

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

## Runner Splits

<b>Aid Station Name</b>		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
<b>Aid Station Distance</b>		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
<b>Aid Station Delta</b>		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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Abate,	Time of Day	07:26	08:42	10:08	11:33	13:12	14:52	16:49	18:29	20:47	22:43	25:07	27:25				
Robert (FL)	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				
41	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				

**Time of Day:** Time Entered the Aid Station

**Time Cum:** Total Running Time From Start

**Time Delta:** Time Between Each Aid Station

**Pace Cum:** Average Pace (Minutes/Mile) From Start

**Pace Delta:** Pace (Minutes/Mile) Delta From Previous Aid Station Data

**Position:** Position Overall -- Position Within Age Group

