

2008 Umstead 100 Mile Endurance Run -- 04/05/2008

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
Adams, Jerry (NC) 46 Age 39 Group M30-39 Overall-Group	Time of Day	0:07:23	0:08:30	0:09:52	0:11:04	0:12:34	0:13:48	0:15:17	0:16:31								
	Time Cum	01:23	02:30	03:52	05:04	06:34	07:48	09:17	10:31								
	Time Delta	01:23	01:07	01:21	01:12	01:29	01:14	01:28	01:14								
	Pace Cum	12:07	12:04	11:59	12:12	12:22	12:29	12:34	12:37								
	Pace Delta	12:07	12:01	11:50	12:54	13:01	13:07	12:58	13:07								
Position		135-26	116-24	96-20	99-22	92-19	88-18	77-15	71-14								
Adolf, Don (TX) 47 Age 71 Group M70-79 Overall-Group	Time of Day	0:07:15	0:08:23	0:09:52	0:11:14	0:13:06	0:14:44	0:16:56	0:18:47	0:21:33	0:23:56						
	Time Cum	01:15	02:23	03:52	05:14	07:06	08:44	10:56	12:47	15:33	17:56						
	Time Delta	01:15	01:08	01:28	01:22	01:52	01:38	02:11	01:51	02:45	02:23						
	Pace Cum	10:57	11:27	11:59	12:34	13:23	13:59	14:47	15:21	16:25	17:13						
	Pace Delta	10:57	12:03	12:59	14:31	16:21	17:22	19:15	19:44	24:10	25:21						
Position		64-1	79-1	96-1	126-1	143-1	162-1	172-1	182-1	144-1	151-1						
Albertson, Doug (OH) 48 Age 45 Group M40-49 Overall-Group	Time of Day	0:07:16	0:08:24	0:09:47	0:10:56	0:12:23	0:13:38	0:15:04	0:16:24								
	Time Cum	01:16	02:24	03:47	04:56	06:23	07:38	09:04	10:24								
	Time Delta	01:16	01:08	01:22	01:09	01:26	01:15	01:25	01:20								
	Pace Cum	11:06	11:34	11:44	11:53	12:02	12:13	12:16	12:29								
	Pace Delta	11:06	12:07	12:03	12:22	12:34	13:20	12:31	14:13								
Position		70-24	82-25	85-25	85-26	75-21	73-21	64-20	64-20								
<u>Allen,</u> <u>Lisa (CO)</u> 44 Age 44 Group F40-49 Overall-Group	Time of Day	0:07:22	0:08:34	0:10:08	0:11:26	0:13:01	0:14:21	0:16:07	0:17:31	0:19:16	0:20:48	0:22:54	1:00:35	1:02:50	1:04:42	1:07:21	1:09:14:56
	Time Cum	01:22	02:34	04:08	05:26	07:01	08:21	10:07	11:31	13:16	14:48	16:54	18:35	20:50	22:42	25:21	27:14:56
	Time Delta	01:22	01:12	01:33	01:18	01:34	01:20	01:45	01:24	01:44	01:32	02:05	01:41	02:14	01:52	02:38	01:53:56
	Pace Cum	11:58	12:24	12:49	13:02	13:13	13:23	13:41	13:50	14:00	14:13	14:37	14:52	15:16	15:34	16:07	16:21
	Pace Delta	11:58	12:55	13:35	13:49	13:52	14:16	15:23	14:58	15:15	16:22	18:19	17:58	19:38	19:52	23:11	20:10
Position		131-14	132-11	143-11	143-12	130-10	131-9	130-9	129-9	91-6	96-6	82-7	75-7	65-7	62-7	64-7	64-7
Anderson, Joey (NC) 50 Age 52 Group M50-59 Overall-Group	Time of Day	0:07:19	0:08:25	0:09:48	0:11:04	0:12:38	0:13:58	0:15:43	0:17:19	0:19:06	0:20:38	0:22:44					
	Time Cum	01:19	02:25	03:48	05:04	06:38	07:58	09:43	11:19	13:06	14:38	16:44					
	Time Delta	01:19	01:06	01:22	01:16	01:33	01:20	01:44	01:36	01:46	01:32	02:05					
	Pace Cum	11:32	11:39	11:47	12:11	12:30	12:46	13:09	13:35	13:50	14:03	14:29					
	Pace Delta	11:32	11:48	12:01	13:32	13:39	14:17	15:13	17:03	15:34	16:21	18:20					
Position		90-21	88-19	88-21	98-25	99-27	104-27	108-30	114-30	85-25	88-24	76-19					
Andrews, Douglas (NC) 51 Age 34 Group M30-39 Overall-Group	Time of Day	0:07:18	0:08:24	0:09:45	0:10:51	0:12:20	0:13:35	0:15:28	0:17:19								
	Time Cum	01:18	02:24	03:45	04:51	06:20	07:35	09:28	11:19								
	Time Delta	01:18	01:06	01:20	01:06	01:28	01:15	01:52	01:51								
	Pace Cum	11:23	11:34	11:38	11:41	11:56	12:08	12:48	13:36								
	Pace Delta	11:23	11:48	11:44	11:51	12:51	13:18	16:29	19:45								
Position		88-20	84-19	80-17	74-16	72-15	71-15	87-18	115-21								
<u>Anthony,</u> <u>Elaine (FL)</u> 52 Age 52 Group F50-59 Overall-Group	Time of Day	0:07:26	0:08:42	0:10:22	0:11:43	0:13:35	0:14:57	0:17:02	0:18:38	0:21:11	0:22:54	1:02:05	1:04:04	1:07:03	1:09:04		
	Time Cum	01:26	02:42	04:22	05:43	07:35	08:57	11:02	12:38	15:11	16:54	20:05	22:04	25:03	27:04		
	Time Delta	01:26	01:16	01:39	01:21	01:51	01:22	02:04	01:36	02:32	01:43	03:10	01:59	02:58	02:01		
	Pace Cum	12:33	12:59	13:32	13:45	14:17	14:19	14:56	15:10	16:01	16:14	17:23	17:39	18:22	18:34		
	Pace Delta	12:33	13:30	14:33	14:28	16:15	14:32	18:14	17:00	22:20	18:21	27:47	21:07	26:05	21:27		
Position		162-9	166-11	181-15	181-14	181-15	173-12	173-12	174-13	139-12	137-12	126-13	122-13	106-12	106-12		

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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
Apple, Rob (TN) 53 Age 46 Group M40-49 Overall-Group	Time of Day	0:07:25	0:08:45	0:10:22	0:11:47	0:13:27	0:14:56	0:16:43	0:18:17	0:20:21	0:22:04	1:00:17	1:02:08	1:04:29	1:06:34	1:08:37	1:10:07:59
	Time Cum	01:25	02:45	04:22	05:47	07:27	08:56	10:43	12:17	14:21	16:04	18:17	20:08	22:29	24:34	26:37	28:07:59
	Time Delta	01:25	01:20	01:36	01:25	01:39	01:29	01:46	01:34	02:03	01:43	02:12	01:51	02:20	02:05	02:02	01:30:59
	Pace Cum	12:25	13:13	13:32	13:54	14:02	14:19	14:30	14:45	15:09	15:25	15:49	16:07	16:29	16:51	16:56	16:53
	Pace Delta	12:25	14:13	14:07	15:08	14:32	15:54	15:30	16:47	17:59	18:14	19:25	19:45	20:30	22:15	17:51	16:06
Arbona, Serge (MD) 1 Age 43 Group M40-49 Overall-Group	Position	157-45	183-50	181-49	185-49	173-46	171-47	162-46	165-47	122-39	120-38	101-33	99-30	85-24	85-24	83-23	78-21
	Time of Day	0:06:50	0:07:35	0:08:29	0:09:17	0:10:15	0:11:07	0:12:08	0:13:01	0:14:06	0:15:02	0:16:13	0:17:20	0:18:35	0:19:50	0:20:57	0:21:53:09
	Time Cum	00:50	01:35	02:29	03:17	04:15	05:07	06:08	07:01	08:06	09:02	10:13	11:20	12:35	13:50	14:57	15:53:09
	Time Delta	00:50	00:45	00:53	00:48	00:57	00:52	01:00	00:53	01:04	00:56	01:10	01:07	01:14	01:15	01:06	00:56:09
	Pace Cum	07:18	07:38	07:42	07:53	08:00	08:12	08:18	08:26	08:33	08:41	08:50	09:04	09:13	09:29	09:30	09:32
Aroneanu, Andrei (NJ) 54 Age 53 Group M50-59 Overall-Group	Pace Delta	07:18	08:03	07:49	08:31	08:27	09:15	08:52	09:26	09:27	09:58	10:20	11:54	10:55	13:20	09:44	09:56
	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	1-1
	Time of Day	0:07:08	0:08:04	0:09:11	0:10:09	0:11:17	0:12:20	0:13:35	0:14:42	0:16:09	0:17:22	0:18:48	0:20:11	0:21:45	0:23:13	1:01:07	1:02:39:02
	Time Cum	01:08	02:04	03:11	04:09	05:17	06:20	07:35	08:42	10:09	11:22	12:48	14:11	15:45	17:13	19:07	20:39:02
	Time Delta	01:08	00:56	01:06	00:58	01:07	01:03	01:14	01:07	01:26	01:13	01:25	01:23	01:33	01:28	01:53	01:32:02
Barker, Al (GA) 55 Age 62 Group M60-69 Overall-Group	Pace Cum	09:56	09:59	09:52	09:58	09:57	10:08	10:16	10:27	10:43	10:55	11:04	11:21	11:33	11:49	12:09	12:23
	Pace Delta	09:56	10:03	09:40	10:18	09:54	11:10	10:56	11:54	12:40	12:58	12:31	14:44	13:41	15:44	16:31	16:17
	Position	30-4	27-4	20-4	20-4	16-3	15-3	13-3	14-3	10-1	10-1	8-1	10-1	8-1	9-1	9-1	9-1
	Time of Day	0:07:20	0:08:28	0:09:51	0:11:01	0:12:28	0:13:47	0:15:25	0:16:37								
	Time Cum	01:20	02:28	03:51	05:01	06:28	07:47	09:25	10:37								
Barker, David (CT) 56 Age 69 Group M60-69 Overall-Group	Time Delta	01:20	01:08	01:22	01:10	01:27	01:19	01:37	01:12								
	Pace Cum	11:41	11:51	11:56	12:02	12:11	12:28	12:44	12:46								
	Pace Delta	11:41	12:04	12:05	12:23	12:42	14:04	14:14	12:55								
	Position	107-4	97-3	94-3	92-3	82-1	87-3	85-3	80-2								
	Time of Day	0:07:44	0:09:10	0:11:08	0:12:48	0:14:54	0:16:42	0:19:09	0:21:14								
Basher, Victor (NY) 57 Age 25 Group M20-29 Overall-Group	Time Cum	01:44	03:10	05:08	06:48	08:54	10:42	13:09	15:14								
	Time Delta	01:44	01:26	01:57	01:40	02:05	01:48	02:26	02:05								
	Pace Cum	15:11	15:16	15:55	16:19	16:46	17:08	17:47	18:18								
	Pace Delta	15:11	15:22	17:06	17:43	18:23	19:14	21:22	22:14								
	Position	226-20	224-19	225-18	224-18	220-18	221-19	212-19	214-19								
Baucom, Sam (NC) 58 Age 49 Group M40-49 Overall-Group	Time of Day	0:07:04	0:07:58	0:09:05	0:10:06	0:11:19	0:12:25	0:13:46	0:15:00	0:16:27	0:17:55	0:19:44	0:21:10	0:23:08	1:00:37	1:02:39	1:04:21:15
	Time Cum	01:04	01:58	03:05	04:06	05:19	06:25	07:46	09:00	10:27	11:55	13:44	15:10	17:08	18:37	20:39	22:21:15
	Time Delta	01:04	00:54	01:06	01:01	01:12	01:06	01:20	01:14	01:26	01:28	01:48	01:26	01:57	01:29	02:01	01:42:15
	Pace Cum	09:21	09:29	09:34	09:51	10:01	10:16	10:30	10:48	11:02	11:26	11:53	12:08	12:34	12:46	13:08	13:25
	Pace Delta	09:21	09:38	09:43	10:52	10:36	11:43	11:48	13:07	12:41	15:35	15:54	15:15	17:12	15:47	17:47	18:06
Basher, Victor (NY) 57 Age 25 Group M20-29 Overall-Group	Position	12-2	14-2	16-3	18-3	17-3	18-3	18-3	20-3	15-2	20-2	21-1	21-1	21-1	20-1	20-1	20-1
	Time of Day	0:07:17	0:08:25	0:09:47	0:10:54	0:12:26	0:13:49	0:15:34	0:16:58	0:18:48	0:20:30						
	Time Cum	01:17	02:25	03:47	04:54	06:26	07:49	09:34	10:58	12:48	14:30						
	Time Delta	01:17	01:08	01:21	01:07	01:31	01:23	01:44	01:24	01:49	01:42						
	Pace Cum	11:14	11:37	11:44	11:48	12:07	12:31	12:57	13:10	13:31	13:55						
Basher, Victor (NY) 57 Age 25 Group M20-29 Overall-Group	Pace Delta	11:14	12:05	11:56	12:00	13:19	14:45	15:16	14:58	15:58	18:06						
	Position	80-25	86-26	85-25	81-24	79-23	93-23	94-25	98-28	76-24	84-26						

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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
Becherer, Paul Robert (NC) 59 Age 52 Group M50-59 Overall-Group	Time of Day	0:07:12	0:08:14	0:09:26	0:10:31	0:12:03	0:13:26	0:15:12	0:16:52								
	Time Cum	01:12	02:14	03:26	04:31	06:03	07:26	09:12	10:52								
	Time Delta	01:12	01:02	01:11	01:05	01:31	01:23	01:45	01:40								
	Pace Cum	10:31	10:47	10:39	10:51	11:24	11:54	12:27	13:03								
	Pace Delta	10:31	11:06	10:25	11:34	13:23	14:43	15:27	17:49								
	Position	50-11	54-11	48-8	48-8	54-11	62-14	71-18	89-24								
<u>Belden,</u> <u>Diane (NC)</u> 60 Age 54 Group F50-59 Overall-Group	Time of Day	0:07:32	0:08:54	0:10:33	0:11:59	0:13:46	0:15:21	0:17:23	0:19:10								
	Time Cum	01:32	02:54	04:33	05:59	07:46	09:21	11:23	13:10								
	Time Delta	01:32	01:22	01:38	01:26	01:46	01:35	02:01	01:47								
	Pace Cum	13:26	13:55	14:07	14:24	14:38	14:59	15:24	15:49								
	Pace Delta	13:26	14:31	14:27	15:24	15:29	16:57	17:42	19:07								
	Position	198-20	202-20	197-19	199-19	191-19	193-19	187-16	188-16								
<u>Belligne,</u> <u>Admas K (NY)</u> 61 Age 55 Group F50-59 Overall-Group	Time of Day	0:07:25	0:08:36	0:09:59	0:11:14	0:12:50	0:14:15	0:15:59	0:17:30	0:19:24	0:21:07	0:23:45	1:01:51	1:04:28	1:06:38	1:09:01	1:10:48:12
	Time Cum	01:25	02:36	03:59	05:14	06:50	08:15	09:59	11:30	13:24	15:07	17:45	19:51	22:28	24:38	27:01	28:48:12
	Time Delta	01:25	01:11	01:22	01:15	01:35	01:25	01:43	01:31	01:53	01:43	02:37	02:06	02:36	02:10	02:22	01:47:12
	Pace Cum	12:25	12:30	12:21	12:36	12:52	13:13	13:30	13:49	14:09	14:32	15:21	15:54	16:28	16:54	17:11	17:17
	Pace Delta	12:25	12:38	12:04	13:25	13:54	15:07	15:08	16:15	16:32	18:23	22:57	22:28	22:47	23:02	20:51	18:58
	Position	157-8	140-7	126-4	127-4	120-4	126-4	120-4	127-5	99-5	101-4	95-6	95-6	84-5	88-5	92-7	90-7
<u>Bliss,</u> <u>Lisa (WA)</u> 63 Age 39 Group F30-39 Overall-Group	Time of Day	0:07:08	0:08:06	0:09:18	0:10:19	0:11:35	0:12:41	0:13:59	0:15:04	0:16:30	0:17:37	0:18:59	0:20:10	0:21:39	0:22:57	1:00:29	1:01:42:44
	Time Cum	01:08	02:06	03:18	04:19	05:35	06:41	07:59	09:04	10:30	11:37	12:59	14:10	15:39	16:57	18:29	19:42:44
	Time Delta	01:08	00:58	01:11	01:01	01:15	01:06	01:17	01:05	01:25	01:07	01:21	01:11	01:28	01:18	01:31	01:13:44
	Pace Cum	09:56	10:05	10:14	10:22	10:31	10:43	10:48	10:54	11:05	11:10	11:14	11:21	11:28	11:38	11:45	11:50
	Pace Delta	09:56	10:17	10:30	10:49	11:05	11:47	11:18	11:39	12:26	11:56	11:55	12:42	12:53	13:54	13:21	13:03
	Position	30-2	28-2	29-2	28-2	26-2	27-2	23-2	22-2	16-2	14-2	9-2	9-2	7-2	7-2	7-2	7-2
<u>Boardman,</u> <u>Susan (FL)</u> 64 Age 54 Group F50-59 Overall-Group	Time of Day	0:07:44	0:09:14	0:11:20	0:12:56												
	Time Cum	01:44	03:14	05:20	06:56												
	Time Delta	01:44	01:30	02:05	01:36												
	Pace Cum	15:11	15:35	16:32	16:39												
	Pace Delta	15:11	16:04	18:17	17:04												
	Position	226-23	226-23	227-23	227-23												
Boas, Darren (MD) 65 Age 47 Group M40-49 Overall-Group	Time of Day	0:07:27	0:08:36	0:09:58	0:11:10	0:12:50	0:14:13	0:16:02	0:17:46	0:20:19	0:22:37						
	Time Cum	01:27	02:36	03:58	05:10	06:50	08:13	10:02	11:46	14:19	16:37						
	Time Delta	01:27	01:09	01:21	01:12	01:39	01:23	01:48	01:44	02:32	02:18						
	Pace Cum	12:42	12:33	12:18	12:25	12:52	13:10	13:34	14:07	15:07	15:58						
	Pace Delta	12:42	12:22	11:51	12:51	14:31	14:49	15:49	18:26	22:19	24:33						
	Position	172-49	144-39	120-35	122-32	120-32	125-36	126-35	137-38	119-37	131-41						
Boe, Scott (FL) 66 Age 42 Group M40-49 Overall-Group	Time of Day	0:07:14	0:08:20	0:09:43	0:10:54	0:12:23	0:13:39	0:15:22	0:16:45	0:18:36	0:20:06	0:22:22	1:00:16	1:03:08	1:05:11	1:07:54	1:09:53:54
	Time Cum	01:14	02:20	03:43	04:54	06:23	07:39	09:22	10:45	12:36	14:06	16:22	18:16	21:08	23:11	25:54	27:53:54
	Time Delta	01:14	01:06	01:22	01:11	01:28	01:16	01:42	01:23	01:50	01:30	02:15	01:54	02:51	02:03	02:42	01:59:54
	Pace Cum	10:48	11:14	11:31	11:48	12:02	12:16	12:40	12:55	13:18	13:33	14:10	14:37	15:30	15:54	16:28	16:44
	Pace Delta	10:48	11:44	12:04	12:43	12:52	13:36	14:55	14:50	16:05	16:06	19:43	20:12	25:06	21:55	23:41	21:13
	Position	60-21	69-22	78-24	80-24	75-21	76-22	83-22	85-22	62-17	70-20	69-24	71-23	67-21	69-21	71-21	73-19

2008 Umstead 100 Mile Endurance Run -- 04/05/2008

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
Boers, Peter (FL) 67 Age 44 Group M40-49 Overall-Group	Time of Day	0:07:20	0:08:31	0:09:57	0:11:16	0:12:50	0:14:12	0:16:02	0:17:39	0:19:43	0:21:46						
	Time Cum	01:20	02:31	03:57	05:16	06:50	08:12	10:02	11:39	13:43	15:46						
	Time Delta	01:20	01:11	01:25	01:19	01:33	01:22	01:49	01:37	02:03	02:03						
	Pace Cum	11:41	12:10	12:15	12:39	12:52	13:08	13:34	13:59	14:29	15:09						
	Pace Delta	11:41	12:44	12:25	14:01	13:41	14:36	16:00	17:12	18:04	21:52						
	Position	107-30	120-32	117-33	128-38	120-32	123-35	126-35	131-36	103-30	113-34						
Brannon, Michael (TN) 68 Age 54 Group M50-59 Overall-Group	Time of Day	0:07:10	0:08:14	0:09:31	0:10:41	0:12:22	0:13:46	0:15:32	0:17:22								
	Time Cum	01:10	02:14	03:31	04:41	06:22	07:46	09:32	11:22								
	Time Delta	01:10	01:04	01:16	01:10	01:40	01:24	01:45	01:50								
	Pace Cum	10:13	10:47	10:54	11:16	12:00	12:27	12:54	13:39								
	Pace Delta	10:13	11:29	11:07	12:30	14:39	15:00	15:22	19:33								
	Position	37-8	56-11	59-14	60-14	74-19	85-22	93-25	118-31								
Brewington, David (MD) 69 Age 59 Group M50-59 Overall-Group	Time of Day	0:07:40	0:09:08	0:11:06	0:12:40	0:14:36	0:16:16	0:18:29	0:20:17								
	Time Cum	01:40	03:08	05:06	06:40	08:36	10:16	12:29	14:17								
	Time Delta	01:40	01:28	01:57	01:34	01:55	01:40	02:12	01:48								
	Pace Cum	14:36	15:04	15:49	16:00	16:12	16:27	16:53	17:09								
	Pace Delta	14:36	15:37	17:12	16:38	16:56	17:49	19:19	19:16								
	Position	214-44	219-44	224-46	222-45	217-45	215-45	209-44	211-44								
Brophy, William (NC) 40 Age 65 Group M60-69 Overall-Group	Time of Day	0:07:27	0:08:42	0:10:17	0:11:38	0:13:25	0:14:50	0:16:39	0:18:09								
	Time Cum	01:27	02:42	04:17	05:38	07:25	08:50	10:39	12:09								
	Time Delta	01:27	01:15	01:34	01:21	01:46	01:25	01:49	01:30								
	Pace Cum	12:42	13:02	13:17	13:32	13:58	14:08	14:24	14:35								
	Pace Delta	12:42	13:26	13:45	14:25	15:33	15:03	15:55	16:01								
	Position	172-9	167-8	168-9	171-9	170-9	169-9	160-9	159-8								
Brown, Will (NC) 30 Age 61 Group M60-69 Overall-Group	Time of Day	0:07:41	0:09:09	0:11:03	0:12:36	0:14:42	0:16:23	0:18:24	0:19:51								
	Time Cum	01:41	03:09	05:03	06:36	08:42	10:23	12:24	13:51								
	Time Delta	01:41	01:28	01:53	01:33	02:05	01:41	02:00	01:27								
	Pace Cum	14:45	15:09	15:40	15:52	16:23	16:37	16:47	16:38								
	Pace Delta	14:45	15:38	16:36	16:35	18:18	17:53	17:40	15:32								
	Position	219-18	222-18	221-17	220-17	218-17	217-17	208-18	204-16								
<u>Bundek,</u> <u>Amanda (DE)</u> 71 Age 29 Group F20-29 Overall-Group	Time of Day	0:07:53	0:09:23	0:11:32	0:13:16	0:15:45	0:17:57	0:20:46	0:23:20								
	Time Cum	01:53	03:23	05:32	07:16	09:45	11:57	14:46	17:20								
	Time Delta	01:53	01:30	02:08	01:44	02:28	02:12	02:48	02:34								
	Pace Cum	16:30	16:18	17:09	17:28	18:22	19:08	19:59	20:49								
	Pace Delta	16:30	16:04	18:43	18:33	21:38	23:24	24:38	27:22								
	Position	230-4	228-4	229-4	229-4	223-4	223-4	214-4	217-4								
Burns, William (NC) 23 Age 38 Group M30-39 Overall-Group	Time of Day	0:07:16	0:08:20	0:09:35	0:10:35	0:11:51	0:12:52	0:14:10	0:15:15	0:16:34	0:17:38	0:18:59	0:20:06	0:21:33	0:22:43	1:00:12	1:01:18:37
	Time Cum	01:16	02:20	03:35	04:35	05:51	06:52	08:10	09:15	10:34	11:38	12:59	14:06	15:33	16:43	18:12	19:18:37
	Time Delta	01:16	01:04	01:14	01:00	01:15	01:01	01:17	01:05	01:18	01:04	01:20	01:07	01:26	01:10	01:28	01:06:37
	Pace Cum	11:06	11:13	11:07	11:00	11:01	11:00	11:03	11:07	11:09	11:10	11:14	11:17	11:24	11:28	11:34	11:35
	Pace Delta	11:06	11:22	10:55	10:39	11:04	10:53	11:19	11:37	11:26	11:22	11:48	11:54	12:40	12:24	12:59	11:47
	Position	70-15	68-15	63-13	54-13	43-11	33-9	29-9	27-7	18-6	16-5	9-2	7-2	6-2	6-2	4-2	4-2

2008 Umstead 100 Mile Endurance Run -- 04/05/2008

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
Butler, Jeffrey (NY) 73 Age 48 Group M40-49 Overall-Group	Time of Day	0:07:21	0:08:32	0:10:02	0:11:24	0:13:13	0:14:39	0:16:27	0:17:56								
	Time Cum	01:21	02:32	04:02	05:24	07:13	08:39	10:27	11:56								
	Time Delta	01:21	01:11	01:29	01:22	01:48	01:26	01:47	01:29								
	Pace Cum	11:49	12:10	12:30	12:58	13:36	13:51	14:08	14:19								
	Pace Delta	11:49	12:35	13:08	14:35	15:52	15:16	15:44	15:47								
	Position	121-33	123-33	133-40	140-39	151-42	155-42	144-39	145-39								
Byrom, Roger (NY) 75 Age 50 Group M50-59 Overall-Group	Time of Day	0:07:21	0:08:29	0:09:54	0:11:06	0:12:38	0:13:55	0:15:36	0:16:52	0:18:52	0:20:20	0:22:20	0:23:57	1:02:20	1:04:53	1:07:01	1:08:34:25
	Time Cum	01:21	02:29	03:54	05:06	06:38	07:55	09:36	10:52	12:52	14:20	16:20	17:57	20:20	22:53	25:01	26:34:25
	Time Delta	01:21	01:08	01:24	01:12	01:31	01:17	01:40	01:16	01:59	01:28	01:59	01:37	02:22	02:33	02:07	01:33:25
	Pace Cum	11:49	11:56	12:06	12:16	12:30	12:40	12:59	13:03	13:35	13:46	14:08	14:22	14:54	15:42	15:55	15:57
	Pace Delta	11:49	12:03	12:24	12:53	13:19	13:38	14:44	13:29	17:29	15:40	17:26	17:17	20:47	27:10	18:36	16:32
	Position	121-28	104-26	102-26	104-26	99-27	101-26	100-27	88-24	81-23	80-20	66-15	65-15	58-15	65-17	60-17	57-16
Cable, Andrew (CT) 76 Age 42 Group M40-49 Overall-Group	Time of Day	0:07:43	0:09:00	0:10:35	0:11:57	0:13:46	0:15:23	0:17:27	0:19:17	0:21:41	0:23:26	1:01:39	1:03:31	1:06:00	1:07:46	1:10:00	1:11:54:00
	Time Cum	01:43	03:00	04:35	05:57	07:46	09:23	11:27	13:17	15:41	17:26	19:39	21:31	24:00	25:46	28:00	29:54:00
	Time Delta	01:43	01:17	01:34	01:22	01:48	01:37	02:03	01:50	02:23	01:45	02:12	01:52	02:28	01:46	02:13	01:54:00
	Pace Cum	15:02	14:25	14:13	14:17	14:38	15:01	15:29	15:57	16:33	16:44	17:00	17:13	17:36	17:41	17:48	17:56
	Pace Delta	15:02	13:39	13:51	14:32	15:54	17:15	18:02	19:33	20:58	18:38	19:23	19:57	21:39	18:53	19:28	20:11
	Position	224-58	208-55	199-54	196-53	191-50	194-51	188-51	193-52	146-43	144-44	119-37	118-35	103-29	103-29	105-29	104-28
Calabria, Robert D (NC) 22 Age 67 Group M60-69 Overall-Group	Time of Day	0:07:26	0:08:43	0:10:14	0:11:31	0:13:06	0:14:26	0:16:04	0:17:27	0:19:06	0:20:35	0:22:34	1:00:11	1:02:17	1:04:12	1:06:32	1:08:19:44
	Time Cum	01:26	02:43	04:14	05:31	07:06	08:26	10:04	11:27	13:06	14:35	16:34	18:11	20:17	22:12	24:32	26:19:44
	Time Delta	01:26	01:17	01:30	01:17	01:34	01:20	01:37	01:23	01:38	01:29	01:58	01:37	02:05	01:55	02:19	01:47:44
	Pace Cum	12:33	13:05	13:08	13:17	13:23	13:31	13:37	13:45	13:50	14:01	14:20	14:33	14:52	15:14	15:36	15:48
	Pace Delta	12:33	13:44	13:12	13:48	13:44	14:17	14:12	14:44	14:25	15:53	17:16	17:14	18:20	20:25	20:23	19:04
	Position	162-7	175-9	158-7	159-6	143-7	141-5	129-5	124-5	85-3	86-2	72-2	67-2	55-2	55-2	52-2	55-2
Camp, Carl (DE) 77 Age 47 Group M40-49 Overall-Group	Time of Day	0:07:27	0:08:45	0:10:22	0:11:47	0:13:38	0:15:02	0:16:46	0:18:19	0:20:17	0:21:59	1:00:10	1:02:10	1:04:39	1:06:45	1:09:00	1:11:01:13
	Time Cum	01:27	02:45	04:22	05:47	07:38	09:02	10:46	12:19	14:17	15:59	18:10	20:10	22:39	24:45	27:00	29:01:13
	Time Delta	01:27	01:18	01:36	01:25	01:50	01:24	01:43	01:33	01:57	01:42	02:10	02:00	02:28	02:06	02:14	02:01:13
	Pace Cum	12:42	13:15	13:32	13:54	14:23	14:27	14:34	14:48	15:04	15:21	15:43	16:08	16:36	16:59	17:10	17:25
	Pace Delta	12:42	13:55	14:04	15:07	16:09	14:52	15:11	16:35	17:08	18:10	19:02	21:17	21:43	22:23	19:38	21:27
	Position	172-49	185-50	181-49	184-49	183-47	178-49	166-47	167-48	118-36	117-36	100-32	100-31	89-25	93-26	91-26	93-25
<u>Carroll, Patricia (HI)</u> 79 Age 58 Group F50-59 Overall-Group	Time of Day	0:07:21	0:08:40	0:10:18	0:11:47	0:13:33	0:15:10	0:17:08	0:18:44	0:20:51	0:22:40	1:01:06	1:03:02	1:05:02	1:06:41	1:08:34	1:10:02:54
	Time Cum	01:21	02:40	04:18	05:47	07:33	09:10	11:08	12:44	14:51	16:40	19:06	21:02	23:02	24:41	26:34	28:02:54
	Time Delta	01:21	01:19	01:37	01:29	01:45	01:37	01:57	01:36	02:06	01:49	02:25	01:56	01:59	01:39	01:52	01:28:54
	Pace Cum	11:49	12:48	13:20	13:53	14:13	14:41	15:04	15:17	15:40	16:00	16:31	16:50	16:53	16:56	16:54	16:50
	Pace Delta	11:49	13:59	14:18	15:46	15:28	17:13	17:11	17:04	18:28	19:20	21:17	20:42	17:22	17:32	16:29	15:44
	Position	121-5	159-9	172-14	183-16	176-13	184-15	178-13	180-14	133-10	132-10	112-8	110-8	94-7	91-7	80-4	75-4
Chilcott, Charles (NC) 80 Age 35 Group M30-39 Overall-Group	Time of Day	0:07:17	0:08:20	0:09:47	0:11:00	0:12:38	0:13:49	0:15:30	0:16:55	0:18:49	0:20:08	0:22:08	0:23:38	1:02:24	1:04:08	1:06:29	1:08:01:58
	Time Cum	01:17	02:20	03:47	05:00	06:38	07:49	09:30	10:55	12:49	14:08	16:08	17:38	20:24	22:08	24:29	26:01:58
	Time Delta	01:17	01:03	01:26	01:13	01:37	01:11	01:40	01:25	01:53	01:19	01:59	01:30	02:45	01:44	02:21	01:32:58
	Pace Cum	11:14	11:14	11:44	12:00	12:30	12:31	12:51	13:06	13:32	13:34	13:57	14:07	14:57	15:11	15:34	15:37
	Pace Delta	11:14	11:13	12:39	12:56	14:18	12:36	14:43	15:04	16:38	14:03	17:28	16:00	24:11	18:24	20:35	16:27
	Position	80-19	71-15	85-19	89-19	99-20	90-19	88-19	96-18	77-12	71-14	64-11	60-11	60-9	54-9	51-9	49-9

2008 Umstead 100 Mile Endurance Run -- 04/05/2008

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
Clausen, Chris D (NY)		Time of Day	0:07:21	0:08:32	0:10:00	0:11:24	0:13:13	0:14:39	0:16:27	0:17:56	0:19:47	0:21:23	0:23:29	1:01:15	1:03:26	1:05:37	1:10:39:35
81		Time Cum	01:21	02:32	04:00	05:24	07:13	08:39	10:27	11:56	13:47	15:23	17:29	19:15	21:26	23:37	28:39:35
Age 49		Time Delta	01:21	01:11	01:27	01:24	01:48	01:26	01:47	01:29	01:50	01:36	02:05	01:46	02:10	02:11	01:46:35
Group M40-49		Pace Cum	11:49	12:10	12:24	12:58	13:36	13:51	14:08	14:20	14:33	14:47	15:08	15:24	15:43	16:12	17:12
Overall-Group		Pace Delta	11:49	12:34	12:51	14:55	15:53	15:19	15:41	15:49	16:09	17:08	18:17	18:48	19:06	23:18	18:52
		Position	121-33	122-33	131-39	139-39	151-42	156-42	144-39	146-39	109-33	107-31	90-29	86-27	71-22	74-22	85-23
Clement, Jamie (NC)		Time of Day	0:07:16	0:08:20	0:09:36	0:10:53											
82		Time Cum	01:16	02:20	03:36	04:53											
Age 31		Time Delta	01:16	01:04	01:15	01:17											
Group M30-39		Pace Cum	11:06	11:14	11:10	11:44											
Overall-Group		Pace Delta	11:06	11:23	11:03	13:43											
		Position	70-15	70-15	66-15	77-17											
Colella, Frank (NY)		Time of Day	0:07:23	0:08:29	0:09:48	0:10:52	0:12:36	0:13:52	0:15:34	0:16:54	0:18:38	0:20:06	0:22:00	0:23:46			
83		Time Cum	01:23	02:29	03:48	04:52	06:36	07:52	09:34	10:54	12:38	14:06	16:00	17:46			
Age 45		Time Delta	01:23	01:06	01:18	01:04	01:43	01:16	01:41	01:20	01:43	01:28	01:53	01:46			
Group M40-49		Pace Cum	12:07	11:56	11:47	11:43	12:26	12:36	12:57	13:05	13:20	13:32	13:51	14:13			
Overall-Group		Pace Delta	12:07	11:42	11:31	11:28	15:04	13:33	14:48	14:11	15:10	15:35	16:38	18:54			
		Position	135-37	106-27	88-27	75-23	95-24	99-25	94-25	92-25	67-19	67-20	61-22	62-20			
Cook, Ethel (PA)		Time of Day	0:07:26	0:08:43	0:10:20	0:11:38	0:13:16	0:14:38	0:16:34	0:18:09	0:20:20	0:22:06	1:00:25	1:02:26	1:04:36	1:06:37	1:10:24:57
84		Time Cum	01:26	02:43	04:20	05:38	07:16	08:38	10:34	12:09	14:20	16:06	18:25	20:26	22:36	24:37	28:24:57
Age 43		Time Delta	01:26	01:17	01:36	01:18	01:37	01:22	01:55	01:35	02:10	01:46	02:18	02:01	02:09	02:01	01:39:57
Group F40-49		Pace Cum	12:33	13:04	13:26	13:33	13:41	13:50	14:18	14:36	15:08	15:28	15:56	16:21	16:34	16:53	17:03
Overall-Group		Pace Delta	12:33	13:42	14:06	13:58	14:10	14:40	16:48	16:58	19:00	18:51	20:13	21:33	18:52	21:27	17:41
		Position	162-18	171-18	174-18	175-18	158-17	153-16	157-14	160-13	120-9	122-10	107-10	106-10	88-9	87-9	85-9
Cox, Lee (NC)		Time of Day	0:07:26	0:08:41	0:10:08	0:11:28	0:13:05	0:14:36	0:16:29	0:18:00	0:20:20	0:22:09					
29		Time Cum	01:26	02:41	04:08	05:28	07:05	08:36	10:29	12:00	14:20	16:09					
Age 47		Time Delta	01:26	01:15	01:26	01:20	01:36	01:31	01:52	01:31	02:19	01:49					
Group M40-49		Pace Cum	12:33	12:54	12:49	13:08	13:21	13:46	14:11	14:25	15:08	15:30					
Overall-Group		Pace Delta	12:33	13:19	12:40	14:14	14:06	16:10	16:27	16:17	20:18	19:19					
		Position	162-47	162-46	143-42	150-43	138-38	148-40	149-43	152-43	120-38	123-39					
Crosby, Robert (SC)		Time of Day	0:07:24	0:08:39	0:10:16	0:11:31	0:13:11	0:14:37	0:16:33	0:17:59							
86		Time Cum	01:24	02:39	04:16	05:31	07:11	08:37	10:33	11:59							
Age 49		Time Delta	01:24	01:15	01:36	01:15	01:39	01:26	01:55	01:26							
Group M40-49		Pace Cum	12:16	12:46	13:14	13:16	13:32	13:48	14:16	14:23							
Overall-Group		Pace Delta	12:16	13:24	14:04	13:22	14:31	15:20	16:51	15:16							
		Position	144-38	158-44	165-46	157-45	149-40	150-41	155-44	148-41							
Daughtry, Debbie (VA)		Time of Day	0:07:27	0:08:49	0:10:31	0:11:55	0:13:43	0:15:16	0:17:19	0:19:11	0:21:46	0:23:32	1:01:40	1:03:23	1:05:39	1:07:27	1:11:33:30
87		Time Cum	01:27	02:49	04:31	05:55	07:43	09:16	11:19	13:11	15:46	17:32	19:40	21:23	23:39	25:27	29:33:30
Age 50		Time Delta	01:27	01:22	01:41	01:24	01:47	01:33	02:02	01:52	02:34	01:46	02:07	01:43	02:15	01:48	01:57:30
Group F50-59		Pace Cum	12:42	13:32	14:00	14:14	14:32	14:50	15:19	15:50	16:38	16:51	17:01	17:07	17:20	17:27	17:44
Overall-Group		Pace Delta	12:42	14:33	14:52	15:02	15:38	16:28	17:57	19:56	22:33	18:55	18:34	18:19	19:47	19:11	20:48
		Position	172-11	193-17	196-18	195-17	187-17	191-17	185-15	190-17	149-14	145-13	120-10	113-9	97-8	98-8	97-8

2008 Umstead 100 Mile Endurance Run -- 04/05/2008

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
Davis, III, Frederick F (OH) 88 Age 60 Group M60-69 Overall-Group	Time of Day	0:07:32	0:08:56	0:10:35	0:12:07	0:14:02	0:15:49	0:17:54	0:19:38	0:21:44	0:23:41	1:01:48	1:03:33	1:05:31	1:07:15	1:09:08	1:10:26:44
	Time Cum	01:32	02:56	04:35	06:07	08:02	09:49	11:54	13:38	15:44	17:41	19:48	21:33	23:31	25:15	27:08	28:26:44
	Time Delta	01:32	01:24	01:38	01:32	01:54	01:47	02:04	01:44	02:05	01:57	02:06	01:45	01:57	01:44	01:52	01:18:44
	Pace Cum	13:26	14:07	14:13	14:43	15:08	15:43	16:06	16:22	16:36	16:59	17:08	17:15	17:14	17:19	17:15	17:04
	Pace Delta	13:26	14:57	14:23	16:25	16:40	18:58	18:13	18:29	18:20	20:45	18:31	18:45	17:06	18:30	16:25	13:56
	Position	198-12	203-14	199-13	205-13	205-14	209-15	200-15	202-14	147-7	150-7	122-6	119-5	96-4	96-4	94-4	82-4
Davis, Winston (GA) 103 Age 57 Group M50-59 Overall-Group	Time of Day	0:07:40	0:09:08	0:10:58	0:12:31	0:14:33	0:16:15	0:18:23	0:20:11								
	Time Cum	01:40	03:08	04:58	06:31	08:33	10:15	12:23	14:11								
	Time Delta	01:40	01:28	01:49	01:33	02:01	01:42	02:07	01:48								
	Pace Cum	14:36	15:05	15:24	15:39	16:06	16:25	16:45	17:01								
	Pace Delta	14:36	15:41	15:58	16:30	17:47	18:07	18:38	19:08								
	Position	214-44	220-44	218-43	219-44	215-44	214-44	206-43	209-43								
Dawkins, Douglas (NC) 34 Age 56 Group M50-59 Overall-Group	Time of Day	0:07:27	0:08:43	0:10:17	0:11:38	0:13:26	0:15:02										
	Time Cum	01:27	02:43	04:17	05:38	07:26	09:02										
	Time Delta	01:27	01:16	01:33	01:21	01:47	01:36										
	Pace Cum	12:42	13:05	13:17	13:32	14:00	14:28										
	Pace Delta	12:42	13:34	13:38	14:22	15:44	17:05										
	Position	172-37	176-36	168-37	169-37	171-38	179-39										
Day, Mike (NC) 89 Age 46 Group M40-49 Overall-Group	Time of Day	0:07:06	0:08:06	0:09:23	0:10:26												
	Time Cum	01:06	02:06	03:23	04:26												
	Time Delta	01:06	01:00	01:16	01:03												
	Pace Cum	09:38	10:06	10:29	10:41												
	Pace Delta	09:38	10:40	11:12	11:19												
	Position	19-7	30-10	36-14	36-15												
Dickey, Lee (MA) 13 Age 54 Group M50-59 Overall-Group	Time of Day	0:07:08	0:08:08	0:09:20	0:10:29	0:11:48	0:12:55	0:14:25	0:15:36	0:17:02	0:18:20	0:20:04	0:21:39				
	Time Cum	01:08	02:08	03:20	04:29	05:48	06:55	08:25	09:36	11:02	12:20	14:04	15:39				
	Time Delta	01:08	01:00	01:11	01:09	01:18	01:07	01:29	01:11	01:25	01:18	01:43	01:35				
	Pace Cum	09:56	10:18	10:20	10:47	10:56	11:05	11:23	11:32	11:39	11:51	12:10	12:32				
	Pace Delta	09:56	10:45	10:24	12:18	11:28	11:58	13:03	12:42	12:26	13:55	15:05	16:59				
	Position	30-4	33-5	32-5	39-5	39-7	41-7	41-7	40-7	30-4	30-4	27-5	28-5				
Dillon, Ben (NC) 24 Age 58 Group M50-59 Overall-Group	Time of Day	0:07:20	0:08:38	0:10:08	0:11:26	0:13:01	0:14:26	0:16:02	0:17:28	0:19:16	0:20:46	0:22:40	1:00:13	1:02:15	1:03:58	1:06:15	1:07:59:25
	Time Cum	01:20	02:38	04:08	05:26	07:01	08:26	10:02	11:28	13:16	14:46	16:40	18:13	20:15	21:58	24:15	25:59:25
	Time Delta	01:20	01:18	01:29	01:18	01:34	01:25	01:35	01:26	01:47	01:30	01:53	01:33	02:01	01:43	02:16	01:44:25
	Pace Cum	11:41	12:40	12:49	13:04	13:13	13:30	13:34	13:46	14:00	14:11	14:25	14:35	14:51	15:04	15:25	15:36
	Pace Delta	11:41	13:52	13:06	13:57	13:45	15:08	13:57	15:21	15:39	15:56	16:38	16:29	17:47	18:19	19:56	18:29
	Position	107-26	151-33	143-33	145-33	130-33	139-34	126-34	125-34	91-26	94-26	74-18	68-16	54-13	53-13	50-13	48-12
<u>Donaldson,</u> <u>Jamie (CO)</u> 2 Age 33 Group F30-39 Overall-Group	Time of Day	0:07:05	0:07:56	0:08:56	0:09:50	0:10:53	0:11:47	0:12:50	0:13:46	0:14:51	0:15:47	0:16:54	0:17:51	0:19:02	0:20:01	0:21:17	0:22:21:10
	Time Cum	01:05	01:56	02:56	03:50	04:53	05:47	06:50	07:46	08:51	09:47	10:54	11:51	13:02	14:01	15:17	16:21:10
	Time Delta	01:05	00:51	00:59	00:54	01:02	00:54	01:02	00:56	01:04	00:56	01:06	00:57	01:10	00:59	01:15	01:04:10
	Pace Cum	09:29	09:18	09:06	09:13	09:12	09:16	09:15	09:20	09:20	09:24	09:26	09:29	09:33	09:37	09:43	09:49
	Pace Delta	09:29	09:04	08:43	09:36	09:09	09:40	09:07	10:01	09:25	09:59	09:43	10:11	10:17	10:29	11:04	11:21
	Position	15-1	13-1	10-1	10-1	7-1	7-1	4-1	5-1	3-1	2-1	2-1	2-1	2-1	2-1	2-1	2-1

2008 Umstead 100 Mile Endurance Run -- 04/05/2008

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
<u>Donley,</u>	Time of Day	0:07:14	0:08:15	0:09:30	0:10:34	0:11:55	0:13:05	0:14:29	0:15:39								
<u>Sarah (SC)</u>	Time Cum	01:14	02:15	03:30	04:34	05:55	07:05	08:29	09:39								
90	Time Delta	01:14	01:01	01:14	01:04	01:20	01:10	01:23	01:10								
Age 42	Pace Cum	10:48	10:51	10:51	10:59	11:09	11:21	11:29	11:36								
Group F40-49	Pace Delta	10:48	10:55	10:51	11:27	11:44	12:28	12:12	12:33								
Overall-Group	Position	60-4	61-4	55-4	53-4	48-5	49-5	44-4	41-3								
<u>Donnelly,</u>	Time of Day	0:07:28	0:08:45	0:10:24	0:11:47	0:13:27	0:14:56	0:16:43	0:18:17	0:20:21	0:22:04	1:00:17	1:02:08	1:04:29	1:06:34	1:08:39	1:10:07:58
<u>Susan (TN)</u>	Time Cum	01:28	02:45	04:24	05:47	07:27	08:56	10:43	12:17	14:21	16:04	18:17	20:08	22:29	24:34	26:39	28:07:58
91	Time Delta	01:28	01:17	01:38	01:23	01:39	01:29	01:46	01:34	02:03	01:43	02:12	01:51	02:20	02:05	02:04	01:28:58
Age 45	Pace Cum	12:51	13:13	13:39	13:54	14:02	14:19	14:30	14:45	15:09	15:25	15:49	16:07	16:29	16:51	16:57	16:53
Group F40-49	Pace Delta	12:51	13:39	14:26	14:47	14:32	15:54	15:30	16:47	17:59	18:14	19:25	19:45	20:30	22:15	18:09	15:45
Overall-Group	Position	183-22	181-21	186-20	185-19	173-19	170-18	162-15	165-15	122-10	120-9	101-8	98-8	85-8	84-8	84-8	77-8
Dummar,	Time of Day	0:07:16	0:08:23	0:09:45	0:10:54	0:12:16	0:13:27	0:14:54	0:16:06	0:17:36	0:18:54	0:20:27	0:21:58	0:23:51	1:01:28	1:03:17	1:04:55:24
Fred (NC)	Time Cum	01:16	02:23	03:45	04:54	06:16	07:27	08:54	10:06	11:36	12:54	14:27	15:58	17:51	19:28	21:17	22:55:24
21	Time Delta	01:16	01:07	01:21	01:09	01:21	01:11	01:26	01:12	01:29	01:18	01:32	01:31	01:52	01:37	01:48	01:38:24
Age 39	Pace Cum	11:06	11:28	11:38	11:47	11:48	11:56	12:02	12:08	12:15	12:23	12:30	12:47	13:05	13:21	13:32	13:45
Group M30-39	Pace Delta	11:06	11:56	11:55	12:20	11:52	12:37	12:39	12:52	13:03	13:53	13:31	16:08	16:28	17:10	15:54	17:25
Overall-Group	Position	70-15	80-18	80-17	79-18	65-14	64-13	59-13	57-13	38-10	40-11	31-8	32-8	28-7	29-7	27-7	26-7
<u>Dummar,</u>	Time of Day	0:07:21	0:08:37	0:10:08	0:11:31	0:13:10	0:14:34	0:16:27	0:18:14								
<u>Susan (NC)</u>	Time Cum	01:21	02:37	04:08	05:31	07:10	08:34	10:27	12:14								
43	Time Delta	01:21	01:16	01:30	01:23	01:39	01:24	01:52	01:47								
Age 43	Pace Cum	11:49	12:36	12:49	13:14	13:30	13:43	14:08	14:41								
Group F40-49	Pace Delta	11:49	13:31	13:14	14:41	14:27	14:57	16:26	18:58								
Overall-Group	Position	121-11	146-14	143-11	153-15	147-14	146-14	144-12	162-14								
<u>Duncan,</u>	Time of Day	0:07:27	0:08:43	0:10:14	0:11:37	0:13:20	0:14:48	0:16:43	0:18:29	0:20:28	0:22:34						
<u>Janet (AL)</u>	Time Cum	01:27	02:43	04:14	05:37	07:20	08:48	10:43	12:29	14:28	16:34						
92	Time Delta	01:27	01:16	01:30	01:23	01:42	01:28	01:54	01:46	01:58	02:06						
Age 52	Pace Cum	12:42	13:05	13:08	13:29	13:49	14:06	14:30	14:59	15:16	15:55						
Group F50-59	Pace Delta	12:42	13:33	13:12	14:43	15:01	15:42	16:41	18:48	17:20	22:25						
Overall-Group	Position	172-11	173-13	158-8	167-12	166-11	166-10	162-9	172-12	125-9	130-9						
Duobinis,	Time of Day	0:07:34	0:08:59	0:10:46	0:12:23	0:14:24	0:16:12	0:18:15	0:19:56								
Stanley F (MD)	Time Cum	01:34	02:59	04:46	06:23	08:24	10:12	12:15	13:56								
93	Time Delta	01:34	01:25	01:46	01:37	02:00	01:48	02:02	01:41								
Age 57	Pace Cum	13:43	14:22	14:47	15:21	15:49	16:21	16:34	16:43								
Group M50-59	Pace Delta	13:43	15:09	15:32	17:19	17:32	19:16	17:49	17:54								
Overall-Group	Position	204-41	207-41	212-41	215-43	212-43	212-43	203-42	206-42								
Durr,	Time of Day	0:07:43	0:09:12	0:11:03	0:12:46	0:14:59	0:17:01	0:20:03	0:22:32								
Stephen (VA)	Time Cum	01:43	03:12	05:03	06:46	08:59	11:01	14:03	16:32								
95	Time Delta	01:43	01:29	01:50	01:43	02:12	02:02	03:01	02:29								
Age 41	Pace Cum	15:02	15:26	15:40	16:15	16:55	17:38	19:00	19:51								
Group M40-49	Pace Delta	15:02	15:55	16:04	18:16	19:23	21:41	26:29	26:24								
Overall-Group	Position	224-58	225-59	221-58	223-59	222-57	222-58	213-55	215-56								

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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
Eckert, Jim (ME)	Time of Day	0:07:02	0:07:53	0:08:53	0:09:45	0:10:48	0:11:42	0:12:50	0:13:46								
96	Time Cum	01:02	01:53	02:53	03:45	04:48	05:42	06:50	07:46								
	Time Delta	01:02	00:51	00:59	00:52	01:02	00:54	01:07	00:56								
Age 37	Pace Cum	09:03	09:04	08:56	09:00	09:03	09:08	09:15	09:19								
Group M30-39	Pace Delta	09:03	09:05	08:43	09:12	09:12	09:40	09:50	09:56								
Overall-Group	Position	9-3	9-3	8-3	7-3	6-3	6-3	4-2	4-2								
Edwards, Andrew (AL)	Time of Day	0:07:19	0:08:30	0:10:02	0:11:23	0:13:01	0:14:26	0:16:14	0:17:50	0:20:09							
97	Time Cum	01:19	02:30	04:02	05:23	07:01	08:26	10:14	11:50	14:09							
	Time Delta	01:19	01:11	01:31	01:21	01:37	01:25	01:47	01:36	02:18							
Age 37	Pace Cum	11:32	12:04	12:30	12:55	13:13	13:31	13:51	14:13	14:56							
Group M30-39	Pace Delta	11:32	12:42	13:19	14:21	14:18	15:10	15:40	17:08	20:10							
Overall-Group	Position	90-21	114-24	133-25	136-26	130-25	140-25	138-25	142-25	113-17							
Eminger, Corey (NC)	Time of Day	0:07:20	0:08:29	0:09:52	0:11:03	0:12:40	0:13:56	0:15:51	0:17:13	0:19:10	0:20:44	0:23:04	1:01:27				
98	Time Cum	01:20	02:29	03:52	05:03	06:40	07:56	09:51	11:13	13:10	14:44	17:04	19:27				
	Time Delta	01:20	01:09	01:22	01:11	01:36	01:16	01:54	01:22	01:56	01:34	02:19	02:23				
Age 30	Pace Cum	11:41	11:56	11:59	12:07	12:34	12:42	13:20	13:29	13:54	14:09	14:46	15:34				
Group M30-39	Pace Delta	11:41	12:14	12:06	12:35	14:09	13:29	16:46	14:41	16:56	16:47	20:19	25:19				
Overall-Group	Position	107-23	103-23	96-20	96-21	105-22	102-20	115-21	111-19	88-14	91-15	86-12	91-14				
<u>Ennis, Jennifer (NC)</u>	Time of Day	0:07:19	0:08:26	0:09:50	0:11:03	0:12:31	0:13:44	0:15:08	0:16:23	0:17:59	0:19:18	0:21:04	0:22:33	1:00:26	1:02:01	1:03:52	1:05:30:00
99	Time Cum	01:19	02:26	03:50	05:03	06:31	07:44	09:08	10:23	11:59	13:18	15:04	16:33	18:26	20:01	21:52	23:30:00
	Time Delta	01:19	01:07	01:23	01:13	01:27	01:13	01:23	01:15	01:35	01:19	01:45	01:29	01:52	01:35	01:50	01:38:00
Age 38	Pace Cum	11:32	11:44	11:53	12:09	12:17	12:23	12:21	12:28	12:39	12:47	13:02	13:15	13:31	13:44	13:54	14:06
Group F30-39	Pace Delta	11:32	12:00	12:09	13:02	12:45	12:57	12:14	13:22	13:56	14:04	15:24	15:53	16:23	16:59	16:04	17:21
Overall-Group	Position	90-5	94-5	93-4	97-5	87-4	80-4	69-4	62-4	46-4	49-4	42-3	39-3	37-4	35-4	35-4	36-4
<u>Evans, Rosemary (KY)</u>	Time of Day	0:07:27	0:08:40	0:10:14	0:11:31	0:13:10	0:14:32	0:16:23	0:18:00	0:20:09	0:22:03	1:00:24	1:02:22	1:04:42	1:06:39	1:08:56	1:10:45:37
101	Time Cum	01:27	02:40	04:14	05:31	07:10	08:32	10:23	12:00	14:09	16:03	18:24	20:22	22:42	24:39	26:56	28:45:37
	Time Delta	01:27	01:13	01:33	01:17	01:38	01:22	01:50	01:37	02:08	01:54	02:20	01:58	02:19	01:57	02:16	01:49:37
Age 54	Pace Cum	12:42	12:52	13:08	13:15	13:30	13:40	14:03	14:24	14:56	15:25	15:55	16:18	16:38	16:54	17:08	17:15
Group F50-59	Pace Delta	12:42	13:04	13:36	13:41	14:25	14:39	16:05	17:13	18:48	20:15	20:31	20:59	20:22	20:46	19:57	19:24
Overall-Group	Position	172-11	161-9	158-8	155-9	147-8	145-8	140-7	150-8	113-8	119-8	106-7	104-7	91-6	90-6	90-6	87-5
Ferrari, Guido (NC)	Time of Day	0:07:12	0:08:11	0:09:22	0:10:22	0:11:36	0:12:41	0:14:33	0:15:58								
14	Time Cum	01:12	02:11	03:22	04:22	05:36	06:41	08:33	09:58								
	Time Delta	01:12	00:59	01:10	01:00	01:13	01:05	01:51	01:25								
Age 47	Pace Cum	10:31	10:33	10:26	10:30	10:33	10:42	11:34	11:59								
Group M40-49	Pace Delta	10:31	10:35	10:15	10:41	10:45	11:35	16:17	15:12								
Overall-Group	Position	50-16	47-15	35-13	33-13	29-12	25-11	45-17	52-18								
FitzHarris, Leo (VA)	Time of Day	0:07:13	0:08:15	0:09:35	0:10:47	0:12:23	0:13:42	0:15:16	0:16:37								
106	Time Cum	01:13	02:15	03:35	04:47	06:23	07:42	09:16	10:37								
	Time Delta	01:13	01:02	01:19	01:12	01:35	01:19	01:33	01:21								
Age 34	Pace Cum	10:39	10:49	11:07	11:29	12:02	12:19	12:32	12:45								
Group M30-39	Pace Delta	10:39	11:00	11:39	12:46	14:00	14:01	13:42	14:23								
Overall-Group	Position	59-13	57-13	63-13	68-15	75-17	78-16	75-14	78-15								

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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
Foster, Stephen (VA)	Time of Day	0:07:19	0:08:24	0:09:52	0:11:06	0:12:48	0:14:12	0:16:01	0:17:26	0:19:26	0:21:14	0:23:29	1:01:09	1:03:19	1:05:07	1:07:33	1:09:32:25
	Time Cum	01:19	02:24	03:52	05:06	06:48	08:12	10:01	11:26	13:26	15:14	17:29	19:09	21:19	23:07	25:33	27:32:25
107	Time Delta	01:19	01:05	01:27	01:14	01:41	01:24	01:48	01:25	01:59	01:48	02:14	01:40	02:09	01:48	02:25	01:59:25
Age 36	Pace Cum	11:32	11:34	11:59	12:15	12:49	13:09	13:33	13:44	14:11	14:38	15:08	15:19	15:38	15:52	16:15	16:31
Group M30-39	Pace Delta	11:32	11:36	12:46	13:09	14:51	15:02	15:46	15:13	17:22	19:08	19:41	17:45	18:56	19:17	21:10	21:08
Overall-Group	Position	90-21	83-19	96-20	101-23	119-23	124-23	125-23	122-22	101-16	103-17	90-14	84-12	70-10	67-10	68-11	67-11
Foy, Missy (NC)	Time of Day	0:06:55	0:07:41	0:08:38	0:09:27	0:10:28	0:11:19										
7	Time Cum	00:55	01:41	02:38	03:27	04:28	05:19										
	Time Delta	00:55	00:46	00:56	00:49	01:00	00:51										
Age 43	Pace Cum	08:02	08:08	08:10	08:18	08:25	08:32										
Group F40-49	Pace Delta	08:02	08:16	08:13	08:44	08:51	09:11										
Overall-Group	Position	2-1	2-1	3-1	3-1	3-1	3-1										
Frahm, Jennifer (NC)	Time of Day	0:07:16	0:08:21	0:09:39	0:10:48	0:12:16	0:13:31	0:15:03	0:16:30	0:18:36	0:20:12	0:22:08	0:23:31	1:01:38	1:03:22	1:05:38	1:07:40:31
100	Time Cum	01:16	02:21	03:39	04:48	06:16	07:31	09:03	10:30	12:36	14:12	16:08	17:31	19:38	21:22	23:38	25:40:31
	Time Delta	01:16	01:05	01:17	01:09	01:27	01:15	01:31	01:27	02:05	01:36	01:55	01:23	02:06	01:44	02:15	02:02:31
Age 28	Pace Cum	11:06	11:18	11:19	11:32	11:48	12:02	12:15	12:36	13:18	13:38	13:57	14:02	14:24	14:39	15:02	15:24
Group F20-29	Pace Delta	11:06	11:33	11:21	12:15	12:49	13:21	13:22	15:26	18:22	17:01	16:55	14:51	18:25	18:27	19:49	21:41
Overall-Group	Position	70-1	75-1	70-1	69-1	65-1	67-1	63-1	70-1	62-1	75-1	64-2	56-1	48-2	46-1	47-1	46-1
Fromm, Anita Marie (NM)	Time of Day	0:07:10	0:08:14	0:09:31	0:10:39	0:11:59	0:13:11	0:14:37	0:15:56	0:17:49	0:19:13	0:21:22	0:23:19	1:02:05	1:04:15	1:07:12	1:09:28:36
108	Time Cum	01:10	02:14	03:31	04:39	05:59	07:11	08:37	09:56	11:49	13:13	15:22	17:19	20:05	22:15	25:12	27:28:36
	Time Delta	01:10	01:04	01:16	01:08	01:19	01:12	01:25	01:19	01:52	01:24	02:08	01:57	02:45	02:10	02:56	02:16:36
Age 36	Pace Cum	10:13	10:47	10:54	11:10	11:16	11:30	11:39	11:56	12:28	12:42	13:18	13:52	14:43	15:16	16:02	16:29
Group F30-39	Pace Delta	10:13	11:28	11:07	12:05	11:39	12:50	12:29	14:07	16:23	14:56	18:47	20:50	24:08	23:04	25:48	24:11
Overall-Group	Position	37-3	55-3	59-3	58-3	51-3	52-3	50-3	50-3	44-3	48-3	46-5	51-5	53-5	57-5	62-5	65-5
Gabbard, Jeff (KY)	Time of Day	0:07:28	0:08:45	0:10:23	0:11:43	0:13:34	0:15:01	0:16:53	0:18:28	0:21:03	0:22:50	1:01:22	1:03:25	1:05:50	1:07:33	1:09:37	1:11:23:19
109	Time Cum	01:28	02:45	04:23	05:43	07:34	09:01	10:53	12:28	15:03	16:50	19:22	21:25	23:50	25:33	27:37	29:23:19
	Time Delta	01:28	01:17	01:37	01:20	01:50	01:27	01:51	01:35	02:34	01:47	02:31	02:03	02:24	01:43	02:03	01:46:19
Age 53	Pace Cum	12:51	13:17	13:36	13:44	14:15	14:26	14:43	14:58	15:53	16:10	16:45	17:09	17:28	17:31	17:34	17:38
Group M50-59	Pace Delta	12:51	13:48	14:10	14:12	16:10	15:24	16:21	16:56	22:32	19:01	22:07	21:53	21:04	18:16	18:04	18:49
Overall-Group	Position	183-39	187-38	184-39	178-39	179-39	176-38	170-39	169-38	136-31	135-30	114-27	115-27	100-25	100-25	99-25	97-25
Garcia, Mike (HI)	Time of Day	0:07:21	0:08:40	0:10:17	0:11:47	0:13:33	0:15:10	0:17:08	0:18:44	0:20:52	0:22:40	1:01:07	1:03:03				
111	Time Cum	01:21	02:40	04:17	05:47	07:33	09:10	11:08	12:44	14:52	16:40	19:07	21:03				
	Time Delta	01:21	01:19	01:36	01:30	01:45	01:37	01:57	01:36	02:07	01:48	02:26	01:56				
Age 60	Pace Cum	11:49	12:48	13:17	13:53	14:13	14:41	15:04	15:17	15:41	16:00	16:32	16:50				
Group M60-69	Pace Delta	11:49	13:59	14:09	15:56	15:28	17:13	17:11	17:05	18:36	19:10	21:25	20:32				
Overall-Group	Position	121-6	159-7	168-9	182-10	176-10	184-10	178-10	181-10	134-6	133-6	113-4	111-4				
Gentry, Bill (VA)	Time of Day	0:07:24	0:08:39	0:10:07	0:11:29	0:13:07	0:14:21	0:15:59	0:17:27	0:19:19	0:21:25						
28	Time Cum	01:24	02:39	04:07	05:29	07:07	08:21	09:59	11:27	13:19	15:25						
	Time Delta	01:24	01:15	01:27	01:22	01:37	01:14	01:37	01:28	01:52	02:06						
Age 46	Pace Cum	12:16	12:46	12:46	13:11	13:24	13:22	13:30	13:44	14:03	14:48						
Group M40-49	Pace Delta	12:16	13:23	12:46	14:36	14:14	13:07	14:18	15:35	16:21	22:21						
Overall-Group	Position	144-38	157-44	140-41	152-44	145-39	128-38	120-34	123-34	93-27	108-32						

2008 Umstead 100 Mile Endurance Run -- 04/05/2008

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
Gerber, Vince (CO) 112 Age 53 Group M50-59 Overall-Group	Time of Day	0:07:23	0:08:38	0:10:04	0:11:17	0:12:44	0:14:01	0:15:38	0:17:05	0:18:49	0:20:29	0:22:50	1:00:50	1:03:33	1:05:41	1:08:35	1:10:48:06
	Time Cum	01:23	02:38	04:04	05:17	06:44	08:01	09:38	11:05	12:49	14:29	16:50	18:50	21:33	23:41	26:35	28:48:06
	Time Delta	01:23	01:15	01:25	01:13	01:26	01:17	01:36	01:27	01:43	01:40	02:20	02:00	02:42	02:08	02:53	02:13:06
	Pace Cum	12:07	12:39	12:37	12:42	12:41	12:51	13:02	13:18	13:32	13:55	14:34	15:04	15:48	16:15	16:54	17:17
	Pace Delta	12:07	13:18	12:32	13:00	12:38	13:45	14:03	15:26	15:09	17:51	20:28	21:17	23:45	22:44	25:20	23:33
Position		135-31	150-33	135-31	130-32	116-31	112-31	104-28	105-28	77-22	82-22	79-21	77-20	73-20	75-20	82-23	89-24
<u>Gerdy, Maria (NJ)</u> 114 Age 53 Group F50-59 Overall-Group	Time of Day	0:07:27	0:08:37	0:10:14	0:11:28	0:13:19	0:14:44	0:16:42	0:18:23								
	Time Cum	01:27	02:37	04:14	05:28	07:19	08:44	10:42	12:23								
	Time Delta	01:27	01:10	01:36	01:14	01:50	01:25	01:57	01:41								
	Pace Cum	12:42	12:35	13:08	13:08	13:47	13:59	14:29	14:53								
	Pace Delta	12:42	12:26	14:08	13:09	16:09	15:05	17:11	18:02								
Position		172-11	145-8	158-8	149-8	163-10	163-9	161-8	168-10								
Gifford, Adam C (FL) 115 Age 33 Group M30-39 Overall-Group	Time of Day	0:07:20	0:08:28	0:09:54	0:11:07	0:12:38	0:14:01	0:15:49	0:17:29	0:19:23	0:21:00	0:23:21	1:01:22	1:03:36	1:05:24	1:07:26	1:09:08:54
	Time Cum	01:20	02:28	03:54	05:07	06:38	08:01	09:49	11:29	13:23	15:00	17:21	19:22	21:36	23:24	25:26	27:08:54
	Time Delta	01:20	01:08	01:25	01:13	01:30	01:23	01:47	01:40	01:53	01:37	02:20	02:01	02:14	01:48	02:01	01:42:54
	Pace Cum	11:41	11:55	12:06	12:19	12:30	12:51	13:17	13:48	14:07	14:25	15:01	15:30	15:50	16:03	16:10	16:17
	Pace Delta	11:41	12:11	12:26	13:04	13:09	14:49	15:39	17:51	16:31	17:17	20:29	21:25	19:34	19:17	17:41	18:13
Position		107-23	100-22	102-24	107-24	99-20	113-21	114-20	126-23	97-15	99-16	88-13	88-13	76-11	71-11	65-10	63-10
Glassman, Troy S (VA) 269 Age 40 Group M40-49 Overall-Group	Time of Day	0:07:38	0:09:05	0:10:45	0:12:11	0:13:39	0:14:58	0:16:27	0:17:42	0:19:24	0:20:45	0:22:25	0:23:56	1:01:36	1:03:04	1:04:43	1:06:15:54
	Time Cum	01:38	03:05	04:45	06:11	07:39	08:58	10:27	11:42	13:24	14:45	16:25	17:56	19:36	21:04	22:43	24:15:54
	Time Delta	01:38	01:27	01:39	01:26	01:27	01:19	01:28	01:15	01:41	01:21	01:39	01:31	01:39	01:28	01:38	01:32:54
	Pace Cum	14:18	14:52	14:44	14:53	14:25	14:21	14:08	14:03	14:09	14:10	14:12	14:22	14:22	14:27	14:27	14:34
	Pace Delta	14:18	15:32	14:29	15:23	12:43	14:02	12:57	13:25	14:47	14:24	14:33	16:16	14:28	15:38	14:24	16:27
Position		210-54	215-56	210-55	210-55	185-48	174-48	144-39	136-37	99-29	93-28	70-25	64-21	47-15	44-14	43-14	42-13
Gray, Rick (TN) 116 Age 47 Group M40-49 Overall-Group	Time of Day	0:07:07	0:08:03	0:09:07	0:10:02	0:11:14	0:12:18	0:13:37	0:14:47	0:16:09	0:17:25	0:19:01	0:20:27	0:22:13	0:23:54	1:01:26	1:02:48:20
	Time Cum	01:07	02:03	03:07	04:02	05:14	06:18	07:37	08:47	10:09	11:25	13:01	14:27	16:13	17:54	19:26	20:48:20
	Time Delta	01:07	00:56	01:03	00:55	01:11	01:04	01:18	01:10	01:21	01:16	01:35	01:26	01:45	01:41	01:31	01:22:20
	Pace Cum	09:47	09:54	09:40	09:41	09:52	10:06	10:18	10:33	10:43	10:58	11:16	11:34	11:53	12:17	12:21	12:29
	Pace Delta	09:47	10:02	09:15	09:47	10:28	11:26	11:27	12:29	11:54	13:34	13:55	15:22	15:21	17:56	13:23	14:34
Position		27-9	21-8	17-4	15-4	14-4	14-5	14-5	15-6	10-5	11-6	11-6	12-6	11-5	13-6	13-6	12-5
<u>Greatorex, Amy (MD)</u> 117 Age 45 Group F40-49 Overall-Group	Time of Day	0:07:26	0:08:38	0:10:12	0:11:32	0:13:15	0:14:38	0:16:30	0:17:56	0:19:56	0:21:46	1:00:19	1:02:24				
	Time Cum	01:26	02:38	04:12	05:32	07:15	08:38	10:30	11:56	13:56	15:46	18:19	20:24				
	Time Delta	01:26	01:12	01:33	01:20	01:42	01:23	01:51	01:26	01:59	01:50	02:32	02:05				
	Pace Cum	12:33	12:42	13:01	13:19	13:39	13:49	14:12	14:20	14:42	15:09	15:51	16:20				
	Pace Delta	12:33	12:52	13:37	14:20	14:54	14:44	16:19	15:20	17:26	19:36	22:13	22:12				
Position		162-18	153-15	155-17	161-17	156-16	152-16	151-13	147-12	110-8	114-8	103-9	105-9				
<u>Haber, Melanie (NH)</u> 145 Age 51 Group F50-59 Overall-Group	Time of Day	0:07:26	0:08:43	0:10:16	0:11:36	0:13:31	0:14:56	0:16:46	0:18:13								
	Time Cum	01:26	02:43	04:16	05:36	07:31	08:56	10:46	12:13								
	Time Delta	01:26	01:17	01:32	01:20	01:54	01:25	01:49	01:27								
	Pace Cum	12:33	13:04	13:14	13:27	14:10	14:19	14:34	14:40								
	Pace Delta	12:33	13:42	13:31	14:13	16:45	15:12	15:56	15:27								
Position		162-9	172-13	165-11	166-11	175-12	172-11	166-10	161-9								

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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
Hagan, Martin (VA) 119 Age 44 Group M40-49 Overall-Group	Time of Day	0:07:20	0:08:32	0:09:58	0:11:12	0:12:41	0:13:56	0:15:35	0:16:54	0:18:44	0:20:19	0:22:40	1:01:03				
	Time Cum	01:20	02:32	03:58	05:12	06:41	07:56	09:35	10:54	12:44	14:19	16:40	19:03				
	Time Delta	01:20	01:12	01:26	01:14	01:28	01:15	01:38	01:19	01:49	01:35	02:20	02:23				
	Pace Cum	11:41	12:10	12:18	12:31	12:35	12:42	12:58	13:06	13:26	13:45	14:25	15:15				
	Pace Delta	11:41	12:45	12:33	13:14	12:53	13:19	14:25	14:05	15:58	16:51	20:33	25:25				
	Position	107-30	121-33	120-35	125-36	108-28	103-28	97-27	94-25	72-22	77-24	74-26	82-25				
Haigh, Chris (VA) 120 Age 42 Group M40-49 Overall-Group	Time of Day	0:07:38	0:09:05	0:10:45	0:12:11	0:13:59	0:15:31	0:17:15	0:18:49	0:20:37	0:22:18	1:00:20	1:02:16	1:04:39	1:06:36	1:08:51	1:10:52:43
	Time Cum	01:38	03:05	04:45	06:11	07:59	09:31	11:15	12:49	14:37	16:18	18:20	20:16	22:39	24:36	26:51	28:52:43
	Time Delta	01:38	01:27	01:39	01:26	01:47	01:32	01:43	01:34	01:47	01:41	02:01	01:56	02:22	01:57	02:14	02:01:43
	Pace Cum	14:18	14:52	14:44	14:53	15:02	15:15	15:13	15:24	15:26	15:40	15:52	16:13	16:36	16:53	17:04	17:20
	Pace Delta	14:18	15:33	14:29	15:23	15:38	16:26	15:04	16:47	15:39	18:00	17:42	20:36	20:49	20:49	19:37	21:33
	Position	210-54	216-56	210-55	209-55	202-53	198-52	184-50	183-50	128-40	124-40	105-35	103-33	89-25	86-25	87-24	92-24
Hamilton, Dan (TX) 121 Age 51 Group M50-59 Overall-Group	Time of Day	0:07:16	0:08:22	0:09:42	0:10:55	0:12:28	0:13:42	0:15:22	0:16:45	0:18:36	0:20:06	0:22:21	1:00:16	1:03:08	1:05:11	1:07:54	1:09:53:54
	Time Cum	01:16	02:22	03:42	04:55	06:28	07:42	09:22	10:45	12:36	14:06	16:21	18:16	21:08	23:11	25:54	27:53:54
	Time Delta	01:16	01:06	01:19	01:13	01:32	01:14	01:39	01:23	01:50	01:30	02:14	01:55	02:51	02:03	02:42	01:59:54
	Pace Cum	11:06	11:24	11:28	11:50	12:11	12:20	12:40	12:55	13:18	13:33	14:09	14:37	15:30	15:54	16:28	16:44
	Pace Delta	11:06	11:45	11:37	13:03	13:28	13:08	14:34	14:50	16:05	16:04	19:35	20:22	25:06	21:55	23:41	21:13
	Position	70-16	77-18	75-19	84-19	82-22	79-21	83-22	84-22	62-19	69-18	67-16	70-18	67-18	68-18	71-19	73-21
<u>Hampton</u> , <u>Rhonda (NC)</u> 38 Age 47 Group F40-49 Overall-Group	Time of Day	0:07:24	0:08:39	0:10:10	0:11:26	0:13:01	0:14:27	0:16:11	0:17:47								
	Time Cum	01:24	02:39	04:10	05:26	07:01	08:27	10:11	11:47								
	Time Delta	01:24	01:15	01:30	01:16	01:34	01:26	01:43	01:36								
	Pace Cum	12:16	12:44	12:55	13:03	13:13	13:32	13:47	14:08								
	Pace Delta	12:16	13:18	13:16	13:29	13:50	15:19	15:06	17:00								
	Position	144-15	155-17	150-14	144-12	130-10	142-12	133-10	139-11								
Hanes, Steve (PA) 122 Age 51 Group M50-59 Overall-Group	Time of Day	0:07:19	0:08:29	0:09:51	0:10:59	0:12:26	0:13:38	0:15:13	0:16:31	0:18:05	0:19:29						
	Time Cum	01:19	02:29	03:51	04:59	06:26	07:38	09:13	10:31	12:05	13:29						
	Time Delta	01:19	01:10	01:21	01:08	01:26	01:12	01:34	01:18	01:33	01:24						
	Pace Cum	11:32	11:59	11:56	11:58	12:07	12:13	12:28	12:38	12:45	12:57						
	Pace Delta	11:32	12:32	11:51	12:05	12:40	12:45	13:51	13:57	13:36	14:55						
	Position	90-21	107-26	94-25	87-22	79-20	72-18	72-19	72-18	50-12	52-12						
Hankins, Kean (NC) 270 Age 42 Group M40-49 Overall-Group	Time of Day	0:07:12	0:08:11	0:09:23	0:10:22	0:11:36	0:12:38	0:13:59	0:15:06	0:16:34	0:17:48	0:19:44	0:21:12	0:22:59	1:00:36	1:02:46	1:04:34:25
	Time Cum	01:12	02:11	03:23	04:22	05:36	06:38	07:59	09:06	10:34	11:48	13:44	15:12	16:59	18:36	20:46	22:34:25
	Time Delta	01:12	00:59	01:11	00:59	01:13	01:02	01:20	01:07	01:27	01:14	01:55	01:28	01:46	01:37	02:09	01:48:25
	Pace Cum	10:31	10:31	10:29	10:29	10:33	10:38	10:48	10:56	11:09	11:20	11:53	12:10	12:27	12:46	13:12	13:33
	Pace Delta	10:31	10:32	10:26	10:28	10:47	11:07	11:42	11:58	12:46	13:12	16:51	15:38	15:35	17:16	18:54	19:11
	Position	50-16	45-15	36-14	32-13	29-12	24-10	23-10	23-9	18-8	17-7	21-10	22-10	19-8	19-8	21-8	22-7
<u>Hawn</u> , <u>Faye (PA)</u> 125 Age 54 Group F50-59 Overall-Group	Time of Day	0:07:29	0:08:49	0:10:30	0:11:55	0:13:45	0:15:17	0:17:14	0:19:01								
	Time Cum	01:29	02:49	04:30	05:55	07:45	09:17	11:14	13:01								
	Time Delta	01:29	01:20	01:40	01:25	01:49	01:32	01:56	01:47								
	Pace Cum	13:00	13:32	13:57	14:14	14:36	14:52	15:12	15:38								
	Pace Delta	13:00	14:11	14:43	15:13	15:55	16:22	17:00	19:02								
	Position	190-17	192-17	194-17	194-17	190-18	192-18	183-14	185-15								

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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
Hawn, Kev (PA) 20 Age 49 Group M40-49 Overall-Group	Time of Day	0:07:02	0:07:56	0:09:04	0:09:57	0:11:03	0:12:04	0:13:15	0:14:19	0:15:39	0:16:52	0:18:22	0:19:48				
	Time Cum	01:02	01:56	03:04	03:57	05:03	06:04	07:15	08:19	09:39	10:52	12:22	13:48				
	Time Delta	01:02	00:54	01:07	00:53	01:05	01:01	01:10	01:04	01:19	01:13	01:29	01:26				
	Pace Cum	09:03	09:17	09:31	09:29	09:31	09:43	09:49	10:00	10:11	10:26	10:42	11:03				
	Pace Delta	09:03	09:34	09:55	09:24	09:38	10:55	10:16	11:29	11:33	13:01	13:03	15:15				
	Position	9-3	12-3	13-3	13-3	12-3	11-2	9-2	10-3	6-2	7-3	5-3	6-4				
Hayward, R Scott (NC) 126 Age 44 Group M40-49 Overall-Group	Time of Day	0:07:10	0:08:08	0:09:14	0:10:10	0:11:28	0:12:32	0:13:39	0:14:37	0:15:56	0:17:05	0:18:25	0:19:40	0:21:19	0:22:42	1:00:16	1:01:36:58
	Time Cum	01:10	02:08	03:14	04:10	05:28	06:32	07:39	08:37	09:56	11:05	12:25	13:40	15:19	16:42	18:16	19:36:58
	Time Delta	01:10	00:58	01:05	00:56	01:17	01:04	01:06	00:58	01:18	01:09	01:19	01:15	01:38	01:23	01:33	01:20:58
	Pace Cum	10:13	10:18	10:02	10:01	10:18	10:28	10:21	10:21	10:29	10:39	10:45	10:56	11:14	11:27	11:37	11:46
	Pace Delta	10:13	10:24	09:31	10:00	11:19	11:23	09:44	10:25	11:25	12:17	11:37	13:18	14:26	14:46	13:39	14:20
	Position	37-13	34-11	24-9	22-7	22-8	22-7	15-6	13-5	8-4	8-4	6-4	5-3	5-3	5-3	5-2	6-2
Herbst, Tom (NC) 127 Age 45 Group M40-49 Overall-Group	Time of Day	0:07:20	0:08:36	0:10:10	0:11:27	0:13:03	0:14:21	0:16:27	0:18:14	0:20:12	0:21:49	0:23:46	1:01:22	1:03:06	1:04:43	1:06:33	1:08:15:21
	Time Cum	01:20	02:36	04:10	05:27	07:03	08:21	10:27	12:14	14:12	15:49	17:46	19:22	21:06	22:43	24:33	26:15:21
	Time Delta	01:20	01:16	01:33	01:17	01:35	01:18	02:05	01:47	01:57	01:37	01:56	01:36	01:43	01:37	01:49	01:42:21
	Pace Cum	11:41	12:31	12:55	13:06	13:17	13:22	14:08	14:41	14:59	15:11	15:22	15:30	15:28	15:35	15:37	15:45
	Pace Delta	11:41	13:31	13:40	13:44	13:56	13:52	18:21	18:58	17:12	17:12	17:04	17:02	15:09	17:11	16:03	18:07
	Position	107-30	141-39	150-44	147-42	135-37	129-38	144-39	163-46	116-34	115-35	96-30	90-28	66-20	63-19	53-16	52-15
Hills, Derek (MD) 128 Age 35 Group M30-39 Overall-Group	Time of Day	0:07:20	0:08:36	0:10:07	0:11:23	0:13:01	0:14:23	0:16:09	0:17:39	0:20:46							
	Time Cum	01:20	02:36	04:07	05:23	07:01	08:23	10:09	11:39	14:46							
	Time Delta	01:20	01:16	01:30	01:16	01:37	01:22	01:45	01:30	03:06							
	Pace Cum	11:41	12:29	12:46	12:57	13:13	13:25	13:44	13:59	15:35							
	Pace Delta	11:41	13:28	13:16	13:34	14:13	14:35	15:25	15:59	27:15							
	Position	107-23	139-27	140-27	138-26	130-25	135-24	131-24	133-24	132-18							
Holmen, David (MN) 11 Age 46 Group M40-49 Overall-Group	Time of Day	0:07:05	0:08:00	0:09:07	0:10:06	0:11:21	0:12:26	0:13:57	0:15:13								
	Time Cum	01:05	02:00	03:07	04:06	05:21	06:26	07:57	09:13								
	Time Delta	01:05	00:55	01:06	00:59	01:14	01:05	01:30	01:16								
	Pace Cum	09:29	09:39	09:40	09:52	10:05	10:18	10:45	11:04								
	Pace Delta	09:29	09:50	09:42	10:34	10:51	11:33	13:15	13:32								
	Position	15-5	18-5	17-4	19-6	19-6	19-6	22-9	25-11								
Honey, Bill (FL) 130 Age 43 Group M40-49 Overall-Group	Time of Day	0:07:24	0:08:33	0:09:56	0:11:09	0:12:50	0:14:04	0:15:44	0:17:07	0:19:20	0:20:53	0:22:58	1:00:45	1:02:43	1:04:26	1:06:33	1:08:18:12
	Time Cum	01:24	02:33	03:56	05:09	06:50	08:04	09:44	11:07	13:20	14:53	16:58	18:45	20:43	22:26	24:33	26:18:12
	Time Delta	01:24	01:09	01:22	01:13	01:40	01:14	01:39	01:23	02:12	01:33	02:04	01:47	01:57	01:43	02:06	01:45:12
	Pace Cum	12:16	12:17	12:12	12:23	12:52	12:56	13:10	13:21	14:04	14:18	14:41	15:00	15:11	15:23	15:37	15:47
	Pace Delta	12:16	12:18	12:03	13:01	14:40	13:15	14:29	14:49	19:19	16:34	18:09	19:02	17:09	18:15	18:31	18:37
	Position	144-38	129-36	113-29	115-28	120-32	117-31	110-31	107-31	95-28	97-29	85-28	76-24	63-18	59-18	53-16	54-16
Howard, James (MD) 131 Age 46 Group M40-49 Overall-Group	Time of Day	0:07:24	0:08:37	0:10:25	0:11:58	0:13:58	0:15:38	0:17:42	0:19:27	0:21:30	0:23:10	1:02:01					
	Time Cum	01:24	02:37	04:25	05:58	07:58	09:38	11:42	13:27	15:30	17:10	20:01					
	Time Delta	01:24	01:13	01:47	01:33	01:59	01:40	02:03	01:45	02:02	01:40	02:50					
	Pace Cum	12:16	12:36	13:42	14:20	15:00	15:26	15:50	16:09	16:22	16:30	17:19					
	Pace Delta	12:16	13:01	15:41	16:29	17:30	17:49	18:00	18:41	17:53	17:52	24:49					
	Position	144-38	149-42	190-51	198-54	201-52	203-54	195-52	197-53	143-42	141-43	125-38					

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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
Huff, Mike (TX) 132 Age 45 Group M40-49 Overall-Group	Time of Day	0:07:29	0:08:57	0:10:52	0:12:26	0:14:33	0:16:20	0:18:22	0:20:11								
	Time Cum	01:29	02:57	04:52	06:26	08:33	10:20	12:22	14:11								
	Time Delta	01:29	01:28	01:54	01:34	02:06	01:47	02:01	01:49								
	Pace Cum	13:00	14:10	15:05	15:29	16:06	16:33	16:44	17:01								
	Pace Delta	13:00	15:35	16:47	16:48	18:25	19:00	17:45	19:19								
Position		190-52	204-53	216-57	218-57	215-55	216-56	205-53	210-54								
Hughes, David A (IN) 133 Age 62 Group M60-69 Overall-Group	Time of Day	0:07:40	0:08:51	0:10:14	0:11:34	0:13:04	0:14:26	0:16:13	0:17:50								
	Time Cum	01:40	02:51	04:14	05:34	07:04	08:26	10:13	11:50								
	Time Delta	01:40	01:11	01:22	01:20	01:29	01:22	01:46	01:37								
	Pace Cum	14:36	13:43	13:08	13:23	13:19	13:30	13:49	14:13								
	Pace Delta	14:36	12:39	12:03	14:16	13:03	14:34	15:34	17:16								
Position		214-16	199-12	158-7	162-7	137-6	138-5	136-7	141-7								
<u>Huneycutt,</u> <u>Jamie (AR)</u> 134 Age 49 Group F40-49 Overall-Group	Time of Day	0:07:19	0:08:25	0:09:44	0:10:53	0:12:13	0:13:25	0:14:51	0:16:04	0:17:30	0:18:47	0:20:23	0:21:49	0:23:43	1:01:17	1:03:10	1:04:39:38
	Time Cum	01:19	02:25	03:44	04:53	06:13	07:25	08:51	10:04	11:30	12:47	14:23	15:49	17:43	19:17	21:10	22:39:38
	Time Delta	01:19	01:06	01:18	01:09	01:19	01:12	01:25	01:13	01:25	01:17	01:35	01:26	01:53	01:34	01:52	01:29:38
	Pace Cum	11:32	11:40	11:35	11:44	11:43	11:53	11:58	12:06	12:08	12:17	12:27	12:39	12:59	13:14	13:28	13:36
	Pace Delta	11:32	11:50	11:24	12:14	11:39	12:52	12:28	13:03	12:27	13:43	13:57	15:15	16:37	16:41	16:28	15:52
Position		90-7	90-7	79-7	76-7	64-7	60-6	57-5	54-5	37-2	36-2	29-2	29-2	27-2	27-2	26-2	24-2
<u>Hunter,</u> <u>Dorothy (NC)</u> 135 Age 34 Group F30-39 Overall-Group	Time of Day	0:07:23	0:08:35	0:09:58	0:11:09	0:12:36	0:13:49	0:15:17	0:16:38	0:18:10	0:19:33	0:21:12	0:22:45	1:00:25	1:01:49	1:03:39	1:05:09:17
	Time Cum	01:23	02:35	03:58	05:09	06:36	07:49	09:17	10:38	12:10	13:33	15:12	16:45	18:25	19:49	21:39	23:09:17
	Time Delta	01:23	01:12	01:22	01:11	01:26	01:13	01:27	01:21	01:31	01:23	01:38	01:33	01:39	01:24	01:49	01:30:17
	Pace Cum	12:07	12:25	12:18	12:23	12:26	12:31	12:34	12:46	12:50	13:01	13:09	13:24	13:30	13:36	13:46	13:54
	Pace Delta	12:07	12:47	12:05	12:40	12:37	12:58	12:49	14:27	13:20	14:50	14:20	16:34	14:31	14:57	16:00	15:59
Position		135-7	135-7	120-7	114-7	95-6	91-6	77-5	81-6	51-5	54-5	45-4	43-4	36-3	32-3	31-3	30-3
Idlibi, Mohammed (NC) 136 Age 29 Group M20-29 Overall-Group	Time of Day	0:07:06	0:08:04	0:09:24	0:10:43	0:12:11	0:13:27	0:15:07	0:16:34								
	Time Cum	01:06	02:04	03:24	04:43	06:11	07:27	09:07	10:34								
	Time Delta	01:06	00:58	01:19	01:19	01:27	01:16	01:39	01:27								
	Pace Cum	09:38	09:58	10:33	11:21	11:39	11:55	12:20	12:41								
	Pace Delta	09:38	10:23	11:35	14:08	12:43	13:28	14:35	15:29								
Position		19-3	25-4	39-4	65-5	62-6	63-6	68-6	74-6								
<u>Ivory,</u> <u>Angela (TN)</u> 137 Age 40 Group F40-49 Overall-Group	Time of Day	0:07:33	0:08:53	0:10:36	0:12:17	0:14:12	0:15:45	0:17:54	0:19:38								
	Time Cum	01:33	02:53	04:36	06:17	08:12	09:45	11:54	13:38								
	Time Delta	01:33	01:20	01:42	01:41	01:54	01:33	02:08	01:44								
	Pace Cum	13:35	13:55	14:16	15:05	15:27	15:36	16:06	16:22								
	Pace Delta	13:35	14:19	14:54	17:53	16:47	16:30	18:48	18:29								
Position		202-25	201-25	201-23	212-25	209-25	207-25	200-23	201-23								
Jared, Jerry (VA) 138 Age 53 Group M50-59 Overall-Group	Time of Day	0:07:21	0:08:30	0:09:55	0:11:09	0:12:34	0:13:48	0:15:16	0:16:36	0:18:19	0:19:52	0:21:56	0:23:56	1:02:19	1:04:25	1:06:55	1:08:48:05
	Time Cum	01:21	02:30	03:55	05:09	06:34	07:48	09:16	10:36	12:19	13:52	15:56	17:56	20:19	22:25	24:55	26:48:05
	Time Delta	01:21	01:09	01:24	01:14	01:24	01:14	01:27	01:20	01:42	01:33	02:03	02:00	02:22	02:06	02:29	01:53:05
	Pace Cum	11:49	12:03	12:09	12:24	12:22	12:29	12:32	12:44	13:00	13:19	13:47	14:21	14:54	15:23	15:51	16:05
	Pace Delta	11:49	12:19	12:20	13:16	12:16	13:10	12:48	14:19	14:54	16:28	18:06	21:23	20:46	22:22	21:51	20:01
Position		121-28	111-29	107-28	116-29	92-25	89-24	75-21	75-20	56-16	63-17	60-14	63-14	57-14	58-14	59-16	59-18

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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
Jenkins, Joel (HI) 139 Age 47 Group M40-49 Overall-Group	Time of Day	0:07:25	0:08:43	0:10:30	0:11:52	0:13:43	0:15:11	0:17:13	0:18:42	0:21:08	0:22:48	1:01:24	1:03:18	1:05:44	1:07:36	1:09:51	1:11:52:18
	Time Cum	01:25	02:43	04:30	05:52	07:43	09:11	11:13	12:42	15:08	16:48	19:24	21:18	23:44	25:36	27:51	29:52:18
	Time Delta	01:25	01:18	01:46	01:22	01:50	01:28	02:01	01:29	02:25	01:40	02:35	01:54	02:25	01:52	02:14	02:01:18
	Pace Cum	12:25	13:04	13:57	14:05	14:32	14:43	15:10	15:15	15:58	16:08	16:47	17:03	17:24	17:34	17:43	17:55
	Pace Delta	12:25	13:51	15:35	14:33	16:10	15:44	17:41	15:55	21:11	17:49	22:40	20:20	21:11	19:54	19:39	21:28
Jenkins, Reina (HI) 140 Age 46 Group F40-49 Overall-Group	Position	157-45	170-48	194-53	189-51	187-49	186-50	182-49	179-49	138-41	134-42	117-36	112-34	99-28	101-28	103-28	103-27
	Time of Day	0:07:28	0:08:51	0:10:38	0:12:03	0:13:50	0:15:15	0:17:04	0:18:40	0:20:39	0:22:20	1:00:37	1:02:38	1:05:15	1:07:04	1:09:25	1:11:15:52
	Time Cum	01:28	02:51	04:38	06:03	07:50	09:15	11:04	12:40	14:39	16:20	18:37	20:38	23:15	25:04	27:25	29:15:52
	Time Delta	01:28	01:23	01:46	01:25	01:46	01:25	01:48	01:36	01:58	01:41	02:16	02:01	02:36	01:49	02:20	01:50:52
	Pace Cum	12:51	13:42	14:22	14:32	14:45	14:49	14:58	15:13	15:28	15:41	16:06	16:31	17:03	17:12	17:26	17:34
Johncock, Bill (NC) 142 Age 43 Group M40-49 Overall-Group	Pace Delta	12:51	14:45	15:35	15:05	15:35	15:11	15:48	17:16	17:59	19:55	21:27	22:54	19:24	20:30	19:37	19:37
	Position	183-22	198-24	206-24	201-23	194-22	189-22	176-18	177-19	129-12	125-11	108-11	109-12	95-11	95-11	96-11	95-11
	Time of Day	0:06:58	0:07:50	0:08:51	0:09:47	0:11:00	0:12:05	0:13:15	0:14:08								
	Time Cum	00:58	01:50	02:51	03:47	05:00	06:05	07:15	08:08								
	Time Delta	00:58	00:52	01:00	00:56	01:12	01:05	01:09	00:53								
Jones, Louis (VA) 144 Age 63 Group M60-69 Overall-Group	Pace Cum	08:28	08:50	08:50	09:06	09:25	09:46	09:49	09:46								
	Pace Delta	08:28	09:16	08:51	10:00	10:35	11:40	10:05	09:28								
	Position	7-2	7-2	7-2	8-2	10-2	12-3	9-2	7-2								
	Time of Day	0:07:28	0:08:52	0:10:34	0:12:08	0:14:00	0:15:45	0:17:50	0:19:55								
	Time Cum	01:28	02:52	04:34	06:08	08:00	09:45	11:50	13:55								
Kasper, Jason (NY) 146 Age 24 Group M20-29 Overall-Group	Time Delta	01:28	01:24	01:41	01:34	01:51	01:45	02:04	02:05								
	Pace Cum	12:51	13:48	14:10	14:43	15:04	15:37	16:01	16:42								
	Pace Delta	12:51	14:58	14:48	16:39	16:20	18:43	18:08	22:12								
	Position	183-11	200-13	198-12	206-14	203-13	208-14	198-13	205-17								
	Time of Day	0:07:16	0:08:18	0:09:36	0:10:43	0:12:07	0:13:15	0:14:49	0:16:05	0:17:46	0:19:07	0:20:52	0:22:15	1:00:09	1:01:52	1:03:42	1:05:27:08
Kelly, Cameron (NC) 147 Age 29 Group M20-29 Overall-Group	Time Cum	01:16	02:18	03:36	04:43	06:07	07:15	08:49	10:05	11:46	13:07	14:52	16:15	18:09	19:52	21:42	23:27:08
	Time Delta	01:16	01:02	01:17	01:07	01:23	01:08	01:33	01:16	01:40	01:21	01:44	01:23	01:53	01:43	01:49	01:45:08
	Pace Cum	11:06	11:03	11:10	11:20	11:31	11:36	11:56	12:06	12:25	12:36	12:52	13:00	13:18	13:37	13:48	14:04
	Pace Delta	11:06	10:59	11:22	11:54	12:14	12:03	13:42	13:27	14:44	14:27	15:14	14:47	16:34	18:15	16:02	18:36
	Position	70-6	66-6	66-6	64-5	59-5	55-5	55-5	55-5	40-4	43-5	38-3	37-3	32-3	33-3	33-3	35-3
King, David (NC) 149 Age 61 Group M60-69 Overall-Group	Time of Day	0:07:20	0:08:29	0:09:54	0:11:06	0:12:42	0:14:02	0:15:51	0:17:13	0:19:10	0:20:44	0:22:56	1:00:51	1:03:35	1:05:36	1:07:55	1:09:37:55
	Time Cum	01:20	02:29	03:54	05:06	06:42	08:02	09:51	11:13	13:10	14:44	16:56	18:51	21:35	23:36	25:55	27:37:55
	Time Delta	01:20	01:09	01:24	01:12	01:35	01:20	01:48	01:22	01:56	01:34	02:11	01:55	02:43	02:01	02:18	01:42:55
	Pace Cum	11:41	11:56	12:06	12:16	12:37	12:52	13:20	13:29	13:54	14:09	14:39	15:05	15:49	16:12	16:29	16:35
	Pace Delta	11:41	12:13	12:24	12:52	13:55	14:13	15:52	14:41	16:56	16:38	19:16	20:24	23:55	21:35	20:09	18:13
King, David (NC) 149 Age 61 Group M60-69 Overall-Group	Position	107-8	102-8	102-8	102-8	113-9	114-9	115-8	110-8	88-6	90-7	84-4	79-4	75-4	73-4	73-4	68-4
	Time of Day	0:07:11	0:08:13	0:09:33	0:10:46	0:12:31	0:13:49	0:15:35	0:16:58	0:19:04	0:20:53						
	Time Cum	01:11	02:13	03:33	04:46	06:31	07:49	09:35	10:58	13:04	14:53						
	Time Delta	01:11	01:02	01:19	01:13	01:44	01:18	01:45	01:23	02:05	01:49						
	Pace Cum	10:22	10:38	11:00	11:27	12:17	12:31	12:58	13:11	13:47	14:18						
Overall-Group	Pace Delta	10:22	10:59	11:41	12:59	15:16	13:52	15:26	14:52	18:15	19:25						
	Position	47-1	49-1	61-1	66-1	87-4	92-4	97-4	100-4	84-2	98-3						

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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
Kirk, Matt (NC)	Time of Day	0:06:56	0:07:41	0:08:36	0:09:23	0:10:18	0:11:07	0:12:08	0:13:02	0:14:49	0:16:02						
3	Time Cum	00:56	01:41	02:36	03:23	04:18	05:07	06:08	07:02	08:49	10:02						
Age 27	Time Delta	00:56	00:45	00:54	00:47	00:54	00:49	01:00	00:54	01:46	01:13						
Group M20-29	Pace Cum	08:11	08:09	08:04	08:09	08:06	08:12	08:18	08:27	09:18	09:38						
Overall-Group	Pace Delta	08:11	08:07	07:54	08:29	07:54	08:46	08:49	09:41	15:31	13:01						
	Position	4-1	3-1	2-1	2-1	2-1	2-1	1-1	2-1	2-1	4-1						
Klingler, Louis (NC)	Time of Day	0:07:07	0:08:08	0:09:27	0:10:41	0:14:17	0:15:58										
42	Time Cum	01:07	02:08	03:27	04:41	08:17	09:58										
Age 42	Time Delta	01:07	01:01	01:18	01:14	03:35	01:41										
Group M40-49	Pace Cum	09:47	10:14	10:42	11:16	15:36	15:58										
Overall-Group	Pace Delta	09:47	10:48	11:32	13:14	31:25	17:58										
	Position	27-9	32-11	51-20	61-20	210-54	210-55										
Krolewicz, Ray (SC)	Time of Day	0:06:57	0:07:50	0:08:55	0:09:56	0:11:32	0:12:41	0:14:11	0:15:33	0:17:19	0:18:47	0:21:03	1:00:13	1:02:23	1:05:32	1:07:30	1:08:35:40
151	Time Cum	00:57	01:50	02:55	03:56	05:32	06:41	08:11	09:33	11:19	12:47	15:03	18:13	20:23	23:32	25:30	26:35:40
Age 53	Time Delta	00:57	00:53	01:04	01:01	01:35	01:09	01:29	01:22	01:45	01:28	02:15	03:10	02:09	03:09	01:57	01:05:40
Group M50-59	Pace Cum	08:19	08:52	09:03	09:29	10:25	10:42	11:04	11:29	11:57	12:17	13:01	14:35	14:57	16:08	16:13	15:57
Overall-Group	Pace Delta	08:19	09:33	09:21	10:58	13:53	12:18	13:04	14:41	15:20	15:41	19:46	33:45	18:53	33:29	17:12	11:37
	Position	6-2	8-2	9-2	12-3	24-4	26-4	30-4	37-6	33-6	37-7	41-10	69-16	59-16	72-19	67-18	58-17
<u>Lee</u> <u>Kathy (NC)</u>	Time of Day	0:07:06	0:08:06	0:09:20	0:10:25	0:11:47	0:12:55	0:14:20	0:15:36								
152	Time Cum	01:06	02:06	03:20	04:25	05:47	06:55	08:20	09:36								
Age 44	Time Delta	01:06	01:00	01:13	01:05	01:21	01:08	01:24	01:16								
Group F40-49	Pace Cum	09:38	10:08	10:20	10:36	10:54	11:05	11:16	11:31								
Overall-Group	Pace Delta	09:38	10:45	10:42	11:31	11:58	12:11	12:17	13:30								
	Position	19-2	31-2	32-2	34-2	35-2	42-3	38-2	39-2								
Lefferts, Peter C (FL)	Time of Day	0:07:24	0:08:32	0:09:57	0:11:08	0:12:37	0:13:51	0:15:30	0:16:56	0:18:44	0:20:24	0:23:30	1:01:22	1:04:02	1:06:10	1:08:22	1:10:08:19
32	Time Cum	01:24	02:32	03:57	05:08	06:37	07:51	09:30	10:56	12:44	14:24	17:30	19:22	22:02	24:10	26:22	28:08:19
Age 52	Time Delta	01:24	01:08	01:24	01:11	01:28	01:14	01:38	01:26	01:47	01:40	03:05	01:52	02:39	02:08	02:11	01:46:19
Group M50-59	Pace Cum	12:16	12:13	12:15	12:20	12:28	12:34	12:51	13:07	13:26	13:50	15:08	15:30	16:09	16:35	16:46	16:53
Overall-Group	Pace Delta	12:16	12:11	12:18	12:38	12:56	13:12	14:22	15:16	15:44	17:50	27:03	19:52	23:20	22:43	19:13	18:49
	Position	144-34	125-30	117-30	109-28	97-26	95-25	88-24	97-26	72-21	81-21	92-24	89-24	80-22	82-23	77-22	79-22
Leisinger, Mark (CA)	Time of Day	0:07:22	0:08:29	0:09:55	0:11:09	0:12:42	0:14:00	0:15:44	0:17:22	0:19:30							
153	Time Cum	01:22	02:29	03:55	05:09	06:42	08:00	09:44	11:22	13:30							
Age 50	Time Delta	01:22	01:07	01:25	01:14	01:32	01:18	01:43	01:38	02:07							
Group M50-59	Pace Cum	11:58	11:56	12:09	12:23	12:37	12:49	13:10	13:39	14:15							
Overall-Group	Pace Delta	11:58	11:53	12:32	13:11	13:30	13:53	15:07	17:27	18:36							
	Position	131-30	105-26	107-28	112-29	113-30	109-29	110-31	119-31	102-28							
<u>Lewis</u> <u>Marie (NC)</u>	Time of Day	0:07:21	0:08:36	0:10:10	0:11:27	0:13:03	0:14:21	0:15:59	0:17:21	0:19:09	0:20:38	0:22:37	1:00:23	1:02:18	1:04:13	1:06:33	1:08:19:46
154	Time Cum	01:21	02:36	04:10	05:27	07:03	08:21	09:59	11:21	13:09	14:38	16:37	18:23	20:18	22:13	24:33	26:19:46
Age 44	Time Delta	01:21	01:15	01:33	01:17	01:35	01:18	01:37	01:22	01:47	01:29	01:58	01:46	01:54	01:55	02:19	01:46:46
Group F40-49	Pace Cum	11:49	12:33	12:55	13:06	13:17	13:22	13:30	13:38	13:53	14:03	14:23	14:43	14:53	15:14	15:37	15:48
Overall-Group	Pace Delta	11:49	13:25	13:36	13:45	13:55	13:52	14:16	14:34	15:44	15:47	17:21	18:47	16:46	20:26	20:22	18:54
	Position	121-11	143-13	150-14	148-14	135-12	130-9	120-8	117-8	87-5	87-5	73-5	74-6	56-5	56-5	53-5	56-5

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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
Lilly, Richard (NC)	Time of Day	0:07:04	0:07:59	0:09:07	0:10:05	0:11:15	0:12:13	0:13:25	0:14:27	0:15:43	0:16:44	0:18:00	0:19:09	0:20:36	0:21:53	1:00:53	
	Time Cum	01:04	01:59	03:07	04:05	05:15	06:13	07:25	08:27	09:43	10:44	12:00	13:09	14:36	15:53	18:53	
155	Time Delta	01:04	00:55	01:07	00:58	01:09	00:58	01:11	01:02	01:15	01:01	01:15	01:09	01:26	01:17	02:59	
Age 45	Pace Cum	09:21	09:35	09:40	09:48	09:53	09:58	10:02	10:09	10:15	10:19	10:23	10:32	10:42	10:54	12:01	
Group M40-49	Pace Delta	09:21	09:53	09:48	10:18	10:12	10:23	10:25	11:05	11:00	10:53	11:02	12:19	12:37	13:45	26:11	
Overall-Group	Position	12-4	15-4	17-4	17-5	15-5	13-4	12-4	11-4	7-3	6-2	4-2	4-2	4-2	4-2	8-3	
Lilly, Stephen (NC)	Time of Day	0:07:23	0:08:37	0:10:10	0:11:31	0:13:23	0:14:43	0:16:29	0:17:56								
	Time Cum	01:23	02:37	04:10	05:31	07:23	08:43	10:29	11:56								
156	Time Delta	01:23	01:14	01:32	01:21	01:52	01:20	01:45	01:27								
Age 53	Pace Cum	12:07	12:36	12:55	13:14	13:55	13:58	14:11	14:19								
Group M50-59	Pace Delta	12:07	13:10	13:31	14:20	16:21	14:16	15:23	15:25								
Overall-Group	Position	135-31	148-32	150-35	153-35	168-36	161-35	149-35	144-35								
Long, Mark (NC)	Time of Day	0:07:21	0:08:37	0:09:57	0:11:09	0:12:40	0:14:02	0:15:51	0:17:14	0:19:10	0:20:44	0:22:54	1:01:13	1:03:48	1:06:07	1:08:33	1:10:37:10
	Time Cum	01:21	02:37	03:57	05:09	06:40	08:02	09:51	11:14	13:10	14:44	16:54	19:13	21:48	24:07	26:33	28:37:10
157	Time Delta	01:21	01:16	01:19	01:12	01:30	01:22	01:48	01:23	01:55	01:34	02:09	02:19	02:34	02:19	02:25	02:04:10
Age 49	Pace Cum	11:49	12:36	12:15	12:22	12:34	12:52	13:20	13:29	13:54	14:10	14:37	15:22	15:59	16:33	16:53	17:10
Group M40-49	Pace Delta	11:49	13:32	11:37	12:48	13:14	14:35	15:51	14:42	16:56	16:48	18:51	24:37	22:37	24:43	21:13	21:59
Overall-Group	Position	121-33	147-42	117-33	111-28	105-27	115-30	115-33	112-33	88-26	92-27	82-27	85-26	78-23	81-23	79-22	84-22
<u>Love-Ottobre,</u> <u>Kim (OH)</u>	Time of Day	0:07:27	0:08:45	0:10:24	0:11:50	0:13:38	0:15:06	0:17:02	0:18:33	0:20:36	0:22:26	1:00:41	1:02:28	1:04:45	1:06:38	1:08:55	1:10:44:52
	Time Cum	01:27	02:45	04:24	05:50	07:38	09:06	11:02	12:33	14:36	16:26	18:41	20:28	22:45	24:38	26:55	28:44:52
158	Time Delta	01:27	01:18	01:38	01:26	01:47	01:28	01:55	01:31	02:02	01:50	02:14	01:47	02:16	01:53	02:16	01:49:52
Age 42	Pace Cum	12:42	13:14	13:39	14:02	14:23	14:34	14:56	15:04	15:25	15:47	16:10	16:23	16:41	16:54	17:07	17:15
Group F40-49	Pace Delta	12:42	13:54	14:23	15:20	15:40	15:38	16:54	16:13	17:52	19:30	19:41	19:02	19:56	20:05	19:56	19:27
Overall-Group	Position	172-21	184-21	186-20	188-21	163-21	182-20	173-16	173-16	127-11	127-13	110-12	107-11	93-10	89-10	89-10	86-10
Lowery, Chris (GA)	Time of Day	0:07:40	0:08:59	0:10:29	0:11:34	0:12:57	0:14:09	0:15:47	0:17:08	0:18:50	0:20:11	0:21:53	0:23:17	1:01:08	1:02:39	1:04:27	1:05:50:44
	Time Cum	01:40	02:59	04:29	05:34	06:57	08:09	09:47	11:08	12:50	14:11	15:53	17:17	19:08	20:39	22:27	23:50:44
102	Time Delta	01:40	01:19	01:29	01:05	01:22	01:12	01:37	01:21	01:41	01:21	01:41	01:24	01:50	01:31	01:47	01:23:44
Age 46	Pace Cum	14:36	14:20	13:54	13:23	13:06	13:04	13:14	13:22	13:33	13:37	13:45	13:50	14:02	14:10	14:17	14:18
Group M40-49	Pace Delta	14:36	14:01	13:07	11:38	12:01	12:53	14:11	14:24	14:50	14:24	14:50	15:01	16:05	16:08	15:45	14:49
Overall-Group	Position	214-56	206-54	193-52	163-47	128-36	122-34	112-32	108-32	79-25	74-23	58-20	50-16	43-13	41-13	41-13	39-11
Ludwig, Scott (GA)	Time of Day	0:07:20	0:08:28	0:09:49	0:11:00	0:12:28	0:13:47	0:15:25	0:16:39	0:18:02	0:19:12	0:20:41	0:22:06	0:23:54	1:01:22	1:03:02	1:04:31:43
	Time Cum	01:20	02:28	03:49	05:00	06:28	07:47	09:25	10:39	12:02	13:12	14:41	16:06	17:54	19:22	21:02	22:31:43
10	Time Delta	01:20	01:08	01:20	01:11	01:27	01:19	01:37	01:14	01:22	01:10	01:28	01:25	01:47	01:28	01:39	01:29:43
Age 53	Pace Cum	11:41	11:51	11:50	12:02	12:11	12:28	12:44	12:47	12:42	12:41	12:42	12:53	13:07	13:17	13:23	13:31
Group M50-59	Pace Delta	11:41	12:04	11:48	12:44	12:42	14:02	14:16	13:08	12:05	12:28	12:56	15:05	15:44	15:41	14:31	15:53
Overall-Group	Position	107-26	96-24	92-24	91-23	82-22	86-23	85-23	83-21	48-11	47-9	35-7	33-7	29-6	28-6	24-5	21-5
Lyda, Larry (TN)	Time of Day	0:07:27	0:08:43	0:10:14	0:11:37	0:13:19	0:14:49	0:16:43	0:18:29	0:20:28	0:22:30	1:00:43	1:02:14	1:04:10	1:05:53	1:08:02	1:09:45:46
	Time Cum	01:27	02:43	04:14	05:37	07:19	08:49	10:43	12:29	14:28	16:30	18:43	20:14	22:10	23:53	26:02	27:45:46
159	Time Delta	01:27	01:16	01:30	01:23	01:41	01:30	01:53	01:46	01:58	02:02	02:12	01:31	01:55	01:43	02:08	01:43:46
Age 53	Pace Cum	12:42	13:05	13:08	13:30	13:47	14:07	14:30	14:59	15:16	15:51	16:12	16:11	16:15	16:23	16:33	16:39
Group M50-59	Pace Delta	12:42	13:33	13:12	14:45	14:50	16:02	16:33	18:47	17:21	21:37	19:24	16:09	16:54	18:16	18:48	18:22
Overall-Group	Position	172-37	173-36	158-36	168-36	163-35	168-37	162-37	171-39	125-30	128-29	111-26	102-26	82-23	79-21	75-21	71-20

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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
<u>Mack,</u>	Time of Day	0:07:15	0:08:17	0:09:28	0:10:39	0:11:51	0:12:57	0:14:18	0:15:24	0:16:45	0:17:58	0:19:38	0:21:21				
<u>Barbara (NC)</u>	Time Cum	01:15	02:17	03:28	04:39	05:51	06:57	08:18	09:24	10:45	11:58	13:38	15:21				
15	Time Delta	01:15	01:02	01:10	01:11	01:11	01:06	01:20	01:06	01:20	01:13	01:39	01:43				
Age 52	Pace Cum	10:57	11:00	10:45	11:11	11:01	11:09	11:14	11:17	11:21	11:30	11:48	12:17				
Group F50-59	Pace Delta	10:57	11:04	10:17	12:40	10:26	11:51	11:41	11:42	11:48	12:59	14:33	18:20				
Overall-Group	Position	64-2	64-2	53-1	59-2	43-1	44-1	34-1	30-1	21-1	23-1	20-1	24-1				
<u>Maquire,</u>	Time of Day	0:07:30	0:08:43	0:10:16	0:11:32	0:13:08	0:14:26		0:17:41	0:19:44	0:21:29	0:23:42	1:01:39	1:04:03	1:05:52	1:08:13	1:09:49:18
<u>Donna (NC)</u>	Time Cum	01:30	02:43	04:16	05:32	07:08	08:26		11:41	13:44	15:29	17:42	19:39	22:03	23:52	26:13	27:49:18
160	Time Delta	01:30	01:13	01:32	01:16	01:35	01:18		03:15	02:02	01:45	02:12	01:57	02:23	01:49	02:20	01:36:18
Age 56	Pace Cum	13:08	13:07	13:14	13:19	13:26	13:30		14:02	14:30	14:52	15:19	15:44	16:10	16:23	16:40	16:42
Group F50-59	Pace Delta	13:08	13:05	13:27	13:37	13:53	13:49		15:40	17:49	18:38	19:22	20:47	20:58	19:27	20:27	17:03
Overall-Group	Position	194-19	177-13	165-11	160-10	146-7	137-7		135-7	105-6	109-7	94-5	93-5	81-4	78-4	76-3	72-3
Maguire,	Time of Day	0:07:26	0:08:35	0:09:59	0:11:06	0:12:30	0:13:39	0:15:13	0:16:24	0:17:48	0:19:00	0:20:43	0:22:08	1:00:01	1:01:39	1:03:41	1:05:22:56
Frank (NC)	Time Cum	01:26	02:35	03:59	05:06	06:30	07:39	09:13	10:24	11:48	13:00	14:43	16:08	18:01	19:39	21:41	23:22:56
161	Time Delta	01:26	01:09	01:23	01:07	01:23	01:09	01:33	01:11	01:23	01:12	01:42	01:25	01:52	01:38	02:01	01:41:56
Age 61	Pace Cum	12:33	12:26	12:21	12:15	12:15	12:15	12:28	12:30	12:27	12:30	12:44	12:55	13:12	13:29	13:47	14:02
Group M60-69	Pace Delta	12:33	12:16	12:13	11:54	12:14	12:15	13:42	12:43	12:08	12:55	14:54	15:09	16:25	17:25	17:45	18:02
Overall-Group	Position	162-7	137-5	126-4	100-4	86-3	74-1	72-1	65-1	43-1	42-1	36-1	34-1	30-1	30-1	32-1	33-1
Martin,	Time of Day	0:07:29	0:08:45	0:10:20	0:11:40	0:13:23	0:14:48	0:16:34	0:18:08	0:20:05	0:21:38	0:23:55	1:01:53	1:04:32	1:06:43	1:09:01	1:10:33:26
Leonard (TN)	Time Cum	01:29	02:45	04:20	05:40	07:23	08:48	10:34	12:08	14:05	15:38	17:55	19:53	22:32	24:43	27:01	28:33:26
162	Time Delta	01:29	01:16	01:34	01:20	01:42	01:25	01:45	01:34	01:56	01:33	02:16	01:58	02:38	02:11	02:17	01:32:26
Age 54	Pace Cum	13:00	13:13	13:26	13:36	13:55	14:06	14:18	14:34	14:52	15:01	15:30	15:55	16:31	16:57	17:11	17:08
Group M50-59	Pace Delta	13:00	13:30	13:50	14:10	15:02	15:13	15:20	16:42	17:02	16:31	19:57	20:58	23:09	23:12	20:08	16:22
Overall-Group	Position	190-40	182-38	174-38	177-38	168-36	167-36	157-36	157-36	112-29	111-28	99-25	96-25	87-24	92-24	92-24	83-23
<u>Martinez,</u>	Time of Day	0:07:55	0:09:48	0:11:50	0:13:43	0:16:23	0:18:24	0:20:46	0:23:04								
<u>Mae (HI)</u>	Time Cum	01:55	03:48	05:50	07:43	10:23	12:24	14:46	17:04								
163	Time Delta	01:55	01:53	02:02	01:53	02:39	02:01	02:21	02:18								
Age 59	Pace Cum	16:47	18:14	18:05	18:32	19:34	19:51	19:59	20:30								
Group F50-59	Pace Delta	16:47	20:00	17:49	20:05	23:17	21:26	20:43	24:32								
Overall-Group	Position	232-24	233-24	232-24	232-24	226-23	226-23	214-20	216-21								
<u>Mason,</u>	Time of Day	0:07:34	0:08:58	0:10:43	0:12:11	0:14:07	0:15:43	0:17:49	0:19:29	0:21:46	0:23:40	1:01:56	1:03:47	1:06:11	1:07:50	1:09:41	1:11:21:52
<u>Louise (IL)</u>	Time Cum	01:34	02:58	04:43	06:11	08:07	09:43	11:49	13:29	15:46	17:40	19:56	21:47	24:11	25:50	27:41	29:21:52
36	Time Delta	01:34	01:24	01:44	01:28	01:56	01:36	02:05	01:40	02:16	01:54	02:15	01:51	02:23	01:39	01:50	01:40:52
Age 55	Pace Cum	13:43	14:17	14:38	14:50	15:17	15:33	15:59	16:11	16:38	16:58	17:15	17:26	17:44	17:43	17:36	17:37
Group F50-59	Pace Delta	13:43	14:58	15:15	15:35	16:56	17:02	18:22	17:47	19:56	20:12	19:50	19:48	20:54	17:41	16:04	17:51
Overall-Group	Position	204-21	205-21	208-21	208-21	207-21	205-21	196-17	198-18	149-14	149-15	123-11	120-11	104-10	105-11	101-10	96-8
<u>Massie,</u>	Time of Day	0:07:30	0:08:46	0:10:18	0:11:38	0:13:17	0:14:46	0:16:26	0:17:53	0:19:45	0:21:20	0:23:50	1:01:44	1:04:18	1:06:16	1:08:47	1:10:52:17
<u>Tammy (MD)</u>	Time Cum	01:30	02:46	04:18	05:38	07:17	08:46	10:26	11:53	13:45	15:20	17:50	19:44	22:18	24:16	26:47	28:52:17
164	Time Delta	01:30	01:16	01:31	01:20	01:38	01:29	01:39	01:27	01:51	01:35	02:29	01:54	02:33	01:58	02:30	02:05:17
Age 36	Pace Cum	13:08	13:21	13:20	13:32	13:43	14:02	14:07	14:17	14:31	14:43	15:26	15:48	16:21	16:39	17:02	17:19
Group F30-39	Pace Delta	13:08	13:36	13:18	14:15	14:22	15:50	14:32	15:33	16:13	16:52	21:52	20:21	22:20	20:58	21:59	22:10
Overall-Group	Position	194-10	191-10	172-9	172-9	161-11	164-11	143-9	143-10	108-7	106-7	97-7	94-7	83-6	83-6	86-6	91-6

2008 Umstead 100 Mile Endurance Run -- 04/05/2008

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
McDermott, Jack (FL)		Time of Day	0:07:04	0:07:54	0:08:58	0:09:49	0:10:56	0:11:51	0:13:05	0:14:15	0:16:05	0:17:38					
		Time Cum	01:04	01:54	02:58	03:49	04:56	05:51	07:05	08:15	10:05	11:38					
165		Time Delta	01:04	00:50	01:03	00:51	01:06	00:55	01:13	01:10	01:49	01:33					
Age 39		Pace Cum	09:21	09:11	09:12	09:11	09:18	09:22	09:35	09:55	10:39	11:10					
Group M30-39		Pace Delta	09:21	08:59	09:14	09:06	09:43	09:49	10:44	12:32	15:56	16:30					
Overall-Group		Position	12-4	10-4	12-4	9-4	8-4	8-4	7-4	9-4	9-3	15-5					
McFadden, Lisa (NC)		Time of Day	0:07:26	0:08:41	0:10:13	0:11:34	0:13:16	0:14:42	0:16:32	0:18:01	0:20:09	0:21:55	1:00:39	1:02:29			
		Time Cum	01:26	02:41	04:13	05:34	07:16	08:42	10:32	12:01	14:09	15:55	18:39	20:29			
262		Time Delta	01:26	01:15	01:31	01:21	01:41	01:26	01:49	01:29	02:07	01:46	02:43	01:50			
Age 34		Pace Cum	12:33	12:56	13:04	13:23	13:41	13:56	14:15	14:26	14:56	15:18	16:08	16:24			
Group F30-39		Pace Delta	12:33	13:24	13:19	14:28	14:47	15:18	16:00	15:54	18:34	18:54	23:49	19:34			
Overall-Group		Position	162-9	163-8	156-8	164-8	158-10	158-10	153-11	154-12	113-8	116-8	109-8	108-8			
McGlinchey, Eric (VA)		Time of Day	0:07:15	0:08:19	0:09:36	0:10:42	0:12:03	0:13:12	0:14:37	0:15:51	0:18:31	0:20:07	0:21:26	0:23:11	1:00:31	1:02:13	1:03:24:26
		Time Cum	01:15	02:19	03:36	04:42	06:03	07:12	08:37	09:51	12:31	14:07	15:26	17:11	18:31	20:13	21:24:26
166		Time Delta	01:15	01:04	01:16	01:06	01:20	01:09	01:24	01:14	02:39	01:35	01:19	01:44	01:20	01:41	01:11:26
Age 34		Pace Cum	10:57	11:10	11:10	11:17	11:24	11:32	11:39	11:50	12:01	12:13	12:21	12:36	12:42	12:51	12:51
Group M30-39		Pace Delta	10:57	11:27	11:08	11:43	11:48	12:17	12:21	13:12	12:47	13:59	14:07	15:13	14:19	14:45	12:39
Overall-Group		Position	64-14	67-14	66-15	63-14	54-12	53-12	50-12	48-12	32-10	28-7	25-6	22-6	18-6	17-6	13-5
McGuire, Anthony L (NC)		Time of Day	0:07:10	0:08:10	0:09:24	0:10:30	0:11:51	0:13:04	0:14:34	0:15:51	0:17:42	0:19:07	0:21:11	0:22:51			
		Time Cum	01:10	02:10	03:24	04:30	05:51	07:04	08:34	09:51	11:42	13:07	15:11	16:51			
168		Time Delta	01:10	01:00	01:13	01:06	01:20	01:13	01:29	01:17	01:50	01:25	02:03	01:40			
Age 44		Pace Cum	10:13	10:27	10:33	10:50	11:01	11:18	11:35	11:50	12:21	12:36	13:08	13:29			
Group M40-49		Pace Delta	10:13	10:44	10:42	11:48	11:44	12:55	13:08	13:46	16:06	15:11	17:59	17:46			
Overall-Group		Position	37-13	40-14	39-16	47-19	43-18	48-18	48-18	49-17	39-13	44-14	44-13	44-13			
McLaughlin, Peter (DE)		Time of Day	0:07:17	0:08:21	0:09:42	0:10:48	0:12:19	0:13:30	0:15:04	0:16:26	0:18:10	0:19:38	0:21:37	0:23:35	1:01:44	1:03:53	1:07:33
		Time Cum	01:17	02:21	03:42	04:48	06:19	07:30	09:04	10:26	12:10	13:38	15:37	17:35	19:44	21:53	25:33
169		Time Delta	01:17	01:04	01:20	01:06	01:30	01:11	01:33	01:22	01:43	01:28	01:58	01:58	02:08	02:09	03:39
Age 45		Pace Cum	11:14	11:18	11:28	11:33	11:54	12:01	12:16	12:31	12:50	13:06	13:31	14:05	14:28	15:01	16:15
Group M40-49		Pace Delta	11:14	11:22	11:48	11:50	13:09	12:39	13:39	14:33	15:09	15:44	17:14	21:01	18:43	22:53	32:05
Overall-Group		Position	80-25	74-24	75-22	72-22	69-20	66-20	64-20	67-21	51-15	57-16	51-16	57-18	49-16	51-17	68-19
McNeill, Jennifer C (NC)		Time of Day	0:07:17	0:08:25	0:09:52	0:11:01	0:12:32	0:13:45	0:15:20	0:16:37	0:18:21	0:19:46	0:21:41	0:23:28			
		Time Cum	01:17	02:25	03:52	05:01	06:32	07:45	09:20	10:37	12:21	13:46	15:41	17:28			
170		Time Delta	01:17	01:08	01:26	01:09	01:30	01:13	01:34	01:17	01:43	01:25	01:54	01:47			
Age 39		Pace Cum	11:14	11:40	11:59	12:04	12:18	12:24	12:38	12:45	13:02	13:14	13:34	13:59			
Group F30-39		Pace Delta	11:14	12:12	12:34	12:22	13:09	12:56	13:52	13:40	15:09	15:10	16:41	19:00			
Overall-Group		Position	80-4	91-4	96-5	94-4	89-5	82-5	80-6	77-5	57-6	59-6	54-6	54-6			
McNeill, Michael (NC)		Time of Day	0:07:16	0:08:25	0:09:52	0:11:01	0:12:32	0:13:45	0:15:20	0:16:37	0:18:21	0:19:46	0:21:41	0:23:28	1:01:31	1:03:24	1:05:43
		Time Cum	01:16	02:25	03:52	05:01	06:32	07:45	09:20	10:37	12:21	13:46	15:41	17:28	19:31	21:24	23:43
171		Time Delta	01:16	01:09	01:26	01:09	01:30	01:13	01:34	01:17	01:43	01:25	01:54	01:47	02:02	01:53	02:18
Age 36		Pace Cum	11:06	11:40	11:59	12:04	12:18	12:24	12:38	12:45	13:02	13:14	13:34	13:59	14:18	14:41	15:05
Group M30-39		Pace Delta	11:06	12:21	12:35	12:21	13:10	12:56	13:52	13:40	15:09	15:10	16:41	19:00	17:55	20:07	20:11
Overall-Group		Position	70-15	89-21	96-20	93-20	89-18	81-17	80-16	76-15	57-11	58-12	54-10	53-10	45-8	47-8	48-8

2008 Umstead 100 Mile Endurance Run -- 04/05/2008

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	
<u>Meadows,</u>		Time of Day	0:07:24	0:08:42	0:10:20	0:11:38	0:13:13	0:14:36	0:16:32	0:18:00	0:20:41	0:23:05						
<u>Abigail (TX)</u>		Time Cum	01:24	02:42	04:20	05:38	07:13	08:36	10:32	12:00	14:41	17:05						
4		Time Delta	01:24	01:18	01:38	01:18	01:34	01:23	01:55	01:28	02:40	02:24						
Age 36		Pace Cum	12:16	12:58	13:26	13:33	13:36	13:47	14:15	14:25	15:30	16:25						
Group F30-39		Pace Delta	12:16	13:48	14:18	13:58	13:45	14:51	16:48	15:43	23:24	25:36						
Overall-Group		Position	144-8	165-9	174-10	173-9	151-8	149-8	153-11	151-11	130-9	139-9						
Mitchell,		Time of Day	0:07:12	0:08:14	0:09:24	0:10:29	0:11:47	0:12:55	0:14:20	0:15:31	0:17:13	0:18:36	0:20:32	0:22:13	1:00:18	1:02:07	1:04:16	1:05:56:57
Rob (NC)		Time Cum	01:12	02:14	03:24	04:29	05:47	06:55	08:20	09:31	11:13	12:36	14:32	16:13	18:18	20:07	22:16	23:56:57
172		Time Delta	01:12	01:02	01:09	01:05	01:17	01:08	01:24	01:11	01:41	01:23	01:55	01:41	02:04	01:49	02:08	01:40:57
Age 43		Pace Cum	10:31	10:46	10:33	10:46	10:54	11:04	11:16	11:26	11:50	12:06	12:34	12:58	13:25	13:48	14:10	14:22
Group M40-49		Pace Delta	10:31	11:05	10:08	11:32	11:22	12:04	12:23	12:41	14:48	14:43	16:55	17:53	18:14	19:25	18:44	17:52
Overall-Group		Position	50-16	52-19	39-16	38-17	35-15	39-16	38-15	36-13	32-11	33-11	33-11	35-11	33-10	37-10	39-12	40-12
<u>Moore,</u>		Time of Day	0:07:30	0:08:49	0:10:38	0:12:03	0:13:50	0:15:15	0:17:05	0:18:41	0:20:41	0:22:20						
<u>Catherine (CA)</u>		Time Cum	01:30	02:49	04:38	06:03	07:50	09:15	11:05	12:41	14:41	16:20						
173		Time Delta	01:30	01:19	01:48	01:25	01:46	01:25	01:49	01:36	01:59	01:39						
Age 47		Pace Cum	13:08	13:33	14:22	14:32	14:45	14:49	15:00	15:13	15:30	15:41						
Group F40-49		Pace Delta	13:08	14:02	15:52	15:04	15:36	15:11	15:56	17:00	17:31	17:38						
Overall-Group		Position	194-24	195-23	206-24	200-23	194-22	188-22	177-19	178-20	130-13	125-11						
Morgan,		Time of Day	0:07:37	0:09:00	0:10:43	0:12:13	0:14:08	0:15:44	0:17:51	0:19:30								
Paul (FL)		Time Cum	01:37	03:00	04:43	06:13	08:08	09:44	11:51	13:30								
174		Time Delta	01:37	01:23	01:42	01:30	01:54	01:36	02:06	01:39								
Age 67		Pace Cum	14:10	14:28	14:38	14:55	15:19	15:35	16:02	16:13								
Group M60-69		Pace Delta	14:10	14:50	14:55	15:57	16:47	17:07	18:27	17:37								
Overall-Group		Position	208-15	210-15	208-15	211-15	208-15	206-13	199-14	199-13								
<u>Morrison,</u>		Time of Day	0:07:17	0:08:17	0:09:35	0:10:37	0:11:52	0:12:59	0:14:25	0:15:41								
<u>Ryn (VA)</u>		Time Cum	01:17	02:17	03:35	04:37	05:52	06:59	08:25	09:41								
175		Time Delta	01:17	01:00	01:17	01:02	01:14	01:07	01:25	01:16								
Age 43		Pace Cum	11:14	11:01	11:07	11:07	11:03	11:12	11:23	11:37								
Group F40-49		Pace Delta	11:14	10:44	11:18	11:09	10:48	12:02	12:25	13:29								
Overall-Group		Position	80-6	65-5	63-5	56-5	46-4	46-4	41-3	43-4								
Morton,		Time of Day	0:07:19	0:08:25	0:09:54	0:11:07	0:12:41	0:13:59	0:15:39	0:17:00								
Alex (SC)		Time Cum	01:19	02:25	03:54	05:07	06:41	07:59	09:39	11:00								
41		Time Delta	01:19	01:06	01:28	01:13	01:33	01:18	01:39	01:21								
Age 58		Pace Cum	11:32	11:38	12:06	12:18	12:35	12:47	13:03	13:13								
Group M50-59		Pace Delta	11:32	11:44	12:57	13:01	13:38	13:52	14:33	14:26								
Overall-Group		Position	90-21	87-19	102-26	106-27	108-29	106-28	105-29	102-27								
Mueller,		Time of Day	0:07:50	0:09:23	0:11:32	0:13:16	0:15:45	0:17:57	0:20:46	0:23:22								
Frederick (SC)		Time Cum	01:50	03:23	05:32	07:16	09:45	11:57	14:46	17:22								
177		Time Delta	01:50	01:33	02:08	01:44	02:28	02:12	02:48	02:36								
Age 33		Pace Cum	16:04	16:19	17:09	17:28	18:22	19:08	19:59	20:51								
Group M30-39		Pace Delta	16:04	16:37	18:42	18:33	21:38	23:24	24:38	27:46								
Overall-Group		Position	228-30	230-30	229-30	229-30	223-29	224-28	214-28	218-28								

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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
Mueller, Thomas (FL)	Time of Day	0:07:15	0:08:20	0:09:41	0:10:51	0:12:17	0:13:30	0:15:01	0:16:26	0:18:42	0:20:30	0:22:50	1:01:06	1:03:56	1:06:03	1:08:00	1:09:44:57
178	Time Cum	01:15	02:20	03:41	04:51	06:17	07:30	09:01	10:26	12:42	14:30	16:50	19:06	21:56	24:03	26:00	27:44:57
Age 51	Time Delta	01:15	01:05	01:20	01:10	01:25	01:13	01:30	01:25	02:15	01:48	02:19	02:16	02:49	02:07	01:56	01:44:57
Group M50-59	Pace Cum	10:57	11:16	11:25	11:39	11:50	12:01	12:12	12:32	13:24	13:56	14:34	15:17	16:05	16:30	16:32	16:39
Overall-Group	Pace Delta	10:57	11:38	11:43	12:27	12:31	13:00	13:13	15:10	19:45	19:14	20:21	24:07	24:47	22:31	17:03	18:35
	Position	64-15	73-16	72-16	73-17	68-16	65-15	62-14	69-16	70-20	85-23	79-21	83-23	79-21	80-22	74-20	70-19
Murolo, Fred (CT)	Time of Day	0:07:16	0:08:16	0:09:30	0:10:33	0:11:55	0:13:10	0:14:48	0:16:11	0:17:56	0:19:24	0:21:02	0:22:16	1:00:04	1:01:49	1:03:36	1:04:56:22
179	Time Cum	01:16	02:16	03:30	04:33	05:55	07:10	08:48	10:11	11:56	13:24	15:02	16:16	18:04	19:49	21:36	22:56:22
Age 51	Time Delta	01:16	01:00	01:13	01:03	01:21	01:15	01:37	01:23	01:44	01:28	01:37	01:14	01:47	01:45	01:46	01:20:22
Group M50-59	Pace Cum	11:06	10:55	10:51	10:56	11:09	11:29	11:54	12:13	12:36	12:53	13:00	13:01	13:15	13:35	13:44	13:46
Overall-Group	Pace Delta	11:06	10:42	10:45	11:14	11:54	13:24	14:12	14:43	15:19	15:44	14:10	13:10	15:42	18:36	15:36	14:13
	Position	70-16	62-15	55-11	52-11	48-8	51-8	54-11	58-11	45-9	50-10	40-9	38-9	31-7	31-7	30-7	27-6
Murphy, Jim (IN)	Time of Day	0:07:38	0:09:06	0:11:00	0:12:56												
180	Time Cum	01:38	03:06	05:00	06:56												
Age 58	Time Delta	01:38	01:28	01:53	01:56												
Group M50-59	Pace Cum	14:18	14:57	15:30	16:39												
Overall-Group	Pace Delta	14:18	15:44	16:31	20:34												
	Position	210-43	218-43	219-44	226-46												
<u>Murphy,</u> <u>Meredith (PA)</u>	Time of Day	0:07:19	0:08:31	0:09:59	0:11:10	0:12:41	0:13:59	0:15:36	0:16:58	0:18:40	0:20:12	0:22:00	0:23:36	1:01:35	1:03:55	1:06:48	1:09:04:50
181	Time Cum	01:19	02:31	03:59	05:10	06:41	07:59	09:36	10:58	12:40	14:12	16:00	17:36	19:35	21:55	24:48	27:04:50
Age 29	Time Delta	01:19	01:12	01:27	01:11	01:30	01:18	01:36	01:22	01:41	01:32	01:47	01:36	01:58	02:20	02:52	02:16:50
Group F20-29	Pace Cum	11:32	12:06	12:21	12:26	12:35	12:46	12:59	13:11	13:22	13:38	13:51	14:05	14:21	15:02	15:46	16:15
Overall-Group	Pace Delta	11:32	12:46	12:49	12:41	13:11	13:48	14:09	14:41	14:45	16:23	15:41	17:02	17:20	24:52	25:11	24:13
	Position	90-2	118-2	126-2	123-2	108-2	105-2	100-2	99-2	69-2	76-1	61-1	59-2	46-1	52-2	57-2	62-2
Murray, Jay (NC)	Time of Day	0:07:19	0:08:30	0:09:55	0:11:09	0:12:42	0:14:00	0:15:42	0:17:00	0:18:42	0:20:09	0:21:53	0:23:23	1:01:18	1:03:14	1:05:18	1:07:08:08
182	Time Cum	01:19	02:30	03:55	05:09	06:42	08:00	09:42	11:00	12:42	14:09	15:53	17:23	19:18	21:14	23:18	25:08:08
Age 46	Time Delta	01:19	01:11	01:24	01:14	01:32	01:18	01:41	01:18	01:41	01:27	01:43	01:30	01:54	01:56	02:03	01:50:08
Group M40-49	Pace Cum	11:32	12:03	12:09	12:23	12:37	12:49	13:07	13:13	13:24	13:36	13:45	13:54	14:09	14:34	14:49	15:05
Overall-Group	Pace Delta	11:32	12:41	12:19	13:11	13:30	13:52	14:50	13:53	14:49	15:34	15:02	15:57	16:46	20:37	18:02	19:30
	Position	90-28	113-29	107-28	112-28	113-30	108-29	107-29	101-29	70-21	73-22	58-20	52-17	44-14	45-15	45-15	45-14
Mustari, Michael (GA)	Time of Day	0:07:24	0:08:46	0:10:28	0:11:55	0:13:52	0:15:27	0:17:33	0:19:11	0:21:37	0:23:36						
184	Time Cum	01:24	02:46	04:28	05:55	07:52	09:27	11:33	13:11	15:37	17:36						
Age 59	Time Delta	01:24	01:22	01:41	01:27	01:56	01:35	02:05	01:38	02:25	01:59						
Group M50-59	Pace Cum	12:16	13:21	13:51	14:13	14:49	15:08	15:38	15:49	16:29	16:54						
Overall-Group	Pace Delta	12:16	14:39	14:47	15:30	16:59	16:55	18:18	17:22	21:18	21:08						
	Position	144-34	189-40	192-40	193-40	197-41	195-41	193-40	189-40	145-32	147-31						
Nation, Stephen (FL)	Time of Day	0:07:24	0:08:33	0:09:58	0:11:10	0:12:38	0:13:51	0:15:30	0:16:53	0:18:47	0:20:20						
185	Time Cum	01:24	02:33	03:58	05:10	06:38	07:51	09:30	10:53	12:47	14:20						
Age 28	Time Delta	01:24	01:09	01:24	01:12	01:27	01:13	01:38	01:23	01:53	01:33						
Group M20-29	Pace Cum	12:16	12:16	12:18	12:25	12:30	12:35	12:51	13:04	13:29	13:46						
Overall-Group	Pace Delta	12:16	12:17	12:21	12:47	12:49	13:05	14:19	14:43	16:37	16:31						
	Position	144-9	127-9	120-9	118-9	99-8	96-8	88-7	90-7	74-5	79-6						

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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
<u>Nicholls,</u>	Time of Day	0:07:29	0:08:42	0:10:17	0:11:39	0:13:35	0:15:03										
<u>Julia (NC)</u>	Time Cum	01:29	02:42	04:17	05:39	07:35	09:03										
37	Time Delta	01:29	01:13	01:34	01:22	01:55	01:28										
Age 51	Pace Cum	13:00	13:02	13:17	13:36	14:17	14:30										
Group F50-59	Pace Delta	13:00	13:05	13:44	14:39	16:49	15:42										
Overall-Group	Position	190-17	168-11	168-13	176-13	181-15	180-14										
<u>Nop,</u>	Time of Day	0:07:21	0:08:30	0:09:55	0:11:10	0:12:51	0:14:22	0:17:19	0:19:11	0:21:46	0:23:33	1:01:40	1:03:23	1:05:39	1:07:27	1:09:36	1:11:33:30
<u>Monica (VA)</u>	Time Cum	01:21	02:30	03:55	05:10	06:51	08:22	11:19	13:11	15:46	17:33	19:40	21:23	23:39	25:27	27:36	29:33:30
186	Time Delta	01:21	01:09	01:24	01:15	01:40	01:31	02:56	01:52	02:34	01:47	02:07	01:43	02:15	01:48	02:08	01:57:30
Age 42	Pace Cum	11:49	12:02	12:09	12:25	12:54	13:25	15:19	15:50	16:38	16:51	17:01	17:07	17:20	17:27	17:33	17:44
Group F40-49	Pace Delta	11:49	12:18	12:20	13:22	14:40	16:16	25:42	19:56	22:32	18:56	18:32	18:20	19:46	19:07	18:50	20:48
Overall-Group	Position	121-11	110-8	107-8	120-9	126-9	133-11	185-21	191-21	149-16	146-16	120-14	114-13	97-12	97-12	97-12	99-12
O'Toole,	Time of Day	0:07:41	0:09:03	0:10:37	0:12:05	0:13:49	0:15:37	0:17:27	0:19:21	0:21:27	0:23:16						
John (NC)	Time Cum	01:41	03:03	04:37	06:05	07:49	09:37	11:27	13:21	15:27	17:16						
187	Time Delta	01:41	01:22	01:33	01:28	01:43	01:48	01:49	01:54	02:05	01:49						
Age 38	Pace Cum	14:45	14:39	14:19	14:38	14:44	15:24	15:29	16:02	16:18	16:35						
Group M30-39	Pace Delta	14:45	14:33	13:41	15:42	15:05	19:11	16:00	20:16	18:19	19:28						
Overall-Group	Position	219-28	213-28	205-29	202-28	193-27	201-26	188-26	194-26	141-19	143-18						
Pantalone,	Time of Day	0:07:06	0:08:00	0:09:04	0:10:04	0:11:19	0:12:26	0:13:40	0:14:51	0:16:17	0:17:32	0:19:04	0:20:29	0:22:23	0:23:57	1:01:51	1:03:30:20
Michael (PA)	Time Cum	01:06	02:00	03:04	04:04	05:19	06:26	07:40	08:51	10:17	11:32	13:04	14:29	16:23	17:57	19:51	21:30:20
188	Time Delta	01:06	00:54	01:03	01:00	01:14	01:07	01:13	01:11	01:25	01:15	01:31	01:25	01:53	01:34	01:53	01:39:20
Age 39	Pace Cum	09:38	09:38	09:31	09:46	10:01	10:18	10:22	10:38	10:51	11:05	11:18	11:36	12:01	12:19	12:37	12:54
Group M30-39	Pace Delta	09:38	09:37	09:17	10:38	10:56	11:56	10:45	12:44	12:25	13:23	13:20	15:08	16:34	16:45	16:33	17:35
Overall-Group	Position	19-6	17-5	13-5	16-5	17-5	20-6	16-5	16-5	13-4	12-3	12-3	13-4	13-4	14-5	14-5	15-6
Parker,	Time of Day	0:07:41	0:09:08	0:11:08	0:12:49	0:14:54	0:16:31	0:18:23	0:20:11								
Robert A (NC)	Time Cum	01:41	03:08	05:08	06:49	08:54	10:31	12:23	14:11								
189	Time Delta	01:41	01:27	01:59	01:41	02:04	01:37	01:51	01:48								
Age 65	Pace Cum	14:45	15:05	15:55	16:23	16:46	16:51	16:45	17:01								
Group M60-69	Pace Delta	14:45	15:30	17:26	17:59	18:10	17:16	16:16	19:08								
Overall-Group	Position	219-18	221-17	225-18	225-19	220-18	220-18	206-17	208-18								
Parker,	Time of Day	0:07:42	0:09:03	0:10:36	0:12:06	0:13:53	0:15:37	0:17:27	0:19:21	0:21:27	0:23:16						
Russell (NC)	Time Cum	01:42	03:03	04:36	06:06	07:53	09:37	11:27	13:21	15:27	17:16						
190	Time Delta	01:42	01:21	01:32	01:30	01:46	01:44	01:49	01:54	02:05	01:49						
Age 35	Pace Cum	14:53	14:40	14:16	14:38	14:51	15:25	15:29	16:02	16:18	16:35						
Group M30-39	Pace Delta	14:53	14:23	13:32	15:56	15:37	18:33	15:56	20:18	18:18	19:27						
Overall-Group	Position	223-29	214-28	201-28	203-29	199-28	202-26	188-26	195-26	141-19	142-18						
Pastore,	Time of Day	0:07:02	0:07:54	0:08:56	0:09:50	0:11:00	0:11:59	0:13:14	0:14:15								
Mike (SC)	Time Cum	01:02	01:54	02:56	03:50	05:00	05:59	07:14	08:15								
191	Time Delta	01:02	00:52	01:01	00:54	01:09	00:59	01:14	01:01								
Age 52	Pace Cum	09:03	09:12	09:06	09:14	09:25	09:36	09:47	09:54								
Group M50-59	Pace Delta	09:03	09:22	08:55	09:43	10:06	10:36	10:49	10:51								
Overall-Group	Position	9-3	11-3	10-3	11-2	10-2	9-1	8-1	8-1								

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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
Patch, Tom (NC) 192 Age 48 Group M40-49 Overall-Group	Time of Day	0:07:19	0:08:30	0:09:56	0:11:10	0:12:47	0:14:04	0:15:37	0:16:54	0:18:37	0:20:01	0:21:48	0:23:07	1:00:47	1:02:12	1:04:04	1:05:24:47
	Time Cum	01:19	02:30	03:56	05:10	06:47	08:04	09:37	10:54	12:37	14:01	15:48	17:07	18:47	20:12	22:04	23:24:47
	Time Delta	01:19	01:11	01:25	01:14	01:36	01:17	01:32	01:17	01:42	01:24	01:46	01:19	01:39	01:25	01:51	01:20:47
	Pace Cum	11:32	12:02	12:12	12:25	12:47	12:55	13:01	13:05	13:19	13:28	13:40	13:42	13:46	13:51	14:02	14:03
	Pace Delta	11:32	12:39	12:29	13:12	14:05	13:41	13:32	13:41	15:00	14:59	15:32	14:08	14:28	15:05	16:19	14:18
Position		90-28	109-29	113-29	120-32	118-31	116-31	102-28	93-25	65-18	66-19	56-18	48-14	39-11	38-11	37-11	34-10
Peek, Tyler (NC) 19 Age 42 Group M40-49 Overall-Group	Time of Day	0:07:07	0:08:04	0:09:14	0:10:12	0:11:37	0:12:47	0:14:16	0:15:47								
	Time Cum	01:07	02:04	03:14	04:12	05:37	06:47	08:16	09:47								
	Time Delta	01:07	00:57	01:09	00:58	01:24	01:10	01:28	01:31								
	Pace Cum	09:47	09:58	10:02	10:06	10:35	10:52	11:11	11:45								
	Pace Delta	09:47	10:12	10:07	10:22	12:20	12:27	12:56	16:08								
Position		27-9	26-9	24-9	24-9	31-14	32-14	33-13	46-16								
<u>Petersen,</u> <u>Belinda (VA)</u> 193 Age 37 Group F30-39 Overall-Group	Time of Day	0:07:31	0:08:46	0:10:20	0:11:38	0:13:15	0:14:46	0:16:30	0:17:49								
	Time Cum	01:31	02:46	04:20	05:38	07:15	08:46	10:30	11:49								
	Time Delta	01:31	01:15	01:33	01:18	01:36	01:31	01:43	01:19								
	Pace Cum	13:17	13:21	13:26	13:33	13:39	14:03	14:12	14:11								
	Pace Delta	13:17	13:25	13:36	13:58	14:02	16:14	15:05	14:04								
Position		197-11	190-10	174-10	174-9	156-9	165-11	151-10	140-9								
Petersen, Chuck (NC) 31 Age 67 Group M60-69 Overall-Group	Time of Day	0:07:33	0:09:00	0:10:48	0:12:18	0:14:17	0:15:58	0:18:00	0:19:41								
	Time Cum	01:33	03:00	04:48	06:18	08:17	09:58	12:00	13:41								
	Time Delta	01:33	01:27	01:47	01:30	01:58	01:41	02:01	01:41								
	Pace Cum	13:35	14:27	14:53	15:09	15:36	15:58	16:14	16:26								
	Pace Delta	13:35	15:30	15:41	16:05	17:14	18:01	17:42	18:01								
Position		202-13	209-15	214-16	214-16	210-16	211-16	202-16	203-15								
Petruck, Andreas (DEU) 194 Age 43 Group M40-49 Overall-Group	Time of Day	0:07:12	0:08:11	0:09:20	0:10:19	0:11:33	0:12:42	0:14:04	0:15:09	0:16:47	0:17:56	0:19:36	0:20:56	0:22:41	1:00:22	1:02:24	1:04:00:05
	Time Cum	01:12	02:11	03:20	04:19	05:33	06:42	08:04	09:09	10:47	11:56	13:36	14:56	16:41	18:22	20:24	22:00:05
	Time Delta	01:12	00:59	01:08	00:59	01:13	01:09	01:21	01:05	01:37	01:09	01:39	01:20	01:44	01:41	02:01	01:36:05
	Pace Cum	10:31	10:32	10:20	10:23	10:27	10:44	10:55	11:00	11:23	11:27	11:46	11:57	12:14	12:36	12:58	13:12
	Pace Delta	10:31	10:33	09:59	10:33	10:43	12:18	11:54	11:41	14:10	12:13	14:36	14:14	15:16	18:03	17:40	17:00
Position		50-16	46-15	32-12	29-12	25-10	28-12	25-11	24-10	22-9	21-9	19-9	16-8	15-7	17-7	19-7	18-6
Phelps, Spencer (FL) 196 Age 48 Group M40-49 Overall-Group	Time of Day	0:07:24	0:08:33	0:09:58	0:11:10	0:12:38	0:13:52	0:15:30	0:16:53	0:18:47	0:20:20	0:22:21	1:00:10	1:02:47	1:04:57	1:07:36	1:10:07:15
	Time Cum	01:24	02:33	03:58	05:10	06:38	07:52	09:30	10:53	12:47	14:20	16:21	18:10	20:47	22:57	25:36	28:07:15
	Time Delta	01:24	01:09	01:24	01:12	01:27	01:14	01:37	01:23	01:53	01:33	02:00	01:49	02:36	02:10	02:38	02:31:15
	Pace Cum	12:16	12:16	12:18	12:25	12:30	12:35	12:51	13:04	13:29	13:46	14:09	14:32	15:14	15:45	16:17	16:52
	Pace Delta	12:16	12:17	12:21	12:47	12:49	13:06	14:18	14:43	16:37	16:31	17:37	19:23	22:51	23:05	23:09	26:46
Position		144-38	128-36	120-35	119-32	99-26	98-25	88-23	90-24	74-23	78-25	67-23	66-22	64-19	66-20	70-20	76-20
Phillips, Thomas (VA) 197 Age 42 Group M40-49 Overall-Group	Time of Day	0:07:12	0:08:16	0:09:42	0:11:00	0:12:41	0:14:04		0:17:31	0:19:43	0:21:31	0:23:50	1:02:00				
	Time Cum	01:12	02:16	03:42	05:00	06:41	08:04		11:31	13:43	15:31	17:50	20:00				
	Time Delta	01:12	01:04	01:25	01:18	01:40	01:23		03:26	02:11	01:48	02:18	02:10				
	Pace Cum	10:31	10:56	11:28	12:00	12:35	12:56		13:50	14:29	14:54	15:26	16:00				
	Pace Delta	10:31	11:27	12:27	13:50	14:43	14:52		16:31	19:13	19:13	20:13	23:06				
Position		50-16	63-21	75-22	90-27	108-28	118-31		128-35	103-30	110-33	97-31	97-29				

2008 Umstead 100 Mile Endurance Run -- 04/05/2008

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		
Powell, Rob (OH)	Time of Day	0:07:10	0:08:11	0:09:23	0:10:26	0:11:44	0:12:56	0:14:33	0:15:49										
198	Time Cum	01:10	02:11	03:23	04:26	05:44	06:56	08:33	09:49										
Age 37	Time Delta	01:10	01:01	01:11	01:03	01:17	01:12	01:36	01:16										
Group M30-39	Pace Cum	10:13	10:30	10:29	10:40	10:48	11:06	11:34	11:48										
Overall-Group	Pace Delta	10:13	10:50	10:29	11:18	11:16	12:46	14:08	13:36										
	Position	37-10	44-12	36-11	35-10	33-9	43-11	45-11	47-11										
Prescott, Walt (GA)	Time of Day	0:07:19	0:08:25	0:09:41	0:10:53	0:12:19	0:13:39	0:15:08	0:16:25										
199	Time Cum	01:19	02:25	03:41	04:53	06:19	07:39	09:08	10:25										
Age 54	Time Delta	01:19	01:06	01:15	01:12	01:25	01:20	01:28	01:17										
Group M50-59	Pace Cum	11:32	11:36	11:25	11:45	11:54	12:16	12:21	12:30										
Overall-Group	Pace Delta	11:32	11:42	11:05	12:54	12:26	14:19	12:52	13:42										
	Position	90-21	85-19	72-16	78-18	69-17	77-19	69-17	66-15										
Raney, Johnny (VA)	Time of Day	0:07:32	0:08:46	0:10:20	0:11:53	0:13:52	0:15:31												
17	Time Cum	01:32	02:46	04:20	05:53	07:52	09:31												
Age 46	Time Delta	01:32	01:14	01:33	01:33	01:58	01:39												
Group M40-49	Pace Cum	13:26	13:18	13:26	14:08	14:49	15:15												
Overall-Group	Pace Delta	13:26	13:08	13:41	16:32	17:19	17:39												
	Position	198-53	188-52	174-47	191-52	197-51	197-52												
<u>Rentz, Anne (GA)</u>	Time of Day	0:07:28	0:08:49	0:10:36	0:12:07	0:14:00	0:15:40	0:17:49	0:19:35	0:21:44	0:23:38	1:02:00	1:03:56	1:06:13	1:07:48	1:09:51	1:11:37:38		
201	Time Cum	01:28	02:49	04:36	06:07	08:00	09:40	11:49	13:35	15:44	17:38	20:00	21:56	24:13	25:48	27:51	29:37:38		
Age 55	Time Delta	01:28	01:21	01:46	01:31	01:52	01:40	02:08	01:46	02:08	01:54	02:21	01:56	02:16	01:35	02:02	01:46:38		
Group F50-59	Pace Cum	12:51	13:35	14:16	14:42	15:04	15:29	15:59	16:18	16:36	16:56	17:18	17:33	17:45	17:42	17:43	17:47		
Overall-Group	Pace Delta	12:51	14:29	15:30	16:14	16:24	17:49	18:44	18:48	18:48	20:12	20:43	20:38	19:55	16:50	17:57	18:52		
	Position	183-15	196-17	201-20	204-20	203-20	204-20	196-17	200-19	147-13	148-14	124-12	121-12	105-11	104-10	103-11	101-11		
Riggs, Mikey (NC)	Time of Day	0:07:19	0:08:25	0:09:45	0:10:55	0:12:23	0:13:46	0:16:10	0:18:01										
202	Time Cum	01:19	02:25	03:45	04:55	06:23	07:46	10:10	12:01										
Age 25	Time Delta	01:19	01:06	01:19	01:10	01:27	01:23	02:23	01:51										
Group M20-29	Pace Cum	11:32	11:40	11:38	11:49	12:02	12:26	13:45	14:26										
Overall-Group	Pace Delta	11:32	11:50	11:33	12:29	12:46	14:44	21:00	19:42										
	Position	90-7	92-7	80-7	83-7	75-7	83-7	132-9	153-9										
<u>Risi, Andrea M (FL)</u>	Time of Day	0:07:20	0:08:30	0:09:55	0:11:08	0:12:41	0:13:59	0:15:40	0:17:00										
203	Time Cum	01:20	02:30	03:55	05:08	06:41	07:59	09:40	11:00										
Age 36	Time Delta	01:20	01:10	01:24	01:13	01:32	01:18	01:40	01:20										
Group F30-39	Pace Cum	11:41	12:05	12:09	12:20	12:35	12:47	13:05	13:13										
Overall-Group	Pace Delta	11:41	12:34	12:16	12:57	13:33	13:54	14:40	14:16										
	Position	107-6	117-6	107-6	108-6	108-7	107-7	106-7	103-7										
Rizk, Sam (NC)	Time of Day	0:07:19	0:08:30	0:09:59	0:11:18	0:13:00	0:14:27	0:16:11	0:17:47	0:20:04	0:21:42	0:23:41	1:01:34	1:03:46	1:05:46	1:08:26	1:10:26:43		
33	Time Cum	01:19	02:30	03:59	05:18	07:00	08:27	10:11	11:47	14:04	15:42	17:41	19:34	21:46	23:46	26:26	28:26:43		
Age 67	Time Delta	01:19	01:11	01:28	01:19	01:41	01:27	01:43	01:36	02:16	01:38	01:58	01:53	02:11	02:00	02:39	02:00:43		
Group M60-69	Pace Cum	11:32	12:03	12:21	12:45	13:11	13:32	13:47	14:08	14:51	15:05	15:18	15:40	15:57	16:18	16:49	17:04		
Overall-Group	Pace Delta	11:32	12:40	12:54	14:07	14:47	15:30	15:06	17:00	20:00	17:31	17:14	20:05	19:12	21:16	23:20	21:22		
	Position	90-3	112-4	126-4	131-5	129-5	143-7	133-6	138-6	111-4	112-4	93-3	92-3	77-3	77-3	78-3	81-3		

2008 Umstead 100 Mile Endurance Run -- 04/05/2008

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
Roberts, Charles (NC) 204 Age 34 Group M30-39 Overall-Group	Time of Day	0:07:05	0:08:04	0:09:19	0:10:30	0:12:08	0:13:32	0:15:20	0:16:37								
	Time Cum	01:05	02:04	03:19	04:30	06:08	07:32	09:20	10:37								
	Time Delta	01:05	00:59	01:14	01:11	01:37	01:24	01:47	01:17								
	Pace Cum	09:29	09:58	10:17	10:48	11:33	12:05	12:38	12:45								
	Pace Delta	09:29	10:32	10:52	12:36	14:17	15:01	15:38	13:42								
	Position	15-5	23-7	31-10	44-12	60-13	68-14	80-16	79-15								
Rodatz, Chris (FL) 205 Age 62 Group M60-69 Overall-Group	Time of Day	0:07:34	0:08:49	0:10:36	0:11:57	0:13:57	0:15:32	0:17:28	0:19:07								
	Time Cum	01:34	02:49	04:36	05:57	07:57	09:32	11:28	13:07								
	Time Delta	01:34	01:15	01:46	01:21	01:59	01:35	01:55	01:39								
	Pace Cum	13:43	13:32	14:16	14:18	14:59	15:15	15:31	15:45								
	Pace Delta	13:43	13:19	15:35	14:24	17:28	16:50	16:55	17:39								
	Position	204-14	194-11	201-14	197-12	200-12	199-12	191-12	186-11								
Rose, Dan (DC) 206 Age 31 Group M30-39 Overall-Group	Time of Day	0:06:56	0:07:42	0:08:41	0:09:29	0:10:33	0:11:24	0:12:36	0:13:30	0:14:51	0:15:51	0:17:11	0:18:11	0:19:32	0:20:35	0:22:00	0:23:05:03
	Time Cum	00:56	01:42	02:41	03:29	04:33	05:24	06:36	07:30	08:51	09:51	11:11	12:11	13:32	14:35	16:00	17:05:03
	Time Delta	00:56	00:46	00:58	00:48	01:03	00:51	01:11	00:54	01:20	01:00	01:19	01:00	01:20	01:03	01:24	01:05:03
	Pace Cum	08:11	08:12	08:19	08:22	08:34	08:39	08:56	09:01	09:20	09:28	09:41	09:45	09:55	10:00	10:10	10:15
	Pace Delta	08:11	08:15	08:32	08:31	09:20	09:05	10:28	09:40	11:44	10:44	11:35	10:41	11:46	11:16	12:19	11:31
	Position	4-1	4-1	4-1	4-1	4-1	4-1	3-1	3-1	3-1	3-1	3-1	3-1	3-1	3-1	3-1	3-1
Ryan, Don (MO) 208 Age 59 Group M50-59 Overall-Group	Time of Day	0:07:12	0:08:13	0:09:26	0:10:32	0:12:03	0:13:10	0:14:33	0:15:44	0:17:10	0:18:23	0:19:54	0:21:18	0:23:05	1:00:40	1:02:19	1:03:40:48
	Time Cum	01:12	02:13	03:26	04:32	06:03	07:10	08:33	09:44	11:10	12:23	13:54	15:18	17:05	18:40	20:19	21:40:48
	Time Delta	01:12	01:01	01:12	01:06	01:30	01:07	01:22	01:11	01:25	01:13	01:30	01:24	01:46	01:35	01:38	01:21:48
	Pace Cum	10:31	10:41	10:39	10:55	11:24	11:29	11:34	11:41	11:47	11:54	12:02	12:15	12:31	12:48	12:55	13:00
	Pace Delta	10:31	10:54	10:34	11:48	13:11	11:55	12:04	12:39	12:29	13:00	13:13	14:58	15:32	16:52	14:25	14:29
	Position	50-11	51-10	48-8	51-9	54-11	50-8	45-8	44-8	31-5	31-5	25-4	23-4	20-4	21-3	18-3	17-3
Sandstrom, Craig (SC) 16 Age 41 Group M40-49 Overall-Group	Time of Day	0:07:05	0:08:02	0:09:13	0:10:16	0:11:35	0:12:45	0:14:08	0:15:15	0:16:49	0:18:02	0:19:30	0:20:42	0:22:18	0:23:34	1:01:08	1:02:18:32
	Time Cum	01:05	02:02	03:13	04:16	05:35	06:45	08:08	09:15	10:49	12:02	13:30	14:42	16:18	17:34	19:08	20:18:32
	Time Delta	01:05	00:57	01:10	01:03	01:18	01:10	01:22	01:07	01:33	01:13	01:27	01:12	01:35	01:16	01:33	01:10:32
	Pace Cum	09:29	09:50	09:58	10:15	10:31	10:49	11:00	11:07	11:25	11:34	11:41	11:46	11:57	12:03	12:10	12:11
	Pace Delta	09:29	10:15	10:14	11:11	11:30	12:31	12:01	12:02	13:35	12:59	12:47	12:52	13:54	13:33	13:39	12:29
	Position	15-5	19-6	22-8	25-10	26-11	30-13	27-12	28-12	24-10	24-10	15-7	14-7	12-6	11-5	10-4	8-3
Sauerbrey, Joe (NC) 209 Age 28 Group M20-29 Overall-Group	Time of Day	0:07:06	0:07:59	0:09:04	0:09:59	0:11:12	0:12:20	0:13:41	0:14:53	0:16:48	0:18:59						
	Time Cum	01:06	01:59	03:04	03:59	05:12	06:20	07:41	08:53	10:48	12:59						
	Time Delta	01:06	00:53	01:04	00:55	01:12	01:08	01:20	01:12	01:54	02:11						
	Pace Cum	09:38	09:35	09:31	09:35	09:48	10:08	10:24	10:40	11:24	12:28						
	Pace Delta	09:38	09:32	09:22	09:51	10:34	12:04	11:48	12:48	16:45	23:14						
	Position	19-3	16-3	13-2	14-2	13-2	16-2	17-2	17-2	23-3	41-4						
Savage, Chuck (FL) 210 Age 69 Group M60-69 Overall-Group	Time of Day	0:07:20	0:08:39	0:10:13	0:11:35	0:13:16	0:14:42	0:16:34	0:18:09	0:20:23	0:22:33	1:01:23					
	Time Cum	01:20	02:39	04:13	05:35	07:16	08:42	10:34	12:09	14:23	16:33	19:23					
	Time Delta	01:20	01:19	01:33	01:22	01:40	01:26	01:51	01:35	02:13	02:10	02:49					
	Pace Cum	11:41	12:43	13:04	13:26	13:41	13:56	14:18	14:35	15:11	15:54	16:46					
	Pace Delta	11:41	13:59	13:43	14:40	14:37	15:20	16:15	16:52	19:32	23:07	24:43					
	Position	107-4	154-6	156-6	165-8	158-8	159-8	157-8	158-8	124-5	129-5	116-5					

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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
Savage, Jonathan (NC)	Time of Day	0:07:14	0:08:29	0:09:56	0:11:09	0:12:37	0:13:50	0:15:43	0:17:02	0:18:38	0:19:56	0:21:49	0:23:10	1:00:50	1:02:13	1:03:54	1:05:16:25
211	Time Cum	01:14	02:29	03:56	05:09	06:37	07:50	09:43	11:02	12:38	13:56	15:49	17:10	18:50	20:13	21:54	23:16:25
Age 41	Time Delta	01:14	01:15	01:26	01:13	01:27	01:13	01:52	01:19	01:35	01:18	01:53	01:21	01:39	01:23	01:40	01:22:25
Group M40-49	Pace Cum	10:48	11:55	12:12	12:22	12:28	12:33	13:09	13:14	13:20	13:23	13:41	13:44	13:48	13:52	13:56	13:58
Overall-Group	Pace Delta	10:48	13:17	12:42	12:58	12:48	12:59	16:27	13:59	14:01	13:48	16:30	14:25	14:32	14:45	14:42	14:35
	Position	60-21	101-27	113-29	110-28	97-25	94-24	108-30	104-30	67-19	64-18	57-19	49-15	41-12	39-12	36-10	31-9
Schlereth, Joe (NC)	Time of Day	0:06:55	0:07:45	0:08:46	0:09:44	0:10:57	0:12:02	0:13:18	0:14:28								
5	Time Cum	00:55	01:45	02:46	03:44	04:57	06:02	07:18	08:28								
Age 58	Time Delta	00:55	00:50	01:01	00:58	01:12	01:05	01:15	01:10								
Group M50-59	Pace Cum	08:02	08:24	08:35	09:00	09:19	09:39	09:53	10:11								
Overall-Group	Pace Delta	08:02	08:51	08:54	10:26	10:31	11:32	11:04	12:32								
	Position	2-1	5-1	5-1	6-1	9-1	10-2	11-2	12-2								
<u>Schlundt,</u> <u>Margaret J (MD)</u>	Time of Day	0:07:34	0:09:02	0:10:46	0:12:23	0:14:24	0:16:12	0:18:15	0:19:56								
94	Time Cum	01:34	03:02	04:46	06:23	08:24	10:12	12:15	13:56								
Age 55	Time Delta	01:34	01:28	01:43	01:37	02:00	01:48	02:02	01:41								
Group F50-59	Pace Cum	13:43	14:34	14:47	15:21	15:49	16:21	16:34	16:43								
Overall-Group	Pace Delta	13:43	15:35	15:10	17:19	17:32	19:16	17:49	17:54								
	Position	204-21	212-22	212-22	216-22	212-22	212-22	203-19	206-20								
<u>Sergeant,</u> <u>Kimberley A (TX)</u>	Time of Day	0:07:26	0:08:43	0:10:24	0:11:52	0:13:51	0:15:29	0:17:32	0:19:14	0:21:20	0:23:09	1:01:30	1:03:29	1:05:50	1:07:36	1:09:50	1:11:38:51
213	Time Cum	01:26	02:43	04:24	05:52	07:51	09:29	11:32	13:14	15:20	17:09	19:30	21:29	23:50	25:36	27:50	29:38:51
Age 49	Time Delta	01:26	01:17	01:40	01:28	01:58	01:38	02:02	01:42	02:05	01:49	02:20	01:59	02:20	01:46	02:13	01:48:51
Group F40-49	Pace Cum	12:33	13:03	13:39	14:06	14:47	15:11	15:36	15:53	16:11	16:28	16:52	17:12	17:28	17:34	17:42	17:47
Overall-Group	Pace Delta	12:33	13:40	14:43	15:39	17:18	17:27	17:52	18:04	18:23	19:24	20:30	21:09	20:31	18:55	19:26	19:16
	Position	162-18	169-18	186-20	190-22	196-24	196-24	192-22	192-22	140-15	140-15	118-13	117-14	100-13	102-13	102-13	102-13
Serpa, Evan (NC)	Time of Day	0:07:15	0:08:14	0:09:27	0:10:30	0:11:52	0:12:55	0:14:20	0:15:29		0:18:18	0:19:59	0:21:31	0:23:31	1:01:11	1:03:17	1:05:08:36
214	Time Cum	01:15	02:14	03:27	04:30	05:52	06:55	08:20	09:29		12:18	13:59	15:31	17:31	19:11	21:17	23:08:36
Age 26	Time Delta	01:15	00:59	01:12	01:03	01:21	01:03	01:24	01:09		02:48	01:40	01:32	01:59	01:40	02:05	01:51:36
Group M20-29	Pace Cum	10:57	10:46	10:42	10:49	11:03	11:05	11:16	11:24		11:49	12:06	12:25	12:50	13:09	13:32	13:53
Overall-Group	Pace Delta	10:57	10:34	10:34	11:13	11:55	11:13	12:21	12:22		13:28	14:43	16:17	17:31	17:45	18:21	19:45
	Position	64-5	53-5	51-5	46-4	46-4	40-4	38-4	34-4		28-3	26-2	26-2	24-2	26-2	27-2	29-2
Shelfer, Drew (NC)	Time of Day	0:06:59	0:07:47	0:08:48	0:09:37	0:10:41	0:11:41	0:12:54	0:14:02	0:15:22	0:16:43						
8	Time Cum	00:59	01:47	02:48	03:37	04:41	05:41	06:54	08:02	09:22	10:43						
Age 33	Time Delta	00:59	00:48	01:00	00:49	01:03	01:00	01:12	01:08	01:19	01:21						
Group M30-39	Pace Cum	08:37	08:36	08:41	08:43	08:49	09:06	09:20	09:39	09:53	10:17						
Overall-Group	Pace Delta	08:37	08:36	08:49	08:50	09:13	10:38	10:39	12:10	11:35	14:20						
	Position	8-2	6-2	6-2	5-2	5-2	5-2	6-3	6-3	5-2	5-2						
Shepherd, Jonathan (SC)	Time of Day	0:07:10	0:08:09	0:09:17	0:10:20	0:12:21											
215	Time Cum	01:10	02:09	03:17	04:20	06:21											
Age 30	Time Delta	01:10	00:59	01:07	01:03	02:00											
Group M30-39	Pace Cum	10:13	10:23	10:11	10:26	11:58											
Overall-Group	Pace Delta	10:13	10:36	09:48	11:19	17:32											
	Position	37-10	37-10	28-9	31-9	73-16											

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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
Shilling, Michael (NJ)	Time of Day	0:07:26	0:08:41	0:10:14	0:11:31	0:13:18	0:14:42	0:16:52	0:18:54								
	Time Cum	01:26	02:41	04:14	05:31	07:18	08:42	10:52	12:54								
216	Time Delta	01:26	01:15	01:32	01:17	01:46	01:24	02:09	02:02								
Age 48	Pace Cum	12:33	12:58	13:08	13:15	13:45	13:57	14:42	15:29								
Group M40-49	Pace Delta	12:33	13:27	13:26	13:41	15:34	15:01	18:51	21:36								
Overall-Group	Position	162-47	164-46	158-45	156-45	162-44	160-46	169-48	184-51								
Silva, Matt (GA)	Time of Day	0:07:10	0:08:10	0:09:24	0:10:29	0:11:49	0:12:54	0:14:14	0:15:31	0:16:53	0:17:54	0:19:14	0:20:23	0:21:50	0:22:59	1:00:17	1:01:19:27
	Time Cum	01:10	02:10	03:24	04:29	05:49	06:54	08:14	09:31	10:53	11:54	13:14	14:23	15:50	16:59	18:17	19:19:27
218	Time Delta	01:10	01:00	01:13	01:05	01:19	01:05	01:19	01:17	01:21	01:01	01:19	01:09	01:26	01:09	01:17	01:02:27
Age 31	Pace Cum	10:13	10:27	10:33	10:47	10:57	11:03	11:08	11:26	11:29	11:26	11:27	11:31	11:36	11:39	11:38	11:36
Group M30-39	Pace Delta	10:13	10:44	10:43	11:36	11:36	11:37	11:35	13:43	11:54	10:54	11:36	12:16	12:39	12:17	11:20	11:03
Overall-Group	Position	37-10	39-11	39-12	40-11	42-10	37-10	32-10	35-10	27-9	19-7	13-4	11-3	9-3	8-3	6-3	5-3
Smith, Mike (IN)	Time of Day	0:07:17	0:08:26	0:09:45	0:10:55	0:12:19	0:13:33	0:15:04	0:16:22	0:17:59	0:19:26	0:21:05	0:22:33	1:00:22	1:01:56	1:03:45	1:05:18:41
	Time Cum	01:17	02:26	03:45	04:55	06:19	07:33	09:04	10:22	11:59	13:26	15:05	16:33	18:22	19:56	21:45	23:18:41
219	Time Delta	01:17	01:09	01:18	01:10	01:23	01:14	01:30	01:18	01:36	01:27	01:38	01:28	01:48	01:34	01:48	01:33:41
Age 50	Pace Cum	11:14	11:41	11:38	11:49	11:54	12:06	12:16	12:26	12:39	12:54	13:03	13:15	13:28	13:40	13:50	13:59
Group M50-59	Pace Delta	11:14	12:13	11:32	12:29	12:11	13:12	13:12	13:49	14:09	15:30	14:22	15:44	15:47	16:43	15:51	16:35
Overall-Group	Position	80-18	93-22	80-20	82-19	69-17	70-16	64-15	61-13	46-10	51-11	43-11	40-10	35-9	34-8	34-8	32-8
<u>Snowden, Suzelle (KY)</u>	Time of Day	0:07:28	0:08:45	0:10:24	0:11:43	0:13:34	0:15:01	0:16:53	0:18:28	0:21:03	0:22:50	1:01:22	1:03:25	1:05:50	1:07:29	1:09:37	1:11:23:19
	Time Cum	01:28	02:45	04:24	05:43	07:34	09:01	10:53	12:28	15:03	16:50	19:22	21:25	23:50	25:29	27:37	29:23:19
220	Time Delta	01:28	01:17	01:38	01:19	01:50	01:27	01:51	01:35	02:34	01:47	02:31	02:03	02:24	01:39	02:07	01:46:19
Age 52	Pace Cum	12:51	13:16	13:39	13:44	14:15	14:26	14:43	14:59	15:53	16:10	16:45	17:09	17:28	17:29	17:34	17:38
Group F50-59	Pace Delta	12:51	13:48	14:19	14:02	16:10	15:25	16:20	16:58	22:31	19:02	22:07	21:54	21:04	17:32	18:40	18:49
Overall-Group	Position	183-15	186-16	186-16	179-14	179-14	177-13	170-11	170-11	136-11	136-11	114-9	116-10	100-9	99-9	99-9	97-9
Snyder, Scott (CO)	Time of Day	0:07:23	0:08:35	0:10:04	0:11:16	0:12:45	0:14:00	0:15:35	0:16:50	0:18:29	0:19:51	0:21:27	0:22:53	1:00:49	1:02:18	1:04:07	1:05:40:54
	Time Cum	01:23	02:35	04:04	05:16	06:45	08:00	09:35	10:50	12:29	13:51	15:27	16:53	18:49	20:18	22:07	23:40:54
221	Time Delta	01:23	01:12	01:28	01:12	01:28	01:15	01:34	01:15	01:38	01:22	01:35	01:26	01:55	01:29	01:48	01:33:54
Age 52	Pace Cum	12:07	12:25	12:37	12:39	12:43	12:49	12:58	13:01	13:11	13:18	13:22	13:31	13:48	13:56	14:04	14:13
Group M50-59	Pace Delta	12:07	12:47	12:58	12:48	12:57	13:21	13:48	13:21	14:23	14:39	13:54	15:16	16:54	15:54	15:48	16:37
Overall-Group	Position	135-31	134-31	135-31	129-31	117-32	110-29	97-26	87-23	61-18	62-16	49-12	45-11	40-10	40-10	38-9	37-9
Soderkvist, Jan (SWE)	Time of Day	0:07:10	0:08:13	0:09:24	0:10:29	0:11:48	0:12:54	0:14:19	0:15:35		0:18:53	0:21:24					
	Time Cum	01:10	02:13	03:24	04:29	05:48	06:54	08:19	09:35		12:53	15:24					
222	Time Delta	01:10	01:03	01:10	01:05	01:18	01:06	01:24	01:16		03:18	02:30					
Age 48	Pace Cum	10:13	10:39	10:33	10:48	10:56	11:04	11:15	11:30		12:23	13:19					
Group M40-49	Pace Delta	10:13	11:11	10:20	11:41	11:23	11:49	12:18	13:28		15:52	21:59					
Overall-Group	Position	37-13	50-18	39-16	42-17	39-16	38-15	37-14	38-14		39-13	47-14					
<u>Sorrell, Barbara (NY)</u>	Time of Day	0:07:22	0:08:35	0:10:06	0:11:25	0:13:05	0:14:22	0:15:59	0:17:21	0:19:21	0:21:07						
	Time Cum	01:22	02:35	04:06	05:25	07:05	08:22	09:59	11:21	13:21	15:07						
224	Time Delta	01:22	01:13	01:30	01:19	01:39	01:17	01:36	01:22	01:59	01:46						
Age 50	Pace Cum	11:58	12:26	12:43	13:01	13:21	13:23	13:30	13:37	14:05	14:31						
Group F50-59	Pace Delta	11:58	12:59	13:14	14:04	14:32	13:38	14:09	14:33	17:29	18:52						
Overall-Group	Position	131-6	136-5	139-6	142-6	138-5	132-5	120-4	116-4	96-4	100-4						

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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
Squier, III, William C (NC) 26 Age 65 Group M60-69 Overall-Group	Time of Day	0:07:27	0:08:44	0:10:23	0:11:54	0:13:43	0:15:16	0:17:12	0:19:08								
	Time Cum	01:27	02:44	04:23	05:54	07:43	09:16	11:12	13:08								
	Time Delta	01:27	01:17	01:38	01:31	01:48	01:33	01:55	01:56								
	Pace Cum	12:42	13:10	13:36	14:10	14:32	14:50	15:09	15:46								
	Pace Delta	12:42	13:45	14:21	16:07	15:54	16:28	16:56	20:36								
	Position	172-9	179-10	184-11	192-11	187-11	190-11	181-11	187-12								
<u>Stewart,</u> <u>Andrea D (SC)</u> 225 Age 44 Group F40-49 Overall-Group	Time of Day	0:07:11	0:08:11	0:09:24	0:10:30	0:11:47	0:12:54	0:14:18	0:15:27	0:16:56	0:18:05	0:19:48	0:21:09	0:22:50	1:00:13	1:02:04	1:03:25:49
	Time Cum	01:11	02:11	03:24	04:30	05:47	06:54	08:18	09:27	10:56	12:05	13:48	15:09	16:50	18:13	20:04	21:25:49
	Time Delta	01:11	01:00	01:12	01:06	01:16	01:07	01:23	01:09	01:28	01:09	01:42	01:21	01:40	01:23	01:50	01:21:49
	Pace Cum	10:22	10:30	10:33	10:49	10:54	11:03	11:14	11:20	11:32	11:37	11:56	12:07	12:20	12:30	12:46	12:51
	Pace Delta	10:22	10:39	10:38	11:44	11:12	11:55	12:13	12:13	12:59	12:23	14:54	14:21	14:44	14:46	16:08	14:29
	Position	47-3	43-3	39-3	45-3	35-2	36-2	34-1	33-1	29-1	27-1	24-1	20-1	16-1	16-1	16-1	14-1
<u>Stocker,</u> <u>Emmy (CT)</u> 226 Age 49 Group F40-49 Overall-Group	Time of Day	0:07:20	0:08:35	0:09:55	0:11:07	0:12:34	0:13:54	0:15:34	0:16:55	0:18:37	0:20:06	0:22:01	0:23:46	1:01:47	1:03:31	1:05:29	1:06:57:19
	Time Cum	01:20	02:35	03:55	05:07	06:34	07:54	09:34	10:55	12:37	14:06	16:01	17:46	19:47	21:31	23:29	24:57:19
	Time Delta	01:20	01:15	01:19	01:12	01:26	01:20	01:39	01:21	01:41	01:29	01:54	01:45	02:00	01:44	01:57	01:28:19
	Pace Cum	11:41	12:24	12:09	12:18	12:22	12:39	12:57	13:06	13:19	13:33	13:51	14:13	14:30	14:45	14:56	14:58
	Pace Delta	11:41	13:17	11:40	12:49	12:39	14:14	14:32	14:21	14:53	15:52	16:42	18:41	17:35	18:26	17:13	15:38
	Position	107-9	133-12	107-8	105-8	92-8	100-8	94-7	95-7	65-4	68-4	63-4	61-4	51-4	48-4	46-4	44-4
Stolen, Ernest (AK) 227 Age 59 Group M50-59 Overall-Group	Time of Day	0:07:09	0:08:10	0:09:30	0:10:38	0:12:10	0:13:17	0:14:52	0:16:12	0:18:10	0:19:32		0:23:31	1:01:47	1:03:31	1:06:02	1:08:04:14
	Time Cum	01:09	02:10	03:30	04:38	06:10	07:17	08:52	10:12	12:10	13:32		17:31	19:47	21:31	24:02	26:04:14
	Time Delta	01:09	01:01	01:19	01:08	01:31	01:07	01:34	01:20	01:57	01:22		03:59	02:15	01:44	02:30	02:02:14
	Pace Cum	10:04	10:25	10:51	11:08	11:37	11:40	12:00	12:15	12:50	13:00		14:01	14:30	14:45	15:17	15:39
	Pace Delta	10:04	10:50	11:39	12:04	13:24	11:56	13:48	14:19	17:06	14:31		19:09	19:48	18:26	22:01	21:38
	Position	33-6	38-7	55-11	57-13	61-14	57-12	58-12	60-12	51-13	53-13		55-13	51-12	49-12	49-12	50-13
Straub, John (DE) 228 Age 35 Group M30-39 Overall-Group	Time of Day	0:07:06	0:08:03	0:09:16	0:10:19	0:11:38	0:12:45	0:14:07	0:15:15	0:16:43	0:17:57	0:19:30	0:20:48	0:22:24	0:23:43	1:01:19	1:02:40:56
	Time Cum	01:06	02:03	03:16	04:19	05:38	06:45	08:07	09:15	10:43	11:57	13:30	14:48	16:24	17:43	19:19	20:40:56
	Time Delta	01:06	00:57	01:12	01:03	01:18	01:07	01:21	01:08	01:27	01:14	01:32	01:18	01:35	01:19	01:35	01:21:56
	Pace Cum	09:38	09:54	10:08	10:24	10:37	10:49	10:59	11:06	11:19	11:29	11:41	11:51	12:01	12:09	12:17	12:25
	Pace Delta	09:38	10:13	10:33	11:18	11:25	12:01	11:50	12:04	12:49	13:15	13:27	13:50	13:59	13:59	14:01	14:30
	Position	19-6	22-6	27-8	30-8	32-8	31-7	26-7	26-7	20-7	22-8	15-6	15-5	14-5	12-4	12-4	10-4
Straw, Keith (PA) 18 Age 53 Group M50-59 Overall-Group	Time of Day	0:07:12	0:08:15	0:09:24	0:10:29	0:11:45	0:12:53	0:14:12	0:15:25	0:16:49	0:18:03	0:19:34	0:21:05	0:22:51	1:00:41	1:03:19	1:05:05:14
	Time Cum	01:12	02:15	03:24	04:29	05:45	06:53	08:12	09:25	10:49	12:03	13:34	15:05	16:51	18:41	21:19	23:05:14
	Time Delta	01:12	01:03	01:08	01:05	01:15	01:08	01:18	01:13	01:23	01:14	01:30	01:31	01:45	01:50	02:37	01:46:14
	Pace Cum	10:31	10:49	10:33	10:47	10:50	11:02	11:06	11:18	11:25	11:35	11:44	12:04	12:21	12:49	13:33	13:51
	Pace Delta	10:31	11:12	10:02	11:36	11:01	12:11	11:25	12:56	12:15	13:13	13:11	16:11	15:25	19:28	23:04	18:48
	Position	50-11	58-13	39-6	40-5	34-5	34-5	31-5	31-4	24-2	25-2	18-2	17-2	18-3	22-4	29-6	28-7
Sullivan, Jim (FL) 230 Age 56 Group M50-59 Overall-Group	Time of Day	0:07:19	0:08:27	0:09:48	0:10:57	0:12:26	0:13:39	0:15:13	0:16:34	0:18:10	0:19:38	0:21:27	0:22:57	1:01:02	1:02:41	1:04:37	1:06:14:29
	Time Cum	01:19	02:27	03:48	04:57	06:26	07:39	09:13	10:34	12:10	13:38	15:27	16:57	19:02	20:41	22:37	24:14:29
	Time Delta	01:19	01:08	01:20	01:09	01:28	01:13	01:33	01:21	01:35	01:28	01:48	01:30	02:04	01:39	01:55	01:37:29
	Pace Cum	11:32	11:49	11:47	11:53	12:07	12:15	12:28	12:41	12:50	13:06	13:22	13:34	13:57	14:12	14:23	14:33
	Pace Delta	11:32	12:09	11:44	12:15	12:58	13:01	13:38	14:22	13:59	15:39	15:51	16:05	18:07	17:41	16:48	17:15
	Position	90-21	95-23	88-21	86-21	79-20	75-19	72-19	73-19	51-13	56-14	49-12	46-12	42-11	42-11	42-11	41-11

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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
Swendsen, Vincent (NJ) 231 Age 45 Group M40-49 Overall-Group	Time of Day	0:07:28	0:08:44	0:10:21	0:11:38	0:13:20	0:14:39	0:16:23	0:17:59	0:19:44	0:21:16	1:02:08	1:04:35				
	Time Cum	01:28	02:44	04:21	05:38	07:20	08:39	10:23	11:59	13:44	15:16	20:08	22:35				
	Time Delta	01:28	01:16	01:36	01:17	01:41	01:19	01:43	01:36	01:44	01:32	04:51	02:27				
	Pace Cum	12:51	13:12	13:29	13:32	13:49	13:52	14:03	14:23	14:30	14:40	17:25	18:04				
	Pace Delta	12:51	13:38	14:01	13:42	14:50	14:08	15:03	17:04	15:16	16:19	42:36	26:02				
	Position	183-51	180-49	180-48	170-48	166-45	157-42	140-37	149-41	105-32	105-30	127-39	123-36				
Taylor, Alex (MN) 232 Age 46 Group M40-49 Overall-Group	Time of Day	0:07:17	0:08:20	0:09:36	0:10:41	0:12:05	0:13:20	0:14:49	0:16:06	0:18:03	0:19:46	0:21:38	0:23:35	1:01:45	1:03:39	1:07:16	1:09:28:36
	Time Cum	01:17	02:20	03:36	04:41	06:05	07:20	08:49	10:06	12:03	13:46	15:38	17:35	19:45	21:39	25:16	27:28:36
	Time Delta	01:17	01:03	01:15	01:05	01:23	01:15	01:28	01:17	01:56	01:43	01:51	01:57	02:09	01:54	03:36	02:12:36
	Pace Cum	11:14	11:15	11:10	11:17	11:28	11:45	11:56	12:08	12:43	13:14	13:32	14:05	14:29	14:51	16:04	16:29
	Pace Delta	11:14	11:16	11:00	11:40	12:08	13:20	12:57	13:42	17:01	18:21	16:15	20:51	18:51	20:21	31:32	23:28
	Position	80-25	72-22	66-21	62-20	57-19	59-19	55-19	56-19	49-14	60-17	53-17	58-18	50-17	50-16	63-18	65-17
Taylor, Greg (NY) 233 Age 61 Group M60-69 Overall-Group	Time of Day	0:07:40	0:09:17	0:11:24	0:13:16												
	Time Cum	01:40	03:17	05:24	07:16												
	Time Delta	01:40	01:37	02:06	01:52												
	Pace Cum	14:36	15:48	16:45	17:27												
	Pace Delta	14:36	17:15	18:28	19:50												
	Position	214-16	227-20	228-20	228-20												
Thompson, Brian (NC) 235 Age 37 Group M30-39 Overall-Group	Time of Day	0:07:06	0:08:04	0:09:15	0:10:16	0:11:35	0:12:45	0:14:09	0:15:19	0:16:51	0:18:20						
	Time Cum	01:06	02:04	03:15	04:16	05:35	06:45	08:09	09:19	10:51	12:20						
	Time Delta	01:06	00:58	01:10	01:01	01:18	01:10	01:23	01:10	01:31	01:29						
	Pace Cum	09:38	09:58	10:05	10:15	10:31	10:49	11:02	11:11	11:27	11:50						
	Pace Delta	09:38	10:22	10:17	10:51	11:29	12:30	12:11	12:29	13:21	15:46						
	Position	19-6	24-7	26-7	26-7	26-7	29-7	28-8	29-9	26-8	29-9						
Thompson, Douglas (NC) 236 Age 40 Group M40-49 Overall-Group	Time of Day	0:07:24	0:08:36	0:10:08	0:11:24	0:13:12	0:14:39	0:16:33	0:18:04	0:20:12	0:22:03	1:00:19	1:02:13	1:04:43	1:06:46	1:09:10	1:11:06:51
	Time Cum	01:24	02:36	04:08	05:24	07:12	08:39	10:33	12:04	14:12	16:03	18:19	20:13	22:43	24:46	27:10	29:06:51
	Time Delta	01:24	01:12	01:31	01:16	01:47	01:27	01:53	01:31	02:07	01:51	02:15	01:54	02:29	02:03	02:23	01:56:51
	Pace Cum	12:16	12:31	12:49	13:00	13:34	13:51	14:16	14:29	14:59	15:25	15:51	16:11	16:39	16:59	17:17	17:28
	Pace Delta	12:16	12:50	13:22	13:37	15:38	15:25	16:38	16:08	18:40	19:40	19:50	20:14	21:51	21:52	20:56	20:41
	Position	144-38	142-39	143-42	141-39	150-41	154-42	155-44	155-44	116-34	118-37	103-34	101-32	92-27	94-27	95-27	94-26
Tighe, Jarett (VA) 237 Age 40 Group M40-49 Overall-Group	Time of Day	0:07:06	0:08:02	0:09:11	0:10:11	0:11:26	0:12:33	0:13:51	0:14:55	0:16:11	0:17:19	0:18:45	0:20:08	0:21:52	0:23:19	1:01:10	1:02:47:08
	Time Cum	01:06	02:02	03:11	04:11	05:26	06:33	07:51	08:55	10:11	11:19	12:45	14:08	15:52	17:19	19:10	20:47:08
	Time Delta	01:06	00:56	01:08	01:00	01:14	01:07	01:17	01:04	01:15	01:08	01:25	01:23	01:43	01:27	01:50	01:37:08
	Pace Cum	09:38	09:50	09:52	10:03	10:14	10:30	10:37	10:42	10:45	10:53	11:02	11:19	11:38	11:53	12:11	12:28
	Pace Delta	09:38	10:04	09:56	10:41	10:54	11:59	11:17	11:21	11:04	12:11	12:26	14:48	15:06	15:34	16:04	17:12
	Position	19-7	20-6	20-7	23-8	21-7	23-9	21-8	18-7	12-6	9-5	7-5	8-5	10-4	10-4	11-5	11-4
<u>Tiska,</u> <u>Dale (NC)</u> 25 Age 44 Group F40-49 Overall-Group	Time of Day	0:07:19	0:08:30	0:10:08	0:11:23	0:13:05	0:14:35	0:17:08	0:18:39								
	Time Cum	01:19	02:30	04:08	05:23	07:05	08:35	11:08	12:39								
	Time Delta	01:19	01:11	01:37	01:15	01:41	01:30	02:32	01:31								
	Pace Cum	11:32	12:04	12:49	12:56	13:21	13:44	15:04	15:11								
	Pace Delta	11:32	12:43	14:11	13:19	14:51	15:56	22:20	16:09								
	Position	90-7	115-8	143-11	137-11	138-13	147-15	178-20	176-18								

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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
Triumph, Thomas (NJ) 238 Age 50 Group M50-59 Overall-Group	Time of Day	0:07:10	0:08:12	0:09:30	0:10:36	0:12:01	0:13:12	0:14:46	0:16:01	0:17:46	0:19:10	0:20:46	0:22:13	1:00:21	1:02:05	1:04:24	1:05:50:10
	Time Cum	01:10	02:12	03:30	04:36	06:01	07:12	08:46	10:01	11:46	13:10	14:46	16:13	18:21	20:05	22:24	23:50:10
	Time Delta	01:10	01:02	01:17	01:06	01:24	01:11	01:33	01:15	01:44	01:24	01:35	01:27	02:07	01:44	02:18	01:26:10
	Pace Cum	10:13	10:37	10:51	11:05	11:20	11:32	11:52	12:02	12:25	12:39	12:47	12:59	13:27	13:47	14:15	14:18
	Pace Delta	10:13	11:06	11:17	11:50	12:17	12:42	13:37	13:25	15:12	15:02	13:52	15:32	18:34	18:31	20:12	15:15
Overall-Group	Position	37-8	48-9	55-11	55-12	52-9	54-10	52-9	53-10	40-8	46-8	37-8	36-8	34-8	36-9	40-10	38-10
Tukey, Brendon (VA) 239 Age 38 Group M30-39 Overall-Group	Time of Day	0:07:50	0:09:23	0:11:32	0:13:21	0:15:45	0:17:57	0:20:46	0:23:22								
	Time Cum	01:50	03:23	05:32	07:21	09:45	11:57	14:46	17:22								
	Time Delta	01:50	01:33	02:08	01:49	02:23	02:12	02:48	02:36								
	Pace Cum	16:04	16:18	17:09	17:40	18:22	19:08	19:59	20:51								
	Pace Delta	16:04	16:37	18:42	19:23	20:56	23:25	24:38	27:46								
Overall-Group	Position	228-30	229-30	229-30	231-31	223-29	225-28	214-28	218-28								
<u>Turrentine, Luanne (VA)</u> 240 Age 58 Group F50-59 Overall-Group	Time of Day	0:08:28	0:10:27	0:12:53	0:15:03	0:17:48	0:20:11	0:23:11	1:01:51								
	Time Cum	02:28	04:27	06:53	09:03	11:48	14:11	17:11	19:51								
	Time Delta	02:28	01:59	02:25	02:10	02:44	02:23	02:59	02:40								
	Pace Cum	21:36	21:23	21:21	21:44	22:14	22:42	23:15	23:49								
	Pace Delta	21:36	21:06	21:17	23:06	24:01	25:19	26:16	28:19								
Overall-Group	Position	234-25	234-25	233-25	233-25	227-24	227-24	218-21	220-22								
Turrentine, William (VA) 241 Age 59 Group M50-59 Overall-Group	Time of Day	0:07:12	0:08:15	0:09:33	0:10:46	0:12:16	0:13:33	0:15:04	0:16:26	0:18:13	0:19:48						
	Time Cum	01:12	02:15	03:33	04:46	06:16	07:33	09:04	10:26	12:13	13:48						
	Time Delta	01:12	01:03	01:17	01:13	01:29	01:17	01:30	01:22	01:46	01:35						
	Pace Cum	10:31	10:51	11:00	11:28	11:48	12:06	12:16	12:32	12:54	13:15						
	Pace Delta	10:31	11:15	11:19	13:00	13:04	13:43	13:13	14:38	15:31	16:53						
Overall-Group	Position	50-11	60-13	61-15	67-15	65-15	69-16	64-15	68-16	55-15	61-15						
Vaughan, Doug (NJ) 242 Age 49 Group M40-49 Overall-Group	Time of Day	0:07:09	0:08:09	0:09:18	0:10:18	0:11:29	0:12:32	0:13:50	0:15:03	0:16:30	0:17:49	0:19:31	0:21:06	0:23:12	1:00:54	1:03:04	1:04:47:06
	Time Cum	01:09	02:09	03:18	04:18	05:29	06:32	07:50	09:03	10:30	11:49	13:31	15:06	17:12	18:54	21:04	22:47:06
	Time Delta	01:09	01:00	01:08	01:00	01:10	01:03	01:17	01:13	01:26	01:19	01:41	01:35	02:05	01:42	02:09	01:43:06
	Pace Cum	10:04	10:20	10:14	10:20	10:20	10:27	10:36	10:52	11:05	11:21	11:42	12:06	12:37	12:58	13:24	13:40
	Pace Delta	10:04	10:39	10:03	10:43	10:17	11:11	11:22	12:57	12:40	14:02	14:51	16:59	18:16	18:12	18:51	18:15
Overall-Group	Position	33-12	35-13	29-11	27-11	23-9	21-7	20-7	21-8	16-7	18-8	17-8	18-9	23-9	23-9	25-9	25-8
Velazco, Andy (GA) 243 Age 60 Group M60-69 Overall-Group	Time of Day	0:07:15	0:08:23	0:09:45	0:10:59	0:12:28	0:13:46	0:15:18	0:16:38								
	Time Cum	01:15	02:23	03:45	04:59	06:28	07:46	09:18	10:38								
	Time Delta	01:15	01:08	01:21	01:14	01:28	01:18	01:31	01:20								
	Pace Cum	10:57	11:29	11:38	11:59	12:11	12:26	12:35	12:47								
	Pace Delta	10:57	12:09	11:53	13:12	12:55	13:54	13:21	14:19								
Overall-Group	Position	64-2	81-2	80-2	88-2	82-1	84-2	79-2	82-3								
Vengrove, Marc (PA) 244 Age 52 Group M50-59 Overall-Group	Time of Day	0:07:09	0:08:09	0:09:24	0:10:30	0:11:47	0:12:54	0:14:18	0:15:26	0:16:54	0:18:05	0:19:47	0:21:08	0:22:50	1:00:13	1:02:02	1:03:34:59
	Time Cum	01:09	02:09	03:24	04:30	05:47	06:54	08:18	09:26	10:54	12:05	13:47	15:08	16:50	18:13	20:02	21:34:59
	Time Delta	01:09	01:00	01:14	01:06	01:16	01:07	01:23	01:08	01:27	01:11	01:41	01:21	01:41	01:23	01:48	01:32:59
	Pace Cum	10:04	10:23	10:33	10:48	10:54	11:03	11:14	11:20	11:30	11:37	11:56	12:07	12:20	12:30	12:44	12:57
	Pace Delta	10:04	10:46	10:50	11:42	11:14	11:55	12:13	12:12	12:42	12:43	14:46	14:28	14:47	14:43	15:54	16:27
Overall-Group	Position	33-6	36-6	39-6	43-7	35-6	35-6	34-6	32-5	28-3	26-3	23-3	19-3	16-2	15-2	15-2	16-2

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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
Vesnaver, Steven G (PA) 245 Age 43 Group M40-49 Overall-Group	Time of Day	0:07:14	0:08:15	0:09:25	0:10:28	0:11:48	0:12:58	0:14:25	0:15:40	0:17:20	0:18:52	0:20:39	0:22:34				
	Time Cum	01:14	02:15	03:25	04:28	05:48	06:58	08:25	09:40	11:20	12:52	14:39	16:34				
	Time Delta	01:14	01:01	01:09	01:03	01:19	01:10	01:26	01:15	01:39	01:32	01:46	01:55				
	Pace Cum	10:48	10:50	10:36	10:45	10:56	11:09	11:23	11:36	11:58	12:22	12:40	13:16				
	Pace Delta	10:48	10:51	10:10	11:17	11:34	12:24	12:42	13:19	14:34	16:24	15:31	20:31				
	Position	60-21	59-20	47-19	37-16	39-16	45-17	41-16	42-15	34-12	38-12	34-12	41-12				
<u>Vish,</u> <u>Mary (NJ)</u> 246 Age 58 Group F50-59 Overall-Group	Time of Day	0:07:23	0:08:35	0:10:07	0:11:27	0:13:05	0:14:23	0:16:11	0:17:40	0:19:44	0:21:16	0:23:27	1:01:16	1:03:30	1:05:24	1:07:28	1:08:58:34
	Time Cum	01:23	02:35	04:07	05:27	07:05	08:23	10:11	11:40	13:44	15:16	17:27	19:16	21:30	23:24	25:28	26:58:34
	Time Delta	01:23	01:12	01:31	01:20	01:37	01:18	01:47	01:29	02:03	01:32	02:10	01:49	02:13	01:54	02:03	01:30:34
	Pace Cum	12:07	12:27	12:46	13:06	13:21	13:25	13:47	14:00	14:30	14:39	15:06	15:25	15:46	16:03	16:12	16:11
	Pace Delta	12:07	12:51	13:20	14:14	14:15	13:50	15:45	15:47	18:05	16:18	19:07	19:21	19:31	20:17	18:01	16:02
	Position	135-7	138-5	140-7	146-7	138-5	134-6	133-6	134-6	105-6	104-6	89-4	87-4	72-2	70-2	66-2	61-2
<u>Vogel,</u> <u>Jennifer (GA)</u> 247 Age 26 Group F20-29 Overall-Group	Time of Day	0:07:23	0:08:34	0:10:04	0:11:20	0:12:50	0:14:09	0:15:57	0:17:25								
	Time Cum	01:23	02:34	04:04	05:20	06:50	08:09	09:57	11:25								
	Time Delta	01:23	01:11	01:29	01:16	01:29	01:19	01:47	01:28								
	Pace Cum	12:07	12:21	12:37	12:50	12:52	13:03	13:28	13:42								
	Pace Delta	12:07	12:38	13:05	13:37	13:00	14:06	15:40	15:36								
	Position	135-3	131-3	135-3	134-3	120-3	121-3	119-3	120-3								
Vogel, Lane (GA) 248 Age 31 Group M30-39 Overall-Group	Time of Day	0:07:23	0:08:34	0:10:04	0:11:19	0:12:50	0:14:08	0:15:54	0:17:17	0:18:55	0:19:59	0:21:37	0:23:06				
	Time Cum	01:23	02:34	04:04	05:19	06:50	08:08	09:54	11:17	12:55	13:59	15:37	17:06				
	Time Delta	01:23	01:11	01:29	01:15	01:30	01:18	01:45	01:23	01:37	01:04	01:37	01:29				
	Pace Cum	12:07	12:20	12:37	12:48	12:52	13:01	13:24	13:33	13:38	13:26	13:31	13:41				
	Pace Delta	12:07	12:36	13:06	13:26	13:09	13:50	15:27	14:47	14:14	11:20	14:18	15:50				
	Position	135-26	130-26	135-26	133-25	120-24	120-22	118-22	113-20	82-13	65-13	51-9	47-9				
Volandt, Stephen (NC) 249 Age 45 Group M40-49 Overall-Group	Time of Day	0:07:41	0:09:09	0:11:03	0:12:36	0:14:42	0:16:25	0:18:46	0:20:37								
	Time Cum	01:41	03:09	05:03	06:36	08:42	10:25	12:46	14:37								
	Time Delta	01:41	01:28	01:53	01:33	02:05	01:43	02:20	01:51								
	Pace Cum	14:45	15:09	15:40	15:52	16:23	16:40	17:16	17:34								
	Pace Delta	14:45	15:38	16:36	16:35	18:18	18:15	20:34	19:49								
	Position	219-57	223-58	221-58	221-58	218-56	219-57	211-54	213-55								
Votaggio, Sam (TX) 250 Age 56 Group M50-59 Overall-Group	Time of Day	0:07:37	0:09:00	0:10:50	0:12:17	0:14:03	0:15:33	0:17:40	0:19:21	0:22:03	1:00:00						
	Time Cum	01:37	03:00	04:50	06:17	08:03	09:33	11:40	13:21	16:03	18:00						
	Time Delta	01:37	01:23	01:49	01:27	01:45	01:30	02:06	01:41	02:41	01:57						
	Pace Cum	14:10	14:28	14:59	15:06	15:10	15:18	15:47	16:02	16:56	17:17						
	Pace Delta	14:10	14:50	15:56	15:29	15:25	16:02	18:27	18:03	23:30	20:44						
	Position	208-42	210-42	215-42	213-42	206-42	200-42	194-41	196-41	152-33	152-32						
<u>Wagner,</u> <u>Bunny (MD)</u> 251 Age 42 Group F40-49 Overall-Group	Time of Day	0:07:25	0:08:38	0:10:11	0:11:31	0:13:14	0:14:32	0:16:13	0:17:33	0:19:19	0:20:48	0:22:46	1:00:22	1:02:34	1:04:30	1:07:07	1:08:58:14
	Time Cum	01:25	02:38	04:11	05:31	07:14	08:32	10:13	11:33	13:19	14:48	16:46	18:22	20:34	22:30	25:07	26:58:14
	Time Delta	01:25	01:13	01:32	01:20	01:42	01:18	01:40	01:20	01:45	01:29	01:57	01:36	02:11	01:56	02:36	01:51:14
	Pace Cum	12:25	12:42	12:58	13:16	13:38	13:39	13:49	13:52	14:03	14:13	14:30	14:42	15:05	15:26	15:58	16:11
	Pace Delta	12:25	13:02	13:29	14:18	14:55	13:49	14:44	14:15	15:24	15:47	17:12	17:00	19:16	20:34	22:54	19:41
	Position	157-16	152-15	154-16	158-15	155-15	144-13	136-11	130-10	93-7	95-6	78-6	73-5	62-6	61-6	61-6	60-6

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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
Wargo, Robert P (PA) 252 Age 50 Group M50-59 Overall-Group	Time of Day	0:07:53	0:09:37	0:11:00	0:12:09	0:13:42	0:15:04	0:16:51	0:18:14								
	Time Cum	01:53	03:37	05:00	06:09	07:42	09:04	10:51	12:14								
	Time Delta	01:53	01:44	01:22	01:09	01:32	01:22	01:46	01:23								
	Pace Cum	16:30	17:25	15:30	14:48	14:30	14:31	14:41	14:42								
	Pace Delta	16:30	18:32	12:01	12:22	13:27	14:35	15:34	14:50								
Position		230-46	231-46	219-44	207-41	186-40	181-40	168-38	164-37								
<u>Wargo,</u> <u>Victoria (PA)</u> 253 Age 49 Group F40-49 Overall-Group	Time of Day	0:07:55	0:09:37														
	Time Cum	01:55	03:37														
	Time Delta	01:55	01:42														
	Pace Cum	16:47	17:26														
	Pace Delta	16:47	18:13														
Position		232-27	232-27														
<u>Wasicka,</u> <u>Frances (IL)</u> 254 Age 44 Group F40-49 Overall-Group	Time of Day	0:07:38	0:09:06	0:10:53	0:12:26	0:14:32	0:16:23	0:18:36	0:20:28								
	Time Cum	01:38	03:06	04:53	06:26	08:32	10:23	12:36	14:28								
	Time Delta	01:38	01:28	01:46	01:33	02:05	01:51	02:12	01:52								
	Pace Cum	14:18	14:54	15:09	15:28	16:05	16:38	17:03	17:22								
	Pace Delta	14:18	15:37	15:35	16:34	18:18	19:49	19:16	19:57								
Position		210-26	217-26	217-26	217-26	214-26	218-26	210-24	212-24								
Wasicka, Joe (IL) 255 Age 46 Group M40-49 Overall-Group	Time of Day	0:07:22	0:08:30	0:09:56	0:11:12	0:12:55	0:14:20	0:16:25	0:18:04								
	Time Cum	01:22	02:30	03:56	05:12	06:55	08:20	10:25	12:04								
	Time Delta	01:22	01:08	01:25	01:16	01:42	01:25	02:04	01:39								
	Pace Cum	11:58	12:02	12:12	12:30	13:02	13:21	14:06	14:29								
	Pace Delta	11:58	12:06	12:30	13:32	14:58	15:09	18:10	17:36								
Position		131-36	108-29	113-29	124-36	127-35	127-37	142-38	156-44								
<u>Watts,</u> <u>Anne (CO)</u> 256 Age 52 Group F50-59 Overall-Group	Time of Day	0:07:19	0:08:28	0:09:54	0:11:06	0:12:40	0:14:01	0:15:37	0:17:05	0:18:50	0:20:30	0:22:50	1:00:51	1:03:33	1:05:42	1:08:34	1:10:48:04
	Time Cum	01:19	02:28	03:54	05:06	06:40	08:01	09:37	11:05	12:50	14:30	16:50	18:51	21:33	23:42	26:34	28:48:04
	Time Delta	01:19	01:09	01:25	01:12	01:33	01:21	01:35	01:28	01:44	01:40	02:19	02:01	02:41	02:09	02:51	02:14:04
	Pace Cum	11:32	11:54	12:06	12:16	12:34	12:51	13:01	13:18	13:33	13:55	14:34	15:05	15:48	16:15	16:54	17:17
	Pace Delta	11:32	12:21	12:27	12:52	13:37	14:28	13:55	15:36	15:18	17:45	20:24	21:25	23:39	22:52	25:05	23:44
Position		90-3	99-3	102-3	103-3	105-3	111-3	102-3	105-3	79-3	83-3	79-3	78-3	73-3	76-3	80-4	88-6
Watts, Matthew (CO) 257 Age 51 Group M50-59 Overall-Group	Time of Day	0:07:17	0:08:21	0:09:41	0:10:48	0:12:05	0:13:20	0:14:47	0:15:57	0:17:29	0:18:43	0:20:23	0:21:50	0:23:35	1:01:04	1:02:55	1:04:20:16
	Time Cum	01:17	02:21	03:41	04:48	06:05	07:20	08:47	09:57	11:29	12:43	14:23	15:50	17:35	19:04	20:55	22:20:16
	Time Delta	01:17	01:04	01:19	01:07	01:16	01:15	01:26	01:10	01:31	01:14	01:39	01:27	01:45	01:29	01:50	01:25:16
	Pace Cum	11:14	11:21	11:25	11:32	11:28	11:44	11:53	11:58	12:07	12:13	12:27	12:40	12:53	13:05	13:18	13:24
	Pace Delta	11:14	11:28	11:34	11:54	11:13	13:18	12:41	12:33	13:18	13:08	14:34	15:24	15:20	15:49	16:09	15:05
Position		80-18	76-17	72-16	69-16	57-13	58-13	53-10	51-9	36-7	35-6	29-6	31-6	26-5	24-5	22-4	19-4
<u>Weightman,</u> <u>Suzanne (PA)</u> 9 Age 44 Group F40-49 Overall-Group	Time of Day	0:07:16	0:08:22	0:09:39	0:10:48	0:12:11	0:13:25	0:14:55	0:16:12	0:17:46	0:19:08	0:20:55	0:22:36	1:00:39	1:02:44	1:04:53	1:06:54:53
	Time Cum	01:16	02:22	03:39	04:48	06:11	07:25	08:55	10:12	11:46	13:08	14:55	16:36	18:39	20:44	22:53	24:54:53
	Time Delta	01:16	01:06	01:16	01:09	01:22	01:14	01:29	01:17	01:33	01:22	01:46	01:41	02:02	02:05	02:08	02:01:53
	Pace Cum	11:06	11:24	11:19	11:32	11:39	11:53	12:04	12:15	12:25	12:37	12:54	13:17	13:40	14:13	14:33	14:57
	Pace Delta	11:06	11:45	11:11	12:16	12:05	13:15	13:01	13:40	13:41	14:37	15:32	18:02	17:50	22:08	18:50	21:34
Position		70-5	77-6	70-6	71-6	62-6	61-6	61-6	59-6	40-3	45-3	39-3	42-3	38-3	43-3	44-3	43-3

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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
Weiss, Tim (NC)	Time of Day	0:07:11	0:08:11	0:09:26	0:10:32	0:12:01	0:13:16	0:14:54	0:16:23	0:18:24	0:20:09	0:22:45	1:00:58				
258	Time Cum	01:11	02:11	03:26	04:32	06:01	07:16	08:54	10:23	12:24	14:09	16:45	18:58				
Age 50	Time Delta	01:11	01:00	01:14	01:06	01:28	01:15	01:37	01:29	02:00	01:45	02:35	02:13				
Group M50-59	Pace Cum	10:22	10:29	10:39	10:54	11:20	11:38	12:02	12:28	13:05	13:36	14:30	15:11				
Overall-Group	Pace Delta	10:22	10:38	10:56	11:47	12:54	13:22	14:14	15:51	17:35	18:43	22:40	23:41				
	Position	47-10	42-8	48-8	50-9	52-9	56-11	59-13	63-14	60-17	72-19	77-20	81-22				
Werner, Lynne (WA)	Time of Day	0:07:19	0:08:31	0:09:59	0:11:22	0:13:13	0:15:13										
12	Time Cum	01:19	02:31	03:59	05:22	07:13	09:13										
Age 56	Time Delta	01:19	01:12	01:27	01:23	01:50	02:00										
Group F50-59	Pace Cum	11:32	12:09	12:21	12:54	13:36	14:45										
Overall-Group	Pace Delta	11:32	12:55	12:42	14:48	16:06	21:16										
	Position	90-3	119-4	126-4	135-5	151-9	187-16										
Whalen, Mike (CA)	Time of Day	0:07:24	0:08:39	0:10:08	0:11:29	0:13:05	0:14:23	0:15:59	0:17:13	0:18:55	0:20:43	0:22:30	1:00:20	1:02:32	1:04:29	1:06:41	1:08:04:18
259	Time Cum	01:24	02:39	04:08	05:29	07:05	08:23	09:59	11:13	12:55	14:43	16:30	18:20	20:32	22:29	24:41	26:04:18
Age 53	Time Delta	01:24	01:15	01:28	01:21	01:35	01:18	01:35	01:14	01:41	01:48	01:46	01:50	02:11	01:57	02:11	01:23:18
Group M50-59	Pace Cum	12:16	12:46	12:49	13:11	13:21	13:26	13:30	13:29	13:38	14:08	14:17	14:40	15:03	15:25	15:42	15:39
Overall-Group	Pace Delta	12:16	13:22	12:55	14:25	13:57	13:55	13:55	13:14	14:47	19:08	15:36	19:30	19:15	20:44	19:15	14:45
	Position	144-34	156-35	143-33	151-34	138-34	136-33	120-33	109-29	82-24	89-25	71-17	72-19	61-17	60-15	56-14	51-14
Wheeler, Kathleen (FL)	Time of Day	0:07:25	0:08:44	0:10:20	0:11:47	0:13:33	0:15:00	0:17:02	0:18:38	0:20:59	0:23:02						
260	Time Cum	01:25	02:44	04:20	05:47	07:33	09:00	11:02	12:38	14:59	17:02						
Age 46	Time Delta	01:25	01:19	01:35	01:27	01:45	01:27	02:01	01:36	02:20	02:03						
Group F40-49	Pace Cum	12:25	13:08	13:26	13:55	14:13	14:25	14:56	15:10	15:49	16:22						
Overall-Group	Pace Delta	12:25	14:02	13:59	15:32	15:22	15:32	17:42	17:07	20:29	21:52						
	Position	157-16	178-20	174-18	187-19	176-20	175-19	173-16	175-17	135-14	138-14						
Wilson, Jesse (TX)	Time of Day	0:07:09	0:08:06	0:09:13	0:10:09	0:11:24	0:12:24	0:13:46	0:14:55	0:16:22	0:17:35	0:19:25	0:21:37				
263	Time Cum	01:09	02:06	03:13	04:09	05:24	06:24	07:46	08:55	10:22	11:35	13:25	15:37				
Age 32	Time Delta	01:09	00:57	01:06	00:56	01:14	01:00	01:21	01:09	01:26	01:13	01:49	02:12				
Group M30-39	Pace Cum	10:04	10:06	09:58	10:00	10:10	10:15	10:30	10:43	10:56	11:08	11:36	12:30				
Overall-Group	Pace Delta	10:04	10:07	09:45	10:04	10:49	10:40	11:56	12:17	12:38	13:00	16:00	23:23				
	Position	33-9	29-9	22-6	21-6	20-6	17-5	18-6	19-6	14-5	13-4	14-5	27-7				
Winter, Claude (FL)	Time of Day	0:07:24	0:08:33	0:09:58	0:11:10		0:13:52	0:15:30	0:16:48	0:18:23	0:19:37	0:21:24					
264	Time Cum	01:24	02:33	03:58	05:10		07:52	09:30	10:48	12:23	13:37	15:24					
Age 46	Time Delta	01:24	01:09	01:24	01:12		02:41	01:37	01:18	01:34	01:14	01:46					
Group M40-49	Pace Cum	12:16	12:16	12:18	12:24		12:35	12:51	12:58	13:04	13:05	13:19					
Overall-Group	Pace Delta	12:16	12:17	12:21	12:47		12:57	14:18	13:56	13:46	13:10	15:33					
	Position	144-38	126-36	120-35	117-32		97-25	88-23	86-23	59-16	55-15	47-14					
Wong, Julie (FL)	Time of Day	0:07:20	0:08:32	0:10:00	0:11:19	0:13:26	0:15:09										
265	Time Cum	01:20	02:32	04:00	05:19	07:26	09:09										
Age 42	Time Delta	01:20	01:12	01:27	01:19	02:06	01:43										
Group F40-49	Pace Cum	11:41	12:12	12:24	12:48	14:00	14:39										
Overall-Group	Pace Delta	11:41	12:50	12:47	14:09	18:24	18:15										
	Position	107-9	124-10	131-10	132-10	171-18	183-21										

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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
Wood, John (FL)	Time of Day	0:07:18	0:08:28	0:09:48	0:11:02	0:12:33	0:14:06	0:15:48	0:17:25	0:19:23	0:21:09	0:23:07	1:00:55	1:03:08	1:04:51	1:06:50	1:08:15:35
266	Time Cum	01:18	02:28	03:48	05:02	06:33	08:06	09:48	11:25	13:23	15:09	17:07	18:55	21:08	22:51	24:50	26:15:35
Age 58	Time Delta	01:18	01:10	01:19	01:14	01:30	01:33	01:41	01:37	01:57	01:46	01:57	01:48	02:12	01:43	01:58	01:25:35
Group M50-59	Pace Cum	11:23	11:51	11:47	12:07	12:20	12:58	13:15	13:42	14:07	14:33	14:49	15:09	15:30	15:40	15:48	15:45
Overall-Group	Pace Delta	11:23	12:25	11:39	13:14	13:11	16:28	14:53	17:13	17:11	18:50	17:10	19:15	19:18	18:14	17:22	15:09
	Position	88-20	98-24	88-21	95-24	91-24	119-32	113-32	121-33	97-27	102-27	87-23	80-21	67-18	64-16	58-15	53-15
<u>Yonkovich, Taciaa (NC)</u>	Time of Day	0:07:32	0:08:49	0:10:26	0:11:43	0:13:19	0:14:38	0:16:15	0:17:39								
267	Time Cum	01:32	02:49	04:26	05:43	07:19	08:38	10:15	11:39								
Age 36	Time Delta	01:32	01:17	01:36	01:17	01:35	01:19	01:36	01:24								
Group F30-39	Pace Cum	13:26	13:36	13:45	13:44	13:47	13:49	13:52	13:59								
Overall-Group	Pace Delta	13:26	13:48	14:01	13:43	13:56	14:00	14:09	14:55								
	Position	198-12	197-12	191-12	180-12	163-12	151-9	139-8	132-8								
<u>Zwarkowski, Cheryl (CA)</u>	Time of Day	0:07:10	0:08:10	0:09:28	0:10:32	0:11:55	0:13:03	0:14:35	0:15:47	0:17:24	0:18:40	0:20:30	0:21:49	0:23:33	1:01:05	1:03:00	1:04:35:39
268	Time Cum	01:10	02:10	03:28	04:32	05:55	07:03	08:35	09:47	11:24	12:40	14:30	15:49	17:33	19:05	21:00	22:35:39
Age 50	Time Delta	01:10	01:00	01:17	01:04	01:22	01:08	01:31	01:12	01:36	01:16	01:49	01:19	01:43	01:32	01:54	01:35:39
Group F50-59	Pace Cum	10:13	10:27	10:45	10:54	11:09	11:18	11:37	11:45	12:02	12:10	12:33	12:39	12:52	13:05	13:21	13:33
Overall-Group	Pace Delta	10:13	10:44	11:17	11:24	12:03	12:08	13:21	12:46	14:09	13:33	15:59	14:02	15:08	16:21	16:44	16:56
	Position	37-1	41-1	53-1	49-1	48-2	47-2	49-2	45-2	35-2	34-2	32-2	30-2	25-1	25-1	23-1	23-1