

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Jaydin Turner	4:57.71	Jaydin Turner	19:39.63	Marcus O'con	23:01.39	Vijayan Nair	24:08.79
Blake Bruser	6:57.55	Carly Hensley	27:37.06	Sarah Meyer	29:04.71	Kim Andres	29:37.32

5K MALE

		31 MALE Runners --- Average Time of 32:39						Avg. Age Grade: 49.9%		Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Jaydin Turner	Carrollton	(15)	9:58	-16	19:39.63	M	6:19.7	70.8%	1	1
MASTERS	1 Marcus O'con	Dallas	(53)	11:40	-18	23:01.39	M	7:24.6	65.6%	4	4
SENIORS	1 Vijayan Nair	Plano	(61)	11:51	+27	24:08.79	M	7:46.3	67.0%	6	6
M10-14	1 David Gehring	Highland Village	(11)	14:25	+15	29:04.61		9:21.5	52.6%	14	13
	2 Alex Toth	Coppell	(11)	17:50	+21	36:01.37		11:35.7	42.5%	30	23
M25-29	1 Dingkun Zhang	Allen	(29)	15:59	+156	34:33.95	M	11:07.5	37.4%	26	20
M30-34	1 Griffin Gurley	Carrollton	(32)	9:58	+87	21:22.45		6:52.8	60.8%	2	2
	2 Giovannti Treleaven	Lewisville	(31)	13:50	+296	32:35.82		10:29.5	39.8%	21	18
M35-39	1 Blair Casey	Carrollton	(37)	11:16	-24	22:07.27		7:07.2	60.4%	3	3
M40-44	1 Balaji Ammanji Sundararaju	Coppell	(42)	13:37	+56	28:09.59	M	9:03.8	49.2%	12	11
	2 Uttam Haldar	Plano	(40)	14:56	-101	28:11.01	M	9:04.3	48.4%	11	10
	3 Gabor Toth	Coppell	(43)	17:48	+25	36:01.55	M	11:35.7	38.8%	31	24
M50-54	1 Paul Norris	Coppell	(52)	11:37	+11	23:23.99	M	7:31.9	64.1%	5	5
	2 Nathan Bruser	Carrollton	(53)	14:04	-82	26:46.95		8:37.2	56.4%	25	19
	3 Ryan Pogue	Carrollton	(53)	16:41	+106	35:07.54		11:18.4	43.0%	34	27
	4 Chris Goins	Garland	(54)	16:12	+209	35:52.92		11:33.0	42.5%	29	22
	5 Rich Weklar	Bartonville	(53)	15:51	+262	36:04.60		11:36.7	41.9%	32	25
	6 Carlos Ordonez	Carrollton	(54)	23:56	-7	47:43.86		15:21.8	31.9%	42	28
	7 Chris Wong	Arlington	(54)	27:13	-134	52:12.98		16:48.4	29.2%	44	29
M55-59	1 Doug Waters	Carrollton	(59)	14:17	+5	28:39.05	M	9:13.3	55.5%	13	12
	2 Robert Preston	Irving	(59)	14:37	+19	29:33.30		9:30.8	53.8%	17	14
	3 Andrew Ngotho	Carrollton	(58)	15:34	+33	31:41.19	M	10:11.9	49.7%	18	15
	4 Mikko Tauriainen	Grapevine	(59)	27:12	-133	52:11.80		16:48.0	30.5%	45	30
M60-64	1 John Cosentino	Plano	(62)	12:54	-14	25:34.20		8:13.8	63.8%	7	7
	2 Scott Hesketh	Flower Mound	(61)	13:14	+57	27:25.44		8:49.6	59.0%	8	8
	3 John Leighton	Bedford	(63)	15:19	+74	31:52.77	M	10:15.7	51.7%	19	16
	4 John Kramer	Plano	(62)	31:04	-9	1:01:59.47	M	19:57.2	26.3%	47	31
M65-69	1 Julio Lopez	Farmers Branch	(68)	14:04	-20	27:47.56	M	8:56.7	62.1%	10	9
	2 Ruben Reyes	Carrollton	(68)	15:52	+11	31:54.82	M	10:16.3	54.0%	20	17
	3 Robert Simpson	Coppell	(69)	17:43	+8	35:34.82		11:27.1	49.0%	28	21
M70-74	1 Peter Chan	Coppell	(71)	18:10	-31	35:48.23	M	11:31.4	49.8%	33	26

5K FEMALE

16 FEMALE Runners --- Average Time of **38:28**

Avg. Age Grade: **51.0%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Carly Hensley	Carrollton	(32)	14:15	-52	27:37.06		8:53.4	53.7%	9	1
MASTERS	1 Sarah Meyer	Coppell	(47)	14:25	+16	29:04.71		9:21.6	56.1%	15	2
SENIORS	1 Kim Andres	Irving	(71)	14:16	+65	29:37.32		9:32.1	77.4%	16	3
F15-19	1 Blake Bruser	Carrollton	(15)	14:07	-25	27:48.68 \mathcal{M}		8:57.1	55.7%	27	7
F30-34	1 Lauren Zender	Carrollton	(31)	19:22	+74	39:56.88 \mathcal{M}		12:51.5	37.1%	36	9
	2 Giang Do	Lewisville	(34)	25:05	-153	47:37.43		15:19.7	31.3%	41	14
F35-39	1 Emily Whitehurst	Carrollton	(38)	16:06	+34	32:44.84		10:32.4	46.3%	23	5
F50-54	1 Amie Goins	Garland	(52)	15:56	+52	32:43.67		10:32.0	53.0%	22	4
	2 Kay Scott	Bedford	(54)	24:05	-261	43:48.22		14:05.9	40.7%	39	12
	3 Sheila Holen	Lewisville	(53)	27:33	+46	55:53.19 \mathcal{M}		17:59.3	31.5%	46	16
F55-59	1 Kim Tsutsui	Arlington	(56)	24:43	-241	45:24.57		14:37.0	40.3%	40	13
F60-64	1 Yanira Lopez	Farmers Branch	(61)	17:57	+58	36:52.12 \mathcal{M}		11:52.0	53.2%	35	8
	2 Betsy Palmer	Carrollton	(63)	21:14	+47	43:15.42		13:55.4	46.7%	38	11
F70-74	1 Chris Cantrell	Carrollton	(71)	16:50	-24	33:15.76		10:42.4	68.9%	24	6
	2 Carol Creech	Aubrey	(73)	24:26	-30	48:22.08		15:34.1	49.0%	43	15
F80-99	1 Mary Kaplan	Sunrise Beach	(85)	21:14	-69	41:18.67		13:17.8	76.0%	37	10

FN*: Broke Age-Group Record

GD Place among Females

\triangle Positive Split

Timing provided by:

8/25/2024

\mathcal{M} Ran Mile before 5K # Races PR @ Carrollton Runners (2003 & later)

\triangle Negative Split



DeltaViewTiming.com

1M MALE

		18 MALE Runners --- Average Time of 8:39					Avg. Age Grade: 54.0%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Jaydin Turner	Carrollton	(15)		4:57.71	✓	4:57.7	80.7%	1	1
M01-09	1	Michael Gehring	Highland Village	(9)		8:16.16		8:16.2	56.9%	8	7
M25-29	1	Dingkun Zhang	Allen	(29)		9:08.60		9:08.6	40.6%	16	14
M40-44	1	Uttam Haldar	Plano	(40)		6:25.54		6:25.5	61.1%	3	3
	2	Balaji Ammanji Sundararaju	Coppell	(42)		7:11.29		7:11.3	55.4%	6	5
	3	Gabor Toth	Coppell	(43)		8:10.88		8:10.9	49.1%	7	6
M45-49	1	Dan Gehring	Highland Village	(49)		8:16.78		8:16.8	50.8%	9	8
M50-54	1	Paul Norris	Coppell	(52)		6:18.73		6:18.7	68.3%	2	2
	2	Marcus O'con	Dallas	(53)		8:38.13		8:38.1	50.3%	12	11
M55-59	1	Ruben Saguil	Carrollton	(59)		8:18.81		8:18.8	55.0%	10	9
	2	Doug Waters	Carrollton	(59)		8:59.04		8:59.0	50.9%	15	13
	3	Andrew Ngotho	Carrollton	(58)		11:30.93		11:30.9	39.4%	21	17
M60-64	1	Vijayan Nair	Plano	(61)		6:43.37		6:43.4	69.2%	4	4
	2	John Leighton	Bedford	(63)		9:13.98		9:14.0	51.3%	17	15
	3	John Kramer	Plano	(62)		15:55.00		15:55.0	29.5%	22	18
M65-69	1	Julio Lopez	Farmers Branch	(68)		8:23.26		8:23.3	59.1%	11	10
	2	Ruben Reyes	Carrollton	(68)		8:52.62		8:52.6	55.9%	13	12
M70-74	1	Peter Chan	Coppell	(71)		10:29.31		10:29.3	48.9%	19	16

1M FEMALE

		5 FEMALE Runners --- Average Time of 10:51					Avg. Age Grade: 48.1%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Blake Bruser	Carrollton	(15)		6:57.55		6:57.6	63.1%	5	1
F10-14	1	Yuvathi Balaji	Coppell	(12)		8:55.16	✓	8:55.2	51.7%	14	2
F30-34	1	Lauren Zender	Carrollton	(31)		10:54.37		10:54.4	38.6%	20	4
F50-54	1	Sheila Holen	Lewisville	(53)		17:19.07		17:19.1	29.9%	23	5
F60-64	1	Yanira Lopez	Farmers Branch	(61)		10:10.00		10:10.0	57.0%	18	3

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock Time	AgeGD	
1	6710 Jaydin Turner (M15)	1	M15-19	OA	---				4:57.71	✓ 2	4:57.7	16.93	4:57.71	80.7%
2	7577 Paul Norris (M52)	2	M50-54	1st	---				6:18.73		6:18.7	21.55	6:18.73	68.3%
3	6693 Uttam Haldar (M40)	3	M40-44	1st	---				6:25.54	✗	6:25.5	21.95	6:25.54	61.1%
4	7117 Vijayan Nair (M61)	4	M60-64	1st	---				6:43.37		6:43.4	22.98	6:43.37	69.2%
5	7096 Blake Bruser (F15)	1	F15-19	OA	---				6:57.55		6:57.6	23.78	6:57.55	63.1%
6	6979 Balaji Ammanji Sundararaju (5	M40-44	2nd	---				7:11.29		7:11.3	24.58	7:11.29	55.4%
7	7380 Gabor Toth (M43)	6	M40-44	3rd	---				8:10.88		8:10.9	27.94	8:10.88	49.1%
8	6893 Michael Gehring (M9)	7	M01-09	1st	---				8:16.16		8:16.2	28.28	8:16.16	56.9%
9	6891 Dan Gehring (M49)	8	M45-49	1st	---				8:16.78		8:16.8	28.28	8:16.78	50.8%
10	7003 Ruben Saguil (M59)	9	M55-59	1st	---				8:18.81		8:18.8	28.40	8:18.81	55.0%
11	7193 Julio Lopez (M68)	10	M65-69	1st	---				8:23.26		8:23.3	28.68	8:23.26	59.1%
12	7270 Marcus O'con (M53)	11	M50-54	2nd	---				8:38.13		8:38.1	29.54	8:38.13	50.3%
13	7283 Ruben Reyes (M68)	12	M65-69	2nd	---				8:52.62		8:52.6	30.33	8:52.62	55.9%
14	6980 Yuvathi Balaji (F12)	2	F10-14	1st	---				8:55.16	✓ 3	8:55.2	30.50	8:55.16	51.7%
15	7012 Doug Waters (M59)	13	M55-59	2nd	---				8:59.04		8:59.0	30.73	8:59.04	50.9%
16	6006 Dingkun Zhang (M29)	14	M25-29	1st	---				9:08.60	✗	9:08.6	31.25	9:08.60	40.6%
17	7042 John Leighton (M63)	15	M60-64	2nd	---				9:13.98	✗	9:14.0	31.53	9:13.98	51.3%
18	7198 Yanira Lopez (F61)	3	F60-64	1st	---				10:10.00		10:10.0	34.78	10:10.00	57.0%
19	7153 Peter Chan (M71)	16	M70-74	1st	---				10:29.31		10:29.3	35.86	10:29.31	48.9%
20	7328 Lauren Zender (F31)	4	F30-34	1st	---				10:54.37	✗	10:54.4	37.29	10:54.37	38.6%
21	7466 Andrew Ngotho (M58)	17	M55-59	3rd	---				11:30.93		11:30.9	39.34	11:30.93	39.4%
22	7261 John Kramer (M62)	18	M60-64	3rd	---				15:55.00		15:55.0	54.45	15:55.00	29.5%
23	7246 Sheila Holen (F53)	5	F50-54	1st	---				17:19.07		17:19.1	59.24	17:19.07	29.9%

✓ 2 Club PR's

Average Finish Time: 09:08 4 First Timers

Average Age Grade: 52.7%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock Time	AgeGD	
1	6710 Jaydin Turner (M15)	1	M15-19	OA	---	9:58	9:42	-16	19:39.63	ℓ	6:19.7	19.65	19:39.63	70.8%
2	6729 Griffin Gurley (M32)	2	M30-34	1st	2.3	9:58	11:25	+87	21:22.45		6:52.8	21.37	21:24.76	60.8%
3	7011 Blair Casey (M37)	3	M35-39	1st	4.3	11:16	10:52	-24	22:07.27		7:07.2	22.12	22:11.57	60.4%
4	7270 Marcus O'con (M53)	4	M50-54	MS	5.1	11:40	11:22	-18	23:01.39	ℓ	7:24.6	23.02	23:06.49	65.6%
5	7577 Paul Norris (M52)	5	M50-54	1st	4.4	11:37	11:47	+11	23:23.99	ℓ	7:31.9	23.38	23:28.41	64.1%
6	7117 Vijayan Nair (M61)	6	M60-64	SR	---	11:51	12:18	+27	24:08.79	ℓ	7:46.3	24.13	24:08.79	67.0%
7	7255 John Cosentino (M62)	7	M60-64	1st	4.9	12:54	12:40	-14	25:34.20		8:13.8	25.57	25:39.11	63.8%
8	6005 Scott Hesketh (M61)	8	M60-64	2nd	1.6	13:14	14:11	+57	27:25.44		8:49.6	27.42	27:27.02	59.0%
9	7521 Carly Hensley (F32)	1	F30-34	OA	8.2	14:15	13:22	-52	27:37.06	✗	8:53.4	27.62	27:45.29	53.7%
10	7193 Julio Lopez (M68)	9	M65-69	1st	---	14:04	13:44	-20	27:47.56	ℓ	8:56.7	27.78	27:47.56	62.1%
11	6693 Uttam Haldar (M40)	10	M40-44	2nd	2.2	14:56	13:15	-101	28:11.01	ℓ	9:04.3	28.18	28:13.23	48.4%
12	6979 Balaji Ammanji Sundararaju (11	M40-44	1st	12.1	13:37	14:33	+56	28:09.59	ℓ	9:03.8	28.15	28:21.68	49.2%
13	7012 Doug Waters (M59)	12	M55-59	1st	14.9	14:17	14:22	+5	28:39.05	ℓ	9:13.3	28.65	28:54.00	55.5%
14	6892 David Gehring (M11)	13	M10-14	1st	4.3	14:25	14:40	+15	29:04.61		9:21.5	29.07	29:08.96	52.6%
15	7407 Sarah Meyer (F47)	2	F45-49	MS	4.4	14:25	14:40	+16	29:04.71		9:21.6	29.07	29:09.10	56.1%
16	7040 Kim Andres (F71)	3	F70-74	SR	2.8	14:16	15:21	+65	29:37.32		9:32.1	29.62	29:40.10	77.4%
17	7192 Robert Preston (M59)	14	M55-59	2nd	12.7	14:37	14:56	+19	29:33.30		9:30.8	29.55	29:46.00	53.8%
18	7466 Andrew Ngotho (M58)	15	M55-59	3rd	11.1	15:34	16:07	+33	31:41.19	ℓ	10:11.9	31.68	31:52.32	49.7%
19	7042 John Leighton (M63)	16	M60-64	3rd	5.6	15:19	16:33	+74	31:52.77	ℓ	10:15.7	31.87	31:58.37	51.7%
20	7283 Ruben Reyes (M68)	17	M65-69	2nd	33.1	15:52	16:03	+11	31:54.82	ℓ	10:16.3	31.90	32:27.89	54.0%
21	6882 Giovanniti Treleaven (M31)	18	M30-34	2nd	11.2	13:50	18:46	+296	32:35.82	✗	10:29.5	32.58	32:47.04	39.8%
22	7044 Amie Goins (F52)	4	F50-54	1st	8.1	15:56	16:48	+52	32:43.67		10:32.0	32.72	32:51.79	53.0%
23	7586 Emily Whitehurst (F38)	5	F35-39	1st	8.3	16:06	16:39	+34	32:44.84		10:32.4	32.73	32:53.16	46.3%
24	6884 Chris Cantrell (F71)	6	F70-74	1st	12.3	16:50	16:26	-24	33:15.76	✗	10:42.4	33.25	33:28.08	68.9%
25	7097 Nathan Bruser (M53)	19	M50-54	2nd	441.6	14:04	12:43	-82	26:46.95		8:37.2	26.77	34:08.56	56.4%
26	6006 Dingkun Zhang (M29)	20	M25-29	1st	5.2	15:59	18:35	+156	34:33.95	ℓ	11:07.5	34.55	34:39.12	37.4%

FN*: Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

8/25/2024

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

△ Negative Split



DeltaViewTiming.com

27	7096	Blake Bruser (F15)	7	F15-19	1st	440.1	14:07	13:42	-25	27:48.68	ℓ	8:57.1	27.80	35:08.77	55.7%
28	7106	Robert Simpson (M69)	21	M65-69	3rd	15.6	17:43	17:51	+8	35:34.82		11:27.1	35.57	35:50.46	49.0%
29	7050	Chris Goins (M54)	22	M50-54	4th	9.2	16:12	19:41	+209	35:52.92		11:33.0	35.87	36:02.10	42.5%
30	7368	Alex Toth (M11)	23	M10-14	2nd	5.0	17:50	18:11	+21	36:01.37		11:35.7	36.02	36:06.37	42.5%
31	7380	Gabor Toth (M43)	24	M40-44	3rd	5.9	17:48	18:13	+25	36:01.55	ℓ	11:35.7	36.02	36:07.46	38.8%
32	7222	Rich Weklar (M53)	25	M50-54	5th	13.9	15:51	20:14	+262	36:04.60		11:36.7	36.07	36:18.53	41.9%
33	7153	Peter Chan (M71)	26	M70-74	1st	43.4	18:10	17:39	-31	35:48.23	ℓ	11:31.4	35.80	36:31.68	49.8%
34	7345	Ryan Pogue (M53)	27	M50-54	3rd	110.1	16:41	18:27	+106	35:07.54		11:18.4	35.12	36:57.63	43.0%
35	7198	Yanira Lopez (F61)	8	F60-64	1st	23.1	17:57	18:55	+58	36:52.12	ℓ	11:52.0	36.87	37:15.26	53.2%
36	7328	Lauren Zender (F31)	9	F30-34	1st	6.4	19:22	20:35	+74	39:56.88	ℓ	12:51.5	39.93	40:03.30	37.1%
37	7039	Mary Kaplan (F85)	10	F80-99	1st	2.3	21:14	20:05	-69	41:18.67		13:17.8	41.30	41:20.98	76.0%
38	7454	Betsy Palmer (F63)	11	F60-64	2nd	21.0	21:14	22:01	+47	43:15.42		13:55.4	43.25	43:36.37	46.7%
39	7041	Kay Scott (F54)	12	F50-54	2nd	48.4	24:05	19:44	-261	43:48.22		14:05.9	43.80	44:36.64	40.7%
40	7109	Kim Tsutsui (F56)	13	F55-59	1st	11.1	24:43	20:42	-241	45:24.57		14:37.0	45.40	45:35.62	40.3%
41	6883	Giang Do (F34)	14	F30-34	2nd	9.9	25:05	22:32	-153	47:37.43	ℓ	15:19.7	47.62	47:47.36	31.3%
42	7529	Carlos Ordonez (M54)	28	M50-54	6th	29.3	23:56	23:48	-7	47:43.86		15:21.8	47.72	48:13.20	31.9%
43	7024	Carol Creech (F73)	15	F70-74	2nd	26.9	24:26	23:56	-30	48:22.08		15:34.1	48.37	48:48.97	49.0%
44	7223	Chris Wong (M54)	29	M50-54	7th	9.5	27:13	25:00	-134	52:12.98		16:48.4	52.20	52:22.51	29.2%
45	6991	Mikko Tauriainen (M59)	30	M55-59	4th	10.7	27:12	25:00	-133	52:11.80		16:48.0	52.18	52:22.55	30.5%
46	7246	Sheila Holen (F53)	16	F50-54	3rd	228.6	27:33	28:20	+46	55:53.19	ℓ	17:59.3	55.88	59:41.76	31.5%
47	7261	John Kramer (M62)	31	M60-64	4th	837.6	31:04	30:55	-9	1:01:59.47	ℓ	19:57.2	61.981	1:15:57.09	26.3%
27 Positive Split 20 Negative Split ✓ No Club PR's											Average Finish Time: 34:37 5 First Timers Average Age Grade: 50.3%				