

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Robert Flores	6:15.59	Jonathan Le	19:20.54	Robert Landon	20:36.03	John Cosentino	21:46.12
Kuay Sullivan	9:02.50	Kuay Sullivan	29:34.89	Yanira Lopez	32:50.86	Betsy Palmer	34:47.50

5K MALE

		21 MALE Runners --- Average Time of 30:03						Avg. Age Grade: 53.5%		Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Jonathan Le	Coppell	(18)	9:13	+55	19:20.54		6:13.5	69.0%	1	1
MASTERS	1	Robert Landon	Allen	(61)	10:19	-2	20:36.03	✓	6:37.8	78.5%	2	2
SENIORS	1	John Cosentino	Plano	(58)	10:51	+4	21:46.12		7:00.4	72.4%	4	4
M15-19	1	William Poole	Carrollton	(15)	15:46	-117	29:34.83		9:31.3	47.1%	12	12
M25-29	1	Craig Ostrovich	Coppell	(26)	11:21	+40	23:22.24		7:31.3	55.2%	5	5
	2	Tuin Jensen	Lewisville	(26)	14:11	+272	32:53.31		10:35.1	39.2%	22	17
M40-44	1	Robert Flores	Aubrey	(40)	11:42	+70	24:33.54	ℓ	7:54.3	55.6%	7	7
M45-49	1	Burns Thacker	Carrollton	(46)	16:20	+15	32:54.66		10:35.6	43.4%	17	15
M50-54	1	Marcus O'con	Dallas	(50)	10:41	-4	21:18.40	ℓ	6:51.5	69.2%	3	3
	2	David McAdam	Grand Prairie	(53)	15:05	+107	31:56.79		10:17.0	47.3%	14	13
	3	Chris Goins	Garland	(50)	16:29	+91	34:29.05		11:06.0	42.8%	18	16
	4	Chris Wong	Irving	(51)	22:43	-131	43:14.81		13:55.2	34.4%	25	19
	5	Duc Vo	Richardson	(51)	22:44	+152	47:59.91		15:27.0	31.0%	28	21
M55-59	1	Steve Russo	Plano	(57)	11:31	+46	23:47.39	ℓ	7:39.4	65.7%	6	6
	2	Doug Waters	Carrollton	(56)	12:17	+9	24:44.25		7:57.7	62.6%	8	8
	3	Vijayan Nair	Plano	(58)	13:09	+18	26:36.09	ℓ	8:33.7	59.3%	9	9
	4	Martin Chavez	Lewisville	(59)	22:00	+144	46:24.08		14:56.1	34.3%	26	20
M60-64	1	Victor Elfenbein	Dallas	(63)	15:30	+64	32:03.95	ℓ	10:19.3	51.4%	15	14
M65-69	1	Julio Lopez	Farmers Branch	(65)	13:31	-8	26:54.04	ℓ	8:39.5	62.4%	10	10
	2	Ruben Arevalo	Carrollton	(65)	13:47	+1	27:35.33	ℓ	8:52.8	60.8%	11	11
	3	Robert Simpson	Coppell	(65)	19:16	+28	38:59.92		12:33.1	43.0%	24	18

5K FEMALE

		8 FEMALE Runners --- Average Time of 37:52						Avg. Age Grade: 50.6%		Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Kuay Sullivan	Coppell	(55)	14:30	+35	29:34.89	ℓ	9:31.3	61.0%	13	1
MASTERS	1	Yanira Lopez	Farmers Branch	(58)	16:15	+21	32:50.86	ℓ	10:34.4	57.2%	16	2
SENIORS	1	Betsy Palmer	Carrollton	(59)	17:19	+10	34:47.50		11:11.9	54.8%	19	3
F45-49	1	Amie Goins	Garland	(49)	17:20	+21	35:00.64		11:16.1	47.7%	20	4
	2	Mireya Salas	Carrollton	(45)	18:05	+55	37:04.54		11:56.0	43.1%	23	6
F50-54	1	Sheila Holen	Lewisville	(50)	25:00	-5	49:55.00		16:04.0	33.9%	29	8
F65-69	1	Jerri Hixson	Plano	(67)	17:44	+50	36:17.45		11:40.9	59.2%	21	5
F70-74	1	Carol Creech	Aubrey	(70)	23:37	+8	47:21.56		15:14.6	47.6%	27	7

1M MALE

		9 MALE Runners --- Average Time of 8:59					Avg. Age Grade: 52.6%			Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD	
OVERALL	1	Robert Flores	Aubrey	(40)				6:15.59	6:15.6	62.7%	1	1
M45-49	1	Nathan Bruser	Highland Village	(49)				13:42.99	13:43.0	30.7%	11	9
M50-54	1	Marcus O'con	Dallas	(50)				8:16.77	8:16.8	51.2%	6	6
M55-59	1	Vijayan Nair	Plano	(58)				7:41.14	7:41.1	59.0%	3	3
	2	Steve Russo	Plano	(57)				8:13.56	8:13.6	54.6%	5	5
	3	John Kramer	Plano	(59)				12:04.25	12:04.3	37.9%	10	8
M60-64	1	Victor Elfenbein	Dallas	(63)				9:16.47	9:16.5	51.1%	8	7
M65-69	1	Ruben Arevalo	Carrollton	(65)				7:23.41	7:23.4	65.3%	2	2
	2	Julio Lopez	Farmers Branch	(65)				7:57.17	7:57.2	60.7%	4	4

1M FEMALE

		2 FEMALE Runners --- Average Time of 9:52					Avg. Age Grade: 55.4%			Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD	
OVERALL	1	Kuay Sullivan	Coppell	(55)				9:02.50	9:02.5	58.8%	7	1
F55-59	1	Yanira Lopez	Farmers Branch	(58)				10:40.52	10:40.5	52.0%	9	2

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7580 Robert Flores (M40)	1	M40-44	OA	---				6:15.59		6:15.6	21.38	6:15.59	62.7%
2	7155 Ruben Arevalo (M65)	2	M65-69	1st	---				7:23.41		7:23.4	25.26	7:23.41	65.3%
3	7117 Vijayan Nair (M58)	3	M55-59	1st	---				7:41.14		7:41.1	26.29	7:41.14	59.0%
4	7193 Julio Lopez (M65)	4	M65-69	2nd	---				7:57.17		7:57.2	27.20	7:57.17	60.7%
5	7405 Steve Russo (M57)	5	M55-59	2nd	---				8:13.56		8:13.6	28.11	8:13.56	54.6%
6	7270 Marcus O'con (M50)	6	M50-54	1st	---				8:16.77		8:16.8	28.28	8:16.77	51.2%
7	7265 Kuay Sullivan (F55)	1	F55-59	OA	---				9:02.50		9:02.5	30.90	9:02.50	58.8%
8	7113 Victor Elfenbein (M63)	7	M60-64	1st	---				9:16.47		9:16.5	31.70	9:16.47	51.1%
9	7198 Yanira Lopez (F58)	2	F55-59	1st	---				10:40.52		10:40.5	36.49	10:40.52	52.0%
10	7261 John Kramer (M59)	8	M55-59	3rd	---				12:04.25		12:04.3	41.28	12:04.25	37.9%
11	7097 Nathan Bruser (M49)	9	M45-49	1st	---				13:42.99		13:43.0	46.87	13:42.99	30.7%
✓ No Club PR's						Average Finish Time: 09:08				Average Age Grade: 53.1%				

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	6991 Jonathan Le (M18)	1	M15-19	OA	---	9:13	10:08	+55	19:20.54	×	6:13.5	19.33	19:20.54	69.0%
2	7159 Robert Landon (M61)	2	M60-64	MS	1.9	10:19	10:17	-2	20:36.03	✓ 17	6:37.8	20.60	20:37.97	78.5%
3	7270 Marcus O'con (M50)	3	M50-54	1st	2.5	10:41	10:37	-4	21:18.40	ℓ	6:51.5	21.30	21:20.90	69.2%
4	7255 John Cosentino (M58)	4	M55-59	SR	2.0	10:51	10:55	+4	21:46.12		7:00.4	21.77	21:48.12	72.4%
5	7128 Craig Ostrovich (M26)	5	M25-29	1st	4.0	11:21	12:01	+40	23:22.24		7:31.3	23.37	23:26.24	55.2%
6	7405 Steve Russo (M57)	6	M55-59	1st	2.3	11:31	12:17	+46	23:47.39	ℓ	7:39.4	23.78	23:49.69	65.7%
7	7580 Robert Flores (M40)	7	M40-44	1st	1.0	11:42	12:52	+70	24:33.54	ℓ	7:54.3	24.55	24:34.54	55.6%
8	7012 Doug Waters (M56)	8	M55-59	2nd	5.5	12:17	12:27	+9	24:44.25		7:57.7	24.73	24:49.75	62.6%
9	7117 Vijayan Nair (M58)	9	M55-59	3rd	---	13:09	13:27	+18	26:36.09	ℓ	8:33.7	26.60	26:36.09	59.3%
10	7193 Julio Lopez (M65)	10	M65-69	1st	3.0	13:31	13:23	-8	26:54.04	ℓ	8:39.5	26.90	26:57.04	62.4%
11	7155 Ruben Arevalo (M65)	11	M65-69	2nd	1.0	13:47	13:48	+1	27:35.33	ℓ	8:52.8	27.58	27:36.33	60.8%
12	7205 William Poole (M15)	12	M15-19	1st	---	15:46	13:49	-117	29:34.83		9:31.3	29.57	29:34.83	47.1%
13	7265 Kuay Sullivan (F55)	1	F55-59	OA	6.2	14:30	15:05	+35	29:34.89	ℓ	9:31.3	29.57	29:41.09	61.0%
14	7225 David McAdam (M53)	13	M50-54	2nd	---	15:05	16:52	+107	31:56.79		10:17.0	31.93	31:56.79	47.3%
15	7113 Victor Elfenbein (M63)	14	M60-64	1st	9.0	15:30	16:34	+64	32:03.95	ℓ	10:19.3	32.05	32:12.95	51.4%
16	7198 Yanira Lopez (F58)	2	F55-59	MS	15.0	16:15	16:36	+21	32:50.86	ℓ	10:34.4	32.83	33:05.86	57.2%
17	7127 Burns Thacker (M46)	15	M45-49	1st	15.0	16:20	16:35	+15	32:54.66		10:35.6	32.90	33:09.66	43.4%
18	7050 Chris Goins (M50)	16	M50-54	3rd	12.0	16:29	18:00	+91	34:29.05		11:06.0	34.48	34:41.05	42.8%
19	7454 Betsy Palmer (F59)	3	F55-59	SR	17.0	17:19	17:29	+10	34:47.50		11:11.9	34.78	35:04.50	54.8%
20	7044 Amie Goins (F49)	4	F45-49	1st	12.3	17:20	17:41	+21	35:00.64		11:16.1	35.00	35:12.94	47.7%
21	7124 Jerri Hixson (F67)	5	F65-69	1st	7.0	17:44	18:34	+50	36:17.45		11:40.9	36.28	36:24.45	59.2%
22	6008 Tuin Jensen (M26)	17	M25-29	2nd	246.1	14:11	18:42	+272	32:53.31	×	10:35.1	32.88	36:59.42	39.2%
23	7445 Mireya Salas (F45)	6	F45-49	2nd	20.0	18:05	19:00	+55	37:04.54		11:56.0	37.07	37:24.54	43.1%
24	7106 Robert Simpson (M65)	18	M65-69	3rd	20.0	19:16	19:44	+28	38:59.92		12:33.1	38.98	39:19.92	43.0%
25	7223 Chris Wong (M51)	19	M50-54	4th	9.0	22:43	20:32	-131	43:14.81		13:55.2	43.23	43:23.81	34.4%
26	7409 Martin Chavez (M59)	20	M55-59	4th	18.0	22:00	24:24	+144	46:24.08		14:56.1	46.40	46:42.08	34.3%
27	7024 Carol Creech (F70)	7	F70-74	1st	6.0	23:37	23:45	+8	47:21.56		15:14.6	47.35	47:27.56	47.6%
28	6629 Duc Vo (M51)	21	M50-54	5th	9.0	22:44	25:16	+152	47:59.91	×	15:27.0	47.98	48:08.91	31.0%
29	7246 Sheila Holen (F50)	8	F50-54	1st	16.0	25:00	24:55	-5	49:55.00		16:04.0	49.92	50:11.00	33.9%
23 Positive Split 6 Negative Split ✓ 1 Club PR's						Average Finish Time: 32:12 3 First Timers				Average Age Grade: 52.7%				

Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Ruben Arevalo	M65	7:23.41	65.3%	
2	1	Robert Flores	M40	6:15.59	62.7%	
3	4	Julio Lopez	M65	7:57.17	60.7%	
4	3	Vijayan Nair	M58	7:41.14	59.0%	
5	7	Kuay Sullivan	F55	9:02.50	58.8%	
6	5	Steve Russo	M57	8:13.56	54.6%	
7	9	Yanira Lopez	F58	10:40.52	52.0%	
8	6	Marcus O'con	M50	8:16.77	51.2%	
9	8	Victor Elfenbein	M63	9:16.47	51.1%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Robert Landon	M61	20:36.03	78.5%	Move UP
2	4	John Cosentino	M58	21:46.12	72.4%	
3	3	Marcus O'con	M50	21:18.40	69.2%	
4	1	Jonathan Le	M18	19:20.54	69.0%	New
5	6	Steve Russo	M57	23:47.39	65.7%	
6	8	Doug Waters	M56	24:44.25	62.6%	
7	10	Julio Lopez	M65	26:54.04	62.4%	
8	13	Kuay Sullivan	F55	29:34.89	61.0%	
9	11	Ruben Arevalo	M65	27:35.33	60.8%	
10	9	Vijayan Nair	M58	26:36.09	59.3%	
11	21	Jerri Hixson	F67	36:17.45	59.2%	
12	16	Yanira Lopez	F58	32:50.86	57.2%	
13	7	Robert Flores	M40	24:33.54	55.6%	
14	5	Craig Ostrovich	M26	23:22.24	55.2%	
15	19	Betsy Palmer	F59	34:47.50	54.8%	
16	15	Victor Elfenbein	M63	32:03.95	51.4%	

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