

# Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Chris Shirk	4:46.21	John Shirk	16:02.42	Robert Landon	20:11.97	John Cosentino	22:00.09
Debbie Riedner	8:42.58	Kim Andres	28:03.46	Debbie Riedner	30:43.63	Yanira Lopez	32:03.01

## 5K MALE

		26 MALE Runners --- Average Time of 27:04						Avg. Age Grade: 58.4%		Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	John Shirk	Mile Race Group	(26)	8:03	-4	16:02.42	☑	5:09.8	80.4%	1	1
MASTERS	1	Robert Landon	Allen	(61)	10:06	+0	20:11.97	✓	6:30.1	80.1%	4	4
SENIORS	1	John Cosentino	Plano	(58)	11:04	-7	22:00.09		7:04.9	71.6%	7	7
M20-24	1	Chris Shirk	Mile Race Group	(24)	9:24	+14	19:00.97	Ⓜ	6:07.2	67.8%	3	3
M25-29	1	Albert Marban	Farmers Branch	(27)	9:21	-14	18:27.66	Ⓜ	5:56.5	69.9%	2	2
	2	Craig Ostrovich	Coppell	(26)	11:16	+46	23:17.21		7:29.7	55.4%	8	8
	3	Quin Jenson	Lewisville	(26)	17:07	+6	34:19.86		11:03.0	37.6%	27	22
M30-34	1	Blair Casey	Carrollton	(34)	10:05	+2	20:12.21		6:30.2	64.9%	5	5
	2	Ryan Boyd	Carrollton	(33)	13:45	+12	27:40.95		8:54.6	47.1%	31	26
M45-49	1	Ryan Pogue	Carrollton	(49)	14:21	+1	28:43.25		9:14.7	50.9%	18	17
	2	Burns Thacker	Carrollton	(46)	16:00	+98	33:37.52		10:49.4	42.5%	25	21
M50-54	1	Marcus O'con	Dallas	(50)	11:08	-20	21:56.14	Ⓜ	7:03.6	67.2%	6	6
	2	David McAdam	Grand Prairie	(53)	14:23	+26	29:12.41	✓	9:24.0	51.7%	15	14
	3	Chris Goins	Garland	(50)	14:56	+56	30:48.21	✓	9:54.9	47.9%	22	20
	4	Chris Wong	Arlington	(51)	18:03	-104	34:20.86		11:03.3	43.3%	28	23
M55-59	1	Steve Russo	Plano	(57)	11:42	-3	23:21.86		7:31.2	66.9%	9	9
	2	Vijayan Nair	Plano	(58)	11:53	+65	24:50.65	Ⓜ	7:59.8	63.4%	10	10
	3	Doug Waters	Carrollton	(56)	14:06	+129	30:20.65		9:46.0	51.1%	20	19
M60-64	1	Victor Eifenbein	Dallas	(63)	14:17	+31	29:04.25	Ⓜ✓	9:21.4	56.7%	14	13
	2	Steven Johnson	Farmers Branch	(62)	17:20	+205	38:05.56		12:15.7	42.9%	30	25
M65-69	1	Ruben Arevalo	Carrollton	(65)	12:21	+37	25:19.47	Ⓜ	8:09.1	66.2%	11	11
	2	Julio Lopez	Farmers Branch	(65)	13:13	+25	26:50.99	Ⓜ	8:38.5	62.5%	12	12
	3	Peter Chan	Coppell	(67)	14:50	-17	29:22.50	Ⓜ	9:27.3	58.2%	16	15
	4	Ruben Reyes	Carrollton	(65)	14:52	+55	30:39.97		9:52.2	54.7%	19	18
	5	Robert Simpson	Coppell	(66)	18:07	+4	36:19.21		11:41.4	46.6%	29	24
M80-99	1	Wally Capps	Farmers Branch	(80)	14:45	+1	29:30.98	Ⓜ	9:30.0	71.2%	17	16

## 5K FEMALE

		7 FEMALE Runners --- Average Time of 36:18						Avg. Age Grade: 53.3%		Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Kim Andres	Irving	(68)	13:46	+32	28:03.46		9:01.9	77.7%	13	1
MASTERS	1	Debbie Riedner	Dallas	(51)	15:58	-72	30:43.63	Ⓜ	9:53.4	55.8%	21	2
SENIORS	1	Yanira Lopez	Farmers Branch	(58)	15:42	+40	32:03.01	Ⓜ	10:19.0	58.6%	23	3
F45-49	1	Amie Goins	Garland	(49)	16:13	+37	33:02.89		10:38.2	50.6%	24	4
	2	Mireya Salas	Carrollton	(45)	17:24	-27	34:20.31		11:03.1	46.5%	26	5
F50-54	1	Sheila Holen	Lewisville	(50)	26:12	-42	51:41.73		16:38.4	32.7%	33	7
F70-74	1	Carol Creech	Aubrey	(70)	22:06	+2	44:14.43		14:14.4	50.9%	32	6

# 1M MALE

		14 MALE Runners --- Average Time of <b>7:20</b>					Avg. Age Grade: <b>61.9%</b>			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Chris Shirk</b>	Mile Race Group	(24)			<b>4:46.21</b>	✓	4:46.2	<b>77.8%</b>	1	1
M10-14	1 <b>Enrique Marban</b>	Farmers Branch	(13)			<b>6:33.98</b>		6:34.0	<b>63.5%</b>	6	6
M15-19	1 <b>William Poole</b>	Carrollton	(15)			<b>6:02.48</b>	✓	6:02.5	<b>66.3%</b>	4	4
	2 <b>German Marban</b>	Farmers Branch	(15)			<b>6:03.64</b>	✓	6:03.6	<b>66.1%</b>	5	5
M25-29	1 <b>Cole Atchinson</b>	Mile Race Group	(25)			<b>5:16.83</b>		5:16.8	<b>70.3%</b>	2	2
	2 <b>Albert Marban</b>	Farmers Branch	(27)			<b>5:31.50</b>		5:31.5	<b>67.1%</b>	3	3
M45-49	1 <b>Nathan Bruser</b>	Highland Village	(49)			<b>10:32.93</b>		10:32.9	39.9%	17	14
M50-54	1 <b>Marcus O'con</b>	Dallas	(50)			<b>7:58.64</b>	✓	7:58.6	53.2%	10	10
M55-59	1 <b>Vijayan Nair</b>	Plano	(58)			<b>7:09.76</b>		7:09.8	<b>63.3%</b>	7	7
M60-64	1 <b>Victor Elfenbein</b>	Dallas	(63)			<b>9:05.93</b>		9:05.9	52.1%	12	11
M65-69	1 <b>Ruben Arevalo</b>	Carrollton	(65)			<b>7:14.27</b>		7:14.3	<b>66.6%</b>	8	8
	2 <b>Julio Lopez</b>	Farmers Branch	(65)			<b>7:20.01</b>		7:20.0	<b>65.8%</b>	9	9
	3 <b>Peter Chan</b>	Coppell	(67)			<b>9:37.03</b>		9:37.0	51.1%	14	13
M80-99	1 <b>Wally Capps</b>	Farmers Branch	(80)			<b>9:31.60</b>		9:31.6	<b>63.4%</b>	13	12

# 1M FEMALE

		3 FEMALE Runners --- Average Time of <b>9:39</b>					Avg. Age Grade: <b>53.3%</b>			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Debbie Riedner</b>	Dallas	(51)			<b>8:42.58</b>		8:42.6	57.9%	11	<b>1</b>
F10-14	1 <b>Blake Bruser</b>	Highland Village	(11)			<b>10:31.33</b>		10:31.3	44.8%	16	<b>3</b>
F55-59	1 <b>Yanira Lopez</b>	Farmers Branch	(58)			<b>9:41.57</b>		9:41.6	57.2%	15	<b>2</b>

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	130 Chris Shirk (M24)	1	M20-24	OA	---				4:46.21	✓ 4	4:46.2	16.31	4:46.21	77.8%
2	101 Cole Atchinson (M25)	2	M25-29	1st	---				5:16.83		5:16.8	18.02	5:16.83	70.3%
3	7493 Albert Marban (M27)	3	M25-29	2nd	---				5:31.50		5:31.5	18.87	5:31.50	67.1%
4	7205 William Poole (M15)	4	M15-19	1st	---				6:02.48	✓ 1	6:02.5	20.64	6:02.48	66.3%
5	7494 German Marban (M15)	5	M15-19	2nd	---				6:03.64	✓ 17	6:03.6	20.70	6:03.64	66.1%
6	7495 Enrique Marban (M13)	6	M10-14	1st	---				6:33.98		6:34.0	22.41	6:33.98	63.5%
7	7117 Vijayan Nair (M58)	7	M55-59	1st	---				7:09.76		7:09.8	24.46	7:09.76	63.3%
8	7155 Ruben Arevalo (M65)	8	M65-69	1st	---				7:14.27		7:14.3	24.75	7:14.27	66.6%
9	7193 Julio Lopez (M65)	9	M65-69	2nd	---				7:20.01		7:20.0	25.09	7:20.01	65.8%
10	7270 Marcus O'con (M50)	10	M50-54	1st	---				7:58.64	✓ 17	7:58.6	27.25	7:58.64	53.2%
11	7121 Debbie Riedner (F51)	1	F50-54	OA	---				8:42.58	x	8:42.6	29.76	8:42.58	57.9%
12	7113 Victor Elfenbein (M63)	11	M60-64	1st	---				9:05.93		9:05.9	31.08	9:05.93	52.1%
13	7916 Wally Capps (M80)	12	M80-99	1st	---				9:31.60		9:31.6	32.56	9:31.60	63.4%
14	7153 Peter Chan (M67)	13	M65-69	3rd	---				9:37.03		9:37.0	32.90	9:37.03	51.1%
15	7198 Yanira Lopez (F58)	2	F55-59	1st	---				9:41.57		9:41.6	33.13	9:41.57	57.2%
16	7316 Blake Bruser (F11)	3	F10-14	1st	---				10:31.33		10:31.3	35.98	10:31.33	44.8%
17	7097 Nathan Bruser (M49)	14	M45-49	1st	---				10:32.93		10:32.9	36.04	10:32.93	39.9%

✓ 4 Club PR's

Average Finish Time: 07:44 1 First Timers

Average Age Grade: 60.4%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	129 John Shirk (M26)	1	M25-29	OA	---	8:03	7:59	-4	16:02.42	☑ 7	5:09.8	16.03	16:02.42	80.4%
2	7493 Albert Marban (M27)	2	M25-29	1st	1.2	9:21	9:07	-14	18:27.66	ℓ	5:56.5	18.45	18:28.84	69.9%
3	130 Chris Shirk (M24)	3	M20-24	1st	0.4	9:24	9:37	+14	19:00.97	ℓ	6:07.2	19.00	19:01.35	67.8%
4	7159 Robert Landon (M61)	4	M60-64	MS	3.0	10:06	10:06	+0	20:11.97	✓ 19	6:30.1	20.18	20:14.96	80.1%
5	7011 Blair Casey (M34)	5	M30-34	1st	3.0	10:05	10:07	+2	20:12.21		6:30.2	20.20	20:15.19	64.9%
6	7270 Marcus O'con (M50)	6	M50-54	1st	4.1	11:08	10:48	-20	21:56.14	ℓ	7:03.6	21.93	22:00.22	67.2%
7	7255 John Cosentino (M58)	7	M55-59	SR	2.5	11:04	10:57	-7	22:00.09		7:04.9	22.00	22:02.58	71.6%
8	7128 Craig Ostrovich (M26)	8	M25-29	2nd	5.5	11:16	12:02	+46	23:17.21		7:29.7	23.28	23:22.69	55.4%
9	7405 Steve Russo (M57)	9	M55-59	1st	3.5	11:42	11:39	-3	23:21.86		7:31.2	23.35	23:25.35	66.9%
10	7117 Vijayan Nair (M58)	10	M55-59	2nd	---	11:53	12:58	+65	24:50.65	ℓ	7:59.8	24.83	24:50.65	63.4%
11	7155 Ruben Arevalo (M65)	11	M65-69	1st	4.8	12:21	12:58	+37	25:19.47	ℓ	8:09.1	25.32	25:24.26	66.2%
12	7193 Julio Lopez (M65)	12	M65-69	2nd	4.1	13:13	13:38	+25	26:50.99	ℓ	8:38.5	26.83	26:55.08	62.5%
13	7040 Kim Andres (F68)	1	F65-69	OA	1.2	13:46	14:18	+32	28:03.46		9:01.9	28.05	28:04.64	77.7%
14	7113 Victor Elfenbein (M63)	13	M60-64	1st	8.3	14:17	14:48	+31	29:04.25	ℓ ✓ 6	9:21.4	29.07	29:12.54	56.7%
15	7225 David McAdam (M53)	14	M50-54	2nd	17.6	14:23	14:49	+26	29:12.41	✓ 3	9:24.0	29.20	29:29.99	51.7%
16	7153 Peter Chan (M67)	15	M65-69	3rd	10.1	14:50	14:33	-17	29:22.50	ℓ	9:27.3	29.37	29:32.58	58.2%
17	7916 Wally Capps (M80)	16	M80-99	1st	8.0	14:45	14:46	+1	29:30.98	ℓ	9:30.0	29.50	29:38.96	71.2%
18	7345 Ryan Pogue (M49)	17	M45-49	1st	59.8	14:21	14:22	+1	28:43.25		9:14.7	28.72	29:43.06	50.9%
19	7283 Ruben Reyes (M65)	18	M65-69	4th	6.5	14:52	15:47	+55	30:39.97		9:52.2	30.65	30:46.46	54.7%
20	7012 Doug Waters (M56)	19	M55-59	3rd	27.0	14:06	16:15	+129	30:20.65		9:46.0	30.33	30:47.67	51.1%
21	7121 Debbie Riedner (F51)	2	F50-54	MS	8.0	15:58	14:46	-72	30:43.63	ℓ	9:53.4	30.72	30:51.61	55.8%
22	7050 Chris Goins (M50)	20	M50-54	3rd	10.1	14:56	15:52	+56	30:48.21	✓ 34	9:54.9	30.80	30:58.30	47.9%
23	7198 Yanira Lopez (F58)	3	F55-59	SR	14.3	15:42	16:21	+40	32:03.01	ℓ	10:19.0	32.05	32:17.33	58.6%
24	7044 Amie Goins (F49)	4	F45-49	1st	13.1	16:13	16:50	+37	33:02.89		10:38.2	33.03	33:16.03	50.6%
25	7127 Burns Thacker (M46)	21	M45-49	2nd	12.0	16:00	17:38	+98	33:37.52		10:49.4	33.62	33:49.57	42.5%
26	7445 Mireya Salas (F45)	5	F45-49	2nd	15.1	17:24	16:56	-27	34:20.31		11:03.1	34.33	34:35.39	46.5%
27	6020 Quin Jenson (M26)	22	M25-29	3rd	16.0	17:07	17:13	+6	34:19.86		11:03.0	34.32	34:35.84	37.6%
28	6994 Chris Wong (M51)	23	M50-54	4th	58.5	18:03	16:18	-104	34:20.86		11:03.3	34.33	35:19.33	43.3%
29	7106 Robert Simpson (M66)	24	M65-69	5th	35.5	18:07	18:12	+4	36:19.21		11:41.4	36.32	36:54.69	46.6%
30	7258 Steven Johnson (M62)	25	M60-64	2nd	16.9	17:20	20:45	+205	38:05.56		12:15.7	38.08	38:22.45	42.9%

FN\*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

4/25/2021

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

△ Negative Split



DeltaViewTiming.com

31	7488	Ryan Boyd (M33)	26	M30-34	2nd	837.4	13:45	13:56	+12	<b>27:40.95</b>	8:54.6	27.67	41:38.36	47.1%
32	7024	Carol Creech (F70)	6	F70-74	1st	6.6	22:06	22:08	+2	<b>44:14.43</b>	14:14.4	44.23	44:21.02	50.9%
33	7246	Sheila Holen (F50)	7	F50-54	1st	21.1	26:12	25:30	-42	<b>51:41.73</b>	16:38.4	51.68	52:02.82	32.7%
<b>22 Positive Split</b> <b>11 Negative Split</b> ✓ <b>5 Club PR's</b>							Average Finish Time: <b>29:01</b>				Average Age Grade: <b>57.3%</b>			

## Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Chris Shirk	M24	4:46.21	77.8%	Move UP
2	2	Cole Atchinson	M25	5:16.83	70.3%	
3	3	Albert Marban	M27	5:31.50	67.1%	
4	8	Ruben Arevalo	M65	7:14.27	66.6%	
5	4	William Poole	M15	6:02.48	66.3%	New
6	5	German Marban	M15	6:03.64	66.1%	New
7	9	Julio Lopez	M65	7:20.01	65.8%	
8	6	Enrique Marban	M13	6:33.98	63.5%	
9	13	Wally Capps	M80	9:31.60	63.4%	
10	7	Vijayan Nair	M58	7:09.76	63.3%	
11	11	Debbie Riedner	F51	8:42.58	57.9%	
12	15	Yanira Lopez	F58	9:41.57	57.2%	
13	10	Marcus O'con	M50	7:58.64	53.2%	
14	12	Victor Elfenbein	M63	9:05.93	52.1%	
15	14	Peter Chan	M67	9:37.03	51.1%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	John Shirk	M26	16:02.42	80.4%	Move UP
2	4	Robert Landon	M61	20:11.97	80.1%	Move UP
3	13	Kim Andres	F68	28:03.46	77.7%	
4	7	John Cosentino	M58	22:00.09	71.6%	
5	17	Wally Capps	M80	29:30.98	71.2%	
6	2	Albert Marban	M27	18:27.66	69.9%	
7	3	Chris Shirk	M24	19:00.97	67.8%	
8	6	Marcus O'con	M50	21:56.14	67.2%	
9	9	Steve Russo	M57	23:21.86	66.9%	
10	11	Ruben Arevalo	M65	25:19.47	66.2%	
11	5	Blair Casey	M34	20:12.21	64.9%	
12	10	Vijayan Nair	M58	24:50.65	63.4%	
13	12	Julio Lopez	M65	26:50.99	62.5%	
14	23	Yanira Lopez	F58	32:03.01	58.6%	
15	16	Peter Chan	M67	29:22.50	58.2%	
16	14	Victor Elfenbein	M63	29:04.25	56.7%	
17	21	Debbie Riedner	F51	30:43.63	55.8%	
18	8	Craig Ostrovich	M26	23:17.21	55.4%	
19	19	Ruben Reyes	M65	30:39.97	54.7%	
20	15	David McAdam	M53	29:12.41	51.7%	
21	20	Doug Waters	M56	30:20.65	51.1%	
22	32	Carol Creech	F70	44:14.43	50.9%	
23	18	Ryan Pogue	M49	28:43.25	50.9%	
24	24	Amie Goins	F49	33:02.89	50.6%	

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