

# Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Ivan Marquez	4:42.52	Albert Marban	18:03.13	Marcus O'con	22:13.08	John Cosentino	22:21.97
Emily Whitehurst	9:38.91	Sarah Meyer	25:52.90	Amie Goins	31:48.50	Yanira Lopez	35:30.76

## 5K MALE

40 MALE Runners --- Average Time of **31:08**

Avg. Age Grade: **51.4%**

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)	8:50	+23	<b>18:03.13</b>		5:48.6	<b>71.5%</b>	1	1
<b>MASTERS</b>	1 <b>Marcus O'con</b>	Dallas	(52)	11:11	-9	<b>22:13.08</b>		7:09.1	<b>67.5%</b>	4	4
<b>SENIORS</b>	1 <b>John Cosentino</b>	Plano	(60)	11:12	-1	<b>22:21.97</b>		7:11.9	<b>71.7%</b>	5	5
<b>M10-14</b>	1 <b>Yota Matsumoto</b>	Plano	(13)	12:18	+76	<b>25:51.79</b>		8:19.5	56.1%	15	15
	2 <b>David Gehring</b>		(10)	13:46	-31	<b>26:59.94</b>		8:41.4	58.5%	21	20
	3 <b>Takumi Matsumoto</b>	Plano	(11)	14:09	+71	<b>29:28.58</b>		9:29.3	51.9%	24	23
	4 <b>Mason Marks</b>	Carrollton	(10)	17:13	+291	<b>39:16.95</b>		12:38.6	40.2%	37	31
	5 <b>Namish Ganjikutta</b>	Coppell	(11)	22:14	+94	<b>46:02.07</b>		14:49.0	33.2%	48	37
<b>M15-19</b>	1 <b>Enrique Marban</b>	Farmers Branch	(15)	12:43	-32	<b>24:54.03</b>		8:00.9	55.9%	9	9
	2 <b>Hector Barajas</b>	Fort Worth	(18)	13:07	-54	<b>25:19.58</b>		8:09.1	52.7%	11	11
	3 <b>Evans Kangethe</b>		(16)	12:37	+36	<b>25:49.85</b>		8:18.8	53.0%	13	13
	4 <b>Josue Migorda</b>		(19)	13:53	-108	<b>25:58.02</b>		8:21.5	50.7%	16	16
	5 <b>Preston Crayton</b>	Rockwall	(15)	14:22	+343	<b>34:26.01</b>		11:05.0	40.4%	30	27
<b>M20-24</b>	1 <b>Carter Melton</b>	Fort Worth	(24)	9:27	+45	<b>19:38.78</b>	✓	6:19.4	<b>65.7%</b>	2	2
	2 <b>Ivan Marquez</b>		(20)	13:54	-116	<b>25:50.51</b>		8:19.1	50.5%	14	14
<b>M30-34</b>	1 <b>Griffin Gurley</b>	Carrollton	(31)	10:09	+36	<b>20:54.20</b>		6:43.7	<b>62.0%</b>	3	3
<b>M35-39</b>	1 <b>Blair Casey</b>	Carrollton	(36)	12:08	+17	<b>24:34.16</b>		7:54.5	54.0%	6	6
<b>M40-44</b>	1 <b>Atsushi Matsumoto</b>	Plano	(40)	12:24	+14	<b>25:01.66</b>		8:03.3	54.5%	10	10
	2 <b>Balaji Ammanji Sundararaju</b>	Coppell	(41)	21:08	-278	<b>37:38.48</b>		12:06.9	36.5%	34	29
	3 <b>John Menzies</b>	Irving	(41)	18:34	+182	<b>40:08.56</b>		12:55.2	34.3%	40	33
<b>M45-49</b>	1 <b>Dan Gehring</b>		(48)	13:45	-9	<b>27:20.91</b>		8:48.2	53.1%	22	21
<b>M50-54</b>	1 <b>Paul Norris</b>	Coppell	(51)	12:10	+16	<b>24:36.08</b>		7:55.1	<b>60.4%</b>	7	7
	2 <b>Jen Evangelista</b>	Irving	(52)	13:01	+1	<b>26:02.99</b>		8:23.1	57.5%	18	17
	3 <b>Nathan Bruser</b>	Highland Village	(52)	13:52	+17	<b>28:01.38</b>		9:01.2	53.5%	41	34
	4 <b>Chris Goins</b>	Garland	(52)	16:06	+114	<b>34:06.78</b>		10:58.8	43.9%	29	26
	5 <b>Duncan Ririani</b>	Carrollton	(50)	15:32	+338	<b>36:42.96</b>		11:49.1	40.2%	33	28
	6 <b>Carlos Ordonez</b>	Carrollton	(52)	23:23	-68	<b>45:37.02</b>		14:41.0	32.9%	47	36
	7 <b>Chris Wong</b>	Arlington	(53)	26:29	-345	<b>47:13.46</b>		15:12.0	32.0%	51	39
<b>M55-59</b>	1 <b>Steve Russo</b>	Plano	(59)	12:18	+8	<b>24:44.34</b>		7:57.8	<b>64.3%</b>	8	8
	2 <b>Doug Waters</b>	Carrollton	(58)	12:52	+42	<b>26:26.90</b>		8:30.8	59.6%	20	19
	3 <b>Rob Preston</b>	Irving	(58)	13:38	+15	<b>27:29.64</b>		8:51.0	57.3%	23	22
	4 <b>Andrew Ngotho</b>	Carrollton	(56)	15:52	+33	<b>32:16.21</b>		10:23.2	48.0%	27	25
	5 <b>Peter Taurianen</b>		(58)	26:28	-345	<b>47:11.23</b>		15:11.3	33.4%	50	38
<b>M60-64</b>	1 <b>Vijayan Nair</b>	Plano	(60)	12:15	+75	<b>25:44.62</b>		8:17.2	<b>62.3%</b>	12	12
	2 <b>John Kramer</b>	Plano	(61)	27:31	+116	<b>56:58.12</b>		18:20.2	28.4%	56	40
<b>M65-69</b>	1 <b>Julio Lopez</b>	Farmers Branch	(67)	12:48	+36	<b>26:12.12</b>		8:26.0	<b>65.2%</b>	19	18
	2 <b>Ruben Arevalo</b>	Carrollton	(68)	15:12	+36	<b>30:59.36</b>		9:58.5	55.7%	25	24
	3 <b>Robert Simpson</b>	Coppell	(68)	19:17	+44	<b>39:18.54</b>		12:39.1	43.9%	38	32

M70-74	1	Peter Chan	Coppell	(70)	19:45	+25	39:54.44	12:50.7	44.2%	42	35
M80-99	1	Wally Capps	Farmers Branch	(82)	18:17	+64	37:38.13	12:06.8	58.8%	35	30

## 5K FEMALE

16 FEMALE Runners --- Average Time of **41:06** Avg. Age Grade: **43.3%** Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Sarah Meyer	Coppell	(46)	12:13	+87	25:52.90		8:19.8	62.4%	17	1
MASTERS	1 Amie Goins	Garland	(51)	15:18	+72	31:48.50		10:14.3	53.9%	26	2
SENIORS	1 Yanira Lopez	Farmers Branch	(60)	17:08	+76	35:30.76		11:25.8	54.4%	31	4
F10-14	1 Yuvathi Balaji	Coppell	(10)	23:21	+128	48:50.45		15:43.2	34.9%	53	14
	2 Atiquah Amreen Sadullah	Coppell	(14)	23:04	+193	49:20.60		15:52.9	31.8%	54	15
F15-19	1 Aqeela Afreen Sadullah	Coppell	(15)	21:58	+181	46:55.73		15:06.3	33.0%	49	12
F30-34	1 Magaly Vasquez	Irving	(30)	16:21	+176	35:38.24		11:28.2	41.5%	32	5
F35-39	1 Emily Whitehurst	Carrollton	(36)	16:02	+27	32:31.24		10:28.0	46.2%	28	3
F40-44	1 Leah Marks	Carrollton	(42)	18:23	+298	41:44.37		13:26.1	37.3%	44	9
F45-49	1 Iddah Mwaniki	Carrollton	(45)	21:51	+67	44:49.61		14:25.7	35.6%	46	11
F50-54	1 Lilliana Wutter	Frisco	(51)	19:44	+77	40:46.05		13:07.3	42.0%	43	8
	2 Debbie Riedner	Dallas	(53)	20:48	+40	42:16.59		13:36.5	41.6%	45	10
	3 Sheila Holen	Lewisville	(52)	27:06	+110	56:02.72		18:02.4	31.0%	55	16
F55-59	1 Kim Tsutsui	Arlington	(55)	19:24	+57	39:44.45		12:47.5	45.4%	39	7
F60-64	1 Betsy Palmer	Carrollton	(62)	18:22	+65	37:48.91		12:10.3	52.6%	36	6
F70-74	1 Carol Creech	Aubrey	(72)	23:56	+7	47:58.76		15:26.6	48.6%	52	13

# 1M MALE

18 MALE Runners --- Average Time of **7:37** Avg. Age Grade: **60.4%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1	Ivan Marquez	(20)			<b>4:42.52</b>	☑	4:42.5	<b>79.6%</b>	1	1
M10-14	1	Namish Ganjikunta	Coppell (11)			<b>8:55.60</b>		8:55.6	49.3%	15	15
M15-19	1	Hector Barajas	Fort Worth (18)			<b>4:44.27</b>	☑	4:44.3	<b>81.0%</b>	2	2
	2	Josue Migorda	(19)			<b>5:01.98</b>		5:02.0	<b>75.3%</b>	3	3
	3	Enrique Marban	Farmers Branch (15)			<b>5:50.62</b>		5:50.6	<b>68.5%</b>	5	5
	4	German Marban	Farmers Branch (17)			<b>6:36.40</b>		6:36.4	58.8%	7	7
M25-29	1	Albert Marban	Farmers Branch (29)			<b>5:23.62</b>		5:23.6	<b>68.8%</b>	4	4
M35-39	1	Blair Casey	Carrollton (36)			<b>7:33.51</b>		7:33.5	50.5%	10	10
M40-44	1	Balaji Ammanji Sundararaju	Coppell (41)			<b>12:14.92</b>		12:14.9	32.3%	22	18
M50-54	1	Paul Norris	Coppell (51)			<b>5:53.74</b>		5:53.7	<b>72.5%</b>	6	6
	2	Marcus O'con	Dallas (52)			<b>8:15.25</b>		8:15.3	52.2%	12	12
	3	Jen Evangelista	Irving (52)			<b>8:29.63</b>		8:29.6	50.8%	13	13
M55-59	1	Steve Russo	Plano (59)			<b>8:37.03</b>		8:37.0	53.1%	14	14
M60-64	1	Vijayan Nair	Plano (60)			<b>7:19.41</b>		7:19.4	<b>63.0%</b>	8	8
M65-69	1	Julio Lopez	Farmers Branch (67)			<b>7:29.10</b>		7:29.1	<b>65.6%</b>	9	9
	2	Ruben Arevalo	Carrollton (68)			<b>8:07.34</b>		8:07.3	<b>61.1%</b>	11	11
M70-74	1	Peter Chan	Coppell (70)			<b>10:41.19</b>		10:41.2	47.4%	18	16
M80-99	1	Wally Capps	Farmers Branch (82)			<b>11:06.64</b>		11:06.6	57.3%	19	17

# 1M FEMALE

5 FEMALE Runners --- Average Time of **11:04** Avg. Age Grade: **45.6%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1	Emily Whitehurst	Carrollton (36)			<b>9:38.91</b>		9:38.9	44.5%	16	<b>1</b>
F01-09	1	Atifa Asreen Sadullah	Coppell (9)			<b>12:12.81</b>	✓	12:12.8	40.7%	21	<b>4</b>
F10-14	1	Yuvathi Balaji	Coppell (10)			<b>11:11.46</b>	✓	11:11.5	43.2%	20	<b>3</b>
F50-54	1	Debbie Riedner	Dallas (53)			<b>12:27.45</b>		12:27.5	41.6%	23	<b>5</b>
F60-64	1	Yanira Lopez	Farmers Branch (60)			<b>9:50.59</b>		9:50.6	58.0%	17	<b>2</b>

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	6725 Ivan Marquez (M20)	1	M20-24	OA	---				4:42.52	☑ 1	4:42.5	16.08	4:42.52	79.6%
2	6726 Hector Barajas (M18)	2	M15-19	1st	---				4:44.27	☑ 1	4:44.3	16.19	4:44.27	81.0%
3	6007 Josue Migorda (M19)	3	M15-19	2nd	---				5:01.98	✗	5:02.0	17.16	5:01.98	75.3%
4	7493 Albert Marban (M29)	4	M25-29	1st	---				5:23.62		5:23.6	18.42	5:23.62	68.8%
5	6996 Enrique Marban (M15)	5	M15-19	3rd	---				5:50.62		5:50.6	19.96	5:50.62	68.5%
6	7577 Paul Norris (M51)	6	M50-54	1st	---				5:53.74	✗	5:53.7	20.13	5:53.74	72.5%
7	6994 German Marban (M17)	7	M15-19	4th	---				6:36.40		6:36.4	22.58	6:36.40	58.8%
8	7117 Vijayan Nair (M60)	8	M60-64	1st	---				7:19.41		7:19.4	25.03	7:19.41	63.0%
9	7193 Julio Lopez (M67)	9	M65-69	1st	---				7:29.10		7:29.1	25.60	7:29.10	65.6%
10	7011 Blair Casey (M36)	10	M35-39	1st	---				7:33.51		7:33.5	25.83	7:33.51	50.5%
11	7155 Ruben Arevalo (M68)	11	M65-69	2nd	---				8:07.34		8:07.3	27.77	8:07.34	61.1%
12	7270 Marcus O'con (M52)	12	M50-54	2nd	---				8:15.25		8:15.3	28.22	8:15.25	52.2%
13	7343 Jen Evangelista (M52)	13	M50-54	3rd	---				8:29.63		8:29.6	29.02	8:29.63	50.8%
14	7405 Steve Russo (M59)	14	M55-59	1st	---				8:37.03		8:37.0	29.48	8:37.03	53.1%
15	6988 Namish Ganjikunta (M11)	15	M10-14	1st	---				8:55.60	✗	8:55.6	30.50	8:55.60	49.3%
16	7586 Emily Whitehurst (F36)	1	F35-39	OA	---				9:38.91	✗	9:38.9	32.96	9:38.91	44.5%
17	7198 Yanira Lopez (F60)	2	F60-64	1st	---				9:50.59		9:50.6	33.64	9:50.59	58.0%
18	7153 Peter Chan (M70)	16	M70-74	1st	---				10:41.19		10:41.2	36.55	10:41.19	47.4%
19	7916 Wally Capps (M82)	17	M80-99	1st	---				11:06.64		11:06.6	37.97	11:06.64	57.3%
20	6980 Yuvathi Balaji (F10)	3	F10-14	1st	---				11:11.46	✓ 2	11:11.5	38.26	11:11.46	43.2%
21	6761 Atifa Asreen Sadullah (F9)	4	F01-09	1st	---				12:12.81	✓ 4	12:12.8	41.74	12:12.81	40.7%
22	6979 Balaji Ammanji Sundararaju (	18	M40-44	1st	---				12:14.92		12:14.9	41.85	12:14.92	32.3%
23	7121 Debbie Riedner (F53)	5	F50-54	1st	---				12:27.45		12:27.5	42.59	12:27.45	41.6%

✓ 4 Club PR's

Average Finish Time: 08:21 *4 First Timers*

Average Age Grade: 57.2%

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	0.1	8:50	9:13	+23	18:03.13		5:48.6	18.05	18:03.21	71.5%
2	6712 Carter Melton (M24)	2	M20-24	1st	---	9:27	10:12	+45	19:38.78	✓ 1	6:19.4	19.63	19:38.77	65.7%
3	6729 Griffin Gurley (M31)	3	M30-34	1st	1.0	10:09	10:45	+36	20:54.20	✗	6:43.7	20.90	20:55.19	62.0%
4	7270 Marcus O'con (M52)	4	M50-54	MS	3.0	11:11	11:02	-9	22:13.08		7:09.1	22.22	22:16.07	67.5%
5	7255 John Cosentino (M60)	5	M60-64	SR	3.5	11:12	11:10	-1	22:21.97		7:11.9	22.35	22:25.45	71.7%
6	7011 Blair Casey (M36)	6	M35-39	1st	2.5	12:08	12:26	+17	24:34.16		7:54.5	24.57	24:36.65	54.0%
7	7577 Paul Norris (M51)	7	M50-54	1st	1.0	12:10	12:26	+16	24:36.08	✗	7:55.1	24.60	24:37.07	60.4%
8	7405 Steve Russo (M59)	8	M55-59	1st	4.0	12:18	12:26	+8	24:44.34		7:57.8	24.73	24:48.33	64.3%
9	6996 Enrique Marban (M15)	9	M15-19	1st	1.0	12:43	12:11	-32	24:54.03		8:00.9	24.90	24:55.02	55.9%
10	7234 Atsushi Matsumoto (M40)	10	M40-44	1st	3.0	12:24	12:38	+14	25:01.66		8:03.3	25.02	25:04.64	54.5%
11	6726 Hector Barajas (M18)	11	M15-19	2nd	2.0	13:07	12:13	-54	25:19.58		8:09.1	25.32	25:21.56	52.7%
12	7117 Vijayan Nair (M60)	12	M60-64	1st	---	12:15	13:30	+75	25:44.62		8:17.2	25.73	25:44.62	62.3%
13	6012 Evans Kangethe (M16)	13	M15-19	3rd	2.0	12:37	13:13	+36	25:49.85	✗	8:18.8	25.82	25:51.83	53.0%
14	6725 Ivan Marquez (M20)	14	M20-24	2nd	1.5	13:54	11:57	-116	25:50.51		8:19.1	25.83	25:52.00	50.5%
15	7235 Yota Matsumoto (M13)	15	M10-14	1st	3.0	12:18	13:34	+76	25:51.79		8:19.5	25.85	25:54.78	56.1%
16	6007 Josue Migorda (M19)	16	M15-19	4th	2.0	13:53	12:05	-108	25:58.02	✗	8:21.5	25.97	26:00.01	50.7%
17	7407 Sarah Meyer (F46)	1	F45-49	OA	8.0	12:13	13:40	+87	25:52.90		8:19.8	25.87	26:00.88	62.4%
18	7343 Jen Evangelista (M52)	17	M50-54	2nd	5.0	13:01	13:02	+1	26:02.99		8:23.1	26.03	26:07.97	57.5%
19	7193 Julio Lopez (M67)	18	M65-69	1st	1.0	12:48	13:24	+36	26:12.12		8:26.0	26.20	26:13.10	65.2%
20	7012 Doug Waters (M58)	19	M55-59	2nd	14.7	12:52	13:35	+42	26:26.90		8:30.8	26.43	26:41.64	59.6%
21	6011 David Gehring (M10)	20	M10-14	2nd	8.5	13:46	13:14	-31	26:59.94	✗	8:41.4	26.98	27:08.42	58.5%
22	6009 Dan Gehring (M48)	21	M45-49	1st	9.0	13:45	13:36	-9	27:20.91	✗	8:48.2	27.33	27:29.89	53.1%
23	7192 Rob Preston (M58)	22	M55-59	3rd	6.5	13:38	13:52	+15	27:29.64		8:51.0	27.48	27:36.13	57.3%
24	7236 Takumi Matsumoto (M11)	23	M10-14	3rd	3.0	14:09	15:20	+71	29:28.58		9:29.3	29.47	29:31.57	51.9%
25	7155 Ruben Arevalo (M68)	24	M65-69	2nd	0.1	15:12	15:47	+36	30:59.36		9:58.5	30.98	30:59.45	55.7%
26	7044 Amie Goins (F51)	2	F50-54	MS	8.5	15:18	16:30	+72	31:48.50		10:14.3	31.80	31:56.99	53.9%

FN\*:  Broke Age-Group Record

**GD** Place among Females

▲ Positive Split

Timing provided by:

6/25/2023

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

▲ Negative Split

 DeltaViewTiming.com

27	7466	Andrew Ngotho (M56)	25	M55-59	4th	13.4	15:52	16:25	+33	<b>32:16.21</b>	10:23.2	32.27	32:29.61	48.0%
28	7586	Emily Whitehurst (F36)	3	F35-39	1st	8.0	16:02	16:29	+27	<b>32:31.24</b>	10:28.0	32.52	32:39.22	46.2%
29	7050	Chris Goins (M52)	26	M50-54	4th	8.5	16:06	18:00	+114	<b>34:06.78</b>	10:58.8	34.10	34:15.27	43.9%
30	6632	Preston Crayton (M15)	27	M15-19	5th	1.5	14:22	20:05	+343	<b>34:26.01</b>	⌘ 11:05.0	34.43	34:27.50	40.4%
31	7198	Yanira Lopez (F60)	4	F60-64	SR	8.5	17:08	18:23	+76	<b>35:30.76</b>	11:25.8	35.50	35:39.25	54.4%
32	6730	Magaly Vasquez (F30)	5	F30-34	1st	6.0	16:21	19:17	+176	<b>35:38.24</b>	⌘ 11:28.2	35.63	35:44.22	41.5%
33	6639	Duncan Ririani (M50)	28	M50-54	5th	14.6	15:32	21:11	+338	<b>36:42.96</b>	⌘ 11:49.1	36.70	36:57.58	40.2%
34	6979	Balaji Ammanji Sundararaju (	29	M40-44	2nd	1.0	21:08	16:30	-278	<b>37:38.48</b>	12:06.9	37.63	37:39.47	36.5%
35	7916	Wally Capps (M82)	30	M80-99	1st	13.1	18:17	19:21	+64	<b>37:38.13</b>	12:06.8	37.63	37:51.26	58.8%
36	7454	Betsy Palmer (F62)	6	F60-64	1st	23.2	18:22	19:27	+65	<b>37:48.91</b>	12:10.3	37.80	38:12.10	52.6%
37	7318	Mason Marks (M10)	31	M10-14	4th	1.0	17:13	22:04	+291	<b>39:16.95</b>	12:38.6	39.27	39:17.94	40.2%
38	7106	Robert Simpson (M68)	32	M65-69	3rd	20.8	19:17	20:01	+44	<b>39:18.54</b>	12:39.1	39.30	39:39.32	43.9%
39	7109	Kim Tsutsui (F55)	7	F55-59	1st	17.1	19:24	20:21	+57	<b>39:44.45</b>	12:47.5	39.73	40:01.51	45.4%
40	6727	John Menzies (M41)	33	M40-44	3rd	6.5	18:34	21:35	+182	<b>40:08.56</b>	⌘ 12:55.2	40.13	40:15.04	34.3%
41	7097	Nathan Bruser (M52)	34	M50-54	3rd	740.7	13:52	14:09	+17	<b>28:01.38</b>	9:01.2	28.02	40:22.13	53.5%
42	7153	Peter Chan (M70)	35	M70-74	1st	33.3	19:45	20:10	+25	<b>39:54.44</b>	12:50.7	39.90	40:27.73	44.2%
43	7530	Lilliana Wutter (F51)	8	F50-54	1st	8.5	19:44	21:02	+77	<b>40:46.05</b>	13:07.3	40.77	40:54.54	42.0%
44	7317	Leah Marks (F42)	9	F40-44	1st	8.0	18:23	23:21	+298	<b>41:44.37</b>	13:26.1	41.73	41:52.35	37.3%
45	7121	Debbie Riedner (F53)	10	F50-54	2nd	11.5	20:48	21:28	+40	<b>42:16.59</b>	13:36.5	42.27	42:28.10	41.6%
46	6635	Iddah Mwaniki (F45)	11	F45-49	1st	12.9	21:51	22:58	+67	<b>44:49.61</b>	⌘ 14:25.7	44.82	45:02.48	35.6%
47	7529	Carlos Ordenez (M52)	36	M50-54	6th	16.4	23:23	22:14	-68	<b>45:37.02</b>	14:41.0	45.62	45:53.39	32.9%
48	6988	Namish Ganjikunta (M11)	37	M10-14	5th	--	22:14	23:48	+94	<b>46:02.07</b>	14:49.0	46.03	46:02.07	33.2%
49	6759	Aqeela Afreen Sadullah (F15)	12	F15-19	1st	0.5	21:58	24:58	+181	<b>46:55.73</b>	15:06.3	46.92	46:56.21	33.0%
50	6008	Peter Taurianen (M58)	38	M55-59	5th	19.8	26:28	20:43	-345	<b>47:11.23</b>	⌘ 15:11.3	47.18	47:30.99	33.4%
51	7223	Chris Wong (M53)	39	M50-54	7th	18.7	26:29	20:44	-345	<b>47:13.46</b>	15:12.0	47.22	47:32.17	32.0%
52	7024	Carol Creech (F72)	13	F70-74	1st	8.0	23:56	24:03	+7	<b>47:58.76</b>	15:26.6	47.97	48:06.75	48.6%
53	6980	Yuvathi Balaji (F10)	14	F10-14	1st	1.0	23:21	25:29	+128	<b>48:50.45</b>	15:43.2	48.83	48:51.43	34.9%
54	6760	Atiquah Amreen Sadullah (F1	15	F10-14	2nd	1.0	23:04	26:17	+193	<b>49:20.60</b>	15:52.9	49.33	49:21.59	31.8%
55	7246	Sheila Holen (F52)	16	F50-54	3rd	19.8	27:06	28:57	+110	<b>56:02.72</b>	18:02.4	56.03	56:22.55	31.0%
56	7261	John Kramer (M61)	40	M60-64	2nd	1584.7	27:31	29:27	+116	<b>56:58.12</b>	18:20.2	56.97	1:23:22.79	28.4%

44 Positive Split

12 Negative Split

✓ 1 Club PR's

Average Finish Time: 33:58 12 First Timers

Average Age Grade: 49.1%

FN\*:  Broke Age-Group Record

GD Place among Females

Positive Split

Timing provided by:

6/25/2023

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

Negative Split



DeltaViewTiming.com