

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Chris Shirk	5:21.45	Albert Marban	17:24.32	Keith Pierce	17:45.73	Jim Dietz	17:52.96
Landra Blakeley	6:02.86	Landra Blakeley	21:46.53	Kim Andres	27:38.07	Kuay Sullivan	28:21.67

5K MALE

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

Avg. Age Grade: **59.0%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Albert Marban	Farmers Branch	(28)	8:50	-16	17:24.32	☑	5:36.1	74.1%	1	1
MASTERS	1 Keith Pierce	McKinney	(41)	8:51	+4	17:45.73	☐	5:43.0	77.4%	3	3
SENIORS	1 Jim Dietz	Prosper	(61)	9:01	-9	17:52.96	☑	5:45.4	90.5%	4	4
M15-19	1 Gavin Gajraj	Lewisville	(18)	8:52	+2	17:45.59	☑	5:43.0	75.1%	2	2
	2 Anthony Nguyen	Lewisville	(18)	17:14	+74	35:42.43		11:29.6	37.4%	38	27
M20-24	1 Chris Shirk	Mile Race Group	(24)	9:12	+58	19:20.92	☑	6:13.7	66.7%	5	5
	2 Cameron Blackmon	Double Oak	(24)	13:08	+100	27:56.01	☑	8:59.5	46.2%	19	17
M30-34	1 Blair Casey	Carrollton	(34)	11:24	+19	23:07.47		7:26.6	56.7%	11	10
M35-39	1 Chris Mulkey	Denton	(38)	10:46	+11	21:43.73		6:59.6	61.9%	9	8
M45-49	1 Burns Thacker	Carrollton	(47)	16:00	-56	31:03.50		9:59.8	46.4%	27	22
M50-54	1 Rich Weklar	Bartonville	(50)	12:55	-22	25:28.81	☑	8:12.1	57.9%	15	14
	2 Chris Goins	Garland	(51)	14:52	+66	30:50.71	☑	9:55.7	48.2%	26	21
	3 Andy Smith	Denton	(54)	15:24	+44	31:32.48		10:09.1	48.3%	28	23
	4 Nathan Bruser	Highland Village	(50)	15:56	+3	31:54.81		10:16.3	46.2%	36	25
	5 Christopher Wong	Arlington	(51)	18:03	-89	34:36.58		11:08.4	43.0%	37	26
	6 Carlos Ordonez	Carrollton	(51)	20:30	+22	41:22.72		13:19.1	35.9%	43	29
M55-59	1 John Cosentino	Plano	(59)	10:53	-4	21:40.70	☑	6:58.7	73.3%	7	7
	2 Steve Russo	Plano	(58)	11:33	-7	22:58.27		7:23.6	68.6%	10	9
	3 Rob Preston	Irving	(56)	12:30	-51	24:09.48	☑	7:46.5	64.1%	14	13
	4 Vijayan Nair	Plano	(58)	12:25	-31	24:18.84	☑	7:49.6	64.8%	13	12
M60-64	1 Robert Landon	Allen	(62)	10:32	-8	20:56.52		6:44.4	78.0%	6	6
	2 Bradley Gardner	Fort Worth	(63)	12:32	-55	24:08.31	☑	7:46.2	68.2%	12	11
	3 Victor Efenbein	Dallas	(63)	14:25	+103	30:33.16	☑	9:50.0	53.9%	25	20
	4 David Short	Frisco	(60)	25:18	-3	50:32.34		16:16.0	31.7%	46	30
M65-69	1 Julio Lopez	Farmers Branch	(66)	13:10	+16	26:34.88	☑	8:33.3	63.7%	16	15
	2 Ruben Arevalo	Carrollton	(66)	13:32	-1	27:04.04	☑	8:42.7	62.5%	17	16
	3 Peter Chan	Coppell	(68)	14:24	-16	28:31.16	☑	9:10.8	60.5%	23	19
	4 Ruben Reyes	Carrollton	(65)	16:29	+20	33:16.72		10:42.7	50.4%	31	24
	5 Robert Simpson	Coppell	(66)	19:00	-27	37:34.02		12:05.5	45.1%	41	28
M80-99	1 Wally Capps	Farmers Branch	(80)	14:07	-7	28:08.31	☑	9:03.4	74.7%	21	18

5K FEMALE

16 FEMALE Runners --- Average Time of **33:55** Avg. Age Grade: **53.8%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Landra Blakeley		(27)	11:03	-20	21:46.53	M	7:00.5	68.0%	8	1
MASTERS	1 Kim Andres	Irving	(68)	13:40	+18	27:38.07		8:53.7	78.9%	18	2
SENIORS	1 Kuay Sullivan	Coppell	(55)	14:18	-14	28:21.67	M	9:07.7	63.6%	22	4
F10-14	1 Blake Bruser	Highland Village	(12)	15:57	-2	31:51.67		10:15.3	51.1%	33	9
F25-29	1 Dawn Ryals		(29)	15:47	+65	32:37.55		10:30.1	45.4%	30	7
F30-34	1 Megan Denman	McKinney	(34)	16:54	+43	34:31.09		11:06.6	43.2%	35	11
F35-39	1 Bailey Kirby	Frisco	(35)	14:52	-55	28:49.09		9:16.5	51.9%	24	5
F45-49	1 Amie Goins	Garland	(49)	15:43	+71	32:36.64		10:29.8	51.2%	29	6
	2 Teresa Tran	Irving	(45)	18:49	+65	38:42.75	✓	12:27.6	41.3%	42	14
F50-54	1 Rebecca Caruso	Dallas	(54)	13:51	+11	27:51.77		8:58.1	63.9%	20	3
	2 Sheila Holen	Lewisville	(50)	25:34	-5	51:03.43		16:26.0	33.1%	45	16
F55-59	1 Yanira Lopez	Farmers Branch	(58)	17:25	-34	34:15.25	M	11:01.5	54.9%	32	8
	2 Grace Xi		(55)	17:15	+175	37:24.57	M	12:02.5	48.2%	40	13
F60-64	1 Betsy Palmer	Carrollton	(60)	17:21	-18	34:23.25		11:04.1	56.2%	34	10
F65-69	1 Jerri Hixson	Plano	(67)	18:15	+6	36:36.23		11:46.9	58.6%	39	12
F70-74	1 Carol Creech	Aubrey	(70)	21:44	+43	44:11.82		14:13.5	51.0%	44	15

1M MALE

13 MALE Runners --- Average Time of **7:32** Avg. Age Grade: **59.9%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Chris Shirk	Mile Race Group	(24)			5:21.45		5:21.5	69.2%	1	1
	1 Cameron Blackmon	Double Oak	(24)			7:40.00		7:40.0	48.4%	7	0
M10-14	1 Enrique Marban	Farmers Branch	(13)			6:34.95		6:35.0	63.4%	5	4
M15-19	1 German Marban	Farmers Branch	(15)			6:32.36		6:32.4	61.2%	4	3
M25-29	1 Albert Marban	Farmers Branch	(28)			5:29.03		5:29.0	67.7%	2	2
M50-54	1 Rich Weklar	Bartonville	(50)			6:41.10		6:41.1	63.4%	6	5
M55-59	1 Vijayan Nair	Plano	(58)			7:42.64		7:42.6	58.8%	8	6
	2 Rob Preston	Irving	(56)			8:53.04		8:53.0	50.2%	12	10
M60-64	1 Victor Eifenbein	Dallas	(63)			8:38.61	✓	8:38.6	54.8%	11	9
M65-69	1 Julio Lopez	Farmers Branch	(66)			7:51.01		7:51.0	62.0%	9	7
	2 Ruben Arevalo	Carrollton	(66)			8:16.67		8:16.7	58.8%	10	8
	3 Peter Chan	Coppell	(68)			9:10.19		9:10.2	54.1%	15	12
M80-99	1 Wally Capps	Farmers Branch	(80)			9:05.48		9:05.5	66.5%	14	11

1M FEMALE

4 FEMALE Runners --- Average Time of **8:44** Avg. Age Grade: **59.5%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Landra Blakeley		(27)			6:02.86		6:02.9	69.3%	3	1
F55-59	1 Kuay Sullivan	Coppell	(55)			9:04.36		9:04.4	58.6%	13	2
	2 Yanira Lopez	Farmers Branch	(58)			9:28.85		9:28.9	58.5%	16	3
	3 Grace Xi		(55)			10:21.39		10:21.4	51.4%	17	4

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	---				5:21.45		5:21.5	18.30	5:21.45	69.2%
2	7493 Albert Marban (M28)	2	M25-29	1st	---				5:29.03		5:29.0	18.76	5:29.03	67.7%
3	6005 Landra Blakeley (F27)	1	F25-29	OA	---				6:02.86	✕	6:02.9	20.64	6:02.86	69.3%
4	7494 German Marban (M15)	3	M15-19	1st	---				6:32.36		6:32.4	22.35	6:32.36	61.2%
5	7495 Enrique Marban (M13)	4	M10-14	1st	---				6:34.95		6:35.0	22.47	6:34.95	63.4%
6	7222 Rich Weklar (M50)	5	M50-54	1st	---				6:41.10		6:41.1	22.86	6:41.10	63.4%
7	6006 Cameron Blackmon (M24)	0		1st	---				7:40.00	✕	7:40.0	26.23	7:40.00	48.4%
8	7117 Vijayan Nair (M58)	6	M55-59	1st	---				7:42.64		7:42.6	26.34	7:42.64	58.8%
9	7193 Julio Lopez (M66)	7	M65-69	1st	---				7:51.01		7:51.0	26.86	7:51.01	62.0%
10	7155 Ruben Arevalo (M66)	8	M65-69	2nd	---				8:16.67		8:16.7	28.28	8:16.67	58.8%
11	7113 Victor Eلفenbein (M63)	9	M60-64	1st	---				8:38.61	✓ g	8:38.6	29.54	8:38.61	54.8%
12	7192 Rob Preston (M56)	10	M55-59	2nd	---				8:53.04		8:53.0	30.39	8:53.04	50.2%
13	7265 Kuay Sullivan (F55)	2	F55-59	1st	---				9:04.36		9:04.4	31.02	9:04.36	58.6%
14	7916 Wally Capps (M80)	11	M80-99	1st	---				9:05.48		9:05.5	31.08	9:05.48	66.5%
15	7153 Peter Chan (M68)	12	M65-69	3rd	---				9:10.19		9:10.2	31.36	9:10.19	54.1%
16	7198 Yanira Lopez (F58)	3	F55-59	2nd	---				9:28.85		9:28.9	32.39	9:28.85	58.5%
17	6007 Grace Xi (F55)	4	F55-59	3rd	---				10:21.39	✕	10:21.4	35.41	10:21.39	51.4%

✓ 1 Club PR's

Average Finish Time: 07:49 3 First Timers

Average Age Grade: 59.8%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7493 Albert Marban (M28)	1	M25-29	OA	1.0	8:50	8:34	-16	17:24.32	Ⓜ ✓ 29	5:36.1	17.40	17:25.34	74.1%
2	6995 Gavin Gajraj (M18)	2	M15-19	1st	---	8:52	8:54	+2	17:45.59	✓ 1	5:43.0	17.75	17:45.62	75.1%
3	6001 Keith Pierce (M41)	3	M40-44	MS	---	8:51	8:55	+4	17:45.73	□ ✕	5:43.0	17.75	17:45.76	77.4%
4	7045 Jim Dietz (M61)	4	M60-64	SR	1.0	9:01	8:52	-9	17:52.96	☑ 3	5:45.4	17.87	17:54.00	90.5%
5	130 Chris Shirk (M24)	5	M20-24	1st	1.3	9:12	10:09	+58	19:20.92	Ⓜ	6:13.7	19.33	19:22.20	66.7%
6	7159 Robert Landon (M62)	6	M60-64	1st	3.7	10:32	10:24	-8	20:56.52		6:44.4	20.93	21:00.20	78.0%
7	7255 John Cosentino (M59)	7	M55-59	1st	3.5	10:53	10:48	-4	21:40.70	✓ 34	6:58.7	21.67	21:44.17	73.3%
8	6005 Landra Blakeley (F27)	1	F25-29	OA	2.9	11:03	10:43	-20	21:46.53	Ⓜ ✕	7:00.5	21.77	21:49.43	68.0%
9	6894 Chris Mulkey (M38)	8	M35-39	1st	11.8	10:46	10:58	+11	21:43.73	✕	6:59.6	21.72	21:55.53	61.9%
10	7405 Steve Russo (M58)	9	M55-59	2nd	7.2	11:33	11:25	-7	22:58.27		7:23.6	22.97	23:05.43	68.6%
11	7011 Blair Casey (M34)	10	M30-34	1st	3.7	11:24	11:43	+19	23:07.47		7:26.6	23.12	23:11.14	56.7%
12	7058 Bradley Gardner (M63)	11	M60-64	2nd	9.2	12:32	11:37	-55	24:08.31	✓ 4	7:46.2	24.13	24:17.52	68.2%
13	7117 Vijayan Nair (M58)	12	M55-59	4th	---	12:25	11:54	-31	24:18.84	Ⓜ	7:49.6	24.30	24:18.83	64.8%
14	7192 Rob Preston (M56)	13	M55-59	3rd	9.8	12:30	11:39	-51	24:09.48	Ⓜ	7:46.5	24.15	24:19.31	64.1%
15	7222 Rich Weklar (M50)	14	M50-54	1st	9.8	12:55	12:34	-22	25:28.81	Ⓜ	8:12.1	25.47	25:38.59	57.9%
16	7193 Julio Lopez (M66)	15	M65-69	1st	2.4	13:10	13:25	+16	26:34.88	Ⓜ	8:33.3	26.57	26:37.25	63.7%
17	7155 Ruben Arevalo (M66)	16	M65-69	2nd	6.6	13:32	13:32	-1	27:04.04	Ⓜ	8:42.7	27.07	27:10.68	62.5%
18	7040 Kim Andres (F68)	2	F65-69	MS	3.2	13:40	13:58	+18	27:38.07		8:53.7	27.63	27:41.23	78.9%
19	6006 Cameron Blackmon (M24)	17	M20-24	2nd	3.0	13:08	14:48	+100	27:56.01	Ⓜ ✕	8:59.5	27.93	27:59.00	46.2%
20	7467 Rebecca Caruso (F54)	3	F50-54	1st	8.4	13:51	14:01	+11	27:51.77		8:58.1	27.85	28:00.14	63.9%
21	7916 Wally Capps (M80)	18	M80-99	1st	11.5	14:07	14:01	-7	28:08.31	Ⓜ □	9:03.4	28.13	28:19.86	74.7%
22	7265 Kuay Sullivan (F55)	4	F55-59	SR	8.9	14:18	14:04	-14	28:21.67	Ⓜ	9:07.7	28.35	28:30.61	63.6%
23	7153 Peter Chan (M68)	19	M65-69	3rd	7.3	14:24	14:07	-16	28:31.16	Ⓜ ✓ 22	9:10.8	28.52	28:38.46	60.5%
24	6892 Bailey Kirby (F35)	5	F35-39	1st	14.8	14:52	13:57	-55	28:49.09	✕	9:16.5	28.82	29:03.92	51.9%
25	7113 Victor Eلفenbein (M63)	20	M60-64	3rd	8.9	14:25	16:08	+103	30:33.16	Ⓜ	9:50.0	30.55	30:42.02	53.9%
26	7050 Chris Goins (M51)	21	M50-54	2nd	10.5	14:52	15:58	+66	30:50.71	✓ 39	9:55.7	30.83	31:01.25	48.2%
27	6994 Burns Thacker (M47)	22	M45-49	1st	11.1	16:00	15:04	-56	31:03.50		9:59.8	31.05	31:14.62	46.4%
28	6891 Andy Smith (M54)	23	M50-54	3rd	12.6	15:24	16:08	+44	31:32.48	✕	10:09.1	31.53	31:45.10	48.3%
29	7044 Amie Goins (F49)	6	F45-49	1st	11.2	15:43	16:54	+71	32:36.64		10:29.8	32.60	32:47.88	51.2%
30	6004 Dawn Ryals (F29)	7	F25-29	1st	13.5	15:47	16:51	+65	32:37.55	✕	10:30.1	32.62	32:51.01	45.4%

FN*: □ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

9/26/2021

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

△ Negative Split



DeltaViewTiming.com

31	7283	Ruben Reyes (M65)	24	M65-69	4th	6.4	16:29	16:48	+20	33:16.72		10:42.7	33.27	33:23.11	50.4%
32	7198	Yanira Lopez (F58)	8	F55-59	1st	18.4	17:25	16:51	-34	34:15.25	⌚	11:01.5	34.25	34:33.67	54.9%
33	7096	Blake Bruser (F12)	9	F10-14	1st	171.0	15:57	15:55	-2	31:51.67		10:15.3	31.85	34:42.63	51.1%
34	7454	Betsy Palmer (F60)	10	F60-64	1st	21.4	17:21	17:03	-18	34:23.25		11:04.1	34.38	34:44.60	56.2%
35	139	Megan Denman (F34)	11	F30-34	1st	14.7	16:54	17:37	+43	34:31.09		11:06.6	34.52	34:45.79	43.2%
36	7097	Nathan Bruser (M50)	25	M50-54	4th	171.1	15:56	15:59	+3	31:54.81		10:16.3	31.90	34:45.92	46.2%
37	7223	Christopher Wong (M51)	26	M50-54	5th	15.2	18:03	16:34	-89	34:36.58	⌚	11:08.4	34.60	34:51.83	43.0%
38	140	Anthony Nguyen (M18)	27	M15-19	2nd	18.6	17:14	18:28	+74	35:42.43	⌚	11:29.6	35.70	36:01.00	37.4%
39	7124	Jerri Hixson (F67)	12	F65-69	1st	10.7	18:15	18:21	+6	36:36.23		11:46.9	36.60	36:46.90	58.6%
40	6007	Grace Xi (F55)	13	F55-59	2nd	10.0	17:15	20:10	+175	37:24.57	⌚	12:02.5	37.40	37:34.60	48.2%
41	7106	Robert Simpson (M66)	28	M65-69	5th	23.7	19:00	18:34	-27	37:34.02		12:05.5	37.57	37:57.71	45.1%
42	7224	Teresa Tran (F45)	14	F45-49	2nd	1.0	18:49	19:54	+65	38:42.75	✓ ⌚	12:27.6	38.70	38:43.71	41.3%
43	6008	Carlos Ordonez (M51)	29	M50-54	6th	13.8	20:30	20:53	+22	41:22.72		13:19.1	41.37	41:36.50	35.9%
44	7024	Carol Creech (F70)	15	F70-74	1st	7.8	21:44	22:28	+43	44:11.82		14:13.5	44.18	44:19.58	51.0%
45	7246	Sheila Holen (F50)	16	F50-54	2nd	16.9	25:34	25:29	-5	51:03.43		16:26.0	51.05	51:20.35	33.1%
46	7061	David Short (M60)	30	M60-64	4th	83.1	25:18	25:14	-3	50:32.34		16:16.0	50.53	51:55.47	31.7%
23 Positive Split 23 Negative Split ✓ 8 Club PR's										Average Finish Time: 29:45		<i>10 First Timers</i>		Average Age Grade: 57.2%	

Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*	
1	3	Landra Blakeley		F27	6:02.86	69.3%	New
2	1	Chris Shirk	M24	5:21.45	69.2%		
3	2	Albert Marban	M28	5:29.03	67.7%		
4	14	Wally Capps	M80	9:05.48	66.5%		
5	6	Rich Weklar	M50	6:41.10	63.4%		
6	5	Enrique Marban	M13	6:34.95	63.4%		
7	9	Julio Lopez	M66	7:51.01	62.0%		
8	4	German Marban	M15	6:32.36	61.2%		
9	10	Ruben Arevalo	M66	8:16.67	58.8%		
10	8	Vijayan Nair	M58	7:42.64	58.8%		
11	13	Kuay Sullivan		F55	9:04.36	58.6%	
12	16	Yanira Lopez		F58	9:28.85	58.5%	
13	11	Victor Elfenbein	M63	8:38.61	54.8%		
14	15	Peter Chan	M68	9:10.19	54.1%		
15	17	Grace Xi		F55	10:21.39	51.4%	
16	12	Rob Preston	M56	8:53.04	50.2%		

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*	
1	4	Jim Dietz	M61	17:52.96	90.5%	Move UP	
2	18	Kim Andres		F68	27:38.07	78.9%	
3	6	Robert Landon	M62	20:56.52	78.0%		
4	3	Keith Pierce	M41	17:45.73	77.4%	New	
5	2	Gavin Gajraj	M18	17:45.59	75.1%	New	
6	21	Wally Capps	M80	28:08.31	74.7%		
7	1	Albert Marban	M28	17:24.32	74.1%	Move UP	
8	7	John Cosentino	M59	21:40.70	73.3%	Move UP	
9	10	Steve Russo	M58	22:58.27	68.6%		
10	12	Bradley Gardner	M63	24:08.31	68.2%	Move UP	
11	8	Landra Blakeley		F27	21:46.53	68.0%	New
12	5	Chris Shirk	M24	19:20.92	66.7%		
13	13	Vijayan Nair	M58	24:18.84	64.8%		
14	14	Rob Preston	M56	24:09.48	64.1%		
15	20	Rebecca Caruso		F54	27:51.77	63.9%	
16	16	Julio Lopez	M66	26:34.88	63.7%		
17	22	Kuay Sullivan		F55	28:21.67	63.6%	
18	17	Ruben Arevalo	M66	27:04.04	62.5%		
19	9	Chris Mulkey	M38	21:43.73	61.9%		
20	23	Peter Chan	M68	28:31.16	60.5%		
21	39	Jerri Hixson		F67	36:36.23	58.6%	
22	15	Rich Weklar	M50	25:28.81	57.9%		
23	11	Blair Casey	M34	23:07.47	56.7%		
24	34	Betsy Palmer		F60	34:23.25	56.2%	
25	32	Yanira Lopez		F58	34:15.25	54.9%	
26	25	Victor Elfenbein	M63	30:33.16	53.9%		
27	24	Bailey Kirby		F35	28:49.09	51.9%	
28	29	Amie Goins		F49	32:36.64	51.2%	
29	33	Blake Bruser		F12	31:51.67	51.1%	
30	44	Carol Creech		F70	44:11.82	51.0%	
31	31	Ruben Reyes	M65	33:16.72	50.4%		

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