

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Robert Landon	6:41.13	Steve Russo	22:29.15	John Cosentino	22:32.63	Robert Landon	23:34.42
Kuay Sullivan	8:48.16	Kuay Sullivan	28:51.89	Yanira Lopez	32:12.16	Betsy Palmer	36:02.36

5K MALE

		22 MALE Runners --- Average Time of 28:32						Avg. Age Grade: 56.0%		Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Steve Russo	Plano	(58)	11:24	-19	22:29.15	M	7:14.3	70.1%	1	1
MASTERS	1 John Cosentino	Plano	(59)	11:29	-25	22:32.63		7:15.4	70.5%	2	2
SENIORS	1 Robert Landon	Allen	(62)	11:30	+34	23:34.42	M	7:35.3	69.3%	5	5
M10-14	1 Grant Green	Fairfield	(13)	13:33	-53	26:13.55		8:26.5	55.3%	12	12
M30-34	1 Ryan Boyd	Carrollton	(33)	13:40	+40	27:59.45		9:00.6	46.6%	15	15
	2 Ka Lau	Plano	(31)	13:39	+74	28:32.43		9:11.2	45.4%	16	16
M35-39	1 Blair Casey	Carrollton	(35)	11:34	+30	23:37.99		7:36.4	55.8%	4	4
M40-44	1 Gabor Toth	Coppell	(41)	13:37	-59	26:15.72	M	8:27.2	52.4%	13	13
M50-54	1 Marcus O'con	Dallas	(51)	11:28	-17	22:39.05	M	7:17.4	65.6%	3	3
	2 Rich Weklar	Bartonville	(51)	13:01	-19	25:42.89		8:16.6	57.8%	8	8
	3 Nathan Bruser	Highland Village	(50)	13:34	-13	26:55.32	M	8:39.9	54.8%	24	19
	4 Chris Goins	Garland	(51)	16:14	+1	32:28.25		10:27.1	45.8%	21	18
M55-59	1 Ron Williamson	Flower Mound	(55)	12:23	-20	24:26.33	M	7:52.0	62.9%	6	6
	2 Vijayan Nair	Plano	(59)	12:18	+23	24:59.80	M	8:02.7	63.6%	7	7
	3 Rob Windsor	Flower Mound	(58)	13:02	-11	25:52.00		8:19.5	60.9%	10	10
	4 Rob Preston	Irving	(57)	13:02	+0	26:03.48		8:23.2	60.0%	11	11
M60-64	1 Jaws Hansen	Dallas	(61)	13:41	+19	27:40.85	M	8:54.6	58.5%	14	14
	2 Steven Johnson	Farmers Branch	(63)	19:29	+276	43:34.18		14:01.4	37.8%	27	21
	3 John Kramer	Plano	(60)	26:30	-50	52:09.97	M	16:47.4	30.7%	30	22
M65-69	1 Ruben Arevalo	Carrollton	(66)	12:32	+46	25:50.76	M	8:19.1	65.5%	9	9
	2 Peter Chan	Coppell	(68)	15:05	-41	29:30.20	M	9:29.8	58.5%	18	17
	3 Robert Simpson	Coppell	(66)	19:02	+40	38:44.50		12:28.2	43.7%	26	20

5K FEMALE

		8 FEMALE Runners --- Average Time of 36:17						Avg. Age Grade: 52.2%		Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Kuay Sullivan	Coppell	(56)	14:15	+22	28:51.89	M	9:17.4	63.4%	17	1
MASTERS	1 Yanira Lopez	Farmers Branch	(59)	15:52	+28	32:12.16	M	10:21.9	59.2%	20	3
SENIORS	1 Betsy Palmer	Carrollton	(60)	17:44	+35	36:02.36		11:36.0	53.6%	25	6
F10-14	1 Bailey Green	Fairfield	(12)	14:52	+24	30:08.62		9:42.1	54.0%	19	2
F50-54	1 Amie Goins	Garland	(50)	16:12	+31	32:55.22		10:35.8	51.4%	22	4
	2 Debbie Riedner	Dallas	(52)	16:31	+39	33:40.61	M	10:50.4	51.5%	23	5
	3 Sheila Holen	Lewisville	(51)	25:35	+39	51:48.54		16:40.5	33.1%	29	8
F70-74	1 Carol Creech	Aubrey	(71)	22:18	+4	44:39.42		14:22.4	51.3%	28	7

1M MALE

		12 MALE Runners --- Average Time of				8:34	Avg. Age Grade: 55.4%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Robert Landon	Allen	(62)			6:41.13		6:41.1	70.2%	1	1
M40-44	1 Gabor Toth	Coppell	(41)			7:55.64		7:55.6	49.9%	6	6
M50-54	1 Marcus O'con	Dallas	(51)			8:00.27	✓	8:00.3	53.4%	7	7
	2 Nathan Bruser	Highland Village	(50)			9:52.30		9:52.3	43.0%	13	10
M55-59	1 Steve Russo	Plano	(58)			6:56.56		6:56.6	65.3%	2	2
	2 Vijayan Nair	Plano	(59)			7:14.89		7:14.9	63.1%	3	3
	3 Ron Williamson	Flower Mound	(55)			7:20.01		7:20.0	60.3%	4	4
M60-64	1 Jaws Hansen	Dallas	(61)			8:39.59		8:39.6	53.7%	9	9
	2 John Kramer	Plano	(60)			14:39.65		14:39.7	31.5%	16	12
M65-69	1 Ruben Arevalo	Carrollton	(66)			7:31.76		7:31.8	64.7%	5	5
	2 Julio Lopez	Farmers Branch	(66)			8:06.95		8:07.0	60.0%	8	8
	3 Peter Chan	Coppell	(68)			9:54.32		9:54.3	50.1%	15	11

1M FEMALE

		4 FEMALE Runners --- Average Time of				9:07	Avg. Age Grade: 56.9%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Kuay Sullivan	Coppell	(56)			8:48.16		8:48.2	61.3%	10	1
F10-14	1 Blake Bruser	Highland Village	(12)			8:51.86		8:51.9	52.0%	11	2
F50-54	1 Debbie Riedner	Dallas	(52)			8:55.04		8:55.0	57.3%	12	3
F55-59	1 Yanira Lopez	Farmers Branch	(59)			9:52.68		9:52.7	57.0%	14	4

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock Time	AgeGD	
1	7159 Robert Landon (M62)	1	M60-64	OA	---				6:41.13		6:41.1	22.86	6:41.13	70.2%
2	7405 Steve Russo (M58)	2	M55-59	1st	---				6:56.56		6:56.6	23.72	6:56.56	65.3%
3	7117 Vijayan Nair (M59)	3	M55-59	2nd	---				7:14.89		7:14.9	24.75	7:14.89	63.1%
4	7450 Ron Williamson (M55)	4	M55-59	3rd	---				7:20.01		7:20.0	25.09	7:20.01	60.3%
5	7155 Ruben Arevalo (M66)	5	M65-69	1st	---				7:31.76		7:31.8	25.72	7:31.76	64.7%
6	7380 Gabor Toth (M41)	6	M40-44	1st	---				7:55.64		7:55.6	27.08	7:55.64	49.9%
7	7270 Marcus O'con (M51)	7	M50-54	1st	---				8:00.27	✓ 22	8:00.3	27.37	8:00.27	53.4%
8	7193 Julio Lopez (M66)	8	M65-69	2nd	---				8:06.95		8:07.0	27.71	8:06.95	60.0%
9	7060 Jaws Hansen (M61)	9	M60-64	1st	---				8:39.59		8:39.6	29.59	8:39.59	53.7%
10	7265 Kuay Sullivan (F56)	1	F55-59	OA	---				8:48.16		8:48.2	30.11	8:48.16	61.3%
11	7096 Blake Bruser (F12)	2	F10-14	1st	---				8:51.86		8:51.9	30.28	8:51.86	52.0%
12	7121 Debbie Riedner (F52)	3	F50-54	1st	---				8:55.04		8:55.0	30.50	8:55.04	57.3%
13	7097 Nathan Bruser (M50)	10	M50-54	2nd	---				9:52.30		9:52.3	33.76	9:52.30	43.0%
14	7198 Yanira Lopez (F59)	4	F55-59	1st	---				9:52.68		9:52.7	33.76	9:52.68	57.0%
15	7153 Peter Chan (M68)	11	M65-69	3rd	---				9:54.32		9:54.3	33.87	9:54.32	50.1%
16	7261 John Kramer (M60)	12	M60-64	2nd	---				14:39.65		14:39.7	50.12	14:39.65	31.5%
✓ 1 Club PR's						Average Finish Time: 08:42				Average Age Grade: 55.8%				

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock Time	AgeGD	
1	7405 Steve Russo (M58)	1	M55-59	OA	0.9	11:24	11:05	-19	22:29.15	ℓ	7:14.3	22.48	22:30.08	70.1%
2	7255 John Cosentino (M59)	2	M55-59	MS	2.2	11:29	11:04	-25	22:32.63		7:15.4	22.53	22:34.86	70.5%
3	7270 Marcus O'con (M51)	3	M50-54	1st	4.0	11:28	11:11	-17	22:39.05	ℓ	7:17.4	22.65	22:43.09	65.6%
4	7011 Blair Casey (M35)	4	M35-39	1st	1.9	11:34	12:04	+30	23:37.99		7:36.4	23.62	23:39.88	55.8%
5	7159 Robert Landon (M62)	5	M60-64	SR	5.8	11:30	12:04	+34	23:34.42	ℓ	7:35.3	23.57	23:40.24	69.3%
6	7450 Ron Williamson (M55)	6	M55-59	1st	7.7	12:23	12:03	-20	24:26.33	ℓ	7:52.0	24.43	24:34.05	62.9%
7	7117 Vijayan Nair (M59)	7	M55-59	2nd	0.6	12:18	12:41	+23	24:59.80	ℓ	8:02.7	24.98	25:00.35	63.6%
8	7222 Rich Weklar (M51)	8	M50-54	2nd	4.9	13:01	12:42	-19	25:42.89		8:16.6	25.70	25:47.80	57.8%
9	7155 Ruben Arevalo (M66)	9	M65-69	1st	0.6	12:32	13:18	+46	25:50.76	ℓ	8:19.1	25.83	25:51.35	65.5%
10	7451 Rob Windsor (M58)	10	M55-59	3rd	5.4	13:02	12:50	-11	25:52.00		8:19.5	25.87	25:57.41	60.9%
11	7192 Rob Preston (M57)	11	M55-59	4th	3.0	13:02	13:02	+0	26:03.48		8:23.2	26.05	26:06.51	60.0%
12	6913 Grant Green (M13)	12	M10-14	1st	3.5	13:33	12:40	-53	26:13.55	×	8:26.5	26.22	26:17.07	55.3%
13	7380 Gabor Toth (M41)	13	M40-44	1st	5.7	13:37	12:38	-59	26:15.72	ℓ	8:27.2	26.25	26:21.46	52.4%
14	7060 Jaws Hansen (M61)	14	M60-64	1st	2.9	13:41	14:00	+19	27:40.85	ℓ	8:54.6	27.67	27:43.79	58.5%
15	7488 Ryan Boyd (M33)	15	M30-34	1st	6.3	13:40	14:20	+40	27:59.45		9:00.6	27.98	28:05.79	46.6%
16	6995 Ka Lau (M31)	16	M30-34	2nd	2.7	13:39	14:53	+74	28:32.43		9:11.2	28.53	28:35.11	45.4%
17	7265 Kuay Sullivan (F56)	1	F55-59	OA	7.0	14:15	14:37	+22	28:51.89	ℓ	9:17.4	28.85	28:58.90	63.4%
18	7153 Peter Chan (M68)	17	M65-69	2nd	11.6	15:05	14:25	-41	29:30.20	ℓ	9:29.8	29.50	29:41.79	58.5%
19	6912 Bailey Green (F12)	2	F10-14	1st	3.9	14:52	15:16	+24	30:08.62	×	9:42.1	30.13	30:12.47	54.0%
20	7198 Yanira Lopez (F59)	3	F55-59	MS	10.9	15:52	16:20	+28	32:12.16	ℓ	10:21.9	32.20	32:23.02	59.2%
21	7050 Chris Goins (M51)	18	M50-54	4th	8.3	16:14	16:15	+1	32:28.25		10:27.1	32.47	32:36.54	45.8%
22	7044 Amie Goins (F50)	4	F50-54	1st	9.9	16:12	16:43	+31	32:55.22		10:35.8	32.92	33:05.15	51.4%
23	7121 Debbie Riedner (F52)	5	F50-54	2nd	7.1	16:31	17:10	+39	33:40.61	ℓ	10:50.4	33.67	33:47.72	51.5%
24	7097 Nathan Bruser (M50)	19	M50-54	3rd	465.6	13:34	13:21	-13	26:55.32	ℓ	8:39.9	26.92	34:40.97	54.8%
25	7454 Betsy Palmer (F60)	6	F60-64	SR	14.4	17:44	18:19	+35	36:02.36		11:36.0	36.03	36:16.80	53.6%
26	7106 Robert Simpson (M66)	20	M65-69	3rd	15.0	19:02	19:42	+40	38:44.50		12:28.2	38.73	38:59.46	43.7%
27	7258 Steven Johnson (M63)	21	M60-64	2nd	11.8	19:29	24:05	+276	43:34.18		14:01.4	43.57	43:45.99	37.8%
28	7024 Carol Creech (F71)	7	F70-74	1st	6.5	22:18	22:22	+4	44:39.42		14:22.4	44.65	44:45.90	51.3%
29	7246 Sheila Holen (F51)	8	F50-54	3rd	16.2	25:35	26:14	+39	51:48.54		16:40.5	51.80	52:04.75	33.1%
30	7261 John Kramer (M60)	22	M60-64	3rd	322.2	26:30	25:40	-50	52:09.97	ℓ	16:47.4	52.15	57:32.21	30.7%
18 Positive Split		12 Negative Split		✓ No Club PR's		Average Finish Time: 30:36				2 First Timers		Average Age Grade: 55.0%		

Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Robert Landon	M62	6:41.13	70.2%	
2	2	Steve Russo	M58	6:56.56	65.3%	
3	5	Ruben Arevalo	M66	7:31.76	64.7%	
4	3	Vijayan Nair	M59	7:14.89	63.1%	
5	10	Kuay Sullivan	F56	8:48.16	61.3%	
6	4	Ron Williamson	M55	7:20.01	60.3%	
7	8	Julio Lopez	M66	8:06.95	60.0%	
8	12	Debbie Riedner	F52	8:55.04	57.3%	
9	14	Yanira Lopez	F59	9:52.68	57.0%	
10	9	Jaws Hansen	M61	8:39.59	53.7%	
11	7	Marcus O'con	M51	8:00.27	53.4%	
12	11	Blake Bruser	F12	8:51.86	52.0%	
13	15	Peter Chan	M68	9:54.32	50.1%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	John Cosentino	M59	22:32.63	70.5%	
2	1	Steve Russo	M58	22:29.15	70.1%	
3	5	Robert Landon	M62	23:34.42	69.3%	
4	3	Marcus O'con	M51	22:39.05	65.6%	
5	9	Ruben Arevalo	M66	25:50.76	65.5%	
6	7	Vijayan Nair	M59	24:59.80	63.6%	
7	17	Kuay Sullivan	F56	28:51.89	63.4%	
8	6	Ron Williamson	M55	24:26.33	62.9%	
9	10	Rob Windsor	M58	25:52.00	60.9%	
10	11	Rob Preston	M57	26:03.48	60.0%	
11	20	Yanira Lopez	F59	32:12.16	59.2%	
12	18	Peter Chan	M68	29:30.20	58.5%	
13	14	Jaws Hansen	M61	27:40.85	58.5%	
14	8	Rich Weklar	M51	25:42.89	57.8%	
15	4	Blair Casey	M35	23:37.99	55.8%	
16	12	Grant Green	M13	26:13.55	55.3%	
17	24	Nathan Bruser	M50	26:55.32	54.8%	
18	19	Bailey Green	F12	30:08.62	54.0%	
19	25	Betsy Palmer	F60	36:02.36	53.6%	
20	13	Gabor Toth	M41	26:15.72	52.4%	
21	23	Debbie Riedner	F52	33:40.61	51.5%	
22	22	Amie Goins	F50	32:55.22	51.4%	
23	28	Carol Creech	F71	44:39.42	51.3%	

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