

Sunday, July 30, 2017

# Carrollton Runners Mile + 5K

79F Clear 65%<sup>H</sup> 7mphE

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

Mile Off :7:30 am

5K Off :7:47 am

Mile Overall		5K Overall		5K Masters		5K Seniors	
Vijayan Nair	6:13.88	Ryan Barrow	16:43.03	Vijayan Nair	20:48.93	Barry Papermaster	22:22.00
Stefanie Slekis	5:45.68	Sandra Stierman	23:56.97	Elizabeth Trimble	29:23.02	Betsy Palmer	33:17.32

## 5K MALE

43 MALE Runners --- Average Time of **30:54**

Avg. Age Grade: **51.7%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Ryan Barrow</b>	Denton	(29)	8:18	+6	<b>16:43.03</b>	☑	5:22.8	<b>77.2%</b>	1	1
MASTERS	1 <b>Vijayan Nair</b>	Plano	(54)	10:23	+3	<b>20:48.93</b>	ℳ	6:42.0	<b>73.2%</b>	4	4
SENIORS	1 <b>Barry Papermaster</b>	Dallas	(63)	11:20	-18	<b>22:22.00</b>	ℳ	7:11.9	<b>73.6%</b>	6	6
M01-09	1 <b>David Toth</b>	Coppell	(7)	17:13	+61	<b>35:26.45</b>		11:24.4	50.2%	40	32
M10-14	1 <b>William Poole</b>	Carrollton	(11)	20:09	+19	<b>40:37.00</b>		13:04.4	37.7%	47	36
	2 <b>Wesley Poole</b>	Carrollton	(10)	20:09	+162	<b>43:00.00</b>		13:50.4	36.7%	53	38
M15-19	1 <b>Joshua Wong</b>	McKinney	(16)	11:16	+62	<b>23:34.51</b>		7:35.3	58.1%	9	9
M20-24	1 <b>Bryan Wilson</b>	North Lake	(21)	8:59	-9	<b>17:49.55</b>		5:44.3	<b>72.6%</b>	2	2
	2 <b>Mikeal Parsons</b>	Woodway	(20)	10:41	+33	<b>21:54.33</b>		7:03.0	59.5%	5	5
	3 <b>Jason Lorah</b>	North Lake	(22)	12:19	+100	<b>26:18.69</b>		8:28.1	49.0%	18	17
M25-29	1 <b>Derek Sims</b>	Carrollton	(27)	12:05	+103	<b>25:54.00</b>		8:20.2	49.8%	17	16
M30-34	1 <b>Manav Shah</b>	Dallas	(32)	11:38	+69	<b>24:24.56</b>		7:51.4	53.3%	13	12
	2 <b>Briguel Tomaro</b>	Carrollton	(30)	13:58	+126	<b>30:02.51</b>		9:40.2	43.0%	28	23
	3 <b>Andres Franco</b>	Plano	(31)	19:52	-32	<b>39:12.39</b>	ℳ	12:37.2	33.1%	46	35
	4 <b>Chance Mcland</b>	McKinney	(30)	18:08	+247	<b>40:23.29</b>	ℳ	12:60.0	32.0%	48	37
	5 <b>Chris Ocker</b>	Allen	(33)	26:35	+74	<b>54:23.79</b>		17:30.5	24.0%	65	40
M35-39	1 <b>Francis Oliver</b>	Grapevine	(37)	10:22	-12	<b>20:31.13</b>		6:36.3	<b>65.1%</b>	3	3
	2 <b>Ronnie Shocks</b>	Carrollton	(35)	11:04	+50	<b>22:57.77</b>		7:23.5	57.4%	8	8
	3 <b>Gabor Toth</b>	Coppell	(36)	17:12	+62	<b>35:25.50</b>		11:24.1	37.4%	39	31
M40-44	1 <b>Robert Farmer</b>	Haslet	(43)	20:34	-592	<b>31:15.75</b>	✓	10:03.7	44.7%	66	41
M45-49	1 <b>Rich Wekler</b>	Bartonville	(46)	13:01	-25	<b>25:36.88</b>		8:14.7	55.8%	16	15
	2 <b>Ryan Pogue</b>	Carrollton	(46)	14:07	-70	<b>27:02.73</b>		8:42.3	52.8%	22	19
	3 <b>Geronimo Simpao</b>	Irving	(45)	15:02	-43	<b>29:21.91</b>	ℳ	9:27.1	48.3%	27	22
	4 <b>Billy Honea</b>	Lewisville	(45)	17:33	-71	<b>33:54.99</b>	ℳ	10:55.0	41.8%	37	29
	5 <b>Michael Rowland</b>	Little Elm	(49)	26:16	+127	<b>54:38.64</b>	ℳ	17:35.3	26.8%	69	42
	6 <b>Saulo Ybarra</b>	Denton	(48)	28:26	-65	<b>55:46.75</b>		17:57.2	26.0%	70	43
M50-54	1 <b>Doug Waters</b>	Carrollton	(52)	11:53	+6	<b>23:51.72</b>		7:40.8	<b>62.8%</b>	11	11
	2 <b>M Maimonides</b>	Kansas City, Mo	(54)	13:49	-50	<b>26:46.87</b>	ℳ	8:37.2	56.9%	21	18
	3 <b>Scott Berthel</b>	Carrollton	(52)	16:36	-83	<b>31:48.62</b>		10:14.3	47.1%	33	26
M55-59	1 <b>John Cosentino</b>	Plano	(55)	11:26	+3	<b>22:55.61</b>		7:22.8	<b>67.0%</b>	7	7
	2 <b>David Short</b>	Frisco	(56)	12:03	+13	<b>24:19.38</b>	ℳ	7:49.7	<b>63.7%</b>	15	14
	3 <b>Ronald Hamilton</b>	The Colony	(57)	15:13	-35	<b>29:50.92</b>		9:36.4	52.4%	29	24
	4 <b>David Selman</b>	Lewisville	(56)	16:23	-43	<b>32:02.13</b>		10:18.7	48.4%	34	27
	5 <b>John Kramer</b>	Plano	(55)	17:08	-21	<b>33:56.25</b>	ℳ	10:55.4	45.3%	42	33
M60-64	1 <b>Julio Lopez</b>	Farmers Branch	(61)	11:37	+38	<b>23:52.29</b>	ℳ	7:41.0	<b>67.8%</b>	10	10
	2 <b>Ruben Reyes</b>	Carrollton	(61)	15:56	+13	<b>32:04.86</b>		10:19.6	50.4%	35	28
	3 <b>Robert Simpson</b>	Coppell	(62)	17:00	-1	<b>33:59.72</b>		10:56.5	48.0%	38	30

FN\*:  Broke Age-Group Record

**GD** Place among Females

△ Positive Split

Timing provided by:

7/30/2017

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

△ Negative Split

 **DeltaViewTiming.com**

M60-64	4	Michael Johnson	Coppell	(64)	18:47	+14	37:48.58	ℳ	12:10.2	44.0%	44	34
M65-69	1	John Nance	Rowlett	(69)	12:26	-5	24:45.74		7:58.2	70.4%	14	13
	2	David Mask	Lewisville	(65)	14:10	-44	27:35.85		8:53.0	60.8%	25	21
	3	Maxx Pomm	Dallas	(67)	15:19	+7	30:44.46		9:53.7	55.6%	31	25
	4	Scott Ahlstrom	Carrollton	(69)	22:33	-56	44:08.73		14:12.5	39.5%	58	39
M70-74	1	Richard Whatley	Gulf S	(72)	14:12	+10	28:35.04		9:12.0	63.3%	24	20

5K FEMALE		31 FEMALE Runners --- Average Time of 42:59						Avg. Age Grade: 40.7%			Place in	
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Sandra Stierman	Grand Prairie	(50)	11:48	+22	23:56.97		7:42.5	70.6%	12	1
MASTERS	1	Elizabeth Trimble	Argyle	(50)	14:47	-11	29:23.02	✓	9:27.5	57.6%	26	5
SENIORS	1	Betsy Palmer	Carrollton	(56)	16:41	-4	33:17.32	ℳ	10:42.9	54.9%	36	8
F01-09	1	Samantha Poole	Carrollton	(9)	20:14	+153	43:01.00		13:50.7	40.8%	55	17
F15-19	1	Alize Wishom	Lewisville	(15)	12:31	+86	26:28.57		8:31.3	58.5%	19	2
	2	Isabella Berthel	Carrollton	(15)	16:36	-84	31:46.62		10:13.7	48.8%	32	7
	3	Sarah Reed	Little Elm	(16)	26:16	+57	53:29.45		17:13.0	28.6%	63	24
F20-24	1	Suzie Kemper	Denton	(23)	20:38	+83	42:39.37	ℳ	13:43.8	34.7%	51	14
	2	Evlyn Collins	Carrollton	(23)	20:48	+68	42:43.35		13:45.1	34.6%	56	18
F25-29	1	Lindsey Aragon	Highland Village	(29)	16:41	+170	36:12.58		11:39.3	40.9%	50	13
	2	Stefanie Slekis	Denton	(29)	20:38	+83	42:39.99	ℳ	13:44.0	34.7%	52	15
F30-34	1	Jennifer Castro	North Richland Hills	(34)	13:15	+3	26:32.92		8:32.7	56.2%	20	3
	2	Amy Medina	Lewisville	(30)	13:56	+10	28:02.56		9:01.6	52.8%	23	4
	3	Natalia Gaitan	Plano	(31)	19:53	-38	39:09.05		12:36.1	37.8%	45	11
F35-39	1	Dorothea Ocker	Carrollton	(35)	26:34	+74	54:22.34		17:30.0	27.5%	64	25
F40-44	1	Priscilla Ybarra	Denton	(43)	18:14	+76	37:44.22		12:08.8	41.6%	43	10
	2	Lisa Rannabargar	Wylie	(40)	18:36	+565	46:36.65	ℳ	15:00.2	32.9%	59	20
	3	Marlena Day	lewisville	(44)	18:36	+565	46:37.83	ℳ	15:00.5	33.9%	60	21
	4	Heather Rowland	Little Elm	(44)	27:00	+36	54:35.81	✓	17:34.4	29.0%	68	27
	5	Julie Whitcraft	Grapevine	(42)	28:21	-15	56:27.82		18:10.4	27.5%	71	28
F45-49	1	Kathleen Nutt	Flower mound	(49)	17:40	+42	36:01.77		11:35.8	46.4%	41	9
	2	Tress Collins	Carrollton	(47)	20:48	+83	42:59.33		13:50.2	38.0%	57	19
	3	Rosalyn Poole	Carrollton	(47)	20:09	+162	43:00.00		13:50.4	37.9%	54	16
	4	Sheila Holen	Lewisville	(46)	26:18	+56	53:32.67	ℳ	17:14.1	30.1%	62	23
F50-54	1	Yanira Lopez	Farmers Branch	(54)	14:59	+7	30:04.44	ℳ	9:40.8	59.2%	30	6
	2	Laura Mcland	Little Elm	(50)	26:58	+30	54:26.71	✓	17:31.5	31.1%	67	26
F55-59	1	Brenda Lawson	Flower Mound	(57)	20:38	-13	41:03.00		13:12.8	45.2%	49	12
	2	Carol Vaughan	Richardson	(56)	25:32	+94	52:38.55		16:56.6	34.7%	61	22
	3	Kathy Kelly	The Colony	(58)	31:04	+67	1:03:15.79		20:21.7	29.7%	73	30
	4	Cindi Gant	Carrollton	(58)	31:06	+68	1:03:19.09		20:22.8	29.7%	74	31
F60-64	1	Nancy Frazier	Wichita, KS	(62)	28:23	-17	56:29.49		18:11.0	35.2%	72	29

# 1M MALE

		14 MALE Runners --- Average Time of <b>8:45</b>					Avg. Age Grade: <b>52.5%</b>			Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Vijayan Nair	Plano	(54)			<b>6:13.88</b>		6:13.9	<b>70.3%</b>	2	1
M30-34	1	Andres Franco	Plano	(31)			<b>6:33.46</b>	✓	6:33.5	56.8%	4	2
	2	Chance Mcland	McKinney	(30)			<b>8:52.61</b>		8:52.6	41.9%	14	10
M45-49	1	Billy Honea	Lewisville	(45)			<b>7:38.91</b>		7:38.9	53.3%	9	7
	2	Nathan Bruser	Coppell	(46)			<b>7:58.00</b>		7:58.0	51.6%	11	8
	3	Geronimo Simpao	Irving	(45)			<b>9:40.65</b>		9:40.7	42.1%	15	11
	4	Michael Rowland	Little Elm	(49)			<b>15:21.97</b>		15:22.0	27.4%	22	14
M50-54	1	M Maimonides	Kansas City, Mo	(54)			<b>6:58.22</b>		6:58.2	<b>62.9%</b>	7	5
M55-59	1	David Short	Frisco	(56)			<b>7:20.48</b>		7:20.5	<b>60.7%</b>	8	6
	2	John Kramer	Plano	(55)			<b>8:49.96</b>		8:50.0	50.0%	13	9
	3	Daniel Dault	The Colony	(58)			<b>11:55.03</b>		11:55.0	38.0%	20	13
M60-64	1	Barry Papermaster	Dallas	(63)			<b>6:42.00</b>		6:42.0	<b>70.7%</b>	5	3
	2	Julio Lopez	Farmers Branch	(61)			<b>6:45.86</b>		6:45.9	<b>68.8%</b>	6	4
	3	Michael Johnson	Coppell	(64)			<b>11:44.19</b>		11:44.2	40.7%	19	12

# 1M FEMALE

		8 FEMALE Runners --- Average Time of <b>9:29</b>					Avg. Age Grade: <b>53.9%</b>			Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Stefanie Slekis	Denton	(29)			<b>5:45.68</b>		5:45.7	<b>72.8%</b>	1	1
F01-09	1	Blake Bruser	Coppell	(8)			<b>7:57.68</b>		7:57.7	<b>64.5%</b>	10	3
F20-24	1	Suzie Kemper	Denton	(23)			<b>6:19.57</b>	☐	6:19.6	<b>66.3%</b>	3	2
F40-44	1	Marlena Day	lewisville	(44)			<b>10:16.00</b>		10:16.0	45.1%	16	5
	2	Lisa Rannabargar	Wylie	(40)			<b>10:16.40</b>		10:16.4	43.1%	17	6
F45-49	1	Sheila Holen	Lewisville	(46)			<b>15:21.23</b>		15:21.2	30.9%	21	8
F50-54	1	Yanira Lopez	Farmers Branch	(54)			<b>8:43.58</b>		8:43.6	<b>60.2%</b>	12	4
F55-59	1	Betsy Palmer	Carrollton	(56)			<b>11:08.59</b>		11:08.6	48.4%	18	7

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7288 Stefanie Slekis (F29)	1	F25-29	OA	---				5:45.68		5:45.7	19.67	5:45.68	72.8%
2	6005 Vijayan Nair (M54)	1	M50-54	OA	---				6:13.88	⊗	6:13.9	21.27	6:13.88	70.3%
3	6740 Suzie Kemper (F23)	2	F20-24	1st	---				6:19.57	☐ ⊗	6:19.6	21.61	6:19.57	66.3%
4	7331 Andres Franco (M31)	2	M30-34	1st	---				6:33.46	✓ 1	6:33.5	22.41	6:33.46	56.8%
5	7554 Barry Papermaster (M63)	3	M60-64	1st	---				6:42.00		6:42.0	22.92	6:42.00	70.7%
6	7193 Julio Lopez (M61)	4	M60-64	2nd	---				6:45.86		6:45.9	23.09	6:45.86	68.8%
7	6557 M Maimonides (M54)	5	M50-54	1st	---				6:58.22		6:58.2	23.83	6:58.22	62.9%
8	7061 David Short (M56)	6	M55-59	1st	---				7:20.48		7:20.5	25.09	7:20.48	60.7%
9	6743 Billy Honea (M45)	7	M45-49	1st	---				7:38.91	⊗	7:38.9	26.11	7:38.91	53.3%
10	6992 Blake Bruser (F8)	3	F01-09	1st	---				7:57.68		7:57.7	27.20	7:57.68	64.5%
11	7097 Nathan Bruser (M46)	8	M45-49	2nd	---				7:58.00		7:58.0	27.25	7:58.00	51.6%
12	7198 Yanira Lopez (F54)	4	F50-54	1st	---				8:43.58		8:43.6	29.82	8:43.58	60.2%
13	7261 John Kramer (M55)	9	M55-59	2nd	---				8:49.96		8:50.0	30.16	8:49.96	50.0%
14	6010 Chance Mcland (M30)	10	M30-34	2nd	---				8:52.61	⊗	8:52.6	30.33	8:52.61	41.9%
15	7509 Geronimo Simpao (M45)	11	M45-49	3rd	---				9:40.65		9:40.7	33.07	9:40.65	42.1%
16	6742 Marlena Day (F44)	5	F40-44	1st	---				10:16.00	⊗	10:16.0	35.12	10:16.00	45.1%
17	6741 Lisa Rannabargar (F40)	6	F40-44	2nd	---				10:16.40	⊗	10:16.4	35.12	10:16.40	43.1%
18	7454 Betsy Palmer (F56)	7	F55-59	1st	---				11:08.59		11:08.6	38.09	11:08.59	48.4%
19	7252 Michael Johnson (M64)	12	M60-64	3rd	---				11:44.19		11:44.2	40.14	11:44.19	40.7%
20	6003 Daniel Dault (M58)	13	M55-59	3rd	---				11:55.03	⊗	11:55.0	40.77	11:55.03	38.0%
21	7246 Sheila Holen (F46)	8	F45-49	1st	---				15:21.23	⊗	15:21.2	52.51	15:21.23	30.9%
22	7349 Michael Rowland (M49)	14	M45-49	4th	---				15:21.97	⊗	15:22.0	52.51	15:21.97	27.4%
✓ 1 Club PR's						Average Finish Time: 09:01 <i>9 First Timers</i>			Average Age Grade: 53.0%					

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7287 Ryan Barrow (M29)	1	M25-29	OA	---	8:18	8:25	+6	16:43.03	☑ 6	5:22.8	16.72	16:43.03	77.2%
2	6750 Bryan Wilson (M21)	2	M20-24	1st	1.5	8:59	8:50	-9	17:49.55	⊗	5:44.3	17.82	17:51.01	72.6%
3	6001 Francis Oliver (M37)	3	M35-39	1st	1.5	10:22	10:09	-12	20:31.13	⊗	6:36.3	20.52	20:32.59	65.1%
4	6005 Vijayan Nair (M54)	4	M50-54	MS	---	10:23	10:26	+3	20:48.93	ℓ ⊗	6:42.0	20.80	20:48.93	73.2%
5	6745 Mikeal Parsons (M20)	5	M20-24	2nd	---	10:41	11:13	+33	21:54.33	⊗	7:03.0	21.90	21:54.33	59.5%
6	7554 Barry Papermaster (M63)	6	M60-64	SR	---	11:20	11:02	-18	22:22.00	ℓ	7:11.9	22.37	22:22.00	73.6%
7	6648 John Cosentino (M55)	7	M55-59	1st	1.9	11:26	11:29	+3	22:55.61		7:22.8	22.92	22:57.54	67.0%
8	6749 Ronnie Shocks (M35)	8	M35-39	2nd	2.3	11:04	11:54	+50	22:57.77		7:23.5	22.95	23:00.09	57.4%
9	6013 Joshua Wong (M16)	9	M15-19	1st	---	11:16	12:18	+62	23:34.51	⊗	7:35.3	23.57	23:34.51	58.1%
10	7193 Julio Lopez (M61)	10	M60-64	1st	3.1	11:37	12:15	+38	23:52.29	ℓ	7:41.0	23.87	23:55.37	67.8%
11	7012 Doug Waters (M52)	11	M50-54	1st	4.3	11:53	11:59	+6	23:51.72		7:40.8	23.85	23:56.01	62.8%
12	6457 Sandra Stierman (F50)	1	F50-54	OA	1.2	11:48	12:09	+22	23:56.97		7:42.5	23.93	23:58.16	70.6%
13	7184 Manav Shah (M32)	12	M30-34	1st	3.2	11:38	12:47	+69	24:24.56		7:51.4	24.40	24:27.78	53.3%
14	7089 John Nance (M69)	13	M65-69	1st	---	12:26	12:20	-5	24:45.74		7:58.2	24.75	24:45.74	70.4%
15	7061 David Short (M56)	14	M55-59	2nd	30.9	12:03	12:16	+13	24:19.38	ℓ	7:49.7	24.32	24:50.29	63.7%
16	6012 Rich Wekler (M46)	15	M45-49	1st	10.1	13:01	12:36	-25	25:36.88	⊗	8:14.7	25.60	25:46.99	55.8%
17	7090 Derek Sims (M27)	16	M25-29	1st	5.0	12:05	13:49	+103	25:54.00		8:20.2	25.90	25:59.04	49.8%
18	6006 Jason Lorah (M22)	17	M20-24	3rd	1.4	12:19	13:59	+100	26:18.69	⊗	8:28.1	26.30	26:20.07	49.0%
19	6748 Alize Wishom (F15)	2	F15-19	1st	2.2	12:31	13:57	+86	26:28.57	⊗	8:31.3	26.47	26:30.80	58.5%
20	6751 Jennifer Castro (F34)	3	F30-34	1st	3.3	13:15	13:18	+3	26:32.92	⊗	8:32.7	26.53	26:36.20	56.2%
21	6557 M Maimonides (M54)	18	M50-54	2nd	9.4	13:49	12:58	-50	26:46.87	ℓ	8:37.2	26.77	26:56.31	56.9%
22	7345 Ryan Pogue (M46)	19	M45-49	2nd	6.3	14:07	12:56	-70	27:02.73		8:42.3	27.03	27:09.04	52.8%
23	6744 Amy Medina (F30)	4	F30-34	2nd	11.0	13:56	14:06	+10	28:02.56	⊗	9:01.6	28.03	28:13.55	52.8%
24	6011 Richard Whatley (M72)	20	M70-74	1st	2.7	14:12	14:23	+10	28:35.04	⊗	9:12.0	28.58	28:37.70	63.3%

25	7008	David Mask (M65)	21	M65-69	2nd	67.4	14:10	13:26	-44	27:35.85		8:53.0	27.58	28:43.20	60.8%
26	6683	Elizabeth Trimble (F50)	5	F50-54	MS	5.8	14:47	14:36	-11	29:23.02	✓ 1	9:27.5	29.38	29:28.79	57.6%
27	7509	Geronimo Simpao (M45)	22	M45-49	3rd	24.1	15:02	14:20	-43	29:21.91	ℓ	9:27.1	29.35	29:46.04	48.3%
28	6018	Briguel Tomaro (M30)	23	M30-34	2nd	2.5	13:58	16:04	+126	30:02.51	⊗	9:40.2	30.03	30:04.99	43.0%
29	7020	Ronald Hamilton (M57)	24	M55-59	3rd	22.8	15:13	14:38	-35	29:50.92		9:36.4	29.83	30:13.75	52.4%
30	7198	Yanira Lopez (F54)	6	F50-54	1st	15.5	14:59	15:06	+7	30:04.44	ℓ	9:40.8	30.07	30:19.95	59.2%
31	7049	Maxx Pomm (M67)	25	M65-69	3rd	2.1	15:19	15:26	+7	30:44.46		9:53.7	30.73	30:46.60	55.6%
32	6651	Isabella Berthel (F15)	7	F15-19	2nd	8.8	16:36	15:11	-84	31:46.62		10:13.7	31.77	31:55.43	48.8%
33	6655	Scott Berthel (M52)	26	M50-54	3rd	9.3	16:36	15:13	-83	31:48.62		10:14.3	31.80	31:57.90	47.1%
34	6747	David Selman (M56)	27	M55-59	4th	10.1	16:23	15:39	-43	32:02.13	⊗	10:18.7	32.03	32:12.25	48.4%
35	7283	Ruben Reyes (M61)	28	M60-64	2nd	10.5	15:56	16:09	+13	32:04.86		10:19.6	32.07	32:15.33	50.4%
36	7454	Betsy Palmer (F56)	8	F55-59	SR	15.6	16:41	16:37	-4	33:17.32	ℓ	10:42.9	33.28	33:32.96	54.9%
37	6743	Billy Honea (M45)	29	M45-49	4th	7.5	17:33	16:22	-71	33:54.99	ℓ ⊗	10:55.0	33.90	34:02.46	41.8%
38	6688	Robert Simpson (M62)	30	M60-64	3rd	19.8	17:00	16:59	-1	33:59.72		10:56.5	33.98	34:19.53	48.0%
39	7380	Gabor Toth (M36)	31	M35-39	3rd	7.3	17:12	18:14	+62	35:25.50		11:24.1	35.42	35:32.80	37.4%
40	7379	David Toth (M7)	32	M01-09	1st	6.7	17:13	18:14	+61	35:26.45		11:24.4	35.43	35:33.15	50.2%
41	6746	Kathleen Nutt (F49)	9	F45-49	1st	13.4	17:40	18:22	+42	36:01.77	⊗	11:35.8	36.02	36:15.20	46.4%
42	7261	John Kramer (M55)	33	M55-59	5th	172.0	17:08	16:48	-21	33:56.25	ℓ	10:55.4	33.93	36:48.21	45.3%
43	6016	Priscilla Ybarra (F43)	10	F40-44	1st	4.1	18:14	19:30	+76	37:44.22	⊗	12:08.8	37.73	37:48.28	41.6%
44	7252	Michael Johnson (M64)	34	M60-64	4th	9.1	18:47	19:01	+14	37:48.58	ℓ	12:10.2	37.80	37:57.70	44.0%
45	7332	Natalia Gaitan (F31)	11	F30-34	3rd	36.5	19:53	19:16	-38	39:09.05		12:36.1	39.15	39:45.57	37.8%
46	7331	Andres Franco (M31)	35	M30-34	3rd	37.7	19:52	19:20	-32	39:12.39	ℓ	12:37.2	39.20	39:50.08	33.1%
47	6713	William Poole (M11)	36	M10-14	1st	---	20:09	20:28	+19	40:37.00	⊗	13:04.4	40.62	40:37.00	37.7%
48	6010	Chance Mcland (M30)	37	M30-34	4th	19.8	18:08	22:15	+247	40:23.29	ℓ ⊗	12:60.0	40.38	40:43.12	32.0%
49	6413	Brenda Lawson (F57)	12	F55-59	1st	14.4	20:38	20:25	-13	41:03.00		13:12.8	41.05	41:17.40	45.2%
50	6019	Lindsey Aragon (F29)	13	F25-29	1st	316.6	16:41	19:31	+170	36:12.58	⊗	11:39.3	36.20	41:29.16	40.9%
51	6740	Suzie Kemper (F23)	14	F20-24	1st	11.1	20:38	22:01	+83	42:39.37	ℓ ⊗	13:43.8	42.65	42:50.51	34.7%
52	7288	Stefanie Slekis (F29)	15	F25-29	2nd	11.1	20:38	22:02	+83	42:39.99	ℓ	13:44.0	42.65	42:51.11	34.7%
53	6712	Wesley Poole (M10)	38	M10-14	2nd	---	20:09	22:51	+162	43:00.00	⊗	13:50.4	43.00	43:00.00	36.7%
54	6710	Rosalyn Poole (F47)	16	F45-49	3rd	---	20:09	22:51	+162	43:00.00	⊗	13:50.4	43.00	43:00.00	37.9%
55	6711	Samantha Poole (F9)	17	F01-09	1st	---	20:14	22:47	+153	43:01.00	⊗	13:50.7	43.02	43:01.00	40.8%
56	6691	Evlyn Collins (F23)	18	F20-24	2nd	36.0	20:48	21:56	+68	42:43.35	⊗	13:45.1	42.72	43:19.35	34.6%
57	6690	Tress Collins (F47)	19	F45-49	2nd	36.4	20:48	22:11	+83	42:59.33	⊗	13:50.2	42.98	43:35.77	38.0%
58	7148	Scott Ahlstrom (M69)	39	M65-69	4th	12.5	22:33	21:36	-56	44:08.73		14:12.5	44.13	44:21.23	39.5%
59	6741	Lisa Rannabargar (F40)	20	F40-44	2nd	7.6	18:36	28:01	+565	46:36.65	ℓ ⊗	15:00.2	46.60	46:44.21	32.9%
60	6742	Marlena Day (F44)	21	F40-44	3rd	7.8	18:36	28:02	+565	46:37.83	ℓ ⊗	15:00.5	46.62	46:45.60	33.9%
61	7260	Carol Vaughan (F56)	22	F55-59	2nd	22.1	25:32	27:06	+94	52:38.55	⊗	16:56.6	52.63	53:00.67	34.7%
62	7246	Sheila Holen (F46)	23	F45-49	4th	18.0	26:18	27:14	+56	53:32.67	ℓ	17:14.1	53.53	53:50.63	30.1%
63	6009	Sarah Reed (F16)	24	F15-19	3rd	21.3	26:16	27:13	+57	53:29.45	⊗	17:13.0	53.48	53:50.76	28.6%
64	6015	Dorothea Ocker (F35)	25	F35-39	1st	18.4	26:34	27:48	+74	54:22.34	⊗	17:30.0	54.37	54:40.73	27.5%
65	6014	Chris Ocker (M33)	40	M30-34	5th	17.1	26:35	27:49	+74	54:23.79	⊗	17:30.5	54.38	54:40.90	24.0%
66	6619	Robert Farmer (M43)	41	M40-44	1st	1410.5	20:34	10:42	-592	31:15.75	✓ 2	10:03.7	31.25	54:46.23	44.7%
67	6008	Laura Mcland (F50)	26	F50-54	2nd	19.8	26:58	27:29	+30	54:26.71	✓ 1	17:31.5	54.43	54:46.52	31.1%
68	6007	Heather Rowland (F44)	27	F40-44	4th	17.3	27:00	27:36	+36	54:35.81	✓ 1	17:34.4	54.58	54:53.07	29.0%
69	7349	Michael Rowland (M49)	42	M45-49	5th	19.5	26:16	28:23	+127	54:38.64	ℓ	17:35.3	54.63	54:58.13	26.8%
70	6704	Saulo Ybarra (M48)	43	M45-49	6th	5.3	28:26	27:21	-65	55:46.75	⊗	17:57.2	55.77	55:52.09	26.0%
71	6736	Julie Whitcraft (F42)	28	F40-44	5th	22.7	28:21	28:06	-15	56:27.82	⊗	18:10.4	56.45	56:50.56	27.5%
72	6737	Nancy Frazier (F62)	29	F60-64	1st	21.1	28:23	28:06	-17	56:29.49	⊗	18:11.0	56.48	56:50.57	35.2%
73	6135	Kathy Kelly (F58)	30	F55-59	3rd	19.7	31:04	32:12	+67	1:03:15.79		20:21.7	63.251	03:35.47	29.7%
74	7526	Cindi Gant (F58)	31	F55-59	4th	19.3	31:06	32:14	+68	1:03:19.09		20:22.8	63.321	03:38.43	29.7%

48 Positive Split

26 Negative Split

✓ 5 Club PR's

Average Finish Time: 35:57 34 First Timers

Average Age Grade: 47.1%

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

Positive Split  
 Negative Split



Timing provided by:

7/30/2017

**DeltaViewTiming.com**

# Sorted Age Grades

## 1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Stefanie Slekis	F29	5:45.68	72.8%	
2	5	Barry Papermaster	M63	6:42.00	70.7%	
3	2	Vijayan Nair	M54	6:13.88	70.3%	New
4	6	Julio Lopez	M61	6:45.86	68.8%	
5	3	Suzie Kemper	F23	6:19.57	66.3%	New
6	10	Blake Bruser	F8	7:57.68	64.5%	
7	7	M Maimonides	M54	6:58.22	62.9%	
8	8	David Short	M56	7:20.48	60.7%	
9	12	Yanira Lopez	F54	8:43.58	60.2%	
10	4	Andres Franco	M31	6:33.46	56.8%	
11	9	Billy Honea	M45	7:38.91	53.3%	
12	11	Nathan Bruser	M46	7:58.00	51.6%	
13	13	John Kramer	M55	8:49.96	50.0%	

## 5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Ryan Barrow	M29	16:43.03	77.2%	Move UP
2	6	Barry Papermaster	M63	22:22.00	73.6%	
3	4	Vijayan Nair	M54	20:48.93	73.2%	New
4	2	Bryan Wilson	M21	17:49.55	72.6%	New
5	12	Sandra Stierman	F50	23:56.97	70.6%	
6	14	John Nance	M69	24:45.74	70.4%	
7	10	Julio Lopez	M61	23:52.29	67.8%	
8	7	John Cosentino	M55	22:55.61	67.0%	
9	3	Francis Oliver	M37	20:31.13	65.1%	New
10	15	David Short	M56	24:19.38	63.7%	
11	24	Richard Whatley	M72	28:35.04	63.3%	
12	11	Doug Waters	M52	23:51.72	62.8%	
13	25	David Mask	M65	27:35.85	60.8%	
14	5	Mikeal Parsons	M20	21:54.33	59.5%	
15	30	Yanira Lopez	F54	30:04.44	59.2%	
16	19	Alize Wishom	F15	26:28.57	58.5%	
17	9	Joshua Wong	M16	23:34.51	58.1%	
18	26	Elizabeth Trimble	F50	29:23.02	57.6%	
19	8	Ronnie Shocks	M35	22:57.77	57.4%	
20	21	M Maimonides	M54	26:46.87	56.9%	
21	20	Jennifer Castro	F34	26:32.92	56.2%	
22	16	Rich Wekler	M46	25:36.88	55.8%	
23	31	Maxx Pomm	M67	30:44.46	55.6%	
24	36	Betsy Palmer	F56	33:17.32	54.9%	
25	13	Manav Shah	M32	24:24.56	53.3%	
26	22	Ryan Pogue	M46	27:02.73	52.8%	
27	23	Amy Medina	F30	28:02.56	52.8%	
28	29	Ronald Hamilton	M57	29:50.92	52.4%	
29	35	Ruben Reyes	M61	32:04.86	50.4%	
30	40	David Toth	M7	35:26.45	50.2%	

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