

# Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Albert Marban	5:36.59	Albert Marban	17:26.57	Jim Dietz	18:02.68	Steve Russo	22:19.12
Merari Baeza	8:42.02	Merari Baeza	29:41.55	Shalini Garg	30:28.48	Yanira Lopez	31:49.85

## 5K MALE

22 MALE Runners --- Average Time of **26:16**

Avg. Age Grade: **58.9%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
<b>OVERALL</b>	1 <b>Albert Marban</b>	Farmers Branch	(28)	8:41	+5	<b>17:26.57</b>	ML	5:36.9	<b>74.0%</b>	1	1
<b>MASTERS</b>	1 <b>Jim Dietz</b>	Prosper	(61)	9:02	-1	<b>18:02.68</b>		5:48.5	<b>89.7%</b>	2	2
<b>SENIORS</b>	1 <b>Steve Russo</b>	Plano	(58)	11:23	-26	<b>22:19.12</b>	✓	7:11.0	<b>70.6%</b>	3	3
<b>M15-19</b>	1 <b>Avi Burstein</b>		(16)	11:31	+34	<b>23:35.50</b>		7:35.6	58.1%	5	5
	2 <b>Ephraim Weiss</b>	Dallas	(17)	13:16	-119	<b>24:31.82</b>		7:53.7	55.1%	8	8
	3 <b>Mordechai Weiss</b>		(15)	13:16	-45	<b>25:46.15</b>		8:17.7	54.0%	12	12
	4 <b>Benjamin Schussler</b>	Dallas	(17)	13:16	-45	<b>25:47.61</b>		8:18.1	52.4%	13	13
<b>M25-29</b>	1 <b>Jalyn Porchay</b>	Farmers Branch	(27)	12:20	-14	<b>24:26.34</b>		7:52.0	52.8%	9	9
<b>M30-34</b>	1 <b>Blair Casey</b>	Carrollton	(34)	12:03	-4	<b>24:02.73</b>		7:44.4	54.5%	7	7
<b>M45-49</b>	1 <b>Michael Stone</b>	Carrollton	(45)	13:28	-77	<b>25:39.03</b>		8:15.4	55.3%	14	14
<b>M50-54</b>	1 <b>Rich Weklar</b>	Bartonville	(50)	12:46	-21	<b>25:11.06</b>	ML	8:06.4	58.6%	11	11
	2 <b>Chris Goins</b>	Garland	(51)	14:19	+24	<b>29:02.47</b>	✓	9:20.8	51.2%	19	19
	3 <b>Nathan Bruser</b>	Highland Village	(50)	15:46	-6	<b>31:26.94</b>		10:07.3	46.9%	29	20
	4 <b>Chris Wong</b>	Arlington	(52)	23:36	-370	<b>41:02.14</b>		13:12.5	36.5%	33	22
<b>M55-59</b>	1 <b>John Cosentino</b>	Plano	(59)	11:25	-24	<b>22:25.85</b>		7:13.2	<b>70.9%</b>	4	4
	2 <b>Vijayan Nair</b>	Plano	(59)	11:51	-1	<b>23:41.05</b>	ML	7:37.4	<b>67.1%</b>	6	6
	3 <b>Rob Preston</b>	Irving	(56)	12:24	-16	<b>24:31.92</b>		7:53.8	<b>63.2%</b>	10	10
<b>M60-64</b>	1 <b>Jaws Hansen</b>	Dallas	(61)	13:59	-8	<b>27:48.76</b>	ML	8:57.1	58.2%	16	16
	2 <b>Victor Eifenbein</b>	Dallas	(63)	14:19	+3	<b>28:40.71</b>	ML✓	9:13.8	57.4%	18	18
<b>M65-69</b>	1 <b>Julio Lopez</b>	Farmers Branch	(66)	13:02	+36	<b>26:39.77</b>	ML	8:34.9	<b>63.5%</b>	15	15
	2 <b>Peter Chan</b>	Coppell	(68)	14:23	-34	<b>28:12.47</b>	ML✓	9:04.8	<b>61.1%</b>	17	17
	3 <b>Robert Simpson</b>	Coppell	(66)	18:46	+4	<b>37:35.54</b>		12:06.0	45.0%	32	21

# 5K FEMALE

13 FEMALE Runners --- Average Time of

35:28

Avg. Age Grade: 49.9%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Merari Baeza	The Colony	(46)	14:44	+15	29:41.55	Ⓜ	9:33.4	54.3%	20	1
MASTERS	1 Shalini Garg	Coppell	(46)	14:49	+51	30:28.48		9:48.5	53.0%	21	2
SENIORS	1 Yanira Lopez	Farmers Branch	(58)	15:51	+8	31:49.85	Ⓜ	10:14.7	59.0%	23	4
F10-14	1 Blake Bruser	Highland Village	(12)	15:45	+3	31:33.65		10:09.5	51.6%	30	10
F45-49	1 Shefali Mehta	Coppell	(47)	16:50	+67	34:47.08		11:11.8	46.9%	26	7
	2 Ritu Sood	Coppell	(46)	16:52	+73	34:57.22		11:15.0	46.2%	27	8
	3 Teresa Tran	Irving	(45)	18:17	+43	37:17.57	✓	12:00.2	42.8%	31	11
F50-54	1 Amie Goins	Garland	(50)	15:45	+36	32:06.57		10:20.1	52.7%	22	3
	2 Indira Garapati	Coppell	(51)	17:12	-30	33:53.56		10:54.5	50.6%	24	5
	3 Kim Tsutsui	Frisco	(53)	17:46	-61	34:30.17		11:06.3	50.9%	25	6
	4 Sheila Holen	Lewisville	(50)	26:26	+4	52:55.75		17:02.2	32.0%	35	13
F60-64	1 Betsy Palmer	Carrollton	(60)	17:07	+34	34:47.93		11:12.0	55.5%	28	9
F70-74	1 Carol Creech	Aubrey	(70)	21:14	-15	42:13.25		13:35.4	53.4%	34	12

# 1M MALE

9 MALE Runners --- Average Time of

8:15

Avg. Age Grade: 56.0%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Albert Marban	Farmers Branch	(28)			5:36.59		5:36.6	66.1%	1	1
M50-54	1 Rich Weklar	Bartonville	(50)			6:44.05		6:44.1	63.0%	2	2
M55-59	1 Vijayan Nair	Plano	(59)			7:46.50		7:46.5	58.8%	3	3
	2 Rob Windsor	Flower Mound	(58)			8:18.58	✓	8:18.6	54.6%	5	5
	3 Doug Waters	Carrollton	(57)			10:30.22		10:30.2	42.8%	11	9
M60-64	1 Victor Eifenbein	Dallas	(63)			8:29.00	✓	8:29.0	55.8%	6	6
	2 Jaws Hansen	Dallas	(61)			9:46.96		9:47.0	47.6%	9	8
M65-69	1 Julio Lopez	Farmers Branch	(66)			8:01.47		8:01.5	60.7%	4	4
	2 Peter Chan	Coppell	(68)			9:00.67		9:00.7	55.0%	8	7

# 1M FEMALE

2 FEMALE Runners --- Average Time of

9:15

Avg. Age Grade: 55.5%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Merari Baeza	The Colony	(46)			8:42.02	✓	8:42.0	54.5%	7	1
F55-59	1 Yanira Lopez	Farmers Branch	(58)			9:47.97		9:48.0	56.6%	10	2

FN\*:  Broke Age-Group Record

**GD** Place among Females

▲ Positive Split

Timing provided by:

10/31/2021

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

▲ Negative Split



**DeltaViewTiming.com**

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7493 Albert Marban (M28)	1	M25-29	OA	---				5:36.59		5:36.6	19.16	5:36.59	66.1%
2	7222 Rich Weklar (M50)	2	M50-54	1st	---				6:44.05		6:44.1	23.04	6:44.05	63.0%
3	7117 Vijayan Nair (M59)	3	M55-59	1st	---				7:46.50		7:46.5	26.57	7:46.50	58.8%
4	7193 Julio Lopez (M66)	4	M65-69	1st	---				8:01.47		8:01.5	27.43	8:01.47	60.7%
5	7451 Rob Windsor (M58)	5	M55-59	2nd	---				8:18.58	✓ 1	8:18.6	28.40	8:18.58	54.6%
6	7113 Victor Elfenbein (M63)	6	M60-64	1st	---				8:29.00	✓ 10	8:29.0	29.02	8:29.00	55.8%
7	6994 Merari Baeza (F46)	1	F45-49	OA	---				8:42.02	✓ 2	8:42.0	29.76	8:42.02	54.5%
8	7153 Peter Chan (M68)	7	M65-69	2nd	---				9:00.67		9:00.7	30.79	9:00.67	55.0%
9	7060 Jaws Hansen (M61)	8	M60-64	2nd	---				9:46.96		9:47.0	33.41	9:46.96	47.6%
10	7198 Yanira Lopez (F58)	2	F55-59	1st	---				9:47.97		9:48.0	33.47	9:47.97	56.6%
11	7012 Doug Waters (M57)	9	M55-59	3rd	---				10:30.22		10:30.2	35.92	10:30.22	42.8%
✓ 3 Club PR's						Average Finish Time: 08:25					Average Age Grade: 56.0%			

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7493 Albert Marban (M28)	1	M25-29	OA	---	8:41	8:46	+5	17:26.57	ℓ	5:36.9	17.43	17:26.59	74.0%
2	7045 Jim Dietz (M61)	2	M60-64	MS	0.1	9:02	9:01	-1	18:02.68		5:48.5	18.03	18:02.77	89.7%
3	7405 Steve Russo (M58)	3	M55-59	SR	2.4	11:23	10:57	-26	22:19.12	✓ 31	7:11.0	22.32	22:21.49	70.6%
4	7255 John Cosentino (M59)	4	M55-59	1st	3.1	11:25	11:01	-24	22:25.85		7:13.2	22.42	22:28.92	70.9%
5	6001 Avi Burstein (M16)	5	M15-19	1st	1.1	11:31	12:05	+34	23:35.50	⊗	7:35.6	23.58	23:36.55	58.1%
6	7117 Vijayan Nair (M59)	6	M55-59	2nd	---	11:51	11:50	-1	23:41.05	ℓ	7:37.4	23.68	23:41.07	67.1%
7	7011 Blair Casey (M34)	7	M30-34	1st	5.5	12:03	11:59	-4	24:02.73		7:44.4	24.03	24:08.25	54.5%
8	7134 Ephraim Weiss (M17)	8	M15-19	2nd	2.4	13:16	11:16	-119	24:31.82		7:53.7	24.52	24:34.17	55.1%
9	6896 Jalyn Porchay (M27)	9	M25-29	1st	10.9	12:20	12:06	-14	24:26.34	⊗	7:52.0	24.43	24:37.26	52.8%
10	7192 Rob Preston (M56)	10	M55-59	3rd	6.0	12:24	12:08	-16	24:31.92		7:53.8	24.52	24:37.89	63.2%
11	7222 Rich Weklar (M50)	11	M50-54	1st	5.7	12:46	12:25	-21	25:11.06	ℓ	8:06.4	25.18	25:16.80	58.6%
12	6002 Mordechai Weiss (M15)	12	M15-19	3rd	2.3	13:16	12:31	-45	25:46.15	⊗	8:17.7	25.77	25:48.48	54.0%
13	7132 Benjamin Schussler (M17)	13	M15-19	4th	1.8	13:16	12:31	-45	25:47.61		8:18.1	25.78	25:49.46	52.4%
14	6889 Michael Stone (M45)	14	M45-49	1st	23.2	13:28	12:11	-77	25:39.03	⊗	8:15.4	25.65	26:02.24	55.3%
15	7193 Julio Lopez (M66)	15	M65-69	1st	2.3	13:02	13:38	+36	26:39.77	ℓ	8:34.9	26.65	26:42.07	63.5%
16	7060 Jaws Hansen (M61)	16	M60-64	1st	3.5	13:59	13:50	-8	27:48.76	ℓ	8:57.1	27.80	27:52.22	58.2%
17	7153 Peter Chan (M68)	17	M65-69	2nd	9.6	14:23	13:49	-34	28:12.47	ℓ ✓ 23	9:04.8	28.20	28:22.04	61.1%
18	7113 Victor Elfenbein (M63)	18	M60-64	2nd	6.2	14:19	14:22	+3	28:40.71	ℓ ✓ 10	9:13.8	28.67	28:46.91	57.4%
19	7050 Chris Goins (M51)	19	M50-54	2nd	7.8	14:19	14:43	+24	29:02.47	✓ 40	9:20.8	29.03	29:10.29	51.2%
20	6994 Merari Baeza (F46)	1	F45-49	OA	1.5	14:44	14:58	+15	29:41.55	ℓ	9:33.4	29.68	29:43.02	54.3%
21	6883 Shalini Garg (F46)	2	F45-49	MS	3.3	14:49	15:40	+51	30:28.48	⊗	9:48.5	30.47	30:31.81	53.0%
22	7044 Amie Goins (F50)	3	F50-54	1st	8.6	15:45	16:21	+36	32:06.57		10:20.1	32.10	32:15.19	52.7%
23	7198 Yanira Lopez (F58)	4	F55-59	SR	38.1	15:51	15:59	+8	31:49.85	ℓ	10:14.7	31.82	32:27.98	59.0%
24	6887 Indira Garapati (F51)	5	F50-54	2nd	4.2	17:12	16:42	-30	33:53.56	⊗	10:54.5	33.88	33:57.81	50.6%
25	7109 Kim Tsutsui (F53)	6	F50-54	3rd	9.3	17:46	16:44	-61	34:30.17		11:06.3	34.50	34:39.47	50.9%
26	6885 Shefali Mehta (F47)	7	F45-49	1st	3.8	16:50	17:57	+67	34:47.08	⊗	11:11.8	34.78	34:50.92	46.9%
27	6884 Ritu Sood (F46)	8	F45-49	2nd	3.9	16:52	18:05	+73	34:57.22	⊗	11:15.0	34.95	35:01.12	46.2%
28	7454 Betsy Palmer (F60)	9	F60-64	1st	27.0	17:07	17:41	+34	34:47.93		11:12.0	34.78	35:14.95	55.5%
29	7097 Nathan Bruser (M50)	20	M50-54	3rd	283.8	15:46	15:41	-6	31:26.94		10:07.3	31.43	36:10.69	46.9%
30	7096 Blake Bruser (F12)	10	F10-14	1st	283.6	15:45	15:48	+3	31:33.65		10:09.5	31.55	36:17.26	51.6%
31	7224 Teresa Tran (F45)	11	F45-49	3rd	0.7	18:17	19:00	+43	37:17.57	✓ 6	12:00.2	37.28	37:18.29	42.8%
32	7106 Robert Simpson (M66)	21	M65-69	3rd	16.0	18:46	18:50	+4	37:35.54		12:06.0	37.58	37:51.53	45.0%
33	7223 Chris Wong (M52)	22	M50-54	4th	10.0	23:36	17:26	-370	41:02.14		13:12.5	41.03	41:12.13	36.5%
34	7024 Carol Creech (F70)	12	F70-74	1st	6.9	21:14	20:59	-15	42:13.25		13:35.4	42.22	42:20.10	53.4%
35	7246 Sheila Holen (F50)	13	F50-54	4th	13.9	26:26	26:30	+4	52:55.75		17:02.2	52.92	53:09.67	32.0%
16 Positive Split 19 Negative Split ✓ 5 Club PR's						Average Finish Time: 29:41 8 First Timers					Average Age Grade: 55.6%			