

Run 380 5K

Navo Middle School, Aubrey, TX

Saturday, June 08, 2013
69F Clear 65%H 7mphSSE
5K Off :8:30 am

MALES

FEMALES

OVERALL	Troy Pickett	18:44.06	73.4%	Laurie Underwood	25:28.75	69.0%
MASTERS	Aaron Ferrell	23:01.08	59.3%	Marsha O'Loughlin	30:19.02	71.9%
GMASTER	Gary Milburn	27:24.06	65.1%	Randi Castanuela	31:35.47	54.2%

5K MALE

		24 Runners --- Average Time of 29:05				Avg. Age Grade: 51.7%			Place in		
		Name	City	(Age)	Half	Split	Chip Time	Pace	Age Grade	OA	GD
OVERALL	<u>1</u>	<u>Troy Pickett</u>	Argyle	(41)	09:17	+10	18:44.06	6:01.8	73.4%	1	1
MASTERS	<u>1</u>	<u>Aaron Ferrell</u>	Haslet	(40)	11:13	+36	23:01.08	7:24.5	59.3%	5	5
GMASTER	<u>1</u>	<u>Gary Milburn</u>	Plano	(71)			27:24.06	8:49.2	65.1%	14	11
M01-12	<u>1</u>	<u>Isaiah Montes</u>	Krum	(9)	11:00	+61	23:00.27	7:24.3	71.1%	4	4
	<u>2</u>	<u>Tyler Griffin</u>	Krum	(9)	12:19	+222	28:20.58	9:07.4	57.7%	15	12
	<u>3</u>	<u>Sterling Sampson</u>	Little Elm	(12)	18:50	+130	39:50.35	12:49.4	37.3%	44	24
M13-15	<u>1</u>	<u>Logan Moore</u>	Aubrey	(14)	09:16	+58	19:30.07	6:16.6	72.8%	2	2
M16-19	<u>1</u>	<u>Adam Kisse</u>	Frisco	(18)			24:30.56	7:53.3	54.4%	8	8
M20-24	<u>1</u>	<u>Lucas Cannon</u>	Providence Village	(20)	18:09	-31	35:46.79	11:31.0	36.4%	29	18
M25-29	<u>1</u>	<u>Justin Roberts</u>	Plano	(29)	12:13	+5	24:32.03	7:53.8	52.6%	7	7
	<u>2</u>	<u>Matthew Wauters</u>	Corinth	(28)			26:02.62	8:23.0	49.5%	12	10
	<u>3</u>	<u>Michael Joseph</u>	Little Elm	(27)	14:55	+41	30:31.43	9:49.5	42.3%	20	15
	<u>4</u>	<u>Alexander Fichera</u>	Corinth	(28)	17:02	+120	36:04.31	11:36.6	35.8%	33	19
M30-34	<u>1</u>	<u>Phillip Dow</u>	Little Elm	(34)			21:55.06	7:03.3	59.8%	3	3
M35-39	<u>1</u>	<u>Chad Watson</u>	Savannah	(36)	12:00	+22	24:21.57	7:50.4	54.4%	6	6
	<u>2</u>	<u>Dj Mink</u>	Aubrey	(36)	17:06	+170	37:02.31	11:55.3	35.8%	38	22
M40-44	<u>1</u>	<u>Phil Gibson</u>	Little Elm	(41)	13:14	-56	25:32.43	8:13.2	53.8%	10	9
	<u>2</u>	<u>Matt Gordon</u>	Carrollton	(42)	14:01	+42	28:44.54	9:15.1	48.2%	16	13
	<u>3</u>	<u>Pete Williams</u>	Mckinney	(43)			29:09.66	9:23.2	47.9%	17	14
M45-49	<u>1</u>	<u>Mark Hilton</u>	Shady Shores	(47)	17:26	+119	36:50.65	11:51.5	39.1%	37	21
M50-54	<u>1</u>	<u>Jeff Newman</u>	Savannah	(54)			36:37.00	11:47.1	41.6%	34	20
M55-59	<u>1</u>	<u>Dennis Dittfield</u>	Little Elm	(57)	17:12	+206	37:48.72	12:10.2	41.3%	41	23
M60-64	<u>1</u>	<u>Mike Keith</u>	Lewisville	(63)	15:31	-6	30:56.35	9:57.5	53.2%	21	16
M70+	<u>1</u>	<u>Will Ferson</u>	Flower Mound	(73)			31:44.72	10:13.1	57.8%	25	17

GD Place among Females

Age Grading is based on 100% for World Record for given Age/Gender.

▲ Positive Split

▲ Negative Split



Timing provided by:

DeltaViewTiming.com

5K FEMALE

		22 Runners --- Average Time of 34:20				Avg. Age Grade: 47.6%			Place in	
Name		City	(Age)	Half	Split	Chip Time	Pace	Age Grade	OA	GD
OVERALL	<u>1</u> <u>Laurie Underwood</u>	Gainesville	(53)	12:21	+47	25:28.75	8:12.1	69.0%	9	1
MASTERS	<u>1</u> <u>Marsha O'Loughlin</u>	Denton	(68)			30:19.02	9:45.5	71.9%	18	4
GMASTER	<u>1</u> <u>Randi Castanuela</u>	Lake Dallas	(51)	15:00	+96	31:35.47	10:10.1	54.2%	24	8
F01-12	<u>1</u> <u>Emily Piter</u>	Denton	(10)	16:56	+178	36:49.41	11:51.1	46.3%	35	15
F13-15	<u>1</u> <u>Taylor Berkoben</u>	Savannah	(15)	17:50	+125	37:44.85	12:09.0	41.1%	39	17
F16-19	<u>1</u> <u>Mirabella Alfaro</u>	Providence Village	(19)			35:55.89	11:33.9	41.4%	30	12
F25-29	<u>1</u> <u>Tyler Reed</u>	Lake Dallas	(25)			36:00.52	11:35.4	41.1%	31	13
F30-34	<u>1</u> <u>Tiffany Lytle</u>	Mckinney	(31)	14:41	+100	31:01.84	9:59.3	47.7%	23	7
F35-39	<u>1</u> <u>Cindy Sampson</u>	Little Elm	(38)	12:24	+61	25:49.06	8:18.6	58.7%	11	2
	<u>2</u> <u>Kristi Dear</u>	Savannah	(36)			26:02.97	8:23.1	57.6%	13	3
	<u>3</u> <u>Veronica Clark</u>	Providence Village	(38)			31:02.97	9:59.6	48.8%	22	6
	<u>4</u> <u>Jaclyn Reynolds</u>	Prosper	(38)	17:50	-10	35:29.96	11:25.6	42.7%	28	11
	<u>5</u> <u>Gabriela Fichera</u>	Corinth	(36)	17:03	+118	36:03.28	11:36.3	41.6%	32	14
	<u>6</u> <u>Allison Keefer</u>	Plano	(36)			37:46.58	12:09.5	39.7%	40	18
	<u>7</u> <u>Jennifer Weidenbach</u>	Denton	(39)	18:18	+119	38:34.16	12:24.9	39.5%	43	20
	<u>8</u> <u>Maria Schafler</u>	Flower Mound	(39)	19:57	+258	44:11.15	14:13.3	34.5%	46	22
F40-44	<u>1</u> <u>Mardi Vickers</u>	Savannah	(41)	13:53	+154	30:19.52	9:45.6	50.9%	19	5
	<u>2</u> <u>Anita Kisse</u>	Frisco	(41)	16:31	+61	34:03.06	10:57.6	45.3%	27	10
	<u>3</u> <u>Laurie Alfaro</u>	Providence Village	(44)	17:24	+125	36:52.66	11:52.2	42.9%	36	16
	<u>4</u> <u>Astrid Boone</u>	Carrollton	(41)	18:51	+31	38:13.38	12:18.2	40.4%	42	19
	<u>5</u> <u>Lana Rutledge</u>	Krum	(43)	19:33	+184	42:10.05	13:34.3	37.2%	45	21
F55-59	<u>1</u> <u>Carol Fichera</u>	Denton	(55)	16:03	+99	33:44.19	10:51.5	53.5%	26	9

Order of Finish

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	Net Chip Time	Pace	5KEqClock Time	AgeGD	
1	867 Troy Pickett (M41)	1	M40-44	OA	---	9:17	9:27	+10	18:44.06	6:01.8	18.73	18:44.06	73.4%
2	863 Logan Moore (M14)	2	M13-15	1st	---	9:16	10:14	+58	19:30.07	6:16.6	19.50	19:30.07	72.8%
3	902 Phillip Dow (M34)	3	M30-34	1st	---				21:55.06	7:03.3	21.92	21:55.06	59.8%
4	912 Isaiah Montes (M9)	4	M01-12	1st	---	11:00	12:01	+61	23:00.27	7:24.3	23.00	23:00.27	71.1%
5	906 Aaron Ferrell (M40)	5	M40-44	MS	0.1	11:13	11:48	+36	23:01.08	7:24.5	23.02	23:01.17	59.3%
6	888 Chad Watson (M36)	6	M35-39	1st	---	12:00	12:22	+22	24:21.57	7:50.4	24.35	24:21.57	54.4%
7	873 Justin Roberts (M29)	7	M25-29	1st	---	12:13	12:19	+5	24:32.03	7:53.8	24.53	24:32.03	52.6%
8	846 Adam Kissee (M18)	8	M16-19	1st	1.6				24:30.56	7:53.3	24.50	24:32.21	54.4%
9	883 Laurie Underwood (F53)	1	F50-54	OA	0.2	12:21	13:08	+47	25:28.75	8:12.1	25.47	25:28.99	69.0%
10	831 Phil Gibson (M41)	9	M40-44	1st	3.2	13:14	12:18	-56	25:32.43	8:13.2	25.53	25:35.66	53.8%
11	875 Cindy Sampson (F38)	2	F35-39	1st	---	12:24	13:25	+61	25:49.06	8:18.6	25.82	25:49.06	58.7%
12	889 Matthew Wauters (M28)	10	M25-29	2nd	---				26:02.62	8:23.0	26.03	26:02.62	49.5%
13	816 Kristi Dear (F36)	3	F35-39	2nd	1.9				26:02.97	8:23.1	26.03	26:04.87	57.6%
14	900 Gary Milburn (M71)	11	M70+	GM	---				27:24.06	8:49.2	27.40	27:24.06	65.1%
15	834 Tyler Griffin (M9)	12	M01-12	2nd	---	12:19	16:01	+222	28:20.58	9:07.4	28.33	28:20.58	57.7%
16	832 Matt Gordon (M42)	13	M40-44	2nd	4.3	14:01	14:43	+42	28:44.54	9:15.1	28.73	28:48.86	48.2%
17	891 Pete Williams (M43)	14	M40-44	3rd	2.9				29:09.66	9:23.2	29.15	29:12.61	47.9%
18	907 Marsha O'Loughlin (F68)	4	F65-69	MS	---				30:19.02	9:45.5	30.32	30:19.02	71.9%
19	885 Mardi Vickers (F41)	5	F40-44	1st	2.0	13:53	16:27	+154	30:19.52	9:45.6	30.32	30:21.54	50.9%
20	839 Michael Joseph (M27)	15	M25-29	3rd	4.0	14:55	15:36	+41	30:31.43	9:49.5	30.52	30:35.43	42.3%
21	841 Mike Keith (M63)	16	M60-64	1st	4.4	15:31	15:25	-6	30:56.35	9:57.5	30.93	31:00.76	53.2%
22	814 Veronica Clark (F38)	6	F35-39	3rd	---				31:02.97	9:59.6	31.03	31:02.97	48.8%
23	848 Tiffany Lytle (F31)	7	F30-34	1st	1.3	14:41	16:21	+100	31:01.84	9:59.3	31.02	31:03.10	47.7%
24	813 Randi Castanuela (F51)	8	F50-54	GM	0.4	15:00	16:36	+96	31:35.47	10:10.1	31.58	31:35.83	54.2%
25	913 Will Ferson (M73)	17	M70+	1st	---				31:44.72	10:13.1	31.73	31:44.72	57.8%
26	827 Carol Fichera (F55)	9	F55-59	1st	4.1	16:03	17:41	+99	33:44.19	10:51.5	33.73	33:48.33	53.5%
27	847 Anita Kissee (F41)	10	F40-44	2nd	2.5	16:31	17:32	+61	34:03.06	10:57.6	34.05	34:05.57	45.3%
28	872 Jaclyn Reynolds (F38)	11	F35-39	4th	---	17:50	17:40	-10	35:29.96	11:25.6	35.48	35:29.96	42.7%
29	812 Lucas Cannon (M20)	18	M20-24	1st	---	18:09	17:38	-31	35:46.79	11:31.0	35.77	35:46.79	36.4%
30	802 Mirabella Alfaro (F19)	12	F16-19	1st	---				35:55.89	11:33.9	35.92	35:55.89	41.4%
31	869 Tyler Reed (F25)	13	F25-29	1st	1.0				36:00.52	11:35.4	36.00	36:01.57	41.1%
32	828 Gabriela Fichera (F36)	14	F35-39	5th	5.5	17:03	19:01	+118	36:03.28	11:36.3	36.05	36:08.83	41.6%
33	826 Alexander Fichera (M28)	19	M25-29	4th	5.8	17:02	19:02	+120	36:04.31	11:36.6	36.07	36:10.06	35.8%
34	909 Jeff Newman (M54)	20	M50-54	1st	7.5				36:37.00	11:47.1	36.62	36:44.54	41.6%
35	904 Emily Piter (F10)	15	F01-12	1st	0.4	16:56	19:54	+178	36:49.41	11:51.1	36.82	36:49.81	46.3%
36	800 Laurie Alfaro (F44)	16	F40-44	3rd	---	17:24	19:29	+125	36:52.66	11:52.2	36.87	36:52.66	42.9%
37	836 Mark Hilton (M47)	21	M45-49	1st	2.8	17:26	19:25	+119	36:50.65	11:51.5	36.83	36:53.50	39.1%
38	862 Dj Mink (M36)	22	M35-39	2nd	3.9	17:06	19:56	+170	37:02.31	11:55.3	37.03	37:06.21	35.8%
39	806 Taylor Berkoben (F15)	17	F13-15	1st	---	17:50	19:55	+125	37:44.85	12:09.0	37.73	37:44.85	41.1%
40	840 Allison Keefer (F36)	18	F35-39	6th	2.2				37:46.58	12:09.5	37.77	37:48.74	39.7%
41	901 Dennis Dittfield (M57)	23	M55-59	1st	0.2	17:12	20:37	+206	37:48.72	12:10.2	37.80	37:48.91	41.3%
42	811 Astrid Boone (F41)	19	F40-44	4th	0.8	18:51	19:22	+31	38:13.38	12:18.2	38.22	38:14.21	40.4%
43	890 Jennifer Weidenbach (F39)	20	F35-39	7th	3.5	18:18	20:17	+119	38:34.16	12:24.9	38.57	38:37.70	39.5%
44	876 Sterling Sampson (M12)	24	M01-12	3rd	---	18:50	21:00	+130	39:50.35	12:49.4	39.83	39:50.35	37.3%
45	874 Lana Rutledge (F43)	21	F40-44	5th	0.2	19:33	22:37	+184	42:10.05	13:34.3	42.17	42:10.20	37.2%
46	877 Maria Schafler (F39)	22	F35-39	8th	2.0	19:57	24:14	+258	44:11.15	14:13.3	44.18	44:13.18	34.5%

Average Finish Time: 31:35

Average Age Grade: 49.72%

GD Place among Females
Age Grading is based on 100% for World Record for given Age/Gender.

△ Positive Split
△ Negative Split

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