

# Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Albert Marban	5:22.63	Albert Marban	17:52.89	Wayne Brunet	21:23.17	John Cosentino	21:56.97
Blake Bruser	7:43.69	Kimi Bader	29:28.03	Amie Goins	30:43.85	Betsy Palmer	35:06.59

## 5K MALE

33 MALE Runners --- Average Time of **29:20**

Avg. Age Grade: **55.0%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
<b>OVERALL</b>	1 <b>Albert Marban</b>	Farmers Branch	(29)	8:57	-1	<b>17:52.89</b>		5:45.3	<b>72.2%</b>	1	1
<b>MASTERS</b>	1 <b>Wayne Brunet</b>	Grand Prairie	(42)	10:50	-16	<b>21:23.17</b>	✓	6:53.0	<b>64.8%</b>	3	3
<b>SENIORS</b>	1 <b>John Cosentino</b>	Plano	(60)	11:03	-9	<b>21:56.97</b>		7:03.9	<b>73.1%</b>	4	4
<b>M01-09</b>	1 <b>Alex Toth</b>	Coppell	(9)	16:14	-54	<b>31:34.45</b>	✓	10:09.8	51.8%	24	22
<b>M10-14</b>	1 <b>Enrique Marban</b>	Farmers Branch	(14)	10:57	-35	<b>21:19.29</b>	✓	6:51.8	<b>66.6%</b>	2	2
<b>M15-19</b>	1 <b>Avi Burstein</b>		(17)	11:14	-5	<b>22:22.47</b>	✓	7:12.1	<b>60.4%</b>	5	5
	2 <b>Diego Rodriguez</b>	Carrollton	(17)	14:20	+36	<b>29:15.45</b>		9:25.0	46.2%	16	16
	3 <b>Jason Ramirez</b>		(16)	15:08	+62	<b>31:18.08</b>		10:04.5	43.8%	22	20
	4 <b>Nicolas Nothe</b>	Farmers Branch	(19)	20:02	+125	<b>42:09.34</b>		13:34.1	31.3%	34	30
<b>M35-39</b>	1 <b>Blair Casey</b>	Carrollton	(35)	12:25	+11	<b>25:00.47</b>		8:03.0	52.7%	9	9
<b>M40-44</b>	1 <b>Balaji Ammanji Sundararaju</b>	Coppell	(40)	14:05	+65	<b>29:14.83</b>	✓	9:24.8	46.7%	17	17
	2 <b>Gabor Toth</b>	Coppell	(42)	16:13	-51	<b>31:34.20</b>		10:09.7	43.9%	25	23
<b>M45-49</b>	1 <b>Burns Thacker</b>	Carrollton	(48)	15:13	+67	<b>31:33.77</b>		10:09.5	46.0%	27	25
<b>M50-54</b>	1 <b>Marcus O'con</b>	Dallas	(51)	11:33	-18	<b>22:48.44</b>		7:20.5	<b>65.2%</b>	7	7
	2 <b>Rich Weklar</b>	Bartonville	(51)	14:16	-20	<b>28:12.14</b>		9:04.6	52.7%	15	15
	3 <b>Chris Goins</b>	Garland	(52)	14:53	+41	<b>30:26.58</b>		9:47.9	49.2%	19	18
	4 <b>Ryan Pogue</b>	Carrollton	(51)	16:02	-42	<b>31:21.76</b>		10:05.7	47.4%	26	24
	5 <b>Carlos Ordonez</b>	Carrollton	(52)	21:38	-31	<b>42:43.82</b>		13:45.2	35.1%	35	31
<b>M55-59</b>	1 <b>Ruben Saguil</b>	Carrollton	(57)	12:02	+9	<b>24:12.36</b>		7:47.5	<b>64.6%</b>	39	33
	2 <b>Steve Russo</b>	Plano	(59)	12:29	-2	<b>24:55.77</b>		8:01.4	<b>63.8%</b>	8	8
	3 <b>Doug Waters</b>	Carrollton	(58)	12:33	+7	<b>25:12.32</b>		8:06.8	<b>62.5%</b>	10	10
<b>M60-64</b>	1 <b>Vijayan Nair</b>	Plano	(60)	11:16	+1	<b>22:32.54</b>		7:15.3	<b>71.1%</b>	6	6
	2 <b>Jaws Hansen</b>	Dallas	(62)	13:38	+52	<b>28:08.17</b>		9:03.4	58.0%	14	14
	3 <b>David Short</b>	Frisco	(61)	15:03	+20	<b>30:25.74</b>		9:47.7	53.2%	28	26
	4 <b>Jeff Goodman</b>	Hickory Creek	(60)	16:03	+99	<b>33:44.79</b>		10:51.7	47.5%	30	27
	5 <b>Victor Elfenbein</b>	Dallas	(64)	16:03	+183	<b>35:10.00</b>		11:19.1	47.3%	31	28
	6 <b>John Kramer</b>	Plano	(60)	26:58	-26	<b>53:29.75</b>		17:13.1	30.0%	38	32
<b>M65-69</b>	1 <b>Ruben Arevalo</b>	Carrollton	(67)	12:27	+30	<b>25:23.94</b>		8:10.5	<b>67.3%</b>	11	11
	2 <b>Julio Lopez</b>	Farmers Branch	(67)	13:09	+3	<b>26:21.38</b>		8:29.0	<b>64.8%</b>	12	12
	3 <b>Efrain Sain</b>	Carrollton	(67)	13:15	+26	<b>26:56.23</b>		8:40.2	<b>63.4%</b>	13	13
	4 <b>Ruben Reyes</b>	Carrollton	(66)	15:55	-41	<b>31:08.20</b>		10:01.3	54.4%	23	21
	5 <b>Robert Simpson</b>	Coppell	(67)	18:07	+56	<b>37:09.51</b>		11:57.6	46.0%	33	29
<b>M80-99</b>	1 <b>Wally Capps</b>	Farmers Branch	(82)	15:42	-15	<b>31:09.81</b>		10:01.8	<b>71.1%</b>	21	19

# 5K FEMALE

		6 FEMALE Runners --- Average Time of <b>36:31</b>						Avg. Age Grade: <b>47.3%</b>		Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Kimi Bader</b>	Grand Prairie	(48)	14:25	+37	<b>29:28.03</b>	✓	9:29.1	56.0%	18	<b>1</b>
MASTERS	1 <b>Amie Goins</b>	Garland	(51)	14:59	+46	<b>30:43.85</b>	✓	9:53.5	55.8%	20	<b>2</b>
SENIORS	1 <b>Betsy Palmer</b>	Carrollton	(61)	17:16	+34	<b>35:06.59</b>		11:18.0	55.8%	32	<b>4</b>
F25-29	1 <b>Lauren Zender</b>	Carrollton	(29)	21:58	+89	<b>45:25.39</b>		14:37.2	32.6%	36	<b>5</b>
F35-39	1 <b>Emily Whitehurst</b>	Carrollton	(36)	15:51	+72	<b>32:53.53</b>		10:35.2	45.6%	29	<b>3</b>
F50-54	1 <b>Lisa Friedl</b>	Grand Prairie	(51)	21:58	+91	<b>45:26.92</b>		14:37.7	37.7%	37	<b>6</b>

# 1M MALE

		13 MALE Runners --- Average Time of <b>7:58</b>						Avg. Age Grade: <b>59.0%</b>		Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Albert Marban</b>	Farmers Branch	(29)			<b>5:22.63</b>		5:22.6	<b>69.1%</b>	1	1
M10-14	1 <b>Enrique Marban</b>	Farmers Branch	(14)			<b>5:39.07</b>	✓	5:39.1	<b>72.2%</b>	2	2
M15-19	1 <b>Avi Burstein</b>		(17)			<b>5:57.77</b>	✓	5:57.8	<b>65.1%</b>	3	3
	2 <b>Jason Ramirez</b>		(16)			<b>6:03.77</b>		6:03.8	<b>65.0%</b>	4	4
M40-44	1 <b>Balaji Ammanji Sundararaju</b>	Coppell	(40)			<b>7:28.39</b>	✓	7:28.4	52.5%	6	6
M50-54	1 <b>Marcus O'con</b>	Dallas	(51)			<b>8:25.68</b>		8:25.7	50.7%	11	10
M55-59	1 <b>Steve Russo</b>	Plano	(59)			<b>8:12.49</b>		8:12.5	55.7%	10	9
M60-64	1 <b>Vijayan Nair</b>	Plano	(60)			<b>6:47.91</b>		6:47.9	<b>67.8%</b>	5	5
	2 <b>Jaws Hansen</b>	Dallas	(62)			<b>7:57.10</b>		7:57.1	59.0%	9	8
	3 <b>Victor Eifenbein</b>	Dallas	(64)			<b>9:47.57</b>		9:47.6	48.8%	12	11
	4 <b>John Kramer</b>	Plano	(60)			<b>14:11.15</b>		14:11.2	32.5%	14	13
M65-69	1 <b>Julio Lopez</b>	Farmers Branch	(67)			<b>7:48.03</b>		7:48.0	<b>63.0%</b>	8	7
M80-99	1 <b>Wally Capps</b>	Farmers Branch	(82)			<b>9:48.41</b>		9:48.4	<b>64.9%</b>	13	12

# 1M FEMALE

		1 FEMALE Runners --- Average Time of <b>7:44</b>						Avg. Age Grade: <b>58.6%</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>7:43.69</b>		7:43.7	58.6%	7	<b>1</b>

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7493 Albert Marban (M29)	1	M25-29	OA	---				5:22.63		5:22.6	18.36	5:22.63	69.1%
2	7495 Enrique Marban (M14)	2	M10-14	1st	---				5:39.07	✓ 26	5:39.1	19.33	5:39.07	72.2%
3	6001 Avi Burstein (M17)	3	M15-19	1st	---				5:57.77	✓ 1	5:57.8	20.36	5:57.77	65.1%
4	6004 Jason Ramirez (M16)	4	M15-19	2nd	---				6:03.77	✗	6:03.8	20.70	6:03.77	65.0%
5	7117 Vijayan Nair (M60)	5	M60-64	1st	---				6:47.91		6:47.9	23.21	6:47.91	67.8%
6	6979 Balaji Ammanji Sundararaju (	6	M40-44	1st	---				7:28.39	✓ 2	7:28.4	25.54	7:28.39	52.5%
7	7096 Blake Bruser (F13)	1	F10-14	OA	---				7:43.69		7:43.7	26.40	7:43.69	58.6%
8	7193 Julio Lopez (M67)	7	M65-69	1st	---				7:48.03		7:48.0	26.68	7:48.03	63.0%
9	7060 Jaws Hansen (M62)	8	M60-64	2nd	---				7:57.10		7:57.1	27.20	7:57.10	59.0%
10	7405 Steve Russo (M59)	9	M55-59	1st	---				8:12.49		8:12.5	28.05	8:12.49	55.7%
11	7270 Marcus O'con (M51)	10	M50-54	1st	---				8:25.68		8:25.7	28.79	8:25.68	50.7%
12	7113 Victor Elfenbein (M64)	11	M60-64	3rd	---				9:47.57		9:47.6	33.47	9:47.57	48.8%
13	7916 Wally Capps (M82)	12	M80-99	1st	---				9:48.41		9:48.4	33.53	9:48.41	64.9%
14	7261 John Kramer (M60)	13	M60-64	4th	---				14:11.15		14:11.2	48.52	14:11.15	32.5%

✓ 3 Club PR's

Average Finish Time: 07:56 1 First Timers

Average Age Grade: 58.9%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7493 Albert Marban (M29)	1	M25-29	OA	---	8:57	8:56	-1	17:52.89		5:45.3	17.87	17:52.89	72.2%
2	7495 Enrique Marban (M14)	2	M10-14	1st	---	10:57	10:22	-35	21:19.29	✓ 1	6:51.8	21.32	21:19.29	66.6%
3	7180 Wayne Brunet (M42)	3	M40-44	MS	1.2	10:50	10:33	-16	21:23.17	✓ 2	6:53.0	21.38	21:24.34	64.8%
4	7255 John Cosentino (M60)	4	M60-64	SR	---	11:03	10:54	-9	21:56.97		7:03.9	21.93	21:56.97	73.1%
5	6001 Avi Burstein (M17)	5	M15-19	1st	0.2	11:14	11:09	-5	22:22.47	✓ 2	7:12.1	22.37	22:22.63	60.4%
6	7117 Vijayan Nair (M60)	6	M60-64	1st	---	11:16	11:17	+1	22:32.54		7:15.3	22.53	22:32.54	71.1%
7	7270 Marcus O'con (M51)	7	M50-54	1st	1.6	11:33	11:15	-18	22:48.44		7:20.5	22.80	22:50.07	65.2%
8	7405 Steve Russo (M59)	8	M55-59	2nd	3.1	12:29	12:27	-2	24:55.77		8:01.4	24.92	24:58.86	63.8%
9	7011 Blair Casey (M35)	9	M35-39	1st	2.4	12:25	12:36	+11	25:00.47		8:03.0	25.00	25:02.84	52.7%
10	7012 Doug Waters (M58)	10	M55-59	3rd	5.1	12:33	12:39	+7	25:12.32		8:06.8	25.20	25:17.45	62.5%
11	7155 Ruben Arevalo (M67)	11	M65-69	1st	---	12:27	12:57	+30	25:23.94		8:10.5	25.38	25:23.94	67.3%
12	7193 Julio Lopez (M67)	12	M65-69	2nd	---	13:09	13:12	+3	26:21.38		8:29.0	26.35	26:21.38	64.8%
13	6923 Efrain Sain (M67)	13	M65-69	3rd	0.8	13:15	13:41	+26	26:56.23	✗	8:40.2	26.93	26:56.98	63.4%
14	7060 Jaws Hansen (M62)	14	M60-64	2nd	0.1	13:38	14:30	+52	28:08.17		9:03.4	28.13	28:08.25	58.0%
15	7222 Rich Weklar (M51)	15	M50-54	2nd	6.0	14:16	13:56	-20	28:12.14		9:04.6	28.20	28:18.15	52.7%
16	6820 Diego Rodriguez (M17)	16	M15-19	2nd	3.4	14:20	14:56	+36	29:15.45	✗	9:25.0	29.25	29:18.88	46.2%
17	6979 Balaji Ammanji Sundararaju (	17	M40-44	1st	7.1	14:05	15:10	+65	29:14.83	✓ 4	9:24.8	29.23	29:21.93	46.7%
18	7239 Kimi Bader (F48)	1	F45-49	OA	1.6	14:25	15:03	+37	29:28.03	✓ 1	9:29.1	29.47	29:29.63	56.0%
19	7050 Chris Goins (M52)	18	M50-54	3rd	4.4	14:53	15:34	+41	30:26.58		9:47.9	30.43	30:30.94	49.2%
20	7044 Amie Goins (F51)	2	F50-54	MS	4.2	14:59	15:45	+46	30:43.85	✓ 56	9:53.5	30.72	30:48.07	55.8%
21	7916 Wally Capps (M82)	19	M80-99	1st	5.7	15:42	15:27	-15	31:09.81		10:01.8	31.15	31:15.47	71.1%
22	6004 Jason Ramirez (M16)	20	M15-19	3rd	---	15:08	16:10	+62	31:18.08	✗	10:04.5	31.30	31:18.08	43.8%
23	7283 Ruben Reyes (M66)	21	M65-69	4th	11.3	15:55	15:14	-41	31:08.20		10:01.3	31.13	31:19.51	54.4%
24	7368 Alex Toth (M9)	22	M01-09	1st	1.6	16:14	15:20	-54	31:34.45	✓ 2	10:09.8	31.57	31:36.07	51.8%
25	7380 Gabor Toth (M42)	23	M40-44	2nd	2.5	16:13	15:22	-51	31:34.20		10:09.7	31.57	31:36.67	43.9%
26	7345 Ryan Pogue (M51)	24	M50-54	4th	15.3	16:02	15:20	-42	31:21.76		10:05.7	31.35	31:37.10	47.4%
27	7127 Burns Thacker (M48)	25	M45-49	1st	6.5	15:13	16:20	+67	31:33.77		10:09.5	31.55	31:40.30	46.0%
28	7061 David Short (M61)	26	M60-64	3rd	82.0	15:03	15:23	+20	30:25.74		9:47.7	30.42	31:47.74	53.2%
29	6863 Emily Whitehurst (F36)	3	F35-39	1st	4.5	15:51	17:03	+72	32:53.53		10:35.2	32.88	32:57.98	45.6%
30	7026 Jeff Goodman (M60)	27	M60-64	4th	6.0	16:03	17:42	+99	33:44.79		10:51.7	33.73	33:50.78	47.5%
31	7113 Victor Elfenbein (M64)	28	M60-64	5th	7.6	16:03	19:07	+183	35:10.00		11:19.1	35.17	35:17.57	47.3%
32	7454 Betsy Palmer (F61)	4	F60-64	SR	13.8	17:16	17:50	+34	35:06.59		11:18.0	35.10	35:20.41	55.8%
33	7106 Robert Simpson (M67)	29	M65-69	5th	21.0	18:07	19:03	+56	37:09.51		11:57.6	37.15	37:30.52	46.0%
34	6826 Nicolas Nothe (M19)	30	M15-19	4th	3.8	20:02	22:07	+125	42:09.34	✗	13:34.1	42.15	42:13.12	31.3%
35	7529 Carlos Ordonez (M52)	31	M50-54	5th	18.4	21:38	21:06	-31	42:43.82		13:45.2	42.72	43:02.21	35.1%

FN\*:  Broke Age-Group Record

**GD** Place among Females

**Δ** Positive Split

Timing provided by:

10/30/2022

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

**Δ** Negative Split

**DeltaViewTiming.com**

36	7328	Lauren Zender (F29)	5	F25-29	1st	11.0	21:58	23:27	+89	<b>45:25.39</b>	14:37.2	45.42	45:36.36	32.6%
37	6842	Lisa Friedl (F51)	6	F50-54	1st	10.9	21:58	23:29	+91	<b>45:26.92</b>	⌘ 14:37.7	45.43	45:37.77	37.7%
38	7261	John Kramer (M60)	32	M60-64	6th	400.0	26:58	26:32	-26	<b>53:29.75</b>	17:13.1	53.481	00:09.80	30.0%
39	6992	Ruben Saguil (M57)	33	M55-59	1st	4077.4	12:02	12:11	+9	<b>24:12.36</b>	7:47.5	24.201	32:09.73	<b>64.6%</b>
<b>24 Positive Split</b> <b>15 Negative Split</b> ✓ <b>7 Club PR's</b>							Average Finish Time: <b>30:26</b> <i>5 First Timers</i>			Average Age Grade: <b>53.8%</b>				

## Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Enrique Marban	M14	5:39.07	72.2%	Move UP
2	1	Albert Marban	M29	5:22.63	69.1%	
3	5	Vijayan Nair	M60	6:47.91	67.8%	
4	3	Avi Burstein	M17	5:57.77	65.1%	New
5	4	Jason Ramirez	M16	6:03.77	65.0%	
6	13	Wally Capps	M82	9:48.41	64.9%	
7	8	Julio Lopez	M67	7:48.03	63.0%	
8	9	Jaws Hansen	M62	7:57.10	59.0%	
9	7	Blake Bruser	F13	7:43.69	58.6%	
10	10	Steve Russo	M59	8:12.49	55.7%	
11	6	Balaji Ammanji Sundar	M40	7:28.39	52.5%	
12	11	Marcus O'con	M51	8:25.68	50.7%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	4	John Cosentino	M60	21:56.97	73.1%	
2	1	Albert Marban	M29	17:52.89	72.2%	
3	6	Vijayan Nair	M60	22:32.54	71.1%	
4	21	Wally Capps	M82	31:09.81	71.1%	
5	11	Ruben Arevalo	M67	25:23.94	67.3%	
6	2	Enrique Marban	M14	21:19.29	66.6%	New
7	7	Marcus O'con	M51	22:48.44	65.2%	
8	12	Julio Lopez	M67	26:21.38	64.8%	
9	3	Wayne Brunet	M42	21:23.17	64.8%	
10	39	Ruben Saquil	M57	24:12.36	64.6%	
11	8	Steve Russo	M59	24:55.77	63.8%	
12	13	Efrain Sain	M67	26:56.23	63.4%	
13	10	Doug Waters	M58	25:12.32	62.5%	
14	5	Avi Burstein	M17	22:22.47	60.4%	
15	14	Jaws Hansen	M62	28:08.17	58.0%	
16	18	Kimi Bader	F48	29:28.03	56.0%	
17	32	Betsy Palmer	F61	35:06.59	55.8%	
18	20	Amie Goins	F51	30:43.85	55.8%	
19	23	Ruben Reyes	M66	31:08.20	54.4%	
20	28	David Short	M61	30:25.74	53.2%	
21	15	Rich Weklar	M51	28:12.14	52.7%	
22	9	Blair Casey	M35	25:00.47	52.7%	
23	24	Alex Toth	M9	31:34.45	51.8%	

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