

# Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Jaydin Turner	5:21.91	Jaydin Turner	19:19.08	Marcus O'con	22:18.15	Vijayan Nair	24:37.96
Blake Bruser	8:17.58	Tae Fuqua	26:59.82	Kuay Sullivan	31:08.75	Yanira Lopez	37:50.00

## 5K MALE

		19 MALE Runners --- Average Time of <b>30:25</b>					Avg. Age Grade: <b>53.6%</b>		Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Jaydin Turner	Carrollton	(15)	9:43	-7	19:19.08	ML ✓	6:13.1	72.1%	1	1
MASTERS	1 Marcus O'con	Dallas	(53)	11:21	-24	22:18.15	ML	7:10.7	67.8%	4	4
SENIORS	1 Vijayan Nair	Plano	(61)	12:15	+8	24:37.96	ML	7:55.7	65.7%	6	6
M10-14	1 Itsuki Pena	Coppell	(14)	11:17	+46	23:20.39		7:30.7	60.8%	5	5
M15-19	1 Steven Aguilar	Carrollton	(19)	9:45	+20	19:49.43		6:22.8	66.5%	2	2
M25-29	1 Carter Melton	Fort Worth	(25)	10:37	-38	20:35.61	ML	6:37.7	62.6%	3	3
M35-39	1 Blair Casey	Carrollton	(37)	12:45	+34	26:03.49		8:23.2	51.2%	7	7
M40-44	1 Simon Rose	Carrollton	(41)	13:50	-7	27:32.77	ML ✓	8:52.0	49.9%	12	11
M50-54	1 Jose Pena	Dallas	(50)	13:48	-29	27:07.29		8:43.8	54.4%	11	10
	2 Chris Goins	Garland	(53)	15:10	+29	30:48.18		9:54.9	49.1%	15	14
	3 Nathan Bruser	Carrollton	(52)	19:21	+215	42:16.26		13:36.3	35.5%	30	19
	4 Chris Wong	Arlington	(54)	22:57	-81	44:32.82		14:20.3	34.2%	24	17
M55-59	1 Robert Preston	Irving	(59)	14:11	+52	29:13.21		9:24.3	54.4%	13	12
	2 Doug Waters	Carrollton	(59)	16:50	+86	35:06.00	ML	11:17.9	45.3%	20	15
M60-64	1 Steve Russo	Plano	(60)	12:54	+26	26:13.74	ML	8:26.5	61.1%	8	8
	2 John Kramer	Plano	(62)	30:33	+23	1:01:29.59	ML	19:47.6	26.5%	28	18
M65-69	1 Julio Lopez	Farmers Branch	(68)	13:37	-13	26:59.73	ML	8:41.3	63.9%	9	9
	2 Ed Ostrovich	Coppell	(65)	15:33	-14	30:52.64		9:56.3	54.3%	14	13
	3 Robert Simpson	Coppell	(68)	19:29	+33	39:31.46		12:43.3	43.6%	22	16

## 5K FEMALE

		11 FEMALE Runners --- Average Time of <b>38:32</b>					Avg. Age Grade: <b>48.8%</b>		Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Tae Fuqua	Waxahachie	(42)	13:44	-29	26:59.82		8:41.4	57.6%	10	1
MASTERS	1 Kuay Sullivan	Coppell	(58)	15:29	+11	31:08.75	ML	10:01.5	60.3%	16	2
SENIORS	1 Yanira Lopez	Farmers Branch	(61)	17:59	+113	37:50.00	ML	12:10.6	51.8%	21	6
F10-14	1 Blake Bruser	Carrollton	(14)	19:32	+169	41:53.16	ML	13:28.9	37.5%	29	11
F40-44	1 Yuki Hayashi	Coppell	(44)	16:12	+4	32:28.37	✓	10:27.1	48.7%	18	4
F50-54	1 Debbie Riedner	Dallas	(54)	14:53	+107	31:33.22	ML	10:09.4	56.4%	17	3
	2 Amie Goins	Garland	(52)	15:51	+56	32:37.55		10:30.1	53.2%	19	5
	3 Sheila Holen	Lewisville	(52)	27:40	+82	56:41.90		18:15.0	30.6%	27	10
F55-59	1 Kim Tsutsui	Arlington	(56)	22:54	-26	45:22.17		14:36.2	40.3%	25	8
F60-64	1 Betsy Palmer	Carrollton	(62)	19:42	+45	40:08.89		12:55.3	49.6%	23	7
F70-74	1 Carol Creech	Aubrey	(73)	23:21	+28	47:10.55		15:11.1	50.3%	26	9

# 1M MALE

		9 MALE Runners --- Average Time of <b>9:03</b>					Avg. Age Grade: <b>52.8%</b>			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Jaydin Turner	Carrollton	(15)		<b>5:21.91</b>		5:21.9	<b>74.6%</b>	1	1
M25-29	1	Carter Melton	Fort Worth	(25)		<b>5:39.07</b>		5:39.1	<b>65.6%</b>	2	2
M40-44	1	Simon Rose	Carrollton	(41)		<b>9:35.03</b>		9:35.0	41.3%	8	7
M50-54	1	Marcus O'con	Dallas	(53)		<b>8:36.33</b>		8:36.3	50.5%	7	6
M55-59	1	Doug Waters	Carrollton	(59)		<b>10:53.07</b>		10:53.1	42.0%	11	8
M60-64	1	Vijayan Nair	Plano	(61)		<b>7:48.85</b>		7:48.9	59.6%	3	3
	2	Steve Russo	Plano	(60)		<b>8:34.39</b>		8:34.4	53.8%	6	5
	3	John Kramer	Plano	(62)		<b>16:33.84</b>		16:33.8	28.3%	13	9
M65-69	1	Julio Lopez	Farmers Branch	(68)		<b>8:24.31</b>		8:24.3	59.0%	5	4

# 1M FEMALE

		4 FEMALE Runners --- Average Time of <b>9:57</b>					Avg. Age Grade: <b>53.1%</b>			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Blake Bruser	Carrollton	(14)		<b>8:17.58</b>		8:17.6	53.7%	4	<b>1</b>
F50-54	1	Debbie Riedner	Dallas	(54)		<b>9:55.44</b>		9:55.4	52.9%	10	<b>3</b>
F55-59	1	Kuay Sullivan	Coppell	(58)		<b>9:51.71</b>		9:51.7	56.2%	9	<b>2</b>
F60-64	1	Yanira Lopez	Farmers Branch	(61)		<b>11:42.62</b>		11:42.6	49.5%	12	<b>4</b>

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6710 Jaydin Turner (M15)	1	M15-19	OA	---				5:21.91		5:21.9	18.30	5:21.91	74.6%
2	6712 Carter Melton (M25)	2	M25-29	1st	---				5:39.07		5:39.1	19.33	5:39.07	65.6%
3	7117 Vijayan Nair (M61)	3	M60-64	1st	---				7:48.85		7:48.9	26.68	7:48.85	59.6%
4	7096 Blake Bruser (F14)	1	F10-14	OA	---				8:17.58		8:17.6	28.34	8:17.58	53.7%
5	7193 Julio Lopez (M68)	4	M65-69	1st	---				8:24.31		8:24.3	28.74	8:24.31	59.0%
6	7405 Steve Russo (M60)	5	M60-64	2nd	---				8:34.39		8:34.4	29.31	8:34.39	53.8%
7	7270 Marcus O'con (M53)	6	M50-54	1st	---				8:36.33		8:36.3	29.42	8:36.33	50.5%
8	7313 Simon Rose (M41)	7	M40-44	1st	---				9:35.03		9:35.0	32.79	9:35.03	41.3%
9	7265 Kuay Sullivan (F58)	2	F55-59	1st	---				9:51.71		9:51.7	33.70	9:51.71	56.2%
10	7121 Debbie Riedner (F54)	3	F50-54	1st	---				9:55.44		9:55.4	33.93	9:55.44	52.9%
11	7012 Doug Waters (M59)	8	M55-59	1st	---				10:53.07		10:53.1	37.23	10:53.07	42.0%
12	7198 Yanira Lopez (F61)	4	F60-64	1st	---				11:42.62		11:42.6	40.03	11:42.62	49.5%
13	7261 John Kramer (M62)	9	M60-64	3rd	---				16:33.84		16:33.8	56.62	16:33.84	28.3%

✓ No Club PR's

Average Finish Time: 09:19

Average Age Grade: 52.9%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6710 Jaydin Turner (M15)	1	M15-19	OA	0.1	9:43	9:36	-7	19:19.08	✓ 5	6:13.1	19.32	19:19.16	72.1%
2	6905 Steven Aguilar (M19)	2	M15-19	1st	0.2	9:45	10:05	+20	19:49.43		6:22.8	19.82	19:49.61	66.5%
3	6712 Carter Melton (M25)	3	M25-29	1st	0.1	10:37	9:59	-38	20:35.61	✓	6:37.7	20.58	20:35.72	62.6%
4	7270 Marcus O'con (M53)	4	M50-54	MS	2.8	11:21	10:57	-24	22:18.15	✓	7:10.7	22.30	22:20.93	67.8%
5	6738 Itsuki Pena (M14)	5	M10-14	1st	2.7	11:17	12:03	+46	23:20.39		7:30.7	23.33	23:23.08	60.8%
6	7117 Vijayan Nair (M61)	6	M60-64	SR	0.1	12:15	12:23	+8	24:37.96	✓	7:55.7	24.62	24:38.02	65.7%
7	7011 Blair Casey (M37)	7	M35-39	1st	11.1	12:45	13:19	+34	26:03.49		8:23.2	26.05	26:14.58	51.2%
8	7405 Steve Russo (M60)	8	M60-64	1st	0.9	12:54	13:20	+26	26:13.74	✓	8:26.5	26.22	26:14.67	61.1%
9	7193 Julio Lopez (M68)	9	M65-69	1st	1.5	13:37	13:23	-13	26:59.73	✓	8:41.3	26.98	27:01.21	63.9%
10	6805 Tae Fuqua (F42)	1	F40-44	OA	3.5	13:44	13:15	-29	26:59.82	✓	8:41.4	26.98	27:03.36	57.6%
11	6003 Jose Pena (M50)	10	M50-54	1st	5.0	13:48	13:19	-29	27:07.29	✓	8:43.8	27.12	27:12.32	54.4%
12	7313 Simon Rose (M41)	11	M40-44	1st	2.0	13:50	13:43	-7	27:32.77	✓ 6	8:52.0	27.53	27:34.73	49.9%
13	7192 Robert Preston (M59)	12	M55-59	1st	3.2	14:11	15:02	+52	29:13.21		9:24.3	29.22	29:16.42	54.4%
14	6834 Ed Ostrovich (M65)	13	M65-69	2nd	0.8	15:33	15:19	-14	30:52.64		9:56.3	30.87	30:53.41	54.3%
15	7050 Chris Goins (M53)	14	M50-54	2nd	7.2	15:10	15:38	+29	30:48.18		9:54.9	30.80	30:55.36	49.1%
16	7265 Kuay Sullivan (F58)	2	F55-59	MS	8.2	15:29	15:40	+11	31:08.75	✓	10:01.5	31.13	31:17.00	60.3%
17	7121 Debbie Riedner (F54)	3	F50-54	1st	7.7	14:53	16:40	+107	31:33.22	✓	10:09.4	31.55	31:40.92	56.4%
18	6754 Yuki Hayashi (F44)	4	F40-44	1st	4.9	16:12	16:16	+4	32:28.37	✓ 1	10:27.1	32.47	32:33.26	48.7%
19	7044 Amie Goins (F52)	5	F50-54	2nd	7.1	15:51	16:47	+56	32:37.55		10:30.1	32.62	32:44.62	53.2%
20	7012 Doug Waters (M59)	15	M55-59	2nd	10.9	16:50	18:16	+86	35:06.00	✓	11:17.9	35.10	35:16.88	45.3%
21	7198 Yanira Lopez (F61)	6	F60-64	SR	35.4	17:59	19:51	+113	37:50.00	✓	12:10.6	37.83	38:25.44	51.8%
22	7106 Robert Simpson (M68)	16	M65-69	3rd	14.6	19:29	20:02	+33	39:31.46		12:43.3	39.52	39:46.04	43.6%
23	7454 Betsy Palmer (F62)	7	F60-64	1st	11.9	19:42	20:27	+45	40:08.89		12:55.3	40.13	40:20.79	49.6%
24	7223 Chris Wong (M54)	17	M50-54	4th	9.9	22:57	21:36	-81	44:32.82		14:20.3	44.53	44:42.71	34.2%
25	7109 Kim Tsutsui (F56)	8	F55-59	1st	9.9	22:54	22:28	-26	45:22.17		14:36.2	45.37	45:32.09	40.3%
26	7024 Carol Creech (F73)	9	F70-74	1st	5.8	23:21	23:49	+28	47:10.55		15:11.1	47.17	47:16.34	50.3%
27	7246 Sheila Holen (F52)	10	F50-54	3rd	13.8	27:40	29:02	+82	56:41.90		18:15.0	56.68	56:55.70	30.6%
28	7261 John Kramer (M62)	18	M60-64	2nd	375.8	30:33	30:56	+23	1:01:29.59	✓	19:47.6	61.481	07:45.44	26.5%
29	7096 Blake Bruser (F14)	11	F10-14	1st	1829.8	19:32	22:21	+169	41:53.16	✓	13:28.9	41.881	12:23.00	37.5%
30	7097 Nathan Bruser (M52)	19	M50-54	3rd	1827.2	19:21	22:55	+215	42:16.26		13:36.3	42.271	12:43.43	35.5%

20 Positive Split 10 Negative Split

✓ 3 Club PR's

Average Finish Time: 33:23 2 First Timers

Average Age Grade: 51.8%

FN\*:  Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

1/28/2024

✓ # Races PR @ Carrollton Runners (2003 & later)

△ Negative Split

 DeltaViewTiming.com

## Sorted Age Grades

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Jaydin Turner	M15	5:21.91	74.6%	
2	2	Carter Melton	M25	5:39.07	65.6%	
3	3	Vijayan Nair	M61	7:48.85	59.6%	
4	5	Julio Lopez	M68	8:24.31	59.0%	
5	9	Kuay Sullivan	F58	9:51.71	56.2%	
6	6	Steve Russo	M60	8:34.39	53.8%	
7	4	Blake Bruser	F14	8:17.58	53.7%	
8	10	Debbie Riedner	F54	9:55.44	52.9%	
9	7	Marcus O'con	M53	8:36.33	50.5%	

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	1	Jaydin Turner	M15	19:19.08	72.1%	Move UP
2	4	Marcus O'con	M53	22:18.15	67.8%	
3	2	Steven Aguilar	M19	19:49.43	66.5%	
4	6	Vijayan Nair	M61	24:37.96	65.7%	
5	9	Julio Lopez	M68	26:59.73	63.9%	
6	3	Carter Melton	M25	20:35.61	62.6%	
7	8	Steve Russo	M60	26:13.74	61.1%	
8	5	Itsuki Pena	M14	23:20.39	60.8%	
9	16	Kuay Sullivan	F58	31:08.75	60.3%	
10	10	Tae Fuqua	F42	26:59.82	57.6%	
11	17	Debbie Riedner	F54	31:33.22	56.4%	
12	13	Robert Preston	M59	29:13.21	54.4%	
13	11	Jose Pena	M50	27:07.29	54.4%	
14	14	Ed Ostrovich	M65	30:52.64	54.3%	
15	19	Amie Goins	F52	32:37.55	53.2%	
16	21	Yanira Lopez	F61	37:50.00	51.8%	
17	7	Blair Casey	M37	26:03.49	51.2%	
18	26	Carol Creech	F73	47:10.55	50.3%	

**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