

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Ryan Loehding	5:54.89	Ryan Loehding	19:53.32	Brandon Nelson	20:00.51	Julio Lopez	22:31.83
Kim Andres	7:48.75	Paige Loehding	23:11.38	Soko Starobin	25:35.90	Kim Andres	27:17.37

5K MALE

		24 MALE Runners --- Average Time of 26:40					Avg. Age Grade: 57.3%		Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Ryan Loehding	Carrollton	(44)	9:59	-5	19:53.32	ML	6:24.1	70.7%	1	1
MASTERS	1 Brandon Nelson		(44)	10:11	-22	20:00.51		6:26.4	70.3%	2	2
SENIORS	1 Julio Lopez	Farmers Branch	(61)	11:04	+24	22:31.83	ML	7:15.1	71.8%	8	7
M10-14	1 Joe Wales	Carrollton	(14)	11:23	+44	23:29.92	ML✓	7:33.8	60.4%	11	9
	2 Sean Loehding	Carrollton	(12)	12:59	+17	26:15.33	✓	8:27.1	56.6%	19	14
M25-29	1 Jonathon Barnett	Arlington	(26)	10:33	+24	21:30.27	✓	6:55.3	60.0%	5	4
	2 Maurice Valderas	Dallas	(26)	12:40	+210	28:50.13		9:16.9	44.7%	24	17
M30-34	1 David Rudd	Dallas	(30)	10:54	-19	21:28.74		6:54.8	60.2%	6	5
	2 Manav Shah	Dallas	(32)	13:24	+26	27:15.23	ML	8:46.3	47.7%	20	15
M40-44	1 Kelly Parma		(44)	10:36	-1	21:11.28		6:49.2	66.4%	4	3
	2 Richard Barcellano	Lewisville	(43)	14:41	+9	29:30.86	✓	9:30.0	47.3%	26	19
M45-49	1 Jen Evangelista	Irving	(45)	14:40	+10	29:28.58	ML	9:29.3	48.1%	25	18
	2 Nathan Bruser	Coppell	(45)	17:00	-33	33:26.50		10:45.8	42.4%	33	21
	3 Chris Goins	Garland	(46)	17:15	+6	34:36.29		11:08.3	41.3%	34	22
M50-54	1 Charles Land	Dallas	(50)	10:37	+21	21:34.53	ML✓	6:56.7	68.4%	7	6
	2 Steve Russo	Plano	(53)	11:17	+5	22:39.33		7:17.5	66.7%	9	8
	3 Doug Waters	Carrollton	(52)	12:00	+0	24:01.03		7:43.8	62.4%	12	10
	4 Maurice Kavanagh	Sterling Heights	(52)	12:38	-17	24:58.76		8:02.4	60.0%	16	13
	5 Ken Robinson	Plano	(54)	14:28	-42	28:15.13	✓	9:05.6	53.9%	23	16
M55-59	1 Phil Murch	Frisco	(59)	14:38	+43	29:58.15	ML	9:38.8	53.1%	27	20
M60-64	1 David Mask	Lewisville	(64)	12:08	+6	24:23.19		7:51.0	68.2%	13	11
	2 Michael Johnson	Coppell	(64)	17:28	-11	34:45.11	ML	11:11.1	47.8%	35	23
M65-69	1 Robert Benson	Dallas	(67)	12:17	+3	24:36.99	ML	7:55.4	69.4%	14	12
	2 Scott Ahlstrom	Carrollton	(68)	22:33	+6	45:11.74		14:32.8	38.2%	43	24

5K FEMALE

20 FEMALE Runners --- Average Time of

32:30

Avg. Age Grade: 54.9%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Paige Loehding	Carrollton	(16)	11:12	+48	23:11.38		7:27.8	66.0%	10	1
MASTERS	1 Soko Starobin	Ames	(46)	13:17	-59	25:35.90	M ✓	8:14.4	63.0%	17	3
SENIORS	1 Kim Andres	Irving	(63)	13:31	+16	27:17.37	M	8:47.0	74.0%	21	5
F01-09	1 Blake Bruser	Coppell	(7)	17:00	-33	33:26.35	✓	10:45.8	56.1%	32	11
F10-14	1 Campbell Tippett	Flower Mound	(13)	17:52	-11	35:33.53		11:26.7	44.9%	37	13
F15-19	1 Kennedy Sisung		(16)	15:58	+56	32:51.74		10:34.6	46.6%	31	10
F20-24	1 Briana Carter	Arlington	(23)	12:32	-7	24:57.53		8:02.0	59.3%	15	2
F35-39	1 Nika Brunk	Eules	(35)	18:30	+217	40:37.46		13:04.5	36.8%	40	16
F40-44	1 Jennifer Loehding	Carrollton	(44)	14:03	-7	27:59.17		9:00.5	56.5%	22	6
	2 Rosalyn Tippett	Flower Mound	(44)	17:52	+41	36:25.89		11:43.6	43.4%	39	15
F45-49	1 Amie Goins	Garland	(45)	15:43	+60	32:26.01		10:26.4	49.2%	30	9
	2 Karen Wales	Carrollton	(47)	21:13	+37	43:02.10		13:51.1	37.9%	42	18
	3 Darlene Sisung		(47)	22:45	-14	45:15.76		14:34.1	36.0%	44	19
F50-54	1 Jennifer Johnson	Coppell	(54)	12:52	+9	25:52.18	M	8:19.6	68.8%	18	4
F55-59	1 Betsy Palmer	Carrollton	(55)	16:11	-8	32:15.08	M	10:22.8	55.9%	29	8
F60-64	1 Jerri Hixson	Plano	(62)	17:38	-19	34:57.12	✓	11:15.0	56.9%	36	12
F65-69	1 Kumiko McCoy	Eules	(67)	15:09	+36	30:53.57		9:56.6	69.5%	28	7
	2 Carol Creech	Plano	(65)	20:37	+18	41:31.08	M	13:21.8	50.1%	41	17
F75-79	1 Mary Kaplan	Sunrise Beach	(77)	18:02	-21	35:42.44		11:29.6	71.4%	38	14
FWheelCha	1 Sandra Dailey	Eureka	(-58)	9:45	+43	20:12.62	M	6:30.3		3	0

1M MALE

		12 MALE Runners --- Average Time of 8:11						Avg. Age Grade: 55.2%		Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Ryan Loehding	Carrollton	(44)			5:54.89		5:54.9	68.4%	1	1
M01-09	1	Diego Chesley		(7)			9:53.08		9:53.1	51.8%	13	10
M10-14	1	Joe Wales	Carrollton	(14)			6:44.58	✓	6:44.6	60.5%	3	3
M30-34	1	Manav Shah	Dallas	(32)			10:02.31		10:02.3	37.2%	14	11
M35-39	1	Derrick Chesley		(38)			9:53.00		9:53.0	39.1%	12	9
M45-49	1	Jen Evangelista	Irving	(45)			7:40.56		7:40.6	53.1%	6	6
M50-54	1	Charles Land	Dallas	(50)			6:23.95	✓	6:24.0	66.3%	2	2
M55-59	1	John Kramer	Plano	(55)			8:04.90		8:04.9	54.7%	8	7
	2	Phil Murch	Frisco	(59)			8:58.12		8:58.1	51.0%	11	8
M60-64	1	Julio Lopez	Farmers Branch	(61)			6:57.09		6:57.1	66.9%	4	4
	2	Michael Johnson	Coppell	(64)			10:15.16		10:15.2	46.6%	16	12
M65-69	1	Robert Benson	Dallas	(67)			7:18.67		7:18.7	67.2%	5	5

1M FEMALE

		6 FEMALE Runners --- Average Time of 9:41						Avg. Age Grade: 59.5%		Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Kim Andres	Irving	(63)			7:48.75		7:48.8	76.4%	7	1
F45-49	1	Soko Starobin	Ames	(46)			8:21.80		8:21.8	56.7%	9	2
F50-54	1	Jennifer Johnson	Coppell	(54)			8:36.73		8:36.7	61.0%	10	3
F55-59	1	Betsy Palmer	Carrollton	(55)			10:03.36	✓	10:03.4	52.9%	15	4
F65-69	1	Carol Creech	Plano	(65)			12:11.90		12:11.9	50.5%	18	5
FWheelCha	1	Sandra Dailey	Eureka	(-58)			11:02.01		11:02.0		17	0

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7072 Ryan Loehding (M44)	1	M40-44	OA	---				5:54.89		5:54.9	20.18	5:54.89	68.4%
2	7566 Charles Land (M50)	2	M50-54	1st	---				6:23.95	✓ 7	6:24.0	21.84	6:23.95	66.3%
3	7568 Joe Wales (M14)	3	M10-14	1st	---				6:44.58	✓ 3	6:44.6	23.04	6:44.58	60.5%
4	7193 Julio Lopez (M61)	4	M60-64	1st	---				6:57.09		6:57.1	23.78	6:57.09	66.9%
5	7118 Robert Benson (M67)	5	M65-69	1st	---				7:18.67		7:18.7	24.97	7:18.67	67.2%
6	7343 Jen Evangelista (M45)	6	M45-49	1st	---				7:40.56		7:40.6	26.23	7:40.56	53.1%
7	7040 Kim Andres (F63)	1	F60-64	OA	---				7:48.75		7:48.8	26.68	7:48.75	76.4%
8	7261 John Kramer (M55)	7	M55-59	1st	---				8:04.90		8:04.9	27.60	8:04.90	54.7%
9	6506 Soko Starobin (F46)	2	F45-49	1st	---				8:21.80	✗	8:21.8	28.57	8:21.80	56.7%
10	7262 Jennifer Johnson (F54)	3	F50-54	1st	---				8:36.73		8:36.7	29.42	8:36.73	61.0%
11	7157 Phil Murch (M59)	8	M55-59	2nd	---				8:58.12		8:58.1	30.68	8:58.12	51.0%
12	6003 Derrick Chesley (M38)	9	M35-39	1st	---				9:53.00	✗	9:53.0	33.81	9:53.00	39.1%
13	6005 Diego Chesley (M7)	10	M01-09	1st	---				9:53.08	✗	9:53.1	33.81	9:53.08	51.8%
14	7184 Manav Shah (M32)	11	M30-34	1st	---				10:02.31		10:02.3	34.33	10:02.31	37.2%
15	7454 Betsy Palmer (F55)	4	F55-59	1st	---				10:03.36	✓ 3	10:03.4	34.38	10:03.36	52.9%
16	7252 Michael Johnson (M64)	12	M60-64	2nd	---				10:15.16		10:15.2	35.07	10:15.16	46.6%
17	6493 Sandra Dailey (F-58)	0	FWheel	1st	---				11:02.01	✗	11:02.0	37.75	11:02.01	
18	7024 Carol Creech (F65)	5	F65-69	1st	---				12:11.90	✗	12:11.9	41.68	12:11.90	50.5%

✓ 3 Club PR's

Average Finish Time: 08:40 5 First Timers

Average Age Grade: 56.5%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7072 Ryan Loehding (M44)	1	M40-44	OA	3.0	9:59	9:54	-5	19:53.32	ℓ	6:24.1	19.88	19:56.34	70.7%
2	6001 Brandon Nelson (M44)	2	M40-44	MS	3.9	10:11	9:49	-22	20:00.51	✗	6:26.4	20.00	20:04.43	70.3%
3	6493 Sandra Dailey (F-58)	0	FWheel	1st	---	9:45	10:28	+43	20:12.62	ℓ	6:30.3	20.20	20:12.62	
4	6002 Kelly Parma (M44)	3	M40-44	1st	6.0	10:36	10:35	-1	21:11.28		6:49.2	21.18	21:17.26	66.4%
5	7590 Jonathon Barnett (M26)	4	M25-29	1st	2.7	10:33	10:57	+24	21:30.27	✓ 9	6:55.3	21.50	21:32.96	60.0%
6	6480 David Rudd (M30)	5	M30-34	1st	8.2	10:54	10:35	-19	21:28.74	✗	6:54.8	21.47	21:36.91	60.2%
7	7566 Charles Land (M50)	6	M50-54	1st	4.4	10:37	10:58	+21	21:34.53	ℓ ✓ 7	6:56.7	21.57	21:38.95	68.4%
8	7193 Julio Lopez (M61)	7	M60-64	SR	5.0	11:04	11:28	+24	22:31.83	ℓ	7:15.1	22.52	22:36.82	71.8%
9	6508 Steve Russo (M53)	8	M50-54	2nd	3.8	11:17	11:22	+5	22:39.33	✗	7:17.5	22.65	22:43.11	66.7%
10	7473 Paige Loehding (F16)	1	F15-19	OA	4.5	11:12	12:00	+48	23:11.38		7:27.8	23.18	23:15.85	66.0%
11	7568 Joe Wales (M14)	9	M10-14	1st	2.9	11:23	12:07	+44	23:29.92	ℓ ✓ 13	7:33.8	23.48	23:32.84	60.4%
12	7012 Doug Waters (M52)	10	M50-54	3rd	23.7	12:00	12:01	+0	24:01.03		7:43.8	24.02	24:24.69	62.4%
13	7008 David Mask (M64)	11	M60-64	1st	18.5	12:08	12:15	+6	24:23.19		7:51.0	24.38	24:41.74	68.2%
14	7118 Robert Benson (M67)	12	M65-69	1st	5.0	12:17	12:20	+3	24:36.99	ℓ	7:55.4	24.60	24:41.97	69.4%
15	7593 Briana Carter (F23)	2	F20-24	1st	2.8	12:32	12:25	-7	24:57.53		8:02.0	24.95	25:00.36	59.3%
16	6439 Maurice Kavanagh (M52)	13	M50-54	4th	11.1	12:38	12:21	-17	24:58.76	✗	8:02.4	24.97	25:09.83	60.0%
17	6506 Soko Starobin (F46)	3	F45-49	MS	10.6	13:17	12:19	-59	25:35.90	ℓ ✓ 1	8:14.4	25.58	25:46.49	63.0%
18	7262 Jennifer Johnson (F54)	4	F50-54	1st	3.4	12:52	13:01	+9	25:52.18	ℓ	8:19.6	25.87	25:55.57	68.8%
19	6572 Sean Loehding (M12)	14	M10-14	2nd	6.8	12:59	13:16	+17	26:15.33	✓ 5	8:27.1	26.25	26:22.09	56.6%
20	7184 Manav Shah (M32)	15	M30-34	2nd	5.6	13:24	13:51	+26	27:15.23	ℓ	8:46.3	27.25	27:20.78	47.7%
21	7040 Kim Andres (F63)	5	F60-64	SR	22.1	13:31	13:46	+16	27:17.37	ℓ	8:47.0	27.28	27:39.47	74.0%
22	7472 Jennifer Loehding (F44)	6	F40-44	1st	6.7	14:03	13:56	-7	27:59.17		9:00.5	27.98	28:05.88	56.5%
23	7077 Ken Robinson (M54)	16	M50-54	5th	6.6	14:28	13:47	-42	28:15.13	✓ 25	9:05.6	28.25	28:21.68	53.9%
24	7591 Maurice Valderas (M26)	17	M25-29	2nd	3.7	12:40	16:10	+209	28:50.13		9:16.9	28.83	28:53.80	44.7%
25	7343 Jen Evangelista (M45)	18	M45-49	1st	13.5	14:40	14:49	+10	29:28.58	ℓ	9:29.3	29.47	29:42.04	48.1%
26	7515 Richard Barcellano (M43)	19	M40-44	2nd	13.2	14:41	14:50	+9	29:30.86	✓ 4	9:30.0	29.50	29:44.09	47.3%
27	7157 Phil Murch (M59)	20	M55-59	1st	22.2	14:38	15:20	+43	29:58.15	ℓ	9:38.8	29.97	30:20.38	53.1%
28	7449 Kumiko McCoy (F67)	7	F65-69	1st	8.1	15:09	15:45	+36	30:53.57		9:56.6	30.88	31:01.66	69.5%

FN*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

12/26/2016

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

△ Negative Split

 DeltaViewTiming.com

29	7454	Betsy Palmer (F55)	8	F55-59	1st	12.6	16:11	16:04	-8	32:15.08	⌚	10:22.8	32.25	32:27.72	55.9%
30	7044	Amie Goins (F45)	9	F45-49	1st	10.0	15:43	16:43	+60	32:26.01		10:26.4	32.43	32:36.00	49.2%
31	6006	Kennedy Sisung (F16)	10	F15-19	1st	7.0	15:58	16:54	+56	32:51.74	⌚	10:34.6	32.85	32:58.72	46.6%
32	7316	Blake Bruser (F7)	11	F01-09	1st	5.2	17:00	16:27	-33	33:26.35	✓	<u>38</u> 10:45.8	33.43	33:31.52	56.1%
33	7097	Nathan Bruser (M45)	21	M45-49	2nd	5.3	17:00	16:27	-33	33:26.50		10:45.8	33.43	33:31.76	42.4%
34	7050	Chris Goins (M46)	22	M45-49	3rd	9.7	17:15	17:21	+6	34:36.29		11:08.3	34.60	34:46.00	41.3%
35	7252	Michael Johnson (M64)	23	M60-64	2nd	11.1	17:28	17:17	-11	34:45.11	⌚	11:11.1	34.75	34:56.18	47.8%
36	6491	Jerri Hixson (F62)	12	F60-64	1st	5.9	17:38	17:19	-19	34:57.12	✓	≥ 11:15.0	34.95	35:03.07	56.9%
37	6103	Campbell Tippett (F13)	13	F10-14	1st	7.9	17:52	17:41	-11	35:33.53		11:26.7	35.55	35:41.41	44.9%
38	6430	Mary Kaplan (F77)	14	F75-79	1st	4.4	18:02	17:41	-21	35:42.44	⌚	11:29.6	35.70	35:46.83	71.4%
39	6104	Rosalyn Tippett (F44)	15	F40-44	2nd	7.6	17:52	18:34	+41	36:25.89		11:43.6	36.42	36:33.51	43.4%
40	6998	Nika Brunk (F35)	16	F35-39	1st	7.9	18:30	22:07	+217	40:37.46		13:04.5	40.62	40:45.37	36.8%
41	7024	Carol Creech (F65)	17	F65-69	2nd	7.4	20:37	20:55	+18	41:31.08	⌚	13:21.8	41.52	41:38.49	50.1%
42	7569	Karen Wales (F47)	18	F45-49	2nd	9.4	21:13	21:50	+37	43:02.10		13:51.1	43.03	43:11.53	37.9%
43	7148	Scott Ahlstrom (M68)	24	M65-69	2nd	11.0	22:33	22:39	+6	45:11.74		14:32.8	45.18	45:22.71	38.2%
44	6007	Darlene Sisung (F47)	19	F45-49	3rd	7.0	22:45	22:31	-14	45:15.76		14:34.1	45.25	45:22.75	36.0%
27 Positive Split 17 Negative Split ✓ 9 Club PR's										Average Finish Time: 29:19		7 <i>First Timers</i>		Average Age Grade: 56.2%	

Sorted Age Grades

1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	7	Kim Andres	F63	7:48.75	76.4%	
2	1	Ryan Loehding	M44	5:54.89	68.4%	
3	5	Robert Benson	M67	7:18.67	67.2%	
4	4	Julio Lopez	M61	6:57.09	66.9%	
5	2	Charles Land	M50	6:23.95	66.3%	Move UP
6	10	Jennifer Johnson	F54	8:36.73	61.0%	
7	3	Joe Wales	M14	6:44.58	60.5%	
8	9	Soko Starobin	F46	8:21.80	56.7%	
9	8	John Kramer	M55	8:04.90	54.7%	
10	6	Jen Evangelista	M45	7:40.56	53.1%	
11	15	Betsy Palmer	F55	10:03.36	52.9%	
12	13	Diego Chesley	M7	9:53.08	51.8%	
13	11	Phil Murch	M59	8:58.12	51.0%	
14	18	Carol Creech	F65	12:11.90	50.5%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	21	Kim Andres	F63	27:17.37	74.0%	
2	8	Julio Lopez	M61	22:31.83	71.8%	
3	38	Mary Kaplan	F77	35:42.44	71.4%	New
4	1	Ryan Loehding	M44	19:53.32	70.7%	
5	2	Brandon Nelson	M44	20:00.51	70.3%	New
6	28	Kumiko McCoy	F67	30:53.57	69.5%	
7	14	Robert Benson	M67	24:36.99	69.4%	
8	18	Jennifer Johnson	F54	25:52.18	68.8%	
9	7	Charles Land	M50	21:34.53	68.4%	Move UP
10	13	David Mask	M64	24:23.19	68.2%	
11	9	Steve Russo	M53	22:39.33	66.7%	New
12	4	Kelly Parma	M44	21:11.28	66.4%	
13	10	Paige Loehding	F16	23:11.38	66.0%	
14	17	Soko Starobin	F46	25:35.90	63.0%	
15	12	Doug Waters	M52	24:01.03	62.4%	
16	11	Joe Wales	M14	23:29.92	60.4%	
17	6	David Rudd	M30	21:28.74	60.2%	
18	16	Maurice Kavanagh	M52	24:58.76	60.0%	
19	5	Jonathon Barnett	M26	21:30.27	60.0%	
20	15	Briana Carter	F23	24:57.53	59.3%	
21	36	Jerri Hixson	F62	34:57.12	56.9%	
22	19	Sean Loehding	M12	26:15.33	56.6%	
23	22	Jennifer Loehding	F44	27:59.17	56.5%	
24	32	Blake Bruser	F7	33:26.35	56.1%	
25	29	Betsy Palmer	F55	32:15.08	55.9%	
26	23	Ken Robinson	M54	28:15.13	53.9%	
27	27	Phil Murch	M59	29:58.15	53.1%	
28	41	Carol Creech	F65	41:31.08	50.1%	

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