

# Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Robert Flores	5:56.58	Richard Vargas	18:32.34	Steven Mudgett	21:10.32	Vijayan Nair	21:57.20
Mala Francis	6:52.50	Elizabeth Trimble	27:46.82	Kuay Sullivan	27:52.46	Yanira Lopez	31:26.11

## 5K MALE

		23 MALE Runners --- Average Time of 28:08						Avg. Age Grade: 56.5%		Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Richard Vargas	Grapevine	(36)	9:10	+13	18:32.34		5:58.0	71.5%	1	1
MASTERS	1	Steven Mudgett	Dallas	(61)	10:48	-26	21:10.32	☐	6:48.9	76.4%	2	2
SENIORS	1	Vijayan Nair	Plano	(55)	10:48	+22	21:57.20	ℳ	7:04.0	70.0%	4	4
M30-34	1	Blair Casey	Carrollton	(31)	11:05	-15	21:55.36	ℳ	7:03.4	59.1%	5	5
M35-39	1	Robert Flores	Aubrey	(37)	10:31	+29	21:30.53	ℳ	6:55.4	62.1%	3	3
M45-49	1	Rich Weklar	Bartonville	(47)	12:32	+41	25:45.21	ℳ ✓	8:17.4	55.9%	8	8
	2	Ryan Pogue	Carrollton	(46)	13:53	-41	27:05.26		8:43.1	52.8%	11	11
	3	Malcolm Sharpe		(46)	13:32	+40	27:45.15	ℳ	8:56.0	51.5%	13	13
	4	Nathan Bruser	Coppell	(46)	14:19	+8	28:46.41	ℳ	9:15.7	49.7%	27	22
M50-54	1	Antonio Martinez		(53)	12:40	-21	24:59.83	ℳ	8:02.8	60.5%	7	7
	2	Jeffrey Conklin	Arlington	(54)	13:21	+27	27:09.82	ℳ	8:44.6	56.1%	10	10
	3	Rich Cronin	Arlington	(50)	14:02	-1	28:03.65	ℳ ✓	9:01.9	52.6%	16	14
	4	Tomas Bern	Allen	(54)	14:30	+32	29:31.84		9:30.3	51.6%	17	15
M55-59	1	Jaws Hansen	Dallas	(57)	13:57	-15	27:38.07	ℳ	8:53.7	56.6%	12	12
	2	John Kramer	Plano	(56)	18:42	-62	36:21.36	ℳ	11:42.1	42.6%	26	21
M60-64	1	Julio Lopez	Farmers Branch	(62)	11:57	+16	24:10.65	ℳ	7:46.9	67.5%	6	6
	2	John Lavine		(61)	14:20	+110	30:30.36		9:49.1	53.0%	19	17
	3	Ruben Reyes	Carrollton	(62)	15:53	+3	31:49.64	ℳ	10:14.7	51.3%	21	18
	4	Robert Simpson	Coppell	(63)	17:59	-24	35:34.16		11:26.9	46.3%	24	19
M65-69	1	David Mask	Lewisville	(66)	13:45	-38	26:52.20		8:38.9	63.0%	9	9
	2	Maxx Pomm	Dallas	(68)	14:50	+18	29:57.91		9:38.7	57.6%	18	16
	3	Scott Ahlstrom	Carrollton	(69)	22:31	-39	44:22.65		14:17.0	39.3%	28	23
M70-74	1	Bill Shirley	Dallas	(74)	18:00	-20	35:41.11	ℳ	11:29.2	52.2%	25	20

## 5K FEMALE

		7 FEMALE Runners --- Average Time of 36:15						Avg. Age Grade: 51.2%		Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Elizabeth Trimble	Highland Village	(50)	14:13	-39	27:46.82		8:56.5	60.9%	14	1
MASTERS	1	Kuay Sullivan	Coppell	(52)	14:08	-24	27:52.46	ℳ	8:58.3	62.3%	15	2
SENIORS	1	Yanira Lopez	Farmers Branch	(55)	15:37	+12	31:26.11	ℳ	10:07.1	57.4%	20	3
F20-24	1	Mahala Furman	Irving	(20)	16:07	+181	35:15.03		11:20.8	42.0%	23	5
F45-49	1	Sheila Holen	Lewisville	(47)	25:42	+49	52:13.39		16:48.5	31.2%	30	7
F55-59	1	Betsy Palmer	Carrollton	(57)	16:21	+77	33:58.87		10:56.3	54.6%	22	4
F70-74	1	Francisca Trevino	Carrollton	(70)	21:29	+133	45:09.98		14:32.3	49.9%	29	6

# 1M MALE

		16 MALE Runners --- Average Time of <b>7:44</b>						Avg. Age Grade: <b>57.1%</b>		Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	<b>Robert Flores</b>	Aubrey	(37)		<b>5:56.58</b>	✓	5:56.6	<b>64.6%</b>	1	1
M30-34	1	<b>Blair Casey</b>	Carrollton	(31)		<b>6:18.61</b>		6:18.6	59.1%	3	3
M35-39	1	<b>Everett Schroeter</b>	Richardson	(38)		<b>6:01.70</b>		6:01.7	<b>64.2%</b>	2	2
M45-49	1	<b>Rich Weklar</b>	Bartonville	(47)		<b>7:01.01</b>		7:01.0	59.0%	7	6
	2	<b>Malcolm Sharpe</b>		(46)		<b>7:53.98</b>		7:54.0	52.0%	10	9
	3	<b>Nathan Bruser</b>	Coppell	(46)		<b>8:00.01</b>		8:00.0	51.4%	11	10
M50-54	1	<b>Antonio Martinez</b>		(53)		<b>7:09.40</b>		7:09.4	<b>60.7%</b>	8	7
	2	<b>M Maimonides</b>	Kansas City, Mo	(54)		<b>7:10.86</b>		7:10.9	<b>61.0%</b>	9	8
	3	<b>Rich Cronin</b>	Arlington	(50)		<b>8:25.59</b>		8:25.6	50.3%	12	11
	4	<b>Jeffrey Conklin</b>	Arlington	(54)		<b>10:25.26</b>		10:25.3	42.1%	19	16
M55-59	1	<b>Vijayan Nair</b>	Plano	(55)		<b>6:19.48</b>		6:19.5	<b>69.9%</b>	4	4
	2	<b>Jaws Hansen</b>	Dallas	(57)		<b>8:43.86</b>		8:43.9	51.5%	13	12
	3	<b>John Kramer</b>	Plano	(56)		<b>8:52.16</b>		8:52.2	50.3%	15	14
M60-64	1	<b>Julio Lopez</b>	Farmers Branch	(62)		<b>6:49.59</b>		6:49.6	<b>68.8%</b>	5	5
	2	<b>Ruben Reyes</b>	Carrollton	(62)		<b>9:38.49</b>		9:38.5	48.7%	18	15
M70-74	1	<b>Bill Shirley</b>	Dallas	(74)		<b>8:50.98</b>		8:51.0	<b>60.6%</b>	14	13

# 1M FEMALE

		3 FEMALE Runners --- Average Time of <b>8:27</b>						Avg. Age Grade: <b>59.0%</b>		Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	<b>Mala Francis</b>	Dallas	(15)		<b>6:52.50</b>		6:52.5	<b>63.9%</b>	6	<b>1</b>
F50-54	1	<b>Kuay Sullivan</b>	Coppell	(52)		<b>8:54.91</b>		8:54.9	57.3%	16	<b>2</b>
F55-59	1	<b>Yanira Lopez</b>	Farmers Branch	(55)		<b>9:32.47</b>		9:32.5	55.8%	17	<b>3</b>

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6674 Robert Flores (M37)	1	M35-39	OA	---				5:56.58	✓ 3	5:56.6	20.30	5:56.58	64.6%
2	6671 Everett Schroeter (M38)	2	M35-39	1st	---				6:01.70		6:01.7	20.58	6:01.70	64.2%
3	6896 Blair Casey (M31)	3	M30-34	1st	---				6:18.61	✗	6:18.6	21.55	6:18.61	59.1%
4	7117 Vijayan Nair (M55)	4	M55-59	1st	---				6:19.48		6:19.5	21.61	6:19.48	69.9%
5	7193 Julio Lopez (M62)	5	M60-64	1st	---				6:49.59		6:49.6	23.32	6:49.59	68.8%
6	7564 Mala Francis (F15)	1	F15-19	OA	---				6:52.50		6:52.5	23.49	6:52.50	63.9%
7	7222 Rich Weklar (M47)	6	M45-49	1st	---				7:01.01	✗	7:01.0	24.00	7:01.01	59.0%
8	6003 Antonio Martinez (M53)	7	M50-54	1st	---				7:09.40	✗	7:09.4	24.46	7:09.40	60.7%
9	6557 M Maimonides (M54)	8	M50-54	2nd	---				7:10.86		7:10.9	24.52	7:10.86	61.0%
10	6004 Malcolm Sharpe (M46)	9	M45-49	2nd	---				7:53.98	✗	7:54.0	26.97	7:53.98	52.0%
11	7097 Nathan Bruser (M46)	10	M45-49	3rd	---				8:00.01		8:00.0	27.37	8:00.01	51.4%
12	6861 Rich Cronin (M50)	11	M50-54	3rd	---				8:25.59	✗	8:25.6	28.79	8:25.59	50.3%
13	7060 Jaws Hansen (M57)	12	M55-59	2nd	---				8:43.86		8:43.9	29.82	8:43.86	51.5%
14	7043 Bill Shirley (M74)	13	M70-74	1st	---				8:50.98		8:51.0	30.22	8:50.98	60.6%
15	7261 John Kramer (M56)	14	M55-59	3rd	---				8:52.16		8:52.2	30.33	8:52.16	50.3%
16	7265 Kuay Sullivan (F52)	2	F50-54	1st	---				8:54.91		8:54.9	30.45	8:54.91	57.3%
17	7198 Yanira Lopez (F55)	3	F55-59	1st	---				9:32.47		9:32.5	32.61	9:32.47	55.8%
18	7283 Ruben Reyes (M62)	15	M60-64	2nd	---				9:38.49		9:38.5	32.96	9:38.49	48.7%
19	6864 Jeffrey Conklin (M54)	16	M50-54	4th	---				10:25.26	✗	10:25.3	35.64	10:25.26	42.1%

✓ 1 Club PR's

Average Finish Time: 07:50 6 First Timers

Average Age Grade: 57.4%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6005 Richard Vargas (M36)	1	M35-39	OA	0.1	9:10	9:23	+13	18:32.34	✗	5:58.0	18.53	18:32.47	71.5%
2	6001 Steven Mudgett (M61)	2	M60-64	MS	0.5	10:48	10:22	-26	21:10.32	□	6:48.9	21.17	21:10.80	76.4%
3	6674 Robert Flores (M37)	3	M35-39	1st	0.7	10:31	11:00	+29	21:30.53	ℓ	6:55.4	21.50	21:31.19	62.1%
4	7117 Vijayan Nair (M55)	4	M55-59	SR	0.4	10:48	11:10	+22	21:57.20	ℓ	7:04.0	21.95	21:57.56	70.0%
5	6896 Blair Casey (M31)	5	M30-34	1st	2.6	11:05	10:50	-15	21:55.36	ℓ	7:03.4	21.92	21:57.97	59.1%
6	7193 Julio Lopez (M62)	6	M60-64	1st	0.7	11:57	12:13	+16	24:10.65	ℓ	7:46.9	24.17	24:11.33	67.5%
7	6003 Antonio Martinez (M53)	7	M50-54	1st	2.4	12:40	12:20	-21	24:59.83	ℓ	8:02.8	24.98	25:02.19	60.5%
8	7222 Rich Weklar (M47)	8	M45-49	1st	3.1	12:32	13:13	+41	25:45.21	ℓ ✓ 5	8:17.4	25.75	25:48.34	55.9%
9	7008 David Mask (M66)	9	M65-69	1st	14.8	13:45	13:07	-38	26:52.20		8:38.9	26.87	27:06.99	63.0%
10	6864 Jeffrey Conklin (M54)	10	M50-54	2nd	0.2	13:21	13:49	+27	27:09.82	ℓ	8:44.6	27.15	27:10.01	56.1%
11	7345 Ryan Pogue (M46)	11	M45-49	2nd	8.2	13:53	13:12	-41	27:05.26		8:43.1	27.08	27:13.51	52.8%
12	7060 Jaws Hansen (M57)	12	M55-59	1st	2.7	13:57	13:41	-15	27:38.07	ℓ	8:53.7	27.63	27:40.76	56.6%
13	6004 Malcolm Sharpe (M46)	13	M45-49	3rd	0.2	13:32	14:13	+40	27:45.15	ℓ ✗	8:56.0	27.75	27:45.38	51.5%
14	7156 Elizabeth Trimble (F50)	1	F50-54	OA	7.2	14:13	13:34	-39	27:46.82		8:56.5	27.77	27:53.99	60.9%
15	7265 Kuay Sullivan (F52)	2	F50-54	MS	6.7	14:08	13:44	-24	27:52.46	ℓ	8:58.3	27.87	27:59.21	62.3%
16	6861 Rich Cronin (M50)	14	M50-54	3rd	6.4	14:02	14:01	-1	28:03.65	ℓ ✓ 3	9:01.9	28.05	28:10.06	52.6%
17	7563 Tomas Bern (M54)	15	M50-54	4th	3.8	14:30	15:02	+32	29:31.84		9:30.3	29.52	29:35.64	51.6%
18	7049 Maxx Pomm (M68)	16	M65-69	2nd	3.4	14:50	15:08	+18	29:57.91		9:38.7	29.95	30:01.29	57.6%
19	6002 John Lavine (M61)	17	M60-64	2nd	8.8	14:20	16:10	+110	30:30.36		9:49.1	30.50	30:39.18	53.0%
20	7198 Yanira Lopez (F55)	3	F55-59	SR	10.3	15:37	15:49	+12	31:26.11	ℓ	10:07.1	31.43	31:36.44	57.4%
21	7283 Ruben Reyes (M62)	18	M60-64	3rd	6.7	15:53	15:56	+3	31:49.64	ℓ	10:14.7	31.82	31:56.31	51.3%
22	7454 Betsy Palmer (F57)	4	F55-59	1st	8.2	16:21	17:38	+77	33:58.87		10:56.3	33.97	34:07.08	54.6%
23	6910 Mahala Furman (F20)	5	F20-24	1st	5.5	16:07	19:08	+181	35:15.03	✗	11:20.8	35.25	35:20.53	42.0%
24	7106 Robert Simpson (M63)	19	M60-64	4th	11.0	17:59	17:35	-24	35:34.16		11:26.9	35.57	35:45.21	46.3%
25	7043 Bill Shirley (M74)	20	M70-74	1st	4.8	18:00	17:41	-20	35:41.11	ℓ	11:29.2	35.68	35:45.91	52.2%
26	7261 John Kramer (M56)	21	M55-59	2nd	193.1	18:42	17:39	-62	36:21.36	ℓ	11:42.1	36.35	39:34.43	42.6%
27	7097 Nathan Bruser (M46)	22	M45-49	4th	779.6	14:19	14:27	+8	28:46.41	ℓ	9:15.7	28.77	41:46.00	49.7%

FN\*: □ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

4/30/2018

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

△ Negative Split

 DeltaViewTiming.com

28	7148	Scott Ahlstrom (M69)	23	M65-69	3 <sup>rd</sup>	3.3	22:31	21:52	-39	<b>44:22.65</b>	14:17.0	44.37	44:25.99	39.3%	
29	6640	Francisca Trevino (F70)	6	F70-74	1 <sup>st</sup>	10.5	21:29	23:41	+133	<b>45:09.98</b>	14:32.3	45.15	45:20.45	49.9%	
30	7246	Sheila Holen (F47)	7	F45-49	1 <sup>st</sup>	8.7	25:42	26:31	+49	<b>52:13.39</b>	16:48.5	52.22	52:22.10	31.2%	
<b>17 Positive Split</b>							<b>13 Negative Split</b>		<b>✓ 2 Club PR's</b>		Average Finish Time: <b>30:01</b>		<u>3 First Timers</u>		Average Age Grade: <b>55.2%</b>

# Sorted Age Grades

## 1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	4	Vijayan Nair	M55	6:19.48	<b>69.9%</b>	
2	5	Julio Lopez	M62	6:49.59	<b>68.8%</b>	
3	1	Robert Flores	M37	5:56.58	<b>64.6%</b>	
4	2	Everett Schroeter	M38	6:01.70	<b>64.2%</b>	
5	6	Mala Francis	<b>F15</b>	6:52.50	<b>63.9%</b>	
6	9	M Maimonides	M54	7:10.86	<b>61.0%</b>	
7	8	Antonio Martinez	M53	7:09.40	<b>60.7%</b>	
8	14	Bill Shirley	M74	8:50.98	<b>60.6%</b>	
9	3	Blair Casey	M31	6:18.61	59.1%	
10	7	Rich Weklar	M47	7:01.01	59.0%	
11	16	Kuay Sullivan	<b>F52</b>	8:54.91	57.3%	
12	17	Yanira Lopez	<b>F55</b>	9:32.47	55.8%	
13	10	Malcolm Sharpe	M46	7:53.98	52.0%	
14	13	Jaws Hansen	M57	8:43.86	51.5%	
15	11	Nathan Bruser	M46	8:00.01	51.4%	
16	12	Rich Cronin	M50	8:25.59	50.3%	
17	15	John Kramer	M56	8:52.16	50.3%	

## 5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Steven Mudgett	M61	21:10.32	<b>76.4%</b>	
2	1	Richard Vargas	M36	18:32.34	<b>71.5%</b>	New
3	4	Vijayan Nair	M55	21:57.20	<b>70.0%</b>	
4	6	Julio Lopez	M62	24:10.65	<b>67.5%</b>	
5	9	David Mask	M66	26:52.20	<b>63.0%</b>	
6	15	Kuay Sullivan	<b>F52</b>	27:52.46	<b>62.3%</b>	
7	3	Robert Flores	M37	21:30.53	<b>62.1%</b>	
8	14	Elizabeth Trimble	<b>F50</b>	27:46.82	<b>60.9%</b>	
9	7	Antonio Martinez	M53	24:59.83	<b>60.5%</b>	
10	5	Blair Casey	M31	21:55.36	59.1%	
11	18	Maxx Pomm	M68	29:57.91	57.6%	
12	20	Yanira Lopez	<b>F55</b>	31:26.11	57.4%	
13	12	Jaws Hansen	M57	27:38.07	56.6%	
14	10	Jeffrey Conklin	M54	27:09.82	56.1%	
15	8	Rich Weklar	M47	25:45.21	55.9%	
16	22	Betsy Palmer	<b>F57</b>	33:58.87	54.6%	
17	19	John Lavine	M61	30:30.36	53.0%	
18	11	Ryan Pogue	M46	27:05.26	52.8%	
19	16	Rich Cronin	M50	28:03.65	52.6%	
20	25	Bill Shirley	M74	35:41.11	52.2%	
21	17	Tomas Bern	M54	29:31.84	51.6%	
22	13	Malcolm Sharpe	M46	27:45.15	51.5%	
23	21	Ruben Reyes	M62	31:49.64	51.3%	

**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 &gt; 65%

**65%** Boston-Qualifier Approximate Level**60%** Local Class Level**50%** Average Class Level