

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Tiger Vo	6:34.34	Brandon Wilson	20:45.90	David Short	20:52.93	John Nance	25:12.75
Kim Andres	7:39.84	Anna Toiviainen	21:35.19	Eeva Toiviainen	24:02.94	Kim Andres	26:07.64

5K MALE

		22 MALE Runners --- Average Time of 27:08				Avg. Age Grade: 56.8%			Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Brandon Wilson	Flower Mound	(43)	10:54	-62	20:45.90		6:41.0	67.2%	1	1
MASTERS	1 David Short	Frisco	(53)			20:52.93	M✓	6:43.3	72.4%	2	2
SENIORS	1 John Nance	Rowlett	(66)	12:28	+16	25:12.75		8:06.9	67.1%	12	10
M10-14	1 Soma Yamashita	Plano	(11)	13:31	-17	26:44.03		8:36.3	57.2%	20	12
M35-39	1 Hector Urbina	Double Oak	(37)			33:40.45		10:50.3	39.6%	36	20
M40-44	1 Tiger Vo	Lewisville	(42)			23:30.96	M	7:34.1	58.9%	7	6
	2 Emmett Rahl	Long Beach, CA	(43)			23:39.01	M✓	7:36.7	59.0%	8	7
	3 Tomoyuki Yamashita	Plano	(41)	13:41	-26	26:56.59		8:40.3	51.0%	22	14
	4 Nathan Bruser	Coppell	(43)	15:51	-139	29:22.09		9:27.2	47.5%	31	18
M45-49	1 Charles Land	Farmers Branch	(48)	11:06	+48	22:59.05	M	7:23.9	63.1%	5	4
	2 John Rompf	Fort Worth	(45)	18:25	+106	38:35.84		12:25.4	36.7%	40	21
M50-54	1 Jeff Breese	Frisco	(50)			21:57.58	M	7:04.1	67.2%	4	3
	2 Doug Waters	Carrollton	(50)	11:13	+21	22:47.50		7:20.2	64.7%	6	5
	3 Jeff Goodman	Hickory Creek	(52)	11:42	+18	23:42.37		7:37.8	63.2%	9	8
	4 Gabriel Sapien	Carrollton	(54)	12:51	-39	25:01.99		8:03.4	60.9%	11	9
	5 Rob Windsor	Flower Mound	(51)	12:54	+25	26:13.51	✓	8:26.5	56.7%	17	11
	6 John Kramer	Plano	(53)	13:50	+22	28:02.16	M	9:01.4	53.9%	27	16
	7 Joe Sullivan	Coppell	(51)	15:58	+54	32:49.26		10:33.8	45.3%	34	19
M55-59	1 Ronald Hamilton	The Colony	(55)	15:01	-23	29:38.84		9:32.6	51.8%	29	17
M60-64	1 David Mask	Lewisville	(62)	12:57	+36	26:30.93		8:32.1	61.6%	24	15
M65-69	1 Glenn Dumas	Farmers Branch	(65)	13:07	-36	25:37.32	M	8:14.8	65.5%	21	13
	2 Scott Ahlstrom	Carrollton	(66)	21:04	+16	42:23.00		13:38.5	39.9%	42	22

5K FEMALE

		21 FEMALE Runners --- Average Time of 30:35					Avg. Age Grade: 55.0%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Anna Toiviainen	Flower Mound	(20)	10:56	-17	21:35.19		6:56.9	68.6%	3	1
MASTERS	1 Eeva Toiviainen	Flower Mound	(41)	12:27	-51	24:02.94	✓	7:44.4	64.2%	14	4
SENIORS	1 Kim Andres	Irving	(61)	13:06	-5	26:07.64	Ⓜ	8:24.6	75.0%	19	8
F10-14	1 Dominique De Los Santos	Little Elm	(13)	12:32	+68	26:12.01		8:26.0	61.0%	16	6
	2 Arwyn Sullivan	Coppell	(10)	14:00	-8	27:52.31	Ⓜ	8:58.3	61.2%	25	10
F25-29	1 Hailey Vogt	Fort Worth	(27)	17:27	+163	37:36.92		12:06.4	39.3%	39	18
	2 Amber Parramore	Carrollton	(29)	26:07	+141	54:33.86		17:33.8	27.1%	43	20
F30-34	1 Sarah Bohlman		(32)	11:57	-6	23:48.96		7:39.9	62.3%	10	2
	2 Marybelle Raza	Carrollton	(34)	12:14	+63	25:31.53	✓	8:13.0	58.4%	13	3
	3 Sari Rautapaa	Flower Mound	(34)	13:27	-9	26:45.08		8:36.6	55.7%	23	9
	4 Elizabeth Gomez	Garland	(34)	14:24	+7	28:55.22	Ⓜ	9:18.5	51.5%	28	12
	5 Melisia Beukema	Lewisville	(33)			32:06.01		10:19.9	46.3%	33	14
F40-44	1 Kaisa Peltonen	Coppell	(43)	12:40	+32	25:52.26		8:19.6	60.6%	15	5
	2 Scymentress Williams	Arlington	(43)	13:19	-36	26:01.28	✓	8:22.5	60.3%	18	7
	3 Soko Starobin	Ames, Iowa	(44)	14:28	+110	30:46.95		9:54.5	51.4%	30	13
	4 Nancy Hernandez	Little Elm	(44)	17:29	+102	36:40.02		11:48.1	43.1%	37	16
	5 Merari Baeza	The Colony	(40)	17:30	+101	36:40.93		11:48.4	41.8%	38	17
F45-49	1 Kuay Sullivan	Coppell	(49)			27:52.75	Ⓜ	8:58.4	59.9%	26	11
	2 Esmeralda Mejico	Shady Shores	(46)	16:12	+77	33:40.21		10:50.2	47.9%	35	15
F60-64	1 Carol Creech	Plano	(63)	19:52	+38	40:20.77		12:59.2	50.0%	41	19
FStroller	1 Blake Bruser	Coppell	(5)	15:51	-139	29:22.23		9:27.2	69.5%	32	0

1M MALE

		8 MALE Runners --- Average Time of 7:55					Avg. Age Grade: 55.3%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Tiger Vo	Lewisville	(42)			6:34.34	✓	6:34.3	60.6%	1	1
M40-44	1 Emmett Rahl	Long Beach, CA	(43)			6:56.15	✓	6:56.2	57.9%	2	2
M45-49	1 Charles Land		(48)			7:03.58		7:03.6	59.1%	3	3
M50-54	1 John Kramer	Plano	(53)			7:53.70		7:53.7	55.1%	5	4
	2 David Short	Frisco	(53)			8:18.38		8:18.4	52.3%	6	5
	3 Jeff Breese	Frisco	(50)			8:18.55		8:18.6	51.0%	7	6
M65-69	1 Scott McKissick	Irving	(66)			9:05.62		9:05.6	53.5%	11	7
	2 Glenn Dumas	Farmers Branch	(65)			9:09.49		9:09.5	52.7%	12	8

1M FEMALE

		4 FEMALE Runners --- Average Time of 8:33					Avg. Age Grade: 58.4%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Kim Andres	Irving	(61)			7:39.84		7:39.8	75.6%	4	1
F10-14	1 Arwyn Sullivan	Coppell	(10)			9:02.11		9:02.1	53.5%	9	3
F30-34	1 Elizabeth Gomez	Garland	(34)			8:28.24		8:28.2	50.1%	8	2
F45-49	1 Kuay Sullivan	Coppell	(49)			9:02.75		9:02.8	54.4%	10	4

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD	
1	6999 Tiger Vo (M42)	1	M40-44	OA	---				6:34.34	✓ 1	6:34.3	22.47	6:34.34	60.6%	
2	6566 Emmett Rahl (M43)	2	M40-44	1st	---				6:56.15	✓ 3	6:56.2	23.72	6:56.15	57.9%	
3	6101 Charles Land (M48)	3	M45-49	1st	---				7:03.58	✗	7:03.6	24.12	7:03.58	59.1%	
4	7040 Kim Andres (F61)	1	F60-64	OA	---				7:39.84		7:39.8	26.17	7:39.84	75.6%	
5	7261 John Kramer (M53)	4	M50-54	1st	---				7:53.70		7:53.7	26.97	7:53.70	55.1%	
6	7061 David Short (M53)	5	M50-54	2nd	---				8:18.38		8:18.4	28.40	8:18.38	52.3%	
7	7216 Jeff Breese (M50)	6	M50-54	3rd	---				8:18.55		8:18.6	28.40	8:18.55	51.0%	
8	6319 Elizabeth Gomez (F34)	2	F30-34	1st	---				8:28.24	✗	8:28.2	28.97	8:28.24	50.1%	
9	7204 Arwyn Sullivan (F10)	3	F10-14	1st	---				9:02.11		9:02.1	30.90	9:02.11	53.5%	
10	7265 Kuay Sullivan (F49)	4	F45-49	1st	---				9:02.75		9:02.8	30.90	9:02.75	54.4%	
11	7048 Scott McKissick (M66)	7	M65-69	1st	---				9:05.62		9:05.6	31.08	9:05.62	53.5%	
12	7014 Glenn Dumas (M65)	8	M65-69	2nd	---				9:09.49		9:09.5	31.30	9:09.49	52.7%	
✓ 2 Club PR's										Average Finish Time: 08:07 <u>2 First Timers</u>			Average Age Grade: 56.3%		

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6234 Brandon Wilson (M43)	1	M40-44	OA	6.4	10:54	9:52	-62	20:45.90	✗	6:41.0	20.75	20:52.31	67.2%
2	7061 David Short (M53)	2	M50-54	MS	22.1				20:52.93	♫ ✓ 36	6:43.3	20.87	21:15.04	72.4%
3	6993 Anna Toiviainen (F20)	1	F20-24	OA	3.6	10:56	10:39	-17	21:35.19	✗	6:56.9	21.58	21:38.76	68.6%
4	7216 Jeff Breese (M50)	3	M50-54	1st	14.5				21:57.58	♫	7:04.1	21.95	22:12.04	67.2%
5	6101 Charles Land (M48)	4	M45-49	1st	1.7	11:06	11:53	+48	22:59.05	♫ ✗	7:23.9	22.98	23:00.72	63.1%
6	7012 Doug Waters (M50)	5	M50-54	2nd	15.1	11:13	11:34	+21	22:47.50		7:20.2	22.78	23:02.56	64.7%
7	6999 Tiger Vo (M42)	6	M40-44	1st	2.9				23:30.96	♫	7:34.1	23.50	23:33.86	58.9%
8	6566 Emmett Rahl (M43)	7	M40-44	2nd	3.0				23:39.01	♫ ✓ 3	7:36.7	23.65	23:41.97	59.0%
9	6226 Jeff Goodman (M52)	8	M50-54	3rd	2.6	11:42	12:00	+18	23:42.37	✗	7:37.8	23.70	23:44.94	63.2%
10	7029 Sarah Bohlman (F32)	2	F30-34	1st	8.2	11:57	11:52	-6	23:48.96		7:39.9	23.80	23:57.17	62.3%
11	7015 Gabriel Sapien (M54)	9	M50-54	4th	6.2	12:51	12:11	-39	25:01.99		8:03.4	25.02	25:08.19	60.9%
12	7089 John Nance (M66)	10	M65-69	SR	6.4	12:28	12:45	+16	25:12.75		8:06.9	25.20	25:19.17	67.1%
13	7480 Marybelle Raza (F34)	3	F30-34	2nd	0.3	12:14	13:17	+63	25:31.53	✓ 6	8:13.0	25.52	25:31.88	58.4%
14	7073 Eeva Toiviainen (F41)	4	F40-44	MS	93.6	12:27	11:36	-51	24:02.94	✓ 12	7:44.4	24.03	25:36.54	64.2%
15	7571 Kaisa Peltonen (F43)	5	F40-44	1st	8.5	12:40	13:12	+32	25:52.26		8:19.6	25.87	26:00.73	60.6%
16	6102 Dominique De Los Santos (F1	6	F10-14	1st	3.3	12:32	13:40	+68	26:12.01	✗	8:26.0	26.20	26:15.29	61.0%
17	6312 Rob Windsor (M51)	11	M50-54	5th	9.5	12:54	13:19	+25	26:13.51	✓ 2	8:26.5	26.22	26:23.04	56.7%
18	7769 Scymentress Williams (F43)	7	F40-44	2nd	33.9	13:19	12:42	-36	26:01.28	✓ 11	8:22.5	26.02	26:35.22	60.3%
19	7040 Kim Andres (F61)	8	F60-64	SR	30.6	13:06	13:01	-5	26:07.64	♫	8:24.6	26.12	26:38.25	75.0%
20	6228 Soma Yamashita (M11)	12	M10-14	1st	5.2	13:31	13:13	-17	26:44.03	✗	8:36.3	26.73	26:49.24	57.2%
21	7014 Glenn Dumas (M65)	13	M65-69	1st	79.8	13:07	12:31	-36	25:37.32	♫	8:14.8	25.62	26:57.15	65.5%
22	6227 Tomoyuki Yamashita (M41)	14	M40-44	3rd	6.9	13:41	13:15	-26	26:56.59	✗	8:40.3	26.93	27:03.47	51.0%
23	6335 Sari Rautapaa (F34)	9	F30-34	3rd	19.5	13:27	13:18	-9	26:45.08		8:36.6	26.75	27:04.55	55.7%
24	7008 David Mask (M62)	15	M60-64	1st	71.9	12:57	13:34	+36	26:30.93		8:32.1	26.50	27:42.88	61.6%
25	7204 Arwyn Sullivan (F10)	10	F10-14	2nd	2.8	14:00	13:52	-8	27:52.31	♫	8:58.3	27.87	27:55.12	61.2%
26	7265 Kuay Sullivan (F49)	11	F45-49	1st	3.0				27:52.75	♫	8:58.4	27.87	27:55.79	59.9%
27	7261 John Kramer (M53)	16	M50-54	6th	2.2	13:50	14:12	+22	28:02.16	♫	9:01.4	28.03	28:04.37	53.9%
28	6319 Elizabeth Gomez (F34)	12	F30-34	4th	1.5	14:24	14:31	+7	28:55.22	♫	9:18.5	28.92	28:56.76	51.5%
29	7020 Ronald Hamilton (M55)	17	M55-59	1st	11.5	15:01	14:38	-23	29:38.84		9:32.6	29.63	29:50.30	51.8%
30	6229 Soko Starobin (F44)	13	F40-44	3rd	12.5	14:28	16:19	+110	30:46.95	✗	9:54.5	30.77	30:59.50	51.4%
31	7097 Nathan Bruser (M43)	18	M40-44	4th	118.5	15:51	13:31	-139	29:22.09		9:27.2	29.37	31:20.58	47.5%
32	7316 Blake Bruser (F5)	0	FStrolle	1st	118.6	15:51	13:32	-139	29:22.23	25	9:27.2	29.37	31:20.86	69.5%
33	6108 Melisia Beukema (F33)	14	F30-34	5th	8.9				32:06.01		10:19.9	32.10	32:14.86	46.3%
34	7263 Joe Sullivan (M51)	19	M50-54	7th	8.1	15:58	16:52	+54	32:49.26		10:33.8	32.82	32:57.32	45.3%

35	6887	Esmeralda Mejico (F46)	15	F45-49	2nd	12.5	16:12	17:29	+77	33:40.21	10:50.2	33.67	33:52.75	47.9%	
36	6105	Hector Urbina (M37)	20	M35-39	1st	13.4				33:40.45	10:50.3	33.67	33:53.84	39.6%	
37	6104	Nancy Hernandez (F44)	16	F40-44	4th	5.2	17:29	19:11	+102	36:40.02	⌘ 11:48.1	36.67	36:45.20	43.1%	
38	7111	Merari Baeza (F40)	17	F40-44	5th	5.3	17:30	19:11	+101	36:40.93	11:48.4	36.67	36:46.22	41.8%	
39	6230	Hailey Vogt (F27)	18	F25-29	1st	8.8	17:27	20:10	+163	37:36.92	⌘ 12:06.4	37.60	37:45.70	39.3%	
40	6232	John Rompf (M45)	21	M45-49	2nd	9.6	18:25	20:11	+106	38:35.84	⌘ 12:25.4	38.58	38:45.41	36.7%	
41	7024	Carol Creech (F63)	19	F60-64	1st	0.7	19:52	20:29	+38	40:20.77	12:59.2	40.33	40:21.48	50.0%	
42	7148	Scott Ahlstrom (M66)	22	M65-69	2nd	10.4	21:04	21:19	+16	42:23.00	13:38.5	42.38	42:33.36	39.9%	
43	6223	Amber Parramore (F29)	20	F25-29	2nd	12.6	26:07	28:27	+141	54:33.86	⌘ 17:33.8	54.55	54:46.41	27.1%	
21 Positive Split 15 Negative Split ✓ 6 Club PR's										Average Finish Time: 28:49		12 <i>First Timers</i>		Average Age Grade: 56.0%	

Sorted Age Grades

1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	4	Kim Andres	F61	7:39.84	75.6%	
2	1	Tiger Vo	M42	6:34.34	60.6%	
3	3	Charles Land	M48	7:03.58	59.1%	
4	2	Emmett Rahl	M43	6:56.15	57.9%	
5	5	John Kramer	M53	7:53.70	55.1%	
6	10	Kuay Sullivan	F49	9:02.75	54.4%	
7	11	Scott McKissick	M66	9:05.62	53.5%	
8	9	Arwyn Sullivan	F10	9:02.11	53.5%	
9	12	Glenn Dumas	M65	9:09.49	52.7%	
10	6	David Short	M53	8:18.38	52.3%	
11	7	Jeff Breese	M50	8:18.55	51.0%	
12	8	Elizabeth Gomez	F34	8:28.24	50.1%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	19	Kim Andres	F61	26:07.64	75.0%	
2	2	David Short	M53	20:52.93	72.4%	Move UP
3	32	Blake Bruser	F5	29:22.23	69.5%	New
4	3	Anna Toiviainen	F20	21:35.19	68.6%	New
5	1	Brandon Wilson	M43	20:45.90	67.2%	New
6	4	Jeff Breese	M50	21:57.58	67.2%	
7	12	John Nance	M66	25:12.75	67.1%	
8	21	Glenn Dumas	M65	25:37.32	65.5%	
9	6	Doug Waters	M50	22:47.50	64.7%	
10	14	Eeva Toiviainen	F41	24:02.94	64.2%	
11	9	Jeff Goodman	M52	23:42.37	63.2%	
12	5	Charles Land	M48	22:59.05	63.1%	
13	10	Sarah Bohlman	F32	23:48.96	62.3%	
14	24	David Mask	M62	26:30.93	61.6%	
15	25	Arwyn Sullivan	F10	27:52.31	61.2%	
16	16	Dominique De Los San	F13	26:12.01	61.0%	
17	11	Gabriel Sapien	M54	25:01.99	60.9%	
18	15	Kaisa Peltonen	F43	25:52.26	60.6%	
19	18	Scymentress Williams	F43	26:01.28	60.3%	
20	26	Kuay Sullivan	F49	27:52.75	59.9%	
21	8	Emmett Rahl	M43	23:39.01	59.0%	
22	7	Tiger Vo	M42	23:30.96	58.9%	
23	13	Marybelle Raza	F34	25:31.53	58.4%	
24	20	Soma Yamashita	M11	26:44.03	57.2%	
25	17	Rob Windsor	M51	26:13.51	56.7%	
26	23	Sari Rautapaa	F34	26:45.08	55.7%	
27	27	John Kramer	M53	28:02.16	53.9%	
28	29	Ronald Hamilton	M55	29:38.84	51.8%	
29	28	Elizabeth Gomez	F34	28:55.22	51.5%	
30	30	Soko Starobin	F44	30:46.95	51.4%	
31	22	Tomoyuki Yamashita	M41	26:56.59	51.0%	
32	41	Carol Creech	F63	40:20.77	50.0%	

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