

Sunday, June 28, 2020

Carrollton Runners Mile + 5K

77F Clear 80%H 10mphS

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

Mile Off :7:30 am

5K Off :7:46 am

Mile Overall		5K Overall		5K Masters		5K Seniors	
Albert Marban	5:53.83	Blair Casey	18:09.41	Patrick Liles	19:39.26	Robert Landon	22:04.84
Annie Reeder	6:57.80	Leah Bowyer	23:17.95	Debbie Riedner	28:40.55	Kumiko McCoy	31:29.47

5K MALE

30 MALE Runners --- Average Time of **28:10**

Avg. Age Grade: **57.5%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Blair Casey	Carrollton	(33)	9:15	-20	18:09.41		5:50.6	71.9%	1	1
MASTERS	1 Patrick Liles	Dallas	(49)	9:43	+13	19:39.26		6:19.6	74.4%	3	3
SENIORS	1 Robert Landon	Allen	(61)	10:47	+31	22:04.84		7:06.4	73.3%	7	7
M10-14	1 William Poole	Carrollton	(14)	11:15	+47	23:17.01		7:29.7	60.9%	10	10
M15-19	1 Cole Riedner	Dallas	(16)	10:21	+31	21:12.67		6:49.6	64.6%	4	4
M25-29	1 Albert Marban	Farmers Branch	(26)	9:36	+26	19:37.54	ML	6:19.0	65.7%	2	2
	2 Craig Ostrovich	Coppell	(25)	10:43	+46	22:11.45	✓	7:08.6	58.1%	8	8
M30-34	1 Ryan Boyd	Carrollton	(32)	12:38	+29	25:44.73	✓	8:17.2	50.5%	20	19
M35-39	1 Mark Herling		(39)	10:19	+47	21:24.70		6:53.5	63.3%	5	5
	2 Kyle McKinnon	Lewisville	(39)	10:20	+66	21:46.18		7:00.4	62.2%	6	6
	3 William Chavez	Irving	(35)	11:38	+14	23:28.96		7:33.5	56.1%	12	11
M45-49	1 Marcus O'con	Dallas	(49)	12:40	+13	25:31.99	ML	8:13.1	57.3%	19	18
	2 Chris Goins	Garland	(49)	17:22	+127	36:50.45		11:51.5	39.7%	31	26
M50-54	1 Charles Land	Dallas	(54)	11:59	+24	24:21.23	ML	7:50.3	62.6%	14	13
	2 Alex Veguilla	Carrollton	(52)	11:50	+80	25:00.69		8:03.0	59.9%	16	15
M55-59	1 John Cosentino	Plano	(57)	10:55	+27	22:17.81		7:10.6	70.1%	9	9
	2 Steve Russo	Plano	(56)	11:33	+58	24:03.46		7:44.6	64.4%	13	12
	3 David Short	Frisco	(59)	12:34	-29	24:38.19		7:55.8	64.5%	15	14
	4 Doug Waters	Carrollton	(55)	12:28	+20	25:15.06		8:07.7	60.9%	18	17
	5 Vijayan Nair	Plano	(57)	12:42	+50	26:13.05	ML	8:26.3	59.6%	21	20
	6 Les George	Grand Prairie	(55)	13:05	+45	26:54.99	✓	8:39.8	57.1%	22	21
	7 Tim Kerr	Savannah	(58)	14:29	+121	30:58.45		9:58.2	50.9%	25	23
	8 Martin Chavez	Lewisville	(58)	21:15	+123	44:32.01	✓	14:20.0	35.4%	35	28
	9 John Kramer	Plano	(58)	28:38	-71	56:04.66	ML	18:03.0	28.1%	40	30
M60-64	1 Julio Lopez	Farmers Branch	(64)	12:26	+16	25:07.74	ML	8:05.3	66.1%	17	16
	2 Victor Eifenbein	Dallas	(62)	16:33	+111	34:56.39	ML	11:14.8	46.7%	28	24
M65-69	1 Peter Chan	Coppell	(67)	17:30	+2	35:01.22	ML	11:16.3	48.8%	30	25
	2 Robert Simpson	Coppell	(65)	19:02	-12	37:52.07		12:11.3	44.3%	32	27
M70-74	1 Scott Ahlstrom	Carrollton	(71)	26:41	-80	52:01.79		16:44.8	34.3%	38	29
M75-79	1 Wally Capps	Farmers Branch	(79)	14:30	-22	28:37.70	ML	9:12.9	71.7%	23	22

FN*: Broke Age-Group Record

GD Place among Females

▲ Positive Split

Timing provided by:

6/28/2020

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

▲ Negative Split

 **DeltaViewTiming.com**

5K FEMALE

10 FEMALE Runners --- Average Time of **38:19** Avg. Age Grade: **50.3%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Leah Bowyer	Dallas	(30)	11:36	+7	23:17.95		7:30.0	63.5%	11	1
MASTERS	1 Debbie Riedner	Dallas	(50)	14:10	+21	28:40.55		9:13.8	59.0%	24	2
SENIORS	1 Kumiko McCoy	Eules	(71)	15:25	+39	31:29.47		10:08.2	72.8%	26	3
F30-34	1 Stacy McKinnon	Lewisville	(34)	18:36	+128	39:21.29		12:40.0	37.9%	33	6
F45-49	1 Amie Goins	Garland	(48)	19:05	+95	39:43.62		12:47.2	41.6%	34	7
	2 Sheila Holen	Lewisville	(49)	25:10	+15	50:35.84		16:17.1	33.0%	37	9
F55-59	1 Yanira Lopez	Farmers Branch	(57)	16:31	+43	33:45.71	ℓ	10:52.0	54.9%	27	4
	2 Betsy Palmer	Carrollton	(59)	16:51	+72	34:54.48		11:14.1	54.6%	29	5
F65-69	1 Carol Creech	Plano	(69)	22:31	-2	45:00.66		14:29.3	49.3%	36	8
	2 Rosemary Lewis	Carrollton	(65)	28:26	-30	56:22.11		18:08.6	36.9%	39	10

1M MALE

15 MALE Runners --- Average Time of **8:08** Avg. Age Grade: **56.2%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Albert Marban	Farmers Branch	(26)			5:53.83		5:53.8	62.9%	1	1
M10-14	1 German Marban	Farmers Branch	(14)			7:14.88		7:14.9	56.3%	5	4
	2 Enrique Marban	Farmers Branch	(12)			7:27.15		7:27.2	57.4%	7	6
M25-29	1 Pablo Arevalo	Carrollton	(25)			7:28.98		7:29.0	49.6%	9	8
M40-44	1 Phillip Reeder	Coppell	(42)			8:34.94	✓	8:34.9	46.4%	12	11
M45-49	1 Marcus O'con	Dallas	(49)			8:28.53		8:28.5	49.6%	11	10
M50-54	1 Charles Land	Dallas	(54)			6:32.05	✓	6:32.1	67.1%	2	2
M55-59	1 Vijayan Nair	Plano	(57)			8:19.42		8:19.4	54.0%	10	9
	2 John Kramer	Plano	(58)			12:15.18		12:15.2	37.0%	17	15
M60-64	1 Julio Lopez	Farmers Branch	(64)			7:06.09		7:06.1	67.3%	4	3
	2 Bradley Gardner	Fort Worth	(62)			7:19.73		7:19.7	64.1%	6	5
	3 Victor Elfenbein	Dallas	(62)			9:44.14		9:44.1	48.2%	15	14
M65-69	1 Ruben Arevalo	Carrollton	(65)			7:28.42		7:28.4	64.5%	8	7
	2 Peter Chan	Coppell	(67)			9:21.25		9:21.3	52.5%	14	13
M75-79	1 Wally Capps	Farmers Branch	(79)			8:51.31		8:51.3	66.7%	13	12

1M FEMALE

2 FEMALE Runners --- Average Time of **8:34** Avg. Age Grade: **59.4%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Annie Reeder	Coppell	(13)			6:57.80	✓	6:57.8	65.0%	3	1
F55-59	1 Yanira Lopez	Farmers Branch	(57)			10:10.73		10:10.7	53.7%	16	2

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7493 Albert Marban (M26)	1	M25-29	OA	---				5:53.83		5:53.8	20.13	5:53.83	62.9%
2	6990 Charles Land (M54)	2	M50-54	1st	---				6:32.05	✓ 9	6:32.1	22.35	6:32.05	67.1%
3	7438 Annie Reeder (F13)	1	F10-14	OA	---				6:57.80	✓ 1	6:57.8	23.78	6:57.80	65.0%
4	7193 Julio Lopez (M64)	3	M60-64	1st	---				7:06.09		7:06.1	24.29	7:06.09	67.3%
5	7494 German Marban (M14)	4	M10-14	1st	---				7:14.88		7:14.9	24.75	7:14.88	56.3%
6	7058 Bradley Gardner (M62)	5	M60-64	2nd	---				7:19.73		7:19.7	25.03	7:19.73	64.1%
7	7495 Enrique Marban (M12)	6	M10-14	2nd	---				7:27.15		7:27.2	25.49	7:27.15	57.4%
8	7155 Ruben Arevalo (M65)	7	M65-69	1st	---				7:28.42		7:28.4	25.54	7:28.42	64.5%
9	6001 Pablo Arevalo (M25)	8	M25-29	1st	---				7:28.98	✗	7:29.0	25.54	7:28.98	49.6%
10	7117 Vijayan Nair (M57)	9	M55-59	1st	---				8:19.42		8:19.4	28.45	8:19.42	54.0%
11	7270 Marcus O'con (M49)	10	M45-49	1st	---				8:28.53		8:28.5	28.97	8:28.53	49.6%
12	7437 Phillip Reeder (M42)	11	M40-44	1st	---				8:34.94	✓ 1	8:34.9	29.31	8:34.94	46.4%
13	7916 Wally Capps (M79)	12	M75-79	1st	---				8:51.31		8:51.3	30.28	8:51.31	66.7%
14	7153 Peter Chan (M67)	13	M65-69	2nd	---				9:21.25		9:21.3	31.99	9:21.25	52.5%
15	7113 Victor Elfenbein (M62)	14	M60-64	3rd	---				9:44.14		9:44.1	33.30	9:44.14	48.2%
16	7198 Yanira Lopez (F57)	2	F55-59	1st	---				10:10.73		10:10.7	34.78	10:10.73	53.7%
17	7261 John Kramer (M58)	15	M55-59	2nd	---				12:15.18		12:15.2	41.91	12:15.18	37.0%

✓ 3 Club PR's

Average Finish Time: 08:11 *1 First Timers*

Average Age Grade: 56.6%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7011 Blair Casey (M33)	1	M30-34	OA	1.3	9:15	8:54	-20	18:09.41		5:50.6	18.15	18:10.72	71.9%
2	7493 Albert Marban (M26)	2	M25-29	1st	0.3	9:36	10:02	+26	19:37.54	ℓ	6:19.0	19.62	19:37.83	65.7%
3	7171 Patrick Liles (M49)	3	M45-49	MS	1.0	9:43	9:56	+13	19:39.26	✗	6:19.6	19.65	19:40.22	74.4%
4	6818 Cole Riedner (M16)	4	M15-19	1st	2.8	10:21	10:52	+31	21:12.67	✗	6:49.6	21.20	21:15.47	64.6%
5	6002 Mark Herling (M39)	5	M35-39	1st	2.6	10:19	11:06	+47	21:24.70	✗	6:53.5	21.40	21:27.32	63.3%
6	6612 Kyle McKinnon (M39)	6	M35-39	2nd	2.8	10:20	11:26	+66	21:46.18		7:00.4	21.77	21:48.98	62.2%
7	7159 Robert Landon (M61)	7	M60-64	SR	3.6	10:47	11:18	+31	22:04.84		7:06.4	22.07	22:08.47	73.3%
8	6904 Craig Ostrovich (M25)	8	M25-29	2nd	4.3	10:43	11:29	+46	22:11.45	✓ 1	7:08.6	22.18	22:15.76	58.1%
9	7255 John Cosentino (M57)	9	M55-59	1st	2.1	10:55	11:23	+27	22:17.81		7:10.6	22.28	22:19.88	70.1%
10	7205 William Poole (M14)	10	M10-14	1st	3.5	11:15	12:02	+47	23:17.01		7:29.7	23.28	23:20.48	60.9%
11	7389 Leah Bowyer (F30)	1	F30-34	OA	6.2	11:36	11:42	+7	23:17.95	✗	7:30.0	23.28	23:24.12	63.5%
12	6819 William Chavez (M35)	11	M35-39	3rd	3.4	11:38	11:51	+14	23:28.96	✗	7:33.5	23.47	23:32.38	56.1%
13	7405 Steve Russo (M56)	12	M55-59	2nd	5.5	11:33	12:31	+58	24:03.46		7:44.6	24.05	24:08.92	64.4%
14	6990 Charles Land (M54)	13	M50-54	1st	4.1	11:59	12:23	+24	24:21.23	ℓ	7:50.3	24.35	24:25.31	62.6%
15	7061 David Short (M59)	14	M55-59	3rd	20.2	12:34	12:05	-29	24:38.19		7:55.8	24.63	24:58.39	64.5%
16	7052 Alex Veguilla (M52)	15	M50-54	2nd	2.7	11:50	13:10	+80	25:00.69		8:03.0	25.00	25:03.43	59.9%
17	7193 Julio Lopez (M64)	16	M60-64	1st	4.2	12:26	12:42	+16	25:07.74	ℓ	8:05.3	25.12	25:11.96	66.1%
18	7012 Doug Waters (M55)	17	M55-59	4th	5.1	12:28	12:47	+20	25:15.06		8:07.7	25.25	25:20.12	60.9%
19	7270 Marcus O'con (M49)	18	M45-49	1st	5.9	12:40	12:52	+13	25:31.99	ℓ	8:13.1	25.52	25:37.88	57.3%
20	7488 Ryan Boyd (M32)	19	M30-34	1st	9.5	12:38	13:07	+29	25:44.73	✓ 2	8:17.2	25.73	25:54.21	50.5%
21	7117 Vijayan Nair (M57)	20	M55-59	5th	1.8	12:42	13:31	+50	26:13.05	ℓ	8:26.3	26.22	26:14.89	59.6%
22	7365 Les George (M55)	21	M55-59	6th	11.7	13:05	13:50	+45	26:54.99	✓ 3	8:39.8	26.90	27:06.66	57.1%
23	7916 Wally Capps (M79)	22	M75-79	1st	7.0	14:30	14:08	-22	28:37.70	ℓ	9:12.9	28.62	28:44.72	71.7%
24	6817 Debbie Riedner (F50)	2	F50-54	MS	9.6	14:10	14:31	+21	28:40.55	✗	9:13.8	28.67	28:50.19	59.0%
25	7162 Tim Kerr (M58)	23	M55-59	7th	5.5	14:29	16:30	+121	30:58.45		9:58.2	30.97	31:03.93	50.9%
26	7449 Kumiko McCoy (F71)	3	F70-74	SR	9.8	15:25	16:04	+39	31:29.47		10:08.2	31.48	31:39.26	72.8%
27	7198 Yanira Lopez (F57)	4	F55-59	1st	27.2	16:31	17:14	+43	33:45.71	ℓ	10:52.0	33.75	34:12.88	54.9%
28	7113 Victor Elfenbein (M62)	24	M60-64	2nd	12.5	16:33	18:23	+111	34:56.39	ℓ	11:14.8	34.93	35:08.89	46.7%
29	7454 Betsy Palmer (F59)	5	F55-59	2nd	15.8	16:51	18:03	+72	34:54.48		11:14.1	34.90	35:10.29	54.6%

FN*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

6/28/2020

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

△ Negative Split

 DeltaViewTiming.com

30	7153	Peter Chan (M67)	25	M65-69	1st	11.4	17:30	17:32	+2	35:01.22	⌚	11:16.3	35.02	35:12.58	48.8%
31	7050	Chris Goins (M49)	26	M45-49	2nd	28.4	17:22	19:29	+127	36:50.45		11:51.5	36.83	37:18.82	39.7%
32	7106	Robert Simpson (M65)	27	M65-69	2nd	36.9	19:02	18:50	-12	37:52.07		12:11.3	37.87	38:29.01	44.3%
33	6614	Stacy McKinnon (F34)	6	F30-34	1st	23.6	18:36	20:45	+128	39:21.29	⌚	12:40.0	39.35	39:44.85	37.9%
34	7044	Amie Goins (F48)	7	F45-49	1st	28.6	19:05	20:39	+95	39:43.62		12:47.2	39.72	40:12.18	41.6%
35	7409	Martin Chavez (M58)	28	M55-59	8th	34.9	21:15	23:17	+123	44:32.01	✓ 1	14:20.0	44.53	45:06.95	35.4%
36	7024	Carol Creech (F69)	8	F65-69	1st	8.9	22:31	22:29	-2	45:00.66		14:29.3	45.00	45:09.58	49.3%
37	7246	Sheila Holen (F49)	9	F45-49	2nd	19.2	25:10	25:25	+15	50:35.84		16:17.1	50.58	50:55.00	33.0%
38	7148	Scott Ahlstrom (M71)	29	M70-74	1st	25.1	26:41	25:21	-80	52:01.79		16:44.8	52.02	52:26.90	34.3%
39	7455	Rosemary Lewis (F65)	10	F65-69	2nd	32.8	28:26	27:56	-30	56:22.11		18:08.6	56.37	56:54.95	36.9%
40	7261	John Kramer (M58)	30	M55-59	9th	154.4	28:38	27:27	-71	56:04.66	⌚	18:03.0	56.07	58:39.02	28.1%
32 Positive Split 8 Negative Split ✓ 4 Club PR's Average Finish Time: 30:42 <i>7 First Timers</i> Average Age Grade: 55.7%															

Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	4	Julio Lopez	M64	7:06.09	67.3%	
2	2	Charles Land	M54	6:32.05	67.1%	Move UP
3	13	Wally Capps	M79	8:51.31	66.7%	
4	3	Annie Reeder	F13	6:57.80	65.0%	
5	8	Ruben Arevalo	M65	7:28.42	64.5%	
6	6	Bradley Gardner	M62	7:19.73	64.1%	
7	1	Albert Marban	M26	5:53.83	62.9%	
8	7	Enrique Marban	M12	7:27.15	57.4%	
9	5	German Marban	M14	7:14.88	56.3%	
10	10	Vijayan Nair	M57	8:19.42	54.0%	
11	16	Yanira Lopez	F57	10:10.73	53.7%	
12	14	Peter Chan	M67	9:21.25	52.5%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	3	Patrick Liles	M49	19:39.26	74.4%	New
2	7	Robert Landon	M61	22:04.84	73.3%	
3	26	Kumiko McCoy	F71	31:29.47	72.8%	
4	1	Blair Casey	M33	18:09.41	71.9%	
5	23	Wally Capps	M79	28:37.70	71.7%	
6	9	John Cosentino	M57	22:17.81	70.1%	
7	17	Julio Lopez	M64	25:07.74	66.1%	
8	2	Albert Marban	M26	19:37.54	65.7%	
9	4	Cole Riedner	M16	21:12.67	64.6%	
10	15	David Short	M59	24:38.19	64.5%	
11	13	Steve Russo	M56	24:03.46	64.4%	
12	11	Leah Bowyer	F30	23:17.95	63.5%	
13	5	Mark Herling	M39	21:24.70	63.3%	
14	14	Charles Land	M54	24:21.23	62.6%	
15	6	Kyle McKinnon	M39	21:46.18	62.2%	
16	10	William Poole	M14	23:17.01	60.9%	
17	18	Doug Waters	M55	25:15.06	60.9%	
18	16	Alex Veguilla	M52	25:00.69	59.9%	
19	21	Vijayan Nair	M57	26:13.05	59.6%	
20	24	Debbie Riedner	F50	28:40.55	59.0%	
21	8	Craig Ostrovich	M25	22:11.45	58.1%	
22	19	Marcus O'con	M49	25:31.99	57.3%	
23	22	Les George	M55	26:54.99	57.1%	
24	12	William Chavez	M35	23:28.96	56.1%	
25	27	Yanira Lopez	F57	33:45.71	54.9%	
26	29	Betsy Palmer	F59	34:54.48	54.6%	
27	25	Tim Kerr	M58	30:58.45	50.9%	
28	20	Ryan Boyd	M32	25:44.73	50.5%	

100%	World Record Level for Gender/Age	List*	Carrollton Runners Performance Lists for Age Grades > 65%
90%	World Class Level	65%	Boston-Qualifier Approximate Level
80%	National Class Level	60%	Local Class Level
70%	Regional Class Level	50%	Average Class Level