

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Chris Shirk	4:56.77	John Cosentino	21:24.87	Vijayan Nair	22:56.61	Steve Russo	23:18.00
Jennifer Castro	6:55.40	Blake Bruser	30:28.23	Amie Goins	30:55.59	Yanira Lopez	32:22.54

5K MALE

25 MALE Runners --- Average Time of **33:24**

Avg. Age Grade: **52.1%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 John Cosentino	Plano	(60)	10:43	+0	21:24.87	✓	6:53.6	74.9%	1	1
MASTERS	1 Vijayan Nair	Plano	(60)	11:12	+33	22:56.61	ℓ	7:23.1	69.9%	2	2
SENIORS	1 Steve Russo	Plano	(59)	11:45	-11	23:18.00	ℓ	7:30.0	68.2%	3	3
M10-14	1 Mason Marks	Carrollton	(10)	14:05	+83	29:33.45	✓	9:30.8	53.4%	10	10
M40-44	1 Christopher Marks	Carrollton	(42)	14:58	+12	30:08.02	✓	9:41.9	46.0%	12	12
	2 Balaji Ammanji Sundararaju	Coppell	(41)	17:25	+138	37:07.89	ℓ	11:57.1	37.0%	25	19
M45-49	1 Devon Campion	Richardson	(46)	17:07	+204	37:38.05		12:06.8	38.0%	26	20
	2 William Campion	Richardson	(47)	20:37	+178	44:11.29		14:13.4	32.6%	33	23
M50-54	1 Nathan Bruser	Highland Village	(52)	15:04	-19	29:48.52		9:35.7	50.3%	11	11
	2 Chris Goins	Garland	(52)	14:32	+95	30:39.23		9:52.0	48.9%	14	13
	3 Carlos Ordonez	Carrollton	(52)	21:54	+7	43:54.53		14:08.0	34.1%	32	22
	4 Chris Wong	Arlington	(53)	28:33	+54	58:00.30		18:40.2	26.1%	38	24
M55-59	1 Ron Williamson	Flower Mound	(56)	12:31	+18	25:20.08	ℓ	8:09.3	61.2%	5	5
	2 Doug Waters	Carrollton	(58)	12:37	+19	25:32.80	ℓ	8:13.4	61.7%	6	6
	3 Rob Preston	Irving	(58)	13:34	-30	26:38.29		8:34.4	59.2%	7	7
M60-64	1 Jaws Hansen	Dallas	(62)	13:46	+21	27:53.37	ℓ	8:58.6	58.5%	9	9
	2 John Kramer	Plano	(61)			54:25.52	ℓ	17:31.1	29.7%	39	25
M65-69	1 Julio Lopez	Farmers Branch	(67)	12:30	+2	25:02.23	ℓ	8:03.5	68.2%	4	4
	2 Ruben Arevalo	Carrollton	(67)	13:17	+21	26:54.48	ℓ	8:39.7	63.5%	8	8
	3 Peter Chan	Coppell	(69)	16:53	+65	34:49.97	ℓ	11:12.7	50.0%	19	15
	4 Phil Murch	Frisco	(66)	17:05	+58	35:07.81		11:18.4	48.2%	21	16
	5 Robert Simpson	Coppell	(68)	17:31	+53	35:55.37		11:33.7	48.0%	23	18
M75-79	1 Martin Prakope		(75)	17:30	+31	35:31.35		11:26.0	53.3%	22	17
M80-99	1 Enrique Ordonez	Carrollton	(82)	17:12	+17	34:41.39	ℓ	11:09.9	63.8%	18	14
	2 Wally Capps	Farmers Branch	(82)	17:28	+217	38:34.23	ℓ	12:24.9	57.4%	30	21

5K FEMALE

14 FEMALE Runners --- Average Time of **38:59** Avg. Age Grade: **45.7%** Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Blake Bruser	Highland Village	(13)	15:22	-16	30:28.23	M	9:48.5	52.4%	13	1
MASTERS	1 Amie Goins	Garland	(51)	15:04	+48	30:55.59		9:57.3	55.4%	15	2
SENIORS	1 Yanira Lopez	Farmers Branch	(60)	16:09	+4	32:22.54	M	10:25.2	59.7%	16	3
F10-14	1 Yuvathi Balaji	Coppell	(10)	17:29	+133	37:10.20	✓	11:57.8	45.9%	24	6
	2 Chaithanya Srikanth	Coppell	(12)	18:49	+188	40:46.18		13:07.4	39.9%	31	10
	3 Atiquah Amreen Sadullah	Coppell	(14)	21:37	+115	45:07.79		14:31.6	34.8%	35	12
F15-19	1 Aqeela Afreen Sadullah	Coppell	(15)	21:40	+68	44:27.43		14:18.6	34.9%	34	11
F35-39	1 Emily Whitehurst	Carrollton	(36)	15:42	+75	32:39.01		10:30.5	46.0%	17	4
F40-44	1 Leah Marks	Carrollton	(42)	17:22	+187	37:51.32		12:11.1	41.1%	27	7
F50-54	1 Debbie Riedner	Dallas	(53)	16:47	+90	35:04.58	M	11:17.4	50.1%	20	5
	2 Lilliana Wutter	Frisco	(51)	18:50	+10	37:49.70	✓	12:10.5	45.3%	28	8
	3 Sheila Holen	Lewisville	(52)	28:33	+40	57:46.35		18:35.7	30.0%	37	14
F60-64	1 Betsy Palmer	Carrollton	(62)	18:12	+94	37:58.32		12:13.3	52.4%	29	9
F70-74	1 Carol Creech	Aubrey	(72)	22:29	+23	45:20.26		14:35.6	51.4%	36	13

1M MALE

16 MALE Runners --- Average Time of **8:08** Avg. Age Grade: **59.5%** Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Chris Shirk	Mile Race Group	(24)			4:56.77		4:56.8	75.0%	1	1
M20-24	1 Carter Melton	Fort Worth	(24)			5:29.13		5:29.1	67.6%	3	3
M25-29	1 Chris Sabol	Grand Prairie	(25)			5:11.42		5:11.4	71.5%	2	2
M35-39	1 Sergio Arias		(38)			5:52.80	✓	5:52.8	65.8%	4	4
M40-44	1 Balaji Ammanji Sundararaju	Coppell	(41)			8:37.97		8:38.0	45.8%	13	11
M55-59	1 Steve Russo	Plano	(59)			7:02.65		7:02.7	64.9%	7	6
	2 Ron Williamson	Flower Mound	(56)			7:25.70		7:25.7	60.0%	9	8
	3 Doug Waters	Carrollton	(58)			9:43.54		9:43.5	46.6%	14	12
M60-64	1 Vijayan Nair	Plano	(60)			6:54.39		6:54.4	66.8%	5	5
	2 Jaws Hansen	Dallas	(62)			8:20.11		8:20.1	56.3%	12	10
	3 John Kramer	Plano	(61)			13:43.00		13:43.0	33.9%	20	16
M65-69	1 Julio Lopez	Farmers Branch	(67)			7:25.02		7:25.0	66.3%	8	7
	2 Ruben Arevalo	Carrollton	(67)			7:58.08		7:58.1	61.7%	10	9
	3 Peter Chan	Coppell	(69)			10:14.71		10:14.7	48.9%	18	14
M80-99	1 Enrique Ordonez	Carrollton	(82)			10:06.44		10:06.4	63.0%	17	13
	2 Wally Capps	Farmers Branch	(82)			11:06.15		11:06.2	57.4%	19	15

1M FEMALE

4 FEMALE Runners --- Average Time of **8:39** Avg. Age Grade: **57.8%** Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Jennifer Castro	Bedford	(40)			6:55.40	✓	6:55.4	64.0%	6	1
F10-14	1 Blake Bruser	Highland Village	(13)			8:00.14		8:00.1	56.6%	11	2
F50-54	1 Debbie Riedner	Dallas	(53)			9:50.37		9:50.4	52.6%	15	3
F60-64	1 Yanira Lopez	Farmers Branch	(60)			9:51.76		9:51.8	57.9%	16	4

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock Time	AgeGD	
1	6999 Chris Shirk (M24)	1	M20-24	OA	---				4:56.77		4:56.8	16.88	4:56.77	75.0%
2	6715 Chris Sabol (M25)	2	M25-29	1st	---				5:11.42	⊗	5:11.4	17.73	5:11.42	71.5%
3	6712 Carter Melton (M24)	3	M20-24	1st	---				5:29.13	⊗	5:29.1	18.76	5:29.13	67.6%
4	6006 Sergio Arias (M38)	4	M35-39	1st	---				5:52.80	✓ ⊆	5:52.8	20.07	5:52.80	65.8%
5	7117 Vijayan Nair (M60)	5	M60-64	1st	---				6:54.39		6:54.4	23.61	6:54.39	66.8%
6	6646 Jennifer Castro (F40)	1	F40-44	OA	---				6:55.40	✓ ⊆	6:55.4	23.66	6:55.40	64.0%
7	7405 Steve Russo (M59)	6	M55-59	1st	---				7:02.65		7:02.7	24.06	7:02.65	64.9%
8	7193 Julio Lopez (M67)	7	M65-69	1st	---				7:25.02		7:25.0	25.37	7:25.02	66.3%
9	7450 Ron Williamson (M56)	8	M55-59	2nd	---				7:25.70		7:25.7	25.37	7:25.70	60.0%
10	7155 Ruben Arevalo (M67)	9	M65-69	2nd	---				7:58.08		7:58.1	27.25	7:58.08	61.7%
11	7096 Blake Bruser (F13)	2	F10-14	1st	---				8:00.14		8:00.1	27.37	8:00.14	56.6%
12	7060 Jaws Hansen (M62)	10	M60-64	2nd	---				8:20.11		8:20.1	28.51	8:20.11	56.3%
13	6979 Balaji Ammanji Sundararaju (11	M40-44	1st	---				8:37.97		8:38.0	29.48	8:37.97	45.8%
14	7012 Doug Waters (M58)	12	M55-59	3rd	---				9:43.54		9:43.5	33.24	9:43.54	46.6%
15	7121 Debbie Riedner (F53)	3	F50-54	1st	---				9:50.37		9:50.4	33.64	9:50.37	52.6%
16	7198 Yanira Lopez (F60)	4	F60-64	1st	---				9:51.76		9:51.8	33.70	9:51.76	57.9%
17	7140 Enrique Ordonez (M82)	13	M80-99	1st	---				10:06.44	⊗	10:06.4	34.55	10:06.44	63.0%
18	7153 Peter Chan (M69)	14	M65-69	3rd	---				10:14.71		10:14.7	35.01	10:14.71	48.9%
19	7916 Wally Capps (M82)	15	M80-99	2nd	---				11:06.15		11:06.2	37.97	11:06.15	57.4%
20	7261 John Kramer (M61)	16	M60-64	3rd	---				13:43.00		13:43.0	46.93	13:43.00	33.9%

✓ 2 Club PR's Average Finish Time: 08:14 3 First Timers Average Age Grade: 59.1%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock Time	AgeGD	
1	7255 John Cosentino (M60)	1	M60-64	OA	4.3	10:43	10:42	+0	21:24.87	✓ 48	6:53.6	21.40	21:29.18	74.9%
2	7117 Vijayan Nair (M60)	2	M60-64	MS	---	11:12	11:45	+33	22:56.61	⌚	7:23.1	22.93	22:56.61	69.9%
3	7405 Steve Russo (M59)	3	M55-59	SR	2.4	11:45	11:33	-11	23:18.00	⌚	7:30.0	23.30	23:20.41	68.2%
4	7193 Julio Lopez (M67)	4	M65-69	1st	---	12:30	12:32	+2	25:02.23	⌚	8:03.5	25.03	25:02.23	68.2%
5	7450 Ron Williamson (M56)	5	M55-59	1st	0.2	12:31	12:49	+18	25:20.08	⌚	8:09.3	25.33	25:20.24	61.2%
6	7012 Doug Waters (M58)	6	M55-59	2nd	5.1	12:37	12:56	+19	25:32.80	⌚	8:13.4	25.53	25:37.88	61.7%
7	7192 Rob Preston (M58)	7	M55-59	3rd	7.7	13:34	13:04	-30	26:38.29		8:34.4	26.63	26:45.95	59.2%
8	7155 Ruben Arevalo (M67)	8	M65-69	2nd	---	13:17	13:37	+21	26:54.48	⌚	8:39.7	26.90	26:54.48	63.5%
9	7060 Jaws Hansen (M62)	9	M60-64	1st	---	13:46	14:07	+21	27:53.37	⌚	8:58.6	27.88	27:53.37	58.5%
10	7318 Mason Marks (M10)	10	M10-14	1st	---	14:05	15:28	+83	29:33.45	✓ 6	9:30.8	29.55	29:33.45	53.4%
11	7097 Nathan Bruser (M52)	11	M50-54	1st	10.1	15:04	14:45	-19	29:48.52		9:35.7	29.80	29:58.57	50.3%
12	7319 Christopher Marks (M42)	12	M40-44	1st	0.9	14:58	15:10	+12	30:08.02	✓ 1	9:41.9	30.13	30:08.94	46.0%
13	7096 Blake Bruser (F13)	1	F10-14	OA	9.8	15:22	15:06	-16	30:28.23	⌚	9:48.5	30.47	30:37.99	52.4%
14	7050 Chris Goins (M52)	13	M50-54	2nd	6.9	14:32	16:07	+95	30:39.23		9:52.0	30.65	30:46.13	48.9%
15	7044 Amie Goins (F51)	2	F50-54	MS	8.4	15:04	15:52	+48	30:55.59		9:57.3	30.92	31:04.03	55.4%
16	7198 Yanira Lopez (F60)	3	F60-64	SR	15.9	16:09	16:13	+4	32:22.54	⌚	10:25.2	32.37	32:38.45	59.7%
17	7586 Emily Whitehurst (F36)	4	F35-39	1st	5.0	15:42	16:57	+75	32:39.01		10:30.5	32.65	32:44.00	46.0%
18	7140 Enrique Ordonez (M82)	14	M80-99	1st	5.8	17:12	17:29	+17	34:41.39	⌚	11:09.9	34.68	34:47.15	63.8%
19	7153 Peter Chan (M69)	15	M65-69	3rd	2.4	16:53	17:57	+65	34:49.97	⌚	11:12.7	34.82	34:52.39	50.0%
20	7121 Debbie Riedner (F53)	5	F50-54	1st	5.9	16:47	18:17	+90	35:04.58	⌚	11:17.4	35.07	35:10.45	50.1%
21	7157 Phil Murch (M66)	16	M65-69	4th	14.9	17:05	18:03	+58	35:07.81		11:18.4	35.12	35:22.68	48.2%
22	6007 Martin Prakope (M75)	17	M75-79	1st	6.9	17:30	18:01	+31	35:31.35	⊗	11:26.0	35.52	35:38.30	53.3%
23	7106 Robert Simpson (M68)	18	M65-69	5th	22.9	17:31	18:24	+53	35:55.37		11:33.7	35.92	36:18.25	48.0%
24	6980 Yuvathi Balaji (F10)	6	F10-14	1st	1.1	17:29	19:41	+133	37:10.20	✓ 2	11:57.8	37.17	37:11.33	45.9%
25	6979 Balaji Ammanji Sundararaju (19	M40-44	2nd	6.1	17:25	19:43	+138	37:07.89	⌚	11:57.1	37.12	37:13.97	37.0%
26	6796 Devon Champion (M46)	20	M45-49	1st	4.7	17:07	20:31	+204	37:38.05		12:06.8	37.63	37:42.78	38.0%
27	7317 Leah Marks (F42)	7	F40-44	1st	4.7	17:22	20:29	+187	37:51.32		12:11.1	37.85	37:56.05	41.1%
28	7530 Lilliana Wutter (F51)	8	F50-54	2nd	9.1	18:50	19:00	+10	37:49.70	✓ 3	12:10.5	37.82	37:58.76	45.3%
29	7454 Betsy Palmer (F62)	9	F60-64	1st	18.0	18:12	19:46	+94	37:58.32		12:13.3	37.97	38:16.28	52.4%

30	7916	Wally Capps (M82)	21	M80-99	2nd	26.5	17:28	21:06	+217	38:34.23	⌚	12:24.9	38.57	39:00.78	57.4%
31	6793	Chaithanya Srikanth (F12)	10	F10-14	2nd	1.1	18:49	21:57	+188	40:46.18		13:07.4	40.77	40:47.26	39.9%
32	7529	Carlos Ordonez (M52)	22	M50-54	3rd	25.1	21:54	22:01	+7	43:54.53		14:08.0	43.90	44:19.67	34.1%
33	6996	William Champion (M47)	23	M45-49	2nd	11.3	20:37	23:35	+178	44:11.29	⌚	14:13.4	44.18	44:22.54	32.6%
34	6759	Aqeela Afreen Sadullah (F15)	11	F15-19	1st	1.2	21:40	22:48	+68	44:27.43		14:18.6	44.45	44:28.59	34.9%
35	6760	Atiquah Amreen Sadullah (F1	12	F10-14	3rd	1.4	21:37	23:31	+115	45:07.79		14:31.6	45.12	45:09.23	34.8%
36	7024	Carol Creech (F72)	13	F70-74	1st	4.3	22:29	22:52	+23	45:20.26		14:35.6	45.33	45:24.54	51.4%
37	7246	Sheila Holen (F52)	14	F50-54	3rd	21.0	28:33	29:13	+40	57:46.35		18:35.7	57.77	58:07.31	30.0%
38	7223	Chris Wong (M53)	24	M50-54	4th	20.7	28:33	29:27	+54	58:00.30		18:40.2	58.00	58:21.03	26.1%
39	7261	John Kramer (M61)	25	M60-64	2nd	245.2				54:25.52	⌚	17:31.1	54.42	58:30.72	29.7%
33 Positive Split 5 Negative Split ✓ 5 Club PR's										Average Finish Time: 35:24 <u>2 First Timers</u>		Average Age Grade: 49.8%			

Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Chris Shirk	M24	4:56.77	75.0%	
2	2	Chris Sabol	M25	5:11.42	71.5%	New
3	3	Carter Melton	M24	5:29.13	67.6%	New
4	5	Vijayan Nair	M60	6:54.39	66.8%	
5	8	Julio Lopez	M67	7:25.02	66.3%	
6	4	Sergio Arias	M38	5:52.80	65.8%	New
7	7	Steve Russo	M59	7:02.65	64.9%	
8	6	Jennifer Castro	F40	6:55.40	64.0%	
9	17	Enrique Ordonez	M82	10:06.44	63.0%	
10	10	Ruben Arevalo	M67	7:58.08	61.7%	
11	9	Ron Williamson	M56	7:25.70	60.0%	
12	16	Yanira Lopez	F60	9:51.76	57.9%	
13	19	Wally Capps	M82	11:06.15	57.4%	
14	11	Blake Bruser	F13	8:00.14	56.6%	
15	12	Jaws Hansen	M62	8:20.11	56.3%	
16	15	Debbie Riedner	F53	9:50.37	52.6%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	John Cosentino	M60	21:24.87	74.9%	Move UP
2	2	Vijayan Nair	M60	22:56.61	69.9%	
3	4	Julio Lopez	M67	25:02.23	68.2%	
4	3	Steve Russo	M59	23:18.00	68.2%	
5	18	Enrique Ordonez	M82	34:41.39	63.8%	
6	8	Ruben Arevalo	M67	26:54.48	63.5%	
7	6	Doug Waters	M58	25:32.80	61.7%	
8	5	Ron Williamson	M56	25:20.08	61.2%	
9	16	Yanira Lopez	F60	32:22.54	59.7%	
10	7	Rob Preston	M58	26:38.29	59.2%	
11	9	Jaws Hansen	M62	27:53.37	58.5%	
12	30	Wally Capps	M82	38:34.23	57.4%	
13	15	Amie Goins	F51	30:55.59	55.4%	
14	10	Mason Marks	M10	29:33.45	53.4%	
15	22	Martin Prakope	M75	35:31.35	53.3%	
16	13	Blake Bruser	F13	30:28.23	52.4%	
17	29	Betsy Palmer	F62	37:58.32	52.4%	
18	36	Carol Creech	F72	45:20.26	51.4%	
19	11	Nathan Bruser	M52	29:48.52	50.3%	
20	20	Debbie Riedner	F53	35:04.58	50.1%	
21	19	Peter Chan	M69	34:49.97	50.0%	

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