

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Albert Marban	5:36.02	Albert Marban	19:23.82	John Cosentino	22:36.27	Steve Russo	22:49.94
Yanira Lopez	9:26.05	Kim Andres	27:33.43	Yanira Lopez	31:40.98	Betsy Palmer	36:11.33

5K MALE

		23 MALE Runners --- Average Time of 26:56					Avg. Age Grade: 57.6%			Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Albert Marban	Farmers Branch	(25)	9:42	+0	19:23.82	M	6:14.6	66.5%	1	1
MASTERS	1	John Cosentino	Plano	(56)	11:09	+18	22:36.27	M	7:16.5	68.6%	5	5
SENIORS	1	Steve Russo	Plano	(55)	11:12	+25	22:49.94		7:20.9	67.3%	6	6
M30-34	1	Blair Casey	Carrollton	(32)	10:58	+7	22:01.82		7:05.5	59.0%	3	3
	2	Michael Sasala	Little Elm	(32)	11:03	+20	22:25.76		7:13.2	58.0%	4	4
M35-39	1	Robert Flores	Aubrey	(38)	10:11	+40	21:02.32		6:46.3	63.9%	2	2
	2	Gabor Toth	Coppell	(38)	14:08	-32	27:44.09	M	8:55.6	48.5%	16	15
M40-44	1	Chris Julian	Carrollton	(41)	12:30	+53	25:53.13	M	8:19.9	53.1%	11	11
M45-49	1	Rich Weklar	Bartonville	(48)			23:10.50	M	7:27.6	62.6%	8	8
	2	Marcus O'con	Dallas	(48)	13:02	+5	26:09.99	M	8:25.3	55.5%	12	12
	3	Nathan Bruser	Higland Village	(47)	13:34	+37	27:44.36	M	8:55.7	51.9%	18	17
M50-54	1	Ron Williamson	Flower Mound	(52)	11:25	+30	23:20.07		7:30.6	64.2%	9	9
	2	Rob Preston	Irving	(54)	12:53	+32	26:18.03	M	8:27.9	57.9%	13	13
M55-59	1	Vijayan Nair	Plano	(56)	10:57	+76	23:10.41	M	7:27.5	66.9%	7	7
	2	Jaws Hansen	Dallas	(58)	13:37	+26	27:40.48	M	8:54.5	57.0%	15	14
	3	Jeffrey Conklin	Arlington	(55)	15:46	+74	32:46.39		10:32.9	46.9%	23	21
	4	John Kramer	Plano	(57)	20:03	+16	40:21.17	M	12:59.3	38.7%	30	23
M60-64	1	Julio Lopez	Farmers Branch	(63)	12:13	+46	25:12.78	M	8:06.9	65.3%	10	10
	2	Ruben Reyes	Carrollton	(63)			30:46.03	M	9:54.2	53.5%	19	18
	3	Phil Murch	Frisco	(61)	15:13	+47	31:13.86		10:03.1	51.8%	21	20
	4	Robert Simpson	Coppell	(63)	17:48	+83	36:59.61		11:54.4	44.5%	25	22
M65-69	1	David Mask	Lewisville	(66)	15:35	-2	31:06.99	M	10:00.9	54.4%	20	19
M75-79	1	Wally Capps	Farmers Branch	(78)	14:18	+61	29:37.92	M	9:32.3	67.8%	17	16

5K FEMALE

		9 FEMALE Runners --- Average Time of 39:51					Avg. Age Grade: 47.4%			Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Kim Andres	Irving	(66)			27:33.43		8:52.2	76.7%	14	1
MASTERS	1	Yanira Lopez	Farmers Branch	(56)	15:22	+57	31:40.98	M	10:11.9	57.7%	22	2
SENIORS	1	Betsy Palmer	Carrollton	(57)	17:55	+21	36:11.33		11:38.9	51.2%	24	3
F20-24	1	Kaygee Ofilas	Plano	(24)	18:08	+78	37:33.81		12:05.4	39.4%	26	4
F35-39	1	Chara Rollins	Dallas	(36)			38:57.25		12:32.3	38.5%	27	5
F45-49	1	Amie Goins	Garland	(47)	18:42	+107	39:11.90		12:37.0	41.6%	28	6
	2	Sheila Holen	Lewisville	(48)	24:57	+64	50:57.90		16:24.2	32.4%	31	8
F60-64	1	Rosemary Lewis	Carrollton	(63)	26:53	+77	55:03.58		17:43.3	36.7%	32	9
F65-69	1	Carol Creech	Plano	(68)	20:09	+66	41:24.92		13:19.8	52.7%	29	7

1M MALE

		20 MALE Runners --- Average Time of				8:18	Avg. Age Grade: 54.6%			Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Albert Marban	Farmers Branch	(25)			5:36.02		5:36.0	66.2%	1	1
M01-09	1	Jayden Hereford	Fort Worth	(5)			11:53.80		11:53.8	47.8%	21	20
M10-14	1	German Marban	Farmers Branch	(12)			7:33.74		7:33.7	56.6%	7	7
	2	Enrique Marban	Farmers Branch	(11)			7:37.00		7:37.0	57.8%	8	8
M15-19	1	Aaron Goins		(17)			6:44.93	✓	6:44.9	57.6%	3	3
M35-39	1	Gabor Toth	Coppell	(38)			7:23.45		7:23.5	52.3%	6	6
M40-44	1	Chris Julian	Carrollton	(41)			8:00.28		8:00.3	49.4%	10	10
	2	Jason Calvert	Lubbock	(40)			11:52.68		11:52.7	33.0%	20	19
M45-49	1	Rich Weklar	Bartonville	(48)			6:41.65		6:41.7	62.4%	2	2
	2	Nathan Bruser	Higland Village	(47)			8:05.35		8:05.4	51.2%	11	11
	3	Marcus O'con	Dallas	(48)			8:41.42		8:41.4	48.0%	14	14
M50-54	1	Rob Preston	Irving	(54)			8:18.05		8:18.1	52.8%	13	13
M55-59	1	John Cosentino	Plano	(56)			6:52.62		6:52.6	64.8%	4	4
	2	Vijayan Nair	Plano	(56)			7:03.32		7:03.3	63.2%	5	5
	3	Jaws Hansen	Dallas	(58)			8:16.69		8:16.7	54.8%	12	12
	4	John Kramer	Plano	(57)			9:51.86		9:51.9	45.6%	19	18
M60-64	1	Julio Lopez	Farmers Branch	(63)			7:34.66		7:34.7	62.5%	9	9
	2	Ruben Reyes	Carrollton	(63)			8:56.83		8:56.8	52.9%	15	15
M65-69	1	David Mask	Lewisville	(66)			9:36.78		9:36.8	50.6%	18	17
M75-79	1	Wally Capps	Farmers Branch	(78)			9:13.47		9:13.5	62.6%	16	16

1M FEMALE

		1 FEMALE Runners --- Average Time of				9:26	Avg. Age Grade: 57.2%			Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Yanira Lopez	Farmers Branch	(56)			9:26.05		9:26.1	57.2%	17	1

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	6998 Albert Marban (M25)	1	M25-29	OA	---				5:36.02		5:36.0	19.16	5:36.02	66.2%
2	7222 Rich Weklar (M48)	2	M45-49	1st	1.1				6:41.65		6:41.7	22.86	6:42.74	62.4%
3	6001 Aaron Goins (M17)	3	M15-19	1st	1.1				6:44.93	✓ 1	6:44.9	23.04	6:46.02	57.6%
4	7255 John Cosentino (M56)	4	M55-59	1st	---				6:52.62	✗	6:52.6	23.49	6:52.61	64.8%
5	7117 Vijayan Nair (M56)	5	M55-59	2nd	---				7:03.32		7:03.3	24.12	7:03.32	63.2%
6	7380 Gabor Toth (M38)	6	M35-39	1st	0.5				7:23.45		7:23.5	25.26	7:23.99	52.3%
7	6997 German Marban (M12)	7	M10-14	1st	0.3				7:33.74		7:33.7	25.83	7:34.00	56.6%
8	6628 Enrique Marban (M11)	8	M10-14	2nd	---				7:37.00		7:37.0	26.06	7:37.00	57.8%
9	7193 Julio Lopez (M63)	9	M60-64	1st	2.8				7:34.66		7:34.7	25.89	7:37.46	62.5%
10	6003 Chris Julian (M41)	10	M40-44	1st	2.8				8:00.28	✗	8:00.3	27.37	8:03.06	49.4%
11	7097 Nathan Bruser (M47)	11	M45-49	2nd	5.0				8:05.35		8:05.4	27.65	8:10.38	51.2%
12	7060 Jaws Hansen (M58)	12	M55-59	3rd	2.0				8:16.69		8:16.7	28.28	8:18.71	54.8%
13	7192 Rob Preston (M54)	13	M50-54	1st	0.9				8:18.05		8:18.1	28.40	8:19.00	52.8%
14	7270 Marcus O'con (M48)	14	M45-49	3rd	3.5				8:41.42		8:41.4	29.71	8:44.90	48.0%
15	7283 Ruben Reyes (M63)	15	M60-64	2nd	2.4				8:56.83		8:56.8	30.56	8:59.23	52.9%
16	7916 Wally Capps (M78)	16	M75-79	1st	2.6				9:13.47		9:13.5	31.53	9:16.04	62.6%
17	7198 Yanira Lopez (F56)	1	F55-59	OA	1.5				9:26.05		9:26.1	32.27	9:27.55	57.2%
18	7008 David Mask (M66)	17	M65-69	1st	1.4				9:36.78		9:36.8	32.84	9:38.19	50.6%
19	7261 John Kramer (M57)	18	M55-59	4th	0.9				9:51.86		9:51.9	33.70	9:52.77	45.6%
20	6847 Jason Calvert (M40)	19	M40-44	2nd	4.4				11:52.68	✗	11:52.7	40.60	11:57.04	33.0%
21	6848 Jayden Hereford (M5)	20	M01-09	1st	3.4				11:53.80	✗	11:53.8	40.65	11:57.16	47.8%
✓ 1 Club PR's						Average Finish Time: 08:20 4 First Timers				Average Age Grade: 54.7%				

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	6998 Albert Marban (M25)	1	M25-29	OA	---	9:42	9:42	+0	19:23.82	ℓ	6:14.6	19.38	19:23.82	66.5%
2	6996 Robert Flores (M38)	2	M35-39	1st	0.7	10:11	10:51	+40	21:02.32		6:46.3	21.03	21:03.01	63.9%
3	7011 Blair Casey (M32)	3	M30-34	1st	0.6	10:58	11:04	+7	22:01.82		7:05.5	22.02	22:02.38	59.0%
4	6002 Michael Sasala (M32)	4	M30-34	2nd	2.7	11:03	11:23	+20	22:25.76	✗	7:13.2	22.42	22:28.46	58.0%
5	7255 John Cosentino (M56)	5	M55-59	MS	1.7	11:09	11:27	+18	22:36.27	ℓ	7:16.5	22.60	22:38.00	68.6%
6	7405 Steve Russo (M55)	6	M55-59	SR	1.4	11:12	11:38	+25	22:49.94		7:20.9	22.82	22:51.33	67.3%
7	7117 Vijayan Nair (M56)	7	M55-59	1st	---	10:57	12:13	+76	23:10.41	ℓ	7:27.5	23.17	23:10.41	66.9%
8	7222 Rich Weklar (M48)	8	M45-49	1st	---				23:10.50	ℓ	7:27.6	23.17	23:10.50	62.6%
9	7450 Ron Williamson (M52)	9	M50-54	1st	1.8	11:25	11:55	+30	23:20.07		7:30.6	23.33	23:21.83	64.2%
10	7193 Julio Lopez (M63)	10	M60-64	1st	0.8	12:13	12:59	+46	25:12.78	ℓ	8:06.9	25.20	25:13.61	65.3%
11	6003 Chris Julian (M41)	11	M40-44	1st	3.1	12:30	13:23	+53	25:53.13	ℓ	8:19.9	25.88	25:56.24	53.1%
12	7270 Marcus O'con (M48)	12	M45-49	2nd	3.1	13:02	13:08	+5	26:09.99	ℓ	8:25.3	26.15	26:13.10	55.5%
13	7192 Rob Preston (M54)	13	M50-54	2nd	1.2	12:53	13:25	+32	26:18.03	ℓ	8:27.9	26.30	26:19.18	57.9%
14	7040 Kim Andres (F66)	1	F65-69	OA	3.0				27:33.43		8:52.2	27.55	27:36.40	76.7%
15	7060 Jaws Hansen (M58)	14	M55-59	2nd	0.7	13:37	14:03	+26	27:40.48	ℓ	8:54.5	27.67	27:41.17	57.0%
16	7380 Gabor Toth (M38)	15	M35-39	2nd	3.8	14:08	13:36	-32	27:44.09	ℓ	8:55.6	27.73	27:47.87	48.5%
17	7916 Wally Capps (M78)	16	M75-79	1st	2.4	14:18	15:20	+61	29:37.92	ℓ	9:32.3	29.62	29:40.33	67.8%
18	7097 Nathan Bruser (M47)	17	M45-49	3rd	122.5	13:34	14:11	+37	27:44.36	ℓ	8:55.7	27.73	29:46.86	51.9%
19	7283 Ruben Reyes (M63)	18	M60-64	2nd	2.5				30:46.03	ℓ	9:54.2	30.77	30:48.51	53.5%
20	7008 David Mask (M66)	19	M65-69	1st	2.7	15:35	15:32	-2	31:06.99	ℓ	10:00.9	31.10	31:09.72	54.4%
21	7157 Phil Murch (M61)	20	M60-64	3rd	5.8	15:13	16:01	+47	31:13.86		10:03.1	31.22	31:19.66	51.8%
22	7198 Yanira Lopez (F56)	2	F55-59	MS	4.8	15:22	16:19	+57	31:40.98	ℓ	10:11.9	31.67	31:45.75	57.7%
23	7257 Jeffrey Conklin (M55)	21	M55-59	3rd	7.9	15:46	17:00	+74	32:46.39		10:32.9	32.77	32:54.31	46.9%
24	7454 Betsy Palmer (F57)	3	F55-59	SR	8.7	17:55	18:16	+21	36:11.33		11:38.9	36.18	36:20.06	51.2%
25	7106 Robert Simpson (M63)	22	M60-64	4th	8.6	17:48	19:12	+83	36:59.61		11:54.4	36.98	37:08.24	44.5%

26	6995	Kaygee Ofilas (F24)	4	F20-24	1st	7.1	18:08	19:26	+78	37:33.81	⌘	12:05.4	37.55	37:40.90	39.4%
27	7082	Chara Rollins (F36)	5	F35-39	1st	6.4				38:57.25	⌘	12:32.3	38.95	39:03.67	38.5%
28	7044	Amie Goins (F47)	6	F45-49	1st	8.1	18:42	20:29	+107	39:11.90		12:37.0	39.18	39:19.98	41.6%
29	7024	Carol Creech (F68)	7	F65-69	1st	5.3	20:09	21:16	+66	41:24.92		13:19.8	41.40	41:30.18	52.7%
30	7261	John Kramer (M57)	23	M55-59	4th	210.8	20:03	20:19	+16	40:21.17	⌘	12:59.3	40.35	43:52.02	38.7%
31	7246	Sheila Holen (F48)	8	F45-49	2nd	7.0	24:57	26:01	+64	50:57.90		16:24.2	50.95	51:04.86	32.4%
32	7455	Rosemary Lewis (F63)	9	F60-64	1st	6.1	26:53	28:10	+77	55:03.58		17:43.3	55.05	55:09.73	36.7%
25 Positive Split 3 Negative Split ✓ No Club PR's										Average Finish Time: 30:34 <i>4 First Timers</i>		Average Age Grade: 54.7%			

Sorted Age Grades

1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Albert Marban	M25	5:36.02	66.2%	
2	4	John Cosentino	M56	6:52.62	64.8%	
3	5	Vijayan Nair	M56	7:03.32	63.2%	
4	16	Wally Capps	M78	9:13.47	62.6%	
5	9	Julio Lopez	M63	7:34.66	62.5%	
6	2	Rich Weklar	M48	6:41.65	62.4%	
7	8	Enrique Marban	M11	7:37.00	57.8%	
8	3	Aaron Goins	M17	6:44.93	57.6%	
9	17	Yanira Lopez	F56	9:26.05	57.2%	
10	7	German Marban	M12	7:33.74	56.6%	
11	12	Jaws Hansen	M58	8:16.69	54.8%	
12	15	Ruben Reyes	M63	8:56.83	52.9%	
13	13	Rob Preston	M54	8:18.05	52.8%	
14	6	Gabor Toth	M38	7:23.45	52.3%	
15	11	Nathan Bruser	M47	8:05.35	51.2%	
16	18	David Mask	M66	9:36.78	50.6%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	14	Kim Andres	F66	27:33.43	76.7%	
2	5	John Cosentino	M56	22:36.27	68.6%	
3	17	Wally Capps	M78	29:37.92	67.8%	
4	6	Steve Russo	M55	22:49.94	67.3%	
5	7	Vijayan Nair	M56	23:10.41	66.9%	
6	1	Albert Marban	M25	19:23.82	66.5%	
7	10	Julio Lopez	M63	25:12.78	65.3%	
8	9	Ron Williamson	M52	23:20.07	64.2%	
9	2	Robert Flores	M38	21:02.32	63.9%	
10	8	Rich Weklar	M48	23:10.50	62.6%	
11	3	Blair Casey	M32	22:01.82	59.0%	
12	4	Michael Sasala	M32	22:25.76	58.0%	
13	13	Rob Preston	M54	26:18.03	57.9%	
14	22	Yanira Lopez	F56	31:40.98	57.7%	
15	15	Jaws Hansen	M58	27:40.48	57.0%	
16	12	Marcus O'con	M48	26:09.99	55.5%	
17	20	David Mask	M66	31:06.99	54.4%	
18	19	Ruben Reyes	M63	30:46.03	53.5%	
19	11	Chris Julian	M41	25:53.13	53.1%	
20	29	Carol Creech	F68	41:24.92	52.7%	
21	18	Nathan Bruser	M47	27:44.36	51.9%	
22	21	Phil Murch	M61	31:13.86	51.8%	
23	24	Betsy Palmer	F57	36:11.33	51.2%	

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