

# Carrollton Runners Mile + 5K

Mile Overall		5K Overall		5K Masters		5K Seniors	
<b>Matt Shechtman</b>	5:03.81	<b>Albert Marban</b>	18:16.12	<b>Jeff Bennett</b>	18:21.50	<b>Julio Lopez</b>	21:17.71
<b>Kim Andres</b>	7:20.60	<b>Laura Nelson</b>	21:07.05	<b>Sari Turkulainen</b>	23:51.50	<b>Carol Creech</b>	37:37.00

## 5K MALE

		31 Runners --- Average Time of <b>24:41</b>				Avg. Age Grade: <b>59.6%</b>		Place in			
		Name	City	(Age)	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1	<b>Albert Marban</b>	Farmers Branch	(18)	-2	<b>18:16.12</b>	✓	5:52.8	<b>73.0%</b>	1	1
MASTERS	1	<b>Jeff Bennett</b>	Irving	(44)	-5	<b>18:21.50</b>	☐	5:54.5	<b>76.6%</b>	2	2
SENIORS	1	<b>Julio Lopez</b>	Farmers Branch	(56)	+2	<b>21:17.71</b>	ℓ	6:51.3	<b>72.8%</b>	9	8
M01-09	1	<b>Kai Tindall</b>	Carrollton	(7)	+111	<b>38:21.20</b>		12:20.7	46.4%	45	31
M25-29	1	<b>Robert Swan</b>	Lewisville	(27)	+34	<b>21:00.75</b>		6:45.8	<b>61.4%</b>	7	7
	2	<b>Blake Bueltel</b>	The Colony	(25)	-9	<b>24:25.76</b>	ℓ	7:51.8	52.8%	21	18
M30-34	1	<b>Odie Kroog</b>	Irving	(30)	-16	<b>23:41.30</b>	ℓ	7:37.5	54.6%	16	15
M35-39	1	<b>Kris Nance</b>	Plano	(35)	-4	<b>19:09.06</b>		6:09.8	<b>68.8%</b>	3	3
	2	<b>Ryan Loehding</b>	Carrollton	(39)	+12	<b>19:49.67</b>	ℓ	6:22.9	<b>68.3%</b>	5	5
	3	<b>Rishi Sirpal</b>	Coppell	(37)	+6	<b>22:17.83</b>	✓	7:10.6	59.9%	13	12
	4	<b>Barrett Clark</b>		(39)	-17	<b>27:08.61</b>		8:44.2	49.9%	29	24
	5	<b>Tory Castillo</b>	Plano	(38)	+30	<b>33:08.14</b>	ℓ	10:39.9	40.6%	40	30
M40-44	1	<b>Reid Fady</b>		(42)	+47	<b>19:26.50</b>		6:15.5	<b>71.3%</b>	4	4
	2	<b>Marcus O'con</b>	Dallas	(41)	-29	<b>20:49.20</b>		6:42.1	<b>66.1%</b>	6	6
	3	<b>Robert Krenek</b>	Coppell	(43)	-17	<b>23:27.18</b>		7:32.9	59.5%	15	14
	4	<b>Sean Meehan</b>	Dallas	(40)	+1	<b>24:34.56</b>		7:54.6	55.5%	19	17
	5	<b>Jeff Rutan</b>	Carrollton	(40)		<b>25:55.60</b>	ℓ	8:20.7	52.6%	22	19
	6	<b>Dierk Hohman</b>	Coppell	(42)	+23	<b>26:51.36</b>		8:38.6	51.6%	27	23
M45-49	1	<b>Doug Waters</b>	Carrollton	(47)	-8	<b>21:18.85</b>		6:51.6	<b>67.6%</b>	10	9
	2	<b>Jeff Breese</b>	Frisco	(47)	+11	<b>21:34.98</b>	ℓ	6:56.8	<b>66.7%</b>	11	10
	3	<b>Glenn Meador</b>	Coppell	(47)	+67	<b>28:08.97</b>		9:03.6	51.2%	32	25
	4	<b>John Smith</b>		(46)	+63	<b>30:07.34</b>		9:41.7	47.4%	36	28
	5	<b>Mark Burnett</b>	Lake Dallas	(48)	+58	<b>30:13.49</b>		9:43.7	48.0%	38	29
M50-54	1	<b>Dennis Maietta</b>	Grapevine	(51)	-49	<b>22:39.60</b>	ℓ	7:17.6	<b>65.6%</b>	12	11
	2	<b>David Short</b>	Frisco	(51)	-22	<b>22:46.49</b>	ℓ	7:19.8	<b>65.3%</b>	14	13
	3	<b>Ed Ostrovich</b>	Coppell	(53)	-7	<b>26:40.55</b>		8:35.2	56.7%	25	22
M55-59	1	<b>David Mask</b>	Lewisville	(59)	+1	<b>24:03.75</b>		7:44.7	<b>66.1%</b>	18	16
	2	<b>Peter Chan</b>	Coppell	(58)	+10	<b>26:08.86</b>	ℓ	8:25.0	<b>60.3%</b>	23	20
	3	<b>Ruben Reyes</b>	Carrollton	(55)	+31	<b>26:17.30</b>		8:27.7	58.5%	24	21
	4	<b>Miguel Matos</b>	Eules	(55)	+13	<b>29:26.86</b>		9:28.7	52.2%	35	27
M60-64	1	<b>Scott Mckissick</b>	Irving	(63)	-79	<b>27:48.69</b>	ℓ	8:57.1	59.2%	33	26

# 5K FEMALE

16 Runners --- Average Time of **30:58**

Avg. Age Grade: **55.1%**

Place in  
OA GD

	Name	City	(Age)	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Laura Nelson</b>	Grapevine	(46)	-12	<b>21:07.05</b>		6:47.8	<b>76.4%</b>	8	<b>1</b>
MASTERS	1 <b>Sari Turkulainen</b>	Coppell	(45)	+5	<b>23:51.50</b>	✓	7:40.8	<b>66.9%</b>	17	<b>2</b>
SENIORS	1 <b>Carol Creech</b>	Plano	(61)	+33	<b>37:37.00</b>		12:06.5	52.1%	42	<b>12</b>
F10-14	1 <b>Madison Pepper</b>	Dublin, Tx	(10)		<b>34:55.26</b>		11:14.4	48.9%	41	<b>11</b>
F35-39	1 <b>Tytti Lauhava-kaariainen</b>	Flower Mound	(35)	+24	<b>24:34.50</b>	ℓ ✓	7:54.6	<b>60.9%</b>	20	<b>3</b>
	2 <b>Eeva Toiviainen</b>	Flower Mound	(39)	-30	<b>27:44.46</b>	ℓ	8:55.7	54.9%	31	<b>7</b>
	3 <b>Erika Tindall</b>	Carrollton	(36)	+111	<b>38:21.54</b>		12:20.8	39.1%	46	<b>15</b>
F40-44	1 <b>Suzanne Visanko</b>	Flower Mound	(42)	+21	<b>28:49.03</b>		9:16.5	54.0%	34	<b>8</b>
	2 <b>Rachel Meador</b>	Coppell	(43)	-36	<b>30:10.34</b>	✓	9:42.7	52.0%	37	<b>9</b>
	3 <b>Laurie Anne Hohman</b>	Coppell	(40)	+58	<b>31:37.06</b>		10:10.6	48.5%	39	<b>10</b>
F45-49	1 <b>Yanira Lopez</b>	Farmers Branch	(49)	-3	<b>26:47.77</b>	ℓ	8:37.5	<b>62.4%</b>	26	<b>4</b>
	2 <b>Cyndy Hills</b>	Coppell	(47)		<b>27:00.85</b>		8:41.7	<b>60.4%</b>	28	<b>5</b>
	3 <b>Christine Mayhan</b>	Coppell	(49)	-7	<b>37:51.28</b>		12:11.1	44.1%	43	<b>13</b>
	4 <b>Chiffon Okuda</b>	Lewisville	(48)	+7	<b>38:08.48</b>		12:16.6	43.3%	44	<b>14</b>
F50-54	1 <b>Linda Chan</b>	Coppell	(51)	+5	<b>27:34.08</b>	ℓ	8:52.4	<b>62.2%</b>	30	<b>6</b>
F65-69	1 <b>Ruth Olinger</b>	The Colony	(69)	+27	<b>39:20.44</b>		12:39.8	56.4%	47	<b>16</b>

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

△ Positive Split  
 △ Negative Split

# 1M MALE

		16 Runners --- Average Time of <b>7:24</b>			Avg. Age Grade: <b>57.7%</b>			Place in		
	Name	City	(Age)	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Matt Shechtman</b>	Dallas	(27)		<b>5:03.81</b>	<input type="checkbox"/>	5:03.8	<b>73.3%</b>	1	1
M25-29	1 <b>Jarrod Davidson</b>	Frisco	(27)		<b>5:45.08</b>		5:45.1	<b>64.5%</b>	3	3
	2 <b>Blake Bueltel</b>	The Colony	(25)		<b>6:26.71</b>		6:26.7	57.6%	4	4
M30-34	1 <b>Odie Kroog</b>	Irving	(30)		<b>8:12.81</b>		8:12.8	45.3%	15	12
M35-39	1 <b>Ryan Loehding</b>	Carrollton	(39)		<b>5:43.34</b>		5:43.3	<b>68.1%</b>	2	2
	2 <b>Tory Castillo</b>	Plano	(38)		<b>11:34.85</b>		11:34.9	33.4%	21	16
M40-44	1 <b>Jeff Rutan</b>	Carrollton	(40)		<b>7:34.07</b>		7:34.1	51.9%	10	9
M45-49	1 <b>Ruben Saguil</b>	Carrollton	(47)		<b>6:30.82</b>		6:30.8	<b>63.6%</b>	5	5
	2 <b>Jeff Breese</b>	Frisco	(47)		<b>8:44.84</b>		8:44.8	47.3%	19	15
M50-54	1 <b>Gabriel Sapien</b>	Carrollton	(52)		<b>6:46.97</b>		6:47.0	<b>63.6%</b>	7	7
	2 <b>Dennis Maietta</b>	Grapevine	(51)		<b>7:05.99</b>		7:06.0	<b>60.2%</b>	8	8
	3 <b>David Short</b>	Frisco	(51)		<b>8:44.68</b>		8:44.7	48.9%	18	14
M55-59	1 <b>Julio Lopez</b>	Farmers Branch	(56)		<b>6:31.35</b>		6:31.4	<b>68.3%</b>	6	6
	2 <b>Peter Chan</b>	Coppell	(58)		<b>7:44.57</b>		7:44.6	58.5%	12	11
M60-64	1 <b>John Nance</b>	Rowlett	(63)		<b>7:40.22</b>		7:40.2	<b>61.8%</b>	11	10
	2 <b>Scott Mckissick</b>	Irving	(63)		<b>8:13.84</b>		8:13.8	57.6%	16	13

# 1M FEMALE

		5 Runners --- Average Time of <b>8:16</b>			Avg. Age Grade: <b>59.2%</b>			Place in		
	Name	City	(Age)	Split	Chip Time	FN*	Pace	Age Grade	OA	GD
OVERALL	1 <b>Kim Andres</b>	Irving	(58)		<b>7:20.60</b>		7:20.6	<b>75.5%</b>	9	1
F35-39	1 <b>Tytti Lauhava-kaariainen</b>	Flower Mound	(35)		<b>7:48.66</b>	✓	7:48.7	54.6%	13	2
	2 <b>Eeva Toiviainen</b>	Flower Mound	(39)		<b>8:26.99</b>	✓	8:27.0	51.9%	17	4
F45-49	1 <b>Yanira Lopez</b>	Farmers Branch	(49)		<b>7:54.66</b>		7:54.7	<b>62.2%</b>	14	3
F50-54	1 <b>Linda Chan</b>	Coppell	(51)		<b>9:48.00</b>		9:48.0	51.5%	20	5

1M	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6591 Matt Shechtman (M27)	1	M25-29	OA	---				5:03.81	☐ x	5:03.8	17.28	5:03.81	73.3%
2	6509 Ryan Loehding (M39)	2	M35-39	1st	---				5:43.34		5:43.3	19.56	5:43.34	68.1%
3	6572 Jarrod Davidson (M27)	3	M25-29	1st	---				5:45.08	x	5:45.1	19.67	5:45.08	64.5%
4	7086 Blake Bueltel (M25)	4	M25-29	2nd	---				6:26.71		6:26.7	22.01	6:26.71	57.6%
5	7003 Ruben Saguil (M47)	5	M45-49	1st	---				6:30.82		6:30.8	22.24	6:30.82	63.6%
6	7193 Julio Lopez (M56)	6	M55-59	1st	---				6:31.35		6:31.4	22.29	6:31.35	68.3%
7	7015 Gabriel Sapien (M52)	7	M50-54	1st	---				6:46.97		6:47.0	23.15	6:46.97	63.6%
8	7273 Dennis Maietta (M51)	8	M50-54	2nd	---				7:05.99		7:06.0	24.23	7:05.99	60.2%
9	7040 Kim Andres (F58)	1	F55-59	OA	---				7:20.60		7:20.6	25.09	7:20.60	75.5%
10	7171 Jeff Rutan (M40)	9	M40-44	1st	---				7:34.07	x	7:34.1	25.89	7:34.07	51.9%
11	7089 John Nance (M63)	10	M60-64	1st	---				7:40.22	x	7:40.2	26.23	7:40.22	61.8%
12	6112 Peter Chan (M58)	11	M55-59	2nd	---				7:44.57	x	7:44.6	26.46	7:44.57	58.5%
13	6643 Tytti Lauhava-kaarainen (F35)	2	F35-39	1st	---				7:48.66	✓ 1	7:48.7	26.68	7:48.66	54.6%
14	7198 Yanira Lopez (F49)	3	F45-49	1st	---				7:54.66		7:54.7	27.03	7:54.66	62.2%
15	6654 Odie Kroog (M30)	12	M30-34	1st	---				8:12.81	x	8:12.8	28.05	8:12.81	45.3%
16	7048 Scott Mckissick (M63)	13	M60-64	2nd	---				8:13.84		8:13.8	28.11	8:13.84	57.6%
17	6753 Eeva Toiviainen (F39)	4	F35-39	2nd	---				8:26.99	✓ 1	8:27.0	28.85	8:26.99	51.9%
18	7061 David Short (M51)	14	M50-54	3rd	---				8:44.68		8:44.7	29.88	8:44.68	48.9%
19	7216 Jeff Breese (M47)	15	M45-49	2nd	---				8:44.84		8:44.8	29.88	8:44.84	47.3%
20	6113 Linda Chan (F51)	5	F50-54	1st	---				9:48.00	x	9:48.0	33.53	9:48.00	51.5%
21	6647 Tory Castillo (M38)	16	M35-39	2nd	---				11:34.85	x	11:34.9	39.57	11:34.85	33.4%
✓ 2 Club PR's						Average Finish Time: 07:36 <i>8 First Timers</i>				Average Age Grade: 58.1%				

5K	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	△	FinishTime+	FN*	Pace	5KEq	Clock Time	AgeGD
1	6560 Albert Marban (M18)	1	M15-19	OA	---	9:09	9:07	-2	18:16.12	✓ 4	5:52.8	18.27	18:16.12	73.0%
2	6581 Jeff Bennett (M44)	2	M40-44	MS	---	9:13	9:08	-5	18:21.50	☐ x	5:54.5	18.35	18:21.50	76.6%
3	7276 Kris Nance (M35)	3	M35-39	1st	1.1	9:37	9:32	-4	19:09.06		6:09.8	19.15	19:10.19	68.8%
4	6106 Reid Fady (M42)	4	M40-44	1st	4.1	9:20	10:07	+47	19:26.50	x	6:15.5	19.43	19:30.57	71.3%
5	6509 Ryan Loehding (M39)	5	M35-39	2nd	---	9:49	10:01	+12	19:49.67	ℓ	6:22.9	19.82	19:49.67	68.3%
6	6660 Marcus O'con (M41)	6	M40-44	2nd	0.7	10:39	10:10	-29	20:49.20	x	6:42.1	20.82	20:49.93	66.1%
7	6558 Robert Swan (M27)	7	M25-29	1st	0.9	10:13	10:47	+34	21:00.75	x	6:45.8	21.00	21:01.63	61.4%
8	7274 Laura Nelson (F46)	1	F45-49	OA	0.9	10:39	10:28	-12	21:07.05		6:47.8	21.12	21:07.92	76.4%
9	7193 Julio Lopez (M56)	8	M55-59	SR	0.1	10:38	10:40	+2	21:17.71	ℓ	6:51.3	21.28	21:17.80	72.8%
10	7012 Doug Waters (M47)	9	M45-49	1st	---	10:43	10:36	-8	21:18.85		6:51.6	21.30	21:18.85	67.6%
11	7216 Jeff Breese (M47)	10	M45-49	2nd	3.5	10:42	10:53	+11	21:34.98	ℓ	6:56.8	21.57	21:38.50	66.7%
12	7273 Dennis Maietta (M51)	11	M50-54	1st	1.4	11:44	10:56	-49	22:39.60	ℓ	7:17.6	22.65	22:41.00	65.6%
13	6697 Rishi Sirpal (M37)	12	M35-39	3rd	43.3	11:06	11:12	+6	22:17.83	✓ 1	7:10.6	22.28	23:01.17	59.9%
14	7061 David Short (M51)	13	M50-54	2nd	22.2	11:34	11:12	-22	22:46.49	ℓ	7:19.8	22.77	23:08.74	65.3%
15	6110 Robert Krenek (M43)	14	M40-44	3rd	2.3	11:52	11:35	-17	23:27.18	x	7:32.9	23.45	23:29.48	59.5%
16	6654 Odie Kroog (M30)	15	M30-34	1st	7.9	11:58	11:43	-16	23:41.30	ℓ x	7:37.5	23.68	23:49.19	54.6%
17	6604 Sari Turkulainen (F45)	2	F45-49	MS	4.6	11:53	11:58	+5	23:51.50	✓ 1	7:40.8	23.85	23:56.12	66.9%
18	7008 David Mask (M59)	16	M55-59	1st	11.1	12:01	12:02	+1	24:03.75		7:44.7	24.05	24:14.86	66.1%
19	6117 Sean Meehan (M40)	17	M40-44	4th	---	12:17	12:18	+1	24:34.56		7:54.6	24.57	24:34.56	55.5%
20	6643 Tytti Lauhava-kaarainen (F35)	3	F35-39	1st	5.1	12:05	12:29	+24	24:34.50	ℓ ✓ 2	7:54.6	24.57	24:39.57	60.9%
21	7086 Blake Bueltel (M25)	18	M25-29	2nd	53.8	12:17	12:09	-9	24:25.76	ℓ	7:51.8	24.42	25:19.56	52.8%
22	7171 Jeff Rutan (M40)	19	M40-44	5th	6.8				25:55.60	ℓ x	8:20.7	25.92	26:02.39	52.6%
23	6112 Peter Chan (M58)	20	M55-59	2nd	4.7	13:00	13:09	+10	26:08.86	ℓ	8:25.0	26.13	26:13.58	60.3%
24	7283 Ruben Reyes (M55)	21	M55-59	3rd	2.2	12:53	13:24	+31	26:17.30		8:27.7	26.28	26:19.50	58.5%
25	6116 Ed Ostrovich (M53)	22	M50-54	3rd	---	13:24	13:17	-7	26:40.55		8:35.2	26.67	26:40.55	56.7%

26	7198	Yanira Lopez (F49)	<b>4</b>	F45-49	1st	3.3	13:26	13:22	-3	<b>26:47.77</b>	ℓ	8:37.5	26.78	26:51.09	<b>62.4%</b>
27	6639	Dierk Hohman (M42)	23	M40-44	6th	2.9	13:14	13:37	+23	<b>26:51.36</b>		8:38.6	26.85	26:54.25	51.6%
28	7264	Cyndy Hills (F47)	<b>5</b>	F45-49	2nd	3.9				<b>27:00.85</b>	⌘	8:41.7	27.00	27:04.76	<b>60.4%</b>
29	6109	Barrett Clark (M39)	24	M35-39	4th	2.6	13:43	13:26	-17	<b>27:08.61</b>		8:44.2	27.13	27:11.20	49.9%
30	6113	Linda Chan (F51)	<b>6</b>	F50-54	1st	4.4	13:45	13:49	+5	<b>27:34.08</b>	ℓ	8:52.4	27.57	27:38.44	<b>62.2%</b>
31	6753	Eeva Toiviainen (F39)	<b>7</b>	F35-39	2nd	5.2	14:07	13:37	-30	<b>27:44.46</b>	ℓ	8:55.7	27.73	27:49.69	54.9%
32	7164	Glenn Meador (M47)	25	M45-49	3rd	7.4	13:31	14:38	+67	<b>28:08.97</b>		9:03.6	28.13	28:16.34	51.2%
33	7048	Scott Mckissick (M63)	26	M60-64	1st	39.0	14:34	13:15	-79	<b>27:48.69</b>	ℓ	8:57.1	27.80	28:27.66	59.2%
34	6571	Suzanne Visanko (F42)	<b>8</b>	F40-44	1st	4.6	14:14	14:35	+21	<b>28:49.03</b>		9:16.5	28.82	28:53.59	54.0%
35	6548	Miguel Matos (M55)	27	M55-59	4th	2.9	14:37	14:50	+13	<b>29:26.86</b>		9:28.7	29.43	29:29.75	52.2%
36	6111	John Smith (M46)	28	M45-49	4th	2.1	14:32	15:35	+63	<b>30:07.34</b>		9:41.7	30.12	30:09.41	47.4%
37	7168	Rachel Meador (F43)	<b>9</b>	F40-44	2nd	8.7	15:23	14:47	-36	<b>30:10.34</b>	✓ ⌘	9:42.7	30.17	30:19.08	52.0%
38	6601	Mark Burnett (M48)	29	M45-49	5th	9.6	14:38	15:36	+58	<b>30:13.49</b>		9:43.7	30.22	30:23.08	48.0%
39	6631	Laurie Anne Hohman (F40)	<b>10</b>	F40-44	3rd	3.1	15:19	16:18	+58	<b>31:37.06</b>		10:10.6	31.62	31:40.19	48.5%
40	6647	Tory Castillo (M38)	30	M35-39	5th	7.3	16:19	16:49	+30	<b>33:08.14</b>	ℓ	10:39.9	33.13	33:15.43	40.6%
41	6513	Madison Pepper (F10)	<b>11</b>	F10-14	1st	5.0				<b>34:55.26</b>	⌘	11:14.4	34.92	35:00.28	48.9%
42	7024	Carol Creech (F61)	<b>12</b>	F60-64	SR	2.8	18:32	19:05	+33	<b>37:37.00</b>		12:06.5	37.62	37:39.81	52.1%
43	7100	Christine Mayhan (F49)	<b>13</b>	F45-49	3rd	5.9	18:59	18:52	-7	<b>37:51.28</b>		12:11.1	37.85	37:57.18	44.1%
44	7047	Chiffon Okuda (F48)	<b>14</b>	F45-49	4th	6.0	19:01	19:08	+7	<b>38:08.48</b>		12:16.6	38.13	38:14.47	43.3%
45	6652	Kai Tindall (M7)	31	M01-09	1st	9.5	18:15	20:06	+111	<b>38:21.20</b>	⌘	12:20.7	38.35	38:30.67	46.4%
46	6648	Erika Tindall (F36)	<b>15</b>	F35-39	3rd	9.5	18:15	20:06	+111	<b>38:21.54</b>	⌘	12:20.8	38.35	38:31.06	39.1%
47	7149	Ruth Olinger (F69)	<b>16</b>	F65-69	1st	2.8	19:27	19:54	+27	<b>39:20.44</b>		12:39.8	39.33	39:23.26	56.4%
<b>26 Positive Split</b> <b>18 Negative Split</b> ✓ <b>5 Club PR's</b>											Average Finish Time: <b>26:49</b> <u>11 First Timers</u> Average Age Grade: <b>58.1%</b>				

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

▲ Positive Split  
△ Negative Split

Timing provided by:  
 **DeltaViewTiming.com**

## Sorted Age Grades

### 1M

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	9	Kim Andres	F58	7:20.60	75.5%	
2	1	Matt Shechtman	M27	5:03.81	73.3%	New
3	6	Julio Lopez	M56	6:31.35	68.3%	
4	2	Ryan Loehding	M39	5:43.34	68.1%	
5	3	Jarrold Davidson	M27	5:45.08	64.5%	
6	5	Ruben Saguil	M47	6:30.82	63.6%	
7	7	Gabriel Sapien	M52	6:46.97	63.6%	
8	14	Yanira Lopez	F49	7:54.66	62.2%	
9	11	John Nance	M63	7:40.22	61.8%	
10	8	Dennis Maietta	M51	7:05.99	60.2%	
11	12	Peter Chan	M58	7:44.57	58.5%	
12	4	Blake Bueltel	M25	6:26.71	57.6%	
13	16	Scott Mckissick	M63	8:13.84	57.6%	
14	13	Tytti Lauhava-kaariain	F35	7:48.66	54.6%	
15	17	Eeva Toiviainen	F39	8:26.99	51.9%	
16	10	Jeff Rutan	M40	7:34.07	51.9%	
17	20	Linda Chan	F51	9:48.00	51.5%	

### 5K

#	OA	Name	Gender-Age	Finish Time	AgeGrade	List*
1	2	Jeff Bennett	M44	18:21.50	76.6%	New
2	8	Laura Nelson	F46	21:07.05	76.4%	
3	1	Albert Marban	M18	18:16.12	73.0%	Move UP
4	9	Julio Lopez	M56	21:17.71	72.8%	Move UP
5	4	Reid Fady	M42	19:26.50	71.3%	New
6	3	Kris Nance	M35	19:09.06	68.8%	
7	5	Ryan Loehding	M39	19:49.67	68.3%	
8	10	Doug Waters	M47	21:18.85	67.6%	
9	17	Sari Turkulainen	F45	23:51.50	66.9%	New
10	11	Jeff Breese	M47	21:34.98	66.7%	
11	18	David Mask	M59	24:03.75	66.1%	
12	6	Marcus O'con	M41	20:49.20	66.1%	New
13	12	Dennis Maietta	M51	22:39.60	65.6%	
14	14	David Short	M51	22:46.49	65.3%	
15	26	Yanira Lopez	F49	26:47.77	62.4%	
16	30	Linda Chan	F51	27:34.08	62.2%	
17	7	Robert Swan	M27	21:00.75	61.4%	
18	20	Tytti Lauhava-kaariain	F35	24:34.50	60.9%	
19	28	Cyndy Hills	F47	27:00.85	60.4%	
20	23	Peter Chan	M58	26:08.86	60.3%	
21	13	Rishi Sirpal	M37	22:17.83	59.9%	
22	15	Robert Krenek	M43	23:27.18	59.5%	
23	33	Scott Mckissick	M63	27:48.69	59.2%	
24	24	Ruben Reyes	M55	26:17.30	58.5%	
25	25	Ed Ostrovich	M53	26:40.55	56.7%	
26	47	Ruth Olinger	F69	39:20.44	56.4%	
27	19	Sean Meehan	M40	24:34.56	55.5%	
28	31	Eeva Toiviainen	F39	27:44.46	54.9%	
29	16	Odie Kroog	M30	23:41.30	54.6%	
30	34	Suzanne Visanko	F42	28:49.03	54.0%	
31	21	Blake Bueltel	M25	24:25.76	52.8%	
32	22	Jeff Rutan	M40	25:55.60	52.6%	
33	35	Miguel Matos	M55	29:26.86	52.2%	
34	42	Carol Creech	F61	37:37.00	52.1%	
35	37	Rachel Meador	F43	30:10.34	52.0%	
36	27	Dierk Hohman	M42	26:51.36	51.6%	
37	32	Glenn Meador	M47	28:08.97	51.2%	

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