

# Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
John Shirk	4:47.47	John Shirk	16:30.35	John Cosentino	21:40.72	Vijayan Nair	22:40.80
Annie Reeder	7:15.39	Kuay Sullivan	26:40.31	Debbie Riedner	26:52.12	Betsy Palmer	32:52.41

## 5K MALE

32 MALE Runners --- Average Time of **27:39**

Avg. Age Grade: **57.0%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
<b>OVERALL</b>	1 <b>John Shirk</b>	Mile Race Group	(25)	8:08	+14	<b>16:30.35</b>	<input checked="" type="checkbox"/>	5:18.8	<b>78.2%</b>	1	1
<b>MASTERS</b>	1 <b>John Cosentino</b>	Plano	(58)	10:57	-13	<b>21:40.72</b>	✓	6:58.7	<b>72.7%</b>	3	3
<b>SENIORS</b>	1 <b>Vijayan Nair</b>	Plano	(58)	11:15	+11	<b>22:40.80</b>	<input checked="" type="checkbox"/>	7:18.0	<b>69.5%</b>	6	6
<b>M10-14</b>	1 <b>Jordan Williams</b>	Mckinney	(10)	11:42	+158	<b>26:01.65</b>		8:22.6	<b>60.7%</b>	16	16
<b>M15-19</b>	1 <b>Eli Levine</b>	Parker	(16)	11:50	+4	<b>23:44.49</b>	✓	7:38.5	57.7%	11	11
	2 <b>Eliam Ruiz</b>	Dallas	(17)	11:03	+185	<b>25:11.41</b>		8:06.5	53.6%	15	15
	3 <b>Max Schultz</b>	Dallas	(16)	14:26	+37	<b>29:29.65</b>	✓	9:29.6	46.4%	25	23
	4 <b>Will Mathis</b>	Dallas	(16)	22:10	+335	<b>49:53.98</b>		16:03.7	27.4%	41	31
<b>M25-29</b>	1 <b>Craig Ostrovich</b>	Coppell	(26)	11:00	+54	<b>22:53.58</b>		7:22.1	56.3%	7	7
<b>M30-34</b>	1 <b>Stephan Ramirez</b>	The Colony	(34)	8:55	-2	<b>17:48.39</b>		5:43.9	<b>73.6%</b>	2	2
	2 <b>Blair Casey</b>	Carrollton	(33)	11:50	+22	<b>24:02.87</b>		7:44.4	54.3%	12	12
<b>M35-39</b>	1 <b>Serge Reshetnikov</b>	The Colony	(35)	11:21	+27	<b>23:08.53</b>	✓	7:26.9	56.9%	9	9
	2 <b>Jason Egger</b>	Mesquite	(38)	11:55	-13	<b>23:36.96</b>		7:36.1	56.9%	10	10
	3 <b>Max Chounlamany</b>	Dallas	(37)	12:06	+0	<b>24:11.35</b>	<input checked="" type="checkbox"/>	7:47.1	55.2%	13	13
<b>M40-44</b>	1 <b>Robert Flores</b>	Aubrey	(40)	10:29	+64	<b>22:00.91</b>		7:05.2	<b>62.0%</b>	5	5
<b>M45-49</b>	1 <b>Marcus O'con</b>	Dallas	(49)	11:02	-18	<b>21:46.14</b>	<input checked="" type="checkbox"/>	7:00.4	<b>67.2%</b>	4	4
	2 <b>Michael Mathis</b>	Dallas	(47)	14:16	-11	<b>28:22.00</b>		9:07.8	50.8%	21	19
	3 <b>Burns Thacker</b>	Carrollton	(46)	16:30	-41	<b>32:18.38</b>	✓	10:23.9	44.2%	29	26
<b>M50-54</b>	1 <b>Chris Goins</b>	Garland	(50)	16:41	-7	<b>33:14.37</b>		10:41.9	44.4%	33	28
	2 <b>Chris Wong</b>	Irving	(51)	21:55	-323	<b>38:26.67</b>		12:22.4	38.7%	38	30
<b>M55-59</b>	1 <b>Steve Russo</b>	Plano	(57)	11:32	-1	<b>23:02.14</b>		7:24.9	<b>67.8%</b>	8	8
	2 <b>Doug Waters</b>	Carrollton	(56)	12:14	-13	<b>24:15.23</b>		7:48.4	<b>63.9%</b>	14	14
	3 <b>Ruben Saguil</b>	Carrollton	(55)	12:40	+29	<b>25:49.03</b>		8:18.6	59.5%	30	27
	4 <b>John Kramer</b>	Plano	(58)	24:33	-84	<b>47:40.65</b>	<input checked="" type="checkbox"/>	15:20.8	33.1%	45	32
<b>M60-64</b>	1 <b>Ronald Hamilton</b>	The Colony	(61)	14:27	+22	<b>29:16.81</b>	<input checked="" type="checkbox"/>	9:25.5	55.3%	24	22
	2 <b>Ruben Reyes</b>	Carrollton	(64)	15:24	-28	<b>30:20.32</b>		9:45.9	54.8%	26	24
	3 <b>Steven Johnson</b>	Farmers Branch	(62)	17:23	+69	<b>35:54.58</b>	✓	11:33.5	45.5%	37	29
<b>M65-69</b>	1 <b>Ruben Arevalo</b>	Carrollton	(65)	12:47	+37	<b>26:10.44</b>	<input checked="" type="checkbox"/>	8:25.5	<b>64.1%</b>	17	17
	2 <b>Julio Lopez</b>	Farmers Branch	(65)	13:27	-20	<b>26:34.00</b>	<input checked="" type="checkbox"/>	8:33.1	<b>63.1%</b>	18	18
	3 <b>Peter Chan</b>	Coppell	(67)	16:06	-18	<b>31:53.93</b>	<input checked="" type="checkbox"/>	10:16.0	53.6%	28	25
<b>M70-74</b>	1 <b>Curt Thompson</b>	Coppell	(71)	14:28	-16	<b>28:39.58</b>	✓	9:13.5	<b>62.3%</b>	23	21
<b>M80-99</b>	1 <b>Wally Capps</b>	Farmers Branch	(80)	14:21	-21	<b>28:21.86</b>	<input checked="" type="checkbox"/>	9:07.8	<b>74.1%</b>	22	20

# 5K FEMALE

13 FEMALE Runners --- Average Time of **37:32**

Avg. Age Grade: **51.8%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Kuay Sullivan</b>	Coppell	(55)	13:36	-32	<b>26:40.31</b>	ℓ	8:35.1	<b>67.7%</b>	19	<b>1</b>
MASTERS	1 <b>Debbie Riedner</b>	Dallas	(51)	13:46	-40	<b>26:52.12</b>	✓	8:38.9	<b>63.8%</b>	20	<b>2</b>
SENIORS	1 <b>Betsy Palmer</b>	Carrollton	(59)	16:31	-10	<b>32:52.41</b>		10:34.9	58.0%	31	<b>4</b>
F10-14	1 <b>CatherineAnn Mathis</b>	Dallas	(14)	14:51	+56	<b>30:37.10</b>		9:51.3	51.3%	27	<b>3</b>
F15-19	1 <b>Ava Kosoy</b>	Plano	(17)	18:15	+136	<b>38:45.92</b>	✓	12:28.6	39.0%	39	<b>9</b>
F40-44	1 <b>Teresa Tran</b>	Irving	(44)	28:35	-419	<b>50:10.29</b>		16:08.9	31.5%	43	<b>12</b>
F45-49	1 <b>Amie Goins</b>	Garland	(49)	17:03	+98	<b>35:43.04</b>		11:29.8	46.8%	36	<b>8</b>
	2 <b>Downie Mathis</b>	Dallas	(47)	22:10	+336	<b>49:56.28</b>		16:04.4	32.7%	42	<b>11</b>
	3 <b>Sheila Holen</b>	Lewisville	(49)	25:17	+15	<b>50:48.50</b>		16:21.2	32.9%	44	<b>13</b>
F55-59	1 <b>Yanira Lopez</b>	Farmers Branch	(57)	16:44	-45	<b>32:42.03</b>	ℓ	10:31.5	56.7%	32	<b>5</b>
F65-69	1 <b>Jerri Hixson</b>	Plano	(66)	17:03	-19	<b>33:47.18</b>	✓	10:52.5	<b>62.6%</b>	34	<b>6</b>
	2 <b>Carol Creech</b>	Aubrey	(69)	22:26	-14	<b>44:37.72</b>		14:21.9	49.7%	40	<b>10</b>
F80-99	1 <b>Mary Kaplan</b>	Sunrise Beach	(81)	17:32	-42	<b>34:21.69</b>	☑	11:03.6	<b>80.6%</b>	35	<b>7</b>

# 1M MALE

13 MALE Runners --- Average Time of **7:49**

Avg. Age Grade: **59.3%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>John Shirk</b>	Mile Race Group	(25)			<b>4:47.47</b>		4:47.5	<b>77.4%</b>	1	1
M20-24	1 <b>Chris Shirk</b>		(22)			<b>5:06.79</b>	✓	5:06.8	<b>72.6%</b>	2	2
	2 <b>Ben Reed</b>		(24)			<b>5:11.36</b>	✓	5:11.4	<b>71.5%</b>	3	3
M35-39	1 <b>Max Chounlamany</b>	Dallas	(37)			<b>6:56.73</b>		6:56.7	55.3%	5	5
M40-44	1 <b>Phillip Reeder</b>	Coppell	(42)			<b>9:26.39</b>		9:26.4	42.2%	13	11
M45-49	1 <b>Marcus O'con</b>	Dallas	(49)			<b>8:13.13</b>		8:13.1	51.2%	9	8
M55-59	1 <b>Vijayan Nair</b>	Plano	(58)			<b>6:55.28</b>		6:55.3	<b>65.5%</b>	4	4
	2 <b>John Kramer</b>	Plano	(58)			<b>11:53.75</b>		11:53.8	38.1%	16	13
M60-64	1 <b>Ronald Hamilton</b>	The Colony	(61)			<b>9:01.57</b>		9:01.6	51.6%	11	9
M65-69	1 <b>Ruben Arevalo</b>	Carrollton	(65)			<b>7:22.34</b>		7:22.3	<b>65.4%</b>	7	6
	2 <b>Julio Lopez</b>	Farmers Branch	(65)			<b>7:25.11</b>		7:25.1	<b>65.0%</b>	8	7
	3 <b>Peter Chan</b>	Coppell	(67)			<b>10:12.87</b>		10:12.9	48.1%	15	12
M80-99	1 <b>Wally Capps</b>	Farmers Branch	(80)			<b>9:04.42</b>		9:04.4	<b>66.6%</b>	12	10

# 1M FEMALE

3 FEMALE Runners --- Average Time of **8:41**

Avg. Age Grade: **59.3%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Annie Reeder</b>	Coppell	(13)			<b>7:15.39</b>		7:15.4	<b>62.4%</b>	6	<b>1</b>
F55-59	1 <b>Kuay Sullivan</b>	Coppell	(55)			<b>8:44.18</b>		8:44.2	<b>60.9%</b>	10	<b>2</b>
	2 <b>Yanira Lopez</b>	Farmers Branch	(57)			<b>10:01.93</b>		10:01.9	54.5%	14	<b>3</b>



1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	129 John Shirk (M25)	1	M25-29	OA	---				4:47.47		4:47.5	16.36	4:47.47	77.4%
2	6004 Chris Shirk (M22)	2	M20-24	1st	---				5:06.79	✓ 1	5:06.8	17.45	5:06.79	72.6%
3	6002 Ben Reed (M24)	3	M20-24	2nd	---				5:11.36	✓ 1	5:11.4	17.73	5:11.36	71.5%
4	7117 Vijayan Nair (M58)	4	M55-59	1st	---				6:55.28		6:55.3	23.66	6:55.28	65.5%
5	6831 Max Chounlamany (M37)	5	M35-39	1st	---				6:56.73	✗	6:56.7	23.72	6:56.73	55.3%
6	7438 Annie Reeder (F13)	1	F10-14	OA	---				7:15.39		7:15.4	24.80	7:15.39	62.4%
7	7155 Ruben Arevalo (M65)	6	M65-69	1st	---				7:22.34		7:22.3	25.20	7:22.34	65.4%
8	7193 Julio Lopez (M65)	7	M65-69	2nd	---				7:25.11		7:25.1	25.37	7:25.11	65.0%
9	7270 Marcus O'con (M49)	8	M45-49	1st	---				8:13.13		8:13.1	28.11	8:13.13	51.2%
10	7265 Kuay Sullivan (F55)	2	F55-59	1st	---				8:44.18		8:44.2	29.88	8:44.18	60.9%
11	7020 Ronald Hamilton (M61)	9	M60-64	1st	---				9:01.57		9:01.6	30.85	9:01.57	51.6%
12	7916 Wally Capps (M80)	10	M80-99	1st	---				9:04.42		9:04.4	31.02	9:04.42	66.6%
13	7437 Phillip Reeder (M42)	11	M40-44	1st	---				9:26.39		9:26.4	32.27	9:26.39	42.2%
14	7198 Yanira Lopez (F57)	3	F55-59	2nd	---				10:01.93		10:01.9	34.27	10:01.93	54.5%
15	7153 Peter Chan (M67)	12	M65-69	3rd	---				10:12.87		10:12.9	34.90	10:12.87	48.1%
16	7261 John Kramer (M58)	13	M55-59	2nd	---				11:53.75		11:53.8	40.65	11:53.75	38.1%
✓ 2 Club PR's										Average Finish Time: 07:58 1 First Timers			Average Age Grade: 59.3%	

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	129 John Shirk (M25)	1	M25-29	OA	---	8:08	8:22	+14	16:30.35	☑ 4	5:18.8	16.50	16:30.33	78.2%
2	6856 Stephan Ramirez (M34)	2	M30-34	1st	3.5	8:55	8:53	-2	17:48.39	✗	5:43.9	17.80	17:51.93	73.6%
3	7255 John Cosentino (M58)	3	M55-59	MS	3.2	10:57	10:44	-13	21:40.72	✓ 26	6:58.7	21.67	21:43.87	72.7%
4	7270 Marcus O'con (M49)	4	M45-49	1st	4.9	11:02	10:44	-18	21:46.14	☑	7:00.4	21.77	21:51.03	67.2%
5	7580 Robert Flores (M40)	5	M40-44	1st	3.3	10:29	11:32	+64	22:00.91		7:05.2	22.00	22:04.20	62.0%
6	7117 Vijayan Nair (M58)	6	M55-59	SR	---	11:15	11:26	+11	22:40.80	☑	7:18.0	22.67	22:40.80	69.5%
7	6904 Craig Ostrovich (M26)	7	M25-29	1st	8.2	11:00	11:54	+54	22:53.58		7:22.1	22.88	23:01.75	56.3%
8	7405 Steve Russo (M57)	8	M55-59	1st	4.3	11:32	11:30	-1	23:02.14		7:24.9	23.03	23:06.41	67.8%
9	6807 Serge Reshetnikov (M35)	9	M35-39	1st	2.4	11:21	11:48	+27	23:08.53	✓ 2	7:26.9	23.13	23:10.91	56.9%
10	7081 Jason Egger (M38)	10	M35-39	2nd	---	11:55	11:42	-13	23:36.96		7:36.1	23.60	23:36.96	56.9%
11	6761 Eli Levine (M16)	11	M15-19	1st	1.7	11:50	11:54	+4	23:44.49	✓ 2	7:38.5	23.73	23:46.19	57.7%
12	7011 Blair Casey (M33)	12	M30-34	2nd	3.5	11:50	12:12	+22	24:02.87		7:44.4	24.03	24:06.37	54.3%
13	6831 Max Chounlamany (M37)	13	M35-39	3rd	6.4	12:06	12:06	+0	24:11.35	☑	7:47.1	24.18	24:17.77	55.2%
14	7012 Doug Waters (M56)	14	M55-59	2nd	6.0	12:14	12:01	-13	24:15.23		7:48.4	24.25	24:21.19	63.9%
15	6849 Eliam Ruiz (M17)	15	M15-19	2nd	0.9	11:03	14:08	+185	25:11.41		8:06.5	25.18	25:12.35	53.6%
16	7023 Jordan Williams (M10)	16	M10-14	1st	1.3	11:42	14:20	+158	26:01.65		8:22.6	26.02	26:02.92	60.7%
17	7155 Ruben Arevalo (M65)	17	M65-69	1st	4.0	12:47	13:23	+37	26:10.44	☑	8:25.5	26.17	26:14.46	64.1%
18	7193 Julio Lopez (M65)	18	M65-69	2nd	9.1	13:27	13:07	-20	26:34.00	☑	8:33.1	26.57	26:43.07	63.1%
19	7265 Kuay Sullivan (F55)	1	F55-59	OA	5.8	13:36	13:04	-32	26:40.31	☑	8:35.1	26.67	26:46.06	67.7%
20	6817 Debbie Riedner (F51)	2	F50-54	MS	9.7	13:46	13:06	-40	26:52.12	✓ 4	8:38.9	26.87	27:01.83	63.8%
21	6816 Michael Mathis (M47)	19	M45-49	2nd	10.5	14:16	14:06	-11	28:22.00	✗	9:07.8	28.37	28:32.51	50.8%
22	7916 Wally Capps (M80)	20	M80-99	1st	11.7	14:21	14:01	-21	28:21.86	☑	9:07.8	28.35	28:33.57	74.1%
23	6823 Curt Thompson (M71)	21	M70-74	1st	8.3	14:28	14:12	-16	28:39.58	✓ 2	9:13.5	28.65	28:47.85	62.3%
24	7020 Ronald Hamilton (M61)	22	M60-64	1st	7.8	14:27	14:50	+22	29:16.81	☑	9:25.5	29.27	29:24.61	55.3%
25	6867 Max Schultz (M16)	23	M15-19	3rd	2.6	14:26	15:03	+37	29:29.65	✓ 1	9:29.6	29.48	29:32.28	46.4%
26	7283 Ruben Reyes (M64)	24	M60-64	2nd	12.0	15:24	14:56	-28	30:20.32		9:45.9	30.33	30:32.36	54.8%
27	6832 CatherineAnn Mathis (F14)	3	F10-14	1st	12.3	14:51	15:46	+56	30:37.10		9:51.3	30.62	30:49.40	51.3%
28	7153 Peter Chan (M67)	25	M65-69	3rd	22.8	16:06	15:48	-18	31:53.93	☑	10:16.0	31.88	32:16.71	53.6%
29	6846 Burns Thacker (M46)	26	M45-49	3rd	13.3	16:30	15:49	-41	32:18.38	✓ 2	10:23.9	32.30	32:31.71	44.2%
30	6990 Ruben Saguil (M55)	27	M55-59	3rd	420.0	12:40	13:09	+29	25:49.03		8:18.6	25.82	32:49.05	59.5%
31	7454 Betsy Palmer (F59)	4	F55-59	SR	15.0	16:31	16:21	-10	32:52.41		10:34.9	32.87	33:07.43	58.0%

32	7198	Yanira Lopez (F57)	5	F55-59	1st	31.3	16:44	15:58	-45	32:42.03	⌚	10:31.5	32.70	33:13.35	56.7%
33	7050	Chris Goins (M50)	28	M50-54	1st	25.2	16:41	16:34	-7	33:14.37		10:41.9	33.23	33:39.56	44.4%
34	6621	Jerri Hixson (F66)	6	F65-69	1st	9.8	17:03	16:44	-19	33:47.18	✓	10:52.5	33.78	33:56.94	62.6%
35	7039	Mary Kaplan (F81)	7	F80-99	1st	2.3	17:32	16:50	-42	34:21.69	☑	11:03.6	34.35	34:24.04	80.6%
36	7044	Amie Goins (F49)	8	F45-49	1st	26.3	17:03	18:40	+98	35:43.04		11:29.8	35.72	36:09.38	46.8%
37	7258	Steven Johnson (M62)	29	M60-64	3rd	24.3	17:23	18:32	+69	35:54.58	✓	11:33.5	35.90	36:18.89	45.5%
38	6854	Chris Wong (M51)	30	M50-54	2nd	18.3	21:55	16:32	-323	38:26.67		12:22.4	38.43	38:44.94	38.7%
39	7116	Ava Kosoy (F17)	9	F15-19	1st	2.9	18:15	20:31	+136	38:45.92	✓	12:28.6	38.75	38:48.85	39.0%
40	7024	Carol Creech (F69)	10	F65-69	2nd	7.3	22:26	22:12	-14	44:37.72		14:21.9	44.62	44:45.06	49.7%
41	6857	Will Mathis (M16)	31	M15-19	4th	13.4	22:10	27:44	+335	49:53.98	⌘	16:03.7	49.88	50:07.36	27.4%
42	6858	Downie Mathis (F47)	11	F45-49	2nd	12.6	22:10	27:46	+336	49:56.28	⌘	16:04.4	49.93	50:08.92	32.7%
43	6855	Teresa Tran (F44)	12	F40-44	1st	18.1	28:35	21:35	-419	50:10.29	⌘	16:08.9	50.17	50:28.43	31.5%
44	7246	Sheila Holen (F49)	13	F45-49	3rd	19.4	25:17	25:32	+15	50:48.50		16:21.2	50.80	51:07.91	32.9%
45	7261	John Kramer (M58)	32	M55-59	4th	239.4	24:33	23:08	-84	47:40.65	⌚	15:20.8	47.67	51:40.10	33.1%
<b>21 Positive Split</b> <b>24 Negative Split</b> ✓ <b>12 Club PR's</b> Average Finish Time: <b>30:30</b> <i>5 First Timers</i> Average Age Grade: <b>55.5%</b>															

## Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	John Shirk	M25	4:47.47	77.4%	New
2	2	Chris Shirk	M22	5:06.79	72.6%	Move UP
3	3	Ben Reed	M24	5:11.36	71.5%	Move UP
4	12	Wally Capps	M80	9:04.42	66.6%	
5	4	Vijayan Nair	M58	6:55.28	65.5%	
6	7	Ruben Arevalo	M65	7:22.34	65.4%	
7	8	Julio Lopez	M65	7:25.11	65.0%	
8	6	Annie Reeder	F13	7:15.39	62.4%	
9	10	Kuay Sullivan	F55	8:44.18	60.9%	
10	5	Max Chounlamany	M37	6:56.73	55.3%	
11	14	Yanira Lopez	F57	10:01.93	54.5%	
12	11	Ronald Hamilton	M61	9:01.57	51.6%	
13	9	Marcus O'con	M49	8:13.13	51.2%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	35	Mary Kaplan	F81	34:21.69	80.6%	Move UP
2	1	John Shirk	M25	16:30.35	78.2%	Move UP
3	22	Wally Capps	M80	28:21.86	74.1%	
4	2	Stephen Ramirez	M34	17:48.39	73.6%	New
5	3	John Cosentino	M58	21:40.72	72.7%	Move UP
6	6	Vijayan Nair	M58	22:40.80	69.5%	
7	8	Steve Russo	M57	23:02.14	67.8%	
8	19	Kuay Sullivan	F55	26:40.31	67.7%	
9	4	Marcus O'con	M49	21:46.14	67.2%	
10	17	Ruben Arevalo	M65	26:10.44	64.1%	
11	14	Doug Waters	M56	24:15.23	63.9%	
12	20	Debbie Riedner	F51	26:52.12	63.8%	
13	18	Julio Lopez	M65	26:34.00	63.1%	
14	34	Jerri Hixson	F66	33:47.18	62.6%	
15	23	Curt Thompson	M71	28:39.58	62.3%	
16	5	Robert Flores	M40	22:00.91	62.0%	
17	16	Jordan Williams	M10	26:01.65	60.7%	
18	30	Ruben Saguil	M55	25:49.03	59.5%	
19	31	Betsy Palmer	F59	32:52.41	58.0%	
20	11	Eli Levine	M16	23:44.49	57.7%	
21	9	Serge Reshetnikov	M35	23:08.53	56.9%	
22	10	Jason Egger	M38	23:36.96	56.9%	
23	32	Yanira Lopez	F57	32:42.03	56.7%	
24	7	Craig Ostrovich	M26	22:53.58	56.3%	
25	24	Ronald Hamilton	M61	29:16.81	55.3%	
26	13	Max Chounlamany	M37	24:11.35	55.2%	
27	26	Ruben Reyes	M64	30:20.32	54.8%	
28	12	Blair Casey	M33	24:02.87	54.3%	
29	15	Eliam Ruiz	M17	25:11.41	53.6%	
30	28	Peter Chan	M67	31:53.93	53.6%	
31	27	CatherineAnn Mathis	F14	30:37.10	51.3%	
32	21	Michael Mathis	M47	28:22.00	50.8%	

**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