

# Carrollton Runners Mile + 5K

| Mile Overall  |         | 5K Overall       |          | 5K Masters    |          | 5K Seniors     |          |
|---------------|---------|------------------|----------|---------------|----------|----------------|----------|
| Jaydin Turner | 5:03.36 | Jaydin Turner    | 21:54.62 | Gabriel Ortiz | 23:14.74 | John Cosentino | 24:00.36 |
| Blake Bruser  | 7:01.01 | Vanessa Bogenhol | 28:10.21 | Kuay Sullivan | 30:54.98 | Yanira Lopez   | 36:22.86 |

## 5K MALE

36 MALE Runners --- Average Time of **33:21** Avg. Age Grade: **49.0%** Place in

|         | Name                         | City           | (Age) | Half  | Split | Chip Time | FN* | Pace    | Age Grade | OA | GD |
|---------|------------------------------|----------------|-------|-------|-------|-----------|-----|---------|-----------|----|----|
| OVERALL | 1 Jaydin Turner              | Carrollton     | (15)  | 10:50 | +15   | 21:54.62  | ML  | 7:03.1  | 63.5%     | 1  | 1  |
| MASTERS | 1 Gabriel Ortiz              | Dallas         | (41)  | 10:55 | +85   | 23:14.74  |     | 7:28.9  | 59.2%     | 2  | 2  |
| SENIORS | 1 John Cosentino             | Plano          | (61)  | 12:12 | -23   | 24:00.36  | ML  | 7:43.6  | 67.4%     | 5  | 5  |
| M01-09  | 1 Christian Oseas-salas      | Carrollton     | (9)   | 26:07 | +353  | 58:07.77  |     | 18:42.6 | 28.1%     | 52 | 36 |
| M10-14  | 1 Mason Marks                | Carrollton     | (11)  | 16:03 | +588  | 41:53.88  |     | 13:29.1 | 36.5%     | 40 | 30 |
| M15-19  | 1 Nik Barrett                | Carrollton     | (17)  | 14:18 | -131  | 26:24.74  | ML  | 8:30.1  | 51.1%     | 10 | 10 |
|         | 2 Enrique Marban             | Farmers Branch | (16)  | 12:57 | +44   | 26:37.41  | ML  | 8:34.2  | 51.4%     | 11 | 11 |
|         | 3 Andy Barrett               | Carrollton     | (17)  | 14:20 | +76   | 29:55.97  | ML  | 9:38.1  | 45.1%     | 20 | 17 |
| M20-24  | 1 Caden Gailley              | Carrollton     | (22)  | 27:38 | +61   | 56:16.64  |     | 18:06.8 | 22.9%     | 50 | 35 |
| M25-29  | 1 Pedro Diaz                 | Plano          | (29)  | 12:03 | +200  | 27:26.57  |     | 8:50.0  | 47.0%     | 15 | 15 |
|         | 2 Kenny Hicks                | Carrollton     | (28)  | 22:51 | -201  | 42:20.34  | ML  | 13:37.7 | 30.5%     | 42 | 31 |
| M35-39  | 1 Blair Casey                | Carrollton     | (37)  | 12:12 | -24   | 23:59.97  | ML  | 7:43.5  | 55.6%     | 4  | 4  |
|         | 2 Serge Reshetnikov          | The Colony     | (39)  | 11:45 | +130  | 25:40.17  |     | 8:15.7  | 52.8%     | 8  | 8  |
| M40-44  | 1 Balaji Ammanji Sundararaju | Coppell        | (42)  | 12:36 | +97   | 26:49.19  | ✓   | 8:37.9  | 51.7%     | 12 | 12 |
| M50-54  | 1 Paul Norris                | Coppell        | (52)  | 12:11 | -30   | 23:51.64  | ML  | 7:40.8  | 62.8%     | 3  | 3  |
|         | 2 Francisco Espinosa         | Carrollton     | (54)  | 12:14 | -20   | 24:09.03  | ML  | 7:46.4  | 63.1%     | 6  | 6  |
|         | 3 Marcus O'con               | Dallas         | (53)  | 13:00 | +11   | 26:10.12  | ML  | 8:25.4  | 57.8%     | 9  | 9  |
|         | 4 Ryan Pogue                 | Carrollton     | (53)  | 16:26 | +36   | 33:28.32  |     | 10:46.4 | 45.1%     | 26 | 20 |
|         | 5 Chris Goins                | Garland        | (53)  | 16:41 | +213  | 36:55.56  |     | 11:53.1 | 40.9%     | 33 | 24 |
|         | 6 Nathan Bruser              | Carrollton     | (53)  | 17:32 | +209  | 38:33.93  |     | 12:24.8 | 39.2%     | 46 | 33 |
|         | 7 Rich Weklar                | Bartonville    | (53)  | 17:24 | +265  | 39:13.35  |     | 12:37.5 | 38.5%     | 37 | 27 |
|         | 8 Chris Wong                 | Arlington      | (54)  | 23:15 | -44   | 45:46.66  |     | 14:44.1 | 33.3%     | 44 | 32 |
|         | 9 Carlos Ordonez             | Carrollton     | (53)  | 24:02 | +231  | 51:54.38  |     | 16:42.4 | 29.1%     | 48 | 34 |
| M55-59  | 1 Doug Waters                | Carrollton     | (59)  | 17:07 | -32   | 33:42.92  | ML  | 10:51.1 | 47.2%     | 27 | 21 |
|         | 2 Andrew Ngotho              | Carrollton     | (57)  | 16:58 | +61   | 34:56.66  | ML  | 11:14.9 | 44.7%     | 28 | 22 |
| M60-64  | 1 Vijayan Nair               | Plano          | (61)  | 12:10 | +55   | 25:14.57  | ML  | 8:07.5  | 64.1%     | 7  | 7  |
|         | 2 Santos Ofarrill            | lewisville     | (64)  | 13:03 | +51   | 26:56.66  | ML  | 8:40.4  | 61.7%     | 13 | 13 |
|         | 3 Steve Russo                | Plano          | (60)  | 13:32 | +2    | 27:04.80  | ML  | 8:43.0  | 59.2%     | 14 | 14 |
|         | 4 Jaws Hansen                | Dallas         | (64)  | 15:02 | -5    | 29:58.68  | ML  | 9:38.9  | 55.4%     | 21 | 18 |
|         | 5 John Leighton              | Bedford        | (63)  | 15:43 | -7    | 31:18.27  | ✓   | 10:04.6 | 52.6%     | 23 | 19 |
| M65-69  | 1 Julio Lopez                | Farmers Branch | (68)  | 13:45 | +10   | 27:40.20  | ML  | 8:54.4  | 62.3%     | 16 | 16 |
|         | 2 Ruben Reyes                | Carrollton     | (68)  | 17:36 | +10   | 35:21.41  | ML  | 11:22.8 | 48.8%     | 30 | 23 |
|         | 3 Robert Simpson             | Coppell        | (69)  | 18:40 | -40   | 36:39.34  |     | 11:47.9 | 47.5%     | 34 | 25 |
|         | 4 Victor Eifenbein           | Dallas         | (66)  | 18:23 | +183  | 39:49.13  | ML  | 12:49.0 | 42.5%     | 38 | 28 |
| M70-74  | 1 Peter Chan                 | Coppell        | (71)  | 18:25 | +197  | 40:06.90  | ML  | 12:54.7 | 44.5%     | 39 | 29 |
| M80-99  | 1 Wally Capps                | Farmers Branch | (83)  | 17:54 | +82   | 37:10.79  | ML  | 11:58.0 | 61.3%     | 35 | 26 |

# 5K FEMALE

17 FEMALE Runners --- Average Time of

**39:58**

Avg. Age Grade: **46.0%**

Place in

|         | Name                       | City           | (Age) | Half  | Split | Chip Time       | FN* | Pace    | Age Grade    | OA | GD        |
|---------|----------------------------|----------------|-------|-------|-------|-----------------|-----|---------|--------------|----|-----------|
| OVERALL | 1 <b>Vanessa Bogenholm</b> | Fort Worth     | (57)  | 14:01 | +8    | <b>28:10.21</b> | ℓ   | 9:04.0  | <b>65.8%</b> | 17 | <b>1</b>  |
| MASTERS | 1 <b>Kuay Sullivan</b>     | Coppell        | (58)  | 15:32 | -9    | <b>30:54.98</b> | ℓ   | 9:57.1  | <b>60.8%</b> | 22 | <b>4</b>  |
| SENIORS | 1 <b>Yanira Lopez</b>      | Farmers Branch | (61)  | 18:07 | +9    | <b>36:22.86</b> | ℓ   | 11:42.6 | 53.9%        | 32 | <b>9</b>  |
| F15-19  | 1 <b>Grace Fish</b>        |                | (15)  | 13:17 | +206  | <b>30:00.43</b> |     | 9:39.5  | 51.6%        | 19 | <b>3</b>  |
|         | 2 <b>Blake Bruser</b>      | Carrollton     | (15)  | 17:34 | +232  | <b>39:00.49</b> | ℓ   | 12:33.3 | 39.7%        | 47 | <b>14</b> |
| F20-24  | 1 <b>Izela Salas</b>       | Carrollton     | (21)  | 27:39 | +59   | <b>56:16.73</b> |     | 18:06.9 | 26.3%        | 49 | <b>15</b> |
| F30-34  | 1 <b>Lauren Zender</b>     | Carrollton     | (30)  | 17:13 | +63   | <b>35:29.23</b> |     | 11:25.3 | 41.7%        | 29 | <b>7</b>  |
| F35-39  | 1 <b>Cynthia Sorto</b>     | Carrollton     | (36)  | 14:27 | +25   | <b>29:17.81</b> |     | 9:25.8  | 51.2%        | 18 | <b>2</b>  |
| F40-44  | 1 <b>Leah Marks</b>        | Carrollton     | (43)  | 17:54 | +384  | <b>42:12.12</b> |     | 13:35.0 | 37.2%        | 41 | <b>11</b> |
| F45-49  | 1 <b>Mireya Salas</b>      | Carrollton     | (49)  | 26:07 | +354  | <b>58:08.80</b> |     | 18:42.9 | 28.7%        | 53 | <b>17</b> |
| F50-54  | 1 <b>Amie Goins</b>        | Garland        | (52)  | 15:54 | +83   | <b>33:10.55</b> |     | 10:40.7 | 52.3%        | 24 | <b>5</b>  |
|         | 2 <b>Debbie Riedner</b>    | Dallas         | (54)  | 16:17 | +68   | <b>33:42.77</b> | ℓ   | 10:51.1 | 52.8%        | 25 | <b>6</b>  |
|         | 3 <b>Kay Scott</b>         | Bedford        | (54)  | 18:12 | -4    | <b>36:19.51</b> |     | 11:41.5 | 49.0%        | 31 | <b>8</b>  |
|         | 4 <b>Sheila Holen</b>      | Lewisville     | (53)  | 28:30 | +8    | <b>57:06.83</b> |     | 18:23.0 | 30.8%        | 51 | <b>16</b> |
| F55-59  | 1 <b>Kim Tsutsui</b>       | Arlington      | (56)  | 20:58 | +153  | <b>44:28.40</b> |     | 14:18.9 | 41.1%        | 43 | <b>12</b> |
| F60-64  | 1 <b>Betsy Palmer</b>      | Carrollton     | (63)  | 18:32 | +114  | <b>38:58.48</b> |     | 12:32.7 | 51.8%        | 36 | <b>10</b> |
| F70-74  | 1 <b>Carol Creech</b>      | Aubrey         | (73)  | 23:36 | +160  | <b>49:51.81</b> |     | 16:03.0 | 47.6%        | 45 | <b>13</b> |

FN\*:  Broke Age-Group Record

**GD** Place among Females

▲ Positive Split

Timing provided by:

6/30/2024

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

▲ Negative Split



**DeltaViewTiming.com**

# 1M MALE

|         |                             | 25 MALE Runners --- Average Time of <b>9:00</b> |       |      |       |                 | Avg. Age Grade: <b>54.5%</b> |         | Place in     |    |    |
|---------|-----------------------------|---|-------|------|-------|-----------------|------------------------------|---------|--------------|----|----|
|         | Name                        | City  | (Age) | Half | Split | Chip Time       | FN*                          | Pace    | Age Grade    | OA | GD |
| OVERALL | 1 <b>Jaydin Turner</b>      | Carrollton                                      | (15)  |      |       | <b>5:03.36</b>  | ✓                            | 5:03.4  | <b>79.2%</b> | 1  | 1  |
| M01-09  | 1 <b>Michael Gehring</b>    | Highland Village                                | (9)   |      |       | <b>8:51.41</b>  |                              | 8:51.4  | 53.1%        | 17 | 15 |
|         | 2 <b>Brooks McKinnon</b>    | Lewisville                                      | (5)   |      |       | <b>15:27.99</b> |                              | 15:28.0 | 36.8%        | 29 | 24 |
| M15-19  | 1 <b>Enrique Marban</b>     | Farmers Branch                                  | (16)  |      |       | <b>5:45.45</b>  |                              | 5:45.5  | <b>68.4%</b> | 2  | 2  |
|         | 2 <b>Andy Barrett</b>       | Carrollton                                      | (17)  |      |       | <b>7:38.08</b>  |                              | 7:38.1  | 50.9%        | 11 | 10 |
|         | 3 <b>Nik Barrett</b>        | Carrollton                                      | (17)  |      |       | <b>7:40.00</b>  |                              | 7:40.0  | 50.7%        | 12 | 11 |
| M25-29  | 1 <b>Kenny Hicks</b>        | Carrollton                                      | (28)  |      |       | <b>6:51.08</b>  |                              | 6:51.1  | 54.2%        | 7  | 7  |
| M35-39  | 1 <b>Blair Casey</b>        | Carrollton                                      | (37)  |      |       | <b>6:32.63</b>  |                              | 6:32.6  | 58.7%        | 4  | 4  |
| M40-44  | 1 <b>Kyle McKinnon</b>      | Lewisville                                      | (43)  |      |       | <b>15:27.01</b> |                              | 15:27.0 | 26.0%        | 28 | 23 |
| M50-54  | 1 <b>Paul Norris</b>        | Coppell   | (52)  |      |       | <b>6:19.91</b>  |                              | 6:19.9  | <b>68.1%</b> | 3  | 3  |
|         | 2 <b>Francisco Espinosa</b> | Carrollton                                      | (54)  |      |       | <b>6:39.72</b>  | ✓                            | 6:39.7  | <b>65.8%</b> | 5  | 5  |
|         | 3 <b>Marcus O'con</b>       | Dallas  | (53)  |      |       | <b>8:57.64</b>  |                              | 8:57.6  | 48.5%        | 18 | 16 |
| M55-59  | 1 <b>Andrew Ngotho</b>      | Carrollton                                      | (57)  |      |       | <b>10:14.64</b> |                              | 10:14.6 | 43.9%        | 24 | 19 |
|         | 2 <b>Doug Waters</b>        | Carrollton                                      | (59)  |      |       | <b>10:56.24</b> |                              | 10:56.2 | 41.8%        | 26 | 21 |
| M60-64  | 1 <b>John Cosentino</b>     | Plano   | (61)  |      |       | <b>6:40.94</b>  |                              | 6:40.9  | <b>69.6%</b> | 6  | 6  |
|         | 2 <b>Vijayan Nair</b>       | Plano   | (61)  |      |       | <b>6:58.09</b>  |                              | 6:58.1  | <b>66.8%</b> | 8  | 8  |
|         | 3 <b>Santos Ofarrill</b>    | lewisville                                      | (64)  |      |       | <b>7:06.73</b>  |                              | 7:06.7  | <b>67.2%</b> | 10 | 9  |
|         | 4 <b>Jaws Hansen</b>        | Dallas  | (64)  |      |       | <b>8:14.94</b>  |                              | 8:14.9  | 57.9%        | 15 | 13 |
|         | 5 <b>Steve Russo</b>        | Plano   | (60)  |      |       | <b>8:47.33</b>  |                              | 8:47.3  | 52.5%        | 16 | 14 |
|         | 6 <b>John Kramer</b>        | Plano   | (62)  |      |       | <b>16:25.70</b> |                              | 16:25.7 | 28.6%        | 30 | 25 |
| M65-69  | 1 <b>Julio Lopez</b>        | Farmers Branch                                  | (68)  |      |       | <b>7:56.19</b>  |                              | 7:56.2  | <b>62.5%</b> | 13 | 12 |
|         | 2 <b>Victor Eifenbein</b>   | Dallas  | (66)  |      |       | <b>9:33.72</b>  |                              | 9:33.7  | 50.9%        | 20 | 17 |
|         | 3 <b>Ruben Reyes</b>        | Carrollton                                      | (68)  |      |       | <b>9:35.45</b>  |                              | 9:35.5  | 51.7%        | 21 | 18 |
| M70-74  | 1 <b>Peter Chan</b>         | Coppell   | (71)  |      |       | <b>10:18.25</b> |                              | 10:18.3 | 49.8%        | 25 | 20 |
| M80-99  | 1 <b>Wally Capps</b>        | Farmers Branch                                  | (83)  |      |       | <b>11:08.40</b> |                              | 11:08.4 | 58.8%        | 27 | 22 |

# 1M FEMALE

|         |                            | 5 FEMALE Runners --- Average Time of <b>8:49</b> |       |      |       |                 | Avg. Age Grade: <b>60.4%</b> |         | Place in     |    |          |
|---------|----------------------------|--|-------|------|-------|-----------------|------------------------------|---------|--------------|----|----------|
|         | Name                       | City   | (Age) | Half | Split | Chip Time       | FN*                          | Pace    | Age Grade    | OA | GD       |
| OVERALL | 1 <b>Blake Bruser</b>      | Carrollton                                       | (15)  |      |       | <b>7:01.01</b>  |                              | 7:01.0  | <b>62.6%</b> | 9  | <b>1</b> |
| F50-54  | 1 <b>Debbie Riedner</b>    | Dallas   | (54)  |      |       | <b>9:12.11</b>  |                              | 9:12.1  | 57.0%        | 19 | <b>3</b> |
| F55-59  | 1 <b>Vanessa Bogenholm</b> | Fort Worth                                       | (57)  |      |       | <b>8:08.83</b>  |                              | 8:08.8  | <b>67.1%</b> | 14 | <b>2</b> |
|         | 2 <b>Kuay Sullivan</b>     | Coppell  | (58)  |      |       | <b>9:37.25</b>  |                              | 9:37.3  | 57.7%        | 22 | <b>4</b> |
| F60-64  | 1 <b>Yanira Lopez</b>      | Farmers Branch                                   | (61)  |      |       | <b>10:03.53</b> |                              | 10:03.5 | 57.6%        | 23 | <b>5</b> |

| 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  | ---   |      |      |   | 5:03.36     | ✓ Z | 5:03.4  | 17.28          | 5:03.36  | 79.2% |
| 2  | 7495 Enrique Marban (M16)     | 2  | M15-19 | 1st | ---   |      |      |   | 5:45.45     |     | 5:45.5  | 19.67          | 5:45.45  | 68.4% |
| 3  | 7577 Paul Norris (M52)        | 3  | M50-54 | 1st | ---   |      |      |   | 6:19.91     |     | 6:19.9  | 21.61          | 6:19.91  | 68.1% |
| 4  | 7011 Blair Casey (M37)        | 4  | M35-39 | 1st | ---   |      |      |   | 6:32.63     |     | 6:32.6  | 22.35          | 6:32.63  | 58.7% |
| 5  | 6656 Francisco Espinosa (M54) | 5  | M50-54 | 2nd | ---   |      |      |   | 6:39.72     | ✓ 5 | 6:39.7  | 22.75          | 6:39.72  | 65.8% |
| 6  | 7255 John Cosentino (M61)     | 6  | M60-64 | 1st | ---   |      |      |   | 6:40.94     |     | 6:40.9  | 22.81          | 6:40.94  | 69.6% |
| 7  | 6001 Kenny Hicks (M28)        | 7  | M25-29 | 1st | ---   |      |      |   | 6:51.08     | ⊗   | 6:51.1  | 23.43          | 6:51.08  | 54.2% |
| 8  | 7117 Vijayan Nair (M61)       | 8  | M60-64 | 2nd | ---   |      |      |   | 6:58.09     |     | 6:58.1  | 23.83          | 6:58.09  | 66.8% |
| 9  | 6994 Blake Bruser (F15)       | 1  | F15-19 | OA  | ---   |      |      |   | 7:01.01     |     | 7:01.0  | 24.00          | 7:01.01  | 62.6% |
| 10 | 6006 Santos Ofarrill (M64)    | 9  | M60-64 | 3rd | ---   |      |      |   | 7:06.73     | ⊗   | 7:06.7  | 24.29          | 7:06.73  | 67.2% |
| 11 | 6003 Andy Barrett (M17)       | 10 | M15-19 | 2nd | ---   |      |      |   | 7:38.08     | ⊗   | 7:38.1  | 26.11          | 7:38.08  | 50.9% |
| 12 | 6004 Nik Barrett (M17)        | 11 | M15-19 | 3rd | ---   |      |      |   | 7:40.00     | ⊗   | 7:40.0  | 26.23          | 7:40.00  | 50.7% |
| 13 | 7193 Julio Lopez (M68)        | 12 | M65-69 | 1st | ---   |      |      |   | 7:56.19     |     | 7:56.2  | 27.14          | 7:56.19  | 62.5% |
| 14 | 6005 Vanessa Bogenholm (F57)  | 2  | F55-59 | 1st | ---   |      |      |   | 8:08.83     | ⊗   | 8:08.8  | 27.83          | 8:08.83  | 67.1% |
| 15 | 7060 Jaws Hansen (M64)        | 13 | M60-64 | 4th | ---   |      |      |   | 8:14.94     |     | 8:14.9  | 28.17          | 8:14.94  | 57.9% |
| 16 | 7405 Steve Russo (M60)        | 14 | M60-64 | 5th | ---   |      |      |   | 8:47.33     |     | 8:47.3  | 30.05          | 8:47.33  | 52.5% |
| 17 | 6009 Michael Gehring (M9)     | 15 | M01-09 | 1st | ---   |      |      |   | 8:51.41     |     | 8:51.4  | 30.28          | 8:51.41  | 53.1% |
| 18 | 7270 Marcus O'con (M53)       | 16 | M50-54 | 3rd | ---   |      |      |   | 8:57.64     |     | 8:57.6  | 30.62          | 8:57.64  | 48.5% |
| 19 | 7121 Debbie Riedner (F54)     | 3  | F50-54 | 1st | ---   |      |      |   | 9:12.11     |     | 9:12.1  | 31.47          | 9:12.11  | 57.0% |
| 20 | 7113 Victor Elfenbein (M66)   | 17 | M65-69 | 2nd | ---   |      |      |   | 9:33.72     |     | 9:33.7  | 32.67          | 9:33.72  | 50.9% |
| 21 | 7283 Ruben Reyes (M68)        | 18 | M65-69 | 3rd | ---   |      |      |   | 9:35.45     |     | 9:35.5  | 32.79          | 9:35.45  | 51.7% |
| 22 | 7265 Kuay Sullivan (F58)      | 4  | F55-59 | 2nd | ---   |      |      |   | 9:37.25     |     | 9:37.3  | 32.90          | 9:37.25  | 57.7% |
| 23 | 7198 Yanira Lopez (F61)       | 5  | F60-64 | 1st | ---   |      |      |   | 10:03.53    |     | 10:03.5 | 34.38          | 10:03.53 | 57.6% |
| 24 | 7466 Andrew Ngotho (M57)      | 19 | M55-59 | 1st | ---   |      |      |   | 10:14.64    |     | 10:14.6 | 35.01          | 10:14.64 | 43.9% |
| 25 | 7153 Peter Chan (M71)         | 20 | M70-74 | 1st | ---   |      |      |   | 10:18.25    |     | 10:18.3 | 35.24          | 10:18.25 | 49.8% |
| 26 | 7012 Doug Waters (M59)        | 21 | M55-59 | 2nd | ---   |      |      |   | 10:56.24    |     | 10:56.2 | 37.40          | 10:56.24 | 41.8% |
| 27 | 7916 Wally Capps (M83)        | 22 | M80-99 | 1st | ---   |      |      |   | 11:08.40    |     | 11:08.4 | 38.09          | 11:08.40 | 58.8% |
| 28 | 6612 Kyle McKinnon (M43)      | 23 | M40-44 | 1st | ---   |      |      |   | 15:27.01    | ⊗   | 15:27.0 | 52.86          | 15:27.01 | 26.0% |
| 29 | 6664 Brooks McKinnon (M5)     | 24 | M01-09 | 2nd | ---   |      |      |   | 15:27.99    | ⊗   | 15:28.0 | 52.86          | 15:27.99 | 36.8% |
| 30 | 7261 John Kramer (M62)        | 25 | M60-64 | 6th | ---   |      |      |   | 16:25.70    |     | 16:25.7 | 56.16          | 16:25.70 | 28.6% |

✓ 2 Club PR's Average Finish Time: 08:58 7 First Timers Average Age Grade: 55.5%

| 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  | ---   | 10:50 | 11:05 | +15  | 21:54.62    | ⌚    | 7:03.1 | 21.90          | 21:54.62 | 63.5% |
| 2  | 6665 Gabriel Ortiz (M41)          | 2  | M40-44 | MS  | 4.0   | 10:55 | 12:20 | +85  | 23:14.74    | ⊗    | 7:28.9 | 23.23          | 23:18.75 | 59.2% |
| 3  | 7577 Paul Norris (M52)            | 3  | M50-54 | 1st | 2.2   | 12:11 | 11:41 | -30  | 23:51.64    | ⌚    | 7:40.8 | 23.85          | 23:53.87 | 62.8% |
| 4  | 7011 Blair Casey (M37)            | 4  | M35-39 | 1st | 1.9   | 12:12 | 11:48 | -24  | 23:59.97    | ⌚    | 7:43.5 | 23.98          | 24:01.83 | 55.6% |
| 5  | 7255 John Cosentino (M61)         | 5  | M60-64 | SR  | 1.5   | 12:12 | 11:49 | -23  | 24:00.36    | ⌚    | 7:43.6 | 24.00          | 24:01.84 | 67.4% |
| 6  | 6656 Francisco Espinosa (M54)     | 6  | M50-54 | 2nd | 2.6   | 12:14 | 11:55 | -20  | 24:09.03    | ⌚    | 7:46.4 | 24.15          | 24:11.68 | 63.1% |
| 7  | 7117 Vijayan Nair (M61)           | 7  | M60-64 | 1st | ---   | 12:10 | 13:05 | +55  | 25:14.57    | ⌚    | 8:07.5 | 25.23          | 25:14.57 | 64.1% |
| 8  | 6807 Serge Reshetnikov (M39)      | 8  | M35-39 | 2nd | 0.7   | 11:45 | 13:55 | +130 | 25:40.17    |      | 8:15.7 | 25.67          | 25:40.90 | 52.8% |
| 9  | 7270 Marcus O'con (M53)           | 9  | M50-54 | 3rd | 2.2   | 13:00 | 13:10 | +11  | 26:10.12    | ⌚    | 8:25.4 | 26.17          | 26:12.33 | 57.8% |
| 10 | 6004 Nik Barrett (M17)            | 10 | M15-19 | 1st | 10.3  | 14:18 | 12:07 | -131 | 26:24.74    | ⌚ ⊗  | 8:30.1 | 26.40          | 26:35.02 | 51.1% |
| 11 | 7495 Enrique Marban (M16)         | 11 | M15-19 | 2nd | 7.0   | 12:57 | 13:40 | +44  | 26:37.41    | ⌚    | 8:34.2 | 26.62          | 26:44.45 | 51.4% |
| 12 | 6979 Balaji Ammanji Sundararaju ( | 12 | M40-44 | 1st | ---   | 12:36 | 14:13 | +97  | 26:49.19    | ✓ 13 | 8:37.9 | 26.82          | 26:49.19 | 51.7% |
| 13 | 6006 Santos Ofarrill (M64)        | 13 | M60-64 | 2nd | ---   | 13:03 | 13:54 | +51  | 26:56.66    | ⌚ ⊗  | 8:40.4 | 26.93          | 26:56.66 | 61.7% |
| 14 | 7405 Steve Russo (M60)            | 14 | M60-64 | 3rd | 5.4   | 13:32 | 13:33 | +2   | 27:04.80    | ⌚    | 8:43.0 | 27.07          | 27:10.17 | 59.2% |
| 15 | 6667 Pedro Diaz (M29)             | 15 | M25-29 | 1st | 4.5   | 12:03 | 15:23 | +200 | 27:26.57    | ⊗    | 8:50.0 | 27.43          | 27:31.08 | 47.0% |
| 16 | 7193 Julio Lopez (M68)            | 16 | M65-69 | 1st | ---   | 13:45 | 13:55 | +10  | 27:40.20    | ⌚    | 8:54.4 | 27.67          | 27:40.24 | 62.3% |
| 17 | 6005 Vanessa Bogenholm (F57)      | 1  | F55-59 | OA  | ---   | 14:01 | 14:09 | +8   | 28:10.21    | ⌚    | 9:04.0 | 28.17          | 28:10.21 | 65.8% |
| 18 | 6011 Cynthia Sorto (F36)          | 2  | F35-39 | 1st | 4.4   | 14:27 | 14:51 | +25  | 29:17.81    | ⊗    | 9:25.8 | 29.28          | 29:22.20 | 51.2% |
| 19 | 6668 Grace Fish (F15)             | 3  | F15-19 | 1st | 0.6   | 13:17 | 16:43 | +206 | 30:00.43    | ⊗    | 9:39.5 | 30.00          | 30:00.99 | 51.6% |

|    |      |                            |    |        |     |       |       |       |      |                 |   |   |         |       |          |              |
|----|------|----------------------------|----|--------|-----|-------|-------|-------|------|-----------------|---|---|---------|-------|----------|--------------|
| 20 | 6003 | Andy Barrett (M17)         | 17 | M15-19 | 3rd | 8.8   | 14:20 | 15:36 | +76  | <b>29:55.97</b> | ℓ | × | 9:38.1  | 29.92 | 30:04.76 | 45.1%        |
| 21 | 7060 | Jaws Hansen (M64)          | 18 | M60-64 | 4th | 8.4   | 15:02 | 14:57 | -5   | <b>29:58.68</b> | ℓ |   | 9:38.9  | 29.97 | 30:07.03 | 55.4%        |
| 22 | 7265 | Kuay Sullivan (F58)        | 4  | F55-59 | MS  | 5.0   | 15:32 | 15:23 | -9   | <b>30:54.98</b> | ℓ |   | 9:57.1  | 30.90 | 30:59.95 | <b>60.8%</b> |
| 23 | 6017 | John Leighton (M63)        | 19 | M60-64 | 5th | 1.4   | 15:43 | 15:36 | -7   | <b>31:18.27</b> | ✓ | 1 | 10:04.6 | 31.30 | 31:19.70 | 52.6%        |
| 24 | 7044 | Amie Goins (F52)           | 5  | F50-54 | 1st | 3.0   | 15:54 | 17:17 | +83  | <b>33:10.55</b> |   |   | 10:40.7 | 33.17 | 33:13.57 | 52.3%        |
| 25 | 7121 | Debbie Riedner (F54)       | 6  | F50-54 | 2nd | 3.8   | 16:17 | 17:26 | +68  | <b>33:42.77</b> | ℓ |   | 10:51.1 | 33.70 | 33:46.54 | 52.8%        |
| 26 | 7345 | Ryan Pogue (M53)           | 20 | M50-54 | 4th | 21.0  | 16:26 | 17:02 | +36  | <b>33:28.32</b> |   |   | 10:46.4 | 33.47 | 33:49.29 | 45.1%        |
| 27 | 7012 | Doug Waters (M59)          | 21 | M55-59 | 1st | 8.6   | 17:07 | 16:36 | -32  | <b>33:42.92</b> | ℓ |   | 10:51.1 | 33.70 | 33:51.54 | 47.2%        |
| 28 | 7466 | Andrew Ngotho (M57)        | 22 | M55-59 | 2nd | 8.3   | 16:58 | 17:59 | +61  | <b>34:56.66</b> | ℓ |   | 11:14.9 | 34.93 | 35:04.92 | 44.7%        |
| 29 | 7328 | Lauren Zender (F30)        | 7  | F30-34 | 1st | 5.8   | 17:13 | 18:16 | +63  | <b>35:29.23</b> |   |   | 11:25.3 | 35.48 | 35:35.04 | 41.7%        |
| 30 | 7283 | Ruben Reyes (M68)          | 23 | M65-69 | 2nd | 17.0  | 17:36 | 17:45 | +10  | <b>35:21.41</b> | ℓ |   | 11:22.8 | 35.35 | 35:38.45 | 48.8%        |
| 31 | 7041 | Kay Scott (F54)            | 8  | F50-54 | 3rd | 10.4  | 18:12 | 18:08 | -4   | <b>36:19.51</b> |   |   | 11:41.5 | 36.32 | 36:29.94 | 49.0%        |
| 32 | 7198 | Yanira Lopez (F61)         | 9  | F60-64 | SR  | 25.9  | 18:07 | 18:16 | +9   | <b>36:22.86</b> | ℓ |   | 11:42.6 | 36.37 | 36:48.76 | 53.9%        |
| 33 | 7050 | Chris Goins (M53)          | 24 | M50-54 | 5th | 3.8   | 16:41 | 20:14 | +213 | <b>36:55.56</b> |   |   | 11:53.1 | 36.92 | 36:59.41 | 40.9%        |
| 34 | 7106 | Robert Simpson (M69)       | 25 | M65-69 | 3rd | 21.5  | 18:40 | 18:00 | -40  | <b>36:39.34</b> |   |   | 11:47.9 | 36.65 | 37:00.81 | 47.5%        |
| 35 | 7916 | Wally Capps (M83)          | 26 | M80-99 | 1st | 20.6  | 17:54 | 19:16 | +82  | <b>37:10.79</b> | ℓ |   | 11:58.0 | 37.17 | 37:31.38 | <b>61.3%</b> |
| 36 | 7454 | Betsy Palmer (F63)         | 10 | F60-64 | 1st | 18.7  | 18:32 | 20:26 | +114 | <b>38:58.48</b> |   |   | 12:32.7 | 38.97 | 39:17.21 | 51.8%        |
| 37 | 7222 | Rich Weklar (M53)          | 27 | M50-54 | 7th | 8.7   | 17:24 | 21:49 | +265 | <b>39:13.35</b> |   |   | 12:37.5 | 39.22 | 39:22.07 | 38.5%        |
| 38 | 7113 | Victor Elfenbein (M66)     | 28 | M65-69 | 4th | 6.7   | 18:23 | 21:26 | +183 | <b>39:49.13</b> | ℓ |   | 12:49.0 | 39.82 | 39:55.85 | 42.5%        |
| 39 | 7153 | Peter Chan (M71)           | 29 | M70-74 | 1st | 1.9   | 18:25 | 21:42 | +197 | <b>40:06.90</b> | ℓ |   | 12:54.7 | 40.10 | 40:08.78 | 44.5%        |
| 40 | 7318 | Mason Marks (M11)          | 30 | M10-14 | 1st | ---   | 16:03 | 25:51 | +588 | <b>41:53.88</b> |   |   | 13:29.1 | 41.88 | 41:53.88 | 36.5%        |
| 41 | 7317 | Leah Marks (F43)           | 11 | F40-44 | 1st | 7.7   | 17:54 | 24:18 | +384 | <b>42:12.12</b> |   |   | 13:35.0 | 42.20 | 42:19.83 | 37.2%        |
| 42 | 6001 | Kenny Hicks (M28)          | 31 | M25-29 | 2nd | 11.5  | 22:51 | 19:30 | -201 | <b>42:20.34</b> | ℓ | × | 13:37.7 | 42.33 | 42:31.81 | 30.5%        |
| 43 | 7109 | Kim Tsutsui (F56)          | 12 | F55-59 | 1st | 24.5  | 20:58 | 23:31 | +153 | <b>44:28.40</b> |   |   | 14:18.9 | 44.47 | 44:52.87 | 41.1%        |
| 44 | 7223 | Chris Wong (M54)           | 32 | M50-54 | 8th | 23.8  | 23:15 | 22:32 | -44  | <b>45:46.66</b> |   |   | 14:44.1 | 45.77 | 46:10.51 | 33.3%        |
| 45 | 7024 | Carol Creech (F73)         | 13 | F70-74 | 1st | 6.2   | 23:36 | 26:16 | +160 | <b>49:51.81</b> |   |   | 16:03.0 | 49.85 | 49:58.00 | 47.6%        |
| 46 | 6998 | Nathan Bruser (M53)        | 33 | M50-54 | 6th | 701.6 | 17:32 | 21:02 | +209 | <b>38:33.93</b> |   |   | 12:24.8 | 38.55 | 50:15.58 | 39.2%        |
| 47 | 6994 | Blake Bruser (F15)         | 14 | F15-19 | 2nd | 704.0 | 17:34 | 21:26 | +232 | <b>39:00.49</b> | ℓ |   | 12:33.3 | 39.00 | 50:44.45 | 39.7%        |
| 48 | 7529 | Carlos Ordonez (M53)       | 34 | M50-54 | 9th | 26.3  | 24:02 | 27:53 | +231 | <b>51:54.38</b> |   |   | 16:42.4 | 51.90 | 52:20.65 | 29.1%        |
| 49 | 6015 | Izela Salas (F21)          | 15 | F20-24 | 1st | 13.9  | 27:39 | 28:38 | +59  | <b>56:16.73</b> |   |   | 18:06.9 | 56.27 | 56:30.65 | 26.3%        |
| 50 | 6016 | Caden Gailley (M22)        | 35 | M20-24 | 1st | 15.0  | 27:38 | 28:39 | +61  | <b>56:16.64</b> |   | × | 18:06.8 | 56.27 | 56:31.67 | 22.9%        |
| 51 | 7246 | Sheila Holen (F53)         | 16 | F50-54 | 4th | 20.4  | 28:30 | 28:37 | +8   | <b>57:06.83</b> |   |   | 18:23.0 | 57.10 | 57:27.25 | 30.8%        |
| 52 | 6014 | Christian Oseas-salas (M9) | 36 | M01-09 | 1st | 14.6  | 26:07 | 32:00 | +353 | <b>58:07.77</b> |   | × | 18:42.6 | 58.12 | 58:22.36 | 28.1%        |
| 53 | 6991 | Mireya Salas (F49)         | 17 | F45-49 | 1st | 14.6  | 26:07 | 32:01 | +354 | <b>58:08.80</b> |   |   | 18:42.9 | 58.13 | 58:23.36 | 28.7%        |

40 Positive Split

13 Negative Split

✓ 2 Club PR's

Average Finish Time: 35:28 *10 First Timers* Average Age Grade: 48.1%

FN\*:  Broke Age-Group Record

**GD** Place among Females

▲ Positive Split

Timing provided by:

6/30/2024

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

△ Negative Split



DeltaViewTiming.com