

# Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Cole Atchison	5:31.66	Cole Atchison	17:32.00	Alex Munoz	19:33.50	Julio Lopez	22:09.66
Frances McKissick	7:47.14	Paige Loehding	23:04.06	Sarah Meyer	24:18.07	Jennifer Johnson	25:27.00

## 5K MALE

		31 MALE Runners --- Average Time of 27:29					Avg. Age Grade: 56.6%		Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Cole Atchison	Lewisville	(24)	8:42	+8	17:32.00	M✓	5:38.6	73.6%	1	1
MASTERS	1 Alex Munoz	Haslet	(47)	9:51	-8	19:33.50	M✓	6:17.7	73.6%	3	3
SENIORS	1 Julio Lopez	Farmers Branch	(62)	11:11	-13	22:09.66	M✓	7:08.0	73.7%	8	8
M01-09	1 Charlie Meyer	Coppell	(9)	11:07	+41	22:54.45	✓	7:22.4	71.4%	11	11
	2 Johnny Meyer	Coppell	(8)	14:36	-24	28:48.33	✓	9:16.3	59.1%	28	20
M10-14	1 Julian Evangelista	Irving	(13)	15:40	-31	30:48.39	✓	9:54.9	47.1%	34	22
M15-19	1 Joe Wales	Carrollton	(15)	9:24	+49	19:37.31	✓	6:18.9	71.0%	4	4
	2 Ezra Ruderman	Plano	(17)	11:07	-12	22:02.35		7:05.6	61.3%	7	7
	3 Seth Gerstenfeld	Dallas	(18)	11:38	+27	23:43.81		7:38.3	56.2%	14	13
	4 Samuel Hall	Carrollton	(15)	13:15	-20	26:09.72		8:25.2	53.2%	18	15
M30-34	1 Sergio Arias		(33)	9:29	+11	19:09.17		6:09.9	68.1%	2	2
	2 Manav Shah	Dallas	(33)	11:12	+13	22:37.18	✓	7:16.8	57.7%	10	10
	3 Juan Gomez		(34)	19:07	-44	37:30.26		12:04.3	35.0%	52	31
M35-39	1 Robert Flores	Aubrey	(37)	9:54	+40	20:27.81	✓	6:35.2	65.2%	6	6
	2 Kevin Jordan		(36)	14:17	+196	31:50.90		10:15.1	41.6%	36	24
M40-44	1 Adrian Mora	Dallas	(44)	9:52	+30	20:14.21		6:30.8	69.5%	5	5
M45-49	1 Ryan Loehding	Carrollton	(45)	11:41	-15	23:07.10	M	7:26.5	61.3%	13	12
	2 Rich Weklar		(46)	12:59	+22	26:19.89		8:28.5	54.3%	21	16
	3 Ryan Pogue	Carrollton	(46)	13:31	-17	26:44.36		8:36.4	53.4%	23	17
	4 Jen Evangelista	Irving	(46)	15:35	-25	30:44.77	M	9:53.8	46.5%	35	23
M50-54	1 Jeff Conklin		(54)	12:58	+11	26:06.28		8:24.1	58.4%	17	14
	2 Tomas Bern	Allen	(54)	13:46	+37	28:08.22		9:03.4	54.2%	26	18
	3 Rich Cronin	Arlington	(50)	13:58	+21	28:16.79		9:06.1	52.1%	27	19
M55-59	1 John Cosentino	Plano	(55)	11:21	-10	22:31.89	✓	7:15.1	68.2%	9	9
	2 John Kramer	Plano	(55)	17:00	-37	33:22.23	M	10:44.5	46.0%	38	26
M60-64	1 Ruben Reyes	Carrollton	(61)	17:51	-2	35:39.89	M	11:28.8	45.4%	37	25
M65-69	1 David Mask	Lewisville	(65)	13:40	-48	26:31.62		8:32.3	63.2%	30	21
	2 Michael Johnson	Coppell	(65)	18:44	-30	36:57.85	M	11:53.9	45.4%	39	27
	3 Dave Hanna	Little Elm	(66)	19:04	+21	38:29.57		12:23.4	44.0%	42	28
	4 Scott McKissick	Irving	(69)	19:22	+15	38:59.80	M	12:33.1	44.7%	43	29
	5 Scott Ahlstrom	Carrollton	(69)	22:45	-48	44:41.68		14:23.2	39.0%	47	30

# 5K FEMALE

22 FEMALE Runners --- Average Time of

34:30

Avg. Age Grade: 52.9%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Paige Loehding	Carrollton	(17)	11:59	-54	23:04.06		7:25.5	65.5%	12	1
MASTERS	1 Sarah Meyer	Coppell	(41)	12:11	-4	24:18.07	✓	7:49.3	63.5%	15	2
SENIORS	1 Jennifer Johnson	Coppell	(55)	12:50	-13	25:27.00	ML✓	8:11.5	70.9%	16	3
F15-19	1 Cassie Scott	Carrollton	(16)	13:21	-24	26:17.11		8:27.6	58.2%	19	4
	2 Alisa Rubinstein	Plano	(16)	13:41	+44	28:06.53	✓	9:02.8	54.4%	25	8
	3 Rachel Sasson	Dallas	(17)	14:42	+55	30:19.81		9:45.7	49.8%	31	10
	4 Miriam Schwitzer	Dallas	(15)	22:31	-59	44:02.84	✓	14:10.6	35.2%	46	17
F35-39	1 Juliana Velez		(37)	19:15	-55	37:35.90		12:06.1	40.1%	53	22
F40-44	1 Tammy Roether	Long Beach	(43)	15:31	+10	31:11.52	ML	10:02.4	50.3%	33	12
F45-49	1 Jennifer Loehding	Carrollton	(45)	14:04	-38	27:30.54		8:51.3	58.1%	24	7
	2 Lydia Murawski		(47)	18:41	-24	36:57.77	ML	11:53.8	44.1%	40	13
	3 Karen Wales	Carrollton	(48)	21:14	+22	42:50.15		13:47.3	38.5%	44	15
	4 Beth Evangelista	Irving	(46)	22:07	-41	43:33.10		14:01.1	37.1%	45	16
	5 Sheila Holen	Lewisville	(46)	24:07	-20	47:53.80	✓	15:25.0	33.7%	51	21
F50-54	1 Yanira Lopez	Farmers Branch	(54)	14:34	-4	29:04.81	ML	9:21.6	61.2%	29	9
F55-59	1 Frances McKissick	Irving	(55)	13:11	+21	26:43.35	ML	8:36.1	67.5%	22	6
	2 Sandy Zotti		(57)	18:40	-22	36:57.84	ML	11:53.9	50.1%	41	14
	3 Kristi Lobban	Garland	(58)	23:42	+17	47:41.56		15:21.0	39.4%	49	19
F60-64	1 Kim Andres	Irving	(64)	12:52	+32	26:15.76		8:27.2	78.0%	20	5
F65-69	1 Kumiko McCoy	Euless	(68)	15:39	-53	30:25.59		9:47.6	71.7%	32	11
	2 Carol Creech	Plano	(66)	23:42	+18	47:42.13		15:21.2	44.3%	50	20
F70-74	1 Betsy Veneziano	Carrollton	(72)	22:19	+23	45:00.04		14:29.1	51.8%	48	18

# 1M MALE

		10 MALE Runners --- Average Time of <b>7:59</b>					Avg. Age Grade: <b>57.3%</b>			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	<b>Cole Atchison</b>	Lewisville	(24)		<b>5:31.66</b>		5:31.7	<b>67.1%</b>	1	1
M45-49	1	<b>Alex Munoz</b>	Haslet	(47)		<b>6:34.32</b>		6:34.3	<b>63.0%</b>	2	2
	2	<b>Ryan Loehding</b>	Carrollton	(45)		<b>6:46.07</b>		6:46.1	<b>60.2%</b>	4	4
	3	<b>Jen Evangelista</b>	Irving	(46)		<b>7:39.92</b>		7:39.9	53.6%	6	6
M55-59	1	<b>John Kramer</b>	Plano	(55)		<b>8:53.99</b>		8:54.0	49.7%	11	8
M60-64	1	<b>Barry Papermaster</b>	Dallas	(63)		<b>6:38.01</b>		6:38.0	<b>71.4%</b>	3	3
	2	<b>Julio Lopez</b>	Farmers Branch	(62)		<b>7:29.42</b>		7:29.4	<b>62.7%</b>	5	5
	3	<b>Ruben Reyes</b>	Carrollton	(61)		<b>8:39.73</b>		8:39.7	53.7%	10	7
M65-69	1	<b>Scott McKissick</b>	Irving	(69)		<b>10:29.21</b>		10:29.2	47.8%	13	9
	2	<b>Michael Johnson</b>	Coppell	(65)		<b>11:04.86</b>		11:04.9	43.5%	16	10

# 1M FEMALE

		7 FEMALE Runners --- Average Time of <b>9:46</b>					Avg. Age Grade: <b>53.3%</b>			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	<b>Frances McKissick</b>	Irving	(55)		<b>7:47.14</b>		7:47.1	<b>68.3%</b>	7	<b>1</b>
F30-34	1	<b>Patrice Wright-Crawford</b>	Lewisville	(31)		<b>13:20.74</b>		13:20.7	31.5%	17	<b>7</b>
F40-44	1	<b>Tammy Roether</b>	Long Beach	(43)		<b>9:30.09</b>		9:30.1	48.2%	12	<b>4</b>
F45-49	1	<b>Lydia Murawski</b>		(47)		<b>10:37.59</b>		10:37.6	45.2%	14	<b>5</b>
F50-54	1	<b>Yanira Lopez</b>	Farmers Branch	(54)		<b>8:04.16</b>		8:04.2	<b>65.1%</b>	8	<b>2</b>
F55-59	1	<b>Jennifer Johnson</b>	Coppell	(55)		<b>8:20.84</b>		8:20.8	<b>63.7%</b>	9	<b>3</b>
	2	<b>Sandy Zotti</b>		(57)		<b>10:38.69</b>		10:38.7	51.4%	15	<b>6</b>

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock Time	AgeGD	
1	7293 Cole Atchison (M24)	1	M20-24	OA	---				5:31.66		5:31.7	18.87	5:31.66	67.1%
2	6001 Alex Munoz (M47)	2	M45-49	1st	---				6:34.32		6:34.3	22.47	6:34.32	63.0%
3	7554 Barry Papermaster (M63)	3	M60-64	1st	---				6:38.01		6:38.0	22.69	6:38.01	71.4%
4	7072 Ryan Loehding (M45)	4	M45-49	2nd	---				6:46.07		6:46.1	23.15	6:46.07	60.2%
5	7193 Julio Lopez (M62)	5	M60-64	2nd	---				7:29.42		7:29.4	25.60	7:29.42	62.7%
6	7343 Jen Evangelista (M46)	6	M45-49	3rd	---				7:39.92		7:39.9	26.17	7:39.92	53.6%
7	7062 Frances McKissick (F55)	1	F55-59	OA	---				7:47.14		7:47.1	26.63	7:47.14	68.3%
8	7198 Yanira Lopez (F54)	2	F50-54	1st	---				8:04.16		8:04.2	27.60	8:04.16	65.1%
9	7262 Jennifer Johnson (F55)	3	F55-59	1st	---				8:20.84		8:20.8	28.51	8:20.84	63.7%
10	7283 Ruben Reyes (M61)	7	M60-64	3rd	---				8:39.73		8:39.7	29.59	8:39.73	53.7%
11	7261 John Kramer (M55)	8	M55-59	1st	---				8:53.99		8:54.0	30.39	8:53.99	49.7%
12	6847 Tammy Roether (F43)	4	F40-44	1st	---				9:30.09	✗	9:30.1	32.50	9:30.09	48.2%
13	7048 Scott McKissick (M69)	9	M65-69	1st	---				10:29.21		10:29.2	35.86	10:29.21	47.8%
14	6006 Lydia Murawski (F47)	5	F45-49	1st	---				10:37.59	✗	10:37.6	36.32	10:37.59	45.2%
15	6005 Sandy Zotti (F57)	6	F55-59	2nd	---				10:38.69	✗	10:38.7	36.38	10:38.69	51.4%
16	7252 Michael Johnson (M65)	10	M65-69	2nd	---				11:04.86		11:04.9	37.86	11:04.86	43.5%
17	6855 Patrice Wright-Crawford (F31)	7	F30-34	1st	---				13:20.74	✗	13:20.7	45.61	13:20.74	31.5%

✓ No Club PR's

Average Finish Time: 08:42 4 First Timers

Average Age Grade: 55.7%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock Time	AgeGD	
1	7293 Cole Atchison (M24)	1	M20-24	OA	0.2	8:42	8:50	+8	17:32.00	♫✓ 10	5:38.6	17.53	17:32.18	73.6%
2	6008 Sergio Arias (M33)	2	M30-34	1st	---	9:29	9:40	+11	19:09.17		6:09.9	19.15	19:09.17	68.1%
3	6001 Alex Munoz (M47)	3	M45-49	MS	---	9:51	9:43	-8	19:33.50	♫✓ 2	6:17.7	19.55	19:33.50	73.6%
4	7568 Joe Wales (M15)	4	M15-19	1st	---	9:24	10:13	+49	19:37.31	✓ 14	6:18.9	19.62	19:37.31	71.0%
5	6004 Adrian Mora (M44)	5	M40-44	1st	1.2	9:52	10:22	+30	20:14.21	✗	6:30.8	20.23	20:15.46	69.5%
6	6674 Robert Flores (M37)	6	M35-39	1st	2.2	9:54	10:34	+40	20:27.81	✓ 2	6:35.2	20.45	20:29.97	65.2%
7	6002 Ezra Ruderman (M17)	7	M15-19	2nd	---	11:07	10:55	-12	22:02.35		7:05.6	22.03	22:02.35	61.3%
8	7193 Julio Lopez (M62)	8	M60-64	SR	2.5	11:11	10:59	-13	22:09.66	♫✓ 88	7:08.0	22.15	22:12.14	73.7%
9	7255 John Cosentino (M55)	9	M55-59	1st	1.1	11:21	11:11	-10	22:31.89	✓ 4	7:15.1	22.52	22:32.99	68.2%
10	7184 Manav Shah (M33)	10	M30-34	2nd	2.0	11:12	11:25	+13	22:37.18	✓ 28	7:16.8	22.62	22:39.20	57.7%
11	6782 Charlie Meyer (M9)	11	M01-09	1st	1.1	11:07	11:48	+41	22:54.45	✓ 1	7:22.4	22.90	22:55.51	71.4%
12	7473 Paige Loehding (F17)	1	F15-19	OA	4.2	11:59	11:05	-54	23:04.06		7:25.5	23.07	23:08.25	65.5%
13	7072 Ryan Loehding (M45)	12	M45-49	1st	6.1	11:41	11:26	-15	23:07.10	♫	7:26.5	23.12	23:13.20	61.3%
14	6823 Seth Gerstenfeld (M18)	13	M15-19	3rd	0.5	11:38	12:06	+27	23:43.81		7:38.3	23.72	23:44.35	56.2%
15	6784 Sarah Meyer (F41)	2	F40-44	MS	2.3	12:11	12:07	-4	24:18.07	✓ 1	7:49.3	24.30	24:20.33	63.5%
16	7262 Jennifer Johnson (F55)	3	F55-59	SR	2.1	12:50	12:37	-13	25:27.00	♫✓ 23	8:11.5	25.45	25:29.05	70.9%
17	6007 Jeff Conklin (M54)	14	M50-54	1st	1.6	12:58	13:09	+11	26:06.28	✗	8:24.1	26.10	26:07.85	58.4%
18	6859 Samuel Hall (M15)	15	M15-19	4th	6.9	13:15	12:55	-20	26:09.72	✗	8:25.2	26.15	26:16.64	53.2%
19	6856 Cassie Scott (F16)	4	F15-19	1st	---	13:21	12:57	-24	26:17.11	✗	8:27.6	26.28	26:17.11	58.2%
20	7040 Kim Andres (F64)	5	F60-64	1st	2.5	12:52	13:24	+32	26:15.76		8:27.2	26.25	26:18.27	78.0%
21	6003 Rich Weklar (M46)	16	M45-49	2nd	2.8	12:59	13:21	+22	26:19.89		8:28.5	26.32	26:22.69	54.3%
22	7062 Frances McKissick (F55)	6	F55-59	1st	3.2	13:11	13:32	+21	26:43.35	♫	8:36.1	26.72	26:46.51	67.5%
23	7345 Ryan Pogue (M46)	17	M45-49	3rd	6.6	13:31	13:14	-17	26:44.36		8:36.4	26.73	26:51.00	53.4%
24	7472 Jennifer Loehding (F45)	7	F45-49	1st	9.0	14:04	13:26	-38	27:30.54		8:51.3	27.50	27:39.53	58.1%
25	6839 Alisa Rubinstein (F16)	8	F15-19	2nd	---	13:41	14:25	+44	28:06.53	✓ 1	9:02.8	28.10	28:06.53	54.4%
26	7563 Tomas Bern (M54)	18	M50-54	2nd	2.1	13:46	14:22	+37	28:08.22		9:03.4	28.13	28:10.28	54.2%
27	6861 Rich Cronin (M50)	19	M50-54	3rd	1.5	13:58	14:19	+21	28:16.79	✗	9:06.1	28.27	28:18.32	52.1%
28	6783 Johnny Meyer (M8)	20	M01-09	2nd	1.8	14:36	14:12	-24	28:48.33	✓ 1	9:16.3	28.80	28:50.08	59.1%
29	7198 Yanira Lopez (F54)	9	F50-54	1st	9.8	14:34	14:30	-4	29:04.81	♫	9:21.6	29.07	29:14.59	61.2%

FN\*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

11/26/2017

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

△ Negative Split

 DeltaViewTiming.com

30	7008	David Mask (M65)	21	M65-69	1st	169.6	13:40	12:52	-48	<b>26:31.62</b>		8:32.3	26.52	29:21.19	<b>63.2%</b>
31	6821	Rachel Sasson (F17)	10	F15-19	3rd	0.5	14:42	15:37	+55	<b>30:19.81</b>	⌘	9:45.7	30.32	30:20.33	49.8%
32	7449	Kumiko McCoy (F68)	11	F65-69	1st	9.4	15:39	14:47	-53	<b>30:25.59</b>		9:47.6	30.42	30:34.95	<b>71.7%</b>
33	6847	Tammy Roether (F43)	12	F40-44	1st	5.4	15:31	15:41	+10	<b>31:11.52</b>	⌘	10:02.4	31.18	31:16.91	50.3%
34	7346	Julian Evangelista (M13)	22	M10-14	1st	31.1	15:40	15:09	-31	<b>30:48.39</b>	✓ 1	9:54.9	30.80	31:19.48	47.1%
35	7343	Jen Evangelista (M46)	23	M45-49	4th	35.1	15:35	15:10	-25	<b>30:44.77</b>	⌘	9:53.8	30.73	31:19.83	46.5%
36	6475	Kevin Jordan (M36)	24	M35-39	2nd	4.5	14:17	17:34	+196	<b>31:50.90</b>	⌘	10:15.1	31.83	31:55.37	41.6%
37	7283	Ruben Reyes (M61)	25	M60-64	1st	6.3	17:51	17:49	-2	<b>35:39.89</b>	⌘	11:28.8	35.65	35:46.24	45.4%
38	7261	John Kramer (M55)	26	M55-59	2nd	203.2	17:00	16:22	-37	<b>33:22.23</b>	⌘	10:44.5	33.37	36:45.46	46.0%
39	7252	Michael Johnson (M65)	27	M65-69	2nd	7.1	18:44	18:14	-30	<b>36:57.85</b>	⌘	11:53.9	36.95	37:04.96	45.4%
40	6006	Lydia Murawski (F47)	13	F45-49	2nd	7.8	18:41	18:17	-24	<b>36:57.77</b>	⌘	11:53.8	36.95	37:05.56	44.1%
41	6005	Sandy Zotti (F57)	14	F55-59	2nd	8.9	18:40	18:18	-22	<b>36:57.84</b>	⌘	11:53.9	36.95	37:06.71	50.1%
42	7251	Dave Hanna (M66)	28	M65-69	3rd	7.1	19:04	19:25	+21	<b>38:29.57</b>		12:23.4	38.48	38:36.69	44.0%
43	7048	Scott McKissick (M69)	29	M65-69	4th	13.2	19:22	19:37	+15	<b>38:59.80</b>	⌘	12:33.1	38.98	39:12.99	44.7%
44	7569	Karen Wales (F48)	15	F45-49	3rd	10.4	21:14	21:36	+22	<b>42:50.15</b>		13:47.3	42.83	43:00.58	38.5%
45	7344	Beth Evangelista (F46)	16	F45-49	4th	30.1	22:07	21:26	-41	<b>43:33.10</b>		14:01.1	43.55	44:03.20	37.1%
46	6825	Miriam Schwitzer (F15)	17	F15-19	4th	1.6	22:31	21:32	-59	<b>44:02.84</b>	✓ 1	14:10.6	44.03	44:04.40	35.2%
47	7148	Scott Ahlstrom (M69)	30	M65-69	5th	13.3	22:45	21:57	-48	<b>44:41.68</b>		14:23.2	44.68	44:55.01	39.0%
48	7145	Betsy Veneziano (F72)	18	F70-74	1st	4.6	22:19	22:41	+23	<b>45:00.04</b>		14:29.1	45.00	45:04.64	51.8%
49	6843	Kristi Lobban (F58)	19	F55-59	3rd	4.4	23:42	23:59	+17	<b>47:41.56</b>		15:21.0	47.68	47:45.99	39.4%
50	7024	Carol Creech (F66)	20	F65-69	2nd	4.7	23:42	24:00	+18	<b>47:42.13</b>		15:21.2	47.70	47:46.86	44.3%
51	7246	Sheila Holen (F46)	21	F45-49	5th	4.1	24:07	23:47	-20	<b>47:53.80</b>	✓ 2	15:25.0	47.88	47:57.89	33.7%
52	6010	Juan Gomez (M34)	31	M30-34	3rd	702.1	19:07	18:23	-44	<b>37:30.26</b>	⌘	12:04.3	37.50	49:12.33	35.0%
53	6009	Juliana Velez (F37)	22	F35-39	1st	696.9	19:15	18:21	-55	<b>37:35.90</b>	⌘	12:06.1	37.58	49:12.78	40.1%
<b>24 Positive Split</b>							<b>29 Negative Split</b>		✓ <b>15 Club PR's</b>		Average Finish Time: <b>30:23</b> <i>12 First Timers</i> Average Age Grade: <b>55.0%</b>				

# Sorted Age Grades

## 1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	3	Barry Papermaster	M63	6:38.01	71.4%	
2	7	Frances McKissick	F55	7:47.14	68.3%	
3	1	Cole Atchison	M24	5:31.66	67.1%	
4	8	Yanira Lopez	F54	8:04.16	65.1%	
5	9	Jennifer Johnson	F55	8:20.84	63.7%	
6	2	Alex Munoz	M47	6:34.32	63.0%	
7	5	Julio Lopez	M62	7:29.42	62.7%	
8	4	Ryan Loehding	M45	6:46.07	60.2%	
9	10	Ruben Reyes	M61	8:39.73	53.7%	
10	6	Jen Evangelista	M46	7:39.92	53.6%	
11	15	Sandy Zotti	F57	10:38.69	51.4%	

## 5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	20	Kim Andres	F64	26:15.76	78.0%	
2	8	Julio Lopez	M62	22:09.66	73.7%	Move UP
3	3	Alex Munoz	M47	19:33.50	73.6%	Move UP
4	1	Cole Atchison	M24	17:32.00	73.6%	Move UP
5	32	Kumiko McCoy	F68	30:25.59	71.7%	
6	11	Charlie Meyer	M9	22:54.45	71.4%	New
7	4	Joe Wales	M15	19:37.31	71.0%	New
8	16	Jennifer Johnson	F55	25:27.00	70.9%	Move UP
9	5	Adrian Mora	M44	20:14.21	69.5%	New
10	9	John Cosentino	M55	22:31.89	68.2%	Move UP
11	2	Sergio Arias	M33	19:09.17	68.1%	
12	22	Frances McKissick	F55	26:43.35	67.5%	
13	12	Paige Loehding	F17	23:04.06	65.5%	
14	6	Robert Flores	M37	20:27.81	65.2%	New
15	15	Sarah Meyer	F41	24:18.07	63.5%	
16	30	David Mask	M65	26:31.62	63.2%	
17	13	Ryan Loehding	M45	23:07.10	61.3%	
18	7	Ezra Ruderman	M17	22:02.35	61.3%	
19	29	Yanira Lopez	F54	29:04.81	61.2%	
20	28	Johnny Meyer	M8	28:48.33	59.1%	
21	17	Jeff Conklin	M54	26:06.28	58.4%	
22	19	Cassie Scott	F16	26:17.11	58.2%	
23	24	Jennifer Loehding	F45	27:30.54	58.1%	
24	10	Manav Shah	M33	22:37.18	57.7%	
25	14	Seth Gerstenfeld	M18	23:43.81	56.2%	
26	25	Alisa Rubinstein	F16	28:06.53	54.4%	
27	21	Rich Weklar	M46	26:19.89	54.3%	
28	26	Tomas Bern	M54	28:08.22	54.2%	
29	23	Ryan Pogue	M46	26:44.36	53.4%	
30	18	Samuel Hall	M15	26:09.72	53.2%	
31	27	Rich Cronin	M50	28:16.79	52.1%	
32	48	Betsy Veneziano	F72	45:00.04	51.8%	
33	33	Tammy Roether	F43	31:11.52	50.3%	
34	41	Sandy Zotti	F57	36:57.84	50.1%	

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