	Betsy Palmer (F59)			9	F55-59	35:43	30.4	17:43	17:44	+2	35:26.649		11:24.5	16.35
5	9	155	Ruben Arevalo (M64)			8	M60-64	25:46	7.0	12:41	13:28	+47	26:09.262		8:25.1	23.26
6	8	012	Doug Waters (M55)			7	M55-59	25:00	18.3	12:42	12:42	+0	25:23.669		8:10.4	23.67
7	11	040	Kim Andres (F67)			2	F65-69	27:25	0.0	13:47	14:04	+17	27:51.644		8:58.1	26.64
8	29	106	Robert Simpson (M65)			18	M65-69	37:00	1:50.3	18:11	19:16	+66	37:27.336		12:03.3	27.34
9	13	193	Julio Lopez (M64)			11	M60-64	27:30	14.2	14:00	13:59	-1	27:59.053		9:00.4	29.05
10	34	246	Sheila Holen (F49)			13	F45-49	53:00	26.0	26:21	26:09	-12	52:29.449		16:53.7	30.55
11	6	222	Rich Weklar (M49)			5	M45-49	24:30	13.3	12:21	12:40	+18	25:00.765		8:03.0	30.77
12	7	405	Steve Russo (M56)			6	M55-59	26:05	9.4	12:43	12:49	+6	25:31.422		8:12.9	33.58
13	4	159	Robert Landon (M61)			3	M60-64	22:30	3.6	11:26	11:44	+17	23:10.180		7:27.5	40.18
14	2	804	Sheila Natho (F54)			1	F50-54	23:00	3.0	10:51	11:28	+37	22:19.355		7:11.1	40.64
15	15	099	Trinity Sullivan (F20)			4	F20-24	29:30	19.4	14:25	14:23	-3	28:47.782		9:16.1	42.22
16	24	050	Chris Goins (M49)			16	M45-49	35:00	55.9	16:29	17:48	+80	34:17.262		11:02.2	42.74
17	30	024	Carol Creech (F69)			12	F65-69	42:48	24.0	21:42	22:03	+21	43:44.360		14:04.7	56.36
18	5	117	Vijayan Nair (M57)			4	M55-59	24:00	3.0	12:16	12:42	+26	24:57.520		8:02.0	57.52
19	16	265	Kuay Sullivan (F54)			5	F50-54	29:48	18.8	14:26	14:22	-4	28:48.463		9:16.3	59.54
20	20	070	Kendall Black (M71)			14	M70-74	31:00	7.0	15:32	16:32	+60	32:04.432		10:19.4	64.43
21	21	198	Yanira Lopez (F57)			7	F55-59	33:55	1:00.9	16:16	16:33	+17	32:48.627		10:33.6	66.37
22	26	949	Mireya Salas (F44)			10	F40-44	35:00	16.2	17:27	18:42	+75	36:08.571		11:38.0	68.57
23	14	001	Anna Gradinaru (F25)			3	F25-29	27:00	6.3	13:47	14:29	+42	28:16.000		9:05.9	76.00
24	18	283	Ruben Reyes (M64)			13	M60-64	29:00	27.7	14:43	15:42	+59	30:24.683		9:47.3	84.68
25	23	990	Victor Elfenbein (M62)			15	M60-64	36:00	19.6	16:37	17:36	+59	34:12.202		11:00.5	107.80
26	10	813	Antonio Alvarez (M55)			9	M55-59	24:30	11.4	12:39	13:41	+62	26:19.633		8:28.4	109.63
27	35	148	Scott Ahlstrom (M71)			22	M70-74	55:00	27.2	27:02	25:46	-76	52:48.393		17:00.2	131.61
28	12	002	Chris Julian (M42)			10	M40-44	24:51	25.0	13:21	14:09	+48	27:29.608		8:51.0	158.61
29	22	739	Clemencia Sanchez (F47)			8	F45-49	37:00	17.3	16:20	17:49	+89	34:09.154		11:00.4	170.85
30	17	162	Tim Kerr (M58)			12	M55-59	33:00	6.0	14:25	15:29	+65	29:53.879		9:37.4	186.12
31	28	044	Amie Goins (F48)			11	F45-49	34:43	55.7	18:10	19:41	+91	37:50.143		12:10.7	187.14
32	32	261	John Kramer (M58)			20	M55-59	51:28	1:03.1	23:54	24:24	+30	48:18.378		15:32.9	189.62
33	27	061	David Short (M59)			17	M55-59	28:57	12:33.3	12:59	12:16	-43	25:15.022		8:07.6	221.98
34	31	011	Blair Casey (M33) [2]			19	M30-34	22:35	22:21.4	11:34	11:16	-18	22:50.153		7:21.0	15.15
35	38	117	Vijayan Nair (M57) [2]			25	M55-59	33:00	25:00.9	16:23	16:21	-2	32:44.038		10:32.2	15.96
36	33	405	Steve Russo (M56) [2]			21	M55-59	26:05	25:41.1	13:03	13:21	+18	26:23.546		8:29.7	18.55
37	37	193	Julio Lopez (M64) [2]			24	M60-64	30:00	28:14.5	14:39	14:27	-12	29:06.335		9:22.1	53.66
38	36	155	Ruben Arevalo (M64) [2]			23	M60-64	27:00	26:17.0	14:59	15:12	+13	30:11.760		9:43.1	191.76

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

21 Slower

17 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	011	Blair Casey (M33)		1	M30-34	Carrollton	1.8	11:03	11:16	+14	22:19.003	7:11.0	16.00	22:20.832	58.5%
2	804	Sheila Natho (F54)		1	F50-54	Dallas	3.0	10:51	11:28	+37	22:19.355	7:11.1	40.64	22:22.339	79.8%
3	255	John Cosentino (M57)		2	M55-59	Plano	2.1	11:14	11:33	+19	22:46.453	7:19.8	4.45	22:48.570	68.6%
4	159	Robert Landon (M61)		3	M60-64	Allen	3.6	11:26	11:44	+17	23:10.180	7:27.5	40.18	23:13.750	69.8%
5	117	Vijayan Nair (M57)		4	M55-59	Plano	3.0	12:16	12:42	+26	24:57.520	8:02.0	57.52	25:00.480	62.6%
6	222	Rich Weklar (M49)		5	M45-49	Bartonville	13.3	12:21	12:40	+18	25:00.765	8:03.0	30.77	25:14.078	58.5%
7	405	Steve Russo (M56)		6	M55-59	Plano	9.4	12:43	12:49	+6	25:31.422	8:12.9	33.58	25:40.869	60.7%
8	012	Doug Waters (M55)		7	M55-59	Carrollton	18.3	12:42	12:42	+0	25:23.669	8:10.4	23.67	25:41.937	60.5%
9	155	Ruben Arevalo (M64)		8	M60-64	Carrollton	7.0	12:41	13:28	+47	26:09.262	8:25.1	23.26	26:16.296	63.6%
10	813	Antonio Alvarez (M55)		9	M55-59	Carrollton	11.4	12:39	13:41	+62	26:19.633	8:28.4	109.63	26:31.013	58.4%
11	040	Kim Andres (F67)		2	F65-69	Irving	0.0	13:47	14:04	+17	27:51.644	8:58.1	26.64	27:51.628	77.1%
12	002	Chris Julian (M42)		10	M40-44	Carrollton	25.0	13:21	14:09	+48	27:29.608	8:51.0	158.61	27:54.593	50.4%
13	193	Julio Lopez (M64)		11	M60-64	Farmers Branch	14.2	14:00	13:59	-1	27:59.053	9:00.4	29.05	28:13.281	59.4%
14	001	Anna Gradinaru (F25)		3	F25-29	Heartland	6.3	13:47	14:29	+42	28:16.000	9:05.9	76.00	28:22.300	52.4%
15	099	Trinity Sullivan (F20)		4	F20-24	Coppell	19.4	14:25	14:23	-3	28:47.782	9:16.1	42.22	29:07.228	51.4%
16	265	Kuay Sullivan (F54)		5	F50-54	Coppell	18.8	14:26	14:22	-4	28:48.463	9:16.3	59.54	29:07.289	61.8%
17	162	Tim Kerr (M58)		12	M55-59	Savannah	6.0	14:25	15:29	+65	29:53.879	9:37.4	186.12	29:59.884	52.7%
18	283	Ruben Reyes (M64)		13	M60-64	Carrollton	27.7	14:43	15:42	+59	30:24.683	9:47.3	84.68	30:52.427	54.7%
19	449	Kumiko McCoy (F71)		6	F70-74	Euless	21.6	14:51	16:01	+69	30:52.143	9:56.1	12.14	31:13.748	74.2%
20	070	Kendall Black (M71)		14	M70-74	Grand Prairie	7.0	15:32	16:32	+60	32:04.432	10:19.4	64.43	32:11.388	55.6%
21	198	Yanira Lopez (F57)		7	F55-59	Farmers Branch	1:00.9	16:16	16:33	+17	32:48.627	10:33.6	66.37	33:49.560	56.5%
22	739	Clemencia Sanchez (F47)		8	F45-49	Carrollton	17.3	16:20	17:49	+89	34:09.154	11:00.4	170.85	34:26.416	47.8%
23	990	Victor Elfenbein (M62)		15	M60-64	Dallas	19.6	16:37	17:36	+59	34:12.202	11:00.5	107.80	34:31.804	47.7%
24	050	Chris Goins (M49)		16	M45-49	Garland	55.9	16:29	17:48	+80	34:17.262	11:02.2	42.74	35:13.193	42.7%
25	454	Betsy Palmer (F59)		9	F55-59	Carrollton	30.4	17:43	17:44	+2	35:26.649	11:24.5	16.35	35:57.080	53.8%
26	949	Mireya Salas (F44)		10	F40-44	Carrollton	16.2	17:27	18:42	+75	36:08.571	11:38.0	68.57	36:24.763	43.8%
27	061	David Short (M59)		17	M55-59	Frisco	12:33.3	12:59	12:16	-43	25:15.022	8:07.6	221.98	37:48.332	63.0%
28	044	Amie Goins (F48)		11	F45-49	Garland	55.7	18:10	19:41	+91	37:50.143	12:10.7	187.14	38:45.871	43.6%
29	106	Robert Simpson (M65)		18	M65-69	Coppell	1:50.3	18:11	19:16	+66	37:27.336	12:03.3	27.34	39:17.605	44.8%
30	024	Carol Creech (F69)		12	F65-69	Plano	24.0	21:42	22:03	+21	43:44.360	14:04.7	56.36	44:08.318	50.7%
31	011	Blair Casey (M33) [2]		19	M30-34	Carrollton	22:21.4	11:34	11:16	-18	22:50.153	7:21.0	15.15	45:11.578	57.1%
32	261	John Kramer (M58)		20	M55-59	Plano	1:03.1	23:54	24:24	+30	48:18.378	15:32.9	189.62	49:21.435	32.6%
33	405	Steve Russo (M56) [2]		21	M55-59	Plano	25:41.1	13:03	13:21	+18	26:23.546	8:29.7	18.55	52:04.597	58.7%
34	246	Sheila Holen (F49)		13	F45-49	Lewisville	26.0	26:21	26:09	-12	52:29.449	16:53.7	30.55	52:55.470	31.8%
35	148	Scott Ahlstrom (M71)		22	M70-74	Carrollton	27.2	27:02	25:46	-76	52:48.393	17:00.2	131.61	53:15.607	33.8%
36	155	Ruben Arevalo (M64) [2]		23	M60-64	Carrollton	26:17.0	14:59	15:12	+13	30:11.760	9:43.1	191.76	56:28.759	55.0%
37	193	Julio Lopez (M64) [2]		24	M60-64	Farmers Branch	28:14.5	14:39	14:27	-12	29:06.335	9:22.1	53.66	57:20.800	57.1%
38	117	Vijayan Nair (M57) [2]		25	M55-59	Plano	25:00.9	16:23	16:21	-2	32:44.038	10:32.2	15.96	57:44.949	47.7%
28 Positive Split 10 Negative Split											Average Finish Time: 31:07		Average Age Grade: 55.2%		