

Sunday, June 29, 2014

# Carrollton Runners Mile + 5K

79F PCloudy 83%H 914mphS

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

Mile Off :7:31 am  
5K Off :7:50 am

Mile Overall		5K Overall		5K Masters		5K Seniors	
<b>Julio Lopez</b>	6:47.64	<b>Spencer Peacock</b>	19:11.51	<b>Tiger Vo</b>	21:33.96	<b>Julio Lopez</b>	22:48.92
<b>Kim Andres</b>	7:26.44	<b>Alma Juarez</b>	22:46.22	<b>Kuay Sullivan</b>	25:56.86	<b>Peggy Plaisted</b>	32:54.21

## 5K MALE

36 MALE Runners --- Average Time of **27:40**

Avg. Age Grade: **53.8%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Spencer Peacock</b>	Lewisville	(29)	9:23	+25	<b>19:11.51</b>		6:10.6	<b>67.3%</b>	1	1
MASTERS	1 <b>Tiger Vo</b>	Lewisville	(41)			<b>21:33.96</b>		6:56.5	<b>63.8%</b>	4	4
SENIORS	1 <b>Julio Lopez</b>	Farmers Branch	(58)	11:18	+13	<b>22:48.92</b> M		7:20.6	<b>69.1%</b>	6	6
M10-14	1 <b>Genesis Solomon</b>	Arlington	(13)	11:17	+138	<b>24:52.11</b>		8:00.3	58.3%	18	14
	2 <b>Greg Norris</b>	McKinney	(14)	13:48	+263	<b>31:58.44</b>		10:17.5	44.4%	48	30
	3 <b>Eric Rivera</b>	Lewisville	(10)	14:39	+183	<b>32:21.66</b> M		10:25.0	48.8%	47	29
	4 <b>Joe Wales</b>	Carrollton	(11)	18:59	+172	<b>40:48.92</b>		13:08.2	37.5%	61	36
M15-19	1 <b>Logan Lewis</b>	Bedford	(16)	9:23	+50	<b>19:35.56</b>		6:18.4	<b>69.9%</b>	2	2
	2 <b>Jonathan Martinez</b>	Dallas	(17)	9:36	+80	<b>20:31.54</b>		6:36.4	<b>65.8%</b>	3	3
	3 <b>Emilio Popoca</b>	Dallas	(15)	10:21	+111	<b>22:32.82</b>		7:15.4	<b>61.7%</b>	5	5
	4 <b>Luis Rodriguez</b>	Dallas	(16)	11:57	+353	<b>29:47.23</b>		9:35.3	46.0%	37	24
	5 <b>Mike Norris</b>	McKinney	(15)	12:33	+340	<b>30:46.40</b>		9:54.3	45.2%	44	27
	6 <b>Garvin Solomon</b>	Arlington	(15)	13:37	+330	<b>32:43.92</b>		10:32.1	42.5%	53	32
M20-24	1 <b>Mathew Norris</b>	McKinney	(21)	11:30	+33	<b>23:33.80</b>		7:35.1	55.0%	12	10
M25-29	1 <b>Patrick Scott</b>	Garland	(26)	13:45	+261	<b>31:51.46</b>		10:15.2	40.5%	50	31
M30-34	1 <b>Gabor Toth</b>	Irving	(33)	15:01	+21	<b>30:24.16</b>		9:47.1	42.9%	42	25
	2 <b>Eugene Mosley</b>	Denton	(33)	14:40	+113	<b>31:12.43</b>		10:02.7	41.8%	45	28
M35-39	1 <b>Luis Mares</b>	Dallas	(39)	13:53	+112	<b>29:39.21</b>		9:32.7	45.7%	36	23
M40-44	1 <b>David Lewis</b>	Bedford	(43)	11:33	+47	<b>23:52.28</b>		7:41.0	58.5%	10	8
	2 <b>Camilo Paredes</b>	Frisco	(42)	12:42	-61	<b>24:23.44</b>		7:51.0	56.8%	15	11
	3 <b>Dierk Hohman</b>	Coppell	(44)	12:06	+65	<b>25:16.11</b> M		8:08.0	55.7%	19	15
	4 <b>Allan Santos</b>	Keller	(40)	13:11	+25	<b>26:47.49</b>		8:37.4	50.9%	23	17
	5 <b>Michael Rumery</b>	Plano	(41)	14:41	+212	<b>32:54.16</b>		10:35.4	41.8%	54	33
M45-49	1 <b>Doug Waters</b>	Carrollton	(49)			<b>23:57.04</b>		7:42.5	<b>61.1%</b>	11	9
	2 <b>Daniel Panessiti</b>	Rockwall	(49)	12:14	+13	<b>24:40.47</b>		7:56.5	59.3%	16	12
	3 <b>Nivaldo Castro</b>	Mckinney	(48)	13:59	-54	<b>27:03.28</b>		8:42.5	53.6%	25	18
	4 <b>Steve Stierman</b>	Grand Prairie	(49)	13:11	+99	<b>28:01.66</b>		9:01.3	52.2%	28	19
M50-54	1 <b>Gabriel Sapien</b>	Carrollton	(54)	12:27	+12	<b>25:05.71</b>		8:04.6	<b>60.7%</b>	17	13
	2 <b>Terry Tuck</b>	Lake Dallas	(54)	14:46	-41	<b>28:49.62</b> ✓		9:16.7	52.9%	34	21
	3 <b>Ronald Hamilton</b>	The Colony	(54)	14:38	+8	<b>29:23.35</b> M		9:27.6	51.9%	35	22
	4 <b>Joe Sullivan</b>	Coppell	(50)	14:23	+128	<b>30:53.47</b> M ✓		9:56.6	47.7%	43	26
M60-64	1 <b>Robert Benson</b>	Dallas	(64)	11:45	+8	<b>23:38.77</b> M		7:36.7	<b>70.3%</b>	8	7
	2 <b>David Mask</b>	Lewisville	(62)	13:02	-45	<b>25:19.07</b>		8:08.9	<b>64.5%</b>	20	16
	3 <b>James Johnson</b>	Dallas	(61)	13:58	+33	<b>28:28.57</b> M		9:09.9	56.8%	32	20
	4 <b>Robert Yount</b>	Rockwall	(60)	17:22	+47	<b>35:31.27</b>		11:26.0	45.2%	58	34
M70-74	1 <b>Jack Manning</b>	Dallas	(71)	16:19	+181	<b>35:37.62</b> M		11:28.0	50.1%	59	35

FN\*:  Broke Age-Group Record

GD Place among Females

Positive Split

Timing provided by:

6/29/2014

Ran Mile before 5K ✓ # Races PR @ Carrollton Runners (2003 & later)

Negative Split

 **DeltaViewTiming.com**

# 5K FEMALE

30 FEMALE Runners --- Average Time of

32:19

Avg. Age Grade: 51.7%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Alma Juarez	Irving	(17)	11:43	-40	22:46.22		7:19.7	66.4%	7	1
MASTERS	1 Kuay Sullivan	Coppell	(48)	13:05	-14	25:56.86	M ✓	8:21.1	63.6%	21	5
SENIORS	1 Peggy Plaisted	Farmers Branch	(58)	15:34	+105	32:54.21	M	10:35.4	57.1%	51	20
F01-09	1 Arwyn Sullivan	Coppell	(9)	14:50	+21	30:01.56	M	9:39.9	58.4%	38	14
F10-14	1 Abby Lewis	Bedford	(12)	11:57	+12	24:05.93		7:45.4	67.6%	13	3
	2 Carmen Guerrero	Irving	(12)	11:56	+13	24:06.32		7:45.5	67.5%	14	4
	3 Trinity Sullivan	Coppell	(14)	14:05	+30	28:40.06	M	9:13.6	54.8%	31	12
	4 Mallory Rowe	Irving	(13)			30:15.93	✓	9:44.5	52.8%	39	15
F15-19	1 Maddee Rowe	Irving	(15)	11:44	+16	23:42.64		7:37.9	65.4%	9	2
	2 Cindy Fonseca	Irving	(17)	12:31	+110	26:51.87		8:38.8	56.3%	22	6
	3 Klarissa Vielma	Dallas	(15)	12:50	+101	27:19.81		8:47.8	56.7%	24	7
	4 Pricilla Aguilar	Dallas	(16)	12:49	+112	27:29.51		8:50.9	55.7%	27	9
	5 Melva Yanes	Dallas	(15)	12:48	+147	28:02.40		9:01.5	55.3%	29	10
	6 Karina Niño	Dallas	(15)	13:42	+261	31:45.35		10:13.3	48.8%	46	18
	7 Tania Gonzalez	Dallas	(17)	17:32	-1	35:03.62		11:17.1	43.1%	57	24
F25-29	1 Shieryl Bryan	Carrollton	(29)	17:16	+86	35:57.02	✓	11:34.3	41.2%	60	25
F30-34	1 Marybelle Raza	Carrollton	(34)	12:49	+114	27:32.90	✓	8:52.0	54.1%	26	8
	2 Bridget Hallford	Irving	(30)	22:28	+118	46:53.29		15:05.5	31.6%	65	29
	3 Sabrina Ehlers	Irving	(30)	22:41	+95	46:57.63		15:06.9	31.5%	64	28
F35-39	1 Patricia Stubbs	Carrollton	(37)	15:06	+138	32:30.25		10:27.7	46.4%	49	19
	2 Evan Ryan	Carrollton	(38)	16:13	+30	32:54.96	M	10:35.7	46.0%	52	21
F40-44	1 Kay Scott	Bedford	(44)	16:30	-168	30:13.08		9:43.6	52.4%	56	23
	2 Laurie Anne Hohman	Coppell	(43)	14:15	+111	30:21.61	M	9:46.3	51.7%	41	17
	3 Karen Wales	Carrollton	(44)			42:22.52		13:38.4	37.3%	62	26
F45-49	1 Sandra Stierman	Grand Prairie	(47)	13:15	+100	28:09.24		9:03.7	58.0%	30	11
	2 Christy Collins	Carrollton	(45)	21:23	+136	45:01.48		14:29.5	35.5%	63	27
	3 Barbara Vollmering	Garland	(48)	29:28	-15	58:41.63	✓	18:53.5	28.1%	66	30
F50-54	1 Debra Wilson	Flower Mound	(53)	14:21	+7	28:48.73		9:16.4	61.0%	33	13
	2 Yanira Lopez	Farmers Branch	(51)	15:10	-10	30:11.38	M	9:43.0	56.8%	40	16
	3 Sherie Skillern	Flower Mound	(51)	15:39	+142	33:40.22		10:50.2	50.9%	55	22

FN\*:  Broke Age-Group Record

GD Place among Females

Positive Split

Timing provided by:

6/29/2014

Ran Mile before 5K ✓ # Races PR @ Carrollton Runners (2003 & later)

Negative Split

 DeltaViewTiming.com

# 1M MALE

		15 MALE Runners --- Average Time of <b>11:20</b>					Avg. Age Grade: <b>44.0%</b>			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	<b>Julio Lopez</b>	Farmers Branch	(58)		<b>6:47.64</b>		6:47.6	<b>66.7%</b>	1	1
M01-09	1	<b>William Brewer</b>	Carrollton	(7)		<b>8:42.12</b>		8:42.1	58.8%	8	5
M10-14	1	<b>Carlos Ortiz</b>	Dallas	(11)		<b>9:03.88</b>		9:03.9	48.5%	15	7
	2	<b>Anthony Gomez</b>	Dallas	(13)		<b>15:43.48</b>		15:43.5	26.5%	27	13
	3	<b>Lorey Williams</b>	Dallas	(13)		<b>17:23.07</b>		17:23.1	24.0%	29	14
	4	<b>Eric Rivera</b>	Lewisville	(10)		<b>18:47.14</b>		18:47.1	24.2%	32	15
M15-19	1	<b>Agustin Ortiz</b>	Dallas	(16)		<b>15:20.64</b>		15:20.6	25.7%	26	12
M35-39	1	<b>Jonathon Brewer</b>	Carrollton	(37)		<b>14:31.71</b>		14:31.7	26.4%	25	11
M40-44	1	<b>Dierk Hohman</b>	Coppell	(44)		<b>12:27.54</b>		12:27.5	32.5%	21	10
M50-54	1	<b>John Kramer</b>	Plano	(52)		<b>7:36.99</b>		7:37.0	56.6%	4	3
	2	<b>Ronald Hamilton</b>	The Colony	(54)		<b>8:43.66</b>		8:43.7	50.2%	9	6
	3	<b>Joe Sullivan</b>	Coppell	(50)		<b>10:07.98</b>		10:08.0	41.9%	17	9
M60-64	1	<b>Robert Benson</b>		(64)		<b>7:16.49</b>		7:16.5	<b>65.7%</b>	2	2
	2	<b>James Johnson</b>	Dallas	(61)		<b>7:48.50</b>		7:48.5	59.6%	5	4
M70-74	1	<b>Jack Manning</b>	Dallas	(71)		<b>9:38.13</b>		9:38.1	53.3%	16	8

# 1M FEMALE

		17 FEMALE Runners --- Average Time of <b>11:39</b>					Avg. Age Grade: <b>44.7%</b>			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	<b>Kim Andres</b>	Irving	(61)		<b>7:26.44</b>		7:26.4	<b>77.9%</b>	3	1
F01-09	1	<b>Arwyn Sullivan</b>	Coppell	(9)		<b>8:50.63</b>	✓	8:50.6	56.2%	11	5
	2	<b>Olivia Brewer</b>	Carrollton	(8)		<b>14:31.00</b>	✓	14:31.0	35.4%	24	14
F10-14	1	<b>Trinity Sullivan</b>	Coppell	(14)		<b>8:44.05</b>		8:44.1	51.0%	10	4
	2	<b>Nekayla Williams</b>		(11)		<b>16:00.58</b>		16:00.6	29.4%	28	15
F15-19	1	<b>Janet Munoz</b>	Dallas	(17)		<b>8:29.41</b>		8:29.4	50.4%	7	3
F25-29	1	<b>Christine Gonzales</b>	Grand Prairie	(26)		<b>11:46.10</b>		11:46.1	35.6%	19	10
	2	<b>Na Nguyen</b>	Dalla	(26)		<b>12:07.91</b>		12:07.9	34.6%	20	11
F35-39	1	<b>Evan Ryan</b>	Carrollton	(38)		<b>8:58.80</b>		8:58.8	48.5%	14	8
	2	<b>Tess Santos</b>	Keller	(37)		<b>14:17.86</b>		14:17.9	30.2%	23	13
	3	<b>Cristela Ortiz</b>	Dallas	(37)		<b>18:44.20</b>		18:44.2	23.1%	30	16
F40-44	1	<b>Laurie Anne Hohman</b>	Coppell	(43)		<b>12:27.66</b>	✓	12:27.7	36.7%	22	12
F45-49	1	<b>Kuay Sullivan</b>	Coppell	(48)		<b>8:51.21</b>		8:51.2	54.9%	12	6
	2	<b>Angela Norris</b>	McKinney	(46)		<b>11:13.22</b>		11:13.2	42.3%	18	9
F50-54	1	<b>Yanira Lopez</b>	Farmers Branch	(51)		<b>7:58.83</b>		7:58.8	<b>63.2%</b>	6	2
F55-59	1	<b>Peggy Plaisted</b>	Farmers Branch	(58)		<b>8:58.62</b>		8:58.6	<b>61.8%</b>	13	7
	2	<b>Amelia Morales</b>	Dallas	(56)		<b>18:44.76</b>		18:44.8	28.8%	31	17

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	7193 Julio Lopez (M58)	1	M55-59	OA	---				6:47.64		6:47.6	23.21	6:47.64	66.7%
2	7118 Robert Benson (M64)	2	M60-64	1st	---				7:16.49		7:16.5	24.86	7:16.49	65.7%
3	7040 Kim Andres (F61)	1	F60-64	OA	---				7:26.44		7:26.4	25.43	7:26.44	77.9%
4	7261 John Kramer (M52)	3	M50-54	1st	---				7:36.99		7:37.0	26.00	7:36.99	56.6%
5	7191 James Johnson (M61)	4	M60-64	2nd	---				7:48.50		7:48.5	26.68	7:48.50	59.6%
6	7198 Yanira Lopez (F51)	2	F50-54	1st	---				7:58.83		7:58.8	27.25	7:58.83	63.2%
7	6476 Janet Munoz (F17)	3	F15-19	1st	---				8:29.41	✗	8:29.4	29.02	8:29.41	50.4%
8	6916 William Brewer (M7)	5	M01-09	1st	---				8:42.12	✗	8:42.1	29.76	8:42.12	58.8%
9	7020 Ronald Hamilton (M54)	6	M50-54	2nd	---				8:43.66		8:43.7	29.82	8:43.66	50.2%
10	7099 Trinity Sullivan (F14)	4	F10-14	1st	---				8:44.05		8:44.1	29.88	8:44.05	51.0%
11	7204 Arwyn Sullivan (F9)	5	F01-09	1st	---				8:50.63	✓ 4	8:50.6	30.22	8:50.63	56.2%
12	7265 Kuay Sullivan (F48)	6	F45-49	1st	---				8:51.21		8:51.2	30.28	8:51.21	54.9%
13	6620 Peggy Plaisted (F58)	7	F55-59	1st	---				8:58.62		8:58.6	30.68	8:58.62	61.8%
14	6462 Evan Ryan (F38)	8	F35-39	1st	---				8:58.80	✗	8:58.8	30.68	8:58.80	48.5%
15	6100 Carlos Ortiz (M11)	7	M10-14	1st	---				9:03.88	✗	9:03.9	30.96	9:03.88	48.5%
16	7143 Jack Manning (M71)	8	M70-74	1st	---				9:38.13		9:38.1	32.96	9:38.13	53.3%
17	7263 Joe Sullivan (M50)	9	M50-54	3rd	---				10:07.98	✗	10:08.0	34.61	10:07.98	41.9%
18	6112 Angela Norris (F46)	9	F45-49	2nd	---				11:13.22	✗	11:13.2	38.37	11:13.22	42.3%
19	6466 Christine Gonzales (F26)	10	F25-29	1st	---				11:46.10	✗	11:46.1	40.26	11:46.10	35.6%
20	6119 Na Nguyen (F26)	11	F25-29	2nd	---				12:07.91	✗	12:07.9	41.45	12:07.91	34.6%
21	7170 Dierk Hohman (M44)	10	M40-44	1st	---				12:27.54	✗	12:27.5	42.59	12:27.54	32.5%
22	6991 Laurie Anne Hohman (F43)	12	F40-44	1st	---				12:27.66	✓ 1	12:27.7	42.59	12:27.66	36.7%
23	6114 Tess Santos (F37)	13	F35-39	2nd	---				14:17.86	✗	14:17.9	48.87	14:17.86	30.2%
24	6891 Olivia Brewer (F8)	14	F01-09	2nd	---				14:31.00	✓ 1	14:31.0	49.66	14:31.00	35.4%
25	6940 Jonathon Brewer (M37)	11	M35-39	1st	---				14:31.71	✗	14:31.7	49.66	14:31.71	26.4%
26	6101 Agustin Ortiz (M16)	12	M15-19	1st	---				15:20.64	✗	15:20.6	52.46	15:20.64	25.7%
27	6107 Anthony Gomez (M13)	13	M10-14	2nd	---				15:43.48	✗	15:43.5	53.77	15:43.48	26.5%
28	6122 Nekayla Williams (F11)	15	F10-14	2nd	---				16:00.58	✗	16:00.6	54.74	16:00.58	29.4%
29	6108 Lorey Williams (M13)	14	M10-14	3rd	---				17:23.07	✗	17:23.1	59.47	17:23.07	24.0%
30	6102 Cristela Ortiz (F37)	16	F35-39	3rd	---				18:44.20	✗	18:44.2	64.09	18:44.20	23.1%
31	6106 Amelia Morales (F56)	17	F55-59	2nd	---				18:44.76	✗	18:44.8	64.09	18:44.76	28.8%
32	6104 Eric Rivera (M10)	15	M10-14	4th	---				18:47.14	✗	18:47.1	64.26	18:47.14	24.2%

✓ 3 Club PR's

Average Finish Time: 11:30 18 First Timers Average Age Grade: 44.4%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEqClock	Time	AgeGD
1	6118 Spencer Peacock (M29)	1	M25-29	OA	0.7	9:23	9:48	+25	19:11.51		6:10.6	19.18	19:12.21	67.3%
2	7298 Logan Lewis (M16)	2	M15-19	1st	---	9:23	10:13	+50	19:35.56		6:18.4	19.58	19:35.56	69.9%
3	6469 Jonathan Martinez (M17)	3	M15-19	2nd	4.1	9:36	10:56	+80	20:31.54	✗	6:36.4	20.52	20:35.66	65.8%
4	7272 Tiger Vo (M41)	4	M40-44	MS	---				21:33.96		6:56.5	21.55	21:33.96	63.8%
5	6472 Emilio Popoca (M15)	5	M15-19	3rd	4.0	10:21	12:12	+111	22:32.82	✗	7:15.4	22.53	22:36.84	61.7%
6	7193 Julio Lopez (M58)	6	M55-59	SR	---	11:18	11:31	+13	22:48.92	⌚	7:20.6	22.80	22:48.92	69.1%
7	6123 Alma Juarez (F17)	1	F15-19	OA	4.2	11:43	11:03	-40	22:46.22	✗	7:19.7	22.77	22:50.45	66.4%
8	7118 Robert Benson (M64)	7	M60-64	1st	---	11:45	11:54	+8	23:38.77	⌚	7:36.7	23.63	23:38.77	70.3%
9	7199 Maddee Rowe (F15)	2	F15-19	1st	4.3	11:44	11:59	+16	23:42.64		7:37.9	23.70	23:46.99	65.4%
10	7299 David Lewis (M43)	8	M40-44	1st	---	11:33	12:19	+47	23:52.28		7:41.0	23.87	23:52.28	58.5%
11	7012 Doug Waters (M49)	9	M45-49	1st	---				23:57.04		7:42.5	23.95	23:57.04	61.1%
12	6109 Mathew Norris (M21)	10	M20-24	1st	25.6	11:30	12:03	+33	23:33.80	✗	7:35.1	23.55	23:59.40	55.0%
13	6766 Abby Lewis (F12)	3	F10-14	1st	2.1	11:57	12:09	+12	24:05.93		7:45.4	24.08	24:08.01	67.6%
14	6125 Carmen Guerrero (F12)	4	F10-14	2nd	2.1	11:56	12:10	+13	24:06.32	✗	7:45.5	24.10	24:08.40	67.5%

FN\*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

6/29/2014

⌚ Ran Mile before 5K ✓ # Races PR @ Carrollton Runners (2003 & later)

△ Negative Split

 DeltaViewTiming.com

15	6461	Camilo Paredes (M42)	11	M40-44	2nd	17.2	12:42	11:41	-61	24:23.44	×	7:51.0	24.38	24:40.68	56.8%	
16	6451	Daniel Panessiti (M49)	12	M45-49	2nd	3.0	12:14	12:27	+13	24:40.47	×	7:56.5	24.67	24:43.44	59.3%	
17	7015	Gabriel Sapien (M54)	13	M50-54	1st	5.3	12:27	12:39	+12	25:05.71		8:04.6	25.08	25:11.01	60.7%	
18	6116	Genesis Solomon (M13)	14	M10-14	1st	25.5	11:17	13:35	+138	24:52.11	×	8:00.3	24.87	25:17.64	58.3%	
19	7170	Dierk Hohman (M44)	15	M40-44	3rd	8.3	12:06	13:10	+65	25:16.11	ℓ	8:08.0	25.27	25:24.38	55.7%	
20	7008	David Mask (M62)	16	M60-64	2nd	10.9	13:02	12:17	-45	25:19.07		8:08.9	25.32	25:30.00	64.5%	
21	7265	Kuay Sullivan (F48)	5	F45-49	MS	2.0	13:05	12:51	-14	25:56.86	ℓ ✓ 14	8:21.1	25.93	25:58.86	63.6%	
22	6124	Cindy Fonseca (F17)	6	F15-19	2nd	4.9	12:31	14:21	+110	26:51.87	×	8:38.8	26.85	26:56.80	56.3%	
23	6113	Allan Santos (M40)	17	M40-44	4th	11.3	13:11	13:36	+25	26:47.49	×	8:37.4	26.78	26:58.83	50.9%	
24	6467	Klarissa Vielma (F15)	7	F15-19	3rd	8.4	12:50	14:30	+101	27:19.81	×	8:47.8	27.32	27:28.24	56.7%	
25	7465	Nivaldo Castro (M48)	18	M45-49	3rd	32.2	13:59	13:05	-54	27:03.28		8:42.5	27.05	27:35.47	53.6%	
26	6404	Marybelle Raza (F34)	8	F30-34	1st	3.5	12:49	14:44	+114	27:32.90	✓ 1	8:52.0	27.53	27:36.44	54.1%	
27	6477	Pricilla Aguilar (F16)	9	F15-19	4th	9.1	12:49	14:41	+112	27:29.51	×	8:50.9	27.48	27:38.59	55.7%	
28	6460	Steve Stierman (M49)	19	M45-49	4th	4.0	13:11	14:50	+99	28:01.66	×	9:01.3	28.02	28:05.62	52.2%	
29	6474	Melva Yanes (F15)	10	F15-19	5th	3.8	12:48	15:15	+147	28:02.40	×	9:01.5	28.03	28:06.22	55.3%	
30	6457	Sandra Stierman (F47)	11	F45-49	1st	---	13:15	14:54	+100	28:09.24	×	9:03.7	28.15	28:09.24	58.0%	
31	7099	Trinity Sullivan (F14)	12	F10-14	3rd	0.7	14:05	14:35	+30	28:40.06	ℓ	9:13.6	28.67	28:40.76	54.8%	
32	7191	James Johnson (M61)	20	M60-64	3rd	12.7	13:58	14:31	+33	28:28.57	ℓ	9:09.9	28.47	28:41.26	56.8%	
33	6526	Debra Wilson (F53)	13	F50-54	1st	7.3	14:21	14:28	+7	28:48.73		9:16.4	28.80	28:56.02	61.0%	
34	6426	Terry Tuck (M54)	21	M50-54	2nd	17.0	14:46	14:04	-41	28:49.62	✓ 1	9:16.7	28.82	29:06.65	52.9%	
35	7020	Ronald Hamilton (M54)	22	M50-54	3rd	11.6	14:38	14:45	+8	29:23.35	ℓ	9:27.6	29.38	29:34.98	51.9%	
36	7175	Luis Mares (M39)	23	M35-39	1st	9.4	13:53	15:46	+112	29:39.21		9:32.7	29.65	29:48.61	45.7%	
37	6473	Luis Rodriguez (M16)	24	M15-19	4th	4.6	11:57	17:50	+353	29:47.23	×	9:35.3	29.78	29:51.83	46.0%	
38	7204	Arwyn Sullivan (F9)	14	F01-09	1st	0.7	14:50	15:11	+21	30:01.56	ℓ	9:39.9	30.02	30:02.27	58.4%	
39	6776	Mallory Rowe (F13)	15	F10-14	4th	---				30:15.93	✓ 1	9:44.5	30.25	30:15.93	52.8%	
40	7198	Yanira Lopez (F51)	16	F50-54	2nd	12.1	15:10	15:01	-10	30:11.38	ℓ	9:43.0	30.18	30:23.48	56.8%	
41	6991	Laurie Anne Hohman (F43)	17	F40-44	2nd	8.7	14:15	16:06	+111	30:21.61	ℓ	9:46.3	30.35	30:30.35	51.7%	
42	7380	Gabor Toth (M33)	25	M30-34	1st	10.3	15:01	15:23	+21	30:24.16		9:47.1	30.40	30:34.45	42.9%	
43	7263	Joe Sullivan (M50)	26	M50-54	4th	4.2	14:23	16:31	+128	30:53.47	ℓ ✓ 8	9:56.6	30.88	30:57.70	47.7%	
44	6110	Mike Norris (M15)	27	M15-19	5th	26.0	12:33	18:13	+340	30:46.40	×	9:54.3	30.77	31:12.45	45.2%	
45	7181	Eugene Mosley (M33)	28	M30-34	2nd	23.3	14:40	16:33	+113	31:12.43		10:02.7	31.20	31:35.78	41.8%	
46	6471	Karina Niño (F15)	18	F15-19	6th	---	13:42	18:03	+261	31:45.35	×	10:13.3	31.75	31:45.35	48.8%	
47	6104	Eric Rivera (M10)	29	M10-14	3rd	---	14:39	17:42	+183	32:21.66	ℓ	×	10:25.0	32.35	32:21.66	48.8%
48	6111	Greg Norris (M14)	30	M10-14	2nd	25.9	13:48	18:11	+263	31:58.44	×	10:17.5	31.97	32:24.37	44.4%	
49	6579	Patricia Stubbs (F37)	19	F35-39	1st	6.1	15:06	17:24	+138	32:30.25		10:27.7	32.50	32:36.31	46.4%	
50	6405	Patrick Scott (M26)	31	M25-29	1st	58.1	13:45	18:06	+261	31:51.46	×	10:15.2	31.85	32:49.59	40.5%	
51	6620	Peggy Plaisted (F58)	20	F55-59	SR	7.2	15:34	17:20	+105	32:54.21	ℓ	10:35.4	32.90	33:01.36	57.1%	
52	6462	Evan Ryan (F38)	21	F35-39	2nd	6.7	16:13	16:42	+30	32:54.96	ℓ	×	10:35.7	32.90	33:01.64	46.0%
53	6115	Garvin Solomon (M15)	32	M15-19	6th	25.9	13:37	19:07	+330	32:43.92	×	10:32.1	32.72	33:09.79	42.5%	
54	7038	Michael Rumery (M41)	33	M40-44	5th	15.9	14:41	18:13	+212	32:54.16		10:35.4	32.90	33:10.03	41.8%	
55	6463	Sherie Skillern (F51)	22	F50-54	3rd	6.6	15:39	18:01	+142	33:40.22	×	10:50.2	33.67	33:46.83	50.9%	
56	7041	Kay Scott (F44)	23	F40-44	1st	222.5	16:30	13:43	-168	30:13.08		9:43.6	30.22	33:55.63	52.4%	
57	6470	Tania Gonzalez (F17)	24	F15-19	7th	8.6	17:32	17:32	-1	35:03.62	×	11:17.1	35.05	35:12.22	43.1%	
58	6128	Robert Yount (M60)	34	M60-64	4th	7.3	17:22	18:09	+47	35:31.27	×	11:26.0	35.52	35:38.57	45.2%	
59	7143	Jack Manning (M71)	35	M70-74	1st	2.5	16:19	19:19	+181	35:37.62	ℓ	11:28.0	35.62	35:40.08	50.1%	
60	6623	Shieryl Bryan (F29)	25	F25-29	1st	---	17:16	18:41	+86	35:57.02	✓ 4	11:34.3	35.95	35:57.02	41.2%	
61	6126	Joe Wales (M11)	36	M10-14	4th	6.3	18:59	21:50	+172	40:48.92	×	13:08.2	40.80	40:55.21	37.5%	
62	7569	Karen Wales (F44)	26	F40-44	3rd	---				42:22.52	×	13:38.4	42.37	42:22.52	37.3%	
63	6127	Christy Collins (F45)	27	F45-49	2nd	4.4	21:23	23:39	+136	45:01.48	×	14:29.5	45.02	45:05.86	35.5%	
64	6120	Sabrina Ehlers (F30)	28	F30-34	3rd	---	22:41	24:16	+95	46:57.63	×	15:06.9	46.95	46:57.63	31.5%	

FN\*:  Broke Age-Group Record

GD Place among Females

Positive Split

Timing provided by:

6/29/2014

ℓ Ran Mile before 5K ✓ # Races PR @ Carrollton Runners (2003 & later)

Negative Split

 DeltaViewTiming.com

65	6121	Bridget Hallford (F30)	29	F30-34	2nd	5.6	22:28	24:25	+118	<b>46:53.29</b>	⌘	15:05.5	46.88	46:58.86	31.6%
66	7266	Barbara Vollmering (F48)	30	F45-49	3rd	122.7	29:28	29:13	-15	<b>58:41.63</b>	✓	4	18:53.5	58.681:00:44.35	28.1%
<b>52 Positive Split</b> <b>10 Negative Split</b> ✓ <b>7 Club PR's</b>											<b>Average Finish Time: 29:46</b> <u>31 First Timers</u> <b>Average Age Grade: 52.8%</b>				

## Sorted Age Grades

### 1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	3	Kim Andres	F61	7:26.44	77.9%	
2	1	Julio Lopez	M58	6:47.64	66.7%	
3	2	Robert Benson	M64	7:16.49	65.7%	
4	6	Yanira Lopez	F51	7:58.83	63.2%	
5	13	Peggy Plaisted	F58	8:58.62	61.8%	
6	5	James Johnson	M61	7:48.50	59.6%	
7	8	William Brewer	M7	8:42.12	58.8%	
8	4	John Kramer	M52	7:36.99	56.6%	
9	11	Arwyn Sullivan	F9	8:50.63	56.2%	
10	12	Kuay Sullivan	F48	8:51.21	54.9%	
11	16	Jack Manning	M71	9:38.13	53.3%	
12	10	Trinity Sullivan	F14	8:44.05	51.0%	
13	7	Janet Munoz	F17	8:29.41	50.4%	
14	9	Ronald Hamilton	M54	8:43.66	50.2%	

### 5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	8	Robert Benson	M64	23:38.77	70.3%	
2	2	Logan Lewis	M16	19:35.56	69.9%	
3	6	Julio Lopez	M58	22:48.92	69.1%	
4	13	Abby Lewis	F12	24:05.93	67.6%	
5	14	Carmen Guerrero	F12	24:06.32	67.5%	New
6	1	Spencer Peacock	M29	19:11.51	67.3%	
7	7	Alma Juarez	F17	22:46.22	66.4%	New
8	3	Jonathan Martinez	M17	20:31.54	65.8%	New
9	9	Maddee Rowe	F15	23:42.64	65.4%	
10	20	David Mask	M62	25:19.07	64.5%	
11	4	Tiger Vo	M41	21:33.96	63.8%	
12	21	Kuay Sullivan	F48	25:56.86	63.6%	
13	5	Emilio Popoca	M15	22:32.82	61.7%	
14	11	Doug Waters	M49	23:57.04	61.1%	
15	33	Debra Wilson	F53	28:48.73	61.0%	
16	17	Gabriel Sapien	M54	25:05.71	60.7%	
17	16	Daniel Panessiti	M49	24:40.47	59.3%	
18	10	David Lewis	M43	23:52.28	58.5%	
19	38	Arwyn Sullivan	F9	30:01.56	58.4%	
20	18	Genesis Solomon	M13	24:52.11	58.3%	
21	30	Sandra Stierman	F47	28:09.24	58.0%	
22	51	Peggy Plaisted	F58	32:54.21	57.1%	
23	32	James Johnson	M61	28:28.57	56.8%	
24	15	Camilo Paredes	M42	24:23.44	56.8%	
25	40	Yanira Lopez	F51	30:11.38	56.8%	
26	24	Klarissa Vielma	F15	27:19.81	56.7%	
27	22	Cindy Fonseca	F17	26:51.87	56.3%	
28	19	Dierk Hohman	M44	25:16.11	55.7%	
29	27	Pricilla Aguilar	F16	27:29.51	55.7%	
30	29	Melva Yanes	F15	28:02.40	55.3%	
31	12	Mathew Norris	M21	23:33.80	55.0%	
32	31	Trinity Sullivan	F14	28:40.06	54.8%	
33	26	Marybelle Raza	F34	27:32.90	54.1%	
34	25	Nivaldo Castro	M48	27:03.28	53.6%	
35	34	Terry Tuck	M54	28:49.62	52.9%	
36	39	Mallory Rowe	F13	30:15.93	52.8%	
37	56	Kay Scott	F44	30:13.08	52.4%	
38	28	Steve Stierman	M49	28:01.66	52.2%	
39	35	Ronald Hamilton	M54	29:23.35	51.9%	
40	41	Laurie Anne Hohman	F43	30:21.61	51.7%	
41	23	Allan Santos	M40	26:47.49	50.9%	
42	55	Sherie Skillern	F51	33:40.22	50.9%	
43	59	Jack Manning	M71	35:37.62	50.1%	

100%	World Record Level for Gender/Age
90%	World Class Level
80%	National Class Level
70%	Regional Class Level

List*	Carrollton Runners Performance Lists for Age Grades > 65%
65%	Boston-Qualifier Approximate Level
60%	Local Class Level
50%	Average Class Level