

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<i>Alistars,</i>	Time of Day	0:07:16	0:08:22	0:09:40	0:10:52	0:12:17	0:13:34	0:15:06	0:16:27	0:18:05	0:19:32	0:21:32	0:23:12	1:01:16	1:03:04	1:05:15	1:07:03:51
<i>Juli (IL)</i>	Time Cum	01:16	02:22	03:40	04:52	06:17	07:34	09:06	10:27	12:05	13:32	15:32	17:12	19:16	21:04	23:15	25:03:51
48	Time Delta	01:16	01:06	01:17	01:12	01:24	01:17	01:31	01:21	01:37	01:27	01:59	01:40	02:03	01:48	02:10	01:48:51
Age 52	Pace Cum	11:06	11:23	11:22	11:41	11:50	12:07	12:19	12:34	12:45	13:00	13:26	13:46	14:07	14:27	14:47	15:02
Group F50-59	Pace Delta	11:06	11:45	11:20	12:46	12:23	13:41	13:23	14:30	14:10	15:27	17:29	17:50	17:59	19:10	19:05	19:16
Overall-Group	Position	109-5	102-5	93-4	96-4	99-5	105-6	101-5	107-5	85-5	88-5	89-6	88-6	80-6	81-6	77-6	76-6
<i>Ambruso,</i>	Time of Day	0:07:26	0:08:45	0:10:15	0:11:40	0:13:14	0:14:40	0:16:34	0:18:27								
<i>Seth (CT)</i>	Time Cum	01:26	02:45	04:15	05:40	07:14	08:40	10:34	12:27								
49	Time Delta	01:26	01:19	01:29	01:25	01:33	01:26	01:53	01:53								
Age 31	Pace Cum	12:33	13:14	13:11	13:36	13:38	13:53	14:18	14:57								
Group M30-39	Pace Delta	12:33	14:02	13:05	15:04	13:43	15:20	16:33	20:01								
Overall-Group	Position	184-33	198-33	187-32	192-33	179-31	177-31	180-31	195-32								
<i>Arbona,</i>	Time of Day	0:06:54	0:07:40	0:08:32	0:09:24	0:10:16	0:11:07	0:12:06	0:12:56	0:13:56	0:14:46	0:15:46	0:16:42	0:17:43	0:18:36	0:19:38	0:20:33:59
<i>Serge (MD)</i>	Time Cum	00:54	01:40	02:32	03:24	04:16	05:07	06:06	06:56	07:56	08:46	09:46	10:42	11:43	12:36	13:38	14:33:59
1	Time Delta	00:54	00:46	00:51	00:52	00:51	00:51	00:58	00:50	00:59	00:50	00:59	00:56	01:00	00:53	01:01	00:55:59
Age 46	Pace Cum	07:53	08:04	07:51	08:11	08:02	08:11	08:15	08:20	08:22	08:26	08:27	08:34	08:35	08:39	08:40	08:44
Group M40-49	Pace Delta	07:53	08:18	07:28	09:17	07:32	09:02	08:36	09:00	08:38	08:59	08:39	10:00	08:50	09:27	09:00	09:55
Overall-Group	Position	5-3	5-3	2-2	5-2	5-3	5-3	5-3	4-2	3-2	3-2	2-1	2-1	2-1	2-1	2-1	2-1
<i>Armstrong,</i>	Time of Day	0:07:13	0:08:15	0:09:29	0:10:31	0:11:59	0:13:09	0:14:39	0:15:50	0:17:35	0:18:57	0:20:40	0:22:07	1:00:24	1:02:35	1:05:39	1:09:05:39
<i>Jonathan (NC)</i>	Time Cum	01:13	02:15	03:29	04:31	05:59	07:09	08:39	09:50	11:35	12:57	14:40	16:07	18:24	20:35	23:39	27:05:39
52	Time Delta	01:13	01:02	01:13	01:02	01:27	01:10	01:29	01:11	01:44	01:22	01:42	01:27	02:16	02:11	03:03	03:26:39
Age 43	Pace Cum	10:39	10:51	10:48	10:52	11:16	11:27	11:42	11:48	12:14	12:26	12:41	12:54	13:29	14:07	15:02	16:15
Group M40-49	Pace Delta	10:39	11:05	10:43	11:07	12:44	12:28	13:04	12:37	15:17	14:35	14:58	15:26	19:58	23:15	26:49	36:35
Overall-Group	Position	80-22	76-25	67-21	68-22	73-23	73-22	76-24	68-23	63-18	64-20	62-19	64-19	67-22	75-24	83-25	97-26
<i>Arnold,</i>	Time of Day	0:07:12	0:08:14	0:09:31	0:10:38	0:12:01	0:13:14	0:14:42	0:15:58	0:17:42	0:19:00	0:20:42	0:22:11	1:00:02	1:01:26	1:03:13	1:04:41:59
<i>Lisa (NC)</i>	Time Cum	01:12	02:14	03:31	04:38	06:01	07:14	08:42	09:58	11:42	13:00	14:42	16:11	18:02	19:26	21:13	22:41:59
53	Time Delta	01:12	01:02	01:16	01:07	01:22	01:13	01:27	01:16	01:43	01:18	01:41	01:29	01:50	01:24	01:46	01:28:59
Age 41	Pace Cum	10:31	10:44	10:54	11:09	11:20	11:35	11:46	11:59	12:21	12:30	12:43	12:57	13:13	13:20	13:30	13:37
Group F40-49	Pace Delta	10:31	11:00	11:13	12:01	11:59	12:59	12:48	13:36	15:03	13:58	14:46	15:46	16:12	14:52	15:37	15:45
Overall-Group	Position	75-8	72-7	74-8	76-8	78-7	83-7	80-7	80-7	71-4	67-4	63-5	65-4	59-4	56-4	48-3	49-3
<i>Ascari,</i>	Time of Day	0:07:11	0:08:15	0:09:30	0:10:36	0:12:16	0:14:31										
<i>Marge (NJ)</i>	Time Cum	01:11	02:15	03:30	04:36	06:16	08:31										
54	Time Delta	01:11	01:04	01:14	01:06	01:39	02:15										
Age 49	Pace Cum	10:22	10:51	10:51	11:04	11:48	13:39										
Group F40-49	Pace Delta	10:22	11:26	10:52	11:48	14:30	24:00										
Overall-Group	Position	69-7	75-8	71-7	75-6	96-8	165-18										
<i>Aurilio,</i>	Time of Day	0:07:20	0:08:28	0:09:55	0:11:08	0:12:37	0:13:56	0:15:27	0:16:43	0:18:17	0:19:41	0:21:29	0:22:55	1:00:39	1:02:09	1:04:30	1:06:12:12
<i>Antonia (VA)</i>	Time Cum	01:20	02:28	03:55	05:08	06:37	07:56	09:27	10:43	12:17	13:41	15:29	16:55	18:39	20:09	22:30	24:12:12
55	Time Delta	01:20	01:08	01:26	01:13	01:28	01:19	01:30	01:16	01:33	01:24	01:47	01:26	01:43	01:30	02:20	01:42:12
Age 36	Pace Cum	11:41	11:52	12:09	12:20	12:28	12:43	12:47	12:52	12:58	13:09	13:24	13:32	13:40	13:49	14:19	14:31
Group F30-39	Pace Delta	11:41	12:05	12:40	12:59	12:56	14:07	13:10	13:28	13:43	15:02	15:38	15:19	15:06	15:58	20:33	18:05
Overall-Group	Position	139-12	127-8	137-9	135-9	131-10	128-9	126-9	124-9	98-7	94-7	87-7	83-6	71-5	67-5	70-5	72-6

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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
Ayers Jr, Bob (VT)	Time of Day	0:06:52	0:07:37	0:08:32	0:09:19	0:10:12	0:11:00	0:12:00	0:12:53	0:13:57	0:14:52	0:16:00	0:17:00	0:18:19	0:19:24	0:20:36	0:21:38:37
57	Time Cum	00:52	01:37	02:32	03:19	04:12	05:00	06:00	06:53	07:57	08:52	10:00	11:00	12:19	13:24	14:36	15:38:37
Age 50	Time Delta	00:52	00:45	00:54	00:47	00:52	00:48	00:59	00:53	01:03	00:55	01:07	01:00	01:18	01:05	01:11	01:02:37
Group M50-59	Pace Cum	07:35	07:47	07:51	07:59	07:55	08:02	08:07	08:17	08:23	08:31	08:39	08:48	09:02	09:12	09:17	09:23
Overall-Group	Pace Delta	07:35	08:00	08:00	08:25	07:39	08:40	08:37	09:33	09:12	09:52	09:49	10:43	11:27	11:37	10:25	11:05
	Position	2-1	2-1	2-1	3-1	3-1	3-1	3-1	3-1	4-1	5-1	5-1	5-1	5-1	5-1	5-1	5-1
Banas, Vladimir (NC)	Time of Day	0:06:57	0:07:48	0:08:46	0:09:36	0:10:40	0:11:36	0:12:44	0:13:43	0:14:52	0:15:50	0:16:59	0:18:04	0:19:18	0:20:24	0:21:41	0:22:45:02
16	Time Cum	00:57	01:48	02:46	03:36	04:40	05:36	06:44	07:43	08:52	09:50	10:59	12:04	13:18	14:24	15:41	16:45:02
Age 41	Time Delta	00:57	00:51	00:57	00:50	01:03	00:56	01:07	00:59	01:08	00:58	01:08	01:05	01:13	01:06	01:16	01:04:02
Group M40-49	Pace Cum	08:19	08:40	08:35	08:41	08:47	08:58	09:07	09:16	09:21	09:27	09:30	09:40	09:45	09:53	09:58	10:03
Overall-Group	Pace Delta	08:19	09:06	08:25	09:01	09:12	09:58	09:53	10:33	09:59	10:26	09:56	11:35	10:44	11:43	11:12	11:20
	Position	15-8	18-8	17-8	14-7	14-7	14-7	14-7	11-6	10-6	9-6	7-4	7-4	7-4	7-4	7-4	7-4
Banks, Darryl (NC)	Time of Day	0:07:20	0:08:28	0:09:49	0:10:58	0:12:21	0:13:30	0:14:56	0:16:12	0:17:48	0:19:05	0:20:38	0:21:56	0:23:33	1:00:55	1:02:36	1:04:03:31
58	Time Cum	01:20	02:28	03:49	04:58	06:21	07:30	08:56	10:12	11:48	13:05	14:38	15:56	17:33	18:55	20:36	22:03:31
Age 44	Time Delta	01:20	01:08	01:20	01:09	01:22	01:09	01:25	01:16	01:35	01:17	01:32	01:18	01:36	01:22	01:40	01:27:31
Group M40-49	Pace Cum	11:41	11:52	11:50	11:57	11:58	12:02	12:05	12:15	12:27	12:34	12:40	12:45	12:52	12:58	13:06	13:14
Overall-Group	Pace Delta	11:41	12:07	11:46	12:20	12:01	12:23	12:25	13:35	13:54	13:47	13:27	13:51	14:07	14:31	14:44	15:29
	Position	139-35	132-34	122-35	114-34	110-33	99-31	91-29	89-28	72-22	70-22	60-18	55-16	44-15	42-15	41-15	41-15
Banks, Linda (NC)	Time of Day	0:07:28	0:08:46	0:10:22	0:11:48	0:13:39	0:15:16	0:17:46	0:19:42								
59	Time Cum	01:28	02:46	04:22	05:48	07:39	09:16	11:46	13:42								
Age 47	Time Delta	01:28	01:18	01:35	01:26	01:50	01:37	02:29	01:56								
Group F40-49	Pace Cum	12:51	13:19	13:32	13:57	14:25	14:51	15:55	16:27								
Overall-Group	Pace Delta	12:51	13:53	13:57	15:19	16:07	17:19	21:47	20:40								
	Position	200-24	201-23	202-22	201-21	211-24	219-27	232-27	233-28								
Bates, Wayne (NY)	Time of Day	0:07:17	0:08:22	0:09:46	0:11:00	0:12:38	0:14:05										
60	Time Cum	01:17	02:22	03:46	05:00	06:38	08:05										
Age 52	Time Delta	01:17	01:05	01:23	01:14	01:37	01:27										
Group M50-59	Pace Cum	11:14	11:26	11:41	12:02	12:30	12:57										
Overall-Group	Pace Delta	11:14	11:40	12:08	13:15	14:11	15:32										
	Position	116-25	105-24	112-24	120-23	133-24	140-25										
Bays, Donna (TN)	Time of Day	0:07:30	0:08:55	0:10:29	0:11:56	0:13:40	0:15:10	0:17:11	0:18:58	0:22:05	1:00:31						
61	Time Cum	01:30	02:55	04:29	05:56	07:40	09:10	11:11	12:58	16:05	18:31						
Age 46	Time Delta	01:30	01:25	01:33	01:27	01:43	01:30	02:00	01:47	03:06	02:26						
Group F40-49	Pace Cum	13:08	14:02	13:54	14:15	14:27	14:40	15:08	15:34	16:58	17:47						
Overall-Group	Pace Delta	13:08	15:07	13:40	15:28	15:07	15:56	17:39	19:04	27:12	25:52						
	Position	210-25	219-25	210-24	224-26	213-25	213-23	212-22	217-24	185-17	183-17						
Bedard, Dan (NC)	Time of Day	0:06:56	0:07:42	0:08:39	0:09:31	0:10:31	0:11:28	0:12:34	0:13:29	0:14:51	0:15:53	0:17:11	0:18:20	0:19:46	0:20:56	0:22:19	0:23:30:52
19	Time Cum	00:56	01:42	02:39	03:31	04:31	05:28	06:34	07:29	08:51	09:53	11:11	12:20	13:46	14:56	16:19	17:30:52
Age 30	Time Delta	00:56	00:46	00:56	00:52	00:59	00:57	01:05	00:55	01:21	01:02	01:17	01:09	01:25	01:10	01:22	01:11:52
Group M30-39	Pace Cum	08:11	08:12	08:13	08:27	08:31	08:46	08:53	09:00	09:20	09:30	09:41	09:52	10:05	10:15	10:23	10:31
Overall-Group	Pace Delta	08:11	08:13	08:16	09:15	08:43	10:15	09:31	09:53	11:51	11:06	11:17	12:14	12:32	12:31	12:01	12:43
	Position	12-3	8-2	9-3	9-3	9-3	12-3	9-3	9-3	9-3	10-3	9-3	9-3	9-3	9-3	9-3	9-3

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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
<i>Belligne,</i>	Time of Day	0:07:27	0:08:46	0:10:15	0:11:36	0:13:08	0:14:32	0:16:20	0:17:50								
<i>Admas K (NY)</i>	Time Cum	01:27	02:46	04:15	05:36	07:08	08:32	10:20	11:50								
62	Time Delta	01:27	01:19	01:28	01:21	01:31	01:24	01:47	01:30								
Age 58	Pace Cum	12:42	13:21	13:11	13:29	13:26	13:40	13:59	14:13								
Group F50-59	Pace Delta	12:42	14:07	12:53	14:30	13:18	14:55	15:43	16:04								
Overall-Group	Position	193-16	202-18	187-15	188-15	176-14	171-12	167-14	169-14								
<i>Bell,</i>	Time of Day	0:07:08	0:08:12	0:09:21	0:10:22	0:11:33	0:12:35	0:13:46	0:14:48								
<i>Ken (NC)</i>	Time Cum	01:08	02:12	03:21	04:22	05:33	06:35	07:46	08:48								
63	Time Delta	01:08	01:04	01:08	01:01	01:10	01:02	01:10	01:02								
Age 40	Pace Cum	09:56	10:38	10:23	10:31	10:27	10:33	10:30	10:34								
Group M40-49	Pace Delta	09:56	11:29	09:56	10:57	10:14	11:06	10:16	11:04								
Overall-Group	Position	47-15	67-20	55-18	49-17	43-16	37-15	33-13	31-11								
<i>Bennett,</i>	Time of Day	0:07:39	0:09:16	0:10:51	0:12:16	0:14:04	0:15:40	0:17:25	0:19:01								
<i>Peter (TX)</i>	Time Cum	01:39	03:16	04:51	06:16	08:04	09:40	11:25	13:01								
64	Time Delta	01:39	01:37	01:34	01:25	01:47	01:36	01:44	01:36								
Age 36	Pace Cum	14:27	15:41	15:02	15:03	15:12	15:29	15:27	15:37								
Group M30-39	Pace Delta	14:27	17:11	13:51	15:03	15:46	17:09	15:12	17:02								
Overall-Group	Position	240-37	241-37	241-36	240-37	238-37	237-37	220-34	219-33								
<i>Bisnette,</i>	Time of Day	0:07:13	0:08:20	0:09:40	0:10:53	0:12:18	0:13:36	0:15:14	0:16:37	0:18:25	0:20:08	0:22:21	1:00:15				
<i>Dennis (MS)</i>	Time Cum	01:13	02:20	03:40	04:53	06:18	07:36	09:14	10:37	12:25	14:08	16:21	18:15				
65	Time Delta	01:13	01:07	01:19	01:13	01:24	01:18	01:37	01:23	01:48	01:43	02:12	01:54				
Age 50	Pace Cum	10:39	11:13	11:22	11:45	11:52	12:11	12:29	12:44	13:06	13:35	14:09	14:36				
Group M50-59	Pace Delta	10:39	11:54	11:39	13:02	12:19	13:55	14:13	14:41	15:46	18:24	19:16	20:11				
Overall-Group	Position	80-17	95-20	93-17	103-18	101-19	110-20	114-21	116-22	105-21	109-23	105-22	104-23				
<i>Blackford,</i>	Time of Day	0:07:15	0:08:21	0:09:36	0:10:44	0:12:02	0:13:13	0:14:36	0:15:48	0:17:10	0:18:23	0:19:37	0:20:39	0:21:52	0:23:02	1:00:17	1:01:23:41
<i>Darris (OH)</i>	Time Cum	01:15	02:21	03:36	04:44	06:02	07:13	08:36	09:48	11:10	12:23	13:37	14:39	15:52	17:02	18:17	19:23:41
66	Time Delta	01:15	01:06	01:14	01:08	01:17	01:11	01:22	01:12	01:21	01:13	01:13	01:02	01:12	01:10	01:14	01:06:41
Age 47	Pace Cum	10:57	11:19	11:10	11:24	11:22	11:33	11:38	11:46	11:47	11:54	11:47	11:44	11:38	11:41	11:38	11:38
Group M40-49	Pace Delta	10:57	11:46	10:52	12:11	11:16	12:38	12:04	12:50	11:54	13:02	10:43	11:08	10:32	12:32	10:50	11:48
Overall-Group	Position	95-27	101-30	82-28	87-29	79-25	80-24	69-22	67-22	50-16	47-15	41-14	35-14	29-13	28-12	24-11	23-11
<i>Blackford,</i>	Time of Day	0:07:15	0:08:21	0:09:36	0:10:45	0:12:02	0:13:12	0:14:35	0:15:46	0:17:10	0:18:22	0:19:41	0:20:50	0:22:00	0:23:06	1:00:20	1:01:24:11
<i>Starshine E (OH)</i>	Time Cum	01:15	02:21	03:36	04:45	06:02	07:12	08:35	09:46	11:10	12:22	13:41	14:50	16:00	17:06	18:20	19:24:11
67	Time Delta	01:15	01:06	01:14	01:09	01:16	01:10	01:22	01:11	01:23	01:12	01:19	01:09	01:09	01:06	01:13	01:04:11
Age 35	Pace Cum	10:57	11:19	11:10	11:24	11:22	11:32	11:37	11:43	11:47	11:52	11:50	11:52	11:44	11:44	11:40	11:39
Group F30-39	Pace Delta	10:57	11:46	10:53	12:14	11:13	12:32	12:00	12:35	12:15	12:45	11:32	12:16	10:11	11:45	10:45	11:22
Overall-Group	Position	95-6	100-5	82-5	89-5	79-5	79-5	68-5	63-5	50-4	45-4	42-4	38-3	30-2	30-2	26-2	24-2
<i>Bowden-Miller,</i>	Time of Day	0:07:33	0:08:56	0:10:30	0:11:53	0:13:31	0:14:53	0:16:32	0:17:54	0:19:39	0:21:09	0:23:13	1:00:55				
<i>Julie (OH)</i>	Time Cum	01:33	02:56	04:30	05:53	07:31	08:53	10:32	11:54	13:39	15:09	17:13	18:55				
68	Time Delta	01:33	01:23	01:33	01:23	01:37	01:22	01:38	01:22	01:44	01:30	02:03	01:42				
Age 47	Pace Cum	13:35	14:06	13:57	14:08	14:10	14:14	14:15	14:17	14:24	14:33	14:54	15:08				
Group F40-49	Pace Delta	13:35	14:44	13:41	14:45	14:15	14:41	14:19	14:37	15:15	16:04	17:59	18:05				
Overall-Group	Position	225-30	224-29	215-27	210-24	200-22	194-20	177-18	172-18	139-12	135-11	120-10	117-10				

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## 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
Brewington, David Lee (FL)	Time of Day	0:07:56	0:09:36	0:12:11	0:14:17	0:17:01	0:19:33										
69	Time Cum	01:56	03:36	06:11	08:17	11:01	13:33										
Age 61	Time Delta	01:56	01:40	02:34	02:06	02:43	02:32										
Group M60-69	Pace Cum	16:56	17:21	19:10	19:55	20:45	21:42										
Overall-Group	Pace Delta	16:56	17:52	22:30	22:26	23:50	27:01										
	Position	250-18	251-18	250-18	251-18	250-18	250-18										
Bright, Darrin (OH)	Time of Day	0:07:15	0:08:20	0:09:37	0:10:45	0:12:02	0:13:12	0:14:39	0:15:53	0:17:13	0:18:23	0:19:49	0:21:09				
71	Time Cum	01:15	02:20	03:37	04:45	06:02	07:12	08:39	09:53	11:13	12:23	13:49	15:09				
Age 39	Time Delta	01:15	01:05	01:16	01:08	01:16	01:10	01:26	01:14	01:19	01:10	01:25	01:20				
Group M30-39	Pace Cum	10:57	11:15	11:13	11:25	11:22	11:32	11:42	11:53	11:50	11:54	11:57	12:08				
Overall-Group	Pace Delta	10:57	11:37	11:09	12:08	11:09	12:28	12:38	13:16	11:33	12:27	12:30	14:20				
	Position	95-18	98-18	86-17	90-18	79-17	77-18	76-17	76-17	52-12	46-11	44-10	42-9				
Brokaw, Lindsey M (OH)	Time of Day	0:07:15	0:08:22	0:09:52	0:11:12	0:12:50	0:14:13	0:15:58	0:17:23	0:19:14	0:20:58	0:23:16	1:02:06	1:04:39	1:06:41	1:09:19	1:11:17:24
73	Time Cum	01:15	02:22	03:52	05:12	06:50	08:13	09:58	11:23	13:14	14:58	17:16	20:06	22:39	24:41	27:19	29:17:24
Age 26	Time Delta	01:15	01:07	01:29	01:20	01:37	01:23	01:44	01:25	01:50	01:44	02:17	02:50	02:32	02:02	02:37	01:58:24
Group F20-29	Pace Cum	10:57	11:25	11:59	12:29	12:52	13:09	13:29	13:40	13:58	14:23	14:56	16:05	16:36	16:56	17:22	17:34
Overall-Group	Pace Delta	10:57	11:58	13:03	14:12	14:16	14:43	15:19	15:08	16:08	18:32	20:02	30:10	22:16	21:44	22:57	20:57
	Position	95-2	103-2	129-3	147-5	149-5	151-5	154-5	152-5	128-4	130-4	124-3	145-3	133-3	133-2	132-2	135-2
Brower, Bev (MS)	Time of Day	0:07:18	0:08:29	0:09:49	0:11:00	0:12:20	0:13:30	0:14:57	0:16:16	0:17:54	0:19:21	0:21:23	0:23:21	1:02:14			
74	Time Cum	01:18	02:29	03:49	05:00	06:20	07:30	08:57	10:16	11:54	13:21	15:23	17:21	20:14			
Age 29	Time Delta	01:18	01:11	01:19	01:11	01:19	01:10	01:26	01:19	01:37	01:27	02:01	01:58	02:52			
Group F20-29	Pace Cum	11:23	11:59	11:50	12:00	11:56	12:00	12:06	12:20	12:34	12:49	13:19	13:53	14:50			
Overall-Group	Pace Delta	11:23	12:42	11:34	12:36	11:39	12:25	12:40	14:06	14:13	15:29	17:44	21:02	25:08			
	Position	124-3	138-4	122-2	117-2	108-2	97-2	95-2	94-2	77-1	81-1	81-2	90-2	96-2			
Brown, Will (NC)	Time of Day	0:07:35	0:09:16	0:10:51	0:12:24	0:14:26	0:16:10	0:18:17	0:20:12								
32	Time Cum	01:35	03:16	04:51	06:24	08:26	10:10	12:17	14:12								
Age 64	Time Delta	01:35	01:41	01:34	01:33	02:01	01:44	02:06	01:55								
Group M60-69	Pace Cum	13:52	15:41	15:02	15:24	15:53	16:17	16:37	17:03								
Overall-Group	Pace Delta	13:52	17:53	13:52	16:37	17:41	18:30	18:28	20:28								
	Position	229-10	236-12	241-16	243-16	242-14	243-14	239-14	240-14								
Burns, William F (NC)	Time of Day	0:07:17	0:08:17	0:09:31	0:10:30	0:11:41	0:12:40	0:13:55	0:14:57	0:16:09	0:17:08	0:18:20	0:19:21	0:20:36	0:22:05	0:23:55	1:01:13:11
23	Time Cum	01:17	02:17	03:31	04:30	05:41	06:40	07:55	08:57	10:09	11:08	12:20	13:21	14:36	16:05	17:55	19:13:11
Age 41	Time Delta	01:17	01:00	01:13	00:59	01:10	00:59	01:14	01:02	01:11	00:59	01:11	01:14	01:29	01:49	01:18:11	
Group M40-49	Pace Cum	11:14	11:02	10:54	10:49	10:42	10:41	10:43	10:45	10:43	10:42	10:40	10:41	10:42	11:02	11:24	11:32
Overall-Group	Pace Delta	11:14	10:46	10:41	10:29	10:20	10:36	10:49	11:00	10:30	10:34	10:25	10:52	10:54	15:49	16:00	13:50
	Position	116-32	82-26	74-23	67-21	55-19	47-17	36-15	36-14	26-11	24-11	21-10	20-9	18-9	19-9	22-10	22-10
Butler, Jeffrey (NY)	Time of Day	0:07:21	0:08:32	0:10:08	0:11:25	0:13:23	0:15:01	0:17:02	0:18:45	0:21:04	0:23:07						
75	Time Cum	01:21	02:32	04:08	05:25	07:23	09:01	11:02	12:45	15:04	17:07						
Age 51	Time Delta	01:21	01:11	01:35	01:17	01:57	01:38	02:00	01:43	02:18	02:03						
Group M50-59	Pace Cum	11:49	12:13	12:49	13:00	13:55	14:27	14:56	15:19	15:54	16:26						
Overall-Group	Pace Delta	11:49	12:42	13:54	13:38	17:13	17:29	17:33	18:20	20:12	21:48						
	Position	148-30	157-29	180-33	177-33	187-33	199-38	206-37	208-36	171-34	171-33						

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## 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	
Byrom, Roger (NY) 76 Age 53 Group M50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:29 01:29 01:29 13:00 13:00 207-37	0:08:47 02:47 01:18 13:23 13:51 205-34	0:10:17 04:17 01:29 13:17 13:06 192-34	0:11:42 05:42 01:25 13:43 15:13 195-35	0:13:26 07:26 01:43 14:00 15:03 194-37	0:14:52 08:52 01:26 14:13 15:23 191-36	0:16:46 10:46 01:53 14:34 16:31 187-34	0:18:17 12:17 01:31 14:45 16:10 187-33	0:21:01 15:01 02:43 15:51 23:54 170-33	0:23:15 17:15 02:14 16:34 23:47 175-35							
Calabria, Robert (NC) 33 Age 70 Group M70-79 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:27 01:27 01:27 12:42 12:42 193-3	0:08:54 02:54 01:27 13:59 15:33 211-3	0:10:28 04:28 01:33 13:51 13:36 207-4	0:11:53 05:53 01:25 14:08 15:08 211-4	0:13:36 07:36 01:42 14:19 14:58 205-4	0:15:03 09:03 01:27 14:29 15:26 202-4	0:16:42 10:42 01:38 14:29 14:25 184-3	0:18:12 12:12 01:30 14:38 15:56 180-3	0:20:14 14:14 02:01 15:01 17:48 154-2	0:21:49 15:49 01:35 15:12 16:55 148-2	0:23:39 17:39 01:49 15:16 15:59 135-1	1:01:18 19:18 01:39 15:26 17:31 129-1	1:03:24 21:24 02:06 15:41 18:24 111-1	1:05:16 23:16 01:52 15:57 19:50 107-1	1:07:41 25:41 02:24 16:20 21:10 102-1	1:09:27:22 27:27:22 01:46:22 16:28 18:50 103-1	
Carr, Danette (NC) 77 Age 42 Group F40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:35 01:35 01:35 13:52 13:52 229-31	0:09:01 03:01 01:26 14:29 15:14 231-31	0:10:33 04:33 01:31 14:07 13:25 222-29	0:11:51 05:51 01:18 14:05 13:58 209-23	0:13:28 07:28 01:36 14:04 14:01 195-20	0:15:03 09:03 01:35 14:30 16:56 206-22	0:16:57 10:57 01:53 14:49 16:32 200-20	0:18:25 12:25 01:28 14:55 15:41 193-19									
Carver, Dave Ernest (ON) 78 Age 49 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:02 01:02 01:02 09:03 09:03 24-10	0:07:58 01:58 00:56 09:28 09:58 27-10	0:09:05 03:05 01:06 09:34 09:44 31-12	0:09:59 03:59 00:54 09:36 09:43 24-9	0:11:03 05:03 01:03 09:31 09:12 22-9	0:12:01 06:01 00:58 09:38 10:17 20-8	0:13:11 07:11 01:09 09:43 10:12 19-8	0:14:12 08:12 01:01 09:50 10:48 18-8	0:15:30 09:30 01:17 10:02 11:23 17-8	0:16:41 10:41 01:11 10:16 12:38 17-8	0:18:11 12:11 01:29 10:32 13:05 19-8	0:19:30 13:30 01:19 10:49 14:08 21-10	0:21:01 15:01 01:30 11:00 13:09 21-10	0:22:15 16:15 01:14 11:09 13:06 21-10	0:23:37 17:37 01:21 11:12 11:58 19-9	1:00:47:23 18:47:23 01:10:23 11:16 12:27 19-9	
Christine, Sandra (NC) 79 Age 49 Group F40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:18 01:18 01:18 11:23 11:23 124-10	0:08:31 02:31 01:13 12:08 13:02 147-12	0:09:54 03:54 01:22 12:06 12:01 134-13	0:11:05 05:05 01:11 12:14 12:44 130-13	0:12:32 06:32 01:26 12:18 12:34 122-13	0:13:51 07:51 01:19 12:35 14:07 126-12	0:15:23 09:23 01:31 12:42 13:19 123-12	0:16:42 10:42 01:19 12:51 14:07 122-12									
Clausen, Chris D (NY) 81 Age 52 Group M50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:21 01:21 01:21 11:49 11:49 148-30	0:08:32 02:32 01:11 12:13 12:42 156-29	0:10:07 04:07 01:34 12:46 13:45 176-32	0:11:24 05:24 01:17 13:00 13:48 175-32	0:13:09 07:09 01:44 13:28 15:11 177-31	0:14:32 08:32 01:23 13:39 14:42 170-29	0:16:21 10:21 01:48 14:00 15:54 168-29	0:17:48 11:48 01:27 14:00 15:27 166-29	0:19:56 13:56 02:07 14:42 18:38 145-28	0:21:25 15:25 01:29 14:48 15:49 143-28	0:23:35 17:35 02:09 15:13 18:55 131-27	1:01:23 19:23 01:48 15:31 19:12 133-28	1:03:49 21:49 02:25 16:00 21:15 120-26	1:05:56 23:56 02:07 16:25 22:34 121-26	1:08:41 26:41 02:44 16:58 24:01 129-29	1:10:32:41 28:32:41 01:51:41 17:08 19:46 127-29	
Clinard, Valerie (NC) 82 Age 35 Group F30-39 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:19 01:19 01:19 11:32 11:32 131-8	0:08:35 02:35 01:16 12:35 13:32 171-17	0:09:57 03:57 01:21 12:15 11:54 146-12	0:11:21 05:21 01:24 12:52 14:58 170-16	0:12:53 06:53 01:31 12:58 13:21 156-15	0:14:31 08:31 01:38 13:39 17:30 166-16	0:16:12 10:12 01:40 13:48 14:37 164-16	0:18:05 12:05 01:53 14:31 20:07 179-17	0:20:03 14:03 01:57 14:50 17:08 150-16	0:22:02 16:02 01:59 15:24 21:11 157-15	1:00:06 18:06 02:03 15:40 18:00 143-14	1:02:12 20:12 02:06 16:10 22:27 146-14	1:04:59 22:59 02:46 16:51 24:15 134-13	1:07:24 25:24 02:25 17:25 25:47 139-15	1:09:54 27:54 02:29 17:45 21:48 141-15	1:11:45:41 29:45:41 01:51:41 17:51 19:46 142-15	

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
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Coker, Jennifer (GA)	Time of Day	0:07:22	0:08:29	0:09:46	0:10:59	0:12:29	0:13:57	0:15:36	0:17:02	0:18:52	0:20:33	0:22:46	1:00:49				
83	Time Cum	01:22	02:29	03:46	04:59	06:29	07:57	09:36	11:02	12:52	14:33	16:46	18:49				
Age 36	Time Delta	01:22	01:07	01:16	01:13	01:29	01:28	01:38	01:26	01:49	01:41	02:12	02:03				
Group F30-39	Pace Cum	11:58	11:56	11:41	12:00	12:13	12:44	12:59	13:15	13:35	13:59	14:30	15:04				
Overall-Group	Pace Delta	11:58	11:53	11:13	13:04	13:01	15:40	14:23	15:18	16:00	17:59	19:20	21:55				
	Position	155-15	135-11	112-7	116-8	120-8	131-10	130-10	131-10	116-10	120-11	111-12	116-12				
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Cook, Ethel (PA)	Time of Day	0:07:30	0:08:55	0:10:29	0:11:55	0:13:45	0:15:17	0:17:17	0:18:57	0:21:10	0:23:04	1:02:16	1:04:11				
84	Time Cum	01:30	02:55	04:29	05:55	07:45	09:17	11:17	12:57	15:10	17:04	20:16	22:11				
Age 46	Time Delta	01:30	01:25	01:33	01:26	01:49	01:32	01:59	01:40	02:12	01:54	03:11	01:55				
Group F40-49	Pace Cum	13:08	14:01	13:54	14:14	14:36	14:52	15:16	15:32	16:00	16:23	17:32	17:45				
Overall-Group	Pace Delta	13:08	15:06	13:41	15:23	15:56	16:20	17:28	17:43	19:24	20:11	28:01	20:26				
	Position	210-25	216-25	210-24	221-25	223-28	221-28	217-24	215-23	175-14	170-13	162-13	161-13				
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Corbett, Catra (CA)	Time of Day	0:07:07	0:08:06	0:09:23	0:10:32	0:11:58	0:13:09	0:14:37	0:15:53	0:17:20	0:18:36	0:20:05	0:21:35	0:23:46	1:01:19	1:03:23	1:04:58:20
85	Time Cum	01:07	02:06	03:23	04:32	05:58	07:09	08:37	09:53	11:20	12:36	14:05	15:35	17:46	19:19	21:23	22:58:20
Age 46	Time Delta	01:07	00:59	01:16	01:09	01:25	01:11	01:27	01:16	01:26	01:16	01:28	01:30	02:10	01:33	02:03	01:35:20
Group F40-49	Pace Cum	09:47	10:07	10:29	10:55	11:14	11:27	11:39	11:52	11:58	12:06	12:11	12:28	13:01	13:15	13:36	13:47
Overall-Group	Pace Delta	09:47	10:31	11:11	12:23	12:25	12:38	12:47	13:35	12:36	13:34	12:54	16:02	19:02	16:37	17:59	16:52
	Position	43-2	49-3	62-4	69-5	70-5	72-5	70-5	75-5	53-3	53-3	47-2	47-2	51-3	51-3	54-4	54-5
<hr/>																	
Cotuna, Theo (NC)	Time of Day	0:07:23	0:08:34	0:09:59	0:11:08	0:12:44	0:14:03	0:15:48	0:17:10	0:19:02	0:20:30						
86	Time Cum	01:23	02:34	03:59	05:08	06:44	08:03	09:48	11:10	13:02	14:30						
Age 47	Time Delta	01:23	01:11	01:24	01:09	01:35	01:19	01:44	01:22	01:51	01:28						
Group M40-49	Pace Cum	12:07	12:22	12:21	12:20	12:41	12:54	13:15	13:25	13:45	13:56						
Overall-Group	Pace Delta	12:07	12:41	12:19	12:15	13:59	14:08	15:12	14:41	16:13	15:44						
	Position	165-38	169-41	152-39	134-37	142-38	137-39	143-40	144-40	122-34	115-33						
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Coury, Jamil (AZ)	Time of Day	0:06:55	0:07:44	0:08:41	0:09:33	0:10:31	0:11:28	0:12:37	0:13:45	0:15:03	0:16:13	0:17:39	0:18:48	0:20:07	0:21:19	0:22:53	1:00:06:18
11	Time Cum	00:55	01:44	02:41	03:33	04:31	05:28	06:37	07:45	09:03	10:13	11:39	12:48	14:07	15:19	16:53	18:06:18
Age 26	Time Delta	00:55	00:49	00:56	00:52	00:57	00:57	01:08	01:08	01:17	01:10	01:25	01:09	01:18	01:12	01:33	01:13:18
Group M20-29	Pace Cum	08:02	08:21	08:19	08:34	08:31	08:45	08:57	09:19	09:33	09:48	10:05	10:15	10:21	10:30	10:44	10:52
Overall-Group	Pace Delta	08:02	08:45	08:15	09:23	08:19	10:06	10:04	12:08	11:18	12:24	12:33	12:22	11:24	12:45	13:43	12:58
	Position	9-1	12-1	11-1	10-1	9-1	9-1	11-1	13-1	11-1	13-1	12-1	12-1	12-1	12-1	12-1	12-1
<hr/>																	
Coury, Nick (AZ)	Time of Day	0:06:58	0:07:47	0:08:44	0:09:35	0:10:34	0:11:28	0:12:37	0:14:00	0:15:28	0:16:39	0:17:56	0:19:06	0:20:34	0:21:58	0:23:56	1:01:32:25
12	Time Cum	00:58	01:47	02:44	03:35	04:34	05:28	06:37	08:00	09:28	10:39	11:56	13:06	14:34	15:58	17:56	19:32:25
Age 23	Time Delta	00:58	00:49	00:56	00:51	00:58	00:54	01:08	01:23	01:27	01:11	01:16	01:10	01:27	01:24	01:57	01:36:25
Group M20-29	Pace Cum	08:28	08:36	08:29	08:38	08:36	08:46	08:57	09:36	09:59	10:14	10:19	10:29	10:41	10:57	11:24	11:43
Overall-Group	Pace Delta	08:28	08:46	08:15	09:09	08:31	09:42	09:58	14:42	12:50	12:36	11:13	12:26	12:49	14:58	17:09	17:04
	Position	17-2	17-2	14-2	13-2	12-2	11-1	11-1	17-2	16-2	16-2	14-2	14-2	17-2	18-2	23-4	26-4
<hr/>																	
Cox, Lee (NC)	Time of Day	0:07:23	0:08:33	0:10:04	0:11:21	0:13:06	0:14:31	0:16:15	0:17:44								
34	Time Cum	01:23	02:33	04:04	05:21	07:06	08:31	10:15	11:44								
Age 50	Time Delta	01:23	01:10	01:30	01:17	01:44	01:25	01:43	01:29								
Group M50-59	Pace Cum	12:07	12:18	12:37	12:52	13:23	13:38	13:52	14:05								
Overall-Group	Pace Delta	12:07	12:32	13:10	13:44	15:15	15:05	15:09	15:50								
	Position	165-34	163-32	168-30	171-31	171-29	164-28	166-28	164-28								

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<i>Curcio,</i>	Time of Day	0:07:19	0:08:26	0:09:49	0:11:02	0:12:28	0:13:45	0:15:18	0:16:37	0:18:15	0:19:46						
<i>Margaret A (GA)</i>	Time Cum	01:19	02:26	03:49	05:02	06:28	07:45	09:18	10:37	12:15	13:46						
87	Time Delta	01:19	01:07	01:22	01:13	01:25	01:17	01:32	01:19	01:37	01:31						
Age 45	Pace Cum	11:32	11:45	11:50	12:06	12:11	12:25	12:35	12:45	12:56	13:13						
Group F40-49	Pace Delta	11:32	12:00	12:00	13:02	12:28	13:44	13:29	14:02	14:15	16:09						
Overall-Group	Position	131-11	120-9	122-10	123-11	119-12	121-11	119-11	117-11	97-7	99-7						
<i>Curran,</i>	Time of Day	0:07:23	0:08:34	0:09:54	0:11:10	0:12:32	0:13:46	0:15:14	0:16:34	0:18:11	0:19:43	0:21:26	0:23:07	1:01:17	1:03:17	1:06:20	1:08:25:42
<i>Finian M (NC)</i>	Time Cum	01:23	02:34	03:54	05:10	06:32	07:46	09:14	10:34	12:11	13:43	15:26	17:07	19:17	21:17	24:20	26:25:42
88	Time Delta	01:23	01:11	01:19	01:16	01:21	01:14	01:27	01:20	01:36	01:32	01:42	01:41	02:09	02:00	03:02	02:05:42
Age 41	Pace Cum	12:07	12:19	12:06	12:26	12:18	12:26	12:29	12:41	12:52	13:11	13:21	13:42	14:08	14:36	15:28	15:51
Group M40-49	Pace Delta	12:07	12:34	11:40	13:36	11:51	13:10	12:47	14:11	14:09	16:24	14:57	17:58	18:54	21:17	26:41	22:15
Overall-Group	Position	165-38	165-41	134-36	143-38	122-35	123-37	114-34	112-34	94-29	96-29	84-26	87-28	81-27	83-27	89-26	92-25
<i>Davis, III,</i>	Time of Day	0:07:49	0:09:16	0:10:46	0:12:04	0:13:41	0:15:15	0:17:01	0:18:33	0:20:28	0:21:57	0:23:55	1:01:26	1:03:15	1:04:53	1:06:50	1:08:20:19
<i>Frederick F (OH)</i>	Time Cum	01:49	03:16	04:46	06:04	07:41	09:15	11:01	12:33	14:28	15:57	17:55	19:26	21:15	22:53	24:50	26:20:19
35	Time Delta	01:49	01:27	01:29	01:18	01:36	01:34	01:45	01:32	01:54	01:29	01:57	01:31	01:48	01:38	01:56	01:30:19
Age 63	Pace Cum	15:55	15:41	14:47	14:35	14:28	14:48	14:54	15:04	15:16	15:19	15:30	15:33	15:35	15:42	15:48	15:48
Group M60-69	Pace Delta	15:55	15:25	13:07	13:54	14:05	16:41	15:26	16:18	16:47	15:46	17:13	16:12	15:50	17:27	17:00	15:59
Overall-Group	Position	248-17	244-12	238-13	233-10	217-10	218-11	204-11	199-10	160-7	152-6	140-5	134-4	110-3	102-3	93-3	90-3
<i>Davis,</i>	Time of Day	0:07:10	0:08:12	0:09:21	0:10:24	0:11:36	0:12:45	0:14:08	0:15:41								
<i>Frances (CT)</i>	Time Cum	01:10	02:12	03:21	04:24	05:36	06:45	08:08	09:41								
89	Time Delta	01:10	01:02	01:08	01:03	01:11	01:09	01:22	01:33								
Age 32	Pace Cum	10:13	10:37	10:23	10:35	10:33	10:49	11:00	11:37								
Group F30-39	Pace Delta	10:13	11:05	09:59	11:17	10:24	12:21	12:00	16:30								
Overall-Group	Position	62-4	64-4	55-4	53-3	47-3	54-3	50-3	57-4								
<i>Demoney,</i>	Time of Day	0:07:38	0:09:16	0:11:06	0:12:41	0:14:46	0:16:25	0:18:43	0:20:34								
<i>Ed (VA)</i>	Time Cum	01:38	03:16	05:06	06:41	08:46	10:25	12:43	14:34								
90	Time Delta	01:38	01:38	01:49	01:35	02:04	01:39	02:17	01:51								
Age 77	Pace Cum	14:18	15:41	15:49	16:04	16:31	16:40	17:12	17:30								
Group M70-79	Pace Delta	14:18	17:22	16:03	16:57	18:08	17:32	20:08	19:47								
Overall-Group	Position	239-5	241-5	245-5	246-5	246-5	245-5	241-5	242-5								
<i>Demoney,</i>	Time of Day	0:07:17	0:08:28	0:09:56	0:11:10	0:12:57	0:14:19	0:15:52	0:17:30	0:19:18	0:20:54	0:23:00	1:00:37	1:02:49	1:05:03	1:07:26	1:09:20:33
<i>Ellen (CO)</i>	Time Cum	01:17	02:28	03:56	05:10	06:57	08:19	09:52	11:30	13:18	14:54	17:00	18:37	20:49	23:03	25:26	27:20:33
91	Time Delta	01:17	01:11	01:27	01:14	01:46	01:22	01:32	01:38	01:47	01:36	02:05	01:37	02:11	02:14	02:22	01:54:33
Age 51	Pace Cum	11:14	11:53	12:12	12:25	13:06	13:19	13:21	13:48	14:02	14:18	14:42	14:54	15:16	15:49	16:10	16:24
Group F50-59	Pace Delta	11:14	12:40	12:46	13:10	15:34	14:36	13:30	17:24	15:44	17:02	18:22	17:19	19:09	23:51	20:46	20:16
Overall-Group	Position	116-7	133-8	141-9	140-9	162-10	159-10	150-9	156-11	129-9	128-9	115-8	109-8	98-7	104-8	99-8	101-8
<i>Dennis,</i>	Time of Day	0:06:53	0:07:37	0:08:32	0:09:17	0:10:10	0:10:58	0:11:54	0:12:43	0:13:41	0:14:32	0:15:33	0:16:24	0:17:26	0:18:19	0:19:18	0:20:07:21
<i>John (PA)</i>	Time Cum	00:53	01:37	02:32	03:17	04:10	04:58	05:54	06:43	07:41	08:32	09:33	10:24	11:26	12:19	13:18	14:07:21
5	Time Delta	00:53	00:44	00:54	00:45	00:52	00:48	00:56	00:49	00:57	00:51	01:00	00:51	01:01	00:53	00:58	00:49:21
Age 30	Pace Cum	07:44	07:50	07:51	07:53	07:51	07:57	07:59	08:04	08:07	08:12	08:16	08:20	08:23	08:27	08:27	08:28
Group M30-39	Pace Delta	07:44	07:56	07:54	08:00	07:42	08:30	08:11	08:43	08:26	09:08	08:49	09:11	08:55	09:30	08:31	08:44
Overall-Group	Position	4-1	3-1	2-1	2-1	2-1	2-1	2-1	2-1	2-1	2-1	2-1	1-1	1-1	1-1	1-1	1-1

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## 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
Dicus, Jennifer (NV)	Time of Day	0:07:32	0:08:58	0:10:36	0:12:04	0:13:51	0:15:23	0:17:08	0:18:40	0:20:45	0:22:27	1:00:46	1:02:39	1:05:06	1:07:20	1:09:44	1:11:34:22
93	Time Cum	01:32	02:58	04:36	06:04	07:51	09:23	11:08	12:40	14:45	16:27	18:46	20:39	23:06	25:20	27:44	29:34:22
Age 34	Time Delta	01:32	01:26	01:37	01:28	01:46	01:32	01:44	01:32	02:04	01:42	02:18	01:53	02:26	02:14	02:23	01:50:22
Group F30-39	Pace Cum	13:26	14:18	14:16	14:34	14:47	15:02	15:04	15:13	15:34	15:48	16:14	16:32	16:56	17:22	17:38	17:45
Overall-Group	Pace Delta	13:26	15:21	14:12	15:36	15:36	16:25	15:13	16:24	18:09	18:05	20:16	20:06	21:23	23:45	21:00	19:32
	Position	215-19	227-20	233-20	230-20	229-20	227-20	210-19	207-18	164-17	162-16	150-16	150-15	135-14	137-12	137-13	138-13
Dorsey, Rico (GA)	Time of Day	0:07:14	0:08:23	0:09:45	0:11:14	0:13:25	0:15:06	0:17:07	0:18:37								
95	Time Cum	01:14	02:23	03:45	05:14	07:25	09:06	11:07	12:37								
Age 45	Time Delta	01:14	01:09	01:21	01:29	02:10	01:41	02:00	01:30								
Group M40-49	Pace Cum	10:48	11:30	11:38	12:35	13:58	14:34	15:02	15:09								
Overall-Group	Pace Delta	10:48	12:22	11:51	15:53	19:01	17:53	17:39	15:58								
	Position	94-26	113-31	110-32	150-39	191-45	208-45	209-45	202-45								
Drost, Jeffrey (IL)	Time of Day	0:07:18	0:08:24	0:09:46	0:10:52	0:12:20	0:13:31	0:15:08	0:16:25	0:18:03	0:19:18	0:20:58	0:22:27	1:00:27	1:02:06	1:03:53	1:05:29:28
96	Time Cum	01:18	02:24	03:46	04:52	06:20	07:31	09:08	10:25	12:03	13:18	14:58	16:27	18:27	20:06	21:53	23:29:28
Age 42	Time Delta	01:18	01:06	01:21	01:06	01:27	01:11	01:36	01:17	01:37	01:15	01:39	01:29	01:59	01:39	01:46	01:36:28
Group M40-49	Pace Cum	11:23	11:35	11:41	11:43	11:56	12:03	12:21	12:31	12:43	12:46	12:57	13:10	13:31	13:48	13:55	14:06
Overall-Group	Pace Delta	11:23	11:50	11:51	11:48	12:45	12:42	14:03	13:47	14:11	13:20	14:33	15:50	17:27	17:40	15:30	17:04
	Position	124-33	116-33	112-33	99-32	108-32	100-32	105-32	102-31	83-25	78-23	69-21	70-22	69-23	66-21	65-21	66-21
Dukes, Bryant (NC)	Time of Day	0:07:16	0:08:23	0:09:44	0:10:55	0:12:14	0:13:17	0:14:33	0:15:42								
37	Time Cum	01:16	02:23	03:44	04:55	06:14	07:17	08:33	09:42								
Age 37	Time Delta	01:16	01:07	01:20	01:11	01:18	01:03	01:15	01:09								
Group M30-39	Pace Cum	11:06	11:26	11:35	11:50	11:45	11:40	11:34	11:39								
Overall-Group	Pace Delta	11:06	11:52	11:49	12:43	11:25	11:14	11:02	12:17								
	Position	109-21	107-20	104-20	107-20	94-20	84-19	64-16	60-15								
Dummar, Frederick C (NC)	Time of Day	0:07:18	0:08:30	0:09:55	0:11:06	0:12:33	0:13:45	0:15:16	0:16:33	0:18:04	0:19:22	0:20:58	0:22:19	1:00:07	1:01:42	1:03:34	1:04:57:32
38	Time Cum	01:18	02:30	03:55	05:06	06:33	07:45	09:16	10:33	12:04	13:22	14:58	16:19	18:07	19:42	21:34	22:57:32
Age 42	Time Delta	01:18	01:12	01:25	01:11	01:26	01:12	01:30	01:17	01:30	01:18	01:35	01:21	01:47	01:35	01:51	01:23:32
Group M40-49	Pace Cum	11:23	12:00	12:09	12:16	12:20	12:25	12:32	12:40	12:44	12:50	12:57	13:04	13:17	13:31	13:43	13:47
Overall-Group	Pace Delta	11:23	12:45	12:25	12:41	12:36	12:54	13:09	13:45	13:11	13:49	14:00	14:30	15:38	16:56	16:15	14:47
	Position	124-33	139-36	137-38	131-36	126-36	122-35	118-35	111-33	84-26	82-25	69-21	68-21	63-19	64-20	61-19	53-17
Ebright, Erika (MD)	Time of Day	0:07:08	0:08:07	0:09:19	0:10:24	0:11:51	0:13:04	0:14:32	0:15:46								
98	Time Cum	01:08	02:07	03:19	04:24	05:51	07:04	08:32	09:46								
Age 26	Time Delta	01:08	00:59	01:11	01:05	01:26	01:13	01:27	01:14								
Group F20-29	Pace Cum	09:56	10:13	10:17	10:35	11:01	11:19	11:33	11:43								
Overall-Group	Pace Delta	09:56	10:33	10:25	11:38	12:36	12:56	12:50	13:07								
	Position	47-1	53-1	53-1	52-1	67-1	67-1	61-1	64-1								
Eitheim, David (WI)	Time of Day	0:07:03	0:08:01	0:09:07	0:10:08	0:11:22	0:12:33	0:13:56	0:15:08	0:16:34	0:17:51	0:19:23	0:20:48	0:22:35	1:00:13	1:01:56	1:03:17:35
99	Time Cum	01:03	02:01	03:07	04:08	05:22	06:33	07:56	09:08	10:34	11:51	13:23	14:48	16:35	18:13	19:56	21:17:35
Age 53	Time Delta	01:03	00:58	01:05	01:01	01:13	01:11	01:22	01:12	01:25	01:17	01:31	01:25	01:46	01:38	01:42	01:21:35
Group M50-59	Pace Cum	09:12	09:42	09:40	09:56	10:07	10:30	10:44	10:58	11:09	11:23	11:35	11:51	12:09	12:30	12:41	12:47
Overall-Group	Pace Delta	09:12	10:18	09:37	10:50	10:47	12:42	12:01	12:50	12:29	13:45	13:20	15:09	15:32	17:27	14:57	14:26
	Position	27-5	36-5	35-5	36-6	36-6	35-6	39-6	45-6	38-6	37-6	35-5	37-5	37-6	40-6	37-5	36-5

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## Runner Splits

Aid Station Name	AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS	
Aid Station Distance	6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00	
Aid Station Delta	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	
<b>Evans, Rosemary (KY)</b> 106 Age 57 Group F50-59 Overall-Group	Time of Day	0:07:27	0:08:43	0:10:21	0:11:49	0:13:34	0:15:04	0:17:00	0:18:56								
	Time Cum	01:27	02:43	04:21	05:49	07:34	09:04	11:00	12:56								
	Time Delta	01:27	01:16	01:37	01:28	01:44	01:30	01:55	01:56								
	Pace Cum	12:42	13:02	13:29	13:59	14:15	14:31	14:53	15:32								
	Pace Delta	12:42	13:27	14:18	15:41	15:14	15:57	16:55	20:41								
	Position	193-16	188-14	198-18	204-19	203-20	207-22	203-22	213-22								
<b>Farneski, Ronald V (NJ)</b> 108 Age 52 Group M50-59 Overall-Group	Time of Day	0:07:17	0:08:19	0:09:31	0:10:35	0:11:56	0:13:07	0:14:37	0:15:51	0:17:24	0:18:41	0:20:32	0:21:55	0:23:47	1:01:25	1:03:25	1:05:09:06
	Time Cum	01:17	02:19	03:31	04:35	05:56	07:07	08:37	09:51	11:24	12:41	14:32	15:55	17:47	19:25	21:25	23:09:06
	Time Delta	01:17	01:02	01:11	01:04	01:20	01:11	01:29	01:14	01:32	01:17	01:50	01:23	01:51	01:38	01:59	01:44:06
	Pace Cum	11:14	11:09	10:54	11:01	11:11	11:24	11:39	11:49	12:02	12:11	12:34	12:45	13:02	13:19	13:37	13:53
	Pace Delta	11:14	11:01	10:28	11:25	11:45	12:38	13:05	13:08	13:33	13:41	16:10	14:49	16:14	17:22	17:30	18:25
	Position	116-25	87-14	74-12	72-12	69-12	69-12	70-12	71-11	55-9	56-9	55-10	54-9	52-9	55-10	58-10	58-9
<b>Filipowski, Joan (IN)</b> 109 Age 56 Group F50-59 Overall-Group	Time of Day	0:07:25	0:08:43	0:10:15	0:11:36	0:13:20	0:14:42	0:16:26	0:17:51	0:19:50	0:21:23	0:23:36	1:01:17	1:03:30	1:05:27	1:08:00	1:09:52:22
	Time Cum	01:25	02:43	04:15	05:36	07:20	08:42	10:26	11:51	13:50	15:23	17:36	19:17	21:30	23:27	26:00	27:52:22
	Time Delta	01:25	01:18	01:31	01:21	01:43	01:22	01:43	01:25	01:58	01:33	02:12	01:41	02:12	01:57	02:32	01:52:22
	Pace Cum	12:25	13:04	13:11	13:29	13:49	13:56	14:07	14:14	14:36	14:47	15:14	15:26	15:46	16:05	16:32	16:43
	Pace Delta	12:25	13:52	13:23	14:30	15:03	14:37	15:06	15:09	17:17	16:35	19:19	17:58	19:21	20:45	22:18	19:53
	Position	177-13	190-14	187-15	189-15	185-16	180-15	175-16	171-15	143-13	141-13	132-12	128-12	115-10	112-10	109-10	116-12
<b>Fisher, Chris (CO)</b> 110 Age 36 Group M30-39 Overall-Group	Time of Day	0:06:57	0:07:47	0:08:45	0:09:38	0:10:42	0:11:40	0:12:47	0:13:52	0:15:03	0:16:08	0:17:23	0:18:30	0:19:50	0:21:06	0:22:35	0:23:45:28
	Time Cum	00:57	01:47	02:45	03:38	04:42	05:40	06:47	07:52	09:03	10:08	11:23	12:30	13:50	15:06	16:35	17:45:28
	Time Delta	00:57	00:50	00:57	00:53	01:03	00:58	01:06	01:05	01:10	01:05	01:14	01:07	01:19	01:16	01:28	01:10:28
	Pace Cum	08:19	08:35	08:32	08:44	08:51	09:05	09:11	09:26	09:33	09:44	09:51	10:00	10:08	10:21	10:33	10:39
	Pace Delta	08:19	08:55	08:25	09:27	09:17	10:23	09:41	11:31	10:21	11:36	10:52	11:55	11:38	13:30	12:57	12:28
	Position	15-5	16-5	16-5	16-4	15-4	15-4	15-4	14-4	11-4	11-4	10-4	10-4	10-4	11-4	11-4	10-4
<b>Foerster, Krista (NC)</b> 111 Age 36 Group F30-39 Overall-Group	Time of Day	0:07:15	0:08:24	0:10:00	0:11:08	0:12:57	0:14:14	0:16:11	0:17:41	0:19:45	0:21:12	1:00:23	1:03:40				
	Time Cum	01:15	02:24	04:00	05:08	06:57	08:14	10:11	11:41	13:45	15:12	18:23	21:40				
	Time Delta	01:15	01:09	01:35	01:08	01:48	01:17	01:56	01:30	02:03	01:27	03:11	03:17				
	Pace Cum	10:57	11:34	12:24	12:20	13:06	13:11	13:47	14:02	14:31	14:36	15:54	17:20				
	Pace Delta	10:57	12:19	13:55	12:07	15:51	13:43	17:01	16:02	18:01	15:24	27:53	34:56				
	Position	95-6	115-7	158-16	137-9	162-17	154-15	163-15	163-15	142-15	138-13	146-15	158-18				
<b>Foy, Missy (NC)</b> 3 Age 46 Group F40-49 Overall-Group	Time of Day	0:06:56	0:07:45	0:08:43	0:09:35	0:10:34	0:11:28	0:12:35	0:13:38								
	Time Cum	00:56	01:45	02:43	03:35	04:34	05:28	06:35	07:38								
	Time Delta	00:56	00:49	00:57	00:52	00:58	00:54	01:06	01:03								
	Pace Cum	08:11	08:26	08:25	08:37	08:36	08:46	08:54	09:10								
	Pace Delta	08:11	08:44	08:25	09:19	08:32	09:40	09:42	11:11								
	Position	12-1	13-1	12-1	12-1	12-1	10-1	10-1	10-1								
<b>French, Rob (NC)</b> 113 Age 52 Group M50-59 Overall-Group	Time of Day	0:07:03	0:07:58	0:09:01	0:09:56	0:11:05	0:12:10	0:13:23	0:14:38	0:15:51	0:17:06	0:18:28	0:19:44	0:21:18	0:22:40	1:00:19	1:01:45:27
	Time Cum	01:03	01:58	03:01	03:56	05:05	06:10	07:23	08:38	09:51	11:06	12:28	13:44	15:18	16:40	18:19	19:45:27
	Time Delta	01:03	00:55	01:02	00:55	01:08	01:05	01:12	01:15	01:12	01:15	01:21	01:16	01:33	01:22	01:38	01:26:27
	Pace Cum	09:12	09:30	09:21	09:28	09:35	09:52	09:59	10:22	10:24	10:39	10:47	11:00	11:13	11:26	11:39	11:51
	Pace Delta	09:12	09:53	09:05	09:53	09:57	11:33	10:37	13:21	10:36	13:17	11:58	13:36	13:36	14:38	14:21	15:18
	Position	27-5	31-4	23-3	23-3	23-3	22-3	21-3	26-4	22-4	22-3	22-3	23-3	23-3	24-3	25-3	27-3

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<i>Fromm,</i>	Time of Day	0:07:07	0:08:04	0:09:15	0:10:16	0:11:32	0:12:38	0:13:55	0:15:02	0:16:23	0:17:37	0:19:10	0:20:33	0:22:47	1:00:39	1:02:25	1:03:49:51
<i>Anita Marie (CO)</i>	Time Cum	01:07	02:04	03:15	04:16	05:32	06:38	07:55	09:02	10:23	11:37	13:10	14:33	16:47	18:39	20:25	21:49:51
114	Time Delta	01:07	00:57	01:10	01:01	01:15	01:06	01:16	01:07	01:20	01:14	01:32	01:23	02:13	01:52	01:46	01:24:51
Age 39	Pace Cum	09:47	09:55	10:05	10:16	10:25	10:37	10:43	10:51	10:58	11:09	11:23	11:39	12:18	12:47	12:59	13:06
Group F30-39	Pace Delta	09:47	10:05	10:22	10:55	11:00	11:44	11:12	11:55	11:46	13:10	13:32	14:47	19:29	19:49	15:28	15:01
Overall-Group	Position	43-2	40-2	43-2	44-2	42-2	40-2	36-2	37-2	32-2	34-2	33-2	33-2	40-4	41-4	40-4	38-3
<i>Galope,</i>	Time of Day	0:07:03	0:07:59	0:09:02	0:10:00	0:11:13	0:12:17	0:13:41	0:14:57								
<i>Joe (AZ)</i>	Time Cum	01:03	01:59	03:02	04:00	05:13	06:17	07:41	08:57								
115	Time Delta	01:03	00:56	01:02	00:58	01:12	01:04	01:23	01:16								
Age 42	Pace Cum	09:12	09:35	09:24	09:37	09:50	10:04	10:24	10:44								
Group M40-49	Pace Delta	09:12	10:03	09:05	10:21	10:35	11:23	12:13	13:28								
Overall-Group	Position	27-11	32-12	25-9	27-10	30-12	28-10	31-11	35-14								
<i>Gargiulo, JR,</i>	Time of Day	0:07:19	0:08:28	0:09:52	0:11:09	0:12:42	0:14:06	0:15:47	0:17:13	0:18:56	0:20:37	0:22:57	1:00:49	1:03:10	1:05:26	1:08:02	1:10:03:20
<i>Edward J (CT)</i>	Time Cum	01:19	02:28	03:52	05:09	06:42	08:06	09:47	11:13	12:56	14:37	16:57	18:49	21:10	23:26	26:02	28:03:20
116	Time Delta	01:19	01:09	01:23	01:17	01:32	01:24	01:40	01:26	01:42	01:41	02:19	01:52	02:20	02:16	02:35	02:01:20
Age 39	Pace Cum	11:32	11:54	11:59	12:22	12:37	12:58	13:14	13:28	13:39	14:03	14:40	15:03	15:31	16:04	16:33	16:50
Group M30-39	Pace Delta	11:32	12:20	12:09	13:39	13:34	14:54	14:43	15:16	15:00	17:59	20:21	19:51	20:34	24:09	22:42	21:28
Overall-Group	Position	131-24	134-24	129-25	138-25	138-26	141-26	141-25	145-26	118-21	123-20	112-19	115-19	107-18	110-18	111-16	120-18
<i>Gelber,</i>	Time of Day	0:07:09	0:08:10	0:09:22	0:10:24	0:11:38	0:12:41	0:13:56	0:15:03	0:16:26	0:17:35	0:19:01	0:20:10	0:21:46	0:23:04	1:00:49	1:02:18:38
<i>Eric (NY)</i>	Time Cum	01:09	02:10	03:22	04:24	05:38	06:41	07:56	09:03	10:26	11:35	13:01	14:10	15:46	17:04	18:49	20:18:38
117	Time Delta	01:09	01:01	01:11	01:02	01:13	01:03	01:14	01:07	01:22	01:09	01:25	01:09	01:35	01:18	01:44	01:29:38
Age 44	Pace Cum	10:04	10:24	10:26	10:36	10:37	10:42	10:44	10:52	11:01	11:08	11:16	11:21	11:33	11:43	11:58	12:11
Group M40-49	Pace Delta	10:04	10:49	10:30	11:08	10:40	11:14	10:53	11:58	12:01	12:16	12:31	12:21	13:54	13:56	15:14	15:52
Overall-Group	Position	52-16	59-19	58-19	55-18	52-17	49-18	39-16	40-16	33-14	32-14	30-12	28-12	28-12	29-13	29-13	29-13
<i>Gentry,</i>	Time of Day	0:07:37	0:09:16	0:10:42	0:12:06	0:13:45	0:15:09	0:16:48	0:18:15	0:20:10	0:21:51	0:23:55	1:01:13	1:03:28	1:05:55	1:07:50	1:09:05:43
<i>Bill (VA)</i>	Time Cum	01:37	03:16	04:42	06:06	07:45	09:09	10:48	12:15	14:10	15:51	17:55	19:13	21:28	23:55	25:50	27:05:43
40	Time Delta	01:37	01:39	01:25	01:24	01:38	01:24	01:38	01:27	01:54	01:41	02:03	01:18	02:14	02:27	01:54	01:15:43
Age 49	Pace Cum	14:10	15:41	14:34	14:40	14:36	14:39	14:37	14:43	14:57	15:13	15:30	15:23	15:44	16:24	16:26	16:15
Group M40-49	Pace Delta	14:10	17:32	12:33	14:58	14:22	14:54	14:25	15:34	16:39	17:56	18:03	13:50	19:41	26:05	16:44	13:24
Overall-Group	Position	237-50	239-51	235-51	235-51	223-50	209-46	190-44	184-44	152-37	149-37	140-33	126-30	114-29	119-30	105-28	98-27
<i>Gerdy,</i>	Time of Day	0:07:32	0:08:55	0:10:33	0:12:05	0:13:57	0:15:29	0:17:30	0:19:07	0:21:22	0:23:14	1:02:00	1:04:22	1:08:05	1:11:08		
<i>Greg (NJ)</i>	Time Cum	01:32	02:55	04:33	06:05	07:57	09:29	11:30	13:07	15:22	17:14	20:00	22:22	26:05	29:08		
118	Time Delta	01:32	01:23	01:37	01:32	01:51	01:32	02:00	01:37	02:14	01:52	02:45	02:22	03:42	03:03		
Age 59	Pace Cum	13:26	14:03	14:07	14:36	14:59	15:11	15:33	15:45	16:13	16:33	17:18	17:54	19:07	19:59		
Group M50-59	Pace Delta	13:26	14:48	14:13	16:18	16:20	16:24	17:34	17:17	19:37	19:53	24:11	25:11	32:31	32:26		
Overall-Group	Position	215-38	221-38	222-39	234-39	233-39	233-39	227-38	224-39	178-35	173-34	161-31	163-32	147-30	146-30		
<i>Gerowitz,</i>	Time of Day	0:07:17	0:08:23	0:09:40	0:10:50	0:12:10	0:13:18	0:14:43	0:15:56	0:17:33	0:18:58	0:20:48	0:22:45	1:01:27	1:04:44	1:08:12	1:10:53:49
<i>Mat (NY)</i>	Time Cum	01:17	02:23	03:40	04:50	06:10	07:18	08:43	09:56	11:33	12:58	14:48	16:45	19:27	22:44	26:12	28:53:49
119	Time Delta	01:17	01:06	01:16	01:10	01:19	01:08	01:24	01:13	01:36	01:25	01:49	01:57	02:41	03:17	03:27	02:41:49
Age 35	Pace Cum	11:14	11:28	11:22	11:37	11:37	11:42	11:48	11:56	12:11	12:27	12:48	13:25	14:15	15:36	16:40	17:20
Group M30-39	Pace Delta	11:14	11:45	11:11	12:26	11:39	12:09	12:19	13:01	14:05	15:03	16:03	20:52	23:31	34:59	30:16	28:38
Overall-Group	Position	116-22	108-20	93-18	95-19	87-19	85-20	82-19	79-19	61-14	65-14	67-15	77-15	83-14	96-15	117-18	131-20

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<b>Ginsburg, Jeri (CA)</b>	Time of Day	0:06:59	0:07:56	0:09:02	0:10:01	0:11:14	0:12:18	0:13:34	0:14:43	0:16:09	0:17:35	0:18:59	0:20:16	0:22:00	0:23:24	1:00:56	1:02:16:26
120	Time Cum	00:59	01:56	03:02	04:01	05:14	06:18	07:34	08:43	10:09	11:35	12:59	14:16	16:00	17:24	18:56	20:16:26
Age 52	Time Delta	00:59	00:57	01:05	00:59	01:12	01:04	01:15	01:09	01:25	01:26	01:23	01:17	01:43	01:24	01:31	01:20:26
Group F50-59	Pace Cum	08:37	09:20	09:24	09:41	09:52	10:06	10:14	10:28	10:43	11:08	11:14	11:25	11:44	11:56	12:02	12:10
Overall-Group	Pace Delta	08:37	10:13	09:32	10:36	10:31	11:26	11:00	12:17	12:30	15:21	12:09	13:47	15:04	14:52	13:26	14:14
	Position	20-1	23-1	25-1	30-1	32-1	30-1	27-1	28-1	26-1	33-1	29-1	29-1	30-1	32-1	30-1	28-1
<b>Glassberg, Abby (MD)</b>	Time of Day	0:07:23	0:08:40	0:10:07	0:11:26	0:12:57	0:14:20	0:15:55	0:17:28	0:19:23	0:21:07	0:23:13	1:01:12	1:03:42	1:05:55	1:08:05	1:10:01:40
121	Time Cum	01:23	02:40	04:07	05:26	06:57	08:20	09:55	11:28	13:23	15:07	17:13	19:12	21:42	23:55	26:05	28:01:40
Age 51	Time Delta	01:23	01:17	01:26	01:19	01:30	01:23	01:34	01:33	01:54	01:44	02:05	01:59	02:29	02:13	02:09	01:56:40
Group F50-59	Pace Cum	12:07	12:49	12:46	13:04	13:06	13:20	13:25	13:46	14:07	14:31	14:54	15:22	15:54	16:24	16:35	16:49
Overall-Group	Pace Delta	12:07	13:39	12:41	14:05	13:12	14:42	13:52	16:36	16:41	18:29	18:20	21:11	21:48	23:33	18:58	20:39
	Position	165-12	179-12	176-12	179-12	162-10	160-11	151-10	155-10	132-10	134-11	120-10	125-10	118-12	118-13	115-12	119-14
<b>Glazner, Allen (NC)</b>	Time of Day	0:07:05	0:08:04	0:09:15	0:10:19	0:11:37	0:12:42	0:14:12	0:15:31	0:17:06	0:18:36		0:22:03	0:23:47	1:01:16	1:03:24	1:05:12:48
122	Time Cum	01:05	02:04	03:15	04:19	05:37	06:42	08:12	09:31	11:06	12:36		16:03	17:47	19:16	21:24	23:12:48
Age 56	Time Delta	01:05	00:59	01:10	01:04	01:17	01:05	01:29	01:19	01:34	01:30		03:27	01:43	01:29	02:07	01:48:48
Group M50-59	Pace Cum	09:29	09:58	10:05	10:22	10:35	10:44	11:06	11:26	11:43	12:06		12:51	13:02	13:13	13:37	13:56
Overall-Group	Pace Delta	09:29	10:32	10:18	11:21	11:22	11:35	13:04	14:03	13:49	15:59		16:34	15:08	15:50	18:37	19:15
	Position	39-8	44-7	43-7	46-8	49-8	52-8	51-8	55-8	45-8	52-8		60-10	52-9	47-7	57-9	61-10
<b>Golding, Peter (ENG)</b>	Time of Day	0:07:09	0:08:09	0:09:22	0:10:26	0:11:37	0:12:38	0:13:55	0:15:05	0:16:21	0:17:23	0:18:37	0:19:42	0:21:08	0:22:20	0:23:42	1:00:53:48
123	Time Cum	01:09	02:09	03:22	04:26	05:37	06:38	07:55	09:05	10:21	11:23	12:37	13:42	15:08	16:20	17:42	18:53:48
Age 26	Time Delta	01:09	01:00	01:12	01:04	01:10	01:01	01:16	01:10	01:15	01:02	01:13	01:05	01:25	01:12	01:21	01:11:48
Group M20-29	Pace Cum	10:04	10:23	10:26	10:39	10:35	10:38	10:43	10:55	10:55	10:56	10:55	10:58	11:06	11:12	11:15	11:20
Overall-Group	Pace Delta	10:04	10:46	10:32	11:21	10:21	10:55	11:09	12:29	11:01	11:04	10:43	11:32	12:32	12:51	11:53	12:42
	Position	52-8	57-8	58-9	61-9	49-8	42-5	36-5	42-5	31-4	27-4	23-3	22-3	22-3	23-4	20-3	20-3
<b>Grace, Steve (NC)</b>	Time of Day	0:07:13	0:08:24	0:09:46	0:11:00	0:12:29	0:13:48	0:15:36	0:17:28	0:19:35	0:22:38						
124	Time Cum	01:13	02:24	03:46	05:00	06:29	07:48	09:36	11:28	13:35	16:38						
Age 35	Time Delta	01:13	01:11	01:22	01:14	01:28	01:19	01:47	01:52	02:06	03:03						
Group M30-39	Pace Cum	10:39	11:31	11:41	12:02	12:13	12:30	12:59	13:46	14:20	15:59						
Overall-Group	Pace Delta	10:39	12:34	11:58	13:16	12:51	14:06	15:40	19:55	18:27	32:29						
	Position	80-15	114-23	112-22	121-22	120-22	125-22	130-21	154-27	136-23	167-25						
<b>Granger, Christopher R</b>	Time of Day	0:06:56	0:07:45	0:08:43	0:09:38	0:10:55	0:11:56										
125	Time Cum	00:56	01:45	02:43	03:38	04:55	05:56										
Age 37	Time Delta	00:56	00:49	00:57	00:55	01:16	01:01										
Group M30-39	Pace Cum	08:11	08:27	08:25	08:44	09:16	09:31										
Overall-Group	Pace Delta	08:11	08:46	08:23	09:48	11:12	10:54										
	Position	12-3	14-4	12-4	15-4	19-6	19-6										
<b>Grant, Susan (NJ)</b>	Time of Day	0:07:25	0:08:37	0:09:59	0:11:13	0:12:36	0:13:54	0:15:23	0:16:49	0:18:23	0:20:05	0:21:59	0:23:56	1:01:53	1:03:42	1:05:57	1:08:04:02
126	Time Cum	01:25	02:37	03:59	05:13	06:36	07:54	09:23	10:49	12:23	14:05	15:59	17:56	19:53	21:42	23:57	26:04:02
Age 44	Time Delta	01:25	01:12	01:21	01:14	01:22	01:18	01:28	01:26	01:33	01:42	01:53	01:57	01:56	01:49	02:14	02:07:02
Group F40-49	Pace Cum	12:25	12:36	12:21	12:32	12:26	12:40	12:42	12:59	13:04	13:31	13:50	14:21	14:35	14:53	15:14	15:38
Overall-Group	Pace Delta	12:25	12:49	11:55	13:12	12:02	13:58	12:52	15:17	13:40	18:06	16:36	20:44	17:04	19:24	19:37	22:29
	Position	177-17	176-19	152-17	148-16	129-14	127-13	123-12	129-13	102-8	106-9	96-8	102-8	91-7	89-7	86-7	87-7

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Gray, Rick A (TN) 127	Time of Day	0:07:02	0:07:57	0:09:01	0:10:00	0:11:11	0:12:19	0:13:34	0:14:42	0:16:11	0:17:32	0:19:33	0:21:18	0:23:42	1:01:37	1:04:40	1:06:35:50
	Time Cum	01:02	01:57	03:01	04:00	05:11	06:19	07:34	08:42	10:11	11:32	13:33	15:18	17:42	19:37	22:40	24:35:50
	Time Delta	01:02	00:55	01:03	00:59	01:10	01:08	01:14	01:08	01:28	01:21	02:00	01:45	02:23	01:55	03:02	01:55:50
Age 50	Pace Cum	09:03	09:26	09:21	09:37	09:46	10:08	10:14	10:26	10:45	11:05	11:43	12:15	12:58	13:27	14:25	14:46
Group M50-59	Pace Delta	09:03	09:53	09:13	10:29	10:20	12:11	10:50	12:03	12:59	14:28	17:33	18:43	20:55	20:26	26:39	20:30
Overall-Group	Position	24-3	25-3	23-3	25-4	25-4	31-4	27-5	27-5	28-5	30-5	38-6	43-7	47-7	59-11	73-13	73-13
Green, Thomas (MD) 41	Time of Day	0:07:33	0:09:00	0:10:35	0:12:13	0:14:01	0:15:24	0:17:11	0:18:40								
	Time Cum	01:33	03:00	04:35	06:13	08:01	09:24	11:11	12:40								
	Time Delta	01:33	01:27	01:34	01:38	01:47	01:23	01:46	01:29								
Age 60	Pace Cum	13:35	14:25	14:13	14:57	15:06	15:04	15:08	15:12								
Group M60-69	Pace Delta	13:35	15:27	13:50	17:29	15:39	14:50	15:30	15:45								
Overall-Group	Position	225-9	228-9	229-9	238-12	237-12	229-12	212-12	205-12								
Grinde, Ingrid E (VA) 129	Time of Day	0:07:32	0:08:45	0:10:13	0:11:28	0:13:03	0:14:38	0:16:10	0:17:33	0:19:36	0:21:10	0:23:21	1:01:12	1:03:51	1:06:00	1:08:34	1:09:51:24
	Time Cum	01:32	02:45	04:13	05:28	07:03	08:38	10:10	11:33	13:36	15:10	17:21	19:12	21:51	24:00	26:34	27:51:24
	Time Delta	01:32	01:13	01:27	01:15	01:34	01:35	01:31	01:23	02:02	01:34	02:10	01:51	02:38	02:09	02:33	01:17:24
Age 55	Pace Cum	13:26	13:13	13:04	13:08	13:17	13:49	13:45	13:52	14:21	14:35	15:01	15:22	16:01	16:28	16:54	16:43
Group F50-59	Pace Delta	13:26	12:58	12:48	13:22	13:48	16:50	13:25	14:43	17:56	16:48	18:59	19:42	23:10	22:51	22:28	13:42
Overall-Group	Position	215-20	197-17	186-14	182-13	169-12	176-14	162-13	159-13	138-12	136-12	129-11	124-10	122-14	123-14	125-15	115-11
Grochowski, Chris (NC) 130	Time of Day	0:07:15	0:08:19	0:09:45	0:10:55	0:12:26	0:13:40	0:15:13	0:16:36	0:18:14	0:19:41	0:21:48	0:23:39	1:01:51	1:03:33	1:05:53	1:07:58:01
	Time Cum	01:15	02:19	03:45	04:55	06:26	07:40	09:13	10:36	12:14	13:41	15:48	17:39	19:51	21:33	23:53	25:58:01
	Time Delta	01:15	01:04	01:25	01:10	01:30	01:14	01:32	01:23	01:37	01:27	02:06	01:51	02:11	01:42	02:19	02:05:01
Age 50	Pace Cum	10:57	11:12	11:38	11:50	12:07	12:17	12:28	12:44	12:55	13:09	13:40	14:07	14:33	14:47	15:11	15:35
Group M50-59	Pace Delta	10:57	11:30	12:25	12:32	13:10	13:12	13:30	14:44	14:16	15:32	18:26	19:40	19:15	18:04	20:25	22:08
Overall-Group	Position	95-22	92-14	110-23	106-21	118-23	116-22	113-20	115-20	95-19	93-18	93-17	95-18	90-17	86-15	85-16	85-18
Haber, Melanie (NH) 131	Time of Day	0:07:18	0:08:30	0:10:03	0:11:28	0:13:23	0:14:52	0:16:51	0:18:15								
	Time Cum	01:18	02:30	04:03	05:28	07:23	08:52	10:51	12:15								
	Time Delta	01:18	01:12	01:32	01:25	01:54	01:29	01:58	01:24								
Age 54	Pace Cum	11:23	12:02	12:33	13:08	13:55	14:12	14:41	14:42								
Group F50-59	Pace Delta	11:23	12:48	13:31	15:07	16:44	15:52	17:16	14:55								
Overall-Group	Position	124-9	141-10	166-11	181-13	187-17	190-18	192-19	183-19								
Haigh, Christopher (TX) 132	Time of Day	0:07:24	0:08:43	0:10:15	0:11:42	0:13:42	0:15:21	0:17:28	0:19:15								
	Time Cum	01:24	02:43	04:15	05:42	07:42	09:21	11:28	13:15								
	Time Delta	01:24	01:19	01:31	01:27	01:59	01:39	02:06	01:47								
Age 45	Pace Cum	12:16	13:06	13:11	13:42	14:30	14:58	15:31	15:55								
Group M40-49	Pace Delta	12:16	14:08	13:18	15:28	17:28	17:37	18:28	19:07								
Overall-Group	Position	175-41	192-48	187-47	194-47	220-48	226-50	224-49	226-49								
Hale, Leslie (TX) 133	Time of Day	0:07:13	0:08:18	0:09:37	0:10:48	0:12:13	0:13:31	0:15:11	0:16:42	0:18:39	0:20:16	0:22:26	1:00:16	1:02:53	1:05:06	1:07:43	1:09:45:47
	Time Cum	01:13	02:18	03:37	04:48	06:13	07:31	09:11	10:42	12:39	14:16	16:26	18:16	20:53	23:06	25:43	27:45:47
	Time Delta	01:13	01:05	01:18	01:11	01:24	01:18	01:39	01:31	01:56	01:37	02:09	01:50	02:36	02:13	02:36	02:02:47
Age 58	Pace Cum	10:39	11:06	11:13	11:32	11:43	12:03	12:25	12:52	13:21	13:42	14:13	14:37	15:19	15:51	16:21	16:39
Group F50-59	Pace Delta	10:39	11:39	11:25	12:37	12:22	13:56	14:29	16:17	16:56	17:10	18:59	19:28	22:55	23:38	22:51	21:44
Overall-Group	Position	80-4	84-3	86-3	92-3	93-3	101-4	111-7	123-7	110-7	112-7	106-7	105-7	103-9	105-9	103-9	112-10

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## 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
Hall, Alexander (VA)	Time of Day	0:07:06	0:08:01	0:09:07	0:10:05	0:11:13	0:12:12	0:13:27	0:14:32	0:15:58	0:17:09	0:18:37	0:19:51	0:21:35	0:22:58	1:00:46	1:02:19:37
134	Time Cum	01:06	02:01	03:07	04:05	05:13	06:12	07:27	08:32	09:58	11:09	12:37	13:51	15:35	16:58	18:46	20:19:37
	Time Delta	01:06	00:55	01:05	00:58	01:07	00:59	01:14	01:05	01:25	01:11	01:27	01:14	01:43	01:23	01:47	01:33:37
Age 30	Pace Cum	09:38	09:42	09:40	09:48	09:50	09:56	10:05	10:15	10:31	10:43	10:55	11:05	11:25	11:39	11:56	12:12
Group M30-39	Pace Delta	09:38	09:47	09:36	10:16	09:55	10:32	10:53	11:35	12:30	12:40	12:46	13:10	15:07	14:49	15:40	16:34
Overall-Group	Position	41-11	37-10	35-10	33-9	30-9	26-9	24-7	20-6	23-7	25-7	23-7	24-7	27-7	27-7	28-7	31-7
Hall, Larry (IL)	Time of Day	0:06:58	0:07:49	0:08:51	0:09:43	0:10:50	0:11:49	0:13:04	0:14:19	0:15:45	0:17:08	0:18:49	0:20:18	0:22:26	1:00:12	1:02:36	1:04:19:44
135	Time Cum	00:58	01:49	02:51	03:43	04:50	05:49	07:04	08:19	09:45	11:08	12:49	14:18	16:26	18:12	20:36	22:19:44
	Time Delta	00:58	00:51	01:01	00:52	01:06	00:59	01:14	01:15	01:25	01:23	01:40	01:29	02:07	01:46	02:23	01:43:44
Age 57	Pace Cum	08:28	08:48	08:50	08:56	09:06	09:18	09:34	10:00	10:17	10:41	11:05	11:27	12:03	12:29	13:06	13:24
Group M50-59	Pace Delta	08:28	09:12	08:55	09:16	09:43	10:27	10:57	13:25	12:26	14:43	14:43	15:55	18:33	18:54	20:54	18:22
Overall-Group	Position	17-2	19-2	19-2	19-2	17-2	18-2	18-2	19-2	21-3	23-4	27-4	30-4	35-4	39-5	41-6	42-6
Hansen, Rebecca L (FL)	Time of Day	0:07:19	0:08:36	0:10:01	0:11:20	0:13:07	0:14:35	0:16:03	0:17:19	0:19:06	0:20:35	0:23:06	1:00:40	1:02:52	1:04:49	1:06:58	1:08:36:59
136	Time Cum	01:19	02:36	04:01	05:20	07:07	08:35	10:03	11:19	13:06	14:35	17:06	18:40	20:52	22:49	24:58	26:36:59
	Time Delta	01:19	01:17	01:24	01:19	01:46	01:28	01:27	01:16	01:46	01:29	02:30	01:34	02:11	01:57	02:08	01:38:59
Age 49	Pace Cum	11:32	12:29	12:27	12:48	13:24	13:45	13:36	13:36	13:50	14:00	14:48	14:56	15:18	15:39	15:53	15:58
Group F40-49	Pace Delta	11:32	13:39	12:24	13:59	15:37	15:41	12:45	13:34	15:32	15:48	22:00	16:39	19:16	20:49	18:45	17:31
Overall-Group	Position	131-11	173-18	160-18	167-18	175-19	173-19	157-17	151-16	125-10	122-10	118-9	111-9	100-8	99-8	95-8	93-8
Hansley, William (NC)	Time of Day	0:07:26	0:08:41	0:10:21	0:11:44	0:13:37	0:15:10	0:17:14	0:18:55								
137	Time Cum	01:26	02:41	04:21	05:44	07:37	09:10	11:14	12:55								
	Time Delta	01:26	01:15	01:39	01:23	01:52	01:33	02:03	01:41								
Age 44	Pace Cum	12:33	12:55	13:29	13:46	14:21	14:40	15:12	15:31								
Group M40-49	Pace Delta	12:33	13:22	14:31	14:45	16:27	16:30	18:04	18:00								
Overall-Group	Position	184-43	183-46	198-49	198-48	208-46	215-47	215-47	212-47								
Harrison, James (VA)	Time of Day	0:07:15	0:08:21	0:09:48	0:11:01	0:12:55	0:14:19	0:16:01	0:17:26	0:19:09	0:20:41	0:22:41	1:00:27	1:02:31	1:04:38	1:06:46	1:09:35:52
138	Time Cum	01:15	02:21	03:48	05:01	06:55	08:19	10:01	11:26	13:09	14:41	16:41	18:27	20:31	22:38	24:46	27:35:52
	Time Delta	01:15	01:06	01:26	01:13	01:53	01:24	01:41	01:25	01:42	01:32	01:59	01:46	02:03	02:07	02:07	02:49:52
Age 53	Pace Cum	10:57	11:18	11:47	12:04	13:02	13:19	13:33	13:44	13:53	14:06	14:26	14:46	15:02	15:31	15:45	16:34
Group M50-59	Pace Delta	10:57	11:43	12:40	13:03	16:32	14:54	14:52	15:08	14:58	16:22	17:27	18:50	18:03	22:30	18:40	30:04
Overall-Group	Position	95-22	99-23	120-25	122-25	159-26	158-26	155-25	153-26	127-25	124-25	109-24	106-24	97-22	95-22	92-20	106-23
Harvey, David (MA)	Time of Day	0:07:22	0:08:44	0:10:04	0:11:32	0:13:16	0:15:03	0:16:57	0:19:05	0:21:07							
139	Time Cum	01:22	02:44	04:04	05:32	07:16	09:03	10:57	13:05	15:07							
	Time Delta	01:22	01:22	01:19	01:28	01:43	01:47	01:53	02:08	02:01							
Age 39	Pace Cum	11:58	13:09	12:37	13:17	13:41	14:30	14:49	15:43	15:57							
Group M30-39	Pace Delta	11:58	14:34	11:38	15:36	15:10	19:02	16:34	22:48	17:42							
Overall-Group	Position	155-27	194-32	168-28	184-32	182-33	205-33	200-32	222-34	172-26							
Harvey, Linda (MA)	Time of Day	0:07:22	0:08:44	0:10:04	0:11:32	0:13:16	0:15:03	0:16:57	0:19:05	0:21:07	0:23:15	1:01:34					
140	Time Cum	01:22	02:44	04:04	05:32	07:16	09:03	10:57	13:05	15:07	17:15	19:34					
	Time Delta	01:22	01:22	01:19	01:28	01:43	01:47	01:53	02:08	02:01	02:08	02:18					
Age 38	Pace Cum	11:58	13:08	12:37	13:17	13:41	14:30	14:49	15:43	15:57	16:34	16:56					
Group F30-39	Pace Delta	11:58	14:33	11:39	15:35	15:10	19:02	16:34	22:46	17:43	22:40	20:17					
Overall-Group	Position	155-15	193-18	168-17	183-18	182-18	204-18	200-18	221-21	172-19	174-19	158-19					

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## Runner Splits

Aid Station Name	AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS	
Aid Station Distance	6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00	
Aid Station Delta	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	
<i>Hayter,</i>	Time of Day	0:07:20	0:08:28	0:09:55	0:11:08	0:12:37	0:13:57	0:15:27	0:16:43	0:18:17	0:19:44						
<i>Heather (NC)</i>	Time Cum	01:20	02:28	03:55	05:08	06:37	07:57	09:27	10:43	12:17	13:44						
141	Time Delta	01:20	01:08	01:26	01:13	01:28	01:20	01:29	01:16	01:33	01:27						
Age 29	Pace Cum	11:41	11:52	12:09	12:20	12:28	12:44	12:47	12:52	12:58	13:12						
Group F20-29	Pace Delta	11:41	12:05	12:39	12:59	12:56	14:13	13:06	13:28	13:43	15:30						
Overall-Group	Position	139-4	128-3	137-4	136-3	131-4	130-4	126-4	124-4	98-3	97-3						
<i>Henderson,</i>	Time of Day	0:07:13	0:08:16	0:09:40	0:10:43	0:12:03	0:13:09	0:14:39	0:15:53	0:17:41	0:19:02	0:20:42	0:22:05	1:00:05	1:01:40	1:03:52	1:05:25:08
<i>Chad (SC)</i>	Time Cum	01:13	02:16	03:40	04:43	06:03	07:09	08:39	09:53	11:41	13:02	14:42	16:05	18:05	19:40	21:52	23:25:08
142	Time Delta	01:13	01:03	01:23	01:03	01:19	01:06	01:29	01:14	01:47	01:21	01:39	01:23	01:59	01:35	02:11	01:33:08
Age 36	Pace Cum	10:39	10:53	11:22	11:19	11:24	11:27	11:42	11:52	12:20	12:31	12:43	12:52	13:15	13:29	13:54	14:03
Group M30-39	Pace Delta	10:39	11:09	12:15	11:10	11:40	11:43	13:07	13:08	15:44	14:21	14:36	14:42	17:30	16:51	19:14	16:29
Overall-Group	Position	80-15	80-16	93-18	84-17	82-18	71-17	76-17	73-17	70-15	68-15	63-14	61-14	61-12	61-11	64-12	63-12
<i>Henderson,</i>	Time of Day	0:07:05	0:07:59	0:09:05	0:10:02	0:11:11	0:12:11	0:13:23	0:14:36	0:15:41	0:16:45	0:18:02	0:19:10	0:20:32	0:21:45	0:23:24	1:00:29:54
<i>Timothy (NY)</i>	Time Cum	01:05	01:59	03:05	04:02	05:11	06:11	07:23	08:36	09:41	10:45	12:02	13:10	14:32	15:45	17:24	18:29:54
143	Time Delta	01:05	00:54	01:05	00:57	01:08	01:00	01:11	01:13	01:04	01:04	01:16	01:08	01:21	01:13	01:38	01:05:54
Age 41	Pace Cum	09:29	09:35	09:34	09:41	09:46	09:54	09:59	10:20	10:13	10:19	10:25	10:32	10:39	10:49	11:04	11:06
Group M40-49	Pace Delta	09:29	09:42	09:31	10:08	10:02	10:43	10:26	13:02	09:24	11:21	11:13	12:04	11:57	13:04	14:20	11:40
Overall-Group	Position	39-13	33-12	31-12	31-13	25-10	24-9	21-9	23-9	18-9	19-9	17-7	17-7	15-8	16-8	17-8	16-7
<i>Herbst,</i>	Time of Day	0:07:27	0:08:43	0:10:18	0:11:48	0:13:42	0:15:19	0:17:27	0:19:07	0:21:32	0:23:44						
<i>Tom (NC)</i>	Time Cum	01:27	02:43	04:18	05:48	07:42	09:19	11:27	13:07	15:32	17:44						
144	Time Delta	01:27	01:16	01:34	01:30	01:53	01:37	02:07	01:40	02:24	02:12						
Age 48	Pace Cum	12:42	13:03	13:20	13:56	14:30	14:55	15:29	15:45	16:24	17:02						
Group M40-49	Pace Delta	12:42	13:29	13:50	16:01	16:34	17:15	18:37	17:46	21:07	23:31						
Overall-Group	Position	193-47	189-48	194-48	200-49	220-48	223-49	222-48	223-48	180-39	181-39						
<i>Hodell, JR,</i>	Time of Day	0:07:16	0:08:20	0:09:37	0:10:43	0:12:11	0:13:24	0:14:53	0:16:06	0:17:35	0:18:53	0:20:36	0:22:02	0:23:44	1:01:16	1:03:20	1:05:07:13
<i>Thomas (GA)</i>	Time Cum	01:16	02:20	03:37	04:43	06:11	07:24	08:53	10:06	11:35	12:53	14:36	16:02	17:44	19:16	21:20	23:07:13
147	Time Delta	01:16	01:04	01:16	01:06	01:27	01:13	01:28	01:13	01:28	01:18	01:42	01:26	01:41	01:32	02:03	01:47:13
Age 45	Pace Cum	11:06	11:14	11:13	11:22	11:39	11:51	12:01	12:08	12:14	12:23	12:38	12:50	13:00	13:13	13:34	13:52
Group M40-49	Pace Delta	11:06	11:24	11:11	11:51	12:42	12:59	12:56	13:04	12:53	13:57	14:55	15:20	14:48	16:24	18:00	18:59
Overall-Group	Position	109-29	96-28	86-29	85-28	89-29	92-29	88-26	87-26	63-18	63-18	57-15	59-17	49-16	49-16	51-16	57-19
<i>Holden,</i>	Time of Day	0:07:20	0:08:28	0:09:50	0:10:58	0:12:21	0:13:34	0:14:56	0:16:12	0:17:48	0:19:05	0:20:39	0:22:01	0:23:37	1:01:01	1:02:51	1:04:19:57
<i>Judy (NC)</i>	Time Cum	01:20	02:28	03:50	04:58	06:21	07:34	08:56	10:12	11:48	13:05	14:39	16:01	17:37	19:01	20:51	22:19:57
148	Time Delta	01:20	01:08	01:21	01:08	01:22	01:13	01:21	01:16	01:35	01:17	01:33	01:22	01:35	01:24	01:49	01:28:57
Age 49	Pace Cum	11:41	11:52	11:53	11:57	11:58	12:07	12:05	12:15	12:27	12:34	12:40	12:49	12:55	13:03	13:16	13:24
Group F40-49	Pace Delta	11:41	12:06	11:55	12:09	12:01	12:59	11:55	13:35	13:54	13:47	13:35	14:33	13:59	14:59	15:58	15:45
Overall-Group	Position	139-13	131-11	127-11	115-10	110-10	106-9	91-8	89-8	72-5	71-5	61-4	57-3	45-2	44-2	44-2	43-2
<i>House,</i>	Time of Day	0:07:08	0:08:06	0:09:17	0:10:19	0:11:46	0:13:01	0:14:38	0:15:54	0:17:58	0:19:19	0:22:01					
<i>David (FL)</i>	Time Cum	01:08	02:06	03:17	04:19	05:46	07:01	08:38	09:54	11:58	13:19	16:01					
149	Time Delta	01:08	00:58	01:10	01:02	01:26	01:15	01:36	01:16	02:03	01:21	02:41					
Age 29	Pace Cum	09:56	10:05	10:11	10:22	10:52	11:14	11:41	11:53	12:38	12:48	13:51					
Group M20-29	Pace Delta	09:56	10:17	10:21	11:01	12:40	13:22	14:05	13:33	18:01	14:29	23:32					
Overall-Group	Position	47-7	47-7	45-7	47-7	61-9	64-9	72-9	77-8	78-9	80-9	98-9					

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## 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
Howard, Bill (MA)	Time of Day	0:07:18	0:08:28	0:09:37	0:11:05	0:12:43	0:14:09	0:15:50	0:17:03								
150	Time Cum	01:18	02:28	03:37	05:05	06:43	08:09	09:50	11:03								
Age 62	Time Delta	01:18	01:10	01:08	01:28	01:37	01:26	01:40	01:13								
Group M60-69	Pace Cum	11:23	11:51	11:13	12:14	12:39	13:03	13:18	13:16								
Overall-Group	Pace Delta	11:23	12:25	10:03	15:43	14:11	15:15	14:44	12:58								
	Position	124-6	125-5	86-2	129-5	140-6	145-6	146-5	132-4								
Howell, David (NC)	Time of Day	0:07:13	0:08:15	0:09:36	0:10:42	0:12:12	0:13:27	0:15:03	0:16:25	0:18:10	0:19:53	0:22:04	0:23:52				
151	Time Cum	01:13	02:15	03:36	04:42	06:12	07:27	09:03	10:25	12:10	13:53	16:04	17:52				
Age 50	Time Delta	01:13	01:02	01:20	01:06	01:29	01:15	01:35	01:22	01:44	01:43	02:10	01:48				
Group M50-59	Pace Cum	10:39	10:53	11:10	11:18	11:41	11:56	12:15	12:30	12:50	13:20	13:54	14:18				
Overall-Group	Pace Delta	10:39	11:08	11:41	11:47	13:04	13:19	13:58	14:32	15:19	18:23	19:00	19:15				
	Position	80-17	78-12	82-14	83-14	91-16	95-17	100-16	99-16	91-17	103-20	99-20	100-20				
Huss, David (OH)	Time of Day	0:07:11	0:08:10	0:09:21	0:10:23	0:11:36	0:12:42	0:13:58	0:15:06	0:16:27	0:17:41	0:19:05	0:20:30				
152	Time Cum	01:11	02:10	03:21	04:23	05:36	06:42	07:58	09:06	10:27	11:41	13:05	14:30				
Age 27	Time Delta	01:11	00:59	01:10	01:02	01:12	01:06	01:15	01:08	01:20	01:14	01:23	01:25				
Group M20-29	Pace Cum	10:22	10:24	10:23	10:31	10:33	10:44	10:47	10:55	11:02	11:13	11:19	11:36				
Overall-Group	Pace Delta	10:22	10:27	10:21	10:59	10:39	11:44	11:03	12:04	11:48	13:08	12:14	15:08				
	Position	69-9	58-9	55-8	50-8	47-7	51-7	45-6	43-6	37-6	35-5	32-5	32-5				
Hyjek, Beth (NC)	Time of Day	0:07:26	0:08:42	0:10:21	0:11:44	0:13:37	0:15:10	0:17:14	0:18:52								
153	Time Cum	01:26	02:42	04:21	05:44	07:37	09:10	11:14	12:52								
Age 45	Time Delta	01:26	01:16	01:38	01:23	01:52	01:33	02:03	01:38								
Group F40-49	Pace Cum	12:33	12:58	13:29	13:46	14:21	14:40	15:12	15:28								
Overall-Group	Pace Delta	12:33	13:29	14:26	14:43	16:29	16:29	18:05	17:31								
	Position	184-21	185-20	198-21	197-20	208-23	214-23	215-23	211-22								
Idlibi, Mohammed (NC)	Time of Day	0:07:03	0:08:00	0:09:05	0:10:09	0:11:27	0:12:38	0:14:07	0:15:22	0:17:07	0:18:27	0:20:09	0:21:47	1:00:03	1:01:42	1:03:33	1:05:11:47
154	Time Cum	01:03	02:00	03:05	04:09	05:27	06:38	08:07	09:22	11:07	12:27	14:09	15:47	18:03	19:42	21:33	23:11:47
Age 32	Time Delta	01:03	00:57	01:04	01:04	01:17	01:11	01:28	01:15	01:44	01:20	01:41	01:38	02:15	01:39	01:50	01:38:47
Group M30-39	Pace Cum	09:12	09:37	09:34	09:59	10:16	10:37	10:59	11:14	11:44	11:57	12:15	12:38	13:14	13:31	13:42	13:55
Overall-Group	Pace Delta	09:12	10:07	09:28	11:24	11:19	12:38	12:56	13:17	15:19	14:13	14:50	17:29	19:44	17:38	16:07	17:29
	Position	27-7	35-8	31-8	37-10	38-10	41-10	49-11	49-11	46-11	48-12	48-12	48-12	60-11	63-12	59-11	60-11
Jensen, Jennifer L (TN)	Time of Day	0:07:31	0:08:55	0:10:29	0:11:56	0:13:40	0:15:10		0:18:58	0:22:05	1:00:31						
156	Time Cum	01:31	02:55	04:29	05:56	07:40	09:10		12:58	16:05	18:31						
Age 43	Time Delta	01:31	01:24	01:33	01:27	01:43	01:30		03:48	03:06	02:26						
Group F40-49	Pace Cum	13:17	14:02	13:54	14:15	14:27	14:40		15:34	16:58	17:47						
Overall-Group	Pace Delta	13:17	14:56	13:40	15:28	15:08	15:56		18:17	27:13	25:52						
	Position	214-27	218-25	210-24	223-26	213-25	212-23		216-24	185-17	182-17						
Jones, Louis F (VA)	Time of Day	0:07:43	0:09:17	0:11:17	0:13:05	0:15:23	0:17:19	0:19:57	0:22:07								
157	Time Cum	01:43	03:17	05:17	07:05	09:23	11:19	13:57	16:07								
Age 66	Time Delta	01:43	01:34	01:59	01:48	02:17	01:56	02:37	02:10								
Group M60-69	Pace Cum	15:02	15:46	16:23	17:01	17:41	18:07	18:52	19:21								
Overall-Group	Pace Delta	15:02	16:39	17:31	19:13	20:04	20:36	23:00	23:07								
	Position	244-16	247-17	246-17	247-17	248-17	248-17	244-17	245-17								

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## 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
Jorgensen, Will (TN)	Time of Day	0:07:02	0:08:01	0:09:08	0:10:07	0:11:15	0:12:19	0:13:28	0:14:37	0:15:44	0:16:52	0:18:06	0:19:16	0:20:38	0:21:52	0:23:13	1:00:22:44
158	Time Cum	01:02	02:01	03:08	04:07	05:15	06:19	07:28	08:37	09:44	10:52	12:06	13:16	14:38	15:52	17:13	18:22:44
Age 51	Time Delta	01:02	00:59	01:06	00:59	01:07	01:04	01:08	01:09	01:06	01:08	01:13	01:10	01:21	01:14	01:20	01:09:44
Group M50-59	Pace Cum	09:03	09:45	09:43	09:53	09:53	10:08	10:06	10:21	10:16	10:27	10:28	10:37	10:44	10:53	10:57	11:02
Overall-Group	Pace Delta	09:03	10:36	09:39	10:28	09:54	11:29	09:57	12:18	09:42	12:12	10:40	12:27	11:55	13:10	11:46	12:21
	Position	24-3	38-5	37-6	35-5	33-5	32-4	25-4	25-3	20-2	20-2	18-2	19-2	19-2	17-2	15-2	14-2
Keene, Allen (NC)	Time of Day	0:07:10	0:08:15	0:09:40	0:11:03	0:12:57	0:14:41	0:16:55	0:18:48								
159	Time Cum	01:10	02:15	03:40	05:03	06:57	08:41	10:55	12:48								
Age 55	Time Delta	01:10	01:05	01:24	01:23	01:53	01:44	02:13	01:53								
Group M50-59	Pace Cum	10:13	10:48	11:22	12:08	13:06	13:54	14:46	15:22								
Overall-Group	Pace Delta	10:13	11:31	12:24	14:44	16:37	18:28	19:31	20:04								
	Position	62-11	74-12	93-17	126-26	162-28	178-31	194-36	210-37								
Keller, Mike (OH)	Time of Day	0:07:15	0:08:22	0:09:50	0:11:05	0:12:38	0:14:01	0:15:41	0:17:07	0:18:49	0:20:15	0:22:31	1:00:36	1:03:09	1:05:24	1:08:04	1:09:53:14
160	Time Cum	01:15	02:22	03:50	05:05	06:38	08:01	09:41	11:07	12:49	14:15	16:31	18:36	21:09	23:24	26:04	27:53:14
Age 37	Time Delta	01:15	01:07	01:27	01:15	01:32	01:23	01:39	01:26	01:41	01:26	02:15	02:05	02:32	02:15	02:39	01:49:14
Group M30-39	Pace Cum	10:57	11:25	11:53	12:13	12:30	12:50	13:06	13:21	13:32	13:42	14:17	14:53	15:30	16:03	16:35	16:44
Overall-Group	Pace Delta	10:57	11:58	12:45	13:20	13:32	14:44	14:34	15:18	14:49	15:22	19:44	22:13	22:16	24:02	23:15	19:20
	Position	95-18	103-19	127-24	128-23	133-24	134-24	138-23	137-23	113-19	111-17	108-18	108-18	106-17	109-17	113-17	118-17
Kepple, Rich (NC)	Time of Day	0:07:10	0:08:12	0:09:23	0:10:27	0:11:42	0:12:48	0:14:14	0:15:29	0:17:02	0:18:14	0:19:47	0:21:21	1:00:29	1:02:21	1:04:24	1:05:47:43
161	Time Cum	01:10	02:12	03:23	04:27	05:42	06:48	08:14	09:29	11:02	12:14	13:47	15:21	18:29	20:21	22:24	23:47:43
Age 38	Time Delta	01:10	01:02	01:10	01:04	01:14	01:06	01:25	01:15	01:32	01:12	01:32	01:34	03:07	01:52	02:02	01:23:43
Group M30-39	Pace Cum	10:13	10:37	10:29	10:42	10:44	10:54	11:08	11:24	11:39	11:45	11:56	12:17	13:33	13:58	14:15	14:17
Overall-Group	Pace Delta	10:13	11:06	10:15	11:24	10:54	11:46	12:29	13:26	13:27	12:51	13:29	16:45	27:21	19:59	17:49	14:49
	Position	62-13	66-14	62-13	64-14	56-13	55-13	52-12	52-13	43-9	42-9	43-9	45-10	70-13	73-13	69-13	67-13
King, David (NC)	Time of Day	0:07:09	0:08:16	0:09:43	0:11:00	0:12:40	0:14:03	0:16:08	0:17:37								
162	Time Cum	01:09	02:16	03:43	05:00	06:40	08:03	10:08	11:37								
Age 64	Time Delta	01:09	01:07	01:26	01:17	01:39	01:23	02:04	01:29								
Group M60-69	Pace Cum	10:04	10:53	11:31	12:01	12:34	12:54	13:43	13:57								
Overall-Group	Pace Delta	10:04	11:52	12:42	13:44	14:31	14:51	18:07	15:51								
	Position	52-1	79-2	102-3	119-4	137-5	138-4	160-6	161-6								
Kinoshita, Hideki (NY)	Time of Day	0:07:22	0:08:40	0:10:11	0:11:28	0:13:00	0:14:37	0:16:23	0:17:49	0:19:58	0:21:39	0:23:36	1:01:07	1:03:50	1:05:42		
163	Time Cum	01:22	02:40	04:11	05:28	07:00	08:37	10:23	11:49	13:58	15:39	17:36	19:07	21:50	23:42		
Age 31	Time Delta	01:22	01:18	01:30	01:17	01:31	01:37	01:45	01:26	02:08	01:41	01:56	01:31	02:42	01:52		
Group M30-39	Pace Cum	11:58	12:51	12:58	13:08	13:11	13:48	14:03	14:12	14:44	15:02	15:14	15:18	16:00	16:15		
Overall-Group	Pace Delta	11:58	13:54	13:12	13:40	13:24	17:12	15:27	15:22	18:42	18:01	16:58	16:09	23:46	19:54		
	Position	155-27	182-31	183-31	180-31	168-29	175-30	173-30	167-29	146-25	146-24	132-24	122-21	121-19	115-19		
Kitchen, Jim (NC)	Time of Day	0:07:28	0:08:54	0:10:23	0:11:49	0:13:41	0:15:13	0:17:12	0:18:48	0:20:52	0:22:44	1:01:24	1:03:26	1:05:37	1:07:14	1:09:17	1:11:00:06
164	Time Cum	01:28	02:54	04:23	05:49	07:41	09:13	11:12	12:48	14:52	16:44	19:24	21:26	23:37	25:14	27:17	29:00:06
Age 46	Time Delta	01:28	01:26	01:28	01:26	01:51	01:32	01:58	01:36	02:03	01:52	02:39	02:02	02:10	01:37	02:02	01:43:06
Group M40-49	Pace Cum	12:51	13:58	13:36	14:00	14:28	14:46	15:09	15:22	15:41	16:04	16:47	17:09	17:19	17:19	17:21	17:24
Overall-Group	Pace Delta	12:51	15:20	12:54	15:23	16:13	16:22	17:18	17:00	18:05	19:53	23:18	21:45	19:00	17:18	17:51	18:15
	Position	200-48	209-50	203-50	205-50	217-47	217-48	214-46	209-46	169-38	168-38	156-34	155-34	140-31	135-32	131-31	132-31

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## 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
Krajewski, Kevin (CO)	Time of Day	0:07:07	0:08:04	0:09:10	0:10:14	0:11:33	0:12:40	0:13:52	0:14:52								
166	Time Cum	01:07	02:04	03:10	04:14	05:33	06:40	07:52	08:52								
Age 38	Time Delta	01:07	00:57	01:05	01:04	01:18	01:07	01:11	01:00								
Group M30-39	Pace Cum	09:47	09:55	09:49	10:10	10:27	10:41	10:39	10:39								
Overall-Group	Pace Delta	09:47	10:06	09:38	11:22	11:30	11:58	10:26	10:40								
	Position	43-12	41-11	39-11	40-11	43-11	45-11	35-9	32-9								
Kramer, Karen E (OH)	Time of Day	0:07:36	0:09:16	0:10:35	0:11:54	0:13:33	0:15:01	0:16:56	0:18:31	0:20:45	0:22:29	1:00:56	1:02:58	1:05:23	1:07:25	1:09:32	1:11:19:23
167	Time Cum	01:36	03:16	04:35	05:54	07:33	09:01	10:56	12:31	14:45	16:29	18:56	20:58	23:23	25:25	27:32	29:19:23
Age 52	Time Delta	01:36	01:40	01:18	01:19	01:38	01:28	01:54	01:35	02:13	01:44	02:26	02:02	02:24	02:02	02:06	01:47:23
Group F50-59	Pace Cum	14:01	15:41	14:13	14:10	14:13	14:26	14:47	15:02	15:34	15:50	16:23	16:47	17:08	17:26	17:31	17:36
Overall-Group	Pace Delta	14:01	17:42	11:32	14:03	14:24	15:35	16:47	16:58	19:26	18:28	21:25	21:44	21:03	21:44	18:26	19:00
	Position	234-22	234-23	229-23	216-22	202-19	198-19	197-21	197-21	164-18	164-18	153-17	153-17	138-17	141-17	134-17	136-18
Krolewicz, Ray (SC)	Time of Day	0:07:08	0:08:06	0:09:18	0:10:25	0:11:44	0:13:00	0:14:22	0:15:43	0:17:34	0:19:06	0:21:26	1:01:03	1:03:26	1:06:20	1:08:04	1:09:07:32
56	Time Cum	01:08	02:06	03:18	04:25	05:44	07:00	08:22	09:43	11:34	13:06	15:26	19:03	21:26	24:20	26:04	27:07:32
Age 56	Time Delta	01:08	00:58	01:11	01:07	01:18	01:16	01:21	01:21	01:50	01:32	02:19	03:37	02:22	02:54	01:43	01:03:32
Group M50-59	Pace Cum	09:56	10:06	10:14	10:38	10:48	11:12	11:19	11:40	12:12	12:35	13:21	15:15	15:43	16:41	16:35	16:17
Overall-Group	Pace Delta	09:56	10:20	10:28	12:02	11:23	13:27	11:58	14:23	16:10	16:19	20:24	38:26	20:51	30:50	15:09	11:15
	Position	47-9	48-9	49-9	58-9	58-9	62-9	57-9	61-9	62-12	72-13	84-14	119-27	113-25	131-28	113-25	99-21
Kumeda, Andy (CA)	Time of Day	0:06:55	0:07:42	0:08:39	0:09:35	0:10:33	0:11:32	0:12:43	0:13:45	0:15:06	0:16:15	0:17:44	0:18:57	0:20:25	0:21:43	0:23:20	1:00:33:36
168	Time Cum	00:55	01:42	02:39	03:35	04:33	05:32	06:43	07:45	09:06	10:15	11:44	12:57	14:25	15:43	17:20	18:33:36
Age 43	Time Delta	00:55	00:47	00:56	00:56	00:57	00:59	01:10	01:02	01:20	01:09	01:28	01:13	01:27	01:18	01:36	01:13:36
Group M40-49	Pace Cum	08:02	08:14	08:13	08:37	08:34	08:52	09:05	09:18	09:36	09:50	10:09	10:22	10:34	10:47	11:01	11:08
Overall-Group	Pace Delta	08:02	08:28	08:12	10:01	08:23	10:31	10:18	11:02	11:46	12:13	12:59	12:58	12:48	13:57	14:02	13:02
	Position	9-6	10-4	9-6	11-6	11-6	13-6	13-6	12-7	14-7	14-7	13-6	13-6	13-6	15-7	16-7	17-8
Lafontaine, Jackie (GA)	Time of Day	0:07:07	0:08:02	0:09:08	0:10:10	0:11:27	0:12:37	0:14:00	0:15:16								
169	Time Cum	01:07	02:02	03:08	04:10	05:27	06:37	08:00	09:16								
Age 41	Time Delta	01:07	00:55	01:05	01:02	01:16	01:10	01:22	01:16								
Group F40-49	Pace Cum	09:47	09:50	09:43	10:01	10:16	10:35	10:49	11:08								
Overall-Group	Pace Delta	09:47	09:54	09:30	11:03	11:11	12:25	12:05	13:38								
	Position	43-2	39-2	37-2	39-2	38-2	39-2	46-3	46-3								
Larsen, Jim (FL)	Time of Day	0:07:26	0:08:41	0:10:07	0:11:24	0:12:57	0:14:20	0:15:55	0:17:30	0:19:22	0:21:04	0:23:15	1:01:21				
170	Time Cum	01:26	02:41	04:07	05:24	06:57	08:20	09:55	11:30	13:22	15:04	17:15	19:21				
Age 42	Time Delta	01:26	01:15	01:25	01:17	01:32	01:23	01:34	01:35	01:51	01:42	02:10	02:06				
Group M40-49	Pace Cum	12:33	12:55	12:46	12:58	13:06	13:21	13:25	13:49	14:06	14:28	14:55	15:29				
Overall-Group	Pace Delta	12:33	13:22	12:28	13:42	13:31	14:46	13:48	16:55	16:16	18:07	19:05	22:25				
	Position	184-43	183-46	176-45	174-45	162-42	161-42	151-42	158-42	131-35	132-35	122-30	131-31				
Lawler, Jon R (TN)	Time of Day	0:06:50	0:07:32	0:08:22	0:09:16	0:09:53	0:10:35	0:11:26	0:12:11	0:13:08	0:13:59						
25	Time Cum	00:50	01:32	02:22	03:16	03:53	04:35	05:26	06:11	07:08	07:59						
Age 47	Time Delta	00:50	00:42	00:49	00:54	00:36	00:42	00:50	00:45	00:56	00:51						
Group M40-49	Pace Cum	07:18	07:23	07:20	07:51	07:19	07:21	07:21	07:26	07:32	07:41						
Overall-Group	Pace Delta	07:18	07:28	07:16	09:34	05:23	07:29	07:24	08:04	08:14	09:12						
	Position	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1						

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<hr/>																	
Layne, Paul Russell (NC) 171 Age 40 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:13 01:13 01:13 10:39 10:39 80-22	0:08:13 02:13 01:00 10:42 10:46 70-21	0:09:32 03:32 01:18 10:57 11:25 79-26	0:10:39 04:39 01:07 11:10 11:53 78-25	0:12:07 06:07 01:27 11:31 12:49 84-27	0:13:14 07:14 01:07 11:34 11:52 81-25	0:14:34 08:34 01:19 11:35 11:40 65-20	0:15:41 09:41 01:07 11:38 11:56 58-19								
<hr/>																	
Lee, Kathy (NC) 172 Age 47 Group F40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:09 01:09 01:09 10:04 10:04 52-4	0:08:12 02:12 01:03 10:35 11:12 63-5	0:09:29 03:29 01:16 10:48 11:12 67-6	0:10:36 04:36 01:07 11:03 11:56 74-6	0:12:00 06:00 01:23 11:18 12:12 77-6	0:13:12 07:12 01:12 11:31 12:47 76-6	0:14:40 08:40 01:27 11:43 12:49 79-6	0:15:55 09:55 01:15 11:54 13:18 78-6								
<hr/>																	
Lefferts, Peter C (FL) 42 Age 55 Group M50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:32 01:32 01:32 13:26 13:26 215-38	0:08:47 02:47 01:15 13:24 13:21 206-34	0:10:21 04:21 01:33 13:29 13:40 198-36	0:11:43 05:43 01:22 13:43 14:32 196-36	0:13:23 07:23 01:39 13:55 14:35 187-33	0:14:49 08:49 01:26 14:08 15:22 185-34	0:16:41 10:41 01:51 14:27 16:14 183-33	0:18:16 12:16 01:35 14:43 16:50 186-32	0:20:24 14:24 02:07 15:12 18:01 157-30	0:22:05 16:05 01:41 15:27 18:01 158-30	1:00:24 18:24 02:18 15:55 20:11 147-29	1:02:21 20:21 01:57 16:17 20:43 147-30	1:04:38 22:38 02:16 16:35 20:00 132-29	1:06:30 24:30 01:52 16:48 19:52 132-29	1:08:39 26:39 02:08 16:57 18:48 127-28	1:10:25:39 28:25:39 01:46:39 17:03 18:53 126-28
<hr/>																	
Leftwich, Debbie (AZ) 173 Age 57 Group F50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:17 01:17 01:17 11:14 11:14 116-7	0:08:25 02:25 01:08 11:36 12:02 117-6	0:09:44 03:44 01:19 11:35 11:32 104-6	0:10:56 04:56 01:12 11:50 12:45 108-6	0:12:16 06:16 01:20 11:48 11:41 96-4	0:13:26 07:26 01:10 11:55 12:32 94-3	0:14:50 08:50 01:23 11:57 12:09 87-3	0:16:02 10:02 01:12 12:03 12:09 82-3	0:17:27 11:27 01:24 12:05 12:49 58-3	0:18:39 12:39 01:12 12:09 12:49 55-3	0:20:02 14:02 01:22 12:08 12:04 46-3	0:21:19 15:19 01:17 12:16 13:43 44-3	0:22:50 16:50 01:30 12:20 13:13 41-3	1:00:06 18:06 01:16 12:25 13:35 36-3	1:01:45 19:45 01:38 12:34 14:20 35-2	1:03:02:29 21:02:29 01:17:29 12:37 13:43 34-2
<hr/>																	
Leland, June (FL) 174 Age 58 Group F50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:33 01:33 01:33 13:35 13:35 225-21	0:09:00 03:00 01:27 14:26 15:28 230-22	0:10:35 04:35 01:34 14:13 13:49 229-23	0:12:09 06:09 01:34 14:47 16:43 237-24	0:14:09 08:09 01:59 15:21 17:27 240-24	0:15:42 09:42 01:33 15:32 16:31 240-24	0:18:09 12:09 02:26 16:26 21:25 238-25	0:20:11 14:11 02:02 17:01 21:38 239-25								
<hr/>																	
Lemke, Terri (OH) 175 Age 50 Group F50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:12 01:12 01:12 10:31 10:31 75-3	0:08:13 02:13 01:01 10:39 10:48 68-2	0:09:23 03:23 01:09 10:29 10:13 62-2	0:10:26 04:26 01:03 10:39 11:10 59-2	0:11:38 05:38 01:11 10:37 10:30 52-2	0:12:41 06:41 01:03 10:43 11:17 50-2	0:13:56 07:56 01:14 10:44 10:50 39-2	0:15:02 09:02 01:06 10:51 11:48 38-2	0:16:26 10:26 01:23 11:01 12:10 33-2	0:17:44 11:44 01:18 11:17 13:56 36-2	0:19:12 13:12 01:27 11:25 12:45 34-2	0:20:35 14:35 01:23 11:40 14:47 34-2	0:22:23 16:23 01:47 12:01 15:42 34-2	1:00:04 18:04 01:41 12:24 17:56 35-2	1:02:05 20:05 02:00 12:46 17:37 38-3	1:03:58:26 21:58:26 01:53:26 13:11 20:05 40-3
<hr/>																	
Lewis, Marie (NC) 176 Age 47 Group F40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:27 01:27 01:27 12:42 12:42 193-23	0:08:44 02:44 01:17 13:12 13:48 196-22	0:10:19 04:19 01:34 13:23 13:44 196-20	0:11:50 05:50 01:31 14:00 16:07 206-22	0:13:29 07:29 01:38 14:06 14:27 197-21	0:14:53 08:53 01:24 14:13 14:56 192-20	0:16:47 10:47 01:53 14:35 16:36 189-19	0:18:37 12:37 01:50 15:09 19:32 203-20								

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<b>-----</b>																	
Lieb, Daniel (NC) 177	Time of Day	0:07:22	0:08:39	0:10:04	0:11:18	0:12:49	0:14:10	0:15:47	0:17:08	0:18:48	0:20:18	0:22:13	0:23:49	1:01:42	1:03:23	1:05:33	1:07:20:36
	Time Cum	01:22	02:39	04:04	05:18	06:49	08:10	09:47	11:08	12:48	14:18	16:13	17:49	19:42	21:23	23:33	25:20:36
	Time Delta	01:22	01:17	01:24	01:14	01:30	01:21	01:36	01:21	01:39	01:30	01:54	01:36	01:52	01:41	02:09	01:47:36
Age 36	Pace Cum	11:58	12:44	12:37	12:46	12:50	13:05	13:14	13:23	13:31	13:44	14:02	14:16	14:26	14:40	14:59	15:12
Group M30-39	Pace Delta	11:58	13:40	12:22	13:16	13:09	14:30	14:01	14:30	14:28	15:57	16:47	17:10	16:21	17:59	18:53	19:03
Overall-Group	Position	155-27	178-30	168-28	159-28	148-28	148-28	141-25	139-24	112-18	113-18	101-17	99-17	87-15	84-14	81-14	79-14
<b>-----</b>																	
Lilley, Frank (NC) 178	Time of Day	0:07:35	0:09:09	0:10:45	0:12:22	0:14:34	0:16:27	0:18:52	0:20:51	0:23:58	1:02:13						
	Time Cum	01:35	03:09	04:45	06:22	08:34	10:27	12:52	14:51	17:58	20:13						
	Time Delta	01:35	01:34	01:35	01:37	02:11	01:53	02:24	01:59	03:06	02:15						
Age 61	Pace Cum	13:52	15:09	14:44	15:17	16:08	16:44	17:24	17:49	18:58	19:25						
Group M60-69	Pace Delta	13:52	16:41	13:58	17:11	19:16	20:07	21:04	21:06	27:16	24:01						
Overall-Group	Position	229-10	232-10	237-12	241-14	244-16	246-16	242-16	243-16	188-10	185-10						
<b>-----</b>																	
Lilly, Stephen (NC) 179	Time of Day	0:07:27	0:08:47	0:10:18	0:11:37	0:13:25	0:14:51	0:16:46	0:18:18	0:20:30	0:22:13						
	Time Cum	01:27	02:47	04:18	05:37	07:25	08:51	10:46	12:18	14:30	16:13						
	Time Delta	01:27	01:20	01:30	01:19	01:47	01:26	01:54	01:32	02:11	01:43						
Age 56	Pace Cum	12:42	13:25	13:20	13:29	13:58	14:11	14:34	14:46	15:18	15:34						
Group M50-59	Pace Delta	12:42	14:16	13:11	14:02	15:44	15:23	16:40	16:23	19:11	18:18						
Overall-Group	Position	193-35	207-34	194-35	190-34	191-35	188-35	187-34	189-34	161-31	159-31						
<b>-----</b>																	
Lowery, Chris (GA) 101	Time of Day	0:07:16	0:08:20	0:09:37	0:10:44	0:12:11	0:13:24	0:14:53	0:16:06	0:17:35	0:18:53	0:20:36	0:22:02	0:23:44	1:01:16	1:03:20	1:05:04:53
	Time Cum	01:16	02:20	03:37	04:44	06:11	07:24	08:53	10:06	11:35	12:53	14:36	16:02	17:44	19:16	21:20	23:04:53
	Time Delta	01:16	01:04	01:16	01:07	01:26	01:13	01:28	01:13	01:28	01:18	01:42	01:26	01:41	01:32	02:03	01:44:53
Age 49	Pace Cum	11:06	11:14	11:13	11:22	11:39	11:51	12:01	12:08	12:14	12:23	12:38	12:50	13:00	13:13	13:34	13:51
Group M40-49	Pace Delta	11:06	11:24	11:11	11:55	12:40	12:59	12:56	13:04	12:53	13:56	14:55	15:19	14:48	16:24	18:00	18:34
Overall-Group	Position	109-29	97-28	86-29	86-29	89-29	91-29	88-26	86-26	63-18	62-18	57-15	58-17	49-16	48-16	51-16	56-18
<b>-----</b>																	
Maguire, Frank (NC) 180	Time of Day	0:07:21	0:08:28	0:09:46	0:10:55	0:12:24	0:13:37	0:15:10	0:16:26	0:18:18	0:19:58						
	Time Cum	01:21	02:28	03:46	04:55	06:24	07:37	09:10	10:26	12:18	13:58						
	Time Delta	01:21	01:07	01:17	01:09	01:28	01:13	01:32	01:16	01:51	01:40						
Age 64	Pace Cum	11:49	11:52	11:41	11:49	12:03	12:11	12:24	12:31	12:59	13:25						
Group M60-69	Pace Delta	11:49	11:55	11:20	12:18	12:56	12:56	13:34	13:28	16:20	17:49						
Overall-Group	Position	148-7	129-5	112-5	104-3	114-3	111-3	109-3	103-3	100-3	105-3						
<b>-----</b>																	
Marsh, Ed (NC) 182	Time of Day	0:07:17	0:08:28	0:09:53	0:11:10	0:12:38	0:14:03	0:15:38	0:17:09	0:19:07	0:20:42	0:22:59	1:01:06	1:03:52	1:06:06	1:08:39	1:10:46:52
	Time Cum	01:17	02:28	03:53	05:10	06:38	08:03	09:38	11:09	13:07	14:42	16:59	19:06	21:52	24:06	26:39	28:46:52
	Time Delta	01:17	01:11	01:24	01:17	01:27	01:25	01:34	01:31	01:57	01:35	02:16	02:07	02:45	02:14	02:32	02:07:52
Age 64	Pace Cum	11:14	11:51	12:02	12:24	12:30	12:54	13:02	13:24	13:51	14:07	14:42	15:17	16:02	16:32	16:57	17:16
Group M60-69	Pace Delta	11:14	12:35	12:23	13:38	12:50	15:09	13:47	16:13	17:08	16:51	19:58	22:33	24:11	23:48	22:16	22:38
Overall-Group	Position	116-5	124-5	131-6	139-6	133-4	136-4	132-4	141-5	126-4	125-4	113-3	121-3	123-4	125-4	127-5	130-5
<b>-----</b>																	
Marsh, John C (MD) 183	Time of Day	0:07:22	0:08:32		0:11:15	0:12:48	0:14:08	0:15:49	0:17:09	0:19:01	0:20:47	0:23:28	1:01:20	1:04:01	1:06:01	1:07:51	1:09:03:00
	Time Cum	01:22	02:32		05:15	06:48	08:08	09:49	11:09	13:01	14:47	17:28	19:20	22:01	24:01	25:51	27:03:00
	Time Delta	01:22	01:10		02:43	01:32	01:20	01:40	01:20	01:51	01:46	02:40	01:52	02:40	02:00	01:50	01:12:00
Age 36	Pace Cum	11:58	12:10		12:38	12:49	13:02	13:17	13:24	13:44	14:12	15:07	15:29	16:08	16:28	16:26	16:14
Group M30-39	Pace Delta	11:58	12:24		13:06	13:28	14:17	14:39	14:16	16:16	18:56	23:22	19:59	23:22	21:14	16:04	12:45
Overall-Group	Position	155-27	148-27		154-27	146-27	144-27	144-27	140-25	121-22	126-21	130-23	130-22	127-21	124-21	107-15	95-15

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<b>Martula, Dave (MA)</b>	Time of Day	0:07:15	0:08:23	0:09:44	0:10:52	0:12:12	0:13:22	0:14:48	0:16:02	0:17:35	0:18:49	0:20:26	0:21:58	0:23:59	1:01:38	1:03:50	1:05:56:18
184	Time Cum	01:15	02:23	03:44	04:52	06:12	07:22	08:48	10:02	11:35	12:49	14:26	15:58	17:59	19:38	21:50	23:56:18
Age 66	Time Delta	01:15	01:08	01:20	01:08	01:19	01:10	01:25	01:14	01:32	01:14	01:36	01:32	02:00	01:39	02:11	02:06:18
Group M60-69	Pace Cum	10:57	11:29	11:35	11:42	11:41	11:47	11:54	12:03	12:14	12:19	12:29	12:46	13:11	13:28	13:53	14:22
Overall-Group	Pace Delta	10:57	12:08	11:44	12:10	11:35	12:25	12:32	13:10	13:31	13:12	14:05	16:18	17:39	17:37	19:12	22:21
	Position	95-4	111-3	104-4	98-2	91-2	88-2	84-2	84-2	63-2	60-2	53-2	56-2	57-2	60-2	63-2	69-2
<b>Mason, Louise (IL)</b>	Time of Day	0:07:27	0:08:54	0:10:28	0:11:53	0:13:36	0:15:03	0:16:42	0:18:12	0:20:15	0:21:59	1:00:41	1:02:44	1:05:07	1:07:04	1:09:13	1:10:44:40
43	Time Cum	01:27	02:54	04:28	05:53	07:36	09:03	10:42	12:12	14:15	15:59	18:41	20:44	23:07	25:04	27:13	28:44:40
Age 58	Time Delta	01:27	01:27	01:33	01:25	01:42	01:27	01:38	01:30	02:02	01:44	02:41	02:03	02:22	01:57	02:08	01:31:40
Group F50-59	Pace Cum	12:42	13:59	13:51	14:09	14:19	14:30	14:29	14:38	15:02	15:21	16:10	16:36	16:57	17:12	17:18	17:15
Overall-Group	Pace Delta	12:42	15:33	13:36	15:09	14:57	15:29	14:23	15:57	17:57	18:27	23:37	21:56	20:44	20:51	18:43	16:13
	Position	193-16	212-19	207-19	213-20	205-21	203-20	184-18	181-18	155-16	153-16	149-16	151-16	137-16	134-16	130-16	129-16
<b>Massie, Tammy (MD)</b>	Time of Day	0:07:21	0:08:32	0:09:56	0:11:10	0:12:34	0:13:45	0:15:06	0:16:20	0:17:48	0:19:06	0:21:05	0:23:01	1:01:27	1:03:14	1:05:31	1:07:38:09
44	Time Cum	01:21	02:32	03:56	05:10	06:34	07:45	09:06	10:20	11:48	13:06	15:05	17:01	19:27	21:14	23:31	25:38:09
Age 39	Time Delta	01:21	01:11	01:23	01:14	01:23	01:11	01:20	01:14	01:27	01:18	01:58	01:56	02:25	01:47	02:16	02:07:09
Group F30-39	Pace Cum	11:49	12:11	12:12	12:25	12:22	12:25	12:19	12:25	12:27	12:35	13:03	13:37	14:15	14:34	14:57	15:23
Overall-Group	Pace Delta	11:49	12:37	12:13	13:12	12:11	12:39	11:46	13:12	12:46	13:55	17:17	20:39	21:13	19:04	19:54	22:30
	Position	148-14	150-14	141-10	141-11	128-9	120-8	101-7	97-7	72-5	73-5	74-5	86-8	83-8	82-8	79-7	82-8
<b>Mathison, Charles (GA)</b>	Time of Day	0:07:13	0:08:15	0:09:29	0:10:29	0:11:48	0:12:56	0:14:25	0:15:33	0:17:04	0:18:14	0:19:56	0:21:25	0:23:24	1:01:02	1:03:00	1:04:59:12
185	Time Cum	01:13	02:15	03:29	04:29	05:48	06:56	08:25	09:33	11:04	12:14	13:56	15:25	17:24	19:02	21:00	22:59:12
Age 38	Time Delta	01:13	01:02	01:13	01:00	01:18	01:08	01:28	01:08	01:30	01:10	01:41	01:29	01:59	01:38	01:57	01:59:12
Group M30-39	Pace Cum	10:39	10:51	10:48	10:46	10:56	11:06	11:23	11:29	11:41	11:45	12:03	12:20	12:45	13:03	13:21	13:48
Overall-Group	Pace Delta	10:39	11:06	10:42	10:39	11:31	12:05	12:57	12:12	13:09	12:31	14:47	15:45	17:22	17:24	17:11	21:06
	Position	80-15	77-15	67-15	66-15	62-14	59-15	58-14	56-14	44-10	43-9	45-11	46-11	42-9	45-10	46-10	55-10
<b>McCaslin, Jeff (VA)</b>	Time of Day	0:07:06	0:08:05	0:09:19	0:10:27	0:11:59	0:13:21	0:14:58	0:16:23	0:18:06	0:19:29	0:21:27	0:22:51	1:01:01	1:02:58		
187	Time Cum	01:06	02:05	03:19	04:27	05:59	07:21	08:58	10:23	12:06	13:29	15:27	16:51	19:01	20:58		
Age 43	Time Delta	01:06	00:59	01:13	01:08	01:31	01:22	01:36	01:25	01:42	01:23	01:57	01:24	02:09	01:57		
Group M40-49	Pace Cum	09:38	10:01	10:17	10:43	11:16	11:46	12:08	12:29	12:46	12:57	13:22	13:29	13:56	14:23		
Overall-Group	Pace Delta	09:38	10:29	10:46	12:11	13:19	14:32	14:08	15:12	14:54	14:45	17:10	14:57	18:55	20:46		
	Position	41-14	45-14	53-17	65-20	73-23	86-27	97-31	98-30	86-27	87-28	86-27	78-25	77-25	80-26		
<b>McCaslin, Mark (MI)</b>	Time of Day	0:06:55	0:07:44	0:08:44	0:09:39	0:11:01	0:12:34	0:14:56	0:16:48								
188	Time Cum	00:55	01:44	02:44	03:39	05:01	06:34	08:56	10:48								
Age 41	Time Delta	00:55	00:49	00:59	00:55	01:21	01:33	02:21	01:52								
Group M40-49	Pace Cum	08:02	08:20	08:29	08:48	09:27	10:31	12:05	12:58								
Overall-Group	Pace Delta	08:02	08:41	08:45	09:53	11:51	16:30	20:42	19:51								
	Position	9-6	11-7	14-7	17-8	21-8	36-14	91-29	127-37								
<b>McCurdy, Beth (GA)</b>	Time of Day	0:07:09	0:08:08	0:09:18	0:10:23	0:11:37	0:12:42	0:13:57	0:15:07	0:16:26	0:17:35	0:18:54	0:20:04	0:21:31	0:22:58	1:01:01	1:02:38:42
189	Time Cum	01:09	02:08	03:18	04:23	05:37	06:42	07:57	09:07	10:26	11:35	12:54	14:04	15:31	16:58	19:01	20:38:42
Age 41	Time Delta	01:09	00:59	01:09	01:05	01:13	01:05	01:14	01:10	01:18	01:09	01:18	01:10	01:26	01:27	02:02	01:37:42
Group F40-49	Pace Cum	10:04	10:16	10:14	10:31	10:35	10:45	10:45	10:58	11:01	11:07	11:10	11:16	11:22	11:39	12:06	12:23
Overall-Group	Pace Delta	10:04	10:30	10:11	11:31	10:47	11:39	10:50	12:33	11:24	12:16	11:30	12:34	12:33	15:31	17:52	17:18
	Position	52-4	55-4	49-3	51-3	49-3	53-3	44-2	44-2	33-1	31-1	28-1	27-1	26-1	26-1	32-1	33-1

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## 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	
McGonnell, Jeff (NC) 190 Age 50 Group M50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:03 01:03 01:03 09:12 09:12 27-5	0:08:04 02:04 01:01 09:57 10:52 43-7	0:09:18 03:18 01:13 10:14 10:45 49-9	0:10:25 04:25 01:07 10:38 12:00 57-9	0:11:50 05:50 01:24 10:59 12:17 66-11	0:13:02 07:02 01:12 11:17 12:53 65-10	0:14:29 08:29 01:26 11:29 12:35 60-10	0:15:51 09:51 01:22 11:49 14:32 70-11	0:17:25 11:25 01:33 12:03 13:42 56-10	0:18:50 12:50 01:25 12:20 15:11 61-11	0:20:31 14:31 01:40 12:34 14:38 54-9	0:22:05 16:05 01:34 12:53 16:48 63-11	0:23:51 17:51 01:45 13:05 15:20 54-11	1:01:19 19:19 01:28 13:15 15:44 52-8	1:03:10 21:10 01:50 13:28 16:04 47-7	1:04:39:07 22:39:07 01:29:07 13:35 15:46 47-7	
McGruder, James T (KY) 191 Age 62 Group M60-69 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:36 01:36 01:36 14:01 14:01 234-13	0:09:09 03:09 01:33 15:09 16:31 232-10	0:10:35 04:35 01:25 14:13 12:31 229-9	0:11:55 05:55 01:20 14:13 14:13 220-9	0:13:34 07:34 01:38 14:15 14:24 203-9	0:15:00 09:00 01:26 14:26 15:24 197-9	0:16:56 10:56 01:55 14:47 16:48 196-9	0:18:31 12:31 01:35 15:02 16:57 164-8	0:20:45 14:45 02:13 15:34 18:27 163-8	0:22:29 16:29 01:44 15:50 18:27 152-7	1:00:55 18:55 02:25 16:22 21:16 152-7	1:02:57 20:57 02:02 16:46 21:39 138-6	1:05:23 23:23 02:25 17:08 21:16 140-6	1:07:25 25:25 02:02 17:26 21:42 133-6	1:09:31 27:31 02:05 17:30 18:18 134-6	1:11:13:39 29:13:39 01:42:39 17:32 18:10 134-6	
McKnight, Richard (AZ) 192 Age 42 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:26 01:26 01:26 12:33 12:33 184-43	0:08:33 02:33 01:07 12:15 11:54 158-38	0:09:54 03:54 01:20 12:06 11:48 134-36	0:11:02 05:02 01:08 12:07 12:10 125-35	0:12:33 06:33 01:30 12:20 13:10 126-36	0:13:45 07:45 01:12 12:25 12:49 119-35	0:15:19 09:19 01:33 12:36 13:40 120-36	0:16:38 10:38 01:19 12:46 13:59 118-35	0:18:23 12:23 01:44 13:04 15:19 102-30	0:19:44 13:44 01:21 13:12 14:28 98-30	0:21:15 15:15 01:30 13:12 13:11 78-24	0:22:30 16:30 01:15 13:12 13:20 73-23	1:00:23 18:23 01:52 13:29 20:31 66-21	1:02:18 20:18 01:55 13:56 25:16 72-23	1:05:12 23:12 02:53 14:45 25:16 76-24	1:07:58:45 25:58:45 02:46:45 15:35 29:31 86-24	
Melton, Sandra K (FL) 193 Age 55 Group F50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:20 01:20 01:20 11:41 11:41 139-10	0:08:35 02:35 01:15 12:27 13:24 172-11	0:10:01 04:01 01:25 12:27 12:27 160-10	0:11:19 05:19 01:18 12:47 13:55 166-10	0:13:06 07:06 01:46 13:23 15:32 171-13	0:14:35 08:35 01:29 13:44 15:47 172-13	0:16:03 10:03 01:27 13:36 12:49 157-12	0:17:19 11:19 01:16 13:35 13:32 149-9	0:19:05 13:05 01:45 13:48 15:24 123-8	0:20:33 14:33 01:28 13:58 15:36 118-8	0:23:05 17:05 02:31 14:47 16:59 116-9	1:00:40 18:40 01:35 15:18 19:08 113-9	1:02:52 20:52 02:11 15:41 21:12 100-8	1:04:51 22:51 01:59 15:49 17:33 100-7	1:06:52 24:52 02:00 15:51 16:29 94-7	1:08:25:07 26:25:07 01:33:07 15:51 16:29 91-7	
Michard, Denise (AL) 194 Age 44 Group F40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:32 01:32 01:32 13:26 13:26 215-28	0:08:55 02:55 01:23 14:02 14:47 220-25	0:10:33 04:33 01:37 14:07 14:14 222-29	0:12:00 06:00 01:27 14:26 15:32 229-30	0:13:52 07:52 01:51 14:49 16:15 231-30	0:15:26 09:26 01:34 15:06 16:43 232-29	0:17:29 11:29 02:02 15:32 17:53 226-26	0:19:16 13:16 01:47 15:56 19:01 227-26	0:21:22 15:22 02:05 16:13 18:20 178-15	0:23:19 17:19 01:57 16:38 20:45 176-14							
Milne, Cheri (SC) 100 Age 40 Group F40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:25 01:25 01:25 12:25 12:25 177-17	0:08:46 02:46 01:21 13:18 14:23 200-23	0:10:24 04:24 01:37 13:39 14:16 205-23	0:11:56 05:56 01:32 14:16 16:25 225-26	0:13:47 07:47 01:50 14:40 16:06 227-29	0:15:26 09:26 01:39 15:06 17:32 231-29	0:17:28 11:28 02:01 15:31 17:48 224-25	0:19:24 13:24 01:56 16:05 20:35 229-27	0:21:39 15:39 02:14 16:31 19:40 182-16	0:23:28 17:28 01:49 16:47 19:26 177-15	1:01:39 19:39 02:10 17:00 19:01 159-12	1:03:28 21:28 01:49 17:11 19:28 156-12	1:05:46 23:46 02:17 17:25 20:00 142-10	1:07:36 25:36 01:50 17:34 19:35 143-10	1:09:47 27:47 02:10 17:40 19:02 139-10	1:11:44:55 29:44:55 01:57:55 17:51 20:52 141-11	
Morgan, Paul W (FL) 196 Age 69 Group M60-69 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:39 01:39 01:39 14:27 14:27 240-15	0:09:16 03:16 01:37 15:41 17:11 241-12	0:10:47 04:47 01:30 14:50 13:16 239-14	0:12:16 06:16 01:29 15:02 15:45 239-13	0:14:04 08:04 01:47 15:12 15:46 238-13	0:15:38 09:38 01:34 15:26 16:48 236-13	0:17:34 11:34 01:55 15:39 16:48 228-13	0:19:13 13:13 01:39 15:53 17:40 225-13									

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## 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
Morton, Alex (NC) 45 Age 61 Group M60-69 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:26 01:26 01:26 12:33 12:33 184-8	0:08:40 02:40 01:14 12:49 13:09 180-8	0:10:11 04:11 01:30 12:58 13:14 183-8	0:11:36 05:36 01:25 13:27 15:07 186-8	0:13:20 07:20 01:43 13:49 15:07 185-7	0:14:50 08:50 01:30 14:09 16:01 187-7	0:16:43 10:43 01:52 14:30 16:26 186-7	0:18:18 12:18 01:35 14:46 16:51 188-8	0:20:23 14:23 02:04 15:11 18:13 156-6	0:22:02 16:02 01:39 15:24 17:32 156-7	0:23:51 17:51 01:48 15:27 15:54 136-4	1:01:39 19:39 01:48 15:43 19:07 137-5	1:03:59 21:59 02:19 16:07 20:26 126-5	1:06:07 24:07 02:08 16:33 22:47 126-5	1:08:34 26:34 02:26 16:54 21:21 125-4	1:10:35:59 28:35:59 02:01:59 17:10 21:35 128-4
Motes, Holly (ID) 201 Age 55 Group F50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:39 01:39 01:39 14:27 14:27 240-24	0:09:16 03:16 01:37 15:41 17:11 236-23	0:10:33 04:33 01:16 14:07 11:14 222-22	0:11:53 05:53 01:20 14:10 14:20 214-20	0:13:40 07:40 01:23 14:27 15:29 213-23	0:15:03 09:03 01:51 14:29 14:42 201-20	0:16:55 10:55 01:25 14:46 16:20 194-20	0:18:20 12:20 02:05 14:49 15:12 191-20	0:20:26 14:26 01:33 15:14 18:16 158-17	0:21:59 15:59 01:33 15:21 16:35 154-16	1:00:13 18:13 02:13 15:46 19:28 145-15	1:01:56 19:56 01:43 15:57 18:16 140-15	1:04:20 22:20 02:23 16:22 20:59 129-15	1:06:13 24:13 01:53 16:37 20:05 128-15	1:08:32 26:32 02:18 16:52 20:13 123-14	1:10:19:44 28:19:44 01:47:44 17:00 19:04 123-15
Munoz, Ric (CA) 197 Age 53 Group M50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:13 01:13 01:13 10:39 10:39 80-17	0:08:23 02:23 01:10 11:30 12:32 112-25	0:09:44 03:44 01:20 11:35 11:43 104-22	0:10:55 04:55 01:11 11:50 12:41 105-21	0:12:17 06:17 01:21 11:50 11:53 99-18	0:13:23 07:23 01:06 11:49 11:45 90-15	0:14:48 08:48 01:24 11:54 12:21 84-14	0:16:02 10:02 01:14 12:03 13:08 81-13	0:17:37 11:37 01:34 12:16 13:50 68-13	0:19:02 13:02 01:25 12:31 15:10 69-12	0:20:56 14:56 01:53 12:55 16:32 68-11	0:22:31 16:31 01:35 13:13 16:50 74-12	1:00:43 18:43 02:11 13:43 19:15 75-13	1:02:53 20:53 02:10 14:20 23:10 77-13	1:05:26 23:26 02:32 14:54 22:13 78-14	1:07:10:28 25:10:28 01:44:28 15:06 18:29 78-15
Murolo, Fred (CT) 46 Age 54 Group M50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:10 01:10 01:10 10:13 10:13 62-11	0:08:10 02:10 01:00 10:26 10:42 61-11	0:09:22 03:22 01:11 10:26 10:27 58-11	0:10:26 04:26 01:04 10:39 11:21 60-11	0:11:49 05:49 01:22 10:57 12:06 64-10	0:13:03 07:03 01:14 11:17 13:08 66-11	0:14:38 08:38 01:34 11:41 13:50 72-13	0:16:09 10:09 01:31 12:12 16:14 88-15	0:18:14 12:14 02:04 12:55 18:09 95-19	0:19:42 13:42 01:28 13:10 15:41 95-19	0:21:51 15:51 02:08 13:43 18:45 94-18	0:23:34 17:34 01:43 14:03 18:17 92-17	1:01:56 19:56 02:21 14:37 20:41 93-19	1:03:54 21:54 01:58 15:01 21:00 91-18	1:06:29 24:29 02:34 15:34 22:32 90-18	1:07:49:34 25:49:34 01:20:34 15:30 14:16 83-16
Murphy, James M (NC) 198 Age 42 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:21 01:21 01:21 11:49 11:49 148-36	0:08:32 02:32 01:11 12:11 12:38 152-37	0:09:59 03:59 01:26 12:21 12:39 152-39	0:11:19 05:19 01:20 12:46 14:11 160-42	0:13:03 07:03 01:43 13:17 15:10 169-44	0:14:29 08:29 01:26 13:36 15:22 162-43	0:16:21 10:21 01:51 14:00 16:14 168-43	0:17:57 11:57 01:36 14:21 17:02 175-43	0:20:00 14:00 02:02 14:47 17:55 147-36	0:21:38 15:38 01:38 15:01 17:24 144-36	0:23:54 17:54 02:15 15:29 19:48 138-32	1:01:41 19:41 01:47 15:46 19:06 138-32	1:03:54 21:54 02:12 16:03 19:17 125-30	1:05:41 23:41 01:47 16:15 18:58 113-29	1:08:02 26:02 02:20 16:33 20:33 111-29	1:09:44:34 27:44:34 01:42:34 16:39 18:09 111-29
Murphy, Meredith (PA) 199 Age 32 Group F30-39 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:30 01:30 01:30 13:08 13:08 210-18	0:08:55 02:55 01:25 14:02 15:06 217-19	0:10:29 04:29 01:33 13:54 13:40 210-19	0:11:55 05:55 01:26 14:14 15:23 222-19	0:13:45 07:45 01:49 14:36 15:55 223-19	0:15:17 09:17 01:32 14:52 16:21 222-19	0:17:17 11:17 01:59 15:16 17:28 217-21	0:18:57 12:57 01:40 15:32 17:43 214-20	0:21:10 15:10 02:12 16:00 19:24 175-20	0:23:04 17:04 01:54 16:23 20:11 169-18	1:01:22 19:22 02:18 16:45 20:09 155-18	1:03:29 21:29 02:07 17:11 22:29 157-17	1:05:38 23:38 02:08 17:19 18:50 141-16	1:07:23 25:23 01:45 17:25 18:43 138-14	1:09:33 27:33 02:09 17:31 18:52 135-12	1:11:29:12 29:29:12 01:56:12 17:42 20:34 137-12
Murray, Jay (NC) 200 Age 49 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:13 01:13 01:13 10:39 10:39 80-22	0:08:17 02:17 01:04 10:59 11:23 81-26	0:09:31 03:31 01:13 10:54 10:45 74-23	0:10:38 04:38 01:07 11:09 12:01 76-24	0:11:58 05:58 01:19 11:14 11:33 70-22	0:13:09 07:09 01:11 11:27 12:39 74-22	0:14:38 08:38 01:28 11:41 12:55 72-23	0:15:51 09:51 01:13 11:49 12:56 69-24	0:17:35 11:35 01:43 12:14 15:11 63-18	0:18:59 12:59 01:24 12:28 14:53 66-21	0:20:43 14:43 01:43 12:44 15:10 65-20	0:22:14 16:14 01:31 13:00 16:15 66-20	1:00:11 18:11 01:56 13:20 16:58 64-20	1:01:40 19:40 01:29 13:30 15:56 62-19	1:03:21 21:21 01:40 13:35 14:36 53-18	1:04:44:04 22:44:04 01:23:04 13:38 14:42 50-16

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS	
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00	
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	
<hr/>																		
Ng, Hung-Kwong (FL)		0:07:29	0:08:40	0:10:04	0:11:19	0:12:46	0:13:59	0:15:26	0:16:42	0:18:28	0:19:53	0:21:30	0:22:53					
202		01:29	02:40	04:04	05:19	06:46	07:59	09:26	10:42	12:28	13:53	15:30	16:53					
Age 46		01:29	01:11	01:23	01:15	01:26	01:13	01:26	01:16	01:45	01:25	01:36	01:23					
Group M40-49		13:00	12:50	12:37	12:47	12:45	12:47	12:46	12:51	13:09	13:20	13:25	13:31					
Overall-Group		13:00	12:38	12:12	13:23	12:37	12:59	12:39	13:28	15:28	15:08	14:05	14:49					
Position		207-49	181-45	168-43	165-42	145-39	133-38	125-37	121-36	108-31	102-31	88-28	80-26					
<hr/>																		
Nguyen, Yen (TX)		0:07:22	0:08:34	0:10:05	0:11:23	0:12:55	0:14:18	0:16:02	0:17:34	0:19:28	0:21:11	0:23:15	1:01:04	1:03:13	1:05:24	1:07:32	1:09:23:57	
203		01:22	02:34	04:05	05:23	06:55	08:18	10:02	11:34	13:28	15:11	17:15	19:04	21:13	23:24	25:32	27:23:57	
Age 48		01:22	01:12	01:30	01:18	01:31	01:23	01:43	01:32	01:53	01:43	02:03	01:49	02:08	02:11	02:07	01:51:57	
Group F40-49		11:58	12:22	12:40	12:57	13:02	13:18	13:34	13:53	14:13	14:35	14:55	15:15	15:33	16:03	16:14	16:26	
Overall-Group		11:58	12:51	13:12	13:58	13:18	14:50	15:04	16:18	16:38	18:22	17:59	19:18	18:49	23:19	18:35	19:49	
Position		155-14	167-17	175-19	172-19	159-18	157-17	156-16	160-17	134-11	137-12	122-11	120-11	108-9	108-9	100-9	102-9	
<hr/>																		
Nictakis, Bill (NC)		0:07:22	0:08:34	0:10:04	0:11:18	0:12:45	0:14:04	0:15:39	0:17:10									
29		01:22	02:34	04:04	05:18	06:45	08:04	09:39	11:10									
Age 51		01:22	01:12	01:29	01:14	01:26	01:19	01:34	01:31									
Group M50-59		11:58	12:20	12:37	12:44	12:43	12:56	13:03	13:24									
Overall-Group		11:58	12:46	13:07	13:08	12:41	14:08	13:45	16:07									
Position		155-32	166-33	168-30	157-28	143-25	139-24	135-24	142-24									
<hr/>																		
O'Brien, Wendy (FL)		0:07:32	0:08:58	0:10:34	0:11:59	0:13:44	0:15:13	0:17:05	0:18:37	0:21:09	0:23:32	1:02:42	1:04:20	1:06:12	1:07:51	1:09:50	1:11:41:35	
204		01:32	02:58	04:34	05:59	07:44	09:13	11:05	12:37	15:09	17:32	20:42	22:20	24:12	25:51	27:50	29:41:35	
Age 40		01:32	01:26	01:35	01:25	01:44	01:29	01:51	01:32	02:31	02:23	03:09	01:38	01:51	01:39	01:58	01:51:35	
Group F40-49		13:26	14:18	14:10	14:24	14:34	14:45	15:00	15:09	15:59	16:50	17:55	17:52	17:44	17:44	17:42	17:49	
Overall-Group		13:26	15:21	13:55	15:11	15:13	15:45	16:21	16:26	22:04	25:24	27:40	17:21	16:21	17:41	17:15	19:45	
Position		215-28	225-30	228-31	227-29	222-27	216-26	207-21	204-20	174-13	178-16	164-14	162-14	145-11	144-11	140-11	140-10	
<hr/>																		
O'Connor, Rory (SC)		0:07:24	0:08:36	0:10:11	0:11:40	0:13:52	0:15:40	0:17:58	0:19:54									
205		01:24	02:36	04:11	05:40	07:52	09:40	11:58	13:54									
Age 43		01:24	01:12	01:34	01:29	02:11	01:48	02:17	01:56									
Group M40-49		12:16	12:31	12:58	13:37	14:49	15:30	16:11	16:42									
Overall-Group		12:16	12:48	13:49	15:49	19:13	19:17	20:00	20:41									
Position		175-41	174-43	183-46	193-46	231-51	238-51	236-51	237-51									
<hr/>																		
O'Hear, Carol (MA)		0:06:58	0:07:47	0:08:47	0:09:40	0:10:45	0:11:40	0:12:50	0:13:55	0:15:04	0:16:12	0:17:29	0:18:36	0:19:50	0:21:01	0:22:34	1:00:00:07	
14		00:58	01:47	02:47	03:40	04:45	05:40	06:50	07:55	09:04	10:12	11:29	12:36	13:50	15:01	16:34	18:00:07	
Age 36		00:58	00:49	00:59	00:53	01:04	00:55	01:09	01:05	01:08	01:08	01:16	01:07	01:13	01:11	01:32	01:26:07	
Group F30-39		08:28	08:35	08:38	08:50	08:57	09:05	09:15	09:31	09:34	09:48	09:56	10:05	10:08	10:18	10:32	10:48	
Overall-Group		08:28	08:44	08:43	09:33	09:21	09:53	10:06	11:37	09:59	12:07	11:10	11:55	10:46	12:39	13:31	15:15	
Position		17-1	15-1	18-1	18-1	16-1	16-1	16-1	16-1	13-1	12-1	11-1	11-1	10-1	10-1	10-1	11-1	
<hr/>																		
Overbaugh, Jason (GA)		0:07:03	0:08:00	0:09:05	0:10:02	0:11:11	0:12:11	0:13:23	0:14:36	0:15:41	0:16:44	0:18:01	0:19:07	0:20:32	0:21:43	0:23:12	1:00:29:05	
206		01:03	02:00	03:05	04:02	05:11	06:11	07:23	08:36	09:41	10:44	12:01	13:07	14:32	15:43	17:12	18:29:05	
Age 34		01:03	00:57	01:04	00:57	01:08	01:00	01:11	01:13	01:04	01:03	01:16	01:06	01:24	01:11	01:28	01:17:05	
Group M30-39		09:12	09:37	09:34	09:42	09:46	09:55	09:59	10:20	10:13	10:18	10:24	10:30	10:39	10:47	10:56	11:05	
Overall-Group		09:12	10:07	09:28	10:09	10:02	10:44	10:25	13:05	09:21	11:11	11:13	11:44	12:22	12:41	12:54	13:39	
Position		27-7	34-8	31-8	32-8	25-8	25-8	21-6	24-7	18-6	18-6	16-6	15-5	15-5	14-5	14-5	15-5	

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## Runner Splits

Aid Station Name	AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS	
Aid Station Distance	6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00	
Aid Station Delta	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	
<b>Paraska, Susan (GA)</b>	Time of Day	0:07:35	0:09:00	0:10:33	0:11:55	0:13:38	0:15:09	0:17:01	0:18:32	0:20:44	0:22:36						
207	Time Cum	01:35	03:00	04:33	05:55	07:38	09:09	11:01	12:32	14:44	16:36						
Age 62	Time Delta	01:35	01:25	01:32	01:22	01:42	01:31	01:51	01:31	02:11	01:52						
Group F60-69	Pace Cum	13:52	14:25	14:07	14:12	14:23	14:39	14:54	15:03	15:33	15:57						
Overall-Group	Pace Delta	13:52	15:06	13:32	14:33	15:00	16:12	16:16	16:10	19:13	19:57						
	Position	229-1	228-1	222-1	219-2	210-1	211-2	204-2	198-2	163-2	165-2						
<b>Pasquale, Dana (NC)</b>	Time of Day	0:07:20	0:08:28	0:09:49	0:10:58	0:12:21	0:13:30	0:14:56	0:16:12	0:17:48	0:19:14	0:21:14	0:22:42	1:00:57	1:02:33	1:04:33	1:05:56:05
209	Time Cum	01:20	02:28	03:49	04:58	06:21	07:30	08:56	10:12	11:48	13:14	15:14	16:42	18:57	20:33	22:33	23:56:05
Age 33	Time Delta	01:20	01:08	01:20	01:09	01:22	01:09	01:25	01:16	01:35	01:26	01:59	01:28	02:14	01:36	01:59	01:23:05
Group F30-39	Pace Cum	11:41	11:52	11:50	11:56	11:58	12:01	12:05	12:15	12:27	12:43	13:11	13:22	13:53	14:06	14:20	14:22
Overall-Group	Pace Delta	11:41	12:05	11:47	12:18	12:03	12:23	12:25	13:36	13:54	15:20	17:26	15:40	19:38	17:02	17:29	14:42
	Position	139-12	126-8	122-8	113-7	110-6	98-6	91-6	91-6	72-5	76-6	77-6	76-5	76-6	74-6	72-6	68-5
<b>Pasquale, Debra (NC)</b>	Time of Day	0:07:20	0:08:28	0:09:53	0:11:03	0:12:32	0:13:47	0:15:22	0:16:43								
210	Time Cum	01:20	02:28	03:53	05:03	06:32	07:47	09:22	10:43								
Age 56	Time Delta	01:20	01:08	01:24	01:10	01:28	01:15	01:34	01:21								
Group F50-59	Pace Cum	11:41	11:52	12:02	12:09	12:18	12:28	12:40	12:52								
Overall-Group	Pace Delta	11:41	12:06	12:21	12:32	12:53	13:23	13:47	14:21								
	Position	139-10	130-8	131-8	127-8	122-8	124-8	122-8	126-8								
<b>Pastore, Mike (SC)</b>	Time of Day	0:07:09	0:08:07	0:09:17	0:10:17	0:11:30	0:12:37	0:14:00	0:15:17	0:16:44	0:17:58	0:19:35	0:20:56	0:22:31	0:23:46	1:01:14	1:02:35:39
47	Time Cum	01:09	02:07	03:17	04:17	05:30	06:37	08:00	09:17	10:44	11:58	13:35	14:56	16:31	17:46	19:14	20:35:39
Age 55	Time Delta	01:09	00:58	01:09	01:00	01:12	01:07	01:22	01:17	01:26	01:14	01:36	01:21	01:34	01:15	01:27	01:21:39
Group M50-59	Pace Cum	10:04	10:13	10:11	10:19	10:22	10:35	10:49	11:09	11:20	11:30	11:45	11:58	12:06	12:11	12:14	12:21
Overall-Group	Pace Delta	10:04	10:23	10:08	10:47	10:31	11:53	12:06	13:40	12:40	13:09	14:07	14:30	13:44	13:19	12:49	14:27
	Position	52-10	52-10	45-8	45-7	41-7	38-7	46-7	48-7	40-7	40-7	40-7	40-6	36-5	34-4	33-4	32-4
<b>Patton, Michael (OH)</b>	Time of Day	0:07:03	0:07:56	0:08:57	0:09:53	0:11:09	0:12:10	0:13:22	0:14:34	0:16:26	0:17:54	0:20:45	0:22:05	0:23:53	1:01:11	1:02:46	1:03:57:30
211	Time Cum	01:03	01:56	02:57	03:53	05:09	06:10	07:22	08:34	10:26	11:54	14:45	16:05	17:53	19:11	20:46	21:57:30
Age 29	Time Delta	01:03	00:53	01:00	00:56	01:15	01:01	01:12	01:12	01:51	01:28	02:50	01:20	01:47	01:18	01:34	01:11:30
Group M20-29	Pace Cum	09:12	09:17	09:09	09:20	09:42	09:52	09:58	10:18	11:01	11:26	12:46	12:53	13:07	13:09	13:12	13:10
Overall-Group	Pace Delta	09:12	09:23	08:54	09:57	11:04	10:48	10:31	12:51	16:16	15:41	24:53	14:19	15:39	13:49	13:52	12:39
	Position	27-4	21-3	22-3	22-3	24-3	21-3	20-3	21-3	33-5	38-6	66-8	62-8	55-6	46-5	43-5	39-5
<b>Peek, Tyler (NC)</b>	Time of Day	0:07:01	0:07:57	0:09:03	0:10:00	0:11:17	0:12:39	0:13:56	0:14:53	0:16:03	0:17:02	0:18:17	0:19:15	0:20:30	0:21:35	0:22:59	1:00:12:36
21	Time Cum	01:01	01:57	03:03	04:00	05:17	06:39	07:56	08:53	10:03	11:02	12:17	13:15	14:30	15:35	16:59	18:12:36
Age 45	Time Delta	01:01	00:56	01:05	00:57	01:16	01:22	01:16	00:57	01:09	00:59	01:14	00:58	01:14	01:05	01:23	01:13:36
Group M40-49	Pace Cum	08:54	09:26	09:27	09:37	09:57	10:39	10:44	10:41	10:36	10:36	10:38	10:37	10:38	10:41	10:48	10:56
Overall-Group	Pace Delta	08:54	10:04	09:30	10:08	11:12	14:33	11:12	10:15	10:05	10:33	10:52	10:24	10:51	11:34	12:13	13:02
	Position	23-9	25-9	28-10	25-10	34-13	43-16	39-16	33-12	25-10	21-10	20-9	18-8	14-7	13-6	13-6	13-6
<b>Peeks, Aaron (NC)</b>	Time of Day	0:07:20	0:08:31	0:10:00	0:11:20	0:13:15	0:14:43	0:16:22	0:18:13								
212	Time Cum	01:20	02:31	04:00	05:20	07:15	08:43	10:22	12:13								
Age 35	Time Delta	01:20	01:11	01:28	01:20	01:54	01:28	01:38	01:51								
Group M30-39	Pace Cum	11:41	12:07	12:24	12:50	13:39	13:57	14:01	14:40								
Overall-Group	Pace Delta	11:41	12:39	12:55	14:17	16:41	15:35	14:27	19:39								
	Position	139-25	146-26	158-27	168-29	181-32	181-32	172-29	182-30								

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<hr/>																	
Percy, Maureen (NC)	Time of Day	0:07:23	0:08:33	0:09:56	0:11:11	0:12:52	0:14:11	0:15:51	0:17:16								
213	Time Cum	01:23	02:33	03:56	05:11	06:52	08:11	09:51	11:16								
Age 49	Time Delta	01:23	01:10	01:22	01:15	01:40	01:19	01:39	01:25								
Group F40-49	Pace Cum	12:07	12:17	12:12	12:27	12:56	13:07	13:20	13:32								
Overall-Group	Pace Delta	12:07	12:29	12:02	13:18	14:44	14:08	14:28	15:10								
	Position	165-15	161-15	141-15	145-15	153-17	149-15	149-15	146-15								
<hr/>																	
Perhac, Stephen (VT)	Time of Day	0:07:10	0:08:10	0:09:23	0:10:25	0:11:48	0:12:53	0:14:18	0:15:25								
214	Time Cum	01:10	02:10	03:23	04:25	05:48	06:53	08:18	09:25								
Age 35	Time Delta	01:10	01:00	01:12	01:02	01:22	01:05	01:24	01:07								
Group M30-39	Pace Cum	10:13	10:25	10:29	10:36	10:56	11:01	11:14	11:19								
Overall-Group	Pace Delta	10:13	10:39	10:38	11:00	12:06	11:31	12:24	11:57								
	Position	62-13	60-13	62-13	56-13	62-14	57-14	56-13	51-12								
<hr/>																	
Petersen, Chuck (FL)	Time of Day	0:07:25	0:08:55	0:10:25	0:11:50	0:13:30	0:15:00	0:16:52	0:18:33	0:20:40	0:22:36	1:01:00	1:03:11	1:06:13			
70	Time Cum	01:25	02:55	04:25	05:50	07:30	09:00	10:52	12:33	14:40	16:36	19:00	21:11	24:13			
Age 70	Time Delta	01:25	01:30	01:30	01:25	01:39	01:30	01:51	01:41	02:06	01:56	02:23	02:11	03:01			
Group M70-79	Pace Cum	12:25	14:00	13:42	14:01	14:08	14:25	14:42	15:04	15:29	15:57	16:26	16:57	17:45			
Overall-Group	Pace Delta	12:25	15:56	13:08	15:07	14:32	16:05	16:13	17:54	18:31	20:41	20:54	23:11	26:34			
	Position	177-2	214-4	206-3	207-3	199-3	196-3	193-4	200-4	162-3	166-3	154-2	154-3	146-2			
<hr/>																	
Peterson, Garth D (GA)	Time of Day	0:06:54	0:07:42	0:08:38	0:09:28	0:10:26	0:11:18	0:12:23	0:13:23	0:14:41	0:15:43	0:17:09	0:18:14	0:19:32	0:20:38	0:21:57	0:23:02:22
9	Time Cum	00:54	01:42	02:38	03:28	04:26	05:18	06:23	07:23	08:41	09:43	11:09	12:14	13:32	14:38	15:57	17:02:22
Age 48	Time Delta	00:54	00:48	00:55	00:50	00:57	00:52	01:04	01:00	01:17	01:02	01:25	01:05	01:17	01:06	01:18	01:05:22
Group M40-49	Pace Cum	07:53	08:13	08:10	08:21	08:21	08:30	08:38	08:53	09:10	09:20	09:39	09:47	09:55	10:02	10:09	10:13
Overall-Group	Pace Delta	07:53	08:38	08:04	09:01	08:20	09:17	09:25	10:46	11:16	11:04	12:29	11:34	11:20	11:41	11:32	11:34
	Position	5-3	9-4	7-5	7-4	8-5	8-5	8-5	8-5	8-5	8-5	8-5	8-5	8-5	8-5	8-5	8-5
<hr/>																	
Pieroni, Dan (NC)	Time of Day	0:07:15	0:08:30	0:10:02	0:11:24	0:13:06	0:14:31	0:16:21	0:17:57	0:20:00	0:21:38	1:01:36	1:05:41	1:07:56	1:09:41:29		
215	Time Cum	01:15	02:30	04:02	05:24	07:06	08:31	10:21	11:57	14:00	15:38	19:36	23:41	25:56	27:41:29		
Age 70	Time Delta	01:15	01:15	01:31	01:22	01:41	01:25	01:49	01:36	02:02	01:38	03:58	04:04	02:14	01:45:29		
Group M70-79	Pace Cum	10:57	12:01	12:30	13:00	13:23	13:39	14:00	14:21	14:47	15:01	15:41	16:15	16:30	16:37		
Overall-Group	Pace Delta	10:57	13:19	13:24	14:41	14:45	15:13	15:55	17:04	17:54	17:26	19:04	19:35	19:37	18:40		
	Position	95-1	140-1	164-1	175-1	171-1	167-1	168-1	176-1	147-1	145-1	136-2	114-2	108-2	109-2		
<hr/>																	
Pieroni, Stephen M (NC)	Time of Day	0:07:03	0:08:04	0:09:12	0:10:14	0:11:33	0:12:40	0:14:01	0:15:16	0:16:39	0:17:57	0:19:32	0:20:51	0:22:35	1:00:08	1:01:51	1:03:33:05
28	Time Cum	01:03	02:04	03:12	04:14	05:33	06:40	08:01	09:16	10:39	11:57	13:32	14:51	16:35	18:08	19:51	21:33:05
Age 39	Time Delta	01:03	01:01	01:07	01:02	01:18	01:07	01:20	01:15	01:22	01:18	01:34	01:19	01:43	01:33	01:42	01:42:05
Group M30-39	Pace Cum	09:12	09:56	09:55	10:10	10:27	10:41	10:51	11:08	11:14	11:29	11:43	11:54	12:09	12:26	12:37	12:56
Overall-Group	Pace Delta	09:12	10:50	09:54	11:00	11:30	11:58	11:44	13:27	11:58	13:53	13:48	14:09	15:03	16:31	15:00	18:04
	Position	27-7	42-11	41-12	40-11	43-11	46-11	48-10	46-10	39-8	39-8	36-8	39-8	37-8	38-8	36-8	37-8
<hr/>																	
Pifer, Ryan James (NC)	Time of Day	0:07:03	0:07:58	0:09:12	0:10:16	0:11:33	0:12:40	0:14:14	0:15:31	0:17:07	0:18:28	0:20:18	0:21:49	0:23:57	1:01:20	1:03:33	1:05:11:37
216	Time Cum	01:03	01:58	03:12	04:16	05:33	06:40	08:14	09:31	11:07	12:28	14:18	15:49	17:57	19:20	21:33	23:11:37
Age 23	Time Delta	01:03	00:55	01:13	01:04	01:16	01:07	01:33	01:17	01:35	01:21	01:49	01:31	02:07	01:23	02:12	01:38:37
Group M20-29	Pace Cum	09:12	09:30	09:55	10:16	10:27	10:41	11:08	11:25	11:44	11:59	12:22	12:40	13:09	13:16	13:42	13:55
Overall-Group	Pace Delta	09:12	09:52	10:41	11:25	11:10	11:58	13:38	13:39	14:00	14:29	15:56	16:16	18:34	14:46	19:21	17:27
	Position	27-4	30-5	41-6	43-6	43-6	44-6	52-7	54-7	46-7	50-7	49-6	50-6	56-7	53-7	59-7	59-7

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## 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
Plant, James (NC) 217 Age 46 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:15 01:15 01:15 10:57 10:57 95-27	0:08:29 02:29 01:14 11:58 13:13 137-35	0:09:44 03:44 01:14 11:35 10:51 104-31	0:10:50 04:50 01:06 11:36 11:43 94-31	0:12:15 06:15 01:24 11:46 12:23 95-31	0:13:39 07:39 01:24 12:16 15:01 115-34	0:15:39 09:39 01:59 13:03 17:24 135-38	0:17:07 11:07 01:28 13:21 15:43 138-39								
Portera, Anthony (NY) 26 Age 40 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:09 01:09 01:09 10:04 10:04 52-16	0:08:09 02:09 01:00 10:22 10:43 56-18	0:09:22 03:22 01:12 10:26 10:34 58-19	0:10:24 04:24 01:02 10:36 11:07 54-18	0:11:38 05:38 01:13 10:37 10:41 52-17	0:12:41 06:41 01:03 10:42 11:13 48-18	0:13:56 07:56 01:14 10:52 11:55 39-16	0:15:03 09:03 01:07 10:52 11:11 39-16	0:16:20 10:20 01:16 10:58 11:11 30-13	0:17:25 11:25 01:05 10:58 11:36 28-12	0:18:47 12:47 01:21 11:04 11:54 26-11	0:19:54 13:54 01:07 11:08 12:01 26-11	0:21:24 15:24 01:29 11:17 13:00 25-11	0:22:40 16:40 01:16 11:26 13:36 25-11	1:00:20 18:20 01:39 11:40 14:29 26-12	1:01:29:43 19:29:43 01:09:43 11:42 12:20 25-12
Powers, John (TX) 218 Age 48 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:16 01:16 01:16 11:06 11:06 109-29	0:08:23 02:23 01:07 11:29 11:57 110-31	0:09:46 03:46 01:22 11:41 12:02 112-33	0:10:57 04:57 01:11 11:55 12:43 112-33	0:12:25 06:25 01:27 12:05 12:44 116-34	0:13:37 07:37 01:12 12:11 12:45 112-33	0:15:11 09:11 01:33 12:25 13:43 111-33	0:16:27 10:27 01:16 12:33 13:32 105-32	0:18:06 12:06 01:38 12:46 14:24 86-27	0:19:25 13:25 01:19 12:53 14:01 85-27	0:21:08 15:08 01:42 13:06 15:01 75-23	0:22:42 16:42 01:34 13:22 16:44 75-24	1:00:40 18:40 01:57 13:41 17:09 72-24	1:02:15 20:15 01:35 13:54 16:59 71-22	1:04:06 22:06 01:50 14:03 16:04 68-22	1:06:02:35 24:02:35 01:56:35 14:26 20:38 71-22
Prescott, Kendel (GA) 219 Age 50 Group F50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:26 01:26 01:26 12:33 12:33 184-15	0:08:42 02:42 01:16 13:00 13:33 187-13	0:10:08 04:08 01:25 12:49 12:28 180-13	0:11:23 05:23 01:15 12:57 13:26 173-11	0:12:53 06:53 01:29 12:58 14:26 156-9	0:14:14 08:14 01:21 13:11 14:40 155-9	0:15:55 09:55 01:40 13:25 16:52 151-10	0:17:30 11:30 01:35 13:48 16:45 156-11	0:19:25 13:25 01:54 14:10 17:51 133-11	0:21:05 15:05 01:40 14:30 17:51 133-10						
Prescott, Walt (GA) 220 Age 57 Group M50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:12 01:12 01:12 10:31 10:31 75-14	0:08:20 02:20 01:08 11:12 12:03 93-20	0:09:34 03:34 01:13 11:04 10:48 81-13	0:10:41 04:41 01:07 11:16 11:59 81-13	0:11:59 05:59 01:17 11:16 11:17 73-13	0:13:12 07:12 01:13 11:32 13:02 78-13	0:14:34 08:34 01:21 11:35 11:52 65-11	0:15:48 09:48 01:14 11:46 13:09 65-10	0:17:26 11:26 01:37 12:04 14:16 57-11	0:18:45 12:45 01:19 12:15 14:02 57-10	0:20:24 14:24 01:38 12:28 14:25 52-8	0:21:52 15:52 01:28 12:42 15:36 51-8	0:23:42 17:42 01:49 12:58 16:02 47-7	1:01:21 19:21 01:39 13:16 17:32 54-9	1:03:17 21:17 01:55 13:32 16:56 49-8	1:04:46:22 22:46:22 01:29:22 13:40 15:49 51-8
Presson, Jesse (SC) 221 Age 29 Group M20-29 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:15 01:15 01:15 10:57 10:57 95-10	0:08:17 02:17 01:02 11:02 11:08 83-10	0:09:30 03:30 01:12 10:51 10:31 71-10	0:10:33 04:33 01:03 10:55 11:10 70-10	0:11:49 05:49 01:15 10:57 11:05 64-10	0:13:06 07:06 01:17 11:22 13:39 68-10	0:14:45 08:45 01:38 11:50 14:26 83-10	0:16:26 10:26 01:41 12:32 18:00 104-10								
Price, Shannon (VA) 222 Age 33 Group M30-39 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:00 01:00 01:00 08:46 08:46 22-6	0:07:51 01:51 00:51 08:55 09:06 20-6	0:08:52 02:52 01:00 08:53 08:50 20-6	0:09:45 03:45 00:53 09:01 09:25 20-6	0:10:52 04:52 01:06 09:10 09:45 18-5	0:11:49 05:49 00:57 09:18 10:05 17-5	0:12:58 06:58 01:08 09:26 10:04 17-5	0:13:55 07:55 00:57 09:30 10:07 15-5	0:15:20 09:20 01:24 09:51 12:23 15-5	0:16:24 10:24 01:04 09:59 11:23 15-5	0:17:59 11:59 01:34 10:22 13:50 15-5	0:19:09 13:09 01:10 10:31 12:24 16-6	0:20:48 14:48 01:38 10:51 14:27 20-6	0:22:08 16:08 01:20 11:04 14:11 20-6	0:23:51 17:51 01:42 11:21 15:01 21-6	1:01:10:17 19:10:17 01:19:17 11:30 14:02 21-6

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## 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
Ramsay, John (TN) 223 Age 27 Group M20-29 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:03 01:03 01:03 09:12 09:12 27-4	0:07:58 01:58 00:55 09:29 09:49 29-5	0:09:03 03:03 01:04 09:27 09:25 28-5	0:10:00 04:00 00:57 09:38 10:13 28-4	0:11:11 05:11 01:10 09:46 10:16 25-4	0:12:13 06:13 01:02 09:57 11:00 27-4	0:13:28 07:28 01:14 10:06 10:56 25-4	0:14:36 08:36 01:08 10:19 12:03 22-4	0:15:59 09:59 01:22 10:32 12:06 24-3	0:17:11 11:11 01:12 10:45 12:52 26-3	0:18:37 12:37 01:25 10:55 12:27 23-3	0:19:51 13:51 01:14 11:05 13:11 25-4	0:21:19 15:19 01:27 11:14 12:47 24-4	0:22:17 16:17 00:58 11:10 10:23 22-3	0:23:35 17:35 01:17 11:11 11:18 18-2	1:00:41:39 18:41:39 01:06:39 11:13 11:48 18-2
Randolph, Chad (NC) 224 Age 45 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:09 01:09 01:09 10:04 10:04 52-16	0:08:06 02:06 00:57 10:08 10:13 51-16	0:09:17 03:17 01:10 10:11 10:15 45-15	0:10:15 04:15 00:58 10:14 10:25 42-15	0:11:29 05:29 01:13 10:20 10:41 40-15	0:12:31 06:31 01:02 10:27 11:05 34-13	0:13:47 07:47 01:15 10:32 11:00 34-14	0:14:54 08:54 01:07 10:41 11:54 34-13	0:16:18 10:18 01:23 10:52 12:14 29-12	0:17:31 11:31 01:13 11:03 11:17 29-13	0:19:02 13:02 01:31 11:17 11:29 31-13	0:20:21 14:21 01:19 11:29 14:05 31-13	0:22:01 16:01 01:39 11:44 14:31 32-14	0:23:29 17:29 01:28 12:00 15:38 33-14	1:01:29 19:29 01:59 12:23 17:29 34-14	1:03:06:17 21:06:17 01:37:17 12:40 17:13 35-14
Ray, Ashby (NC) 226 Age 38 Group M30-39 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:22 01:22 01:22 11:58 11:58 155-27	0:08:29 02:29 01:07 11:56 11:53 135-25	0:09:49 03:49 01:19 11:50 11:39 122-23	0:11:07 05:07 01:18 12:19 13:58 133-24	0:12:36 06:36 01:28 12:26 12:52 129-23	0:14:01 08:01 01:25 12:50 15:08 135-24	0:15:41 09:41 01:39 13:06 14:32 138-23	0:17:06 11:06 01:25 13:19 15:04 136-22	0:18:47 12:47 01:40 13:29 14:44 111-17	0:20:54 14:54 02:07 14:19 22:36 129-22	0:23:18 17:18 02:23 14:58 20:55 126-21	1:01:22 19:22 02:04 15:30 22:05 132-23	1:03:53 21:53 02:30 16:02 21:55 124-20	1:05:59 23:59 02:06 16:27 22:19 122-20	1:08:28 26:28 02:28 16:50 21:45 122-19	1:10:23:05 28:23:05 01:55:05 17:02 20:22 125-19
Redpath, Glen (NY) 2 Age 45 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:06:52 00:52 00:52 07:35 07:35 2-2	0:07:37 01:37 00:45 07:50 08:07 4-2	0:08:32 02:32 00:54 07:51 07:54 2-2	0:09:24 03:24 00:52 08:10 09:16 4-2	0:10:12 04:12 00:47 07:55 06:57 3-2	0:11:01 05:01 00:49 08:02 08:44 4-2	0:12:04 06:04 01:02 08:12 09:09 4-2	0:12:57 07:57 00:53 08:21 09:28 5-3	0:13:57 08:48 00:59 08:23 08:41 4-3	0:14:48 09:50 00:51 08:28 09:09 4-3	0:15:50 10:42 01:01 08:30 08:57 3-2	0:16:42 11:49 00:52 08:34 09:19 3-1	0:17:49 12:47 01:06 08:40 09:41 3-2	0:18:47 13:52 01:06 08:46 10:20 3-2	0:19:52 14:47:16 01:04 08:49 09:26 3-2	0:20:47:16 14:47:16 00:55:16 08:52 09:47 3-2
Reitzig, James W (NY) 227 Age 36 Group M30-39 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:21 01:21 01:21 11:49 11:49 148-26	0:08:32 02:32 01:11 12:13 12:42 155-27	0:10:08 04:08 01:35 12:49 13:54 180-30	0:11:25 05:25 01:17 13:00 13:38 177-30	0:13:09 07:09 01:43 13:28 15:11 177-30	0:14:32 08:32 01:23 13:39 14:42 169-29	0:16:21 10:21 01:48 14:00 15:54 168-28	0:17:48 11:48 01:27 14:10 15:27 165-28	0:19:41 13:41 01:52 14:26 16:27 141-24	0:21:13 15:13 01:32 14:37 16:25 139-23	0:23:18 17:18 02:04 14:58 18:08 126-21	1:00:55 18:55 01:37 15:09 17:18 118-20	1:02:59 20:59 02:03 15:23 18:00 104-16	1:04:47 22:47 01:48 15:38 19:15 98-16	1:09:11:06 27:11:06 04:23:19 16:19 21:04 100-16	
Ring, Robert (VA) 228 Age 62 Group M60-69 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:37 01:37 01:37 14:10 14:10 237-14	0:09:16 03:16 01:39 15:41 17:32 239-12	0:10:42 04:42 01:25 14:34 12:33 235-11	0:12:06 06:06 01:24 14:40 14:58 236-11	0:13:45 07:45 01:38 14:36 14:22 223-11	0:15:09 09:09 01:24 14:39 14:55 210-10	0:16:48 10:48 01:38 14:37 14:25 190-8	0:18:16 12:16 01:28 14:43 15:35 185-7	0:20:10 14:10 01:53 14:43 16:38 152-5	0:21:51 15:51 01:41 15:13 17:56 149-5	0:23:59 17:59 02:07 15:34 18:38 142-6	1:01:58 19:58 01:59 15:59 21:11 143-6				
Rizk, Sam (NC) 36 Age 70 Group M70-79 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:32 01:32 01:32 13:26 13:26 215-4	0:08:44 02:44 01:12 13:09 12:48 195-2	0:10:17 04:17 01:32 13:17 13:32 192-2	0:11:39 05:39 01:22 13:34 14:31 191-2	0:13:23 07:23 01:43 13:55 15:11 187-2	0:14:52 08:52 01:29 14:12 15:49 189-2	0:16:34 10:34 01:41 14:18 14:51 180-2	0:18:04 12:04 01:30 14:30 16:02 178-2								

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## 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
Roche, Joe (OH) 229	Time of Day	0:07:32	0:08:55	0:10:30	0:11:53	0:13:31	0:14:53	0:16:33	0:17:55	0:19:29	0:20:53	0:22:30	0:23:54	1:01:34	1:02:56	1:04:32	1:05:57:01
	Time Cum	01:32	02:55	04:30	05:53	07:31	08:53	10:33	11:55	13:29	14:53	16:30	17:54	19:34	20:56	22:32	23:57:01
	Time Delta	01:32	01:23	01:34	01:23	01:37	01:22	01:39	01:22	01:33	01:24	01:36	01:24	01:39	01:22	01:35	01:25:01
Age 55	Pace Cum	13:26	14:04	13:57	14:08	14:10	14:14	14:16	14:18	14:14	14:18	14:17	14:19	14:21	14:21	14:20	14:22
Group M50-59	Pace Delta	13:26	14:49	13:46	14:47	14:14	14:40	14:28	14:32	13:42	15:02	14:01	14:53	14:35	14:31	14:01	15:03
Overall-Group	Position	215-38	223-38	215-38	212-38	200-38	193-37	179-31	173-31	135-26	127-26	107-23	101-21	86-15	78-14	71-12	70-12
Rodarte, Matthew (NC) 230	Time of Day	0:07:21	0:08:33	0:10:04	0:11:19	0:12:57	0:14:49	0:17:55	0:19:43								
	Time Cum	01:21	02:33	04:04	05:19	06:57	08:49	11:55	13:43								
	Time Delta	01:21	01:12	01:30	01:15	01:37	01:52	03:05	01:48								
Age 42	Pace Cum	11:49	12:18	12:37	12:47	13:06	14:08	16:07	16:28								
Group M40-49	Pace Delta	11:49	12:52	13:11	13:22	14:14	19:57	27:03	19:11								
Overall-Group	Position	148-36	162-38	168-43	164-42	162-42	184-44	235-50	234-50								
Rozanski, John J (IL) 231	Time of Day	0:07:35	0:09:16	0:10:47	0:12:23	0:14:27	0:16:19	0:18:25	0:20:25	0:22:45	1:01:04						
	Time Cum	01:35	03:16	04:47	06:23	08:27	10:19	12:25	14:25	16:45	19:04						
	Time Delta	01:35	01:41	01:30	01:36	02:03	01:52	02:05	02:00	02:19	02:19						
Age 63	Pace Cum	13:52	15:41	14:50	15:19	15:55	16:31	16:48	17:18	17:41	18:18						
Group M60-69	Pace Delta	13:52	17:53	13:16	17:00	18:06	19:55	18:19	21:17	20:24	24:38						
Overall-Group	Position	229-10	236-12	239-14	242-15	243-15	244-15	240-15	241-15	187-9	184-9						
Rozanski, Susan (IL) 10	Time of Day	0:07:28	0:08:54	0:10:29	0:11:54	0:13:39	0:15:16	0:17:19	0:19:02	0:21:17	0:23:07	1:01:31	1:03:40	1:05:54	1:07:36	1:09:34	1:11:10:34
	Time Cum	01:28	02:54	04:29	05:54	07:39	09:16	11:19	13:02	15:17	17:07	19:31	21:40	23:54	25:36	27:34	29:10:34
	Time Delta	01:28	01:26	01:34	01:25	01:44	01:37	02:02	01:43	02:14	01:50	02:23	02:09	02:13	01:42	01:57	01:36:34
Age 57	Pace Cum	12:51	14:00	13:54	14:12	14:25	14:51	15:19	15:39	16:08	16:26	16:53	17:20	17:31	17:33	17:32	17:30
Group F50-59	Pace Delta	12:51	15:23	13:44	15:12	15:12	17:20	17:49	18:22	19:36	19:33	20:57	22:54	19:31	18:06	17:11	17:05
Overall-Group	Position	200-19	213-19	210-20	217-22	211-22	220-23	219-23	220-23	177-19	172-19	157-18	158-18	143-18	142-18	136-18	133-17
Sacco, Steven G (NY) 232	Time of Day	0:07:29	0:08:55	0:10:28	0:11:51	0:13:36	0:15:20	0:17:25	0:19:20								
	Time Cum	01:29	02:55	04:28	05:51	07:36	09:20	11:25	13:20								
	Time Delta	01:29	01:26	01:32	01:23	01:44	01:44	02:04	01:55								
Age 31	Pace Cum	13:00	14:01	13:51	14:04	14:19	14:57	15:27	16:01								
Group M30-39	Pace Delta	13:00	15:16	13:33	14:48	15:14	18:29	18:11	20:26								
Overall-Group	Position	207-34	215-35	207-34	208-35	205-34	225-35	220-34	228-35								
Sackaroff, Jeff (NC) 233	Time of Day	0:07:17	0:08:23	0:09:44	0:10:56	0:12:18	0:13:29	0:14:57	0:16:16	0:17:48	0:19:07	0:21:13	0:23:38				
	Time Cum	01:17	02:23	03:44	04:56	06:18	07:29	08:57	10:16	11:48	13:07	15:13	17:38				
	Time Delta	01:17	01:06	01:21	01:12	01:21	01:11	01:27	01:19	01:31	01:19	02:05	02:25				
Age 37	Pace Cum	11:14	11:26	11:35	11:51	11:52	11:58	12:06	12:20	12:27	12:36	13:10	14:07				
Group M30-39	Pace Delta	11:14	11:41	11:49	12:49	11:55	12:35	12:50	14:09	13:18	14:07	18:17	25:42				
Overall-Group	Position	116-22	106-20	104-20	110-21	101-21	96-21	95-20	95-20	72-16	74-16	76-16	94-16				
Sampson, Shane (OH) 22	Time of Day	0:07:11	0:08:14	0:09:30	0:10:34	0:11:51	0:12:59	0:14:26	0:15:43	0:17:58	0:19:18						
	Time Cum	01:11	02:14	03:30	04:34	05:51	06:59	08:26	09:43	11:58	13:18						
	Time Delta	01:11	01:03	01:15	01:04	01:16	01:08	01:26	01:17	02:14	01:20						
Age 47	Pace Cum	10:22	10:45	10:51	10:58	11:01	11:11	11:25	11:40	12:38	12:46						
Group M40-49	Pace Delta	10:22	11:13	11:02	11:21	11:14	12:09	12:36	13:40	19:40	14:12						
Overall-Group	Position	69-21	73-24	71-22	71-23	67-21	61-20	59-19	61-21	78-23	77-23						

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## 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
Saxon, Randy M (MS) 236 Age 50 Group M50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:12 01:12 01:12 10:31 10:31 75-14	0:08:19 02:19 01:07 11:11 12:01 89-14	0:09:40 03:40 01:20 11:22 11:42 93-17	0:10:53 04:53 01:13 11:44 13:01 100-18	0:12:18 06:18 01:24 11:52 12:20 101-19	0:13:36 07:36 01:18 12:10 13:49 109-20	0:15:14 09:14 01:37 12:29 14:18 114-21	0:16:36 10:36 01:22 12:43 14:32 114-20	0:18:25 12:25 01:48 13:06 15:54 105-21	0:20:06 14:06 01:41 13:32 17:54 107-21	0:22:20 16:20 02:13 14:08 19:33 104-21	0:22:20 18:13 01:53 14:35 20:06 103-22	1:00:13 20:02 01:48 14:41 19:33 94-20	1:02:02 21:41 01:39 14:52 15:50 88-16	1:03:41 23:42 02:00 15:04 17:32 84-15	1:05:42 25:05:29 01:23:29 15:03 14:47 77-14
Schimmel, Amy (NC) 237 Age 34 Group F30-39 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:13 01:13 01:13 10:39 10:39 80-5	0:08:23 02:23 01:10 11:28 12:27 109-6	0:09:43 03:43 01:19 11:31 11:38 102-6	0:10:52 04:52 01:09 11:42 12:18 97-6	0:12:21 06:21 01:16 11:58 12:55 110-6	0:13:37 07:37 01:32 12:12 13:32 113-7	0:15:10 09:10 01:32 12:24 13:30 109-8	0:16:25 10:25 01:15 12:31 13:24 101-8	0:18:21 12:21 01:55 13:02 16:49 101-8	0:19:54 13:54 01:33 13:21 16:37 104-9	0:22:17 16:17 02:22 14:05 20:45 103-10	0:22:17 18:33 02:16 14:51 24:09 107-10	1:00:33 21:25 02:51 15:42 25:02 112-11	1:03:25		
Schlereth, Joe (NC) 17 Age 61 Group M60-69 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:09 01:09 01:09 10:04 10:04 52-1	0:08:12 02:12 01:03 10:34 11:10 62-1	0:09:29 03:29 01:16 10:48 11:13 67-1	0:10:36 04:36 01:07 11:03 11:53 73-1	0:11:58 05:58 01:21 11:14 11:57 70-1	0:13:11 07:11 01:13 11:31 13:05 75-1	0:14:38 08:38 01:26 11:41 12:34 72-1	0:15:51 09:51 01:13 11:50 12:59 72-1	0:17:09 10:38 01:17 11:46 13:34 49-1	0:18:14 12:14 01:05 11:46 14:11 44-1	0:19:34 13:34 01:19 11:44 15:45 39-1	0:20:43 14:43 01:09 11:47 17:28 36-1	0:22:18 16:18 01:34 11:57 13:50 33-1	0:23:22 17:22 01:04 11:55 14:10 31-1	1:01:00 19:00 01:37 12:05 14:10 31-1	1:02:19:21 20:19:21 01:19:21 12:12 14:03 30-1
Schwab, Steve (FL) 238 Age 44 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:03 01:03 01:03 09:12 09:12 27-11	0:07:58 01:58 00:55 09:28 09:48 28-10	0:09:03 03:03 01:04 09:27 09:26 28-10	0:10:00 04:00 00:57 09:38 10:14 29-10	0:11:12 05:12 01:11 09:48 10:24 29-11	0:12:17 06:17 01:05 10:05 11:41 29-10	0:13:44 07:44 01:26 10:28 12:33 32-12	0:15:04 09:04 01:20 10:53 14:11 41-18	0:16:52 10:52 01:47 11:28 15:45 42-15	0:18:30 12:30 01:38 12:01 17:28 51-16						
Scott, Sharon Green 239 Age 50 Group F50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:36 01:36 01:36 14:01 14:01 234-22	0:08:54 02:54 01:18 13:57 13:51 208-19	0:10:30 04:30 01:35 13:57 13:58 215-21	0:11:48 05:48 01:18 14:04 14:30 202-18	0:13:28 07:28 01:39 14:04 14:33 195-18	0:14:50 08:50 01:22 14:08 14:51 186-17	0:16:32 10:32 01:41 14:15 14:51 177-17	0:17:55 11:55 01:23 14:19 14:51 174-17	0:20:08 14:08 02:12 14:55 19:17 151-15	0:21:55 15:55 01:47 15:17 19:03 151-15	0:23:54 17:54 01:58 15:29 17:17 138-14	1:01:35 19:35 01:41 15:40 17:58 135-14	1:03:43 21:43 02:07 15:55 18:37 119-13	1:05:43 23:43 02:00 16:16 21:19 116-12	1:08:12 26:12 02:28 16:40 21:41 117-13	1:09:42:55 27:42:55 01:30:55 16:38 16:05 110-9
Sechler, BD (NC) 39 Age 48 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:09 01:09 01:09 10:04 10:04 52-16	0:08:05 02:05 00:56 10:04 10:03 46-14	0:09:11 03:11 01:05 09:52 09:31 40-14	0:10:09 04:09 00:58 09:59 10:24 38-14	0:11:18 05:18 01:08 09:59 09:58 35-14	0:12:20 06:20 01:02 10:09 11:02 33-12	0:13:39 07:39 01:18 10:21 11:29 29-10	0:14:45 08:45 01:06 10:31 11:51 29-10								
Sergeant, Kimberley Ann 240 Age 52 Group F50-59 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:45 01:45 01:45 15:20 15:20 245-25	0:09:16 03:16 01:31 15:45 16:16 246-23	0:10:57 04:57 01:40 15:32 14:37 243-25	0:12:28 06:28 01:31 15:32 16:12 244-25	0:14:22 08:22 01:53 15:46 16:34 241-25	0:15:56 09:56 01:34 15:55 16:45 241-25	0:17:53 11:53 01:56 16:05 17:00 234-24	0:19:31 13:31 01:38 16:14 17:25 231-24	0:21:45 15:45 02:13 16:37 19:30 184-20	0:23:37 17:37 01:52 16:55 19:50 179-20	1:01:50 21:45 02:12 17:10 20:31 160-19	1:03:45 24:08 02:22 17:25 20:44 160-19	1:06:08 25:54 01:46 17:41 20:44 144-19	1:07:54 28:07 02:12 17:46 18:55 145-19	1:10:07 29:53:24 01:46:24 17:56 18:50 142-19	1:11:53:24

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## 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
Shellhamer, Troy (KY)	Time of Day	0:06:54	0:07:42	0:08:38	0:09:27	0:10:21	0:11:10	0:12:10	0:13:01	0:14:07	0:15:02	0:16:14	0:17:17	0:18:29	0:19:34	0:20:57	0:22:12:38
	Time Cum	00:54	01:42	02:38	03:27	04:21	05:10	06:10	07:01	08:07	09:02	10:14	11:17	12:29	13:34	14:57	16:12:38
20	Time Delta	00:54	00:48	00:55	00:49	00:53	00:49	00:59	00:51	01:05	00:55	01:11	01:03	01:11	01:05	01:22	01:15:38
Age 30	Pace Cum	07:53	08:11	08:10	08:18	08:12	08:17	08:21	08:26	08:34	08:41	08:51	09:02	09:09	09:18	09:30	09:44
Group M30-39	Pace Delta	07:53	08:33	08:08	08:44	07:50	08:44	08:42	09:08	09:33	09:52	10:24	11:09	10:31	11:34	12:04	13:23
Overall-Group	Position	5-2	6-2	7-2	6-2	6-2	6-2	6-2	6-2	7-2	7-2	6-2	6-2	6-2	6-2	6-2	6-2
Shelton, Debbie (IN)	Time of Day	0:07:26	0:08:32	0:09:58	0:11:14	0:12:42	0:13:58	0:15:31	0:16:49	0:18:24	0:19:46	0:21:52	0:23:34	1:01:33	1:03:30	1:05:34	1:07:24:06
	Time Cum	01:26	02:32	03:58	05:14	06:42	07:58	09:31	10:49	12:24	13:46	15:52	17:34	19:33	21:30	23:34	25:24:06
241	Time Delta	01:26	01:06	01:25	01:16	01:27	01:16	01:32	01:18	01:34	01:22	02:05	01:42	01:58	01:57	02:03	01:50:06
Age 48	Pace Cum	12:33	12:11	12:18	12:34	12:37	12:46	12:52	12:59	13:05	13:14	13:44	14:03	14:20	14:45	14:59	15:14
Group F40-49	Pace Delta	12:33	11:44	12:31	13:29	12:49	13:38	13:26	13:50	13:50	14:38	18:18	18:07	17:19	20:44	18:05	19:29
Overall-Group	Position	184-21	151-13	150-16	149-17	138-15	132-14	128-14	128-13	104-9	100-7	95-7	93-7	85-6	85-6	82-6	80-6
Shepherd, Stephanie Britt	Time of Day	0:07:19	0:08:32	0:09:57	0:11:21	0:12:53	0:14:31	0:16:12	0:18:04	0:19:39	0:21:25	0:23:16	1:01:07	1:03:40	1:05:45	1:08:08	1:10:13:13
	Time Cum	01:19	02:32	03:57	05:21	06:53	08:31	10:12	12:04	13:39	15:25	17:16	19:07	21:40	23:45	26:08	28:13:13
242	Time Delta	01:19	01:13	01:24	01:24	01:31	01:38	01:40	01:52	01:34	01:46	01:50	01:51	02:32	02:05	02:22	02:05:13
Age 36	Pace Cum	11:32	12:13	12:15	12:51	12:58	13:39	13:48	14:29	14:24	14:48	14:56	15:18	15:53	16:18	16:37	16:56
Group F30-39	Pace Delta	11:32	13:03	12:18	14:57	13:22	17:31	14:36	19:52	13:50	18:48	16:10	19:42	22:18	22:17	20:45	22:10
Overall-Group	Position	131-8	154-14	146-12	169-16	156-15	167-16	164-16	177-16	139-14	142-14	124-13	123-13	117-12	117-11	116-11	122-11
Shipley, Callie (NC)	Time of Day	0:07:19	0:08:30	0:09:57	0:11:16	0:12:51	0:14:13	0:15:50	0:17:16	0:18:58	0:20:35	0:22:45	1:00:40	1:03:01	1:04:57	1:07:23	1:09:04:11
	Time Cum	01:19	02:30	03:57	05:16	06:51	08:13	09:50	11:16	12:58	14:35	16:45	18:40	21:01	22:57	25:23	27:04:11
244	Time Delta	01:19	01:11	01:26	01:19	01:34	01:22	01:36	01:26	01:41	01:37	02:09	01:55	02:20	01:56	02:25	01:41:11
Age 30	Pace Cum	11:32	12:02	12:15	12:40	12:54	13:10	13:18	13:32	13:41	14:00	14:30	14:56	15:24	15:45	16:09	16:15
Group F30-39	Pace Delta	11:32	12:39	12:38	14:05	13:47	14:36	14:05	15:21	14:47	17:12	18:57	20:25	20:32	20:42	21:10	17:55
Overall-Group	Position	131-8	142-12	146-12	155-13	151-13	152-13	146-13	147-13	119-11	121-12	110-11	112-11	105-10	103-10	98-10	96-10
Simpson-Hall, Beth (IL)	Time of Day	0:07:11	0:08:19	0:09:40	0:10:53	0:12:18	0:13:34	0:15:08	0:16:29	0:18:10	0:19:37	0:21:24	0:22:53	1:00:42	1:02:13	1:04:03	1:05:27:35
	Time Cum	01:11	02:19	03:40	04:53	06:18	07:34	09:08	10:29	12:10	13:37	15:24	16:53	18:42	20:13	22:03	23:27:35
245	Time Delta	01:11	01:08	01:20	01:13	01:24	01:16	01:33	01:21	01:40	01:27	01:46	01:29	01:48	01:31	01:49	01:24:35
Age 52	Pace Cum	10:22	11:10	11:22	11:45	11:52	12:07	12:21	12:35	12:50	13:05	13:19	13:31	13:42	13:52	14:01	14:05
Group F50-59	Pace Delta	10:22	12:09	11:44	13:02	12:19	13:34	13:38	14:23	14:42	15:34	15:29	15:51	15:50	16:15	15:56	14:58
Overall-Group	Position	69-2	88-4	93-4	102-5	101-6	107-6	105-6	108-6	91-6	91-6	82-5	79-5	73-5	69-5	66-5	64-5
Smith, Betty H (MD)	Time of Day	0:07:49	0:09:25	0:11:55	0:14:00	0:16:40	0:18:43	0:22:16	1:00:34	1:04:33	1:06:59						
	Time Cum	01:49	03:25	05:55	08:00	10:40	12:43	16:16	18:34	22:33	24:59						
246	Time Delta	01:49	01:36	02:29	02:05	02:39	02:03	03:32	02:18	03:58	02:26						
Age 70	Pace Cum	15:55	16:24	18:21	19:14	20:06	20:22	22:00	22:17	23:48	23:59						
Group F70-79	Pace Delta	15:55	17:01	21:53	22:16	23:14	21:54	30:59	24:31	34:49	25:53						
Overall-Group	Position	248-1	248-1	249-1	250-1	249-1	249-1	245-1	246-1	189-1	186-1						
Smith, Mike J (IN)	Time of Day	0:07:12	0:08:19	0:09:40	0:10:53	0:12:18	0:13:35	0:15:08	0:16:29	0:18:10	0:19:38	0:21:24	0:22:53	1:00:42	1:02:13	1:04:03	1:05:27:52
	Time Cum	01:12	02:19	03:40	04:53	06:18	07:35	09:08	10:29	12:10	13:38	15:24	16:53	18:42	20:13	22:03	23:27:52
247	Time Delta	01:12	01:07	01:20	01:13	01:24	01:17	01:32	01:21	01:40	01:28	01:45	01:29	01:48	01:31	01:49	01:24:52
Age 53	Pace Cum	10:31	11:12	11:22	11:44	11:52	12:09	12:21	12:36	12:50	13:06	13:19	13:31	13:42	13:52	14:01	14:05
Group M50-59	Pace Delta	10:31	12:01	11:41	13:01	12:20	13:42	13:31	14:28	14:38	15:40	15:24	15:54	15:48	16:16	15:55	15:01
Overall-Group	Position	75-14	90-14	93-17	101-18	101-19	108-19	105-18	109-18	91-17	92-17	82-13	81-13	73-12	70-12	66-11	65-11

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## 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
Smithberger, Jay A (OH)	Time of Day	0:06:54	0:07:42	0:08:37	0:09:29	0:10:23	0:11:13	0:12:10	0:13:01	0:14:00	0:14:54	0:15:58	0:16:52	0:17:56	0:18:50	0:19:57	0:20:53:21
6	Time Cum	00:54	01:42	02:37	03:29	04:23	05:13	06:10	07:01	08:00	08:54	09:58	10:52	11:56	12:50	13:57	14:53:21
Age 41	Time Delta	00:54	00:48	00:54	00:52	00:54	00:50	00:56	00:51	00:58	00:54	01:03	00:54	01:03	00:54	01:06	00:56:21
Group M40-49	Pace Cum	07:53	08:11	08:07	08:22	08:15	08:21	08:21	08:26	08:27	08:33	08:37	08:42	08:45	08:48	08:52	08:56
Overall-Group	Pace Delta	07:53	08:34	07:59	09:12	07:53	08:54	08:17	09:08	08:31	09:40	09:15	09:41	09:15	09:38	09:43	09:58
	Position	5-3	7-4	6-4	8-5	7-4	7-4	6-4	7-4	6-4	6-4	4-3	4-3	4-3	4-3	4-3	4-3
Smythe, Matt (VA)	Time of Day	0:07:15	0:08:19	0:09:36	0:10:42	0:11:59	0:13:08	0:14:32	0:15:48	0:17:23	0:18:39	0:20:19	0:21:47	0:23:32	1:00:59	1:02:52	1:04:23:47
248	Time Cum	01:15	02:19	03:36	04:42	05:59	07:08	08:32	09:48	11:23	12:39	14:19	15:47	17:32	18:59	20:52	22:23:47
Age 30	Time Delta	01:15	01:04	01:16	01:06	01:16	01:09	01:24	01:16	01:34	01:16	01:39	01:28	01:44	01:27	01:52	01:31:47
Group M30-39	Pace Cum	10:57	11:12	11:10	11:18	11:16	11:25	11:33	11:46	12:01	12:09	12:23	12:38	12:51	13:01	13:16	13:26
Overall-Group	Pace Delta	10:57	11:30	11:06	11:45	11:11	12:13	12:16	13:30	13:50	13:30	14:34	15:44	15:12	15:29	16:25	16:15
	Position	95-18	91-17	82-16	82-16	73-16	70-16	61-15	66-16	54-13	54-13	50-13	49-12	43-10	43-9	45-9	44-9
Snyder, Mary (ID)	Time of Day	0:07:40	0:09:16	0:10:33	0:11:54	0:13:40	0:15:03	0:16:55	0:18:20	0:20:26	0:21:59	1:00:12	1:01:56	1:04:20	1:06:13	1:08:32	1:10:19:44
249	Time Cum	01:40	03:16	04:33	05:54	07:40	09:03	10:55	12:20	14:26	15:59	18:12	19:56	22:20	24:13	26:32	28:19:44
Age 60	Time Delta	01:40	01:36	01:16	01:21	01:46	01:23	01:51	01:25	02:05	01:33	02:12	01:44	02:23	01:53	02:18	01:47:44
Group F60-69	Pace Cum	14:36	15:41	14:07	14:10	14:27	14:29	14:46	14:49	15:14	15:21	15:45	15:57	16:22	16:37	16:52	17:00
Overall-Group	Pace Delta	14:36	17:00	11:14	14:20	15:28	14:42	16:20	15:12	18:16	16:35	19:19	18:27	20:59	20:05	20:14	19:04
	Position	243-2	234-2	222-1	215-1	213-2	200-1	194-1	190-1	158-1	154-1	144-1	140-1	129-1	127-1	123-1	123-1
Sondermann, John W (VA)	Time of Day	0:07:13	0:08:19	0:09:37	0:10:47	0:12:16	0:13:34	0:15:07	0:16:27	0:18:09	0:19:34	0:21:33	0:23:20	1:01:53	1:03:48	1:06:18	1:08:13:48
250	Time Cum	01:13	02:19	03:37	04:47	06:16	07:34	09:07	10:27	12:09	13:34	15:33	17:20	19:53	21:48	24:18	26:13:48
Age 57	Time Delta	01:13	01:06	01:17	01:10	01:28	01:18	01:32	01:20	01:41	01:25	01:58	01:47	02:32	01:55	02:29	01:55:48
Group M50-59	Pace Cum	10:39	11:08	11:13	11:31	11:48	12:06	12:20	12:33	12:49	13:02	13:27	13:53	14:35	14:57	15:27	15:44
Overall-Group	Pace Delta	10:39	11:42	11:22	12:33	12:52	13:49	13:34	14:15	14:49	15:04	17:21	19:06	22:12	20:28	21:48	20:30
	Position	80-17	85-14	86-15	91-16	96-17	104-18	103-17	106-17	90-16	90-16	92-16	89-15	91-18	90-17	88-17	88-19
Spencer Jr, Jack (NV)	Time of Day		0:08:13	0:09:31	0:10:39	0:12:06	0:13:21	0:14:53	0:16:19	0:18:02	0:19:22	0:21:18	0:22:59	1:01:02	1:02:57	1:05:10	1:06:52:44
252	Time Cum		02:13	03:31	04:39	06:06	07:21	08:53	10:19	12:02	13:22	15:18	16:59	19:02	20:57	23:10	24:52:44
Age 40	Time Delta		02:13	01:17	01:08	01:26	01:15	01:31	01:26	01:42	01:20	01:55	01:41	02:02	01:55	02:12	01:42:44
Group M40-49	Pace Cum		10:40	10:54	11:11	11:29	11:47	12:01	12:23	12:42	12:51	13:14	13:35	13:57	14:22	14:44	14:56
Overall-Group	Pace Delta		10:40	11:20	12:10	12:36	13:23	13:20	15:18	14:59	14:19	16:48	17:53	17:57	20:26	19:21	18:11
	Position		69-21	74-23	80-25	83-26	87-27	88-26	96-29	81-24	84-25	80-25	85-27	78-26	79-25	75-23	75-23
Stansbury, Joey (NC)	Time of Day	0:07:33	0:08:55	0:10:32	0:11:54	0:13:41	0:15:19	0:17:27	0:19:44								
253	Time Cum	01:33	02:55	04:32	05:54	07:41	09:19	11:27	13:44								
Age 39	Time Delta	01:33	01:22	01:36	01:22	01:46	01:38	02:07	02:17								
Group M30-39	Pace Cum	13:35	14:03	14:03	14:12	14:28	14:56	15:29	16:30								
Overall-Group	Pace Delta	13:35	14:38	14:04	14:41	15:29	17:30	18:33	24:25								
	Position	225-36	222-35	221-35	218-36	217-35	224-34	222-36	236-36								
Stinson, Jenny (ID)	Time of Day	0:07:25	0:08:43	0:10:15	0:11:36	0:13:19	0:14:42	0:16:25	0:17:51	0:19:50	0:21:23	0:23:36	1:01:17	1:03:30	1:05:27	1:08:00	1:09:52:22
254	Time Cum	01:25	02:43	04:15	05:36	07:19	08:42	10:25	11:51	13:50	15:23	17:36	19:17	21:30	23:27	26:00	27:52:22
Age 51	Time Delta	01:25	01:18	01:31	01:21	01:42	01:23	01:42	01:26	01:58	01:33	02:12	01:41	02:12	01:57	02:32	01:52:22
Group F50-59	Pace Cum	12:25	13:05	13:11	13:28	13:47	13:55	14:06	14:14	14:36	14:47	15:14	15:26	15:46	16:05	16:32	16:43
Overall-Group	Pace Delta	12:25	13:53	13:22	14:29	14:55	14:43	15:01	15:17	17:19	16:34	19:20	17:57	19:21	20:45	22:18	19:53
	Position	177-13	191-14	187-15	187-15	184-15	179-15	174-15	170-15	143-13	140-13	132-12	127-12	115-10	111-10	109-10	116-12

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## Runner Splits

Aid Station Name	AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS	
Aid Station Distance	6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00	
Aid Station Delta	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	
<b>Stocker,</b>	Time of Day	0:07:16	0:08:27	0:09:47	0:10:56	0:12:19	0:13:32	0:15:00	0:16:15	0:18:01	0:19:25	0:21:02	0:22:25	1:00:06	1:01:35	1:03:23	1:04:39:31
<i>Emmy (CT)</i>	Time Cum	01:16	02:27	03:47	04:56	06:19	07:32	09:00	10:15	12:01	13:25	15:02	16:25	18:06	19:35	21:23	22:39:31
<b>255</b>	Time Delta	01:16	01:11	01:19	01:09	01:22	01:13	01:27	01:15	01:45	01:24	01:36	01:23	01:40	01:29	01:47	01:16:31
Age 52	Pace Cum	11:06	11:46	11:44	11:52	11:54	12:05	12:11	12:19	12:41	12:54	13:00	13:09	13:16	13:26	13:36	13:36
Group F50-59	Pace Delta	11:06	12:36	11:39	12:19	12:02	13:06	12:42	13:24	15:22	15:01	14:02	14:49	14:38	15:55	15:38	13:33
Overall-Group	Position	109-5	121-7	118-7	111-6	106-7	103-5	99-4	92-4	80-4	86-4	71-4	69-4	62-4	58-4	54-4	48-4
<b>Sullivan,</b>	Time of Day	0:07:19	0:08:30	0:10:01	0:11:19	0:13:06	0:14:30	0:16:03	0:17:19	0:19:05	0:20:32	0:23:05	1:00:39	1:02:52	1:04:46	1:07:02	1:08:50:12
<i>Jim (FL)</i>	Time Cum	01:19	02:30	04:01	05:19	07:06	08:30	10:03	11:19	13:05	14:32	17:05	18:39	20:52	22:46	25:02	26:50:12
<b>103</b>	Time Delta	01:19	01:11	01:30	01:18	01:46	01:24	01:32	01:16	01:45	01:27	02:32	01:34	02:12	01:54	02:15	01:48:12
Age 59	Pace Cum	11:32	12:03	12:27	12:47	13:23	13:37	13:36	13:35	13:48	13:58	14:47	14:55	15:18	15:37	15:55	16:06
Group M50-59	Pace Delta	11:32	12:41	13:11	13:54	15:33	15:01	13:27	13:32	15:24	15:32	22:14	16:42	19:22	20:13	19:49	19:09
Overall-Group	Position	131-28	144-27	160-28	163-30	171-29	163-27	157-26	149-25	123-24	117-24	116-25	110-25	100-23	97-23	96-21	94-20
<b>Swendsen,</b>	Time of Day	0:07:23	0:08:33	0:09:59	0:11:15	0:12:48	0:14:10	0:15:43	0:17:10	0:18:51	0:20:31	0:23:18	1:01:56		1:06:15	1:08:16	1:09:46:57
<i>Vincent (NC)</i>	Time Cum	01:23	02:33	03:59	05:15	06:48	08:10	09:43	11:10	12:51	14:31	17:18	19:56		24:15	26:16	27:46:57
<b>256</b>	Time Delta	01:23	01:10	01:25	01:16	01:32	01:22	01:32	01:27	01:40	01:40	02:46	02:38		04:18	02:00	01:30:57
Age 48	Pace Cum	12:07	12:19	12:21	12:37	12:49	13:05	13:09	13:25	13:34	13:57	14:58	15:57		16:38	16:42	16:40
Group M40-49	Pace Delta	12:07	12:33	12:25	13:33	13:30	14:37	13:30	15:29	14:40	17:52	24:15	28:04		20:41	17:39	16:06
Overall-Group	Position	165-38	164-38	152-39	152-40	146-40	147-40	140-39	143-40	115-33	116-34	126-31	142-33		129-31	120-30	113-30
<b>Szoch,</b>	Time of Day	0:06:59	0:07:57	0:09:02	0:10:05	0:11:26	0:12:54	0:14:32	0:16:06	0:17:28	0:18:46	0:20:35	0:21:54	0:23:39	1:01:17	1:03:17	1:04:30:56
<i>Chris (VA)</i>	Time Cum	00:59	01:57	03:02	04:05	05:26	06:54	08:32	10:06	11:28	12:46	14:35	15:54	17:39	19:17	21:17	22:30:56
<b>257</b>	Time Delta	00:59	00:58	01:04	01:03	01:20	01:28	01:37	01:34	01:21	01:18	01:48	01:19	01:44	01:38	01:59	01:13:56
Age 27	Pace Cum	08:37	09:24	09:24	09:49	10:14	11:02	11:33	12:08	12:06	12:16	12:37	12:43	12:56	13:14	13:32	13:31
Group M20-29	Pace Delta	08:37	10:20	09:26	11:12	11:47	15:35	14:18	16:46	11:52	13:57	15:48	13:59	15:19	17:30	17:23	13:05
Overall-Group	Position	20-3	24-4	25-4	34-5	37-5	58-8	61-8	85-9	59-8	58-8	56-7	53-7	46-5	50-6	49-6	45-6
<b>Talbert,</b>	Time of Day	0:07:03	0:07:56	0:08:55	0:09:50	0:10:59	0:12:10	0:13:39	0:14:47								
<i>Dan (NC)</i>	Time Cum	01:03	01:56	02:55	03:50	04:59	06:10	07:39	08:47								
<b>258</b>	Time Delta	01:03	00:53	00:58	00:55	01:08	01:11	01:28	01:08								
Age 31	Pace Cum	09:12	09:17	09:03	09:14	09:23	09:53	10:21	10:33								
Group M30-39	Pace Delta	09:12	09:23	08:36	09:52	09:58	12:40	12:54	12:09								
Overall-Group	Position	27-7	21-7	21-7	21-7	20-7	23-7	29-8	30-8								
<b>Talbott,</b>	Time of Day	0:07:10	0:08:08	0:09:17	0:10:19	0:11:45	0:13:00	0:14:42	0:15:53	0:17:29	0:18:47	0:20:36	0:21:52	1:00:00	1:01:35	1:03:35	1:05:18:34
<i>Shawn (UT)</i>	Time Cum	01:10	02:08	03:17	04:19	05:45	07:00	08:42	09:53	11:29	12:47	14:36	15:52	18:00	19:35	21:35	23:18:34
<b>259</b>	Time Delta	01:10	00:58	01:08	01:02	01:25	01:15	01:41	01:11	01:35	01:18	01:48	01:16	02:07	01:35	01:59	01:43:34
Age 43	Pace Cum	10:13	10:15	10:11	10:23	10:50	11:13	11:46	11:52	12:07	12:17	12:38	12:42	13:12	13:26	13:44	13:59
Group M40-49	Pace Delta	10:13	10:16	10:04	11:06	12:27	13:21	14:50	12:40	13:56	13:52	15:52	13:35	18:34	16:50	17:30	18:20
Overall-Group	Position	62-20	54-17	45-15	48-16	60-20	63-21	80-25	74-25	60-17	59-17	57-15	52-15	58-18	57-18	62-20	62-20
<b>Tanksley,</b>	Time of Day	0:07:13	0:08:19	0:09:37	0:10:45	0:12:07	0:13:22	0:14:48	0:16:02	0:17:37	0:19:10	0:21:16	0:22:55	1:01:26	1:04:16	1:07:43	1:09:40:43
<i>Bruce (TN)</i>	Time Cum	01:13	02:19	03:37	04:45	06:07	07:22	08:48	10:02	11:37	13:10	15:16	16:55	19:26	22:16	25:43	27:40:43
<b>260</b>	Time Delta	01:13	01:06	01:17	01:08	01:21	01:15	01:25	01:14	01:34	01:33	02:05	01:39	02:30	02:50	03:26	01:57:43
Age 51	Pace Cum	10:39	11:08	11:13	11:24	11:31	11:48	11:54	12:03	12:16	12:39	13:13	13:32	14:15	15:17	16:21	16:36
Group M50-59	Pace Delta	10:39	11:43	11:21	12:03	11:57	13:20	12:30	13:09	13:49	16:36	18:17	17:37	21:58	30:15	30:05	20:50
Overall-Group	Position	80-17	86-14	86-15	88-15	84-14	89-14	84-14	82-13	68-13	75-14	79-12	83-14	82-14	94-21	103-23	107-24

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## Runner Splits

Aid Station Name	AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS	
Aid Station Distance	6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00	
Aid Station Delta	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	
<b>Tao,</b>	Time of Day	0:07:23	0:08:38	0:09:57	0:11:10	0:12:32	0:13:44	0:15:14	0:16:33	0:18:06	0:19:22	0:21:02	0:22:29	1:00:24	1:02:13	1:04:50	1:06:52:04
<i>Ying C (MA)</i>	Time Cum	01:23	02:38	03:57	05:10	06:32	07:44	09:14	10:33	12:06	13:22	15:02	16:29	18:24	20:13	22:50	24:52:04
261	Time Delta	01:23	01:15	01:18	01:13	01:21	01:12	01:29	01:19	01:32	01:16	01:39	01:27	01:54	01:49	02:36	02:02:04
Age 26	Pace Cum	12:07	12:39	12:15	12:26	12:18	12:23	12:29	12:40	12:46	12:51	13:00	13:12	13:29	13:52	14:31	14:55
Group F20-29	Pace Delta	12:07	13:18	11:31	13:05	11:50	12:51	13:03	14:05	13:29	13:35	14:30	15:32	16:41	19:22	22:52	21:36
Overall-Group	Position	165-5	177-5	146-5	144-4	122-3	118-3	114-3	110-3	86-2	83-2	71-1	72-1	67-1	68-1	74-1	74-1
<b>Tartick,</b>	Time of Day	0:07:25	0:08:32	0:09:53	0:11:02	0:12:25	0:13:38	0:15:07	0:16:25	0:18:02	0:19:19	0:21:03	0:22:29	1:00:14	1:01:44	1:03:23	1:04:51:26
<i>Karen (NC)</i>	Time Cum	01:25	02:32	03:53	05:02	06:25	07:38	09:07	10:25	12:02	13:19	15:03	16:29	18:14	19:44	21:23	22:51:26
262	Time Delta	01:25	01:07	01:20	01:09	01:22	01:13	01:28	01:18	01:36	01:17	01:43	01:26	01:44	01:30	01:38	01:28:26
Age 49	Pace Cum	12:25	12:12	12:02	12:06	12:05	12:14	12:20	12:31	12:42	12:48	13:01	13:12	13:22	13:32	13:36	13:43
Group F40-49	Pace Delta	12:25	11:57	11:45	12:20	12:01	13:00	12:55	13:55	14:04	13:43	15:06	15:20	15:14	16:04	14:21	15:39
Overall-Group	Position	177-17	153-13	131-12	124-11	116-11	114-10	103-10	100-10	81-6	79-6	73-6	71-6	65-5	65-5	54-4	52-4
<b>Thompson,</b>	Time of Day	0:07:16	0:08:27	0:09:47	0:10:56	0:12:19	0:13:32	0:14:59	0:16:15								
<i>Elizabeth (NY)</i>	Time Cum	01:16	02:27	03:47	04:56	06:19	07:32	08:59	10:15								
264	Time Delta	01:16	01:11	01:19	01:09	01:22	01:13	01:26	01:16								
Age 43	Pace Cum	11:06	11:47	11:44	11:51	11:54	12:04	12:09	12:19								
Group F40-49	Pace Delta	11:06	12:36	11:39	12:15	12:05	12:59	12:39	13:36								
Overall-Group	Position	109-9	122-10	118-9	109-9	106-9	102-8	98-9	93-9								
<b>Tiu,</b>	Time of Day	0:07:28	0:08:46	0:10:31	0:11:59	0:13:57	0:15:31	0:17:40	0:19:25	0:21:38							
<i>Kat (NC)</i>	Time Cum	01:28	02:46	04:31	05:59	07:57	09:31	11:40	13:25	15:38							
265	Time Delta	01:28	01:18	01:44	01:28	01:57	01:34	02:08	01:45	02:12							
Age 27	Pace Cum	12:51	13:21	14:00	14:23	14:59	15:14	15:47	16:07	16:30							
Group F20-29	Pace Delta	12:51	13:58	15:12	15:40	17:09	16:42	18:47	18:42	19:19							
Overall-Group	Position	200-6	204-6	218-6	226-6	233-6	234-6	229-6	230-6	181-5							
<b>Triumph,</b>	Time of Day	0:07:28	0:08:54	0:10:23	0:11:48	0:13:25	0:14:44	0:16:27	0:17:50	0:19:35	0:20:59	0:23:06	1:00:45	1:03:14	1:05:08	1:07:50	1:09:40:51
<i>Thomas C (FL)</i>	Time Cum	01:28	02:54	04:23	05:48	07:25	08:44	10:27	11:50	13:35	14:59	17:06	18:45	21:14	23:08	25:50	27:40:51
266	Time Delta	01:28	01:26	01:28	01:25	01:36	01:19	01:42	01:23	01:44	01:24	02:06	01:39	02:28	01:54	02:41	01:50:51
Age 53	Pace Cum	12:51	13:59	13:36	13:56	13:58	13:59	14:08	14:13	14:20	14:24	14:48	15:00	15:34	15:52	16:26	16:37
Group M50-59	Pace Delta	12:51	15:22	12:53	15:05	14:08	14:06	14:56	14:47	15:15	14:59	18:26	17:33	21:44	20:20	23:32	19:37
Overall-Group	Position	200-36	210-37	203-37	199-37	191-35	182-32	176-30	168-30	136-27	131-27	118-26	114-26	109-24	106-24	105-24	108-25
<b>Tursi,</b>	Time of Day	0:07:30	0:08:46	0:10:20	0:11:49	0:13:47	0:15:25	0:17:06	0:18:21								
<i>Steven K (NY)</i>	Time Cum	01:30	02:46	04:20	05:49	07:47	09:25	11:06	12:21								
267	Time Delta	01:30	01:16	01:33	01:29	01:57	01:38	01:40	01:15								
Age 34	Pace Cum	13:08	13:17	13:26	13:58	14:40	15:04	15:01	14:50								
Group M30-39	Pace Delta	13:08	13:27	13:43	15:47	17:12	17:23	14:42	13:22								
Overall-Group	Position	210-35	199-34	197-33	203-34	227-36	230-36	208-33	192-31								
<b>Vaessin,</b>	Time of Day	0:07:20	0:08:31	0:09:58	0:11:14	0:12:56	0:14:36	0:16:08	0:17:37	0:20:02	0:21:40	0:23:53	1:01:49	1:04:09	1:05:55	1:08:23	1:10:09:57
<i>Harald (OH)</i>	Time Cum	01:20	02:31	03:58	05:14	06:56	08:36	10:08	11:37	14:02	15:40	17:53	19:49	22:09	23:55	26:23	28:09:57
268	Time Delta	01:20	01:11	01:26	01:16	01:41	01:40	01:31	01:29	02:24	01:38	02:12	01:56	02:19	01:46	02:27	01:46:57
Age 55	Pace Cum	11:41	12:07	12:18	12:36	13:04	13:46	13:43	13:57	14:49	15:03	15:28	15:51	16:14	16:24	16:47	16:54
Group M50-59	Pace Delta	11:41	12:39	12:38	13:37	14:45	17:45	13:23	15:54	21:02	17:26	19:21	20:36	20:23	18:51	21:32	18:56
Overall-Group	Position	139-29	145-28	150-27	151-27	161-27	174-30	160-27	162-27	149-29	147-29	137-28	139-29	128-27	120-25	121-27	121-27

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<b>Valdez,</b>	Time of Day	0:07:32	0:08:58	0:10:36	0:12:04	0:13:51	0:15:23	0:17:08	0:18:40	0:20:45	0:22:27	1:00:46	1:02:39	1:05:06	1:07:20	1:09:44	1:11:34:22
<i>Mary (NC)</i>	Time Cum	01:32	02:58	04:36	06:04	07:51	09:23	11:08	12:40	14:45	16:27	18:46	20:39	23:06	25:20	27:44	29:34:22
269	Time Delta	01:32	01:26	01:37	01:28	01:46	01:32	01:44	01:32	02:04	01:42	02:18	01:53	02:26	02:14	02:23	01:50:22
Age 32	Pace Cum	13:26	14:18	14:16	14:34	14:47	15:02	15:04	15:13	15:34	15:48	16:14	16:32	16:56	17:22	17:38	17:45
Group F30-39	Pace Delta	13:26	15:21	14:12	15:36	15:36	16:25	15:13	16:24	18:09	18:05	20:16	20:05	21:23	23:44	21:00	19:32
Overall-Group	Position	215-19	226-20	233-20	230-20	229-20	227-20	210-19	206-18	164-17	161-16	150-16	149-15	135-14	136-12	137-13	138-13
<b>Valentine,</b>	Time of Day	0:07:25	0:08:42	0:10:31	0:12:04	0:13:58	0:15:41	0:17:58	0:19:54								
<i>Charlotte (SC)</i>	Time Cum	01:25	02:42	04:31	06:04	07:58	09:41	11:58	13:54								
270	Time Delta	01:25	01:17	01:48	01:33	01:53	01:43	02:17	01:56								
Age 46	Pace Cum	12:25	12:59	14:00	14:34	15:00	15:30	16:11	16:42								
Group F40-49	Pace Delta	12:25	13:41	15:52	16:30	16:37	18:14	20:00	20:41								
Overall-Group	Position	177-17	186-20	218-28	232-31	236-31	239-31	236-29	238-30								
<b>Varney,</b>	Time of Day	0:07:23	0:08:34	0:10:01	0:11:19	0:12:52	0:14:09	0:15:32	0:16:39								
<i>Kevin (TN)</i>	Time Cum	01:23	02:34	04:01	05:19	06:52	08:09	09:32	10:39								
271	Time Delta	01:23	01:11	01:26	01:18	01:32	01:17	01:22	01:07								
Age 23	Pace Cum	12:07	12:22	12:27	12:46	12:56	13:04	12:54	12:47								
Group M20-29	Pace Delta	12:07	12:40	12:37	13:52	13:32	13:46	12:00	11:54								
Overall-Group	Position	165-11	168-11	160-11	161-11	153-11	146-11	129-11	119-11								
<b>Vaughan,</b>	Time of Day	0:07:15	0:08:20	0:09:41	0:10:48	0:12:10	0:13:26	0:15:09	0:16:39	0:18:26	0:20:07	0:22:00	0:23:44	1:02:08	1:04:02	1:06:29	1:07:54:53
<i>Douglas A (IN)</i>	Time Cum	01:15	02:20	03:41	04:48	06:10	07:26	09:09	10:39	12:26	14:07	16:00	17:44	20:08	22:02	24:29	25:54:53
27	Time Delta	01:15	01:05	01:20	01:07	01:21	01:16	01:42	01:30	01:46	01:41	01:52	01:44	02:23	01:54	02:26	01:25:53
Age 52	Pace Cum	10:57	11:13	11:25	11:32	11:37	11:54	12:23	12:47	13:07	13:33	13:51	14:12	14:46	15:07	15:34	15:33
Group M50-59	Pace Delta	10:57	11:32	11:48	11:56	11:55	13:29	15:01	16:00	15:34	17:55	16:28	18:30	20:57	20:16	21:23	15:12
Overall-Group	Position	95-22	94-20	101-21	93-17	87-15	93-16	108-19	120-23	107-23	108-22	97-19	97-19	95-21	92-19	90-18	84-17
<b>Velasco,</b>	Time of Day	0:07:11	0:09:16	0:11:02	0:12:40	0:14:59	0:17:14	0:19:52	0:22:00								
<i>George P (CA)</i>	Time Cum	01:11	03:16	05:02	06:40	08:59	11:14	13:52	16:00								
272	Time Delta	01:11	02:05	01:45	01:38	02:18	02:15	02:37	02:08								
Age 57	Pace Cum	10:22	15:41	15:36	16:01	16:55	18:00	18:46	19:12								
Group M50-59	Pace Delta	10:22	22:09	15:27	17:24	20:15	24:04	22:56	22:42								
Overall-Group	Position	69-13	244-40	244-40	245-40	247-41	247-41	243-40	244-40								
<b>Velazco,</b>	Time of Day	0:07:11	0:08:25	0:10:03	0:11:32	0:13:29	0:14:58	0:16:56	0:18:34								
<i>Andy (GA)</i>	Time Cum	01:11	02:25	04:03	05:32	07:29	08:58	10:56	12:34								
273	Time Delta	01:11	01:14	01:37	01:29	01:56	01:29	01:57	01:38								
Age 63	Pace Cum	10:22	11:41	12:33	13:18	14:06	14:22	14:47	15:06								
Group M60-69	Pace Delta	10:22	13:16	14:10	15:52	17:00	15:52	17:08	17:28								
Overall-Group	Position	69-3	119-4	166-7	185-7	197-8	195-8	197-9	201-11								
<b>Wargo,</b>	Time of Day	0:07:48	0:09:29	0:11:26	0:13:09	0:14:38	0:15:58	0:17:43	0:18:58	0:20:49	0:22:23	1:00:33	1:02:21	1:04:28	1:06:15	1:08:14	1:09:49:56
<i>Robert (PA)</i>	Time Cum	01:48	03:29	05:26	07:09	08:38	09:58	11:43	12:58	14:49	16:23	18:33	20:21	22:28	24:15	26:14	27:49:56
274	Time Delta	01:48	01:41	01:56	01:43	01:28	01:20	01:44	01:15	01:50	01:34	02:09	01:48	02:06	01:47	01:58	01:35:56
Age 53	Pace Cum	15:46	16:46	16:51	17:10	16:16	15:58	15:51	15:34	15:38	15:44	16:03	16:18	16:28	16:38	16:41	16:42
Group M50-59	Pace Delta	15:46	17:59	17:00	18:17	12:57	14:15	15:15	13:24	16:06	16:39	18:58	19:16	18:25	18:59	17:20	16:59
Overall-Group	Position	246-41	249-41	247-41	248-41	245-40	242-40	231-39	218-38	168-32	160-32	148-30	148-30	131-28	130-27	119-26	114-26

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<b>Wargo,</b>	Time of Day	0:07:48	0:09:30	0:11:26	0:13:09												
<i>Victoria (PA)</i>	Time Cum	01:48	03:30	05:26	07:09												
<b>275</b>	Time Delta	01:48	01:42	01:55	01:43												
Age 52	Pace Cum	15:46	16:51	16:51	17:10												
Group F50-59	Pace Delta	15:46	18:10	16:50	18:18												
Overall-Group	Position	246-26	250-26	247-26	249-26												
<b>Warriner,</b>	Time of Day	0:07:19	0:08:30	0:09:59	0:11:16	0:12:51	0:14:13	0:15:50	0:17:16	0:18:58	0:20:26	0:22:13	0:23:42	1:01:49	1:03:38	1:06:12	1:08:17:26
<i>Rebecca (NC)</i>	Time Cum	01:19	02:30	03:59	05:16	06:51	08:13	09:50	11:16	12:58	14:26	16:13	17:42	19:49	21:38	24:12	26:17:26
<b>276</b>	Time Delta	01:19	01:11	01:28	01:17	01:34	01:22	01:36	01:26	01:41	01:28	01:46	01:29	02:06	01:49	02:33	02:05:26
Age 35	Pace Cum	11:32	12:02	12:21	12:40	12:54	13:10	13:18	13:32	13:41	13:51	14:02	14:10	14:32	14:50	15:23	15:46
Group F30-39	Pace Delta	11:32	12:39	12:55	13:44	13:47	14:36	14:05	15:21	14:47	15:35	15:37	15:47	18:31	19:22	22:26	22:12
Overall-Group	Position	131-8	143-12	152-15	156-13	151-13	152-13	146-13	147-13	119-11	114-10	101-9	96-9	89-9	87-9	87-9	89-9
<b>Watkins,</b>	Time of Day	0:07:13	0:08:13	0:09:32	0:10:39	0:12:07	0:13:14	0:14:34	0:15:41								
<i>Jeffrey (SC)</i>	Time Cum	01:13	02:13	03:32	04:39	06:07	07:14	08:34	09:41								
<b>277</b>	Time Delta	01:13	01:00	01:18	01:07	01:27	01:07	01:19	01:07								
Age 43	Pace Cum	10:39	10:43	10:57	11:10	11:31	11:35	11:35	11:38								
Group M40-49	Pace Delta	10:39	10:46	11:24	11:53	12:49	11:52	11:40	11:56								
Overall-Group	Position	80-22	71-21	79-26	78-25	84-27	82-25	65-20	58-19								
<b>Wei,</b>	Time of Day	0:07:23	0:08:33	0:09:56	0:11:10	0:12:38	0:13:57	0:15:40	0:17:04	0:18:53	0:20:33	0:22:59	1:01:58				
<i>Jim (NC)</i>	Time Cum	01:23	02:33	03:56	05:10	06:38	07:57	09:40	11:04	12:53	14:33	16:59	19:58				
<b>278</b>	Time Delta	01:23	01:10	01:22	01:14	01:27	01:19	01:42	01:24	01:48	01:40	02:25	02:59				
Age 37	Pace Cum	12:07	12:16	12:12	12:26	12:30	12:43	13:05	13:18	13:36	13:58	14:42	15:59				
Group M30-39	Pace Delta	12:07	12:28	12:03	13:13	12:45	14:00	15:01	15:02	15:47	17:46	21:15	31:49				
Overall-Group	Position	165-32	159-29	141-26	142-26	133-24	129-23	137-22	134-21	117-20	119-19	113-20	144-24				
<b>Weiss,</b>	Time of Day	0:07:18	0:08:25	0:09:48	0:11:00	0:12:24	0:13:42	0:15:19	0:16:35	0:18:07	0:19:32	0:21:32	0:23:27	1:01:48	1:04:06	1:07:14	1:09:29:54
<i>Tim (NC)</i>	Time Cum	01:18	02:25	03:48	05:00	06:24	07:42	09:19	10:35	12:07	13:32	15:32	17:27	19:48	22:06	25:14	27:29:54
<b>279</b>	Time Delta	01:18	01:07	01:22	01:12	01:23	01:18	01:36	01:16	01:31	01:25	01:59	01:55	02:20	02:18	03:07	02:15:54
Age 52	Pace Cum	11:23	11:38	11:47	12:00	12:03	12:20	12:36	12:42	12:47	13:00	13:26	13:58	14:31	15:09	16:03	16:30
Group M50-59	Pace Delta	11:23	11:56	12:04	12:47	12:14	13:51	14:07	13:31	13:22	15:12	17:23	20:29	20:29	24:28	27:25	24:03
Overall-Group	Position	124-27	118-26	120-25	118-23	114-22	117-23	120-23	113-19	89-15	89-15	89-15	91-16	88-16	93-20	97-22	104-22
<b>West,</b>	Time of Day	0:07:26	0:08:36	0:09:59	0:11:15	0:12:52	0:14:11	0:15:49	0:17:05	0:18:50	0:20:14	0:22:06	0:23:45	1:02:49	1:04:52	1:07:36	1:09:32:52
<i>Charles (NC)</i>	Time Cum	01:26	02:36	03:59	05:15	06:52	08:11	09:49	11:05	12:50	14:14	16:06	17:45	20:49	22:52	25:36	27:32:52
<b>280</b>	Time Delta	01:26	01:10	01:22	01:16	01:36	01:19	01:37	01:16	01:44	01:24	01:51	01:39	03:03	02:03	02:43	01:56:52
Age 42	Pace Cum	12:33	12:32	12:21	12:38	12:56	13:07	13:17	13:18	13:33	13:40	13:56	14:13	15:16	15:41	16:17	16:32
Group M40-49	Pace Delta	12:33	12:30	12:01	13:35	14:03	14:09	14:10	13:28	15:19	14:54	16:19	17:38	26:46	21:53	23:51	20:41
Overall-Group	Position	184-43	175-43	152-39	153-40	153-41	150-41	144-41	135-38	114-32	110-32	100-29	98-29	98-28	101-28	101-27	105-28
<b>White,</b>	Time of Day	0:07:23	0:08:33	0:09:55	0:11:07	0:12:43	0:14:17	0:17:46	0:19:44								
<i>Angela A (NC)</i>	Time Cum	01:23	02:33	03:55	05:07	06:43	08:17	11:46	13:44								
<b>281</b>	Time Delta	01:23	01:10	01:21	01:12	01:35	01:34	03:28	01:58								
Age 49	Pace Cum	12:07	12:17	12:09	12:17	12:39	13:16	15:55	16:29								
Group F40-49	Pace Delta	12:07	12:28	11:54	12:47	13:59	16:44	30:26	20:57								
Overall-Group	Position	165-15	160-15	137-14	132-14	140-16	156-16	232-27	235-29								

# 2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

## Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<i>Wilkins,</i>	Time of Day	0:07:28	0:08:34	0:09:56	0:11:11	0:12:45	0:14:06	0:15:38	0:17:04	0:19:19							
<i>Lauren (NC)</i>	Time Cum	01:28	02:34	03:56	05:11	06:45	08:06	09:38	11:04	13:19							
282	Time Delta	01:28	01:06	01:21	01:15	01:33	01:21	01:31	01:26	02:14							
Age 30	Pace Cum	12:51	12:23	12:12	12:28	12:43	12:59	13:02	13:17	14:03							
Group F30-39	Pace Delta	12:51	11:49	11:52	13:24	13:37	14:29	13:19	15:15	19:41							
Overall-Group	Position	200-17	170-16	141-10	146-12	143-11	142-11	132-11	133-12	130-13							
<i>Wilson,</i>	Time of Day	0:07:22	0:08:32	0:10:02	0:11:18	0:13:14	0:14:47	0:16:38	0:18:25								
<i>Hugh (MD)</i>	Time Cum	01:22	02:32	04:02	05:18	07:14	08:47	10:38	12:25								
283	Time Delta	01:22	01:10	01:29	01:16	01:55	01:33	01:50	01:47								
Age 53	Pace Cum	11:58	12:10	12:30	12:45	13:38	14:04	14:23	14:55								
Group M50-59	Pace Delta	11:58	12:24	13:08	13:36	16:49	16:32	16:09	19:04								
Overall-Group	Position	155-32	149-29	164-29	158-28	179-32	183-33	182-32	194-35								
<i>Wolf,</i>	Time of Day	0:07:32	0:08:28	0:10:07	0:11:19	0:12:50	0:14:07	0:15:38	0:17:02	0:18:38	0:19:50	0:21:32	0:22:55	1:01:03	1:02:46	1:05:32	1:07:36:08
<i>Kathy (OH)</i>	Time Cum	01:32	02:28	04:07	05:19	06:50	08:07	09:38	11:02	12:38	13:50	15:32	16:55	19:03	20:46	23:32	25:36:08
284	Time Delta	01:32	00:56	01:39	01:12	01:30	01:17	01:30	01:24	01:35	01:12	01:41	01:23	02:07	01:43	02:45	02:04:08
Age 37	Pace Cum	13:26	11:50	12:46	12:47	12:52	12:59	13:02	13:15	13:20	13:18	13:26	13:32	13:58	14:15	14:58	15:22
Group F30-39	Pace Delta	13:26	09:55	14:27	12:49	13:13	13:38	13:17	14:55	13:59	12:53	14:46	14:45	18:38	18:17	24:11	21:58
Overall-Group	Position	215-19	123-8	176-18	162-15	149-12	143-12	132-11	130-10	109-9	101-8	89-8	82-6	79-7	76-7	80-8	81-7
<i>Wright,</i>	Time of Day	0:07:10	0:08:12	0:09:23	0:10:27	0:11:42	0:12:49	0:14:14	0:15:30	0:17:08	0:18:28	0:20:19	0:22:17				
<i>Wendy (NC)</i>	Time Cum	01:10	02:12	03:23	04:27	05:42	06:49	08:14	09:30	11:08	12:28	14:19	16:17				
15	Time Delta	01:10	01:02	01:10	01:04	01:14	01:07	01:24	01:16	01:37	01:20	01:50	01:58				
Age 41	Pace Cum	10:13	10:37	10:29	10:42	10:44	10:55	11:08	11:24	11:45	11:59	12:23	13:02				
Group F40-49	Pace Delta	10:13	11:06	10:16	11:24	10:54	11:56	12:21	13:28	14:18	14:17	16:06	20:57				
Overall-Group	Position	62-6	65-5	62-4	63-4	56-4	56-4	52-4	53-4	48-2	49-2	50-3	67-5				
<i>Yanek,</i>	Time of Day	0:07:08	0:08:06	0:09:18	0:10:26	0:11:44	0:12:57	0:14:14	0:15:25	0:16:47	0:18:04	0:19:32	0:20:59	0:22:36	1:00:07	1:02:06	1:04:35:40
<i>Cheryl (NY)</i>	Time Cum	01:08	02:06	03:18	04:26	05:44	06:57	08:14	09:25	10:47	12:04	13:32	14:59	16:36	18:07	20:06	22:35:40
285	Time Delta	01:08	00:58	01:11	01:08	01:17	01:13	01:16	01:11	01:21	01:17	01:27	01:36	01:36	01:31	01:58	02:29:40
Age 31	Pace Cum	09:56	10:08	10:14	10:40	10:48	11:07	11:08	11:19	11:23	11:36	11:43	12:00	12:10	12:26	12:47	13:33
Group F30-39	Pace Delta	09:56	10:23	10:25	12:08	11:18	12:56	11:14	12:39	11:54	13:46	12:44	15:32	14:03	16:13	17:17	26:29
Overall-Group	Position	47-3	50-3	49-3	62-4	58-4	60-4	52-4	50-3	41-3	41-3	36-3	41-4	39-3	37-3	39-3	46-4
<i>Yanello,</i>	Time of Day	0:07:28	0:08:46	0:10:31	0:12:00	0:13:57	0:15:31	0:17:40	0:19:38	0:21:41	0:23:43	1:02:39					
<i>Haley (NC)</i>	Time Cum	01:28	02:46	04:31	06:00	07:57	09:31	11:40	13:38	15:41	17:43	20:39					
286	Time Delta	01:28	01:18	01:44	01:29	01:56	01:34	02:08	01:58	02:02	02:02	02:55					
Age 29	Pace Cum	12:51	13:21	14:00	14:24	14:59	15:14	15:47	16:23	16:33	17:01	17:52					
Group F20-29	Pace Delta	12:51	13:58	15:12	15:46	17:04	16:44	18:45	21:01	17:51	21:36	25:41					
Overall-Group	Position	200-6	203-6	218-6	228-7	233-6	235-6	229-6	232-7	183-6	180-5	163-4					