Carrollton Trails 5K Test Run

Course measured by Ken Ashby

Blue Trail, Carrollton, TX

Saturday, May 12, 2012 65F Cloudy 90%H 5mphN 5K Off :8:10 am 1M Off :8:40 am

5K	MALE Name			5 Runners	Average T	ime of 23:27 Av	Avg. Age Grade: 60.3%			Place in	
3N	MA	LE N	ame	City	(Age) Sp	olit Chip Time FN*	Pace	Age Grade	OA	GD	
OVERALL	1	Enrique He	rnandez	Carrollton	(37)	21:45.24	7:00.1	61.4%	1	1	
M30-39	1	Doug Elmo	re	Carrollton	(39)	21:47.00	7:00.7	62.2%	2	2	
	2	Seun Olugi	oode	Duncanville	(31)	27:19.58	8:47.7	7 47.4%	5	5	
M40-49	1	Ian Maung		Coppell	(45)	21:40.50	6:58.6	65.4%	3	3	
M60-69	1	David Masl	(Lewisville	(60)	24:42.04	7:57.0	64.9%	4	4	
5K	FEMALE Name			2 Runners	Average T	ime of 27:52 Av	/g. Age Gra	de: 54.5%	Plac	ce in	
3K	FEI	WALE N	ame	City	(Age) Sp	olit Chip Time FN*	Pace	Age Grade	OA	GD	
OVERALL	1	Kavita Mau	ıng	Coppell	(42)	27:41.94	8:54.9	56.2%	6	1	
F30-39	1	Barbara Mo	oran	Carrollton	(31)	28:01.71	9:01.3	52.9%	7	2	

Order of Finish

5K	Bib	Bib Name) AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	Pace	5KEqC	lock Time	AgeGD
1	075	Enrique Hernandez (M37)	1	M30-39	OA	1.0				21:45.24	7:00.1	21.75	21:46.20	61.4%
2	037	Doug Elmore (M39)	2	M30-39	1st					21:47.00	7:00.7	21.78	21:47.00	62.2%
3	167	lan Maung (M45)	3	M40-49	1st	7.1				21:40.50	6:58.6	21.67	21:47.58	65.4%
4	486	David Mask (M60)	4	M60-69	1st	8.4				24:42.04	7:57.0	24.70	24:50.40	64.9%
5	732	Seun Olugbode (M31)	5	M30-39	2nd	3.0				27:19.58	8:47.7	27.32	27:22.57	47.4%
6	169	Kavita Maung (F42)	1	F40-49	OA	2.2				27:41.94	8:54.9	27.68	27:44.18	56.2%
7	450	Barbara Moran (F31)	2	F30-39	1st	1.1				28:01.71	9:01.3	28.02	28:02.79	52.9%
						Average	Finish T	ime:	24:42	Avera	ge Age	Grade:	58.62%	

