

# Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Trey Backes	6:30.37	Grayson Klosowski	18:54.14	Bill Knox	22:06.35	John Cosentino	22:33.61
Blake Bruser	7:17.97	Patricia White	27:35.37	Vanessa Bogenhol	28:07.14	Kim Andres	29:39.66

## 5K MALE

24 MALE Runners --- Average Time of **28:38**

Avg. Age Grade: **55.4%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Grayson Klosowski</b>	Plano	(20)	9:14	+26	<b>18:54.14</b>		6:05.0	<b>69.0%</b>	1	1
MASTERS	1 <b>Bill Knox</b>	Plano	(53)	10:49	+28	<b>22:06.35</b>		7:06.9	<b>68.4%</b>	4	4
SENIORS	1 <b>John Cosentino</b>	Plano	(61)	11:06	+22	<b>22:33.61</b>	ℓ	7:15.7	<b>71.7%</b>	5	5
M10-14	1 <b>Jaydin Turner</b>	Carrollton	(14)	9:40	+28	<b>19:48.29</b>	✓	6:22.5	<b>71.6%</b>	2	2
	2 <b>Yota Matsumoto</b>	Plano	(13)	12:04	+56	<b>25:03.10</b>		8:03.8	57.9%	8	8
	3 <b>Mason Marks</b>	Carrollton	(11)	14:51	+94	<b>31:15.93</b>		10:03.8	48.9%	21	17
	4 <b>Alex Toth</b>	Coppell	(10)	17:50	+21	<b>36:00.30</b>		11:35.3	43.8%	27	21
M25-29	1 <b>Dereon Hill</b>		(28)	17:37	+139	<b>37:32.46</b>		12:05.0	34.4%	32	23
M30-34	1 <b>Griffin Gurley</b>	Carrollton	(31)	10:49	+11	<b>21:49.41</b>		7:01.5	59.4%	3	3
M40-44	1 <b>Atsushi Matsumoto</b>	Plano	(40)	12:09	+82	<b>25:39.11</b>		8:15.4	53.2%	10	10
	2 <b>Balaji Ammanji Sundararaju</b>	Coppell	(41)	14:34	+74	<b>30:21.78</b>	ℓ	9:46.4	45.3%	20	16
	3 <b>Gabor Toth</b>	Coppell	(42)	17:48	+24	<b>36:01.31</b>	ℓ	11:35.7	38.5%	28	22
M45-49	1 <b>Trey Backes</b>	Dallas	(45)	11:27	+91	<b>24:25.14</b>	ℓ	7:51.6	58.1%	7	7
M50-54	1 <b>Marcus O'con</b>	Dallas	(52)	12:09	-23	<b>23:55.56</b>	ℓ	7:42.1	<b>62.6%</b>	6	6
	2 <b>Francisco Espinosa</b>	Carrollton	(53)	13:19	-32	<b>26:06.11</b>	ℓ	8:24.1	57.9%	12	12
	3 <b>Chris Goins</b>	Garland	(53)	16:16	+202	<b>35:54.42</b>		11:33.4	42.1%	26	20
	4 <b>Carlos Ordonez</b>	Carrollton	(53)	23:03	+65	<b>47:11.14</b>		15:11.3	32.0%	37	24
M55-59	1 <b>Doug Waters</b>	Carrollton	(59)	13:19	+36	<b>27:13.55</b>	ℓ	8:45.8	58.4%	13	13
	2 <b>Rob Preston</b>	Irving	(58)	13:56	-4	<b>27:46.94</b>		8:56.5	56.7%	15	14
	3 <b>Andrew Ngotho</b>	Carrollton	(57)	16:09	+39	<b>32:56.02</b>		10:36.0	47.5%	24	18
M60-64	1 <b>Guy Harris</b>	Carrollton	(62)	12:56	-39	<b>25:12.61</b>		8:06.9	<b>64.8%</b>	9	9
	2 <b>Jaws Hansen</b>	Dallas	(63)	14:38	-30	<b>28:46.58</b>	ℓ	9:15.7	57.2%	18	15
M65-69	1 <b>Julio Lopez</b>	Farmers Branch	(67)	12:58	-11	<b>25:46.18</b>	ℓ	8:17.7	<b>66.3%</b>	11	11
M80-99	1 <b>Wally Capps</b>	Farmers Branch	(82)	17:08	+25	<b>34:40.18</b>	ℓ	11:09.5	<b>63.9%</b>	25	19

# 5K FEMALE

14 FEMALE Runners --- Average Time of **35:08** Avg. Age Grade: **51.6%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Patricia White	Plano	(52)	13:58	-20	27:35.37		8:52.8	62.9%	14	1
MASTERS	1 Vanessa Bogenholm	Fort Worth	(57)	13:38	+51	28:07.14		9:03.0	65.9%	16	2
SENIORS	1 Kim Andres	Irving	(70)	14:17	+67	29:39.66	☐	9:32.8	76.0%	19	4
F25-29	1 Brittany Hill	Carrollton	(27)	17:31	+145	37:27.73		12:03.5	39.5%	31	9
F30-34	1 Samantha Baron	Carrollton	(34)	13:35	+86	28:35.53		9:12.2	52.1%	17	3
F35-39	1 Emily Whitehurst	Carrollton	(37)	15:13	+49	31:16.18	⌘✓	10:03.9	48.2%	23	6
	2 Jennifer Speer	Carrollton	(36)	18:26	+153	39:24.90		12:41.2	38.1%	35	12
F40-44	1 Leah Marks	Carrollton	(42)	18:08	+304	41:20.55		13:18.4	37.6%	36	13
F50-54	1 Amie Goins	Garland	(51)	14:55	+84	31:13.47		10:03.0	54.9%	22	5
	2 Kay Scott	Bedford	(53)	18:00	+38	36:37.76		11:47.4	48.0%	30	8
	3 Lilliana Wutter	Frisco	(51)	18:45	+55	38:25.92		12:22.2	44.6%	34	11
F60-64	1 Yanira Lopez	Farmers Branch	(60)	17:52	+28	36:11.49	⌘	11:38.9	53.4%	29	7
	2 Betsy Palmer	Carrollton	(62)	18:42	+32	37:56.12		12:12.6	52.4%	33	10
F70-74	1 Carol Creech	Aubrey	(72)	23:50	+26	48:06.41		15:29.0	48.5%	38	14

# 1M MALE

13 MALE Runners --- Average Time of **8:39** Avg. Age Grade: **54.9%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Trey Backes	Dallas	(45)			6:30.37		6:30.4	62.7%	1	1
M01-09	1 Michael Gehring	Highland Village	(8)			8:23.25		8:23.3	58.4%	9	8
M40-44	1 Gabor Toth	Coppell	(42)			7:13.94		7:13.9	55.1%	3	3
	2 Balaji Ammanji Sundararaju	Coppell	(41)			9:08.55		9:08.6	43.3%	12	11
M45-49	1 Dan Gehring	Highland Village	(48)			8:28.22		8:28.2	49.3%	11	10
M50-54	1 Francisco Espinosa	Carrollton	(53)			7:43.76		7:43.8	56.2%	5	4
	2 Marcus O'con	Dallas	(52)			8:09.56		8:09.6	52.8%	8	7
M55-59	1 Doug Waters	Carrollton	(59)			7:56.16		7:56.2	57.6%	7	6
M60-64	1 John Cosentino	Plano	(61)			6:36.69		6:36.7	70.4%	2	2
	2 Jaws Hansen	Dallas	(63)			8:23.67		8:23.7	56.4%	10	9
	3 John Kramer	Plano	(61)			14:53.08		14:53.1	31.3%	16	13
M65-69	1 Julio Lopez	Farmers Branch	(67)			7:47.42		7:47.4	63.1%	6	5
M80-99	1 Wally Capps	Farmers Branch	(82)			11:10.63		11:10.6	57.0%	15	12

# 1M FEMALE

3 FEMALE Runners --- Average Time of **8:46** Avg. Age Grade: **55.5%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Blake Bruser	Highland Village	(14)			7:17.97		7:18.0	61.0%	4	1
F35-39	1 Emily Whitehurst	Carrollton	(37)			9:33.14	✓	9:33.1	45.2%	14	3
F60-64	1 Yanira Lopez	Farmers Branch	(60)			9:27.04		9:27.0	60.4%	13	2

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	6856	Trey Backes (M45)	1	M45-49	OA	---			6:30.37	✓	6:30.4	22.24	6:30.37	62.7%
2	7255	John Cosentino (M61)	2	M60-64	1st	---			6:36.69		6:36.7	22.58	6:36.69	70.4%
3	7380	Gabor Toth (M42)	3	M40-44	1st	---			7:13.94		7:13.9	24.69	7:13.94	55.1%
4	7096	Blake Bruser (F14)	1	F10-14	OA	---			7:17.97		7:18.0	24.92	7:17.97	61.0%
5	6001	Francisco Espinosa (M53)	4	M50-54	1st	---			7:43.76	✓	7:43.8	26.40	7:43.76	56.2%
6	7193	Julio Lopez (M67)	5	M65-69	1st	---			7:47.42		7:47.4	26.63	7:47.42	63.1%
7	7012	Doug Waters (M59)	6	M55-59	1st	---			7:56.16		7:56.2	27.14	7:56.16	57.6%
8	7270	Marcus O'con (M52)	7	M50-54	2nd	---			8:09.56		8:09.6	27.88	8:09.56	52.8%
9	6003	Michael Gehring (M8)	8	M01-09	1st	---			8:23.25	✓	8:23.3	28.68	8:23.25	58.4%
10	7060	Jaws Hansen (M63)	9	M60-64	2nd	---			8:23.67		8:23.7	28.68	8:23.67	56.4%
11	6002	Dan Gehring (M48)	10	M45-49	1st	---			8:28.22	✓	8:28.2	28.97	8:28.22	49.3%
12	6979	Balaji Ammanji Sundararaju (	11	M40-44	2nd	---			9:08.55		9:08.6	31.25	9:08.55	43.3%
13	7198	Yanira Lopez (F60)	2	F60-64	1st	---			9:27.04		9:27.0	32.33	9:27.04	60.4%
14	6991	Emily Whitehurst (F37)	3	F35-39	1st	---			9:33.14	✓ 1	9:33.1	32.67	9:33.14	45.2%
15	7916	Wally Capps (M82)	12	M80-99	1st	---			11:10.63		11:10.6	38.20	11:10.63	57.0%
16	7261	John Kramer (M61)	13	M60-64	3rd	---			14:53.08		14:53.1	50.92	14:53.08	31.3%

✓ 1 Club PR's

Average Finish Time: 08:40 4 First Timers

Average Age Grade: 55.0%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD	
1	7320	Grayson Klosowski (M20)	1	M20-24	OA	---	9:14	9:40	+26	18:54.14	✓	6:05.0	18.90	18:54.14	69.0%
2	6005	Jaydin Turner (M14)	2	M10-14	1st	---	9:40	10:08	+28	19:48.29	✓ 1	6:22.5	19.80	19:48.29	71.6%
3	6729	Griffin Gurley (M31)	3	M30-34	1st	0.8	10:49	11:00	+11	21:49.41		7:01.5	21.82	21:50.19	59.4%
4	6814	Bill Knox (M53)	4	M50-54	MS	---	10:49	11:17	+28	22:06.35	✓	7:06.9	22.10	22:06.35	68.4%
5	7255	John Cosentino (M61)	5	M60-64	SR	---	11:06	11:28	+22	22:33.61	⌚	7:15.7	22.55	22:33.61	71.7%
6	7270	Marcus O'con (M52)	6	M50-54	1st	2.5	12:09	11:46	-23	23:55.56	⌚	7:42.1	23.92	23:58.05	62.6%
7	6856	Trey Backes (M45)	7	M45-49	1st	1.0	11:27	12:58	+91	24:25.14	⌚	7:51.6	24.42	24:26.15	58.1%
8	7235	Yota Matsumoto (M13)	8	M10-14	2nd	1.5	12:04	13:00	+56	25:03.10		8:03.8	25.05	25:04.57	57.9%
9	6004	Guy Harris (M62)	9	M60-64	1st	5.4	12:56	12:17	-39	25:12.61	✓	8:06.9	25.20	25:18.00	64.8%
10	7234	Atsushi Matsumoto (M40)	10	M40-44	1st	1.5	12:09	13:31	+82	25:39.11		8:15.4	25.65	25:40.56	53.2%
11	7193	Julio Lopez (M67)	11	M65-69	1st	0.5	12:58	12:48	-11	25:46.18	⌚	8:17.7	25.77	25:46.72	66.3%
12	6001	Francisco Espinosa (M53)	12	M50-54	2nd	9.9	13:19	12:47	-32	26:06.11	⌚	8:24.1	26.10	26:16.03	57.9%
13	7012	Doug Waters (M59)	13	M55-59	1st	5.1	13:19	13:55	+36	27:13.55	⌚	8:45.8	27.22	27:18.65	58.4%
14	6815	Patricia White (F52)	1	F50-54	OA	2.5	13:58	13:38	-20	27:35.37	✓	8:52.8	27.58	27:37.83	62.9%
15	7192	Rob Preston (M58)	14	M55-59	2nd	3.3	13:56	13:51	-4	27:46.94		8:56.5	27.77	27:50.28	56.7%
16	6810	Vanessa Bogenholm (F57)	2	F55-59	MS	2.0	13:38	14:29	+51	28:07.14	✓	9:03.0	28.12	28:09.10	65.9%
17	6816	Samantha Baron (F34)	3	F30-34	1st	3.0	13:35	15:01	+86	28:35.53	✓	9:12.2	28.58	28:38.54	52.1%
18	7060	Jaws Hansen (M63)	15	M60-64	2nd	0.7	14:38	14:08	-30	28:46.58	⌚	9:15.7	28.77	28:47.24	57.2%
19	7040	Kim Andres (F70)	4	F70-74	SR	0.4	14:17	15:23	+67	29:39.66	□	9:32.8	29.65	29:40.10	76.0%
20	6979	Balaji Ammanji Sundararaju (	16	M40-44	2nd	8.9	14:34	15:48	+74	30:21.78	⌚	9:46.4	30.35	30:30.65	45.3%
21	7318	Mason Marks (M11)	17	M10-14	3rd	0.2	14:51	16:25	+94	31:15.93		10:03.8	31.25	31:16.15	48.9%
22	7044	Amie Goins (F51)	5	F50-54	1st	8.3	14:55	16:19	+84	31:13.47		10:03.0	31.22	31:21.80	54.9%
23	6991	Emily Whitehurst (F37)	6	F35-39	1st	7.5	15:13	16:03	+49	31:16.18	⌚ ✓ 10	10:03.9	31.27	31:23.73	48.2%
24	7466	Andrew Ngotho (M57)	18	M55-59	3rd	6.4	16:09	16:47	+39	32:56.02		10:36.0	32.93	33:02.47	47.5%
25	7916	Wally Capps (M82)	19	M80-99	1st	22.2	17:08	17:32	+25	34:40.18	⌚	11:09.5	34.67	35:02.41	63.9%
26	7050	Chris Goins (M53)	20	M50-54	3rd	7.9	16:16	19:38	+202	35:54.42		11:33.4	35.90	36:02.35	42.1%
27	7368	Alex Toth (M10)	21	M10-14	4th	2.2	17:50	18:10	+21	36:00.30		11:35.3	36.00	36:02.47	43.8%
28	7380	Gabor Toth (M42)	22	M40-44	3rd	2.5	17:48	18:13	+24	36:01.31	⌚	11:35.7	36.02	36:03.83	38.5%
29	7198	Yanira Lopez (F60)	7	F60-64	1st	19.4	17:52	18:20	+28	36:11.49	⌚	11:38.9	36.18	36:30.91	53.4%
30	7041	Kay Scott (F53)	8	F50-54	2nd	42.3	18:00	18:38	+38	36:37.76		11:47.4	36.62	37:20.01	48.0%
31	6006	Brittany Hill (F27)	9	F25-29	1st	13.7	17:31	19:56	+145	37:27.73	✓	12:03.5	37.45	37:41.41	39.5%
32	6007	Dereon Hill (M28)	23	M25-29	1st	9.3	17:37	19:56	+139	37:32.46	✓	12:05.0	37.53	37:41.79	34.4%
33	7454	Betsy Palmer (F62)	10	F60-64	2nd	16.8	18:42	19:14	+32	37:56.12		12:12.6	37.93	38:12.93	52.4%

FN\*:  Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

8/27/2023

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

△ Negative Split

 DeltaViewTiming.com

34	7530	Lilliana Wutter (F51)	11	F50-54	3rd	7.5	18:45	19:40	+55	<b>38:25.92</b>	12:22.2	38.42	38:33.43	44.6%	
35	6721	Jennifer Speer (F36)	12	F35-39	2nd	6.2	18:26	20:59	+153	<b>39:24.90</b>	12:41.2	39.40	39:31.12	38.1%	
36	7317	Leah Marks (F42)	13	F40-44	1st	3.9	18:08	23:12	+304	<b>41:20.55</b>	13:18.4	41.33	41:24.48	37.6%	
37	7529	Carlos Ordonez (M53)	24	M50-54	4th	21.7	23:03	24:08	+65	<b>47:11.14</b>	15:11.3	47.18	47:32.88	32.0%	
38	7024	Carol Creech (F72)	14	F70-74	1st	7.0	23:50	24:16	+26	<b>48:06.41</b>	15:29.0	48.10	48:13.40	48.5%	
<b>31 Positive Split</b> <b>7 Negative Split</b> ✓ <b>2 Club PR's</b>										Average Finish Time: <b>31:01</b>		<i>10 First Timers</i>		Average Age Grade: <b>54.0%</b>	

# Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	John Cosentino	M61	6:36.69	70.4%	
2	6	Julio Lopez	M67	7:47.42	63.1%	
3	1	Trey Backes	M45	6:30.37	62.7%	
4	4	Blake Bruser	F14	7:17.97	61.0%	
5	13	Yanira Lopez	F60	9:27.04	60.4%	
6	9	Michael Gehring	M8	8:23.25	58.4%	
7	7	Doug Waters	M59	7:56.16	57.6%	
8	15	Wally Capps	M82	11:10.63	57.0%	
9	10	Jaws Hansen	M63	8:23.67	56.4%	
10	5	Francisco Espinosa	M53	7:43.76	56.2%	
11	3	Gabor Toth	M42	7:13.94	55.1%	
12	8	Marcus O'con	M52	8:09.56	52.8%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	19	Kim Andres	F70	29:39.66	76.0%	
2	5	John Cosentino	M61	22:33.61	71.7%	
3	2	Jaydin Turner	M14	19:48.29	71.6%	Move UP
4	1	Grayson Klosowski	M20	18:54.14	69.0%	New
5	4	Bill Knox	M53	22:06.35	68.4%	New
6	11	Julio Lopez	M67	25:46.18	66.3%	
7	16	Vanessa Bogenholm	F57	28:07.14	65.9%	New
8	9	Guy Harris	M62	25:12.61	64.8%	
9	25	Wally Capps	M82	34:40.18	63.9%	
10	14	Patricia White	F52	27:35.37	62.9%	
11	6	Marcus O'con	M52	23:55.56	62.6%	
12	3	Griffin Gurley	M31	21:49.41	59.4%	
13	13	Doug Waters	M59	27:13.55	58.4%	
14	7	Trey Backes	M45	24:25.14	58.1%	
15	12	Francisco Espinosa	M53	26:06.11	57.9%	
16	8	Yota Matsumoto	M13	25:03.10	57.9%	
17	18	Jaws Hansen	M63	28:46.58	57.2%	
18	15	Rob Preston	M58	27:46.94	56.7%	
19	22	Amie Goins	F51	31:13.47	54.9%	
20	29	Yanira Lopez	F60	36:11.49	53.4%	
21	10	Atsushi Matsumoto	M40	25:39.11	53.2%	
22	33	Betsy Palmer	F62	37:56.12	52.4%	
23	17	Samantha Baron	F34	28:35.53	52.1%	

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