

Mile Overall		5K Overall		5K Masters		5K Seniors	
Albert Marban	5:42.63	John Shirk	16:06.80	Marcus O'con	21:40.81	Steve Russo	22:21.04
Kuay Sullivan	8:53.44	Karoll Delgado	28:01.07	Kuay Sullivan	28:26.56	Yanira Lopez	33:39.01

5K MALE

		22 MALE Runners --- Average Time of 27:40						Avg. Age Grade: 58.1%		Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 John Shirk	Mile Race Group	(26)	8:13	-19	16:06.80		5:11.2	80.1%	1	1
MASTERS	1 Marcus O'con	Dallas	(51)	10:55	-10	21:40.81	M	6:58.7	68.6%	4	4
SENIORS	1 Steve Russo	Plano	(58)	11:15	-9	22:21.04		7:11.6	70.5%	5	5
M20-24	1 Chris Shirk	Mile Race Group	(24)	8:44	+10	17:38.23	✓	5:40.6	73.1%	2	2
M25-29	1 Albert Marban	Farmers Branch	(28)	8:57	-3	17:50.65	M	5:44.6	72.3%	3	3
M35-39	1 Blair Casey	Carrollton	(35)	14:11	-20	28:01.85		9:01.3	47.0%	13	12
M45-49	1 Burns Thacker	Carrollton	(47)	15:36	+12	31:22.83		10:06.0	45.9%	20	17
M50-54	1 Ryan Pogue	Carrollton	(50)	15:01	-17	29:44.88		9:34.5	49.6%	17	15
	2 Chris Goins	Garland	(51)	14:58	+42	30:36.87		9:51.2	48.6%	18	16
	3 Nathan Bruser	Highland Village	(50)	16:49	-23	33:15.48		10:42.3	44.3%	24	18
	4 Rich Weklar	Bartonville	(50)	18:02	+195	39:17.88		12:38.9	37.5%	29	20
M55-59	1 John Cosentino	Plano	(59)	11:24	-20	22:28.21		7:13.9	70.8%	6	6
	2 Vijayan Nair	Plano	(59)	11:55	+19	24:08.80	M	7:46.3	65.8%	7	7
	3 Ruben Saguil	Carrollton	(57)	12:14	-5	24:22.89		7:50.9	64.1%	34	22
	4 Doug Waters	Carrollton	(57)	12:15	-6	24:23.21		7:51.0	64.1%	9	9
	5 Rob Preston	Irving	(57)	13:15	+9	26:39.34	M	8:34.8	58.6%	10	10
M60-64	1 Robert Landon	Allen	(62)	12:07	-16	23:59.24	M	7:43.2	68.1%	8	8
	2 Jaws Hansen	Dallas	(61)	14:49	-8	29:31.38	M	9:30.2	54.8%	15	13
	3 John Kramer	Plano	(60)	24:34	-20	48:48.14	M	15:42.5	32.9%	33	21
M65-69	1 Julio Lopez	Farmers Branch	(66)	13:27	+36	27:29.75	M	8:51.0	61.6%	11	11
	2 Ruben Reyes	Carrollton	(65)	14:23	+55	29:42.16		9:33.6	56.5%	16	14
	3 Robert Simpson	Coppell	(66)	18:59	+74	39:12.07		12:37.1	43.2%	28	19



5K FEMALE

12 FEMALE Runners --- Average Time of **35:51** Avg. Age Grade: **52.8%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Karoll Delgado	Mesquite	(40)	14:11	-20	28:01.07		9:01.1	54.7%	12	1
MASTERS	1 Kuay Sullivan	Coppell	(56)	14:17	-8	28:26.56 \mathcal{M}		9:09.3	64.3%	14	2
SENIORS	1 Yanira Lopez	Farmers Branch	(59)	17:09	-40	33:39.01 \mathcal{M}		10:49.9	56.6%	23	6
F10-14	1 Blake Bruser	Highland Village	(12)	16:49	-17	33:20.93		10:44.0	48.8%	25	7
F25-29	1 Lauren Zender	Carrollton	(28)	20:01	+135	42:17.48		13:36.7	35.0%	30	10
F45-49	1 Merari Baeza	The Colony	(47)	15:34	-12	30:56.19 \mathcal{M}		9:57.5	52.7%	19	3
F50-54	1 Amie Goins	Garland	(50)	16:04	+36	32:43.00		10:31.8	51.7%	21	4
	2 Debbie Riedner	Dallas	(52)	16:33	+28	33:33.65 \mathcal{M}		10:48.1	51.7%	22	5
	3 Sheila Holen	Lewisville	(50)	25:34	-10	50:57.70		16:24.2	33.2%	32	12
F60-64	1 Betsy Palmer	Carrollton	(60)	17:28	-1	34:55.55		11:14.5	55.3%	26	8
F70-74	1 Carol Creech	Aubrey	(71)	22:14	+23	44:51.49		14:26.3	51.1%	31	11
F80-99	1 Mary Kaplan	Sunrise Beach	(82)	18:22	-10	36:34.32		11:46.3	77.7%	27	9

1M MALE

9 MALE Runners --- Average Time of **8:12** Avg. Age Grade: **56.6%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Albert Marban	Farmers Branch	(28)			5:42.63		5:42.6	65.0%	1	1
M10-14	1 Enrique Marban	Farmers Branch	(14)			6:23.76	✓	6:23.8	63.8%	3	3
M50-54	1 Marcus O'con	Dallas	(51)			8:20.36		8:20.4	51.3%	6	6
M55-59	1 Vijayan Nair	Plano	(59)			7:46.09		7:46.1	58.9%	4	4
	2 Rob Preston	Irving	(57)			8:39.32		8:39.3	51.9%	7	7
M60-64	1 Robert Landon	Allen	(62)			6:20.41		6:20.4	74.1%	2	2
	2 Jaws Hansen	Dallas	(61)			9:07.21		9:07.2	51.0%	10	8
	3 John Kramer	Plano	(60)			13:11.86		13:11.9	35.0%	13	9
M65-69	1 Julio Lopez	Farmers Branch	(66)			8:15.83		8:15.8	58.9%	5	5

1M FEMALE

4 FEMALE Runners --- Average Time of **9:33** Avg. Age Grade: **54.9%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Kuay Sullivan	Coppell	(56)			8:53.44		8:53.4	60.7%	8	1
F45-49	1 Merari Baeza	The Colony	(47)			9:00.00		9:00.0	53.3%	9	2
F50-54	1 Debbie Riedner	Dallas	(52)			9:33.08		9:33.1	53.5%	11	3
F55-59	1 Yanira Lopez	Farmers Branch	(59)			10:46.79		10:46.8	52.2%	12	4

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7493 Albert Marban (M28)	1	M25-29	OA	---				5:42.63		5:42.6	19.50	5:42.63	65.0%
2	7159 Robert Landon (M62)	2	M60-64	1st	---				6:20.41		6:20.4	21.67	6:20.41	74.1%
3	7495 Enrique Marban (M14)	3	M10-14	1st	---				6:23.76	✓ 22	6:23.8	21.84	6:23.76	63.8%
4	7117 Vijayan Nair (M59)	4	M55-59	1st	---				7:46.09		7:46.1	26.57	7:46.09	58.9%
5	7193 Julio Lopez (M66)	5	M65-69	1st	---				8:15.83		8:15.8	28.22	8:15.83	58.9%
6	7270 Marcus O'con (M51)	6	M50-54	1st	---				8:20.36		8:20.4	28.51	8:20.36	51.3%
7	7192 Rob Preston (M57)	7	M55-59	2nd	---				8:39.32		8:39.3	29.59	8:39.32	51.9%
8	7265 Kuay Sullivan (F56)	1	F55-59	OA	---				8:53.44		8:53.4	30.39	8:53.44	60.7%
9	7111 Merari Baeza (F47)	2	F45-49	1st	---				9:00.00		9:00.0	30.79	9:00.00	53.3%
10	7060 Jaws Hansen (M61)	8	M60-64	2nd	---				9:07.21		9:07.2	31.19	9:07.21	51.0%
11	7121 Debbie Riedner (F52)	3	F50-54	1st	---				9:33.08		9:33.1	32.67	9:33.08	53.5%
12	7198 Yanira Lopez (F59)	4	F55-59	1st	---				10:46.79		10:46.8	36.83	10:46.79	52.2%
13	7261 John Kramer (M60)	9	M60-64	3rd	---				13:11.86		13:11.9	45.10	13:11.86	35.0%

✓ 1 Club PR's

Average Finish Time: 08:37

Average Age Grade: 56.1%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	129 John Shirk (M26)	1	M25-29	OA	---	8:13	7:54	-19	16:06.80		5:11.2	16.10	16:06.80	80.1%
2	130 Chris Shirk (M24)	2	M20-24	1st	---	8:44	8:54	+10	17:38.23	✓ 3	5:40.6	17.63	17:38.23	73.1%
3	7493 Albert Marban (M28)	3	M25-29	1st	---	8:57	8:54	-3	17:50.65	ℓ	5:44.6	17.83	17:50.65	72.3%
4	7270 Marcus O'con (M51)	4	M50-54	MS	2.6	10:55	10:45	-10	21:40.81	ℓ	6:58.7	21.67	21:43.39	68.6%
5	7405 Steve Russo (M58)	5	M55-59	SR	3.8	11:15	11:06	-9	22:21.04		7:11.6	22.35	22:24.85	70.5%
6	7255 John Cosentino (M59)	6	M55-59	1st	---	11:24	11:04	-20	22:28.21		7:13.9	22.47	22:28.21	70.8%
7	7117 Vijayan Nair (M59)	7	M55-59	2nd	---	11:55	12:14	+19	24:08.80	ℓ	7:46.3	24.13	24:08.80	65.8%
8	7159 Robert Landon (M62)	8	M60-64	1st	10.6	12:07	11:52	-16	23:59.24	ℓ	7:43.2	23.98	24:09.80	68.1%
9	7012 Doug Waters (M57)	9	M55-59	4th	6.3	12:15	12:09	-6	24:23.21		7:51.0	24.38	24:29.51	64.1%
10	7192 Rob Preston (M57)	10	M55-59	5th	4.7	13:15	13:24	+9	26:39.34	ℓ	8:34.8	26.65	26:44.06	58.6%
11	7193 Julio Lopez (M66)	11	M65-69	1st	14.1	13:27	14:03	+36	27:29.75	ℓ	8:51.0	27.48	27:43.85	61.6%
12	6904 Karoll Delgado (F40)	1	F40-44	OA	3.4	14:11	13:50	-20	28:01.07	×	9:01.1	28.02	28:04.46	54.7%
13	7011 Blair Casey (M35)	12	M35-39	1st	2.9	14:11	13:51	-20	28:01.85		9:01.3	28.02	28:04.77	47.0%
14	7265 Kuay Sullivan (F56)	2	F55-59	MS	3.7	14:17	14:09	-8	28:26.56	ℓ	9:09.3	28.43	28:30.23	64.3%
15	7060 Jaws Hansen (M61)	13	M60-64	2nd	2.5	14:49	14:42	-8	29:31.38	ℓ	9:30.2	29.52	29:33.88	54.8%
16	7283 Ruben Reyes (M65)	14	M65-69	2nd	10.6	14:23	15:19	+55	29:42.16		9:33.6	29.70	29:52.72	56.5%
17	7345 Ryan Pogue (M50)	15	M50-54	1st	9.2	15:01	14:44	-17	29:44.88		9:34.5	29.73	29:54.13	49.6%
18	7050 Chris Goins (M51)	16	M50-54	2nd	8.5	14:58	15:39	+42	30:36.87		9:51.2	30.60	30:45.32	48.6%
19	7111 Merari Baeza (F47)	3	F45-49	1st	3.8	15:34	15:22	-12	30:56.19	ℓ	9:57.5	30.93	31:00.00	52.7%
20	7127 Burns Thacker (M47)	17	M45-49	1st	7.5	15:36	15:47	+12	31:22.83		10:06.0	31.37	31:30.31	45.9%
21	7044 Amie Goins (F50)	4	F50-54	1st	10.4	16:04	16:39	+36	32:43.00		10:31.8	32.72	32:53.40	51.7%
22	7121 Debbie Riedner (F52)	5	F50-54	2nd	8.1	16:33	17:01	+28	33:33.65	ℓ	10:48.1	33.55	33:41.78	51.7%
23	7198 Yanira Lopez (F59)	6	F55-59	SR	21.7	17:09	16:30	-40	33:39.01	ℓ	10:49.9	33.65	34:00.69	56.6%
24	7097 Nathan Bruser (M50)	18	M50-54	3rd	106.9	16:49	16:26	-23	33:15.48		10:42.3	33.25	35:02.38	44.3%
25	7096 Blake Bruser (F12)	7	F10-14	1st	106.8	16:49	16:32	-17	33:20.93		10:44.0	33.33	35:07.72	48.8%
26	7454 Betsy Palmer (F60)	8	F60-64	1st	17.7	17:28	17:27	-1	34:55.55		11:14.5	34.92	35:13.27	55.3%
27	7039 Mary Kaplan (F82)	9	F80-99	1st	---	18:22	18:12	-10	36:34.32		11:46.3	36.57	36:34.32	77.7%
28	7106 Robert Simpson (M66)	19	M65-69	3rd	15.1	18:59	20:13	+74	39:12.07		12:37.1	39.20	39:27.15	43.2%
29	7222 Rich Weklar (M50)	20	M50-54	4th	12.3	18:02	21:16	+195	39:17.88		12:38.9	39.28	39:30.20	37.5%
30	6909 Lauren Zender (F28)	10	F25-29	1st	15.8	20:01	22:16	+135	42:17.48	×	13:36.7	42.28	42:33.30	35.0%
31	7024 Carol Creech (F71)	11	F70-74	1st	5.8	22:14	22:37	+23	44:51.49		14:26.3	44.85	44:57.27	51.1%
32	7246 Sheila Holen (F50)	12	F50-54	3rd	13.0	25:34	25:24	-10	50:57.70		16:24.2	50.95	51:10.72	33.2%
33	7261 John Kramer (M60)	21	M60-64	3rd	352.9	24:34	24:14	-20	48:48.14	ℓ	15:42.5	48.80	54:41.03	32.9%
34	6992 Ruben Saguil (M57)	22	M55-59	3rd	4065.2	12:14	12:09	-5	24:22.89		7:50.9	24.371	32:08.13	64.1%

13 Positive Split

21 Negative Split

✓ 1 Club PR's

Average Finish Time: 30:33 2 First Timers

Average Age Grade: 56.2%

FN*: Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

1/30/2022

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

△ Negative Split

 DeltaViewTiming.com

Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Robert Landon	M62	6:20.41	74.1%	
2	1	Albert Marban	M28	5:42.63	65.0%	
3	3	Enrique Marban	M14	6:23.76	63.8%	
4	8	Kuay Sullivan	F56	8:53.44	60.7%	
5	5	Julio Lopez	M66	8:15.83	58.9%	
6	4	Vijayan Nair	M59	7:46.09	58.9%	
7	11	Debbie Riedner	F52	9:33.08	53.5%	
8	9	Merari Baeza	F47	9:00.00	53.3%	
9	12	Yanira Lopez	F59	10:46.79	52.2%	
10	7	Rob Preston	M57	8:39.32	51.9%	
11	6	Marcus O'con	M51	8:20.36	51.3%	
12	10	Jaws Hansen	M61	9:07.21	51.0%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	John Shirk	M26	16:06.80	80.1%	
2	27	Mary Kaplan	F82	36:34.32	77.7%	
3	2	Chris Shirk	M24	17:38.23	73.1%	Move UP
4	3	Albert Marban	M28	17:50.65	72.3%	
5	6	John Cosentino	M59	22:28.21	70.8%	
6	5	Steve Russo	M58	22:21.04	70.5%	
7	4	Marcus O'con	M51	21:40.81	68.6%	
8	8	Robert Landon	M62	23:59.24	68.1%	
9	7	Vijayan Nair	M59	24:08.80	65.8%	
10	14	Kuay Sullivan	F56	28:26.56	64.3%	
11	34	Ruben Saquil	M57	24:22.89	64.1%	
12	9	Doug Waters	M57	24:23.21	64.1%	
13	11	Julio Lopez	M66	27:29.75	61.6%	
14	10	Rob Preston	M57	26:39.34	58.6%	
15	23	Yanira Lopez	F59	33:39.01	56.6%	
16	16	Ruben Reyes	M65	29:42.16	56.5%	
17	26	Betsy Palmer	F60	34:55.55	55.3%	
18	15	Jaws Hansen	M61	29:31.38	54.8%	
19	12	Karoll Delgado	F40	28:01.07	54.7%	
20	19	Merari Baeza	F47	30:56.19	52.7%	
21	21	Amie Goins	F50	32:43.00	51.7%	
22	22	Debbie Riedner	F52	33:33.65	51.7%	
23	31	Carol Creech	F71	44:51.49	51.1%	

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