

Sunday, February 23, 2020

# Carrollton Runners Mile + 5K

50F Cloudy 80%H 10mphSSE

www.CarrolltonRunners.com

@Josey Ranch Athletic Complex, Carrollton TX

Mile Off :7:36 am

5K Off :7:50 am

Mile Overall		5K Overall		5K Masters		5K Seniors	
Albert Marban	5:35.43	Albert Marban	18:24.72	Marcus O'con	20:46.86	Harri Niinisto	21:51.36
Frances McKissick	8:00.31	Frances McKissick	25:56.41	Marie Kaucher	27:01.10	Kim Andres	27:43.03

## 5K MALE

33 MALE Runners --- Average Time of

30:56

Avg. Age Grade: 53.9%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Albert Marban	Farmers Branch	(26)			18:24.72	M	5:55.6	70.1%	1	1
MASTERS	1 Marcus O'con	Dallas	(49)			20:46.86	M ✓	6:41.3	70.4%	2	2
SENIORS	1 Harri Niinisto	Paimio, Finland	(64)			21:51.36	✓	7:02.1	76.0%	4	4
M01-09	1 Jesiah Resnowski	Irving	(9)			33:55.45		10:55.1	48.2%	31	24
	2 Alex Toth	Coppell	(6)			41:35.50		13:23.2	45.0%	39	30
M10-14	1 Carlos Ramirez		(10)			30:47.90	✓	9:54.8	51.3%	23	19
	2 David Toth	Coppell	(10)			31:44.94		10:13.1	49.7%	25	21
M20-24	1 Alexander Dalaki	Farmers Branch	(24)			30:00.28		9:39.5	43.0%	22	18
M30-34	1 Bemnet Alemayehu	Tyler	(31)			21:04.84	M	6:47.1	61.5%	3	3
	2 Blair Casey	Carrollton	(33)			22:22.79		7:12.2	58.3%	6	6
M35-39	1 Gabor Toth	Coppell	(39)			31:42.22	M	10:12.3	42.7%	26	22
M45-49	1 Nathan Bruser	Higland Village	(48)			27:06.00	M	8:43.4	53.6%	18	14
	2 Ryan Pogue	Carrollton	(48)			29:40.95		9:33.2	48.9%	21	17
	3 Carlos Ordonez		(49)			47:46.95	M	15:22.8	30.6%	42	31
	4 Roger Real		(47)			48:01.01	M	15:27.3	30.0%	43	32
M50-54	1 Rich Cronin	Arlington	(52)			28:55.01		9:18.4	51.8%	19	15
M55-59	1 John Cosentino	Plano	(57)			22:21.86		7:11.9	69.9%	5	5
	2 Rob Preston	Irving	(55)			23:21.88	✓	7:31.2	65.8%	8	8
	3 Doug Waters	Carrollton	(55)			23:51.53		7:40.8	64.4%	9	9
	4 David Short	Frisco	(59)			26:25.08	M	8:30.2	60.2%	13	12
	5 Vijayan Nair	Plano	(57)			26:59.13	M	8:41.1	57.9%	14	13
	6 Jeffrey Conklin	Arlington	(56)			36:39.88		11:48.1	42.3%	34	25
	7 Charles Jones	Carrollton	(55)			37:17.88	✓	12:00.3	41.2%	35	26
M60-64	1 Robert Landon	Allen	(60)			22:42.01	M	7:18.4	70.7%	7	7
	2 Ruben Arevalo	Carrollton	(64)			25:34.95	M	8:14.1	65.0%	10	10
	3 Julio Lopez	Farmers Branch	(64)			25:53.96	M	8:20.2	64.2%	11	11
	4 Robert Simpson	Coppell	(64)			37:42.43		12:08.2	44.1%	37	28
	5 Phil Murch	Frisco	(62)			37:43.38		12:08.5	43.3%	36	27
	6 Steven Johnson	Farmers Branch	(61)			38:26.44		12:22.4	42.1%	38	29
M65-69	1 Michael Sullivan		(67)			30:46.27		9:54.3	55.5%	24	20
	2 David Mask	Lewisville	(67)			57:02.59	M	18:21.6	30.0%	45	33
M75-79	1 Wally Capps	Farmers Branch	(79)			29:18.71	M	9:26.1	70.0%	20	16
	2 Victor Hegemann		(79)			32:47.22		10:33.2	62.6%	30	23

FN\*:  Broke Age-Group Record

**GD** Place among Females

▲ Positive Split

▲ Negative Split

Timing provided by: 2/23/2020

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



DeltaViewTiming.com

# 5K FEMALE

13 FEMALE Runners --- Average Time of

35:59

Avg. Age Grade: 55.2%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Frances McKissick	Irving	(57)			25:56.41	M	8:21.0	71.5%	12	1
MASTERS	1 Marie Kaucher	Southlake	(48)			27:01.10		8:41.8	61.1%	15	2
SENIORS	1 Kim Andres	Irving	(67)			27:43.03	M	8:55.3	77.5%	16	3
F35-39	1 Marietta Kovacs	Coppell	(39)			41:40.75	✓	13:24.9	36.6%	40	10
F40-44	1 Laurie Resnowski	Irving	(42)			33:52.88		10:54.3	45.9%	32	8
F45-49	1 Sheila Holen	Lewisville	(49)			57:04.85	M	18:22.4	29.3%	46	13
F50-54	1 Kuay Sullivan	Coppell	(54)			32:03.10	M	10:19.0	55.6%	28	6
F55-59	1 Virpi Pihlaja-niinisto	Paimio, Finland	(58)			27:53.79		8:58.7	67.4%	17	4
	2 Yanira Lopez	Farmers Branch	(57)			31:58.15	M	10:17.4	58.0%	29	7
	3 Betsy Palmer	Carrollton	(58)			34:32.31		11:07.0	54.4%	33	9
F60-64	1 Rosemary Lewis	Carrollton	(64)			53:19.63		17:09.9	38.4%	44	12
F65-69	1 Carol Creech	Plano	(69)			42:59.56		13:50.3	51.6%	41	11
F70-74	1 Kumiko McCoy	Eules	(70)			31:42.41		10:12.3	71.1%	27	5

# 1M MALE

16 MALE Runners --- Average Time of

8:38

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	(26)			5:35.43		5:35.4	66.4%	1	1
M10-14	1 German Marban	Farmers Branch	(13)			7:18.32		7:18.3	57.1%	5	5
	2 Enrique Marban	Farmers Branch	(12)			7:23.18		7:23.2	57.9%	6	6
M30-34	1 Bemnet Alemayehu	Tyler	(31)			6:11.53		6:11.5	60.2%	2	2
M35-39	1 Gabor Toth	Coppell	(39)			6:49.88	✓	6:49.9	57.0%	4	4
M45-49	1 Marcus O'con	Dallas	(49)			8:16.53		8:16.5	50.8%	12	11
	2 Nathan Bruser	Higland Village	(48)			9:10.00		9:10.0	45.5%	14	12
	3 Roger Real		(47)			10:59.46		10:59.5	37.7%	18	14
	4 Carlos Ordonez		(49)			12:06.94		12:06.9	34.7%	19	15
M55-59	1 Vijayan Nair	Plano	(57)			7:53.19		7:53.2	57.0%	9	9
	2 David Short	Frisco	(59)			8:03.00		8:03.0	56.8%	11	10
M60-64	1 Robert Landon	Allen	(60)			6:35.00		6:35.0	70.1%	3	3
	2 Julio Lopez	Farmers Branch	(64)			7:27.69		7:27.7	64.1%	7	7
	3 Ruben Arevalo	Carrollton	(64)			7:31.69		7:31.7	63.5%	8	8
M65-69	1 David Mask	Lewisville	(67)			17:23.66		17:23.7	28.2%	20	16
M75-79	1 Wally Capps	Farmers Branch	(79)			9:21.14		9:21.1	63.1%	15	13

# 1M FEMALE

5 FEMALE Runners --- Average Time of

10:43

Avg. Age Grade: 56.0%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Frances McKissick	Irving	(57)			8:00.31		8:00.3	68.3%	10	1
F45-49	1 Sheila Holen	Lewisville	(49)			17:23.96		17:24.0	28.3%	21	5
F50-54	1 Kuay Sullivan	Coppell	(54)			9:54.80		9:54.8	53.0%	17	4
F55-59	1 Yanira Lopez	Farmers Branch	(57)			9:30.61		9:30.6	57.5%	16	3
F65-69	1 Kim Andres	Irving	(67)			8:42.92		8:42.9	72.9%	13	2

FN\*:  Broke Age-Group Record

**GD** Place among Females

Positive Split

Timing provided by:

2/23/2020

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

Negative Split



DeltaViewTiming.com

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7493 Albert Marban (M26)	1	M25-29	OA	---				5:35.43		5:35.4	19.10	5:35.43	66.4%
2	6802 Bemnet Alemayehu (M31)	2	M30-34	1st	---				6:11.53	⊗	6:11.5	21.15	6:11.53	60.2%
3	7159 Robert Landon (M60)	3	M60-64	1st	---				6:35.00	⊗	6:35.0	22.52	6:35.00	70.1%
4	7380 Gabor Toth (M39)	4	M35-39	1st	---				6:49.88	✓ 11	6:49.9	23.32	6:49.88	57.0%
5	7494 German Marban (M13)	5	M10-14	1st	---				7:18.32		7:18.3	24.97	7:18.32	57.1%
6	7495 Enrique Marban (M12)	6	M10-14	2nd	---				7:23.18		7:23.2	25.26	7:23.18	57.9%
7	7193 Julio Lopez (M64)	7	M60-64	2nd	---				7:27.69		7:27.7	25.49	7:27.69	64.1%
8	7155 Ruben Arevalo (M64)	8	M60-64	3rd	---				7:31.69		7:31.7	25.72	7:31.69	63.5%
9	7117 Vijayan Nair (M57)	9	M55-59	1st	---				7:53.19		7:53.2	26.97	7:53.19	57.0%
10	7062 Frances McKissick (F57)	1	F55-59	OA	---				8:00.31		8:00.3	27.37	8:00.31	68.3%
11	7061 David Short (M59)	10	M55-59	2nd	---				8:03.00		8:03.0	27.54	8:03.00	56.8%
12	7270 Marcus O'con (M49)	11	M45-49	1st	---				8:16.53		8:16.5	28.28	8:16.53	50.8%
13	7040 Kim Andres (F67)	2	F65-69	1st	---				8:42.92		8:42.9	29.76	8:42.92	72.9%
14	7097 Nathan Bruser (M48)	12	M45-49	2nd	---				9:10.00		9:10.0	31.36	9:10.00	45.5%
15	7916 Wally Capps (M79)	13	M75-79	1st	---				9:21.14		9:21.1	31.99	9:21.14	63.1%
16	7198 Yanira Lopez (F57)	3	F55-59	1st	---				9:30.61		9:30.6	32.50	9:30.61	57.5%
17	7265 Kuay Sullivan (F54)	4	F50-54	1st	---				9:54.80		9:54.8	33.87	9:54.80	53.0%
18	6006 Roger Real (M47)	14	M45-49	3rd	---				10:59.46	⊗	10:59.5	37.58	10:59.46	37.7%
19	6005 Carlos Ordonez (M49)	15	M45-49	4th	---				12:06.94		12:06.9	41.40	12:06.94	34.7%
20	7008 David Mask (M67)	16	M65-69	1st	---				17:23.66		17:23.7	59.47	17:23.66	28.2%
21	7246 Sheila Holen (F49)	5	F45-49	1st	---				17:23.96		17:24.0	59.47	17:23.96	28.3%
✓ 1 Club PR's						Average Finish Time: 09:07			3 First Timers		Average Age Grade: 54.8%			

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7493 Albert Marban (M26)	1	M25-29	OA	---				18:24.72	Ⓜ	5:55.6	18.40	18:24.72	70.1%
2	7270 Marcus O'con (M49)	2	M45-49	MS	1.1				20:46.86	Ⓜ ✓ 11	6:41.3	20.77	20:47.97	70.4%
3	6802 Bemnet Alemayehu (M31)	3	M30-34	1st	---				21:04.84	Ⓜ	6:47.1	21.07	21:04.84	61.5%
4	6977 Harri Niinisto (M64)	4	M60-64	SR	0.9				21:51.36	✓ 5	7:02.1	21.85	21:52.24	76.0%
5	7255 John Cosentino (M57)	5	M55-59	1st	---				22:21.86		7:11.9	22.35	22:21.86	69.9%
6	7011 Blair Casey (M33)	6	M30-34	2nd	---				22:22.79		7:12.2	22.37	22:22.79	58.3%
7	7159 Robert Landon (M60)	7	M60-64	1st	5.0				22:42.01	Ⓜ	7:18.4	22.70	22:47.04	70.7%
8	7192 Rob Preston (M55)	8	M55-59	2nd	2.5				23:21.88	✓ 15	7:31.2	23.35	23:24.33	65.8%
9	7012 Doug Waters (M55)	9	M55-59	3rd	2.5				23:51.53		7:40.8	23.85	23:53.99	64.4%
10	7155 Ruben Arevalo (M64)	10	M60-64	2nd	---				25:34.95	Ⓜ	8:14.1	25.57	25:34.95	65.0%
11	7193 Julio Lopez (M64)	11	M60-64	3rd	1.5				25:53.96	Ⓜ	8:20.2	25.88	25:55.51	64.2%
12	7062 Frances McKissick (F57)	1	F55-59	OA	2.0				25:56.41	Ⓜ	8:21.0	25.93	25:58.38	71.5%
13	7061 David Short (M59)	12	M55-59	4th	16.8				26:25.08	Ⓜ	8:30.2	26.42	26:41.89	60.2%
14	7117 Vijayan Nair (M57)	13	M55-59	5th	---				26:59.13	Ⓜ	8:41.1	26.98	26:59.13	57.9%
15	6805 Marie Kaucher (F48)	2	F45-49	MS	4.0				27:01.10	⊗	8:41.8	27.02	27:05.10	61.1%
16	7040 Kim Andres (F67)	3	F65-69	SR	---				27:43.03	Ⓜ	8:55.3	27.72	27:43.03	77.5%
17	6004 Virpi Pihlaja-Niinisto (F58)	4	F55-59	1st	1.5				27:53.79		8:58.7	27.88	27:55.32	67.4%
18	7097 Nathan Bruser (M48)	14	M45-49	1st	69.6				27:06.00	Ⓜ	8:43.4	27.10	28:15.60	53.6%
19	7256 Rich Cronin (M52)	15	M50-54	1st	2.0				28:55.01		9:18.4	28.92	28:57.00	51.8%
20	7916 Wally Capps (M79)	16	M75-79	1st	3.9				29:18.71	Ⓜ	9:26.1	29.30	29:22.59	70.0%
21	7345 Ryan Pogue (M48)	17	M45-49	2nd	11.9				29:40.95		9:33.2	29.67	29:52.83	48.9%
22	6808 Alexander Dalaki (M24)	18	M20-24	1st	4.4				30:00.28	⊗	9:39.5	30.00	30:04.70	43.0%
23	6009 Carlos Ramirez (M10)	19	M10-14	1st	1.1				30:47.90	✓ 2	9:54.8	30.78	30:48.96	51.3%
24	6002 Michael Sullivan (M67)	20	M65-69	1st	3.4				30:46.27		9:54.3	30.77	30:49.71	55.5%
25	7379 David Toth (M10)	21	M10-14	2nd	---				31:44.94		10:13.1	31.73	31:44.94	49.7%

26	7380	Gabor Toth (M39)	22	M35-39	1st	3.0	<b>31:42.22</b>	ℓ	10:12.3	31.70	31:45.26	42.7%
27	7449	Kumiko McCoy (F70)	5	F70-74	1st	3.2	<b>31:42.41</b>		10:12.3	31.70	31:45.62	<b>71.1%</b>
28	7265	Kuay Sullivan (F54)	6	F50-54	1st	7.6	<b>32:03.10</b>	ℓ	10:19.0	32.05	32:10.72	55.6%
29	7198	Yanira Lopez (F57)	7	F55-59	2nd	16.4	<b>31:58.15</b>	ℓ	10:17.4	31.97	32:14.59	58.0%
30	6001	Victor Hegemann (M79)	23	M75-79	2nd	4.0	<b>32:47.22</b>		10:33.2	32.78	32:51.25	<b>62.6%</b>
31	6942	Jesiah Resnowski (M9)	24	M01-09	1st	---	<b>33:55.45</b>	⊗	10:55.1	33.92	33:55.45	48.2%
32	6941	Laurie Resnowski (F42)	8	F40-44	1st	3.2	<b>33:52.88</b>	⊗	10:54.3	33.87	33:56.10	45.9%
33	7454	Betsy Palmer (F58)	9	F55-59	3rd	9.5	<b>34:32.31</b>		11:07.0	34.53	34:41.85	54.4%
34	7257	Jeffrey Conklin (M56)	25	M55-59	6th	9.9	<b>36:39.88</b>		11:48.1	36.65	36:49.75	42.3%
35	7120	Charles Jones (M55)	26	M55-59	7th	2.7	<b>37:17.88</b>	✓ ⊚	12:00.3	37.28	37:20.58	41.2%
36	7157	Phil Murch (M62)	27	M60-64	5th	9.3	<b>37:43.38</b>		12:08.5	37.72	37:52.67	43.3%
37	7106	Robert Simpson (M64)	28	M60-64	4th	11.2	<b>37:42.43</b>		12:08.2	37.70	37:53.67	44.1%
38	7258	Steven Johnson (M61)	29	M60-64	6th	4.9	<b>38:26.44</b>		12:22.4	38.43	38:31.34	42.1%
39	7368	Alex Toth (M6)	30	M01-09	2nd	2.4	<b>41:35.50</b>	⊗	13:23.2	41.58	41:37.93	45.0%
40	7369	Marietta Kovacs (F39)	10	F35-39	1st	3.7	<b>41:40.75</b>	✓ ⊚	13:24.9	41.67	41:44.42	36.6%
41	7024	Carol Creech (F69)	11	F65-69	1st	4.8	<b>42:59.56</b>		13:50.3	42.98	43:04.37	51.6%
42	6005	Carlos Ordonez (M49)	31	M45-49	3rd	11.5	<b>47:46.95</b>	ℓ	15:22.8	47.77	47:58.49	30.6%
43	6006	Roger Real (M47)	32	M45-49	4th	12.6	<b>48:01.01</b>	ℓ ⊗	15:27.3	48.02	48:13.57	30.0%
44	7455	Rosemary Lewis (F64)	12	F60-64	1st	14.2	<b>53:19.63</b>		17:09.9	53.32	53:33.79	38.4%
45	7008	David Mask (M67)	33	M65-69	2nd	206.6	<b>57:02.59</b>	ℓ	18:21.6	57.03	1:00:29.15	30.0%
46	7246	Sheila Holen (F49)	13	F45-49	1st	204.9	<b>57:04.85</b>	ℓ	18:22.4	57.07	1:00:29.75	29.3%

✓ **6 Club PR's**

Average Finish Time: **32:21** *6 First Timers*

Average Age Grade: **54.3%**

# Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	13	Kim Andres	F67	8:42.92	72.9%	
2	3	Robert Landon	M60	6:35.00	70.1%	New
3	10	Frances McKissick	F57	8:00.31	68.3%	
4	1	Albert Marban	M26	5:35.43	66.4%	
5	7	Julio Lopez	M64	7:27.69	64.1%	
6	8	Ruben Arevalo	M64	7:31.69	63.5%	
7	15	Wally Capps	M79	9:21.14	63.1%	
8	2	Bemnet Alemayehu	M31	6:11.53	60.2%	
9	6	Enrique Marban	M12	7:23.18	57.9%	
10	16	Yanira Lopez	F57	9:30.61	57.5%	
11	5	German Marban	M13	7:18.32	57.1%	
12	4	Gabor Toth	M39	6:49.88	57.0%	
13	9	Vijayan Nair	M57	7:53.19	57.0%	
14	11	David Short	M59	8:03.00	56.8%	
15	17	Kuay Sullivan	F54	9:54.80	53.0%	
16	12	Marcus O'con	M49	8:16.53	50.8%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	16	Kim Andres	F67	27:43.03	77.5%	
2	4	Harri Niinisto	M64	21:51.36	76.0%	Move UP
3	12	Frances McKissick	F57	25:56.41	71.5%	
4	27	Kumiko McCoy	F70	31:42.41	71.1%	
5	7	Robert Landon	M60	22:42.01	70.7%	
6	2	Marcus O'con	M49	20:46.86	70.4%	Move UP
7	1	Albert Marban	M26	18:24.72	70.1%	
8	20	Wally Capps	M79	29:18.71	70.0%	
9	5	John Cosentino	M57	22:21.86	69.9%	
10	17	Virpi Pihlaja-Niinisto	F58	27:53.79	67.4%	
11	8	Rob Preston	M55	23:21.88	65.8%	Move UP
12	10	Ruben Arevalo	M64	25:34.95	65.0%	
13	9	Doug Waters	M55	23:51.53	64.4%	
14	11	Julio Lopez	M64	25:53.96	64.2%	
15	30	Victor Hegemann	M79	32:47.22	62.6%	
16	3	Bemnet Alemayehu	M31	21:04.84	61.5%	
17	15	Marie Kaucher	F48	27:01.10	61.1%	
18	13	David Short	M59	26:25.08	60.2%	
19	6	Blair Casey	M33	22:22.79	58.3%	
20	29	Yanira Lopez	F57	31:58.15	58.0%	
21	14	Vijayan Nair	M57	26:59.13	57.9%	
22	28	Kuay Sullivan	F54	32:03.10	55.6%	
23	24	Michael Sullivan	M67	30:46.27	55.5%	
24	33	Betsy Palmer	F58	34:32.31	54.4%	
25	18	Nathan Bruser	M48	27:06.00	53.6%	
26	19	Rich Cronin	M52	28:55.01	51.8%	
27	41	Carol Creech	F69	42:59.56	51.6%	
28	23	Carlos Ramirez	M10	30:47.90	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 > 65%

65% Boston-Qualifier Approximate Level

60% Local Class Level

50% Average Class Level