

Sunday, May 29, 2016

Carrollton Runners Mile + 5K

68F Wet Cloudy 69%H

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

6mphSW

Mile Off :7:47 am

5K Off :8:00 am

Mile Overall		5K Overall		5K Masters		5K Seniors	
Allen Smith	6:38.49	Julio Lopez	23:31.49	Doug Waters	24:19.05	Wally Capps	27:13.08
Yanira Lopez	8:39.14	Yanira Lopez	28:58.77	Pei Cardozo	1:00:13.07		

5K MALE

		15 MALE Runners --- Average Time of 29:37				Avg. Age Grade: 54.0%		Place in			
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Julio Lopez	Farmers Branch	(60)			23:31.49 \mathcal{M}		7:34.3	68.2%	1	1
MASTERS	1 Doug Waters	Carrollton	(51)			24:19.05		7:49.6	61.1%	3	3
SENIORS	1 Wally Capps	Farmers Branch	(75)			27:13.08 \mathcal{M}		8:45.6	69.6%	5	5
M25-29	1 Derek Sims	Carrollton	(26)			27:45.93		8:56.2	46.5%	7	7
M30-34	1 Manav Shah	Dallas	(31)			24:09.53		7:46.6	53.7%	2	2
M40-44	1 Jen Evangelista	Irving	(44)			27:36.76 \mathcal{M}		8:53.3	51.0%	6	6
M45-49	1 Nathan Bruser	Coppell	(45)			24:39.28 \mathcal{M}		7:56.1	57.5%	4	4
M50-54	1 John Kramer	Plano	(54)			31:25.97 \mathcal{M}		10:07.0	48.5%	14	13
M55-59	1 Ronald Hamilton	The Colony	(56)			30:48.52		9:55.0	50.3%	13	12
M60-64	1 David Mask	Lewisville	(64)			28:11.30		9:04.4	59.0%	8	8
	2 Ruben Arevalo	Carrollton	(61)			29:11.35 \mathcal{M}		9:23.7	55.4%	10	9
	3 Ruben Reyes	Carrollton	(60)			30:16.59		9:44.7	53.0%	11	10
	4 Michael Johnson	Coppell	(63)			38:02.62 \mathcal{M}		12:14.7	43.3%	15	14
M65-69	1 Scott McKissick	Irving	(67)			30:28.78 \mathcal{M}		9:48.6	56.1%	12	11
	2 Scott Ahlstrom	Carrollton	(67)			46:41.81		15:01.8	36.6%	16	15

5K FEMALE

		2 FEMALE Runners --- Average Time of 44:36				Avg. Age Grade: 44.0%		Place in			
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Yanira Lopez	Farmers Branch	(53)			28:58.77 \mathcal{M}		9:19.7	60.7%	9	1
MASTERS	1 Pei Cardozo	Carrollton	(48)			1:00:13.07		19:22.9	27.4%	17	2

FN*: Broke Age-Group Record **GD** Place among Females
 \mathcal{M} Ran Mile before 5K # Races PR @ Carrollton Runners (2003 & later)

Positive Split
 Negative Split

Timing provided by:  **DeltaViewTiming.com** 5/29/2016

1M MALE

		9 MALE Runners --- Average Time of 8:11					Avg. Age Grade: 55.6%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Allen Smith	Dallas	(28)		6:38.49		6:38.5	55.9%	1	1
M40-44	1	Jen Evangelista	Irving	(44)		7:30.20		7:30.2	53.9%	3	3
M45-49	1	Nathan Bruser	Coppell	(45)		7:39.07		7:39.1	53.3%	4	4
M50-54	1	John Kramer	Plano	(54)		8:36.11		8:36.1	51.0%	8	8
M60-64	1	Julio Lopez	Farmers Branch	(60)		7:09.25		7:09.3	64.5%	2	2
	2	Ruben Arevalo	Carrollton	(61)		8:25.52		8:25.5	55.2%	6	6
	3	Michael Johnson	Coppell	(63)		10:50.52		10:50.5	43.7%	11	9
M65-69	1	Scott McKissick	Irving	(67)		8:27.73		8:27.7	58.1%	7	7
M75-79	1	Wally Capps	Farmers Branch	(75)		8:22.82		8:22.8	65.0%	5	5

1M FEMALE

		2 FEMALE Runners --- Average Time of 9:24					Avg. Age Grade: 50.6%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Yanira Lopez	Farmers Branch	(53)		8:39.14		8:39.1	59.9%	9	1
F25-29	1	Emily Campbell	The Colony	(25)		10:09.72	✓	10:09.7	41.3%	10	2

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6352 Allen Smith (M28)	1	M25-29	OA	---				6:38.49	×	6:38.5	22.69	6:38.49	55.9%
2	7193 Julio Lopez (M60)	2	M60-64	1st	---				7:09.25		7:09.3	24.46	7:09.25	64.5%
3	7343 Jen Evangelista (M44)	3	M40-44	1st	---				7:30.20		7:30.2	25.66	7:30.20	53.9%
4	7097 Nathan Bruser (M45)	4	M45-49	1st	---				7:39.07		7:39.1	26.17	7:39.07	53.3%
5	7916 Wally Capps (M75)	5	M75-79	1st	---				8:22.82		8:22.8	28.62	8:22.82	65.0%
6	6001 Ruben Arevalo (M61)	6	M60-64	2nd	---				8:25.52	×	8:25.5	28.79	8:25.52	55.2%
7	7048 Scott McKissick (M67)	7	M65-69	1st	---				8:27.73		8:27.7	28.91	8:27.73	58.1%
8	7261 John Kramer (M54)	8	M50-54	1st	---				8:36.11		8:36.1	29.42	8:36.11	51.0%
9	7198 Yanira Lopez (F53)	1	F50-54	OA	---				8:39.14		8:39.1	29.59	8:39.14	59.9%
10	6334 Emily Campbell (F25)	2	F25-29	1st	---				10:09.72	✓ 1	10:09.7	34.72	10:09.72	41.3%
11	7252 Michael Johnson (M63)	9	M60-64	3rd	---				10:50.52		10:50.5	37.06	10:50.52	43.7%
✓ 1 Club PR's						Average Finish Time: 08:24 2 First Timers				Average Age Grade: 54.7%				

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7193 Julio Lopez (M60)	1	M60-64	OA	0.4				23:31.49	ℓ	7:34.3	23.52	23:31.93	68.2%
2	7184 Manav Shah (M31)	2	M30-34	1st	1.7				24:09.53		7:46.6	24.15	24:11.27	53.7%
3	7012 Doug Waters (M51)	3	M50-54	MS	3.9				24:19.05		7:49.6	24.32	24:22.99	61.1%
4	7097 Nathan Bruser (M45)	4	M45-49	1st	13.8				24:39.28	ℓ	7:56.1	24.65	24:53.07	57.5%
5	7916 Wally Capps (M75)	5	M75-79	SR	0.2				27:13.08	ℓ	8:45.6	27.22	27:13.27	69.6%
6	7343 Jen Evangelista (M44)	6	M40-44	1st	3.8				27:36.76	ℓ	8:53.3	27.60	27:40.58	51.0%
7	7090 Derek Sims (M26)	7	M25-29	1st	2.4				27:45.93		8:56.2	27.75	27:48.36	46.5%
8	7008 David Mask (M64)	8	M60-64	1st	7.2				28:11.30		9:04.4	28.18	28:18.53	59.0%
9	7198 Yanira Lopez (F53)	1	F50-54	OA	20.5				28:58.77	ℓ	9:19.7	28.97	29:19.28	60.7%
10	6001 Ruben Arevalo (M61)	9	M60-64	2nd	8.1				29:11.35	ℓ ×	9:23.7	29.18	29:19.41	55.4%
11	7283 Ruben Reyes (M60)	10	M60-64	3rd	0.2				30:16.59		9:44.7	30.27	30:16.77	53.0%
12	7048 Scott McKissick (M67)	11	M65-69	1st	0.2				30:28.78	ℓ	9:48.6	30.47	30:29.01	56.1%
13	7020 Ronald Hamilton (M56)	12	M55-59	1st	8.0				30:48.52		9:55.0	30.80	30:56.56	50.3%
14	7261 John Kramer (M54)	13	M50-54	1st	260.6				31:25.97	ℓ	10:07.0	31.42	35:46.57	48.5%
15	7252 Michael Johnson (M63)	14	M60-64	4th	5.4				38:02.62	ℓ	12:14.7	38.03	38:08.07	43.3%
16	7148 Scott Ahlstrom (M67)	15	M65-69	2nd	6.1				46:41.81		15:01.8	46.68	46:47.95	36.6%
17	7247 Pei Cardozo (F48)	2	F45-49	MS	2.7				1:00:13.07		19:22.9	60.22	1:00:15.78	27.4%
✓ No Club PR's						Average Finish Time: 31:23 1 First Timers				Average Age Grade: 52.8%				

Sorted Age Grades

1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	5	Wally Capps	M75	8:22.82	65.0%	
2	2	Julio Lopez	M60	7:09.25	64.5%	
3	9	Yanira Lopez	F53	8:39.14	59.9%	
4	7	Scott McKissick	M67	8:27.73	58.1%	
5	1	Allen Smith	M28	6:38.49	55.9%	
6	6	Ruben Arevalo	M61	8:25.52	55.2%	
7	3	Jen Evangelista	M44	7:30.20	53.9%	
8	4	Nathan Bruser	M45	7:39.07	53.3%	
9	8	John Kramer	M54	8:36.11	51.0%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	5	Wally Capps	M75	27:13.08	69.6%	
2	1	Julio Lopez	M60	23:31.49	68.2%	
3	3	Doug Waters	M51	24:19.05	61.1%	
4	9	Yanira Lopez	F53	28:58.77	60.7%	
5	8	David Mask	M64	28:11.30	59.0%	
6	4	Nathan Bruser	M45	24:39.28	57.5%	
7	12	Scott McKissick	M67	30:28.78	56.1%	
8	10	Ruben Arevalo	M61	29:11.35	55.4%	
9	2	Manav Shah	M31	24:09.53	53.7%	
10	11	Ruben Reyes	M60	30:16.59	53.0%	
11	6	Jen Evangelista	M44	27:36.76	51.0%	
12	13	Ronald Hamilton	M56	30:48.52	50.3%	

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