

5k MALE

		38 Runners --- Average Time of 35:02				Avg. Age Grade: 44.1%			Place in		
		Name	City	(Age)	Half	Split	Chip Time	Pace	Age Grade	OA	GD
OVERALL	1st	<u>Justin Miller</u>	Flower Mound	(13)	12:09	-75	23:02.82	7:25.1	62.9%	1	1
M01-14	1	<u>Russell Miciotto</u>	Plano	(12)	18:06	+581	45:52.39	14:45.9	32.4%	57	32
	2	<u>Collin Stevens</u>	Plano	(10)	18:43	+525	46:11.63	14:52.1	34.2%	58	33
M15-19	1	<u>Joshua O'Pry</u>	Dallas	(19)	12:23	-49	23:57.14	7:42.6	55.0%	3	3
M20-24	1	<u>Johnathan Thompson</u>	Dallas	(24)	14:59	+29	30:26.98	9:48.0	42.4%	20	18
	2	<u>Edgar Zumaya</u>	Dallas	(20)	14:22	+172	31:34.60	10:09.8	41.3%	24	19
	3	<u>Jacob Edgington</u>	Dallas	(21)			34:38.31	11:08.9	37.4%	30	22
	4	<u>Prithvy Tiguilla</u>	Dallas	(23)	19:20	+49	39:29.63	12:42.7	32.7%	49	29
M25-29	1	<u>Mr. Paxton</u>	Dallas	(29)	12:07	-70	23:04.65	7:25.7	55.9%	2	2
	2	<u>Benjamin Reyes</u>	Dallas	(28)	12:24	+12	24:59.71	8:02.7	51.6%	10	9
	3	<u>Vinay Dara</u>	Irving	(27)	13:36	+87	28:38.42	9:13.1	45.0%	16	14
	4	<u>Clayton Appleby</u>	Dallas	(29)	14:07	+125	30:18.84	9:45.4	42.6%	18	16
	5	<u>Timothy Martin</u>	Dallas	(28)	18:25	+25	37:15.21	11:59.4	34.6%	43	26
	6	<u>Brent Price</u>	Dallas	(27)	19:51	-28	39:14.89	12:38.0	32.9%	48	28
	7	<u>Eric Umbaugh</u>	Dallas	(26)			1:13:11.16	23:33.4	17.6%	66	38
M30-34	1	<u>Matt Brand</u>	The Colony	(32)	12:41	+64	26:25.18	8:30.2	49.2%	15	13
M35-39	1	<u>Ryan Parker</u>	Coppell	(38)	12:09	-21	23:56.46	7:42.4	56.2%	5	5
	2	<u>Don Gray</u>	Dallas	(36)	15:51	+184	34:45.31	11:11.2	38.2%	31	23
	3	<u>Keith Goodwin</u>	Mesquite	(36)			43:03.70	13:51.6	30.8%	53	30
	4	<u>Jason Maxey</u>	Dallas	(35)			50:32.77	16:16.2	26.1%	63	35
	5	<u>Alfredo Martinez</u>	Dallas	(36)	26:19	-108	50:49.38	16:21.5	26.1%	64	36
	6	<u>Robert Mcgee</u>	Dallas	(35)	33:45	+6	1:07:36.07	21:45.5	19.5%	65	37
M40-44	1	<u>Brandon Miller</u>	Flower Mound	(41)	12:30	-10	24:48.94	7:59.2	55.4%	8	7
	2	<u>John Avila</u>	Dallas	(43)	14:06	+46	28:57.97	9:19.4	48.2%	17	15
	3	<u>Christopher Mooney</u>	Bedford	(42)	24:51	-42	48:59.94	15:46.3	28.3%	61	34
M45-49	1	<u>Tarek Saad</u>	Dallas	(49)	11:56	+15	24:07.07	7:45.8	60.7%	7	6
	2	<u>Marcus Blake</u>	Dallas	(47)	13:02	-64	25:00.25	8:02.9	57.6%	11	10
	3	<u>Raymundo Robles</u>	Dallas	(46)	14:41	+51	30:12.61	9:43.4	47.3%	19	17
	4	<u>Clayton Rider</u>	Dallas	(45)	17:29	-7	34:51.40	11:13.2	40.7%	32	24
	5	<u>James Shelton</u>	Grand Prairie	(49)	17:34	+44	35:51.55	11:32.5	40.8%	36	25
M50-54	1	<u>Devin Beazley</u>	Carrollton	(50)	12:11	-23	23:59.82	7:43.4	61.5%	4	4
	2	<u>Jeff Clement</u>	Farmers Branch	(54)	12:11	+47	25:09.04	8:05.7	60.6%	12	11
	3	<u>Matt Peters</u>	Plano	(53)	16:39	+21	33:39.66	10:50.1	44.9%	29	21
M55-59	1	<u>Jeffrey Fuller</u>	Farmers Branch	(57)	15:49	+32	32:09.99	10:21.2	48.6%	25	20
	2	<u>Andre Boudreaux</u>	Dallas	(58)	21:59	+28	44:26.08	14:18.1	35.5%	56	31
M60-64	1	<u>Leon Hunter</u>	Dallas	(61)	19:03	+36	38:42.08	12:27.4	41.8%	46	27
M70+	1	<u>Thomas Conway</u>	Duncanville	(70)	12:32	-8	24:56.19	8:01.6	70.7%	9	8
	2	<u>Robert Moderow</u>	Irving	(72)	12:57	+17	26:11.36	8:25.8	69.0%	14	12

GD Place among Females

▲ Positive Split

▲ Negative Split

Timing provided by:



DeltaViewTiming.com

5k FEMALE		28 Runners --- Average Time of 37:15				Avg. Age Grade: 44.3%			Place in	
	Name	City	(Age)	Half	Split	Chip Time	Pace	Age Grade	OA	GD
OVERALL 1st	<u>Kimberly Gibbs</u>	Grapevine	(30)	12:19	-34	24:03.48	7:44.6	61.5%	6	1
F01-14	<u>1 Campbell Tippet</u>	Coppell	(12)	15:40	+69	32:28.19	10:27.1	50.1%	26	6
	<u>2 Caroline Tippet</u>	Coppell	(9)	17:46	-12	35:19.29	11:22.1	49.7%	33	9
	<u>3 Katie Mooney</u>	Coppell	(6)	24:14	+46	49:12.87	15:50.4	39.7%	60	27
F20-24	<u>1 Kimber Kealaula</u>	Dallas	(23)	22:29	-2	44:55.55	14:27.6	32.9%	55	25
F25-29	<u>1 Michelle Ogbeide</u>	Irving	(26)	12:15	+53	25:23.13	8:10.2	58.3%	13	2
	<u>2 Melissa Cade</u>	Dallas	(29)	15:40	+9	31:28.20	10:07.8	47.0%	23	5
	<u>3 Sydney Scott</u>	Plano	(25)			32:24.80	10:26.0	45.7%	27	7
F30-34	<u>1 Aimee Dillingham</u>	Eules	(34)	15:16	+24	30:55.94	9:57.4	48.2%	21	3
	<u>2 Megan Bolin</u>	Mesquite	(31)	15:34	+104	32:51.00	10:34.4	45.1%	28	8
	<u>3 Catherine Adcock</u>	Dallas	(34)	17:43	+5	35:30.64	11:25.8	42.0%	34	10
	4 Jackie Licare	Dallas	(30)	20:55	+67	42:57.85	13:49.7	34.5%	51	22
F35-39	<u>1 KeKe Rose</u>	Arlington	(37)	17:57	+22	36:16.13	11:40.4	41.6%	37	12
	<u>2 Raquel Vega</u>	Dallas	(36)	17:43	+55	36:21.30	11:42.1	41.3%	38	13
	<u>3 Lisa Miller</u>	Flower Mound	(39)	18:15	+10	36:40.57	11:48.3	41.5%	40	15
	4 Adrienne Goodwin	Mesquite	(35)			42:56.36	13:49.3	34.8%	52	23
	5 Elizabeth Mooney	Coppell	(38)	24:11	+57	49:19.79	15:52.7	30.7%	62	28
F40-44	<u>1 Rosalyn Tippet</u>	Coppell	(42)	18:01	-15	35:46.48	11:30.9	43.5%	35	11
	<u>2 Chau Nguyen</u>	Carrollton	(40)	18:01	+36	36:37.83	11:47.4	41.9%	42	17
	<u>3 Gina Parker</u>	Dallas	(40)	22:28	+0	44:56.07	14:27.8	34.1%	54	24
	4 Wendy Cohen	Dallas	(43)	22:35	+86	46:36.20	15:00.0	33.6%	59	26
F50-54	<u>1 Cheryl Jensen</u>	Trophy Club	(50)	15:45	-10	31:20.52	10:05.3	54.0%	22	4
	<u>2 Kelly Wiley</u>	Lufkin	(52)	18:55	+34	38:23.55	12:21.4	45.2%	44	18
F55-59	<u>1 Teresa Zacarias</u>	Dallas	(56)			35:37.82	11:28.1	51.3%	39	14
	<u>2 Mary Ann Paquin</u>	Red Oak	(55)	19:05	+33	38:41.91	12:27.4	46.6%	45	19
	<u>3 Judy Wiley</u>	Grapevine	(57)	19:29	-15	38:42.69	12:27.6	47.9%	47	20
	4 Wai Yow	Plano	(55)	19:35	+84	40:33.81	13:03.4	44.5%	50	21
F60-64	<u>1 Georgeann Tyler</u>	Hurst	(61)	18:02	+33	36:36.78	11:47.1	53.6%	41	16



Order of Finish

5k	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	Net Chip Time	Pace	5KEq	Clock Time	AgeGD
1	037 Justin Miller (M13)	1	M01-14	OA	1.4	12:09	10:54	-75	23:02.82	7:25.1	23.03	23:04.18	62.9%
2	046 Mr. Paxton (M29)	2	M25-29	1st	---	12:07	10:57	-70	23:04.65	7:25.7	23.07	23:04.65	55.9%
3	043 Joshua O'Pry (M19)	3	M15-19	1st	---	12:23	11:34	-49	23:57.14	7:42.6	23.95	23:57.14	55.0%
4	006 Devin Beazley (M50)	4	M50-54	1st	0.2	12:11	11:49	-23	23:59.82	7:43.4	23.98	23:59.99	61.5%
5	079 Ryan Parker (M38)	5	M35-39	1st	4.9	12:09	11:48	-21	23:56.46	7:42.4	23.93	24:01.41	56.2%
6	022 Kimberly Gibbs (F30)	1	F30-34	OA	2.2	12:19	11:45	-34	24:03.48	7:44.6	24.05	24:05.71	61.5%
7	054 Tarek Saad (M49)	6	M45-49	1st	16.5	11:56	12:11	+15	24:07.07	7:45.8	24.12	24:23.57	60.7%
8	035 Brandon Miller (M41)	7	M40-44	1st	0.9	12:30	12:19	-10	24:48.94	7:59.2	24.80	24:49.86	55.4%
9	072 Thomas Conway (M70)	8	M70+	1st	---	12:32	12:24	-8	24:56.19	8:01.6	24.93	24:56.19	70.7%
10	049 Benjamin Reyes (M28)	9	M25-29	2nd	1.2	12:24	12:36	+12	24:59.71	8:02.7	24.98	25:00.86	51.6%
11	007 Marcus Blake (M47)	10	M45-49	2nd	7.0	13:02	11:58	-64	25:00.25	8:02.9	25.00	25:07.21	57.6%
12	075 Jeff Clement (M54)	11	M50-54	2nd	---	12:11	12:58	+47	25:09.04	8:05.7	25.15	25:09.04	60.6%
13	042 Michelle Ogbeide (F26)	2	F25-29	1st	---	12:15	13:08	+53	25:23.13	8:10.2	25.38	25:23.13	58.3%
14	076 Robert Moderow (M72)	12	M70+	2nd	1.5	12:57	13:14	+17	26:11.36	8:25.8	26.18	26:12.85	69.0%
15	010 Matt Brand (M32)	13	M30-34	1st	1.1	12:41	13:44	+64	26:25.18	8:30.2	26.42	26:26.24	49.2%
16	014 Vinay Dara (M27)	14	M25-29	3rd	2.5	13:36	15:03	+87	28:38.42	9:13.1	28.63	28:40.88	45.0%
17	005 John Avila (M43)	15	M40-44	2nd	---	14:06	14:52	+46	28:57.97	9:19.4	28.95	28:57.97	48.2%
18	004 Clayton Appleby (M29)	16	M25-29	4th	0.7	14:07	16:12	+125	30:18.84	9:45.4	30.30	30:19.55	42.6%
19	052 Raymundo Robles (M46)	17	M45-49	3rd	8.7	14:41	15:32	+51	30:12.61	9:43.4	30.20	30:21.27	47.3%
20	059 Johnathan Thompson (M24)	18	M20-24	1st	7.6	14:59	15:28	+29	30:26.98	9:48.0	30.43	30:34.61	42.4%
21	016 Aimee Dillingham (F34)	3	F30-34	1st	12.5	15:16	15:40	+24	30:55.94	9:57.4	30.92	31:08.48	48.2%
22	025 Cheryl Jensen (F50)	4	F50-54	1st	7.1	15:45	15:35	-10	31:20.52	10:05.3	31.33	31:27.62	54.0%
23	011 Melissa Cade (F29)	5	F25-29	2nd	0.7	15:40	15:49	+9	31:28.20	10:07.8	31.47	31:28.86	47.0%
24	071 Edgar Zumaya (M20)	19	M20-24	2nd	---	14:22	17:13	+172	31:34.60	10:09.8	31.57	31:34.60	41.3%
25	020 Jeffrey Fuller (M57)	20	M55-59	1st	7.9	15:49	16:21	+32	32:09.99	10:21.2	32.15	32:17.86	48.6%
26	062 Campbell Tippett (F12)	6	F01-14	1st	5.1	15:40	16:49	+69	32:28.19	10:27.1	32.47	32:33.26	50.1%
27	081 Sydney Scott (F25)	7	F25-29	3rd	13.0	---	---	---	32:24.80	10:26.0	32.40	32:37.79	45.7%
28	008 Megan Bolin (F31)	8	F30-34	2nd	3.0	15:34	17:17	+104	32:51.00	10:34.4	32.85	32:54.00	45.1%
29	080 Matt Peters (M53)	21	M50-54	3rd	9.5	16:39	17:00	+21	33:39.66	10:50.1	33.65	33:49.19	44.9%
30	018 Jacob Edgington (M21)	22	M20-24	3rd	0.3	---	---	---	34:38.31	11:08.9	34.63	34:38.64	37.4%
31	023 Don Gray (M36)	23	M35-39	2nd	3.5	15:51	18:55	+184	34:45.31	11:11.2	34.75	34:48.76	38.2%
32	050 Clayton Rider (M45)	24	M45-49	4th	10.1	17:29	17:22	-7	34:51.40	11:13.2	34.85	35:01.49	40.7%
33	063 Caroline Tippett (F9)	9	F01-14	2nd	4.4	17:46	17:34	-12	35:19.29	11:22.1	35.32	35:23.66	49.7%
34	001 Catherine Adcock (F34)	10	F30-34	3rd	12.5	17:43	17:48	+5	35:30.64	11:25.8	35.50	35:43.17	42.0%
35	061 Rosalyn Tippett (F42)	11	F40-44	1st	5.7	18:01	17:46	-15	35:46.48	11:30.9	35.77	35:52.23	43.5%
36	077 James Shelton (M49)	25	M45-49	5th	7.9	17:34	18:18	+44	35:51.55	11:32.5	35.85	35:59.42	40.8%
37	053 KeKe Rose (F37)	12	F35-39	1st	14.4	17:57	18:19	+22	36:16.13	11:40.4	36.27	36:30.57	41.6%
38	066 Raquel Vega (F36)	13	F35-39	2nd	14.3	17:43	18:38	+55	36:21.30	11:42.1	36.35	36:35.63	41.3%
39	070 Teresa Zacarias (F56)	14	F55-59	1st	62.5	---	---	---	35:37.82	11:28.1	35.62	36:40.29	51.3%
40	036 Lisa Miller (F39)	15	F35-39	3rd	1.7	18:15	18:25	+10	36:40.57	11:48.3	36.67	36:42.27	41.5%
41	064 Georgeann Tyler (F61)	16	F60-64	1st	5.8	18:02	18:35	+33	36:36.78	11:47.1	36.60	36:42.54	53.6%
42	041 Chau Nguyen (F40)	17	F40-44	2nd	14.3	18:01	18:37	+36	36:37.83	11:47.4	36.62	36:52.12	41.9%
43	030 Timothy Martin (M28)	26	M25-29	5th	6.9	18:25	18:50	+25	37:15.21	11:59.4	37.25	37:22.10	34.6%

GD Place among Females

△ Positive Split

△ Negative Split

Timing provided by:



DeltaViewTiming.com

Run For Recovery 5K

Saturday, September 12, 2015

Mountain Creek Park, Irving, TX

67F Clear 60%H 10mphNE

5K Off :7:50 am

44	068	Kelly Wiley (F52)	18	F50-54	2nd	3.0	18:55	19:29	+34	38:23.55	12:21.4	38.38	38:26.56	45.2%
45	044	Mary Ann Paquin (F55)	19	F55-59	2nd	7.0	19:05	19:37	+33	38:41.91	12:27.4	38.68	38:48.96	46.6%
46	024	Leon Hunter (M61)	27	M60-64	1st	7.4	19:03	19:39	+36	38:42.08	12:27.4	38.70	38:49.50	41.8%
47	067	Judy Wiley (F57)	20	F55-59	3rd	15.4	19:29	19:14	-15	38:42.69	12:27.6	38.70	38:58.08	47.9%
48	048	Brent Price (M27)	28	M25-29	6th	11.5	19:51	19:23	-28	39:14.89	12:38.0	39.23	39:26.39	32.9%
49	060	Prithvy Tiguilla (M23)	29	M20-24	4th	---	19:20	20:09	+49	39:29.63	12:42.7	39.48	39:29.63	32.7%
50	069	Wai Yow (F55)	21	F55-59	4th	14.1	19:35	20:59	+84	40:33.81	13:03.4	40.55	40:47.88	44.5%
51	029	Jackie Licare (F30)	22	F30-34	4th	3.7	20:55	22:03	+67	42:57.85	13:49.7	42.95	43:01.51	34.5%
52	073	Adrienne Goodwin (F35)	23	F35-39	4th	18.7				42:56.36	13:49.3	42.93	43:15.05	34.8%
53	074	Keith Goodwin (M36)	30	M35-39	3rd	18.3				43:03.70	13:51.6	43.05	43:22.05	30.8%
54	045	Gina Parker (F40)	24	F40-44	3rd	4.4	22:28	22:28	+0	44:56.07	14:27.8	44.93	45:00.44	34.1%
55	026	Kimber Kealaula (F23)	25	F20-24	1st	5.2	22:29	22:27	-2	44:55.55	14:27.6	44.92	45:00.74	32.9%
56	009	Andre Boudreaux (M58)	31	M55-59	2nd	57.0	21:59	22:27	+28	44:26.08	14:18.1	44.43	45:23.12	35.5%
57	034	Russell Miciotto (M12)	32	M01-14	1st	11.9	18:06	27:47	+581	45:52.39	14:45.9	45.87	46:04.26	32.4%
58	058	Collin Stevens (M10)	33	M01-14	2nd	11.7	18:43	27:28	+525	46:11.63	14:52.1	46.18	46:23.33	34.2%
59	013	Wendy Cohen (F43)	26	F40-44	4th	11.4	22:35	24:01	+86	46:36.20	15:00.0	46.60	46:47.57	33.6%
60	039	Katie Mooney (F6)	27	F01-14	3rd	3.6	24:14	24:59	+46	49:12.87	15:50.4	49.20	49:16.49	39.7%
61	040	Christopher Mooney (M42)	34	M40-44	3rd	17.1	24:51	24:09	-42	48:59.94	15:46.3	48.98	49:17.07	28.3%
62	038	Elizabeth Mooney (F38)	28	F35-39	5th	5.1	24:11	25:08	+57	49:19.79	15:52.7	49.32	49:24.85	30.7%
63	032	Jason Maxey (M35)	35	M35-39	4th	2.1				50:32.77	16:16.2	50.53	50:34.85	26.1%
64	031	Alfredo Martinez (M36)	36	M35-39	5th	2.6	26:19	24:31	-108	50:49.38	16:21.5	50.82	50:51.94	26.1%
65	082	Robert Mcgee (M35)	37	M35-39	6th	16.2	33:45	33:51	+6	1:07:36.07	21:45.5	67.60	1:07:52.31	19.5%
66	065	Eric Umbaugh (M26)	38	M25-29	7th	8.5				1:13:11.16	23:33.4	73.18	1:13:19.62	17.6%

Average Finish Time: 35:58

Average Age Grade: 44.19%

