

Sunday, October 28, 2018

Carrollton Runners Mile + 5K

61F Clear 85%H 6mphSW

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

Mile Off :7:35 am

5K Off :7:51 am

Mile Overall		5K Overall		5K Masters		5K Seniors	
Vijayan Nair	6:23.22	Blair Casey	19:20.65	Vijayan Nair	22:02.02	Steve Russo	22:08.74
Kim Andres	8:12.71	Emily Field	18:45.32	Sarah Meyer	24:32.93	Kim Andres	27:22.51

5K MALE

		25 MALE Runners --- Average Time of 27:28				Avg. Age Grade: 57.4%		Place in			
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Blair Casey	Carrollton	(31)			19:20.65		6:13.6	67.0%	2	1
MASTERS	1 Vijayan Nair	Plano	(56)			22:02.02	ML	7:05.5	70.3%	4	3
SENIORS	1 Steve Russo	Plano	(55)			22:08.74	✓	7:07.7	69.4%	6	5
M01-09	1 Johnny Meyer	Coppell	(9)			29:37.03		9:32.0	55.2%	24	20
M10-14	1 Benjamin Schussler	Dallas	(14)			25:24.84	✓	8:10.8	55.8%	16	14
	2 Charlie Meyer	Coppell	(10)			29:21.09		9:26.8	53.8%	23	19
M15-19	1 Reece Parker	Plano	(17)			22:04.82	✓	7:06.4	61.2%	5	4
	2 Ezra Ruderman	Plano	(18)			25:56.14		8:20.9	51.4%	18	15
M30-34	1 Brandon Hakari	Carrollton	(33)			22:22.48		7:12.1	58.3%	7	6
M35-39	1 Robert Flores	Aubrey	(38)			20:18.95	✓	6:32.3	66.2%	3	2
M40-44	1 John Myers	Farmers Branch	(40)			26:31.40		8:32.2	51.5%	19	16
M45-49	1 Rich Weklar	Bartonville	(47)			22:44.46	ML✓	7:19.2	63.3%	9	8
	2 Joel Schwitzer	Dallas	(49)			24:49.48		7:59.4	58.9%	13	11
	3 Ryan Pogue	Carrollton	(47)			28:38.94		9:13.3	50.3%	22	18
M50-54	1 Rob Preston	Irving	(53)			24:30.79	ML✓	7:53.4	61.7%	11	10
M55-59	1 John Cosentino	Plano	(56)			22:26.17	✓	7:13.3	69.1%	8	7
	2 Rob Windsor	Flower Mound	(55)			28:05.22		9:02.4	54.7%	21	17
M60-64	1 Julio Lopez	Farmers Branch	(63)			24:30.72	ML	7:53.4	67.2%	10	9
	2 Ruben Arevalo	Carrollton	(63)			25:14.84	ML✓	8:07.6	65.2%	15	13
	3 Ruben Reyes	Carrollton	(62)			37:23.65	ML	12:02.2	43.7%	30	22
	4 Robert Simpson	Coppell	(63)			38:01.13		12:14.2	43.3%	31	23
	5 Steven Johnson	Farmers Branch	(60)			40:52.33		13:09.3	39.2%	32	24
M65-69	1 David Mask	Lewisville	(66)			34:11.43	ML	11:00.3	49.5%	29	21
M70-74	1 John Nance	Rowlett	(70)			24:59.44		8:02.6	70.5%	14	12
	2 Scott Ahlstrom	Carrollton	(70)			45:12.97		14:33.2	39.0%	34	25

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: 10/28/2018


5K FEMALE

12 FEMALE Runners --- Average Time of **38:18** Avg. Age Grade: **53.5%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Emily Field	Dallas	(37)			18:45.32	☑	6:02.2	80.4%	1	1
MASTERS	1 Sarah Meyer	Coppell	(42)			24:32.93		7:54.1	63.4%	12	2
SENIORS	1 Kim Andres	Irving	(65)			27:22.51	ℓ	8:48.7	76.0%	20	4
F15-19	1 Alisa Rubinstein	Plano	(17)			29:59.30		9:39.1	50.4%	25	5
F30-34	1 Alexia Heath	Carrollton	(30)			1:13:57.71		23:48.4	20.0%	37	12
F35-39	1 Lesley Hakari	Carrollton	(38)			32:05.29		10:19.7	47.2%	28	8
F40-44	1 Keara Thompson	Dallas	(41)			1:13:58.73		23:48.7	20.9%	36	11
F45-49	1 Sheila Holen	Lewisville	(47)			49:56.83		16:04.6	32.7%	35	10
F50-54	1 Kuay Sullivan	Coppell	(53)			25:31.66	ℓ✓	8:13.0	68.9%	17	3
F55-59	1 Yanira Lopez	Farmers Branch	(55)			31:17.02	ℓ	10:04.2	57.7%	27	7
F65-69	1 Kumiko McCoy	Eules	(69)			30:19.50		9:45.6	73.1%	26	6
	2 Carol Creech	Plano	(67)			41:48.41		13:27.4	51.4%	33	9

1M MALE

7 MALE Runners --- Average Time of **7:30** Avg. Age Grade: **61.4%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Vijayan Nair	Plano	(56)			6:23.22		6:23.2	69.8%	1	1
M45-49	1 Rich Weklar	Bartonville	(47)			6:36.25		6:36.3	62.7%	2	2
M50-54	1 Rob Preston	Irving	(53)			7:48.77		7:48.8	55.6%	5	5
M60-64	1 Ruben Arevalo	Carrollton	(63)			7:14.49	✓	7:14.5	65.4%	3	3
	2 Julio Lopez	Farmers Branch	(63)			7:26.62		7:26.6	63.6%	4	4
	3 Ruben Reyes	Carrollton	(62)			7:56.95		7:57.0	59.1%	6	6
M65-69	1 David Mask	Lewisville	(66)			9:06.12		9:06.1	53.5%	10	7

1M FEMALE

5 FEMALE Runners --- Average Time of **10:49** Avg. Age Grade: **51.3%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Kim Andres	Irving	(65)			8:12.71	☐	8:12.7	75.0%	7	1
F15-19	1 Miriam Schwitzer	Dallas	(16)			14:10.33		14:10.3	30.6%	11	4
	2 Ava Kosoy	Dallas	(15)			14:14.16		14:14.2	30.8%	12	5
F50-54	1 Kuay Sullivan	Coppell	(53)			8:23.54		8:23.5	61.7%	8	2
F55-59	1 Yanira Lopez	Farmers Branch	(55)			9:05.26		9:05.3	58.5%	9	3

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

△ Positive Split
 ▽ Negative Split

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7117 Vijayan Nair (M56)	1	M55-59	OA	---				6:23.22		6:23.2	21.84	6:23.22	69.8%
2	7222 Rich Weklar (M47)	2	M45-49	1st	---				6:36.25		6:36.3	22.58	6:36.25	62.7%
3	7155 Ruben Arevalo (M63)	3	M60-64	1st	---				7:14.49	✓ 15	7:14.5	24.75	7:14.49	65.4%
4	7193 Julio Lopez (M63)	4	M60-64	2nd	---				7:26.62		7:26.6	25.43	7:26.62	63.6%
5	6995 Rob Preston (M53)	5	M50-54	1st	---				7:48.77	✗	7:48.8	26.68	7:48.77	55.6%
6	7283 Ruben Reyes (M62)	6	M60-64	3rd	---				7:56.95		7:57.0	27.14	7:56.95	59.1%
7	7040 Kim Andres (F65)	1	F65-69	OA	---				8:12.71	□	8:12.7	28.05	8:12.71	75.0%
8	7265 Kuay Sullivan (F53)	2	F50-54	1st	---				8:23.54		8:23.5	28.68	8:23.54	61.7%
9	7198 Yanira Lopez (F55)	3	F55-59	1st	---				9:05.26		9:05.3	31.08	9:05.26	58.5%
10	6994 David Mask (M66)	7	M65-69	1st	---				9:06.12		9:06.1	31.13	9:06.12	53.5%
11	6825 Miriam Schwitzer (F16)	4	F15-19	1st	---				14:10.33	✗	14:10.3	48.47	14:10.33	30.6%
12	6010 Ava Kosoy (F15)	5	F15-19	2nd	---				14:14.16	✗	14:14.2	48.69	14:14.16	30.8%
✓ 1 Club PR's						Average Finish Time: 08:53 3 First Timers				Average Age Grade: 57.2%				

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7581 Emily Field (F37)	1	F35-39	OA	0.4				18:45.32	☑ 3	6:02.2	18.75	18:45.74	80.4%
2	7011 Blair Casey (M31)	1	M30-34	OA	0.6				19:20.65		6:13.6	19.33	19:21.25	67.0%
3	7580 Robert Flores (M38)	2	M35-39	1st	0.3				20:18.95	✓ 12	6:32.3	20.30	20:19.27	66.2%
4	7117 Vijayan Nair (M56)	3	M55-59	MS	0.2				22:02.02	ℓ	7:05.5	22.03	22:02.24	70.3%
5	6824 Reece Parker (M17)	4	M15-19	1st	1.6				22:04.82	✓ 2	7:06.4	22.07	22:06.46	61.2%
6	7405 Steve Russo (M55)	5	M55-59	SR	0.3				22:08.74	✓ 8	7:07.7	22.13	22:08.99	69.4%
7	6944 Brandon Hakari (M33)	6	M30-34	1st	0.2				22:22.48	✗	7:12.1	22.37	22:22.72	58.3%
8	7255 John Cosentino (M56)	7	M55-59	1st	1.2				22:26.17	✓ 8	7:13.3	22.43	22:27.42	69.1%
9	7222 Rich Weklar (M47)	8	M45-49	1st	3.4				22:44.46	ℓ ✓ 10	7:19.2	22.73	22:47.82	63.3%
10	7193 Julio Lopez (M63)	9	M60-64	1st	0.2				24:30.72	ℓ	7:53.4	24.50	24:30.97	67.2%
11	6995 Rob Preston (M53)	10	M50-54	1st	3.8				24:30.79	ℓ ✓ 3	7:53.4	24.50	24:34.59	61.7%
12	6784 Sarah Meyer (F42)	2	F40-44	MS	4.6				24:32.93		7:54.1	24.53	24:37.55	63.4%
13	6805 Joel Schwitzer (M49)	11	M45-49	2nd	3.7				24:49.48	✗	7:59.4	24.82	24:53.19	58.9%
14	7089 John Nance (M70)	12	M70-74	1st	1.1				24:59.44		8:02.6	24.98	25:00.56	70.5%
15	7155 Ruben Arevalo (M63)	13	M60-64	2nd	0.2				25:14.84	ℓ ✓ 16	8:07.6	25.23	25:15.07	65.2%
16	6948 Benjamin Schussler (M14)	14	M10-14	1st	0.6				25:24.84	✓ 1	8:10.8	25.40	25:25.48	55.8%
17	7265 Kuay Sullivan (F53)	3	F50-54	1st	3.0				25:31.66	ℓ ✓ 36	8:13.0	25.52	25:34.66	68.9%
18	6837 Ezra Ruderman (M18)	15	M15-19	2nd	0.2				25:56.14		8:20.9	25.93	25:56.37	51.4%
19	6011 John Myers (M40)	16	M40-44	1st	2.0				26:31.40	✗	8:32.2	26.52	26:33.39	51.5%
20	7040 Kim Andres (F65)	4	F65-69	SR	3.2				27:22.51	ℓ	8:48.7	27.37	27:25.70	76.0%
21	7451 Rob Windsor (M55)	17	M55-59	2nd	5.1				28:05.22		9:02.4	28.08	28:10.36	54.7%
22	7345 Ryan Pogue (M47)	18	M45-49	3rd	8.5				28:38.94		9:13.3	28.63	28:47.41	50.3%
23	6782 Charlie Meyer (M10)	19	M10-14	2nd	0.2				29:21.09		9:26.8	29.35	29:21.25	53.8%
24	6783 Johnny Meyer (M9)	20	M01-09	1st	3.7				29:37.03		9:32.0	29.62	29:40.73	55.2%
25	6839 Alisa Rubinstein (F17)	5	F15-19	1st	0.3				29:59.30		9:39.1	29.98	29:59.55	50.4%
26	7449 Kumiko McCoy (F69)	6	F65-69	1st	4.5				30:19.50		9:45.6	30.32	30:23.99	73.1%
27	7198 Yanira Lopez (F55)	7	F55-59	1st	11.3				31:17.02	ℓ	10:04.2	31.28	31:28.37	57.7%
28	6943 Lesley Hakari (F38)	8	F35-39	1st	6.3				32:05.29	✗	10:19.7	32.08	32:11.59	47.2%
29	6994 David Mask (M66)	21	M65-69	1st	69.2				34:11.43	ℓ	11:00.3	34.18	35:20.63	49.5%
30	7283 Ruben Reyes (M62)	22	M60-64	3rd	5.2				37:23.65	ℓ	12:02.2	37.38	37:28.82	43.7%
31	7106 Robert Simpson (M63)	23	M60-64	4th	9.4				38:01.13		12:14.2	38.02	38:10.50	43.3%
32	7258 Steven Johnson (M60)	24	M60-64	5th	10.2				40:52.33		13:09.3	40.87	41:02.52	39.2%
33	7024 Carol Creech (F67)	9	F65-69	2nd	3.2				41:48.41		13:27.4	41.80	41:51.61	51.4%
34	7148 Scott Ahlstrom (M70)	25	M70-74	2nd	4.6				45:12.97		14:33.2	45.20	45:17.59	39.0%

35	7246	Sheila Holen (F47)	10	F45-49	1st	7.0	49:56.83	16:04.6	49.93	50:03.79	32.7%	
36	6014	Keara Thompson (F41)	11	F40-44	1st	9.2	1:13:58.73	23:48.7	73.971:14:07.91		20.9%	
37	6013	Alexia Heath (F30)	12	F30-34	1st	11.7	1:13:57.71	23:48.4	73.951:14:09.38		20.0%	
✓ 10 Club PR's							Average Finish Time: 30:59		6 First Timers		Average Age Grade: 56.2%	

Sorted Age Grades

1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	7	Kim Andres	F65	8:12.71	75.0%	
2	1	Vijayan Nair	M56	6:23.22	69.8%	
3	3	Ruben Arevalo	M63	7:14.49	65.4%	New
4	4	Julio Lopez	M63	7:26.62	63.6%	
5	2	Rich Weklar	M47	6:36.25	62.7%	
6	8	Kuay Sullivan	F53	8:23.54	61.7%	
7	6	Ruben Reyes	M62	7:56.95	59.1%	
8	9	Yanira Lopez	F55	9:05.26	58.5%	
9	5	Rob Preston	M53	7:48.77	55.6%	
10	10	David Mask	M66	9:06.12	53.5%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Emily Field	F37	18:45.32	80.4%	Move UP
2	20	Kim Andres	F65	27:22.51	76.0%	
3	26	Kumiko McCoy	F69	30:19.50	73.1%	
4	14	John Nance	M70	24:59.44	70.5%	
5	4	Vijayan Nair	M56	22:02.02	70.3%	
6	6	Steve Russo	M55	22:08.74	69.4%	Move UP
7	8	John Cosentino	M56	22:26.17	69.1%	Move UP
8	17	Kuay Sullivan	F53	25:31.66	68.9%	Move UP
9	10	Julio Lopez	M63	24:30.72	67.2%	
10	2	Blair Casey	M31	19:20.65	67.0%	
11	3	Robert Flores	M38	20:18.95	66.2%	Move UP
12	15	Ruben Arevalo	M63	25:14.84	65.2%	New
13	12	Sarah Meyer	F42	24:32.93	63.4%	
14	9	Rich Weklar	M47	22:44.46	63.3%	
15	11	Rob Preston	M53	24:30.79	61.7%	
16	5	Reece Parker	M17	22:04.82	61.2%	
17	13	Joel Schwitzer	M49	24:49.48	58.9%	
18	7	Brandon Hakari	M33	22:22.48	58.3%	
19	27	Yanira Lopez	F55	31:17.02	57.7%	
20	16	Benjamin Schussler	M14	25:24.84	55.8%	
21	24	Johnny Meyer	M9	29:37.03	55.2%	
22	21	Rob Windsor	M55	28:05.22	54.7%	
23	23	Charlie Meyer	M10	29:21.09	53.8%	
24	19	John Myers	M40	26:31.40	51.5%	
25	18	Ezra Ruderman	M18	25:56.14	51.4%	
26	33	Carol Creech	F67	41:48.41	51.4%	
27	25	Alisa Rubinstein	F17	29:59.30	50.4%	
28	22	Ryan Pogue	M47	28:38.94	50.3%	

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 > 65%

65% Boston-Qualifier Approximate Level

60% Local Class Level

50% Average Class Level