

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
David Francis	6:31.02	Lowell Koppel	19:21.17	Kiet Hoang	23:04.68	Julio Lopez	23:12.10
Bailey Carson	6:31.28	Mia Hoang	23:06.66	Jennifer Johnson	26:01.38	Kim Andres	27:09.93

5K MALE

		48 MALE Runners --- Average Time of 31:15				Avg. Age Grade: 48.7%			Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Lowell Koppel	Flower Mound	(43)	9:48	-14	19:21.17	6:13.7	72.1%	1	1
MASTERS	1	Kiet Hoang	Flower Mound	(42)	10:58	+69	23:04.68	7:25.7	60.0%	4	4
SENIORS	1	Julio Lopez	Farmers Branch	(60)	11:40	-9	23:12.10	7:28.1	69.1%	6	5
M01-09	1	Jai Sammpath	Irving	(9)	19:31	+244	43:07.05	13:52.7	37.9%	64	44
M10-14	1	Enrique Borrego	Garland	(11)	10:03	+4	20:09.53	6:29.3	75.9%	2	2
	2	Miguel Barcellano	Lewisville	(13)	14:44	+287	34:15.73	11:01.7	42.3%	47	34
	3	Nathan Koppel	Flower Mound	(12)	16:58	+69	35:05.88	11:17.8	42.4%	51	35
M25-29	1	Blair Casey	Carrollton	(29)			20:26.42	6:34.7	63.2%	3	3
M30-34	1	Manav Shah	Dallas	(31)	13:37	-29	26:44.89	8:36.6	48.5%	19	15
	2	Tim Doyle	Plano	(34)	16:54	+149	36:16.97	11:40.7	36.1%	53	37
M35-39	1	Harold Girata	Irving	(39)	13:41	-2	27:20.16	8:47.9	49.6%	21	16
	2	Zak Sakoglu	Dallas	(37)	15:01	-19	29:43.75	9:34.1	44.9%	28	22
	3	Isidro Oredina	Coppell	(38)	15:44	-98	29:49.43	9:36.0	45.1%	37	28
	4	Gabor Toth	Irving	(35)	15:20	-43	29:57.35	9:38.5	44.0%	30	23
	5	Suhail Nair	Plano	(38)			30:41.94	9:52.9	43.8%	34	26
	6	Avinash Gounden	Dallas	(38)			37:25.67	12:02.8	35.9%	56	39
	7	Donald Cabral	Little Elm	(38)	18:19	+205	40:03.38	12:53.6	33.6%	60	41
	8	Chakravaruthy Sammpath	Irving	(37)	19:27	+253	43:07.52	13:52.8	31.0%	65	45
	9	Jaime Enrique Rodriguez Villate	Plano	(39)	24:04	+71	49:20.17	15:52.8	27.5%	73	48
M40-44	1	Kim Aaltonen	Coppell	(42)	11:30	+2	23:02.37	7:24.9	60.1%	8	7
	2	Deuk Lee	Irving	(43)	11:45	+5	23:35.15	7:35.5	59.2%	10	9
	3	David Lewis	Bedford	(44)	11:53	-11	23:35.63	7:35.6	59.6%	11	10
	4	Jeho Oh	Mckinney	(40)	12:12	-34	23:50.84	7:40.5	57.2%	12	11
	5	Nathan Bruser	Coppell	(44)	14:15	-23	28:07.31	9:03.1	50.0%	45	32
	6	Geronimo Simpao	Irving	(44)	15:39	-137	29:01.50	9:20.5	48.5%	22	17
	7	Ali Al-Abbasi	Carrollton	(42)	15:08	-38	29:37.48	9:32.1	46.8%	24	19
	8	Jen Evangelista	Irving	(44)	15:20	-42	29:57.32	9:38.5	47.0%	27	21
	9	Val Ortizo	Eules	(42)			30:14.49	9:44.0	45.8%	31	24
	10	Michael Rumery	Plano	(42)	14:59	+24	30:20.72	9:46.0	45.7%	36	27
	11	Richard Barcellano	Lewisville	(42)	16:14	-47	31:40.97	10:11.9	43.7%	38	29
M45-49	1	Jeffrey Scott	The Colony	(46)	15:07	+10	30:23.42	9:46.9	47.0%	32	25
	2	Prasad Chandratre	Irving	(47)	16:28	+41	33:36.77	10:49.1	42.8%	42	31
	3	Lyubomir Vuchkov	Irving	(48)	18:30	+21	37:21.23	12:01.4	38.9%	54	38
	4	Jonathan Cruz	Frisco	(45)	20:51	-43	40:58.78	13:11.4	34.6%	63	43
	5	Miguel Luciani	Coppell	(47)	22:54	+179	48:46.62	15:42.0	29.5%	72	47
M50-54	1	David Francis	Dallas	(50)	12:15	-70	23:19.33	7:30.4	63.2%	7	6
	2	Aloysius Mathenge	Dallas	(51)			23:29.99	7:33.8	63.3%	9	8
	3	Doug Waters	Carrollton	(51)	11:54	-16	23:31.79	7:34.4	63.2%	13	12

M50-54	4	John Smith	Dallas	(50)	14:28	+17	29:13.87	9:24.5	50.5%	23	18
	5	Ken Robinson	Plano	(53)	15:12	-52	29:32.83	9:30.6	51.1%	25	20
M55-59	1	David Short	Frisco	(55)	12:11	-34	23:47.91 M	7:39.6	64.6%	14	13
	2	Ronald Hamilton	The Colony	(56)	15:33	+27	31:32.65 M	10:09.2	49.1%	40	30
	3	Gabriel Sapien	Carrollton	(56)	17:53	-18	35:27.48	11:24.8	43.7%	52	36
	4	Steven Johnson	Farmers Branch	(57)	19:16	+120	40:33.11	13:03.1	38.5%	61	42
M60-64	1	David Mask	Lewisville	(63)	12:42	+6	25:30.55	8:12.6	64.6%	15	14
	2	Michael Johnson	Coppell	(63)	17:04	-7	34:00.36 M	10:56.7	48.4%	46	33
	3	Mike Catt	The Colony	(62)	19:28	+9	39:05.75 M	12:35.0	41.8%	59	40
M65-69	1	Scott Ahlstrom	Carrollton	(67)	23:58	-3	47:52.41	15:24.5	35.7%	68	46

5K FEMALE

37 FEMALE Runners --- Average Time of **40:36**

Avg. Age Grade: **43.0%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Mia Hoang	Flower Mound	(13)	11:00	+67	23:06.66		7:26.3	69.1%	5	1
MASTERS	1 Jennifer Johnson	Coppell	(53)	13:21	-40	26:01.38	ML	8:22.6	67.5%	17	3
SENIORS	1 Kim Andres	Irving	(62)	13:40	-10	27:09.93	ML	8:44.6	73.2%	20	5
F01-09	1 Emily Lam	Flower Mound	(6)	17:37	+117	37:10.55		11:57.9	52.5%	55	16
	2 Amara Ibrahim	Irving	(5)	26:05	+8	52:18.17		16:50.1	39.0%	78	29
F10-14	1 Mala Francis	Dallas	(12)	12:40	+37	25:57.44	ML	8:21.3	62.7%	16	2
F25-29	1 Ivonne Torres	Flower Mound	(26)	15:17	+65	31:39.00		10:11.2	46.8%	39	10
	2 Anabel Coughlin	Cedar Hill	(26)	15:41	+36	31:57.14		10:17.1	46.3%	41	11
	3 Megan Denman	Frisco	(29)	17:18	-20	34:15.63		11:01.6	43.2%	49	14
	4 Satu Hyyrylainen	Irving	(29)	20:12	+24	40:47.63		13:07.8	36.3%	62	19
F30-34	1 Samantha Cabrera	Arlington	(31)	16:56	+9	34:02.13		10:57.3	43.5%	48	13
	2 Nika Brunk	Eules	(34)	17:41	-59	34:23.68		11:04.2	43.3%	50	15
	3 Suzanne Davis	Plano	(30)	17:34	+124	37:12.30		11:58.5	39.8%	57	17
	4 Sherin Ibrahim	Irving	(30)	26:05	+3	52:12.75		16:48.3	28.4%	77	28
	5 Maria Eseberre	Dallas	(32)	29:28	-64	57:51.97		18:37.5	25.6%	83	34
F35-39	1 Dana Kechichian	Plano	(38)	15:12	+15	30:37.70		9:51.5	49.5%	33	8
	2 Hanna Saari	Corinth	(35)	22:52	+64	46:47.56		15:03.7	32.0%	67	21
	3 Sandra Narino	Irving	(36)	24:06	+72	49:23.27		15:53.8	30.4%	74	25
	4 Gayathri Parameswaran	Plano	(38)	26:13	-151	49:55.61		16:04.2	30.3%	76	27
	5 Patricia Stubbs	Carrollton	(39)	25:47	+36	52:09.51		16:47.3	29.2%	79	30
F40-44	1 Angela Nash	Fort Worth	(44)	15:11	-31	29:50.43		9:36.3	53.0%	26	6
	2 Amie Goins	Garland	(44)			30:29.27	✓	9:48.8	51.9%	35	9
	3 Bount-Tien Hsieh	Flower Mound	(41)	17:56	+89	37:20.72		12:01.2	41.3%	58	18
	4 Luciana dos Santos Lima	Plano	(41)	24:06	+71	49:23.56		15:53.9	31.3%	75	26
	5 Elsa Gil	Richardson	(43)	28:24	+51	57:38.11		18:33.1	27.2%	85	36
F45-49	1 Tina Clark	Farmers Branch	(46)	17:12	-51	33:32.23	✓	10:47.7	48.1%	43	12
	2 Melissa Hoffman	The Colony	(45)	24:00	+6	48:05.92		15:28.9	33.2%	69	22
	3 Rebecca Becht	Carrollton	(48)	26:05	+9	52:19.17		16:50.4	31.6%	81	32
F50-54	1 Kuay Sullivan	Coppell	(50)	13:11	+6	26:28.31	ML	8:31.2	63.9%	18	4
	2 Yanira Lopez	Farmers Branch	(53)	15:01	-17	29:44.42	ML	9:34.3	59.1%	29	7
	3 Suvi Raisanen	Grapevine	(50)	24:00	+6	48:05.70		15:28.8	35.2%	70	23
	4 Norma McCarthy	carrollton	(50)	24:00	+6	48:06.20		15:29.0	35.2%	71	24
F55-59	1 Jane Swieter	Plano	(55)	26:05	+11	52:20.16		16:50.7	34.5%	82	33
	2 Shelly Olson	Carrollton	(55)	26:06	+8	52:20.51		16:50.8	34.5%	80	31
F60-64	1 Rosemary Lewis	Carrollton	(60)	28:26	+45	57:37.57		18:32.9	33.5%	84	35
F65-69	1 Kumiko McCoy	Eules	(66)			45:40.41		14:42.1	46.3%	66	20
FStroller	1 Blake Bruser	Coppell	(-6)	14:15	-23	28:06.99	ML	9:03.0		44	0

FN*: Broke Age-Group Record

GD Place among Females

Positive Split

Timing provided by:

1/31/2016

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

Negative Split

 DeltaViewTiming.com

1M MALE

		17 MALE Runners --- Average Time of 9:31					Avg. Age Grade: 47.7%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	David Francis	Dallas	(50)		6:31.02		6:31.0	65.1%	1	1
M01-09	1	Miguel Cabral	Little Elm	(7)		14:44.02		14:44.0	34.7%	25	17
M10-14	1	Aaron Goins	Garland	(14)		8:00.01		8:00.0	51.0%	9	6
M35-39	1	Donald Cabral	Little Elm	(38)		10:11.81		10:11.8	37.9%	20	13
	2	Zak Sakoglu	Dallas	(37)		10:55.64		10:55.6	35.1%	21	14
M40-44	1	Geronimo Simpao	Irving	(44)		7:30.84	✓	7:30.8	53.8%	5	4
	2	Ali Al-Abbasi	Carrollton	(42)		9:07.25		9:07.3	43.7%	15	8
	3	Jeho Oh	Mckinney	(40)		10:03.20		10:03.2	39.0%	18	11
	4	Nathan Bruser	Coppell	(44)		12:47.00		12:47.0	31.7%	23	16
M45-49	1	Jonathan Cruz	Frisco	(45)		11:49.94		11:49.9	34.5%	22	15
M55-59	1	David Short	Frisco	(55)		6:52.29		6:52.3	64.3%	3	2
	2	Ruben Reyes	Carrollton	(59)		9:03.01		9:03.0	50.5%	14	7
	3	Ronald Hamilton	The Colony	(56)		9:27.16		9:27.2	47.1%	16	9
M60-64	1	Julio Lopez	Farmers Branch	(60)		7:07.43		7:07.4	64.7%	4	3
	2	Mike Catt	The Colony	(62)		9:58.14		9:58.1	47.1%	17	10
	3	Michael Johnson	Coppell	(63)		10:09.46		10:09.5	46.6%	19	12
M65-69	1	Robert Benson	Dallas	(66)		7:32.77		7:32.8	64.5%	6	5

1M FEMALE

		12 FEMALE Runners --- Average Time of 11:56					Avg. Age Grade: 50.1%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Bailey Carson	Denton	(14)		6:31.28		6:31.3	68.3%	2	1
F01-09	1	Blake Bruser	Coppell	(6)		12:47.00	✓	12:47.0	43.3%	24	8
F10-14	1	Mala Francis	Dallas	(12)		7:57.57		7:57.6	58.0%	7	2
	2	Zoe Williams	Flower Mound	(11)		9:00.55		9:00.6	52.3%	13	7
F35-39	1	Danyel Dorsha	Carrollton	(39)		21:40.73		21:40.7	20.2%	29	11
F40-44	1	Feliza Cabral	Little Elm	(40)		14:55.17		14:55.2	29.7%	27	9
F50-54	1	Kuay Sullivan	Coppell	(50)		8:15.82		8:15.8	60.3%	10	4
	2	Jennifer Johnson	Coppell	(53)		8:36.20		8:36.2	60.2%	11	5
	3	Yanira Lopez	Farmers Branch	(53)		8:54.92		8:54.9	58.1%	12	6
F60-64	1	Kim Andres	Irving	(62)		7:58.94		7:58.9	73.7%	8	3
	2	Joan Graves	Coppell	(63)		21:40.09		21:40.1	27.5%	28	10
FStroller	1	Mikaela Cabral	Little Elm	(-4)		14:55.08		14:55.1		26	0

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7565 David Francis (M50)	1	M50-54	OA	---				6:31.02		6:31.0	22.29	6:31.02	65.1%
2	6819 Bailey Carson (F14)	1	F10-14	OA	---				6:31.28	⊗	6:31.3	22.29	6:31.28	68.3%
3	7061 David Short (M55)	2	M55-59	1st	---				6:52.29		6:52.3	23.49	6:52.29	64.3%
4	7193 Julio Lopez (M60)	3	M60-64	1st	---				7:07.43		7:07.4	24.35	7:07.43	64.7%
5	7509 Geronimo Simpao (M44)	4	M40-44	1st	---				7:30.84	✓ ⊚	7:30.8	25.66	7:30.84	53.8%
6	7118 Robert Benson (M66)	5	M65-69	1st	---				7:32.77		7:32.8	25.77	7:32.77	64.5%
7	6001 Mala Francis (F12)	2	F10-14	1st	---				7:57.57	⊗	7:57.6	27.20	7:57.57	58.0%
8	7040 Kim Andres (F62)	3	F60-64	1st	---				7:58.94		7:58.9	27.25	7:58.94	73.7%
9	6010 Aaron Goins (M14)	6	M10-14	1st	---				8:00.01	⊗	8:00.0	27.37	8:00.01	51.0%
10	7265 Kuay Sullivan (F50)	4	F50-54	1st	---				8:15.82		8:15.8	28.22	8:15.82	60.3%
11	7262 Jennifer Johnson (F53)	5	F50-54	2nd	---				8:36.20		8:36.2	29.42	8:36.20	60.2%
12	7198 Yanira Lopez (F53)	6	F50-54	3rd	---				8:54.92		8:54.9	30.45	8:54.92	58.1%
13	6972 Zoe Williams (F11)	7	F10-14	2nd	---				9:00.55	⊗	9:00.6	30.79	9:00.55	52.3%
14	7283 Ruben Reyes (M59)	7	M55-59	2nd	---				9:03.01		9:03.0	30.96	9:03.01	50.5%
15	7442 Ali Al-Abbasi (M42)	8	M40-44	2nd	---				9:07.25	⊗	9:07.3	31.19	9:07.25	43.7%
16	7020 Ronald Hamilton (M56)	9	M55-59	3rd	---				9:27.16		9:27.2	32.33	9:27.16	47.1%
17	7154 Mike Catt (M62)	10	M60-64	2nd	---				9:58.14		9:58.1	34.10	9:58.14	47.1%
18	7275 Jeho Oh (M40)	11	M40-44	3rd	---				10:03.20	⊗	10:03.2	34.38	10:03.20	39.0%
19	7252 Michael Johnson (M63)	12	M60-64	3rd	---				10:09.46		10:09.5	34.72	10:09.46	46.6%
20	6156 Donald Cabral (M38)	13	M35-39	1st	---				10:11.81	⊗	10:11.8	34.84	10:11.81	37.9%
21	7278 Zak Sakoglu (M37)	14	M35-39	2nd	---				10:55.64		10:55.6	37.35	10:55.64	35.1%
22	6002 Jonathan Cruz (M45)	15	M45-49	1st	---				11:49.94	⊗	11:49.9	40.43	11:49.94	34.5%
23	7097 Nathan Bruser (M44)	16	M40-44	4th	---				12:47.00		12:47.0	43.73	12:47.00	31.7%
24	7316 Blake Bruser (F6)	8	F01-09	1st	---				12:47.00	✓ ⊚	12:47.0	43.73	12:47.00	43.3%
25	6158 Miguel Cabral (M7)	17	M01-09	1st	---				14:44.02	⊗	14:44.0	50.40	14:44.02	34.7%
26	6159 Mikaela Cabral (F-4)	0	FStrolle	1st	---				14:55.08	⊗	14:55.1	51.03	14:55.08	
27	6157 Feliza Cabral (F40)	9	F40-44	1st	---				14:55.17	⊗	14:55.2	51.03	14:55.17	29.7%
28	6175 Joan Graves (F63)	10	F60-64	2nd	---				21:40.09	⊗	21:40.1	74.12	21:40.09	27.5%
29	6889 Danyel Dorsha (F39)	11	F35-39	1st	---				21:40.73	⊗	21:40.7	74.12	21:40.73	20.2%

✓ 2 Club PR's

Average Finish Time: 10:31 13 First Timers Average Age Grade: 48.7%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6197 Lowell Koppel (M43)	1	M40-44	OA	---	9:48	9:34	-14	19:21.17	⊗	6:13.7	19.35	19:21.17	72.1%
2	6542 Enrique Borrego (M11)	2	M10-14	1st	1.1	10:03	10:07	+4	20:09.53	✓ ⊚	6:29.3	20.15	20:10.62	75.9%
3	6431 Blair Casey (M29)	3	M25-29	1st	---				20:26.42		6:34.7	20.43	20:26.42	63.2%
4	6005 Kiet Hoang (M42)	4	M40-44	MS	1.7	10:58	12:07	+69	23:04.68		7:25.7	23.07	23:06.36	60.0%
5	6004 Mia Hoang (F13)	1	F10-14	OA	---	11:00	12:07	+67	23:06.66	⊗	7:26.3	23.10	23:06.66	69.1%
6	7193 Julio Lopez (M60)	5	M60-64	SR	---	11:40	11:32	-9	23:12.10	⌚	7:28.1	23.20	23:12.14	69.1%
7	7565 David Francis (M50)	6	M50-54	1st	---	12:15	11:05	-70	23:19.33	⌚	7:30.4	23.32	23:19.33	63.2%
8	7303 Kim Aaltonen (M42)	7	M40-44	1st	18.9	11:30	11:32	+2	23:02.37		7:24.9	23.03	23:21.29	60.1%
9	7464 Aloysius Mathenge (M51)	8	M50-54	2nd	3.1				23:29.99	⊗	7:33.8	23.48	23:33.05	63.3%
10	6243 Deuk Lee (M43)	9	M40-44	2nd	3.5	11:45	11:50	+5	23:35.15		7:35.5	23.58	23:38.62	59.2%
11	7299 David Lewis (M44)	10	M40-44	3rd	14.7	11:53	11:42	-11	23:35.63		7:35.6	23.58	23:50.32	59.6%
12	7275 Jeho Oh (M40)	11	M40-44	4th	3.5	12:12	11:39	-34	23:50.84	⌚	7:40.5	23.83	23:54.31	57.2%
13	7012 Doug Waters (M51)	12	M50-54	3rd	34.6	11:54	11:38	-16	23:31.79		7:34.4	23.52	24:06.35	63.2%
14	7061 David Short (M55)	13	M55-59	1st	52.2	12:11	11:37	-34	23:47.91	⌚	7:39.6	23.78	24:40.12	64.6%
15	7008 David Mask (M63)	14	M60-64	1st	2.4	12:42	12:48	+6	25:30.55		8:12.6	25.50	25:32.90	64.6%
16	6001 Mala Francis (F12)	2	F10-14	1st	---	12:40	13:17	+37	25:57.44	⌚ ⊗	8:21.3	25.95	25:57.44	62.7%
17	7262 Jennifer Johnson (F53)	3	F50-54	MS	2.5	13:21	12:41	-40	26:01.38	⌚	8:22.6	26.02	26:03.89	67.5%

FN*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

1/31/2016

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

△ Negative Split

 DeltaViewTiming.com

18	7265	Kuay Sullivan (F50)	4	F50-54	1st	4.5	13:11	13:17	+6	26:28.31	ℓ	8:31.2	26.47	26:32.78	63.9%
19	6999	Manav Shah (M31)	15	M30-34	1st	7.4	13:37	13:08	-29	26:44.89	✓ g	8:36.6	26.73	26:52.27	48.5%
20	7040	Kim Andres (F62)	5	F60-64	SR	6.5	13:40	13:30	-10	27:09.93	ℓ	8:44.6	27.15	27:16.41	73.2%
21	7339	Harold Girata (M39)	16	M35-39	1st	4.6	13:41	13:39	-2	27:20.16		8:47.9	27.33	27:24.76	49.6%
22	7509	Geronimo Simpaio (M44)	17	M40-44	6th	10.9	15:39	13:22	-137	29:01.50	ℓ	9:20.5	29.02	29:12.36	48.5%
23	7376	John Smith (M50)	18	M50-54	4th	6.2	14:28	14:45	+17	29:13.87		9:24.5	29.22	29:20.10	50.5%
24	7442	Ali Al-Abbasi (M42)	19	M40-44	7th	5.6	15:08	14:30	-38	29:37.48	ℓ x	9:32.1	29.62	29:43.06	46.8%
25	7077	Ken Robinson (M53)	20	M50-54	5th	15.4	15:12	14:21	-52	29:32.83		9:30.6	29.53	29:48.22	51.1%
26	6510	Angela Nash (F44)	6	F40-44	1st	5.9	15:11	14:40	-31	29:50.43	x	9:36.3	29.83	29:56.38	53.0%
27	7343	Jen Evangelista (M44)	21	M40-44	8th	6.7	15:20	14:38	-42	29:57.32		9:38.5	29.95	30:03.99	47.0%
28	7278	Zak Sakoglu (M37)	22	M35-39	2nd	24.5	15:01	14:43	-19	29:43.75	ℓ	9:34.1	29.72	30:08.23	44.9%
29	7198	Yanira Lopez (F53)	7	F50-54	2nd	24.7	15:01	14:44	-17	29:44.42	ℓ	9:34.3	29.73	30:09.14	59.1%
30	7380	Gabor Toth (M35)	23	M35-39	4th	17.7	15:20	14:37	-43	29:57.35		9:38.5	29.95	30:15.07	44.0%
31	6628	Val Ortizo (M42)	24	M40-44	9th	11.1				30:14.49	✓ 1	9:44.0	30.23	30:25.54	45.8%
32	7401	Jeffrey Scott (M46)	25	M45-49	1st	8.8	15:07	15:16	+10	30:23.42	x	9:46.9	30.38	30:32.20	47.0%
33	6008	Dana Kechichian (F38)	8	F35-39	1st	3.1	15:12	15:26	+15	30:37.70	x	9:51.5	30.62	30:40.75	49.5%
34	6131	Suhail Nair (M38)	26	M35-39	5th	---				30:41.94	x	9:52.9	30.68	30:41.94	43.8%
35	6463	Amie Goins (F44)	9	F40-44	2nd	16.1				30:29.27	✓ 1	9:48.8	30.48	30:45.37	51.9%
36	7038	Michael Rumery (M42)	27	M40-44	10th	34.6	14:59	15:22	+24	30:20.72		9:46.0	30.33	30:55.31	45.7%
37	6368	Isidro Oredina (M38)	28	M35-39	3rd	87.4	15:44	14:06	-98	29:49.43	x	9:36.0	29.82	31:16.83	45.1%
38	7515	Richard Barcellano (M42)	29	M40-44	11th	10.4	16:14	15:27	-47	31:40.97	✓ 2	10:11.9	31.67	31:51.37	43.7%
39	6702	Ivonne Torres (F26)	10	F25-29	1st	15.1	15:17	16:22	+65	31:39.00	x	10:11.2	31.65	31:54.08	46.8%
40	7020	Ronald Hamilton (M56)	30	M55-59	2nd	25.3	15:33	16:00	+27	31:32.65	ℓ	10:09.2	31.53	31:57.92	49.1%
41	6812	Anabel Coughlin (F26)	11	F25-29	2nd	15.2	15:41	16:17	+36	31:57.14	x	10:17.1	31.95	32:12.35	46.3%
42	7547	Prasad Chandratre (M47)	31	M45-49	2nd	2.7	16:28	17:09	+41	33:36.77	x	10:49.1	33.60	33:39.43	42.8%
43	6185	Tina Clark (F46)	12	F45-49	1st	17.2	17:12	16:21	-51	33:32.23	✓ 3	10:47.7	33.53	33:49.39	48.1%
44	7316	Blake Bruser (F-6)	0	FStrolle	1st	348.3	14:15	13:52	-23	28:06.99	ℓ 31	9:03.0	28.10	33:55.28	
45	7097	Nathan Bruser (M44)	32	M40-44	5th	348.2	14:15	13:52	-23	28:07.31	ℓ	9:03.1	28.12	33:55.50	50.0%
46	7252	Michael Johnson (M63)	33	M60-64	2nd	17.1	17:04	16:57	-7	34:00.36	ℓ	10:56.7	34.00	34:17.42	48.4%
47	7517	Miguel Barcellano (M13)	34	M10-14	2nd	2.4	14:44	19:32	+287	34:15.73	✓ 1	11:01.7	34.25	34:18.09	42.3%
48	6217	Samantha Cabrera (F31)	13	F30-34	1st	16.7	16:56	17:06	+9	34:02.13	x	10:57.3	34.03	34:18.81	43.5%
49	6212	Megan Denman (F29)	14	F25-29	3rd	16.2	17:18	16:58	-20	34:15.63	x	11:01.6	34.25	34:31.82	43.2%
50	7448	Nika Brunk (F34)	15	F30-34	2nd	17.1	17:41	16:43	-59	34:23.68	x	11:04.2	34.38	34:40.82	43.3%
51	6199	Nathan Koppel (M12)	35	M10-14	3rd	5.2	16:58	18:07	+69	35:05.88	x	11:17.8	35.08	35:11.07	42.4%
52	7015	Gabriel Sapien (M56)	36	M55-59	3rd	14.6	17:53	17:35	-18	35:27.48		11:24.8	35.45	35:42.05	43.7%
53	6132	Tim Doyle (M34)	37	M30-34	2nd	5.2	16:54	19:23	+149	36:16.97	x	11:40.7	36.27	36:22.20	36.1%
54	6492	Lyubomir Vuchkov (M48)	38	M45-49	3rd	7.0	18:30	18:51	+21	37:21.23	x	12:01.4	37.35	37:28.22	38.9%
55	6141	Emily Lam (F6)	16	F01-09	1st	27.4	17:37	19:34	+117	37:10.55	x	11:57.9	37.17	37:37.98	52.5%
56	6335	Avinash Gounden (M38)	39	M35-39	6th	14.3				37:25.67	x	12:02.8	37.42	37:39.93	35.9%
57	6142	Suzanne Davis (F30)	17	F30-34	3rd	29.2	17:34	19:38	+124	37:12.30	x	11:58.5	37.20	37:41.47	39.8%
58	6140	Bount-Tien Hsieh (F41)	18	F40-44	3rd	30.1	17:56	19:25	+89	37:20.72	x	12:01.2	37.33	37:50.84	41.3%
59	7154	Mike Catt (M62)	40	M60-64	3rd	12.8	19:28	19:38	+9	39:05.75	ℓ	12:35.0	39.08	39:18.53	41.8%
60	6156	Donald Cabral (M38)	41	M35-39	7th	10.4	18:19	21:44	+205	40:03.38	ℓ x	12:53.6	40.05	40:13.81	33.6%
61	7258	Steven Johnson (M57)	42	M55-59	4th	25.3	19:16	21:17	+120	40:33.11		13:03.1	40.55	40:58.42	38.5%
62	6781	Satu Hyrylainen (F29)	19	F25-29	4th	20.6	20:12	20:36	+24	40:47.63		13:07.8	40.78	41:08.21	36.3%
63	6002	Jonathan Cruz (M45)	43	M45-49	4th	11.3	20:51	20:08	-43	40:58.78	ℓ x	13:11.4	40.97	41:10.13	34.6%
64	6007	Jai Sammpath (M9)	44	M01-09	1st	3.5	19:31	23:36	+244	43:07.05	x	13:52.7	43.12	43:10.51	37.9%
65	6006	Chakravaruthy Sammpath (M3)	45	M35-39	8th	3.7	19:27	23:40	+253	43:07.52	x	13:52.8	43.12	43:11.26	31.0%
66	7449	Kumiko McCoy (F66)	20	F65-69	1st	18.7				45:40.41	x	14:42.1	45.67	45:59.12	46.3%
67	6516	Hanna Saari (F35)	21	F35-39	2nd	20.3	22:52	23:56	+64	46:47.56		15:03.7	46.78	47:07.85	32.0%

FN*: Broke Age-Group Record

GD Place among Females

Positive Split

Timing provided by:

1/31/2016

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

Negative Split

 DeltaViewTiming.com

68	7148	Scott Ahlstrom (M67)	46	M65-69	1st	24.2	23:58	23:55	-3	47:52.41	15:24.5	47.87	48:16.63	35.7%
69	6387	Melissa Hoffman (F45)	22	F45-49	2nd	25.9	24:00	24:06	+6	48:05.92	⊗ 15:28.9	48.08	48:31.85	33.2%
70	6233	Suvi Raisanen (F50)	23	F50-54	3rd	26.3	24:00	24:06	+6	48:05.70	⊗ 15:28.8	48.08	48:32.00	35.2%
71	7350	Norma McCarthy (F50)	24	F50-54	4th	26.3	24:00	24:06	+6	48:06.20	⊗ 15:29.0	48.10	48:32.53	35.2%
72	6525	Miguel Luciani (M47)	47	M45-49	5th	18.8	22:54	25:53	+179	48:46.62	⊗ 15:42.0	48.77	49:05.40	29.5%
73	6993	Jaime Enrique Rodriguez Villa	48	M35-39	9th	5.4	24:04	25:16	+71	49:20.17	⊗ 15:52.8	49.33	49:25.60	27.5%
74	6998	Sandra Narino (F36)	25	F35-39	3rd	4.3	24:06	25:18	+72	49:23.27	⊗ 15:53.8	49.38	49:27.61	30.4%
75	6229	Luciana dos Santos Lima (F41)	26	F40-44	4th	4.3	24:06	25:17	+71	49:23.56	⊗ 15:53.9	49.38	49:27.85	31.3%
76	6130	Gayathri Parameswaran (F38)	27	F35-39	4th	12.1	26:13	23:43	-151	49:55.61	⊗ 16:04.2	49.92	50:07.72	30.3%
77	6410	Sherin Ibrahim (F30)	28	F30-34	4th	12.8	26:05	26:08	+3	52:12.75	⊗ 16:48.3	52.20	52:25.52	28.4%
78	6412	Amara Ibrahim (F5)	29	F01-09	2nd	12.5	26:05	26:13	+8	52:18.17	⊗ 16:50.1	52.30	52:30.69	39.0%
79	6996	Patricia Stubbs (F39)	30	F35-39	5th	22.9	25:47	26:23	+36	52:09.51	16:47.3	52.15	52:32.45	29.2%
80	6817	Shelly Olson (F55)	31	F55-59	2nd	21.3	26:06	26:14	+8	52:20.51	⊗ 16:50.8	52.33	52:41.81	34.5%
81	6184	Rebecca Becht (F48)	32	F45-49	3rd	23.2	26:05	26:14	+9	52:19.17	16:50.4	52.32	52:42.36	31.6%
82	6558	Jane Swieter (F55)	33	F55-59	1st	22.5	26:05	26:16	+11	52:20.16	⊗ 16:50.7	52.33	52:42.68	34.5%
83	6234	Maria Eseberre (F32)	34	F30-34	5th	14.2	29:28	28:24	-64	57:51.97	⊗ 18:37.5	57.85	58:06.16	25.6%
84	7455	Rosemary Lewis (F60)	35	F60-64	1st	30.8	28:26	29:11	+45	57:37.57	18:32.9	57.62	58:08.33	33.5%
85	7372	Elsa Gil (F43)	36	F40-44	5th	32.6	28:24	29:14	+51	57:38.11	18:33.1	57.63	58:10.69	27.2%
46 Positive Split 32 Negative Split ✓ 7 Club PR's Average Finish Time: 35:19 <i>41 First Timers</i> Average Age Grade: 46.3%														

FN*: Broke Age-Group Record

GD Place among Females

Positive Split

Timing provided by:

1/31/2016

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	8	Kim Andres	F62	7:58.94	73.7%	
2	2	Bailey Carson	F14	6:31.28	68.3%	New
3	1	David Francis	M50	6:31.02	65.1%	
4	4	Julio Lopez	M60	7:07.43	64.7%	
5	6	Robert Benson	M66	7:32.77	64.5%	
6	3	David Short	M55	6:52.29	64.3%	
7	10	Kuay Sullivan	F50	8:15.82	60.3%	
8	11	Jennifer Johnson	F53	8:36.20	60.2%	
9	12	Yanira Lopez	F53	8:54.92	58.1%	
10	7	Mala Francis	F12	7:57.57	58.0%	
11	5	Geronimo Simpao	M44	7:30.84	53.8%	
12	13	Zoe Williams	F11	9:00.55	52.3%	
13	9	Aaron Goins	M14	8:00.01	51.0%	
14	14	Ruben Reyes	M59	9:03.01	50.5%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Enrique Borrego	M11	20:09.53	75.9%	Move UP
2	20	Kim Andres	F62	27:09.93	73.2%	
3	1	Lowell Koppel	M43	19:21.17	72.1%	New
4	6	Julio Lopez	M60	23:12.10	69.1%	
5	5	Mia Hoang	F13	23:06.66	69.1%	New
6	17	Jennifer Johnson	F53	26:01.38	67.5%	
7	15	David Mask	M63	25:30.55	64.6%	
8	14	David Short	M55	23:47.91	64.6%	
9	18	Kuay Sullivan	F50	26:28.31	63.9%	
10	9	Aloysius Mathenge	M51	23:29.99	63.3%	
11	7	David Francis	M50	23:19.33	63.2%	
12	13	Doug Waters	M51	23:31.79	63.2%	
13	3	Blair Casey	M29	20:26.42	63.2%	
14	16	Mala Francis	F12	25:57.44	62.7%	
15	8	Kim Aaltonen	M42	23:02.37	60.1%	
16	4	Kiet Hoang	M42	23:04.68	60.0%	
17	11	David Lewis	M44	23:35.63	59.6%	
18	10	Deuk Lee	M43	23:35.15	59.2%	
19	29	Yanira Lopez	F53	29:44.42	59.1%	
20	12	Jeho Oh	M40	23:50.84	57.2%	
21	26	Angela Nash	F44	29:50.43	53.0%	
22	55	Emily Lam	F6	37:10.55	52.5%	
23	35	Amie Goins	F44	30:29.27	51.9%	
24	25	Ken Robinson	M53	29:32.83	51.1%	
25	23	John Smith	M50	29:13.87	50.5%	
26	45	Nathan Bruser	M44	28:07.31	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