

Sunday, October 26, 2014

Carrollton Runners Mile + 5K

67F Sunny 75%H 7mphSSW

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

Mile Off :7:32 am

5K Off :7:47 am

Mile Overall		5K Overall		5K Masters		5K Seniors	
Ryan Loehding	6:00.91	Ian Maung	19:43.09	Ryan Loehding	20:05.62	Julio Lopez	22:48.93
Yanira Lopez	7:53.06	Paige Loehding	22:45.16	Kim Andres	25:00.74	Carol Creech	40:01.63

5K MALE

		28 MALE Runners --- Average Time of 27:55					Avg. Age Grade: 55.6%		Place in		
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Ian Maung	Coppell	(47)	9:47	+9	19:43.09		6:20.8	73.0%	1	1
MASTERS	1 Ryan Loehding	Carrollton	(42)	10:01	+4	20:05.62	ML	6:28.1	69.0%	2	2
SENIORS	1 Julio Lopez	Farmers Branch	(59)	11:34	-19	22:48.93	ML	7:20.6	69.7%	4	3
M10-14	1 Emil Aaltonen	Coppell	(14)	11:25	-2	22:47.11	✓	7:20.0	62.3%	6	5
M25-29	1 Hiron Fernando	Bedford	(25)	13:02	+40	26:43.80		8:36.2	48.3%	20	14
	2 Vishal Sharma	Garland	(28)	13:24	+26	27:14.77		8:46.2	47.4%	23	17
M35-39	1 Michael Arsol		(36)			26:49.96		8:38.2	49.4%	22	16
M40-44	1 Kim Aaltonen	Coppell	(41)	11:24	+0	22:48.50	✓	7:20.5	60.3%	7	6
	2 Bob Stephens	Plano	(43)	13:23	+7	26:52.42	ML✓	8:39.0	52.0%	21	15
	3 Michael Rumery	Plano	(41)	13:23	+36	27:21.33		8:48.3	50.3%	26	19
	4 Raymond Griggs	Plano	(43)			27:35.47		8:52.8	50.6%	27	20
	5 Mark Townsend	Carrollton	(42)			55:49.69		17:58.2	24.8%	45	28
M45-49	1 Leonard Evans	Richardson	(46)			23:08.46	✓	7:26.9	61.7%	5	4
	2 John Smith	Dallas	(48)	12:57	+22	26:14.58		8:26.8	55.3%	18	12
M50-54	1 Gabriel Sapien	Carrollton	(54)	12:23	-55	23:51.48		7:40.7	63.9%	9	8
	2 Steve Stokan	Flower Mound	(50)	13:02	+8	26:10.91		8:25.6	56.3%	17	11
	3 John Kramer	Plano	(52)	14:35	-39	28:30.68	ML	9:10.6	52.6%	34	23
	4 Rob Windsor	Flower Mound	(51)	14:16	+26	28:58.74	ML	9:19.6	51.3%	31	21
	5 Joe Sullivan	Coppell	(50)	15:17	+25	30:59.97		9:58.7	47.6%	35	24
M55-59	1 Ruben Reyes	Carrollton	(58)	13:29	+24	27:21.36		8:48.3	57.6%	25	18
	2 Ronald Hamilton	The Colony	(55)	15:19	-40	29:57.30	ML	9:38.5	51.3%	33	22
	3 Steven Johnson	Farmers Branch	(56)	16:04	+197	35:24.61	✓	11:23.8	43.8%	37	26
M60-64	1 Robert Benson	Dallas	(64)	11:46	-6	23:27.10	ML	7:32.9	70.9%	8	7
	2 David Mask	Lewisville	(62)	12:35	+14	25:23.50		8:10.4	64.3%	12	9
	3 James Johnson	Dallas	(61)	13:03	+40	26:45.94		8:36.9	60.5%	19	13
M65-69	1 John Nance	Rowlett	(66)	12:47	+18	25:51.19		8:19.3	65.5%	16	10
	2 Scott Ahlstrom	Carrollton	(66)	20:38	-54	40:22.35		12:59.7	41.9%	42	27
M70-74	1 Tommy Farrar	Coppell	(73)	16:00	+32	32:32.97		10:28.6	56.4%	36	25

5K FEMALE

		21 FEMALE Runners --- Average Time of 37:27					Avg. Age Grade: 48.5%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Paige Loehding	Carrollton	(13)	11:14	+18	22:45.16	✓	7:19.4	70.2%	3	1
MASTERS	1 Kim Andres	Irving	(61)	12:12	+37	25:00.74	✓	8:03.0	78.4%	10	2
SENIORS	1 Carol Creech	Plano	(63)	19:38	+46	40:01.63		12:53.0	50.4%	40	14
F10-14	1 Arwyn Sullivan	Coppell	(10)	14:22	-18	28:25.27	Ⓜ	9:08.9	60.0%	30	10
F15-19	1 Trinity Sullivan	Coppell	(15)	13:38	+39	27:55.97		8:59.4	55.5%	28	8
	2 Regina Stierman	Grand Prairie	(16)	14:23	+44	29:30.42		9:29.8	51.9%	32	11
F20-24	1 Trinity Green		(20)			1:03:33.00		20:27.3	23.3%	48	20
F30-34	1 Marybelle Raza	Carrollton	(34)	12:44	+19	25:46.69	✓	8:17.8	57.8%	15	6
	2 Elizabeth Gomez	Garland	(34)			27:21.92		8:48.5	54.5%	24	7
	3 Jessica Shaw	Carrollton	(31)	21:46	-8	43:23.19		13:57.9	34.1%	43	16
	4 Kathleen Culp	Crowley	(30)			55:47.95		17:57.6	26.5%	44	17
F35-39	1 Marci Aguilar	Carrollton	(36)	17:58	+5	36:01.54	Ⓜ✓	11:35.7	41.7%	38	12
	2 Monica Acosta	Carrollton	(37)	27:48	+52	56:28.92		18:10.8	26.7%	46	18
F40-44	1 Kaisa Peltonen	Coppell	(43)	12:30	+23	25:22.58	✓	8:10.1	61.8%	13	4
	2 Jennifer Loehding	Carrollton	(41)	12:59	-17	25:41.21	✓	8:16.1	60.1%	14	5
	3 Elsa Gil	Richardson	(42)	19:22	+51	39:34.88	✓	12:44.4	39.3%	39	13
F45-49	1 Sandra Stierman	Grand Prairie	(47)			25:14.44	✓	8:07.5	64.6%	11	3
	2 Karen Wales	Carrollton	(45)			40:27.18		13:01.2	39.5%	41	15
	3 Barbara Vollmering	Garland	(48)	27:48	+53	56:29.00		18:10.8	29.2%	47	19
F50-54	1 Yanira Lopez	Farmers Branch	(51)	14:30	-61	27:59.88	Ⓜ	9:00.7	61.2%	29	9
F60-64	1 Brenda Griggs	Plano	(62)			1:03:32.78		20:27.2	31.3%	49	21

1M MALE

		8 MALE Runners --- Average Time of 7:24					Avg. Age Grade: 58.3%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Ryan Loehding	Carrollton	(42)			6:00.91		6:00.9	66.2%	1	1
M25-29	1 Aamir Noorani	Carrollton	(25)			6:18.48		6:18.5	58.8%	2	2
M40-44	1 Bob Stephens	Plano	(43)			8:21.08		8:21.1	48.1%	9	7
M50-54	1 John Kramer	Plano	(52)			7:43.00		7:43.0	55.9%	5	5
	2 Rob Windsor	Flower Mound	(51)			7:59.99		7:60.0	53.5%	7	6
M55-59	1 Julio Lopez	Farmers Branch	(59)			6:52.28		6:52.3	66.5%	3	3
	2 Ronald Hamilton	The Colony	(55)			8:45.12		8:45.1	50.5%	10	8
M60-64	1 Robert Benson	Dallas	(64)			7:07.79		7:07.8	67.0%	4	4

1M FEMALE

		4 FEMALE Runners --- Average Time of 8:57					Avg. Age Grade: 53.2%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 Yanira Lopez	Farmers Branch	(51)			7:53.06		7:53.1	64.0%	6	1
F10-14	1 Megan Rumery	Plano	(12)			8:14.14		8:14.1	56.0%	8	2
	2 Arwyn Sullivan	Coppell	(10)			9:54.61		9:54.6	48.8%	12	4
F35-39	1 Marci Aguilar	Carrollton	(36)			9:47.10		9:47.1	43.9%	11	3

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6998 Ryan Loehding (M42)	1	M40-44	OA	---				6:00.91		6:00.9	20.53	6:00.91	66.2%
2	6311 Aamir Noorani (M25)	2	M25-29	1st	---				6:18.48	⊗	6:18.5	21.55	6:18.48	58.8%
3	7193 Julio Lopez (M59)	3	M55-59	1st	---				6:52.28		6:52.3	23.49	6:52.28	66.5%
4	7118 Robert Benson (M64)	4	M60-64	1st	---				7:07.79		7:07.8	24.35	7:07.79	67.0%
5	7261 John Kramer (M52)	5	M50-54	1st	---				7:43.00		7:43.0	26.40	7:43.00	55.9%
6	7198 Yanira Lopez (F51)	1	F50-54	OA	---				7:53.06		7:53.1	26.97	7:53.06	64.0%
7	6312 Rob Windsor (M51)	6	M50-54	2nd	---				7:59.99	⊗	7:60.0	27.31	7:59.99	53.5%
8	6572 Megan Rumery (F12)	2	F10-14	1st	---				8:14.14		8:14.1	28.17	8:14.14	56.0%
9	7271 Bob Stephens (M43)	7	M40-44	1st	---				8:21.08		8:21.1	28.57	8:21.08	48.1%
10	7020 Ronald Hamilton (M55)	8	M55-59	2nd	---				8:45.12		8:45.1	29.93	8:45.12	50.5%
11	6957 Marci Aguilar (F36)	3	F35-39	1st	---				9:47.10	⊗	9:47.1	33.47	9:47.10	43.9%
12	7204 Arwyn Sullivan (F10)	4	F10-14	2nd	---				9:54.61		9:54.6	33.87	9:54.61	48.8%

✓ No Club PR's

Average Finish Time: 07:54 3 First Timers

Average Age Grade: 56.6%

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	7167 Ian Maung (M47)	1	M45-49	OA	1.1	9:47	9:56	+9	19:43.09		6:20.8	19.72	19:44.14	73.0%
2	6998 Ryan Loehding (M42)	2	M40-44	MS	---	10:01	10:05	+4	20:05.62	⌚	6:28.1	20.08	20:05.62	69.0%
3	6628 Paige Loehding (F13)	1	F10-14	OA	1.2	11:14	11:32	+18	22:45.16	✓ 5	7:19.4	22.75	22:46.36	70.2%
4	7193 Julio Lopez (M59)	3	M55-59	SR	---	11:34	11:15	-19	22:48.93	⌚	7:20.6	22.80	22:48.93	69.7%
5	6493 Leonard Evans (M46)	4	M45-49	1st	---				23:08.46	✓ 1	7:26.9	23.13	23:08.46	61.7%
6	7300 Emil Aaltonen (M14)	5	M10-14	1st	29.0	11:25	11:22	-2	22:47.11	✓ 3	7:20.0	22.78	23:16.13	62.3%
7	7303 Kim Aaltonen (M41)	6	M40-44	1st	28.9	11:24	11:24	+0	22:48.50	✓ 4	7:20.5	22.80	23:17.42	60.3%
8	7118 Robert Benson (M64)	7	M60-64	1st	---	11:46	11:41	-6	23:27.10	⌚	7:32.9	23.45	23:27.10	70.9%
9	7015 Gabriel Sapien (M54)	8	M50-54	1st	3.5	12:23	11:28	-55	23:51.48		7:40.7	23.85	23:54.99	63.9%
10	7040 Kim Andres (F61)	2	F60-64	MS	1.7	12:12	12:49	+37	25:00.74	✓ 42	8:03.0	25.00	25:02.43	78.4%
11	6457 Sandra Stierman (F47)	3	F45-49	1st	0.3				25:14.44	✓ 2	8:07.5	25.23	25:14.76	64.6%
12	7008 David Mask (M62)	9	M60-64	2nd	6.1	12:35	12:49	+14	25:23.50		8:10.4	25.38	25:29.59	64.3%
13	7571 Kaisa Peltonen (F43)	4	F40-44	1st	14.1	12:30	12:53	+23	25:22.58	✓ 5	8:10.1	25.37	25:36.63	61.8%
14	6625 Jennifer Loehding (F41)	5	F40-44	2nd	3.7	12:59	12:42	-17	25:41.21	✓ 10	8:16.1	25.68	25:44.87	60.1%
15	7480 Marybelle Raza (F34)	6	F30-34	1st	0.8	12:44	13:03	+19	25:46.69	✓ 4	8:17.8	25.77	25:47.52	57.8%
16	7089 John Nance (M66)	10	M65-69	1st	4.9	12:47	13:05	+18	25:51.19		8:19.3	25.85	25:56.07	65.5%
17	6359 Steve Stokan (M50)	11	M50-54	2nd	2.6	13:02	13:09	+8	26:10.91	⊗	8:25.6	26.17	26:13.49	56.3%
18	7376 John Smith (M48)	12	M45-49	2nd	3.1	12:57	13:18	+22	26:14.58		8:26.8	26.23	26:17.65	55.3%
19	6997 James Johnson (M61)	13	M60-64	3rd	---	13:03	13:43	+40	26:45.94		8:36.9	26.75	26:45.94	60.5%
20	6903 Hiron Fernando (M25)	14	M25-29	1st	3.9	13:02	13:42	+40	26:43.80	⊗	8:36.2	26.72	26:47.69	48.3%
21	7271 Bob Stephens (M43)	15	M40-44	2nd	1.7	13:23	13:30	+7	26:52.42	⌚ ✓ 5	8:39.0	26.87	26:54.10	52.0%
22	6100 Michael Arsol (M36)	16	M35-39	1st	14.5				26:49.96	⊗	8:38.2	26.82	27:04.47	49.4%
23	6924 Vishal Sharma (M28)	17	M25-29	2nd	4.8	13:24	13:51	+26	27:14.77	⊗	8:46.2	27.23	27:19.61	47.4%
24	6319 Elizabeth Gomez (F34)	7	F30-34	2nd	---				27:21.92		8:48.5	27.35	27:21.92	54.5%
25	7283 Ruben Reyes (M58)	18	M55-59	1st	3.5	13:29	13:52	+24	27:21.36		8:48.3	27.35	27:24.82	57.6%
26	7038 Michael Rumery (M41)	19	M40-44	3rd	12.5	13:23	13:59	+36	27:21.33		8:48.3	27.35	27:33.84	50.3%
27	6376 Raymond Griggs (M43)	20	M40-44	4th	---				27:35.47	⊗	8:52.8	27.58	27:35.47	50.6%
28	7099 Trinity Sullivan (F15)	8	F15-19	1st	0.8	13:38	14:18	+39	27:55.97		8:59.4	27.92	27:56.75	55.5%
29	7198 Yanira Lopez (F51)	9	F50-54	1st	7.0	14:30	13:30	-61	27:59.88	⌚	9:00.7	27.98	28:06.87	61.2%
30	7204 Arwyn Sullivan (F10)	10	F10-14	1st	0.9	14:22	14:04	-18	28:25.27	⌚	9:08.9	28.42	28:26.18	60.0%
31	6312 Rob Windsor (M51)	21	M50-54	4th	6.9	14:16	14:42	+26	28:58.74	⌚ ⊗	9:19.6	28.97	29:05.68	51.3%
32	6368 Regina Stierman (F16)	11	F15-19	2nd	2.0	14:23	15:07	+44	29:30.42	⊗	9:29.8	29.50	29:32.40	51.9%
33	7020 Ronald Hamilton (M55)	22	M55-59	2nd	13.0	15:19	14:39	-40	29:57.30	⌚	9:38.5	29.95	30:10.30	51.3%
34	7261 John Kramer (M52)	23	M50-54	3rd	102.8	14:35	13:56	-39	28:30.68	⌚	9:10.6	28.50	30:13.43	52.6%

FN*: ☐ Broke Age-Group Record

GD Place among Females

△ Positive Split

Timing provided by:

10/26/2014

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

△ Negative Split

 DeltaViewTiming.com

35	7263	Joe Sullivan (M50)	24	M50-54	5th	4.5	15:17	15:43	+25	30:59.97		9:58.7	30.98	31:04.45	47.6%	
36	078	Tommy Farrar (M73)	25	M70-74	1st	3.1	16:00	16:33	+32	32:32.97		10:28.6	32.53	32:36.03	56.4%	
37	7258	Steven Johnson (M56)	26	M55-59	3rd	15.5	16:04	19:21	+197	35:24.61	✓	3	11:23.8	35.40	35:40.15	43.8%
38	6957	Marci Aguilar (F36)	12	F35-39	1st	2.7	17:58	18:03	+5	36:01.54	⌘ ✓	1	11:35.7	36.02	36:04.26	41.7%
39	6436	Elsa Gil (F42)	13	F40-44	3rd	6.8	19:22	20:13	+51	39:34.88	✓	1	12:44.4	39.57	39:41.67	39.3%
40	7024	Carol Creech (F63)	14	F60-64	SR	2.1	19:38	20:24	+46	40:01.63			12:53.0	40.02	40:03.72	50.4%
41	7569	Karen Wales (F45)	15	F45-49	2nd	6.5				40:27.18			13:01.2	40.45	40:33.65	39.5%
42	7148	Scott Ahlstrom (M66)	27	M65-69	2nd	12.9	20:38	19:44	-54	40:22.35			12:59.7	40.37	40:35.21	41.9%
43	6327	Jessica Shaw (F31)	16	F30-34	3rd	11.9	21:46	21:37	-8	43:23.19		⌘	13:57.9	43.38	43:35.12	34.1%
44	6366	Kathleen Culp (F30)	17	F30-34	4th	9.9				55:47.95		⌘	17:57.6	55.78	55:57.82	26.5%
45	6382	Mark Townsend (M42)	28	M40-44	5th	9.2				55:49.69		⌘	17:58.2	55.82	55:58.92	24.8%
46	6889	Monica Acosta (F37)	18	F35-39	2nd	15.5	27:48	28:41	+52	56:28.92			18:10.8	56.47	56:44.38	26.7%
47	7266	Barbara Vollmering (F48)	19	F45-49	3rd	16.0	27:48	28:41	+53	56:29.00			18:10.8	56.48	56:45.04	29.2%
48	6101	Trinity Green (F20)	20	F20-24	1st	11.0				1:03:33.00		⌘	20:27.3	63.551:03:44.00	23.3%	
49	6102	Brenda Griggs (F62)	21	F60-64	1st	11.4				1:03:32.78		⌘	20:27.2	63.531:03:44.15	31.3%	
28 Positive Split 11 Negative Split ✓ 13 Club PR's										Average Finish Time: 32:00 <u>12 First Timers</u> Average Age Grade: 52.6%						

Sorted Age Grades

1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	4	Robert Benson	M64	7:07.79	67.0%	
2	3	Julio Lopez	M59	6:52.28	66.5%	
3	1	Ryan Loehding	M42	6:00.91	66.2%	
4	6	Yanira Lopez	F51	7:53.06	64.0%	
5	2	Aamir Noorani	M25	6:18.48	58.8%	
6	8	Megan Rumery	F12	8:14.14	56.0%	
7	5	John Kramer	M52	7:43.00	55.9%	
8	7	Rob Windsor	M51	7:59.99	53.5%	
9	10	Ronald Hamilton	M55	8:45.12	50.5%	

5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	10	Kim Andres	F61	25:00.74	78.4%	Move UP
2	1	Ian Maung	M47	19:43.09	73.0%	
3	8	Robert Benson	M64	23:27.10	70.9%	
4	3	Paige Loehding	F13	22:45.16	70.2%	Move UP
5	4	Julio Lopez	M59	22:48.93	69.7%	
6	2	Ryan Loehding	M42	20:05.62	69.0%	
7	16	John Nance	M66	25:51.19	65.5%	
8	11	Sandra Stierman	F47	25:14.44	64.6%	
9	12	David Mask	M62	25:23.50	64.3%	
10	9	Gabriel Sapien	M54	23:51.48	63.9%	
11	6	Emil Aaltonen	M14	22:47.11	62.3%	
12	13	Kaisa Peltonen	F43	25:22.58	61.8%	
13	5	Leonard Evans	M46	23:08.46	61.7%	
14	29	Yanira Lopez	F51	27:59.88	61.2%	
15	19	James Johnson	M61	26:45.94	60.5%	
16	7	Kim Aaltonen	M41	22:48.50	60.3%	
17	14	Jennifer Loehding	F41	25:41.21	60.1%	
18	30	Arwyn Sullivan	F10	28:25.27	60.0%	
19	15	Marybelle Raza	F34	25:46.69	57.8%	
20	25	Ruben Reyes	M58	27:21.36	57.6%	
21	36	Tommy Farrar	M73	32:32.97	56.4%	
22	17	Steve Stokan	M50	26:10.91	56.3%	
23	28	Trinity Sullivan	F15	27:55.97	55.5%	
24	18	John Smith	M48	26:14.58	55.3%	
25	24	Elizabeth Gomez	F34	27:21.92	54.5%	
26	34	John Kramer	M52	28:30.68	52.6%	
27	21	Bob Stephens	M43	26:52.42	52.0%	
28	32	Regina Stierman	F16	29:30.42	51.9%	
29	31	Rob Windsor	M51	28:58.74	51.3%	
30	33	Ronald Hamilton	M55	29:57.30	51.3%	
31	27	Raymond Griggs	M43	27:35.47	50.6%	
32	40	Carol Creech	F63	40:01.63	50.4%	
33	26	Michael Rumery	M41	27:21.33	50.3%	

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