

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Albert Marban	5:19.59	Albert Marban	17:38.14	Vijayan Nair	24:47.00	Julio Lopez	26:05.13
Blake Bruser	8:16.19	Anya Raju	26:33.20	Sarah Meyer	26:47.29	Yanira Lopez	34:05.37

5K MALE

33 MALE Runners --- Average Time of **29:14**

Avg. Age Grade: **53.3%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Albert Marban	Farmers Branch	(30)	8:49	+0	17:38.14	ML	5:40.6	73.3%	1	1
MASTERS	1 Vijayan Nair	Plano	(61)	12:10	+27	24:47.00	ML	7:58.6	65.3%	9	9
SENIORS	1 Julio Lopez	Farmers Branch	(68)	13:05	-6	26:05.13	ML	8:23.8	66.1%	11	11
M01-09	1 David Gehring	Highland Village	(8)	13:06	+35	26:47.92	✓	8:37.5	63.5%	16	15
M10-14	1 Jaydin Turner	Carrollton	(14)	9:37	+86	20:40.05	ML	6:39.1	68.7%	5	5
	2 Itsuki Pena	Coppell	(14)	10:37	+66	22:19.01		7:11.0	63.6%	6	6
	3 Aaron Ng		(13)	12:09	+111	26:08.68		8:24.9	55.5%	12	12
	4 Leonardo McCullogh	Carrollton	(14)	14:28	+45	29:41.54		9:33.4	47.8%	20	18
	5 Hiroki Pena	Coppell	(10)	14:28	+53	29:49.58		9:36.0	52.9%	21	19
	6 Yogo Otowa	Frisco	(11)	15:05	+100	31:51.31		10:15.2	48.0%	25	21
	7 Alex Toth	Coppell	(10)	17:15	+55	35:25.57		11:24.2	44.6%	34	26
	8 Noah Williams		(13)	14:27	+466	36:40.25		11:48.2	39.6%	38	29
M15-19	1 Steven Aguilar		(18)	9:53	+6	19:52.29		6:23.8	67.1%	4	4
	2 Evans Kangethe		(17)	11:13	+60	23:26.52	✓	7:32.7	57.6%	8	8
M20-24	1 Chris Shirk		(24)	8:49	+14	17:51.75		5:45.0	72.2%	2	2
	2 Carter Melton	Fort Worth	(24)	8:57	+31	18:24.58	✓	5:55.5	70.1%	3	3
	3 Siddharth Kaju	Frisco	(20)	12:33	+71	26:16.68		8:27.5	49.6%	13	13
M25-29	1 Hriday Kaju	Frisco	(26)	10:34	+84	22:31.46		7:15.0	57.3%	7	7
M35-39	1 John Canine	Coppell	(39)	15:32	+123	33:07.56		10:39.7	40.9%	29	24
M40-44	1 Goki Otowa	Frisco	(40)	14:01	-8	27:54.51		8:59.0	48.9%	18	16
	2 Simon Rose	Carrollton	(41)	14:00	+27	28:26.36	ML✓	9:09.2	48.4%	19	17
	3 Gabor Toth	Coppell	(43)	17:12	+61	35:25.61		11:24.2	39.4%	35	27
M45-49	1 Oswaldo Aguilar		(47)	15:06	+119	32:10.83		10:21.5	44.7%	26	22
	2 Soo Han	The Colony	(45)	22:46	-32	44:59.58		14:28.9	31.5%	43	31
M50-54	1 Marcus O'con	Dallas	(53)	13:19	-44	25:53.82	ML	8:20.1	58.4%	10	10
	2 Chris Goins	Garland	(53)	15:08	+128	32:24.13		10:25.8	46.6%	27	23
	3 Nathan Bruser	Carrollton	(52)	16:47	+88	35:01.98		11:16.6	42.8%	37	28
M55-59	1 Ruben Saguil	Carrollton	(58)	14:31	+94	30:36.26		9:51.0	51.5%	47	33
	2 Andrew Ngotho	Carrollton	(57)	15:14	+9	30:36.68	ML✓	9:51.2	51.1%	23	20
M60-64	1 Steve Russo	Plano	(60)	12:03	+26	24:31.70	ML	7:53.7	65.4%	15	14
	2 John Kramer	Plano	(61)	28:04	-35	55:32.75	ML	17:52.7	29.1%	46	32
M65-69	1 Ruben Reyes	Carrollton	(67)	16:54	-6	33:41.87	ML	10:50.8	50.7%	33	25
	2 Robert Simpson	Coppell	(68)	18:28	+74	38:10.58		12:17.3	45.2%	39	30

5K FEMALE

14 FEMALE Runners --- Average Time of **36:09** Avg. Age Grade: **47.8%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Anya Raju	Frisco	(17)	12:53	+48	26:33.20		8:32.8	56.9%	14	1
MASTERS	1 Sarah Meyer	Coppell	(47)	13:05	+37	26:47.29		8:37.3	60.9%	17	2
SENIORS	1 Yanira Lopez	Farmers Branch	(60)	16:51	+23	34:05.37	M	10:58.3	56.7%	31	7
F10-14	1 Julia Otowa	Frisco	(13)	18:41	+247	41:29.55		13:21.3	38.5%	40	10
F15-19	1 Puja Raju	Frisco	(15)	19:37	+137	41:31.18		13:21.8	37.3%	42	12
F20-24	1 Harika Kondur	Frisco	(20)	17:01	+85	35:27.63		11:24.8	41.8%	36	9
F30-34	1 Sanghee Eum	Dallas	(31)	16:18	+29	33:05.42		10:39.0	44.8%	28	5
F35-39	1 Emily Whitehurst	Carrollton	(37)	14:54	+34	30:21.42	M✓	9:46.3	49.7%	22	3
F40-44	1 Yuki Hayashi	Coppell	(44)	17:19	-5	34:33.17		11:07.3	45.8%	32	8
	2 Nao Otowa		(42)	18:40	+250	41:29.00		13:21.1	37.5%	41	11
F50-54	1 Amie Goins	Garland	(52)	15:13	+48	31:12.69		10:02.8	55.6%	24	4
	2 Debbie Riedner	Dallas	(54)	16:42	+35	33:59.49	M	10:56.4	52.4%	30	6
F60-64	1 Betsy Palmer	Carrollton	(62)	24:46	+28	50:00.01		16:05.6	39.8%	45	14
F70-74	1 Carol Creech	Aubrey	(72)	22:57	-19	45:34.58		14:40.2	51.1%	44	13

1M MALE

14 MALE Runners --- Average Time of **8:30** Avg. Age Grade: **54.3%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Albert Marban	Farmers Branch	(30)			5:19.59		5:19.6	69.8%	1	1
M01-09	1 Michael Gehring	Highland Village	(8)			8:32.29		8:32.3	57.3%	8	7
M10-14	1 Jaydin Turner	Carrollton	(14)			5:27.73	✓	5:27.7	74.7%	2	2
M15-19	1 Enrique Marban	Farmers Branch	(16)			6:22.99		6:23.0	61.7%	3	3
	2 Charlie Meyer	Coppell	(15)			7:18.34		7:18.3	54.8%	4	4
M40-44	1 Simon Rose	Carrollton	(41)			8:44.65		8:44.7	45.2%	9	8
M45-49	1 Dan Gehring	Highland Village	(48)			9:33.40		9:33.4	43.7%	15	12
M50-54	1 Marcus O'con	Dallas	(53)			9:24.68		9:24.7	46.2%	14	11
M55-59	1 Andrew Ngotho	Carrollton	(57)			9:18.51		9:18.5	48.3%	12	9
M60-64	1 Vijayan Nair	Plano	(61)			7:31.00		7:31.0	61.9%	5	5
	2 Steve Russo	Plano	(60)			9:18.91		9:18.9	49.5%	13	10
	3 John Kramer	Plano	(61)			14:49.30		14:49.3	31.4%	19	14
M65-69	1 Julio Lopez	Farmers Branch	(68)			7:37.24		7:37.2	65.1%	6	6
	2 Ruben Reyes	Carrollton	(67)			9:43.83		9:43.8	50.5%	16	13

1M FEMALE

6 FEMALE Runners --- Average Time of **10:46** Avg. Age Grade: **51.6%**

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	Place in OA	GD
OVERALL	1 Blake Bruser	Carrollton	(14)			8:16.19		8:16.2	53.8%	7	1
F35-39	1 Emily Whitehurst	Carrollton	(37)			9:09.09	✓	9:09.1	47.2%	10	2
F50-54	1 Debbie Riedner	Dallas	(54)			9:55.65		9:55.7	52.9%	17	4
	2 Sheila Holen	Lewisville	(52)			17:29.12		17:29.1	29.2%	20	6
F60-64	1 Yanira Lopez	Farmers Branch	(60)			10:29.74		10:29.7	54.4%	18	5
F70-74	1 Kim Andres	Irving	(70)			9:16.38		9:16.4	72.1%	11	3

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	6999 Albert Marban (M30)	1	M30-34	OA	---				5:19.59		5:19.6	18.19	5:19.59	69.8%
2	6710 Jaydin Turner (M14)	2	M10-14	1st	---				5:27.73	✓ 2	5:27.7	18.65	5:27.73	74.7%
3	7495 Enrique Marban (M16)	3	M15-19	1st	---				6:22.99		6:23.0	21.78	6:22.99	61.7%
4	6006 Charlie Meyer (M15)	4	M15-19	2nd	---				7:18.34		7:18.3	24.97	7:18.34	54.8%
5	7117 Vijayan Nair (M61)	5	M60-64	1st	---				7:31.00		7:31.0	25.72	7:31.00	61.9%
6	7193 Julio Lopez (M68)	6	M65-69	1st	---				7:37.24		7:37.2	26.06	7:37.24	65.1%
7	7096 Blake Bruser (F14)	1	F10-14	OA	---				8:16.19		8:16.2	28.28	8:16.19	53.8%
8	6004 Michael Gehring (M8)	7	M01-09	1st	---				8:32.29		8:32.3	29.19	8:32.29	57.3%
9	6652 Simon Rose (M41)	8	M40-44	1st	---				8:44.65	✗	8:44.7	29.88	8:44.65	45.2%
10	7586 Emily Whitehurst (F37)	2	F35-39	1st	---				9:09.09	✓ 4	9:09.1	31.30	9:09.09	47.2%
11	7040 Kim Andres (F70)	3	F70-74	1st	---				9:16.38		9:16.4	31.70	9:16.38	72.1%
12	7466 Andrew Ngotho (M57)	9	M55-59	1st	---				9:18.51		9:18.5	31.82	9:18.51	48.3%
13	7405 Steve Russo (M60)	10	M60-64	2nd	---				9:18.91		9:18.9	31.82	9:18.91	49.5%
14	7270 Marcus O'con (M53)	11	M50-54	1st	---				9:24.68		9:24.7	32.16	9:24.68	46.2%
15	6001 Dan Gehring (M48)	12	M45-49	1st	---				9:33.40		9:33.4	32.67	9:33.40	43.7%
16	7283 Ruben Reyes (M67)	13	M65-69	2nd	---				9:43.83		9:43.8	33.24	9:43.83	50.5%
17	7121 Debbie Riedner (F54)	4	F50-54	1st	---				9:55.65		9:55.7	33.93	9:55.65	52.9%
18	7198 Yanira Lopez (F60)	5	F60-64	1st	---				10:29.74		10:29.7	35.86	10:29.74	54.4%
19	7261 John Kramer (M61)	14	M60-64	3rd	---				14:49.30		14:49.3	50.69	14:49.30	31.4%
20	7246 Sheila Holen (F52)	6	F50-54	2nd	---				17:29.12		17:29.1	59.81	17:29.12	29.2%

✓ 2 Club PR's Average Finish Time: 09:10 1 First Timers Average Age Grade: 53.5%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	6999 Albert Marban (M30)	1	M30-34	OA	0.1	8:49	8:49	+0	17:38.14	ℓ	5:40.6	17.63	17:38.20	73.3%
2	6998 Chris Shirk (M24)	2	M20-24	1st	0.1	8:49	9:03	+14	17:51.75		5:45.0	17.85	17:51.86	72.2%
3	6712 Carter Melton (M24)	3	M20-24	2nd	1.4	8:57	9:28	+31	18:24.58	✓ 2	5:55.5	18.40	18:25.99	70.1%
4	6014 Steven Aguilar (M18)	4	M15-19	1st	---	9:53	9:59	+6	19:52.29	✗	6:23.8	19.87	19:52.29	67.1%
5	6710 Jaydin Turner (M14)	5	M10-14	1st	0.1	9:37	11:03	+86	20:40.05	ℓ	6:39.1	20.67	20:40.15	68.7%
6	6738 Itsuki Pena (M14)	6	M10-14	2nd	1.3	10:37	11:42	+66	22:19.01	✗	7:11.0	22.32	22:20.33	63.6%
7	6868 Hriday Kaju (M26)	7	M25-29	1st	2.2	10:34	11:58	+84	22:31.46	✗	7:15.0	22.52	22:33.63	57.3%
8	6016 Evans Kangethe (M17)	8	M15-19	2nd	0.7	11:13	12:13	+60	23:26.52	✓ 2	7:32.7	23.43	23:27.21	57.6%
9	7117 Vijayan Nair (M61)	9	M60-64	MS	---	12:10	12:37	+27	24:47.00	ℓ	7:58.6	24.78	24:47.00	65.3%
10	7270 Marcus O'con (M53)	10	M50-54	1st	3.0	13:19	12:35	-44	25:53.82	ℓ	8:20.1	25.88	25:56.83	58.4%
11	7193 Julio Lopez (M68)	11	M65-69	SR	1.5	13:05	13:00	-6	26:05.13	ℓ	8:23.8	26.08	26:06.63	66.1%
12	6012 Aaron Ng (M13)	12	M10-14	3rd	2.0	12:09	14:00	+111	26:08.68	✗	8:24.9	26.13	26:10.64	55.5%
13	6870 Siddharth Kaju (M20)	13	M20-24	3rd	2.0	12:33	13:44	+71	26:16.68	✗	8:27.5	26.27	26:18.68	49.6%
14	6872 Anya Raju (F17)	1	F15-19	OA	3.3	12:53	13:41	+48	26:33.20	✗	8:32.8	26.55	26:36.50	56.9%
15	7405 Steve Russo (M60)	14	M60-64	1st	139.2	12:03	12:29	+26	24:31.70	ℓ	7:53.7	24.52	26:50.92	65.4%
16	6003 David Gehring (M8)	15	M01-09	1st	4.5	13:06	13:41	+35	26:47.92	✓ 2	8:37.5	26.78	26:52.41	63.5%
17	6005 Sarah Meyer (F47)	2	F45-49	MS	5.7	13:05	13:42	+37	26:47.29		8:37.3	26.78	26:53.00	60.9%
18	6009 Goki Otowa (M40)	16	M40-44	1st	2.9	14:01	13:53	-8	27:54.51	✗	8:59.0	27.90	27:57.41	48.9%
19	6652 Simon Rose (M41)	17	M40-44	2nd	1.3	14:00	14:27	+27	28:26.36	ℓ ✓ 5	9:09.2	28.43	28:27.67	48.4%
20	6755 Leonardo McCullogh (M14)	18	M10-14	4th	1.7	14:28	15:13	+45	29:41.54	✗	9:33.4	29.68	29:43.20	47.8%
21	6739 Hiroki Pena (M10)	19	M10-14	5th	1.6	14:28	15:21	+53	29:49.58	✗	9:36.0	29.82	29:51.16	52.9%
22	7586 Emily Whitehurst (F37)	3	F35-39	1st	2.3	14:54	15:28	+34	30:21.42	ℓ ✓ 13	9:46.3	30.35	30:23.70	49.7%
23	7466 Andrew Ngotho (M57)	20	M55-59	2nd	4.9	15:14	15:23	+9	30:36.68	ℓ ✓ 8	9:51.2	30.60	30:41.58	51.1%
24	7044 Amie Goins (F52)	4	F50-54	1st	5.4	15:13	16:00	+48	31:12.69		10:02.8	31.20	31:18.09	55.6%
25	6011 Yogo Otowa (M11)	21	M10-14	6th	2.5	15:05	16:46	+100	31:51.31	✗	10:15.2	31.85	31:53.82	48.0%
26	6015 Oswaldo Aguilar (M47)	22	M45-49	1st	---	15:06	17:05	+119	32:10.83	✗	10:21.5	32.17	32:10.83	44.7%
27	7050 Chris Goins (M53)	23	M50-54	2nd	6.1	15:08	17:16	+128	32:24.13		10:25.8	32.40	32:30.27	46.6%
28	6833 Sanghee Eum (F31)	5	F30-34	1st	6.5	16:18	16:47	+28	33:05.42	✗	10:39.0	33.08	33:11.94	44.8%
29	6716 John Canine (M39)	24	M35-39	1st	4.7	15:32	17:35	+123	33:07.56	✗	10:39.7	33.12	33:12.28	40.9%

30	7121	Debbie Riedner (F54)	6	F50-54	2nd	6.7	16:42	17:17	+35	33:59.49	⌒	10:56.4	33.98	34:06.15	52.4%
31	7198	Yanira Lopez (F60)	7	F60-64	SR	12.6	16:51	17:14	+23	34:05.37	⌒	10:58.3	34.08	34:17.99	56.7%
32	6754	Yuki Hayashi (F44)	8	F40-44	1st	2.7	17:19	17:14	-5	34:33.17	⌒	11:07.3	34.55	34:35.84	45.8%
33	7283	Ruben Reyes (M67)	25	M65-69	1st	78.9	16:54	16:48	-6	33:41.87	⌒	10:50.8	33.68	35:00.74	50.7%
34	7368	Alex Toth (M10)	26	M10-14	7th	3.5	17:15	18:10	+55	35:25.57	⌒	11:24.2	35.42	35:29.08	44.6%
35	7380	Gabor Toth (M43)	27	M40-44	3rd	3.7	17:12	18:13	+61	35:25.61	⌒	11:24.2	35.42	35:29.32	39.4%
36	6871	Harika Kondur (F20)	9	F20-24	1st	3.5	17:01	18:26	+85	35:27.63	⌒	11:24.8	35.45	35:31.14	41.8%
37	7097	Nathan Bruser (M52)	28	M50-54	3rd	29.2	16:47	18:15	+88	35:01.98	⌒	11:16.6	35.02	35:31.17	42.8%
38	6013	Noah Williams (M13)	29	M10-14	8th	1.7	14:27	22:13	+466	36:40.25	⌒	11:48.2	36.67	36:41.96	39.6%
39	7106	Robert Simpson (M68)	30	M65-69	2nd	8.8	18:28	19:42	+74	38:10.58	⌒	12:17.3	38.17	38:19.38	45.2%
40	6010	Julia Otowa (F13)	10	F10-14	1st	2.9	18:41	22:48	+247	41:29.55	⌒	13:21.3	41.48	41:32.48	38.5%
41	6862	Nao Otowa (F42)	11	F40-44	2nd	3.5	18:40	22:50	+250	41:29.00	⌒	13:21.1	41.48	41:32.49	37.5%
42	6873	Puja Raju (F15)	12	F15-19	1st	3.0	19:37	21:54	+137	41:31.18	⌒	13:21.8	41.52	41:34.16	37.3%
43	6737	Soo Han (M45)	31	M45-49	2nd	---	22:46	22:14	-32	44:59.58	⌒	14:28.9	44.98	44:59.58	31.5%
44	7024	Carol Creech (F72)	13	F70-74	1st	6.3	22:57	22:38	-19	45:34.58	⌒	14:40.2	45.57	45:40.90	51.1%
45	7454	Betsy Palmer (F62)	14	F60-64	1st	16.1	24:46	25:14	+28	50:00.01	⌒	16:05.6	50.00	50:16.10	39.8%
46	7261	John Kramer (M61)	32	M60-64	2nd	429.3	28:04	27:29	-35	55:32.75	⌒	17:52.7	55.531	02:42.06	29.1%
47	6992	Ruben Saguil (M58)	33	M55-59	1st	4298.6	14:31	16:05	+94	30:36.26	⌒	9:51.0	30.601	42:14.91	51.5%
39 Positive Split 8 Negative Split ✓ 6 Club PR's											Average Finish Time: 31:17 <u>20 First Timers</u> Average Age Grade: 51.6%				

Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Jaydin Turner	M14	5:27.73	74.7%	Move UP
2	11	Kim Andres	F70	9:16.38	72.1%	
3	1	Albert Marban	M30	5:19.59	69.8%	
4	6	Julio Lopez	M68	7:37.24	65.1%	
5	5	Vijayan Nair	M61	7:31.00	61.9%	
6	3	Enrique Marban	M16	6:22.99	61.7%	
7	8	Michael Gehring	M8	8:32.29	57.3%	
8	4	Charlie Meyer	M15	7:18.34	54.8%	
9	18	Yanira Lopez	F60	10:29.74	54.4%	
10	7	Blake Bruser	F14	8:16.19	53.8%	
11	17	Debbie Riedner	F54	9:55.65	52.9%	
12	16	Ruben Reyes	M67	9:43.83	50.5%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Albert Marban	M30	17:38.14	73.3%	
2	2	Chris Shirk	M24	17:51.75	72.2%	
3	3	Carter Melton	M24	18:24.58	70.1%	Move UP
4	5	Jaydin Turner	M14	20:40.05	68.7%	
5	4	Steven Aguilar	M18	19:52.29	67.1%	New
6	11	Julio Lopez	M68	26:05.13	66.1%	
7	15	Steve Russo	M60	24:31.70	65.4%	
8	9	Vijayan Nair	M61	24:47.00	65.3%	
9	6	Itsuki Pena	M14	22:19.01	63.6%	
10	16	David Gehring	M8	26:47.92	63.5%	
11	17	Sarah Meyer	F47	26:47.29	60.9%	
12	10	Marcus O'con	M53	25:53.82	58.4%	
13	8	Evans Kangethe	M17	23:26.52	57.6%	
14	7	Hriday Kaju	M26	22:31.46	57.3%	
15	14	Anya Raju	F17	26:33.20	56.9%	
16	31	Yanira Lopez	F60	34:05.37	56.7%	
17	24	Amie Goins	F52	31:12.69	55.6%	
18	12	Aaron Ng	M13	26:08.68	55.5%	
19	21	Hiroki Pena	M10	29:49.58	52.9%	
20	30	Debbie Riedner	F54	33:59.49	52.4%	
21	47	Ruben Saquil	M58	30:36.26	51.5%	
22	44	Carol Creech	F72	45:34.58	51.1%	
23	23	Andrew Ngotho	M57	30:36.68	51.1%	
24	33	Ruben Reyes	M67	33:41.87	50.7%	

100%	World Record Level for Gender/Age	List*	Carrollton Runners Performance Lists for Age Grades > 65%
90%	World Class Level	65%	Boston-Qualifier Approximate Level
80%	National Class Level	60%	Local Class Level
70%	Regional Class Level	50%	Average Class Level