

North Texas Food Bank 5K

McInnish Park, Carrollton, TX

Saturday, June 11, 2016
77F Clear 77%H 7mphSSE
5K/1M Off :8:00 am

5K MALE

		29 Runners --- Average Time of 34:35				Avg. Age Grade: 47.1%		Place in		
Name		City	(Age)	Half	Split	Chip Time	Pace	Age Grade	OA	GD
OVERALL	<u>1</u> <u>Armando Lopez</u>	Dallas	(34)			22:39.85	7:17.7	57.8%	1	1
M12-un	<u>1</u> <u>Khalon Davis</u>	Corinth	(11)	13:47	+185	30:38.57	9:51.8	49.9%	18	15
	<u>2</u> <u>Antonio Hernandez</u>	Mesquite	(8)	16:56	+101	35:33.65	11:26.8	47.9%	28	20
M13-19	<u>1</u> <u>Joe Mata</u>	Forney	(13)	11:35	+101	24:50.22	7:59.7	58.4%	7	5
	<u>2</u> <u>Ilan Bahena</u>	Dallas	(13)	19:05	+275	42:44.97	13:45.6	33.9%	40	23
	<u>3</u> <u>Brandon Hernandez</u>	Irving	(15)	26:20	+89	54:09.58	17:25.9	25.7%	55	27
M20-29	<u>1</u> <u>Carl Sykes</u>	Dallas	(28)	16:08	+128	34:24.29	11:04.4	37.5%	23	18
M30-39	<u>1</u> <u>Calvin Curry</u>	Dallas	(30)			24:33.58	7:54.3	52.7%	5	4
	<u>2</u> <u>Raymon Rodriguez</u>	Dallas	(30)	13:07	+101	27:56.20	8:59.5	46.3%	12	10
	<u>3</u> <u>Steven Ho</u>	Plano	(37)	24:35	+197	52:27.05	16:52.9	25.5%	51	25
	4 Terrence Southern	Desoto	(38)			53:19.67	17:09.9	25.2%	61	29
M40-49	<u>1</u> <u>Antonio Hernandez</u>	Mesquite	(42)			22:53.21	7:22.0	60.5%	2	2
	<u>2</u> <u>Frederick Casper</u>	Grapevine	(45)	12:31	-13	24:48.60	7:59.1	57.1%	8	6
	<u>3</u> <u>Lane Mashburn</u>		(44)			29:34.97	9:31.3	47.6%	16	13
	4 Francis Tan	Coppell	(46)	15:36	+148	33:40.29	10:50.3	42.4%	21	17
M50-59	<u>1</u> <u>Scott Bertrand</u>	Plano	(57)			23:11.81	7:28.0	67.4%	3	3
	<u>2</u> <u>Mon Dieu</u>	Kansas City	(52)	12:12	+69	25:33.25	8:13.5	58.7%	10	8
	<u>3</u> <u>Scott Boeckle</u>		(57)			28:26.27	9:09.2	55.0%	15	12
	4 Mark Muzzillo	Wylie	(53)	13:50	+64	28:45.29	9:15.3	52.6%	13	11
	5 Jim Lord		(56)			29:38.15	9:32.3	52.3%	17	14
	6 Pete Okon	McKinney	(54)	15:27	+101	32:34.71	10:29.2	46.8%	19	16
	7 Bob Brazina	Sachse	(53)			48:51.71	15:43.6	30.9%	46	24
	8 Roberto Hernandez	Irving	(54)			54:09.14	17:25.8	28.1%	54	26
M60-69	<u>1</u> <u>David Mask</u>	Lewisville	(64)	12:29	+57	25:53.81	8:20.1	64.2%	11	9
	<u>2</u> <u>Mike Johnson</u>		(63)	17:06	+51	35:02.45	11:16.7	47.0%	25	19
	<u>3</u> <u>Preston Gee</u>	Coppell	(61)			36:00.50	11:35.4	44.9%	29	21
	4 Mike Catt		(62)	17:01	+136	36:18.04	11:41.0	45.0%	30	22
	5 Micahel Dean	Dallas	(65)	27:22	+238	58:42.20	18:53.7	28.6%	57	28
M70+	<u>1</u> <u>Wally Capps</u>	Farmers Branch	(75)	12:31	+20	25:22.50	8:10.0	74.7%	9	7

5K FEMALE

		34 Runners --- Average Time of 45:20				Avg. Age Grade: 39.3%			Place in	
Name		City	(Age)	Half	Split	Chip Time	Pace	Age Grade	OA	GD
OVERALL	<u>1</u> <u>Dawnya Ton</u>	The colony	(33)	12:02	+24	24:28.36	7:52.6	60.8%	4	1
F12-un	<u>1</u> <u>Madelyn Casper</u>	Grapevine	(12)	12:33	-19	24:46.86	7:58.6	65.7%	6	2
	<u>2</u> <u>Emma Hernandez</u>	Mesquite	(12)			42:24.78	13:39.1	38.4%	39	17
F13-19	<u>1</u> <u>Isabel Casper</u>	Grapevine	(13)			29:06.65	9:22.2	54.9%	14	3
F20-29	<u>1</u> <u>Jessica Larson</u>	FLower Mound	(20)			33:56.99	10:55.6	43.6%	22	5
	<u>2</u> <u>Bailey Carlisle</u>	Dallas	(20)	17:55	+238	39:47.16	12:48.4	37.2%	35	13
	<u>3</u> <u>Elina Salimova</u>	Lewisville	(28)			49:08.69	15:49.1	30.1%	47	23
	4 <u>Leanne Muzzillo</u>	Wylie	(22)	24:47	+158	52:12.87	16:48.4	28.3%	49	25
	5 <u>Meagn Wrentz</u>		(20)	25:11	+129	52:31.02	16:54.2	28.2%	53	28
F30-39	<u>1</u> <u>Paola Strong</u>	Addison	(36)	16:45	+78	34:48.23	11:12.1	43.1%	24	6
	<u>2</u> <u>Caroline Healy</u>	Dallas	(34)	17:47	+327	41:00.47	13:11.9	36.4%	38	16
	<u>3</u> <u>LaToya Turner</u>	Allen	(39)	23:25	+6	46:56.08	15:06.4	32.5%	43	20
	4 <u>Shanta Anderson</u>	Keller	(39)	24:54	+67	50:55.02	16:23.3	29.9%	48	24
	5 <u>Tara Coleman</u>	Allen	(37)	34:10	+23	1:08:43.54	22:07.2	21.9%	60	32
F40-49	<u>1</u> <u>Ann Smith</u>	Murphy	(45)			33:20.39	10:43.9	47.9%	20	4
	<u>2</u> <u>Tonia Casper</u>	Grapevine	(49)			35:05.15	11:17.6	47.6%	26	7
	<u>3</u> <u>Lorena Hernandez</u>	Mesquite	(42)			35:33.50	11:26.7	43.7%	27	8
	4 <u>Kimberly Scott</u>	Plano	(46)	18:56	+129	40:00.39	12:52.6	40.3%	36	14
	5 <u>Aydee Anguiano</u>		(49)	17:46	+328	40:59.02	13:11.5	40.8%	37	15
	6 <u>Rosanne Brooks</u>	Dallas	(41)			42:50.79	13:47.5	36.0%	41	18
	7 <u>Melissa Davis</u>	Corinth	(40)			46:46.37	15:03.3	32.8%	42	19
	8 <u>Kim Brazina</u>	Sachse	(47)	23:42	+90	48:53.31	15:44.1	33.4%	45	22
	9 <u>Michele Ho</u>	Plano	(46)			52:26.60	16:52.8	30.8%	50	26
F50-59	<u>1</u> <u>Eileen Atwood</u>		(50)	17:04	+152	36:39.73	11:48.0	46.2%	31	9
	<u>2</u> <u>Donna Thornton</u>		(53)			38:01.88	12:14.5	46.2%	32	10
	<u>3</u> <u>Jodi Larson</u>	FLower Mound	(56)			38:24.27	12:21.7	47.6%	33	11
	4 <u>Rhonda Wrentz</u>	Rowlett	(50)	25:11	+129	52:31.15	16:54.3	32.2%	52	27
	5 <u>Susan English</u>	Dallas	(57)			54:35.79	17:34.4	34.0%	56	29
F60-69	<u>1</u> <u>Sally Hillin</u>	Nevada	(63)	19:05	+21	38:32.24	12:24.2	52.4%	34	12
	<u>2</u> <u>Martha Campbell</u>		(61)			48:18.04	15:32.8	40.6%	44	21
	<u>3</u> <u>Lynda Dean</u>	Dallas	(66)	27:23	+237	58:43.61	18:54.1	36.0%	58	30
	4 <u>Janet Wilemon</u>	Mesquite	(61)	35:26	+20	1:11:12.22	22:55.1	27.5%	62	33
F70+	<u>1</u> <u>Mary Boyd</u>	Plano	(70)			1:06:39.01	21:27.2	33.8%	59	31
	<u>2</u> <u>Pauline Shirley</u>	Richardson	(76)	35:21	+26	1:11:08.38	22:53.9	35.2%	63	34

1M FEMALE

		1 Runners --- Average Time of 24:26				Avg. Age Grade:			Place in	
Name		City	(Age)	Half	Split	Chip Time	Pace	Age Grade	OA	GD
F12-un	<u>1</u> <u>Makayla Suffredin</u>	Flower Mound	(4)			24:25.85	24:25.9		1	1

Order of Finish

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	Net Chip Time	Pace	5KEq	Clock Time	AgeGD	
1	266	Armando Lopez (M34)	1	M30-39	OA	2.2			22:39.85	7:17.7	22.65	22:42.01	57.8%	
2	209	Antonio Hernandez (M42)	2	M40-49	1st	---			22:53.21	7:22.0	22.88	22:53.21	60.5%	
3	126	Scott Bertrand (M57)	3	M50-59	1st	---			23:11.81	7:28.0	23.18	23:11.81	67.4%	
4	284	Dawnya Ton (F33)	1	F30-39	OA	1.2	12:02	12:26	+24	24:28.36	7:52.6	24:47	24:29.59	60.8%
5	184	Calvin Curry (M30)	4	M30-39	1st	---			24:33.58	7:54.3	24.55	24:33.58	52.7%	
6	181	Madelyn Casper (F12)	2	F12-un	1st	1.2	12:33	12:14	-19	24:46.86	7:58.6	24:77	24:48.10	65.7%
7	269	Joe Mata (M13)	5	M13-19	1st	---	11:35	13:16	+101	24:50.22	7:59.7	24.83	24:50.22	58.4%
8	176	Frederick Casper (M45)	6	M40-49	2nd	3.4	12:31	12:18	-13	24:48.60	7:59.1	24.80	24:52.00	57.1%
9	170	Wally Capps (M75)	7	M70+	1st	---	12:31	12:51	+20	25:22.50	8:10.0	25.37	25:22.50	74.7%
10	190	Mon Dieu (M52)	8	M50-59	2nd	3.4	12:12	13:21	+69	25:33.25	8:13.5	25.55	25:36.68	58.7%
11	268	David Mask (M64)	9	M60-69	1st	1.2	12:29	13:25	+57	25:53.81	8:20.1	25.88	25:55.00	64.2%
12	274	Raymon Rodriquez (M30)	10	M30-39	2nd	13.2	13:07	14:49	+101	27:56.20	8:59.5	27.93	28:09.38	46.3%
13	271	Mark Muzzillo (M53)	11	M50-59	3rd	4.1	13:50	14:55	+64	28:45.29	9:15.3	28.75	28:49.43	52.6%
14	180	Isabel Casper (F13)	3	F13-19	1st	2.1			29:06.65	9:22.2	29.10	29:08.76	54.9%	
15	297	Scott Boeckle (M57)	12	M50-59	4th	54.6			28:26.27	9:09.2	28.43	29:20.89	55.0%	
16	298	Lane Mashburn (M44)	13	M40-49	3rd	16.6			29:34.97	9:31.3	29.57	29:51.57	47.6%	
17	296	Jim Lord (M56)	14	M50-59	5th	51.7			29:38.15	9:32.3	29.63	30:29.86	52.3%	
18	185	Khalon Davis (M11)	15	M12-un	1st	1.1	13:47	16:52	+185	30:38.57	9:51.8	30.63	30:39.66	49.9%
19	273	Pete Okon (M54)	16	M50-59	6th	2.2	15:27	17:08	+101	32:34.71	10:29.2	32.57	32:36.87	46.8%
20	278	Ann Smith (F45)	4	F40-49	1st	1.2			33:20.39	10:43.9	33.33	33:21.58	47.9%	
21	283	Francis Tan (M46)	17	M40-49	4th	7.2	15:36	18:04	+148	33:40.29	10:50.3	33.67	33:47.45	42.4%
22	264	Jessica Larson (F20)	5	F20-29	1st	1.1			33:56.99	10:55.6	33.93	33:58.07	43.6%	
23	282	Carl Sykes (M28)	18	M20-29	1st	10.1	16:08	18:16	+128	34:24.29	11:04.4	34.40	34:34.38	37.5%
24	281	Paola Strong (F36)	6	F30-39	1st	8.3	16:45	18:03	+78	34:48.23	11:12.1	34.80	34:56.56	43.1%
25	290	Mike Johnson (M63)	19	M60-69	2nd	4.3	17:06	17:57	+51	35:02.45	11:16.7	35.03	35:06.72	47.0%
26	182	Tonia Casper (F49)	7	F40-49	2nd	2.2			35:05.15	11:17.6	35.08	35:07.34	47.6%	
27	238	Lorena Hernandez (F42)	8	F40-49	3rd	---			35:33.50	11:26.7	35.55	35:33.50	43.7%	
28	208	Antonio Hernandez (M8)	20	M12-un	2nd	---	16:56	18:38	+101	35:33.65	11:26.8	35.55	35:33.65	47.9%
29	198	Preston Gee (M61)	21	M60-69	3rd	4.2			36:00.50	11:35.4	36.00	36:04.65	44.9%	
30	292	Mike Catt (M62)	22	M60-69	4th	7.9	17:01	19:17	+136	36:18.04	11:41.0	36.30	36:25.96	45.0%
31	289	Eileen Atwood (F50)	9	F50-59	1st	7.7	17:04	19:36	+152	36:39.73	11:48.0	36.65	36:47.42	46.2%
32	291	Donna Thornton (F53)	10	F50-59	2nd	---			38:01.88	12:14.5	38.02	38:01.88	46.2%	
33	265	Jodi Larson (F56)	11	F50-59	3rd	1.1			38:24.27	12:21.7	38.40	38:25.34	47.6%	
34	244	Sally Hillin (F63)	12	F60-69	1st	9.4	19:05	19:27	+21	38:32.24	12:24.2	38.53	38:41.61	52.4%
35	175	Bailey Carlisle (F20)	13	F20-29	2nd	4.9	17:55	21:52	+238	39:47.16	12:48.4	39.78	39:52.02	37.2%
36	277	Kimberly Scott (F46)	14	F40-49	4th	8.1	18:56	21:05	+129	40:00.39	12:52.6	40.00	40:08.50	40.3%
37	295	Aydee Anguiano (F49)	15	F40-49	5th	10.3	17:46	23:13	+328	40:59.02	13:11.5	40.98	41:09.33	40.8%
38	207	Caroline Healy (F34)	16	F30-39	3rd	8.9	17:47	23:14	+327	41:00.47	13:11.9	41.00	41:09.40	36.4%
39	237	Emma Hernandez (F12)	17	F12-un	2nd	1.4			42:24.78	13:39.1	42.40	42:26.19	38.4%	
40	125	Ilan Bahena (M13)	23	M13-19	2nd	---	19:05	23:40	+275	42:44.97	13:45.6	42.73	42:44.97	33.9%
41	130	Rosanne Brooks (F41)	18	F40-49	6th	---			42:50.79	13:47.5	42.83	42:50.79	36.0%	
42	186	Melissa Davis (F40)	19	F40-49	7th	2.4			46:46.37	15:03.3	46.77	46:48.80	32.8%	
43	285	LaToya Turner (F39)	20	F30-39	4th	11.3	23:25	23:31	+6	46:56.08	15:06.4	46.93	47:07.39	32.5%
44	288	Martha Campbell (F61)	21	F60-69	2nd	---			48:18.04	15:32.8	48.30	48:18.04	40.6%	
45	129	Kim Brazina (F47)	22	F40-49	8th	8.8	23:42	25:12	+90	48:53.31	15:44.1	48.88	49:02.16	33.4%

46	128	Bob Brazina (M53)	24	M50-59	7th	10.6				48:51.71	15:43.6	48.85	49:02.35	30.9%
47	276	Elina Salimova (F28)	23	F20-29	3rd	9.1				49:08.69	15:49.1	49.13	49:17.83	30.1%
48	124	Shanta Anderson (F39)	24	F30-39	5th	11.2	24:54	26:01	+67	50:55.02	16:23.3	50.92	51:06.17	29.9%
49	270	Leanne Muzzillo (F22)	25	F20-29	4th	5.4	24:47	27:26	+158	52:12.87	16:48.4	52.20	52:18.29	28.3%
50	247	Michele Ho (F46)	26	F40-49	9th	6.0				52:26.60	16:52.8	52.43	52:32.59	30.8%
51	260	Steven Ho (M37)	25	M30-39	3rd	6.8	24:35	27:52	+197	52:27.05	16:52.9	52.45	52:33.88	25.5%
52	287	Rhonda Wrentz (F50)	27	F50-59	4th	5.5	25:11	27:20	+129	52:31.15	16:54.3	52.52	52:36.64	32.2%
53	293	Meagn Wrentz (F20)	28	F20-29	5th	6.3	25:11	27:20	+129	52:31.02	16:54.2	52.52	52:37.31	28.2%
54	243	Roberto Hernandez (M54)	26	M50-59	8th	3.3				54:09.14	17:25.8	54.15	54:12.42	28.1%
55	221	Brandon Hernandez (M15)	27	M13-19	3rd	3.2	26:20	27:49	+89	54:09.58	17:25.9	54.15	54:12.78	25.7%
56	196	Susan English (F57)	29	F50-59	5th	6.4				54:35.79	17:34.4	54.58	54:42.23	34.0%
57	189	Micahel Dean (M65)	28	M60-69	5th	3.1	27:22	31:20	+238	58:42.20	18:53.7	58.70	58:45.31	28.6%
58	188	Lynda Dean (F66)	30	F60-69	3rd	2.6	27:23	31:20	+237	58:43.61	18:54.1	58.72	58:46.25	36.0%
59	127	Mary Boyd (F70)	31	F70+	1st	11.6				1:06:39.01	21:27.2	66.65	1:06:50.65	33.8%
60	183	Tara Coleman (F37)	32	F30-39	6th	12.9	34:10	34:33	+23	1:08:43.54	22:07.2	68.72	1:08:56.49	21.9%
61	279	Terrence Southern (M38)	29	M30-39	4th	035.5				53:19.67	17:09.9	53.32	1:10:35.22	25.2%
62	286	Janet Wilemon (F61)	33	F60-69	4th	5.6	35:26	35:46	+20	1:11:12.22	22:55.1	71.20	1:11:17.85	27.5%
63	064	Pauline Shirley (F76)	34	F70+	2nd	10.4	35:21	35:47	+26	1:11:08.38	22:53.9	71.13	1:11:18.82	35.2%

Average Finish Time: 40:23 Average Age Grade: 42.86%