

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
John Shirk	4:50.71	John Shirk	17:19.91	Steve Russo	22:25.53	John Cosentino	22:49.22
Debbie Riedner	8:44.66	Debbie Riedner	31:35.40	Amie Goins	32:06.62	Yanira Lopez	32:40.23

5K MALE

		24 MALE Runners --- Average Time of 30:26						Avg. Age Grade: 53.5%		Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	John Shirk	Mile Race Group	(26)	8:45	-10	17:19.91	ML	5:34.7	74.4%	1	1
MASTERS	1	Steve Russo	Plano	(58)	11:16	-7	22:25.53		7:13.1	70.3%	3	3
SENIORS	1	John Cosentino	Plano	(59)	11:23	+4	22:49.22	ML	7:20.7	69.7%	4	4
M01-09	1	Mason Marks	Carrollton	(9)	16:27	+278	37:31.59		12:04.7	43.6%	26	21
M35-39	1	Spencer Peacock	Lewisville	(37)	10:42	-52	20:31.63	ML	6:36.4	65.0%	2	2
	2	Blair Casey	Carrollton	(35)	12:02	-12	23:50.92		7:40.6	55.3%	7	7
M45-49	1	Burns Thacker	Carrollton	(47)	15:25	+85	32:15.39		10:22.9	44.6%	18	16
M50-54	1	Marcus O'con	Dallas	(51)	11:53	-27	23:18.19	ML	7:30.0	63.8%	5	5
	2	Rich Weklar	Bartonville	(51)	12:43	-9	25:16.55		8:08.1	58.8%	8	8
	3	Nathan Bruser	Highland Village	(50)	14:19	+22	29:00.96		9:20.4	50.8%	11	11
	4	Ryan Pogue	Carrollton	(50)	15:25	-54	29:55.24		9:37.8	49.3%	14	14
	5	Chris Goins	Garland	(51)	15:20	+79	31:58.59		10:17.5	46.5%	16	15
	6	Chris Wong	Arlington	(52)	17:58	+39	36:35.81		11:46.8	41.0%	24	19
	7	Carlos Ordonez	Carrollton	(51)	21:12	-20	42:03.66	ML	13:32.3	35.3%	30	23
M55-59	1	Vijayan Nair	Plano	(59)	11:55	+6	23:55.59	ML	7:42.1	66.5%	6	6
	2	Doug Waters	Carrollton	(57)	13:04	+1	26:08.35	ML	8:24.8	59.8%	9	9
M60-64	1	Jaws Hansen	Dallas	(61)	14:07	+74	29:27.63	ML	9:28.9	54.9%	13	13
	2	Ronald Hamilton	The Colony	(62)	17:01	-16	33:45.86		10:52.1	48.3%	20	17
	3	John Kramer	Plano	(60)	27:25	-44	54:06.79	ML	17:25.0	29.6%	33	24
M65-69	1	Ruben Arevalo	Carrollton	(66)	13:31	+33	27:34.70	ML	8:52.6	61.4%	10	10
	2	Julio Lopez	Farmers Branch	(66)	14:29	+13	29:10.86	ML	9:23.5	58.0%	12	12
	3	Ruben Reyes	Carrollton	(66)	18:41	-184	34:18.39		11:02.5	49.3%	21	18
	4	Robert Simpson	Coppell	(67)	18:34	-31	36:37.35		11:47.3	46.7%	25	20
	5	Phil Murch	Frisco	(65)	20:34	-39	40:29.24		13:01.9	41.4%	28	22

5K FEMALE

		9 FEMALE Runners --- Average Time of 38:25						Avg. Age Grade: 48.2%		Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Debbie Riedner	Dallas	(52)	15:35	+26	31:35.40	ML	10:10.1	54.9%	15	1
MASTERS	1	Amie Goins	Garland	(50)	15:46	+34	32:06.62		10:20.1	52.7%	17	2
SENIORS	1	Yanira Lopez	Farmers Branch	(59)	15:44	+72	32:40.23	ML	10:30.9	58.3%	19	3
F40-44	1	Leah Marks	Carrollton	(41)	16:15	+131	34:40.85		11:09.8	44.5%	22	4
F50-54	1	Kim Tsutsui	Arlington	(54)	17:58	+7	36:03.75		11:36.4	49.4%	23	5
	2	Liliana Wutter	Frisco	(50)	21:12	-20	42:03.71		13:32.3	40.2%	29	7
	3	Sheila Holen	Lewisville	(51)	25:48	+28	52:03.07		16:45.2	32.9%	32	9
F60-64	1	Betsy Palmer	Carrollton	(61)	18:42	+13	37:37.94		12:06.8	52.1%	27	6
F70-74	1	Carol Creech	Aubrey	(71)	23:15	+24	46:53.16		15:05.5	48.9%	31	8

1M MALE

		13 MALE Runners --- Average Time of 7:53					Avg. Age Grade: 58.8%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	John Shirk	Mile Race Group	(26)		4:50.71		4:50.7	76.6%	1	1
M20-24	1	Chris Shirk	Mile Race Group	(24)		5:14.51		5:14.5	70.8%	2	2
M25-29	1	The Amazing Spider-Man	Denton	(28)		5:44.68		5:44.7	64.6%	4	4
M35-39	1	Spencer Peacock	Lewisville	(37)		5:33.49		5:33.5	69.1%	3	3
M50-54	1	Marcus O'con	Dallas	(51)		8:06.55		8:06.6	52.7%	8	8
	2	Carlos Ordonez	Carrollton	(51)		11:52.41		11:52.4	36.0%	14	12
M55-59	1	John Cosentino	Plano	(59)		6:18.19	✓	6:18.2	72.5%	5	5
	2	Vijayan Nair	Plano	(59)		7:28.70		7:28.7	61.1%	6	6
	3	Doug Waters	Carrollton	(57)		9:05.53		9:05.5	49.4%	12	11
M60-64	1	Jaws Hansen	Dallas	(61)		8:20.06		8:20.1	55.8%	10	10
	2	John Kramer	Plano	(60)		13:56.48		13:56.5	33.1%	15	13
M65-69	1	Ruben Arevalo	Carrollton	(66)		7:40.52		7:40.5	63.4%	7	7
	2	Julio Lopez	Farmers Branch	(66)		8:13.08		8:13.1	59.2%	9	9

1M FEMALE

		2 FEMALE Runners --- Average Time of 9:07					Avg. Age Grade: 58.9%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Debbie Riedner	Dallas	(52)		8:44.66		8:44.7	58.5%	11	1
F55-59	1	Yanira Lopez	Farmers Branch	(59)		9:28.90		9:28.9	59.3%	13	2

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock Time	AgeGD	
1	129 John Shirk (M26)	1	M25-29	OA	---				4:50.71		4:50.7	16.54	4:50.71	76.6%
2	130 Chris Shirk (M24)	2	M20-24	1st	---				5:14.51		5:14.5	17.90	5:14.51	70.8%
3	6901 Spencer Peacock (M37)	3	M35-39	1st	---				5:33.49	⊗	5:33.5	18.99	5:33.49	69.1%
4	6902 The Amazing Spider-Man (M2)	4	M25-29	1st	---				5:44.68	⊗	5:44.7	19.61	5:44.68	64.6%
5	7255 John Cosentino (M59)	5	M55-59	1st	---				6:18.19	✓ ⊚	6:18.2	21.55	6:18.19	72.5%
6	7117 Vijayan Nair (M59)	6	M55-59	2nd	---				7:28.70		7:28.7	25.54	7:28.70	61.1%
7	7155 Ruben Arevalo (M66)	7	M65-69	1st	---				7:40.52		7:40.5	26.23	7:40.52	63.4%
8	7270 Marcus O'con (M51)	8	M50-54	1st	---				8:06.55		8:06.6	27.71	8:06.55	52.7%
9	7193 Julio Lopez (M66)	9	M65-69	2nd	---				8:13.08		8:13.1	28.11	8:13.08	59.2%
10	7060 Jaws Hansen (M61)	10	M60-64	1st	---				8:20.06		8:20.1	28.51	8:20.06	55.8%
11	7121 Debbie Riedner (F52)	1	F50-54	OA	---				8:44.66		8:44.7	29.88	8:44.66	58.5%
12	7012 Doug Waters (M57)	11	M55-59	3rd	---				9:05.53		9:05.5	31.08	9:05.53	49.4%
13	7198 Yanira Lopez (F59)	2	F55-59	1st	---				9:28.90		9:28.9	32.39	9:28.90	59.3%
14	6916 Carlos Ordonez (M51)	12	M50-54	2nd	---				11:52.41		11:52.4	40.60	11:52.41	36.0%
15	7261 John Kramer (M60)	13	M60-64	2nd	---				13:56.48		13:56.5	47.67	13:56.48	33.1%
✓ 1 Club PR's						Average Finish Time: 08:02			2 First Timers		Average Age Grade: 58.8%			

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	---	8:45	8:35	-10	17:19.91	Ⓜ	5:34.7	17.32	17:19.91	74.4%
2	6901 Spencer Peacock (M37)	2	M35-39	1st	2.4	10:42	9:50	-52	20:31.63	Ⓜ	6:36.4	20.52	20:34.05	65.0%
3	7405 Steve Russo (M58)	3	M55-59	MS	1.5	11:16	11:09	-7	22:25.53		7:13.1	22.42	22:27.03	70.3%
4	7255 John Cosentino (M59)	4	M55-59	SR	2.1	11:23	11:26	+3	22:49.22	Ⓜ	7:20.7	22.82	22:51.34	69.7%
5	7270 Marcus O'con (M51)	5	M50-54	1st	3.3	11:53	11:25	-27	23:18.19	Ⓜ	7:30.0	23.30	23:21.46	63.8%
6	7117 Vijayan Nair (M59)	6	M55-59	1st	---	11:55	12:01	+6	23:55.59	Ⓜ	7:42.1	23.92	23:55.59	66.5%
7	7011 Blair Casey (M35)	7	M35-39	2nd	5.3	12:02	11:49	-12	23:50.92		7:40.6	23.83	23:56.19	55.3%
8	7222 Rich Weklar (M51)	8	M50-54	2nd	6.4	12:43	12:34	-9	25:16.55		8:08.1	25.27	25:22.92	58.8%
9	7012 Doug Waters (M57)	9	M55-59	2nd	7.5	13:04	13:05	+1	26:08.35	Ⓜ	8:24.8	26.13	26:15.82	59.8%
10	7155 Ruben Arevalo (M66)	10	M65-69	1st	0.2	13:31	14:04	+33	27:34.70	Ⓜ	8:52.6	27.57	27:34.86	61.4%
11	7097 Nathan Bruser (M50)	11	M50-54	3rd	10.7	14:19	14:42	+22	29:00.96		9:20.4	29.00	29:11.61	50.8%
12	7193 Julio Lopez (M66)	12	M65-69	2nd	1.0	14:29	14:42	+13	29:10.86	Ⓜ	9:23.5	29.17	29:11.86	58.0%
13	7060 Jaws Hansen (M61)	13	M60-64	1st	---	14:07	15:21	+74	29:27.63	Ⓜ	9:28.9	29.45	29:27.63	54.9%
14	7345 Ryan Pogue (M50)	14	M50-54	4th	9.3	15:25	14:31	-54	29:55.24		9:37.8	29.92	30:04.56	49.3%
15	7121 Debbie Riedner (F52)	1	F50-54	OA	8.2	15:35	16:01	+26	31:35.40	Ⓜ	10:10.1	31.58	31:43.61	54.9%
16	7050 Chris Goins (M51)	15	M50-54	5th	6.2	15:20	16:39	+79	31:58.59		10:17.5	31.97	32:04.81	46.5%
17	7044 Amie Goins (F50)	2	F50-54	MS	6.8	15:46	16:20	+34	32:06.62		10:20.1	32.10	32:13.46	52.7%
18	7127 Burns Thacker (M47)	16	M45-49	1st	7.0	15:25	16:50	+85	32:15.39		10:22.9	32.25	32:22.40	44.6%
19	7198 Yanira Lopez (F59)	3	F55-59	SR	1.9	15:44	16:56	+72	32:40.23	Ⓜ	10:30.9	32.67	32:42.14	58.3%
20	7020 Ronald Hamilton (M62)	17	M60-64	2nd	13.3	17:01	16:45	-16	33:45.86		10:52.1	33.75	33:59.15	48.3%
21	7283 Ruben Reyes (M66)	18	M65-69	3rd	4.9	18:41	15:37	-184	34:18.39		11:02.5	34.30	34:23.25	49.3%
22	7317 Leah Marks (F41)	4	F40-44	1st	3.3	16:15	18:26	+131	34:40.85	⊗	11:09.8	34.67	34:44.11	44.5%
23	7109 Kim Tsutsui (F54)	5	F50-54	1st	14.7	17:58	18:05	+7	36:03.75		11:36.4	36.05	36:18.42	49.4%
24	7223 Chris Wong (M52)	19	M50-54	6th	14.5	17:58	18:37	+39	36:35.81		11:46.8	36.58	36:50.31	41.0%
25	7106 Robert Simpson (M67)	20	M65-69	4th	17.6	18:34	18:03	-31	36:37.35		11:47.3	36.62	36:54.99	46.7%
26	7318 Mason Marks (M9)	21	M01-09	1st	3.1	16:27	21:05	+278	37:31.59	⊗	12:04.7	37.52	37:34.65	43.6%
27	7454 Betsy Palmer (F61)	6	F60-64	1st	17.6	18:42	18:56	+13	37:37.94		12:06.8	37.62	37:55.57	52.1%
28	7157 Phil Murch (M65)	22	M65-69	5th	20.9	20:34	19:55	-39	40:29.24		13:01.9	40.48	40:50.13	41.4%
29	6001 Liliana Wutter (F50)	7	F50-54	2nd	9.3	21:12	20:52	-20	42:03.71	⊗	13:32.3	42.05	42:13.00	40.2%
30	6916 Carlos Ordonez (M51)	23	M50-54	7th	9.4	21:12	20:52	-20	42:03.66	Ⓜ	13:32.3	42.05	42:13.03	35.3%
31	7024 Carol Creech (F71)	8	F70-74	1st	5.5	23:15	23:39	+24	46:53.16		15:05.5	46.88	46:58.62	48.9%
32	7246 Sheila Holen (F51)	9	F50-54	3rd	15.3	25:48	26:15	+28	52:03.07		16:45.2	52.05	52:18.33	32.9%
33	7261 John Kramer (M60)	24	M60-64	3rd	315.6	27:25	26:41	-44	54:06.79	Ⓜ	17:25.0	54.10	59:22.40	29.6%
19 Positive Split 14 Negative Split ✓ No Club PR's						Average Finish Time: 32:36			3 First Timers		Average Age Grade: 52.1%			

Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	John Shirk	M26	4:50.71	76.6%	
2	5	John Cosentino	M59	6:18.19	72.5%	Move UP
3	2	Chris Shirk	M24	5:14.51	70.8%	
4	3	Spencer Peacock	M37	5:33.49	69.1%	New
5	4	The Amazing Spider-M	M28	5:44.68	64.6%	
6	7	Ruben Arevalo	M66	7:40.52	63.4%	
7	6	Vijayan Nair	M59	7:28.70	61.1%	
8	13	Yanira Lopez	F59	9:28.90	59.3%	
9	9	Julio Lopez	M66	8:13.08	59.2%	
10	11	Debbie Riedner	F52	8:44.66	58.5%	
11	10	Jaws Hansen	M61	8:20.06	55.8%	
12	8	Marcus O'con	M51	8:06.55	52.7%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	John Shirk	M26	17:19.91	74.4%	
2	3	Steve Russo	M58	22:25.53	70.3%	
3	4	John Cosentino	M59	22:49.22	69.7%	
4	6	Vijayan Nair	M59	23:55.59	66.5%	
5	2	Spencer Peacock	M37	20:31.63	65.0%	
6	5	Marcus O'con	M51	23:18.19	63.8%	
7	10	Ruben Arevalo	M66	27:34.70	61.4%	
8	9	Doug Waters	M57	26:08.35	59.8%	
9	8	Rich Weklar	M51	25:16.55	58.8%	
10	19	Yanira Lopez	F59	32:40.23	58.3%	
11	12	Julio Lopez	M66	29:10.86	58.0%	
12	7	Blair Casey	M35	23:50.92	55.3%	
13	15	Debbie Riedner	F52	31:35.40	54.9%	
14	13	Jaws Hansen	M61	29:27.63	54.9%	
15	17	Amie Goins	F50	32:06.62	52.7%	
16	27	Betsy Palmer	F61	37:37.94	52.1%	
17	11	Nathan Bruser	M50	29:00.96	50.8%	

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