

Carrollton Runners Mile + 5K

| Mile Overall | | 5K Overall | | 5K Masters | | 5K Seniors | |
|---------------|---------|-----------------|----------|---------------|----------|-------------|----------|
| Terry Marcott | 7:02.09 | Enrique Borrego | 21:02.80 | Ryan Loehding | 21:06.78 | Julio Lopez | 24:31.38 |
| Kim Andres | 8:06.23 | Isabel Borrego | 24:38.39 | Kim Andres | 27:54.24 | | |

5K MALE

| | | 13 MALE Runners --- Average Time of 28:00 | | | | Avg. Age Grade: 54.9% | | Place in | | | |
|---------|-------------------------|--|-------|------|-------|------------------------------|-----|----------|-----------|----|----|
| | Name | City | (Age) | Half | Split | Chip Time | FN* | Pace | Age Grade | OA | GD |
| OVERALL | 1 Enrique Borrego | Garland | (11) | | | 21:02.80 | M | 6:46.5 | 72.7% | 1 | 1 |
| MASTERS | 1 Ryan Loehding | Carrollton | (43) | | | 21:06.78 | | 6:47.7 | 66.1% | 2 | 2 |
| SENIORS | 1 Julio Lopez | Farmers Branch | (60) | | | 24:31.38 | M | 7:53.6 | 65.4% | 3 | 3 |
| M10-14 | 1 Sean Loehding | Carrollton | (11) | | | 35:19.60 | | 11:22.2 | 43.3% | 15 | 11 |
| M30-34 | 1 Manav Shah | Dallas | (31) | | | 28:08.40 | M | 9:03.4 | 46.1% | 7 | 6 |
| M35-39 | 1 Harold Girata | Irving | (39) | | | 27:12.20 | | 8:45.4 | 49.8% | 6 | 5 |
| | 2 Miguel Barrios Huessa | Irving | (38) | | | 28:15.39 | | 9:05.7 | 47.6% | 9 | 8 |
| M40-44 | 1 Nathan Bruser | Coppell | (44) | | | 27:57.56 | | 8:60.0 | 50.3% | 13 | 9 |
| | 2 Kim Aaltonen | Coppell | (42) | | | 28:11.67 | | 9:04.5 | 49.1% | 8 | 7 |
| M50-54 | 1 John Kramer | Plano | (53) | | | 30:12.93 | M | 9:43.5 | 50.0% | 14 | 10 |
| M60-64 | 1 David Mask | Lewisville | (63) | | | 28:18.99 | | 9:06.9 | 58.2% | 18 | 13 |
| | 2 Mike Catt | The Colony | (61) | | | 37:15.37 | M | 11:59.5 | 43.4% | 17 | 12 |
| M75-79 | 1 Wally Capps | Farmers Branch | (75) | | | 26:21.99 | M | 8:29.2 | 71.9% | 5 | 4 |

5K FEMALE

| | | 5 FEMALE Runners --- Average Time of 28:35 | | | | Avg. Age Grade: 59.2% | | Place in | | | |
|-----------|---------------------|---|-------|------|-------|------------------------------|-----|----------|-----------|----|----|
| | Name | City | (Age) | Half | Split | Chip Time | FN* | Pace | Age Grade | OA | GD |
| OVERALL | 1 Isabel Borrego | Garland | (14) | | | 24:38.39 | M | 7:55.9 | 63.8% | 4 | 1 |
| MASTERS | 1 Kim Andres | Irving | (62) | | | 27:54.24 | M | 8:58.9 | 71.3% | 11 | 3 |
| F15-19 | 1 Paige Loehding | Carrollton | (15) | | | 27:03.92 | | 8:42.7 | 57.3% | 10 | 2 |
| F40-44 | 1 Jennifer Loehding | Carrollton | (43) | | | 35:20.89 | | 11:22.6 | 44.4% | 16 | 4 |
| FStroller | 1 Blake Bruser | Coppell | (-6) | | | 27:56.76 | | 8:59.7 | | 12 | 0 |

1M MALE

| | | 11 MALE Runners --- Average Time of 8:18 | | | | | | Avg. Age Grade: 55.2% | | Place in | |
|---------|-----------------------|---|-------|------|-------|-----------------|-----|------------------------------|--------------|----------|----|
| | Name | City | (Age) | Half | Split | Chip Time | FN* | Pace | Age Grade | OA | GD |
| OVERALL | 1 Terry Marcott | Corinth | (58) | | | 7:02.09 | | 7:02.1 | 64.4% | 1 | 1 |
| M01-09 | 1 Axel Aaltonen | Coppell | (9) | | | 9:39.76 | | 9:39.8 | 48.7% | 12 | 10 |
| M10-14 | 1 Enrique Borrego | Garland | (11) | | | 8:18.80 | | 8:18.8 | 52.9% | 8 | 7 |
| M15-19 | 1 Emil Aaltonen | Coppell | (15) | | | 7:25.72 | | 7:25.7 | 53.9% | 3 | 3 |
| M30-34 | 1 Manav Shah | Dallas | (31) | | | 8:50.04 | | 8:50.0 | 42.2% | 10 | 9 |
| M50-54 | 1 John Kramer | Plano | (53) | | | 8:23.26 | | 8:23.3 | 51.8% | 9 | 8 |
| M55-59 | 1 Tom Grant | Plano | (57) | | | 7:30.77 | | 7:30.8 | 59.8% | 4 | 4 |
| M60-64 | 1 Julio Lopez | Farmers Branch | (60) | | | 7:20.00 | | 7:20.0 | 62.9% | 2 | 2 |
| | 2 Mike Catt | The Colony | (61) | | | 10:13.91 | | 10:13.9 | 45.5% | 13 | 11 |
| M65-69 | 1 Speed Collingsworth | Lantana | (66) | | | 8:17.01 | | 8:17.0 | 58.8% | 7 | 6 |
| M75-79 | 1 Wally Capps | Farmers Branch | (75) | | | 8:14.91 | | 8:14.9 | 66.1% | 6 | 5 |

1M FEMALE

| | | 2 FEMALE Runners --- Average Time of 8:30 | | | | | | Avg. Age Grade: 61.3% | | Place in | |
|---------|------------------|--|-------|------|-------|----------------|-----|------------------------------|--------------|----------|----------|
| | Name | City | (Age) | Half | Split | Chip Time | FN* | Pace | Age Grade | OA | GD |
| OVERALL | 1 Kim Andres | Irving | (62) | | | 8:06.23 | | 8:06.2 | 72.6% | 5 | 1 |
| F10-14 | 1 Isabel Borrego | Garland | (14) | | | 8:54.30 | | 8:54.3 | 50.0% | 11 | 2 |

| 1M | Bib Name | GD | AgeGrp | AG | Start | 1stH | 2ndH | Δ | FinishTime+ | FN* | Pace | 5KEq | Clock Time | AgeGD |
|----------------|--------------------------------|----|--------|-----|-------|---|------|---|-------------|--------------------------|---------|-------|------------|-------|
| 1 | 6709 Terry Marcott (M58) | 1 | M55-59 | OA | --- | | | | 7:02.09 | | 7:02.1 | 24.06 | 7:02.09 | 64.4% |
| 2 | 7193 Julio Lopez (M60) | 2 | M60-64 | 1st | --- | | | | 7:20.00 | | 7:20.0 | 25.09 | 7:20.00 | 62.9% |
| 3 | 7300 Emil Aaltonen (M15) | 3 | M15-19 | 1st | --- | | | | 7:25.72 | | 7:25.7 | 25.37 | 7:25.72 | 53.9% |
| 4 | 7158 Tom Grant (M57) | 4 | M55-59 | 1st | --- | | | | 7:30.77 | | 7:30.8 | 25.66 | 7:30.77 | 59.8% |
| 5 | 7040 Kim Andres (F62) | 1 | F60-64 | OA | --- | | | | 8:06.23 | | 8:06.2 | 27.71 | 8:06.23 | 72.6% |
| 6 | 1916 Wally Capps (M75) | 5 | M75-79 | 1st | --- | | | | 8:14.91 | | 8:14.9 | 28.17 | 8:14.91 | 66.1% |
| 7 | 6554 Speed Collingsworth (M66) | 6 | M65-69 | 1st | --- | | | | 8:17.01 | x | 8:17.0 | 28.34 | 8:17.01 | 58.8% |
| 8 | 6542 Enrique Borrego (M11) | 7 | M10-14 | 1st | --- | | | | 8:18.80 | x | 8:18.8 | 28.40 | 8:18.80 | 52.9% |
| 9 | 7261 John Kramer (M53) | 8 | M50-54 | 1st | --- | | | | 8:23.26 | | 8:23.3 | 28.68 | 8:23.26 | 51.8% |
| 10 | 7184 Manav Shah (M31) | 9 | M30-34 | 1st | --- | | | | 8:50.04 | | 8:50.0 | 30.22 | 8:50.04 | 42.2% |
| 11 | 6537 Isabel Borrego (F14) | 2 | F10-14 | 1st | --- | | | | 8:54.30 | x | 8:54.3 | 30.45 | 8:54.30 | 50.0% |
| 12 | 7306 Axel Aaltonen (M9) | 10 | M01-09 | 1st | --- | | | | 9:39.76 | | 9:39.8 | 33.01 | 9:39.76 | 48.7% |
| 13 | 7154 Mike Catt (M61) | 11 | M60-64 | 2nd | --- | | | | 10:13.91 | | 10:13.9 | 34.95 | 10:13.91 | 45.5% |
| ✓ No Club PR's | | | | | | Average Finish Time: 08:19 3 First Timers | | | | Average Age Grade: 56.1% | | | | |

| 5K | Bib Name | GD | AgeGrp | AG | Start | 1stH | 2ndH | Δ | FinishTime+ | FN* | Pace | 5KEq | Clock Time | AgeGD |
|----------------|----------------------------------|----|----------|-----|--------|---|------|---|-------------|--------------------------|---------|-------|------------|-------|
| 1 | 6542 Enrique Borrego (M11) | 1 | M10-14 | OA | --- | | | | 21:02.80 | ℓ x | 6:46.5 | 21.03 | 21:02.79 | 72.7% |
| 2 | 7072 Ryan Loehding (M43) | 2 | M40-44 | MS | 0.3 | | | | 21:06.78 | | 6:47.7 | 21.10 | 21:07.09 | 66.1% |
| 3 | 7193 Julio Lopez (M60) | 3 | M60-64 | SR | 0.2 | | | | 24:31.38 | ℓ | 7:53.6 | 24.52 | 24:31.58 | 65.4% |
| 4 | 6537 Isabel Borrego (F14) | 1 | F10-14 | OA | --- | | | | 24:38.39 | ℓ x | 7:55.9 | 24.63 | 24:38.40 | 63.8% |
| 5 | 1916 Wally Capps (M75) | 4 | M75-79 | 1st | --- | | | | 26:21.99 | ℓ | 8:29.2 | 26.35 | 26:22.00 | 71.9% |
| 6 | 6188 Harold Girata (M39) | 5 | M35-39 | 1st | 2.2 | | | | 27:12.20 | | 8:45.4 | 27.20 | 27:14.38 | 49.8% |
| 7 | 7184 Manav Shah (M31) | 6 | M30-34 | 1st | 2.5 | | | | 28:08.40 | ℓ | 9:03.4 | 28.13 | 28:10.86 | 46.1% |
| 8 | 7303 Kim Aaltonen (M42) | 7 | M40-44 | 2nd | 1.9 | | | | 28:11.67 | | 9:04.5 | 28.18 | 28:13.62 | 49.1% |
| 9 | 6165 Miguel Barrios Huessa (M38) | 8 | M35-39 | 2nd | --- | | | | 28:15.39 | | 9:05.7 | 28.25 | 28:15.39 | 47.6% |
| 10 | 7473 Paige Loehding (F15) | 2 | F15-19 | 1st | 80.0 | | | | 27:03.92 | | 8:42.7 | 27.05 | 28:23.93 | 57.3% |
| 11 | 7040 Kim Andres (F62) | 3 | F60-64 | MS | 66.8 | | | | 27:54.24 | ℓ | 8:58.9 | 27.90 | 29:01.01 | 71.3% |
| 12 | 7316 Blake Bruser (F-6) | 0 | FStrolle | 1st | 98.0 | | | | 27:56.76 | 30 | 8:59.7 | 27.93 | 29:34.78 | |
| 13 | 7097 Nathan Bruser (M44) | 9 | M40-44 | 1st | 98.1 | | | | 27:57.56 | | 8:60.0 | 27.95 | 29:35.67 | 50.3% |
| 14 | 7261 John Kramer (M53) | 10 | M50-54 | 1st | 1.1 | | | | 30:12.93 | ℓ | 9:43.5 | 30.20 | 30:14.02 | 50.0% |
| 15 | 6572 Sean Loehding (M11) | 11 | M10-14 | 1st | 81.9 | | | | 35:19.60 | | 11:22.2 | 35.32 | 36:41.47 | 43.3% |
| 16 | 7472 Jennifer Loehding (F43) | 4 | F40-44 | 1st | 81.6 | | | | 35:20.89 | | 11:22.6 | 35.33 | 36:42.47 | 44.4% |
| 17 | 7154 Mike Catt (M61) | 12 | M60-64 | 2nd | 3.4 | | | | 37:15.37 | ℓ | 11:59.5 | 37.25 | 37:18.75 | 43.4% |
| 18 | 6008 David Mask (M63) | 13 | M60-64 | 1st | 1105.9 | | | | 28:18.99 | | 9:06.9 | 28.30 | 46:44.91 | 58.2% |
| ✓ No Club PR's | | | | | | Average Finish Time: 28:09 2 First Timers | | | | Average Age Grade: 55.9% | | | | |

Sorted Age Grades

1M

| # | OA | Name | Gender-Age | Finish Time | AgeGrade | List* |
|---|----|---------------------|------------|-------------|----------|-------|
| 1 | 5 | Kim Andres | F62 | 8:06.23 | 72.6% | |
| 2 | 6 | Wally Capps | M75 | 8:14.91 | 66.1% | |
| 3 | 1 | Terry Marcott | M58 | 7:02.09 | 64.4% | |
| 4 | 2 | Julio Lopez | M60 | 7:20.00 | 62.9% | |
| 5 | 4 | Tom Grant | M57 | 7:30.77 | 59.8% | |
| 6 | 7 | Speed Collingsworth | M66 | 8:17.01 | 58.8% | |
| 7 | 3 | Emil Aaltonen | M15 | 7:25.72 | 53.9% | |
| 8 | 8 | Enrique Borrego | M11 | 8:18.80 | 52.9% | |
| 9 | 9 | John Kramer | M53 | 8:23.26 | 51.8% | |

5K

| # | OA | Name | Gender-Age | Finish Time | AgeGrade | List* |
|----|----|-----------------|------------|-------------|----------|---------|
| 1 | 1 | Enrique Borrego | M11 | 21:02.80 | 72.7% | Move UP |
| 2 | 5 | Wally Capps | M75 | 26:21.99 | 71.9% | |
| 3 | 11 | Kim Andres | F62 | 27:54.24 | 71.3% | |
| 4 | 2 | Ryan Loehding | M43 | 21:06.78 | 66.1% | |
| 5 | 3 | Julio Lopez | M60 | 24:31.38 | 65.4% | |
| 6 | 4 | Isabel Borrego | F14 | 24:38.39 | 63.8% | |
| 7 | 18 | David Mask | M63 | 28:18.99 | 58.2% | |
| 8 | 10 | Paige Loehding | F15 | 27:03.92 | 57.3% | |
| 9 | 13 | Nathan Bruser | M44 | 27:57.56 | 50.3% | |
| 10 | 14 | John Kramer | M53 | 30:12.93 | 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