

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Isidro Flores	5:08.88	Isidro Flores	18:36.86	Ryan Loehding	18:50.76	Julio Lopez	22:37.86
Kim Andres	7:47.61	Eeva Toiviainen	24:56.42	Kuay Sullivan	25:55.62	Carol Creech	38:50.00

5K MALE

36 MALE Runners --- Average Time of **26:12**

Avg. Age Grade: **58.7%**

Place in

	Name	City	(Age)	@1M	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Isidro Flores	Dallas	(29)			18:36.86	ML	5:59.5	69.4%	1	1
MASTERS	1 Ryan Loehding	Carrollton	(41)	6:02		18:50.76	ML	6:04.0	73.0%	2	2
SENIORS	1 Julio Lopez	Farmers Branch	(58)	7:10		22:37.86	ML	7:17.1	69.6%	10	10
M15-19	1 Ivan Monge	Irving	(17)	8:41		27:29.31		8:50.9	49.1%	25	22
M30-34	1 Jason Hughe	Coppell	(31)	8:41		26:18.10		8:27.9	49.3%	22	20
	2 Jason Graham	Carrollton	(33)	9:43		30:42.23	✓	9:53.0	42.5%	40	30
M40-44	1 James Faroppa	Dallas	(40)	6:51		21:22.75		6:52.9	63.8%	5	5
	2 Dierk Hohman	Coppell	(43)	7:59		24:09.25	✓	7:46.5	57.8%	13	13
	3 Nathan Bruser	Coppell	(42)	7:56		24:10.85		7:47.0	57.3%	30	25
	4 Sanjay Kalluvilayil	Carrollton	(40)	7:33		24:48.96		7:59.3	55.0%	15	15
	5 Antonio Sanchez	Plano	(41)	7:48		25:12.78		8:06.9	54.5%	19	18
	6 Bob Stephens	Plano	(41)	9:01		28:53.50	✓	9:18.0	47.6%	34	26
M45-49	1 Ian Maung	Coppell	(46)	6:08		19:32.04		6:17.2	73.1%	3	3
	2 Matthew Parker	Kaufman	(47)	6:26		20:43.85	ML	6:40.4	69.5%	4	4
	3 Jeff Breese	Frisco	(49)	6:44		21:30.84	ML ✓	6:55.5	68.0%	6	6
	4 Alex Veguilla	Carrollton	(45)	6:36		22:26.21		7:13.3	63.2%	9	9
	5 Nivaldo Castro	Mckinney	(48)	7:54		24:36.80		7:55.3	59.0%	14	14
	6 Glenn Meador	Coppell	(49)			28:54.19		9:18.2	50.6%	36	27
M50-54	1 David Short	Frisco	(52)	7:11		21:52.16	ML ✓	7:02.3	68.5%	7	7
	2 Adrian Walmsley	Dallas	(54)	7:11		22:19.57		7:11.2	68.3%	8	8
	3 Gabriel Sapien	Carrollton	(53)	7:13		22:47.17	ML	7:20.0	66.3%	11	11
	4 Kevin Dopp	Grand Prairie	(53)	8:18		26:56.90		8:40.4	56.1%	24	21
	5 Ronald Hamilton	The Colony	(54)			27:35.06		8:52.7	55.2%	26	23
	6 Brian Millet	Carrollton	(52)	8:17		28:00.39	ML	9:00.9	53.5%	27	24
	7 Ken Robinson	Plano	(50)	10:22		31:42.83		10:12.5	46.5%	42	32
M55-59	1 Allen Ehlers	Irving	(56)			26:22.80		8:29.5	58.7%	21	19
	2 Ruben Reyes	Carrollton	(57)	9:38		31:03.25	ML	9:59.7	50.3%	41	31
	3 Mike Catt	The Colony	(59)	12:34		42:06.00	ML	13:33.0	37.8%	51	36
M60-64	1 David Mask	Lewisville	(61)	7:55		24:49.87		7:59.5	65.2%	17	17
	2 Dave Hanna	Little Elm	(62)	9:31		32:44.51		10:32.3	49.9%	44	33
	3 Michael Johnson	Coppell	(61)	10:35		32:58.80	ML	10:36.9	49.1%	46	35
M65-69	1 John Nance	Rowlett	(65)	7:48		24:50.96		7:59.9	67.5%	16	16
	2 Scott McKissick	Irving	(65)	9:28		29:51.39	ML	9:36.6	56.2%	39	29
M70-74	1 Wally Capps	Farmers Branch	(72)	7:39		23:57.03	ML	7:42.5	75.5%	12	12
	2 Jack Manning	Dallas	(70)	9:30		29:35.15	ML	9:31.4	59.6%	38	28
	3 Bernard Marton	Irving	(72)			32:51.98		10:34.7	55.0%	45	34

5K FEMALE

18 FEMALE Runners --- Average Time of

33:31

Avg. Age Grade: 48.3%

Place in

	Name	City	(Age)	@1M	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Eva Toivainen	Flower Mound	(40)			24:56.42		8:01.7	61.5%	18	1
MASTERS	1 Kuay Sullivan	Coppell	(47)	8:36		25:55.62	✓	8:20.7	62.9%	20	2
SENIORS	1 Carol Creech	Plano	(62)	11:32		38:50.00		12:30.0	51.2%	48	12
F15-19	1 Jackie Skaggs	Carrollton	(17)	9:36		28:25.82		9:09.1	53.2%	32	6
F25-29	1 Shieryl Bryan	Carrollton	(29)	13:14		47:20.09		15:14.1	31.3%	52	15
	2 Myra Williams	Dallas	(29)	13:29		47:22.34		15:14.9	31.2%	53	16
F30-34	1 Christy Miller	Dallas	(31)	9:02		28:19.21		9:06.9	52.3%	31	5
	2 Mayola Arellano	Dallas	(31)	8:44		28:24.24		9:08.5	52.2%	33	7
	3 Moira Mcglinchey	Dallas	(31)			32:22.10		10:25.1	45.8%	43	10
	4 Krista Abbott	Carrollton	(34)			41:08.29		13:14.5	36.2%	50	14
F35-39	1 Gini Mattson	Carrollton	(39)	10:50		37:15.89		11:59.7	40.9%	47	11
	2 Tammy Vela	Coppell	(35)	14:27		48:55.28		15:44.8	30.6%	54	17
F40-44	1 Kaisa Peltonen	Coppell	(42)	8:24		26:22.71		8:29.4	59.0%	23	3
	2 Scymentress Williams	Arlington	(42)	9:12		28:57.44		9:19.2	53.7%	35	8
F45-49	1 Rachel Meador	Coppell	(45)	9:31		28:43.43	ℓ ✓	9:14.7	55.6%	37	9
	2 Susan Schafer	Richardson	(48)			37:35.07		12:05.8	43.9%	49	13
F50-54	1 Yanira Lopez	Farmers Branch	(50)	8:49		28:06.18	ℓ	9:02.7	60.2%	28	4
FStroller	1 Blake Bruser	Coppell	(4)	7:55		24:09.78		7:46.6		29	0

FN*: Broke Age-Group Record

GD Place among Females

Positive Split

Timing provided by:

9/29/2013

Ran Mile before 5K ✓ # Races PR @ Carrollton Runners (2003 & later)

Negative Split

 **DeltaViewTiming.com**

1M MALE

		15 MALE Runners --- Average Time of 7:14					Avg. Age Grade: 62.6%			Place in	
	Name	City	(Age)	@1M	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Isidro Flores	Dallas	(29)		5:08.88		5:08.9	72.1%	1	1
M40-44	1	Ryan Loehding	Carrollton	(41)		5:39.56		5:39.6	69.9%	2	2
M45-49	1	Matthew Parker	Kaufman	(47)		5:59.95		5:60.0	69.0%	3	3
	2	Ruben Saguil	Carrollton	(48)		6:50.66		6:50.7	61.0%	7	7
	3	Jeff Breese	Frisco	(49)		7:02.90		7:02.9	59.7%	8	8
M50-54	1	David Short	Frisco	(52)		6:04.21	✓	6:04.2	71.0%	4	4
	2	Gabriel Sapien	Carrollton	(53)		6:15.83		6:15.8	69.4%	5	5
	3	Brian Millet	Carrollton	(52)		8:39.79		8:39.8	49.8%	16	13
M55-59	1	Julio Lopez	Farmers Branch	(58)		6:43.19		6:43.2	67.5%	6	6
	2	Ruben Reyes	Carrollton	(57)		7:32.63	✓	7:32.6	59.6%	10	10
	3	Mike Catt	The Colony	(59)		9:49.37		9:49.4	46.6%	18	15
M60-64	1	Michael Johnson	Coppell	(61)		9:14.81		9:14.8	50.3%	17	14
M65-69	1	Scott McKissick	Irving	(65)		8:24.39		8:24.4	57.4%	14	12
M70-74	1	Wally Capps	Farmers Branch	(72)		7:27.77		7:27.8	69.7%	9	9
	2	Jack Manning	Dallas	(70)		7:37.47		7:37.5	66.5%	11	11

1M FEMALE

		3 FEMALE Runners --- Average Time of 8:03					Avg. Age Grade: 63.8%			Place in	
	Name	City	(Age)	@1M	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Kim Andres	Irving	(60)		7:47.61		7:47.6	73.2%	12	1
F45-49	1	Rachel Meador	Coppell	(45)		8:26.19		8:26.2	55.5%	15	3
F50-54	1	Yanira Lopez	Farmers Branch	(50)		7:56.39		7:56.4	62.8%	13	2

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6103	Isidro Flores (M29)	1	M25-29	OA	---			5:08.88	✕	5:08.9	17.56	5:08.88	72.1%
2	7072	Ryan Loehding (M41)	2	M40-44	1st	---			5:39.56		5:39.6	19.33	5:39.56	69.9%
3	6802	Matthew Parker (M47)	3	M45-49	1st	---			5:59.95		5:60.0	20.47	5:59.95	69.0%
4	7061	David Short (M52)	4	M50-54	1st	---			6:04.21	✓ 20	6:04.2	20.75	6:04.21	71.0%
5	7015	Gabriel Sapien (M53)	5	M50-54	2nd	---			6:15.83		6:15.8	21.38	6:15.83	69.4%
6	7193	Julio Lopez (M58)	6	M55-59	1st	---			6:43.19		6:43.2	22.98	6:43.19	67.5%
7	7003	Ruben Saguil (M48)	7	M45-49	2nd	---			6:50.66		6:50.7	23.38	6:50.66	61.0%
8	7216	Jeff Breese (M49)	8	M45-49	3rd	---			7:02.90		7:02.9	24.06	7:02.90	59.7%
9	1916	Wally Capps (M72)	9	M70-74	1st	---			7:27.77		7:27.8	25.49	7:27.77	69.7%
10	7283	Ruben Reyes (M57)	10	M55-59	2nd	---			7:32.63	✓ 13	7:32.6	25.77	7:32.63	59.6%
11	7143	Jack Manning (M70)	11	M70-74	2nd	---			7:37.47	✕	7:37.5	26.06	7:37.47	66.5%
12	7040	Kim Andres (F60)	1	F60-64	OA	---			7:47.61		7:47.6	26.63	7:47.61	73.2%
13	7198	Yanira Lopez (F50)	2	F50-54	1st	---			7:56.39		7:56.4	27.14	7:56.39	62.8%
14	7048	Scott McKissick (M65)	12	M65-69	1st	---			8:24.39		8:24.4	28.74	8:24.39	57.4%
15	7168	Rachel Meador (F45)	3	F45-49	1st	---			8:26.19		8:26.2	28.85	8:26.19	55.5%
16	6722	Brian Millet (M52)	13	M50-54	3rd	---			8:39.79		8:39.8	29.59	8:39.79	49.8%
17	7252	Michael Johnson (M61)	14	M60-64	1st	---			9:14.81		9:14.8	31.59	9:14.81	50.3%
18	7154	Mike Catt (M59)	15	M55-59	3rd	---			9:49.37		9:49.4	33.58	9:49.37	46.6%

✓ 2 Club PR's

Average Finish Time: 07:22 2 First Timers

Average Age Grade: 62.8%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6103	Isidro Flores (M29)	1	M25-29	OA	2.3			18:36.86	ℓ ✕	5:59.5	18.60	18:39.13	69.4%
2	7072	Ryan Loehding (M41)	2	M40-44	MS	---	6:02	12:49	18:50.76	ℓ	6:04.0	18.83	18:50.76	73.0%
3	7167	Ian Maung (M46)	3	M45-49	1st	1.8	6:08	13:24	19:32.04		6:17.2	19.53	19:33.87	73.1%
4	6802	Matthew Parker (M47)	4	M45-49	2nd	---	6:26	14:18	20:43.85	ℓ	6:40.4	20.72	20:43.85	69.5%
5	6107	James Faroppa (M40)	5	M40-44	1st	4.2	6:51	14:32	21:22.75	✕	6:52.9	21.37	21:26.99	63.8%
6	7216	Jeff Breese (M49)	6	M45-49	3rd	3.3	6:44	14:46	21:30.84	ℓ ✓ 21	6:55.5	21.50	21:34.12	68.0%
7	7061	David Short (M52)	7	M50-54	1st	17.7	7:11	14:41	21:52.16	ℓ ✓ 24	7:02.3	21.87	22:09.82	68.5%
8	7058	Adrian Walmsley (M54)	8	M50-54	2nd	2.4	7:11	15:08	22:19.57		7:11.2	22.32	22:21.98	68.3%
9	6641	Alex Veguilla (M45)	9	M45-49	4th	0.8	6:36	15:50	22:26.21		7:13.3	22.43	22:27.03	63.2%
10	7193	Julio Lopez (M58)	10	M55-59	SR	1.1	7:10	15:28	22:37.86	ℓ	7:17.1	22.62	22:38.92	69.6%
11	7015	Gabriel Sapien (M53)	11	M50-54	3rd	6.9	7:13	15:34	22:47.17	ℓ	7:20.0	22.78	22:54.09	66.3%
12	1916	Wally Capps (M72)	12	M70-74	1st	1.4	7:39	16:18	23:57.03	ℓ	7:42.5	23.95	23:58.38	75.5%
13	7170	Dierk Hohman (M43)	13	M40-44	2nd	3.7	7:59	16:10	24:09.25	✓ 9	7:46.5	24.15	24:12.98	57.8%
14	6770	Nivaldo Castro (M48)	14	M45-49	5th	3.4	7:54	16:43	24:36.80		7:55.3	24.60	24:40.24	59.0%
15	7173	Sanjay Kalluvilayil (M40)	15	M40-44	4th	1.5	7:33	17:16	24:48.96		7:59.3	24.80	24:50.46	55.0%
16	7089	John Nance (M65)	16	M65-69	1st	---	7:48	17:03	24:50.96		7:59.9	24.83	24:50.96	67.5%
17	7008	David Mask (M61)	17	M60-64	1st	4.7	7:55	16:55	24:49.87		7:59.5	24.82	24:54.60	65.2%
18	7073	Eeva Toiviainen (F40)	1	F40-44	OA	4.0			24:56.42		8:01.7	24.93	25:00.39	61.5%
19	6108	Antonio Sanchez (M41)	18	M40-44	5th	2.6	7:48	17:25	25:12.78	✕	8:06.9	25.20	25:15.41	54.5%
20	7265	Kuay Sullivan (F47)	2	F45-49	MS	4.4	8:36	17:20	25:55.62	✓ 11	8:20.7	25.92	26:00.05	62.9%
21	6732	Allen Ehlers (M56)	19	M55-59	1st	3.0			26:22.80	✕	8:29.5	26.37	26:25.82	58.7%
22	6104	Jason Hughe (M31)	20	M30-34	1st	14.1	8:41	17:37	26:18.10	✕	8:27.9	26.30	26:32.24	49.3%
23	6366	Kaisa Peltonen (F42)	3	F40-44	1st	10.8	8:24	17:59	26:22.71		8:29.4	26.37	26:33.55	59.0%
24	6720	Kevin Dopp (M53)	21	M50-54	4th	6.2	8:18	18:39	26:56.90	✕	8:40.4	26.93	27:03.14	56.1%
25	6102	Ivan Monge (M17)	22	M15-19	1st	13.0	8:41	18:48	27:29.31	✕	8:50.9	27.48	27:42.32	49.1%
26	7020	Ronald Hamilton (M54)	23	M50-54	5th	11.7			27:35.06		8:52.7	27.58	27:46.71	55.2%
27	6722	Brian Millet (M52)	24	M50-54	6th	2.7	8:17	19:43	28:00.39	ℓ	9:00.9	28.00	28:03.07	53.5%
28	7198	Yanira Lopez (F50)	4	F50-54	1st	2.6	8:49	19:17	28:06.18	ℓ	9:02.7	28.10	28:08.81	60.2%

FN*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

9/29/2013

ℓ Ran Mile before 5K ✓ # Races PR @ Carrollton Runners (2003 & later)

△ Negative Split

 DeltaViewTiming.com

29	7316	Blake Bruser (F4)	0	FStrolle	1st	241.9	7:55	16:15	24:09.78	<u>16</u>	7:46.6	24.15	28:11.64	
30	7097	Nathan Bruser (M42)	25	M40-44	3rd	240.9	7:56	16:15	24:10.85		7:47.0	24.17	28:11.73	57.3%
31	6106	Christy Miller (F31)	5	F30-34	1st	5.9	9:02	19:17	28:19.21	x	9:06.9	28.32	28:25.10	52.3%
32	6702	Jackie Skaggs (F17)	6	F15-19	1st	2.7	9:36	18:50	28:25.82	x	9:09.1	28.42	28:28.52	53.2%
33	6101	Mayola Arellano (F31)	7	F30-34	2nd	6.5	8:44	19:40	28:24.24	x	9:08.5	28.40	28:30.79	52.2%
34	7271	Bob Stephens (M41)	26	M40-44	6th	3.7	9:01	19:53	28:53.50	✓ 1	9:18.0	28.88	28:57.16	47.6%
35	7769	Scymentress Williams (F42)	8	F40-44	2nd	13.7	9:12	19:46	28:57.44		9:19.2	28.95	29:11.11	53.7%
36	7164	Glenn Meador (M49)	27	M45-49	6th	18.4			28:54.19		9:18.2	28.90	29:12.57	50.6%
37	7168	Rachel Meador (F45)	9	F45-49	1st	31.1	9:31	19:12	28:43.43	ℓ ✓ 13	9:14.7	28.72	29:14.54	55.6%
38	7143	Jack Manning (M70)	28	M70-74	2nd	---	9:30	20:05	29:35.15	ℓ	9:31.4	29.58	29:35.15	59.6%
39	7048	Scott McKissick (M65)	29	M65-69	2nd	5.1	9:28	20:23	29:51.39	ℓ	9:36.6	29.85	29:56.45	56.2%
40	6991	Jason Graham (M33)	30	M30-34	2nd	7.5	9:43	20:59	30:42.23	✓ 2	9:53.0	30.70	30:49.68	42.5%
41	7283	Ruben Reyes (M57)	31	M55-59	2nd	7.3	9:38	21:25	31:03.25	ℓ	9:59.7	31.05	31:10.56	50.3%
42	7077	Ken Robinson (M50)	32	M50-54	7th	1.9	10:22	21:21	31:42.83		10:12.5	31.70	31:44.69	46.5%
43	6105	Moira Mcglinchey (F31)	10	F30-34	3rd	5.8			32:22.10	x	10:25.1	32.37	32:27.88	45.8%
44	6605	Dave Hanna (M62)	33	M60-64	2nd	5.3	9:31	23:13	32:44.51		10:32.3	32.73	32:49.79	49.9%
45	6718	Bernard Marton (M72)	34	M70-74	3rd	7.4			32:51.98	x	10:34.7	32.85	32:59.42	55.0%
46	7252	Michael Johnson (M61)	35	M60-64	3rd	6.4	10:35	22:24	32:58.80	ℓ	10:36.9	32.97	33:05.23	49.1%
47	6574	Gini Mattson (F39)	11	F35-39	1st	5.3	10:50	26:26	37:15.89	x	11:59.7	37.25	37:21.18	40.9%
48	7024	Carol Creech (F62)	12	F60-64	SR	2.8	11:32	27:18	38:50.00		12:30.0	38.83	38:52.82	51.2%
49	7065	Susan Schafer (F48)	13	F45-49	2nd	217.1			37:35.07		12:05.8	37.58	41:12.16	43.9%
50	6683	Krista Abbott (F34)	14	F30-34	4th	4.8			41:08.29	x	13:14.5	41.13	41:13.04	36.2%
51	7154	Mike Catt (M59)	36	M55-59	3rd	8.0	12:34	29:32	42:06.00	ℓ	13:33.0	42.10	42:13.97	37.8%
52	6109	Shieryl Bryan (F29)	15	F25-29	1st	---	13:14	34:06	47:20.09	x	15:14.1	47.33	47:20.09	31.3%
53	6110	Myra Williams (F29)	16	F25-29	2nd	2.9	13:29	33:53	47:22.34	x	15:14.9	47.37	47:25.26	31.2%
54	6601	Tammy Vela (F35)	17	F35-39	2nd	9.6	14:27	34:28	48:55.28		15:44.8	48.92	49:04.86	30.6%

✓ 7 Club PR's

Average Finish Time: **28:38** 16 First Timers Average Age Grade: **55.3%**

FN*: Broke Age-Group Record

GD Place among Females

Positive Split

Timing provided by:

9/29/2013

Ran Mile before 5K ✓ # Races PR @ Carrollton Runners (2003 & later)

Negative Split



DeltaViewTiming.com

Sorted Age Grades

1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	12	Kim Andres	F60	7:47.61	73.2%	
2	1	Isidro Flores	M29	5:08.88	72.1%	New
3	4	David Short	M52	6:04.21	71.0%	Move UP
4	2	Ryan Loehding	M41	5:39.56	69.9%	
5	9	Wally Capps	M72	7:27.77	69.7%	
6	5	Gabriel Sapien	M53	6:15.83	69.4%	
7	3	Matthew Parker	M47	5:59.95	69.0%	
8	6	Julio Lopez	M58	6:43.19	67.5%	
9	11	Jack Manning	M70	7:37.47	66.5%	New
10	13	Yanira Lopez	F50	7:56.39	62.8%	
11	7	Ruben Saguil	M48	6:50.66	61.0%	
12	8	Jeff Breese	M49	7:02.90	59.7%	
13	10	Ruben Reyes	M57	7:32.63	59.6%	
14	14	Scott McKissick	M65	8:24.39	57.4%	
15	15	Rachel Meador	F45	8:26.19	55.5%	
16	17	Michael Johnson	M61	9:14.81	50.3%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	12	Wally Capps	M72	23:57.03	75.5%	
2	3	Ian Maung	M46	19:32.04	73.1%	
3	2	Ryan Loehding	M41	18:50.76	73.0%	
4	10	Julio Lopez	M58	22:37.86	69.6%	
5	4	Matthew Parker	M47	20:43.85	69.5%	
6	1	Isidro Flores	M29	18:36.86	69.4%	New
7	7	David Short	M52	21:52.16	68.5%	Move UP
8	8	Adrian Walmsley	M54	22:19.57	68.3%	
9	6	Jeff Breese	M49	21:30.84	68.0%	Move UP
10	16	John Nance	M65	24:50.96	67.5%	
11	11	Gabriel Sapien	M53	22:47.17	66.3%	
12	17	David Mask	M61	24:49.87	65.2%	
13	5	James Faroppa	M40	21:22.75	63.8%	
14	9	Alex Veguilla	M45	22:26.21	63.2%	
15	20	Kuay Sullivan	F47	25:55.62	62.9%	
16	18	Eeva Toiviainen	F40	24:56.42	61.5%	
17	28	Yanira Lopez	F50	28:06.18	60.2%	
18	38	Jack Manning	M70	29:35.15	59.6%	
19	14	Nivaldo Castro	M48	24:36.80	59.0%	
20	23	Kaisa Peltonen	F42	26:22.71	59.0%	
21	21	Allen Ehlers	M56	26:22.80	58.7%	
22	13	Dierk Hohman	M43	24:09.25	57.8%	
23	30	Nathan Bruser	M42	24:10.85	57.3%	
24	39	Scott McKissick	M65	29:51.39	56.2%	
25	24	Kevin Dopp	M53	26:56.90	56.1%	
26	37	Rachel Meador	F45	28:43.43	55.6%	
27	26	Ronald Hamilton	M54	27:35.06	55.2%	
28	45	Bernard Marton	M72	32:51.98	55.0%	
29	15	Sanjay Kalluvilayil	M40	24:48.96	55.0%	
30	19	Antonio Sanchez	M41	25:12.78	54.5%	
31	35	Scymentress Williams	F42	28:57.44	53.7%	
32	27	Brian Millet	M52	28:00.39	53.5%	
33	32	Jackie Skaggs	F17	28:25.82	53.2%	
34	31	Christy Miller	F31	28:19.21	52.3%	
35	33	Mayola Arellano	F31	28:24.24	52.2%	
36	48	Carol Creech	F62	38:50.00	51.2%	
37	36	Glenn Meador	M49	28:54.19	50.6%	
38	41	Ruben Reyes	M57	31:03.25	50.3%	

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