

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Everett Schroeter	5:54.08	Jose Ortiz	19:30.15	Hector Delgado	20:12.92	Julio Lopez	22:24.73
Jennifer Johnson	8:03.65	Briana Carter	24:05.92	Jennifer Johnson	25:09.08	Betsy Palmer	32:24.71

5K MALE

		33 MALE Runners --- Average Time of 29:46						Avg. Age Grade: 51.6%		Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Jose Ortiz	Lewisville	(34)	9:37	+16	19:30.15		6:16.6	67.2%	1	1
MASTERS	1	Hector Delgado	Plano	(47)	9:47	+40	20:12.92		6:30.4	71.2%	2	2
SENIORS	1	Julio Lopez	Farmers Branch	(60)	11:00	+25	22:24.73	ML	7:12.8	71.6%	4	4
M01-09	1	Joseph Seale	Bedford	(8)	24:07	-19	47:54.98		15:25.4	35.5%	50	33
M10-14	1	Joe Wales	Carrollton	(14)	15:25	+117	32:47.61		10:33.3	43.3%	32	27
M20-24	1	Jose Serrano	Irving	(22)	12:54	+153	28:21.20		9:07.6	45.5%	17	14
M25-29	1	Jonathon Barnett	Arlington	(25)	10:47	+99	23:13.62		7:28.6	55.5%	7	7
	2	Maurice Valderas	Dallas	(26)	12:03	+110	25:56.13		8:20.9	49.7%	11	9
	3	Given Kachepa	Colleyville	(29)	14:36	+56	30:08.43	ML ✓	9:42.1	42.8%	23	20
M30-34	1	Manav Shah	Dallas	(31)	11:46	+37	24:09.00	✓	7:46.4	53.7%	9	8
	2	Christopher Toolin	Dallas	(30)	13:35	-3	27:06.79		8:43.6	47.7%	15	13
M35-39	1	Harold Girata	Irving	(39)	16:43	-64	32:23.05		10:25.4	41.8%	29	26
	2	Jaime Enrique Rodriguez Villate	Plano	(39)	18:51	+128	39:48.89	✓	12:48.9	34.0%	42	31
M40-44	1	David Lewis	Bedford	(44)	10:41	+16	21:37.25	✓	6:57.5	65.1%	3	3
	2	Jeho Oh	Mckinney	(41)	11:05	+30	22:39.43	✓	7:17.6	60.7%	6	6
	3	Jen Evangelista	Irving	(44)	13:17	+16	26:50.35		8:38.3	52.4%	14	12
	4	Ryan Pogue	Carrollton	(44)	14:22	-28	28:15.39		9:05.7	49.8%	18	15
	5	Janardhan Srinivasan	Irving	(42)	14:13	+117	30:22.19		9:46.5	45.6%	25	22
M45-49	1	Leonard Evans	Richardson	(48)	11:01	+31	22:34.09	✓	7:15.8	64.3%	5	5
	2	Vicente Rangel	Carrollton	(48)	13:40	-57	26:23.21		8:29.6	55.0%	13	11
	3	Supote Manodamrongsat	Flower Mound	(48)	14:26	+41	29:33.80		9:30.9	49.1%	22	19
	4	Shon Stamper	Carrollton	(48)	28:52	-47	56:55.79		18:19.4	25.5%	48	32
M50-54	1	Rob Windsor	Flower Mound	(52)	14:42	+17	29:40.75		9:33.2	50.5%	21	18
	2	John Kramer	Plano	(54)	16:24	-16	32:32.03	ML	10:28.3	46.8%	38	29
	3	Daniel Briggs	Highland Village	(52)	18:13	+129	38:33.83		12:24.8	38.9%	40	30
M55-59	1	Phil Murch	Frisco	(59)	14:31	+0	29:02.00		9:20.7	54.8%	20	17
	2	Gabriel Sapien	Carrollton	(56)	15:50	-33	31:07.18		10:01.0	49.8%	26	23
M60-64	1	David Mask	Lewisville	(63)	13:05	-11	25:59.32		8:21.9	63.4%	12	10
	2	Emilio Alminana	Irving	(63)	14:26	-15	28:36.98		9:12.6	57.6%	19	16
	3	Ruben Reyes	Carrollton	(60)	16:16	-55	31:37.09		10:10.6	50.7%	28	25
	4	Michael Johnson	Coppell	(63)	16:39	+60	34:17.51	ML	11:02.3	48.0%	33	28
M65-69	1	Scott McKissick	Irving	(67)	14:35	+62	30:12.46	ML	9:43.4	56.6%	24	21
M70-74	1	Bill Shirley	Dallas	(72)	16:08	-44	31:31.75	ML	10:08.9	57.4%	27	24

5K FEMALE

		21 FEMALE Runners --- Average Time of 39:42					Avg. Age Grade: 45.3%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Briana Carter	Arlington	(23)	11:47	+32	24:05.92		7:45.4	61.4%	8	1
MASTERS	1 Jennifer Johnson	Coppell	(53)	12:28	+13	25:09.08	ML ✓	8:05.7	69.9%	10	2
SENIORS	1 Betsy Palmer	Carrollton	(55)	16:16	-7	32:24.71		10:25.9	55.7%	30	4
F01-09	1 Leila Seale	Bedford	(9)	24:59	+127	52:05.65		16:46.0	33.7%	52	19
F10-14	1 Campbell Tippett	Coppell	(12)	12:49	+428	32:45.95		10:32.8	49.7%	31	5
F25-29	1 Megan Denman	Frisco	(29)	17:39	+107	37:04.91		11:56.1	39.9%	39	10
F30-34	1 Nika Brunk	Eules	(34)	15:59	+151	34:29.77		11:06.2	43.2%	34	6
	2 Samantha Cabrera	Arlington	(31)	17:02	+142	36:25.11		11:43.3	40.7%	37	9
F40-44	1 Rosalyn Tippett	Coppell	(43)	16:54	+90	35:17.78		11:21.6	44.4%	35	7
	2 Luciana dos Santos Lima	Plano	(41)	21:00	+48	42:48.29	✓	13:46.7	36.1%	45	14
	3 Angel Martinez	Farmers Branch	(44)	38:22	-185	1:13:39.35		23:42.5	21.5%	53	20
F45-49	1 Tina Clark	Farmers Branch	(46)	16:54	+105	35:31.89		11:26.2	45.4%	36	8
	2 Katrice Briggs	Highland Village	(45)	18:12	+129	38:32.86		12:24.4	41.4%	41	11
	3 Karen Wales	Carrollton	(46)	20:26	+81	42:12.56		13:35.2	38.2%	44	13
	4 Kay Scott	Bedford	(46)	24:35	-68	48:02.41		15:27.8	33.6%	51	18
F50-54	1 Jennifer Johnson	Coppell	(53)	13:46	-5	27:28.00		8:50.4	64.0%	46	15
	2 Yanira Lopez	Farmers Branch	(53)	13:34	+26	27:35.32	ML	8:52.8	63.7%	16	3
	3 Wendy Thomsen	Keene	(53)	17:06	+14	34:26.01	✓	11:05.0	51.0%	54	21
	4 Robin Twingston	Carrollton	(53)	28:50	-28	57:12.18		18:24.7	30.7%	49	17
F60-64	1 Rosemary Lewis	Carrollton	(60)	28:10	-6	56:14.38		18:06.1	34.4%	47	16
F65-69	1 Carol Creech	Plano	(65)	19:44	+48	40:16.22		12:57.7	51.7%	43	12

1M MALE

		7 MALE Runners --- Average Time of 8:20					Avg. Age Grade: 55.3%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Everett Schroeter		(36)			5:54.08		5:54.1	64.6%	1	1
M25-29	1 Given Kachepa	Colleyville	(29)			9:57.91		9:57.9	37.3%	9	7
M50-54	1 John Kramer	Plano	(54)			8:32.61		8:32.6	51.3%	6	4
M60-64	1 Julio Lopez	Farmers Branch	(60)			6:55.39		6:55.4	66.6%	2	2
	2 Michael Johnson	Coppell	(63)			9:56.84		9:56.8	47.6%	8	6
M65-69	1 Scott McKissick	Irving	(67)			8:59.64		8:59.6	54.6%	7	5
M70-74	1 Bill Shirley	Dallas	(72)			8:02.04		8:02.0	64.7%	3	3

1M FEMALE

		2 FEMALE Runners --- Average Time of 8:11					Avg. Age Grade: 63.3%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Jennifer Johnson	Coppell	(53)			8:03.65	✓	8:03.7	64.3%	4	1
F50-54	1 Yanira Lopez	Farmers Branch	(53)			8:18.35		8:18.4	62.4%	5	2

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6002 Everett Schroeter (M36)	1	M35-39	OA	---				5:54.08	✓ 5	5:54.1	20.18	5:54.08	64.6%
2	7193 Julio Lopez (M60)	2	M60-64	1st	---				6:55.39		6:55.4	23.66	6:55.39	66.6%
3	7043 Bill Shirley (M72)	3	M70-74	1st	---				8:02.04		8:02.0	27.48	8:02.04	64.7%
4	7262 Jennifer Johnson (F53)	1	F50-54	OA	---				8:03.65	✓ 5	8:03.7	27.54	8:03.65	64.3%
5	7198 Yanira Lopez (F53)	2	F50-54	1st	---				8:18.35		8:18.4	28.40	8:18.35	62.4%
6	7261 John Kramer (M54)	4	M50-54	1st	---				8:32.61		8:32.6	29.19	8:32.61	51.3%
7	7048 Scott McKissick (M67)	5	M65-69	1st	---				8:59.64		8:59.6	30.73	8:59.64	54.6%
8	7252 Michael Johnson (M63)	6	M60-64	2nd	---				9:56.84		9:56.8	33.98	9:56.84	47.6%
9	7386 Given Kachepa (M29)	7	M25-29	1st	---				9:57.91		9:57.9	34.04	9:57.91	37.3%

✓ 1 Club PR's

Average Finish Time: 08:17 1 First Timers

Average Age Grade: 57.0%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6001 Jose Ortiz (M34)	1	M30-34	OA	---	9:37	9:53	+16	19:30.15		6:16.6	19.50	19:30.15	67.2%
2	6005 Hector Delgado (M47)	2	M45-49	MS	1.6	9:47	10:26	+40	20:12.92		6:30.4	20.20	20:14.56	71.2%
3	7299 David Lewis (M44)	3	M40-44	1st	1.5	10:41	10:56	+16	21:37.25	✓ 11	6:57.5	21.62	21:38.75	65.1%
4	7193 Julio Lopez (M60)	4	M60-64	SR	1.2	11:00	11:25	+25	22:24.73	ℓ	7:12.8	22.40	22:25.94	71.6%
5	7447 Leonard Evans (M48)	5	M45-49	1st	---	11:01	11:33	+31	22:34.09	✓ 5	7:15.8	22.57	22:34.09	64.3%
6	6995 Jeho Oh (M41)	6	M40-44	2nd	2.7	11:05	11:35	+30	22:39.43	✓ 4	7:17.6	22.65	22:42.09	60.7%
7	7590 Jonathon Barnett (M25)	7	M25-29	1st	---	10:47	12:26	+99	23:13.62		7:28.6	23.22	23:13.62	55.5%
8	7593 Briana Carter (F23)	1	F20-24	OA	---	11:47	12:19	+32	24:05.92		7:45.4	24.08	24:05.92	61.4%
9	7184 Manav Shah (M31)	8	M30-34	1st	10.2	11:46	12:23	+37	24:09.00	✓ 11	7:46.4	24.15	24:19.17	53.7%
10	7262 Jennifer Johnson (F53)	2	F50-54	MS	1.4	12:28	12:41	+13	25:09.08	ℓ ✓ 12	8:05.7	25.15	25:10.50	69.9%
11	7591 Maurice Valderas (M26)	9	M25-29	2nd	---	12:03	13:53	+110	25:56.13		8:20.9	25.93	25:56.13	49.7%
12	6998 David Mask (M63)	10	M60-64	1st	10.9	13:05	12:54	-11	25:59.32		8:21.9	25.98	26:10.26	63.4%
13	7367 Vicente Rangel (M48)	11	M45-49	2nd	4.1	13:40	12:43	-57	26:23.21		8:29.6	26.38	26:27.30	55.0%
14	7343 Jen Evangelista (M44)	12	M40-44	3rd	4.3	13:17	13:33	+16	26:50.35		8:38.3	26.83	26:54.62	52.4%
15	6364 Christopher Toolin (M30)	13	M30-34	2nd	4.1	13:35	13:32	-3	27:06.79	✓ 1	8:43.6	27.10	27:10.89	47.7%
16	7198 Yanira Lopez (F53)	3	F50-54	2nd	5.7	13:34	14:01	+26	27:35.32	ℓ	8:52.8	27.58	27:41.00	63.7%
17	6107 Jose Serrano (M22)	14	M20-24	1st	2.7	12:54	15:27	+153	28:21.20	✓ 1	9:07.6	28.35	28:23.92	45.5%
18	6008 Ryan Pogue (M44)	15	M40-44	4th	11.5	14:22	13:54	-28	28:15.39	✓ 1	9:05.7	28.25	28:26.93	49.8%
19	6360 Emilio Alminana (M63)	16	M60-64	2nd	6.0	14:26	14:11	-15	28:36.98	✓ 1	9:12.6	28.60	28:43.03	57.6%
20	7157 Phil Murch (M59)	17	M55-59	1st	5.5	14:31	14:31	+0	29:02.00		9:20.7	29.03	29:07.50	54.8%
21	7451 Rob Windsor (M52)	18	M50-54	1st	7.3	14:42	14:59	+17	29:40.75		9:33.2	29.67	29:48.01	50.5%
22	7249 Supote Manodamrongsat (M4)	19	M45-49	3rd	19.8	14:26	15:07	+41	29:33.80		9:30.9	29.55	29:53.61	49.1%
23	7386 Given Kachepa (M29)	20	M25-29	3rd	2.5	14:36	15:32	+56	30:08.43	ℓ ✓ 2	9:42.1	30.13	30:10.89	42.8%
24	7048 Scott McKissick (M67)	21	M65-69	1st	---	14:35	15:37	+62	30:12.46	ℓ	9:43.4	30.20	30:12.46	56.6%
25	6006 Janardhan Srinivasan (M42)	22	M40-44	5th	4.1	14:13	16:09	+117	30:22.19	✓ 1	9:46.5	30.37	30:26.29	45.6%
26	7015 Gabriel Sapien (M56)	23	M55-59	2nd	4.4	15:50	15:17	-33	31:07.18		10:01.0	31.12	31:11.63	49.8%
27	7043 Bill Shirley (M72)	24	M70-74	1st	---	16:08	15:24	-44	31:31.75	ℓ	10:08.9	31.52	31:31.75	57.4%
28	7283 Ruben Reyes (M60)	25	M60-64	3rd	2.3	16:16	15:21	-55	31:37.09		10:10.6	31.62	31:39.43	50.7%
29	7339 Harold Girata (M39)	26	M35-39	1st	9.8	16:43	15:40	-64	32:23.05		10:25.4	32.38	32:32.81	41.8%
30	7454 Betsy Palmer (F55)	4	F55-59	SR	11.1	16:16	16:09	-7	32:24.71	✓ 1	10:25.9	32.40	32:35.78	55.7%
31	6103 Campbell Tippet (F12)	5	F10-14	1st	8.4	12:49	19:57	+428	32:45.95	✓ 1	10:32.8	32.75	32:54.37	49.7%
32	7568 Joe Wales (M14)	27	M10-14	1st	7.8	15:25	17:22	+117	32:47.61		10:33.3	32.78	32:55.46	43.3%
33	7252 Michael Johnson (M63)	28	M60-64	4th	6.6	16:39	17:39	+60	34:17.51	ℓ	11:02.3	34.28	34:24.10	48.0%
34	7448 Nika Brunk (F34)	6	F30-34	1st	7.7	15:59	18:30	+151	34:29.77		11:06.2	34.48	34:37.50	43.2%
35	6104 Rosalyn Tippet (F43)	7	F40-44	1st	9.4	16:54	18:24	+90	35:17.78	✓ 1	11:21.6	35.28	35:27.16	44.4%
36	7185 Tina Clark (F46)	8	F45-49	1st	10.3	16:54	18:38	+105	35:31.89		11:26.2	35.52	35:42.17	45.4%
37	6217 Samantha Cabrera (F31)	9	F30-34	2nd	8.3	17:02	19:24	+142	36:25.11		11:43.3	36.42	36:33.46	40.7%

FN*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

4/24/2016

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

△ Negative Split

 DeltaViewTiming.com

38	7261	John Kramer (M54)	29	M50-54	2nd	275.9	16:24	16:08	-16	32:32.03	⌚	10:28.3	32.53	37:07.90	46.8%
39	6212	Megan Denman (F29)	10	F25-29	1st	7.1	17:39	19:26	+107	37:04.91		11:56.1	37.07	37:12.03	39.9%
40	7363	Daniel Briggs (M52)	30	M50-54	3rd	1.6	18:13	20:21	+129	38:33.83		12:24.8	38.55	38:35.39	38.9%
41	7370	Katrice Briggs (F45)	11	F45-49	2nd	3.2	18:12	20:21	+129	38:32.86		12:24.4	38.53	38:36.07	41.4%
42	6223	Jaime Enrique Rodriguez Villa	31	M35-39	2nd	8.4	18:51	20:58	+128	39:48.89	✓ ≥	12:48.9	39.80	39:57.25	34.0%
43	7024	Carol Creech (F65)	12	F65-69	1st	4.4	19:44	20:32	+48	40:16.22		12:57.7	40.27	40:20.65	51.7%
44	7569	Karen Wales (F46)	13	F45-49	3rd	10.3	20:26	21:47	+81	42:12.56		13:35.2	42.20	42:22.85	38.2%
45	6229	Luciana dos Santos Lima (F41)	14	F40-44	2nd	8.6	21:00	21:48	+48	42:48.29	✓ ≥	13:46.7	42.80	42:56.89	36.1%
46	7262	Jennifer Johnson (F53)	15	F50-54	1st	1610.0	13:46	13:42	-5	27:28.00		8:50.4	27.47	54:18.00	64.0%
47	7455	Rosemary Lewis (F60)	16	F60-64	1st	13.0	28:10	28:04	-6	56:14.38		18:06.1	56.23	56:27.33	34.4%
48	6004	Shon Stamper (M48)	32	M45-49	4th	14.2	28:52	28:04	-47	56:55.79	⊥	18:19.4	56.92	57:10.00	25.5%
49	6003	Robin Twingston (F53)	17	F50-54	4th	15.6	28:50	28:22	-28	57:12.18	⊥	18:24.7	57.20	57:27.75	30.7%
50	6009	Joseph Seale (M8)	33	M01-09	1st	943.0	24:07	23:48	-19	47:54.98	⊥	15:25.4	47.901	03:37.94	35.5%
51	7041	Kay Scott (F46)	18	F45-49	4th	941.6	24:35	23:27	-68	48:02.41		15:27.8	48.031	03:44.03	33.6%
52	6010	Leila Seale (F9)	19	F01-09	1st	941.0	24:59	27:06	+127	52:05.65	⊥	16:46.0	52.081	07:46.64	33.7%
53	6007	Angel Martinez (F44)	20	F40-44	3rd	18.9	38:22	35:17	-185	1:13:39.35	⊥	23:42.5	73.651	13:58.28	21.5%
54	7560	Wendy Thomsen (F53)	21	F50-54	3rd	2674.4	17:06	17:20	+14	34:26.01	✓ 1	11:05.0	34.431	19:00.38	51.0%
35 Positive Split 19 Negative Split ✓ 9 Club PR's											Average Finish Time: 33:37 <u>13 First Timers</u> Average Age Grade: 49.1%				

Sorted Age Grades

1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Julio Lopez	M60	6:55.39	66.6%	
2	3	Bill Shirley	M72	8:02.04	64.7%	
3	1	Everett Schoeter	M36	5:54.08	64.6%	
4	4	Jennifer Johnson	F53	8:03.65	64.3%	
5	5	Yanira Lopez	F53	8:18.35	62.4%	
6	7	Scott McKissick	M67	8:59.64	54.6%	
7	6	John Kramer	M54	8:32.61	51.3%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	4	Julio Lopez	M60	22:24.73	71.6%	
2	2	Hector Delgado	M47	20:12.92	71.2%	
3	10	Jennifer Johnson	F53	25:09.08	69.9%	Move UP
4	1	Jose Ortiz	M34	19:30.15	67.2%	
5	3	David Lewis	M44	21:37.25	65.1%	New
6	5	Leonard Evans	M48	22:34.09	64.3%	
7	46	Jennifer Johnson	F53	27:28.00	64.0%	
8	16	Yanira Lopez	F53	27:35.32	63.7%	
9	12	David Mask	M63	25:59.32	63.4%	
10	8	Briana Carter	F23	24:05.92	61.4%	
11	6	Jeho Oh	M41	22:39.43	60.7%	
12	19	Emilio Alminana	M63	28:36.98	57.6%	
13	27	Bill Shirley	M72	31:31.75	57.4%	
14	24	Scott McKissick	M67	30:12.46	56.6%	
15	30	Betsy Palmer	F55	32:24.71	55.7%	
16	7	Jonathon Barnett	M25	23:13.62	55.5%	
17	13	Vicente Rangel	M48	26:23.21	55.0%	
18	20	Phil Murch	M59	29:02.00	54.8%	
19	9	Manav Shah	M31	24:09.00	53.7%	
20	14	Jen Evangelista	M44	26:50.35	52.4%	
21	43	Carol Creech	F65	40:16.22	51.7%	
22	54	Wendy Thomsen	F53	34:26.01	51.0%	
23	28	Ruben Reyes	M60	31:37.09	50.7%	
24	21	Rob Windsor	M52	29:40.75	50.5%	

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