

# Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Albert Marban	5:46.51	Albert Marban	18:56.61	John Cosentino	21:54.86	Vijayan Nair	23:54.25
Blake Bruser	8:21.18	Kim Andres	29:58.35	Amie Goins	32:41.62	Yanira Lopez	40:39.16

## 5K MALE

		21 MALE Runners --- Average Time of 31:45						Avg. Age Grade: 51.7%		Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Albert Marban	Farmers Branch	(28)	9:34	-11	18:56.61	ℳ	6:05.8	68.1%	1	1
MASTERS	1 John Cosentino	Plano	(59)	10:53	+10	21:54.86		7:03.2	72.6%	2	2
SENIORS	1 Vijayan Nair	Plano	(59)	11:38	+38	23:54.25	ℳ	7:41.6	66.5%	3	3
M01-09	1 Mason Marks	Carrollton	(9)	16:12	+232	36:16.05	✓	11:40.4	45.1%	20	16
M10-14	1 Enrique Marban	Farmers Branch	(14)	11:59	+59	24:58.08	ℳ	8:02.2	56.8%	4	4
M30-34	1 Ka Lau	Plano	(31)	12:47	+102	27:16.01		8:46.6	47.5%	7	7
M35-39	1 Nate Thomas	Carrollton	(39)	16:57	+40	34:33.87		11:07.5	39.2%	18	15
M50-54	1 Rich Weklar	Bartonville	(51)	12:55	-20	25:29.33		8:12.2	58.3%	5	5
	2 Heath Boehm	Lake Dallas	(52)	15:03	-81	28:44.68		9:15.1	52.1%	8	8
	3 Chris Goins	Garland	(51)	14:50	+71	30:50.49		9:55.6	48.2%	14	13
	4 Ryan Pogue	Carrollton	(50)	15:11	+144	32:45.29		10:32.6	45.0%	17	14
	5 Nathan Bruser	Highland Village	(51)	18:06	+38	36:49.66		11:51.2	40.4%	27	20
	6 Chris Wong	Arlington	(52)	21:13	+21	42:46.72		13:46.1	35.0%	23	18
	7 Carlos Ordonez	Carrollton	(51)	25:29	-70	49:47.17	ℳ	16:01.5	29.9%	26	19
M55-59	1 Rob Preston	Irving	(57)	13:00	-4	25:55.77		8:20.8	60.3%	6	6
M60-64	1 Jaws Hansen	Dallas	(62)	14:25	+33	29:22.69	ℳ	9:27.4	55.6%	10	10
	2 John Kramer	Plano	(60)	26:09	-60	51:18.08	ℳ	16:30.7	31.3%	29	21
M65-69	1 Julio Lopez	Farmers Branch	(66)	14:43	-19	29:07.39	ℳ	9:22.4	58.1%	9	9
	2 Ruben Reyes	Carrollton	(66)	14:44	+29	29:56.55		9:38.3	56.5%	12	11
	3 Robert Simpson	Coppell	(67)	18:11	-26	35:55.78		11:33.9	47.6%	21	17
M80-99	1 Wally Capps	Farmers Branch	(81)	15:07	-12	30:02.32	ℳ	9:40.1	71.8%	13	12

## 5K FEMALE

		8 FEMALE Runners --- Average Time of 37:09						Avg. Age Grade: 49.8%		Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Kim Andres	Irving	(69)	14:39	+40	29:58.35		9:38.8	74.0%	11	1
MASTERS	1 Amie Goins	Garland	(50)	15:49	+64	32:41.62		10:31.4	51.8%	15	2
SENIORS	1 Yanira Lopez	Farmers Branch	(59)	19:16	+127	40:39.16	ℳ	13:05.1	46.9%	22	5
F10-14	1 Blake Bruser	Highland Village	(13)	18:04	+44	36:51.43	ℳ	11:51.8	43.3%	28	8
F35-39	1 Emily Whitehurst	Carrollton	(35)	16:23	+5	32:51.23		10:34.5	45.5%	16	3
F40-44	1 Leah Marks	Carrollton	(41)	16:15	+176	35:25.67		11:24.2	43.6%	19	4
F55-59	1 Susan Schafer	Carrollton	(57)	21:23	+32	43:18.24		13:56.3	42.8%	24	6
F70-74	1 Carol Creech	Aubrey	(71)	22:57	-24	45:29.91		14:38.7	50.4%	25	7

# 1M MALE

		8 MALE Runners --- Average Time of <b>9:03</b>					Avg. Age Grade: <b>54.0%</b>			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Albert Marban</b>	Farmers Branch	(28)			<b>5:46.51</b>		5:46.5	<b>64.2%</b>	1	1
M10-14	1 <b>Enrique Marban</b>	Farmers Branch	(14)			<b>6:42.07</b>		6:42.1	<b>60.9%</b>	2	2
M50-54	1 <b>Carlos Ordonez</b>	Carrollton	(51)			<b>12:19.02</b>		12:19.0	34.7%	9	7
M55-59	1 <b>Vijayan Nair</b>	Plano	(59)			<b>7:51.50</b>		7:51.5	58.2%	3	3
M60-64	1 <b>Jaws Hansen</b>	Dallas	(62)			<b>8:16.97</b>		8:17.0	56.7%	5	5
	2 <b>John Kramer</b>	Plano	(60)			<b>13:41.37</b>		13:41.4	33.7%	11	8
M65-69	1 <b>Julio Lopez</b>	Farmers Branch	(66)			<b>8:15.02</b>		8:15.0	59.0%	4	4
M80-99	1 <b>Wally Capps</b>	Farmers Branch	(81)			<b>9:34.98</b>		9:35.0	<b>64.7%</b>	6	6

# 1M FEMALE

		3 FEMALE Runners --- Average Time of <b>10:07</b>					Avg. Age Grade: <b>47.7%</b>			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Blake Bruser</b>	Highland Village	(13)			<b>8:21.18</b>		8:21.2	54.2%	7	<b>1</b>
F20-24	1 <b>Inara Mahmood</b>	Richardson	(23)			<b>10:33.59</b>		10:33.6	39.7%	10	<b>3</b>
F55-59	1 <b>Yanira Lopez</b>	Farmers Branch	(59)			<b>11:25.13</b>		11:25.1	49.3%	8	<b>2</b>

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock Time	AgeGD	
1	7493 Albert Marban (M28)	1	M25-29	OA	---				5:46.51		5:46.5	19.73	5:46.51	64.2%
2	7495 Enrique Marban (M14)	2	M10-14	1st	---				6:42.07		6:42.1	22.92	6:42.07	60.9%
3	7117 Vijayan Nair (M59)	3	M55-59	1st	---				7:51.50		7:51.5	26.86	7:51.50	58.2%
4	7193 Julio Lopez (M66)	4	M65-69	1st	---				8:15.02		8:15.0	28.22	8:15.02	59.0%
5	7060 Jaws Hansen (M62)	5	M60-64	1st	---				8:16.97		8:17.0	28.28	8:16.97	56.7%
6	7916 Wally Capps (M81)	6	M80-99	1st	---				9:34.98		9:35.0	32.73	9:34.98	64.7%
7	7096 Blake Bruser (F13)	1	F10-14	OA	120.0				8:21.18		8:21.2	28.57	10:21.19	54.2%
8	7198 Yanira Lopez (F59)	2	F55-59	1st	---				11:25.13		11:25.1	39.06	11:25.13	49.3%
9	6916 Carlos Ordonez (M51)	7	M50-54	1st	---				12:19.02		12:19.0	42.14	12:19.02	34.7%
10	6959 Inara Mahmood (F23)	3	F20-24	1st	120.0				10:33.59	⊗	10:33.6	36.09	12:33.59	39.7%
11	7261 John Kramer (M60)	8	M60-64	2nd	---				13:41.37		13:41.4	46.81	13:41.37	33.7%

✓ No Club PR's

Average Finish Time: 09:20 1 First Timers

Average Age Grade: 52.3%

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	---	9:34	9:23	-11	18:56.61	⌌	6:05.8	18.93	18:56.61	68.1%
2	7255 John Cosentino (M59)	2	M55-59	MS	1.3	10:53	11:02	+10	21:54.86		7:03.2	21.90	21:56.16	72.6%
3	7117 Vijayan Nair (M59)	3	M55-59	SR	0.1	11:38	12:16	+38	23:54.25	⌌	7:41.6	23.90	23:54.30	66.5%
4	7495 Enrique Marban (M14)	4	M10-14	1st	0.6	11:59	12:59	+59	24:58.08	⌌	⊗	8:02.2	24:58.73	56.8%
5	7222 Rich Weklar (M51)	5	M50-54	1st	6.2	12:55	12:35	-20	25:29.33		8:12.2	25.48	25:35.56	58.3%
6	7192 Rob Preston (M57)	6	M55-59	1st	4.0	13:00	12:56	-4	25:55.77		8:20.8	25.92	25:59.76	60.3%
7	7190 Ka Lau (M31)	7	M30-34	1st	16.0	12:47	14:29	+102	27:16.01		8:46.6	27.27	27:32.00	47.5%
8	6958 Heath Boehm (M52)	8	M50-54	2nd	8.2	15:03	13:42	-81	28:44.68	⊗	9:15.1	28.73	28:52.93	52.1%
9	7193 Julio Lopez (M66)	9	M65-69	1st	0.9	14:43	14:24	-19	29:07.39	⌌	9:22.4	29.12	29:08.26	58.1%
10	7060 Jaws Hansen (M62)	10	M60-64	1st	1.3	14:25	14:58	+33	29:22.69	⌌	9:27.4	29.37	29:24.03	55.6%
11	7040 Kim Andres (F69)	1	F65-69	OA	1.8	14:39	15:19	+40	29:58.35		9:38.8	29.97	30:00.13	74.0%
12	7283 Ruben Reyes (M66)	11	M65-69	2nd	6.1	14:44	15:13	+29	29:56.55		9:38.3	29.93	30:02.62	56.5%
13	7916 Wally Capps (M81)	12	M80-99	1st	10.1	15:07	14:55	-12	30:02.32	⌌	9:40.1	30.03	30:12.37	71.8%
14	7050 Chris Goins (M51)	13	M50-54	3rd	7.2	14:50	16:01	+71	30:50.49		9:55.6	30.83	30:57.66	48.2%
15	7044 Amie Goins (F50)	2	F50-54	MS	7.3	15:49	16:53	+64	32:41.62		10:31.4	32.68	32:48.91	51.8%
16	6998 Emily Whitehurst (F35)	3	F35-39	1st	2.0	16:23	16:28	+5	32:51.23	⊗	10:34.5	32.85	32:53.23	45.5%
17	7345 Ryan Pogue (M50)	14	M50-54	4th	10.4	15:11	17:35	+144	32:45.29		10:32.6	32.75	32:55.73	45.0%
18	6838 Nate Thomas (M39)	15	M35-39	1st	4.3	16:57	17:37	+40	34:33.87		11:07.5	34.55	34:38.13	39.2%
19	7317 Leah Marks (F41)	4	F40-44	1st	2.0	16:15	19:11	+176	35:25.67		11:24.2	35.42	35:27.69	43.6%
20	7318 Mason Marks (M9)	16	M01-09	1st	1.8	16:12	20:04	+232	36:16.05	✓ 1	11:40.4	36.27	36:17.88	45.1%
21	7106 Robert Simpson (M67)	17	M65-69	3rd	22.2	18:11	17:45	-26	35:55.78		11:33.9	35.92	36:17.94	47.6%
22	7198 Yanira Lopez (F59)	5	F55-59	SR	13.7	19:16	21:23	+127	40:39.16	⌌	13:05.1	40.65	40:52.85	46.9%
23	7223 Chris Wong (M52)	18	M50-54	6th	11.9	21:13	21:34	+21	42:46.72		13:46.1	42.77	42:58.66	35.0%
24	7065 Susan Schafer (F57)	6	F55-59	1st	4.8	21:23	21:55	+32	43:18.24		13:56.3	43.30	43:23.01	42.8%
25	7024 Carol Creech (F71)	7	F70-74	1st	4.2	22:57	22:33	-24	45:29.91		14:38.7	45.48	45:34.16	50.4%
26	6916 Carlos Ordonez (M51)	19	M50-54	7th	14.4	25:29	24:19	-70	49:47.17	⌌	16:01.5	49.78	50:01.59	29.9%
27	7097 Nathan Bruser (M51)	20	M50-54	5th	924.3	18:06	18:44	+38	36:49.66		11:51.2	36.82	52:13.98	40.4%
28	7096 Blake Bruser (F13)	8	F10-14	1st	926.1	18:04	18:48	+44	36:51.43	⌌	11:51.8	36.85	52:17.48	43.3%
29	7261 John Kramer (M60)	21	M60-64	2nd	327.0	26:09	25:09	-60	51:18.08	⌌	16:30.7	51.30	56:45.10	31.3%

19 Positive Split 10 Negative Split

✓ 1 Club PR's

Average Finish Time: 33:14 3 First Timers

Average Age Grade: 51.2%

FN\*:  Broke Age-Group Record

**GD** Place among Females

▲ Positive Split

Timing provided by:

5/29/2020

⌌ 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	6	<b>Wally Capps</b>	M81	9:34.98	<b>64.7%</b>	
2	1	<b>Albert Marban</b>	M28	5:46.51	<b>64.2%</b>	
3	2	<b>Enrique Marban</b>	M14	6:42.07	<b>60.9%</b>	
4	4	<b>Julio Lopez</b>	M66	8:15.02	59.0%	
5	3	<b>Vijayan Nair</b>	M59	7:51.50	58.2%	
6	5	<b>Jaws Hansen</b>	M62	8:16.97	56.7%	
7	7	<b>Blake Bruser</b>	<b>F13</b>	8:21.18	54.2%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	11	<b>Kim Andres</b>	<b>F69</b>	29:58.35	<b>74.0%</b>	
2	2	<b>John Cosentino</b>	M59	21:54.86	<b>72.6%</b>	
3	13	<b>Wally Capps</b>	M81	30:02.32	<b>71.8%</b>	
4	1	<b>Albert Marban</b>	M28	18:56.61	<b>68.1%</b>	
5	3	<b>Vijayan Nair</b>	M59	23:54.25	<b>66.5%</b>	
6	6	<b>Rob Preston</b>	M57	25:55.77	<b>60.3%</b>	
7	5	<b>Rich Weklar</b>	M51	25:29.33	58.3%	
8	9	<b>Julio Lopez</b>	M66	29:07.39	58.1%	
9	4	<b>Enrique Marban</b>	M14	24:58.08	56.8%	
10	12	<b>Ruben Reyes</b>	M66	29:56.55	56.5%	
11	10	<b>Jaws Hansen</b>	M62	29:22.69	55.6%	
12	8	<b>Heath Boehm</b>	M52	28:44.68	52.1%	
13	15	<b>Amie Goins</b>	<b>F50</b>	32:41.62	51.8%	
14	25	<b>Carol Creech</b>	<b>F71</b>	45:29.91	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