

# Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Vijayan Nair	7:06.72	Blair Casey	21:09.28	Vijayan Nair	23:06.34	Julio Lopez	26:10.64
Jennifer Johnson	8:46.72	Kim Andres	27:20.22	Jennifer Johnson	27:22.00	Carol Creech	45:30.42

## 5K MALE

		14 MALE Runners --- Average Time of <b>27:37</b>				Avg. Age Grade: <b>54.8%</b>		Place in			
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Blair Casey	Carrollton	(31)			<b>21:09.28</b>		6:48.5	<b>61.3%</b>	1	1
MASTERS	1 Vijayan Nair	Plano	(55)			<b>23:06.34</b> $\mathcal{M}$		7:26.2	<b>66.5%</b>	2	2
SENIORS	1 Julio Lopez	Farmers Branch	(62)			<b>26:10.64</b> $\mathcal{M}$		8:25.5	<b>62.4%</b>	6	6
M15-19	1 Samuel Hall	Carrollton	(15)			<b>28:51.79</b>		9:17.4	48.2%	13	10
M30-34	1 Manav Shah	Dallas	(33)			<b>23:54.36</b>		7:41.7	54.6%	4	4
	2 Nate Thomas	Carrollton	(34)			<b>28:21.34</b> ✓		9:07.6	46.2%	11	9
M45-49	1 Jen Evangelista	Irving	(46)			<b>24:06.70</b> $\mathcal{M}$ ✓		7:45.7	59.3%	5	5
	2 Emmett Rahl	Long Berach, CA	(46)			<b>26:30.57</b> $\mathcal{M}$		8:32.0	53.9%	7	7
M50-54	1 Doug Waters	Carrollton	(53)			<b>23:19.58</b> $\mathcal{M}$		7:30.5	<b>64.8%</b>	3	3
	2 Jeffrey Conklin	Arlington	(54)			<b>26:32.55</b>		8:32.6	57.4%	8	8
	3 Supote Manodamrongsat	Flower Mound	(50)			<b>34:13.21</b>		11:00.9	43.1%	18	13
M60-64	1 Ruben Reyes	Carrollton	(61)			<b>32:05.39</b> $\mathcal{M}$		10:19.7	50.4%	17	12
M65-69	1 David Mask	Lewisville	(65)			<b>29:55.72</b> $\mathcal{M}$		9:38.0	56.0%	15	11
	2 Michael Johnson	Coppell	(65)			<b>38:19.91</b> $\mathcal{M}$		12:20.3	43.8%	19	14

## 5K FEMALE

		8 FEMALE Runners --- Average Time of <b>36:36</b>				Avg. Age Grade: <b>52.2%</b>		Place in			
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Kim Andres	Irving	(64)			<b>27:20.22</b>		8:47.9	<b>75.0%</b>	9	<b>1</b>
MASTERS	1 Jennifer Johnson	Coppell	(55)			<b>27:22.00</b> $\mathcal{M}$		8:48.5	<b>65.9%</b>	10	<b>2</b>
SENIORS	1 Carol Creech	Plano	(66)			<b>45:30.42</b>		14:38.8	46.4%	21	<b>7</b>
F15-19	1 Cassie Scott	Carrollton	(16)			<b>28:51.52</b>		9:17.3	53.0%	12	<b>3</b>
F40-44	1 Merari Baeza	The Colony	(43)			<b>30:32.60</b> ✓		9:49.9	51.3%	16	<b>5</b>
F45-49	1 Rikki Creech		(46)			<b>45:27.93</b>		14:38.0	35.5%	20	<b>6</b>
F50-54	1 Kuay Sullivan	Coppell	(52)			<b>29:56.39</b> $\mathcal{M}$		9:38.2	58.0%	14	<b>4</b>
F55-59	1 Cindi Gant	Carrollton	(58)			<b>57:49.24</b>		18:36.6	32.5%	22	<b>8</b>

# 1M MALE

		8 MALE Runners --- Average Time of <b>8:55</b>					Avg. Age Grade: <b>51.1%</b>			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	<b>Vijayan Nair</b>	Plano	(55)		<b>7:06.72</b>		7:06.7	<b>62.1%</b>	1	1
M45-49	1	<b>Emmett Rahl</b>	Long Beach, CA	(46)		<b>7:51.87</b>		7:51.9	52.3%	2	2
	2	<b>Jen Evangelista</b>	Irving	(46)		<b>8:54.54</b>		8:54.5	46.1%	6	5
M50-54	1	<b>Doug Waters</b>	Carrollton	(53)		<b>8:45.25</b>		8:45.3	49.6%	4	4
M60-64	1	<b>Julio Lopez</b>	Farmers Branch	(62)		<b>7:53.70</b>		7:53.7	59.5%	3	3
	2	<b>Ruben Reyes</b>	Carrollton	(61)		<b>9:56.45</b>		9:56.5	46.8%	9	7
M65-69	1	<b>David Mask</b>	Lewisville	(65)		<b>9:46.03</b>		9:46.0	49.4%	7	6
	2	<b>Michael Johnson</b>	Coppell	(65)		<b>11:08.80</b>		11:08.8	43.3%	10	8

# 1M FEMALE

		2 FEMALE Runners --- Average Time of <b>9:17</b>					Avg. Age Grade: <b>56.5%</b>			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	<b>Jennifer Johnson</b>	Coppell	(55)		<b>8:46.72</b>		8:46.7	<b>60.6%</b>	5	<b>1</b>
F50-54	1	<b>Kuay Sullivan</b>	Coppell	(52)		<b>9:46.58</b>		9:46.6	52.3%	8	<b>2</b>

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7117 Vijayan Nair (M55)	1	M55-59	OA	---				7:06.72		7:06.7	24.29	7:06.72	62.1%
2	6011 Emmett Rahl (M46)	2	M45-49	1st	---				7:51.87		7:51.9	26.86	7:51.87	52.3%
3	7193 Julio Lopez (M62)	3	M60-64	1st	---				7:53.70		7:53.7	26.97	7:53.70	59.5%
4	7012 Doug Waters (M53)	4	M50-54	1st	---				8:45.25		8:45.3	29.93	8:45.25	49.6%
5	7262 Jennifer Johnson (F55)	1	F55-59	OA	---				8:46.72		8:46.7	29.99	8:46.72	60.6%
6	7343 Jen Evangelista (M46)	5	M45-49	2nd	---				8:54.54		8:54.5	30.45	8:54.54	46.1%
7	7008 David Mask (M65)	6	M65-69	1st	---				9:46.03		9:46.0	33.41	9:46.03	49.4%
8	7265 Kuay Sullivan (F52)	2	F50-54	1st	---				9:46.58		9:46.6	33.41	9:46.58	52.3%
9	7283 Ruben Reyes (M61)	7	M60-64	2nd	---				9:56.45		9:56.5	33.98	9:56.45	46.8%
10	7252 Michael Johnson (M65)	8	M65-69	2nd	---				11:08.80		11:08.8	38.09	11:08.80	43.3%
✓ No Club PR's									Average Finish Time: 08:59			Average Age Grade: 52.2%		

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6012 Blair Casey (M31)	1	M30-34	OA	---				21:09.28		6:48.5	21.15	21:09.28	61.3%
2	7117 Vijayan Nair (M55)	2	M55-59	MS	0.3				23:06.34	ℓ	7:26.2	23.10	23:06.65	66.5%
3	7012 Doug Waters (M53)	3	M50-54	1st	9.2				23:19.58	ℓ	7:30.5	23.32	23:28.78	64.8%
4	7184 Manav Shah (M33)	4	M30-34	1st	3.5				23:54.36		7:41.7	23.90	23:57.87	54.6%
5	7343 Jen Evangelista (M46)	5	M45-49	1st	4.1				24:06.70	ℓ ✓ 23	7:45.7	24.10	24:10.78	59.3%
6	7193 Julio Lopez (M62)	6	M60-64	SR	0.3				26:10.64	ℓ	8:25.5	26.17	26:10.95	62.4%
7	6011 Emmett Rahl (M46)	7	M45-49	2nd	0.3				26:30.57	ℓ	8:32.0	26.50	26:30.88	53.9%
8	6864 Jeffrey Conklin (M54)	8	M50-54	2nd	3.0				26:32.55	×	8:32.6	26.53	26:35.54	57.4%
9	7040 Kim Andres (F64)	1	F60-64	OA	0.3				27:20.22		8:47.9	27.33	27:20.52	75.0%
10	7262 Jennifer Johnson (F55)	2	F55-59	MS	2.2				27:22.00	ℓ	8:48.5	27.37	27:24.21	65.9%
11	6838 Nate Thomas (M34)	9	M30-34	2nd	5.2				28:21.34	✓ 2	9:07.6	28.35	28:26.51	46.2%
12	6999 Cassie Scott (F16)	3	F15-19	1st	---				28:51.52		9:17.3	28.85	28:51.52	53.0%
13	6998 Samuel Hall (M15)	10	M15-19	1st	---				28:51.79		9:17.4	28.85	28:51.79	48.2%
14	7265 Kuay Sullivan (F52)	4	F50-54	1st	4.3				29:56.39	ℓ	9:38.2	29.93	30:00.72	58.0%
15	7008 David Mask (M65)	11	M65-69	1st	5.2				29:55.72	ℓ	9:38.0	29.92	30:00.97	56.0%
16	7111 Merari Baeza (F43)	5	F40-44	1st	5.4				30:32.60	✓ 9	9:49.9	30.53	30:37.97	51.3%
17	7283 Ruben Reyes (M61)	12	M60-64	1st	3.6				32:05.39	ℓ	10:19.7	32.08	32:08.96	50.4%
18	7249 Supote Manodamrongsat (M5)	13	M50-54	3rd	11.4				34:13.21		11:00.9	34.22	34:24.59	43.1%
19	7252 Michael Johnson (M65)	14	M65-69	2nd	9.1				38:19.91	ℓ	12:20.3	38.32	38:29.03	43.8%
20	6714 Rikki Creech (F46)	6	F45-49	1st	3.2				45:27.93		14:38.0	45.45	45:31.13	35.5%
21	7024 Carol Creech (F66)	7	F65-69	SR	2.6				45:30.42		14:38.8	45.50	45:33.00	46.4%
22	7526 Cindi Gant (F58)	8	F55-59	1st	7.4				57:49.24		18:36.6	57.82	57:56.64	32.5%
✓ 3 Club PR's									Average Finish Time: 30:53 <i>1 First Timers</i>			Average Age Grade: 53.9%		

# Sorted Age Grades

## 1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Vijayan Nair	M55	7:06.72	62.1%	
2	5	Jennifer Johnson	F55	8:46.72	60.6%	
3	3	Julio Lopez	M62	7:53.70	59.5%	
4	8	Kuay Sullivan	F52	9:46.58	52.3%	
5	2	Emmett Rahl	M46	7:51.87	52.3%	

## 5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	9	Kim Andres	F64	27:20.22	75.0%	
2	2	Vijayan Nair	M55	23:06.34	66.5%	
3	10	Jennifer Johnson	F55	27:22.00	65.9%	
4	3	Doug Waters	M53	23:19.58	64.8%	
5	6	Julio Lopez	M62	26:10.64	62.4%	
6	1	Blair Casey	M31	21:09.28	61.3%	
7	5	Jen Evangelista	M46	24:06.70	59.3%	
8	14	Kuay Sullivan	F52	29:56.39	58.0%	
9	8	Jeffrey Conklin	M54	26:32.55	57.4%	
10	15	David Mask	M65	29:55.72	56.0%	
11	4	Manav Shah	M33	23:54.36	54.6%	
12	7	Emmett Rahl	M46	26:30.57	53.9%	
13	12	Cassie Scott	F16	28:51.52	53.0%	
14	16	Merari Baeza	F43	30:32.60	51.3%	
15	17	Ruben Reyes	M61	32:05.39	50.4%	

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 &gt; 65%

65% Boston-Qualifier Approximate Level

60% Local Class Level

50% Average Class Level