

Sorted Age Grades

1M

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*	#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Noe Nunez	M24	4:43.97	78.4%	Move UP	1	12	Leana Sloan	F49	21:34.24	77.5%	New
2	5	Gabriel Sapien	M52	6:01.91	71.5%		2	1	Noe Nunez	M24	17:32.35	73.5%	Move UP
3	2	Josh Terry	M31	5:13.71	71.3%	Move UP	3	9	Colleen Baranowski	F34	20:50.48	71.5%	Move UP
4	3	Ryan Loehding	M39	5:44.93	67.8%		4	13	Julio Lopez	M56	21:43.14	71.4%	
5	4	Doug Elmore	M39	5:46.45	67.5%	Move UP	5	4	Ian Maung	M45	19:54.23	71.2%	Move UP
6	7	Julio Lopez	M56	6:53.75	64.6%		6	5	Byron Benoit	M45	20:22.89	69.6%	
7	6	Michael Rumery	M39	6:27.91	60.3%		7	14	Gabriel Sapien	M52	21:48.15	68.8%	
8	9	Yanira Lopez	F49	8:17.18	59.4%		8	3	Ryan Loehding	M39	19:44.18	68.6%	
9	8	Enrique Hernandez	M37	6:54.22	55.6%		9	2	Josh Terry	M31	18:57.61	68.4%	Move UP
							10	16	David Short	M51	22:12.78	66.9%	
							11	18	David Mask	M60	24:19.18	65.9%	
							12	15	Doug Waters	M47	21:51.64	65.9%	
							13	7	Doug Elmore	M39	20:35.69	65.8%	
							14	11	Marcus O'con	M41	21:10.75	64.9%	
							15	8	Enrique Hernandez	M37	20:47.65	64.2%	
							16	23	Mary Lessor	F49	26:21.82	63.4%	
							17	6	Ray Liberatore	M24	20:25.62	63.2%	
							18	10	James Willis	M27	20:53.96	61.7%	
							19	22	James Johnson	M59	26:03.62	61.0%	
							20	30	Yanira Lopez	F49	28:10.84	59.3%	
							21	20	Maria-paula Carrillo	F32	25:23.91	58.4%	
							22	19	Tal Fisher	M41	23:50.27	57.7%	
							23	25	Ronald Hamilton	M52	26:38.91	56.2%	
							24	28	Kavita Maung	F42	27:57.22	55.6%	
							25	17	Blake Bueltel	M26	23:23.90	55.1%	
							26	33	Shannon Darrah	F46	30:34.29	52.8%	
							27	24	Michael Rumery	M39	26:00.62	52.1%	
							28	31	Kylie Dixon	F23	28:30.91	51.9%	
							29	32	Luke Darrah	M10	30:31.12	51.7%	
							30	26	Dierk Hohman	M42	26:59.84	51.3%	
							31	21	Jarrold Davidson	M28	25:24.33	50.8%	
							32	39	Carol Creech	F61	39:04.34	50.2%	

100%	World Record Level for Gender/Age
90%	World Class Level
80%	National Class Level
70%	Regional Class Level

List*	Carrollton Runners Performance Lists for Age Grades > 65%
65%	Boston-Qualifier Approximate Level
60%	Local Class Level
50%	Average Class Level

Sunday, April 29, 2012

Carrollton Runners Mile + 5K

68F Clear 84%H 11mph SE

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

Mile Off :7:30 am

5K Off :7:45 am

Mile Overall		5K Overall		5K Masters		5K Seniors	
Noe Nunez	4:43.97	Noe Nunez	17:32.35	Ian Maung	19:54.23	Julio Lopez	21:43.14
Yanira Lopez	8:17.18	Colleen Baranowski	20:50.48	Leana Sloan	21:34.24	Carol Creech	39:04.34

5K MALE

		27 Runners --- Average Time of 23:57		Avg. Age Grade: 59.9%		Place in				
	Name	City	(Age)	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Noe Nunez		(24)		17:32.35	ML ✓	5:38.7	73.5%	1	1
MASTERS	1 Ian Maung	Coppell	(45)		19:54.23	✓	6:24.4	71.2%	4	4
SENIORS	1 Julio Lopez	Farmers Branch	(56)		21:43.14	ML	6:59.4	71.4%	13	11
M10-14	1 Luke Darrah		(10)		30:31.12		9:49.4	51.7%	32	25
M20-24	1 Ray Liberatore	Dallas	(24)		20:25.62		6:34.5	63.2%	6	6
	2 Brian Bachmann		(22)		27:41.31		8:54.7	46.6%	27	23
M25-29	1 James Willis		(27)		20:53.96		6:43.6	61.7%	10	9
	2 Blake Buettel	The Colony	(26)		23:23.90		7:31.9	55.1%	17	15
	3 Jarrod Davidson	Frisco	(28)		25:24.33		8:10.6	50.8%	21	18
	4 John Davis	Carrollton	(27)		38:51.60		12:30.5	33.2%	38	27
M30-34	1 Josh Terry		(31)		18:57.61	ML ✓	6:06.2	68.4%	2	2
	2 Seun Olugbode	Duncanville	(31)		27:53.88	✓	8:58.8	46.5%	29	24
M35-39	1 Ryan Loehding	Carrollton	(39)		19:44.18	ML	6:21.2	68.6%	3	3
	2 Doug Elmore	Carrollton	(39)		20:35.69	ML	6:37.7	65.8%	7	7
	3 Enrique Hernandez	Carrollton	(37)		20:47.65	ML	6:41.6	64.2%	8	8
	4 Michael Rumery	Plano	(39)		26:00.62	ML	8:22.3	52.1%	24	20
M40-44	1 Marcus O'con	Dallas	(41)		21:10.75		6:49.0	64.9%	11	10
	2 Tal Fisher	Dallas	(41)		23:50.27		7:40.4	57.7%	19	17
	3 Dierk Hohman	Coppell	(42)		26:59.84		8:41.4	51.3%	26	22
M45-49	1 Byron Benoit		(45)		20:22.89		6:33.6	69.6%	5	5
	2 Doug Waters	Carrollton	(47)		21:51.64		7:02.2	65.9%	15	13
	3 John Smith	Dallas	(46)		31:09.92		10:01.9	45.8%	35	26
M50-54	1 Gabriel Sapien	Carrollton	(52)		21:48.15	ML	7:01.1	68.8%	14	12
	2 David Short	Frisco	(51)		22:12.78	ML	7:09.0	66.9%	16	14
	3 Ronald Hamilton	The Colony	(52)		26:38.91		8:34.6	56.2%	25	21
M55-59	1 James Johnson	Dallas	(59)		26:03.62		8:23.3	61.0%	22	19
M60-64	1 David Mask	Lewisville	(60)		24:19.18		7:49.7	65.9%	18	16

FN*: Broke Age-Group Record **GD** Place among Females
 ML Ran Mile before 5K ✓ # Races PR @ Carrollton Runners (2003 & later)

▲ Positive Split
 ▼ Negative Split

Timing provided by:
 **DeltaViewTiming.com**

5K FEMALE

		13 Runners --- Average Time of 29:39			Avg. Age Grade: 55.5%			Place in		
	Name	City	(Age)	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Colleen Baranowski	Dallas	(34)	20:50.48	<input checked="" type="checkbox"/>	6:42.5	71.5%	9	1
MASTERS	1	Leana Sloan		(49)	21:34.24		6:56.6	77.5%	12	2
SENIORS	1	Carol Creech	Plano	(61)	39:04.34		12:34.6	50.2%	39	12
F20-24	1	Kylie Dixon		(23)	28:30.91		9:10.7	51.9%	31	7
F25-29	1	Jana Davis	Carrollton	(26)	38:51.95		12:30.6	38.1%	37	11
F30-34	1	Maria-paula Carrillo	Allen	(32)	25:23.91		8:10.5	58.4%	20	3
	2	Barbara Moran	Carrollton	(31)	30:17.34	<input checked="" type="checkbox"/>	9:44.9	48.9%	36	10
F40-44	1	Kavita Maung	Coppell	(42)	27:57.22	<input checked="" type="checkbox"/>	8:59.8	55.6%	28	5
	2	Laurie Anne Hohman	Coppell	(40)	30:54.02		9:56.8	49.6%	34	9
F45-49	1	Mary Lessor		(49)	26:21.82		8:29.1	63.4%	23	4
	2	Yanira Lopez	Farmers Branch	(49)	28:10.84	<input checked="" type="checkbox"/>	9:04.2	59.3%	30	6
	3	Shannon Darrah		(46)	30:34.29		9:50.4	52.8%	33	8
	4	Susan Schafer	Richardson	(46)	36:53.01		11:52.3	43.8%	40	13

1M MALE

		9 Runners --- Average Time of 6:17			Avg. Age Grade: 65.1%			Place in		
	Name	City	(Age)	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Noe Nunez		(24)	4:43.97	<input checked="" type="checkbox"/>	4:44.0	78.4%	1	1
M30-34	1	Josh Terry		(31)	5:13.71	<input type="checkbox"/>	5:13.7	71.3%	2	2
M35-39	1	Ryan Loehding	Carrollton	(39)	5:44.93		5:44.9	67.8%	3	3
	2	Doug Elmore	Carrollton	(39)	5:46.45	<input checked="" type="checkbox"/>	5:46.5	67.5%	4	4
	3	Michael Rumery	Plano	(39)	6:27.91		6:27.9	60.3%	6	6
	4	Enrique Hernandez	Carrollton	(37)	6:54.22		6:54.2	55.6%	8	8
M50-54	1	Gabriel Sapien	Carrollton	(52)	6:01.91		6:01.9	71.5%	5	5
	2	David Short	Frisco	(51)	8:43.89		8:43.9	49.0%	10	9
M55-59	1	Julio Lopez	Farmers Branch	(56)	6:53.75		6:53.8	64.6%	7	7

1M FEMALE

		3 Runners --- Average Time of 12:41			Avg. Age Grade: 42.7%			Place in		
	Name	City	(Age)	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Yanira Lopez	Farmers Branch	(49)	8:17.18		8:17.2	59.4%	9	1
F30-34	1	Yvonne Grant	Little Elm	(31)	20:53.01		20:53.0	20.1%	12	3
F35-39	1	Angela Lindsey	Carrollton	(37)	8:52.15		8:52.2	48.7%	11	2

FN*: Broke Age-Group Record **GD** Place among Females
 Ran Mile before 5K **# Races** PR @ Carrollton Runners (2003 & later)

Positive Split
 Negative Split

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6108 Noe Nunez (M24)	1	M20-24	OA	---				4:43.97	☑ 1	4:44.0	16.14	4:43.97	78.4%
2	6101 Josh Terry (M31)	2	M30-34	1st	---				5:13.71	☐	5:13.7	17.85	5:13.71	71.3%
3	7072 Ryan Loehding (M39)	3	M35-39	1st	---				5:44.93		5:44.9	19.61	5:44.93	67.8%
4	7037 Doug Elmore (M39)	4	M35-39	2nd	---				5:46.45	✓ 4	5:46.5	19.73	5:46.45	67.5%
5	7015 Gabriel Sapien (M52)	5	M50-54	1st	---				6:01.91		6:01.9	20.58	6:01.91	71.5%
6	7038 Michael Rumery (M39)	6	M35-39	3rd	---				6:27.91		6:27.9	22.07	6:27.91	60.3%
7	7193 Julio Lopez (M56)	7	M55-59	1st	---				6:53.75		6:53.8	23.55	6:53.75	64.6%
8	7075 Enrique Hernandez (M37)	8	M35-39	4th	---				6:54.22		6:54.2	23.61	6:54.22	55.6%
9	7198 Yanira Lopez (F49)	1	F45-49	OA	---				8:17.18		8:17.2	28.34	8:17.18	59.4%
10	7061 David Short (M51)	9	M50-54	2nd	---				8:43.89		8:43.9	29.82	8:43.89	49.0%
11	7374 Angela Lindsey (F37)	2	F35-39	1st	---				8:52.15	✗	8:52.2	30.33	8:52.15	48.7%
12	6783 Yvonne Grant (F31)	3	F30-34	1st	---				20:53.01	✗	20:53.0	71.44	20:53.01	20.1%
✓ 2 Club PR's						Average Finish Time: 07:52 2 First Timers			Average Age Grade: 59.5%					

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6108 Noe Nunez (M24)	1	M20-24	OA	---				17:32.35	☑ 1	5:38.7	17.53	17:32.35	73.5%
2	6101 Josh Terry (M31)	2	M30-34	1st	0.3				18:57.61	☑ 1	6:06.2	18.95	18:57.95	68.4%
3	7072 Ryan Loehding (M39)	3	M35-39	1st	0.2				19:44.18	☑	6:21.2	19.73	19:44.43	68.6%
4	7167 Ian Maung (M45)	4	M45-49	MS	2.1				19:54.23	✓ 6	6:24.4	19.90	19:56.31	71.2%
5	6107 Byron Benoit (M45)	5	M45-49	1st	0.6				20:22.89		6:33.6	20.37	20:23.54	69.6%
6	7187 Ray Liberatore (M24)	6	M20-24	1st	2.0				20:25.62		6:34.5	20.42	20:27.61	63.2%
7	7037 Doug Elmore (M39)	7	M35-39	2nd	2.2				20:35.69	☑	6:37.7	20.58	20:37.94	65.8%
8	7075 Enrique Hernandez (M37)	8	M35-39	3rd	0.9				20:47.65	☑	6:41.6	20.78	20:48.53	64.2%
9	6595 Colleen Baranowski (F34)	1	F30-34	OA	1.1				20:50.48	☑ 2	6:42.5	20.83	20:51.54	71.5%
10	6115 James Willis (M27)	9	M25-29	1st	2.8				20:53.96	✗	6:43.6	20.88	20:56.75	61.7%
11	6660 Marcus O'con (M41)	10	M40-44	1st	2.4				21:10.75		6:49.0	21.17	21:13.14	64.9%
12	6110 Leana Sloan (F49)	2	F45-49	MS	0.5				21:34.24	✗	6:56.6	21.57	21:34.78	77.5%
13	7193 Julio Lopez (M56)	11	M55-59	SR	1.9				21:43.14	☑	6:59.4	21.72	21:45.03	71.4%
14	7015 Gabriel Sapien (M52)	12	M50-54	1st	2.5				21:48.15	☑	7:01.1	21.80	21:50.64	68.8%
15	7012 Doug Waters (M47)	13	M45-49	2nd	---				21:51.64		7:02.2	21.85	21:51.64	65.9%
16	7061 David Short (M51)	14	M50-54	2nd	12.8				22:12.78	☑	7:09.0	22.20	22:25.61	66.9%
17	7086 Blake Bueltel (M26)	15	M25-29	2nd	3.8				23:23.90		7:31.9	23.38	23:27.66	55.1%
18	7008 David Mask (M60)	16	M60-64	1st	11.4				24:19.18		7:49.7	24.32	24:30.61	65.9%
19	6511 Tal Fisher (M41)	17	M40-44	2nd	94.2				23:50.27		7:40.4	23.83	25:24.52	57.7%
20	6781 Maria-paula Carrillo (F32)	3	F30-34	1st	1.0				25:23.91	✗	8:10.5	25.38	25:24.92	58.4%
21	6572 Jarrod Davidson (M28)	18	M25-29	3rd	1.1				25:24.33	✗	8:10.6	25.40	25:25.42	50.8%
22	7191 James Johnson (M59)	19	M55-59	1st	---				26:03.62		8:23.3	26.05	26:03.62	61.0%
23	6109 Mary Lessor (F49)	4	F45-49	1st	1.9				26:21.82	✗	8:29.1	26.35	26:23.67	63.4%
24	7038 Michael Rumery (M39)	20	M35-39	4th	38.2				26:00.62	☑	8:22.3	26.00	26:38.87	52.1%
25	6769 Ronald Hamilton (M52)	21	M50-54	3rd	6.2				26:38.91	✗	8:34.6	26.63	26:45.08	56.2%
26	6639 Dierk Hohman (M42)	22	M40-44	3rd	6.1				26:59.84		8:41.4	26.98	27:05.89	51.3%
27	6789 Brian Bachmann (M22)	23	M20-24	2nd	8.9				27:41.31	✗	8:54.7	27.68	27:50.17	46.6%
28	7169 Kavita Maung (F42)	5	F40-44	1st	1.2				27:57.22	✓ 1	8:59.8	27.95	27:58.38	55.6%
29	6732 Seun Olugbode (M31)	24	M30-34	2nd	7.2				27:53.88	✓ 2	8:58.8	27.88	28:01.09	46.5%
30	7198 Yanira Lopez (F49)	6	F45-49	2nd	4.9				28:10.84	☑	9:04.2	28.17	28:15.69	59.3%
31	6790 Kylie Dixon (F23)	7	F20-24	1st	7.9				28:30.91	✗	9:10.7	28.50	28:38.84	51.9%
32	6112 Luke Darrah (M10)	25	M10-14	1st	4.7				30:31.12	✗	9:49.4	30.52	30:35.83	51.7%
33	6111 Shannon Darrah (F46)	8	F45-49	3rd	4.8				30:34.29	✗	9:50.4	30.57	30:39.09	52.8%
34	6113 Laurie Anne Hohman (F40)	9	F40-44	2nd	6.6				30:54.02		9:56.8	30.90	31:00.58	49.6%

35	6676	John Smith (M46)	26	M45-49	3rd	6.7			31:09.92	10:01.9	31.15	31:16.62	45.8%	
36	7080	Barbara Moran (F31)	10	F30-34	2nd	231.5			30:17.34	✓ 1	9:44.9	30.28	34:08.82	48.9%
37	6688	Jana Davis (F26)	11	F25-29	1st	6.0			38:51.95	✗	12:30.6	38.85	38:58.00	38.1%
38	6689	John Davis (M27)	27	M25-29	4th	6.4			38:51.60	✗	12:30.5	38.85	38:58.03	33.2%
39	7024	Carol Creech (F61)	12	F60-64	SR	4.5			39:04.34		12:34.6	39.07	39:08.80	50.2%
40	7065	Susan Schafer (F46)	13	F45-49	4th	209.0			36:53.01		11:52.3	36.88	40:22.02	43.8%
							✓ 7 Club PR's	Average Finish Time: 25:48		12 First Timers		Average Age Grade: 58.5%		

FN*: Broke Age-Group Record GD Place among Females
 Ran Mile before 5K ✓ # Races PR @ Carrollton Runners (2003 & later)

Positive Split
 Negative Split

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