

Sunday, May 25, 2014

Carrollton Runners Mile + 5K

72F Cloudy 81%H 9mphSE

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	4:40.56	Ryan Barrow	19:12.67	Ian Maung	19:51.62	Julio Lopez	23:12.34
Yanira Lopez	7:45.43	Terry Gonzalez	24:39.08	Polly Slekis	24:52.71	Kim Andres	25:30.97

5K MALE

		34 MALE Runners --- Average Time of 28:20				Avg. Age Grade: 55.5%		Place in			
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Ryan Barrow	Denton	(26)	9:40	-8	19:12.67	M	6:11.0	67.1%	1	1
MASTERS	1 Ian Maung	Coppell	(47)	10:00	-9	19:51.62		6:23.5	72.5%	2	2
SENIORS	1 Julio Lopez	Farmers Branch	(58)	11:25	+22	23:12.34	M	7:28.2	67.9%	5	5
M10-14	1 Riley Falls	Carrollton	(12)	12:25	+149	27:19.66		8:47.8	54.4%	22	16
	2 Tanner Falls	Carrollton	(11)	12:26	+155	27:26.95		8:50.1	55.7%	23	17
M15-19	1 Parker Tuck	Lake Dallas	(16)			23:50.39		7:40.4	57.4%	7	7
M20-24	1 Derek Sims	Carrollton	(24)	14:03	+35	28:41.09		9:14.0	45.0%	30	22
M30-34	1 Antony Isacc	Irving	(30)			36:26.28	✓	11:43.7	35.5%	44	30
M35-39	1 Ryan Ziemann	Nashville, TN	(37)			30:36.80		9:51.2	43.6%	37	28
	2 Ryan Falls	Carrollton	(38)	17:12	+178	37:23.02		12:02.0	36.0%	45	31
M40-44	1 Nathan Bruser	Coppell	(43)	12:42	-33	24:51.24		7:60.0	56.2%	27	19
	2 Sanjay Kalluvilayil	Carrollton	(41)	14:15	-72	27:17.60		8:47.1	50.4%	21	15
	3 Bob Stephens	Plano	(42)	13:25	+53	27:42.70	M✓	8:55.2	50.0%	25	18
M45-49	1 Hector Delgado	Plano	(45)			20:30.01		6:35.9	69.2%	3	3
	2 Ron Williamson	Flower Mound	(47)	10:48	+56	22:32.46	M	7:15.3	63.9%	4	4
	3 John Olsen	Coppell	(45)	11:56	+23	24:14.12		7:48.0	58.5%	9	9
	4 Doug Waters	Carrollton	(49)	12:08	+9	24:25.36	M	7:51.7	59.9%	10	10
M50-54	1 David Short	Frisco	(53)	11:27	+14	23:08.18	M	7:26.8	65.3%	6	6
	2 Tomas Bern	Allen	(50)	13:21	+67	27:48.95		8:57.2	53.0%	28	20
	3 John Kramer	Plano	(52)	13:58	+40	28:36.45	M	9:12.5	52.4%	29	21
	4 Ronald Hamilton	The Colony	(54)	14:26	-5	28:46.67		9:15.8	53.0%	32	23
	5 Terry Tuck	Lake Dallas	(54)	14:35	+12	29:23.27		9:27.5	51.9%	36	27
	6 Kamlesh Bhatia	Carrollton	(53)	25:59	-1	51:56.74		16:43.2	29.1%	56	34
M55-59	1 Phil Murch	Frisco	(57)	14:22	+12	28:56.14		9:18.8	54.0%	34	25
	2 Ruben Reyes	Carrollton	(58)	14:30	+22	29:23.06		9:27.5	53.6%	35	26
	3 Steven Johnson	Farmers Branch	(55)	18:05	+257	40:26.65		13:01.1	38.0%	50	33
M60-64	1 Glenn Dumas	Farmers Branch	(64)	13:17	+19	26:52.63	M	8:39.1	61.8%	19	13
	2 Charlie Gonzalez	Dallas	(61)	13:01	+57	26:58.05		8:40.8	60.0%	18	12
	3 James Johnson	Dallas	(61)	14:09	+17	28:35.77	M	9:12.3	56.6%	33	24
	4 David Mask	Lewisville	(62)	16:33	-93	31:33.49	M	10:09.5	51.7%	39	29
M65-69	1 John Nance	Rowlett	(66)	12:31	+7	25:09.07		8:05.7	67.3%	14	11
M70-74	1 Wally Capps	Farmers Branch	(73)	11:58	+22	24:16.64	M	7:48.8	75.6%	8	8
M75-79	1 Hal Brown	Dallas	(75)			27:12.83	□	8:45.6	69.6%	20	14
	2 Patrick Greene	Coppell	(78)	18:24	+103	38:30.89		12:23.8	52.1%	46	32

5K FEMALE

24 FEMALE Runners --- Average Time of

36:11

Avg. Age Grade: 49.1%

Place in

	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Terry Gonzalez	Dallas	(59)	12:18	+4	24:39.08		7:56.1	77.3%	11	1
MASTERS	1 Polly Slekis	Montclair, VA	(56)	12:18	+17	24:52.71		8:00.5	73.5%	12	2
SENIORS	1 Kim Andres	Irving	(61)	12:15	+61	25:30.97		8:12.8	76.8%	15	4
F15-19	1 Anishka Bhatia	Carrollton	(17)	26:04	-21	51:47.95		16:40.4	29.2%	54	20
F20-24	1 Jayme Neal	The Colony	(24)	14:11	+23	28:44.11		9:14.9	51.5%	38	9
F25-29	1 Stefanie Slekis	Denton	(26)	12:17	+20	24:53.85		8:00.8	59.4%	13	3
	2 Shieryl Bryan	Carrollton	(29)			36:15.46	✓	11:40.2	40.8%	43	13
F30-34	1 Sarah Bohlman		(32)	12:10	+3	24:22.08		7:50.6	60.9%	17	6
	2 Marybelle Raza	Carrollton	(34)	13:45	+75	28:45.64		9:15.4	51.8%	31	8
	3 Julie Barber	Lewisville	(32)	15:20	+113	32:33.30		10:28.7	45.6%	40	10
F35-39	1 Taryn Risucci	Carrollton	(36)	16:52	+106	35:29.18		11:25.3	42.3%	42	12
	2 Monica Acosta		(36)	30:53	-36	1:01:10.48	✓	19:41.4	24.5%	57	22
F40-44	1 Kavita Maung	Coppell	(44)	12:47	+49	26:22.55	✓	8:29.4	60.0%	16	5
	2 Gini Mattson	Carrollton	(40)	18:40	+165	40:05.47		12:54.2	38.2%	49	16
F45-49	1 Rebecca Becht	Carrollton	(46)	17:07	+4	34:17.62		11:02.3	47.1%	41	11
	2 Amara Chan	Fort Worth	(45)	18:35	+115	39:05.01		12:34.8	40.9%	47	14
	3 Susan Schafer	Richardson	(49)	19:14	+91	39:58.83		12:52.1	41.8%	53	19
	4 Barbara Vollmering	Garland	(48)	30:52	-32	1:01:12.98	✓	19:42.2	27.0%	58	23
F50-54	1 Yanira Lopez	Farmers Branch	(51)	13:34	+19	27:26.13	ℓ	8:49.8	62.5%	24	7
	2 Patricia Orendain	Prosper	(51)	18:44	+247	41:35.41		13:23.2	41.2%	51	17
	3 Bela Bhatia	Carrollton	(51)	25:59	-2	51:56.05		16:43.0	33.0%	55	21
F60-64	1 Carol Creech	Plano	(63)	20:14	+140	42:47.26		13:46.3	47.2%	52	18
F65-69	1 Betsy Veneziano	Carrollton	(69)	19:46	-4	39:29.30		12:42.6	56.1%	48	15
Fstroller	1 Blake Bruser	Coppell	(4)	12:42	-33	24:51.07		7:59.9		27	0

FN*: Broke Age-Group Record

GD Place among Females

Positive Split

Timing provided by:

5/25/2014

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

Negative Split



DeltaViewTiming.com

1M MALE

		15 MALE Runners --- Average Time of 7:17					Avg. Age Grade: 62.1%			Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Ryan Barrow	Denton	(26)			4:40.56	☑	4:40.6	79.3%	1	1
M10-14	1	Ivan Delgado	Plano	(12)			6:40.02		6:40.0	64.1%	4	4
	2	Christopher Delgado	Plano	(10)			7:20.72		7:20.7	61.8%	8	8
M40-44	1	Bob Stephens	Plano	(42)			8:13.50		8:13.5	48.4%	14	13
M45-49	1	Ron Williamson	Flower Mound	(47)			6:15.40		6:15.4	66.2%	2	2
	2	Ruben Saguil	Carrollton	(49)			7:01.27		7:01.3	59.9%	5	5
	3	Doug Waters	Carrollton	(49)			7:18.19		7:18.2	57.6%	6	6
M50-54	1	John Kramer	Plano	(52)			7:31.49	✓	7:31.5	57.3%	10	10
	2	David Short	Frisco	(53)			8:51.04		8:51.0	49.1%	16	15
M55-59	1	Julio Lopez	Farmers Branch	(58)			6:29.47		6:29.5	69.8%	3	3
M60-64	1	Glenn Dumas	Farmers Branch	(64)			7:19.57		7:19.6	65.2%	7	7
	2	James Johnson	Dallas	(61)			7:36.85		7:36.9	61.1%	11	11
	3	David Mask	Lewisville	(62)			8:50.33		8:50.3	53.1%	15	14
M70-74	1	Wally Capps	Farmers Branch	(73)			7:28.92		7:28.9	70.5%	9	9
	2	Bill Shirley	Dallas	(71)			7:38.07		7:38.1	67.2%	12	12

1M FEMALE

		3 FEMALE Runners --- Average Time of 9:18					Avg. Age Grade: 50.7%			Place in		
		Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	Yanira Lopez	Farmers Branch	(51)			7:45.43	✓	7:45.4	65.1%	13	1
F35-39	1	Patricia Stubbs	Carrollton	(37)			10:14.33		10:14.3	42.2%	18	3
F40-44	1	Cynthia Smith	Plano	(40)			9:54.11		9:54.1	44.7%	17	2

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	---				4:40.56	☑ 3	4:40.6	15.97	4:40.56	79.3%
2	6105 Ron Williamson (M47)	2	M45-49	1st	---				6:15.40	⊗	6:15.4	21.38	6:15.40	66.2%
3	7193 Julio Lopez (M58)	3	M55-59	1st	---				6:29.47		6:29.5	22.18	6:29.47	69.8%
4	6101 Ivan Delgado (M12)	4	M10-14	1st	---				6:40.02		6:40.0	22.81	6:40.02	64.1%
5	7003 Ruben Saguil (M49)	5	M45-49	2nd	---				7:01.27		7:01.3	24.00	7:01.27	59.9%
6	7012 Doug Waters (M49)	6	M45-49	3rd	---				7:18.19		7:18.2	24.97	7:18.19	57.6%
7	7014 Glenn Dumas (M64)	7	M60-64	1st	---				7:19.57		7:19.6	25.03	7:19.57	65.2%
8	6102 Christopher Delgado (M10)	8	M10-14	2nd	---				7:20.72		7:20.7	25.09	7:20.72	61.8%
9	1916 Wally Capps (M73)	9	M70-74	1st	---				7:28.92		7:28.9	25.54	7:28.92	70.5%
10	7261 John Kramer (M52)	10	M50-54	1st	---				7:31.49	✓ 7	7:31.5	25.72	7:31.49	57.3%
11	7191 James Johnson (M61)	11	M60-64	2nd	---				7:36.85	⊗	7:36.9	26.00	7:36.85	61.1%
12	7043 Bill Shirley (M71)	12	M70-74	2nd	---				7:38.07		7:38.1	26.11	7:38.07	67.2%
13	7198 Yanira Lopez (F51)	1	F50-54	OA	---				7:45.43	✓ 42	7:45.4	26.51	7:45.43	65.1%
14	7271 Bob Stephens (M42)	13	M40-44	1st	---				8:13.50		8:13.5	28.11	8:13.50	48.4%
15	7008 David Mask (M62)	14	M60-64	3rd	---				8:50.33		8:50.3	30.22	8:50.33	53.1%
16	7061 David Short (M53)	15	M50-54	2nd	---				8:51.04		8:51.0	30.28	8:51.04	49.1%
17	6754 Cynthia Smith (F40)	2	F40-44	1st	---				9:54.11	⊗	9:54.1	33.87	9:54.11	44.7%
18	6579 Patricia Stubbs (F37)	3	F35-39	1st	---				10:14.33	⊗	10:14.3	35.01	10:14.33	42.2%

✓ 3 Club PR's

Average Finish Time: 07:37 4 First Timers

Average Age Grade: 60.2%

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	---	9:40	9:32	-8	19:12.67	Ⓜ	6:11.0	19.20	19:12.67	67.1%
2	7167 Ian Maung (M47)	2	M45-49	MS	1.7	10:00	9:51	-9	19:51.62		6:23.5	19.85	19:53.33	72.5%
3	6100 Hector Delgado (M45)	3	M45-49	1st	0.1				20:30.01		6:35.9	20.50	20:30.14	69.2%
4	6105 Ron Williamson (M47)	4	M45-49	2nd	---	10:48	11:44	+56	22:32.46	Ⓜ ⊗	7:15.3	22.53	22:32.46	63.9%
5	7193 Julio Lopez (M58)	5	M55-59	SR	---	11:25	11:47	+22	23:12.34	Ⓜ	7:28.2	23.20	23:12.34	67.9%
6	7061 David Short (M53)	6	M50-54	1st	23.4	11:27	11:41	+14	23:08.18	Ⓜ	7:26.8	23.13	23:31.56	65.3%
7	6427 Parker Tuck (M16)	7	M15-19	1st	7.6				23:50.39	⊗	7:40.4	23.83	23:57.97	57.4%
8	1916 Wally Capps (M73)	8	M70-74	1st	---	11:58	12:19	+22	24:16.64	Ⓜ	7:48.8	24.27	24:16.64	75.6%
9	6534 John Olsen (M45)	9	M45-49	3rd	9.3	11:56	12:18	+23	24:14.12		7:48.0	24.23	24:23.41	58.5%
10	7012 Doug Waters (M49)	10	M45-49	4th	6.6	12:08	12:17	+9	24:25.36	Ⓜ	7:51.7	24.42	24:31.92	59.9%
11	6418 Terry Gonzalez (F59)	1	F55-59	OA	2.2	12:18	12:22	+4	24:39.08	⊗	7:56.1	24.65	24:41.32	77.3%
12	6104 Polly Slekis (F56)	2	F55-59	MS	1.6	12:18	12:35	+17	24:52.71	⊗	8:00.5	24.87	24:54.34	73.5%
13	6854 Stefanie Slekis (F26)	3	F25-29	1st	1.1	12:17	12:37	+20	24:53.85		8:00.8	24.88	24:54.90	59.4%
14	7089 John Nance (M66)	11	M65-69	1st	1.8	12:31	12:38	+7	25:09.07		8:05.7	25.15	25:10.89	67.3%
15	7040 Kim Andres (F61)	4	F60-64	SR	2.3	12:15	13:16	+61	25:30.97		8:12.8	25.50	25:33.24	76.8%
16	7169 Kavita Maung (F44)	5	F40-44	1st	0.1	12:47	13:36	+49	26:22.55	✓ 12	8:29.4	26.37	26:22.64	60.0%
17	7029 Sarah Bohlman (F32)	6	F30-34	1st	145.3	12:10	12:12	+3	24:22.08		7:50.6	24.37	26:47.39	60.9%
18	6419 Charlie Gonzalez (M61)	12	M60-64	2nd	4.7	13:01	13:57	+57	26:58.05	⊗	8:40.8	26.97	27:02.71	60.0%
19	7014 Glenn Dumas (M64)	13	M60-64	1st	12.3	13:17	13:36	+19	26:52.63	Ⓜ	8:39.1	26.87	27:04.97	61.8%
20	6103 Hal Brown (M75)	14	M75-79	1st	0.4				27:12.83	□ ⊗	8:45.6	27.20	27:13.22	69.6%
21	7173 Sanjay Kalluvilayil (M41)	15	M40-44	2nd	5.3	14:15	13:03	-72	27:17.60		8:47.1	27.28	27:22.95	50.4%
22	6429 Riley Falls (M12)	16	M10-14	1st	4.2	12:25	14:54	+149	27:19.66	⊗	8:47.8	27.32	27:23.91	54.4%
23	6430 Tanner Falls (M11)	17	M10-14	2nd	4.5	12:26	15:01	+155	27:26.95	⊗	8:50.1	27.43	27:31.44	55.7%
24	7198 Yanira Lopez (F51)	7	F50-54	1st	5.6	13:34	13:53	+19	27:26.13	Ⓜ	8:49.8	27.43	27:31.69	62.5%
25	7271 Bob Stephens (M42)	18	M40-44	3rd	2.6	13:25	14:18	+53	27:42.70	Ⓜ ✓ 3	8:55.2	27.70	27:45.33	50.0%
27	7316 Blake Bruser (F4)	0	FStrolle	1st	177.2	12:42	12:09	-33	24:51.07	22	7:59.9	24.85	27:48.26	
27	7097 Nathan Bruser (M43)	19	M40-44	1st	177.1	12:42	12:09	-33	24:51.24		7:60.0	24.85	27:48.33	56.2%
28	6563 Tomas Bern (M50)	20	M50-54	2nd	2.3	13:21	14:28	+67	27:48.95		8:57.2	27.80	27:51.26	53.0%

FN*: □ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

5/25/2014

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

△ Negative Split

 DeltaViewTiming.com

29	7261	John Kramer (M52)	21	M50-54	3rd	1.5	13:58	14:38	+40	28:36.45	⌚	9:12.5	28.60	28:37.91	52.4%	
30	6814	Derek Sims (M24)	22	M20-24	1st	5.6	14:03	14:38	+35	28:41.09	⌚	9:14.0	28.68	28:46.66	45.0%	
31	6404	Marybelle Raza (F34)	8	F30-34	2nd	2.4	13:45	15:01	+75	28:45.64	⌚	9:15.4	28.75	28:48.06	51.8%	
32	7020	Ronald Hamilton (M54)	23	M50-54	4th	7.4	14:26	14:21	-5	28:46.67		9:15.8	28.77	28:54.09	53.0%	
33	7191	James Johnson (M61)	24	M60-64	3rd	25.0	14:09	14:26	+17	28:35.77	⌚	9:12.3	28.58	29:00.79	56.6%	
34	6919	Phil Murch (M57)	25	M55-59	1st	6.4	14:22	14:34	+12	28:56.14		9:18.8	28.93	29:02.56	54.0%	
35	7283	Ruben Reyes (M58)	26	M55-59	2nd	7.3	14:30	14:53	+22	29:23.06		9:27.5	29.38	29:30.33	53.6%	
36	6426	Terry Tuck (M54)	27	M50-54	5th	8.6	14:35	14:48	+12	29:23.27	⌚	9:27.5	29.38	29:31.83	51.9%	
37	6414	Ryan Ziemann (M37)	28	M35-39	1st	6.5				30:36.80	⌚	9:51.2	30.60	30:43.25	43.6%	
38	6890	Jayme Neal (F24)	9	F20-24	1st	130.2	14:11	14:33	+23	28:44.11	⌚	9:14.9	28.73	30:54.29	51.5%	
39	7008	David Mask (M62)	29	M60-64	4th	9.5	16:33	15:00	-93	31:33.49	⌚	10:09.5	31.55	31:43.03	51.7%	
40	6701	Julie Barber (F32)	10	F30-34	3rd	8.4	15:20	17:13	+113	32:33.30		10:28.7	32.55	32:41.71	45.6%	
41	6422	Rebecca Becht (F46)	11	F45-49	1st	9.8	17:07	17:11	+4	34:17.62	⌚	11:02.3	34.28	34:27.44	47.1%	
42	6412	Taryn Risucci (F36)	12	F35-39	1st	6.5	16:52	18:37	+106	35:29.18	⌚	11:25.3	35.48	35:35.70	42.3%	
43	6623	Shieryl Bryan (F29)	13	F25-29	2nd	---				36:15.46	✓	3	11:40.2	36.25	36:15.46	40.8%
44	6514	Antony Isacc (M30)	30	M30-34	1st	11.3				36:26.28	✓	1	11:43.7	36.43	36:37.62	35.5%
45	6428	Ryan Falls (M38)	31	M35-39	2nd	5.2	17:12	20:11	+178	37:23.02	⌚	12:02.0	37.38	37:28.26	36.0%	
46	7067	Patrick Greene (M78)	32	M75-79	2nd	6.1	18:24	20:07	+103	38:30.89		12:23.8	38.50	38:37.02	52.1%	
47	7268	Amara Chan (F45)	14	F45-49	2nd	16.2	18:35	20:30	+115	39:05.01		12:34.8	39.08	39:21.18	40.9%	
48	6421	Betsy Veneziano (F69)	15	F65-69	1st	3.4	19:46	19:43	-4	39:29.30	⌚	12:42.6	39.48	39:32.74	56.1%	
49	6574	Gini Mattson (F40)	16	F40-44	2nd	4.2	18:40	21:25	+165	40:05.47		12:54.2	40.08	40:09.69	38.2%	
50	6881	Steven Johnson (M55)	33	M55-59	3rd	12.0	18:05	22:22	+257	40:26.65		13:01.1	40.43	40:38.65	38.0%	
51	7463	Patricia Orendain (F51)	17	F50-54	2nd	8.9	18:44	22:51	+247	41:35.41		13:23.2	41.58	41:44.30	41.2%	
52	7024	Carol Creech (F63)	18	F60-64	1st	3.2	20:14	22:33	+140	42:47.26		13:46.3	42.78	42:50.50	47.2%	
53	7065	Susan Schafer (F49)	19	F45-49	3rd	371.8	19:14	20:45	+91	39:58.83		12:52.1	39.97	46:10.64	41.8%	
54	6403	Anishka Bhatia (F17)	20	F15-19	1st	3.0	26:04	25:44	-21	51:47.95	⌚	16:40.4	51.78	51:50.93	29.2%	
55	6401	Bela Bhatia (F51)	21	F50-54	3rd	3.2	25:59	25:57	-2	51:56.05	⌚	16:43.0	51.93	51:59.28	33.0%	
56	6402	Kamlesh Bhatia (M53)	34	M50-54	6th	4.6	25:59	25:58	-1	51:56.74	⌚	16:43.2	51.93	52:01.33	29.1%	
57	6108	Monica Acosta (F36)	22	F35-39	2nd	13.3	30:53	30:17	-36	1:01:10.48	✓	3	19:41.4	61.171:01:23.80	24.5%	
58	7266	Barbara Vollmering (F48)	23	F45-49	4th	14.6	30:52	30:21	-32	1:01:12.98	✓	3	19:42.2	61.201:01:27.54	27.0%	

39 Positive Split

13 Negative Split

✓ 6 Club PR's

Average Finish Time: 31:34 20 First Timers Average Age Grade: 52.9%

FN*: Broke Age-Group Record

GD Place among Females

Positive Split

Timing provided by:

5/25/2014

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	1	Ryan Barrow	M26	4:40.56	79.3%	Move UP
2	9	Wally Capps	M73	7:28.92	70.5%	
3	3	Julio Lopez	M58	6:29.47	69.8%	
4	12	Bill Shirley	M71	7:38.07	67.2%	
5	2	Ron Williamson	M47	6:15.40	66.2%	New
6	7	Glenn Dumas	M64	7:19.57	65.2%	
7	13	Yanira Lopez	F51	7:45.43	65.1%	New
8	4	Ivan Delgado	M12	6:40.02	64.1%	
9	8	Christopher Delgado	M10	7:20.72	61.8%	
10	11	James Johnson	M61	7:36.85	61.1%	
11	5	Ruben Saguil	M49	7:01.27	59.9%	
12	6	Doug Waters	M49	7:18.19	57.6%	
13	10	John Kramer	M52	7:31.49	57.3%	
14	15	David Mask	M62	8:50.33	53.1%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	11	Terry Gonzalez	F59	24:39.08	77.3%	New
2	15	Kim Andres	F61	25:30.97	76.8%	
3	8	Wally Capps	M73	24:16.64	75.6%	
4	12	Polly Slekis	F56	24:52.71	73.5%	New
5	2	Ian Maung	M47	19:51.62	72.5%	
6	20	Hal Brown	M75	27:12.83	69.6%	New
7	3	Hector Delgado	M45	20:30.01	69.2%	
8	5	Julio Lopez	M58	23:12.34	67.9%	
9	14	John Nance	M66	25:09.07	67.3%	
10	1	Ryan Barrow	M26	19:12.67	67.1%	
11	6	David Short	M53	23:08.18	65.3%	
12	4	Ron Williamson	M47	22:32.46	63.9%	
13	24	Yanira Lopez	F51	27:26.13	62.5%	
14	19	Glenn Dumas	M64	26:52.63	61.8%	
15	17	Sarah Bohlman	F32	24:22.08	60.9%	
16	18	Charlie Gonzalez	M61	26:58.05	60.0%	
17	16	Kavita Maung	F44	26:22.55	60.0%	
18	10	Doug Waters	M49	24:25.36	59.9%	
19	13	Stefanie Slekis	F26	24:53.85	59.4%	
20	9	John Olsen	M45	24:14.12	58.5%	
21	7	Parker Tuck	M16	23:50.39	57.4%	
22	33	James Johnson	M61	28:35.77	56.6%	
23	27	Nathan Bruser	M43	24:51.24	56.2%	
24	48	Betsy Veneziano	F69	39:29.30	56.1%	
25	23	Tanner Falls	M11	27:26.95	55.7%	
26	22	Riley Falls	M12	27:19.66	54.4%	
27	34	Phil Murch	M57	28:56.14	54.0%	
28	35	Ruben Reyes	M58	29:23.06	53.6%	
29	28	Tomas Bern	M50	27:48.95	53.0%	
30	32	Ronald Hamilton	M54	28:46.67	53.0%	
31	29	John Kramer	M52	28:36.45	52.4%	
32	46	Patrick Greene	M78	38:30.89	52.1%	
33	36	Terry Tuck	M54	29:23.27	51.9%	
34	31	Marybelle Raza	F34	28:45.64	51.8%	
35	39	David Mask	M62	31:33.49	51.7%	
36	38	Jayne Neal	F24	28:44.11	51.5%	
37	21	Sanjay Kalluvilayil	M41	27:17.60	50.4%	
38	25	Bob Stephens	M42	27:42.70	50.0%	

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