

Sunday, March 30, 2014

# Carrollton Runners Mile + 5K

53F Cloudy 57%H 8mphSE

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

Mile Off :7:30 am

5K Off :7:45 am

Mile Overall		5K Overall		5K Masters		5K Seniors	
Ryan Barrow	5:06.57	Ryan Barrow	17:32.53	Johnny Chen	21:36.34	Julio Lopez	22:24.93
Kim Andres	7:35.96	Maddee Rowe	20:29.71	Lisa Conley	24:27.77	Carol Creech	39:39.79

## 5K MALE

42 MALE Runners --- Average Time of **28:34**

Avg. Age Grade: **54.3%**

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Ryan Barrow	Denton	(26)	8:39	+15	17:32.53	ML ✓	5:38.8	73.5%	1	1
MASTERS	1 Johnny Chen	Plano	(45)	10:57	-18	21:36.34	ML	6:57.3	65.6%	5	3
SENIORS	1 Julio Lopez	Farmers Branch	(58)	11:12	+2	22:24.93	ML	7:12.9	70.3%	8	6
M*	1 Gavin Batiste	N/A	(0)	16:55	+230	37:39.57		12:07.3		51	38
M10-14	1 Emil Aaltonen	Coppell	(13)	11:59	-4	23:54.34		7:41.7	60.7%	14	11
M15-19	1 Logan Lewis	Bedford	(15)	9:35	+17	19:26.67		6:15.5	71.6%	2	2
	2 Tristian Chynoweth	Carrollton	(18)			38:41.22		12:27.1	34.5%	52	39
M20-24	1 Erik Hermes	Dallas	(23)	20:33	+7	41:13.39		13:16.1	31.3%	60	41
M30-34	1 Jake Christopher	Plano	(30)			25:19.75		8:09.2	51.1%	22	16
	2 Kevin English	Carrollton	(32)			26:25.55	✓	8:30.3	49.2%	29	21
	3 Gabor Toth	Irving	(33)	13:14	+27	26:55.47		8:40.0	48.5%	32	23
	4 Amin Abjani	Carrollton	(34)	19:14	+151	40:58.44	✓	13:11.3	32.0%	57	40
	5 Cagdas Bayram	Grapevine	(31)	31:13	+151	1:04:57.26		20:54.4	20.0%	65	42
M35-39	1 Dean Baranowski	Lewisville	(38)	13:56	-101	26:11.33		8:25.8	51.4%	30	22
	2 Pete Superak	Coppell	(36)	15:54	+51	32:39.43		10:30.7	40.6%	46	33
M40-44	1 Dierk Hohman	Coppell	(44)	11:10	-10	22:09.61		7:08.0	63.5%	7	5
	2 David Lewis	Bedford	(42)	11:19	-7	22:31.96	✓	7:15.2	61.5%	10	8
	3 Kim Aaltonen	Coppell	(40)	11:59	-3	23:54.31		7:41.7	57.1%	13	10
	4 Nathan Bruser	Coppell	(42)	12:20	-27	24:13.91		7:48.0	57.2%	28	20
	5 Frederic Carrier	Allen	(44)	13:01	-13	25:48.54	✓	8:18.4	54.5%	24	18
	6 Sanjay Kalluvilayil	Carrollton	(40)	14:05	-55	27:14.44		8:46.1	50.1%	33	24
	7 Tian Xu	Coppell	(43)			29:43.72		9:34.1	47.0%	39	30
	8 Ricardo Salazar	Dallas	(41)	13:54	+169	30:38.07		9:51.6	44.9%	41	31
	9 Carlos Ordonez	Carrollton	(43)	18:05	+37	36:47.50		11:50.5	37.9%	50	37
M45-49	1 Matthew Parker	Kaufman	(48)	10:46	+20	21:53.27	ML	7:02.7	66.3%	6	4
	2 Jeff Breese	Frisco	(49)	11:58	-29	23:27.98	ML	7:33.2	62.3%	11	9
	3 John Olsen	Coppell	(45)	12:22	-36	24:08.26	✓	7:46.2	58.7%	15	12
M50-54	1 David Short	Frisco	(53)	10:56	+6	21:58.94	ML	7:04.5	68.7%	9	7
	2 Jaws Hansen	Dallas	(53)			24:19.06	ML	7:49.6	62.1%	16	13
	3 James O Johnson	Garland	(52)	12:17	+33	25:07.63		8:05.3	59.7%	20	15
	4 Tomas Bern	Allen	(50)	14:19	-28	28:09.58	✓	9:03.8	52.4%	36	27
	5 Ronald Hamilton	The Colony	(54)	14:14	+9	28:37.43	ML	9:12.8	53.2%	38	29
M55-59	1 Phil Murch	Frisco	(56)	13:49	-9	27:29.43		8:50.9	56.4%	34	25
	2 Ruben Reyes	Carrollton	(58)	14:07	+25	28:38.57		9:13.2	55.0%	37	28
M60-64	1 James Johnson	Dallas	(61)	12:11	+11	24:32.95	✓	7:54.1	65.9%	19	14
	2 David Mask	Lewisville	(61)	12:45	+20	25:49.70		8:18.8	62.7%	25	19
	3 Maxx Pomm	Dallas	(64)	13:45	+15	27:44.29	ML	8:55.7	59.9%	35	26

FN\*:  Broke Age-Group Record

GD Place among Females

Positive Split

Timing provided by:

3/30/2014

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

Negative Split

 DeltaViewTiming.com

M60-64	4	Michael Johnson	Coppell	(61)	16:17	-3	32:31.73	ℓ	10:28.2	49.7%	43	32
	5	Mike Catt	The Colony	(60)	17:23	+71	35:57.56		11:34.5	44.6%	49	36
M65-69	1	John Nance	Rowlett	(65)	12:59	-22	25:36.76		8:14.6	65.5%	23	17
	2	Scott McKissick	Irving	(65)	15:21	+11	30:53.29	ℓ	9:56.5	54.3%	47	34
M70-74	1	Tommy Farrar	Coppell	(73)	16:42	+44	34:07.02		10:58.9	53.8%	48	35

## 5K FEMALE

		26 FEMALE Runners --- Average Time of 37:25						Avg. Age Grade: 49.1%		Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD	
OVERALL	1	Maddee Rowe	Irving	(14)	10:07	+17	20:29.71	☑	6:35.8	76.7%	3	1
MASTERS	1	Lisa Conley	McKinney	(41)	12:12	+4	24:27.77		7:52.4	63.1%	17	4
SENIORS	1	Carol Creech	Plano	(63)	18:58	+103	39:39.79		12:46.0	50.9%	55	15
F*	1	Gwen Oliver	Plano	( )	27:51	+155	58:18.38		18:46.0		63	21
F15-19	1	Amanda Vollmering	Carrollton	(16)	27:37	+244	59:17.30	✓	19:05.0	25.8%	64	22
F25-29	1	Zainab Lakhani	Carrollton	(27)	20:24	+16	41:04.36		13:13.2	36.0%	59	18
F30-34	1	Doris Davis	Rowlett	(31)	11:31	+54	23:56.22		7:42.3	61.9%	12	3
	2	LaTonda Cherry	Carrollton	(31)	15:13	+137	32:42.49		10:31.7	45.3%	44	11
	3	Wendy Gathers	Grapevine	(32)	31:18	+143	1:04:58.02		20:54.7	22.8%	66	23
F35-39	1	Colleen Baranowski	Lewisville	(36)	10:19	+2	20:40.41	ℓ✓	6:39.2	72.6%	4	2
	2	Aino Aaltonen	Coppell	(39)	13:19	-2	26:36.04		8:33.7	57.3%	31	8
	3	Sayda Ayala	Dallas	(38)	13:55	+169	30:37.86		9:51.6	49.5%	40	9
	4	Angela Chynoweth	Carrollton	(36)	17:18	+256	38:52.34		12:30.7	38.6%	53	13
	5	Monica Acosta	Carrollton	(36)	33:38	-13	1:07:02.15		21:34.6	22.4%	68	25
F40-44	1	Kay Scott	Bedford	(44)	15:30	-71	29:48.70		9:35.7	53.1%	54	14
	2	Yuli Nie	Coppell	(42)	18:36	+155	39:48.04		12:48.6	39.1%	56	16
F45-49	1	Changlan Zhang	McKinney	(48)	15:06	+80	31:31.18		10:08.7	52.4%	42	10
	2	Susan Schafer	Richardson	(48)	18:17	+85	37:58.14		12:13.3	43.5%	62	20
	3	Barbara Vollmering	Garland	(48)	33:38	-15	1:07:01.09		21:34.3	24.6%	67	24
F50-54	1	Dianne Echols	Garland	(50)			24:30.51	ℓ	7:53.3	69.0%	18	5
	2	Keiko Yokoyama	Plano	(50)	12:31	+14	25:16.77	✓	8:08.2	66.9%	21	6
	3	Yanira Lopez	Farmers Branch	(51)	12:53	+20	26:05.10	ℓ✓	8:23.8	65.7%	26	7
	4	Teresa Lewis	Lewisville	(53)	15:42	+104	33:07.63	✓	10:39.8	53.1%	45	12
	5	Patricia Orendain	Prosper	(50)	19:15	+141	40:51.41	✓	13:09.0	41.4%	58	17
F60-64	1	Debby Ronan	Dallas	(64)	21:45	+14	43:44.02		14:04.6	46.9%	61	19
FStroller	1	Blake Bruser	Coppell	(4)	12:21	-27	24:13.82		7:47.9		29	0

# 1M MALE

		17 MALE Runners --- Average Time of <b>8:26</b>					Avg. Age Grade: <b>55.1%</b>			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	<b>Ryan Barrow</b>	Denton	(26)		<b>5:06.57</b>		5:06.6	<b>72.6%</b>	1	1
M01-09	1	<b>Axel Aaltonen</b>	Coppell	(7)		<b>10:56.10</b>		10:56.1	46.8%	19	15
	2	<b>Dominick Quiroga</b>	Dallas	(5)		<b>13:47.50</b>		13:47.5	41.2%	23	16
M25-29	1	<b>Timothy Israel</b>	Irving	(27)		<b>5:38.75</b>	✓	5:38.8	<b>65.7%</b>	2	2
M30-34	1	<b>Luis Hernandez</b>	Dallas	(32)		<b>13:49.11</b>		13:49.1	27.1%	24	17
M45-49	1	<b>Johnny Chen</b>	Plano	(45)		<b>6:14.63</b>		6:14.6	<b>65.3%</b>	3	3
	2	<b>Ruben Saguil</b>	Carrollton	(49)		<b>6:38.93</b>		6:38.9	<b>63.3%</b>	5	5
	3	<b>Matthew Parker</b>	Kaufman	(48)		<b>6:57.79</b>		6:57.8	59.9%	6	6
	4	<b>Jeff Breese</b>	Frisco	(49)		<b>9:03.68</b>		9:03.7	46.4%	17	13
M50-54	1	<b>Jaws Hansen</b>	Dallas	(53)		<b>7:15.83</b>		7:15.8	59.8%	7	7
	2	<b>John Kramer</b>	Plano	(52)		<b>7:51.26</b>		7:51.3	54.9%	10	8
	3	<b>Ronald Hamilton</b>	The Colony	(54)		<b>8:45.77</b>		8:45.8	50.0%	14	11
	4	<b>David Short</b>	Frisco	(53)		<b>9:04.54</b>		9:04.5	47.9%	18	14
M55-59	1	<b>Julio Lopez</b>	Farmers Branch	(58)		<b>6:36.43</b>		6:36.4	<b>68.6%</b>	4	4
M60-64	1	<b>Maxx Pomm</b>	Dallas	(64)		<b>8:17.31</b>		8:17.3	57.7%	13	10
	2	<b>Michael Johnson</b>	Coppell	(61)		<b>9:00.85</b>		9:00.9	51.6%	16	12
M65-69	1	<b>Scott McKissick</b>	Irving	(65)		<b>8:16.47</b>		8:16.5	58.3%	12	9

# 1M FEMALE

		8 FEMALE Runners --- Average Time of <b>10:05</b>					Avg. Age Grade: <b>53.2%</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>7:35.96</b>		7:36.0	<b>76.2%</b>	8	1
F01-09	1	<b>Piper Baranowski</b>	Lewisville	(6)		<b>11:33.73</b>		11:33.7	47.9%	20	5
	2	<b>Paxton Baranowski</b>	Lewisville	(4)		<b>11:37.66</b>		11:37.7		22	7
F10-14	1	<b>Alexandra Aaltonen</b>	Coppell	(11)		<b>8:46.09</b>		8:46.1	53.8%	15	4
F20-24	1	<b>Jessica Quiroga</b>	Dallas	(22)		<b>13:51.00</b>		13:51.0	30.3%	25	8
F35-39	1	<b>Colleen Baranowski</b>		(36)		<b>11:36.20</b>		11:36.2	37.0%	21	6
F50-54	1	<b>Yanira Lopez</b>	Farmers Branch	(51)		<b>7:46.25</b>	✓	7:46.3	<b>64.9%</b>	9	2
	2	<b>Dianne Echols</b>	Garland	(50)		<b>7:56.90</b>		7:56.9	<b>62.7%</b>	11	3

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6903 Ryan Barrow (M26)	1	M25-29	OA	---				5:06.57		5:06.6	17.45	5:06.57	72.6%
2	6655 Timothy Israel (M27)	2	M25-29	1st	---				5:38.75	✓ 1	5:38.8	19.27	5:38.75	65.7%
3	6957 Johnny Chen (M45)	3	M45-49	1st	---				6:14.63		6:14.6	21.32	6:14.63	65.3%
4	7193 Julio Lopez (M58)	4	M55-59	1st	---				6:36.43		6:36.4	22.58	6:36.43	68.6%
5	7003 Ruben Saguil (M49)	5	M45-49	2nd	---				6:38.93		6:38.9	22.69	6:38.93	63.3%
6	6802 Matthew Parker (M48)	6	M45-49	3rd	---				6:57.79		6:57.8	23.78	6:57.79	59.9%
7	6704 Jaws Hansen (M53)	7	M50-54	1st	---				7:15.83	✗	7:15.8	24.80	7:15.83	59.8%
8	7040 Kim Andres (F61)	1	F60-64	OA	---				7:35.96		7:36.0	25.94	7:35.96	76.2%
9	7198 Yanira Lopez (F51)	2	F50-54	1st	---				7:46.25	✓ 40	7:46.3	26.57	7:46.25	64.9%
10	7261 John Kramer (M52)	8	M50-54	2nd	---				7:51.26		7:51.3	26.86	7:51.26	54.9%
11	6716 Dianne Echols (F50)	3	F50-54	2nd	---				7:56.90	✗	7:56.9	27.14	7:56.90	62.7%
12	7048 Scott McKissick (M65)	9	M65-69	1st	---				8:16.47		8:16.5	28.28	8:16.47	58.3%
13	7049 Maxx Pomm (M64)	10	M60-64	1st	---				8:17.31	✗	8:17.3	28.34	8:17.31	57.7%
14	7020 Ronald Hamilton (M54)	11	M50-54	3rd	---				8:45.77		8:45.8	29.93	8:45.77	50.0%
15	7302 Alexandra Aaltonen (F11)	4	F10-14	1st	---				8:46.09	✗	8:46.1	29.99	8:46.09	53.8%
16	7252 Michael Johnson (M61)	12	M60-64	2nd	---				9:00.85		9:00.9	30.79	9:00.85	51.6%
17	7216 Jeff Breese (M49)	13	M45-49	4th	---				9:03.68		9:03.7	30.96	9:03.68	46.4%
18	7061 David Short (M53)	14	M50-54	4th	---				9:04.54		9:04.5	31.02	9:04.54	47.9%
19	7306 Axel Aaltonen (M7)	15	M01-09	1st	---				10:56.10	✗	10:56.1	37.40	10:56.10	46.8%
20	6998 Piper Baranowski (F6)	5	F01-09	1st	---				11:33.73	1	11:33.7	39.51	11:33.73	47.9%
21	6102 Colleen Baranowski (F36)	6	F35-39	1st	---				11:36.20	✗	11:36.2	39.69	11:36.20	37.0%
22	6999 Paxton Baranowski (F4)	7	F01-09	2nd	---				11:37.66	✗	11:37.7	39.74	11:37.66	
23	6726 Dominick Quiroga (M5)	16	M01-09	2nd	---				13:47.50	✗	13:47.5	47.15	13:47.50	41.2%
24	6724 Luis Hernandez (M32)	17	M30-34	1st	---				13:49.11	✗	13:49.1	47.27	13:49.11	27.1%
25	6725 Jessica Quiroga (F22)	8	F20-24	1st	---				13:51.00	✗	13:51.0	47.38	13:51.00	30.3%

✓ 2 Club PR's Average Finish Time: 08:57 10 First Timers Average Age Grade: 54.6%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6903 Ryan Barrow (M26)	1	M25-29	OA	---	8:39	8:54	+15	17:32.53	✓ 1	5:38.8	17.53	17:32.53	73.5%
2	7298 Logan Lewis (M15)	2	M15-19	1st	6.8	9:35	9:52	+17	19:26.67		6:15.5	19.43	19:33.52	71.6%
3	6774 Maddee Rowe (F14)	1	F10-14	OA	4.8	10:07	10:23	+17	20:29.71	✓ 1	6:35.8	20.48	20:34.55	76.7%
4	6102 Colleen Baranowski (F36)	2	F35-39	1st	---	10:19	10:21	+2	20:40.41	✓ 4	6:39.2	20.67	20:40.41	72.6%
5	6957 Johnny Chen (M45)	3	M45-49	MS	5.0	10:57	10:39	-18	21:36.34		6:57.3	21.60	21:41.31	65.6%
6	6802 Matthew Parker (M48)	4	M45-49	1st	9.7	10:46	11:07	+20	21:53.27		7:02.7	21.88	22:02.99	66.3%
7	7170 Dierk Hohman (M44)	5	M40-44	1st	1.0	11:10	11:00	-10	22:09.61		7:08.0	22.15	22:10.58	63.5%
8	7193 Julio Lopez (M58)	6	M55-59	SR	---	11:12	11:13	+2	22:24.93		7:12.9	22.40	22:24.93	70.3%
9	7061 David Short (M53)	7	M50-54	1st	26.8	10:56	11:03	+6	21:58.94		7:04.5	21.97	22:25.76	68.7%
10	7299 David Lewis (M42)	8	M40-44	2nd	1.7	11:19	11:13	-7	22:31.96	✓ 5	7:15.2	22.52	22:33.67	61.5%
11	7216 Jeff Breese (M49)	9	M45-49	2nd	19.7	11:58	11:30	-29	23:27.98		7:33.2	23.45	23:47.71	62.3%
12	6712 Doris Davis (F31)	3	F30-34	1st	4.0	11:31	12:25	+54	23:56.22	✗	7:42.3	23.93	24:00.22	61.9%
13	7303 Kim Aaltonen (M40)	10	M40-44	3rd	16.7	11:59	11:55	-3	23:54.31	✗	7:41.7	23.90	24:10.98	57.1%
14	7300 Emil Aaltonen (M13)	11	M10-14	1st	17.0	11:59	11:55	-4	23:54.34	✗	7:41.7	23.90	24:11.31	60.7%
15	6534 John Olsen (M45)	12	M45-49	3rd	4.3	12:22	11:46	-36	24:08.26	✓ 1	7:46.2	24.13	24:12.58	58.7%
16	6704 Jaws Hansen (M53)	13	M50-54	2nd	0.3				24:19.06	✗	7:49.6	24.32	24:19.38	62.1%
17	6651 Lisa Conley (F41)	4	F40-44	MS	0.1	12:12	12:16	+4	24:27.77	✗	7:52.4	24.45	24:27.87	63.1%
18	6716 Dianne Echols (F50)	5	F50-54	1st	1.3				24:30.51	✗	7:53.3	24.50	24:31.80	69.0%
19	7191 James Johnson (M61)	14	M60-64	1st	---	12:11	12:22	+11	24:32.95	✓ 23	7:54.1	24.53	24:32.95	65.9%
20	6669 James O Johnson (M52)	15	M50-54	3rd	---	12:17	12:51	+33	25:07.63	✗	8:05.3	25.12	25:07.63	59.7%
21	1428 Keiko Yokoyama (F50)	6	F50-54	2nd	---	12:31	12:45	+14	25:16.77	✓ 8	8:08.2	25.27	25:16.77	66.9%

FN\*: ☐ Broke Age-Group Record GD Place among Females Δ Positive Split  
 ☐ Ran Mile before 5K ✓ # Races PR @ Carrollton Runners (2003 & later) Δ Negative Split

22	6112	Jake Christopher (M30)	16	M30-34	1st	7.9					<b>25:19.75</b>	✗	8:09.2	25.32	25:27.63	51.1%	
23	7089	John Nance (M65)	17	M65-69	1st	---	12:59	12:38	-22	<b>25:36.76</b>			8:14.6	25.60	25:36.76	<b>65.5%</b>	
24	6107	Frederic Carrier (M44)	18	M40-44	5th	---	13:01	12:48	-13	<b>25:48.54</b>	✓	1	8:18.4	25.80	25:48.54	54.5%	
25	7008	David Mask (M61)	19	M60-64	2nd	5.7	12:45	13:05	+20	<b>25:49.70</b>			8:18.8	25.82	25:55.36	<b>62.7%</b>	
26	7198	Yanira Lopez (F51)	7	F50-54	3rd	2.3	12:53	13:12	+20	<b>26:05.10</b>	⌚	✓	40	8:23.8	26.08	26:07.44	<b>65.7%</b>
28	7315	Nathan Bruser (M42)	20	M40-44	4th	119.5	12:20	11:54	-27	<b>24:13.91</b>			7:48.0	24.22	26:13.41	57.2%	
29	7316	Blake Bruser (F4)	0	FStrolle	1st	119.3	12:21	11:53	-27	<b>24:13.82</b>			20	7:47.9	24.22	26:13.16	
29	6835	Kevin English (M32)	21	M30-34	2nd	6.6				<b>26:25.55</b>	✓	1	8:30.3	26.42	26:32.12	49.2%	
30	6101	Dean Baranowski (M38)	22	M35-39	1st	33.2	13:56	12:15	-101	<b>26:11.33</b>			8:25.8	26.18	26:44.55	51.4%	
31	7304	Aino Aaltonen (F39)	8	F35-39	2nd	10.6	13:19	13:17	-2	<b>26:36.04</b>	✗		8:33.7	26.60	26:46.64	57.3%	
32	7380	Gabor Toth (M33)	23	M30-34	3rd	1.1	13:14	13:41	+27	<b>26:55.47</b>			8:40.0	26.92	26:56.60	48.5%	
33	6113	Sanjay Kalluvilayil (M40)	24	M40-44	6th	3.1	14:05	13:10	-55	<b>27:14.44</b>			8:46.1	27.23	27:17.51	50.1%	
34	6919	Phil Murch (M56)	25	M55-59	1st	3.8	13:49	13:40	-9	<b>27:29.43</b>	✗		8:50.9	27.48	27:33.27	56.4%	
35	7049	Maxx Pomm (M64)	26	M60-64	3rd	1.0	13:45	14:00	+15	<b>27:44.29</b>	⌚		8:55.7	27.73	27:45.27	59.9%	
36	6833	Tomas Bern (M50)	27	M50-54	4th	7.8	14:19	13:51	-28	<b>28:09.58</b>	✓	2	9:03.8	28.15	28:17.34	52.4%	
37	7283	Ruben Reyes (M58)	28	M55-59	2nd	6.6	14:07	14:32	+25	<b>28:38.57</b>			9:13.2	28.63	28:45.14	55.0%	
38	7020	Ronald Hamilton (M54)	29	M50-54	5th	16.7	14:14	14:23	+9	<b>28:37.43</b>	⌚		9:12.8	28.62	28:54.14	53.2%	
39	6691	Tian Xu (M43)	30	M40-44	7th	11.4				<b>29:43.72</b>	✗		9:34.1	29.72	29:55.13	47.0%	
40	6119	Sayda Ayala (F38)	9	F35-39	3rd	9.6	13:55	16:43	+169	<b>30:37.86</b>	✗		9:51.6	30.62	30:47.46	49.5%	
41	6118	Ricardo Salazar (M41)	31	M40-44	8th	10.1	13:54	16:44	+169	<b>30:38.07</b>	✗		9:51.6	30.63	30:48.18	44.9%	
42	6100	Changlan Zhang (F48)	10	F45-49	1st	3.0	15:06	16:25	+80	<b>31:31.18</b>			10:08.7	31.52	31:34.16	52.4%	
43	7252	Michael Johnson (M61)	32	M60-64	4th	9.2	16:17	16:14	-3	<b>32:31.73</b>	⌚		10:28.2	32.52	32:40.92	49.7%	
44	7482	LaTonda Cherry (F31)	11	F30-34	2nd	1.7	15:13	17:30	+137	<b>32:42.49</b>	✗		10:31.7	32.70	32:44.21	45.3%	
45	6898	Teresa Lewis (F53)	12	F50-54	4th	12.4	15:42	17:26	+104	<b>33:07.63</b>	✓	2	10:39.8	33.12	33:20.06	53.1%	
46	6106	Pete Superak (M36)	33	M35-39	2nd	48.2	15:54	16:45	+51	<b>32:39.43</b>	✗		10:30.7	32.65	33:27.64	40.6%	
47	7048	Scott McKissick (M65)	34	M65-69	2nd	176.5	15:21	15:32	+11	<b>30:53.29</b>	⌚		9:56.5	30.88	33:49.82	54.3%	
48	078	Tommy Farrar (M73)	35	M70-74	1st	6.5	16:42	17:25	+44	<b>34:07.02</b>			10:58.9	34.12	34:13.56	53.8%	
49	7154	Mike Catt (M60)	36	M60-64	5th	14.6	17:23	18:35	+71	<b>35:57.56</b>			11:34.5	35.95	36:12.15	44.6%	
50	6116	Carlos Ordonez (M43)	37	M40-44	9th	20.4	18:05	18:42	+37	<b>36:47.50</b>			11:50.5	36.78	37:07.87	37.9%	
51	7399	Gavin Batiste (M0)	38	M*	1st	5.2	16:55	20:45	+230	<b>37:39.57</b>	✗		12:07.3	37.65	37:44.73		
52	7096	Tristian Chynoweth (M18)	39	M15-19	2nd	8.6				<b>38:41.22</b>			12:27.1	38.68	38:49.84	34.5%	
53	7477	Angela Chynoweth (F36)	13	F35-39	4th	9.0	17:18	21:34	+256	<b>38:52.34</b>			12:30.7	38.87	39:01.35	38.6%	
54	7041	Kay Scott (F44)	14	F40-44	1st	569.9	15:30	14:19	-71	<b>29:48.70</b>			9:35.7	29.80	39:18.65	53.1%	
55	7024	Carol Creech (F63)	15	F60-64	SR	16.0	18:58	20:41	+103	<b>39:39.79</b>			12:46.0	39.65	39:55.81	50.9%	
56	6692	Yuli Nie (F42)	16	F40-44	2nd	11.7	18:36	21:12	+155	<b>39:48.04</b>	✗		12:48.6	39.80	39:59.71	39.1%	
57	6897	Amin Abjani (M34)	40	M30-34	4th	3.7	19:14	21:45	+151	<b>40:58.44</b>	✓	1	13:11.3	40.97	41:02.16	32.0%	
58	7463	Patricia Orendain (F50)	17	F50-54	5th	12.3	19:15	21:36	+141	<b>40:51.41</b>	✓	2	13:09.0	40.85	41:03.71	41.4%	
59	6896	Zainab Lakhani (F27)	18	F25-29	1st	3.6	20:24	20:40	+16	<b>41:04.36</b>			13:13.2	41.07	41:07.96	36.0%	
60	6111	Erik Hermes (M23)	41	M20-24	1st	4.4	20:33	20:40	+7	<b>41:13.39</b>	✗		13:16.1	41.22	41:17.80	31.3%	
61	6110	Debby Ronan (F64)	19	F60-64	1st	12.4	21:45	21:59	+14	<b>43:44.02</b>	✗		14:04.6	43.73	43:56.43	46.9%	
62	7065	Susan Schafer (F48)	20	F45-49	2nd	398.4	18:17	19:41	+85	<b>37:58.14</b>			12:13.3	37.97	44:36.54	43.5%	
63	6117	Gwen Oliver (F)	21	F*	1st	9.5	27:51	30:27	+155	<b>58:18.38</b>	✗		18:46.0	58.30	58:27.84		
64	6879	Amanda Vollmering (F16)	22	F15-19	1st	1.6	27:37	31:41	+244	<b>59:17.30</b>	✓	1	19:05.0	59.28	59:18.87	25.8%	
65	6109	Cagdas Bayram (M31)	42	M30-34	5th	15.3	31:13	33:44	+151	<b>1:04:57.26</b>	✗		20:54.4	64.951	05:12.55	20.0%	
66	6108	Wendy Gathers (F32)	23	F30-34	3rd	15.8	31:18	33:40	+143	<b>1:04:58.02</b>	✗		20:54.7	64.971	05:13.84	22.8%	
67	6893	Barbara Vollmering (F48)	24	F45-49	3rd	1.9	33:38	33:23	-15	<b>1:07:01.09</b>			21:34.3	67.021	07:03.00	24.6%	
68	6889	Monica Acosta (F36)	25	F35-39	5th	2.1	33:38	33:25	-13	<b>1:07:02.15</b>			21:34.6	67.031	07:04.21	22.4%	

42 Positive Split    20 Negative Split    ✓ 15 Club PR's

Average Finish Time: 31:57    22 First Timers    Average Age Grade: 52.4%

FN\*:  Broke Age-Group Record

GD Place among Females

Positive Split

Timing provided by:

3/30/2014

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

Negative Split

 DeltaViewTiming.com

## Sorted Age Grades

### 1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	8	Kim Andres	F61	7:35.96	76.2%	
2	1	Ryan Barrow	M26	5:06.57	72.6%	
3	4	Julio Lopez	M58	6:36.43	68.6%	
4	2	Timothy Israel	M27	5:38.75	65.7%	New
5	3	Johnny Chen	M45	6:14.63	65.3%	
6	9	Yanira Lopez	F51	7:46.25	64.9%	
7	5	Ruben Saguil	M49	6:38.93	63.3%	
8	11	Dianne Echols	F50	7:56.90	62.7%	
9	6	Matthew Parker	M48	6:57.79	59.9%	
10	7	Jaws Hansen	M53	7:15.83	59.8%	
11	12	Scott McKissick	M65	8:16.47	58.3%	
12	13	Maxx Pomm	M64	8:17.31	57.7%	
13	10	John Kramer	M52	7:51.26	54.9%	
14	15	Alexandra Aaltonen	F11	8:46.09	53.8%	
15	16	Michael Johnson	M61	9:00.85	51.6%	
16	14	Ronald Hamilton	M54	8:45.77	50.0%	

### 5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	3	Maddee Rowe	F14	20:29.71	76.7%	Move UP
2	1	Ryan Barrow	M26	17:32.53	73.5%	Move UP
3	4	Colleen Baranowski	F36	20:40.41	72.6%	Move UP
4	2	Logan Lewis	M15	19:26.67	71.6%	
5	8	Julio Lopez	M58	22:24.93	70.3%	
6	18	Dianne Echols	F50	24:30.51	69.0%	New
7	9	David Short	M53	21:58.94	68.7%	
8	21	Keiko Yokoyama	F50	25:16.77	66.9%	Move UP
9	6	Matthew Parker	M48	21:53.27	66.3%	
10	19	James Johnson	M61	24:32.95	65.9%	New
11	26	Yanira Lopez	F51	26:05.10	65.7%	New
12	5	Johnny Chen	M45	21:36.34	65.6%	
13	23	John Nance	M65	25:36.76	65.5%	
14	7	Dierk Hohman	M44	22:09.61	63.5%	
15	17	Lisa Conley	F41	24:27.77	63.1%	
16	25	David Mask	M61	25:49.70	62.7%	
17	11	Jeff Breese	M49	23:27.98	62.3%	
18	16	Jaws Hansen	M53	24:19.06	62.1%	
19	12	Doris Davis	F31	23:56.22	61.9%	
20	10	David Lewis	M42	22:31.96	61.5%	
21	14	Emil Aaltonen	M13	23:54.34	60.7%	
22	35	Maxx Pomm	M64	27:44.29	59.9%	
23	20	James O Johnson	M52	25:07.63	59.7%	
24	15	John Olsen	M45	24:08.26	58.7%	
25	31	Aino Aaltonen	F39	26:36.04	57.3%	
26	28	Nathan Bruser	M42	24:13.91	57.2%	
27	13	Kim Aaltonen	M40	23:54.31	57.1%	
28	34	Phil Murch	M56	27:29.43	56.4%	
29	37	Ruben Reyes	M58	28:38.57	55.0%	
30	24	Frederic Carrier	M44	25:48.54	54.5%	
31	47	Scott McKissick	M65	30:53.29	54.3%	
32	48	Tommy Farrar	M73	34:07.02	53.8%	
33	38	Ronald Hamilton	M54	28:37.43	53.2%	
34	54	Kay Scott	F44	29:48.70	53.1%	
35	45	Teresa Lewis	F53	33:07.63	53.1%	
36	42	Changlan Zhang	F48	31:31.18	52.4%	
37	36	Tomas Bern	M50	28:09.58	52.4%	
38	30	Dean Baranowski	M38	26:11.33	51.4%	
39	22	Jake Christopher	M30	25:19.75	51.1%	
40	55	Carol Creech	F63	39:39.79	50.9%	
41	33	Sanjay Kalluvilayil	M40	27:14.44	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