

Sunday, July 25, 2010

Carrollton Runners Club

Sunny 80F
Mile Off :7:33 am
5K Off :7:48 am

www.CarrolltonRunners.com

@McInnish Park, Carrollton TX

5K MALE

		Name	City	(Age)	Split	Chip Time	Pace	Place in	
								OA	GD
OVERALL	-	WESTYN ROSILES	Carrollton	(21)		16:15.16 ☺	5:13.9	1	1
MASTERS	-	GABRIEL SAPIEN	Carrollton	(50)	+29	21:48.31	7:01.1	7	7
SENIORS	-	JOHN NANCE	Rowlett	(62)		22:41.00	7:18.1	9	9
M10-14	1	CRISTIAN LARA	Dallas	(14)	+100	29:50.93	9:36.4	39	27
M15-19	1	COLT CARLTON		(16)	+31	18:02.65	5:48.5	2	2
	2	JOHN WHITFIELD		(17)	+35	20:30.86	6:36.2	5	5
	3	ALBERT MARBAN	Farmers Branch	(16)	+34	20:43.46	6:40.2	6	6
M25-29	1	JOSEPH GILBERT	Mckinney	(28)	-35	25:27.81	8:11.8	22	18
	2	ANTHONY VANDERFORD	Midlothian	(25)	+24	28:04.83	9:02.3	32	23
	3	JACK CANINE	Addison	(26)	+180	30:34.98	9:50.6	41	28
M30-34	1	CLINT DAVIDSON		(31)	+24	18:18.24	5:53.5	3	3
	2	MARC MCCAWE	Lewisville	(30)	+90	26:40.60	8:35.2	27	21
	3	MARVIN KEENAN		(34)		29:33.49	9:30.8	38	26
	4	ROY KEENAN		(34)	+208	30:55.49	9:57.2	42	29
M35-39	1	RYAN LOEHING	Carrollton	(38)	+45	19:24.56	6:14.8	4	4
	2	NATHAN BRUSER	Coppell	(39)		22:36.64	7:16.7	11	11
	3	SEAN MEEHAN		(39)		24:05.08	7:45.1	15	15
	4	ALEXANDRE COURTOIS	Carrollton	(35)	+11	25:08.83	8:05.6	19	17
M40-44	1	SHANE EDWARDS	Murphy	(41)	+49	23:20.38	7:30.7	13	13
	2	KEITH KUPIEC	Carrollton	(42)	+233	31:45.20	10:13.2	44	30
M45-49	1	JEFF BREESE	Frisco	(45)	+3	22:39.18	7:17.5	10	10
	2	RUSS HICKS		(47)	+110	34:35.45	11:08.0	50	34
M50-54	1	JULIO LOPEZ	Farmers Branch	(54)	+23	22:07.99	7:07.4	8	8
	2	PAUL GERBA		(54)	+52	27:51.88	8:58.1	30	22
	3	DENNIS CHUPP	Mckinney	(53)	+80	29:16.57	9:25.4	37	25
M55-59	1	KEN ASHBY	Dallas	(57)	-4	26:25.72	8:30.4	26	20
M60-64	1	ROBERT BENSON	Dallas	(60)	+27	23:02.48	7:25.0	12	12
	2	ROBERT SULLIVAN		(64)		24:39.50	7:56.2	17	16
	3	GLENN DUMAS	Farmers Branch	(60)	+69	25:50.05	8:18.9	24	19
	4	SCOTT MCKISSICK	Irving	(61)	-35	28:37.64	9:12.9	35	24
M65-69	1	BILL SHIRLEY	Dallas	(67)	-5	23:50.70	7:40.5	14	14
	2	JAMES GABHART	The Colony	(69)	+132	31:58.46	10:17.5	45	31
	3	GARY WELCH	Dallas	(66)	+89	32:47.14	10:33.2	46	32
M75-79	1	ROBERT CUNNINGHAM	Grand Prairie	(78)	+17	41:27.76	13:20.7	54	35
M80-99	1	RICHARD WIDENER		(80)		34:01.16	10:57.0	48	33

☼ Ran Mile before 5K

☼ Broke Age-Group Record

GD Place among Females

▲ Positive Split

▲ Negative Split

Timing provided by:



5K FEMALE

		Name	City	(Age)	Split	Chip Time	Pace	Place in	OA	GD
OVERALL	-	BAILEY MCCLURE	Argyle	(15)	+90	24:25.93	7:51.8	16		1
MASTERS	-	KIM ANDRES	Plano	(57)	+14	25:09.13	8:05.7	20		3
F01-09S	1	BLAKE BRUSER	Coppell	(1)	+4	22:36.37	7:16.6	11		1
F10-14	1	MARGARET STEIN	Argyle	(14)	+132	25:04.91	8:04.4	18		2
	2	ALLISON GANT		(14)	+135	27:15.96	8:46.6	28		7
	3	MIKAYLA MALDONADO		(13)	+231	29:17.81	9:25.8	36		12
	4	RACHAEL TOWNSEND	Argyle	(14)	+254	31:43.73	10:12.8	43		14
	5	MICAH HAYNES	Culvier City, Ca	(11)	+222	34:27.05	11:05.3	49		16
F20-24	1	KYNDAL PATTON-SCOGGINS	Lewisville	(24)	+50	25:38.27	8:15.1	23		5
	2	SHAY DIXON		(23)		32:46.63	10:33.0	47		15
	3	CLAIRE CHAMBERS		(23)		36:06.38	11:37.3	51		17
F25-29	1	EMILY OLSON	Roanoke	(27)		28:06.00	9:02.7	33		10
	2	CHELSEA HAMILTON		(28)	+45	36:46.34	11:50.2	52		18
	3	SERENITY ABELL	Lewisville	(27)	+175	39:35.97	12:44.8	53		19
F30-34	1	MARIELA NAUGHER		(34)	+52	27:51.99	8:58.2	31		9
	2	THERESA HAYNES	Culvier City	(34)	+83	28:36.20	9:12.4	34		11
F35-39	1	KATHI OLSON	The Colony	(37)		27:41.68	8:54.8	29		8
	2	EVELYN BRUSER	Coppell	(38)	+25	42:04.03	13:32.4	55		20
F45-49	1	FRANCES MCKISSICK	Irving	(48)	-22	25:11.37	8:06.5	21		4
	2	JUDY SCHIRATO	Dallas	(48)	+14	26:04.57	8:23.6	25		6
F50-54	1	MARGARET WILLIAMS		(51)	+20	30:11.35	9:43.0	40		13

⌘ Ran Mile before 5K

© Broke Age-Group Record

GD Place among Females

▲ Positive Split

△ Negative Split

Timing provided by:

 DELTAVIEWTIMING.COM

1M MALE

		Name	City	(Age)	Split	Chip Time	Pace	Place in	
								OA	GD
OVERALL	-	ALBERT MARBAN	Farmers Branch	(16)		5:29.96	5:30.0	1	1
M10-14	1	CRISTIAN LARA	Dallas	(14)		7:39.57	7:39.6	12	10
M35-39	1	RYAN LOEHING	Carrollton	(38)		5:43.50	5:43.5	2	2
M45-49	1	RUBEN SAGUIL	Farmers Branch	(45)		6:40.46	6:40.5	5	5
	2	JEFF BREESE	Frisco	(45)		6:47.71	6:47.7	7	7
M50-54	1	GABRIEL SAPIEN		N/a	(50)	5:59.59	6:00.4	3	3
	2	JULIO LOPEZ	Farmers Branch	(54)		6:34.10	6:34.1	4	4
M55-59	1	KEN ASHBY	Dallas	(57)		7:45.52	7:45.5	13	11
M60-64	1	ROBERT BENSON	Dallas	(60)		6:46.82	6:46.8	6	6
	2	SCOTT MCKISSICK	Irving	(61)		7:24.77	7:24.8	9	8
	3	GLENN DUMAS	Farmers Branch	(60)		7:36.08	7:36.1	11	9

1M FEMALE

		Name	City	(Age)	Split	Chip Time	Pace	Place in	
								OA	GD
OVERALL	-	KIM ANDRES	Plano	(57)		7:04.26	7:04.3	8	1
F10-14	1	KATHRYN HARRINGTON	Bartonville	(14)		8:42.55	8:42.6	14	3
	2	HANNAH BARKER	Argyle	(14)		8:59.74	9:00.3	15	4
F45-49	1	FRANCES MCKISSICK	Irving	(48)		7:25.21	7:25.2	10	2
F65-69	1	ALICE WELCH		(65)		12:31.27	12:31.3	16	5

Dist	OA	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	Pace	5KEq	Clock Time
1M	1	430 Albert Marban (M16)	1	M15-19	OA	---				5:29.96	5:30.0	18.76	5:29.96
1M	2	175 Ryan Loehding (M38)	2	M35-39	1st	---				5:43.50	5:43.5	19.56	5:43.50
1M	3	015 Gabriel Sapien (M50)	3	M50-54	1st	---				5:59.59	6:00.4	20.47	5:59.59
1M	4	193 Julio Lopez (M54)	4	M50-54	2nd	---				6:34.10	6:34.1	22.47	6:34.10
1M	5	203 Ruben Saguil (M45)	5	M45-49	1st	---				6:40.46	6:40.5	22.81	6:40.46
1M	6	118 Robert Benson (M60)	6	M60-64	1st	---				6:46.82	6:46.8	23.15	6:46.82
1M	7	216 Jeff Breese (M45)	7	M45-49	2nd	---				6:47.71	6:47.7	23.21	6:47.71
1M	8	040 Kim Andres (F57)	1	F55-59	OA	---				7:04.26	7:04.3	24.18	7:04.26
1M	9	248 Scott Mckissick (M61)	8	M60-64	2nd	---				7:24.77	7:24.8	25.32	7:24.77
1M	10	062 Frances Mckissick (F48)	2	F45-49	1st	---				7:25.21	7:25.2	25.37	7:25.21
1M	11	014 Glenn Dumas (M60)	9	M60-64	3rd	---				7:36.08	7:36.1	26.00	7:36.08
1M	12	353 Cristian Lara (M14)	10	M10-14	1st	---				7:39.57	7:39.6	26.17	7:39.57
1M	13	207 Ken Ashby (M57)	11	M55-59	1st	---				7:45.52	7:45.5	26.51	7:45.52
1M	14	487 Kathryn Harrington (F14)	3	F10-14	1st	---				8:42.55	8:42.6	29.76	8:42.55
1M	15	490 Hannah Barker (F14)	4	F10-14	2nd	---				8:59.74	9:00.3	30.73	8:59.74
1M	16	385 Alice Welch (F65)	5	F65-69	1st	---				12:31.27	12:31.3	42.82	12:31.27

Dist	OA	Bib Name	GD	AgeGrp	AG	Start	1stH	2ndH	Δ	FinishTime+	Pace	5KEq	Clock Time
5K	1	472 Westyn Rosiles (M21)	1	M20-24	OA	---				16:15.16 ☺	5:13.9	16.25	16:15.16
5K	2	500 Colt Carlton (M16)	2	M15-19	1st	---	8:46	9:17	+31	18:02.65	5:48.5	18.03	18:02.65
5K	3	502 Clint Davidson (M31)	3	M30-34	1st	---	8:57	9:21	+24	18:18.24	5:53.5	18.30	18:18.24
5K	4	175 Ryan Loehding (M38)	4	M35-39	1st	---	9:20	10:05	+45	19:24.56	6:14.8	19.40	19:24.56
5K	5	499 John Whitfield (M17)	5	M15-19	2nd	---	9:58	10:33	+35	20:30.86	6:36.2	20.50	20:30.86
5K	6	430 Albert Marban (M16)	6	M15-19	3rd	---	10:05	10:39	+34	20:43.46	6:40.2	20.72	20:43.46
5K	7	015 Gabriel Sapien (M50)	7	M50-54	MS	3.3	10:39	11:09	+29	21:48.31	7:01.1	21.80	21:51.61
5K	8	193 Julio Lopez (M54)	8	M50-54	1st	2.4	10:53	11:15	+23	22:07.99	7:07.4	22.12	22:10.43
5K	9	028 John Nance (M62)	9	M60-64	SR	---				22:41.00	7:18.1	22.68	22:41.00
5K	10	216 Jeff Breese (M45)	10	M45-49	1st	3.4	11:18	11:21	+3	22:39.18	7:17.5	22.65	22:42.60
5K	11	071 Nathan Bruser (M39)	11	M35-39	2nd	13.4				22:36.64	7:16.7	22.60	22:50.03
5K	11	316 Blake Bruser (F1)	1	F01-09St	1st	12.6	11:16	11:20	+4	22:36.37	7:16.6	22.60	22:49.00
5K	12	118 Robert Benson (M60)	12	M60-64	1st	1.6	11:18	11:45	+27	23:02.48	7:25.0	23.03	23:04.11
5K	13	361 Shane Edwards (M41)	13	M40-44	1st	2.2	11:16	12:05	+49	23:20.38	7:30.7	23.33	23:22.58
5K	14	384 Bill Shirley (M67)	14	M65-69	1st	0.1	11:58	11:53	-5	23:50.70	7:40.5	23.83	23:50.82
5K	15	039 Sean Meehan (M39)	15	M35-39	3rd	0.9				24:05.08	7:45.1	24.08	24:05.98
5K	16	478 Bailey McClure (F15)	1	F15-19	OA	---	11:28	12:58	+90	24:25.93	7:51.8	24.42	24:25.93
5K	17	495 Robert Sullivan (M64)	16	M60-64	2nd	---				24:39.50	7:56.2	24.65	24:39.50
5K	18	489 Margaret Stein (F14)	2	F10-14	1st	---	11:27	13:38	+132	25:04.91	8:04.4	25.07	25:04.91
5K	19	477 Alexandre Courtois (M35)	17	M35-39	4th	---	12:29	12:40	+11	25:08.83	8:05.6	25.13	25:08.83
5K	20	040 Kim Andres (F57)	3	F55-59	MS	2.8	12:28	12:42	+14	25:09.13	8:05.7	25.15	25:11.88
5K	21	062 Frances Mckissick (F48)	4	F45-49	1st	3.1	12:47	12:25	-22	25:11.37	8:06.5	25.18	25:14.50
5K	22	422 Joseph Gilbert (M28)	18	M25-29	1st	5.2	13:01	12:27	-35	25:27.81	8:11.8	25.45	25:32.97
5K	23	465 Kyndal Patton-scoggins (F24)	5	F20-24	1st	---	12:24	13:14	+50	25:38.27	8:15.1	25.63	25:38.27
5K	24	014 Glenn Dumas (M60)	19	M60-64	3rd	8.0	12:21	13:29	+69	25:50.05	8:18.9	25.83	25:58.06
5K	25	130 Judy Schirato (F48)	6	F45-49	2nd	4.8	12:56	13:09	+14	26:04.57	8:23.6	26.07	26:09.40
5K	26	207 Ken Ashby (M57)	20	M55-59	1st	2.0	13:15	13:11	-4	26:25.72	8:30.4	26.42	26:27.71
5K	27	481 Marc Mccaw (M30)	21	M30-34	2nd	6.4	12:35	14:05	+90	26:40.60	8:35.2	26.67	26:47.01
5K	28	491 Allison Gant (F14)	7	F10-14	2nd	---	12:30	14:46	+135	27:15.96	8:46.6	27.25	27:15.96
5K	29	450 Kathi Olson (F37)	8	F35-39	1st	---				27:41.68	8:54.8	27.68	27:41.68
5K	30	505 Paul Gerba (M54)	22	M50-54	2nd	---	13:30	14:22	+52	27:51.88	8:58.1	27.85	27:51.88
5K	31	510 Mariela Naugher (F34)	9	F30-34	1st	---	13:30	14:22	+52	27:51.99	8:58.2	27.85	27:51.99
5K	32	486 Anthony Vanderford (M25)	23	M25-29	2nd	---	13:50	14:15	+24	28:04.83	9:02.3	28.07	28:04.83
5K	33	453 Emily Olson (F27)	10	F25-29	1st	---				28:06.00	9:02.7	28.10	28:06.00

☞ Ran Mile before 5K

☺ Broke Age-Group Record

GD Place among Females

▲ Positive Split

△ Negative Split

Timing provided by:



5K	34	484	Theresa Haynes (F34)	11	F30-34	2nd	4.6	13:37	15:00	+83	28:36.20	9:12.4	28.60	28:40.80
5K	35	248	Scott Mckissick (M61)	24	M60-64	4th	11.1	14:36	14:01	-35	28:37.64	9:12.9	28.62	28:48.72
5K	36	511	Mikayla Maldonado (F13)	12	F10-14	3rd	---	12:43	16:35	+231	29:17.81	9:25.8	29.28	29:17.81
5K	37	106	Dennis Chupp (M53)	25	M50-54	3rd	1.2	13:58	15:18	+80	29:16.57	9:25.4	29.27	29:17.81
5K	38	508	Marvin Keenan (M34)	26	M30-34	3rd	5.6				29:33.49	9:30.8	29.55	29:39.10
5K	39	353	Cristian Lara (M14)	27	M10-14	1st	---	14:05	15:46	+100	29:50.93	9:36.4	29.83	29:50.93
5K	40	436	Margaret Williams (F51)	13	F50-54	1st	4.5	14:56	15:15	+20	30:11.35	9:43.0	30.18	30:15.84
5K	41	485	Jack Canine (M26)	28	M25-29	3rd	3.9	13:48	16:47	+180	30:34.98	9:50.6	30.57	30:38.85
5K	42	509	Roy Keenan (M34)	29	M30-34	4th	5.9	13:44	17:12	+208	30:55.49	9:57.2	30.92	31:01.37
5K	43	474	Rachael Townsend (F14)	14	F10-14	4th	---	13:45	17:59	+254	31:43.73	10:12.8	31.72	31:43.73
5K	44	147	Keith Kupiec (M42)	30	M40-44	2nd	---	13:56	17:49	+233	31:45.20	10:13.2	31.75	31:45.20
5K	45	002	James Gabhart (M69)	31	M65-69	2nd	---	14:53	17:05	+132	31:58.46	10:17.5	31.97	31:58.46
5K	46	046	Gary Welch (M66)	32	M65-69	3rd	6.5	15:39	17:08	+89	32:47.14	10:33.2	32.78	32:53.67
5K	47	496	Shay Dixon (F23)	15	F20-24	2nd	8.7				32:46.63	10:33.0	32.77	32:55.34
5K	48	512	Richard Widener (M80)	33	M80-99	1st	2.3				34:01.16	10:57.0	34.02	34:03.46
5K	49	482	Micah Haynes (F11)	16	F10-14	5th	3.8	15:23	19:04	+222	34:27.05	11:05.3	34.45	34:30.86
5K	50	503	Russ Hicks (M47)	34	M45-49	2nd	6.6	16:23	18:13	+110	34:35.45	11:08.0	34.58	34:42.07
5K	51	497	Claire Chambers (F23)	17	F20-24	3rd	8.5				36:06.38	11:37.3	36.10	36:14.90
5K	52	358	Chelsea Hamilton (F28)	18	F25-29	2nd	---	18:01	18:46	+45	36:46.34	11:50.2	36.77	36:46.34
5K	53	479	Serenity Abell (F27)	19	F25-29	3rd	5.3	18:21	21:15	+175	39:35.97	12:44.8	39.58	39:41.24
5K	54	030	Robert Cunningham (M78)	35	M75-79	1st	7.5	20:35	20:53	+17	41:27.76	13:20.7	41.45	41:35.23
5K	55	315	Evelyn Bruser (F38)	20	F35-39	2nd	13.3	20:50	21:14	+25	42:04.03	13:32.4	42.07	42:17.31