

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
Aistars,	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
Juli (IL)	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

Time of Day: Time Entered the Aid Station

Time Cum: Total Running Time From Start

Time Delta: Time Between Each Aid Station

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

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

Position: Position Overall -- Position Within Age Group

