

2004 Umstead 100 Mile Endurance Run -- 04/03/2004

Runner Splits

Aid Station Name		4.1	10.0	14.1	20.0	24.1	30.0	34.1	40.0	44.1	50.0	54.1	60.0	64.1	70.0	74.1	80.0	84.1	90.0	94.1	FINS
Aid Station Distance		4.10	10.00	14.10	20.00	24.10	30.00	34.10	40.00	44.10	50.00	54.10	60.00	64.10	70.00	74.10	80.00	84.10	90.00	94.10	100.00
Aid Station Delta		4.10	5.90	4.10	5.90	4.10	5.90	4.10	5.90	4.10	5.90	4.10	5.90	4.10	5.90	4.10	5.90	4.10	5.90	4.10	5.90
Kirk, Matt (NC)	Time of Day	0:06:30	0:07:17	0:07:49	0:08:37	0:09:11	0:10:00	0:10:37	0:11:30	0:12:09	0:13:01	0:13:41	0:14:39	0:15:18	0:16:13	0:16:56	0:17:49	0:18:30	0:19:27	0:20:10	0:21:05:03
	Time Cum	00:30	01:17	01:49	02:37	03:11	04:00	04:37	05:30	06:09	07:01	07:41	08:39	09:18	10:13	10:56	11:49	12:30	13:27	14:10	15:05:03
7	Time Delta	00:30	00:47	00:31	00:48	00:33	00:49	00:36	00:53	00:38	00:52	00:39	00:58	00:38	00:55	00:42	00:53	00:40	00:57	00:42	00:55:03
Age 23	Pace Cum	07:19	07:48	07:44	07:53	07:56	08:01	08:07	08:16	08:22	08:26	08:31	08:40	08:42	08:46	08:51	08:52	08:55	08:58	09:02	09:03
Group M20-29	Pace Delta	07:19	08:07	07:35	08:15	08:08	08:25	08:52	09:04	09:24	08:53	09:39	09:58	09:18	09:22	10:25	08:59	10:00	09:41	10:28	09:20
Overall-Group	Position	1-1	5-1	1-1	5-1	5-1	4-1	4-1	4-1	4-1	2-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1

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

