

# 2009 Umstead 50/100 Mile Endurance Run --04/04/2009

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Abate, Robert (FL) 41	Time of Day	0:07:26	0:08:42	0:10:08	0:11:33	0:13:12	0:14:52	0:16:49	0:18:29	0:20:47	0:22:43	1:01:07	1:03:25				
	Time Cum	01:26	02:42	04:08	05:33	07:12	08:52	10:49	12:29	14:47	16:43	19:07	21:25				
	Time Delta	01:26	01:16	01:25	01:25	01:38	01:40	01:56	01:40	02:17	01:56	02:23	02:18				
Age 43	Pace Cum	12:33	13:02	12:49	13:19	13:34	14:11	14:38	14:59	15:36	16:03	16:32	17:08				
Group M40-49	Pace Delta	12:33	13:37	12:25	15:04	14:26	17:42	17:04	17:46	20:05	20:37	20:57	24:30				
Overall-Group	Position	169-61	181-61	161-59	173-61	169-61	185-64	184-63	190-64	158-52	158-52	137-41	142-42				
Adair, Tom (GA) 101	Time of Day	0:07:46	0:09:04	0:10:37	0:12:13	0:14:21	0:16:16	0:18:17	0:20:04								
	Time Cum	01:46	03:04	04:37	06:13	08:21	10:16	12:17	14:04								
	Time Delta	01:46	01:18	01:32	01:36	02:07	01:55	02:00	01:47								
Age 67	Pace Cum	15:28	14:45	14:19	14:56	15:44	16:27	16:37	16:54								
Group M60-69	Pace Delta	15:28	13:52	13:31	17:03	18:39	20:31	17:32	19:04								
Overall-Group	Position	241-26	227-21	219-20	222-20	228-24	232-25	223-25	226-25								
Adams, Diane (VA) 42	Time of Day	0:07:18	0:08:30	0:09:57	0:11:13	0:12:49	0:14:03	0:15:42	0:16:58	0:18:46	0:20:11	0:22:23	1:00:12	1:02:31	1:04:18	1:07:06	1:09:17:54
	Time Cum	01:18	02:30	03:57	05:13	06:49	08:03	09:42	10:58	12:46	14:11	16:23	18:12	20:31	22:18	25:06	27:17:54
	Time Delta	01:18	01:12	01:26	01:16	01:35	01:14	01:38	01:16	01:47	01:25	02:11	01:49	02:18	01:47	02:47	02:11:54
Age 46	Pace Cum	11:23	12:02	12:15	12:33	12:50	12:54	13:07	13:11	13:28	13:38	14:10	14:34	15:02	15:18	15:58	16:23
Group F40-49	Pace Delta	11:23	12:50	12:38	13:34	13:55	13:16	14:19	13:35	15:39	15:11	19:10	19:22	20:14	19:03	24:26	23:21
Overall-Group	Position	98-12	129-14	135-16	138-14	137-15	134-15	128-15	117-14	104-15	101-15	90-15	95-16	90-15	89-15	90-14	100-17
Allen, Maurice (NC) 45	Time of Day	0:07:13	0:08:16	0:09:28	0:10:39	0:12:11	0:13:31	0:15:48	0:17:20								
	Time Cum	01:13	02:16	03:28	04:39	06:11	07:31	09:48	11:20								
	Time Delta	01:13	01:03	01:11	01:11	01:31	01:20	02:16	01:32								
Age 40	Pace Cum	10:39	10:54	10:45	11:12	11:39	12:03	13:15	13:36								
Group M40-49	Pace Delta	10:39	11:12	10:29	12:44	13:18	14:18	19:53	16:21								
Overall-Group	Position	56-23	65-25	54-24	70-25	81-29	93-31	132-51	138-50								
Andrews, Douglas (NC) 47	Time of Day	0:07:13	0:08:16	0:09:33	0:10:38	0:12:01	0:13:22	0:15:28	0:16:56								
	Time Cum	01:13	02:16	03:33	04:38	06:01	07:22	09:28	10:56								
	Time Delta	01:13	01:03	01:16	01:05	01:22	01:21	02:05	01:28								
Age 35	Pace Cum	10:39	10:55	11:00	11:08	11:20	11:48	12:48	13:08								
Group M30-39	Pace Delta	10:39	11:13	11:11	11:35	12:04	14:25	18:19	15:40								
Overall-Group	Position	56-11	66-13	69-15	65-14	60-14	73-16	114-20	115-22								
Andrish, Sue Ellen (OH) 48	Time of Day	0:07:25	0:08:43	0:10:22	0:11:53	0:13:39	0:15:10	0:17:08	0:18:55	0:21:30	0:23:51						
	Time Cum	01:25	02:43	04:22	05:53	07:39	09:10	11:08	12:55	15:30	17:51						
	Time Delta	01:25	01:18	01:38	01:31	01:45	01:31	01:57	01:47	02:34	02:21						
Age 65	Pace Cum	12:25	13:05	13:32	14:08	14:25	14:40	15:04	15:31	16:22	17:08						
Group F60-69	Pace Delta	12:25	13:55	14:22	16:10	15:26	16:07	17:13	19:01	22:33	24:58						
Overall-Group	Position	158-2	182-1	193-2	198-2	195-3	198-3	197-3	202-2	172-3	171-3						
Apple, Rob (TN) 49	Time of Day	0:07:43	0:09:16	0:11:01	0:12:35	0:14:23	0:15:53	0:17:47	0:19:19	0:21:24	0:23:16	1:01:26	1:03:04	1:05:06	1:06:50	1:09:05	1:10:59:07
	Time Cum	01:43	03:16	05:01	06:35	08:23	09:53	11:47	13:19	15:24	17:16	19:26	21:04	23:06	24:50	27:05	28:59:07
	Time Delta	01:43	01:33	01:44	01:34	01:47	01:30	01:53	01:32	02:04	01:52	02:09	01:38	02:01	01:44	02:14	01:54:07
Age 47	Pace Cum	15:02	15:43	15:33	15:49	15:48	15:49	15:56	16:00	16:15	16:35	16:49	16:52	16:56	17:02	17:13	17:23
Group M40-49	Pace Delta	15:02	16:32	15:16	16:42	15:43	15:56	16:38	16:25	18:08	19:53	18:56	17:29	17:42	18:35	19:34	20:12
Overall-Group	Position	232-70	240-71	237-71	238-71	229-69	225-68	213-68	211-66	167-54	164-54	140-42	137-41	127-41	127-40	123-39	125-39

# 2009 Umstead 50/100 Mile Endurance Run --04/04/2009

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Arbona, Serge (MD)	Time of Day	0:06:53	0:07:41	0:08:37	0:09:25	0:10:24	0:11:15	0:12:26	0:13:32	0:14:46	0:15:47	0:17:17	0:18:34	0:20:20	0:21:46	0:23:13	1:00:24:17
1	Time Cum	00:53	01:41	02:37	03:25	04:24	05:15	06:26	07:32	08:46	09:47	11:17	12:34	14:20	15:46	17:13	18:24:17
	Time Delta	00:53	00:48	00:55	00:48	00:58	00:51	01:10	01:06	01:13	01:01	01:29	01:17	01:45	01:26	01:26	01:11:17
Age 44	Pace Cum	07:44	08:05	08:07	08:13	08:17	08:25	08:42	09:03	09:15	09:24	09:46	10:04	10:30	10:49	10:57	11:03
Group M40-49	Pace Delta	07:44	08:31	08:09	08:32	08:35	09:06	10:18	11:42	10:47	10:50	13:06	13:43	15:24	15:14	12:41	12:37
Overall-Group	Position	3-1	5-2	4-2	3-1	3-1	3-1	5-2	6-2	5-2	5-2	5-2	6-2	8-4	10-5	10-5	10-5
Arnold, Lisa (NC)	Time of Day	0:07:18	0:08:21	0:09:36	0:10:41	0:12:04	0:13:15	0:14:45	0:16:00	0:17:49	0:19:08	0:20:59	0:22:27	1:00:15	1:01:47	1:03:45	1:05:17:03
13	Time Cum	01:18	02:21	03:36	04:41	06:04	07:15	08:45	10:00	11:49	13:08	14:59	16:27	18:15	19:47	21:45	23:17:03
	Time Delta	01:18	01:03	01:14	01:05	01:22	01:11	01:29	01:15	01:48	01:19	01:50	01:28	01:47	01:32	01:57	01:32:03
Age 39	Pace Cum	11:23	11:17	11:10	11:15	11:26	11:36	11:50	12:01	12:28	12:37	12:58	13:10	13:23	13:34	13:50	13:58
Group F30-39	Pace Delta	11:23	11:10	10:56	11:34	12:04	12:36	13:06	13:24	15:48	14:07	16:05	15:41	15:41	16:17	17:13	16:18
Overall-Group	Position	98-5	81-5	73-5	72-5	67-5	62-5	61-5	63-5	66-5	64-5	57-5	57-4	54-5	54-5	56-5	56-5
Ballard, Jimmy (NC)	Time of Day	0:07:34	0:08:50	0:10:22	0:11:39	0:13:27	0:14:48	0:16:24	0:17:52	0:20:00	0:21:36						
50	Time Cum	01:34	02:50	04:22	05:39	07:27	08:48	10:24	11:52	14:00	15:36						
	Time Delta	01:34	01:16	01:31	01:17	01:47	01:21	01:35	01:28	02:07	01:36						
Age 45	Pace Cum	13:43	13:40	13:32	13:35	14:02	14:06	14:04	14:15	14:47	14:59						
Group M40-49	Pace Delta	13:43	13:35	13:19	13:43	15:42	14:29	13:54	15:37	18:39	17:07						
Overall-Group	Position	215-68	206-66	193-64	185-64	191-65	181-62	162-56	161-57	134-46	134-46						
Banas, Vladimir (NC)	Time of Day	0:06:51	0:07:34	0:08:25	0:09:08	0:10:00	0:10:44	0:11:38	0:12:25								
8	Time Cum	00:51	01:34	02:25	03:08	04:00	04:44	05:38	06:25								
	Time Delta	00:51	00:43	00:50	00:43	00:51	00:44	00:53	00:47								
Age 39	Pace Cum	07:27	07:35	07:30	07:33	07:32	07:35	07:37	07:43								
Group M30-39	Pace Delta	07:27	07:46	07:19	07:47	07:27	07:53	07:49	08:25								
Overall-Group	Position	2-2	2-2	2-2	2-2	2-2	2-2	2-2	2-2								
Banks, Darryl (NC)	Time of Day	0:07:18	0:08:23	0:09:41	0:10:51	0:12:19	0:13:31	0:15:08	0:16:31	0:18:29	0:20:15	0:22:14	0:23:48	1:02:18	1:03:58	1:06:30	1:08:16:04
51	Time Cum	01:18	02:23	03:41	04:51	06:19	07:31	09:08	10:31	12:29	14:15	16:14	17:48	20:18	21:58	24:30	26:16:04
	Time Delta	01:18	01:05	01:17	01:10	01:27	01:12	01:36	01:23	01:57	01:46	01:58	01:34	02:29	01:40	02:31	01:46:04
Age 42	Pace Cum	11:23	11:30	11:25	11:39	11:54	12:02	12:21	12:38	13:11	13:42	14:03	14:15	14:53	15:04	15:35	15:46
Group M40-49	Pace Delta	11:23	11:38	11:17	12:26	12:48	12:48	14:07	14:48	17:08	18:54	17:15	16:45	21:48	17:51	22:04	18:46
Overall-Group	Position	98-35	95-30	88-31	93-32	97-35	91-31	83-30	90-31	91-34	104-39	88-30	87-28	87-31	84-29	85-30	85-30
Barker, Al (GA)	Time of Day	0:07:24	0:08:33	0:09:56	0:11:09	0:12:34	0:13:52	0:15:28	0:17:05	0:19:08	0:21:00	0:23:20	1:01:21				
52	Time Cum	01:24	02:33	03:56	05:09	06:34	07:52	09:28	11:05	13:08	15:00	17:20	19:21				
	Time Delta	01:24	01:09	01:22	01:13	01:24	01:18	01:35	01:37	02:02	01:52	02:19	02:01				
Age 63	Pace Cum	12:16	12:15	12:12	12:24	12:22	12:36	12:48	13:19	13:52	14:25	15:00	15:29				
Group M60-69	Pace Delta	12:16	12:15	12:06	13:05	12:16	13:53	13:57	17:18	17:51	19:58	20:19	21:33				
Overall-Group	Position	150-5	136-5	134-5	131-5	123-5	120-5	114-5	124-5	113-4	117-4	105-4	112-6				
Barrett, Chris (NC)	Time of Day	0:07:28	0:08:46	0:10:36	0:12:10	0:14:28	0:16:07										
53	Time Cum	01:28	02:46	04:36	06:10	08:28	10:07										
	Time Delta	01:28	01:18	01:49	01:34	02:17	01:39										
Age 42	Pace Cum	12:51	13:21	14:16	14:50	15:57	16:12										
Group M40-49	Pace Delta	12:51	13:57	15:56	16:47	20:01	17:36										
Overall-Group	Position	178-63	191-64	215-67	219-68	232-70	231-69										

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## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
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Bartocci, Frank (MN) 54 Age 61 Group M60-69 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:29 01:29 01:29 13:00 13:00 187-11	0:08:50 02:50 01:21 13:40 14:30 207-15	0:10:28 04:28 01:37 13:51 14:10 203-16	0:11:54 05:54 01:26 14:11 15:21 202-17	0:13:43 07:43 01:48 14:32 15:49 203-18	0:15:23 09:23 01:40 15:02 17:52 206-19	0:17:17 11:17 01:53 15:16 16:31 201-19	0:18:58 12:58 01:41 15:34 17:59 204-20	0:21:13 15:13 02:14 16:04 19:37 161-14	0:22:57 16:57 01:44 16:17 18:27 161-15						
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Bates, Wayne (NY) 55 Age 50 Group M50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:18 01:18 01:18 11:23 11:23 98-18	0:08:21 02:21 01:03 11:18 11:12 85-15	0:09:37 03:37 01:15 11:13 11:03 77-15	0:10:42 04:42 01:05 11:18 11:34 74-14	0:12:11 06:11 01:28 11:39 12:56 81-17	0:13:20 07:20 01:09 11:45 12:21 72-15	0:14:48 08:48 01:27 11:54 12:44 64-14	0:16:08 10:08 01:20 12:10 14:18 71-15	0:17:44 11:44 01:35 12:23 13:57 60-13	0:19:02 13:02 01:18 12:32 15:30 60-13	0:20:49 14:49 01:46 12:49 15:30 51-12	0:22:13 16:13 01:24 12:59 14:55 51-11	1:00:03 18:03 01:49 13:14 16:01 49-11	1:01:42 19:42 01:39 13:31 17:38 53-11	1:03:43 21:43 02:00 13:49 17:35 54-11	1:05:12:49 23:12:49 01:29:49 13:56 15:54 55-12
<hr/>																	
Beligne, Admas (NY) 56 Age 56 Group F50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:26 01:26 01:26 12:33 12:33 169-8	0:08:41 02:41 01:15 12:57 13:25 174-8	0:10:11 04:11 01:29 12:58 13:01 167-8	0:11:32 05:32 01:21 13:17 14:20 171-8	0:13:09 07:09 01:37 13:28 14:10 165-9	0:14:34 08:34 01:25 13:43 15:04 162-9	0:16:13 10:13 01:38 13:49 14:26 150-7	0:17:46 11:46 01:33 14:08 16:35 154-7	0:19:41 13:41 01:54 14:26 16:42 127-7	0:21:20 15:20 01:39 14:44 17:39 128-7	0:23:33 17:33 02:12 15:11 19:19 113-6	1:01:30 19:30 01:57 15:37 20:50 119-6	1:04:45 22:45 03:14 16:41 28:21 121-7	1:06:44 24:44 01:59 16:58 21:08 125-8	1:09:00 27:00 02:15 17:10 19:48 121-8	1:10:47:45 28:47:45 01:47:45 17:17 19:04 122-8
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Boardman, Susan (FL) 58 Age 55 Group F50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:44 01:44 01:44 15:11 15:11 236-16	0:09:11 03:11 01:27 15:20 15:32 235-16	0:11:01 05:01 01:49 15:33 15:57 237-16	0:12:33 06:33 01:32 15:44 16:21 236-16	0:14:24 08:24 01:50 15:49 16:09 230-16	0:16:02 10:02 01:38 16:04 17:28 230-15	0:18:08 12:08 02:05 16:25 18:17 221-14	0:19:56 13:56 01:48 16:44 19:17 225-15								
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Bradley, jerry (VA) 61 Age 57 Group M50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:21 01:21 01:21 11:49 11:49 131-20	0:08:34 02:34 01:13 12:24 13:05 148-24	0:10:12 04:12 01:37 13:01 14:10 176-29	0:11:35 05:35 01:23 13:25 14:47 180-28	0:13:19 07:19 01:43 13:47 15:06 178-30	0:14:48 08:48 01:29 14:05 15:48 179-30	0:16:48 10:48 01:59 14:37 17:28 182-31	0:18:26 12:26 01:38 14:56 17:24 186-32	0:20:23 14:23 01:56 15:11 19:19 145-25	0:22:12 16:12 01:49 15:33 19:19 149-28	1:00:41 18:41 02:28 16:10 21:44 132-21	1:02:28 20:28 01:47 16:23 19:05 133-21	1:04:55 22:55 02:26 16:48 21:20 123-18	1:06:51 24:51 01:56 17:03 20:39 128-19	1:09:16 27:16 02:24 17:20 21:04 125-18	1:11:20:15 29:20:15 02:04:15 17:36 21:59 128-19
<hr/>																	
Brault, David (MD) 62 Age 57 Group M50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:05 01:05 01:05 09:29 09:29 19-1	0:08:02 02:02 00:57 09:47 10:08 21-1	0:09:09 03:09 01:06 09:46 09:44 22-1	0:10:07 04:07 00:58 09:54 10:22 20-1	0:11:23 05:23 01:15 10:08 11:01 22-1	0:12:31 06:31 01:08 10:26 12:03 23-1	0:14:00 08:00 01:28 10:49 12:59 32-4	0:15:21 09:21 01:21 11:14 14:27 36-6	0:16:58 10:58 01:36 11:34 14:04 33-6	0:18:20 12:20 01:22 11:51 14:37 33-6	0:20:02 14:02 01:41 12:08 15:27 34-6	0:21:29 15:29 01:27 12:23 17:02 36-6	0:23:26 17:26 01:56 13:05 17:02 40-8	1:01:04 19:04 01:38 13:05 17:30 42-8	1:03:13 21:13 02:08 13:30 18:43 47-9	1:04:54:14 22:54:14 01:41:14 13:45 17:55 50-10
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Brewington, David L (MD) 60 Age 60 Group M60-69 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:45 01:45 01:45 15:20 15:20 239-25	0:09:16 03:16 01:31 15:45 16:16 242-26	0:11:25 05:25 02:08 16:48 18:42 245-27	0:13:12 07:12 01:47 17:17 18:59 245-27												

# 2009 Umstead 50/100 Mile Endurance Run --04/04/2009

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Brown, Will (NC) 16 Age 62 Group M60-69 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:39 01:39 01:39 14:27 14:27 225-21	0:09:09 03:09 01:30 15:12 16:05 231-23	0:10:52 04:52 01:42 15:05 14:54 230-23	0:12:21 06:21 01:29 15:15 15:49 229-23	0:14:14 08:14 01:52 15:31 16:27 221-22	0:15:48 09:48 01:34 15:42 16:48 219-23	0:17:44 11:44 01:55 15:52 16:48 212-22	0:19:23 13:23 01:39 16:04 17:35 214-21								
Bundek, Amanda (DE) 63 Age 30 Group F30-39 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:56 01:56 01:56 16:56 16:56 245-11	0:09:34 03:34 01:38 17:08 17:23 245-11	0:11:20 05:20 01:45 16:32 15:27 243-11	0:13:01 07:01 01:41 16:52 17:59 244-11	0:15:12 09:12 02:10 17:20 19:02 240-11	0:17:17 11:17 02:05 18:03 22:08 241-11	0:19:45 13:45 02:27 18:36 21:36 235-11	0:21:58 15:58 02:13 19:10 23:38 237-11								
Burford, Janice (VA) 64 Age 46 Group F40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:18 01:18 01:18 11:23 11:23 98-12	0:08:30 02:30 01:12 12:02 12:49 127-14	0:10:07 04:07 01:36 12:46 14:06 156-20	0:12:32 06:32 02:25 15:41 25:40 235-29	0:17:20 11:20 04:47 21:21 42:02 245-29	0:19:31 13:31 02:11 21:38 23:15 246-30	0:23:49 17:49 04:17 24:06 37:37 239-29	1:02:57 20:57 03:08 25:09 33:24 241-29								
Burns, William F (NC) 65 Age 39 Group M30-39 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:10 01:10 01:10 10:13 10:13 32-8	0:08:10 02:10 01:00 10:26 10:42 35-8	0:09:23 03:23 01:12 10:29 10:36 40-9	0:10:24 04:24 01:01 10:34 10:52 32-8	0:11:35 05:35 01:10 10:31 10:19 30-6	0:12:37 06:37 01:02 10:36 11:04 28-5	0:13:50 07:50 01:12 10:36 10:34 22-5	0:14:51 08:51 01:01 10:38 10:54 19-5	0:16:11 10:11 01:19 10:45 11:35 15-4	0:17:15 11:15 01:04 10:48 11:20 15-4	0:18:29 12:29 01:13 10:48 11:09 14-3	0:19:32 13:32 01:03 10:50 11:09 12-4	0:20:52 14:52 01:19 10:54 11:40 11-3	0:22:00 16:00 01:08 10:59 12:05 11-3	0:23:27 17:27 01:26 11:06 12:39 11-3	1:00:34:52 18:34:52 01:07:52 11:09 12:01 11-3
Butler, Jeffrey (NY) 66 Age 49 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:20 01:20 01:20 11:41 11:41 115-40	0:08:33 02:33 01:13 12:17 13:00 139-52	0:10:05 04:05 01:31 12:40 13:22 149-56	0:11:21 05:21 01:16 12:52 13:32 146-55	0:13:07 07:07 01:45 13:24 15:24 160-59	0:14:41 08:41 01:34 13:54 16:41 171-59	0:16:38 10:38 01:56 14:23 17:02 173-60	0:18:09 12:09 01:31 14:35 16:12 175-59	0:20:35 14:35 02:25 15:23 21:14 150-50	0:22:14 16:14 01:39 15:35 17:36 151-51	1:00:25 18:25 02:10 15:56 19:04 126-37	1:02:33 20:33 02:08 16:27 22:42 136-40	1:04:52 22:52 02:18 16:46 20:15 122-39	1:06:40 24:40 02:48 16:55 19:15 121-38	1:09:00 27:00 02:19 17:10 20:19 121-38	1:10:50:38 28:50:38 01:50:38 17:18 19:35 124-38
Byrom, Roger (NY) 67 Age 51 Group M50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:26 01:26 01:26 12:33 12:33 169-30	0:08:41 02:41 01:15 12:55 13:22 173-31	0:10:12 04:12 01:30 13:01 13:13 176-29	0:11:31 05:31 01:19 13:16 14:07 170-27	0:13:12 07:12 01:40 13:34 14:38 169-26	0:14:37 08:37 01:25 13:47 15:05 165-25	0:16:39 10:39 02:01 14:24 17:47 176-29	0:18:07 12:07 01:28 14:33 15:43 170-26	0:20:29 14:29 02:21 15:17 20:37 149-28	0:22:07 16:07 01:38 15:29 17:25 145-26	1:00:36 18:36 02:28 16:06 21:42 131-20	1:03:07 21:07 02:28 16:54 26:52 139-22				
Calabria, Robert D (NC) 17 Age 68 Group M60-69 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:32 01:32 01:32 13:26 13:26 206-15	0:08:51 02:51 01:19 13:42 14:02 209-17	0:10:23 04:23 01:31 13:36 13:23 197-14	0:11:45 05:45 01:22 13:48 14:33 192-15	0:13:22 07:22 01:36 13:53 14:08 182-13	0:14:51 08:51 01:29 14:10 15:48 184-14	0:16:36 10:36 01:44 14:20 15:17 170-12	0:18:12 12:12 01:36 14:39 17:09 178-14								

# 2009 Umstead 50/100 Mile Endurance Run --04/04/2009

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<i>Carroll, Patricia (HI)</i>	Time of Day	0:07:31	0:08:49	0:10:30	0:11:54	0:13:39	0:15:09	0:16:55	0:18:26	0:20:35	0:22:18	1:00:41	1:02:31	1:04:55	1:06:43	1:08:48	1:10:30:54
68	Time Cum	01:31	02:49	04:30	05:54	07:39	09:09	10:55	12:26	14:35	16:18	18:41	20:31	22:55	24:43	26:48	28:30:54
Age 59	Time Delta	01:31	01:18	01:40	01:24	01:44	01:30	01:45	01:31	02:08	01:43	02:22	01:50	02:23	01:48	02:04	01:42:54
Group F50-59	Pace Cum	13:17	13:33	13:57	14:11	14:25	14:39	14:46	14:56	15:23	15:39	16:10	16:25	16:48	16:57	17:03	17:07
Overall-Group	Pace Delta	13:17	13:53	14:41	15:00	15:13	15:57	15:27	16:15	18:43	18:17	20:50	19:36	20:55	19:11	18:11	18:13
	Position	197-11	200-11	206-11	203-10	195-10	197-10	186-10	187-10	150-10	154-9	132-8	134-8	123-8	123-7	118-7	115-6
<i>Cawthon, Garret (KY)</i>	Time of Day	0:07:11	0:08:11	0:09:23	0:10:28	0:11:55	0:13:13	0:14:55	0:16:18	0:18:09	0:19:32	0:21:19	0:22:49	1:00:36	1:02:07	1:03:58	1:05:20:57
70	Time Cum	01:11	02:11	03:23	04:28	05:55	07:13	08:55	10:18	12:09	13:32	15:19	16:49	18:36	20:07	21:58	23:20:57
Age 47	Time Delta	01:11	01:00	01:11	01:05	01:26	01:18	01:41	01:23	01:50	01:23	01:46	01:30	01:46	01:31	01:50	01:22:57
Group M40-49	Pace Cum	10:22	10:31	10:29	10:44	11:09	11:34	12:04	12:22	12:49	13:00	13:15	13:27	13:38	13:48	13:58	14:01
Overall-Group	Pace Delta	10:22	10:43	10:26	11:35	12:38	13:59	14:45	14:47	16:07	14:44	15:35	15:59	15:35	16:12	16:07	14:41
	Position	37-16	45-19	40-20	48-20	52-22	59-22	71-26	80-28	72-25	73-25	61-20	68-22	63-22	62-22	61-21	59-19
<i>Cellino, Richard (GA)</i>	Time of Day	0:07:15	0:08:20	0:09:37	0:10:43	0:12:08	0:13:18	0:14:45	0:16:02	0:17:29	0:18:40	0:20:05	0:21:14	0:22:40	0:23:50	1:01:16	1:02:20:35
71	Time Cum	01:15	02:20	03:37	04:43	06:08	07:18	08:45	10:02	11:29	12:40	14:05	15:14	16:40	17:50	19:16	20:20:35
Age 37	Time Delta	01:15	01:05	01:16	01:06	01:24	01:10	01:26	01:17	01:26	01:11	01:24	01:09	01:25	01:10	01:25	01:04:35
Group M30-39	Pace Cum	10:57	11:13	11:13	11:20	11:33	11:42	11:50	12:03	12:07	12:10	12:11	12:12	12:13	12:14	12:15	12:12
Overall-Group	Pace Delta	10:57	11:32	11:13	11:42	12:23	12:32	12:35	13:43	12:37	12:41	12:18	12:22	12:26	12:33	12:25	11:26
	Position	80-20	75-18	77-18	78-18	73-17	69-14	61-12	65-15	51-12	46-11	36-8	32-8	31-8	26-7	22-6	19-5
<i>Chancey, Michael (AL)</i>	Time of Day	0:07:15	0:08:20	0:09:36	0:10:38	0:11:57	0:13:00	0:14:24	0:15:31	0:16:57	0:18:06	0:19:32	0:20:41	0:22:04	0:23:15	1:00:39	1:01:51:10
72	Time Cum	01:15	02:20	03:36	04:38	05:57	07:00	08:24	09:31	10:57	12:06	13:32	14:41	16:04	17:15	18:39	19:51:10
Age 36	Time Delta	01:15	01:05	01:16	01:02	01:18	01:03	01:23	01:07	01:25	01:09	01:25	01:09	01:22	01:11	01:23	01:12:10
Group M30-39	Pace Cum	10:57	11:12	11:10	11:08	11:13	11:13	11:22	11:26	11:33	11:37	11:43	11:45	11:47	11:50	11:52	11:55
Overall-Group	Pace Delta	10:57	11:30	11:06	11:00	11:30	11:13	12:13	11:58	12:28	12:18	12:29	12:16	12:05	12:41	12:10	12:46
	Position	80-20	74-18	73-17	64-14	56-13	50-12	47-10	44-9	32-7	31-7	27-6	23-5	20-5	19-5	17-4	17-4
<i>Chow, Jenny (NJ)</i>	Time of Day	0:07:11	0:08:09	0:09:18	0:10:17	0:11:30	0:12:34	0:13:52	0:15:02	0:16:17	0:17:24	0:18:55	0:20:00	0:21:27	0:22:36	0:23:55	1:01:03:33
73	Time Cum	01:11	02:09	03:18	04:17	05:30	06:34	07:52	09:02	10:17	11:24	12:55	14:00	15:27	16:36	17:55	19:03:33
Age 45	Time Delta	01:11	00:58	01:08	00:59	01:12	01:04	01:17	01:10	01:14	01:07	01:30	01:05	01:26	01:09	01:18	01:08:33
Group F40-49	Pace Cum	10:22	10:20	10:14	10:18	10:22	10:32	10:39	10:51	10:51	10:57	11:11	11:12	11:20	11:23	11:24	11:26
Overall-Group	Pace Delta	10:22	10:17	10:03	10:34	10:34	11:27	11:17	12:27	10:54	11:58	13:12	11:34	12:39	12:20	11:26	12:08
	Position	37-3	29-3	26-3	27-3	26-3	25-3	24-3	23-3	16-2	17-2	17-2	17-2	17-2	15-2	15-2	14-2
<i>Clark, Brian R (NC)</i>	Time of Day	0:07:21	0:08:29	0:09:54	0:11:22	0:13:15	0:14:51	0:16:45	0:18:22	0:20:27	0:22:10	1:00:26	1:02:14				
74	Time Cum	01:21	02:29	03:54	05:22	07:15	08:51	10:45	12:22	14:27	16:10	18:26	20:14				
Age 55	Time Delta	01:21	01:08	01:24	01:28	01:52	01:36	01:53	01:37	02:04	01:43	02:15	01:48				
Group M50-59	Pace Cum	11:49	11:56	12:06	12:54	13:39	14:10	14:33	14:51	15:15	15:32	15:57	16:11				
Overall-Group	Pace Delta	11:49	12:04	12:23	15:38	16:27	17:00	16:38	17:17	18:09	18:23	19:44	19:07				
	Position	131-20	125-21	128-21	149-25	172-27	183-31	179-30	183-30	148-27	146-27	127-19	128-19				
<i>Clausen, Chris D (NY)</i>	Time of Day	0:07:23	0:08:33	0:10:05	0:11:21	0:13:07	0:14:41	0:16:38	0:18:09								
75	Time Cum	01:23	02:33	04:05	05:21	07:07	08:41	10:38	12:09								
Age 50	Time Delta	01:23	01:10	01:31	01:16	01:45	01:34	01:56	01:31								
Group M50-59	Pace Cum	12:07	12:16	12:40	12:52	13:24	13:54	14:23	14:35								
Overall-Group	Pace Delta	12:07	12:28	13:22	13:32	15:24	16:41	17:02	16:07								
	Position	145-24	137-22	149-24	144-23	160-25	169-27	173-28	172-27								

# 2009 Umstead 50/100 Mile Endurance Run --04/04/2009

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Cobbs, John (AL) 77 Age 47 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:02 01:02 01:02 09:03 09:03 11-5	0:07:54 01:54 00:52 09:08 09:14 10-5	0:08:56 02:56 01:01 09:06 09:02 11-5	0:09:47 03:47 00:51 09:06 09:07 11-5	0:10:50 04:50 01:02 09:06 09:07 10-4	0:11:47 05:47 00:57 09:15 10:06 9-3	0:12:52 06:52 01:04 09:17 09:29 8-3	0:13:54 07:54 01:02 09:29 11:02 9-3	0:15:11 09:11 01:16 09:42 11:12 8-3	0:16:19 10:19 01:08 09:55 12:10 8-3	0:17:42 11:42 01:22 10:07 12:00 7-4	0:18:52 12:52 01:10 10:18 12:30 8-4	0:20:22 14:22 01:29 10:32 13:03 9-5	0:21:29 15:29 01:07 10:37 11:56 8-4	0:22:55 16:55 01:25 10:45 12:29 7-3	1:00:15:34 18:15:34 01:20:34 10:57 14:16 7-3
Coll, William {Sal} (TN) 79 Age 48 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:06:58 00:58 00:58 08:28 08:28 7-3	0:07:48 01:48 00:50 08:42 09:00 7-3	0:08:46 02:46 00:57 08:35 08:21 7-3	0:09:40 03:40 01:10 08:49 09:38 8-3	0:10:51 04:51 01:10 09:08 10:18 12-5	0:12:01 06:01 01:10 09:39 12:29 14-7	0:13:26 07:26 01:24 10:03 12:53 16-8	0:14:38 08:38 01:12 10:23 18:26 17-8	0:16:45 12:01 02:06 11:21 11:33 27-12	0:18:01 12:01 01:16 12:00 13:33 29-13	0:19:52 13:52 01:50 12:25 16:07 32-13	0:21:30 15:30 01:38 12:58 17:29 37-13	0:23:41 17:41 02:10 13:16 19:01 45-15	1:01:20 19:20 01:39 13:16 17:37 46-15	1:03:16 21:16 01:55 13:31 16:51 48-14	1:04:47:07 22:47:07 01:31:07 13:40 16:08 47-14
Collins, David (ONT) 80 Age 56 Group M50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:13 01:13 01:13 10:39 10:39 56-11	0:08:15 02:15 01:02 10:49 11:00 59-11	0:09:29 03:29 01:13 10:48 10:47 58-10	0:10:37 04:37 01:08 11:06 12:10 60-11	0:12:02 06:02 01:24 11:22 12:18 62-11	0:13:13 07:13 01:11 11:33 12:36 57-11	0:14:40 08:40 01:26 11:43 12:40 53-10	0:15:53 09:53 01:13 11:52 12:56 53-9	0:17:37 11:37 01:43 12:16 15:10 54-11	0:18:58 12:58 01:21 12:28 14:29 57-11	0:20:47 14:47 01:48 12:47 15:47 50-11	0:22:18 16:18 01:31 13:03 16:13 54-13	1:00:21 18:21 02:02 13:27 17:52 57-12	1:02:02 20:02 01:41 13:45 17:59 60-12	1:03:48 21:48 01:45 13:52 15:23 57-13	1:05:17:27 23:17:27 01:29:27 13:58 15:50 57-13
Cooper, Robert (MS) 81 Age 39 Group M30-39 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:14 01:14 01:14 10:48 10:48 66-14	0:08:26 02:26 01:12 11:42 12:48 107-23	0:09:54 03:54 01:27 12:06 12:48 128-26	0:11:13 05:13 01:19 12:34 14:09 140-27	0:12:43 06:43 01:29 12:39 13:00 135-27	0:14:14 08:14 01:31 13:11 16:09 139-29	0:15:53 09:53 01:38 13:22 14:25 140-27	0:17:21 11:21 01:28 13:37 15:36 139-28	0:19:23 13:23 02:01 14:07 17:48 118-22	0:20:59 14:59 01:36 14:24 17:09 116-22	0:23:17 17:17 02:17 14:57 20:01 103-22	1:00:56 18:56 01:39 15:09 17:33 102-21	1:02:58 20:58 02:01 15:22 17:48 96-18	1:04:48 22:48 01:50 15:38 20:04 95-17	1:07:06 25:06 02:17 15:58 20:09 90-15	1:08:59:50 26:59:50 01:53:50 16:12 20:09 92-15
Cotuna, Theo (NC) 82 Age 45 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:22 01:22 01:22 11:58 11:58 136-51	0:08:30 02:30 01:08 12:04 12:11 131-49	0:09:54 03:54 01:23 12:06 12:08 128-51	0:11:05 05:05 01:11 12:14 11:52 125-50	0:12:27 06:27 01:21 12:09 13:39 106-40	0:13:44 07:44 01:17 12:23 12:33 108-41	0:15:10 09:10 01:25 12:24 15:13 91-34	0:16:35 10:35 01:25 12:43 14:10 97-36	0:18:13 12:13 01:37 12:54 14:51 74-26	0:19:36 13:36 01:23 13:04 14:51 76-27	0:21:21 15:21 01:44 13:17 15:12 63-22	0:22:46 16:46 01:25 13:25 15:04 65-20	1:00:25 18:25 01:38 13:30 14:26 60-20	1:01:50 19:50 01:25 13:36 16:02 55-18	1:03:40 21:40 01:49 13:47 15:54 53-17	1:05:09:51 23:09:51 01:29:51 13:54 15:54 54-17
Cowan, Robert (CA) 12 Age 48 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:02 01:02 01:02 09:03 09:03 11-5	0:07:54 01:54 00:52 09:09 09:16 13-5	0:08:58 02:58 01:03 09:12 09:17 13-6	0:09:58 03:58 01:00 09:33 10:45 18-10	0:11:06 05:06 01:07 09:36 09:49 17-9	0:12:13 06:13 01:07 09:57 11:55 18-9	0:13:26 07:26 01:12 10:03 10:37 16-8	0:14:26 08:26 01:00 10:07 10:39 15-7	0:15:47 09:47 01:20 10:20 11:48 14-7	0:16:59 10:59 01:12 10:33 12:46 14-7	0:18:28 12:28 01:28 10:47 12:58 13-7	0:19:34 13:34 01:06 10:52 11:47 13-6	0:21:03 15:03 01:28 11:02 12:54 13-6	0:22:17 16:17 01:14 11:10 13:13 12-6	0:23:54 17:54 01:36 11:23 14:04 14-6	1:01:13:58 19:13:58 01:19:58 11:32 14:09 15-6
Cox, Lee (NC) 18 Age 48 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:28 01:28 01:28 12:51 12:51 178-63	0:08:39 02:39 01:11 12:46 12:40 169-59	0:10:11 04:11 01:31 12:58 13:21 167-60	0:11:24 05:24 01:13 13:00 13:04 156-57	0:12:57 06:57 01:32 13:06 13:27 145-54	0:14:18 08:18 01:21 13:17 14:23 143-52	0:16:06 10:06 01:47 13:40 15:43 144-52	0:17:35 11:35 01:29 13:55 15:51 148-52	0:19:38 13:38 02:02 14:23 17:53 123-42	0:21:17 15:17 01:39 14:41 17:39 125-43						

# 2009 Umstead 50/100 Mile Endurance Run --04/04/2009

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<i>Danahy, Stephanie (VA)</i>	Time of Day	0:07:18	0:08:30	0:09:49	0:10:55	0:12:17	0:13:30	0:15:09	0:16:28	0:18:10	0:19:31	0:21:23	0:23:08	1:01:11	1:02:56	1:05:11	1:06:57:05
86	Time Cum	01:18	02:30	03:49	04:55	06:17	07:30	09:09	10:28	12:10	13:31	15:23	17:08	19:11	20:56	23:11	24:57:05
Age 52	Time Delta	01:18	01:12	01:18	01:06	01:21	01:13	01:38	01:19	01:41	01:21	01:51	01:45	02:02	01:45	02:14	01:46:05
Group F50-59	Pace Cum	11:23	12:02	11:50	11:48	11:50	12:01	12:23	12:34	12:50	12:59	13:19	13:43	14:04	14:21	14:45	14:58
Overall-Group	Pace Delta	11:23	12:49	11:28	11:42	11:58	12:59	14:24	14:06	14:47	14:27	16:15	18:38	17:55	18:36	19:42	18:47
	Position	98-4	126-4	115-4	94-4	93-4	86-4	89-4	85-4	73-4	71-3	64-2	73-2	71-2	73-2	73-2	73-2
<i>Danielson, Jeff (PA)</i>	Time of Day	0:07:13	0:08:11	0:09:24	0:10:25	0:11:41	0:12:46	0:14:07	0:15:17	0:16:47	0:18:01	0:19:39	0:20:59	0:23:19	1:01:05	1:03:18	1:04:53:57
87	Time Cum	01:13	02:11	03:24	04:25	05:41	06:46	08:07	09:17	10:47	12:01	13:39	14:59	17:19	19:05	21:18	22:53:57
Age 51	Time Delta	01:13	00:58	01:12	01:01	01:15	01:05	01:20	01:10	01:29	01:14	01:37	01:20	02:19	01:46	02:12	01:35:57
Group M50-59	Pace Cum	10:39	10:33	10:33	10:38	10:42	10:50	10:59	11:09	11:23	11:33	11:49	12:00	12:42	13:05	13:33	13:44
Overall-Group	Pace Delta	10:39	10:25	10:32	10:55	11:00	11:35	11:46	12:30	13:02	13:12	14:13	14:18	20:19	18:47	19:24	16:59
	Position	56-11	47-6	47-7	40-5	39-6	35-6	35-6	32-4	29-5	30-5	28-5	30-5	37-6	43-9	51-10	49-9
<i>Daughtry, Debbie (VA)</i>	Time of Day	0:07:16	0:08:21	0:09:38	0:10:48	0:12:14	0:13:26	0:14:56	0:16:12	0:17:50	0:19:15	0:21:25	0:23:08	1:01:12	1:02:56	1:05:11	1:06:57:14
88	Time Cum	01:16	02:21	03:38	04:48	06:14	07:26	08:56	10:12	11:50	13:15	15:25	17:08	19:12	20:56	23:11	24:57:14
Age 51	Time Delta	01:16	01:05	01:16	01:10	01:25	01:12	01:29	01:16	01:37	01:25	02:09	01:43	02:03	01:44	02:14	01:46:14
Group F50-59	Pace Cum	11:06	11:17	11:16	11:32	11:45	11:55	12:05	12:15	12:29	12:44	13:20	13:43	14:04	14:21	14:45	14:58
Overall-Group	Pace Delta	11:06	11:31	11:14	12:28	12:30	12:52	13:02	13:32	14:15	15:12	18:51	18:18	18:03	18:25	19:42	18:48
	Position	90-3	81-1	82-1	83-1	84-2	81-2	72-1	72-1	68-2	66-2	66-3	74-2	72-3	74-2	73-2	74-3
<i>Davis, III, Frederick F (OH)</i>	Time of Day	0:07:41	0:09:08	0:10:51	0:12:18	0:14:06	0:15:31	0:17:16	0:18:43	0:20:35	0:22:14	1:00:08	1:01:43	1:03:36	1:05:11	1:06:54	1:08:07:42
89	Time Cum	01:41	03:08	04:51	06:18	08:06	09:31	11:16	12:43	14:35	16:14	18:08	19:43	21:36	23:11	24:54	26:07:42
Age 61	Time Delta	01:41	01:27	01:42	01:27	01:47	01:25	01:44	01:27	01:51	01:39	01:53	01:35	01:52	01:35	01:42	01:13:42
Group M60-69	Pace Cum	14:45	15:07	15:02	15:10	15:16	15:15	15:15	15:16	15:23	15:36	15:41	15:47	15:50	15:54	15:50	15:41
Overall-Group	Pace Delta	14:45	15:34	14:54	15:34	15:38	15:12	15:12	15:24	16:21	17:37	16:34	16:58	16:22	16:57	14:56	13:03
	Position	227-22	229-22	229-22	226-21	214-20	209-20	200-18	198-18	150-10	152-11	121-11	122-11	106-7	101-5	89-5	81-4
<i>Davis, Winston (GA)</i>	Time of Day	0:07:42	0:09:12	0:11:00	0:12:40	0:14:50	0:16:44	0:19:02	0:21:10								
103	Time Cum	01:42	03:12	05:00	06:40	08:50	10:44	13:02	15:10								
Age 58	Time Delta	01:42	01:30	01:47	01:40	02:09	01:54	02:17	02:08								
Group M50-59	Pace Cum	14:53	15:25	15:30	16:02	16:38	17:11	17:38	18:13								
Overall-Group	Pace Delta	14:53	16:04	15:40	17:49	18:53	20:13	20:07	22:45								
	Position	229-39	236-40	236-39	239-39	236-40	237-40	230-40	233-40								
<i>De Freitas, Michael (BRA)</i>	Time of Day	0:07:25	0:08:37	0:10:05	0:11:21	0:12:59	0:14:21	0:16:09	0:18:02								
91	Time Cum	01:25	02:37	04:05	05:21	06:59	08:21	10:09	12:02								
Age 50	Time Delta	01:25	01:12	01:27	01:16	01:37	01:22	01:47	01:53								
Group M50-59	Pace Cum	12:25	12:34	12:40	12:52	13:09	13:22	13:44	14:27								
Overall-Group	Pace Delta	12:25	12:46	12:49	13:35	14:12	14:33	15:44	20:03								
	Position	158-29	157-26	149-24	147-23	147-23	144-23	146-23	168-25								
<i>Dean, Wayne (VA)</i>	Time of Day	0:07:20	0:08:25	0:09:43	0:10:56	0:12:24	0:13:42	0:15:20	0:16:37	0:18:15	0:19:40	0:21:29	0:23:16				
90	Time Cum	01:20	02:25	03:43	04:56	06:24	07:42	09:20	10:37	12:15	13:40	15:29	17:16				
Age 39	Time Delta	01:20	01:05	01:17	01:13	01:27	01:18	01:37	01:17	01:37	01:25	01:48	01:47				
Group M30-39	Pace Cum	11:41	11:40	11:31	11:52	12:03	12:19	12:38	12:45	12:56	13:08	13:24	13:49				
Overall-Group	Pace Delta	11:41	11:38	11:17	13:01	12:46	13:48	14:18	13:46	14:11	15:12	15:47	19:02				
	Position	115-25	104-21	94-20	105-20	102-20	105-21	99-16	100-18	79-16	80-16	68-14	76-16				

# 2009 Umstead 50/100 Mile Endurance Run --04/04/2009

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
DePaul, Andre' (NC) 20	Time of Day	0:07:32	0:08:52	0:10:32	0:12:01	0:13:48	0:15:36	0:17:48	0:19:54								
	Time Cum	01:32	02:52	04:32	06:01	07:48	09:36	11:48	13:54								
	Time Delta	01:32	01:20	01:39	01:29	01:46	01:48	02:11	02:06								
Age 31	Pace Cum	13:26	13:47	14:03	14:27	14:42	15:22	15:58	16:42								
Group M30-39	Pace Delta	13:26	14:12	14:34	15:46	15:36	19:11	19:13	22:26								
Overall-Group	Position	206-33	211-33	207-32	212-33	207-33	211-33	217-31	223-33								
Dickey, Lee (MA) 92	Time of Day	0:07:11	0:08:13	0:09:31	0:10:37	0:12:02	0:13:14	0:14:49	0:16:05	0:17:46	0:19:29						
	Time Cum	01:11	02:13	03:31	04:37	06:02	07:14	08:49	10:05	11:46	13:29						
	Time Delta	01:11	01:02	01:17	01:06	01:24	01:12	01:34	01:16	01:40	01:43						
Age 55	Pace Cum	10:22	10:41	10:54	11:05	11:22	11:34	11:56	12:07	12:25	12:57						
Group M50-59	Pace Delta	10:22	11:05	11:18	11:42	12:24	12:45	13:52	13:35	14:38	18:20						
Overall-Group	Position	37-6	57-8	65-12	59-11	62-11	60-12	67-15	68-12	62-15	70-16						
Donley, Sarah (SC) 93	Time of Day	0:07:10	0:08:08	0:09:13	0:10:11	0:11:22	0:12:22	0:13:34	0:14:39								
	Time Cum	01:10	02:08	03:13	04:11	05:22	06:22	07:34	08:39								
	Time Delta	01:10	00:58	01:04	00:58	01:10	01:00	01:11	01:05								
Age 43	Pace Cum	10:13	10:15	09:58	10:04	10:07	10:12	10:14	10:23								
Group F40-49	Pace Delta	10:13	10:16	09:29	10:25	10:14	10:45	10:24	11:31								
Overall-Group	Position	32-2	25-2	24-2	23-2	21-2	20-2	19-2	18-2								
Donnelly, Susan (TN) 94	Time of Day	0:07:42	0:09:16	0:11:01	0:12:35	0:14:25	0:15:52	0:17:47	0:19:19	0:21:24	0:23:16	1:01:26	1:03:04	1:05:06	1:06:54	1:09:05	1:10:59:07
	Time Cum	01:42	03:16	05:01	06:35	08:25	09:52	11:47	13:19	15:24	17:16	19:26	21:04	23:06	24:54	27:05	28:59:07
	Time Delta	01:42	01:34	01:44	01:34	01:49	01:27	01:54	01:32	02:04	01:52	02:09	01:38	02:01	01:48	02:11	01:54:07
Age 46	Pace Cum	14:53	15:43	15:33	15:49	15:51	15:49	15:56	16:00	16:15	16:35	16:49	16:52	16:56	17:04	17:13	17:23
Group F40-49	Pace Delta	14:53	16:42	15:16	16:42	16:01	15:34	16:39	16:25	18:08	19:53	18:56	17:29	17:42	19:07	19:07	20:12
Overall-Group	Position	229-30	240-30	237-30	237-30	231-27	223-28	213-27	211-27	167-24	164-23	140-23	137-23	127-22	129-23	123-23	125-23
Donovan, Francis L (PA) 14	Time of Day	0:07:11	0:08:11	0:09:23	0:10:25	0:11:37	0:12:41	0:13:59	0:15:06	0:16:34	0:17:47	0:19:22	0:20:39	0:22:21	0:23:44	1:01:39	1:03:18:18
	Time Cum	01:11	02:11	03:23	04:25	05:37	06:41	07:59	09:06	10:34	11:47	13:22	14:39	16:21	17:44	19:39	21:18:18
	Time Delta	01:11	01:00	01:11	01:02	01:11	01:04	01:17	01:07	01:27	01:13	01:34	01:17	01:41	01:23	01:54	01:39:18
Age 42	Pace Cum	10:22	10:30	10:29	10:38	10:35	10:42	10:48	10:55	11:09	11:20	11:34	11:43	11:59	12:10	12:30	12:47
Group M40-49	Pace Delta	10:22	10:40	10:28	11:06	10:25	11:21	11:22	11:53	12:50	13:04	13:45	13:41	14:51	14:52	16:39	17:35
Overall-Group	Position	37-16	40-19	40-20	41-16	34-16	30-15	30-15	25-13	22-11	21-10	21-11	22-9	23-10	24-11	25-10	28-10
Duett, Mack D (NY) 95	Time of Day	0:07:11	0:08:10	0:09:21	0:10:21	0:11:36	0:12:43	0:13:58	0:15:07	0:16:36	0:17:51	0:19:24	0:20:52	0:22:35	1:00:03	1:02:01	1:03:30:10
	Time Cum	01:11	02:10	03:21	04:21	05:36	06:43	07:58	09:07	10:36	11:51	13:24	14:52	16:35	18:03	20:01	21:30:10
	Time Delta	01:11	00:59	01:10	01:00	01:14	01:07	01:14	01:09	01:28	01:15	01:32	01:28	01:42	01:28	01:57	01:29:10
Age 53	Pace Cum	10:22	10:26	10:23	10:29	10:33	10:45	10:47	10:57	11:11	11:23	11:36	11:54	12:09	12:23	12:44	12:54
Group M50-59	Pace Delta	10:22	10:31	10:18	10:47	10:49	11:54	10:55	12:21	12:53	13:19	13:33	15:42	14:56	15:41	17:08	15:47
Overall-Group	Position	37-6	36-4	30-2	30-2	31-3	33-4	27-1	27-1	23-3	23-3	23-3	28-4	29-4	29-4	30-4	30-4
Dummar, Fred (NC) 21	Time of Day	0:07:22	0:08:34	0:09:49	0:10:57	0:12:14	0:13:25	0:14:48	0:15:59	0:17:21	0:18:31	0:19:50	0:21:03	0:22:29	0:23:43	1:01:09	1:02:24:44
	Time Cum	01:22	02:34	03:49	04:57	06:14	07:25	08:48	09:59	11:21	12:31	13:50	15:03	16:29	17:43	19:09	20:24:44
	Time Delta	01:22	01:12	01:14	01:08	01:16	01:11	01:22	01:11	01:21	01:10	01:18	01:13	01:25	01:14	01:25	01:15:44
Age 40	Pace Cum	11:58	12:23	11:50	11:53	11:45	11:53	11:54	12:00	11:59	12:01	11:58	12:02	12:05	12:09	12:11	12:15
Group M40-49	Pace Delta	11:58	12:53	10:50	12:05	11:12	12:42	12:00	12:42	11:51	12:25	11:31	12:56	12:32	13:09	12:31	13:24
Overall-Group	Position	136-51	146-53	115-44	109-40	84-30	80-27	64-23	61-23	46-18	41-15	30-12	31-12	26-11	23-10	21-8	20-8

# 2009 Umstead 50/100 Mile Endurance Run --04/04/2009

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Durr, Stephen (VA) 98	Time of Day	0:07:56	0:09:37	0:11:30	0:13:30	0:15:46	0:17:48	0:20:17	0:22:31								
	Time Cum	01:56	03:37	05:30	07:30	09:46	11:48	14:17	16:31								
	Time Delta	01:56	01:41	01:52	02:00	02:15	02:02	02:28	02:14								
Age 42	Pace Cum	16:56	17:23	17:03	18:02	18:24	18:54	19:19	19:50								
Group M40-49	Pace Delta	16:56	17:56	16:27	21:22	19:45	21:43	21:39	23:47								
Overall-Group	Position	245-72	246-72	246-72	246-72	241-72	243-71	236-70	238-70								
Echols, Nathan (NJ) 99	Time of Day	0:07:11	0:08:09	0:09:18	0:10:17	0:11:30	0:12:34	0:13:52	0:15:02	0:16:18	0:17:25						
	Time Cum	01:11	02:09	03:18	04:17	05:30	06:34	07:52	09:02	10:18	11:25						
	Time Delta	01:11	00:58	01:08	00:59	01:12	01:04	01:17	01:10	01:15	01:07						
Age 42	Pace Cum	10:22	10:20	10:14	10:18	10:22	10:31	10:39	10:51	10:52	10:58						
Group M40-49	Pace Delta	10:22	10:17	10:03	10:34	10:33	11:24	11:19	12:28	11:02	11:56						
Overall-Group	Position	37-16	30-14	26-13	28-13	26-14	24-13	24-13	24-12	17-8	18-9						
Elson, Mark A (GA) 106	Time of Day	0:07:17	0:08:24	0:09:41	0:10:49	0:12:09	0:13:23	0:14:48	0:16:05	0:17:40	0:19:00						
	Time Cum	01:17	02:24	03:41	04:49	06:09	07:23	08:48	10:05	11:40	13:00						
	Time Delta	01:17	01:07	01:16	01:08	01:19	01:14	01:24	01:17	01:34	01:20						
Age 49	Pace Cum	11:14	11:32	11:25	11:36	11:35	11:49	11:54	12:06	12:19	12:29						
Group M40-49	Pace Delta	11:14	11:53	11:13	12:11	11:33	13:10	12:21	13:40	13:50	14:17						
Overall-Group	Position	92-31	100-34	88-31	87-31	75-26	76-25	64-23	66-25	57-21	59-22						
Eminger, Corey (NC) 107	Time of Day	0:07:19	0:08:26	0:09:49	0:11:02	0:12:27	0:13:41	0:15:18	0:16:36	0:18:14	0:19:39	0:21:45	0:23:45	1:02:44	1:04:38	1:07:21	1:09:17:09
	Time Cum	01:19	02:26	03:49	05:02	06:27	07:41	09:18	10:36	12:14	13:39	15:45	17:45	20:44	22:38	25:21	27:17:09
	Time Delta	01:19	01:07	01:22	01:13	01:24	01:14	01:36	01:18	01:37	01:25	02:05	02:00	02:58	01:54	02:42	01:56:09
Age 31	Pace Cum	11:32	11:44	11:50	12:06	12:09	12:19	12:35	12:43	12:55	13:06	13:38	14:13	15:12	15:32	16:07	16:22
Group M30-39	Pace Delta	11:32	11:59	12:01	12:59	12:21	13:14	14:03	13:50	14:17	15:04	18:23	21:25	25:59	20:19	23:41	20:33
Overall-Group	Position	108-23	113-23	115-24	121-23	106-21	104-20	98-15	98-17	77-15	78-15	75-16	86-17	92-17	93-15	96-16	98-16
Espiritu, Troy (GA) 108	Time of Day	0:07:15	0:08:19	0:09:37	0:10:43	0:12:08	0:13:18	0:14:45	0:16:00	0:17:33	0:18:48	0:20:25	0:21:50	0:23:39	1:01:08	1:03:09	1:04:31:32
	Time Cum	01:15	02:19	03:37	04:43	06:08	07:18	08:45	10:00	11:33	12:48	14:25	15:50	17:39	19:08	21:09	22:31:32
	Time Delta	01:15	01:04	01:17	01:06	01:24	01:10	01:26	01:15	01:32	01:15	01:36	01:25	01:48	01:29	02:00	01:22:32
Age 38	Pace Cum	10:57	11:12	11:13	11:19	11:33	11:42	11:50	12:01	12:11	12:17	12:28	12:41	12:56	13:08	13:27	13:31
Group M30-39	Pace Delta	10:57	11:30	11:15	11:41	12:24	12:30	12:36	13:23	13:29	13:18	14:08	15:12	15:47	15:53	17:33	14:36
Overall-Group	Position	80-20	73-16	77-18	77-18	73-17	68-14	61-12	62-14	52-13	52-13	43-11	45-11	44-11	44-11	46-11	45-11
Esser, Walt (NC) 22	Time of Day	0:07:31	0:08:48	0:10:23	0:11:44	0:13:26	0:14:58										
	Time Cum	01:31	02:48	04:23	05:44	07:26	08:58										
	Time Delta	01:31	01:17	01:34	01:21	01:41	01:32										
Age 70	Pace Cum	13:17	13:26	13:36	13:47	14:00	14:22										
Group M70-79	Pace Delta	13:17	13:38	13:52	14:27	14:47	16:22										
Overall-Group	Position	197-1	195-1	197-1	190-1	186-1	188-1										
Evans, Rosemary (KY) 109	Time of Day	0:07:30	0:08:47	0:10:26	0:11:57	0:13:48	0:15:23	0:17:18	0:18:59	0:21:20	0:23:20						
	Time Cum	01:30	02:47	04:26	05:57	07:48	09:23	11:18	12:59	15:20	17:20						
	Time Delta	01:30	01:17	01:38	01:31	01:50	01:35	01:54	01:41	02:20	02:00						
Age 55	Pace Cum	13:08	13:23	13:45	14:18	14:42	15:02	15:17	15:36	16:11	16:39						
Group F50-59	Pace Delta	13:08	13:40	14:25	16:13	16:07	16:56	16:41	18:02	20:28	21:19						
Overall-Group	Position	190-9	194-10	201-10	208-11	207-11	205-11	202-11	205-11	164-11	170-10						

# 2009 Umstead 50/100 Mile Endurance Run --04/04/2009

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Ferrari, Guido (NC) 23 Age 48 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:13 01:13 01:13 10:39 10:39 56-23	0:08:10 02:10 00:57 10:25 10:08 34-17	0:09:21 03:21 01:10 10:23 10:19 30-15	0:10:17 04:17 00:56 10:17 09:56 26-13	0:11:29 05:29 01:11 10:20 10:29 23-12	0:12:30 06:30 01:01 10:24 10:50 22-12	0:13:51 07:51 01:20 10:37 11:48 23-12	0:15:19 09:19 01:28 11:11 15:38 35-15	0:17:05 11:05 01:45 11:42 15:26 38-14	0:18:40 12:40 01:35 12:10 16:57 47-16						
Finnell, Scott (PA) 110 Age 52 Group M50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:09 01:09 01:09 10:04 10:04 25-2	0:08:11 02:11 01:02 10:30 11:02 41-6	0:09:23 03:23 01:11 10:29 10:28 40-5	0:10:24 04:24 01:01 10:36 10:58 36-4	0:11:37 05:37 01:12 10:35 10:31 34-4	0:12:42 06:42 01:05 10:45 11:40 31-3	0:13:58 07:58 01:15 10:47 10:58 27-1	0:15:07 09:07 01:09 10:56 12:13 26-1	0:16:25 10:25 01:17 11:00 11:23 19-1	0:17:34 11:34 01:09 11:07 12:19 20-1	0:18:52 12:52 01:17 11:08 11:18 15-1	0:20:00 14:00 01:08 11:12 12:06 18-2	0:21:22 15:22 01:21 11:16 11:55 16-2	0:22:29 16:29 01:07 11:18 11:52 14-2	0:23:46 17:46 01:17 11:18 11:14 13-2	1:00:53:17 18:53:17 01:07:17 11:20 11:55 13-2
Fisher, Chris (CO) 111 Age 34 Group M30-39 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:13 01:13 01:13 10:39 10:39 56-11	0:08:13 02:13 01:00 10:41 10:42 54-10	0:09:23 03:23 01:09 10:29 10:09 40-9	0:10:25 04:25 01:02 10:37 11:04 39-10	0:11:36 05:36 01:10 10:33 10:17 31-7	0:12:43 06:43 01:07 10:45 11:52 32-7	0:14:04 08:04 01:20 10:55 11:49 34-7	0:15:18 09:18 01:14 11:10 13:10 34-7	0:16:43 10:43 01:24 11:19 12:21 26-6	0:17:56 11:56 01:13 11:28 12:57 27-6	0:19:25 13:25 01:28 11:36 12:58 24-4	0:20:46 14:46 01:21 11:49 14:24 27-7	0:22:26 16:26 01:39 12:03 14:33 25-7	0:23:46 17:46 01:20 12:11 14:12 25-6	1:01:20 19:20 01:33 12:18 13:42 23-7	1:02:27:48 20:27:48 01:07:48 12:17 12:00 21-6
Fletcher, Laura (NC) 113 Age 48 Group F40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:22 01:22 01:22 11:58 11:58 136-19	0:08:33 02:33 01:11 12:17 12:41 141-19	0:09:54 03:54 01:20 12:06 11:44 128-15	0:11:13 05:13 01:19 12:33 14:09 139-14	0:12:49 06:49 01:35 12:50 13:53 137-15	0:14:10 08:10 01:21 13:05 14:28 137-17	0:15:48 09:48 01:37 13:15 16:38 132-17	0:17:21 11:21 01:33 13:38 16:38 140-18								
Fromm, Anita Marie (NM) 114 Age 37 Group F30-39 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:10 01:10 01:10 10:13 10:13 32-4	0:08:14 02:14 01:04 10:45 11:23 58-4	0:09:31 03:31 01:16 10:54 11:12 65-4	0:10:38 04:38 01:07 11:09 12:00 66-4	0:11:59 05:59 01:20 11:16 11:42 58-4	0:13:10 07:10 01:11 11:29 12:41 55-4	0:14:39 08:39 01:28 11:42 12:53 51-4	0:15:54 09:54 01:15 11:54 15:22 54-4	0:17:40 11:40 01:45 12:19 12:58 57-4	0:18:53 12:53 01:13 12:22 12:58 54-4	0:20:51 14:51 01:57 12:51 17:11 52-4	0:22:44 16:44 01:53 13:23 20:03 64-6				
Galioto, Joseph (NJ) 115 Age 44 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:20 01:20 01:20 11:41 11:41 115-40	0:08:28 02:28 01:08 11:55 12:13 123-45	0:09:48 03:48 01:19 11:47 11:32 113-42	0:10:56 04:56 01:08 11:51 12:06 103-36	0:12:21 06:21 01:24 11:58 12:21 100-37	0:13:35 07:35 01:14 12:10 13:16 96-35	0:15:12 09:12 01:36 12:27 14:01 92-35	0:16:31 10:31 01:19 12:37 14:01 87-31	0:18:07 12:07 01:35 12:47 13:59 71-24	0:19:28 13:28 01:21 12:56 14:28 69-24	0:21:10 15:10 01:41 13:07 14:47 60-19	0:22:36 16:36 01:26 13:18 15:23 60-19	1:00:24 18:24 01:47 13:29 15:38 59-19	1:01:55 19:55 01:31 13:40 16:11 56-19	1:03:56 21:56 02:00 13:57 17:36 60-20	1:05:26:02 23:26:02 01:30:02 14:04 15:56 61-20
Galope, Joe (AZ) 116 Age 40 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:08 01:08 01:08 09:56 09:56 24-11	0:08:06 02:06 00:58 10:09 10:24 24-11	0:09:16 03:16 01:09 10:08 10:06 25-12	0:10:16 04:16 01:00 10:15 10:40 25-12	0:11:29 05:29 01:12 10:20 10:37 23-12	0:12:34 06:34 01:05 10:32 11:39 26-13	0:13:48 07:48 01:13 10:46 10:41 21-11	0:14:58 08:58 01:10 10:46 12:27 22-11	0:16:32 10:32 01:33 11:07 13:41 21-10	0:17:50 11:50 01:18 11:22 13:58 22-11	0:19:19 13:19 01:28 11:31 12:51 19-9	0:20:45 14:45 01:26 11:48 15:18 26-11	0:22:31 16:31 01:45 12:06 15:24 27-12	1:00:05 18:05 01:34 12:24 16:39 30-12	1:02:10 20:10 02:04 12:49 18:14 32-12	1:04:14:45 22:14:45 02:04:45 13:21 22:05 38-12

# 2009 Umstead 50/100 Mile Endurance Run --04/04/2009

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Garcia, Mike (HI)	Time of Day	0:07:30	0:08:49	0:10:32	0:11:53	0:13:39	0:15:07	0:16:55	0:18:26	0:20:35	0:22:18	1:00:41	1:02:31	1:04:55	1:06:43		1:10:30:54
117	Time Cum	01:30	02:49	04:32	05:53	07:39	09:07	10:55	12:26	14:35	16:18	18:41	20:31	22:55	24:43		28:30:54
Age 61	Time Delta	01:30	01:19	01:42	01:21	01:45	01:28	01:47	01:31	02:08	01:43	02:22	01:50	02:23	01:48		03:47:27
Group M60-69	Pace Cum	13:08	13:33	14:03	14:08	14:25	14:36	14:46	14:56	15:23	15:39	16:10	16:25	16:48	16:57		17:07
Overall-Group	Pace Delta	13:08	14:03	14:59	14:24	15:25	15:38	15:43	16:15	18:43	18:17	20:50	19:36	20:55	19:12		18:12
	Position	190-12	199-14	207-18	200-16	195-16	193-16	186-15	187-15	150-10	154-12	132-13	134-13	123-12	124-12		115-11
Gentile, Bob (FL)	Time of Day	0:07:16	0:08:21	0:09:46	0:10:56	0:12:24	0:13:38	0:15:12	0:16:31	0:18:20	0:20:05	0:22:40	1:00:30	1:02:46	1:04:32	1:07:26	1:10:14:22
118	Time Cum	01:16	02:21	03:46	04:56	06:24	07:38	09:12	10:31	12:20	14:05	16:40	18:30	20:46	22:32	25:26	28:14:22
Age 42	Time Delta	01:16	01:05	01:24	01:10	01:27	01:14	01:33	01:19	01:48	01:45	02:34	01:50	02:15	01:46	02:53	02:48:22
Group M40-49	Pace Cum	11:06	11:20	11:41	11:52	12:03	12:13	12:27	12:38	13:01	13:32	14:25	14:48	15:13	15:28	16:10	16:57
Overall-Group	Pace Delta	11:06	11:38	12:18	12:32	12:43	13:10	13:40	14:06	15:49	18:41	22:32	19:34	19:47	18:56	25:16	29:48
	Position	90-30	87-29	107-38	107-36	102-38	100-37	92-35	91-31	86-30	98-36	94-31	98-33	93-32	91-32	97-35	109-37
Gentry, Bill (VA)	Time of Day	0:07:45	0:09:12	0:10:58	0:12:26	0:14:13	0:15:44	0:17:38	0:19:25	0:21:09	0:22:48	1:00:44	1:02:10	1:04:31	1:06:17	1:08:11	1:09:34:17
40	Time Cum	01:45	03:12	04:58	06:26	08:13	09:44	11:38	13:25	15:09	16:48	18:44	20:10	22:31	24:17	26:11	27:34:17
Age 47	Time Delta	01:45	01:27	01:45	01:28	01:46	01:31	01:53	01:47	01:43	01:39	01:55	01:26	02:20	01:46	01:53	01:23:17
Group M40-49	Pace Cum	15:20	15:26	15:24	15:27	15:29	15:35	15:44	16:06	15:59	16:08	16:12	16:08	16:30	16:39	16:39	16:33
Overall-Group	Pace Delta	15:20	15:33	15:21	15:38	15:34	16:08	16:37	18:59	15:09	17:38	16:51	15:14	20:35	18:50	16:35	14:44
	Position	239-71	238-70	232-70	231-70	219-68	215-67	209-66	215-67	160-53	159-53	136-40	126-37	115-37	115-37	111-37	104-35
Gerdy, Gregory (NJ)	Time of Day	0:07:28	0:08:47	0:10:26	0:11:54	0:13:54	0:15:28	0:17:32	0:19:13	0:21:24	0:23:20	1:02:06	1:05:04				
119	Time Cum	01:28	02:47	04:26	05:54	07:54	09:28	11:32	13:13	15:24	17:20	20:06	23:04				
Age 57	Time Delta	01:28	01:19	01:38	01:28	01:59	01:34	02:03	01:41	02:10	01:56	02:45	02:58				
Group M50-59	Pace Cum	12:51	13:22	13:45	14:11	14:53	15:10	15:36	15:52	16:15	16:39	17:23	18:28				
Overall-Group	Pace Delta	12:51	13:59	14:27	15:40	17:27	16:46	18:00	17:56	19:05	20:33	24:13	31:35				
	Position	178-33	192-35	201-36	201-36	210-36	208-35	206-35	207-36	167-30	169-30	145-23	146-23				
Gernand, Carolyn (VA)	Time of Day	0:07:24	0:08:43	0:10:22	0:11:53	0:13:38	0:15:09	0:17:06	0:18:54	0:21:13	0:23:05	1:01:11	1:03:12	1:05:48	1:07:58	1:09:53	1:11:49:01
120	Time Cum	01:24	02:43	04:22	05:53	07:38	09:09	11:06	12:54	15:13	17:05	19:11	21:12	23:48	25:58	27:53	29:49:01
Age 60	Time Delta	01:24	01:19	01:38	01:31	01:44	01:31	01:56	01:48	02:18	01:52	02:05	02:01	02:35	02:10	01:54	01:56:01
Group F60-69	Pace Cum	12:16	13:06	13:32	14:08	14:23	14:38	15:01	15:29	16:04	16:25	16:36	16:58	17:27	17:48	17:44	17:53
Overall-Group	Pace Delta	12:16	14:06	14:21	16:10	15:17	16:07	17:04	19:13	20:12	19:55	18:19	21:32	22:41	23:02	16:46	20:32
	Position	150-1	183-1	193-2	199-2	193-2	196-2	195-1	201-1	161-1	163-1	138-1	140-1	131-1	133-1	129-1	131-1
Gerstein, Jean (OH)	Time of Day	0:07:42	0:09:09	0:10:59	0:12:31	0:14:20	0:15:53	0:17:47	0:19:26								
121	Time Cum	01:42	03:09	04:59	06:31	08:20	09:53	11:47	13:26								
Age 58	Time Delta	01:42	01:27	01:49	01:32	01:48	01:33	01:53	01:39								
Group F50-59	Pace Cum	14:53	15:09	15:27	15:40	15:42	15:50	15:56	16:08								
Overall-Group	Pace Delta	14:53	15:27	16:01	16:24	15:49	16:33	16:34	17:39								
	Position	229-15	230-15	234-15	233-15	226-15	226-14	213-12	217-12								
Gibson, Don (GA)	Time of Day	0:07:33	0:08:52	0:10:36	0:11:58	0:13:40	0:15:13	0:16:57	0:18:39	0:20:38	0:22:18	1:00:31	1:02:18	1:04:42	1:06:29	1:08:46	1:10:21:42
122	Time Cum	01:33	02:52	04:36	05:58	07:40	09:13	10:57	12:39	14:38	16:18	18:31	20:18	22:42	24:29	26:46	28:21:42
Age 63	Time Delta	01:33	01:19	01:43	01:22	01:41	01:33	01:43	01:42	01:58	01:40	02:12	01:47	02:23	01:47	02:16	01:35:42
Group M60-69	Pace Cum	13:35	13:49	14:16	14:21	14:27	14:45	14:49	15:11	15:27	15:39	16:01	16:15	16:38	16:48	17:01	17:01
Overall-Group	Pace Delta	13:35	14:06	15:05	14:39	14:47	16:29	15:10	18:08	17:18	17:46	19:22	19:05	20:54	19:05	19:52	16:56
	Position	211-17	214-18	215-19	210-19	198-17	201-17	190-16	193-16	155-12	156-12	130-12	130-12	117-11	119-11	117-11	113-9

# 2009 Umstead 50/100 Mile Endurance Run --04/04/2009

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<hr/>																	
Giles, Jeff (FL) 123	Time of Day	0:07:04	0:07:54	0:08:53	0:09:46	0:10:49	0:11:44	0:12:54	0:13:47	0:15:06	0:16:15	0:17:56	0:19:11	0:20:53	0:22:40	1:00:58	1:03:11:09
	Time Cum	01:04	01:54	02:53	03:46	04:49	05:44	06:54	07:47	09:06	10:15	11:56	13:11	14:53	16:40	18:58	21:11:09
	Time Delta	01:04	00:50	00:58	00:53	01:02	00:55	01:09	00:53	01:18	01:09	01:40	01:15	01:41	01:47	02:17	02:13:09
Age 34	Pace Cum	09:21	09:08	08:56	09:04	09:04	09:12	09:20	09:21	09:36	09:51	10:19	10:33	10:55	11:26	12:04	12:43
Group M30-39	Pace Delta	09:21	08:53	08:35	09:32	09:04	09:53	10:05	09:27	11:29	12:21	14:38	13:25	14:46	19:04	20:03	23:34
Overall-Group	Position	16-5	11-4	10-4	10-4	7-3	7-3	9-3	7-3	7-2	7-2	9-1	11-3	12-4	16-4	19-5	24-7
<hr/>																	
Glazner, Allen (NC) 124	Time of Day	0:07:09	0:08:08	0:09:22	0:10:32	0:11:56	0:13:10	0:14:41	0:16:14	0:19:39	0:21:46						
	Time Cum	01:09	02:08	03:22	04:32	05:56	07:10	08:41	10:14	13:39	15:46						
	Time Delta	01:09	00:59	01:13	01:10	01:23	01:14	01:30	01:33	03:24	02:07						
Age 54	Pace Cum	10:04	10:15	10:26	10:53	11:11	11:29	11:45	12:18	14:24	15:08						
Group M50-59	Pace Delta	10:04	10:28	10:47	12:26	12:13	13:10	13:13	16:36	29:49	22:32						
Overall-Group	Position	25-2	27-2	36-4	51-8	53-9	54-10	54-11	75-16	125-21	137-22						
<hr/>																	
Gleason, Jeff (PA) 125	Time of Day	0:07:11	0:08:10	0:09:23	0:10:25	0:11:37	0:12:43	0:13:58	0:15:08	0:16:25	0:17:34	0:18:52	0:19:59	0:21:12	0:22:19	0:23:42	1:00:47:36
	Time Cum	01:11	02:10	03:23	04:25	05:37	06:43	07:58	09:08	10:25	11:34	12:52	13:59	15:12	16:19	17:42	18:47:36
	Time Delta	01:11	00:59	01:12	01:02	01:11	01:06	01:14	01:10	01:16	01:09	01:17	01:07	01:12	01:07	01:22	01:05:36
Age 51	Pace Cum	10:22	10:29	10:29	10:36	10:35	10:46	10:47	10:58	11:00	11:07	11:08	11:12	11:09	11:12	11:15	11:17
Group M50-59	Pace Delta	10:22	10:37	10:31	11:00	10:29	11:48	10:51	12:29	11:10	12:19	11:18	11:57	10:35	11:57	12:02	11:37
Overall-Group	Position	37-6	38-4	40-5	38-5	34-4	34-4	27-1	28-3	19-1	19-1	15-1	16-1	14-1	13-1	12-1	12-1
<hr/>																	
Glover, Amy (GA) 126	Time of Day	0:07:41	0:09:12	0:11:01	0:12:40	0:14:50	0:16:44	0:19:03	0:21:10								
	Time Cum	01:41	03:12	05:01	06:40	08:50	10:44	13:03	15:10								
	Time Delta	01:41	01:31	01:48	01:39	02:09	01:54	02:18	02:07								
Age 39	Pace Cum	14:45	15:25	15:33	16:02	16:38	17:11	17:39	18:13								
Group F30-39	Pace Delta	14:45	16:14	15:48	17:38	18:53	20:14	20:14	22:34								
Overall-Group	Position	227-10	236-10	237-10	239-10	236-10	238-10	231-10	233-10								
<hr/>																	
Godwin, Marcia (NC) 127	Time of Day	0:07:36	0:08:58	0:10:39	0:12:12	0:14:09	0:15:57	0:18:30									
	Time Cum	01:36	02:58	04:39	06:12	08:09	09:57	12:30									
	Time Delta	01:36	01:22	01:40	01:33	01:56	01:48	02:32									
Age 64	Pace Cum	14:01	14:15	14:25	14:54	15:21	15:56	16:55									
Group F60-69	Pace Delta	14:01	14:32	14:44	16:35	16:59	19:15	22:14									
Overall-Group	Position	221-4	223-5	221-5	221-5	217-5	228-5	226-5									
<hr/>																	
Good, Harry (MD) 128	Time of Day	0:07:14	0:08:21	0:09:44	0:10:56	0:12:27	0:13:52	0:15:40	0:17:06	0:19:06	0:20:55						
	Time Cum	01:14	02:21	03:44	04:56	06:27	07:52	09:40	11:06	13:06	14:55						
	Time Delta	01:14	01:07	01:22	01:12	01:30	01:25	01:47	01:26	01:59	01:49						
Age 58	Pace Cum	10:48	11:18	11:35	11:51	12:09	12:36	13:05	13:20	13:50	14:20						
Group M50-59	Pace Delta	10:48	11:54	12:05	12:45	13:16	15:05	15:44	15:19	17:26	19:23						
Overall-Group	Position	66-13	83-15	96-18	100-18	106-19	118-21	125-21	126-21	111-19	114-19						
<hr/>																	
Govern, Daniel (PA) 129	Time of Day	0:07:11	0:08:11	0:09:22	0:10:24	0:11:41	0:12:51	0:14:12	0:15:24	0:17:07	0:18:47						
	Time Cum	01:11	02:11	03:22	04:24	05:41	06:51	08:12	09:24	11:07	12:47						
	Time Delta	01:11	01:00	01:10	01:02	01:16	01:10	01:20	01:12	01:42	01:40						
Age 40	Pace Cum	10:22	10:31	10:26	10:36	10:42	10:58	11:06	11:18	11:44	12:16						
Group M40-49	Pace Delta	10:22	10:42	10:18	11:08	11:07	12:27	11:46	12:53	14:55	17:42						
Overall-Group	Position	37-16	44-19	36-19	35-15	39-18	39-17	38-16	39-16	41-16	51-19						

# 2009 Umstead 50/100 Mile Endurance Run --04/04/2009

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Gray, Rick (TN)	Time of Day	0:07:05	0:07:55	0:08:58	0:09:52	0:10:56	0:11:58	0:13:10	0:14:17	0:15:41	0:16:53	0:18:21	0:19:43	0:21:39	0:23:24	1:01:34	1:03:11:28
130	Time Cum	01:05	01:55	02:58	03:52	04:56	05:58	07:10	08:17	09:41	10:53	12:21	13:43	15:39	17:24	19:34	21:11:28
Age 48	Time Delta	01:05	00:50	01:02	00:54	01:03	01:02	01:11	01:07	01:23	01:12	01:27	01:22	01:55	01:45	02:09	01:37:28
Group M40-49	Pace Cum	09:29	09:14	09:12	09:18	09:18	09:33	09:42	09:57	10:13	10:28	10:41	10:59	11:28	11:56	12:27	12:43
Overall-Group	Pace Delta	09:29	08:56	09:08	09:37	09:17	11:00	10:29	12:00	12:09	12:53	12:44	14:34	16:53	18:38	18:56	17:15
	Position	19-10	15-8	13-6	13-6	14-7	12-5	12-6	12-6	12-6	12-6	11-6	14-7	18-7	20-7	24-9	25-9
Griffiths, Vickie (WA)	Time of Day	0:07:36	0:08:57	0:10:34	0:11:59	0:13:46	0:15:20	0:17:31	0:19:16	0:21:20	0:23:18	1:01:51	1:04:31				
131	Time Cum	01:36	02:57	04:34	05:59	07:46	09:20	11:31	13:16	15:20	17:18	19:51	22:31				
Age 65	Time Delta	01:36	01:21	01:36	01:25	01:46	01:34	02:11	01:45	02:03	01:58	02:32	02:40				
Group F60-69	Pace Cum	14:01	14:12	14:10	14:22	14:38	14:56	15:35	15:56	16:11	16:37	17:10	18:01				
Overall-Group	Pace Delta	14:01	14:26	14:05	15:03	15:37	16:38	19:07	18:43	17:59	20:54	22:20	28:23				
	Position	221-4	221-4	211-4	211-4	206-4	204-4	205-4	210-4	164-2	168-2	144-2	145-2				
Grochowski, Chris (NC)	Time of Day	0:07:11	0:08:10	0:09:21	0:10:28	0:11:52	0:13:14	0:14:52	0:16:07								
132	Time Cum	01:11	02:10	03:21	04:28	05:52	07:14	08:52	10:07								
Age 48	Time Delta	01:11	00:59	01:10	01:07	01:23	01:22	01:37	01:15								
Group M40-49	Pace Cum	10:22	10:28	10:23	10:44	11:03	11:36	12:00	12:09								
Overall-Group	Pace Delta	10:22	10:36	10:14	11:53	12:14	14:40	14:11	13:25								
	Position	37-16	37-17	30-15	47-20	49-21	61-24	69-25	70-26								
Hafif, Aviv (ISR)	Time of Day	0:07:15	0:08:20	0:09:41	0:10:51	0:12:16	0:13:33	0:15:08	0:16:26	0:18:42	0:19:25	0:21:19	0:22:53	1:01:20	1:03:28	1:06:42	1:09:09:35
134	Time Cum	01:15	02:20	03:41	04:51	06:16	07:33	09:08	10:26	12:42	13:25	15:19	16:53	19:20	21:28	24:42	27:09:35
Age 46	Time Delta	01:15	01:05	01:20	01:10	01:24	01:17	01:35	01:18	02:16	00:43	01:53	01:34	02:26	02:08	03:13	02:27:35
Group M40-49	Pace Cum	10:57	11:13	11:25	11:39	11:48	12:05	12:21	12:31	13:24	12:53	13:15	13:30	14:10	14:43	15:42	16:18
Overall-Group	Pace Delta	10:57	11:32	11:48	12:26	12:22	13:38	13:52	13:48	19:51	07:37	16:38	16:39	21:27	22:42	28:17	26:07
	Position	80-27	76-26	88-31	92-32	90-33	95-34	83-30	84-30	101-39	68-23	61-20	69-23	75-24	78-26	86-31	95-33
Haigh, Chris (PA)	Time of Day	0:07:22	0:08:34	0:10:05	0:11:25	0:13:05	0:14:29	0:16:11	0:17:40	0:19:38	0:21:06	0:22:53	1:00:20	1:02:12	1:03:47	1:05:40	1:07:18:42
135	Time Cum	01:22	02:34	04:05	05:25	07:05	08:29	10:11	11:40	13:38	15:06	16:53	18:20	20:12	21:47	23:40	25:18:42
Age 43	Time Delta	01:22	01:12	01:30	01:20	01:39	01:24	01:41	01:29	01:57	01:28	01:46	01:27	01:51	01:35	01:52	01:38:42
Group M40-49	Pace Cum	11:58	12:23	12:40	13:00	13:21	13:35	13:47	14:00	14:23	14:30	14:36	14:40	14:48	14:56	15:03	15:11
Overall-Group	Pace Delta	11:58	12:53	13:10	14:12	14:34	14:57	14:49	15:49	17:10	15:40	15:33	15:27	16:18	16:51	16:28	17:28
	Position	136-51	147-53	149-56	158-58	157-58	155-53	147-53	151-53	123-42	120-42	97-34	96-31	84-28	82-28	78-26	76-25
Hampton, Rhonda (NC)	Time of Day	0:07:31	0:08:44	0:10:09	0:11:24	0:13:00	0:14:26	0:16:12	0:17:39								
24	Time Cum	01:31	02:44	04:09	05:24	07:00	08:26	10:12	11:39								
Age 48	Time Delta	01:31	01:13	01:24	01:15	01:35	01:26	01:45	01:27								
Group F40-49	Pace Cum	13:17	13:10	12:52	12:58	13:11	13:31	13:48	13:59								
Overall-Group	Pace Delta	13:17	13:01	12:19	13:20	13:58	15:22	15:21	15:25								
	Position	197-26	185-24	163-22	155-20	149-18	151-19	148-20	150-20								
Hampton, Terry G (GA)	Time of Day	0:07:37	0:08:57	0:10:35	0:12:04	0:13:42	0:15:15	0:17:08	0:18:41	0:20:38	0:22:29						
137	Time Cum	01:37	02:57	04:35	06:04	07:42	09:15	11:08	12:41	14:38	16:29						
Age 51	Time Delta	01:37	01:20	01:37	01:29	01:37	01:33	01:52	01:33	01:57	01:51						
Group M50-59	Pace Cum	14:10	14:13	14:13	14:34	14:30	14:48	15:04	15:13	15:27	15:50						
Overall-Group	Pace Delta	14:10	14:17	14:13	15:47	14:17	16:30	16:28	16:28	17:05	19:49						
	Position	223-38	222-38	213-37	215-37	202-34	203-34	197-34	195-34	155-29	157-29						

# 2009 Umstead 50/100 Mile Endurance Run --04/04/2009

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Harmer, Matthew (NC) 138 Age 25 Group M20-29 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:23 01:23 01:23 12:07 12:07 145-4	0:08:33 02:33 01:10 12:17 12:29 140-4	0:09:54 03:54 01:20 12:06 11:45 128-4	0:11:09 05:09 01:15 12:23 13:23 128-4	0:12:49 06:49 01:39 12:50 14:31 137-4	0:14:10 08:10 01:21 13:04 14:21 135-3	0:15:48 09:48 01:37 13:15 14:18 132-3	0:17:21 11:21 01:33 13:38 16:38 140-3								
Haselden, JR, Carl (VA) 139 Age 48 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:20 01:20 01:20 11:41 11:41 115-40	0:08:30 02:30 01:10 12:03 12:30 130-49	0:09:53 03:53 01:22 12:02 12:50 125-50	0:11:06 05:06 01:13 12:17 13:05 127-51	0:12:36 06:36 01:29 12:26 13:01 126-50	0:14:33 08:33 01:57 13:41 20:43 161-56	0:16:24 10:24 01:50 14:04 16:12 162-56	0:18:02 12:02 01:38 14:26 17:21 167-58	0:20:38 14:38 02:35 15:27 22:46 155-51	0:22:11 16:11 01:33 15:32 19:58 147-48	1:00:28 18:28 02:16 15:59 19:41 128-38	1:02:19 20:19 01:51 16:15 21:08 131-39	1:04:44 22:44 02:24 16:40 21:08 119-38	1:06:45 24:45 02:01 16:58 21:26 126-39	1:09:20 27:20 02:34 17:23 22:36 126-40	1:11:19:25 29:19:25 01:59:25 17:36 21:08 127-40
Hatfield, Kevin (GA) 300 Age 34 Group M30-39 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:06 01:06 01:06 09:38 09:38 22-7	0:08:08 02:08 01:02 10:16 11:02 28-7	0:09:25 03:25 01:16 10:36 11:11 49-11	0:10:34 04:34 01:09 10:59 12:21 57-11	0:12:07 06:07 01:32 11:31 13:28 71-15	0:13:36 07:36 01:29 12:11 15:54 98-19	0:15:20 09:20 01:43 12:38 17:56 99-16	0:17:01 11:01 01:41 13:14 17:56 120-24								
Hayward, R Scott (NC) 140 Age 45 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:10 01:10 01:10 10:13 10:13 32-15	0:08:06 02:06 00:56 10:06 09:58 23-11	0:09:12 03:12 01:05 09:55 09:35 23-11	0:10:08 04:08 00:56 09:56 09:58 21-11	0:11:09 05:09 01:00 09:42 08:51 19-10	0:12:03 06:03 00:54 09:42 09:42 15-8	0:13:09 07:09 01:05 09:40 09:31 11-5	0:14:55 08:55 01:46 10:42 18:46 20-9	0:16:18 10:18 01:22 10:52 12:07 17-8	0:17:17 11:17 00:59 10:51 10:36 16-8	0:19:02 13:02 01:44 11:17 15:12 18-8	0:20:39 14:39 01:37 11:43 17:13 21-9	0:22:17 16:17 01:37 11:56 14:16 21-8	0:23:31 17:31 01:14 12:01 13:13 21-8	1:01:48 19:48 02:16 12:35 19:54 21-8	1:03:19:30 21:19:30 01:31:30 12:48 16:12 29-11
Herbst, Tom (NC) 141 Age 46 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:25 01:25 01:25 12:25 12:25 158-59	0:08:38 02:38 01:13 12:41 13:00 161-58	0:10:07 04:07 01:28 12:46 12:55 156-58	0:11:25 05:25 01:18 13:01 13:53 159-58	0:13:03 07:03 01:37 13:17 14:15 154-56	0:14:30 08:30 01:27 13:37 15:34 157-55	0:16:18 10:18 01:47 13:56 15:38 154-55	0:17:44 11:44 01:26 14:06 15:23 153-54	0:19:45 13:45 02:00 14:31 17:32 129-45	0:21:23 15:23 01:38 14:46 17:23 129-45	0:23:32 17:32 02:08 15:10 18:48 112-36	1:01:14 19:14 01:42 15:23 18:07 111-36	1:03:18 21:18 02:03 15:37 18:03 98-34	1:05:08 23:08 01:50 15:52 19:29 98-34	1:07:16 25:16 02:07 16:04 18:41 94-33	1:08:54:45 26:54:45 01:38:45 16:09 17:29 91-32
Hills, Derek (MD) 142 Age 36 Group M30-39 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:19 01:19 01:19 11:32 11:32 108-23	0:08:27 02:27 01:08 11:47 12:05 117-25	0:09:53 03:53 01:25 12:02 12:31 125-25	0:11:05 05:05 01:12 12:12 12:46 124-24	0:12:29 06:29 01:23 12:13 12:15 112-23	0:13:47 07:47 01:18 12:28 13:54 111-22	0:15:25 09:25 01:37 12:44 14:14 105-18	0:16:47 10:47 01:22 12:57 14:35 108-21	0:18:42 12:42 01:54 13:24 16:44 101-18	0:20:14 14:14 01:32 13:40 16:21 103-18	0:22:09 16:09 01:54 13:58 16:44 86-17	0:23:57 17:57 01:48 14:22 16:44 91-18	1:02:28 20:28 02:30 15:00 19:11 89-15	1:04:41 22:41 02:13 15:34 21:59 94-16	1:07:26 25:26 02:44 16:10 23:40 97-17	1:10:14:22 28:14:22 02:48:22 16:57 29:48 109-18
Holbrook, Dan (TN) 143 Age 61 Group M60-69 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:34 01:34 01:34 13:43 13:43 215-19	0:08:48 02:48 01:14 13:30 13:14 198-13	0:10:24 04:24 01:35 13:39 13:54 199-15	0:11:44 05:44 01:20 13:47 14:16 189-14	0:13:26 07:26 01:41 14:00 14:48 186-14	0:14:47 08:47 01:21 14:03 14:22 178-12	0:16:35 10:35 01:47 14:19 15:45 169-11	0:17:56 11:56 01:21 14:20 14:26 165-11	0:21:30 15:30 03:33 14:53 17:06 131-7	0:23:47 17:47 02:16 15:23 18:27 119-10	1:01:31 19:31 01:44 15:37 19:56 120-10	1:03:51 21:51 02:19 16:01 20:24 112-10	1:05:59 23:59 02:08 16:27 22:40 113-10	1:08:39 26:39 02:39 16:57 23:21 114-10	1:10:26:08 28:26:08 01:47:08 17:04 18:58 114-10	

# 2009 Umstead 50/100 Mile Endurance Run --04/04/2009

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Holley, Kevin (NC)	Time of Day	0:07:09	0:08:09	0:09:21	0:10:25	0:11:39	0:12:47	0:14:15	0:15:24	0:16:46	0:17:54	0:19:21	0:20:36	0:22:20	0:23:36	1:01:05	1:02:14:32
144	Time Cum	01:09	02:09	03:21	04:25	05:39	06:47	08:15	09:24	10:46	11:54	13:21	14:36	16:20	17:36	19:05	20:14:32
Age 44	Time Delta	01:09	01:00	01:11	01:04	01:13	01:08	01:27	01:09	01:21	01:08	01:26	01:15	01:43	01:16	01:28	01:09:32
Group M40-49	Pace Cum	10:04	10:23	10:23	10:38	10:39	10:52	11:10	11:17	11:22	11:25	11:33	11:41	11:58	12:04	12:08	12:09
Overall-Group	Pace Delta	10:04	10:45	10:24	11:28	10:41	12:06	12:48	12:14	11:57	12:03	12:42	13:18	15:10	13:30	12:57	12:18
	Position	25-12	32-14	30-15	42-16	37-17	37-16	40-17	38-16	28-13	26-12	20-10	20-8	22-9	22-9	20-7	18-7
Holtry, Matthew Wayne	Time of Day	0:07:01	0:07:57	0:09:05	0:10:13	0:11:36	0:12:56		0:15:45								
145	Time Cum	01:01	01:57	03:05	04:13	05:36	06:56		09:45								
Age 30	Time Delta	01:01	00:56	01:08	01:08	01:22	01:20		02:49								
Group M30-39	Pace Cum	08:54	09:22	09:34	10:08	10:33	11:06		11:43								
Overall-Group	Pace Delta	08:54	09:55	09:56	12:04	12:05	14:11		13:34								
	Position	10-4	18-5	19-5	24-6	31-7	48-10		50-12								
Howard, Jim (MD)	Time of Day	0:07:35	0:08:54	0:10:40	0:12:03	0:13:58	0:15:39	0:17:43	0:19:36								
146	Time Cum	01:35	02:54	04:40	06:03	07:58	09:39	11:43	13:36								
Age 47	Time Delta	01:35	01:19	01:45	01:23	01:54	01:41	02:03	01:53								
Group M40-49	Pace Cum	13:52	13:57	14:28	14:33	15:00	15:27	15:51	16:19								
Overall-Group	Pace Delta	13:52	14:02	15:26	14:49	16:41	17:54	18:05	20:01								
	Position	220-69	218-68	223-68	214-67	211-67	213-66	211-67	221-68								
Howell, David G (NC)	Time of Day	0:07:19	0:08:31	0:09:49	0:10:58	0:12:29	0:13:41	0:15:14	0:16:34	0:18:23	0:20:00	0:22:13	0:23:55	1:02:12	1:04:02	1:06:12	1:08:08:26
147	Time Cum	01:19	02:31	03:49	04:58	06:29	07:41	09:14	10:34	12:23	14:00	16:13	17:55	20:12	22:02	24:12	26:08:26
Age 48	Time Delta	01:19	01:12	01:17	01:09	01:30	01:12	01:32	01:20	01:48	01:37	02:12	01:42	02:16	01:50	02:09	01:56:26
Group M40-49	Pace Cum	11:32	12:06	11:50	11:57	12:13	12:18	12:29	12:41	13:04	13:27	14:02	14:20	14:48	15:07	15:23	15:41
Overall-Group	Pace Delta	11:32	12:47	11:21	12:20	13:11	12:49	13:31	14:13	15:52	17:20	19:17	18:06	19:58	19:37	18:51	20:36
	Position	108-37	132-51	115-44	113-41	112-43	103-39	94-37	94-35	87-31	93-35	87-29	90-30	84-28	87-31	82-28	82-28
Humphreys, Trent (SC)	Time of Day	0:06:53	0:07:40	0:08:40	0:09:37	0:10:49	0:11:54	0:13:17	0:14:19	0:15:36	0:16:38	0:18:03	0:19:10	0:20:23	0:21:35	0:23:00	1:00:17:22
149	Time Cum	00:53	01:40	02:40	03:37	04:49	05:54	07:17	08:19	09:36	10:38	12:03	13:10	14:23	15:35	17:00	18:17:22
Age 32	Time Delta	00:53	00:47	00:59	00:57	01:11	01:05	01:22	01:02	01:16	01:02	01:24	01:07	01:12	01:12	01:24	01:17:22
Group M30-39	Pace Cum	07:44	08:02	08:16	08:41	09:04	09:27	09:51	10:00	10:08	10:13	10:26	10:32	10:33	10:41	10:49	10:58
Overall-Group	Pace Delta	07:44	08:24	08:42	10:06	10:30	11:34	12:04	11:08	11:06	11:00	12:23	11:53	10:38	12:49	12:21	13:42
	Position	3-3	3-3	6-3	6-3	7-3	11-4	14-4	13-4	11-3	11-3	10-2	10-2	10-2	9-2	9-2	8-2
Inscore, Staci (NC)	Time of Day	0:07:06	0:08:02	0:09:06	0:10:03	0:11:08	0:12:07	0:13:20	0:14:23	0:15:44	0:16:56	0:18:25	0:19:46	0:21:18	0:22:45	1:00:40	1:02:30:30
7	Time Cum	01:06	02:02	03:06	04:03	05:08	06:07	07:20	08:23	09:44	10:56	12:25	13:46	15:18	16:45	18:40	20:30:30
Age 36	Time Delta	01:06	00:56	01:03	00:57	01:04	00:59	01:12	01:03	01:20	01:12	01:28	01:21	01:31	01:27	01:54	01:50:30
Group F30-39	Pace Cum	09:38	09:47	09:37	09:45	09:40	09:48	09:55	10:04	10:16	10:30	10:45	11:01	11:13	11:30	11:52	12:18
Overall-Group	Pace Delta	09:38	09:58	09:18	10:15	09:21	10:34	10:33	11:10	11:48	12:51	12:55	14:25	13:22	15:32	16:40	19:33
	Position	22-2	22-2	20-2	19-2	18-2	16-2	15-2	14-2	13-2	13-2	12-2	15-2	15-2	17-2	18-2	22-2
Iscool, Mark (VA)	Time of Day	0:07:19	0:08:28	0:09:49	0:10:56	0:12:30	0:13:47	0:15:20	0:16:40								
150	Time Cum	01:19	02:28	03:49	04:56	06:30	07:47	09:20	10:40								
Age 52	Time Delta	01:19	01:09	01:20	01:07	01:33	01:17	01:32	01:20								
Group M50-59	Pace Cum	11:32	11:55	11:50	11:53	12:15	12:28	12:38	12:49								
Overall-Group	Pace Delta	11:32	12:22	11:42	12:02	13:35	13:46	13:28	14:15								
	Position	108-19	122-20	115-20	108-18	115-20	112-19	99-19	102-19								

# 2009 Umstead 50/100 Mile Endurance Run --04/04/2009

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<b>Ivory,</b>	Time of Day	0:07:29	0:08:51	0:10:28	0:11:55	0:13:38	0:15:07	0:16:56	0:18:25	0:20:21	0:22:03	1:00:18	1:02:15	1:04:44	1:06:42	1:08:53	1:10:49:53
<i>Angela (TN)</i>	Time Cum	01:29	02:51	04:28	05:55	07:38	09:07	10:56	12:25	14:21	16:03	18:18	20:15	22:44	24:42	26:53	28:49:53
<b>151</b>	Time Delta	01:29	01:22	01:36	01:27	01:42	01:29	01:48	01:29	01:55	01:42	02:14	01:57	02:28	01:58	02:10	01:56:53
Age 41	Pace Cum	13:00	13:41	13:51	14:14	14:23	14:36	14:47	14:54	15:09	15:25	15:50	16:13	16:40	16:57	17:06	17:18
Group F40-49	Pace Delta	13:00	14:32	14:09	15:31	14:57	15:54	15:48	15:48	16:53	18:05	19:41	20:50	21:39	21:00	19:02	20:41
Overall-Group	Position	187-24	208-27	203-27	207-26	193-24	194-25	188-24	185-24	144-21	143-21	123-21	129-22	119-21	122-22	120-22	123-22
<b>James,</b>	Time of Day	0:06:48	0:07:28	0:08:15	0:08:55	0:09:43	0:10:28	0:11:24	0:12:16	0:13:42	0:14:56	0:16:51	0:17:55	0:18:53	0:20:03	0:21:05:10	
<i>Dave (CT)</i>	Time Cum	00:48	01:28	02:15	02:55	03:43	04:28	05:24	06:16	07:42	08:56	10:51	11:55	12:53	14:03	15:05:10	
<b>152</b>	Time Delta	00:48	00:40	00:46	00:40	00:47	00:45	00:55	00:52	01:25	01:14	01:55	01:03	00:58	01:09	01:02:10	
Age 31	Pace Cum	07:00	07:05	06:59	07:00	07:00	07:09	07:18	07:31	08:08	08:35	08:41	08:44	08:51	08:56	09:03	
Group M30-39	Pace Delta	07:00	07:12	06:46	07:07	06:59	07:59	08:09	09:15	12:31	13:14	09:12	09:13	10:24	10:07	11:00	
Overall-Group	Position	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	
<b>Jenkins,</b>	Time of Day	0:07:33	0:08:56	0:10:43	0:12:17	0:14:06	0:15:42	0:17:47	0:19:21								
<i>Reina (HI)</i>	Time Cum	01:33	02:56	04:43	06:17	08:06	09:42	11:47	13:21								
<b>153</b>	Time Delta	01:33	01:23	01:46	01:34	01:48	01:36	02:04	01:34								
Age 47	Pace Cum	13:35	14:06	14:38	15:05	15:16	15:32	15:56	16:02								
Group F40-49	Pace Delta	13:35	14:44	15:35	16:41	15:53	17:03	18:12	16:45								
Overall-Group	Position	211-28	220-29	224-29	224-28	214-26	214-27	213-27	213-28								
<b>Johncock,</b>	Time of Day	0:07:00	0:07:49	0:08:48	0:09:42	0:10:49											
<i>Bill (NC)</i>	Time Cum	01:00	01:49	02:48	03:42	04:49											
<b>154</b>	Time Delta	01:00	00:49	00:58	00:54	01:06											
Age 44	Pace Cum	08:46	08:46	08:41	08:53	09:04											
Group M40-49	Pace Delta	08:46	08:45	08:33	09:36	09:45											
Overall-Group	Position	8-4	9-4	8-4	9-4	7-3											
<b>Johnson,</b>	Time of Day	0:07:39	0:08:59	0:10:39	0:12:07	0:14:15	0:16:18										
<i>Peggy (FL)</i>	Time Cum	01:39	02:59	04:39	06:07	08:15	10:18										
<b>155</b>	Time Delta	01:39	01:20	01:39	01:28	02:07	02:03										
Age 56	Pace Cum	14:27	14:22	14:25	14:42	15:32	16:30										
Group F50-59	Pace Delta	14:27	14:17	14:30	15:39	18:38	21:55										
Overall-Group	Position	225-14	226-14	221-13	216-12	222-13	233-16										
<b>Jones,</b>	Time of Day	0:07:24	0:08:40	0:10:14	0:11:41	0:13:26	0:15:02	0:16:59	0:18:41	0:20:47	0:22:50	1:01:17	1:03:16	1:05:47	1:07:50	1:10:06	1:11:54:41
<i>Louis F (VA)</i>	Time Cum	01:24	02:40	04:14	05:41	07:26	09:02	10:59	12:41	14:47	16:50	19:17	21:16	23:47	25:50	28:06	29:54:41
<b>156</b>	Time Delta	01:24	01:16	01:33	01:27	01:44	01:36	01:56	01:42	02:05	02:03	02:26	01:59	02:30	02:03	02:15	01:48:41
Age 64	Pace Cum	12:16	12:49	13:08	13:41	14:00	14:28	14:52	15:14	15:36	16:10	16:41	17:01	17:26	17:43	17:52	17:57
Group M60-69	Pace Delta	12:16	13:29	13:42	15:34	15:11	17:03	17:02	18:12	18:17	21:55	21:20	21:12	21:56	21:53	19:45	19:14
Overall-Group	Position	150-5	171-9	180-11	187-13	186-14	190-15	193-17	197-17	158-13	160-14	139-14	141-14	130-13	132-13	130-12	132-13
<b>Jones,</b>	Time of Day	0:06:54	0:07:42	0:08:39	0:09:29	0:10:27	0:11:17	0:12:22	0:13:17	0:14:23	0:15:21	0:16:45	0:17:57	0:19:31	0:20:45	0:22:22	0:23:35:22
<i>Ryan (PA)</i>	Time Cum	00:54	01:42	02:39	03:29	04:27	05:17	06:22	07:17	08:23	09:21	10:45	11:57	13:31	14:45	16:22	17:35:22
<b>157</b>	Time Delta	00:54	00:48	00:56	00:50	00:57	00:50	01:04	00:55	01:05	00:58	01:23	01:12	01:33	01:14	01:36	01:13:22
Age 29	Pace Cum	07:53	08:13	08:13	08:22	08:23	08:28	08:37	08:45	08:51	08:59	09:18	09:34	09:55	10:07	10:24	10:33
Group M20-29	Pace Delta	07:53	08:37	08:14	08:54	08:26	08:57	09:24	09:45	09:37	10:25	12:08	12:52	13:37	13:15	14:02	12:59
Overall-Group	Position	6-1	6-1	5-1	5-1	5-1	4-1	4-1	4-1	4-1	3-1	4-1	3-1	5-1	5-1	5-1	5-1

# 2009 Umstead 50/100 Mile Endurance Run --04/04/2009

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Kader, Al Fatah (NY) 158 Age 28 Group M20-29 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:11 01:11 01:11 10:22 10:22 37-2	0:08:12 02:12 01:01 10:38 10:56 49-2	0:09:36 03:36 01:23 11:10 12:09 73-2	0:10:58 04:58 01:22 11:57 14:41 114-3	0:12:43 06:43 01:44 12:39 15:12 135-3	0:14:25 08:25 01:42 13:29 18:09 148-4	0:16:39 10:39 02:13 14:24 19:29 176-4	0:18:41 12:41 02:02 15:14 21:40 196-4	0:21:27 15:27 02:45 16:18 24:10 171-3	0:23:00 17:00 01:33 16:20 16:37 162-3						
Kazmer, Val (NC) 159 Age 22 Group F20-29 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:05 01:05 01:05 09:29 09:29 19-1	0:07:58 01:58 00:53 09:26 09:23 19-1	0:09:01 03:01 01:03 09:21 09:12 17-1	0:09:54 03:54 00:53 09:24 09:32 15-1	0:10:58 04:58 01:03 09:21 09:13 15-1	0:12:08 06:08 01:10 09:50 12:32 17-1	0:13:27 07:27 01:18 10:05 11:25 18-1	0:14:35 08:35 01:08 10:18 12:05 16-1								
Kelly, Jim (IL) 160 Age 63 Group M60-69 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:18 01:18 01:18 11:23 11:23 98-4	0:08:20 02:20 01:02 11:16 11:07 79-4	0:09:35 03:35 01:14 11:07 10:50 72-3	0:10:45 04:45 01:10 11:25 12:30 80-3	0:12:14 06:14 01:28 11:45 12:54 84-3	0:13:31 07:31 01:17 12:02 13:39 88-3	0:15:20 09:20 01:48 12:38 15:54 99-4	0:17:04 11:04 01:44 13:17 18:29 122-4	0:19:28 13:28 02:23 14:13 20:58 119-5	0:21:02 15:02 01:34 14:27 16:46 118-5	0:23:26 17:26 02:23 15:05 20:55 107-5	1:01:05 19:05 01:39 15:17 17:39 105-5	1:03:31 21:31 02:25 15:46 21:12 103-5	1:05:26 23:26 01:55 16:05 20:28 107-6	1:08:32 26:32 03:05 16:52 27:04 112-9	1:10:40:22 28:40:22 02:08:22 17:12 22:43 118-12
Kelly, Terry (PA) 161 Age 41 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:15 01:15 01:15 10:57 10:57 80-27	0:08:20 02:20 01:05 11:15 11:37 78-26	0:09:30 03:30 01:09 10:51 10:08 64-25	0:10:41 04:41 01:11 11:16 12:42 73-26	0:11:59 05:59 01:17 11:16 11:16 58-24	0:13:07 07:07 01:08 11:24 12:08 51-20	0:14:42 08:42 01:34 11:46 13:47 55-20	0:16:01 10:01 01:19 12:02 14:04 64-24	0:17:47 11:47 01:45 12:26 15:24 63-23	0:19:40 13:40 01:53 13:08 20:08 79-29						
Kitchen, Jim (NC) 162 Age 44 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:32 01:32 01:32 13:26 13:26 206-67	0:08:52 02:52 01:20 13:46 14:10 210-67	0:10:32 04:32 01:39 14:03 14:35 207-66	0:11:55 05:55 01:23 14:13 14:45 206-66	0:13:41 07:41 01:45 14:28 15:25 200-66	0:15:04 09:04 01:23 14:31 14:45 192-65	0:16:47 10:47 01:42 14:35 14:59 180-62	0:18:09 12:09 01:22 14:35 14:32 172-59								
Kulak, Joe (PA) 4 Age 41 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:06:53 00:53 00:53 07:44 07:44 3-1	0:07:40 01:40 00:47 08:02 08:24 4-1	0:08:36 02:36 00:55 08:04 08:06 3-1	0:09:25 03:25 00:49 08:14 08:50 4-1	0:10:24 04:24 00:58 08:17 08:29 3-1	0:11:21 05:21 00:57 08:34 10:10 5-2	0:12:21 06:21 00:59 08:35 08:42 3-1	0:13:13 07:13 00:52 08:40 09:16 3-1	0:14:17 08:17 01:03 08:45 09:17 2-1	0:15:14 09:14 00:57 08:52 10:09 2-1	0:16:14 10:14 00:59 08:51 08:42 1-1	0:17:11 11:11 00:57 08:57 10:12 2-1	0:18:18 12:18 01:06 09:01 09:42 2-1	0:19:16 13:16 00:58 09:06 10:19 2-1	0:20:27 14:27 01:10 09:11 10:19 2-1	0:21:26:07 15:26:07 00:59:07 09:16 10:28 2-1
Lager, Cheryl (VA) 163 Age 43 Group F40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:23 01:23 01:23 12:07 12:07 145-20	0:08:34 02:34 01:11 12:22 12:40 143-20	0:09:46 03:46 01:11 11:41 10:26 107-12	0:10:50 04:50 01:04 11:37 11:25 88-8	0:12:04 06:04 01:13 11:26 10:43 67-8	0:13:16 07:16 01:12 11:39 12:54 66-6	0:14:39 08:39 01:22 11:42 11:59 51-6	0:15:56 09:56 01:17 11:56 13:46 58-7	0:17:26 11:26 01:29 12:04 13:01 49-6	0:18:40 12:40 01:14 12:10 13:11 45-5	0:20:04 14:04 01:23 12:10 12:11 35-4	0:21:31 15:31 01:27 12:25 15:31 39-4	0:23:10 17:10 01:38 12:35 14:21 34-4	1:00:28 18:28 01:18 12:40 13:58 33-4	1:02:14 20:14 01:45 12:52 15:20 33-4	1:03:42:39 21:42:39 01:28:39 13:02 15:41 33-4

# 2009 Umstead 50/100 Mile Endurance Run --04/04/2009

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Lance, Susan (GA)	Time of Day	0:07:13	0:08:11	0:09:26	0:10:26	0:11:41	0:12:46	0:14:07	0:15:17	0:16:56	0:18:40	0:21:41	0:23:06	1:00:54	1:02:22	1:04:06	1:05:35:52
15	Time Cum	01:13	02:11	03:26	04:26	05:41	06:46	08:07	09:17	10:56	12:40	15:41	17:06	18:54	20:22	22:06	23:35:52
Age 49	Time Delta	01:13	00:58	01:14	01:00	01:14	01:05	01:20	01:10	01:38	01:44	03:00	01:25	01:47	01:28	01:43	01:29:52
Group F40-49	Pace Cum	10:39	10:33	10:39	10:40	10:42	10:51	10:59	11:09	11:32	12:10	13:34	13:41	13:51	13:58	14:03	14:10
Overall-Group	Pace Delta	10:39	10:25	10:49	10:44	10:51	11:39	11:42	12:32	14:20	18:29	26:22	15:05	15:44	15:40	15:07	15:54
	Position	56-5	46-4	52-5	43-5	39-5	36-4	35-4	33-4	31-3	44-5	73-9	70-8	67-8	66-8	63-7	65-8
Latimer, Marsha (PA)	Time of Day	0:07:11	0:08:11	0:09:22	0:10:24	0:11:40	0:12:56	0:14:20	0:15:31	0:17:02	0:18:25	0:20:08	0:21:38	0:23:32	1:01:01	1:02:50	1:04:16:47
164	Time Cum	01:11	02:11	03:22	04:24	05:40	06:56	08:20	09:31	11:02	12:25	14:08	15:38	17:32	19:01	20:50	22:16:47
Age 47	Time Delta	01:11	01:00	01:10	01:02	01:15	01:16	01:23	01:11	01:30	01:23	01:42	01:30	01:53	01:29	01:48	01:26:47
Group F40-49	Pace Cum	10:22	10:31	10:26	10:36	10:41	11:06	11:16	11:26	11:39	11:56	12:14	12:31	12:51	13:03	13:15	13:22
Overall-Group	Pace Delta	10:22	10:41	10:19	11:07	10:59	13:27	12:16	12:44	13:09	14:51	14:54	15:59	16:36	15:51	15:50	15:22
	Position	37-3	42-4	36-4	33-4	38-4	46-5	43-5	46-5	35-4	38-4	38-5	42-5	43-5	41-5	40-5	39-5
Lee, David (NC)	Time of Day	0:07:22	0:08:47	0:10:25	0:11:44	0:13:23	0:14:48	0:16:39	0:18:12	0:20:17	0:22:13						
165	Time Cum	01:22	02:47	04:25	05:44	07:23	08:48	10:39	12:12	14:17	16:13						
Age 47	Time Delta	01:22	01:25	01:37	01:19	01:38	01:25	01:50	01:33	02:04	01:56						
Group M40-49	Pace Cum	11:58	13:22	13:42	13:47	13:55	14:06	14:24	14:39	15:04	15:34						
Overall-Group	Pace Delta	11:58	15:04	14:18	14:05	14:22	15:10	16:06	16:37	18:07	20:34						
	Position	136-51	193-65	200-65	188-65	184-63	180-62	176-61	178-62	142-48	150-50						
Lee, Kathy (NC)	Time of Day	0:07:13	0:08:15	0:09:29	0:10:37	0:12:02	0:13:20	0:14:56	0:16:15	0:17:48	0:19:04	0:20:56	0:22:31	1:00:43	1:02:16	1:04:29	1:06:13:01
9	Time Cum	01:13	02:15	03:29	04:37	06:02	07:20	08:56	10:15	11:48	13:04	14:56	16:31	18:43	20:16	22:29	24:13:01
Age 45	Time Delta	01:13	01:02	01:13	01:08	01:24	01:18	01:35	01:19	01:32	01:16	01:51	01:35	02:11	01:33	02:13	01:44:01
Group F40-49	Pace Cum	10:39	10:50	10:48	11:07	11:22	11:45	12:05	12:18	12:27	12:34	12:55	13:14	13:43	13:54	14:18	14:32
Overall-Group	Pace Delta	10:39	11:02	10:45	12:12	12:17	13:53	13:57	14:01	13:33	13:38	16:12	16:59	19:08	16:28	19:25	18:25
	Position	56-5	61-6	58-6	62-6	62-6	71-8	72-8	77-8	65-7	62-7	55-6	58-6	66-7	64-7	70-11	70-11
Leedy, Rick (MI)	Time of Day	0:07:17	0:08:24	0:09:46	0:10:59	0:12:33	0:13:48	0:15:25	0:16:45	0:18:28	0:19:48	0:21:24	0:22:46	1:00:34	1:02:02	1:03:48	1:05:17:32
166	Time Cum	01:17	02:24	03:46	04:59	06:33	07:48	09:25	10:45	12:28	13:48	15:24	16:46	18:34	20:02	21:48	23:17:32
Age 46	Time Delta	01:17	01:07	01:21	01:13	01:33	01:15	01:36	01:20	01:42	01:20	01:35	01:22	01:47	01:28	01:45	01:29:32
Group M40-49	Pace Cum	11:14	11:34	11:41	12:00	12:20	12:30	12:44	12:55	13:09	13:15	13:19	13:25	13:37	13:44	13:52	13:59
Overall-Group	Pace Delta	11:14	11:57	11:54	13:05	13:36	13:22	14:05	14:19	14:55	14:10	14:00	14:36	15:42	15:36	15:27	15:51
	Position	92-31	101-34	107-38	115-43	121-48	113-43	105-41	107-40	90-33	85-31	65-23	66-20	62-21	59-21	57-18	58-18
Lefferts, Peter C (FL)	Time of Day	0:07:34	0:08:49	0:10:19	0:11:39	0:13:17	0:14:45	0:16:33	0:18:10	0:20:13	0:22:02	1:00:24	1:02:19	1:04:42	1:06:40	1:08:52	1:10:46:31
25	Time Cum	01:34	02:49	04:19	05:39	07:17	08:45	10:33	12:10	14:13	16:02	18:24	20:19	22:42	24:40	26:52	28:46:31
Age 53	Time Delta	01:34	01:15	01:29	01:20	01:37	01:28	01:47	01:37	02:02	01:49	02:21	01:55	02:22	01:58	02:11	01:54:31
Group M50-59	Pace Cum	13:43	13:36	13:23	13:36	13:43	14:01	14:16	14:37	15:00	15:24	15:55	16:16	16:38	16:55	17:05	17:16
Overall-Group	Pace Delta	13:43	13:27	13:00	14:19	14:11	15:42	15:40	17:15	17:53	19:21	20:41	20:27	20:48	21:00	19:10	20:16
	Position	215-37	203-37	186-33	186-33	173-28	175-29	167-27	176-28	140-24	142-24	125-18	132-20	117-17	120-18	119-17	121-18
Legg, Debbi (GA)	Time of Day	0:07:17	0:08:21	0:09:45	0:10:56	0:12:18	0:13:31	0:15:08	0:16:31	0:18:19	0:19:41	0:21:52	0:23:30	1:02:00	1:03:48	1:06:28	1:08:18:56
167	Time Cum	01:17	02:21	03:45	04:56	06:18	07:31	09:08	10:31	12:19	13:41	15:52	17:30	20:00	21:48	24:28	26:18:56
Age 44	Time Delta	01:17	01:04	01:23	01:11	01:21	01:13	01:36	01:23	01:47	01:22	02:10	01:38	02:29	01:48	02:39	01:50:56
Group F40-49	Pace Cum	11:14	11:22	11:38	11:51	11:52	12:02	12:21	12:38	13:00	13:09	13:44	14:01	14:40	14:57	15:34	15:47
Overall-Group	Pace Delta	11:14	11:30	12:07	12:35	11:58	12:58	14:08	14:46	15:42	14:37	19:02	17:31	21:45	19:07	23:21	19:38
	Position	92-10	89-8	99-8	98-10	94-10	90-10	83-10	89-10	83-8	83-8	79-11	80-12	81-13	83-13	84-13	86-13

# 2009 Umstead 50/100 Mile Endurance Run --04/04/2009

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<b>Leland, June (FL)</b>	Time of Day	0:07:25	0:08:38	0:10:09	0:11:29	0:13:05	0:14:27	0:16:23	0:17:53	0:20:19							
168	Time Cum	01:25	02:38	04:09	05:29	07:05	08:27	10:23	11:53	14:19							
Age 56	Time Delta	01:25	01:13	01:30	01:20	01:35	01:22	01:55	01:30	02:25							
Group F50-59	Pace Cum	12:25	12:40	12:52	13:11	13:21	13:32	14:03	14:17	15:07							
Overall-Group	Pace Delta	12:25	12:59	13:14	14:17	13:55	14:35	16:53	16:05	21:11							
	Position	158-6	159-7	163-7	169-7	157-6	153-7	158-8	164-8	143-9							
<b>Lewis, Gary (FL)</b>	Time of Day	0:07:28	0:08:42	0:10:13	0:11:37	0:13:20	0:14:52	0:16:48	0:18:22	0:20:25	0:22:04	1:00:43					
169	Time Cum	01:28	02:42	04:13	05:37	07:20	08:52	10:48	12:22	14:25	16:04	18:43					
Age 58	Time Delta	01:28	01:14	01:30	01:24	01:42	01:32	01:55	01:34	02:02	01:39	02:38					
Group M50-59	Pace Cum	12:51	12:58	13:04	13:30	13:49	14:12	14:37	14:50	15:13	15:26	16:12					
Overall-Group	Pace Delta	12:51	13:07	13:16	14:58	14:57	16:24	16:50	16:38	17:57	17:39	23:06					
	Position	178-33	176-32	179-32	182-30	180-32	186-32	182-31	182-30	147-26	144-25	135-22					
<b>Lewis, Marie (NC)</b>	Time of Day	0:07:25	0:08:38	0:10:07	0:11:27	0:13:03	0:14:26	0:16:02	0:17:22	0:19:05	0:20:38	0:22:25	0:23:54	1:01:54	1:04:00	1:05:58	1:07:27:59
170	Time Cum	01:25	02:38	04:07	05:27	07:03	08:26	10:02	11:22	13:05	14:38	16:25	17:54	19:54	22:00	23:58	25:27:59
Age 45	Time Delta	01:25	01:13	01:28	01:20	01:35	01:23	01:35	01:20	01:42	01:33	01:46	01:29	01:59	02:06	01:57	01:29:59
Group F40-49	Pace Cum	12:25	12:42	12:46	13:06	13:17	13:30	13:34	13:39	13:48	14:03	14:12	14:20	14:35	15:06	15:14	15:17
Overall-Group	Pace Delta	12:25	13:03	12:53	14:13	13:58	14:44	13:59	14:13	14:59	16:33	15:33	15:50	17:27	22:25	17:07	15:56
	Position	158-22	163-22	156-20	162-21	154-20	150-19	142-19	142-19	110-17	110-16	91-16	89-15	80-12	85-14	80-12	79-12
<b>Lightner, Leo (OH)</b>	Time of Day	0:07:43	0:09:11	0:10:59	0:12:31	0:14:20	0:15:52	0:17:48	0:19:25	0:21:26	0:23:17	1:01:40	1:03:35				
26	Time Cum	01:43	03:11	04:59	06:31	08:20	09:52	11:48	13:25	15:26	17:17	19:40	21:35				
Age 80	Time Delta	01:43	01:28	01:47	01:32	01:48	01:32	01:55	01:37	02:00	01:51	02:22	01:55				
Group M70-79	Pace Cum	15:02	15:17	15:27	15:41	15:42	15:49	15:58	16:07	16:17	16:36	17:01	17:16				
Overall-Group	Pace Delta	15:02	15:35	15:46	16:27	15:46	16:27	16:48	17:16	17:35	19:44	20:49	20:27				
	Position	232-2	233-2	234-2	234-2	226-2	224-2	217-1	216-1	170-1	166-1	142-1	143-1				
<b>Lilly, Richard (NC)</b>	Time of Day	0:07:03	0:07:55	0:08:58	0:09:52	0:10:55	0:11:50	0:13:00	0:13:59	0:15:16	0:16:23	0:17:38	0:18:44	0:20:06	0:21:20	0:22:44	0:23:52:51
171	Time Cum	01:03	01:55	02:58	03:52	04:55	05:50	07:00	07:59	09:16	10:23	11:38	12:44	14:06	15:20	16:44	17:52:51
Age 46	Time Delta	01:03	00:52	01:02	00:54	01:02	00:55	01:09	00:59	01:16	01:07	01:14	01:06	01:21	01:14	01:23	01:08:51
Group M40-49	Pace Cum	09:12	09:14	09:12	09:18	09:16	09:20	09:28	09:36	09:47	09:59	10:04	10:11	10:20	10:31	10:38	10:44
Overall-Group	Pace Delta	09:12	09:17	09:08	09:38	09:08	09:47	10:11	10:36	11:06	12:01	10:49	11:42	11:58	13:12	12:11	12:11
	Position	15-8	17-8	13-6	14-6	13-6	10-4	10-4	10-4	9-4	9-4	6-3	7-3	6-2	6-2	6-2	6-2
<b>Lipton, Mike (VA)</b>	Time of Day	0:07:20	0:08:26	0:09:43	0:10:56	0:12:24	0:13:40	0:15:20	0:16:37	0:18:15	0:19:41	0:21:29	0:23:14	1:00:56	1:02:26	1:04:32	1:06:17:18
172	Time Cum	01:20	02:26	03:43	04:56	06:24	07:40	09:20	10:37	12:15	13:41	15:29	17:14	18:56	20:26	22:32	24:17:18
Age 44	Time Delta	01:20	01:06	01:16	01:13	01:27	01:16	01:39	01:17	01:37	01:26	01:47	01:45	01:41	01:30	02:05	01:45:18
Group M40-49	Pace Cum	11:41	11:42	11:31	11:52	12:03	12:17	12:38	12:45	12:56	13:08	13:24	13:47	13:53	14:01	14:20	14:34
Overall-Group	Pace Delta	11:41	11:44	11:12	13:01	12:46	13:34	14:30	13:47	14:11	15:15	15:45	18:39	14:51	16:02	18:19	18:38
	Position	115-40	107-39	94-35	104-36	102-38	102-38	99-39	101-38	79-29	81-30	68-24	75-24	69-23	69-23	72-24	72-24
<b>Love-Ottobre, Kim (OH)</b>	Time of Day	0:07:30	0:08:48	0:10:20	0:11:48	0:13:27	0:14:57	0:16:47	0:18:24	0:20:12	0:21:47	0:23:45	1:01:37	1:03:45	1:05:35	1:07:48	1:09:33:52
173	Time Cum	01:30	02:48	04:20	05:48	07:27	08:57	10:47	12:24	14:12	15:47	17:45	19:37	21:45	23:35	25:48	27:33:52
Age 43	Time Delta	01:30	01:18	01:31	01:28	01:38	01:30	01:49	01:37	01:47	01:35	01:57	01:52	02:07	01:50	02:12	01:45:52
Group F40-49	Pace Cum	13:08	13:27	13:26	13:57	14:02	14:20	14:35	14:53	14:59	15:10	15:21	15:42	15:57	16:11	16:24	16:32
Overall-Group	Pace Delta	13:08	13:49	13:25	15:41	14:22	16:01	15:59	17:11	15:45	16:59	17:05	19:59	18:33	19:36	19:19	18:44
	Position	190-25	196-26	190-26	194-25	191-23	187-23	180-23	184-23	139-20	138-20	118-20	121-20	110-19	110-20	106-20	103-20

# 2009 Umstead 50/100 Mile Endurance Run --04/04/2009

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Lowery, Chris (GA)	Time of Day	0:07:20	0:08:26	0:09:50	0:11:00	0:12:29	0:13:46	0:15:26	0:17:01	0:18:47	0:20:11	0:22:05	0:23:50	1:01:53	1:03:36	1:06:01	1:07:36:42
102	Time Cum	01:20	02:26	03:50	05:00	06:29	07:46	09:26	11:01	12:47	14:11	16:05	17:50	19:53	21:36	24:01	25:36:42
Age 47	Time Delta	01:20	01:06	01:23	01:10	01:28	01:17	01:39	01:35	01:45	01:24	01:53	01:45	02:02	01:43	02:24	01:35:42
Group M40-49	Pace Cum	11:41	11:44	11:53	12:01	12:13	12:27	12:46	13:14	13:29	13:38	13:55	14:17	14:35	14:49	15:16	15:22
Overall-Group	Pace Delta	11:41	11:47	12:11	12:30	12:54	13:48	14:27	16:53	15:25	15:01	16:32	18:42	17:52	18:15	21:09	16:56
	Position	115-40	109-39	122-47	116-44	112-43	110-42	109-43	119-45	105-40	102-38	84-27	88-29	79-27	79-27	81-27	80-27
Lucchesi, D C (NC)	Time of Day	0:07:22	0:08:25	0:09:31	0:10:25	0:11:30	0:12:29	0:13:46	0:14:55								
175	Time Cum	01:22	02:25	03:31	04:25	05:30	06:29	07:46	08:55								
Age 42	Time Delta	01:22	01:03	01:05	00:54	01:04	00:59	01:16	01:09								
Group M40-49	Pace Cum	11:58	11:39	10:54	10:36	10:22	10:23	10:30	10:42								
Overall-Group	Pace Delta	11:58	11:16	09:33	09:34	09:29	10:33	11:09	12:14								
	Position	136-51	103-37	65-26	37-16	26-14	21-11	20-10	21-9								
Ludwig, Scott (GA)	Time of Day	0:07:24	0:08:33	0:09:57	0:11:09	0:12:34	0:13:51	0:15:27	0:17:02	0:18:53	0:20:04	0:21:43	0:23:06	1:00:54	1:02:22	1:04:06	1:05:35:52
176	Time Cum	01:24	02:33	03:57	05:09	06:34	07:51	09:27	11:02	12:53	14:04	15:43	17:06	18:54	20:22	22:06	23:35:52
Age 54	Time Delta	01:24	01:09	01:23	01:12	01:24	01:17	01:35	01:35	01:50	01:11	01:38	01:23	01:47	01:28	01:43	01:29:52
Group M50-59	Pace Cum	12:16	12:15	12:15	12:24	12:22	12:34	12:47	13:15	13:36	13:31	13:36	13:41	13:51	13:58	14:03	14:10
Overall-Group	Pace Delta	12:16	12:14	12:15	12:53	12:17	13:38	14:01	16:56	16:06	12:42	14:20	14:43	15:44	15:40	15:07	15:54
	Position	150-26	135-22	135-22	130-21	123-21	115-20	112-20	121-20	107-18	95-17	74-14	70-15	67-15	66-15	63-14	65-14
Macklow, Barbara (WA)	Time of Day	0:07:37	0:08:59	0:10:34	0:12:01	0:13:44	0:15:24	0:17:30	0:19:14	0:21:20	0:23:17	1:01:50	1:03:41	1:05:42	1:07:39	1:09:48	1:11:46:11
177	Time Cum	01:37	02:59	04:34	06:01	07:44	09:24	11:30	13:14	15:20	17:17	19:50	21:41	23:42	25:39	27:48	29:46:11
Age 74	Time Delta	01:37	01:22	01:34	01:27	01:42	01:40	02:05	01:44	02:05	01:57	02:32	01:51	02:00	01:57	02:08	01:58:11
Group F70-79	Pace Cum	14:10	14:22	14:10	14:28	14:34	15:03	15:33	15:53	16:11	16:36	17:10	17:21	17:22	17:36	17:41	17:52
Overall-Group	Pace Delta	14:10	14:36	13:47	15:31	14:56	17:49	18:18	18:25	18:24	20:48	22:15	19:45	17:35	20:51	18:43	20:55
	Position	223-1	225-1	211-1	213-1	205-1	207-1	204-1	208-1	164-1	167-1	143-1	144-1	129-1	131-1	128-1	130-1
Malinowski, Joseph A (VA)	Time of Day	0:07:32	0:08:53	0:10:43	0:12:18	0:14:18	0:15:57	0:18:08	0:19:55								
178	Time Cum	01:32	02:53	04:43	06:18	08:18	09:57	12:08	13:55								
Age 61	Time Delta	01:32	01:21	01:49	01:35	01:59	01:39	02:10	01:47								
Group M60-69	Pace Cum	13:26	13:52	14:38	15:07	15:38	15:56	16:25	16:43								
Overall-Group	Pace Delta	13:26	14:23	16:01	16:49	17:31	17:35	19:05	19:01								
	Position	206-15	216-20	224-21	225-21	225-23	227-24	221-24	224-24								
Marsh, Ed (NC)	Time of Day	0:07:11	0:08:13	0:09:29	0:10:39	0:12:01	0:13:16	0:14:54	0:16:29								
179	Time Cum	01:11	02:13	03:29	04:39	06:01	07:16	08:54	10:29								
Age 62	Time Delta	01:11	01:02	01:15	01:10	01:21	01:15	01:37	01:35								
Group M60-69	Pace Cum	10:22	10:40	10:48	11:11	11:20	11:38	12:02	12:35								
Overall-Group	Pace Delta	10:22	11:02	11:03	12:30	11:53	13:17	14:18	16:50								
	Position	37-1	51-1	58-2	68-2	60-2	64-2	70-2	86-2								
Marsh, John C (MD)	Time of Day	0:07:14	0:08:21	0:09:44	0:10:56	0:12:28	0:13:52	0:15:40	0:17:07	0:19:29	0:20:56	0:23:09	1:01:28				
180	Time Cum	01:14	02:21	03:44	04:56	06:28	07:52	09:40	11:07	13:29	14:56	17:09	19:28				
Age 34	Time Delta	01:14	01:07	01:22	01:12	01:31	01:24	01:47	01:27	02:22	01:27	02:12	02:19				
Group M30-39	Pace Cum	10:48	11:18	11:35	11:51	12:11	12:36	13:05	13:20	14:14	14:20	14:50	15:35				
Overall-Group	Pace Delta	10:48	11:54	12:05	12:46	13:25	14:56	15:42	15:24	20:44	15:25	19:24	24:39				
	Position	66-14	83-20	96-21	101-20	109-22	119-24	125-23	128-25	120-23	115-21	101-21	117-24				

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## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<i>Mason, Louise (IL)</i>	Time of Day	0:07:31	0:08:55	0:10:46	0:12:19	0:14:15	0:15:51		0:19:33	0:22:06	1:00:13	1:02:50	1:05:04	1:07:18	1:08:52		
27	Time Cum	01:31	02:55	04:46	06:19	08:15	09:51		13:33	16:06	18:13	20:50	23:04	25:18	26:52		
Age 56	Time Delta	01:31	01:24	01:50	01:33	01:55	01:36		03:41	02:32	02:07	02:36	02:14	02:13	01:34		
Group F50-59	Pace Cum	13:17	14:03	14:47	15:10	15:32	15:47		16:17	17:00	17:29	18:01	18:28	18:33	18:26		
Overall-Group	Pace Delta	13:17	14:59	16:06	16:30	16:54	17:10		17:45	22:12	22:29	22:55	23:53	19:25	16:42		
	Position	197-11	219-13	228-14	227-14	222-13	222-13		219-13	174-13	172-11	146-9	147-9	132-9	134-9		
<i>Massie, Tammy Jeanne</i>	Time of Day	0:07:31	0:08:49	0:10:20	0:11:46	0:13:20	0:14:41	0:16:23	0:17:47	0:19:34	0:21:07	0:23:16	1:01:03	1:03:19	1:05:24	1:08:02	1:09:46:48
182	Time Cum	01:31	02:49	04:20	05:46	07:20	08:41	10:23	11:47	13:34	15:07	17:16	19:03	21:19	23:24	26:02	27:46:48
Age 37	Time Delta	01:31	01:18	01:30	01:26	01:33	01:21	01:41	01:24	01:46	01:33	02:08	01:47	02:15	02:05	02:37	01:44:48
Group F30-39	Pace Cum	13:17	13:35	13:26	13:52	13:49	13:54	14:03	14:09	14:19	14:31	14:56	15:15	15:38	16:03	16:33	16:40
Overall-Group	Pace Delta	13:17	13:57	13:10	15:21	13:37	14:23	14:51	15:01	15:30	16:30	18:48	19:05	19:44	22:09	23:03	18:33
	Position	197-8	201-9	190-9	193-9	180-9	169-9	158-9	157-9	121-7	121-7	102-7	104-7	100-6	105-6	109-6	106-6
<i>Mazunder, Ashish (NC)</i>	Time of Day	0:07:31	0:08:58	0:10:43	0:12:21	0:14:35	0:16:39	0:19:19	0:21:45								
183	Time Cum	01:31	02:58	04:43	06:21	08:35	10:39	13:19	15:45								
Age 43	Time Delta	01:31	01:27	01:44	01:38	02:13	02:04	02:39	02:26								
Group M40-49	Pace Cum	13:17	14:18	14:38	15:16	16:10	17:03	18:01	18:55								
Overall-Group	Pace Delta	13:17	15:32	15:13	17:30	19:26	21:58	23:20	25:56								
	Position	197-66	224-69	224-69	230-69	234-71	236-70	234-69	236-69								
<i>McGuire, Anthony L (NC)</i>	Time of Day	0:07:17	0:08:25	0:09:46	0:11:01	0:12:28	0:13:48	0:15:25	0:16:54								
184	Time Cum	01:17	02:25	03:46	05:01	06:28	07:48	09:25	10:54								
Age 45	Time Delta	01:17	01:08	01:20	01:15	01:26	01:20	01:36	01:29								
Group M40-49	Pace Cum	11:14	11:40	11:41	12:04	12:11	12:30	12:44	13:05								
Overall-Group	Pace Delta	11:14	12:12	11:42	13:22	12:38	14:17	14:04	15:50								
	Position	92-31	106-37	107-38	120-45	109-41	114-43	105-41	114-44								
<i>McKeown, Bruce Grant (NY)</i>	Time of Day	0:07:25	0:08:36	0:10:01	0:11:09	0:12:37	0:13:46	0:15:17	0:16:34	0:18:06	0:19:21	0:20:55	0:22:10	0:23:51	1:01:13	1:02:49	1:04:06:23
185	Time Cum	01:25	02:36	04:01	05:09	06:37	07:46	09:17	10:34	12:06	13:21	14:55	16:10	17:51	19:13	20:49	22:06:23
Age 60	Time Delta	01:25	01:11	01:24	01:08	01:27	01:09	01:30	01:17	01:31	01:15	01:33	01:15	01:40	01:22	01:35	01:17:23
Group M60-69	Pace Cum	12:25	12:31	12:27	12:23	12:28	12:26	12:34	12:42	12:46	12:49	12:54	12:56	13:05	13:11	13:14	13:16
Overall-Group	Pace Delta	12:25	12:38	12:21	12:10	12:44	12:18	13:13	13:46	13:19	13:17	13:43	13:18	14:43	14:41	13:52	13:42
	Position	158-7	152-6	143-6	129-5	127-6	109-4	95-3	96-3	69-2	67-2	54-2	48-2	46-2	45-2	39-2	37-2
<i>McNeill, Jennifer (NC)</i>	Time of Day	0:07:15	0:08:22	0:09:45	0:10:55	0:12:16	0:13:23	0:14:42	0:15:51	0:17:14	0:18:23	0:19:45	0:20:59	0:22:37	1:00:01	1:01:44	1:03:13:34
186	Time Cum	01:15	02:22	03:45	04:55	06:16	07:23	08:42	09:51	11:14	12:23	13:45	14:59	16:37	18:01	19:44	21:13:34
Age 40	Time Delta	01:15	01:07	01:22	01:10	01:20	01:07	01:18	01:09	01:22	01:09	01:21	01:14	01:37	01:24	01:42	01:29:34
Group F40-49	Pace Cum	10:57	11:26	11:38	11:50	11:48	11:49	11:46	11:50	11:51	11:53	11:54	12:00	12:11	12:22	12:33	12:44
Overall-Group	Pace Delta	10:57	12:01	12:00	12:33	11:42	11:55	11:29	12:18	12:03	12:14	11:57	13:11	14:14	15:01	14:55	15:51
	Position	80-9	92-9	99-8	96-9	90-9	75-9	55-7	52-6	42-5	36-3	29-3	29-3	30-3	28-3	26-3	27-3
<i>McNeill, Michael (NC)</i>	Time of Day	0:07:25	0:08:37	0:10:00	0:11:12	0:12:42	0:13:57	0:15:41	0:17:25								
187	Time Cum	01:25	02:37	04:00	05:12	06:42	07:57	09:41	11:25								
Age 37	Time Delta	01:25	01:12	01:22	01:12	01:29	01:15	01:43	01:44								
Group M30-39	Pace Cum	12:25	12:34	12:24	12:29	12:37	12:44	13:06	13:43								
Overall-Group	Pace Delta	12:25	12:45	12:06	12:45	13:08	13:22	15:06	18:30								
	Position	158-28	155-29	140-27	133-26	134-26	129-25	127-24	144-29								

# 2009 Umstead 50/100 Mile Endurance Run --04/04/2009

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
McVeigh, JR, George M (VA) 188 Age 62 Group M60-69 Overall-Group	Time of Day	0:07:52	0:09:24	0:11:20	0:13:00	0:15:06	0:16:56	0:19:13	0:21:21								
	Time Cum	01:52	03:24	05:20	07:00	09:06	10:56	13:13	15:21								
	Time Delta	01:52	01:32	01:55	01:40	02:05	01:50	02:16	02:08								
	Pace Cum	16:21	16:21	16:32	16:49	17:09	17:30	17:53	18:26								
	Pace Delta	16:21	16:22	16:52	17:47	18:19	19:33	19:56	22:50								
	Position	243-27	244-27	243-26	243-26	238-25	239-26	232-26	235-26								
	<hr/>																
Mitchell, Meredith (NC) 189 Age 29 Group F20-29 Overall-Group	Time of Day	0:07:50	0:09:20	0:11:19	0:13:00	0:15:08	0:17:05	0:19:13	0:21:02								
	Time Cum	01:50	03:20	05:19	07:00	09:08	11:05	13:13	15:02								
	Time Delta	01:50	01:30	01:58	01:41	02:08	01:57	02:07	01:49								
	Pace Cum	16:04	16:01	16:29	16:48	17:12	17:44	17:53	18:03								
	Pace Delta	16:04	15:58	17:21	17:53	18:41	20:45	18:39	19:23								
	Position	242-4	243-4	242-4	242-4	239-4	240-4	232-4	232-4								
	<hr/>																
Mooney, Lynn (GA) 190 Age 47 Group F40-49 Overall-Group	Time of Day	0:07:17	0:08:22	0:09:45	0:10:56	0:12:18	0:13:31	0:15:09	0:16:31	0:18:19	0:19:41	0:21:51	0:23:28	1:02:59	1:04:28	1:05:34:54	
	Time Cum	01:17	02:22	03:45	04:56	06:18	07:31	09:09	10:31	12:19	13:41	15:51	17:28	20:59	22:28	23:34:54	
	Time Delta	01:17	01:05	01:23	01:11	01:21	01:13	01:37	01:22	01:47	01:22	02:09	01:37	03:30	01:28	01:06:54	
	Pace Cum	11:14	11:22	11:38	11:50	11:52	12:02	12:23	12:38	13:00	13:09	13:43	13:59	14:24	14:17	14:09	
	Pace Delta	11:14	11:30	12:07	12:34	11:58	12:58	14:16	14:35	15:43	14:37	18:54	17:15	16:52	12:57	11:50	
	Position	92-10	90-9	99-8	97-10	94-10	89-10	89-11	88-10	83-8	82-8	78-10	79-11	75-11	69-10	64-7	
	<hr/>																
Moore, Catherine (CA) 191 Age 48 Group F40-49 Overall-Group	Time of Day	0:07:20	0:08:32	0:10:02	0:11:23	0:13:02	0:14:32	0:16:19	0:17:52	0:19:57	0:21:35	0:23:30	1:01:11	1:03:32	1:05:18	1:07:43	1:09:33:25
	Time Cum	01:20	02:32	04:02	05:23	07:02	08:32	10:19	11:52	13:57	15:35	17:30	19:11	21:32	23:18	25:43	27:33:25
	Time Delta	01:20	01:12	01:29	01:21	01:38	01:30	01:46	01:33	02:04	01:38	01:55	01:41	02:20	01:46	02:24	01:50:25
	Pace Cum	11:41	12:12	12:30	12:58	13:15	13:39	13:57	14:15	14:43	14:58	15:08	15:21	15:47	15:59	16:21	16:32
	Pace Delta	11:41	12:50	13:04	14:31	14:19	15:58	15:36	16:31	18:12	17:21	16:47	17:56	20:33	18:51	21:06	19:33
	Position	115-16	134-18	145-19	153-19	151-19	159-22	155-21	162-22	132-19	133-19	110-18	110-19	104-17	104-18	104-18	102-19
	<hr/>																
Morgan, Paul (FL) 192 Age 67 Group M60-69 Overall-Group	Time of Day	0:07:43	0:09:11	0:10:55	0:12:21		0:15:47	0:17:51	0:19:32								
	Time Cum	01:43	03:11	04:55	06:21		09:47	11:51	13:32								
	Time Delta	01:43	01:28	01:43	01:26		03:25	02:03	01:41								
	Pace Cum	15:02	15:18	15:15	15:15		15:39	16:02	16:15								
	Pace Delta	15:02	15:37	15:09	15:14		16:28	18:06	18:00								
	Position	232-23	234-24	231-24	228-23		218-22	219-23	218-22								
	<hr/>																
Morrin, Michael (CT) 193 Age 72 Group M70-79 Overall-Group	Time of Day	0:07:54	0:09:37	0:11:41	0:13:35	0:15:57	0:18:04	0:20:43	0:22:52								
	Time Cum	01:54	03:37	05:41	07:35	09:57	12:04	14:43	16:52								
	Time Delta	01:54	01:43	02:03	01:54	02:21	02:07	02:38	02:09								
	Pace Cum	16:39	17:25	17:37	18:13	18:45	19:19	19:55	20:15								
	Pace Delta	16:39	18:21	18:00	20:15	20:41	22:32	23:10	22:55								
	Position	244-3	248-3	248-3	248-3	242-3	244-3	237-2	239-2								
	<hr/>																
Morrissey, Sarah (VA) 100 Age 40 Group F40-49 Overall-Group	Time of Day	0:07:18	0:08:30	0:09:57	0:11:13		0:14:03	0:15:42	0:16:58	0:18:45	0:20:10	0:21:52	0:22:48	1:00:12	1:01:21	1:03:04	1:04:26:05
	Time Cum	01:18	02:30	03:57	05:13		08:03	09:42	10:58	12:45	14:10	15:52	16:48	18:12	19:21	21:04	22:26:05
	Time Delta	01:18	01:12	01:26	01:16		02:50	01:38	01:16	01:46	01:25	01:41	00:56	01:23	01:09	01:42	01:22:05
	Pace Cum	11:23	12:02	12:15	12:33		12:54	13:07	13:11	13:27	13:37	13:44	13:26	13:20	13:17	13:24	13:28
	Pace Delta	11:23	12:49	12:38	13:33		13:38	14:19	13:35	15:31	15:10	14:47	09:55	12:15	12:22	14:54	14:32
	Position	98-12	128-14	135-16	136-14		133-15	128-15	116-14	103-14	100-14	79-11	67-7	53-6	48-6	44-6	43-6
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# 2009 Umstead 50/100 Mile Endurance Run --04/04/2009

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Mujica, Hugo H (CT) 195 Age 52 Group M50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:31 01:31 01:31 13:17 13:17 197-36	0:08:42 02:42 01:11 12:59 12:38 180-32	0:10:19 04:19 01:36 13:23 14:06 186-33	0:11:51 05:51 01:32 14:03 16:20 197-35	0:13:48 07:48 01:56 14:42 17:02 207-35	0:15:33 09:33 01:45 15:17 18:39 210-36	0:17:36 11:36 02:02 15:42 17:54 208-36	0:18:58 12:58 01:22 15:34 14:33 203-35								
Murolo, Fred (CT) 196 Age 52 Group M50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:11 01:11 01:11 10:22 10:22 37-6	0:08:13 02:13 01:02 10:40 11:02 50-8	0:09:25 03:25 01:11 10:36 10:28 49-8	0:10:32 04:32 01:07 10:54 11:57 52-8	0:11:56 05:56 01:23 11:11 12:11 53-9	0:13:08 07:08 01:12 11:25 12:47 53-9	0:14:35 08:35 01:26 11:37 12:40 50-9	0:15:56 09:56 01:21 11:56 14:24 56-10	0:17:36 11:36 01:39 12:15 14:33 53-10	0:18:56 12:56 01:20 12:25 14:13 55-10	0:20:44 14:44 01:47 12:45 15:43 48-10	0:22:17 16:17 01:33 13:02 16:31 53-12	1:00:21 18:21 02:03 13:27 18:04 57-12	1:02:02 20:02 01:41 13:45 18:02 61-12	1:03:43 21:43 01:40 13:49 14:37 54-11	1:05:05:06 23:05:06 01:22:06 13:51 14:32 53-11
Murphy, Nancy (IN) 197 Age 63 Group F60-69 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:29 01:29 01:29 13:00 13:00 187-3	0:08:49 02:49 01:20 13:35 14:19 202-3	0:10:20 04:20 01:30 13:26 13:09 190-1	0:11:44 05:44 01:24 13:48 15:01 191-1	0:13:26 07:26 01:41 14:00 14:46 186-1	0:15:08 09:08 01:42 14:37 18:04 195-1	0:17:07 11:07 01:58 15:02 17:21 196-2	0:18:59 12:59 01:52 15:36 19:59 206-3								
Murray, Jay (NC) 198 Age 47 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:25 01:25 01:25 12:25 12:25 158-59	0:08:37 02:37 01:12 12:34 12:46 156-57	0:10:00 04:00 01:22 12:24 12:06 140-53	0:11:12 05:12 01:12 12:29 12:45 133-52	0:12:39 06:39 01:26 12:32 12:42 128-51	0:13:57 07:57 01:18 12:44 13:54 128-49	0:15:33 09:33 01:35 12:55 13:56 120-47	0:16:49 10:49 01:16 13:00 13:34 110-42	0:18:32 12:32 01:42 13:14 14:57 93-36	0:19:55 13:55 01:23 13:22 14:49 89-33	0:22:08 16:08 02:12 13:57 19:19 85-28	0:23:34 17:34 01:26 14:03 15:14 83-26	1:01:21 19:21 01:46 14:11 15:37 76-25	1:02:45 20:45 01:24 14:14 14:55 71-24	1:04:17 22:17 01:31 14:10 13:23 66-23	1:05:26:05 23:26:05 01:09:05 14:04 12:14 62-21
Nelsen, George W (VA) 199 Age 53 Group M50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:21 01:21 01:21 11:49 11:49 131-20	0:08:34 02:34 01:13 12:21 12:59 142-24	0:10:01 04:01 01:26 12:27 12:39 143-23	0:11:17 05:17 01:16 12:43 13:35 143-22	0:12:49 06:49 01:31 12:50 15:06 137-22	0:14:14 08:14 01:25 13:11 15:06 140-22	0:15:54 09:54 01:39 13:24 14:33 141-22	0:17:28 11:28 01:34 13:46 16:43 145-22	0:19:20 13:20 01:51 14:04 16:17 117-20	0:21:08 15:08 01:48 14:33 19:17 123-20	0:23:29 17:29 02:20 15:08 20:27 109-15	1:01:22 19:22 01:53 15:30 20:07 114-16	1:06:14 24:14 04:52 16:38 23:23 114-16	1:08:40 26:40 02:25 16:57 21:10 116-16	1:10:45:15 28:45:15 02:05:15 17:15 22:10 119-16	
Nesbit, Casey (VA) 200 Age 49 Group F40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:21 01:21 01:21 11:49 11:49 131-18	0:08:31 02:31 01:10 12:06 12:27 133-17	0:09:57 03:57 01:25 12:15 12:31 135-16	0:11:13 05:13 01:16 12:33 13:33 136-14	0:12:40 06:40 01:26 12:34 12:37 131-14	0:13:53 07:53 01:13 12:38 13:04 122-13	0:15:25 09:25 01:31 12:44 13:19 105-13	0:16:43 10:43 01:18 12:52 13:53 104-13	0:18:33 12:33 01:49 13:15 15:49 95-12	0:20:02 14:02 01:29 13:29 15:49 94-13	0:21:59 15:59 01:56 13:50 17:01 82-14	0:23:33 17:33 01:34 14:03 16:42 81-13	1:01:45 19:45 02:11 14:29 19:13 78-11	1:03:40 21:40 01:55 14:51 20:22 80-12	1:07:06 25:06 03:25 15:58 30:04 90-14	1:09:17:53 27:17:53 02:11:53 16:23 23:21 99-16
Newnam, III, James (NC) 28 Age 32 Group M30-39 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:31 01:31 01:31 13:17 13:17 197-32	0:08:53 02:53 01:22 13:52 14:35 217-34	0:10:32 04:32 01:38 14:03 14:24 207-32	0:11:55 05:55 01:23 14:13 14:45 205-32	0:13:41 07:41 01:45 14:28 15:25 200-32	0:15:11 09:11 01:30 14:42 15:59 199-32	0:17:10 11:10 01:58 15:06 17:19 199-30	0:18:49 12:49 01:39 15:23 17:36 199-32								

# 2009 Umstead 50/100 Mile Endurance Run --04/04/2009

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<i>Nguyen, Yen (TX)</i>	Time of Day	0:07:20	0:08:28	0:09:49	0:11:01	0:12:33	0:13:55	0:15:37	0:17:06	0:18:55	0:20:38	0:22:59	1:00:52	1:03:11	1:05:17	1:07:36	1:09:15:16
201	Time Cum	01:20	02:28	03:49	05:01	06:33	07:55	09:37	11:06	12:55	14:38	16:59	18:52	21:11	23:17	25:36	27:15:16
Age 46	Time Delta	01:20	01:08	01:20	01:12	01:31	01:22	01:41	01:29	01:48	01:43	02:20	01:53	02:18	02:06	02:18	01:39:16
Group F40-49	Pace Cum	11:41	11:54	11:50	12:03	12:20	12:42	13:01	13:19	13:38	14:03	14:42	15:06	15:32	15:58	16:17	16:21
Overall-Group	Pace Delta	11:41	12:09	11:44	12:49	13:22	14:41	14:45	15:47	15:53	18:19	20:31	20:10	20:09	22:20	20:16	17:34
	Position	115-16	119-13	115-13	119-13	121-13	125-14	122-14	125-16	108-16	109-16	99-17	100-17	97-16	103-17	102-17	97-15
<i>Nictakis, Bill (NC)</i>	Time of Day	0:07:23	0:08:34	0:10:02	0:11:12	0:12:39	0:13:54	0:15:22	0:16:44	0:18:25	0:19:54						
29	Time Cum	01:23	02:34	04:02	05:12	06:39	07:54	09:22	10:44	12:25	13:54						
Age 49	Time Delta	01:23	01:11	01:27	01:10	01:26	01:15	01:27	01:22	01:40	01:29						
Group M40-49	Pace Cum	12:07	12:22	12:30	12:31	12:32	12:39	12:40	12:53	13:06	13:22						
Overall-Group	Pace Delta	12:07	12:41	12:45	12:33	12:34	13:17	12:50	14:35	14:41	15:55						
	Position	145-57	144-53	145-55	135-52	128-51	124-48	104-40	106-39	88-32	87-32						
<i>Nop, Monica (VA)</i>	Time of Day	0:07:14	0:08:17	0:09:29	0:10:38	0:12:02	0:13:18	0:14:56	0:16:17	0:18:26	0:19:56	0:21:39	0:23:22	1:01:13	1:02:53	1:04:25	1:06:10:00
202	Time Cum	01:14	02:17	03:29	04:38	06:02	07:18	08:56	10:17	12:26	13:56	15:39	17:22	19:13	20:53	22:25	24:10:00
Age 43	Time Delta	01:14	01:03	01:11	01:09	01:24	01:16	01:37	01:21	02:08	01:30	01:42	01:43	01:51	01:40	01:31	01:45:00
Group F40-49	Pace Cum	10:48	11:00	10:48	11:07	11:22	11:42	12:05	12:21	13:07	13:23	13:32	13:54	14:05	14:20	14:15	14:30
Overall-Group	Pace Delta	10:48	11:15	10:25	12:13	12:16	13:33	14:13	14:24	18:46	15:59	15:00	18:14	16:12	17:52	13:17	18:35
	Position	66-7	69-7	58-6	63-7	62-6	67-7	72-8	78-9	89-11	90-12	72-8	77-10	73-10	72-10	67-8	69-10
<i>Novicky, Joe (OH)</i>	Time of Day	0:07:20	0:08:34	0:10:00	0:11:22	0:12:59	0:14:29	0:16:16	0:17:47	0:19:39	0:21:20	0:23:22	1:01:07	1:03:18	1:05:10	1:07:20	1:09:14:14
203	Time Cum	01:20	02:34	04:00	05:22	06:59	08:29	10:16	11:47	13:39	15:20	17:22	19:07	21:18	23:10	25:20	27:14:14
Age 48	Time Delta	01:20	01:14	01:25	01:22	01:36	01:30	01:46	01:31	01:51	01:41	02:01	01:45	02:10	01:52	02:09	01:54:14
Group M40-49	Pace Cum	11:41	12:23	12:24	12:54	13:09	13:36	13:53	14:08	14:24	14:43	15:02	15:18	15:37	15:53	16:07	16:21
Overall-Group	Pace Delta	11:41	13:14	12:27	14:38	14:04	16:05	15:30	16:07	16:20	17:53	17:48	18:43	19:01	19:54	18:55	20:13
	Position	115-40	145-53	140-53	150-56	147-55	156-53	152-54	155-55	125-44	127-44	106-35	107-35	98-34	99-35	95-34	96-34
<i>Nowling, Mark (SC)</i>	Time of Day	0:07:24	0:08:42	0:10:14	0:11:33	0:13:23	0:14:46	0:16:57	0:18:29								
204	Time Cum	01:24	02:42	04:14	05:33	07:23	08:46	10:57	12:29								
Age 40	Time Delta	01:24	01:18	01:31	01:19	01:49	01:23	02:10	01:32								
Group M40-49	Pace Cum	12:16	12:59	13:08	13:20	13:55	14:03	14:49	14:59								
Overall-Group	Pace Delta	12:16	13:52	13:23	14:01	16:02	14:50	19:00	16:19								
	Position	150-58	179-61	180-63	174-61	184-63	177-60	190-65	189-64								
<i>Okamoto, Sheri (CA)</i>	Time of Day	0:07:30	0:08:45	0:10:16	0:11:33	0:13:07	0:14:26	0:16:06	0:17:32	0:19:14	0:20:46	0:22:35	1:00:12	1:02:07	1:03:46	1:05:47	1:07:24:36
205	Time Cum	01:30	02:45	04:16	05:33	07:07	08:26	10:06	11:32	13:14	14:46	16:35	18:12	20:07	21:46	23:47	25:24:36
Age 50	Time Delta	01:30	01:15	01:30	01:17	01:33	01:19	01:39	01:26	01:41	01:32	01:48	01:37	01:54	01:39	02:00	01:37:36
Group F50-59	Pace Cum	13:08	13:13	13:14	13:21	13:24	13:31	13:40	13:51	13:58	14:11	14:21	14:34	14:45	14:56	15:07	15:15
Overall-Group	Pace Delta	13:08	13:18	13:15	13:44	13:38	14:09	14:27	15:22	14:46	16:19	15:53	17:13	16:45	17:35	17:36	17:16
	Position	190-9	188-9	183-9	175-9	160-7	152-6	144-6	147-6	115-6	113-6	93-5	94-5	83-5	81-4	79-4	78-4
<i>Olivera, Mike (NC)</i>	Time of Day	0:07:43	0:09:10	0:11:03	0:12:43	0:14:40	0:16:22	0:18:28	0:20:19								
206	Time Cum	01:43	03:10	05:03	06:43	08:40	10:22	12:28	14:19								
Age 50	Time Delta	01:43	01:27	01:52	01:40	01:56	01:42	02:05	01:51								
Group M50-59	Pace Cum	15:02	15:16	15:40	16:08	16:20	16:36	16:52	17:11								
Overall-Group	Pace Delta	15:02	15:32	16:23	17:46	17:01	18:05	18:22	19:41								
	Position	232-40	232-39	241-40	241-40	235-39	235-39	225-37	228-37								

# 2009 Umstead 50/100 Mile Endurance Run --04/04/2009

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS	
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00	
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	
O'Neil, Jim (VA) 207 Age 60 Group M60-69 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:28 01:28 01:28 12:51 12:51 178-9	0:08:36 02:36 01:08 12:31 12:08 153-6	0:10:07 04:07 01:30 12:46 13:12 156-7	0:11:25 05:25 01:18 13:00 13:49 157-8	0:13:06 07:06 01:40 13:23 14:44 159-9	0:14:25 08:25 01:19 13:29 14:07 149-8	0:16:03 10:03 01:37 13:36 14:12 143-8	0:17:19 11:19 01:16 13:36 14:21 137-8									
Osheroff, William (HI) 10 Age 65 Group M60-69 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:26 01:26 01:26 12:33 12:33 169-8	0:08:39 02:39 01:13 12:45 12:59 165-8	0:10:11 04:11 01:31 12:58 13:23 167-10	0:11:33 05:33 01:22 13:21 14:41 177-10	0:13:18 07:18 01:44 13:45 15:12 176-11	0:14:45 08:45 01:27 14:00 15:27 174-11	0:16:36 10:36 01:50 14:20 16:10 170-12	0:18:08 12:08 01:32 14:34 16:21 171-13	0:20:02 14:02 01:53 14:49 16:36 136-8	0:21:37 15:37 01:35 15:00 16:59 136-9	0:23:41 17:41 02:03 15:18 17:58 115-8	0:23:41 19:28 01:47 15:35 18:58 116-9	1:01:28 21:47 02:18 15:58 20:16 111-9	1:03:47 23:38 01:51 16:13 19:47 111-9	1:05:38 26:04 02:25 16:35 21:12 110-8	1:08:04 28:00:17 01:56:17 16:48 20:35 108-8	
Pantalone, Michael (PA) 208 Age 40 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:09 01:09 01:09 10:04 10:04 25-12	0:08:08 02:08 00:59 10:15 10:28 26-13	0:09:20 03:20 01:11 10:20 10:29 28-14	0:10:34 04:34 01:14 10:58 13:10 56-24	0:12:09 06:09 01:34 11:35 13:49 75-26	0:13:37 07:37 01:28 12:12 15:42 99-36	0:15:28 09:28 01:50 12:48 16:06 114-45	0:17:06 11:06 01:38 13:20 17:28 127-47									
Pastore, Mike (SC) 209 Age 53 Group M50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:09 01:09 01:09 10:04 10:04 25-2	0:08:09 02:09 01:00 10:23 10:45 31-3	0:09:21 03:21 01:11 10:41 10:24 30-2	0:10:27 04:27 01:06 10:48 11:43 45-7	0:11:44 05:44 01:16 10:59 11:13 45-7	0:12:51 06:51 01:07 11:14 12:02 42-8	0:14:18 08:18 01:26 11:28 12:34 42-8	0:15:33 09:33 01:15 11:39 12:56 47-8	0:17:02 11:02 01:28 11:53 14:20 35-7	0:18:23 12:23 01:21 11:53 15:02 34-7	0:20:06 14:06 01:42 12:12 15:02 37-7	0:21:34 15:34 01:28 12:28 15:41 40-8	0:23:24 17:24 01:49 12:45 15:59 39-7	1:00:51 18:51 01:27 12:56 15:33 38-7	1:02:35 20:35 01:43 13:05 15:03 37-6	1:03:55:32 21:55:32 01:20:32 13:09 14:15 35-6	
Patch, Tom (NC) 210 Age 49 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:20 01:20 01:20 11:41 11:41 115-40	0:08:28 02:28 01:08 11:54 12:10 120-45	0:09:52 03:52 01:23 11:59 12:09 124-49	0:11:01 05:01 01:09 12:02 12:13 117-45	0:12:30 06:30 01:28 12:15 12:59 115-45	0:13:53 07:53 01:23 12:38 14:51 123-47	0:15:46 09:46 01:52 13:13 16:22 131-50	0:17:18 11:18 01:32 13:34 16:25 135-49									
Pearson, Karen (GA) 211 Age 44 Group F40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:34 01:34 01:34 13:43 13:43 215-29	0:08:52 02:52 01:18 13:49 13:56 213-28	0:10:36 04:36 01:43 14:16 15:05 215-28	0:11:58 05:58 01:22 14:21 14:38 209-27	0:13:40 07:40 01:41 14:27 14:47 198-25	0:15:13 09:13 01:33 14:45 15:19 200-26	0:16:58 10:58 01:44 15:08 15:19 192-25	0:18:36 12:36 01:38 15:08 17:26 192-25	0:20:35 14:35 01:58 15:23 17:18 150-22	0:22:15 16:15 01:40 15:37 17:48 153-22	1:00:20 18:20 02:04 15:52 18:10 124-22	1:02:08 20:08 01:48 16:07 19:17 125-21	1:04:26 22:26 02:17 16:27 20:00 114-20	1:06:22 24:22 01:56 16:43 20:39 117-21	1:08:32 26:32 02:09 16:52 20:39 112-21	1:10:20:07 28:20:07 01:48:07 17:00 19:08 112-21	
Peek, Tyler (NC) 30 Age 43 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:04 01:04 01:04 09:21 09:21 16-9	0:07:55 01:55 00:51 09:14 09:06 15-8	0:09:02 03:02 01:06 09:24 09:43 18-10	0:09:56 03:56 00:54 09:28 09:41 17-9	0:11:04 05:04 01:07 09:33 09:49 16-8	0:12:00 06:00 00:56 09:37 10:03 13-6	0:13:13 07:13 01:12 09:46 10:33 13-7	0:14:13 08:13 01:00 09:52 10:42 11-5	0:15:31 09:31 01:17 10:35 11:20 10-5	0:16:35 10:35 01:04 11:54 11:20 10-5	0:17:54 11:54 01:18 12:58 13:32 8-5	0:18:58 12:58 01:04 14:18 15:29 9-5	0:20:18 14:18 01:19 15:29 16:58 7-3	0:21:28 15:28 01:10 16:58 18:03 7-3	0:22:58 16:58 01:29 17:03 18:03 8-4	1:00:18:19 18:18:19 01:20:19 10:59 14:13 9-4	

# 2009 Umstead 50/100 Mile Endurance Run --04/04/2009

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<b>Perry, Jill (NY)</b>	Time of Day	0:07:00	0:07:49	0:08:48	0:09:38	0:10:37	0:11:28	0:12:28	0:13:22	0:14:27	0:15:21	0:16:24	0:17:22	0:18:34	0:19:39	0:20:57	0:22:02:27
11	Time Cum	01:00	01:49	02:48	03:38	04:37	05:28	06:28	07:22	08:27	09:21	10:24	11:22	12:34	13:39	14:57	16:02:27
Age 38	Time Delta	01:00	00:49	00:58	00:50	00:58	00:51	00:59	00:54	01:04	00:54	01:02	00:58	01:11	01:05	01:17	01:05:27
Group F30-39	Pace Cum	08:46	08:45	08:41	08:45	08:42	08:46	08:45	08:51	08:55	08:59	09:00	09:06	09:13	09:22	09:30	09:37
Overall-Group	Pace Delta	08:46	08:45	08:33	08:59	08:30	09:08	08:40	09:37	09:27	09:35	09:11	10:19	10:28	11:34	11:20	11:35
	Position	8-1	8-1	8-1	7-1	6-1	6-1	6-1	5-1	4-1	3-1	2-1	3-1	3-1	3-1	3-1	3-1
<b>Peterson, Darryl (NC)</b>	Time of Day	0:07:14	0:08:16	0:09:28	0:10:34	0:11:52	0:12:55	0:14:20	0:15:27	0:17:06	0:18:25	0:19:58	0:21:17	0:22:54	1:00:11	1:01:50	1:03:11:48
212	Time Cum	01:14	02:16	03:28	04:34	05:52	06:55	08:20	09:27	11:06	12:25	13:58	15:17	16:54	18:11	19:50	21:11:48
Age 30	Time Delta	01:14	01:02	01:11	01:06	01:17	01:03	01:24	01:07	01:38	01:19	01:32	01:19	01:36	01:17	01:38	01:21:48
Group M30-39	Pace Cum	10:48	10:57	10:45	10:58	11:03	11:05	11:16	11:21	11:43	11:56	12:05	12:14	12:23	12:28	12:37	12:43
Overall-Group	Pace Delta	10:48	11:07	10:23	11:42	11:22	11:17	12:18	12:00	14:20	14:07	13:28	14:07	14:03	13:40	14:25	14:29
	Position	66-14	67-13	54-12	54-11	49-11	44-9	43-8	41-8	40-9	37-8	33-7	34-9	32-9	31-8	29-8	26-8
<b>Phillips, Thomas (VA)</b>	Time of Day	0:07:13	0:08:15	0:09:33	0:10:41	0:12:09	0:13:23	0:15:08	0:17:05								
213	Time Cum	01:13	02:15	03:33	04:41	06:09	07:23	09:08	11:05								
Age 43	Time Delta	01:13	01:02	01:17	01:08	01:27	01:14	01:44	01:57								
Group M40-49	Pace Cum	10:39	10:50	11:00	11:15	11:35	11:49	12:21	13:19								
Overall-Group	Pace Delta	10:39	11:03	11:20	12:06	12:48	13:08	15:18	20:50								
	Position	56-23	62-24	69-27	71-26	75-26	74-25	83-30	123-46								
<b>Plant, James (NC)</b>	Time of Day	0:07:27	0:08:41	0:10:11	0:11:28	0:13:09	0:14:34	0:16:26	0:17:48								
214	Time Cum	01:27	02:41	04:11	05:28	07:09	08:34	10:26	11:48								
Age 44	Time Delta	01:27	01:14	01:29	01:17	01:40	01:25	01:51	01:22								
Group M40-49	Pace Cum	12:42	12:53	12:58	13:07	13:28	13:43	14:07	14:10								
Overall-Group	Pace Delta	12:42	13:07	13:07	13:38	14:44	15:10	16:15	14:39								
	Position	174-62	172-60	167-60	166-60	165-60	164-57	165-58	159-56								
<b>Portera, Anthony (NY)</b>	Time of Day	0:07:14	0:08:19	0:09:33	0:10:36	0:11:56	0:13:08	0:14:33	0:15:46	0:17:21	0:18:38	0:20:08	0:21:31	0:23:10	1:00:36	1:02:15	1:03:39:37
215	Time Cum	01:14	02:19	03:33	04:36	05:56	07:08	08:33	09:46	11:21	12:38	14:08	15:31	17:10	18:36	20:15	21:39:37
Age 38	Time Delta	01:14	01:05	01:13	01:03	01:19	01:12	01:24	01:13	01:34	01:17	01:29	01:23	01:38	01:26	01:38	01:24:37
Group M30-39	Pace Cum	10:48	11:09	11:00	11:04	11:11	11:25	11:34	11:43	11:59	12:08	12:14	12:25	12:35	12:46	12:53	13:00
Overall-Group	Pace Delta	10:48	11:35	10:44	11:18	11:34	12:47	12:23	12:56	13:51	13:46	13:01	14:43	14:26	15:21	14:21	14:59
	Position	66-14	71-16	69-15	58-13	53-12	52-13	49-11	51-13	46-11	43-10	38-9	38-10	34-10	35-10	34-10	32-9
<b>Potter, Eugene (VA)</b>	Time of Day	0:07:28	0:08:43	0:10:16	0:11:34	0:13:13	0:14:37	0:16:21	0:17:50	0:19:53	0:21:27	0:23:28	1:01:01	1:02:57	1:04:36	1:06:50	1:08:25:57
216	Time Cum	01:28	02:43	04:16	05:34	07:13	08:37	10:21	11:50	13:53	15:27	17:28	19:01	20:57	22:36	24:50	26:25:57
Age 64	Time Delta	01:28	01:15	01:32	01:18	01:38	01:24	01:43	01:29	02:02	01:34	02:00	01:33	01:55	01:39	02:13	01:35:57
Group M60-69	Pace Cum	12:51	13:07	13:14	13:22	13:36	13:49	14:00	14:13	14:39	14:51	15:07	15:13	15:21	15:30	15:48	15:52
Overall-Group	Pace Delta	12:51	13:27	13:26	13:50	14:25	15:01	15:03	15:50	17:54	16:48	17:32	16:36	16:49	17:41	19:26	16:59
	Position	178-9	184-11	183-12	178-11	171-10	167-10	157-10	160-9	131-6	130-6	108-6	103-4	95-4	92-4	88-4	87-5
<b>Ramey, Matt (NC)</b>	Time of Day	0:07:14	0:08:16	0:09:28	0:10:39	0:12:07	0:13:28	0:14:58	0:16:21								
217	Time Cum	01:14	02:16	03:28	04:39	06:07	07:28	08:58	10:21								
Age 31	Time Delta	01:14	01:02	01:11	01:11	01:27	01:21	01:29	01:23								
Group M30-39	Pace Cum	10:48	10:54	10:45	11:12	11:31	11:58	12:08	12:25								
Overall-Group	Pace Delta	10:48	11:01	10:29	12:43	12:44	14:28	13:02	14:44								
	Position	66-14	64-13	54-12	69-16	71-15	84-17	79-14	81-16								

# 2009 Umstead 50/100 Mile Endurance Run --04/04/2009

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<hr/>																	
Rarer, Garry R (PA) 218 Age 36 Group M30-39 Overall-Group	Time of Day	0:07:11	0:08:11	0:09:22	0:10:24	0:11:41	0:12:56	0:14:20	0:15:31	0:17:03	0:18:28	0:20:15	0:21:59				
	Time Cum	01:11	02:11	03:22	04:24	05:41	06:56	08:20	09:31	11:03	12:28	14:15	15:59				
	Time Delta	01:11	01:00	01:10	01:02	01:16	01:15	01:23	01:11	01:31	01:25	01:46	01:44				
	Pace Cum	10:22	10:31	10:26	10:36	10:42	11:06	11:16	11:26	11:40	11:58	12:20	12:48				
	Pace Delta	10:22	10:42	10:18	11:07	11:07	13:17	12:15	12:44	13:18	15:07	15:34	18:29				
	Position	37-9	43-9	36-8	34-8	39-9	47-10	43-8	45-9	37-8	40-9	41-10	46-12				
<hr/>																	
Reiter, Marcus (SC) 219 Age 35 Group M30-39 Overall-Group	Time of Day	0:07:27	0:08:39	0:10:04	0:11:27	0:12:50	0:14:03	0:15:28	0:16:43	0:18:13	0:19:47	0:21:33	0:22:42	1:00:38	1:02:24	1:04:07	1:05:25:28
	Time Cum	01:27	02:39	04:04	05:27	06:50	08:03	09:28	10:43	12:13	13:47	15:33	16:42	18:38	20:24	22:07	23:25:28
	Time Delta	01:27	01:12	01:24	01:23	01:22	01:13	01:24	01:15	01:29	01:34	01:45	01:09	01:55	01:46	01:42	01:18:28
	Pace Cum	12:42	12:45	12:37	13:06	12:52	12:54	12:48	12:52	12:54	13:14	13:27	13:22	13:40	13:59	14:04	14:03
	Pace Delta	12:42	12:50	12:20	14:45	12:04	13:00	12:21	13:22	13:03	16:39	15:28	12:23	16:47	18:48	15:00	13:53
	Position	174-30	167-31	147-28	163-31	141-28	132-26	114-20	105-20	74-14	84-17	70-15	63-15	64-14	68-14	65-13	60-13
<hr/>																	
Reitzig, James (NY) 220 Age 34 Group M30-39 Overall-Group	Time of Day	0:07:20	0:08:33	0:10:05	0:11:21	0:13:07	0:14:41	0:16:38	0:18:09								
	Time Cum	01:20	02:33	04:05	05:21	07:07	08:41	10:38	12:09								
	Time Delta	01:20	01:13	01:31	01:16	01:45	01:34	01:56	01:31								
	Pace Cum	11:41	12:17	12:40	12:52	13:24	13:54	14:23	14:35								
	Pace Delta	11:41	13:00	13:22	13:32	15:24	16:41	17:02	16:07								
	Position	115-25	138-27	149-30	145-29	160-31	172-31	173-29	172-31								
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Rentz, Anne (GA) 221 Age 56 Group F50-59 Overall-Group	Time of Day	0:07:32	0:08:53	0:10:35	0:12:10	0:14:01	0:15:46	0:18:01	0:19:46	0:22:00	1:00:17						
	Time Cum	01:32	02:53	04:35	06:10	08:01	09:46	12:01	13:46	16:00	18:17						
	Time Delta	01:32	01:21	01:41	01:35	01:50	01:45	02:14	01:45	02:13	02:17						
	Pace Cum	13:26	13:52	14:13	14:49	15:06	15:38	16:15	16:32	16:53	17:34						
	Pace Delta	13:26	14:23	14:51	16:53	16:09	18:36	19:42	18:45	19:25	24:23						
	Position	206-13	215-12	213-12	217-13	212-12	217-12	220-13	222-14	173-12	173-12						
<hr/>																	
Rice, Rita (MT) 222 Age 42 Group F40-49 Overall-Group	Time of Day	0:07:14	0:08:22	0:09:45	0:10:57	0:12:23	0:13:43	0:15:17	0:16:34	0:18:19	0:19:48	0:21:52	0:23:44	1:02:21	1:04:20	1:07:27	1:09:31:24
	Time Cum	01:14	02:22	03:45	04:57	06:23	07:43	09:17	10:34	12:19	13:48	15:52	17:44	20:21	22:20	25:27	27:31:24
	Time Delta	01:14	01:08	01:22	01:12	01:25	01:20	01:33	01:17	01:44	01:29	02:03	01:52	02:36	01:59	03:06	02:04:24
	Pace Cum	10:48	11:25	11:38	11:54	12:02	12:21	12:34	12:42	13:00	13:15	13:44	14:11	14:55	15:19	16:11	16:31
	Pace Delta	10:48	12:09	12:01	12:48	12:30	14:11	13:42	13:45	15:14	15:49	18:03	19:52	22:53	21:11	27:12	22:01
	Position	66-7	91-9	99-8	110-12	101-12	107-12	95-12	95-12	83-8	86-10	79-11	84-14	88-14	90-16	100-16	101-18
<hr/>																	
Ring, Robert R (VA) 223 Age 60 Group M60-69 Overall-Group	Time of Day	0:07:44	0:09:12	0:10:58	0:12:26	0:14:13	0:15:44	0:17:38	0:19:35								
	Time Cum	01:44	03:12	04:58	06:26	08:13	09:44	11:38	13:35								
	Time Delta	01:44	01:28	01:45	01:28	01:46	01:31	01:53	01:57								
	Pace Cum	15:11	15:26	15:24	15:27	15:29	15:35	15:44	16:19								
	Pace Delta	15:11	15:44	15:21	15:39	15:34	16:08	16:37	20:49								
	Position	236-24	239-25	232-25	232-25	219-21	216-21	209-21	220-23								
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Rizk, Sam (NC) 31 Age 68 Group M60-69 Overall-Group	Time of Day	0:07:34	0:08:52	0:10:22	0:11:37	0:13:18	0:14:50	0:16:36	0:18:03	0:20:01	0:21:31	0:23:37	1:01:21	1:03:35	1:05:28	1:07:48	1:09:03:21
	Time Cum	01:34	02:52	04:22	05:37	07:18	08:50	10:36	12:03	14:01	15:31	17:37	19:21	21:35	23:28	25:48	27:03:21
	Time Delta	01:34	01:18	01:29	01:15	01:40	01:32	01:45	01:27	01:57	01:30	02:05	01:44	02:13	01:53	02:19	01:15:21
	Pace Cum	13:43	13:47	13:32	13:31	13:45	14:09	14:20	14:29	14:48	14:54	15:14	15:29	15:49	16:06	16:24	16:14
	Pace Delta	13:43	13:52	13:05	13:25	14:38	16:21	15:25	15:32	17:07	16:01	18:20	18:33	19:27	20:04	20:23	13:20
	Position	215-19	212-18	193-13	183-12	176-11	182-13	170-12	169-12	135-7	132-8	114-7	113-6	105-6	108-7	106-7	93-7

# 2009 Umstead 50/100 Mile Endurance Run --04/04/2009

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Robinson, Brett (CA) 224 Age 47 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:28 01:28 01:28 12:51 12:51 178-63	0:08:45 02:45 01:17 13:12 13:39 186-63	0:10:11 04:11 01:25 12:58 12:33 167-60	0:11:33 05:33 01:22 13:21 14:39 176-61	0:13:17 07:17 01:43 13:43 15:04 173-62	0:14:46 08:46 01:29 14:02 15:47 176-60	0:16:34 10:34 01:47 14:18 15:45 168-59	0:18:11 12:11 01:37 14:37 17:12 177-61	0:20:09 14:09 01:57 14:56 17:12 137-47	0:21:50 15:50 01:41 15:13 18:01 139-47						
Robinson, Walt (NC) 225 Age 49 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:19 01:19 01:19 11:32 11:32 108-37	0:08:23 02:23 01:04 11:30 11:28 97-30	0:09:40 03:40 01:16 11:22 11:08 85-30	0:10:48 04:48 01:08 11:33 12:09 84-30	0:12:14 06:14 01:25 11:45 12:28 84-30	0:13:31 07:31 01:17 12:02 13:42 92-31	0:15:08 09:08 01:36 12:21 14:06 83-30	0:16:33 10:33 01:25 12:40 15:05 93-34	0:18:29 12:29 01:55 13:11 16:54 91-34	0:20:05 14:05 01:36 13:32 17:04 97-36						
Rodatz, Chris (FL) 38 Age 63 Group M60-69 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:33 01:33 01:33 13:35 13:35 211-17	0:08:50 02:50 01:17 13:39 13:45 205-15	0:10:29 04:29 01:38 13:54 14:21 205-17	0:11:54 05:54 01:25 14:12 15:12 204-17	0:13:43 07:43 01:48 14:32 15:47 203-18	0:15:14 09:14 01:31 14:47 16:14 202-18	0:17:18 11:18 02:03 15:17 18:00 202-20	0:18:52 12:52 01:34 15:27 16:42 200-19								
Rose, Steven (MI) 226 Age 36 Group M30-39 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:13 01:13 01:13 10:39 10:39 56-11	0:08:13 02:13 01:00 10:41 10:43 56-10	0:09:29 03:29 01:15 10:48 11:01 58-14	0:10:39 04:39 01:10 11:10 12:24 67-16	0:12:11 06:11 01:31 11:39 13:26 81-19	0:13:32 07:32 01:21 12:04 14:28 94-18	0:15:31 09:31 01:58 12:52 17:16 119-22	0:17:00 11:00 01:29 13:12 15:48 118-23	0:18:50 12:50 01:44 13:33 16:01 106-19	0:20:34 14:34 01:44 13:59 18:27 107-19	0:22:32 16:32 01:57 14:18 17:11 92-18	1:00:11 18:11 01:39 14:33 17:35 93-19	1:02:38 20:38 02:26 15:08 21:24 91-16	1:04:53 22:53 02:15 15:42 24:02 96-18	1:07:51 25:51 02:57 16:26 25:52 108-19	1:10:14:25 28:14:25 02:23:25 16:57 25:23 111-19
Rosenstein, Phil (WI) 227 Age 38 Group M30-39 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:04 01:04 01:04 09:21 09:21 16-5	0:07:59 01:59 00:55 09:31 09:44 20-6	0:09:06 03:06 01:07 09:37 09:47 20-6	0:10:10 04:10 01:04 10:02 11:27 22-5	0:11:29 05:29 01:18 10:20 11:26 23-5	0:12:38 06:38 01:09 10:37 12:15 29-6	0:13:59 07:59 01:20 10:48 11:48 30-6	0:15:09 09:09 01:10 10:59 12:29 29-6	0:16:37 10:37 01:27 11:12 12:46 24-5	0:17:53 11:53 01:16 11:25 13:30 25-5	0:19:25 13:25 01:31 11:36 13:24 24-4	0:20:41 14:41 01:16 11:45 13:32 24-5	0:22:22 16:22 01:40 12:00 14:41 24-6	1:00:11 18:11 01:49 12:28 19:23 32-8	1:02:07 20:07 01:55 12:48 16:51 31-9	1:03:50:44 21:50:44 01:43:44 13:06 18:22 34-10
Ruth, Len (OH) 228 Age 46 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:15 01:15 01:15 10:57 10:57 80-27	0:08:20 02:20 01:05 11:13 11:33 77-26	0:09:37 03:37 01:16 11:13 11:12 77-28	0:10:42 04:42 01:05 11:18 11:35 75-28	0:12:04 06:04 01:21 11:26 11:54 67-25	0:13:13 07:13 01:09 11:34 12:20 58-22	0:14:42 08:42 01:28 11:46 12:53 55-20	0:15:56 09:56 01:14 11:56 13:10 57-20	0:17:39 11:39 01:42 12:18 14:58 56-20	0:18:52 12:52 01:13 12:22 13:02 53-20	0:20:25 14:25 01:32 12:28 13:29 43-15	0:21:45 15:45 01:20 12:36 13:29 43-15	0:23:29 17:29 01:43 12:49 15:11 42-14	1:00:56 18:56 01:27 12:59 15:31 40-13	1:02:54 20:54 01:57 13:17 17:08 41-13	1:04:33:41 22:33:41 01:39:41 13:32 17:39 46-13
Sandstrom, Craig (SC) 229 Age 42 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:09 01:09 01:09 10:04 10:04 25-12	0:08:09 02:09 01:00 10:23 10:45 33-14	0:09:21 03:21 01:11 10:23 10:24 30-15	0:10:27 04:27 01:06 10:41 11:42 44-19	0:11:44 05:44 01:16 10:48 11:13 45-19	0:12:51 06:51 01:07 10:59 12:01 41-17	0:14:15 08:15 01:23 11:10 12:08 40-17	0:15:30 09:30 01:15 11:24 13:21 43-18	0:17:05 11:05 01:34 11:42 13:49 38-14	0:18:23 12:23 01:18 11:53 13:50 35-14						

# 2009 Umstead 50/100 Mile Endurance Run --04/04/2009

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
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Santamarina, Peter (FL) 230 Age 39 Group M30-39 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:11 01:11 01:11 10:22 10:22 37-9	0:08:25 02:25 01:14 11:40 13:14 105-21	0:09:44 03:44 01:18 11:35 11:25 96-21	0:11:05 05:05 01:21 12:14 14:29 126-24	0:12:41 06:41 01:35 12:35 13:53 133-25	0:14:10 08:10 01:29 13:05 15:53 136-27	0:15:51 09:51 01:40 13:20 14:39 138-26	0:17:19 11:19 01:28 13:36 15:41 136-27	0:19:12 13:12 01:52 13:56 16:25 114-21	0:21:02 15:02 01:50 14:27 19:38 119-23	0:23:07 17:07 02:04 14:49 18:07 100-20	0:23:07 19:10 02:03 15:20 21:50 109-23	1:03:37 21:37 02:26 15:51 21:24 107-20	1:05:43 23:43 02:06 16:16 22:26 112-20		
<hr/>																	
Santos, Rick (CA) 44 Age 44 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:20 01:20 01:20 11:41 11:41 115-40	0:08:29 02:29 01:09 11:56 12:14 124-48	0:09:50 03:50 01:20 11:53 11:48 122-47	0:11:02 05:02 01:12 12:06 12:51 122-48	0:12:28 06:28 01:14 12:11 12:28 109-41	0:13:42 07:42 01:34 12:20 13:11 106-40	0:15:17 09:17 01:19 12:34 13:48 95-38	0:16:36 10:36 01:19 12:43 14:01 99-37	0:18:14 12:14 01:37 12:55 14:17 77-28	0:19:37 13:37 01:23 13:05 14:45 77-28	0:21:45 15:45 02:07 13:38 18:38 75-25	0:23:44 17:44 01:59 14:12 18:38 85-27	1:02:12 20:12 02:27 14:48 19:15 84-28	1:04:00 22:00 01:48 15:06 19:09 86-30	1:06:12 24:12 02:11 15:23 19:09 82-28	1:08:08:26 26:08:26 01:56:26 15:41 20:36 82-28
<hr/>																	
Sayers, Kevin (MD) 37 Age 50 Group M50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:14 01:14 01:14 10:48 10:48 66-13	0:08:17 02:17 01:03 11:02 11:19 70-13	0:09:25 03:25 01:07 10:36 09:47 49-8	0:10:23 04:23 00:58 10:33 10:25 31-3	0:11:33 05:33 01:09 10:27 10:06 29-2	0:12:36 06:36 01:03 10:34 11:12 27-2	0:14:03 08:03 01:26 10:53 12:39 33-5	0:15:23 09:23 01:20 11:16 14:16 37-7	0:17:20 11:20 01:56 11:58 17:00 45-8	0:18:27 12:27 01:07 11:57 11:55 39-8						
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Schlereth, Joe (NC) 6 Age 59 Group M50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:10 01:10 01:10 10:13 10:13 32-5	0:08:15 02:15 01:05 10:50 11:34 60-11	0:09:29 03:29 01:13 10:48 10:45 58-10	0:10:37 04:37 01:08 11:07 12:11 61-11	0:12:02 06:02 01:24 11:22 12:17 62-11	0:13:20 07:20 01:18 11:44 13:52 70-15	0:14:56 08:56 01:35 12:05 13:58 72-17	0:16:15 10:15 01:19 12:18 14:01 76-17	0:17:47 11:47 01:31 12:26 13:24 63-16	0:19:04 13:04 01:17 12:33 13:46 61-14	0:20:56 14:56 01:51 12:55 16:14 55-13	0:22:31 16:31 02:09 13:14 16:59 58-14	1:00:41 18:41 02:09 13:42 18:51 65-14	1:02:15 20:15 01:34 13:54 16:47 63-14	1:04:29 22:29 02:13 14:18 19:27 70-15	1:06:13:01 24:13:01 01:44:01 14:32 18:25 70-15
<hr/>																	
Schuttler, Walter (CT) 231 Age 57 Group M50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:24 01:24 01:24 12:16 12:16 150-26	0:08:39 02:39 01:15 12:47 13:26 170-28	0:10:11 04:11 01:31 12:58 13:18 167-27	0:11:38 05:38 01:27 13:32 15:28 184-32	0:13:26 07:26 01:47 14:00 15:42 186-33	0:15:04 09:04 01:38 14:31 17:24 191-33	0:16:56 10:56 01:51 14:47 16:19 188-33	0:18:35 12:35 01:39 15:06 17:35 191-33								
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Sechler, BD (NC) 232 Age 46 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:14 01:14 01:14 10:48 10:48 66-26	0:08:23 02:23 01:09 11:30 12:21 97-30	0:09:42 03:42 01:18 11:28 11:25 93-34	0:10:51 04:51 01:09 11:39 12:14 91-32	0:12:19 06:19 01:27 11:54 12:50 97-35	0:13:30 07:30 01:11 12:01 12:44 87-30	0:15:07 09:07 01:36 12:20 14:02 81-29	0:16:22 10:22 01:15 12:27 13:22 83-29	0:18:13 12:13 01:50 12:54 16:08 74-26	0:19:35 13:35 01:22 13:03 14:38 75-26	0:21:09 15:09 01:33 13:06 13:37 58-18	0:22:26 16:26 01:17 13:09 13:43 56-18	1:00:07 18:07 01:40 13:17 14:40 51-17	1:01:33 19:33 01:26 13:24 15:13 51-16	1:03:16 21:16 01:42 13:31 15:02 48-14	1:04:47:10 22:47:10 01:31:10 13:40 16:08 48-15
<hr/>																	
Sergeant, Kimberley A (TX) 39 Age 50 Group F50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:22 01:22 01:22 11:58 11:58 136-5	0:08:35 02:35 01:13 12:27 13:02 150-6	0:10:06 04:06 01:30 12:43 13:11 155-6	0:11:25 05:25 01:19 13:02 14:06 160-6	0:13:07 07:07 01:41 13:24 14:48 160-7	0:14:32 08:32 01:25 13:40 15:07 160-8	0:16:23 10:23 01:50 14:03 16:09 158-8	0:17:57 11:57 01:34 14:21 16:46 166-9	0:19:58 13:58 02:00 14:44 17:34 133-8	0:21:37 15:37 01:39 15:00 17:39 135-8	1:00:01 18:01 02:23 15:35 20:55 120-7	1:01:58 19:58 01:57 15:59 20:47 123-7	1:04:23 22:23 02:24 16:24 21:07 113-6	1:06:22 24:22 01:59 16:43 21:04 116-6	1:08:39 26:39 02:16 16:57 20:00 114-6	1:10:33:52 28:33:52 01:54:52 17:08 20:20 117-7

# 2009 Umstead 50/100 Mile Endurance Run --04/04/2009

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Sierra, Frank (FL) 233	Time of Day	0:07:19	0:08:26	0:09:49	0:11:03	0:12:40	0:13:58	0:15:37	0:17:10	0:19:14	0:20:43	0:22:42	1:00:27	1:02:52	1:04:53	1:07:11	1:08:52:44
	Time Cum	01:19	02:26	03:49	05:03	06:40	07:58	09:37	11:10	13:14	14:43	16:42	18:27	20:52	22:53	25:11	26:52:44
	Time Delta	01:19	01:07	01:22	01:14	01:36	01:18	01:38	01:33	02:03	01:29	01:58	01:45	02:24	02:01	02:17	01:41:44
Age 47	Pace Cum	11:32	11:44	11:50	12:08	12:34	12:46	13:01	13:24	13:58	14:08	14:27	14:46	15:18	15:42	16:01	16:08
Group M40-49	Pace Delta	11:32	11:59	12:01	13:08	14:08	13:54	14:23	16:30	18:04	15:48	17:20	18:42	21:04	21:35	20:01	18:00
Overall-Group	Position	108-37	111-39	115-44	123-49	131-53	131-51	122-48	131-48	115-41	112-41	95-32	97-32	94-33	97-33	93-32	89-31
Siragusa, Tim (NY) 235	Time of Day	0:07:20	0:08:26	0:09:48	0:11:01	0:12:34	0:13:52	0:15:26	0:16:48	0:18:32	0:19:59	0:21:59	0:23:33	1:01:37	1:03:26	1:05:39	1:07:24:20
	Time Cum	01:20	02:26	03:48	05:01	06:34	07:52	09:26	10:48	12:32	13:59	15:59	17:33	19:37	21:26	23:39	25:24:20
	Time Delta	01:20	01:06	01:21	01:13	01:32	01:18	01:33	01:22	01:43	01:27	01:59	01:34	02:03	01:49	02:12	01:45:20
Age 41	Pace Cum	11:41	11:44	11:47	12:03	12:22	12:36	12:46	12:58	13:14	13:26	13:50	14:03	14:23	14:42	15:02	15:15
Group M40-49	Pace Delta	11:41	11:48	11:52	12:57	13:33	13:54	13:39	14:37	15:06	15:34	17:23	16:43	18:02	19:25	19:19	18:39
Overall-Group	Position	115-40	113-39	113-42	118-45	123-49	121-46	109-43	109-41	93-36	92-34	82-26	82-25	77-26	77-25	77-25	77-26
Skinner, Thomas W (GA) 236	Time of Day	0:07:30	0:08:45	0:10:09	0:11:27	0:13:00	0:14:21	0:15:51	0:17:10	0:18:41	0:20:07	0:21:47	0:23:22	1:01:14	1:03:13	1:05:29	1:07:13:42
	Time Cum	01:30	02:45	04:09	05:27	07:00	08:21	09:51	11:10	12:41	14:07	15:47	17:22	19:14	21:13	23:29	25:13:42
	Time Delta	01:30	01:15	01:23	01:18	01:32	01:21	01:29	01:19	01:30	01:26	01:39	01:35	01:51	01:59	02:15	01:44:42
Age 62	Pace Cum	13:08	13:13	12:52	13:07	13:11	13:22	13:20	13:25	13:23	13:33	13:39	13:54	14:06	14:33	14:56	15:08
Group M60-69	Pace Delta	13:08	13:20	12:13	13:58	13:27	14:23	13:06	14:08	13:09	15:17	14:33	16:55	16:16	21:11	19:45	18:32
Overall-Group	Position	190-12	189-12	163-9	165-9	149-7	144-7	138-7	132-6	99-3	99-3	77-3	78-3	74-3	76-3	75-3	75-3
Smith, Aaron (OH) 237	Time of Day	0:07:17	0:08:24	0:09:54	0:11:15	0:13:04	0:14:40	0:16:49	0:18:19	0:20:23	0:22:11	1:00:29	1:02:11	1:04:58	1:07:03	1:09:30	1:11:31:13
	Time Cum	01:17	02:24	03:54	05:15	07:04	08:40	10:49	12:19	14:23	16:11	18:29	20:11	22:58	25:03	27:30	29:31:13
	Time Delta	01:17	01:07	01:29	01:21	01:48	01:36	02:08	01:30	02:03	01:48	02:17	01:42	02:46	02:05	02:26	02:01:13
Age 41	Pace Cum	11:14	11:31	12:06	12:38	13:19	13:53	14:38	14:47	15:11	15:33	15:59	16:09	16:50	17:11	17:29	17:43
Group M40-49	Pace Delta	11:14	11:52	13:08	14:30	15:47	17:09	18:42	16:01	18:02	19:12	20:04	18:10	24:17	22:11	21:25	21:27
Overall-Group	Position	92-31	99-34	128-51	141-54	156-57	168-58	184-63	181-63	145-49	148-48	129-39	127-38	126-40	130-41	127-41	129-41
Smith, Mike (IN) 238	Time of Day	0:07:14	0:08:23	0:09:40	0:10:49	0:12:10	0:13:24	0:14:50	0:16:05	0:17:38	0:18:58	0:20:29	0:21:49	0:23:27	1:00:46	1:02:17	1:03:33:39
	Time Cum	01:14	02:23	03:40	04:49	06:10	07:24	08:50	10:05	11:38	12:58	14:29	15:49	17:27	18:46	20:17	21:33:39
	Time Delta	01:14	01:09	01:16	01:09	01:20	01:14	01:25	01:15	01:32	01:20	01:30	01:20	01:37	01:19	01:30	01:16:39
Age 51	Pace Cum	10:48	11:27	11:22	11:35	11:37	11:51	11:57	12:06	12:17	12:27	12:32	12:39	12:48	12:53	12:54	12:56
Group M50-59	Pace Delta	10:48	12:14	11:13	12:18	11:45	13:12	12:28	13:20	13:31	14:11	13:16	14:13	14:15	14:06	13:11	13:34
Overall-Group	Position	66-13	93-18	85-17	86-17	79-16	78-17	68-16	67-12	55-12	56-11	46-9	44-9	41-9	37-6	35-5	31-5
Spangler, Kimberly Mae 239	Time of Day	0:07:30	0:08:42	0:10:19	0:11:50	0:14:09	0:15:51	0:18:42	0:20:43								
	Time Cum	01:30	02:42	04:19	05:50	08:09	09:51	12:42	14:43								
	Time Delta	01:30	01:12	01:36	01:31	02:18	01:42	02:50	02:01								
Age 24	Pace Cum	13:08	12:59	13:23	14:01	15:21	15:46	17:11	17:40								
Group F20-29	Pace Delta	13:08	12:47	14:07	16:11	20:13	18:06	24:55	21:28								
Overall-Group	Position	190-2	178-2	186-2	195-2	217-3	220-3	228-3	231-3								
Spangler, Robert Charles 240	Time of Day	0:07:28	0:08:42	0:10:19	0:11:50	0:14:07	0:15:51	0:18:42	0:20:41								
	Time Cum	01:28	02:42	04:19	05:50	08:07	09:51	12:42	14:41								
	Time Delta	01:28	01:14	01:36	01:31	02:16	01:44	02:50	01:59								
Age 58	Pace Cum	12:51	12:59	13:23	14:01	15:17	15:46	17:11	17:38								
Group M50-59	Pace Delta	12:51	13:08	14:07	16:12	19:55	18:27	24:55	21:13								
Overall-Group	Position	178-33	177-32	186-33	196-34	216-37	220-37	228-39	230-39								

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## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS	
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00	
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	
<b>Spomer, Paul A (NC)</b>		Time of Day	0:07:28	0:08:38	0:10:10	0:11:22	0:12:54	0:14:11	0:15:50	0:17:12	0:19:07	0:20:41	0:22:55	1:00:53	1:03:22	1:05:10	1:07:37	1:09:40:07
241		Time Cum	01:28	02:38	04:10	05:22	06:54	08:11	09:50	11:12	13:07	14:41	16:55	18:53	21:22	23:10	25:37	27:40:07
Age 33		Time Delta	01:28	01:10	01:31	01:12	01:31	01:17	01:38	01:22	01:54	01:34	02:13	01:58	02:28	01:48	02:26	02:03:07
Group M30-39		Pace Cum	12:51	12:40	12:55	12:55	13:00	13:06	13:18	13:27	13:51	14:06	14:38	15:07	15:40	15:54	16:17	16:36
Overall-Group		Pace Delta	12:51	12:27	13:23	12:53	13:19	13:41	14:25	14:40	16:40	16:46	19:27	20:57	21:42	19:13	21:23	21:47
Overall-Group		Position	178-31	159-30	166-31	151-30	142-29	138-28	136-25	134-26	112-20	111-20	98-19	101-20	101-19	100-19	103-18	105-17
<b>Squier, III, William C [Bill]</b>		Time of Day	0:07:30	0:08:42	0:10:08	0:11:23	0:13:02	0:14:27	0:16:19	0:17:52	0:20:13	0:21:53	0:23:41	1:01:22	1:03:41	1:05:30	1:07:28	1:08:53:34
33		Time Cum	01:30	02:42	04:08	05:23	07:02	08:27	10:19	11:52	14:13	15:53	17:41	19:22	21:41	23:30	25:28	26:53:34
Age 66		Time Delta	01:30	01:12	01:25	01:15	01:38	01:25	01:51	01:33	02:20	01:40	01:47	01:41	02:18	01:49	01:57	01:25:34
Group M60-69		Pace Cum	13:08	12:58	12:49	12:57	13:15	13:32	13:57	14:15	15:00	15:16	15:18	15:30	15:54	16:07	16:12	16:08
Overall-Group		Pace Delta	13:08	12:45	12:33	13:24	14:21	15:09	16:16	16:34	20:30	17:49	15:40	18:01	20:11	19:18	17:13	15:09
Overall-Group		Position	190-12	175-10	161-8	152-7	151-8	154-9	155-9	163-10	140-9	140-10	115-8	115-8	108-8	109-8	101-6	90-6
<b>Stansbury, Joey (NC)</b>		Time of Day	0:07:56	0:09:37	0:11:33	0:13:30	0:16:08	0:18:43	0:22:21	1:01:38								
242		Time Cum	01:56	03:37	05:33	07:30	10:08	12:43	16:21	19:38								
Age 37		Time Delta	01:56	01:41	01:55	01:57	02:37	02:35	03:37	03:17								
Group M30-39		Pace Cum	16:56	17:23	17:13	18:02	19:05	20:22	22:07	23:34								
Overall-Group		Pace Delta	16:56	17:56	16:53	20:51	22:57	27:36	31:41	34:58								
Overall-Group		Position	245-34	247-35	247-35	247-35	243-35	245-35	238-33	240-35								
<b>Stocker, Emmy (CT)</b>		Time of Day	0:07:15	0:08:21	0:09:38	0:10:50	0:12:14	0:13:27	0:14:56	0:16:12	0:17:49	0:19:13	0:20:51	0:22:16	0:23:53	1:01:20	1:02:58	1:04:18:49
243		Time Cum	01:15	02:21	03:38	04:50	06:14	07:27	08:56	10:12	11:49	13:13	14:51	16:16	17:53	19:20	20:58	22:18:49
Age 50		Time Delta	01:15	01:06	01:16	01:12	01:23	01:13	01:28	01:16	01:36	01:24	01:37	01:25	01:36	01:27	01:37	01:20:49
Group F50-59		Pace Cum	10:57	11:21	11:16	11:38	11:45	11:56	12:05	12:15	12:28	12:42	12:51	13:01	13:07	13:16	13:20	13:23
Overall-Group		Pace Delta	10:57	11:51	11:06	12:52	12:09	12:58	12:58	13:36	14:02	14:58	14:14	15:07	14:06	15:32	14:12	14:18
Overall-Group		Position	80-1	88-1	82-1	89-3	84-2	82-3	72-1	74-1	66-1	65-1	52-1	52-1	47-1	47-1	42-1	40-1
<b>Stone, Francesca (CA)</b>		Time of Day	0:07:25	0:08:35	0:10:11	0:11:27	0:13:09	0:14:31	0:16:25	0:17:42	0:19:43	0:21:08	0:23:31	1:01:09	1:03:42	1:05:24	1:07:44	1:09:06:00
244		Time Cum	01:25	02:35	04:11	05:27	07:09	08:31	10:25	11:42	13:43	15:08	17:31	19:09	21:42	23:24	25:44	27:06:00
Age 46		Time Delta	01:25	01:10	01:35	01:16	01:41	01:22	01:53	01:17	02:00	01:25	02:22	01:38	02:32	01:42	02:19	01:22:00
Group F40-49		Pace Cum	12:25	12:28	12:58	13:07	13:28	13:38	14:06	14:03	14:29	14:32	15:09	15:20	15:54	16:03	16:22	16:16
Overall-Group		Pace Delta	12:25	12:32	13:54	13:36	14:46	14:37	16:34	13:39	17:39	15:04	20:51	17:28	22:14	18:06	20:24	14:31
Overall-Group		Position	158-22	151-21	167-23	164-21	165-21	158-21	164-22	152-21	128-18	122-18	111-19	108-18	109-18	106-19	105-19	94-14
<b>Sublett, Bill (VA)</b>		Time of Day	0:07:27	0:08:39	0:10:11	0:11:35	0:13:17	0:14:44	0:16:32	0:18:13	0:20:10	0:21:54	1:00:08	1:02:04	1:04:32	1:06:27		1:10:46:22
245		Time Cum	01:27	02:39	04:11	05:35	07:17	08:44	10:32	12:13	14:10	15:54	18:08	20:04	22:32	24:27		28:46:22
Age 51		Time Delta	01:27	01:12	01:31	01:24	01:41	01:27	01:47	01:41	01:56	01:44	02:13	01:56	02:27	01:55		04:19:15
Group M50-59		Pace Cum	12:42	12:46	12:58	13:24	13:43	13:59	14:15	14:40	14:57	15:16	15:41	16:04	16:31	16:46		17:16
Overall-Group		Pace Delta	12:42	12:50	13:21	14:52	14:53	15:26	15:45	17:53	17:04	18:31	19:28	20:41	21:29	20:22		20:44
Overall-Group		Position	174-31	168-28	167-27	179-28	173-28	173-28	166-26	180-29	138-23	141-23	121-17	124-18	116-16	118-17		120-17
<b>Sullivan, JR, James [Jim] (FL)</b>		Time of Day	0:07:22	0:08:26	0:09:45	0:10:56	0:12:18	0:13:36	0:15:08	0:16:33	0:18:18	0:20:04						
247		Time Cum	01:22	02:26	03:45	04:56	06:18	07:36	09:08	10:33	12:18	14:04						
Age 57		Time Delta	01:22	01:04	01:18	01:11	01:21	01:18	01:31	01:25	01:44	01:46						
Group M50-59		Pace Cum	11:58	11:44	11:38	11:51	11:52	12:10	12:21	12:40	12:59	13:31						
Overall-Group		Pace Delta	11:58	11:27	11:26	12:35	11:58	13:54	13:21	15:04	15:18	18:54						
Overall-Group		Position	136-23	111-19	99-19	98-18	94-18	97-18	83-18	92-18	82-17	95-17						

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## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Sullivan, Jerry W (LA) 246 Age 47 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:22 01:22 01:22 11:58 11:58 136-51	0:08:26 02:26 01:04 11:44 11:26 110-39	0:09:45 03:45 01:18 11:38 11:27 99-36	0:10:56 04:56 01:11 11:52 12:43 106-36	0:12:31 06:31 01:34 12:17 13:45 119-47	0:13:57 07:57 01:26 12:44 15:22 130-49	0:15:45 09:45 01:47 13:11 15:39 130-49	0:17:22 11:22 01:37 13:39 17:15 143-51								
Sutton, Steve (OH) 248 Age 51 Group M50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:24 01:24 01:24 12:16 12:16 150-26	0:08:37 02:37 01:13 12:38 13:05 158-26	0:10:05 04:05 01:27 12:40 12:43 149-24	0:11:24 05:24 01:19 12:58 14:02 154-26	0:13:02 07:02 01:37 13:15 14:16 151-24	0:14:25 08:25 01:23 13:28 14:44 147-24	0:16:12 10:12 01:46 13:48 15:35 148-24	0:17:37 11:37 01:25 13:56 15:03 149-23								
Swendsen, Vince (NC) 249 Age 46 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:20 01:20 01:20 11:41 11:41 115-40	0:08:28 02:28 01:08 11:51 12:04 118-45	0:09:45 03:45 01:16 11:38 11:13 99-36	0:10:55 04:55 01:10 11:48 12:25 95-35	0:12:16 06:16 01:20 11:48 11:48 90-33	0:13:28 07:28 01:12 12:05 12:48 83-29	0:14:56 08:56 01:27 12:15 12:48 72-27	0:16:12 10:12 01:16 12:20 13:32 73-27	0:17:41 11:41 01:28 12:28 12:55 59-22	0:18:59 12:59 01:18 12:46 13:51 58-21	0:20:45 14:45 01:45 13:05 15:27 49-17	0:22:21 16:21 01:36 13:23 17:04 55-17	1:00:15 18:15 01:53 13:40 16:35 54-18	1:01:55 19:55 01:40 14:03 17:51 58-19	1:04:05 22:05 02:09 14:03 18:52 62-22	1:05:40:43 23:40:43 01:35:43 14:12 16:56 67-23
Tartick, Karen (NC) 250 Age 47 Group F40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:31 01:31 01:31 13:17 13:17 197-26	0:08:45 02:45 01:14 13:13 13:07 187-25	0:10:15 04:15 01:29 13:11 13:07 182-25	0:11:28 05:28 01:13 13:09 13:04 167-23	0:12:58 06:58 01:29 13:07 13:01 146-17	0:14:15 08:15 01:17 13:12 13:40 142-18	0:15:50 09:50 01:34 13:18 13:50 136-18	0:17:10 11:10 01:20 13:24 14:10 130-17	0:18:40 12:40 01:29 13:22 13:08 97-13	0:19:55 13:55 01:15 13:22 13:19 88-11	0:21:35 15:35 01:39 13:29 14:34 71-7	0:23:07 17:07 01:32 13:42 16:17 72-9	1:00:56 18:56 01:48 14:06 15:55 69-9	1:02:33 20:33 01:37 14:16 17:13 70-9	1:04:26 22:26 01:52 14:16 16:27 68-9	1:05:58:12 23:58:12 01:32:12 14:23 16:19 68-9
Taylor, Samantha (GA) 251 Age 37 Group F30-39 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:33 01:33 01:33 13:35 13:35 211-9	0:08:45 02:45 01:12 13:16 12:54 190-8	0:10:16 04:16 01:30 13:14 13:09 183-8	0:11:32 05:32 01:16 13:18 13:31 172-8	0:13:10 07:10 01:37 13:30 14:15 168-8	0:14:34 08:34 01:24 13:43 14:54 163-8	0:16:14 10:14 01:39 13:51 14:34 151-8	0:17:32 11:32 01:18 13:51 13:53 146-8								
Thelen, Eric (NC) 252 Age 39 Group M30-39 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:26 01:26 01:26 12:33 12:33 169-29	0:08:36 02:36 01:10 12:32 12:30 154-28	0:10:04 04:04 01:27 12:37 12:45 147-28	0:11:16 05:16 01:12 12:40 12:50 142-28	0:12:54 06:54 01:37 13:00 14:14 142-29	0:14:21 08:21 01:27 13:23 15:32 146-30	0:16:23 10:23 02:01 14:03 17:42 158-28	0:17:47 11:47 01:24 14:09 14:59 156-30	0:19:36 13:36 01:48 14:21 15:49 122-24	0:21:13 15:13 01:37 14:37 17:13 124-24	0:23:17 17:17 02:03 14:57 18:04 103-22	1:01:06 19:06 01:49 15:17 19:23 106-22				
Thill, Brad (NC) 253 Age 34 Group M30-39 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position		0:08:50 02:50 02:50 13:36 13:36 204-32	0:10:37 04:37 01:47 14:19 15:37 219-34	0:12:11 06:11 01:34 14:51 16:40 220-34	0:14:17 08:17 02:05 15:36 18:22 224-34	0:16:00 10:00 01:43 16:00 18:14 229-34	0:18:22 12:22 02:21 16:44 20:44 224-32	0:20:12 14:12 01:50 17:03 19:29 227-34								

# 2009 Umstead 50/100 Mile Endurance Run --04/04/2009

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<hr/>																	
Tighe, Jarett (VA)	Time of Day	0:07:02	0:07:54	0:08:58	0:09:54	0:11:10	0:12:21	0:13:52	0:15:12								
254	Time Cum	01:02	01:54	02:58	03:54	05:10	06:21	07:52	09:12								
Age 41	Time Delta	01:02	00:52	01:03	00:56	01:15	01:11	01:30	01:20								
Group M40-49	Pace Cum	09:03	09:08	09:12	09:24	09:44	10:10	10:39	11:03								
Overall-Group	Pace Delta	09:03	09:15	09:19	10:05	10:57	12:36	13:15	14:16								
	Position	11-5	12-5	13-6	16-8	20-11	19-10	24-13	30-14								
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Tiska, Dale (NC)	Time of Day	0:07:19	0:08:25	0:09:53	0:11:21	0:16:11	0:17:39										
34	Time Cum	01:19	02:25	03:53	05:21	10:11	11:39										
Age 45	Time Delta	01:19	01:06	01:27	01:28	04:49	01:28										
Group F40-49	Pace Cum	11:32	11:39	12:02	12:52	19:11	18:39										
Overall-Group	Pace Delta	11:32	11:47	12:46	15:43	42:13	15:40										
	Position	108-15	102-12	125-14	148-18	244-28	242-29										
<hr/>																	
Triumph, Tom (NJ)	Time of Day	0:07:23	0:08:39	0:10:12	0:11:37	0:13:19	0:14:37	0:16:17	0:17:48	0:19:45	0:21:19	0:23:44	1:01:29				
255	Time Cum	01:23	02:39	04:12	05:37	07:19	08:37	10:17	11:48	13:45	15:19	17:44	19:29				
Age 51	Time Delta	01:23	01:16	01:32	01:25	01:41	01:18	01:39	01:31	01:56	01:34	02:24	01:45				
Group M50-59	Pace Cum	12:07	12:45	13:01	13:29	13:47	13:48	13:55	14:10	14:31	14:43	15:21	15:35				
Overall-Group	Pace Delta	12:07	13:32	13:31	15:05	14:51	13:55	14:31	16:11	17:01	16:48	21:02	18:36				
	Position	145-24	166-28	176-29	181-30	178-30	166-25	153-25	158-24	129-22	126-21	117-16	118-17				
<hr/>																	
Turner, Mary (GA)	Time of Day	0:07:24	0:08:39	0:10:11	0:11:29	0:13:22	0:14:58	0:17:00	0:18:40	0:21:16							
256	Time Cum	01:24	02:39	04:11	05:29	07:22	08:58	11:00	12:40	15:16							
Age 43	Time Delta	01:24	01:15	01:31	01:18	01:52	01:36	02:01	01:40	02:35							
Group F40-49	Pace Cum	12:16	12:44	12:58	13:10	13:53	14:22	14:53	15:13	16:07							
Overall-Group	Pace Delta	12:16	13:18	13:24	13:52	16:27	17:09	17:40	17:52	22:38							
	Position	150-21	164-23	167-23	168-24	182-22	189-24	194-26	194-26	163-23							
<hr/>																	
VanNes, Heather (CA)	Time of Day	0:07:09	0:08:11	0:09:23	0:10:27	0:11:43	0:12:51	0:14:14	0:15:27	0:17:00	0:18:17	0:19:50	0:21:16	0:23:01	1:00:31	1:02:26	1:03:59:35
257	Time Cum	01:09	02:11	03:23	04:27	05:43	06:51	08:14	09:27	11:00	12:17	13:50	15:16	17:01	18:31	20:26	21:59:35
Age 39	Time Delta	01:09	01:02	01:11	01:04	01:15	01:08	01:22	01:13	01:32	01:17	01:32	01:26	01:44	01:30	01:54	01:33:35
Group F30-39	Pace Cum	10:04	10:30	10:29	10:42	10:46	10:58	11:08	11:21	11:37	11:48	11:58	12:14	12:28	12:42	13:00	13:12
Overall-Group	Pace Delta	10:04	11:00	10:29	11:25	11:01	12:06	12:04	12:57	13:33	13:42	13:31	15:23	15:12	16:02	16:42	16:34
	Position	25-3	39-3	40-3	46-3	44-3	40-3	39-3	40-3	34-3	32-3	30-3	33-3	33-3	34-3	36-3	36-3
<hr/>																	
Vaughan, Doug (NJ)	Time of Day	0:07:14	0:08:19	0:09:31	0:10:33	0:11:46	0:12:50	0:14:07	0:15:17	0:16:42	0:17:51	0:19:25	0:20:41	0:22:32	0:23:59	1:01:46	1:03:05:48
258	Time Cum	01:14	02:19	03:31	04:33	05:46	06:50	08:07	09:17	10:42	11:51	13:25	14:41	16:32	17:59	19:46	21:05:48
Age 50	Time Delta	01:14	01:05	01:11	01:02	01:12	01:04	01:16	01:10	01:24	01:09	01:33	01:16	01:50	01:27	01:46	01:19:48
Group M50-59	Pace Cum	10:48	11:11	10:54	10:56	10:52	10:57	10:59	11:09	11:18	11:23	11:36	11:45	12:07	12:20	12:34	12:39
Overall-Group	Pace Delta	10:48	11:39	10:23	11:02	10:37	11:24	11:11	12:26	12:23	12:23	13:35	13:33	16:07	15:28	15:33	14:07
	Position	66-13	72-14	65-12	53-10	47-8	38-7	35-6	31-4	25-4	24-3	24-4	25-3	28-3	27-3	27-3	23-3
<hr/>																	
Velazco, Andy (GA)	Time of Day	0:07:11	0:08:17	0:09:40	0:10:56	0:12:31	0:13:56	0:15:39	0:17:12								
259	Time Cum	01:11	02:17	03:40	04:56	06:31	07:56	09:39	11:12								
Age 61	Time Delta	01:11	01:06	01:22	01:16	01:34	01:25	01:42	01:33								
Group M60-69	Pace Cum	10:22	11:00	11:22	11:51	12:17	12:42	13:03	13:27								
Overall-Group	Pace Delta	10:22	11:47	12:02	13:31	13:49	15:04	15:01	16:33								
	Position	37-1	68-3	85-4	102-4	119-4	126-6	124-6	133-7								

# 2009 Umstead 50/100 Mile Endurance Run --04/04/2009

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Vesnaver, Steven G (PA)	Time of Day	0:07:11	0:08:13	0:09:27	0:10:31	0:11:57	0:13:12	0:14:44	0:15:56	0:17:27	0:18:42	0:20:20	0:21:38	0:23:20	1:00:56	1:03:16	1:04:56:36
	Time Cum	01:11	02:13	03:27	04:31	05:57	07:12	08:44	09:56	11:27	12:42	14:20	15:38	17:20	18:56	21:16	22:56:36
260	Time Delta	01:11	01:02	01:13	01:04	01:25	01:15	01:31	01:12	01:30	01:15	01:37	01:18	01:41	01:36	02:19	01:40:36
Age 44	Pace Cum	10:22	10:40	10:42	10:52	11:13	11:32	11:49	11:56	12:05	12:12	12:24	12:30	12:42	12:59	13:31	13:46
Group M40-49	Pace Delta	10:22	11:03	10:44	11:25	12:29	13:24	13:20	12:48	13:14	13:19	14:16	13:49	14:53	17:05	20:22	17:48
Overall-Group	Position	37-16	53-23	53-23	50-23	56-23	56-21	59-22	55-20	50-19	49-17	42-14	41-14	38-13	39-13	48-14	51-16
Vogan, Lonnie (AL)	Time of Day	0:07:11	0:08:13	0:09:36	0:10:43	0:12:09	0:13:16	0:14:44	0:15:56	0:17:23	0:18:37	0:20:10	0:21:29	0:23:12	1:00:39	1:02:41	1:04:23:14
	Time Cum	01:11	02:13	03:36	04:43	06:09	07:16	08:44	09:56	11:23	12:37	14:10	15:29	17:12	18:39	20:41	22:23:14
261	Time Delta	01:11	01:02	01:22	01:07	01:25	01:07	01:27	01:12	01:26	01:14	01:32	01:19	01:42	01:27	02:01	01:42:14
Age 52	Pace Cum	10:22	10:41	11:10	11:19	11:35	11:38	11:49	11:56	12:01	12:07	12:15	12:23	12:37	12:47	13:09	13:26
Group M50-59	Pace Delta	10:22	11:04	12:03	11:52	12:33	11:56	12:47	12:54	12:34	13:10	13:31	14:01	15:01	15:25	17:48	18:06
Overall-Group	Position	37-6	55-8	73-14	76-15	75-15	65-14	59-13	59-10	48-9	42-9	40-8	35-6	36-5	36-5	38-7	41-7
Vogel, Lane (GA)	Time of Day	0:07:14	0:08:13	0:09:20	0:10:21	0:11:41	0:12:54		0:15:37	0:17:18	0:18:41	0:20:27	0:21:59	1:00:18	1:02:20	1:05:34	1:08:14:25
	Time Cum	01:14	02:13	03:20	04:21	05:41	06:54		09:37	11:18	12:41	14:27	15:59	18:18	20:20	23:34	26:14:25
262	Time Delta	01:14	00:59	01:06	01:01	01:19	01:13		02:43	01:40	01:23	01:45	01:32	02:18	02:02	03:13	02:40:25
Age 32	Pace Cum	10:48	10:40	10:20	10:27	10:42	11:04		11:33	11:56	12:11	12:30	12:48	13:25	13:57	14:59	15:45
Group M30-39	Pace Delta	10:48	10:30	09:44	10:48	11:40	13:03		13:03	14:37	14:49	15:22	16:25	20:11	21:39	28:16	28:24
Overall-Group	Position	66-14	52-10	28-7	29-7	39-9	43-8		48-11	43-10	48-12	45-12	47-12	56-12	65-13	76-14	84-14
Volinski, William (SC)	Time of Day	0:07:21	0:08:28	0:09:45	0:10:48	0:12:24	0:13:40	0:15:27	0:16:52	0:18:55	0:20:34						
	Time Cum	01:21	02:28	03:45	04:48	06:24	07:40	09:27	10:52	12:55	14:34						
263	Time Delta	01:21	01:07	01:16	01:03	01:35	01:16	01:46	01:25	02:02	01:39						
Age 29	Pace Cum	11:49	11:54	11:38	11:32	12:03	12:17	12:47	13:03	13:38	13:59						
Group M20-29	Pace Delta	11:49	11:59	11:08	11:13	13:58	13:31	15:34	15:09	17:52	17:36						
Overall-Group	Position	131-3	121-3	99-3	82-2	102-2	101-2	112-2	112-2	108-2	108-2						
Walsh, Mike (NC)	Time of Day	0:07:18	0:08:23	0:09:38	0:10:47	0:12:14	0:13:25	0:14:56	0:15:57								
	Time Cum	01:18	02:23	03:38	04:47	06:14	07:25	08:56	09:57								
35	Time Delta	01:18	01:05	01:14	01:09	01:26	01:11	01:30	01:01								
Age 41	Pace Cum	11:23	11:27	11:16	11:29	11:45	11:53	12:05	11:57								
Group M40-49	Pace Delta	11:23	11:32	10:56	12:15	12:40	12:39	13:13	10:55								
Overall-Group	Position	98-35	94-30	82-29	81-29	84-30	79-27	72-27	60-22								
Warwick, Michael (VA)	Time of Day	0:07:20	0:08:27	0:09:46	0:10:58	0:12:30	0:13:51	0:15:30	0:16:51	0:18:40	0:20:18	0:22:51	1:00:39	1:03:22	1:05:13	1:07:26	1:09:57:47
	Time Cum	01:20	02:27	03:46	04:58	06:30	07:51	09:30	10:51	12:40	14:18	16:51	18:39	21:22	23:13	25:26	27:57:47
266	Time Delta	01:20	01:07	01:18	01:12	01:31	01:21	01:38	01:21	01:48	01:38	02:32	01:48	02:42	01:51	02:12	02:31:47
Age 48	Pace Cum	11:41	11:46	11:41	11:56	12:15	12:34	12:51	13:02	13:22	13:44	14:35	14:55	15:40	15:55	16:10	16:47
Group M40-49	Pace Delta	11:41	11:53	11:31	12:50	13:21	14:25	14:24	14:24	15:51	17:30	22:13	19:11	23:45	19:43	19:21	26:52
Overall-Group	Position	115-40	116-44	107-38	111-41	115-45	116-45	118-46	111-43	97-38	105-40	96-33	99-34	101-36	102-36	97-35	107-36
Watts, Anne (CO)	Time of Day	0:07:25	0:08:34	0:09:57	0:11:11	0:12:39	0:13:57	0:15:33	0:16:52	0:18:37	0:20:21	0:22:16	0:23:57	1:02:06	1:04:05	1:06:45	1:08:41:39
	Time Cum	01:25	02:34	03:57	05:11	06:39	07:57	09:33	10:52	12:37	14:21	16:16	17:57	20:06	22:05	24:45	26:41:39
267	Time Delta	01:25	01:09	01:22	01:14	01:27	01:18	01:35	01:19	01:44	01:44	01:54	01:41	02:08	01:59	02:39	01:56:39
Age 53	Pace Cum	12:25	12:24	12:15	12:27	12:32	12:44	12:55	13:03	13:19	13:47	14:04	14:22	14:44	15:09	15:44	16:01
Group F50-59	Pace Delta	12:25	12:23	11:58	13:07	12:50	13:54	13:56	14:08	15:13	18:25	16:47	17:56	18:47	21:08	23:18	20:39
Overall-Group	Position	158-6	149-5	135-5	132-5	128-5	127-5	120-5	113-5	96-5	106-5	89-4	91-4	82-4	88-5	87-5	88-5

# 2009 Umstead 50/100 Mile Endurance Run --04/04/2009

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Watts, Matthew (CO) 268 Age 52 Group M50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:15 01:15 01:15 10:57 10:57 80-17	0:08:21 02:21 01:06 11:17 11:41 80-15	0:09:37 03:37 01:15 11:13 11:05 77-15	0:10:45 04:45 01:08 11:25 12:07 79-16	0:12:06 06:06 01:20 11:29 11:46 70-14	0:13:15 07:15 01:09 11:37 12:21 63-13	0:14:43 08:43 01:27 11:48 12:44 58-12	0:16:06 10:06 01:23 12:08 14:45 69-14	0:17:44 11:44 01:37 12:37 14:15 60-13	0:19:08 13:08 01:24 12:37 14:56 63-15	0:22:12 16:12 03:03 12:58 14:43 50-10	0:23:56 17:56 01:43 13:09 15:09 48-10	1:01:24 19:24 01:28 13:18 15:38 49-10	1:03:06 21:06 01:41 13:25 14:51 45-8	1:04:29:23 22:29:23 01:23:23 13:30 14:45 44-8	
Webb, Brock (VA) 269 Age 33 Group M30-39 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:20 01:20 01:20 11:41 11:41 115-25	0:08:27 02:27 01:07 11:46 11:53 115-25	0:09:46 03:46 01:18 11:41 11:31 107-23	0:10:58 04:58 01:12 11:56 12:50 111-22	0:12:30 06:30 01:31 12:15 13:21 115-24	0:13:51 07:51 01:21 12:34 14:25 117-23	0:15:26 09:26 01:34 12:46 13:48 109-19	0:16:41 10:41 01:15 12:50 13:22 103-19	0:18:17 12:17 01:35 12:58 13:56 81-17	0:19:34 13:34 01:17 13:02 13:44 74-14	0:21:16 15:16 01:41 13:13 14:48 60-13	0:22:38 16:38 01:22 13:18 14:32 62-14	1:00:27 18:27 01:48 13:31 15:54 61-13	1:01:55 19:55 01:28 13:40 15:40 57-12	1:03:39 21:39 01:43 13:46 15:06 52-12	1:05:04:40 23:04:40 01:25:40 13:51 15:10 52-12
Weikart, Dana (NC) 270 Age 31 Group F30-39 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:18 01:18 01:18 11:23 11:23 98-5	0:08:23 02:23 01:05 11:30 11:38 95-6	0:09:41 03:41 01:17 11:25 11:17 88-6	0:10:50 04:50 01:09 11:38 12:22 90-6	0:12:19 06:19 01:28 11:54 12:52 97-6	0:13:30 07:30 01:11 12:00 12:36 85-6	0:15:07 09:07 01:36 12:20 14:08 81-6	0:16:22 10:22 01:15 12:27 13:22 82-6								
Werner, Lynne (WA) 271 Age 57 Group F50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:15 01:15 01:15 10:57 10:57 80-1	0:08:21 02:21 01:06 11:20 11:48 86-1	0:09:41 03:41 01:19 11:25 11:35 88-3	0:10:48 04:48 01:07 11:33 12:01 85-1	0:12:10 06:10 01:21 11:37 11:51 79-1	0:13:23 07:23 01:13 11:50 13:06 77-1	0:14:58 08:58 01:34 12:08 13:44 79-3	0:16:18 10:18 01:20 12:22 14:15 79-3	0:18:06 12:06 01:47 12:46 15:41 69-3	0:19:32 13:32 01:26 13:00 15:14 72-4						
Whisnant, Randy (VA) 272 Age 58 Group M50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:27 01:27 01:27 12:42 12:42 174-31	0:08:48 02:48 01:21 13:28 14:24 197-36	0:10:36 04:36 01:47 14:16 15:43 215-38	0:12:17 06:17 01:41 15:05 17:53 223-38	0:14:29 08:29 02:11 15:59 19:16 233-38	0:16:19 10:19 01:50 16:32 19:38 234-38	0:18:34 12:34 02:14 17:00 19:35 227-38	0:20:28 14:28 01:54 17:22 20:17 229-38								
Whorton, Kris (TN) 5 Age 43 Group F40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:02 01:02 01:02 09:03 09:03 11-1	0:07:54 01:54 00:52 09:10 09:18 14-1	0:08:56 02:56 01:01 09:06 08:58 11-1	0:09:47 03:47 00:51 09:06 09:08 12-1	0:10:50 04:50 01:02 09:06 09:07 10-1	0:11:47 05:47 00:57 09:15 10:06 8-1	0:12:51 06:51 01:03 09:16 09:20 7-1	0:13:49 07:49 00:58 09:23 10:20 8-1	0:14:54 08:54 01:04 09:24 09:26 6-1	0:15:51 09:51 00:57 09:28 10:09 6-1	0:16:56 10:56 00:57 09:28 09:26 4-1	0:17:53 11:53 01:07 09:30 10:06 4-1	0:19:01 13:01 01:07 09:33 09:55 4-1	0:19:56 13:56 00:55 09:34 09:51 4-1	0:21:07 15:07 01:10 09:37 10:16 4-1	0:22:05:34 16:05:34 00:58:34 09:39 10:22 4-1
Wilber, Lisa (NC) 273 Age 35 Group F30-39 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:25 01:25 01:25 12:25 12:25 158-7	0:08:38 02:38 01:13 12:41 13:02 162-7	0:10:07 04:07 01:28 12:46 12:54 156-7	0:11:26 05:26 01:19 13:04 14:06 161-7	0:12:54 06:54 01:27 13:00 12:45 142-7	0:14:15 08:15 01:21 13:12 14:20 141-7	0:15:48 09:48 01:33 13:15 13:35 132-7	0:17:08 11:08 01:20 13:22 14:13 129-7	0:18:41 12:41 01:32 13:23 14:13 99-6	0:19:57 13:57 01:16 13:24 13:34 91-6	0:21:25 15:25 01:27 13:20 12:45 66-6	0:22:37 16:37 01:12 13:18 12:55 61-5	1:00:07 18:07 01:29 13:17 13:00 51-4	1:01:27 19:27 01:20 13:20 14:11 50-4	1:02:58 20:58 01:30 13:20 13:16 42-4	1:04:23:35 22:23:35 01:25:35 13:26 15:09 42-4

# 2009 Umstead 50/100 Mile Endurance Run --04/04/2009

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Wood, Joe (VA)	Time of Day	0:07:12	0:08:12	0:09:24	0:10:30	0:11:48	0:12:58	0:14:28	0:15:41	0:17:18	0:18:44	0:20:29	0:22:11	1:00:04	1:01:42	1:03:53	1:05:31:39
	Time Cum	01:12	02:12	03:24	04:30	05:48	06:58	08:28	09:41	11:18	12:44	14:29	16:11	18:04	19:42	21:53	23:31:39
274	Time Delta	01:12	01:00	01:11	01:06	01:17	01:10	01:30	01:13	01:36	01:26	01:44	01:42	01:52	01:38	02:10	01:38:39
Age 43	Pace Cum	10:31	10:35	10:33	10:49	10:56	11:09	11:27	11:38	11:56	12:14	12:32	12:58	13:15	13:31	13:55	14:07
Group M40-49	Pace Delta	10:31	10:40	10:29	11:47	11:18	12:23	13:08	12:59	14:06	15:14	15:19	18:13	16:22	17:22	19:06	17:28
Overall-Group	Position	55-22	48-22	47-22	49-22	48-20	49-19	48-19	49-19	43-17	50-18	46-16	49-16	50-16	52-17	59-19	63-22
Yanello, Haley (NC)	Time of Day	0:07:44	0:09:06	0:10:43	0:12:10	0:14:01	0:15:36	0:17:35	0:19:14								
	Time Cum	01:44	03:06	04:43	06:10	08:01	09:36	11:35	13:14								
275	Time Delta	01:44	01:22	01:36	01:27	01:50	01:35	01:58	01:39								
Age 27	Pace Cum	15:11	14:58	14:38	14:50	15:06	15:23	15:40	15:53								
Group F20-29	Pace Delta	15:11	14:41	14:01	15:33	16:05	16:56	17:16	17:33								
Overall-Group	Position	236-3	228-3	224-3	218-3	212-2	212-2	207-2	209-2								
Zucker, Zeke (VT)	Time of Day	0:07:14	0:08:16	0:09:28	0:10:34	0:11:52	0:12:55	0:14:21	0:15:27	0:16:49	0:17:56	0:19:22	0:20:31	0:21:56	0:23:07	1:00:37	1:01:46:20
	Time Cum	01:14	02:16	03:28	04:34	05:52	06:55	08:21	09:27	10:49	11:56	13:22	14:31	15:56	17:07	18:37	19:46:20
36	Time Delta	01:14	01:02	01:11	01:06	01:17	01:03	01:25	01:06	01:21	01:07	01:25	01:09	01:24	01:11	01:29	01:09:20
Age 65	Pace Cum	10:48	10:53	10:45	10:58	11:03	11:06	11:18	11:21	11:25	11:28	11:34	11:37	11:41	11:44	11:50	11:52
Group M60-69	Pace Delta	10:48	10:59	10:30	11:44	11:20	11:19	12:25	11:50	11:50	11:56	12:30	12:19	12:20	12:37	13:06	12:16
Overall-Group	Position	66-3	63-2	54-1	55-1	49-1	45-1	46-1	42-1	30-1	28-1	21-1	19-1	19-1	18-1	16-1	16-1