

## 5K MALE

22 Runners --- Average Time of **25:42**

		Name	City	(Age)	Split	Chip Time	Pace	Place in	
								OA	GD
OVERALL	1	<b>KRIS NANCE</b>	Plano	(34)	-19	<b>19:10.00</b> ⌘	6:10.1	1	1
MASTERS	1	<b>GABRIEL SAPIEN</b>	Carrollton	(50)	-13	<b>21:04.27</b> ⌘	6:46.9	5	4
SENIORS	1	<b>WALLY CAPPS</b>	Farmers Branch	(70)	-9	<b>23:30.92</b> ⌘ ☺	7:34.1	8	7
M25-29	1	<b>ABEL SALDANA</b>	Carrollton	(28)	+33	<b>20:33.42</b> ⌘	6:37.0	3	3
	2	<b>JOSHUA WILLIAMSON</b>	Carrollton	(26)	-9	<b>26:25.66</b>	8:30.4	20	16
	3	<b>TREY PRICE</b>	Coppell	(28)	+8	<b>35:05.79</b>	11:17.8	29	21
M30-34	1	<b>MIKE GILE</b>		(32)	+21	<b>24:56.34</b>	8:01.6	14	11
	2	<b>JASON TAYLOR</b>	Dallas	(32)		<b>28:30.98</b>	9:10.7	25	19
M35-39	1	<b>DOUG ELMORE</b>	Carrollton	(37)	-8	<b>19:22.00</b> ⌘	6:14.0	2	2
	2	<b>EMMETT RAHL</b>	Long Beach, CA	(39)	-11	<b>24:17.01</b> ⌘	7:49.0	12	9
	3	<b>NATHAN BRUSER</b>	Coppell	(39)		<b>25:09.71</b> ⌘	8:05.9	15	12
M45-49	1	<b>JEFF BREESE</b>	Frisco	(46)	-22	<b>21:21.78</b>	6:52.6	7	6
	2	<b>KENNY HALLMAN</b>		(49)	-5	<b>24:37.67</b> ⌘	7:55.6	13	10
	3	<b>JOHN SMITH</b>	Dallas	(45)	+45	<b>26:18.91</b>	8:28.2	19	15
	4	<b>DAN LEWIS</b>		(47)	+4	<b>26:51.21</b>	8:38.6	22	18
M50-54	1	<b>DENNIS MAIETTA</b>	Grapevine	(50)	-15	<b>21:12.95</b>	6:49.7	6	5
M55-59	1	<b>KEN ASHBY</b>	Dallas	(58)	-23	<b>26:30.39</b>	8:31.9	21	17
M60-64	1	<b>JOHN NANCE</b>	Rowlett	(62)	+6	<b>23:54.69</b>	7:41.8	9	8
	2	<b>GLENN DUMAS</b>	Farmers Branch	(61)	+4	<b>25:16.15</b>	8:08.0	17	14
	3	<b>SCOTT MCKISSICK</b>	Irving	(62)	-81	<b>25:28.29</b>	8:11.9	16	13
M70-74	1	<b>PATRICK GREENE</b>	Coppell	(74)	+22	<b>33:26.93</b>	10:46.0	28	20
M75-79	1	<b>ROBERT CUNNINGHAM</b>	Grand Prairie	(79)	+18	<b>42:10.86</b>	13:34.6	33	22

⌘ Ran Mile before 5K

☺ Broke Age-Group Record

GD Place among Females

▲ Positive Split

▼ Negative Split



Timing provided by:

# 5K FEMALE

11 Runners --- Average Time of **29:20**

	Name	City	(Age)	Split	Chip Time	Pace	OA	GD
OVERALL	1 <b>LAURA NELSON</b>	Grapevine	(45)		<b>20:54.26</b>	6:43.7	4	<b>1</b>
MASTERS	1 <b>FRANCES MCKISSICK</b>	Irving	(48)	-58	<b>24:03.18</b> ⌘	7:44.5	10	<b>2</b>
SENIORS	1 <b>KIM ANDRES</b>	Plano	(57)		<b>24:08.45</b>	7:46.2	11	<b>3</b>
F25-29	1 <b>DOROTHY WAN</b>	Richardson	(28)	+24	<b>35:24.22</b>	11:23.7	30	<b>9</b>
F30-34	1 <b>JENNIFER RICHARDS</b>	Carrollton	(30)	+35	<b>27:32.12</b>	8:51.8	23	<b>5</b>
F35-39	1 <b>JULIE ELMORE</b>	Carrollton	(37)	-32	<b>26:04.76</b> ⌘	8:23.7	18	<b>4</b>
F40-44	1 <b>THERESA DAWSON</b>	Grapevine	(42)	+74	<b>32:08.16</b>	10:20.6	27	<b>8</b>
F45-49	1 <b>YANIRA LOPEZ</b>	Farmers Branch	(48)	-17	<b>27:40.70</b> ⌘	8:54.5	24	<b>6</b>
F50-54	1 <b>KAREN HOFF</b>	Wentzville, MO	(50)	-2	<b>28:55.46</b>	9:18.6	26	<b>7</b>
F55-59	1 <b>CAROL CREECH</b>	Plano	(59)	+36	<b>37:28.33</b>	12:03.7	31	<b>10</b>
F65-69	1 <b>RUTH OLINGER</b>	The Colony	(68)	+36	<b>38:23.70</b> ☺	12:21.5	32	<b>11</b>

⌘ Ran Mile before 5K  
☺ Broke Age-Group Record

**GD** Place among Females

▲ Positive Split  
△ Negative Split

Timing provided by:  
 **DELTAVIEWTIMING.COM**

# 1M MALE

15 Runners --- Average Time of **7:52**

	Name	City	(Age)	Split	Chip Time	Pace	OA	GD	Place in
OVERALL	1	<b>NOE NUNEZ</b>		(22)	<b>4:46.02</b> ☺	4:46.0	1	1	
M01-09	1	<b>IVAN DELGADO</b>	Plano	(7)	<b>7:51.27</b> ☺	7:51.3	11	9	
	2	<b>CHRISTOPHER DELGADO</b>		(6)	<b>8:39.78</b>	8:39.8	15	12	
M25-29	1	<b>ABEL SALDANA</b>	Carrollton	(28)	<b>6:06.15</b>	6:06.2	3	3	
M30-34	1	<b>KRIS NANCE</b>	Plano	(34)	<b>5:38.72</b>	5:38.7	2	2	
	2	<b>PHANI JAMMALAMADAKA</b>		(30)	<b>11:37.28</b>	11:37.3	18	14	
	3	<b>JESUS FAZ</b>	mansfield	(31)	<b>12:48.47</b>	12:48.5	21	15	
M35-39	1	<b>NATHAN BRUSER</b>	Coppell	(39)	<b>7:05.96</b>	7:06.0	7	6	
	2	<b>EMMETT RAHL</b>	Long Beach, CA	(39)	<b>7:23.97</b>	7:24.0	8	7	
	3	<b>DOUG ELMORE</b>	Carrollton	(37)	<b>8:09.12</b>	8:09.1	14	11	
M40-44	1	<b>MICHAEL ANDERSON</b>	Dallas	(41)	<b>9:01.15</b>	9:01.2	16	13	
M45-49	1	<b>KENNY HALLMAN</b>		(49)	<b>7:00.94</b>	7:00.9	5	5	
M50-54	1	<b>GABRIEL SAPIEN</b>	Carrollton	(50)	<b>6:19.42</b>	6:19.4	4	4	
M55-59	1	<b>KEN ASHBY</b>	Dallas	(58)	<b>7:55.38</b>	7:55.4	12	10	
M70-74	1	<b>WALLY CAPPS</b>	Farmers Branch	(70)	<b>7:31.70</b> ☺	7:31.7	9	8	

# 1M FEMALE

7 Runners --- Average Time of **10:07**

	Name	City	(Age)	Split	Chip Time	Pace	OA	GD	Place in
OVERALL	1	<b>FRANCES MCKISSICK</b>	Irving	(48)	<b>7:05.78</b>	7:05.8	6	<b>1</b>	
F01-09	1	<b>REAGAN HAMILTON</b>	Carrollton	(8)	<b>12:39.22</b>	12:39.2	19	<b>5</b>	
F35-39	1	<b>JULIE ELMORE</b>	Carrollton	(37)	<b>8:08.89</b>	8:08.9	13	<b>3</b>	
	2	<b>ANGELA HAMILTON</b>	Carrollton	(38)	<b>12:40.08</b>	12:40.1	20	<b>6</b>	
F45-49	1	<b>YANIRA LOPEZ</b>	Farmers Branch	(48)	<b>9:22.00</b>	9:22.0	17	<b>4</b>	
F55-59	1	<b>KIM ANDRES</b>	Plano	(57)	<b>7:33.31</b>	7:33.3	10	<b>2</b>	
F60-64	1	<b>FRAN SOUT</b>		(60)	<b>13:22.97</b>	13:23.0	22	<b>7</b>	

⌘ Ran Mile before 5K

☺ Broke Age-Group Record

**GD** Place among Females

▲ Positive Split

△ Negative Split

Timing provided by:

 **DELTAVIEWTIMING.COM**

Dist	OA	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	Pace	5KEq	Clock Time
1M	1	6710 Noe Nunez (M22)	1	M20-24	OA	---				4:46.02 ☺	4:46.0	16.31	4:46.02
1M	2	6524 Kris Nance (M34)	2	M30-34	1st	---				5:38.72	5:38.7	19.27	5:38.72
1M	3	6711 Abel Saldana (M28)	3	M25-29	1st	---				6:06.15	6:06.2	20.87	6:06.15
1M	4	7015 Gabriel Sapien (M50)	4	M50-54	1st	---				6:19.42	6:19.4	21.61	6:19.42
1M	5	7231 Kenny Hallman (M49)	5	M45-49	1st	---				7:00.94	7:00.9	23.95	7:00.94
1M	6	324 Frances McKissick (F48)	1	F45-49	OA	---				7:05.78	7:05.8	24.23	7:05.78
1M	7	7097 Nathan Bruser (M39)	6	M35-39	2nd	---				7:05.96	7:06.0	24.23	7:05.96
1M	8	6705 Emmett Rahl (M39)	7	M35-39	3rd	---				7:23.97	7:24.0	25.26	7:23.97
1M	9	1916 Wally Capps (M70)	8	M70-74	1st	---				7:31.70 ☺	7:31.7	25.72	7:31.70
1M	10	1486 Kim Andres (F57)	2	F55-59	1st	---				7:33.31	7:33.3	25.83	7:33.31
1M	11	7201 Ivan Delgado (M7)	9	M01-09	1st	---				7:51.27 ☺	7:51.3	26.86	7:51.27
1M	12	005 Ken Ashby (M58)	10	M55-59	1st	---				7:55.38	7:55.4	27.08	7:55.38
1M	13	6670 Julie Elmore (F37)	3	F35-39	1st	---				8:08.89	8:08.9	27.83	8:08.89
1M	14	6669 Doug Elmore (M37)	11	M35-39	4th	---				8:09.12	8:09.1	27.88	8:09.12
1M	15	6713 Christopher Delgado (M6)	12	M01-09	2nd	---				8:39.78	8:39.8	29.59	8:39.78
1M	16	6684 Michael Anderson (M41)	13	M40-44	1st	---				9:01.15	9:01.2	30.85	9:01.15
1M	17	7198 Yanira Lopez (F48)	4	F45-49	1st	---				9:22.00	9:22.0	32.04	9:22.00
1M	18	6704 Phani Jammalamadaka (M3)	14	M30-34	2nd	---				11:37.28	11:37.3	39.74	11:37.28
1M	19	6675 Reagan Hamilton (F8)	5	F01-09	1st	---				12:39.22	12:39.2	43.28	12:39.22
1M	20	6674 Angela Hamilton (F38)	6	F35-39	2nd	---				12:40.08	12:40.1	43.33	12:40.08
1M	21	6703 Jesus Faz (M31)	15	M30-34	3rd	---				12:48.47	12:48.5	43.79	12:48.47
1M	22	6715 Fran Sout (F60)	7	F60-64	1st	---				13:22.97	13:23.0	45.73	13:22.97

Average Finish Time: **08:34**

Dist	OA	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	Pace	5KEq	Clock Time
5K	1	6524 Kris Nance (M34)	1	M30-34	OA	---	9:45	9:25	-19	19:10.00 ⚡	6:10.1	19.17	19:10.00
5K	2	6669 Doug Elmore (M37)	2	M35-39	1st	---	9:45	9:37	-8	19:22.00 ⚡	6:14.0	19.37	19:22.00
5K	3	6711 Abel Saldana (M28)	3	M25-29	1st	2.7	10:00	10:33	+33	20:33.42 ⚡	6:37.0	20.55	20:36.10
5K	4	6706 Laura Nelson (F45)	1	F45-49	OA	1.9				20:54.26	6:43.7	20.90	20:56.11
5K	5	7015 Gabriel Sapien (M50)	4	M50-54	MS	5.6	10:39	10:26	-13	21:04.27 ⚡	6:46.9	21.07	21:09.89
5K	6	6707 Dennis Maietta (M50)	5	M50-54	1st	2.3	10:44	10:29	-15	21:12.95	6:49.7	21.20	21:15.28
5K	7	1389 Jeff Breese (M46)	6	M45-49	1st	3.9	10:52	10:30	-22	21:21.78	6:52.6	21.35	21:25.66
5K	8	1916 Wally Capps (M70)	7	M70-74	SR	3.8	11:50	11:41	-9	23:30.92 ⚡☺	7:34.1	23.50	23:34.71
5K	9	144 John Nance (M62)	8	M60-64	1st	---	11:54	12:00	+6	23:54.69	7:41.8	23.90	23:54.69
5K	10	324 Frances McKissick (F48)	2	F45-49	MS	2.6	12:31	11:33	-58	24:03.18 ⚡	7:44.5	24.05	24:05.76
5K	11	7040 Kim Andres (F57)	3	F55-59	SR	2.3				24:08.45	7:46.2	24.13	24:10.77
5K	12	6705 Emmett Rahl (M39)	9	M35-39	2nd	7.3	12:14	12:03	-11	24:17.01 ⚡	7:49.0	24.28	24:24.28
5K	13	7231 Kenny Hallman (M49)	10	M45-49	2nd	4.7	12:21	12:16	-5	24:37.67 ⚡	7:55.6	24.62	24:42.33
5K	14	6636 Mike Gile (M32)	11	M30-34	1st	0.7	12:18	12:39	+21	24:56.34	8:01.6	24.93	24:57.02
5K	15	7097 Nathan Bruser (M39)	12	M35-39	3rd	13.6				25:09.71 ⚡	8:05.9	25.15	25:23.26
5K	16	323 Scott McKissick (M62)	13	M60-64	3rd	5.1	13:24	12:04	-81	25:28.29	8:11.9	25.47	25:33.39
5K	17	7014 Glenn Dumas (M61)	14	M60-64	2nd	30.3	12:36	12:40	+4	25:16.15	8:08.0	25.27	25:46.49
5K	18	6670 Julie Elmore (F37)	4	F35-39	1st	---	13:18	12:46	-32	26:04.76 ⚡	8:23.7	26.07	26:04.76
5K	19	6633 John Smith (M45)	15	M45-49	3rd	---	12:47	13:32	+45	26:18.91	8:28.2	26.30	26:18.91
5K	20	6695 Joshua Williamson (M26)	16	M25-29	2nd	---	13:17	13:08	-9	26:25.66	8:30.4	26.42	26:25.66
5K	21	8812 Ken Ashby (M58)	17	M55-59	1st	---	13:27	13:04	-23	26:30.39	8:31.9	26.50	26:30.39
5K	22	6714 Dan Lewis (M47)	18	M45-49	4th	---	13:24	13:28	+4	26:51.21	8:38.6	26.85	26:51.21
5K	23	8543 Jennifer Richards (F30)	5	F30-34	1st	---	13:28	14:04	+35	27:32.12	8:51.8	27.53	27:32.12
5K	24	7198 Yanira Lopez (F48)	6	F45-49	1st	7.2	13:59	13:42	-17	27:40.70 ⚡	8:54.5	27.67	27:47.88
5K	25	6680 Jason Taylor (M32)	19	M30-34	2nd	8.0				28:30.98	9:10.7	28.50	28:39.00
5K	26	6688 Karen Hoff (F50)	7	F50-54	1st	---	14:29	14:27	-2	28:55.46	9:18.6	28.92	28:55.46
5K	27	6683 Theresa Dawson (F42)	8	F40-44	1st	7.4	15:27	16:41	+74	32:08.16	10:20.6	32.13	32:15.59

⚡ Ran Mile before 5K  
☺ Broke Age-Group Record

GD Place among Females

▲ Positive Split  
△ Negative Split

Timing provided by:  
 DELTAVIEWTIMING.COM

5K	28	7067	Patrick Greene (M74)	20	M70-74	1st	---	16:33	16:54	+22	33:26.93	10:46.0	33.43	33:26.93	
5K	29	6578	Trey Price (M28)	21	M25-29	3rd	8.2	17:29	17:37	+8	35:05.79	11:17.8	35.08	35:13.97	
5K	30	6698	Dorothy Wan (F28)	9	F25-29	1st	9.0	17:30	17:54	+24	35:24.22	11:23.7	35.40	35:33.27	
5K	31	7024	Carol Creech (F59)	10	F55-59	2nd	6.5	18:26	19:02	+36	37:28.33	12:03.7	37.47	37:34.85	
5K	32	149	Ruth Olinger (F68)	11	F65-69	1st	3.4	18:54	19:30	+36	38:23.70	☺	12:21.5	38.38	38:27.07
5K	33	7030	Robert Cunningham (M79)	22	M75-79	1st	6.3	20:57	21:14	+18	42:10.86	13:34.6	42.17	42:17.12	
Average Finish Time:											<b>26:54</b>				