

# Carrollton Trails 5K & Mile Fun Run

Blue Trail , Carrollton, TX

Splits were not captured for this race.

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



## 5K MALE

74 MALE Runners --- Average Time of **34:30** Avg. Age Grade: **47.2%** Place in

	Name	City	(Age)	Half	Split	Chip Time	Pace	Age Grade	OA	GD
<b>OVERALL</b>	<b>1 Jonathan Moody</b>	Flower Mound	(42)			<b>17:43.96</b>	5:42.5	<b>78.1%</b>	1	1
<b>M01-10</b>	<b>1 Jake Coleman</b>	Carrollton	(9)			<b>24:54.11</b>	8:00.9	<b>65.7%</b>	18	17
	<b>2 Nathan Moody</b>	Flower Mound	(6)			<b>36:35.45</b>	11:46.6	51.1%	88	50
	<b>3 Alexa Baxter</b>	Carrollton	(4)			<b>40:15.36</b>	12:57.4		110	60
	<b>4 Adam Ontiveros</b>	Carrollton	(6)			<b>52:59.63</b>	17:03.4	35.3%	136	68
	<b>5 Julian Martinez</b>	Carrollton	(3)			<b>1:07:19.48</b>	21:40.2		153	73
	<b>6 Blayne Ballard</b>	Carrollton	(9)			<b>1:09:00.88</b>	22:12.8	23.7%	157	74
<b>M11-14</b>	<b>1 Oliver Enge</b>	Carrollton	(11)			<b>26:43.65</b>	8:36.2	57.2%	26	22
	<b>2 Kiet Tran</b>	Carrollton	(11)			<b>40:01.63</b>	12:53.0	38.2%	108	58
	<b>3 Rocky Farda</b>	Carrollton	(11)			<b>44:06.65</b>	14:11.9	34.7%	118	65
<b>M15-19</b>	<b>1 Sean Loehding</b>	Carrollton	(16)			<b>22:38.10</b>	7:17.1	<b>60.5%</b>	9	9
	<b>2 Timothy Ballard, Jr</b>	Carrollton	(16)			<b>32:05.27</b>	10:19.7	42.7%	62	36
	<b>3 Aaron Hayes</b>	Carrollton	(15)			<b>32:15.89</b>	10:23.1	43.1%	64	38
	<b>4 Nikhil Thomas</b>	Lewisville	(17)			<b>39:45.69</b>	12:47.9	34.0%	105	56
	<b>5 Mason Ballard</b>	Carrollton	(18)			<b>41:04.63</b>	13:13.3	32.5%	112	61
<b>M20-29</b>	<b>1 Alexis Elizondo</b>	Denton	(20)			<b>17:50.04</b>	5:44.4	<b>73.1%</b>	2	2
	<b>2 Dan Klonowski</b>	Carrollton	(26)			<b>24:24.87</b>	7:51.5	52.8%	16	15
	<b>3 Brent Hoff</b>	Carrollton	(28)			<b>25:14.27</b>	8:07.4	51.1%	19	18
	<b>4 Gilchrist Myers</b>	Flower Mound	(27)			<b>33:55.96</b>	10:55.3	38.0%	71	42
	<b>5 Matt Sanders</b>	Denton	(26)			<b>39:11.80</b>	12:37.0	32.9%	98	53
	<b>6 Aaron Mason</b>	Addison	(29)			<b>1:01:37.65</b>	19:50.2	21.0%	147	70
	<b>7 Miguel Martinez</b>	Carrollton	(28)			<b>1:07:18.24</b>	21:39.8	19.2%	152	72
<b>M30-39</b>	<b>1 Trevor Fabry</b>	Carrollton	(32)			<b>19:55.57</b>	6:24.8	<b>65.2%</b>	5	5
	<b>2 Ryan Sheehan</b>	Dallas	(33)			<b>21:54.42</b>	7:03.1	59.6%	6	6
	<b>3 Jesse Fry</b>	Carrollton	(39)			<b>23:07.21</b>	7:26.5	58.6%	11	10
	<b>4 Keith Beardsley</b>	Carrollton	(33)			<b>24:21.44</b>	7:50.4	53.6%	15	14
	<b>5 Stephen Wylie</b>	Carrollton	(34)			<b>27:14.55</b>	8:46.1	48.1%	28	23
	<b>6 Tim Bateman</b>	Carrollton	(39)			<b>30:07.48</b>	9:41.8	45.0%	49	29
	<b>7 Juan Ontiveros</b>	Carrollton	(39)			<b>31:41.23</b>	10:11.9	42.8%	59	34
	<b>8 Lance Powell</b>	Dallas	(33)			<b>33:28.39</b>	10:46.4	39.0%	68	41
	<b>9 Waldemar Berenguer</b>	Carrollton	(30)			<b>34:45.04</b>	11:11.1	37.2%	78	45
	<b>10 Colin Haas</b>	Carrollton	(31)			<b>34:46.59</b>	11:11.6	37.3%	79	46
	<b>11 Juan Rodriguez</b>	Carrollton	(34)			<b>36:27.97</b>	11:44.2	36.0%	87	49
	<b>12 Robert Dixon</b>	Carrollton	(39)			<b>39:15.41</b>	12:38.1	34.5%	100	54
	<b>13 Justin Lucas</b>	Carrollton	(36)			<b>43:54.44</b>	14:07.9	30.2%	115	63
	<b>14 Michael Farda</b>	Carrollton	(36)			<b>44:04.86</b>	14:11.3	30.1%	117	64
<b>M40-49</b>	<b>1 Charles Kilgore</b>	Carrollton	(41)			<b>19:40.12</b>	6:19.8	<b>69.9%</b>	4	4
	<b>2 Ryan Loehding</b>	Carrollton	(48)			<b>21:56.46</b>	7:03.7	<b>66.1%</b>	7	7
	<b>3 Andy Barbosa</b>	Carrollton	(44)			<b>23:40.37</b>	7:37.2	59.4%	12	11
	<b>4 Saul Santay</b>	Carrollton	(46)			<b>26:23.72</b>	8:29.8	54.1%	22	20

M40-49	5	Craig Lombardi	Grapevine (42)	26:28.94	8:31.4	52.3%	23	21	
	6	James Binkley	Carrollton (48)	27:34.46	8:52.5	52.6%	32	24	
	7	Kyle Coleman	Lewisville (42)	27:39.71	8:54.2	50.1%	33	25	
	8	Nicholas Friemel	Carrollton (42)	30:45.10	9:53.9	45.1%	53	31	
	9	Timothy Ballard	Carrollton (41)	32:04.03	10:19.3	42.9%	61	35	
	10	Kristian Hayes	Carrollton (45)	32:11.20	10:21.6	44.0%	63	37	
	11	Rojo Jose	Carrollton (44)	33:05.73	10:39.1	42.5%	67	40	
	12	Alex Estrada	Rockwall (40)	39:27.38	12:42.0	34.6%	102	55	
	13	Justine Thomas	Lewisville (47)	39:46.00	12:48.0	36.2%	106	57	
	14	Randy Price	Carrollton (45)	40:07.64	12:54.9	35.3%	109	59	
	15	Justin Wright	Carrollton (45)	52:37.26	16:56.2	26.9%	133	67	
	16	Alan Kaltz	Carrollton (45)	1:02:53.67	20:14.6	22.5%	149	71	
	M50-59	1	<u>Rodneykickbutt Bray</u>	Carrollton (53)	19:04.92	6:08.5	79.2%	3	3
		2	<u>Doug Waters</u>	Carrollton (56)	23:48.87	7:39.9	65.1%	13	12
		3	<u>Brent Taylor</u>	Lewisville (51)	24:33.53	7:54.3	60.5%	17	16
		4	David Morgan	Carrollton (57)	26:09.12	8:25.1	59.8%	21	19
5		Randolph Nowell	Carrollton (57)	27:44.89	8:55.9	56.3%	34	26	
6		Jedd Fowers	The Colony (50)	29:50.83	9:36.4	49.4%	47	28	
7		Jose Iglesias	Addison (58)	30:40.51	9:52.4	51.4%	52	30	
8		Steve Jones	Carrollton (51)	31:25.11	10:06.8	47.3%	56	33	
9		Jeff Goodman	Hickory Creek (59)	36:46.41	11:50.2	43.2%	90	52	
10		Scott Baxter	Carrollton (58)	41:20.68	13:18.5	38.1%	113	62	
11		Sieve Taylor	Carrollton (50)	59:13.47	19:03.8	24.9%	145	69	
M60-69	1	<u>Michael Stamp</u>	Carrollton (61)	22:10.99	7:08.4	72.9%	8	8	
	2	<u>Ruben Areralo</u>	Carrollton (65)	24:05.66	7:45.3	69.6%	14	13	
	3	<u>Keith Coffman</u>	Mckinney (63)	28:15.64	9:05.8	58.3%	38	27	
	4	Alfredo Calimlina	Garland (60)	31:15.39	10:03.6	51.3%	55	32	
	5	Raynard Andrews	Carrollton (64)	32:57.91	10:36.6	50.4%	66	39	
	6	Steve Wylie	Highland Village (63)	34:02.44	10:57.4	48.4%	74	44	
	7	Eddie Cash	Carrollton (62)	34:56.61	11:14.8	46.7%	82	47	
M70+	1	<u>Kenny Anet</u>	Carrollton (70)	33:58.31	10:56.1	51.9%	72	43	
	2	<u>Dexter Cook</u>	Dallas (77)	36:03.81	11:36.5	54.5%	85	48	
	3	<u>Dean Moody</u>	Flower Mound (72)	36:38.95	11:47.8	49.3%	89	51	
	4	Stephen Foote	Carrollton (70)	49:25.37	15:54.5	35.7%	130	66	

# 5K FEMALE

84 FEMALE Runners --- Average Time of

41:10

Avg. Age Grade: 43.9%

Place in

	Name	City	(Age)	Half	Split	Chip Time	Pace	Age Grade	OA	GD
OVERALL	<u>1</u> <a href="#">Krisitn Gibson</a>	Carrollton	(46)			22:56.13	7:22.9	70.4%	10	1
F01-10	<u>1</u> <a href="#">Caroline Moody</a>	Flower Mound	(10)			32:03.68	10:19.2	53.2%	60	26
	<u>2</u> <a href="#">Gabrielle Lipper</a>	Carrollton	(7)			48:59.49	15:46.1	38.3%	126	61
	<u>3</u> <a href="#">Madison Lipper</a>	Carrollton	(10)			51:25.61	16:33.2	33.2%	131	65
	4 <a href="#">Victoria Estrada</a>	Rockwall	(9)			52:58.80	17:03.2	33.1%	135	68
	5 <a href="#">ZooeY Lipper</a>	Carrollton	(7)			54:17.54	17:28.5	34.6%	137	69
	6 <a href="#">Jemma Martinez</a>	Carrollton	(4)			1:07:38.00	21:46.1		155	82
F11-14	<u>1</u> <a href="#">Natalie Moody</a>	Flower Mound	(12)			25:35.14	8:14.1	63.6%	20	2
	<u>2</u> <a href="#">Leila Farda</a>	Carrollton	(13)			27:15.66	8:46.5	58.6%	29	6
	<u>3</u> <a href="#">Sofia Estrada</a>	Rockwall	(14)			47:22.09	15:14.8	33.2%	123	58
	4 <a href="#">Eva Estrada</a>	Rockwall	(12)			52:56.72	17:02.5	30.7%	134	67
F15-19	<u>1</u> <a href="#">Emma Saleh</a>	Carrollton	(15)			27:17.36	8:47.0	56.8%	30	7
	<u>2</u> <a href="#">Rachel Roman</a>	Carrollton	(16)			29:46.53	9:35.0	51.4%	46	19
	<u>3</u> <a href="#">Susie Gonzalez</a>	Carrollton	(15)			47:36.03	15:19.3	32.6%	124	59
F20-29	<u>1</u> <a href="#">Emily Zuber</a>	Carrollton	(29)			28:58.75	9:19.7	51.1%	42	15
	<u>2</u> <a href="#">Kennedy Mills</a>	Denton	(21)			34:49.08	11:12.4	42.5%	80	34
	<u>3</u> <a href="#">Rachel Hoff</a>	Carrollton	(26)			37:31.17	12:04.6	39.4%	92	40
	4 <a href="#">Kelli Kader</a>	Denton	(28)			39:14.11	12:37.7	37.7%	99	46
	5 <a href="#">Katelin Reznicek</a>	Carrollton	(20)			39:16.48	12:38.5	37.7%	101	47
	6 <a href="#">Rebecca McGuire</a>	Duncanville	(29)			54:56.02	17:40.9	26.9%	140	72
	7 <a href="#">Kirten Marin Bonander</a>	Addison	(29)			1:01:39.99	19:50.9	24.0%	148	78
	8 <a href="#">Karen Williamson</a>	The Colony	(24)			1:03:17.51	20:22.3	23.4%	150	79
	9 <a href="#">Carol Williamson Bolado</a>	Carrollton	(28)			1:03:33.84	20:27.6	23.3%	151	80
F30-39	<u>1</u> <a href="#">Leigh Collins</a>	Lewisville	(37)			26:32.74	8:32.7	56.8%	25	4
	<u>2</u> <a href="#">Michelle Smith</a>	Provo	(31)			27:05.51	8:43.2	54.7%	27	5
	<u>3</u> <a href="#">Candace DiGiacomo</a>	Carrollton	(32)			27:19.60	8:47.7	54.3%	31	8
	4 <a href="#">Paulina Gubala</a>	Grapevine	(36)			29:09.98	9:23.3	51.5%	44	17
	5 <a href="#">Jamie Saleh</a>	Carrollton	(38)			30:01.85	9:40.0	50.5%	48	20
	6 <a href="#">Nanja Smith</a>	Dallas	(35)			32:31.87	10:28.2	46.0%	65	27
	7 <a href="#">Mallory Myers</a>	Flower Mound	(30)			33:47.47	10:52.6	43.8%	69	28
	8 <a href="#">Stephanie Garza</a>	Plano	(34)			33:58.66	10:56.2	43.9%	73	30
	9 <a href="#">Collette Berenguer</a>	Carrollton	(30)			34:45.02	11:11.1	42.6%	77	33
	10 <a href="#">Rebecca Gilberg</a>	Carrollton	(34)			34:52.92	11:13.6	42.7%	81	35
	11 <a href="#">Jennifer Speer</a>	Carrollton	(34)			35:36.10	11:27.5	41.9%	83	36
	12 <a href="#">Carole Velasquez</a>	Carrollton	(35)			35:41.97	11:29.4	41.9%	84	37
	13 <a href="#">Anh Linh Tran</a>	Carrollton	(39)			37:27.90	12:03.5	40.7%	91	39
	14 <a href="#">Kristen Haas</a>	Carrollton	(32)			39:57.54	12:51.7	37.1%	107	50
	15 <a href="#">Sloane Lucas</a>	Carrollton	(35)			43:58.35	14:09.2	34.0%	116	53
	16 <a href="#">Susan Prosoco</a>	Dallas	(34)			47:41.31	15:21.0	31.3%	125	60
	17 <a href="#">Shakira Grullon</a>	Carrollton	(33)			49:04.84	15:47.9	30.3%	128	63
	18 <a href="#">Stephanie Green</a>	Burleson	(39)			54:59.10	17:41.9	27.7%	142	74
	19 <a href="#">Maria Estrada</a>	Rockwall	(38)			1:07:33.19	21:44.6	22.4%	154	81
F40-49	<u>1</u> <a href="#">Michelle Fowers</a>	The Colony	(47)			27:50.48	8:57.7	58.6%	36	10
	<u>2</u> <a href="#">Nancy Friemel</a>	Carrollton	(41)			27:56.09	8:59.5	55.3%	37	11
	<u>3</u> <a href="#">Erika Lewis</a>	Lewisville	(49)			28:26.35	9:09.2	58.8%	39	12
	4 <a href="#">Erin Stark</a>	Carrollton	(40)			28:35.39	9:12.1	53.6%	40	13

F40-49	5	Amy Hayes	Carrollton (44)	28:41.79	9:14.2	55.1%	41	14	
	6	Jennifer Loehding	Carrollton (48)	29:01.14	9:20.4	56.9%	43	16	
	7	Heather Kline	Carrollton (48)	30:17.81	9:45.1	54.5%	50	21	
	8	Leah Farda	Carrollton (45)	30:34.36	9:50.4	52.2%	51	22	
	9	Aaliyah Haqq	Dallas (44)	31:11.49	10:02.4	50.7%	54	23	
	10	Alphonse Jose	Carrollton (42)	34:16.62	11:02.0	45.4%	75	31	
	11	Usa Allen	Dallas (46)	39:28.62	12:42.4	40.9%	103	48	
	12	Minimol Aneefa	Lewisville (47)	39:45.31	12:47.8	41.0%	104	49	
	13	Claudia Gonzalez	Carrollton (45)	47:15.48	15:12.7	33.8%	122	57	
	14	Martinella Dryburgh	The Colony (45)	49:01.00	15:46.6	32.6%	127	62	
	15	Donielle Wright	Carrollton (46)	52:36.16	16:55.9	30.7%	132	66	
	16	Mireya Ontiveros	Carrollton (43)	56:08.68	18:04.3	27.9%	144	76	
	17	Alice McGinley	Carrollton (49)	59:15.73	19:04.5	28.2%	146	77	
	18	Crystal Ballard	Carrollton (42)	1:08:07.28	21:55.6	22.8%	156	83	
	19	Niki Whitham	Plano (47)	1:20:56.58	26:03.2	20.2%	158	84	
	F50-59	1	<u>Paula Olson</u>	Carrollton (53)	29:27.98	9:29.1	59.7%	45	18
		2	<u>Angela Terry-Boggs</u>	Carrollton (57)	31:38.84	10:11.2	58.6%	57	24
		3	<u>Tammy Lipper</u>	Carrollton (50)	31:39.54	10:11.4	53.4%	58	25
		4	Randi Castanuela	Lake Dallas (59)	33:48.47	10:52.9	56.4%	70	29
5		Althea Iglesias	Addison (58)	36:09.00	11:38.1	52.0%	86	38	
6		Annette Helmcamp	Carrollton (53)	38:08.55	12:16.6	46.1%	93	41	
7		Tinh Nguyen	Carrollton (56)	38:22.19	12:21.0	47.7%	94	42	
8		Aundria Smith	Carrollton (59)	38:26.52	12:22.4	49.6%	95	43	
9		Katherine Smith	Carrollton (50)	38:40.56	12:26.9	43.7%	97	45	
10		Shiu-Yueh Baxter	Carrollton (57)	40:17.53	12:58.1	46.0%	111	51	
11		Susan Restuccia	Carrollton (53)	46:53.29	15:05.5	37.5%	121	56	
12		Candice Atterberry	Lewisville (58)	49:23.25	15:53.8	38.1%	129	64	
13		Trudy Kelley	The Colony (57)	54:49.84	17:38.9	33.8%	139	71	
14		Mary Jo Hammond	Tooele (56)	54:57.37	17:41.3	33.3%	141	73	
F60-69	1	<u>Laurie Underwood</u>	Gainesville (61)	26:31.20	8:32.2	73.9%	24	3	
	2	<u>Annette Reese</u>	Carrollton (61)	27:45.73	8:56.1	70.6%	35	9	
	3	<u>Kimberly Vuong</u>	Carrollton (61)	34:40.10	11:09.5	56.6%	76	32	
	4	Janice Cotton	Addison (62)	38:28.29	12:23.0	51.7%	96	44	
	5	Sybil Roop	Carrollton (63)	54:49.35	17:38.7	36.8%	138	70	
	6	Benigna Martinez	Rockwall (61)	55:45.54	17:56.8	35.2%	143	75	
F70+	1	<u>Francisca Trevino</u>	Carrollton (72)	43:10.39	13:53.8	54.0%	114	52	
	2	<u>Phyllis Gaudet</u>	Carrollton (71)	45:19.70	14:35.4	50.6%	119	54	
	3	<u>Martha Moody</u>	Flower Mound (70)	46:14.13	14:52.9	48.7%	120	55	