

Love Run 5K

Saturday, May 05, 2012

Course measured by Ken Ashby

Lakeway Baptist Church , The Colony, TX

70F Clear 50%H 8mphS

5K Off :9:00 am

5K

FEMALE

22 Runners --- Average Time of 39:12

Avg. Age Grade: 43.5%

Place in

Name

City

(Age) Split

Chip Time

Pace

Age Grade

OA GD

OVERALL	1	Jackie Rust	Providence Village	(31)	+7	21:33.68	6:56.4	68.7%	1	1
F01-18	1	Carmen Merrill	The Colony	(8)	+199	30:02.65	9:40.2	60.3%	9	3
	2	Hailey Leal	The Colony	(16)	+70	32:25.15	10:26.1	47.2%	13	4
	3	Kristen Suelzt		(7)	+120	34:48.27	11:12.2	53.9%	19	7
	4	Taryn Suelzt		(7)	+208	36:14.65	11:40.0	51.8%	22	10
	5	Madalyn Hunt		(5)	+379	46:55.10	15:06.1	43.5%	38	18
F19-29	1	Dawnya Navarro	The Colony	(29)	+150	28:51.69	9:17.4	51.3%	8	2
	2	Stephanie Smalling		(24)	+113	35:50.87	11:32.3	41.3%	21	9
F30-45	1	Sharla Samples	The Colony	(31)	-64	32:22.83	10:25.3	45.8%	14	5
	2	Jana Angelley	Little Elm	(31)	+111	32:26.61	10:26.6	45.7%	15	6
	3	Katie Brumfield	The Colony	(43)	+111	34:49.18	11:12.4	45.0%	20	8
	4	Mandy Suelzt		(39)	+196	36:15.18	11:40.1	42.0%	23	11
	5	Glenda Richards	Carrollton	(35)	+221	38:33.46	12:24.6	38.8%	26	12
	6	Kelley Wheless	The Colony	(40)		40:16.23	12:57.7	38.1%	27	13
	7	Amy Smalling	The Colony	(37)	+100	51:50.38	16:41.1	29.1%	40	20
	8	Nancy Hicks	Frisco	(41)	+120	52:35.29	16:55.6	29.4%	41	21
F45-99	1	Janice Cahill	The Colony	(57)	+93	40:16.09	12:57.7	46.0%	28	14
	2	Mary Fresquez	Carrollton	(49)		44:42.43	14:23.4	37.4%	33	15
	3	Kelly Leal	The Colony	(46)	+41	44:43.21	14:23.6	36.1%	34	16
	4	Sandra Faircloth	The Colony	(47)	+2	45:59.18	14:48.1	35.5%	36	17
	5	Becky Wendt	The Colony	(50)	+106	47:10.31	15:11.0	35.9%	39	19
	6	Pam Griffith	The Colony	(56)	+195	53:33.59	17:14.4	34.1%	42	22



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70F Clear 50%H 8mphS

5K Off :9:00 am

5K		MALE		21 Runners --- Average Time of 35:18			Avg. Age Grade: 42.7%		Place in	
	Name	City	(Age)	Split	Chip Time	Pace	Age Grade	OA	GD	
OVERALL	1 Steven Franks	The Colony	(43)	+82	22:51.30	7:21.4	61.1%	2	1	
M01-18	1 Jackson Merrill	The Colony	(7)	+99	27:39.19	8:54.0	64.3%	7	6	
	2 Tibor Quaas	The Colony	(16)		32:24.64	10:25.9	42.3%	12	9	
	3 Jakob Richards	Carrollton	(8)	+222	38:33.50	12:24.6	44.1%	25	14	
	4 Seth Mccawley		(10)	+36	42:24.90	13:39.1	37.2%	31	17	
M19-29	1 Alex Whitely	The Colony	(25)	+179	23:54.99	7:41.9	53.9%	3	2	
	2 Jake Martinez	The Colony	(22)	+118	27:13.66	8:45.8	47.4%	5	4	
	3 Josh Acosta		(20)		32:24.21	10:25.8	40.2%	11	8	
M30-45	1 Chris Rust	Providence Village	(34)	+14	24:52.33	8:00.3	52.7%	4	3	
	2 Doug Samples	The Colony	(33)	+131	27:13.05	8:45.6	47.9%	6	5	
	3 Benny Carrasco	The Colony	(41)	+46	31:10.75	10:02.1	44.1%	10	7	
	4 Eric Angelley	Little Elm	(37)	+234	34:32.01	11:06.9	38.7%	18	12	
	5 Hector Leal	The Colony	(45)	+202	37:14.29	11:59.2	38.1%	24	13	
M45-99	1 Michael Caldwell	Grand Prairie	(50)	+305	34:20.62	11:03.3	42.9%	16	10	
	2 Brian Dotson	The Colony	(46)	+228	40:17.43	12:58.1	35.5%	29	15	
	3 Chris Sartain	Dallas	(51)	+199	41:17.13	13:17.3	36.0%	30	16	
	4 Mike Bishop	The Colony	(56)	-132	43:04.41	13:51.8	36.0%	32	18	
	5 Alan Smalling	The Colony	(46)	-215	45:35.66	14:40.5	31.3%	35	19	
	6 Tom Jeffries	The Colony	(50)	+239	46:40.87	15:01.5	31.6%	37	20	
	7 Blane Griffith	The Colony	(56)	+60	53:22.43	17:10.8	29.0%	43	21	
MNoAge	1 Temporary 6758		()	+53	34:20.40	11:03.2		17	11	



5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	Pace	5KEq	Clock Time	AgeGD
1	6737 Jackie Rust (F31)	1	F30-45	OA	1.2	10:43	10:50	+7	21:33.68	6:56.4	21.55	21:34.88	68.7%
2	6714 Steven Franks (M43)	1	M30-45	OA	1.1	10:45	12:07	+82	22:51.30	7:21.4	22.85	22:52.37	61.1%
3	6745 Alex Whitely (M25)	2	M19-29	1st	0.4	10:28	13:27	+179	23:54.99	7:41.9	23.90	23:55.36	53.9%
4	6736 Chris Rust (M34)	3	M30-45	1st	5.5	12:19	12:33	+14	24:52.33	8:00.3	24.87	24:57.88	52.7%
5	6746 Jake Martinez (M22)	4	M19-29	2nd	0.3	12:38	14:36	+118	27:13.66	8:45.8	27.22	27:13.93	47.4%
6	6738 Doug Samples (M33)	5	M30-45	2nd	5.9	12:31	14:42	+131	27:13.05	8:45.6	27.22	27:19.00	47.9%
7	6729 Jackson Merrill (M7)	6	M01-18	1st	0.3	13:00	14:39	+99	27:39.19	8:54.0	27.65	27:39.45	64.3%
8	6732 Dawnya Navarro (F29)	2	F19-29	1st	1.1	13:11	15:41	+150	28:51.69	9:17.4	28.85	28:52.77	51.3%
9	6728 Carmen Merrill (F8)	3	F01-18	1st	0.3	13:22	16:41	+199	30:02.65	9:40.2	30.03	30:02.91	60.3%
10	6709 Benny Carrasco (M41)	7	M30-45	3rd	6.4	15:12	15:58	+46	31:10.75	10:02.1	31.17	31:17.15	44.1%
11	6755 Josh Acosta (M20)	8	M19-29	3rd	0.5				32:24.21	10:25.8	32.40	32:24.71	40.2%
12	6722 Tibor Quaas (M16)	9	M01-18	2nd	4.7				32:24.64	10:25.9	32.40	32:29.36	42.3%
13	6725 Hailey Leal (F16)	4	F01-18	2nd	5.5	15:38	16:47	+70	32:25.15	10:26.1	32.42	32:30.69	47.2%
14	6739 Sharla Samples (F31)	5	F30-45	1st	9.5	16:43	15:39	-64	32:22.83	10:25.3	32.37	32:32.31	45.8%
15	6701 Jana Angelley (F31)	6	F30-45	2nd	7.5	15:18	17:09	+111	32:26.61	10:26.6	32.43	32:34.15	45.7%
16	6705 Michael Caldwell (M50)	10	M45-99	1st	4.2	14:38	19:43	+305	34:20.62	11:03.3	34.33	34:24.78	42.9%
17	6758 Temporary 6758 (M)	11	MNoAge	1st	17.9	16:44	17:37	+53	34:20.40	11:03.2	34.33	34:38.33	
18	6700 Eric Angelley (M37)	12	M30-45	4th	7.4	15:19	19:13	+234	34:32.01	11:06.9	34.53	34:39.40	38.7%
19	6754 Kristen Sultz (F7)	7	F01-18	3rd	2.9	16:24	18:24	+120	34:48.27	11:12.2	34.80	34:51.15	53.9%
20	6703 Katie Brumfield (F43)	8	F30-45	3rd	2.7	16:29	18:20	+111	34:49.18	11:12.4	34.82	34:51.91	45.0%
21	6750 Stephanie Smalling (F24)	9	F19-29	2nd	13.0	16:59	18:52	+113	35:50.87	11:32.3	35.83	36:03.85	41.3%
22	6753 Taryn Sultz (F7)	10	F01-18	4th	2.9	16:23	19:51	+208	36:14.65	11:40.0	36.23	36:17.54	51.8%
23	6752 Mandy Sultz (F39)	11	F30-45	4th	2.8	16:29	19:46	+196	36:15.18	11:40.1	36.25	36:17.95	42.0%
24	6726 Hector Leal (M45)	13	M30-45	5th	6.3	16:56	20:18	+202	37:14.29	11:59.2	37.23	37:20.56	38.1%
25	6735 Jakob Richards (M8)	14	M01-18	3rd	6.9	17:26	21:08	+222	38:33.50	12:24.6	38.55	38:40.36	44.1%
26	6734 Glenda Richards (F35)	12	F30-45	5th	7.1	17:26	21:07	+221	38:33.46	12:24.6	38.55	38:40.59	38.8%
27	6744 Kelley Wheless (F40)	13	F30-45	6th	9.8				40:16.23	12:57.7	40.27	40:25.98	38.1%
28	6704 Janice Cahill (F57)	14	F45-99	1st	10.0	19:22	20:55	+93	40:16.09	12:57.7	40.27	40:26.13	46.0%
29	6712 Brian Dotson (M46)	15	M45-99	2nd	10.0	18:15	22:03	+228	40:17.43	12:58.1	40.28	40:27.43	35.5%
30	6740 Chris Sartain (M51)	16	M45-99	3rd	7.6	18:59	22:18	+199	41:17.13	13:17.3	41.28	41:24.72	36.0%
31	6749 Seth Mccawley (M10)	17	M01-18	4th	8.0	20:55	21:30	+36	42:24.90	13:39.1	42.40	42:32.93	37.2%
32	6702 Mike Bishop (M56)	18	M45-99	4th	4.2	22:38	20:26	-132	43:04.41	13:51.8	43.07	43:08.65	36.0%
33	6715 Mary Fresquez (F49)	15	F45-99	2nd	5.5				44:42.43	14:23.4	44.70	44:47.94	37.4%
34	6727 Kelly Leal (F46)	16	F45-99	3rd	6.0	22:01	22:42	+41	44:43.21	14:23.6	44.72	44:49.19	36.1%
35	6741 Alan Smalling (M46)	19	M45-99	5th	15.2	24:35	21:00	-215	45:35.66	14:40.5	45.58	45:50.86	31.3%
36	6713 Sandra Faircloth (F47)	17	F45-99	4th	12.4	22:59	23:01	+2	45:59.18	14:48.1	45.98	46:11.56	35.5%
37	6723 Tom Jeffries (M50)	20	M45-99	6th	4.7	21:21	25:20	+239	46:40.87	15:01.5	46.67	46:45.54	31.6%
38	6751 Madalyn Hunt (F5)	18	F01-18	5th	8.4	20:18	26:37	+379	46:55.10	15:06.1	46.92	47:03.46	43.5%
39	6743 Becky Wendt (F50)	19	F45-99	5th	6.5	22:42	24:28	+106	47:10.31	15:11.0	47.17	47:16.79	35.9%
40	6742 Amy Smalling (F37)	20	F30-45	7th	14.1	25:05	26:45	+100	51:50.38	16:41.1	51.83	52:04.44	29.1%
41	6720 Nancy Hicks (F41)	21	F30-45	8th	13.1	25:18	27:17	+120	52:35.29	16:55.6	52.58	52:48.38	29.4%
42	6719 Pam Griffith (F56)	22	F45-99	6th	2.4	25:09	28:24	+195	53:33.59	17:14.4	53.55	53:35.95	34.1%
43	6718 Blane Griffith (M56)	21	M45-99	7th	14.8	26:11	27:11	+60	53:22.43	17:10.8	53.37	53:37.26	29.0%
		36 Positive Split		3 Negative Split		Average Finish Time:			37:17	Average Age Grade:			43.13%

