

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Albert Marban	5:51.78	Albert Marban	18:10.99	David Gardner	18:30.39	Vijayan Nair	22:24.49
Kuay Sullivan	8:39.49	Evie Flores	25:46.38	Kuay Sullivan	26:39.90	Kumiko McCoy	30:44.92

5K MALE

		26 MALE Runners --- Average Time of 27:20					Avg. Age Grade: 56.8%		Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Albert Marban	Farmers Branch	(25)	8:57	+18	18:10.99	ML	5:51.2	70.9%	1	1
MASTERS	1 David Gardner	Boulder, CO	(48)	9:07	+16	18:30.39	✓	5:57.4	78.4%	2	2
SENIORS	1 Vijayan Nair	Plano	(56)	11:19	-13	22:24.49	ML	7:12.7	69.2%	5	5
M30-34	1 Blair Casey	Carrollton	(32)	10:10	-1	20:18.93		6:32.3	64.0%	4	4
	2 Justin Pechacek	Snyder	(33)	14:31	+121	31:03.83		9:59.9	42.0%	25	21
M35-39	1 Robert Flores	Aubrey	(38)	10:00	+14	20:13.89	✓	6:30.7	66.5%	3	3
	2 Joshua Hulsey	Amarillo	(35)	11:38	-44	22:31.42		7:15.0	58.5%	7	7
	3 Lee Casas	La Mesa	(35)	13:19	+34	27:12.38		8:45.4	48.4%	17	15
	4 Gabor Toth	Coppell	(38)	14:28	-44	28:11.78	ML	9:04.5	47.7%	18	16
	5 Chris McCrackin	Lewisville	(37)	18:39	+94	38:51.02	ML	12:30.3	34.4%	34	25
M40-44	1 John Myers	Farmers Branch	(40)	12:18	+35	25:10.36	✓	8:06.1	54.2%	14	14
M45-49	1 Jen Evangelista	Irving	(47)	11:39	+8	23:25.32	ML✓	7:32.3	61.5%	9	9
	2 Richard Barcellano	Lewisville	(45)	12:14	+317	29:45.51	✓	9:34.7	47.6%	21	18
	3 Geronimo Simpao	Irving	(47)	12:14	+318	29:46.09	ML	9:34.9	48.4%	20	17
	4 Chris Goins	Garland	(48)	18:46	+49	38:21.33		12:20.7	37.8%	30	23
M50-54	1 Doug Waters	Carrollton	(54)	11:31	-18	22:44.23		7:19.1	67.0%	8	8
M55-59	1 John Cosentino	Plano	(56)	11:21	-15	22:26.86		7:13.5	69.0%	6	6
	2 Robert Landon	Allen	(59)	12:18	+3	24:37.85		7:55.7	64.6%	11	11
	3 Jaws Hansen	Dallas	(58)	17:01	+9	34:11.04	ML	11:00.2	46.1%	27	22
	4 John Kramer	Plano	(57)	19:29	-36	38:22.55	ML	12:21.1	40.7%	35	26
M60-64	1 Julio Lopez	Farmers Branch	(63)	12:13	+14	24:40.31	ML	7:56.5	66.8%	10	10
	2 Ruben Arevalo	Carrollton	(63)	12:28	+15	25:11.26	ML✓	8:06.4	65.4%	13	13
	3 Robert Simpson	Coppell	(63)	19:03	+16	38:23.25		12:21.3	42.9%	31	24
M65-69	1 David Mask	Lewisville	(66)	15:43	-86	30:01.11	ML	9:39.7	56.4%	22	19
M70-74	1 John Nance	Rowlett	(70)	12:26	+2	24:54.54		8:01.0	70.8%	12	12
	2 Kendall Black	Grand Prairie	(70)	15:02	+63	31:07.36	ML	10:01.0	56.6%	24	20

5K FEMALE

		11 FEMALE Runners --- Average Time of				35:54	Avg. Age Grade: 51.6%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Evie Flores		(15)	12:32	+42	25:46.38		8:17.7	60.1%	15	1
MASTERS	1 Kuay Sullivan	Coppell	(53)	13:12	+16	26:39.90	ℓ	8:35.0	65.9%	16	2
SENIORS	1 Kumiko McCoy	Eules	(69)	15:17	+10	30:44.92		9:53.8	72.1%	23	4
F10-14	1 Isabella Baeza	Highland Village	(12)	13:32	+145	29:28.66		9:29.3	55.2%	19	3
F30-34	1 Katherine Meeks	Lake Dallas	(31)	18:39	+90	38:47.71		12:29.2	38.2%	32	8
F35-39	1 Stacy McCrackin	Lewisville	(39)	18:40	+92	38:51.58		12:30.5	39.2%	33	9
F40-44	1 Merari Baeza	The Colony	(44)	15:46	+39	32:10.90		10:21.5	49.2%	26	5
F45-49	1 Amie Goins	Garland	(47)	18:47	+48	38:21.40		12:20.8	42.5%	29	7
	2 Sheila Holen	Lewisville	(47)	24:25	+37	49:26.68		15:54.9	33.0%	36	10
F55-59	1 Yanira Lopez	Farmers Branch	(56)	25:29	-86	49:32.06		15:56.6	36.9%	37	11
F75-79	1 Mary Kaplan	Sunrise Beach	(79)	17:49	-30	35:07.98	✓	11:18.5	75.4%	28	6

1M MALE

		14 MALE Runners --- Average Time of				8:12	Avg. Age Grade: 54.4%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Albert Marban	Farmers Branch	(25)			5:51.78		5:51.8	63.3%	1	1
M10-14	1 German Marban	Farmers Branch	(12)			7:14.41		7:14.4	59.1%	4	4
	2 Enrique Marban	Farmers Branch	(11)			7:19.75		7:19.8	60.0%	5	5
M35-39	1 Gabor Toth	Coppell	(38)			7:11.83	✓	7:11.8	53.7%	3	3
	2 Chris McCrackin	Lewisville	(37)			8:27.26		8:27.3	45.4%	8	8
M45-49	1 Jen Evangelista	Irving	(47)			8:29.36		8:29.4	48.8%	9	9
	2 Geronimo Simpao	Irving	(47)			8:54.33		8:54.3	46.5%	12	11
M55-59	1 Vijayan Nair	Plano	(56)			7:08.72		7:08.7	62.4%	2	2
	2 John Kramer	Plano	(57)			9:34.95		9:35.0	46.9%	13	12
	3 Jaws Hansen	Dallas	(58)			10:45.09		10:45.1	42.2%	15	14
M60-64	1 Julio Lopez	Farmers Branch	(63)			7:24.21		7:24.2	64.0%	6	6
	2 Ruben Arevalo	Carrollton	(63)			7:37.82		7:37.8	62.1%	7	7
M65-69	1 David Mask	Lewisville	(66)			9:58.56		9:58.6	48.8%	14	13
M70-74	1 Kendall Black	Grand Prairie	(70)			8:43.96		8:44.0	58.0%	11	10

1M FEMALE

		1 FEMALE Runners --- Average Time of				8:39	Avg. Age Grade: 59.8%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Kuay Sullivan	Coppell	(53)			8:39.49		8:39.5	59.8%	10	1

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6627 Albert Marban (M25)	1	M25-29	OA	---				5:51.78		5:51.8	20.01	5:51.78	63.3%
2	7117 Vijayan Nair (M56)	2	M55-59	1st	---				7:08.72		7:08.7	24.40	7:08.72	62.4%
3	7380 Gabor Toth (M38)	3	M35-39	1st	---				7:11.83	✓ 4	7:11.8	24.58	7:11.83	53.7%
4	6008 German Marban (M12)	4	M10-14	1st	---				7:14.41		7:14.4	24.75	7:14.41	59.1%
5	6006 Enrique Marban (M11)	5	M10-14	2nd	---				7:19.75		7:19.8	25.03	7:19.75	60.0%
6	7193 Julio Lopez (M63)	6	M60-64	1st	---				7:24.21		7:24.2	25.32	7:24.21	64.0%
7	6997 Ruben Arevalo (M63)	7	M60-64	2nd	---				7:37.82		7:37.8	26.06	7:37.82	62.1%
8	6864 Chris McCrackin (M37)	8	M35-39	2nd	---				8:27.26	✗	8:27.3	28.91	8:27.26	45.4%
9	7343 Jen Evangelista (M47)	9	M45-49	1st	---				8:29.36		8:29.4	29.02	8:29.36	48.8%
10	7265 Kuay Sullivan (F53)	1	F50-54	OA	---				8:39.49		8:39.5	29.59	8:39.49	59.8%
11	6003 Kendall Black (M70)	10	M70-74	1st	---				8:43.96	✗	8:44.0	29.82	8:43.96	58.0%
12	6009 Geronimo Simpao (M47)	11	M45-49	2nd	---				8:54.33		8:54.3	30.45	8:54.33	46.5%
13	7261 John Kramer (M57)	12	M55-59	2nd	---				9:34.95		9:35.0	32.73	9:34.95	46.9%
14	7008 David Mask (M66)	13	M65-69	1st	---				9:58.56		9:58.6	34.10	9:58.56	48.8%
15	7060 Jaws Hansen (M58)	14	M55-59	3rd	---				10:45.09		10:45.1	36.78	10:45.09	42.2%

✓ 1 Club PR's Average Finish Time: 08:13 2 First Timers Average Age Grade: 54.7%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6627 Albert Marban (M25)	1	M25-29	OA	1.4	8:57	9:14	+18	18:10.99	ℓ	5:51.2	18.17	18:12.42	70.9%
2	6010 David Gardner (M48)	2	M45-49	MS	---	9:07	9:23	+16	18:30.39	✓ 3	5:57.4	18.50	18:30.39	78.4%
3	7580 Robert Flores (M38)	3	M35-39	1st	1.8	10:00	10:14	+14	20:13.89	✓ 13	6:30.7	20.22	20:15.72	66.5%
4	7011 Blair Casey (M32)	4	M30-34	1st	---	10:10	10:09	-1	20:18.93		6:32.3	20.30	20:18.93	64.0%
5	7117 Vijayan Nair (M56)	5	M55-59	SR	---	11:19	11:06	-13	22:24.49	ℓ	7:12.7	22.40	22:24.49	69.2%
6	7255 John Cosentino (M56)	6	M55-59	1st	---	11:21	11:06	-15	22:26.86		7:13.5	22.43	22:26.86	69.0%
7	6816 Joshua Hulsey (M35)	7	M35-39	2nd	10.1	11:38	10:53	-44	22:31.42	✗	7:15.0	22.52	22:41.48	58.5%
8	7012 Doug Waters (M54)	8	M50-54	1st	3.0	11:31	11:13	-18	22:44.23		7:19.1	22.73	22:47.22	67.0%
9	7343 Jen Evangelista (M47)	9	M45-49	1st	2.3	11:39	11:47	+8	23:25.32	ℓ ✓ 27	7:32.3	23.42	23:27.59	61.5%
10	7193 Julio Lopez (M63)	10	M60-64	1st	---	12:13	12:27	+14	24:40.31	ℓ	7:56.5	24.67	24:40.31	66.8%
11	6998 Robert Landon (M59)	11	M55-59	2nd	3.5	12:18	12:20	+3	24:37.85	✗	7:55.7	24.62	24:41.31	64.6%
12	7089 John Nance (M70)	12	M70-74	1st	2.1	12:26	12:28	+2	24:54.54		8:01.0	24.90	24:56.63	70.8%
13	6997 Ruben Arevalo (M63)	13	M60-64	2nd	---	12:28	12:43	+15	25:11.26	ℓ ✓ 18	8:06.4	25.18	25:11.26	65.4%
14	6011 John Myers (M40)	14	M40-44	1st	2.4	12:18	12:53	+35	25:10.36	✓ 1	8:06.1	25.17	25:12.71	54.2%
15	6005 Evie Flores (F15)	1	F15-19	OA	3.9	12:32	13:14	+42	25:46.38	✗	8:17.7	25.77	25:50.29	60.1%
16	7265 Kuay Sullivan (F53)	2	F50-54	MS	3.1	13:12	13:28	+16	26:39.90	ℓ	8:35.0	26.65	26:43.00	65.9%
17	6814 Lee Casas (M35)	15	M35-39	3rd	8.0	13:19	13:53	+34	27:12.38	✗	8:45.4	27.20	27:20.35	48.4%
18	7380 Gabor Toth (M38)	16	M35-39	4th	3.9	14:28	13:44	-44	28:11.78	ℓ	9:04.5	28.18	28:15.65	47.7%
19	6002 Isabella Baeza (F12)	3	F10-14	1st	1.2	13:32	15:57	+145	29:28.66		9:29.3	29.47	29:29.84	55.2%
20	6009 Geronimo Simpao (M47)	17	M45-49	3rd	7.0	12:14	17:32	+318	29:46.09	ℓ	9:34.9	29.77	29:53.09	48.4%
21	7515 Richard Barcellano (M45)	18	M45-49	2nd	7.9	12:14	17:31	+317	29:45.51	✓ 5	9:34.7	29.75	29:53.43	47.6%
22	7008 David Mask (M66)	19	M65-69	1st	6.5	15:43	14:18	-86	30:01.11	ℓ	9:39.7	30.02	30:07.61	56.4%
23	7449 Kumiko McCoy (F69)	4	F65-69	SR	3.7	15:17	15:28	+10	30:44.92		9:53.8	30.73	30:48.63	72.1%
24	6003 Kendall Black (M70)	20	M70-74	2nd	2.6	15:02	16:05	+63	31:07.36	ℓ	10:01.0	31.12	31:09.95	56.6%
25	6817 Justin Pechacek (M33)	21	M30-34	2nd	8.7	14:31	16:33	+121	31:03.83	✗	9:59.9	31.05	31:12.49	42.0%
26	7111 Merari Baeza (F44)	5	F40-44	1st	1.9	15:46	16:25	+39	32:10.90		10:21.5	32.17	32:12.79	49.2%
27	7060 Jaws Hansen (M58)	22	M55-59	3rd	4.1	17:01	17:10	+9	34:11.04	ℓ	11:00.2	34.18	34:15.11	46.1%
28	6932 Mary Kaplan (F79)	6	F75-79	1st	1.0	17:49	17:19	-30	35:07.98	✓ 3	11:18.5	35.12	35:09.00	75.4%
29	7044 Amie Goins (F47)	7	F45-49	1st	6.5	18:47	19:35	+48	38:21.40		12:20.8	38.35	38:27.86	42.5%
30	7050 Chris Goins (M48)	23	M45-49	4th	6.7	18:46	19:35	+49	38:21.33		12:20.7	38.35	38:28.07	37.8%
31	7106 Robert Simpson (M63)	24	M60-64	3rd	9.5	19:03	19:20	+16	38:23.25		12:21.3	38.38	38:32.75	42.9%

32	6895	Katherine Meeks (F31)	8	F30-34	1st	5.9	18:39	20:09	+90	38:47.71	⌘	12:29.2	38.78	38:53.61	38.2%		
33	6862	Stacy McCrackin (F39)	9	F35-39	1st	5.1	18:40	20:12	+92	38:51.58	⌘	12:30.5	38.85	38:56.66	39.2%		
34	6864	Chris McCrackin (M37)	25	M35-39	5th	6.4	18:39	20:12	+94	38:51.02	⌘	12:30.3	38.85	38:57.47	34.4%		
35	7261	John Kramer (M57)	26	M55-59	4th	62.8	19:29	18:53	-36	38:22.55	⌘	12:21.1	38.37	39:25.37	40.7%		
36	7246	Sheila Holen (F47)	10	F45-49	2nd	8.3	24:25	25:02	+37	49:26.68		15:54.9	49.43	49:35.01	33.0%		
37	7198	Yanira Lopez (F56)	11	F55-59	1st	14.1	25:29	24:03	-86	49:32.06		15:56.6	49.53	49:46.14	36.9%		
27 Positive Split							10 Negative Split		✓ 7 Club PR's		Average Finish Time: 29:52			8 First Timers		Average Age Grade: 55.2%	

Sorted Age Grades

1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	6	Julio Lopez	M63	7:24.21	64.0%	
2	1	Albert Marban	M25	5:51.78	63.3%	
3	2	Vijayan Nair	M56	7:08.72	62.4%	
4	7	Ruben Arevalo	M63	7:37.82	62.1%	
5	5	Enrique Marban	M11	7:19.75	60.0%	
6	10	Kuay Sullivan	F53	8:39.49	59.8%	
7	4	German Marban	M12	7:14.41	59.1%	
8	11	Kendall Black	M70	8:43.96	58.0%	
9	3	Gabor Toth	M38	7:11.83	53.7%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	David Gardner	M48	18:30.39	78.4%	Move UP
2	28	Mary Kaplan	F79	35:07.98	75.4%	Move UP
3	23	Kumiko McCoy	F69	30:44.92	72.1%	
4	1	Albert Marban	M25	18:10.99	70.9%	
5	12	John Nance	M70	24:54.54	70.8%	
6	5	Vijayan Nair	M56	22:24.49	69.2%	
7	6	John Cosentino	M56	22:26.86	69.0%	
8	8	Doug Waters	M54	22:44.23	67.0%	
9	10	Julio Lopez	M63	24:40.31	66.8%	
10	3	Robert Flores	M38	20:13.89	66.5%	Move UP
11	16	Kuay Sullivan	F53	26:39.90	65.9%	
12	13	Ruben Arevalo	M63	25:11.26	65.4%	Move UP
13	11	Robert Landon	M59	24:37.85	64.6%	
14	4	Blair Casey	M32	20:18.93	64.0%	
15	9	Jen Evangelista	M47	23:25.32	61.5%	
16	15	Evie Flores	F15	25:46.38	60.1%	
17	7	Joshua Hulse	M35	22:31.42	58.5%	
18	24	Kendall Black	M70	31:07.36	56.6%	
19	22	David Mask	M66	30:01.11	56.4%	
20	19	Isabella Baeza	F12	29:28.66	55.2%	
21	14	John Myers	M40	25:10.36	54.2%	

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 > 65%

65% Boston-Qualifier Approximate Level

60% Local Class Level

50% Average Class Level