

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

## Runner Splits

Checkpoint Name	AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS	
Checkpoint 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	
Checkpoint Delta	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	
<b>ALL</b>	Time of Day	07:21	08:30	09:55	11:10	12:43	14:05	15:46	17:13	18:28	19:55	21:43	23:17	24:56	26:33	28:29	30:07:28
	Time Cum	01:21	02:30	03:55	05:10	06:43	08:05	09:46	11:13	12:28	13:55	15:43	17:17	18:56	20:33	22:29	24:07:28
AVG Males&Females	Time Delta	01:21	01:09	01:23	01:14	01:33	01:21	01:41	01:27	01:46	01:28	01:52	01:35	01:57	01:37	02:00	01:37:46
Age 47	Pace Cum	11:51	12:05	12:10	12:26	12:40	12:58	13:14	13:28	13:10	13:22	13:36	13:50	13:53	14:06	14:18	14:29
Group ALL	Pace Delta	11:51	12:23	12:16	13:21	13:41	14:31	14:54	15:31	15:36	15:45	16:31	16:57	17:12	17:23	17:44	17:18
Overall-Group	Position	120	124	123	124	122	123	119	121	87	87	73	75	66	67	65	66
<b>ALL</b>	Time of Day	06:48	07:28	08:15	08:55	09:43	10:28	11:24	12:16	13:42	14:56	16:14	17:11	17:55	18:53	20:03	21:05:10
	Time Cum	00:48	01:28	02:15	02:55	03:43	04:28	05:24	06:16	07:42	08:56	10:14	11:11	11:55	12:53	14:03	15:05:10
MIN Males&Females	Time Delta	00:48	00:40	00:46	00:40	00:47	00:44	00:53	00:47	01:03	00:43	00:59	00:56	01:03	00:55	01:09	00:58:34
Age 22	Pace Cum	07:00	07:05	06:59	07:00	07:00	07:09	07:18	07:31	08:08	08:35	08:51	08:57	08:44	08:51	08:56	09:03
Group ALL	Pace Delta	07:00	07:12	06:46	07:07	06:59	07:53	07:49	08:25	09:17	07:37	08:42	09:55	09:13	09:51	10:07	10:22
Overall-Group	Position	1	1	1	1	1	1	1	1	1	1	2	1	1	1	1	1
<b>ALL</b>	Time of Day	07:56	09:37	11:41	13:35	17:20	19:31	23:49	26:57	22:06	24:17	26:50	29:04	31:18	32:52	34:06	35:54:41
	Time Cum	01:56	03:37	05:41	07:35	11:20	13:31	17:49	20:57	16:06	18:17	20:50	23:04	25:18	26:52	28:06	29:54:41
MAX Males&Females	Time Delta	01:56	01:43	02:08	02:25	04:49	02:35	04:17	03:17	03:24	02:21	03:00	02:58	03:14	02:15	03:25	02:48:22
Age 80	Pace Cum	16:56	17:25	17:37	18:13	21:21	21:38	24:06	25:09	17:00	17:34	18:01	18:28	18:33	18:26	17:52	17:57
Group ALL	Pace Delta	16:56	18:21	18:42	25:40	42:13	27:36	37:37	34:58	29:49	24:58	26:22	31:35	28:21	24:02	30:04	29:48
Overall-Group	Position	245	248	248	248	245	246	239	241	174	173	146	147	132	134	130	132
<b>ALL</b>	Time of Day	07:19	08:28	09:51	11:05	12:35	13:56	15:38	17:05	18:17	19:44	21:33	23:05	24:36	26:13	28:08	29:45:50
	Time Cum	01:19	02:28	03:51	05:05	06:35	07:56	09:38	11:05	12:17	13:44	15:33	17:05	18:36	20:13	22:08	23:45:50
AVG Males	Time Delta	01:19	01:08	01:22	01:13	01:30	01:20	01:40	01:26	01:45	01:27	01:51	01:34	01:55	01:36	01:59	01:37:03
Age 48	Pace Cum	11:40	11:55	11:59	12:14	12:26	12:44	13:02	13:19	12:59	13:12	13:27	13:41	13:39	13:52	14:05	14:16
Group ALL	Pace Delta	11:40	12:12	12:05	13:06	13:19	14:19	14:42	15:26	15:26	15:32	16:17	16:45	16:59	17:10	17:34	17:11
Overall-Group	Position	113	116	115	117	114	116	114	117	82	83	70	71	62	62	61	61
<b>ALL</b>	Time of Day	06:48	07:28	08:15	08:55	09:43	10:28	11:24	12:16	13:42	14:56	16:14	17:11	17:55	18:53	20:03	21:05:10
	Time Cum	00:48	01:28	02:15	02:55	03:43	04:28	05:24	06:16	07:42	08:56	10:14	11:11	11:55	12:53	14:03	15:05:10
MIN Males	Time Delta	00:48	00:40	00:46	00:40	00:47	00:44	00:53	00:47	01:03	00:43	00:59	00:57	01:03	00:58	01:09	00:59:07
Age 25	Pace Cum	07:00	07:05	06:59	07:00	07:00	07:09	07:18	07:31	08:08	08:35	08:51	08:57	08:44	08:51	08:56	09:03
Group ALL	Pace Delta	07:00	07:12	06:46	07:07	06:59	07:53	07:49	08:25	09:17	07:37	08:42	10:12	09:13	10:19	10:07	10:28
Overall-Group	Position	1	1	1	1	1	1	1	1	1	1	1	2	1	1	1	1
<b>ALL</b>	Time of Day	07:56	09:37	11:41	13:35	16:08	18:43	22:21	25:38	21:27	23:20	26:06	29:04	29:47	31:50	34:06	35:54:41
	Time Cum	01:56	03:37	05:41	07:35	10:08	12:43	16:21	19:38	15:27	17:20	20:06	23:04	23:47	25:50	28:06	29:54:41
MAX Males	Time Delta	01:56	01:43	02:08	02:00	02:37	02:35	03:37	03:17	03:24	02:07	02:45	02:58	02:58	02:15	03:13	02:48:22
Age 80	Pace Cum	16:56	17:25	17:37	18:13	19:05	20:22	22:07	23:34	16:18	16:39	17:23	18:28	17:26	17:43	17:52	17:57
Group ALL	Pace Delta	16:56	18:21	18:42	21:22	22:57	27:36	31:41	34:58	29:49	22:32	24:13	31:35	25:59	24:02	28:17	29:48
Overall-Group	Position	245	248	248	248	243	245	238	240	171	169	145	146	130	132	130	132
<b>ALL</b>	Time of Day	07:24	08:36	10:04	11:23	13:04	14:29	16:09	17:35	18:56	20:23	22:07	23:45	25:42	27:23	29:18	30:57:55
	Time Cum	01:24	02:36	04:04	05:23	07:04	08:29	10:09	11:35	12:56	14:23	16:07	17:45	19:42	21:23	23:18	24:57:55
AVG Females	Time Delta	01:24	01:12	01:27	01:18	01:40	01:24	01:45	01:28	01:49	01:31	01:56	01:38	02:01	01:40	02:03	01:39:25
Age 46	Pace Cum	12:18	12:34	12:39	12:58	13:20	13:36	13:44	13:55	13:40	13:50	13:57	14:13	14:27	14:40	14:49	14:59
Group ALL	Pace Delta	12:18	12:53	12:48	14:01	14:42	15:04	15:27	15:46	16:01	16:20	17:05	17:26	17:45	17:53	18:07	17:36
Overall-Group	Position	140	145	144	146	143	143	134	133	101	98	81	83	77	78	75	76

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## Runner Splits

Checkpoint Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS	
Checkpoint 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	
Checkpoint 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>ALL</u>	Time of Day	07:00	07:49	08:48	09:38	10:37	11:28	12:28	13:22	14:27	15:21	16:24	17:22	18:34	19:39	20:57	22:02:27	
	Time Cum	01:00	01:49	02:48	03:38	04:37	05:28	06:28	07:22	08:27	09:21	10:24	11:22	12:34	13:39	14:57	16:02:27	
MIN	Females	Time Delta	01:00	00:49	00:58	00:50	00:58	00:51	00:59	00:54	01:04	00:54	01:02	00:56	01:07	00:55	01:10	00:58:34
Age	22	Pace Cum	08:46	08:45	08:41	08:45	08:42	08:46	08:45	08:51	08:55	08:59	09:00	09:06	09:13	09:22	09:30	09:37
Group	ALL	Pace Delta	08:46	08:45	08:33	08:59	08:30	09:08	08:40	09:37	09:26	09:35	09:11	09:55	09:55	09:51	10:16	10:22
Overall-Group	Position	8	8	8	7	6	6	6	5	4	3	2	3	3	3	3	3	3
<u>ALL</u>	Time of Day	07:56	09:34	11:20	13:01	17:20	19:31	23:49	26:57	22:06	24:17	26:50	29:04	31:18	32:52	33:53	35:49:01	
	Time Cum	01:56	03:34	05:20	07:01	11:20	13:31	17:49	20:57	16:06	18:17	20:50	23:04	25:18	26:52	27:53	29:49:01	
MAX	Females	Time Delta	01:56	01:38	01:58	02:25	04:49	02:11	04:17	03:08	02:35	02:21	03:00	02:40	03:14	02:10	03:25	02:11:54
Age	74	Pace Cum	16:56	17:08	16:32	16:52	21:21	21:38	24:06	25:09	17:00	17:34	18:01	18:28	18:33	18:26	17:44	17:53
Group	ALL	Pace Delta	16:56	17:23	17:21	25:40	42:13	23:15	37:37	33:24	22:38	24:58	26:22	28:23	28:21	23:02	30:04	23:21
Overall-Group	Position	245	245	243	244	245	246	239	241	174	173	146	147	132	134	129	131	
<u>FINS</u>	Time of Day	07:17	08:23	09:43	10:53	12:19	13:34	15:07	16:27	18:08	19:33	21:26	22:58	24:52	26:29	28:29	30:07:28	
	Time Cum	01:17	02:23	03:43	04:53	06:19	07:34	09:07	10:27	12:08	13:33	15:26	16:58	18:52	20:29	22:29	24:07:28	
AVG	Males&Females	Time Delta	01:17	01:06	01:19	01:10	01:24	01:15	01:32	01:19	01:41	01:24	01:49	01:31	01:57	01:37	02:00	01:37:46
Age	47	Pace Cum	11:19	11:33	11:34	11:47	11:55	12:08	12:21	12:34	12:49	13:01	13:22	13:35	13:50	14:03	14:18	14:29
Group	ALL	Pace Delta	11:19	11:50	11:37	12:29	12:26	13:22	13:30	14:10	14:51	15:02	16:04	16:18	17:10	17:21	17:44	17:18
Overall-Group	Position	100	104	102	102	98	97	94	95	78	78	69	70	66	66	65	66	
<u>FINS</u>	Time of Day	06:48	07:28	08:15	08:55	09:43	10:28	11:24	12:16	13:42	14:56	16:14	17:11	17:55	18:53	20:03	21:05:10	
	Time Cum	00:48	01:28	02:15	02:55	03:43	04:28	05:24	06:16	07:42	08:56	10:14	11:11	11:55	12:53	14:03	15:05:10	
MIN	Males&Females	Time Delta	00:48	00:40	00:46	00:40	00:47	00:45	00:55	00:52	01:03	00:43	00:59	00:56	01:03	00:55	01:09	00:58:34
Age	29	Pace Cum	07:00	07:05	06:59	07:00	07:00	07:09	07:18	07:31	08:08	08:35	08:51	08:57	08:44	08:51	08:56	09:03
Group	ALL	Pace Delta	07:00	07:12	06:46	07:07	06:59	07:59	08:09	09:15	09:17	07:37	08:42	09:55	09:13	09:51	10:07	10:22
Overall-Group	Position	1	1	1	1	1	1	1	1	1	1	1	2	1	1	1	1	
<u>FINS</u>	Time of Day	07:45	09:16	11:01	12:35	14:25	15:53	17:47	19:25	21:24	23:17	25:50	27:41	29:48	31:58	34:06	35:54:41	
	Time Cum	01:45	03:16	05:01	06:35	08:25	09:53	11:47	13:25	15:24	17:17	19:50	21:41	23:48	25:58	28:06	29:54:41	
MAX	Males&Females	Time Delta	01:45	01:34	01:45	01:34	01:49	01:57	02:08	01:48	02:35	02:03	03:00	02:08	03:14	02:15	03:25	02:48:22
Age	74	Pace Cum	15:20	15:43	15:33	15:49	15:51	15:49	15:56	16:06	16:15	16:36	17:10	17:21	17:27	17:48	17:52	17:57
Group	ALL	Pace Delta	15:20	16:42	15:21	16:42	16:01	20:43	18:42	19:13	22:46	21:55	26:22	22:42	28:21	24:02	30:04	29:48
Overall-Group	Position	239	240	237	238	231	225	213	215	167	167	143	144	131	133	130	132	
<u>FINS</u>	Time of Day	07:16	08:21	09:39	10:48	12:13	13:27	14:59	16:18	17:58	19:21	21:14	22:44	24:34	26:11	28:08	29:45:50	
	Time Cum	01:16	02:21	03:39	04:48	06:13	07:27	08:59	10:18	11:58	13:21	15:14	16:44	18:34	20:11	22:08	23:45:50	
AVG	Males	Time Delta	01:16	01:05	01:17	01:08	01:23	01:14	01:30	01:18	01:40	01:23	01:47	01:30	01:55	01:36	01:59	01:37:03
Age	47	Pace Cum	11:08	11:21	11:22	11:34	11:43	11:56	12:10	12:23	12:38	12:50	13:11	13:24	13:37	13:51	14:05	14:16
Group	ALL	Pace Delta	11:08	11:36	11:23	12:14	12:17	13:12	13:21	14:03	14:44	14:47	15:46	16:02	16:56	17:07	17:34	17:11
Overall-Group	Position	92	95	93	94	91	90	87	88	73	73	64	65	61	62	61	61	
<u>FINS</u>	Time of Day	06:48	07:28	08:15	08:55	09:43	10:28	11:24	12:16	13:42	14:56	16:14	17:11	17:55	18:53	20:03	21:05:10	
	Time Cum	00:48	01:28	02:15	02:55	03:43	04:28	05:24	06:16	07:42	08:56	10:14	11:11	11:55	12:53	14:03	15:05:10	
MIN	Males	Time Delta	00:48	00:40	00:46	00:40	00:47	00:45	00:55	00:52	01:03	00:43	00:59	00:57	01:03	00:58	01:09	00:59:07
Age	29	Pace Cum	07:00	07:05	06:59	07:00	07:00	07:09	07:18	07:31	08:08	08:35	08:51	08:57	08:44	08:51	08:56	09:03
Group	ALL	Pace Delta	07:00	07:12	06:46	07:07	06:59	07:59	08:09	09:15	09:17	07:37	08:42	10:12	09:13	10:19	10:07	10:28
Overall-Group	Position	1	1	1	1	1	1	1	1	1	1	2	1	1	1	1	1	

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

## Runner Splits

Checkpoint Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS	
Checkpoint 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	
Checkpoint Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	
<b>FINS</b>		Time of Day	07:45	09:16	11:01	12:35	14:23	15:53	17:47	19:25	21:24	23:16	25:26	27:16	29:47	31:50	34:06	35:54:41
		Time Cum	01:45	03:16	05:01	06:35	08:23	09:53	11:47	13:25	15:24	17:16	19:26	21:16	23:47	25:50	28:06	29:54:41
MAX	Males	Time Delta	01:45	01:33	01:45	01:34	01:48	01:57	02:08	01:47	02:35	02:03	02:34	02:08	02:58	02:15	03:13	02:48:22
Age	68	Pace Cum	15:20	15:43	15:33	15:49	15:48	15:49	15:56	16:06	16:15	16:35	16:49	17:01	17:26	17:43	17:52	17:57
Group	ALL	Pace Delta	15:20	16:32	15:21	16:42	15:47	20:43	18:42	18:59	22:46	21:55	22:32	22:42	25:59	24:02	28:17	29:48
Overall-Group		Position	239	240	237	238	229	225	213	215	167	164	140	141	130	132	130	132
<b>FINS</b>		Time of Day	07:20	08:29	09:53	11:06	12:34	13:52	15:28	16:48	18:33	20:01	21:56	23:31	25:33	27:14	29:18	30:57:55
		Time Cum	01:20	02:29	03:53	05:06	06:34	07:52	09:28	10:48	12:33	14:01	15:56	17:31	19:33	21:14	23:18	24:57:55
AVG	Females	Time Delta	01:20	01:09	01:22	01:13	01:27	01:17	01:34	01:20	01:43	01:27	01:54	01:35	02:00	01:40	02:03	01:39:25
Age	46	Pace Cum	11:44	12:01	12:04	12:18	12:24	12:36	12:48	12:59	13:15	13:28	13:48	14:02	14:20	14:34	14:49	14:59
Group	ALL	Pace Delta	11:44	12:22	12:09	13:05	12:47	13:46	13:53	14:25	15:10	15:37	16:48	16:55	17:43	17:55	18:07	17:36
Overall-Group		Position	119	124	122	122	116	115	110	110	91	91	79	80	76	77	75	76
<b>FINS</b>		Time of Day	07:00	07:49	08:48	09:38	10:37	11:28	12:28	13:22	14:27	15:21	16:24	17:22	18:34	19:39	20:57	22:02:27
		Time Cum	01:00	01:49	02:48	03:38	04:37	05:28	06:28	07:22	08:27	09:21	10:24	11:22	12:34	13:39	14:57	16:02:27
MIN	Females	Time Delta	01:00	00:49	00:58	00:50	00:58	00:51	00:59	00:54	01:04	00:54	01:02	00:56	01:07	00:55	01:10	00:58:34
Age	35	Pace Cum	08:46	08:45	08:41	08:45	08:42	08:46	08:45	08:51	08:55	08:59	09:00	09:06	09:13	09:22	09:30	09:37
Group	ALL	Pace Delta	08:46	08:45	08:33	08:59	08:30	09:08	08:40	09:37	09:26	09:35	09:11	09:55	09:55	09:51	10:16	10:22
Overall-Group		Position	8	8	8	7	6	6	6	5	4	3	2	3	3	3	3	3
<b>FINS</b>		Time of Day	07:42	09:16	11:01	12:35	14:25	15:52	17:47	19:19	21:24	23:17	25:50	27:41	29:48	31:58	33:53	35:49:01
		Time Cum	01:42	03:16	05:01	06:35	08:25	09:52	11:47	13:19	15:24	17:17	19:50	21:41	23:48	25:58	27:53	29:49:01
MAX	Females	Time Delta	01:42	01:34	01:44	01:34	01:49	01:40	02:05	01:48	02:18	01:57	03:00	02:01	03:14	02:10	03:25	02:11:54
Age	74	Pace Cum	14:53	15:43	15:33	15:49	15:51	15:49	15:56	16:00	16:15	16:36	17:10	17:21	17:27	17:48	17:44	17:53
Group	ALL	Pace Delta	14:53	16:42	15:16	16:42	16:01	17:49	18:18	19:13	20:12	20:48	26:22	21:32	28:21	23:02	30:04	23:21
Overall-Group		Position	229	240	237	237	231	223	213	211	167	167	143	144	131	133	129	131
<b>nonFINS</b>		Time of Day	07:25	08:38	10:08	11:28	13:11	14:42	16:33	18:08	19:28	21:06	23:54	25:58	29:27	31:17		
		Time Cum	01:25	02:38	04:08	05:28	07:11	08:42	10:33	12:08	13:28	15:06	17:54	19:58	23:27	25:17		
AVG	Males&Females	Time Delta	01:25	01:13	01:28	01:20	01:43	01:29	01:53	01:36	02:01	01:41	02:17	02:07	02:19	01:50		
Age	48	Pace Cum	12:27	12:43	12:50	13:10	13:33	13:56	14:17	14:35	14:13	14:30	15:30	15:59	17:12	17:21		
Group	ALL	Pace Delta	12:27	13:02	13:02	14:20	15:09	15:52	16:35	17:11	17:50	18:04	20:05	22:33	20:25	19:34		
Overall-Group		Position	144	148	147	150	150	153	150	153	114	114	112	116	120	123		
<b>nonFINS</b>		Time of Day	06:51	07:34	08:25	09:08	10:00	10:44	11:38	12:25	16:18	17:25	20:15	21:59	27:37	29:43		
		Time Cum	00:51	01:34	02:25	03:08	04:00	04:44	05:38	06:25	10:18	11:25	14:15	15:59	21:37	23:43		
MIN	Males&Females	Time Delta	00:51	00:43	00:50	00:43	00:51	00:44	00:53	00:47	01:15	01:07	01:46	01:44	02:13	01:34		
Age	22	Pace Cum	07:27	07:35	07:30	07:33	07:32	07:35	07:37	07:43	10:52	10:58	12:20	12:48	15:51	16:16		
Group	ALL	Pace Delta	07:27	07:46	07:19	07:47	07:27	07:53	07:49	08:25	11:02	11:55	15:34	18:29	19:25	16:42		
Overall-Group		Position	2	2	2	2	2	2	2	2	17	18	41	46	107	112		
<b>nonFINS</b>		Time of Day	07:56	09:37	11:41	13:35	17:20	19:31	23:49	26:57	22:06	24:17	26:50	29:04	31:18	32:52		
		Time Cum	01:56	03:37	05:41	07:35	11:20	13:31	17:49	20:57	16:06	18:17	20:50	23:04	25:18	26:52		
MAX	Males&Females	Time Delta	01:56	01:43	02:08	02:25	04:49	02:35	04:17	03:17	03:24	02:21	02:45	02:58	02:26	02:06		
Age	80	Pace Cum	16:56	17:25	17:37	18:13	21:21	21:38	24:06	25:09	17:00	17:34	18:01	18:28	18:33	18:26		
Group	ALL	Pace Delta	16:56	18:21	18:42	25:40	42:13	27:36	37:37	34:58	29:49	24:58	24:13	31:35	21:24	22:26		
Overall-Group		Position	245	248	248	248	245	246	239	241	174	173	146	147	132	134		

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

## Runner Splits

Checkpoint Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Checkpoint 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
Checkpoint Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<b>nonFINS</b>		Time of Day	07:23	08:35	10:04	11:22	13:00	14:29	16:21	17:56	19:10	20:49	23:46	25:46	27:37	29:43	
		Time Cum	01:23	02:35	04:04	05:22	07:00	08:29	10:21	11:56	13:10	14:49	17:46	19:46	21:37	23:43	
AVG	Males	Time Delta	01:23	01:12	01:27	01:18	01:38	01:27	01:50	01:35	01:58	01:38	02:15	02:04	02:26	02:06	
Age 48		Pace Cum	12:15	12:31	12:38	12:56	13:12	13:36	14:01	14:21	13:54	14:14	15:22	15:49	15:51	16:16	
Group ALL		Pace Delta	12:15	12:50	12:49	14:00	14:27	15:33	16:11	16:57	17:20	17:36	19:54	22:10	21:24	22:26	
Overall-Group		Position	135	139	139	141	140	144	144	148	107	109	112	115	107	112	
<b>nonFINS</b>		Time of Day	06:51	07:34	08:25	09:08	10:00	10:44	11:38	12:25	16:18	17:25	20:15	21:59	27:37	29:43	
		Time Cum	00:51	01:34	02:25	03:08	04:00	04:44	05:38	06:25	10:18	11:25	14:15	15:59	21:37	23:43	
MIN	Males	Time Delta	00:51	00:43	00:50	00:43	00:51	00:44	00:53	00:47	01:15	01:07	01:46	01:44	02:26	02:06	
Age 25		Pace Cum	07:27	07:35	07:30	07:33	07:32	07:35	07:37	07:43	10:52	10:58	12:20	12:48	15:51	16:16	
Group ALL		Pace Delta	07:27	07:46	07:19	07:47	07:27	07:53	07:49	08:25	11:02	11:55	15:34	18:29	21:24	22:26	
Overall-Group		Position	2	2	2	2	2	2	2	2	17	18	41	46	107	112	
<b>nonFINS</b>		Time of Day	07:56	09:37	11:41	13:35	16:08	18:43	22:21	25:38	21:27	23:20	26:06	29:04	27:37	29:43	
		Time Cum	01:56	03:37	05:41	07:35	10:08	12:43	16:21	19:38	15:27	17:20	20:06	23:04	21:37	23:43	
MAX	Males	Time Delta	01:56	01:43	02:08	02:00	02:37	02:35	03:37	03:17	03:24	02:07	02:45	02:58	02:26	02:06	
Age 80		Pace Cum	16:56	17:25	17:37	18:13	19:05	20:22	22:07	23:34	16:18	16:39	17:23	18:28	15:51	16:16	
Group ALL		Pace Delta	16:56	18:21	18:42	21:22	22:57	27:36	31:41	34:58	29:49	22:32	24:13	31:35	21:24	22:26	
Overall-Group		Position	245	248	248	248	243	245	238	240	171	169	145	146	107	112	
<b>nonFINS</b>		Time of Day	07:29	08:46	10:20	11:46	13:45	15:20	17:13	18:51	20:37	22:29	24:30	26:46	31:18	32:52	
		Time Cum	01:29	02:46	04:20	05:46	07:45	09:20	11:13	12:51	14:37	16:29	18:30	20:46	25:18	26:52	
AVG	Females	Time Delta	01:29	01:16	01:33	01:26	01:57	01:34	02:01	01:40	02:14	01:54	02:21	02:15	02:13	01:34	
Age 46		Pace Cum	13:05	13:19	13:27	13:53	14:37	14:57	15:12	15:26	15:26	15:50	16:01	16:37	18:33	18:26	
Group ALL		Pace Delta	13:05	13:37	13:43	15:21	17:17	16:49	17:52	17:57	19:43	20:19	20:49	24:06	19:25	16:42	
Overall-Group		Position	169	173	174	178	180	181	172	172	142	140	114	119	132	134	
<b>nonFINS</b>		Time of Day	07:05	07:58	09:01	09:54	10:58	12:08	13:27	14:35	17:40	18:53	20:51	22:44	31:18	32:52	
		Time Cum	01:05	01:58	03:01	03:54	04:58	06:08	07:27	08:35	11:40	12:53	14:51	16:44	25:18	26:52	
MIN	Females	Time Delta	01:05	00:53	01:03	00:53	01:03	01:00	01:11	01:05	01:45	01:13	01:57	01:53	02:13	01:34	
Age 22		Pace Cum	09:29	09:26	09:21	09:24	09:21	09:50	10:05	10:18	12:19	12:22	12:51	13:23	18:33	18:26	
Group ALL		Pace Delta	09:29	09:23	09:12	09:32	09:13	10:45	10:24	11:31	15:22	12:58	17:11	20:03	19:25	16:42	
Overall-Group		Position	19	19	17	15	15	17	18	16	57	54	52	64	132	134	
<b>nonFINS</b>		Time of Day	07:56	09:34	11:20	13:01	17:20	19:31	23:49	26:57	22:06	24:17	26:50	29:04	31:18	32:52	
		Time Cum	01:56	03:34	05:20	07:01	11:20	13:31	17:49	20:57	16:06	18:17	20:50	23:04	25:18	26:52	
MAX	Females	Time Delta	01:56	01:38	01:58	02:25	04:49	02:11	04:17	03:08	02:35	02:21	02:36	02:40	02:13	01:34	
Age 65		Pace Cum	16:56	17:08	16:32	16:52	21:21	21:38	24:06	25:09	17:00	17:34	18:01	18:28	18:33	18:26	
Group ALL		Pace Delta	16:56	17:23	17:21	25:40	42:13	23:15	37:37	33:24	22:38	24:58	22:55	28:23	19:25	16:42	
Overall-Group		Position	245	245	243	244	245	246	239	241	174	173	146	147	132	134	
<b>nonFINS</b>		Time of Day	07:32	08:46	10:20	11:43	13:34	15:10	17:14	18:53							
		Time Cum	01:32	02:46	04:20	05:43	07:34	09:10	11:14	12:53							
AVG	Females	Time Delta	01:32	01:14	01:33	01:23	01:49	01:36	02:03	01:39							
Age 26		Pace Cum	13:28	13:21	13:28	13:46	14:15	14:41	15:12	15:29							
Group F20-29		Pace Delta	13:28	13:12	13:40	14:47	16:03	17:05	18:04	17:37							
Overall-Group		Position	172	167	167	168	171	172	171	172							

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

## Runner Splits

Checkpoint Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS	
Checkpoint 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	
Checkpoint 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>nonFINS</u>		Time of Day	07:05	07:58	09:01	09:54	10:58	12:08	13:27	14:35								
		Time Cum	01:05	01:58	03:01	03:54	04:58	06:08	07:27	08:35								
MIN	Females	Time Delta	01:05	00:53	01:03	00:53	01:03	01:10	01:18	01:08								
Age	22	Pace Cum	09:29	09:26	09:21	09:24	09:21	09:50	10:05	10:18								
Group	F20-29	Pace Delta	09:29	09:23	09:12	09:32	09:13	12:32	11:25	12:05								
Overall-Group		Position	19	19	17	15	15	17	18	16								
<u>nonFINS</u>		Time of Day	07:50	09:20	11:19	13:00	15:08	17:05	19:13	21:02								
		Time Cum	01:50	03:20	05:19	07:00	09:08	11:05	13:13	15:02								
MAX	Females	Time Delta	01:50	01:30	01:58	01:41	02:18	01:57	02:50	02:01								
Age	29	Pace Cum	16:04	16:01	16:29	16:48	17:12	17:44	17:53	18:03								
Group	F20-29	Pace Delta	16:04	15:58	17:21	17:53	20:13	20:45	24:55	21:28								
Overall-Group		Position	242	243	242	242	239	240	232	232								
<u>FINS</u>		Time of Day	07:14	08:18	09:33	10:40	11:57	13:06	14:29	15:41	17:12	18:27	20:03	21:25	23:05	24:35	26:28	28:00:00
		Time Cum	01:14	02:18	03:33	04:40	05:57	07:06	08:29	09:41	11:12	12:27	14:03	15:25	17:05	18:35	20:28	22:00:00
AVG	Females	Time Delta	01:14	01:03	01:14	01:06	01:16	01:08	01:22	01:11	01:30	01:15	01:34	01:22	01:39	01:29	01:51	01:32:00
Age	37	Pace Cum	10:55	11:06	11:01	11:14	11:14	11:22	11:29	11:38	11:50	11:58	12:09	12:21	12:32	12:45	13:01	13:12
Group	F30-39	Pace Delta	10:55	11:19	10:53	11:57	11:13	12:11	12:08	12:44	13:16	13:23	13:53	14:38	14:34	15:57	16:22	16:17
Overall-Group		Position	85	86	81	83	76	72	68	68	56	54	45	46	43	44	44	44
<u>FINS</u>		Time of Day	07:00	07:49	08:48	09:38	10:37	11:28	12:28	13:22	14:27	15:21	16:24	17:22	18:34	19:39	20:57	22:02:27
		Time Cum	01:00	01:49	02:48	03:38	04:37	05:28	06:28	07:22	08:27	09:21	10:24	11:22	12:34	13:39	14:57	16:02:27
MIN	Females	Time Delta	01:00	00:49	00:58	00:50	00:58	00:51	00:59	00:54	01:04	00:54	01:02	00:58	01:11	01:05	01:17	01:05:27
Age	35	Pace Cum	08:46	08:45	08:41	08:45	08:42	08:46	08:45	08:51	08:55	08:59	09:00	09:06	09:13	09:22	09:30	09:37
Group	F30-39	Pace Delta	08:46	08:45	08:33	08:59	08:30	09:08	08:40	09:37	09:27	09:35	09:11	10:19	10:28	11:34	11:20	11:35
Overall-Group		Position	8	8	8	7	6	6	6	5	4	3	2	3	3	3	3	3
<u>FINS</u>		Time of Day	07:31	08:49	10:20	11:46	13:20	14:41	16:23	17:47	19:34	21:07	23:16	25:03	27:19	29:24	32:02	33:46:48
		Time Cum	01:31	02:49	04:20	05:46	07:20	08:41	10:23	11:47	13:34	15:07	17:16	19:03	21:19	23:24	26:02	27:46:48
MAX	Females	Time Delta	01:31	01:18	01:30	01:26	01:33	01:21	01:41	01:24	01:48	01:33	02:08	01:47	02:15	02:05	02:37	01:50:30
Age	39	Pace Cum	13:17	13:35	13:26	13:52	13:49	13:54	14:03	14:09	14:19	14:31	14:56	15:15	15:38	16:03	16:33	16:40
Group	F30-39	Pace Delta	13:17	13:57	13:10	15:21	13:37	14:23	14:51	15:01	15:48	16:30	18:48	19:05	19:44	22:09	23:03	19:33
Overall-Group		Position	197	201	190	193	180	169	158	157	121	121	102	104	100	105	109	106
<u>nonFINS</u>		Time of Day	07:31	08:49	10:21	11:44	13:30	15:03	16:57	18:35	17:40	18:53	20:51	22:44				
		Time Cum	01:31	02:49	04:21	05:44	07:30	09:03	10:57	12:35	11:40	12:53	14:51	16:44				
AVG	Females	Time Delta	01:31	01:18	01:31	01:22	01:44	01:33	01:53	01:37	01:45	01:13	01:57	01:53				
Age	35	Pace Cum	13:22	13:37	13:32	13:48	14:08	14:29	14:50	15:07	12:19	12:22	12:51	13:23				
Group	F30-39	Pace Delta	13:22	13:54	13:23	14:42	15:21	16:31	16:41	17:22	15:22	12:58	17:11	20:03				
Overall-Group		Position	163	165	163	162	160	156	150	150	57	54	52	64				
<u>nonFINS</u>		Time of Day	07:10	08:14	09:31	10:38	11:59	13:10	14:39	15:54	17:40	18:53	20:51	22:44				
		Time Cum	01:10	02:14	03:31	04:38	05:59	07:10	08:39	09:54	11:40	12:53	14:51	16:44				
MIN	Females	Time Delta	01:10	01:04	01:16	01:07	01:20	01:11	01:28	01:15	01:45	01:13	01:57	01:53				
Age	30	Pace Cum	10:13	10:45	10:54	11:09	11:16	11:29	11:42	11:54	12:19	12:22	12:51	13:23				
Group	F30-39	Pace Delta	10:13	11:23	11:12	12:00	11:42	12:36	12:53	13:22	15:22	12:58	17:11	20:03				
Overall-Group		Position	32	58	65	66	58	55	51	54	57	54	52	64				

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

## Runner Splits

Checkpoint Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS	
Checkpoint 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	
Checkpoint 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>nonFINS</u>		Time of Day	07:56	09:34	11:20	13:07	15:12	17:17	19:45	21:58	17:40	18:53	20:51	22:44				
		Time Cum	01:56	03:34	05:20	07:01	09:12	11:17	13:45	15:58	11:40	12:53	14:51	16:44				
MAX	Females	Time Delta	01:56	01:38	01:48	01:41	02:10	02:05	02:27	02:13	01:45	01:13	01:57	01:53				
Age	39	Pace Cum	16:56	17:08	16:32	16:52	17:20	18:03	18:36	19:10	12:19	12:22	12:51	13:23				
Group	F30-39	Pace Delta	16:56	17:23	15:48	17:59	19:02	22:08	21:36	23:38	15:22	12:58	17:11	20:03				
Overall-Group		Position	245	245	243	244	240	241	235	237	57	54	52	64				
<u>FINS</u>		Time of Day	07:20	08:29	09:53	11:06	12:34	13:51	15:27	16:47	18:31	19:57	21:54	23:27	25:29	27:08	29:13	30:51:49
		Time Cum	01:20	02:29	03:53	05:06	06:34	07:51	09:27	10:47	12:31	13:57	15:54	17:27	19:29	21:08	23:13	24:51:49
AVG	Females	Time Delta	01:20	01:09	01:23	01:12	01:27	01:17	01:34	01:20	01:42	01:26	01:55	01:33	02:00	01:39	02:04	01:38:10
Age	45	Pace Cum	11:42	11:59	12:03	12:16	12:22	12:35	12:47	12:57	13:13	13:25	13:45	13:58	14:17	14:30	14:46	14:55
Group	F40-49	Pace Delta	11:42	12:20	12:11	13:01	12:46	13:46	13:52	14:15	15:05	15:26	16:53	16:38	17:42	17:39	18:16	17:23
Overall-Group		Position	114	120	120	120	114	112	108	107	90	89	78	79	75	75	75	75
<u>FINS</u>		Time of Day	07:02	07:54	08:56	09:47	10:50	11:47	12:51	13:49	14:54	15:51	16:56	17:53	19:01	19:56	21:07	22:05:34
		Time Cum	01:02	01:54	02:56	03:47	04:50	05:47	06:51	07:49	08:54	09:51	10:56	11:53	13:01	13:56	15:07	16:05:34
MIN	Females	Time Delta	01:02	00:52	01:01	00:51	01:02	00:57	01:03	00:58	01:04	00:57	01:04	00:56	01:07	00:55	01:10	00:58:34
Age	40	Pace Cum	09:03	09:10	09:06	09:06	09:06	09:15	09:16	09:23	09:24	09:28	09:28	09:30	09:33	09:34	09:37	09:39
Group	F40-49	Pace Delta	09:03	09:18	08:58	09:08	09:07	10:06	09:20	10:20	09:26	10:09	09:26	09:55	09:55	09:51	10:16	10:22
Overall-Group		Position	11	14	11	12	10	8	7	8	6	6	4	4	4	4	4	4
<u>FINS</u>		Time of Day	07:42	09:16	11:01	12:35	14:25	15:52	17:47	19:19	21:24	23:16	25:26	27:04	29:06	30:54	33:05	34:59:07
		Time Cum	01:42	03:16	05:01	06:35	08:25	09:52	11:47	13:19	15:24	17:16	19:26	21:04	23:06	24:54	27:05	28:59:07
MAX	Females	Time Delta	01:42	01:34	01:44	01:34	01:49	01:33	01:54	01:38	02:08	01:52	03:00	01:57	02:36	02:06	03:25	02:11:54
Age	49	Pace Cum	14:53	15:43	15:33	15:49	15:51	15:49	15:56	16:00	16:15	16:35	16:49	16:52	16:56	17:04	17:13	17:23
Group	F40-49	Pace Delta	14:53	16:42	15:16	16:42	16:01	16:29	16:39	17:26	18:46	19:53	26:22	20:50	22:53	22:25	30:04	23:21
Overall-Group		Position	229	240	237	237	231	223	213	211	167	164	140	137	127	129	123	125
<u>nonFINS</u>		Time of Day	07:22	08:33	10:01	11:29	14:01	15:32	17:21	19:06	21:16							
		Time Cum	01:22	02:33	04:01	05:29	08:01	09:32	11:21	13:06	15:16							
AVG	Females	Time Delta	01:22	01:11	01:26	01:28	02:30	01:31	02:09	01:44	02:35							
Age	46	Pace Cum	12:02	12:19	12:29	13:12	15:07	15:17	15:22	15:44	16:07							
Group	F40-49	Pace Delta	12:02	12:39	12:46	15:41	22:06	16:15	18:54	18:36	22:38							
Overall-Group		Position	133	138	141	156	170	171	158	159	163							
<u>nonFINS</u>		Time of Day	07:10	08:08	09:13	10:11	11:22	12:22	13:34	14:39	21:16							
		Time Cum	01:10	02:08	03:13	04:11	05:22	06:22	07:34	08:39	15:16							
MIN	Females	Time Delta	01:10	00:58	01:04	00:58	01:10	01:00	01:11	01:05	02:35							
Age	43	Pace Cum	10:13	10:15	09:58	10:04	10:07	10:12	10:14	10:23	16:07							
Group	F40-49	Pace Delta	10:13	10:16	09:29	10:25	10:14	10:45	10:24	11:31	22:38							
Overall-Group		Position	32	25	24	23	21	20	19	18	163							
<u>nonFINS</u>		Time of Day	07:33	08:56	10:43	12:32	17:20	19:31	23:49	26:57	21:16							
		Time Cum	01:33	02:56	04:43	06:32	11:20	13:31	17:49	20:57	15:16							
MAX	Females	Time Delta	01:33	01:23	01:46	02:25	04:49	02:11	04:17	03:08	02:35							
Age	48	Pace Cum	13:35	14:06	14:38	15:41	21:21	21:38	24:06	25:09	16:07							
Group	F40-49	Pace Delta	13:35	14:44	15:35	25:40	42:13	23:15	37:37	33:24	22:38							
Overall-Group		Position	211	220	224	235	245	246	239	241	163							

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

## Runner Splits

Checkpoint Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS	
Checkpoint 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	
Checkpoint 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>FINS</u>	Time of Day	07:22	08:34	10:00	11:16	12:48	14:07	15:46	17:10	18:59	20:32	22:35	24:20	26:34	28:21	30:32	32:16:29	
	Time Cum	01:22	02:34	04:00	05:16	06:48	08:07	09:46	11:10	12:59	14:32	16:35	18:20	20:34	22:21	24:32	26:16:29	
AVG	Females	Time Delta	01:22	01:11	01:25	01:15	01:31	01:19	01:37	01:24	01:47	01:33	02:02	01:44	02:13	01:47	02:09	01:44:07
Age	53	Pace Cum	12:06	12:24	12:26	12:40	12:49	13:01	13:13	13:25	13:42	13:58	14:21	14:41	15:05	15:20	15:36	15:46
Group	F50-59	Pace Delta	12:06	12:47	12:29	13:25	13:25	14:07	14:21	15:02	15:45	16:37	17:53	18:33	19:30	19:05	19:04	18:26
Overall-Group	Position	140	144	141	138	134	131	124	125	104	105	91	95	89	91	88	88	
<u>FINS</u>	Time of Day	07:15	08:21	09:38	10:48	12:14	13:26	14:56	16:12	17:49	19:13	20:51	22:16	23:53	25:20	26:58	28:18:49	
	Time Cum	01:15	02:21	03:38	04:48	06:14	07:26	08:56	10:12	11:49	13:13	14:51	16:16	17:53	19:20	20:58	22:18:49	
MIN	Females	Time Delta	01:15	01:05	01:16	01:06	01:21	01:12	01:28	01:16	01:36	01:21	01:37	01:25	01:36	01:27	01:37	01:20:49
Age	50	Pace Cum	10:57	11:17	11:16	11:32	11:45	11:55	12:05	12:15	12:28	12:42	12:51	13:01	13:07	13:16	13:20	13:23
Group	F50-59	Pace Delta	10:57	11:31	11:06	11:42	11:58	12:52	12:58	13:32	14:02	14:27	14:14	15:07	14:06	15:32	14:12	14:18
Overall-Group	Position	80	81	82	83	84	81	72	72	66	65	52	52	47	47	42	40	
<u>FINS</u>	Time of Day	07:31	08:49	10:30	11:54	13:39	15:09	16:55	18:26	20:35	22:18	24:41	26:31	28:55	30:44	33:00	34:47:45	
	Time Cum	01:31	02:49	04:30	05:54	07:39	09:09	10:55	12:26	14:35	16:18	18:41	20:31	22:55	24:44	27:00	28:47:45	
MAX	Females	Time Delta	01:31	01:18	01:40	01:24	01:44	01:30	01:50	01:34	02:08	01:44	02:23	01:57	03:14	01:59	02:39	01:56:39
Age	59	Pace Cum	13:17	13:33	13:57	14:11	14:25	14:39	14:46	14:56	15:23	15:39	16:10	16:25	16:48	16:58	17:10	17:17
Group	F50-59	Pace Delta	13:17	13:53	14:41	15:00	15:13	15:57	16:09	16:46	18:43	18:25	20:50	20:50	28:21	21:08	23:18	20:39
Overall-Group	Position	197	200	206	203	195	197	186	187	150	154	132	134	123	125	121	122	
<u>nonFINS</u>	Time of Day	07:32	08:51	10:32	11:59	13:47	15:22	17:05	18:43	20:46	22:50	26:50	29:04	31:18	32:52			
	Time Cum	01:32	02:51	04:32	05:59	07:47	09:22	11:05	12:43	14:46	16:50	20:50	23:04	25:18	26:52			
AVG	Females	Time Delta	01:32	01:19	01:39	01:27	01:47	01:35	01:55	01:37	02:15	01:57	02:36	02:14	02:13	01:34		
Age	56	Pace Cum	13:28	13:46	14:03	14:23	14:40	15:02	15:01	15:16	15:35	16:11	18:01	18:28	18:33	18:26		
Group	F50-59	Pace Delta	13:28	14:08	14:35	15:32	15:41	17:02	16:58	17:20	19:47	20:51	22:55	23:53	19:25	16:42		
Overall-Group	Position	190	196	198	199	194	195	182	185	145	147	146	147	132	134			
<u>nonFINS</u>	Time of Day	07:15	08:21	09:41	10:48	12:10	13:23	14:58	16:18	18:06	19:32	26:50	29:04	31:18	32:52			
	Time Cum	01:15	02:21	03:41	04:48	06:10	07:23	08:58	10:18	12:06	13:32	20:50	23:04	25:18	26:52			
MIN	Females	Time Delta	01:15	01:06	01:19	01:07	01:21	01:13	01:34	01:20	01:47	01:26	02:36	02:14	02:13	01:34		
Age	55	Pace Cum	10:57	11:20	11:25	11:33	11:37	11:50	12:08	12:22	12:46	13:00	18:01	18:28	18:33	18:26		
Group	F50-59	Pace Delta	10:57	11:48	11:35	12:01	11:51	13:06	13:44	14:15	15:41	15:14	22:55	23:53	19:25	16:42		
Overall-Group	Position	80	86	88	85	79	77	79	79	69	72	146	147	132	134			
<u>nonFINS</u>	Time of Day	07:44	09:11	11:01	12:33	14:24	16:18	18:08	19:56	22:06	24:17	26:50	29:04	31:18	32:52			
	Time Cum	01:44	03:11	05:01	06:33	08:24	10:18	12:08	13:56	16:06	18:17	20:50	23:04	25:18	26:52			
MAX	Females	Time Delta	01:44	01:27	01:50	01:35	02:07	02:03	02:14	01:48	02:32	02:17	02:36	02:14	02:13	01:34		
Age	58	Pace Cum	15:11	15:20	15:33	15:44	15:49	16:30	16:25	16:44	17:00	17:34	18:01	18:28	18:33	18:26		
Group	F50-59	Pace Delta	15:11	15:32	16:06	16:53	18:38	21:55	19:42	19:17	22:12	24:23	22:55	23:53	19:25	16:42		
Overall-Group	Position	236	235	237	236	230	233	221	225	174	173	146	147	132	134			
<u>FINS</u>	Time of Day	07:24	08:43	10:22	11:53	13:38	15:09	17:06	18:54	21:13	23:05	25:11	27:12	29:48	31:58	33:53	35:49:01	
	Time Cum	01:24	02:43	04:22	05:53	07:38	09:09	11:06	12:54	15:13	17:05	19:11	21:12	23:48	25:58	27:53	29:49:01	
AVG	Females	Time Delta	01:24	01:19	01:38	01:31	01:44	01:31	01:56	01:48	02:18	01:52	02:05	02:01	02:35	02:10	01:56:01	
Age	60	Pace Cum	12:16	13:06	13:32	14:08	14:23	14:38	15:01	15:29	16:04	16:25	16:36	16:58	17:27	17:48	17:53	
Group	F60-69	Pace Delta	12:16	14:06	14:21	16:10	15:17	16:07	17:04	19:13	20:12	19:55	18:19	21:32	22:41	23:02	16:46	20:32
Overall-Group	Position	150	183	193	199	193	196	195	201	161	163	138	140	131	133	129	131	

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

## Runner Splits

Checkpoint Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Checkpoint 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
Checkpoint 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>FINS</u>	Time of Day	07:24	08:43	10:22	11:53	13:38	15:09	17:06	18:54	21:13	23:05	25:11	27:12	29:48	31:58	33:53	35:49:01
	Time Cum	01:24	02:43	04:22	05:53	07:38	09:09	11:06	12:54	15:13	17:05	19:11	21:12	23:48	25:58	27:53	29:49:01
MIN	Females	Time Delta	01:24	01:19	01:38	01:31	01:44	01:31	01:56	01:48	02:18	01:52	02:05	02:01	02:35	02:10	01:56:01
Age 60		Pace Cum	12:16	13:06	13:32	14:08	14:23	14:38	15:01	15:29	16:04	16:25	16:36	16:58	17:27	17:48	17:53
Group F60-69		Pace Delta	12:16	14:06	14:21	16:10	15:17	16:07	17:04	19:13	20:12	19:55	18:19	21:32	22:41	23:02	16:46
Overall-Group		Position	150	183	193	199	193	196	195	201	161	163	138	140	131	133	129
<u>FINS</u>	Time of Day	07:24	08:43	10:22	11:53	13:38	15:09	17:06	18:54	21:13	23:05	25:11	27:12	29:48	31:58	33:53	35:49:01
	Time Cum	01:24	02:43	04:22	05:53	07:38	09:09	11:06	12:54	15:13	17:05	19:11	21:12	23:48	25:58	27:53	29:49:01
MAX	Females	Time Delta	01:24	01:19	01:38	01:31	01:44	01:31	01:56	01:48	02:18	01:52	02:05	02:01	02:35	02:10	01:56:01
Age 60		Pace Cum	12:16	13:06	13:32	14:08	14:23	14:38	15:01	15:29	16:04	16:25	16:36	16:58	17:27	17:48	17:53
Group F60-69		Pace Delta	12:16	14:06	14:21	16:10	15:17	16:07	17:04	19:13	20:12	19:55	18:19	21:32	22:41	23:02	16:46
Overall-Group		Position	150	183	193	199	193	196	195	201	161	163	138	140	131	133	129
<u>nonFINS</u>	Time of Day	07:31	08:51	10:28	11:57	13:45	15:23	17:34	19:03	21:25	23:34	25:51	28:31				
	Time Cum	01:31	02:51	04:28	05:57	07:45	09:23	11:34	13:03	15:25	17:34	19:51	22:31				
AVG	Females	Time Delta	01:31	01:20	01:36	01:28	01:47	01:38	02:09	01:48	02:18	02:09	02:32	02:40			
Age 64		Pace Cum	13:22	13:47	13:53	14:18	14:36	15:02	15:39	15:41	16:17	16:52	17:10	18:01			
Group F60-69		Pace Delta	13:22	14:18	14:05	15:42	15:42	17:31	18:59	19:14	20:16	22:56	22:20	28:23			
Overall-Group		Position	197	207	204	205	201	206	206	206	168	170	144	145			
<u>nonFINS</u>	Time of Day	07:25	08:43	10:20	11:44	13:26	15:08	17:07	18:55	21:20	23:18	25:51	28:31				
	Time Cum	01:25	02:43	04:20	05:44	07:26	09:08	11:07	12:55	15:20	17:18	19:51	22:31				
MIN	Females	Time Delta	01:25	01:18	01:30	01:24	01:41	01:31	01:57	01:45	02:03	01:58	02:32	02:40			
Age 63		Pace Cum	12:25	13:05	13:26	13:48	14:00	14:37	15:02	15:31	16:11	16:37	17:10	18:01			
Group F60-69		Pace Delta	12:25	13:55	13:09	15:01	14:46	16:07	17:13	18:43	17:59	20:54	22:20	28:23			
Overall-Group		Position	158	182	190	191	186	195	196	202	164	168	144	145			
<u>nonFINS</u>	Time of Day	07:36	08:58	10:39	12:12	14:09	15:57	18:30	19:16	21:30	23:51	25:51	28:31				
	Time Cum	01:36	02:58	04:39	06:12	08:09	09:57	12:30	13:16	15:30	17:51	19:51	22:31				
MAX	Females	Time Delta	01:36	01:22	01:40	01:33	01:56	01:48	02:32	01:52	02:34	02:21	02:32	02:40			
Age 65		Pace Cum	14:01	14:15	14:25	14:54	15:21	15:56	16:55	15:56	16:22	17:08	17:10	18:01			
Group F60-69		Pace Delta	14:01	14:32	14:44	16:35	16:59	19:15	22:14	19:59	22:33	24:58	22:20	28:23			
Overall-Group		Position	221	223	221	221	217	228	226	210	172	171	144	145			
<u>FINS</u>	Time of Day	07:37	08:59	10:34	12:01	13:44	15:24	17:30	19:14	21:20	23:17	25:50	27:41	29:42	31:39	33:48	35:46:11
	Time Cum	01:37	02:59	04:34	06:01	07:44	09:24	11:30	13:14	15:20	17:17	19:50	21:41	23:42	25:39	27:48	29:46:11
AVG	Females	Time Delta	01:37	01:22	01:34	01:27	01:42	01:40	02:05	01:44	02:05	01:57	02:32	01:51	02:00	01:57	02:08
Age 74		Pace Cum	14:10	14:22	14:10	14:28	14:34	15:03	15:33	15:53	16:11	16:36	17:10	17:21	17:22	17:36	17:52
Group F70-79		Pace Delta	14:10	14:36	13:47	15:31	14:56	17:49	18:18	18:25	18:24	20:48	22:15	19:45	17:35	20:51	18:43
Overall-Group		Position	223	225	211	213	205	207	204	208	164	167	143	144	129	131	128
<u>FINS</u>	Time of Day	07:37	08:59	10:34	12:01	13:44	15:24	17:30	19:14	21:20	23:17	25:50	27:41	29:42	31:39	33:48	35:46:11
	Time Cum	01:37	02:59	04:34	06:01	07:44	09:24	11:30	13:14	15:20	17:17	19:50	21:41	23:42	25:39	27:48	29:46:11
MIN	Females	Time Delta	01:37	01:22	01:34	01:27	01:42	01:40	02:05	01:44	02:05	01:57	02:32	01:51	02:00	01:57	02:08
Age 74		Pace Cum	14:10	14:22	14:10	14:28	14:34	15:03	15:33	15:53	16:11	16:36	17:10	17:21	17:22	17:36	17:52
Group F70-79		Pace Delta	14:10	14:36	13:47	15:31	14:56	17:49	18:18	18:25	18:24	20:48	22:15	19:45	17:35	20:51	18:43
Overall-Group		Position	223	225	211	213	205	207	204	208	164	167	143	144	129	131	128

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

## Runner Splits

Checkpoint Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS	
Checkpoint 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	
Checkpoint Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	
<b>FINS</b>	Time of Day	07:37	08:59	10:34	12:01	13:44	15:24	17:30	19:14	21:20	23:17	25:50	27:41	29:42	31:39	33:48	35:46:11	
	Time Cum	01:37	02:59	04:34	06:01	07:44	09:24	11:30	13:14	15:20	17:17	19:50	21:41	23:42	25:39	27:48	29:46:11	
MAX	Females	Time Delta	01:37	01:22	01:34	01:27	01:42	01:40	02:05	01:44	02:05	01:57	02:32	01:51	02:00	01:57	02:08	01:58:11
Age 74		Pace Cum	14:10	14:22	14:10	14:28	14:34	15:03	15:33	15:53	16:11	16:36	17:10	17:21	17:22	17:36	17:41	17:52
Group F70-79		Pace Delta	14:10	14:36	13:47	15:31	14:56	17:49	18:18	18:25	18:24	20:48	22:15	19:45	17:35	20:51	18:43	20:55
Overall-Group		Position	223	225	211	213	205	207	204	208	164	167	143	144	129	131	128	130
<b>FINS</b>	Time of Day	06:54	07:42	08:39	09:29	10:27	11:17	12:22	13:17	14:23	15:21	16:45	17:57	19:31	20:45	22:22	23:35:22	
	Time Cum	00:54	01:42	02:39	03:29	04:27	05:17	06:22	07:17	08:23	09:21	10:45	11:57	13:31	14:45	16:22	17:35:22	
AVG	Males	Time Delta	00:54	00:48	00:56	00:50	00:57	00:50	01:04	00:55	01:05	00:58	01:23	01:12	01:33	01:14	01:36	01:13:22
Age 29		Pace Cum	07:53	08:13	08:13	08:22	08:23	08:28	08:37	08:45	08:51	08:59	09:18	09:34	09:55	10:07	10:24	10:33
Group M20-29		Pace Delta	07:53	08:37	08:14	08:54	08:26	08:57	09:24	09:45	09:37	10:25	12:08	12:52	13:37	13:15	14:02	12:59
Overall-Group		Position	6	6	5	5	5	4	4	4	3	4	3	5	5	5	5	5
<b>FINS</b>	Time of Day	06:54	07:42	08:39	09:29	10:27	11:17	12:22	13:17	14:23	15:21	16:45	17:57	19:31	20:45	22:22	23:35:22	
	Time Cum	00:54	01:42	02:39	03:29	04:27	05:17	06:22	07:17	08:23	09:21	10:45	11:57	13:31	14:45	16:22	17:35:22	
MIN	Males	Time Delta	00:54	00:48	00:56	00:50	00:57	00:50	01:04	00:55	01:05	00:58	01:23	01:12	01:33	01:14	01:36	01:13:22
Age 29		Pace Cum	07:53	08:13	08:13	08:22	08:23	08:28	08:37	08:45	08:51	08:59	09:18	09:34	09:55	10:07	10:24	10:33
Group M20-29		Pace Delta	07:53	08:37	08:14	08:54	08:26	08:57	09:24	09:45	09:37	10:25	12:08	12:52	13:37	13:15	14:02	12:59
Overall-Group		Position	6	6	5	5	5	4	4	4	3	4	3	5	5	5	5	5
<b>FINS</b>	Time of Day	06:54	07:42	08:39	09:29	10:27	11:17	12:22	13:17	14:23	15:21	16:45	17:57	19:31	20:45	22:22	23:35:22	
	Time Cum	00:54	01:42	02:39	03:29	04:27	05:17	06:22	07:17	08:23	09:21	10:45	11:57	13:31	14:45	16:22	17:35:22	
MAX	Males	Time Delta	00:54	00:48	00:56	00:50	00:57	00:50	01:04	00:55	01:05	00:58	01:23	01:12	01:33	01:14	01:36	01:13:22
Age 29		Pace Cum	07:53	08:13	08:13	08:22	08:23	08:28	08:37	08:45	08:51	08:59	09:18	09:34	09:55	10:07	10:24	10:33
Group M20-29		Pace Delta	07:53	08:37	08:14	08:54	08:26	08:57	09:24	09:45	09:37	10:25	12:08	12:52	13:37	13:15	14:02	12:59
Overall-Group		Position	6	6	5	5	5	4	4	4	3	4	3	5	5	5	5	5
<b>nonFINS</b>	Time of Day	07:18	08:24	09:45	10:58	12:38	14:05	15:58	17:38	20:11	21:47							
	Time Cum	01:18	02:24	03:45	04:58	06:38	08:05	09:58	11:38	14:11	15:47							
AVG	Males	Time Delta	01:18	01:06	01:19	01:13	01:39	01:26	01:52	01:40	02:23	01:36						
Age 27		Pace Cum	11:26	11:36	11:38	11:57	12:31	12:57	13:29	13:58	14:58	15:09						
Group M20-29		Pace Delta	11:26	11:48	11:41	13:06	14:34	15:20	16:27	17:49	21:01	17:06						
Overall-Group		Position	104	103	100	108	125	128	140	149	140	135						
<b>nonFINS</b>	Time of Day	07:11	08:12	09:36	10:48	12:24	13:40	15:27	16:52	18:55	20:34							
	Time Cum	01:11	02:12	03:36	04:48	06:24	07:40	09:27	10:52	12:55	14:34							
MIN	Males	Time Delta	01:11	01:01	01:16	01:03	01:35	01:16	01:37	01:25	02:02	01:33						
Age 25		Pace Cum	10:22	10:38	11:10	11:32	12:03	12:17	12:47	13:03	13:38	13:59						
Group M20-29		Pace Delta	10:22	10:56	11:08	11:13	13:58	13:31	14:18	15:09	17:52	16:37						
Overall-Group		Position	37	49	73	82	102	101	112	112	108	108						
<b>nonFINS</b>	Time of Day	07:23	08:33	09:54	11:09	12:49	14:25	16:39	18:41	21:27	23:00							
	Time Cum	01:23	02:33	03:54	05:09	06:49	08:25	10:39	12:41	15:27	17:00							
MAX	Males	Time Delta	01:23	01:10	01:23	01:22	01:44	01:42	02:13	02:02	02:45	01:39						
Age 29		Pace Cum	12:07	12:17	12:06	12:23	12:50	13:29	14:24	15:14	16:18	16:20						
Group M20-29		Pace Delta	12:07	12:29	12:09	14:41	15:12	18:09	19:29	21:40	24:10	17:36						
Overall-Group		Position	145	140	128	128	137	148	176	196	171	162						

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

## Runner Splits

Checkpoint Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Checkpoint 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
Checkpoint Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<b>FINS</b>	Time of Day	07:12	08:14	09:28	10:33	11:53	13:02	14:30	15:42	17:17	18:36	20:31	21:56	23:31	25:06	27:05	28:44:51
	Time Cum	01:12	02:14	03:28	04:33	05:53	07:02	08:30	09:42	11:17	12:36	14:31	15:56	17:31	19:06	21:05	22:44:51
AVG	Males Time Delta	01:12	01:01	01:13	01:05	01:18	01:09	01:25	01:12	01:33	01:19	01:41	01:25	01:49	01:34	01:58	01:39:20
Age 35	Pace Cum	10:36	10:45	10:46	10:58	11:05	11:18	11:30	11:40	11:55	12:07	12:34	12:45	12:51	13:06	13:25	13:39
Group M30-39	Pace Delta	10:36	10:57	10:46	11:38	11:32	12:28	12:37	12:52	13:46	14:11	14:50	15:10	16:06	16:54	17:22	17:35
Overall-Group	Position	72	72	71	71	67	67	66	65	54	53	49	50	47	48	49	50
<b>FINS</b>	Time of Day	06:48	07:28	08:15	08:55	09:43	10:28	11:24	12:16	13:42	14:56	17:56	19:10	17:55	18:53	20:03	21:05:10
	Time Cum	00:48	01:28	02:15	02:55	03:43	04:28	05:24	06:16	07:42	08:56	11:56	13:10	11:55	12:53	14:03	15:05:10
MIN	Males Time Delta	00:48	00:40	00:46	00:40	00:47	00:45	00:55	00:52	01:16	01:02	01:13	01:03	01:03	00:58	01:09	01:02:10
Age 30	Pace Cum	07:00	07:05	06:59	07:00	07:00	07:09	07:18	07:31	08:08	08:35	10:19	10:32	08:44	08:51	08:56	09:03
Group M30-39	Pace Delta	07:00	07:12	06:46	07:07	06:59	07:59	08:09	09:15	11:06	11:00	10:48	11:09	09:13	10:24	10:07	11:00
Overall-Group	Position	1	1	1	1	1	1	1	1	1	1	9	10	1	1	1	1
<b>FINS</b>	Time of Day	07:28	08:39	10:10	11:27	12:54	14:14	15:53	17:21	19:23	20:59	23:17	24:56	27:22	29:10	31:51	34:14:25
	Time Cum	01:28	02:39	04:10	05:27	06:54	08:14	09:53	11:21	13:23	14:59	17:17	18:56	21:22	23:10	25:51	28:14:25
MAX	Males Time Delta	01:28	01:12	01:31	01:23	01:31	01:31	01:58	01:29	02:01	01:44	02:17	02:00	02:58	02:15	03:13	02:48:22
Age 39	Pace Cum	12:51	12:45	12:55	13:06	13:00	13:11	13:22	13:37	14:07	14:24	14:57	15:09	15:40	15:54	16:26	16:57
Group M30-39	Pace Delta	12:51	12:50	13:23	14:45	13:26	16:09	17:16	15:48	17:48	18:27	20:01	21:25	25:59	24:02	28:16	29:48
Overall-Group	Position	178	167	166	163	142	139	140	139	118	116	103	102	101	100	108	111
<b>nonFINS</b>	Time of Day	07:18	08:26	09:52	11:07	12:43	14:12	16:11	17:48	18:43	20:15	22:15	24:11	27:37	29:43		
	Time Cum	01:18	02:26	03:52	05:07	06:43	08:12	10:11	11:48	12:43	14:15	16:15	18:11	21:37	23:43		
AVG	Males Time Delta	01:18	01:08	01:22	01:15	01:35	01:28	01:53	01:36	01:50	01:32	01:58	01:56	02:26	02:06		
Age 35	Pace Cum	11:24	11:46	11:59	12:19	12:41	13:08	13:48	14:11	13:25	13:42	14:04	14:34	15:51	16:16		
Group M30-39	Pace Delta	11:24	12:14	12:11	13:26	14:00	15:42	16:40	17:14	16:05	16:31	17:23	20:41	21:24	22:26		
Overall-Group	Position	100	109	114	118	120	128	136	139	94	96	83	91	107	112		
<b>nonFINS</b>	Time of Day	06:51	07:34	08:25	09:08	10:00	10:44	11:38	12:25	17:03	18:28	20:15	21:59	27:37	29:43		
	Time Cum	00:51	01:34	02:25	03:08	04:00	04:44	05:38	06:25	11:03	12:28	14:15	15:59	21:37	23:43		
MIN	Males Time Delta	00:51	00:43	00:50	00:43	00:51	00:44	00:53	00:47	01:31	01:25	01:46	01:44	02:26	02:06		
Age 30	Pace Cum	07:27	07:35	07:30	07:33	07:32	07:35	07:37	07:43	11:40	11:58	12:20	12:48	15:51	16:16		
Group M30-39	Pace Delta	07:27	07:46	07:19	07:47	07:27	07:53	07:49	08:25	13:18	15:07	15:34	18:29	21:24	22:26		
Overall-Group	Position	2	2	2	2	2	2	2	2	37	40	41	46	107	112		
<b>nonFINS</b>	Time of Day	07:56	09:37	11:33	13:30	16:08	18:43	22:21	25:38	19:36	21:13	23:17	25:28	27:37	29:43		
	Time Cum	01:56	03:37	05:33	07:30	10:08	12:43	16:21	19:38	13:36	15:13	17:17	19:28	21:37	23:43		
MAX	Males Time Delta	01:56	01:41	01:55	01:57	02:37	02:35	03:37	03:17	02:22	01:50	02:12	02:19	02:26	02:06		
Age 39	Pace Cum	16:56	17:23	17:13	18:02	19:05	20:22	22:07	23:34	14:21	14:37	14:57	15:35	15:51	16:16		
Group M30-39	Pace Delta	16:56	17:56	16:53	20:51	22:57	27:36	31:41	34:58	20:44	19:38	19:24	24:39	21:24	22:26		
Overall-Group	Position	245	247	247	247	243	245	238	240	122	124	103	117	107	112		
<b>FINS</b>	Time of Day	07:15	08:19	09:37	10:45	12:08	13:23	14:54	16:13	17:56	19:18	21:06	22:36	24:33	26:08	28:10	29:49:45
	Time Cum	01:15	02:19	03:37	04:45	06:08	07:23	08:54	10:13	11:56	13:18	15:06	16:36	18:33	20:08	22:10	23:49:45
AVG	Males Time Delta	01:15	01:04	01:16	01:07	01:22	01:14	01:30	01:18	01:41	01:22	01:47	01:30	01:55	01:35	02:00	01:39:19
Age 45	Pace Cum	10:59	11:13	11:13	11:25	11:35	11:50	12:03	12:17	12:36	12:47	13:04	13:18	13:36	13:49	14:06	14:18
Group M40-49	Pace Delta	10:59	11:30	11:14	12:06	12:09	13:14	13:19	14:00	14:55	14:37	15:45	16:04	16:57	16:57	17:43	17:35
Overall-Group	Position	85	89	88	89	88	88	84	85	73	72	63	64	61	62	62	63

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

## Runner Splits

Checkpoint Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS	
Checkpoint 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	
Checkpoint Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	
<b>FINS</b>		Time of Day	06:53	07:40	08:36	09:25	10:24	11:15	12:21	13:13	14:17	15:14	16:14	17:11	18:18	19:16	20:27	21:26:07
		Time Cum	00:53	01:40	02:36	03:25	04:24	05:15	06:21	07:13	08:17	09:14	10:14	11:11	12:18	13:16	14:27	15:26:07
MIN	Males	Time Delta	00:53	00:47	00:55	00:48	00:58	00:51	00:59	00:52	01:03	00:43	00:59	00:57	01:06	00:58	01:10	00:59:07
Age 40		Pace Cum	07:44	08:02	08:04	08:13	08:17	08:25	08:35	08:40	08:45	08:52	08:51	08:57	09:01	09:06	09:11	09:16
Group M40-49		Pace Delta	07:44	08:24	08:06	08:32	08:29	09:06	08:42	09:16	09:17	07:37	08:42	10:12	09:42	10:19	10:19	10:28
Overall-Group		Position	3	4	3	3	3	3	3	2	2	1	2	2	2	2	2	
<b>FINS</b>		Time of Day	07:45	09:16	11:01	12:35	14:23	15:53	17:47	19:25	21:24	23:16	25:26	27:04	29:06	31:03	33:30	35:31:13
		Time Cum	01:45	03:16	05:01	06:35	08:23	09:53	11:47	13:25	15:24	17:16	19:26	21:04	23:06	25:03	27:30	29:31:13
MAX	Males	Time Delta	01:45	01:33	01:45	01:34	01:48	01:57	02:08	01:47	02:35	01:52	02:34	02:08	02:46	02:08	03:13	02:48:22
Age 49		Pace Cum	15:20	15:43	15:33	15:49	15:48	15:49	15:56	16:06	16:15	16:35	16:49	16:52	16:56	17:11	17:29	17:43
Group M40-49		Pace Delta	15:20	16:32	15:21	16:42	15:47	20:43	18:42	18:59	22:46	19:53	22:32	22:42	24:17	22:42	28:17	29:48
Overall-Group		Position	239	240	237	238	229	225	213	215	167	164	140	137	127	130	127	129
<b>nonFINS</b>		Time of Day	07:20	08:29	09:52	11:05	12:39	14:04	15:45	17:15	18:31	20:07	25:07	27:25				
		Time Cum	01:20	02:29	03:52	05:05	06:39	08:04	09:45	11:15	12:31	14:07	19:07	21:25				
AVG	Males	Time Delta	01:20	01:08	01:21	01:13	01:32	01:22	01:43	01:30	01:49	01:35	02:23	02:18				
Age 44		Pace Cum	11:45	11:59	12:00	12:15	12:32	12:57	13:12	13:31	13:13	13:34	16:32	17:08				
Group M40-49		Pace Delta	11:45	12:17	12:01	13:06	13:34	14:37	15:13	16:02	16:00	17:04	20:57	24:30				
Overall-Group		Position	116	119	114	115	115	120	116	121	87	91	137	142				
<b>nonFINS</b>		Time of Day	07:00	07:49	08:48	09:42	10:49	12:21	13:46	14:55	16:18	17:25	25:07	27:25				
		Time Cum	01:00	01:49	02:48	03:42	04:49	06:21	07:46	08:55	10:18	11:25	19:07	21:25				
MIN	Males	Time Delta	01:00	00:49	00:58	00:54	01:04	00:59	01:16	01:01	01:15	01:07	02:23	02:18				
Age 40		Pace Cum	08:46	08:46	08:41	08:53	09:04	10:10	10:30	10:42	10:52	10:58	16:32	17:08				
Group M40-49		Pace Delta	08:46	08:45	08:33	09:34	09:29	10:33	11:09	10:55	11:02	11:56	20:57	24:30				
Overall-Group		Position	8	9	8	9	7	19	20	21	17	18	137	142				
<b>nonFINS</b>		Time of Day	07:56	09:37	11:30	13:30	15:46	17:48	20:17	22:31	20:47	22:43	25:07	27:25				
		Time Cum	01:56	03:37	05:30	07:30	09:46	11:48	14:17	16:31	14:47	16:43	19:07	21:25				
MAX	Males	Time Delta	01:56	01:41	01:52	02:00	02:17	02:04	02:39	02:26	02:17	01:56	02:23	02:18				
Age 49		Pace Cum	16:56	17:23	17:03	18:02	18:24	18:54	19:19	19:50	15:36	16:03	16:32	17:08				
Group M40-49		Pace Delta	16:56	17:56	16:27	21:22	20:01	21:58	23:20	25:56	20:05	20:37	20:57	24:30				
Overall-Group		Position	245	246	246	246	241	243	236	238	158	158	137	142				
<b>FINS</b>		Time of Day	07:15	08:20	09:38	10:46	12:10	13:23	14:53	16:14	17:51	19:14	21:02	22:31	24:16	25:50	27:43	29:15:44
		Time Cum	01:15	02:20	03:38	04:46	06:10	07:23	08:53	10:14	11:51	13:14	15:02	16:31	18:16	19:50	21:43	23:15:44
AVG	Males	Time Delta	01:15	01:04	01:17	01:08	01:22	01:13	01:29	01:20	01:36	01:22	01:46	01:29	01:54	01:33	01:53	01:32:17
Age 53		Pace Cum	11:00	11:15	11:16	11:29	11:38	11:50	12:02	12:17	12:31	12:43	13:01	13:14	13:24	13:36	13:49	13:57
Group M50-59		Pace Delta	11:00	11:33	11:19	12:11	12:10	13:01	13:05	14:21	14:11	14:45	15:35	15:56	16:45	16:40	16:35	16:20
Overall-Group		Position	77	82	82	83	80	78	75	78	64	65	57	59	54	55	55	55
<b>FINS</b>		Time of Day	07:05	08:02	09:09	10:07	11:23	12:31	13:58	15:07	16:25	17:34	18:52	19:59	21:12	22:19	23:42	24:47:36
		Time Cum	01:05	02:02	03:09	04:07	05:23	06:31	07:58	09:07	10:25	11:34	12:52	13:59	15:12	16:19	17:42	18:47:36
MIN	Males	Time Delta	01:05	00:57	01:06	00:58	01:11	01:04	01:14	01:09	01:16	01:09	01:17	01:07	01:12	01:07	01:17	01:05:36
Age 50		Pace Cum	09:29	09:47	09:46	09:54	10:08	10:26	10:47	10:56	11:00	11:07	11:08	11:12	11:09	11:12	11:15	11:17
Group M50-59		Pace Delta	09:29	10:08	09:44	10:22	10:29	11:24	10:51	12:13	11:10	12:19	11:18	11:57	10:35	11:52	11:14	11:37
Overall-Group		Position	19	21	22	20	22	23	27	26	19	19	15	16	14	13	12	12

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

## Runner Splits

Checkpoint Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS	
Checkpoint 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	
Checkpoint Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	
<b>FINS</b>		Time of Day	07:34	08:49	10:19	11:39	13:19	14:48	16:48	18:26	20:23	22:12	24:41	26:28	28:55	30:51	33:16	35:20:15
		Time Cum	01:34	02:49	04:19	05:39	07:19	08:48	10:48	12:26	14:23	16:12	18:41	20:28	22:55	24:51	27:16	29:20:15
MAX	Males	Time Delta	01:34	01:15	01:37	01:24	01:43	01:29	01:59	01:41	02:02	01:49	02:28	01:56	02:27	01:58	02:25	02:05:15
Age 59		Pace Cum	13:43	13:36	13:23	13:36	13:47	14:05	14:37	14:56	15:11	15:33	16:10	16:23	16:48	17:03	17:20	17:36
Group M50-59		Pace Delta	13:43	13:27	14:10	14:52	15:06	15:48	17:28	17:53	17:53	19:21	21:44	20:41	21:29	21:00	21:10	22:10
Overall-Group		Position	215	203	186	186	178	179	182	186	145	149	132	133	123	128	125	128
<b>nonFINS</b>		Time of Day	07:24	08:37	10:08	11:30	13:14	14:43	16:37	18:13	19:34	21:17	24:43	26:58				
		Time Cum	01:24	02:37	04:08	05:30	07:14	08:43	10:37	12:13	13:34	15:17	18:43	20:58				
AVG	Males	Time Delta	01:24	01:12	01:29	01:21	01:43	01:29	01:52	01:35	02:06	01:43	02:30	02:15				
Age 54		Pace Cum	12:22	12:38	12:49	13:13	13:38	13:58	14:22	14:40	14:19	14:41	16:12	16:47				
Group M50-59		Pace Delta	12:22	12:58	13:09	14:34	15:08	15:54	16:34	16:59	18:33	18:20	21:57	24:02				
Overall-Group		Position	146	151	153	156	159	160	158	162	120	122	131	133				
<b>nonFINS</b>		Time of Day	07:09	08:08	09:22	10:23	11:33	12:36	14:03	15:23	17:20	18:27	23:44	25:29				
		Time Cum	01:09	02:08	03:22	04:23	05:33	06:36	08:03	09:23	11:20	12:27	17:44	19:29				
MIN	Males	Time Delta	01:09	00:59	01:07	00:58	01:09	01:03	01:26	01:16	01:40	01:07	02:15	01:45				
Age 50		Pace Cum	10:04	10:15	10:26	10:33	10:27	10:34	10:53	11:16	11:58	11:57	15:21	15:35				
Group M50-59		Pace Delta	10:04	10:28	09:47	10:25	10:06	11:12	12:39	13:35	14:38	11:55	19:44	18:36				
Overall-Group		Position	25	27	36	31	29	27	33	37	45	39	117	118				
<b>nonFINS</b>		Time of Day	07:43	09:12	11:03	12:43	14:50	16:44	19:02	21:10	21:24	23:20	26:06	29:04				
		Time Cum	01:43	03:12	05:03	06:43	08:50	10:44	13:02	15:10	15:24	17:20	20:06	23:04				
MAX	Males	Time Delta	01:43	01:30	01:52	01:41	02:16	01:54	02:50	02:08	03:24	02:07	02:45	02:58				
Age 58		Pace Cum	15:02	15:25	15:40	16:08	16:38	17:11	17:38	18:13	16:15	16:39	17:23	18:28				
Group M50-59		Pace Delta	15:02	16:04	16:23	17:53	19:55	20:13	24:55	22:45	29:49	22:32	24:13	31:35				
Overall-Group		Position	232	236	241	241	236	237	230	233	167	169	145	146				
<b>FINS</b>		Time of Day	07:28	08:42	10:12	11:30	13:08	14:31	16:15	17:44	19:39	21:12	23:15	24:53	27:01	28:47	30:50	32:25:01
		Time Cum	01:28	02:42	04:12	05:30	07:08	08:31	10:15	11:44	13:39	15:12	17:15	18:53	21:01	22:47	24:50	26:25:01
AVG	Males	Time Delta	01:28	01:14	01:29	01:17	01:37	01:23	01:42	01:28	01:54	01:33	02:00	01:38	02:07	01:46	02:10	01:34:51
Age 63		Pace Cum	12:53	13:01	13:04	13:15	13:27	13:39	13:53	14:06	14:24	14:37	14:56	15:07	15:25	15:38	15:48	15:51
Group M60-69		Pace Delta	12:53	13:12	13:09	13:51	14:13	14:48	15:06	15:46	16:50	16:42	17:38	17:31	18:36	18:53	19:10	16:47
Overall-Group		Position	174	172	167	164	159	156	151	153	123	123	104	103	96	97	91	89
<b>FINS</b>		Time of Day	07:14	08:16	09:28	10:34	11:52	12:55	14:21	15:27	16:49	17:56	19:22	20:31	21:56	23:07	24:37	25:46:20
		Time Cum	01:14	02:16	03:28	04:34	05:52	06:55	08:21	09:27	10:49	11:56	13:22	14:31	15:56	17:07	18:37	19:46:20
MIN	Males	Time Delta	01:14	01:02	01:11	01:06	01:17	01:03	01:25	01:06	01:21	01:07	01:25	01:09	01:24	01:11	01:29	01:09:20
Age 60		Pace Cum	10:48	10:53	10:45	10:58	11:03	11:06	11:18	11:21	11:25	11:28	11:34	11:37	11:41	11:44	11:50	11:52
Group M60-69		Pace Delta	10:48	10:59	10:30	11:44	11:20	11:19	12:25	11:50	11:50	11:56	12:30	12:19	12:20	12:37	13:06	12:16
Overall-Group		Position	66	63	54	55	49	45	46	42	30	28	21	19	19	18	16	16
<b>FINS</b>		Time of Day	07:41	09:08	10:51	12:18	14:06	15:31	17:16	18:43	20:47	22:50	25:17	27:16	29:47	31:50	34:06	35:54:41
		Time Cum	01:41	03:08	04:51	06:18	08:06	09:31	11:16	12:43	14:47	16:50	19:17	21:16	23:47	25:50	28:06	29:54:41
MAX	Males	Time Delta	01:41	01:27	01:43	01:27	01:47	01:36	01:56	01:44	02:23	02:03	02:26	01:59	02:30	02:08	03:05	02:08:22
Age 68		Pace Cum	14:45	15:07	15:02	15:10	15:16	15:15	15:15	15:16	15:36	16:10	16:41	17:01	17:26	17:43	17:52	17:57
Group M60-69		Pace Delta	14:45	15:34	15:05	15:34	15:38	17:03	17:02	18:29	20:58	21:55	21:20	21:12	21:56	22:40	27:04	22:43
Overall-Group		Position	227	229	229	226	214	209	200	198	158	160	139	141	130	132	130	132

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

## Runner Splits

Checkpoint Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Checkpoint 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
Checkpoint Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<b>nonFINS</b>		Time of Day	07:33	08:52	10:31	11:58	13:36	15:08	17:05	18:45	20:10	21:58	23:20	25:21			
		Time Cum	01:33	02:52	04:31	05:58	07:36	09:08	11:05	12:45	14:10	15:58	17:20	19:21			
AVG	Males	Time Delta	01:33	01:19	01:37	01:26	01:45	01:32	01:52	01:40	02:08	01:48	02:19	02:01			
Age 63		Pace Cum	13:39	13:52	14:02	14:20	14:19	14:38	15:00	15:20	14:58	15:21	15:00	15:29			
Group M60-69		Pace Delta	13:39	14:08	14:20	15:23	15:25	16:24	16:34	17:57	18:44	19:12	20:19	21:33			
Overall-Group		Position	188	190	190	191	182	182	180	185	137	139	105	112			
<b>nonFINS</b>		Time of Day	07:11	08:13	09:29	10:39	12:01	13:16	14:54	16:29	19:08	21:00	23:20	25:21			
		Time Cum	01:11	02:13	03:29	04:39	06:01	07:16	08:54	10:29	13:08	15:00	17:20	19:21			
MIN	Males	Time Delta	01:11	01:02	01:15	01:10	01:21	01:15	01:35	01:16	02:02	01:44	02:19	02:01			
Age 60		Pace Cum	10:22	10:40	10:48	11:11	11:20	11:38	12:02	12:35	13:52	14:25	15:00	15:29			
Group M60-69		Pace Delta	10:22	11:02	11:03	12:30	11:53	13:17	13:57	13:35	17:51	18:27	20:19	21:33			
Overall-Group		Position	37	51	58	68	60	64	70	86	113	117	105	112			
<b>nonFINS</b>		Time of Day	07:52	09:24	11:25	13:12	15:06	16:56	19:13	21:21	21:13	22:57	23:20	25:21			
		Time Cum	01:52	03:24	05:25	07:12	09:06	10:56	13:13	15:21	15:13	16:57	17:20	19:21			
MAX	Males	Time Delta	01:52	01:32	02:08	01:47	02:07	01:55	02:16	02:08	02:14	01:52	02:19	02:01			
Age 68		Pace Cum	16:21	16:21	16:48	17:17	17:09	17:30	17:53	18:26	16:04	16:17	15:00	15:29			
Group M60-69		Pace Delta	16:21	16:22	18:42	18:59	18:39	20:31	19:56	22:50	19:37	19:58	20:19	21:33			
Overall-Group		Position	243	244	245	245	238	239	232	235	161	161	105	112			
<b>nonFINS</b>		Time of Day	07:42	09:12	11:01	12:36	14:34	16:18	19:15	21:08	21:26	23:17	25:40	27:35			
		Time Cum	01:42	03:12	05:01	06:36	08:34	10:18	13:15	15:08	15:26	17:17	19:40	21:35			
AVG	Males	Time Delta	01:42	01:29	01:48	01:35	01:56	01:43	02:16	01:53	02:00	01:51	02:22	01:55			
Age 74		Pace Cum	14:59	15:23	15:33	15:54	16:09	16:30	17:56	18:11	16:17	16:36	17:01	17:16			
Group M70-79		Pace Delta	14:59	15:51	15:53	17:03	17:05	18:27	19:59	20:05	17:35	19:44	20:49	20:27			
Overall-Group		Position	224	225	226	224	218	219	227	228	170	166	142	143			
<b>nonFINS</b>		Time of Day	07:31	08:48	10:23	11:44	13:26	14:58	17:48	19:25	21:26	23:17	25:40	27:35			
		Time Cum	01:31	02:48	04:23	05:44	07:26	08:58	11:48	13:25	15:26	17:17	19:40	21:35			
MIN	Males	Time Delta	01:31	01:17	01:34	01:21	01:41	01:32	01:55	01:37	02:00	01:51	02:22	01:55			
Age 70		Pace Cum	13:17	13:26	13:36	13:47	14:00	14:22	15:58	16:07	16:17	16:36	17:01	17:16			
Group M70-79		Pace Delta	13:17	13:38	13:52	14:27	14:47	16:22	16:48	17:16	17:35	19:44	20:49	20:27			
Overall-Group		Position	197	195	197	190	186	188	217	216	170	166	142	143			
<b>nonFINS</b>		Time of Day	07:54	09:37	11:41	13:35	15:57	18:04	20:43	22:52	21:26	23:17	25:40	27:35			
		Time Cum	01:54	03:37	05:41	07:35	09:57	12:04	14:43	16:52	15:26	17:17	19:40	21:35			
MAX	Males	Time Delta	01:54	01:43	02:03	01:54	02:21	02:07	02:38	02:09	02:00	01:51	02:22	01:55			
Age 80		Pace Cum	16:39	17:25	17:37	18:13	18:45	19:19	19:55	20:15	16:17	16:36	17:01	17:16			
Group M70-79		Pace Delta	16:39	18:21	18:00	20:15	20:41	22:32	23:10	22:55	17:35	19:44	20:49	20:27			
Overall-Group		Position	244	248	248	248	242	244	237	239	170	166	142	143			