

Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
Jaydin Turner	5:12.90	Jaydin Turner	21:15.87	John Cosentino	23:00.65	Vijayan Nair	23:52.16
Blake Bruser	7:13.48	Sarah Meyer	29:24.07	Kuay Sullivan	30:26.83	Yanira Lopez	37:44.81

5K MALE

		32 MALE Runners --- Average Time of 32:09						Avg. Age Grade: 52.1%		Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Jaydin Turner	Carrollton	(15)	10:40	-3	21:15.87	ℳ	6:50.7	65.5%	1	1
MASTERS	1 John Cosentino	Plano	(61)	11:24	+13	23:00.65		7:24.4	70.3%	3	3
SENIORS	1 Vijayan Nair	Plano	(61)	11:47	+17	23:52.16	ℳ	7:41.0	67.8%	5	5
M10-14	1 David Gehring		(11)	15:31	-96	29:25.17		9:28.2	52.0%	15	14
M25-29	1 Nick Staci		(26)	12:19	+46	25:24.79		8:10.8	50.8%	7	7
	2 Dereon Hill	Dallas	(29)	18:33	-62	36:03.37	✓	11:36.3	35.8%	29	25
M30-34	1 Griffin Gurley	Carrollton	(31)	10:43	+16	21:42.47		6:59.2	59.7%	2	2
M35-39	1 Serge Reshetnikov	The Colony	(39)	11:36	+77	24:28.47		7:52.7	55.4%	6	6
M40-44	1 John Menzies	Irving	(42)	18:50	+65	38:45.69		12:28.6	35.7%	35	28
M50-54	1 Francisco Espinosa	Carrollton	(54)	11:48	-1	23:35.70	ℳ✓	7:35.7	64.6%	4	4
	2 Nathan Bruser	Carrollton	(53)	13:39	-3	27:14.64		8:46.1	55.5%	18	16
	3 Marcus O'con	Dallas	(53)	14:13	-20	28:05.84	ℳ	9:02.6	53.8%	11	11
	4 Ryan Pogue	Carrollton	(52)	15:59	+95	33:32.98		10:47.9	44.7%	28	24
	5 Chris Goins	Garland	(53)	15:56	+167	34:38.45		11:09.0	43.6%	26	22
	6 Rich Weklar	Bartonville	(53)	15:44	+241	35:28.64		11:25.1	42.6%	27	23
	7 Chris Wong	Arlington	(54)	23:03	-80	44:45.30		14:24.3	34.1%	40	30
	8 Carlos Ordonez	Carrollton	(53)	23:25	+16	47:05.74		15:09.5	32.1%	41	31
M55-59	1 Robert Preston	Irving	(59)	14:27	-38	28:16.77		9:06.1	56.2%	12	12
	2 Doug Waters	Carrollton	(59)	14:23	+10	28:55.65		9:18.7	55.0%	13	13
	3 Andrew Ngotho	Carrollton	(57)	15:57	+28	32:20.86	ℳ	10:24.7	48.3%	20	18
M60-64	1 Santos O'farrill	Lewisville	(64)	12:57	+30	26:23.36	ℳ	8:29.6	63.0%	8	8
	2 Jaws Hansen	Dallas	(64)	14:38	+20	29:36.67	ℳ	9:31.9	56.1%	16	15
	3 John Leighton		(63)	17:07	-19	33:55.89		10:55.3	48.5%	24	20
	4 John Kramer	Plano	(62)	31:16	+47	1:03:18.13	ℳ	20:22.5	25.8%	44	32
M65-69	1 Julio Lopez	Farmers Branch	(68)	13:38	+6	27:21.67	ℳ	8:48.4	63.0%	9	9
	2 Ruben Arevalo	Carrollton	(68)	13:55	-7	27:44.28	ℳ	8:55.7	62.2%	10	10
	3 Ruben Reyes	Carrollton	(68)	15:35	+46	31:55.92		10:16.7	54.0%	19	17
	4 Victor Eifenbein	Dallas	(66)	17:07	-21	33:53.46	ℳ	10:54.5	50.0%	23	19
	5 Robert Simpson	Coppell	(69)	17:57	-3	35:50.65		11:32.2	48.6%	30	26
M70-74	1 Peter Chan	Coppell	(70)	18:51	+131	39:52.88	ℳ	12:50.2	44.2%	37	29
M80-99	1 Wally Capps	Farmers Branch	(83)	16:52	+43	34:27.45	ℳ	11:05.4	66.1%	25	21
	2 Enrique Ordonez	Carrollton	(83)	17:33	+84	36:29.61	ℳ	11:44.8	62.5%	31	27

5K FEMALE

12 FEMALE Runners --- Average Time of

38:50

Avg. Age Grade: **47.9%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Sarah Meyer	Coppell	(47)	15:30	-96	29:24.07		9:27.8	55.5%	14	1
MASTERS	1 Kuay Sullivan	Coppell	(58)	15:02	+23	30:26.83	ℓ	9:48.0	61.7%	17	2
SENIORS	1 Yanira Lopez	Farmers Branch	(61)	19:14	-44	37:44.81	ℓ	12:09.0	51.9%	33	6
F20-24	1 Natalie Stasi		(22)	19:24	+118	40:45.32		13:07.1	36.3%	38	9
F25-29	1 Brittany Hill	Dallas	(29)	18:19	+191	39:49.63		12:49.1	37.2%	36	8
F50-54	1 Amie Goins	Garland	(52)	15:51	+64	32:45.92		10:32.8	53.0%	21	3
	2 Debbie Riedner	Dallas	(54)	16:19	+15	32:52.36	ℓ	10:34.8	54.2%	22	4
	3 Kay Scott	Bedford	(54)	18:17	-5	36:29.22		11:44.6	48.8%	32	5
	4 Sheila Holen	Lewisville	(53)	27:36	+52	56:03.00		18:02.4	31.4%	43	12
F55-59	1 Kim Tsutsui	Arlington	(56)	21:48	-85	42:10.30		13:34.4	43.4%	39	10
F60-64	1 Betsy Palmer	Carrollton	(63)	18:53	+38	38:22.81		12:21.2	52.6%	34	7
F70-74	1 Carol Creech	Aubrey	(73)	24:12	+41	49:04.71		15:47.8	48.3%	42	11

FN*: Broke Age-Group Record

GD Place among Females

▲ Positive Split

Timing provided by:

5/26/2024

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

▲ Negative Split



DeltaViewTiming.com

1M MALE

		17 MALE Runners --- Average Time of 9:37				Avg. Age Grade: 54.2%			Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Jaydin Turner	Carrollton	(15)		5:12.90		5:12.9	76.8%	1	1
M01-09	1	Michael Gehring		(9)		8:29.81		8:29.8	55.4%	8	7
	2	Wright Belden		(6)		17:01.01		17:01.0	31.6%	23	17
M45-49	1	Dan Gehring		(49)		10:03.34		10:03.3	41.8%	16	12
M50-54	1	Francisco Espinosa	Carrollton	(54)		6:53.41	✓	6:53.4	63.6%	2	2
	2	Marcus O'con	Dallas	(53)		9:13.16		9:13.2	47.1%	10	9
M55-59	1	Andrew Ngotho	Carrollton	(57)		9:53.00		9:53.0	45.5%	14	11
M60-64	1	Vijayan Nair	Plano	(61)		7:07.92		7:07.9	65.3%	3	3
	2	Santos O'farrill	Lewisville	(64)		7:28.72		7:28.7	63.9%	5	4
	3	Jaws Hansen	Dallas	(64)		8:40.49		8:40.5	55.1%	9	8
	4	John Kramer	Plano	(62)		15:55.00		15:55.0	29.5%	21	16
M65-69	1	Julio Lopez	Farmers Branch	(68)		8:00.91		8:00.9	61.9%	6	5
	2	Ruben Arevalo	Carrollton	(68)		8:04.02		8:04.0	61.5%	7	6
	3	Victor Eifenbein	Dallas	(66)		9:25.36		9:25.4	51.7%	11	10
M70-74	1	Peter Chan	Coppell	(70)		10:42.89		10:42.9	47.3%	19	14
M80-99	1	Enrique Ordonez	Carrollton	(83)		10:20.01	✓	10:20.0	63.4%	17	13
	2	Wally Capps	Farmers Branch	(83)		10:59.46		10:59.5	59.6%	20	15

1M FEMALE

		7 FEMALE Runners --- Average Time of 11:36				Avg. Age Grade: 47.5%			Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Blake Bruser	Carrollton	(15)		7:13.48		7:13.5	60.8%	4	1
F01-09	1	Abigail Meyer	Coppell	(9)		10:00.43	✓	10:00.4	49.7%	15	4
	2	Viviene Belden		(9)		17:04.61		17:04.6	29.1%	24	7
F40-44	1	Emily Belden		(40)		17:00.10		17:00.1	26.0%	22	6
F50-54	1	Debbie Riedner	Dallas	(54)		9:44.13		9:44.1	53.9%	13	3
F55-59	1	Kuay Sullivan	Coppell	(58)		9:28.39		9:28.4	58.6%	12	2
F60-64	1	Yanira Lopez	Farmers Branch	(61)		10:41.77		10:41.8	54.2%	18	5

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	---				5:12.90		5:12.9	17.79	5:12.90	76.8%
2	6009 Francisco Espinosa (M54)	2	M50-54	1st	---				6:53.41	✓ 4	6:53.4	23.55	6:53.41	63.6%
3	7117 Vijayan Nair (M61)	3	M60-64	1st	---				7:07.92		7:07.9	24.35	7:07.92	65.3%
4	7096 Blake Bruser (F15)	1	F15-19	OA	---				7:13.48		7:13.5	24.69	7:13.48	60.8%
5	6006 Santos O'farrill (M64)	4	M60-64	2nd	---				7:28.72	✗	7:28.7	25.54	7:28.72	63.9%
6	7193 Julio Lopez (M68)	5	M65-69	1st	---				8:00.91		8:00.9	27.37	8:00.91	61.9%
7	7155 Ruben Arevalo (M68)	6	M65-69	2nd	---				8:04.02		8:04.0	27.60	8:04.02	61.5%
8	6016 Michael Gehring (M9)	7	M01-09	1st	---				8:29.81		8:29.8	29.02	8:29.81	55.4%
9	7060 Jaws Hansen (M64)	8	M60-64	3rd	---				8:40.49		8:40.5	29.65	8:40.49	55.1%
10	7270 Marcus O'con (M53)	9	M50-54	2nd	---				9:13.16		9:13.2	31.53	9:13.16	47.1%
11	7113 Victor Elfenbein (M66)	10	M65-69	3rd	---				9:25.36		9:25.4	32.22	9:25.36	51.7%
12	7265 Kuay Sullivan (F58)	2	F55-59	1st	---				9:28.39		9:28.4	32.39	9:28.39	58.6%
13	7121 Debbie Riedner (F54)	3	F50-54	1st	---				9:44.13		9:44.1	33.30	9:44.13	53.9%
14	7466 Andrew Ngotho (M57)	11	M55-59	1st	---				9:53.00		9:53.0	33.81	9:53.00	45.5%
15	6653 Abigail Meyer (F9)	4	F01-09	1st	---				10:00.43	✓ 1	10:00.4	34.21	10:00.43	49.7%
16	6014 Dan Gehring (M49)	12	M45-49	1st	---				10:03.34		10:03.3	34.38	10:03.34	41.8%
17	7140 Enrique Ordonez (M83)	13	M80-99	1st	---				10:20.01	✓ 1	10:20.0	35.35	10:20.01	63.4%
18	7198 Yanira Lopez (F61)	5	F60-64	1st	---				10:41.77		10:41.8	36.55	10:41.77	54.2%
19	7153 Peter Chan (M70)	14	M70-74	1st	---				10:42.89		10:42.9	36.61	10:42.89	47.3%
20	7916 Wally Capps (M83)	15	M80-99	2nd	---				10:59.46		10:59.5	37.58	10:59.46	59.6%
21	7261 John Kramer (M62)	16	M60-64	4th	---				15:55.00		15:55.0	54.45	15:55.00	29.5%
22	6012 Emily Belden (F40)	6	F40-44	1st	---				17:00.10	✗	17:00.1	58.16	17:00.10	26.0%
23	6011 Wright Belden (M6)	17	M01-09	2nd	---				17:01.01	✗	17:01.0	58.22	17:01.01	31.6%
24	6010 Viviene Belden (F9)	7	F01-09	2nd	---				17:04.61	✗	17:04.6	58.39	17:04.61	29.1%

✓ 3 Club PR's

Average Finish Time: 10:11 4 First Timers

Average Age Grade: 52.2%

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	0.3	10:40	10:36	-3	21:15.87	⌚	6:50.7	21.25	21:16.18	65.5%
2	6729 Griffin Gurley (M31)	2	M30-34	1st	0.8	10:43	10:59	+16	21:42.47		6:59.2	21.70	21:43.25	59.7%
3	7255 John Cosentino (M61)	3	M60-64	MS	1.3	11:24	11:37	+13	23:00.65		7:24.4	23.00	23:01.93	70.3%
4	6009 Francisco Espinosa (M54)	4	M50-54	1st	2.6	11:48	11:47	-1	23:35.70	⌚ ✓ 4	7:35.7	23.58	23:38.26	64.6%
5	7117 Vijayan Nair (M61)	5	M60-64	SR	0.6	11:47	12:05	+17	23:52.16	⌚	7:41.0	23.87	23:52.76	67.8%
6	6807 Serge Reshetnikov (M39)	6	M35-39	1st	1.0	11:36	12:53	+77	24:28.47		7:52.7	24.47	24:29.49	55.4%
7	6013 Nick Staci (M26)	7	M25-29	1st	2.8	12:19	13:06	+46	25:24.79	✗	8:10.8	25.40	25:27.60	50.8%
8	6006 Santos O'farrill (M64)	8	M60-64	1st	2.1	12:57	13:26	+30	26:23.36	⌚ ✗	8:29.6	26.38	26:25.45	63.0%
9	7193 Julio Lopez (M68)	9	M65-69	1st	0.4	13:38	13:44	+6	27:21.67	⌚	8:48.4	27.35	27:22.03	63.0%
10	7155 Ruben Arevalo (M68)	10	M65-69	2nd	0.5	13:55	13:49	-7	27:44.28	⌚	8:55.7	27.73	27:44.79	62.2%
11	7270 Marcus O'con (M53)	11	M50-54	3rd	5.0	14:13	13:53	-20	28:05.84	⌚	9:02.6	28.08	28:10.87	53.8%
12	7192 Robert Preston (M59)	12	M55-59	1st	8.6	14:27	13:49	-38	28:16.77		9:06.1	28.27	28:25.33	56.2%
13	7012 Doug Waters (M59)	13	M55-59	2nd	4.2	14:23	14:33	+10	28:55.65		9:18.7	28.92	28:59.88	55.0%
14	7407 Sarah Meyer (F47)	1	F45-49	OA	2.2	15:30	13:54	-96	29:24.07		9:27.8	29.40	29:26.25	55.5%
15	6015 David Gehring (M11)	14	M10-14	1st	1.2	15:31	13:54	-96	29:25.17		9:28.2	29.42	29:26.36	52.0%
16	7060 Jaws Hansen (M64)	15	M60-64	2nd	3.5	14:38	14:58	+20	29:36.67	⌚	9:31.9	29.60	29:40.19	56.1%
17	7265 Kuay Sullivan (F58)	2	F55-59	MS	6.2	15:02	15:25	+23	30:26.83	⌚	9:48.0	30.43	30:33.07	61.7%
18	7097 Nathan Bruser (M53)	16	M50-54	2nd	262.2	13:39	13:36	-3	27:14.64		8:46.1	27.23	31:36.89	55.5%
19	7283 Ruben Reyes (M68)	17	M65-69	3rd	9.0	15:35	16:21	+46	31:55.92		10:16.7	31.92	32:04.91	54.0%
20	7466 Andrew Ngotho (M57)	18	M55-59	3rd	6.4	15:57	16:24	+28	32:20.86	⌚	10:24.7	32.33	32:27.29	48.3%
21	7044 Amie Goins (F52)	3	F50-54	1st	8.8	15:51	16:55	+64	32:45.92		10:32.8	32.75	32:54.73	53.0%
22	7121 Debbie Riedner (F54)	4	F50-54	2nd	9.3	16:19	16:34	+15	32:52.36	⌚	10:34.8	32.87	33:01.68	54.2%
23	7113 Victor Elfenbein (M66)	19	M65-69	4th	5.8	17:07	16:46	-21	33:53.46	⌚	10:54.5	33.88	33:59.24	50.0%
24	6018 John Leighton (M63)	20	M60-64	3rd	12.5	17:07	16:48	-19	33:55.89	✗	10:55.3	33.92	34:08.38	48.5%
25	7916 Wally Capps (M83)	21	M80-99	1st	17.0	16:52	17:35	+43	34:27.45	⌚	11:05.4	34.45	34:44.40	66.1%

FN*: Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

5/26/2024

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

△ Negative Split

 DeltaViewTiming.com

26	7050	Chris Goins (M53)	22	M50-54	5th	8.4	15:56	18:43	+167	34:38.45		11:09.0	34.63	34:46.80	43.6%	
27	7222	Rich Weklar (M53)	23	M50-54	6th	9.0	15:44	19:45	+241	35:28.64		11:25.1	35.47	35:37.62	42.6%	
28	7345	Ryan Pogue (M52)	24	M50-54	4th	133.7	15:59	17:34	+95	33:32.98		10:47.9	33.53	35:46.72	44.7%	
29	7429	Dereon Hill (M29)	25	M25-29	2nd	4.2	18:33	17:31	-62	36:03.37	✓ 1	11:36.3	36.05	36:07.54	35.8%	
30	7106	Robert Simpson (M69)	26	M65-69	5th	18.3	17:57	17:54	-3	35:50.65		11:32.2	35.83	36:08.91	48.6%	
31	7140	Enrique Ordonez (M83)	27	M80-99	2nd	4.4	17:33	18:57	+84	36:29.61	ℓ	11:44.8	36.48	36:33.98	62.5%	
32	7041	Kay Scott (F54)	5	F50-54	3rd	12.9	18:17	18:12	-5	36:29.22		11:44.6	36.48	36:42.14	48.8%	
33	7198	Yanira Lopez (F61)	6	F60-64	SR	33.8	19:14	18:31	-44	37:44.81	ℓ	12:09.0	37.73	38:18.63	51.9%	
34	7454	Betsy Palmer (F63)	7	F60-64	1st	17.4	18:53	19:30	+38	38:22.81		12:21.2	38.37	38:40.17	52.6%	
35	6727	John Menzies (M42)	28	M40-44	1st	2.5	18:50	19:55	+65	38:45.69		12:28.6	38.75	38:48.21	35.7%	
36	7428	Brittany Hill (F29)	8	F25-29	1st	4.5	18:19	21:30	+191	39:49.63		12:49.1	39.82	39:54.16	37.2%	
37	7153	Peter Chan (M70)	29	M70-74	1st	8.9	18:51	21:02	+131	39:52.88	ℓ	12:50.2	39.87	40:01.79	44.2%	
38	6017	Natalie Stasi (F22)	9	F20-24	1st	3.2	19:24	21:22	+118	40:45.32	⌘	13:07.1	40.75	40:48.52	36.3%	
39	7109	Kim Tsutsui (F56)	10	F55-59	1st	25.2	21:48	20:23	-85	42:10.30		13:34.4	42.17	42:35.54	43.4%	
40	7223	Chris Wong (M54)	30	M50-54	7th	24.4	23:03	21:43	-80	44:45.30		14:24.3	44.75	45:09.74	34.1%	
41	7529	Carlos Ordonez (M53)	31	M50-54	8th	28.0	23:25	23:41	+16	47:05.74		15:09.5	47.08	47:33.76	32.1%	
42	7024	Carol Creech (F73)	11	F70-74	1st	7.3	24:12	24:53	+41	49:04.71		15:47.8	49.07	49:12.04	48.3%	
43	7246	Sheila Holen (F53)	12	F50-54	4th	25.4	27:36	28:27	+52	56:03.00		18:02.4	56.05	56:28.37	31.4%	
44	7261	John Kramer (M62)	32	M60-64	4th	617.4	31:16	32:03	+47	1:03:18.13	ℓ	20:22.5	63.301	1:13:35.55	25.8%	
28 Positive Split 16 Negative Split ✓ 2 Club PR's											Average Finish Time: 33:58 <i>4 First Timers</i>			Average Age Grade: 50.9%		