

# Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Vijayan Nair	7:25.74	Blair Casey	24:35.41	Vijayan Nair	25:04.96	John Cosentino	25:14.37
		Amie Goins	34:35.00	Sheila Holen	55:53.45		

## 5K MALE

		7 MALE Runners --- Average Time of <b>30:08</b>				Avg. Age Grade: <b>56.0%</b>		Place in			
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Blair Casey	Carrollton	(37)			<b>24:35.41</b>		7:54.9	54.3%	1	1
MASTERS	1 Vijayan Nair	Plano	(61)			<b>25:04.96</b> $\mu$		8:04.4	<b>64.5%</b>	2	2
SENIORS	1 John Cosentino	Plano	(61)			<b>25:14.37</b>		8:07.4	<b>64.1%</b>	3	3
M50-54	1 Chris Goins	Garland	(53)			<b>34:35.69</b>		11:08.1	43.7%	7	6
M55-59	1 Doug Waters	Carrollton	(59)			<b>33:07.84</b>		10:39.8	48.0%	5	5
M65-69	1 Julio Lopez	Farmers Branch	(68)			<b>28:41.00</b> $\mu$		9:13.9	<b>60.1%</b>	4	4
M80-99	1 Wally Capps	Farmers Branch	(83)			<b>39:37.92</b>		12:45.4	57.5%	8	7

## 5K FEMALE

		2 FEMALE Runners --- Average Time of <b>45:14</b>				Avg. Age Grade: <b>40.8%</b>		Place in			
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Amie Goins	Garland	(52)			<b>34:35.00</b>		11:07.9	50.2%	6	<b>1</b>
MASTERS	1 Sheila Holen	Lewisville	(53)			<b>55:53.45</b>		17:59.4	31.4%	9	<b>2</b>

## 1M MALE

		2 MALE Runners --- Average Time of <b>8:13</b>				Avg. Age Grade: <b>58.8%</b>		Place in			
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Vijayan Nair	Plano	(61)			<b>7:25.74</b>		7:25.7	<b>62.6%</b>	1	1
M65-69	1 Julio Lopez	Farmers Branch	(68)			<b>9:01.07</b>		9:01.1	55.0%	2	2

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7117 Vijayan Nair (M61)	1	M60-64	OA	---				<b>7:25.74</b>		7:25.7	25.37	7:25.74	<b>62.6%</b>
2	7193 Julio Lopez (M68)	2	M65-69	1st	---				<b>9:01.07</b>		9:01.1	30.85	9:01.07	55.0%
✓ No Club PR's										Average Finish Time: <b>08:13</b>		Average Age Grade: <b>58.8%</b>		

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7011 Blair Casey (M37)	1	M35-39	OA	---				<b>24:35.41</b>		7:54.9	24.58	24:35.41	54.3%
2	7117 Vijayan Nair (M61)	2	M60-64	MS	---				<b>25:04.96</b> $\mu$		8:04.4	25.07	25:04.96	<b>64.5%</b>
3	7255 John Cosentino (M61)	3	M60-64	SR	---				<b>25:14.37</b>		8:07.4	25.23	25:14.36	<b>64.1%</b>
4	7193 Julio Lopez (M68)	4	M65-69	1st	---				<b>28:41.00</b> $\mu$		9:13.9	28.68	28:41.00	<b>60.1%</b>
5	7012 Doug Waters (M59)	5	M55-59	1st	---				<b>33:07.84</b>		10:39.8	33.12	33:07.84	48.0%
6	7044 Amie Goins (F52)	<b>1</b>	F50-54	OA	---				<b>34:35.00</b>		11:07.9	34.58	34:35.00	50.2%
7	7050 Chris Goins (M53)	6	M50-54	1st	---				<b>34:35.69</b>		11:08.1	34.58	34:35.69	43.7%
8	7916 Wally Capps (M83)	7	M80-99	1st	---				<b>39:37.92</b>		12:45.4	39.62	39:37.92	57.5%
9	7246 Sheila Holen (F53)	<b>2</b>	F50-54	MS	---				<b>55:53.45</b>		17:59.4	55.88	55:53.45	31.4%
✓ No Club PR's										Average Finish Time: <b>33:29</b>		Average Age Grade: <b>52.7%</b>		