

Mile Overall		5K Overall		5K Masters		5K Seniors	
Wevin Killiams	4:48.36	Wevin Killiams	16:52.59	Robert Landon	20:56.09	John Cosentino	22:03.56
Landa Blakeley	6:04.90	Landa Blakeley	21:31.94	Debbie Riedner	29:50.86	Kuay Sullivan	30:10.48

## 5K MALE

31 MALE Runners --- Average Time of **26:51**

Avg. Age Grade: **59.5%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
<b>OVERALL</b>	1 Wevin Killiams	Denton	(20)			<b>16:52.59</b>	ML	5:25.9	<b>77.3%</b>	1	1
<b>MASTERS</b>	1 Robert Landon	Allen	(62)			<b>20:56.09</b>		6:44.3	<b>78.0%</b>	5	5
<b>SENIORS</b>	1 John Cosentino	Plano	(58)			<b>22:03.56</b>		7:06.0	<b>71.5%</b>	8	7
<b>M25-29</b>	1 Albert Marban	Farmers Branch	(27)			<b>18:58.99</b>	ML	6:06.6	<b>68.0%</b>	4	4
<b>M30-34</b>	1 Blair Casey	Carrollton	(34)			<b>17:47.48</b>		5:43.6	<b>73.7%</b>	3	3
	2 Ryan Boyd	Carrollton	(33)			<b>26:09.71</b>		8:25.2	49.9%	20	18
<b>M35-39</b>	1 Luis Rojas	Dallas	(38)			<b>17:04.50</b>	ML	5:29.8	<b>78.8%</b>	2	2
	2 Jason Egger	Mesquite	(39)			<b>23:58.74</b>		7:43.1	56.5%	13	12
<b>M40-44</b>	1 John Myers	Coppell	(42)			<b>22:39.73</b>	✓	7:17.7	<b>61.1%</b>	9	8
	2 Robert Flores	Aubrey	(40)			<b>24:14.39</b>	ML	7:48.1	56.3%	15	14
<b>M45-49</b>	1 Burns Thacker	Carrollton	(46)			<b>29:30.20</b>	✓	9:29.8	48.4%	24	21
	2 Ryan Pogue	Carrollton	(49)			<b>29:42.50</b>		9:33.7	49.2%	26	22
<b>M50-54</b>	1 Marcus O'con	Dallas	(50)			<b>21:43.94</b>	ML	6:59.7	<b>67.9%</b>	7	6
	2 Alex Veguilla	Carrollton	(53)			<b>23:33.43</b>	✓	7:34.9	<b>64.2%</b>	10	9
	3 Rich Weklar	Bartonville	(50)			<b>24:07.53</b>		7:45.9	<b>61.1%</b>	14	13
	4 Nathan Bruser	Highland Village	(50)			<b>27:02.17</b>		8:42.1	54.5%	39	29
	5 Chris Goins	Garland	(50)			<b>32:20.98</b>		10:24.7	45.6%	30	25
	6 Chris Wong	Arlington	(51)			<b>42:14.83</b>		13:35.9	35.2%	41	30
<b>M55-59</b>	1 Vijayan Nair	Plano	(58)			<b>23:46.28</b>	ML	7:39.1	<b>66.3%</b>	11	10
	2 Steve Russo	Plano	(57)			<b>23:57.38</b>		7:42.6	<b>65.2%</b>	12	11
	3 Rob Preston	Irving	(56)			<b>24:13.78</b>		7:47.9	<b>64.0%</b>	17	16
	4 Doug Waters	Carrollton	(56)			<b>24:14.52</b>		7:48.2	<b>63.9%</b>	16	15
	5 Jeff Goodman	Hickory Creek	(59)			<b>34:09.12</b>		10:59.6	46.6%	35	27
	6 John Kramer	Plano	(59)			<b>49:25.00</b>	ML	15:54.3	32.2%	44	31
<b>M60-64</b>	1 Ronald Hamilton	The Colony	(61)			<b>31:01.84</b>		9:59.3	52.1%	28	23
<b>M65-69</b>	1 Ruben Arevalo	Carrollton	(65)			<b>25:24.95</b>	ML	8:10.8	<b>66.0%</b>	19	17
	2 Julio Lopez	Farmers Branch	(65)			<b>26:12.77</b>	ML	8:26.2	<b>64.0%</b>	21	19
	3 Ruben Reyes	Carrollton	(65)			<b>31:38.09</b>		10:10.9	53.0%	29	24
	4 Robert Simpson	Coppell	(66)			<b>37:07.17</b>		11:56.9	45.6%	37	28
<b>M70-74</b>	1 Daniel Brown	Abilene	(70)			<b>26:35.00</b>	ML	8:33.4	<b>66.3%</b>	22	20
<b>M80-99</b>	1 Wally Capps	Farmers Branch	(80)			<b>33:35.39</b>	ML	10:48.7	<b>62.6%</b>	33	26

# 5K FEMALE

		13 FEMALE Runners --- Average Time of				33:59	Avg. Age Grade: 56.3%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Landa Blakeley	Carrollton	(26)			21:31.94	M	6:55.8	68.7%	6	1
MASTERS	1 Debbie Riedner	Dallas	(51)			29:50.86	M	9:36.4	57.4%	25	4
SENIORS	1 Kuay Sullivan	Coppell	(55)			30:10.48	M	9:42.7	59.8%	27	5
F20-24	1 Trinity Sullivan	Coppell	(21)			26:45.42	M	8:36.7	55.3%	23	3
F35-39	1 Tanya Nunn	Plano	(38)			25:09.00	M ✓	8:05.7	60.2%	18	2
F45-49	1 Amie Goins	Garland	(49)			33:11.04		10:40.9	50.4%	32	7
F50-54	1 Sheila Holen	Lewisville	(50)			51:20.52		16:31.5	33.0%	43	13
F55-59	1 Yanira Lopez	Farmers Branch	(58)			32:34.86	M	10:29.2	57.7%	31	6
	2 Paula Robertson	Coppell	(58)			37:21.98		12:01.6	50.3%	38	10
F60-64	1 Betsy Palmer	Carrollton	(60)			33:50.46		10:53.5	57.1%	34	8
F65-69	1 Jerri Hixson	Plano	(67)			35:40.49		11:29.0	60.2%	36	9
F70-74	1 Carol Creech	Aubrey	(70)			44:59.44		14:28.9	50.1%	42	12
F80-99	1 Mary Kaplan	Sunrise Beach	(82)			39:22.20		12:40.3	72.2%	40	11

# 1M MALE

		16 MALE Runners --- Average Time of				7:12	Avg. Age Grade: 63.0%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Wevin Killiams	Denton	(20)			4:48.36		4:48.4	78.0%	1	1
M10-14	1 Enrique Marban	Farmers Branch	(13)			6:55.14		6:55.1	60.3%	8	7
M15-19	1 German Marban	Farmers Branch	(15)			5:59.92	✓	5:59.9	66.7%	6	6
M25-29	1 Cole Atchinson	Mile Race Group	(25)			5:00.41		5:00.4	74.1%	2	2
	2 Ben Reed	Flower Mound	(25)			5:11.86		5:11.9	71.4%	3	3
	3 Albert Marban	Farmers Branch	(27)			5:22.93		5:22.9	68.9%	4	4
M35-39	1 Luis Rojas	Dallas	(38)			5:45.34		5:45.3	67.2%	5	5
M40-44	1 Robert Flores	Aubrey	(40)			9:07.10		9:07.1	43.1%	18	14
M50-54	1 Marcus O'con	Dallas	(50)			8:01.96		8:02.0	52.8%	14	13
M55-59	1 Vijayan Nair	Plano	(58)			7:38.70		7:38.7	59.3%	12	11
	2 John Kramer	Plano	(59)			12:10.99		12:11.0	37.5%	22	16
M65-69	1 Julio Lopez	Farmers Branch	(65)			7:14.33		7:14.3	66.6%	9	8
	2 Tom Menn	Hurst	(67)			7:19.24		7:19.2	67.1%	10	9
	3 Ruben Arevalo	Carrollton	(65)			7:38.75		7:38.8	63.1%	13	12
M70-74	1 Daniel Brown	Abilene	(70)			7:25.68		7:25.7	68.2%	11	10
M80-99	1 Wally Capps	Farmers Branch	(80)			9:34.54		9:34.5	63.1%	21	15

# 1M FEMALE

		6 FEMALE Runners --- Average Time of				8:32	Avg. Age Grade: 56.7%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Landa Blakeley	Carrollton	(26)			6:04.90		6:04.9	68.9%	7	1
F20-24	1 Trinity Sullivan	Coppell	(21)			8:56.43		8:56.4	46.9%	17	4
F35-39	1 Tanya Nunn	Plano	(38)			9:07.20	✓	9:07.2	47.7%	19	5
F50-54	1 Debbie Riedner	Dallas	(51)			8:35.73	✓	8:35.7	58.7%	15	2
F55-59	1 Kuay Sullivan	Coppell	(55)			8:56.13		8:56.1	59.5%	16	3
	2 Yanira Lopez	Farmers Branch	(58)			9:32.50		9:32.5	58.1%	20	6

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	6005 Wevin Killiams (M20)	1	M20-24	OA	0.2				4:48.36	✕	4:48.4	16.42	4:48.57	78.0%
2	101 Cole Atchinson (M25)	2	M25-29	1st	---				5:00.41		5:00.4	17.11	5:00.42	74.1%
3	6004 Ben Reed (M25)	3	M25-29	2nd	---				5:11.86		5:11.9	17.73	5:11.87	71.4%
4	7493 Albert Marban (M27)	4	M25-29	3rd	0.5				5:22.93		5:22.9	18.36	5:23.43	68.9%
5	6002 Luis Rojas (M38)	5	M35-39	1st	---				5:45.34	✕	5:45.3	19.67	5:45.34	67.2%
6	7494 German Marban (M15)	6	M15-19	1st	0.5				5:59.92	✓ 18	5:59.9	20.47	6:00.43	66.7%
7	6006 Landa Blakeley (F26)	1	F25-29	OA	2.0				6:04.90	✕	6:04.9	20.75	6:06.91	68.9%
8	7495 Enrique Marban (M13)	7	M10-14	1st	0.5				6:55.14		6:55.1	23.66	6:55.64	60.3%
9	7193 Julio Lopez (M65)	8	M65-69	1st	1.0				7:14.33		7:14.3	24.75	7:15.34	66.6%
10	6994 Tom Menn (M67)	9	M65-69	2nd	1.5				7:19.24		7:19.2	25.03	7:20.74	67.1%
11	6657 Daniel Brown (M70)	10	M70-74	1st	1.5				7:25.68	✕	7:25.7	25.37	7:27.18	68.2%
12	7117 Vijayan Nair (M58)	11	M55-59	1st	---				7:38.70		7:38.7	26.11	7:38.71	59.3%
13	7155 Ruben Arevalo (M65)	12	M65-69	3rd	1.0				7:38.75		7:38.8	26.11	7:39.75	63.1%
14	7270 Marcus O'con (M50)	13	M50-54	1st	2.0				8:01.96		8:02.0	27.43	8:03.96	52.8%
15	7121 Debbie Riedner (F51)	2	F50-54	1st	3.0				8:35.73	✓ 1	8:35.7	29.36	8:38.74	58.7%
16	7265 Kuay Sullivan (F55)	3	F55-59	1st	3.3				8:56.13		8:56.1	30.56	8:59.43	59.5%
17	7099 Trinity Sullivan (F21)	4	F20-24	1st	3.3				8:56.43		8:56.4	30.56	8:59.73	46.9%
18	7580 Robert Flores (M40)	14	M40-44	1st	5.0				9:07.10		9:07.1	31.19	9:12.10	43.1%
19	6617 Tanya Nunn (F38)	5	F35-39	1st	5.0				9:07.20	✓ 1	9:07.2	31.19	9:12.20	47.7%
20	7198 Yanira Lopez (F58)	6	F55-59	2nd	3.5				9:32.50		9:32.5	32.61	9:36.00	58.1%
21	7916 Wally Capps (M80)	15	M80-99	1st	7.0				9:34.54		9:34.5	32.73	9:41.54	63.1%
22	7261 John Kramer (M59)	16	M55-59	2nd	0.6				12:10.99		12:11.0	41.62	12:11.59	37.5%

✓ 3 Club PR's

Average Finish Time: 07:33 4 First Timers

Average Age Grade: 61.3%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	6005 Wevin Killiams (M20)	1	M20-24	OA	0.3				16:52.59	ℓ ✕	5:25.9	16.87	16:52.90	77.3%
2	6002 Luis Rojas (M38)	2	M35-39	1st	---				17:04.50	ℓ ✕	5:29.8	17.07	17:04.50	78.8%
3	7011 Blair Casey (M34)	3	M30-34	1st	---				17:47.48		5:43.6	17.78	17:47.48	73.7%
4	7493 Albert Marban (M27)	4	M25-29	1st	0.9				18:58.99	ℓ	6:06.6	18.97	18:59.93	68.0%
5	7159 Robert Landon (M62)	5	M60-64	MS	1.4				20:56.09		6:44.3	20.93	20:57.44	78.0%
6	6006 Landa Blakeley (F26)	1	F25-29	OA	3.3				21:31.94	ℓ ✕	6:55.8	21.52	21:35.28	68.7%
7	7270 Marcus O'con (M50)	6	M50-54	1st	1.8				21:43.94	ℓ	6:59.7	21.72	21:45.78	67.9%
8	7255 John Cosentino (M58)	7	M55-59	SR	1.1				22:03.56		7:06.0	22.05	22:04.70	71.5%
9	6008 John Myers (M42)	8	M40-44	1st	0.8				22:39.73	✓ 3	7:17.7	22.65	22:40.53	61.1%
10	7052 Alex Veguilla (M53)	9	M50-54	2nd	---				23:33.43	✓ 4	7:34.9	23.55	23:33.43	64.2%
11	7117 Vijayan Nair (M58)	10	M55-59	1st	---				23:46.28	ℓ	7:39.1	23.77	23:46.28	66.3%
12	7405 Steve Russo (M57)	11	M55-59	2nd	2.2				23:57.38		7:42.6	23.95	23:59.62	65.2%
13	7081 Jason Egger (M39)	12	M35-39	2nd	2.6				23:58.74		7:43.1	23.97	24:01.34	56.5%
14	7222 Rich Weklar (M50)	13	M50-54	3rd	---				24:07.53		7:45.9	24.12	24:07.53	61.1%
15	7580 Robert Flores (M40)	14	M40-44	2nd	---				24:14.39	ℓ	7:48.1	24.23	24:14.39	56.3%
16	7012 Doug Waters (M56)	15	M55-59	4th	3.8				24:14.52		7:48.2	24.23	24:18.29	63.9%
17	7192 Rob Preston (M56)	16	M55-59	3rd	6.9				24:13.78		7:47.9	24.22	24:20.64	64.0%
18	6617 Tanya Nunn (F38)	2	F35-39	1st	---				25:09.00	ℓ ✓ 1	8:05.7	25.15	25:09.00	60.2%
19	7155 Ruben Arevalo (M65)	17	M65-69	1st	1.8				25:24.95	ℓ	8:10.8	25.40	25:26.70	66.0%
20	6993 Ryan Boyd (M33)	18	M30-34	2nd	2.8				26:09.71		8:25.2	26.15	26:12.47	49.9%
21	7193 Julio Lopez (M65)	19	M65-69	2nd	2.7				26:12.77	ℓ	8:26.2	26.20	26:15.51	64.0%
22	6657 Daniel Brown (M70)	20	M70-74	1st	0.8				26:35.00	ℓ	8:33.4	26.58	26:35.81	66.3%
23	7099 Trinity Sullivan (F21)	3	F20-24	1st	4.2				26:45.42	ℓ	8:36.7	26.75	26:49.62	55.3%
24	6995 Burns Thacker (M46)	21	M45-49	1st	8.7				29:30.20	✓ 5	9:29.8	29.50	29:38.91	48.4%
25	7121 Debbie Riedner (F51)	4	F50-54	MS	7.8				29:50.86	ℓ	9:36.4	29.83	29:58.69	57.4%

FN\*:  Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

5/30/2021

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

△ Negative Split



DeltaViewTiming.com

26	7345	Ryan Pogue (M49)	22	M45-49	2nd	19.9		<b>29:42.50</b>	9:33.7	29.70	30:02.45	49.2%
27	7265	Kuay Sullivan (F55)	5	F55-59	SR	4.2		<b>30:10.48</b> $\mathcal{M}$	9:42.7	30.17	30:14.68	59.8%
28	7020	Ronald Hamilton (M61)	23	M60-64	1st	10.0		<b>31:01.84</b>	9:59.3	31.02	31:11.87	52.1%
29	7283	Ruben Reyes (M65)	24	M65-69	3rd	11.7		<b>31:38.09</b>	10:10.9	31.63	31:49.81	53.0%
30	7050	Chris Goins (M50)	25	M50-54	5th	14.7		<b>32:20.98</b>	10:24.7	32.33	32:35.70	45.6%
31	7198	Yanira Lopez (F58)	6	F55-59	1st	16.0		<b>32:34.86</b> $\mathcal{M}$	10:29.2	32.57	32:50.81	57.7%
32	7044	Amie Goins (F49)	7	F45-49	1st	23.2		<b>33:11.04</b>	10:40.9	33.18	33:34.22	50.4%
33	7916	Wally Capps (M80)	26	M80-99	1st	7.5		<b>33:35.39</b> $\mathcal{M}$	10:48.7	33.58	33:42.87	<b>62.6%</b>
34	7454	Betsy Palmer (F60)	8	F60-64	1st	14.9		<b>33:50.46</b>	10:53.5	33.83	34:05.35	57.1%
35	7026	Jeff Goodman (M59)	27	M55-59	5th	4.6		<b>34:09.12</b>	10:59.6	34.15	34:13.68	46.6%
36	7124	Jerri Hixson (F67)	9	F65-69	1st	5.7		<b>35:40.49</b>	11:29.0	35.67	35:46.21	<b>60.2%</b>
37	7106	Robert Simpson (M66)	28	M65-69	4th	19.4		<b>37:07.17</b>	11:56.9	37.12	37:26.52	45.6%
38	7362	Paula Robertson (F58)	10	F55-59	2nd	4.9		<b>37:21.98</b> $\times$	12:01.6	37.35	37:26.85	50.3%
39	7097	Nathan Bruser (M50)	29	M50-54	4th	688.4		<b>27:02.17</b>	8:42.1	27.03	38:30.59	54.5%
40	7039	Mary Kaplan (F82)	11	F80-99	1st	0.6		<b>39:22.20</b>	12:40.3	39.37	39:22.84	<b>72.2%</b>
41	7223	Chris Wong (M51)	30	M50-54	6th	14.0		<b>42:14.83</b>	13:35.9	42.23	42:28.82	35.2%
42	7024	Carol Creech (F70)	12	F70-74	1st	6.3		<b>44:59.44</b>	14:28.9	44.98	45:05.74	50.1%
43	7246	Sheila Holen (F50)	13	F50-54	1st	16.3		<b>51:20.52</b>	16:31.5	51.33	51:36.86	33.0%
44	7261	John Kramer (M59)	31	M55-59	6th	465.3		<b>49:25.00</b> $\mathcal{M}$	15:54.3	49.42	57:10.33	32.2%

✓ 4 Club PR's

Average Finish Time: **28:57** 4 First Timers Average Age Grade: **58.6%**

## Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Wevin Killiams	M20	4:48.36	78.0%	New
2	2	Cole Atchinson	M25	5:00.41	74.1%	
3	3	Ben Reed	M25	5:11.86	71.4%	
4	7	Landa Blakeley	F26	6:04.90	68.9%	New
5	4	Albert Marban	M27	5:22.93	68.9%	
6	11	Daniel Brown	M70	7:25.68	68.2%	New
7	5	Luis Rojas	M38	5:45.34	67.2%	New
8	10	Tom Menn	M67	7:19.24	67.1%	
9	6	German Marban	M15	5:59.92	66.7%	Move UP
10	9	Julio Lopez	M65	7:14.33	66.6%	
11	21	Wally Capps	M80	9:34.54	63.1%	
12	13	Ruben Arevalo	M65	7:38.75	63.1%	
13	8	Enrique Marban	M13	6:55.14	60.3%	
14	16	Kuay Sullivan	F55	8:56.13	59.5%	
15	12	Vijayan Nair	M58	7:38.70	59.3%	
16	15	Debbie Riedner	F51	8:35.73	58.7%	
17	20	Yanira Lopez	F58	9:32.50	58.1%	
18	14	Marcus O'con	M50	8:01.96	52.8%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Luis Rojas	M38	17:04.50	78.8%	New
2	5	Robert Landon	M62	20:56.09	78.0%	
3	1	Wevin Killiams	M20	16:52.59	77.3%	New
4	3	Blair Casey	M34	17:47.48	73.7%	
5	40	Mary Kaplan	F82	39:22.20	72.2%	
6	8	John Cosentino	M58	22:03.56	71.5%	
7	6	Landa Blakeley	F26	21:31.94	68.7%	New
8	4	Albert Marban	M27	18:58.99	68.0%	
9	7	Marcus O'con	M50	21:43.94	67.9%	
10	11	Vijayan Nair	M58	23:46.28	66.3%	
11	22	Daniel Brown	M70	26:35.00	66.3%	
12	19	Ruben Arevalo	M65	25:24.95	66.0%	
13	12	Steve Russo	M57	23:57.38	65.2%	
14	10	Alex Veguilla	M53	23:33.43	64.2%	
15	21	Julio Lopez	M65	26:12.77	64.0%	
16	17	Rob Preston	M56	24:13.78	64.0%	
17	16	Doug Waters	M56	24:14.52	63.9%	
18	33	Wally Capps	M80	33:35.39	62.6%	
19	9	John Myers	M42	22:39.73	61.1%	
20	14	Rich Weklar	M50	24:07.53	61.1%	
21	18	Tanya Nunn	F38	25:09.00	60.2%	
22	36	Jerri Hixson	F67	35:40.49	60.2%	
23	27	Kuay Sullivan	F55	30:10.48	59.8%	
24	31	Yanira Lopez	F58	32:34.86	57.7%	
25	25	Debbie Riedner	F51	29:50.86	57.4%	
26	34	Betsy Palmer	F60	33:50.46	57.1%	
27	13	Jason Egger	M39	23:58.74	56.5%	
28	15	Robert Flores	M40	24:14.39	56.3%	
29	23	Trinity Sullivan	F21	26:45.42	55.3%	
30	39	Nathan Bruser	M50	27:02.17	54.5%	
31	29	Ruben Reyes	M65	31:38.09	53.0%	
32	28	Ronald Hamilton	M61	31:01.84	52.1%	
33	32	Amie Goins	F49	33:11.04	50.4%	
34	38	Paula Robertson	F58	37:21.98	50.3%	
35	42	Carol Creech	F70	44:59.44	50.1%	

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