

Sunday, February 26, 2017

# Carrollton Runners Mile + 5K

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

43F PCloudy 65%H

13mphSSE

Mile Off :7:35 am

5K Off :7:50 am

Mile Overall		5K Overall		5K Masters		5K Seniors	
Ryan Loehding	6:18.28	Ryan Loehding	21:02.41	David Lewis	22:31.94	John Nance	24:45.14
Emily Field	5:58.36	Nicole Blouin	21:07.61	Frances McKissick	25:20.60	Kim Andres	27:37.93

## 5K MALE

		28 MALE Runners --- Average Time of 28:35					Avg. Age Grade: 53.5%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Ryan Loehding</b>	Carrollton	(44)	10:35	-8	21:02.41	ML	6:46.3	66.9%	1	1
MASTERS	1 <b>David Lewis</b>	Bedford	(45)	11:16	+0	22:31.94		7:15.2	62.9%	4	3
SENIORS	1 <b>John Nance</b>	Rowlett	(68)	12:21	+3	24:45.14		7:58.0	69.7%	9	7
M10-14	1 <b>Sean Loehding</b>	Carrollton	(12)	12:40	+16	25:35.35	✓	8:14.2	58.1%	14	10
	2 <b>Alex Reyes</b>	Dallas	(12)	14:43	+54	30:19.49		9:45.6	49.0%	29	21
M25-29	1 <b>Jonathon Barnett</b>	Arlington	(26)	10:47	+23	21:57.49		7:04.1	58.7%	3	2
	2 <b>Derek Sims</b>	Carrollton	(26)	12:37	+15	25:27.87		8:11.8	50.7%	13	9
	3 <b>Maurice Valderas</b>	Dallas	(27)	12:24	+113	26:41.35		8:35.4	48.3%	15	11
M30-34	1 <b>Manav Shah</b>	Dallas	(32)	12:20	-1	24:39.90		7:56.3	52.7%	8	6
	2 <b>Given Kachepa</b>	Dallas	(30)	18:51	-18	37:24.53		12:02.4	34.6%	41	27
M40-44	1 <b>Suresh Sellappan</b>	Coppell	(41)	14:04	+67	29:15.36	✓	9:25.0	47.0%	26	18
	2 <b>Rama Atla</b>	Coppell	(40)	15:05	+78	31:28.58	✓	10:07.9	43.4%	32	23
M45-49	1 <b>Geronimo Simpao</b>	Irving	(45)	14:43	-84	28:02.37	ML	9:01.5	50.6%	20	14
	2 <b>Ryan Pogue</b>	Carrollton	(45)	14:35	-63	28:06.63		9:02.9	50.4%	21	15
	3 <b>Chris Goins</b>	Garland	(46)	17:13	-5	34:21.34		11:03.5	41.6%	34	24
M50-54	1 <b>Steve Corbin</b>	Carrollton	(54)	11:23	+0	22:46.25		7:19.8	66.9%	5	4
	2 <b>David Francis</b>	Dallas	(52)	12:36	-30	24:43.05	ML	7:57.3	60.6%	7	5
	3 <b>Rob Preston</b>	Irving	(52)	13:01	-49	25:13.75		8:07.2	59.4%	10	8
	4 <b>Tomas Bern</b>	Allen	(53)	13:26	+25	27:18.34		8:47.3	55.3%	16	12
	5 <b>Ken Robinson</b>	Plano	(54)	14:02	-37	27:27.30	✓	8:50.2	55.5%	17	13
M55-59	1 <b>Clay Timmons</b>	Carrollton	(55)	13:36	+67	28:19.44		9:07.0	54.3%	22	16
	2 <b>John Kramer</b>	Plano	(55)	16:56	-59	32:53.43	ML	10:35.2	46.7%	37	25
M60-64	1 <b>Ruben Reyes</b>	Carrollton	(61)	15:10	-11	30:08.64		9:42.1	53.7%	28	20
	2 <b>David Mask</b>	Lewisville	(64)	15:26	-32	30:20.88		9:46.1	54.8%	30	22
	3 <b>Bruce Simpson</b>	Coppell	(61)	17:34	+53	36:00.58		11:35.4	44.9%	40	26
M65-69	1 <b>Scott McKissick</b>	Irving	(68)	14:27	+20	29:12.59	ML	9:24.1	59.0%	27	19
	2 <b>Scott Ahlstrom</b>		(68)	23:26	-53	45:59.40		14:48.2	37.5%	45	28
M70-74	1 <b>Bill Shirley</b>	Dallas	(73)	14:39	-50	28:28.39		9:09.9	64.4%	23	17

# 5K FEMALE

19 FEMALE Runners --- Average Time of

35:11

Avg. Age Grade: 51.4%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Nicole Blouin	Carrollton	(35)	10:38	-9	21:07.61		6:48.0	70.8%	2	1
MASTERS	1 Frances McKissick	Irving	(54)	13:09	-57	25:20.60	M	8:09.4	70.3%	11	3
SENIORS	1 Kim Andres	Irving	(64)	14:14	-50	27:37.93		8:53.6	74.2%	18	5
F10-14	1 Mala Francis	Dallas	(13)	14:31	+12	29:14.53	M	9:24.7	54.6%	25	8
	2 Cristie Reyes	Dallas	(14)	22:51	-18	45:24.29		14:36.9	34.6%	43	16
F15-19	1 Paige Loehding	Carrollton	(16)	12:36	+16	25:28.81		8:12.1	60.1%	12	4
F20-24	1 Briana Carter	Arlington	(24)	12:12	-26	23:57.56		7:42.7	61.8%	6	2
F30-34	1 Samantha Cabrera	Arlington	(32)	17:34	+22	35:29.32		11:25.4	41.8%	36	12
	2 Jennifer Cordova-barrera	Lewisville	(34)	17:53	+14	35:59.69	M	11:35.1	41.4%	38	13
	3 Megan Denman	Frisco	(30)	22:54	-28	45:20.36		14:35.6	32.7%	44	17
F35-39	1 Nika Brunk	Eules	(35)	17:22	-9	34:35.48		11:08.0	43.2%	35	11
F40-44	1 Jennifer Loehding	Carrollton	(44)	14:34	-20	28:47.69		9:16.1	54.9%	24	7
F45-49	1 Amie Goins	Garland	(45)	17:14	-8	34:21.22		11:03.4	46.5%	33	10
	2 Rachel Meador	Coppell	(48)	17:55	+11	36:00.61	M	11:35.4	45.8%	39	14
F50-54	1 Kuay Sullivan	Coppell	(51)	13:57	-13	27:40.16	M	8:54.4	61.9%	19	6
F55-59	1 Cindi Gant	Carrollton	(58)	29:19	+43	59:20.71		19:06.1	31.7%	46	18
	2 Kathy Kelly	The Colony	(58)	29:18	+47	59:24.00		19:07.1	31.6%	47	19
F65-69	1 Kumiko McCoy	Eules	(67)	15:33	-8	30:58.17		9:58.1	69.3%	31	9
	2 Carol Creech	Plano	(66)	20:59	+28	42:26.17		13:39.5	49.8%	42	15

# 1M MALE

6 MALE Runners --- Average Time of

8:08

Avg. Age Grade: 54.2%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Ryan Loehding	Carrollton	(44)			6:18.28		6:18.3	64.2%	2	1
M45-49	1 Nathan Bruser	Coppell	(45)			9:01.37		9:01.4	45.2%	10	5
	2 Geronimo Simpao	Irving	(45)			9:29.07		9:29.1	43.0%	11	6
M50-54	1 David Francis	Dallas	(52)			6:36.00		6:36.0	65.3%	3	2
M55-59	1 John Kramer	Plano	(55)			8:51.57		8:51.6	49.9%	8	4
M65-69	1 Scott McKissick	Irving	(68)			8:34.06		8:34.1	57.9%	6	3

# 1M FEMALE

8 FEMALE Runners --- Average Time of

9:48

Avg. Age Grade: 54.0%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Emily Field	Dallas	(35)			5:58.36	□	5:58.4	71.4%	1	1
F01-09	1 Blake Bruser	Coppell	(7)			9:00.00	✓	9:00.0	59.1%	9	5
F10-14	1 Mala Francis	Dallas	(13)			6:42.80		6:42.8	67.4%	4	2
F30-34	1 Jennifer Cordova-barrera		(34)			10:44.71		10:44.7	39.5%	13	7
F45-49	1 Rachel Meador	Coppell	(48)			10:44.09		10:44.1	45.3%	12	6
	2 Ary Simpson		(47)			18:26.12		18:26.1	26.0%	14	8
F50-54	1 Frances McKissick	Irving	(54)			8:08.75		8:08.8	64.4%	5	3
	2 Kuay Sullivan	Coppell	(51)			8:35.57		8:35.6	58.7%	7	4

FN\*: □ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

2/26/2017

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

△ Negative Split

 DeltaViewTiming.com

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6424 Emily Field (F35)	1	F35-39	OA	---				5:58.36	☐	5:58.4	20.41	5:58.36	71.4%
2	7072 Ryan Loehding (M44)	1	M40-44	OA	---				6:18.28		6:18.3	21.55	6:18.28	64.2%
3	7565 David Francis (M52)	2	M50-54	1st	---				6:36.00		6:36.0	22.58	6:36.00	65.3%
4	7564 Mala Francis (F13)	2	F10-14	1st	---				6:42.80		6:42.8	22.92	6:42.80	67.4%
5	7062 Frances McKissick (F54)	3	F50-54	1st	---				8:08.75		8:08.8	27.83	8:08.75	64.4%
6	7048 Scott McKissick (M68)	3	M65-69	1st	---				8:34.06		8:34.1	29.31	8:34.06	57.9%
7	7265 Kuay Sullivan (F51)	4	F50-54	2nd	---				8:35.57		8:35.6	29.36	8:35.57	58.7%
8	7261 John Kramer (M55)	4	M55-59	1st	---				8:51.57		8:51.6	30.28	8:51.57	49.9%
9	7316 Blake Bruser (F7)	5	F01-09	1st	---				9:00.00	✓ 18	9:00.0	30.79	9:00.00	59.1%
10	7097 Nathan Bruser (M45)	5	M45-49	1st	---				9:01.37		9:01.4	30.85	9:01.37	45.2%
11	7509 Geronimo Simpao (M45)	6	M45-49	2nd	---				9:29.07		9:29.1	32.44	9:29.07	43.0%
12	7168 Rachel Meador (F48)	6	F45-49	1st	---				10:44.09		10:44.1	36.72	10:44.09	45.3%
13	6006 Jennifer Cordova-barrera (F34)	7	F30-34	1st	---				10:44.71	⊗	10:44.7	36.72	10:44.71	39.5%
14	6003 Ary Simpson (F47)	8	F45-49	2nd	---				18:26.12	⊗	18:26.1	63.06	18:26.12	26.0%
✓ 1 Club PR's										Average Finish Time: 09:05 2 First Timers			Average Age Grade: 54.1%	

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	---	10:35	10:27	-8	21:02.41	⌚	6:46.3	21.03	21:02.42	66.9%
2	6601 Nicole Blouin (F35)	1	F35-39	OA	---	10:38	10:29	-9	21:07.61	⊗	6:48.0	21.12	21:07.61	70.8%
3	7590 Jonathon Barnett (M26)	2	M25-29	1st	---	10:47	11:10	+23	21:57.49		7:04.1	21.95	21:57.49	58.7%
4	6999 David Lewis (M45)	3	M45-49	MS	8.0	11:16	11:16	+0	22:31.94		7:15.2	22.52	22:39.93	62.9%
5	6602 Steve Corbin (M54)	4	M50-54	1st	---	11:23	11:23	+0	22:46.25	⊗	7:19.8	22.77	22:46.26	66.9%
6	7593 Briana Carter (F24)	2	F20-24	1st	1.0	12:12	11:46	-26	23:57.56		7:42.7	23.95	23:58.55	61.8%
7	7565 David Francis (M52)	5	M50-54	2nd	1.0	12:36	12:07	-30	24:43.05	⌚	7:57.3	24.72	24:44.03	60.6%
8	7184 Manav Shah (M32)	6	M30-34	1st	6.2	12:20	12:19	-1	24:39.90		7:56.3	24.65	24:46.08	52.7%
9	7089 John Nance (M68)	7	M65-69	SR	1.8	12:21	12:24	+3	24:45.14		7:58.0	24.75	24:46.92	69.7%
10	6007 Rob Preston (M52)	8	M50-54	3rd	1.8	13:01	12:13	-49	25:13.75		8:07.2	25.22	25:15.54	59.4%
11	7062 Frances McKissick (F54)	3	F50-54	MS	4.0	13:09	12:12	-57	25:20.60	⌚	8:09.4	25.33	25:24.59	70.3%
12	7473 Paige Loehding (F16)	4	F15-19	1st	---	12:36	12:52	+16	25:28.81		8:12.1	25.47	25:28.82	60.1%
13	7090 Derek Sims (M26)	9	M25-29	2nd	2.0	12:37	12:51	+15	25:27.87		8:11.8	25.45	25:29.85	50.7%
14	6572 Sean Loehding (M12)	10	M10-14	1st	1.0	12:40	12:55	+16	25:35.35	✓ 6	8:14.2	25.58	25:36.33	58.1%
15	7591 Maurice Valderas (M27)	11	M25-29	3rd	2.0	12:24	14:17	+113	26:41.35		8:35.4	26.68	26:43.34	48.3%
16	6990 Tomas Bern (M53)	12	M50-54	4th	1.8	13:26	13:52	+25	27:18.34		8:47.3	27.30	27:20.13	55.3%
17	7077 Ken Robinson (M54)	13	M50-54	5th	13.4	14:02	13:25	-37	27:27.30	✓ 26	8:50.2	27.45	27:40.65	55.5%
18	7040 Kim Andres (F64)	5	F60-64	SR	10.0	14:14	13:24	-50	27:37.93		8:53.6	27.62	27:47.91	74.2%
19	7265 Kuay Sullivan (F51)	6	F50-54	1st	10.0	13:57	13:43	-13	27:40.16	⌚	8:54.4	27.67	27:50.14	61.9%
20	7509 Geronimo Simpao (M45)	14	M45-49	1st	15.9	14:43	13:19	-84	28:02.37	⌚	9:01.5	28.03	28:18.23	50.6%
21	7345 Ryan Pogue (M45)	15	M45-49	2nd	12.7	14:35	13:32	-63	28:06.63		9:02.9	28.10	28:19.34	50.4%
22	7555 Clay Timmons (M55)	16	M55-59	1st	6.0	13:36	14:43	+67	28:19.44		9:07.0	28.32	28:25.43	54.3%
23	7043 Bill Shirley (M73)	17	M70-74	1st	6.0	14:39	13:49	-50	28:28.39		9:09.9	28.47	28:34.37	64.4%
24	7472 Jennifer Loehding (F44)	7	F40-44	1st	7.0	14:34	14:14	-20	28:47.69		9:16.1	28.78	28:54.67	54.9%
25	7564 Mala Francis (F13)	8	F10-14	1st	1.5	14:31	14:43	+12	29:14.53	⌚	9:24.7	29.23	29:16.01	54.6%
26	6531 Suresh Sellappan (M41)	18	M40-44	1st	2.0	14:04	15:11	+67	29:15.36	✓ 1	9:25.0	29.25	29:17.34	47.0%
27	7048 Scott McKissick (M68)	19	M65-69	1st	18.0	14:27	14:46	+20	29:12.59	⌚	9:24.1	29.20	29:30.57	59.0%
28	7283 Ruben Reyes (M61)	20	M60-64	1st	5.0	15:10	14:59	-11	30:08.64		9:42.1	30.13	30:13.62	53.7%
29	6002 Alex Reyes (M12)	21	M10-14	2nd	---	14:43	15:37	+54	30:19.49	⊗	9:45.6	30.32	30:19.49	49.0%
30	7008 David Mask (M64)	22	M60-64	2nd	18.5	15:26	14:55	-32	30:20.88		9:46.1	30.33	30:39.38	54.8%
31	7449 Kumiko McCoy (F67)	9	F65-69	1st	8.0	15:33	15:25	-8	30:58.17		9:58.1	30.97	31:06.16	69.3%
32	7777 Rama Atla (M40)	23	M40-44	2nd	1.0	15:05	16:23	+78	31:28.58	✓ 1	10:07.9	31.47	31:29.57	43.4%

33	7044	Amie Goins (F45)	10	F45-49	1st	3.0	17:14	17:07	-8	<b>34:21.22</b>	11:03.4	34.35	34:24.20	46.5%	
34	7050	Chris Goins (M46)	24	M45-49	3rd	3.0	17:13	17:08	-5	<b>34:21.34</b>	11:03.5	34.35	34:24.33	41.6%	
35	7448	Nika Brunk (F35)	11	F35-39	1st	8.0	17:22	17:13	-9	<b>34:35.48</b>	11:08.0	34.58	34:43.47	43.2%	
36	6217	Samantha Cabrera (F32)	12	F30-34	1st	9.0	17:34	17:56	+22	<b>35:29.32</b>	11:25.4	35.48	35:38.30	41.8%	
37	7261	John Kramer (M55)	25	M55-59	2nd	184.0	16:56	15:57	-59	<b>32:53.43</b>	10:35.2	32.88	35:57.43	46.7%	
38	6006	Jennifer Cordova-barrera (F34)	13	F30-34	2nd	15.5	17:53	18:07	+14	<b>35:59.69</b>	11:35.1	35.98	36:15.23	41.4%	
39	7168	Rachel Meador (F48)	14	F45-49	2nd	14.8	17:55	18:06	+11	<b>36:00.61</b>	11:35.4	36.00	36:15.37	45.8%	
40	6005	Bruce Simpson (M61)	26	M60-64	3rd	15.7	17:34	18:27	+53	<b>36:00.58</b>	11:35.4	36.00	36:16.26	44.9%	
41	7386	Given Kachepa (M30)	27	M30-34	2nd	5.0	18:51	18:33	-18	<b>37:24.53</b>	12:02.4	37.40	37:29.51	34.6%	
42	7024	Carol Creech (F66)	15	F65-69	2nd	7.0	20:59	21:27	+28	<b>42:26.17</b>	13:39.5	42.43	42:33.16	49.8%	
43	6001	Cristie Reyes (F14)	16	F10-14	2nd	--	22:51	22:33	-18	<b>45:24.29</b>	14:36.9	45.40	45:24.29	34.6%	
44	6212	Megan Denman (F30)	17	F30-34	3rd	9.0	22:54	22:26	-28	<b>45:20.36</b>	14:35.6	45.33	45:29.34	32.7%	
45	6148	Scott Ahlstrom (M68)	28	M65-69	2nd	11.0	23:26	22:33	-53	<b>45:59.40</b>	14:48.2	45.98	46:10.38	37.5%	
46	6526	Cindi Gant (F58)	18	F55-59	1st	14.3	29:19	30:02	+43	<b>59:20.71</b>	19:06.1	59.33	59:35.06	31.7%	
47	6135	Kathy Kelly (F58)	19	F55-59	2nd	13.4	29:18	30:06	+47	<b>59:24.00</b>	19:07.1	59.40	59:37.36	31.6%	
<b>22 Positive Split</b> <b>25 Negative Split</b> ✓ <b>4 Club PR's</b>										Average Finish Time: <b>31:15</b>		<i>6 First Timers</i>		Average Age Grade: <b>52.7%</b>	

## Sorted Age Grades

### 1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Emily Field	F35	5:58.36	71.4%	
2	4	Mala Francis	F13	6:42.80	67.4%	
3	3	David Francis	M52	6:36.00	65.3%	
4	5	Frances McKissick	F54	8:08.75	64.4%	
5	2	Ryan Loehding	M44	6:18.28	64.2%	
6	9	Blake Bruser	F7	9:00.00	59.1%	
7	7	Kuay Sullivan	F51	8:35.57	58.7%	
8	6	Scott McKissick	M68	8:34.06	57.9%	

### 5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	18	Kim Andres	F64	27:37.93	74.2%	
2	2	Nicole Blouin	F35	21:07.61	70.8%	New
3	11	Frances McKissick	F54	25:20.60	70.3%	
4	9	John Nance	M68	24:45.14	69.7%	
5	31	Kumiko McCoy	F67	30:58.17	69.3%	
6	5	Steve Corbin	M54	22:46.25	66.9%	New
7	1	Ryan Loehding	M44	21:02.41	66.9%	
8	23	Bill Shirley	M73	28:28.39	64.4%	
9	4	David Lewis	M45	22:31.94	62.9%	
10	19	Kuay Sullivan	F51	27:40.16	61.9%	
11	6	Briana Carter	F24	23:57.56	61.8%	
12	7	David Francis	M52	24:43.05	60.6%	
13	12	Paige Loehding	F16	25:28.81	60.1%	
14	10	Rob Preston	M52	25:13.75	59.4%	
15	27	Scott McKissick	M68	29:12.59	59.0%	
16	3	Jonathon Barnett	M26	21:57.49	58.7%	
17	14	Sean Loehding	M12	25:35.35	58.1%	
18	17	Ken Robinson	M54	27:27.30	55.5%	
19	16	Tomas Bern	M53	27:18.34	55.3%	
20	24	Jennifer Loehding	F44	28:47.69	54.9%	
21	30	David Mask	M64	30:20.88	54.8%	
22	25	Mala Francis	F13	29:14.53	54.6%	
23	22	Clay Timmons	M55	28:19.44	54.3%	
24	28	Ruben Reyes	M61	30:08.64	53.7%	
25	8	Manav Shah	M32	24:39.90	52.7%	
26	13	Derek Sims	M26	25:27.87	50.7%	
27	20	Geronimo Simpao	M45	28:02.37	50.6%	
28	21	Ryan Pogue	M45	28:06.63	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