

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

## Runner Splits

| Checkpoint Name     |             | AID1    | LAP1    | AID2    | LAP2    | AID3    | LAP3    | AID4    | LAP4    | AID5    | LAP5    | AID6    | LAP6    | AID7    | LAP7    | AID8    | FINS       |
|---------------------|-------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|------------|
| Checkpoint Distance |             | 6.85    | 12.50   | 19.35   | 25.00   | 31.85   | 37.50   | 44.35   | 50.00   | 56.85   | 62.50   | 69.35   | 75.00   | 81.85   | 87.50   | 94.35   | 100.00     |
| Checkpoint Delta    |             | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65       |
| ALL                 | Time of Day | 0:00:07 | 0:00:08 | 0:00:09 | 0:00:11 | 0:00:12 | 0:00:13 | 0:00:15 | 0:00:17 | 0:00:18 | 0:00:20 | 0:00:26 | 0:00:36 | 0:00:46 | 0:00:53 | 0:00:58 | 1:06:03:25 |
|                     | Time Cum    | 0:01:17 | 0:02:27 | 0:03:49 | 0:05:02 | 0:06:32 | 0:07:51 | 0:09:28 | 0:10:52 | 0:12:21 | 0:13:48 | 0:15:23 | 0:16:56 | 0:18:47 | 0:20:25 | 0:22:25 | 1:00:03:25 |
| AVG Males&Females   | Time Delta  | 0:01:17 | 0:01:09 | 0:01:20 | 0:01:13 | 0:01:29 | 0:01:19 | 0:01:36 | 0:01:24 | 0:01:43 | 0:01:29 | 0:01:52 | 0:01:36 | 0:01:59 | 0:01:42 | 0:02:02 | 0:01:38:12 |
| Age 46              | Pace Cum    | 11:22   | 11:50   | 11:51   | 12:07   | 12:20   | 12:36   | 12:49   | 13:04   | 13:03   | 13:16   | 13:19   | 13:34   | 13:46   | 14:01   | 14:15   | 14:26      |
| Group ALL           | Pace Delta  | 11:22   | 12:25   | 11:53   | 13:02   | 13:10   | 14:07   | 14:12   | 15:00   | 15:13   | 15:51   | 16:28   | 17:11   | 17:31   | 18:10   | 17:54   | 17:23      |
| Overall-Group       | Position    | 122     | 126     | 124     | 126     | 125     | 125     | 122     | 123     | 95      | 93      | 82      | 82      | 74      | 73      | 71      | 72         |
| ALL                 | Time of Day | 0:00:06 | 0:00:07 | 0:00:08 | 0:00:09 | 0:00:09 | 0:00:10 | 0:00:11 | 0:00:12 | 0:00:13 | 0:00:13 | 0:00:15 | 0:00:16 | 0:00:17 | 0:00:18 | 0:00:19 | 0:20:07:21 |
|                     | Time Cum    | 0:00:50 | 0:01:32 | 0:02:22 | 0:03:16 | 0:03:53 | 0:04:35 | 0:05:26 | 0:06:11 | 0:07:08 | 0:07:59 | 0:09:33 | 0:10:24 | 0:11:26 | 0:12:19 | 0:13:18 | 0:14:07:21 |
| MIN Males&Females   | Time Delta  | 0:00:50 | 0:00:42 | 0:00:49 | 0:00:45 | 0:00:36 | 0:00:42 | 0:00:50 | 0:00:45 | 0:00:56 | 0:00:50 | 0:00:59 | 0:00:51 | 0:01:00 | 0:00:53 | 0:00:58 | 0:00:49:21 |
| Age 23              | Pace Cum    | 07:18   | 07:23   | 07:20   | 07:51   | 07:19   | 07:21   | 07:21   | 07:26   | 07:32   | 07:41   | 08:16   | 08:20   | 08:23   | 08:27   | 08:27   | 08:28      |
| Group ALL           | Pace Delta  | 07:18   | 07:28   | 07:16   | 08:00   | 05:23   | 07:29   | 07:24   | 08:04   | 08:14   | 08:59   | 08:39   | 09:11   | 08:50   | 09:27   | 08:31   | 08:44      |
| Overall-Group       | Position    | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1          |
| ALL                 | Time of Day | 0:00:07 | 0:00:09 | 0:00:12 | 0:00:14 | 0:00:17 | 0:00:19 | 0:00:22 | 0:01:00 | 0:01:04 | 0:01:06 | 0:01:02 | 0:01:04 | 0:01:08 | 0:01:11 | 0:01:10 | 1:11:53:24 |
|                     | Time Cum    | 0:01:56 | 0:03:36 | 0:06:11 | 0:08:17 | 0:11:01 | 0:13:33 | 0:16:16 | 0:18:34 | 0:22:33 | 1:00:59 | 0:20:42 | 0:22:22 | 1:02:05 | 1:05:08 | 1:04:07 | 1:05:53:24 |
| MAX Males&Females   | Time Delta  | 0:01:56 | 0:02:05 | 0:02:34 | 0:02:06 | 0:02:43 | 0:02:32 | 0:03:32 | 0:02:18 | 0:03:58 | 0:03:03 | 0:03:11 | 0:03:37 | 0:03:42 | 0:03:17 | 0:03:27 | 0:03:26:39 |
| Age 77              | Pace Cum    | 16:56   | 17:21   | 19:10   | 19:55   | 20:45   | 21:42   | 22:00   | 22:17   | 23:48   | 23:59   | 17:55   | 17:54   | 19:07   | 19:59   | 17:53   | 17:56      |
| Group ALL           | Pace Delta  | 16:56   | 22:09   | 22:30   | 22:26   | 23:50   | 27:01   | 30:59   | 24:31   | 34:49   | 32:29   | 28:01   | 38:26   | 32:31   | 34:59   | 30:16   | 36:35      |
| Overall-Group       | Position    | 250     | 251     | 250     | 251     | 250     | 250     | 245     | 246     | 189     | 186     | 164     | 163     | 147     | 146     | 142     | 143        |
| ALL                 | Time of Day | 0:00:07 | 0:00:08 | 0:00:09 | 0:00:10 | 0:00:12 | 0:00:13 | 0:00:15 | 0:00:16 | 0:00:17 | 0:00:19 | 0:00:22 | 0:00:32 | 0:00:42 | 0:00:50 | 0:00:55 | 1:05:08:24 |
|                     | Time Cum    | 0:01:15 | 0:02:23 | 0:03:42 | 0:04:53 | 0:06:21 | 0:07:39 | 0:09:12 | 0:10:34 | 0:11:50 | 0:13:14 | 0:14:45 | 0:16:17 | 0:18:03 | 0:19:39 | 0:21:33 | 0:23:08:24 |
| AVG Males           | Time Delta  | 0:01:15 | 0:01:07 | 0:01:18 | 0:01:11 | 0:01:27 | 0:01:17 | 0:01:34 | 0:01:22 | 0:01:38 | 0:01:25 | 0:01:46 | 0:01:32 | 0:01:55 | 0:01:39 | 0:01:58 | 0:01:35:11 |
| Age 46              | Pace Cum    | 11:01   | 11:29   | 11:29   | 11:45   | 12:00   | 12:16   | 12:28   | 12:42   | 12:30   | 12:43   | 12:46   | 13:03   | 13:15   | 13:29   | 13:42   | 13:53      |
| Group ALL           | Pace Delta  | 11:01   | 12:03   | 11:32   | 12:39   | 12:50   | 13:47   | 13:50   | 14:36   | 14:31   | 15:10   | 15:41   | 16:30   | 16:57   | 17:39   | 17:25   | 16:51      |
| Overall-Group       | Position    | 107     | 112     | 110     | 111     | 112     | 112     | 111     | 111     | 81      | 81      | 71      | 71      | 64      | 63      | 62      | 62         |
| ALL                 | Time of Day | 0:00:06 | 0:00:07 | 0:00:08 | 0:00:09 | 0:00:09 | 0:00:10 | 0:00:11 | 0:00:12 | 0:00:13 | 0:00:13 | 0:00:15 | 0:00:16 | 0:00:17 | 0:00:18 | 0:00:19 | 0:20:07:21 |
|                     | Time Cum    | 0:00:50 | 0:01:32 | 0:02:22 | 0:03:16 | 0:03:53 | 0:04:35 | 0:05:26 | 0:06:11 | 0:07:08 | 0:07:59 | 0:09:33 | 0:10:24 | 0:11:26 | 0:12:19 | 0:13:18 | 0:14:07:21 |
| MIN Males           | Time Delta  | 0:00:50 | 0:00:42 | 0:00:49 | 0:00:45 | 0:00:36 | 0:00:42 | 0:00:50 | 0:00:45 | 0:00:56 | 0:00:50 | 0:00:59 | 0:00:51 | 0:01:00 | 0:00:53 | 0:00:58 | 0:00:49:21 |
| Age 23              | Pace Cum    | 07:18   | 07:23   | 07:20   | 07:51   | 07:19   | 07:21   | 07:21   | 07:26   | 07:32   | 07:41   | 08:16   | 08:20   | 08:23   | 08:27   | 08:27   | 08:28      |
| Group ALL           | Pace Delta  | 07:18   | 07:28   | 07:16   | 08:00   | 05:23   | 07:29   | 07:24   | 08:04   | 08:14   | 08:59   | 08:39   | 09:11   | 08:50   | 09:27   | 08:31   | 08:44      |
| Overall-Group       | Position    | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1          |
| ALL                 | Time of Day | 0:00:07 | 0:00:09 | 0:00:12 | 0:00:14 | 0:00:17 | 0:00:19 | 0:00:19 | 0:00:22 | 0:00:23 | 0:01:02 | 0:01:02 | 0:01:04 | 0:01:08 | 0:01:11 | 0:01:09 | 1:11:13:39 |
|                     | Time Cum    | 0:01:56 | 0:03:36 | 0:06:11 | 0:08:17 | 0:11:01 | 0:13:33 | 0:13:57 | 0:16:07 | 0:17:58 | 0:20:13 | 0:20:00 | 0:22:22 | 1:02:05 | 1:05:08 | 1:03:31 | 1:05:13:39 |
| MAX Males           | Time Delta  | 0:01:56 | 0:02:05 | 0:02:34 | 0:02:06 | 0:02:43 | 0:02:32 | 0:03:05 | 0:02:17 | 0:03:06 | 0:03:03 | 0:02:50 | 0:03:37 | 0:03:42 | 0:03:17 | 0:03:27 | 0:03:26:39 |
| Age 77              | Pace Cum    | 16:56   | 17:21   | 19:10   | 19:55   | 20:45   | 21:42   | 18:52   | 19:21   | 18:58   | 19:25   | 17:18   | 17:54   | 19:07   | 19:59   | 17:30   | 17:32      |
| Group ALL           | Pace Delta  | 16:56   | 22:09   | 22:30   | 22:26   | 23:50   | 27:01   | 27:03   | 24:25   | 27:16   | 32:29   | 24:53   | 38:26   | 32:31   | 34:59   | 30:16   | 36:35      |
| Overall-Group       | Position    | 250     | 251     | 250     | 251     | 250     | 250     | 244     | 245     | 188     | 185     | 161     | 163     | 147     | 146     | 133     | 134        |
| ALL                 | Time of Day | 0:00:07 | 0:00:08 | 0:00:10 | 0:00:11 | 0:00:12 | 0:00:14 | 0:00:15 | 0:00:17 | 0:00:19 | 0:00:22 | 0:00:32 | 0:00:43 | 0:00:54 | 0:01:00 | 0:01:05 | 1:07:51:08 |
|                     | Time Cum    | 0:01:22 | 0:02:35 | 0:04:02 | 0:05:19 | 0:06:52 | 0:08:15 | 0:09:57 | 0:11:25 | 0:13:18 | 0:14:52 | 0:16:35 | 0:18:11 | 0:20:11 | 0:21:57 | 1:00:07 | 1:01:51:08 |
| AVG Females         | Time Delta  | 0:01:22 | 0:01:13 | 0:01:25 | 0:01:17 | 0:01:33 | 0:01:22 | 0:01:41 | 0:01:28 | 0:01:52 | 0:01:36 | 0:02:02 | 0:01:44 | 0:02:07 | 0:01:47 | 0:02:08 | 0:01:44:08 |
| Age 45              | Pace Cum    | 12:00   | 12:29   | 12:30   | 12:47   | 12:57   | 13:14   | 13:28   | 13:43   | 14:02   | 14:17   | 14:21   | 14:33   | 14:48   | 15:04   | 15:20   | 15:31      |
| Group ALL           | Pace Delta  | 12:00   | 13:05   | 12:33   | 13:44   | 13:46   | 14:44   | 14:53   | 15:45   | 16:30   | 17:07   | 17:56   | 18:31   | 18:37   | 19:11   | 18:50   | 18:26      |
| Overall-Group       | Position    | 150     | 153     | 151     | 153     | 149     | 150     | 145     | 145     | 119     | 117     | 104     | 103     | 93      | 92      | 90      | 90         |

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

## Runner Splits

| Checkpoint Name     |               | AID1       | LAP1    | AID2    | LAP2    | AID3    | LAP3    | AID4    | LAP4    | AID5    | LAP5    | AID6    | LAP6    | AID7    | LAP7    | AID8    | FINS       |            |
|---------------------|---------------|------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|------------|------------|
| Checkpoint Distance |               | 6.85       | 12.50   | 19.35   | 25.00   | 31.85   | 37.50   | 44.35   | 50.00   | 56.85   | 62.50   | 69.35   | 75.00   | 81.85   | 87.50   | 94.35   | 100.00     |            |
| Checkpoint Delta    |               | 6.85       | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65       |            |
| <b>ALL</b>          | Time of Day   | 0:00:06    | 0:00:07 | 0:00:08 | 0:00:09 | 0:00:10 | 0:00:11 | 0:00:12 | 0:00:13 | 0:00:15 | 0:00:16 | 0:00:17 | 0:00:18 | 0:00:19 | 0:00:21 | 0:00:22 | 1:00:00:07 |            |
|                     | Time Cum      | 0:00:56    | 0:01:45 | 0:02:43 | 0:03:35 | 0:04:34 | 0:05:28 | 0:06:35 | 0:07:38 | 0:09:04 | 0:10:12 | 0:11:29 | 0:12:36 | 0:13:50 | 0:15:01 | 0:16:34 | 0:18:00:07 |            |
| MIN                 | Females       | Time Delta | 0:00:56 | 0:00:49 | 0:00:57 | 0:00:52 | 0:00:58 | 0:00:54 | 0:01:06 | 0:01:03 | 0:01:08 | 0:01:08 | 0:01:16 | 0:01:07 | 0:01:09 | 0:01:06 | 0:01:13    | 0:01:04:11 |
| Age 26              | Pace Cum      | 08:11      | 08:26   | 08:25   | 08:37   | 08:36   | 08:46   | 08:54   | 09:10   | 09:34   | 09:48   | 09:56   | 10:05   | 10:08   | 10:18   | 10:32   | 10:48      |            |
| Group ALL           | Pace Delta    | 08:11      | 08:44   | 08:25   | 09:19   | 08:32   | 09:40   | 09:42   | 11:11   | 09:59   | 12:07   | 11:10   | 11:55   | 10:11   | 11:45   | 10:45   | 11:22      |            |
| Overall-Group       | Position      | 12         | 13      | 12      | 12      | 12      | 10      | 10      | 10      | 13      | 12      | 11      | 11      | 10      | 10      | 10      | 11         |            |
| <b>ALL</b>          | Time of Day   | 0:00:07    | 0:00:09 | 0:00:11 | 0:00:14 | 0:00:16 | 0:00:18 | 0:00:22 | 0:01:00 | 0:01:04 | 0:01:06 | 0:01:02 | 0:01:04 | 0:01:06 | 0:01:07 | 0:01:10 | 1:11:53:24 |            |
|                     | Time Cum      | 0:01:49    | 0:03:30 | 0:05:55 | 0:08:00 | 0:10:40 | 0:12:43 | 0:16:16 | 0:18:34 | 0:22:33 | 1:00:59 | 0:20:42 | 0:22:20 | 1:00:12 | 1:01:54 | 1:04:07 | 1:05:53:24 |            |
| MAX                 | Females       | Time Delta | 0:01:49 | 0:01:42 | 0:02:29 | 0:02:05 | 0:02:39 | 0:02:15 | 0:03:32 | 0:02:18 | 0:03:58 | 0:02:26 | 0:03:11 | 0:03:17 | 0:02:52 | 0:02:25 | 0:02:45    | 0:02:29:40 |
| Age 70              | Pace Cum      | 15:55      | 16:51   | 18:21   | 19:14   | 20:06   | 20:22   | 22:00   | 22:17   | 23:48   | 23:59   | 17:55   | 17:52   | 17:44   | 17:46   | 17:53   | 17:56      |            |
| Group ALL           | Pace Delta    | 15:55      | 18:10   | 21:53   | 22:16   | 23:14   | 24:00   | 30:59   | 24:31   | 34:49   | 25:53   | 28:01   | 34:56   | 25:08   | 25:47   | 24:11   | 26:29      |            |
| Overall-Group       | Position      | 248        | 250     | 249     | 250     | 249     | 249     | 245     | 246     | 189     | 186     | 164     | 162     | 145     | 145     | 142     | 143        |            |
| <b>FINS</b>         | Time of Day   | 0:00:07    | 0:00:08 | 0:00:09 | 0:00:10 | 0:00:12 | 0:00:13 | 0:00:14 | 0:00:16 | 0:00:17 | 0:00:19 | 0:00:25 | 0:00:34 | 0:00:46 | 0:00:53 | 0:00:58 | 1:06:03:25 |            |
|                     | Time Cum      | 0:01:15    | 0:02:21 | 0:03:40 | 0:04:49 | 0:06:14 | 0:07:28 | 0:08:58 | 0:10:16 | 0:11:55 | 0:13:19 | 0:15:08 | 0:16:42 | 0:18:38 | 0:20:20 | 0:22:25 | 1:00:03:25 |            |
| AVG Males&Females   | Time Delta    | 0:01:15    | 0:01:06 | 0:01:17 | 0:01:09 | 0:01:23 | 0:01:14 | 0:01:28 | 0:01:18 | 0:01:37 | 0:01:24 | 0:01:48 | 0:01:33 | 0:01:57 | 0:01:41 | 0:02:02 | 0:01:38:12 |            |
| Age 45              | Pace Cum      | 10:59      | 11:24   | 11:22   | 11:36   | 11:45   | 11:59   | 12:08   | 12:21   | 12:35   | 12:48   | 13:06   | 13:22   | 13:40   | 13:57   | 14:15   | 14:26      |            |
| Group ALL           | Pace Delta    | 10:59      | 11:54   | 11:21   | 12:23   | 12:18   | 13:13   | 13:02   | 13:58   | 14:20   | 14:59   | 15:57   | 16:36   | 17:11   | 18:02   | 17:54   | 17:23      |            |
| Overall-Group       | Position      | 107        | 109     | 107     | 108     | 105     | 105     | 101     | 101     | 84      | 83      | 78      | 78      | 72      | 72      | 71      | 72         |            |
| <b>FINS</b>         | Time of Day   | 0:00:06    | 0:00:07 | 0:00:08 | 0:00:09 | 0:00:10 | 0:00:10 | 0:00:11 | 0:00:12 | 0:00:13 | 0:00:14 | 0:00:15 | 0:00:16 | 0:00:17 | 0:00:18 | 0:00:19 | 0:20:07:21 |            |
|                     | Time Cum      | 0:00:52    | 0:01:37 | 0:02:32 | 0:03:17 | 0:04:10 | 0:04:58 | 0:05:54 | 0:06:43 | 0:07:41 | 0:08:32 | 0:09:33 | 0:10:24 | 0:11:26 | 0:12:19 | 0:13:18 | 0:14:07:21 |            |
| MIN                 | Males&Females | Time Delta | 0:00:52 | 0:00:44 | 0:00:51 | 0:00:45 | 0:00:47 | 0:00:48 | 0:00:56 | 0:00:49 | 0:00:57 | 0:00:50 | 0:00:59 | 0:00:51 | 0:01:00 | 0:00:53 | 0:00:58    | 0:00:49:21 |
| Age 23              | Pace Cum      | 07:35      | 07:47   | 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 ALL           | Pace Delta    | 07:35      | 07:56   | 07:28   | 08:00   | 06:57   | 08:30   | 08:11   | 08:43   | 08:26   | 08:59   | 08:39   | 09:11   | 08:50   | 09:27   | 08:31   | 08:44      |            |
| Overall-Group       | Position      | 2          | 2       | 2       | 2       | 2       | 2       | 2       | 2       | 2       | 2       | 1       | 1       | 1       | 1       | 1       | 1          |            |
| <b>FINS</b>         | Time of Day   | 0:00:07    | 0:00:09 | 0:00:11 | 0:00:13 | 0:00:14 | 0:00:15 | 0:00:17 | 0:00:19 | 0:00:21 | 0:00:23 | 0:01:02 | 0:01:04 | 0:01:06 | 0:01:07 | 0:01:10 | 1:11:53:24 |            |
|                     | Time Cum      | 0:01:49    | 0:03:29 | 0:05:26 | 0:07:09 | 0:08:38 | 0:09:58 | 0:11:53 | 0:13:31 | 0:15:45 | 0:17:37 | 0:20:42 | 0:22:20 | 1:00:12 | 1:01:54 | 1:04:07 | 1:05:53:24 |            |
| MAX                 | Males&Females | Time Delta | 0:01:49 | 0:01:41 | 0:01:56 | 0:01:43 | 0:01:53 | 0:01:40 | 0:02:02 | 0:01:56 | 0:02:31 | 0:02:23 | 0:03:09 | 0:03:37 | 0:03:07 | 0:03:17 | 0:03:27    | 0:03:26:39 |
| Age 70              | Pace Cum      | 15:55      | 16:46   | 16:51   | 17:10   | 16:16   | 15:58   | 16:05   | 16:14   | 16:37   | 16:55   | 17:55   | 17:52   | 17:44   | 17:46   | 17:53   | 17:56      |            |
| Group ALL           | Pace Delta    | 15:55      | 17:59   | 17:00   | 18:17   | 16:34   | 17:45   | 17:49   | 20:35   | 22:04   | 25:24   | 27:40   | 38:26   | 27:21   | 34:59   | 30:16   | 36:35      |            |
| Overall-Group       | Position      | 248        | 249     | 247     | 248     | 245     | 242     | 234     | 231     | 184     | 179     | 164     | 162     | 145     | 145     | 142     | 143        |            |
| <b>FINS</b>         | Time of Day   | 0:00:07    | 0:00:08 | 0:00:09 | 0:00:10 | 0:00:11 | 0:00:13 | 0:00:14 | 0:00:15 | 0:00:17 | 0:00:18 | 0:00:22 | 0:00:30 | 0:00:41 | 0:00:49 | 0:00:55 | 1:05:08:24 |            |
|                     | Time Cum      | 0:01:12    | 0:02:15 | 0:03:30 | 0:04:37 | 0:05:58 | 0:07:09 | 0:08:36 | 0:09:52 | 0:11:26 | 0:12:46 | 0:14:30 | 0:16:00 | 0:17:51 | 0:19:29 | 0:21:33 | 0:23:08:24 |            |
| AVG                 | Males         | Time Delta | 0:01:12 | 0:01:03 | 0:01:14 | 0:01:06 | 0:01:20 | 0:01:11 | 0:01:25 | 0:01:15 | 0:01:33 | 0:01:20 | 0:01:44 | 0:01:29 | 0:01:53 | 0:01:38 | 0:01:58    | 0:01:35:11 |
| Age 45              | Pace Cum      | 10:31      | 10:54   | 10:53   | 11:06   | 11:15   | 11:28   | 11:39   | 11:51   | 12:05   | 12:17   | 12:33   | 12:49   | 13:06   | 13:22   | 13:42   | 13:53      |            |
| Group ALL           | Pace Delta    | 10:31      | 11:21   | 10:55   | 11:50   | 11:45   | 12:40   | 12:38   | 13:26   | 13:44   | 14:18   | 15:17   | 15:58   | 16:35   | 17:26   | 17:25   | 16:51      |            |
| Overall-Group       | Position      | 87         | 89      | 87      | 87      | 87      | 86      | 84      | 84      | 70      | 70      | 66      | 66      | 62      | 62      | 62      | 62         |            |
| <b>FINS</b>         | Time of Day   | 0:00:06    | 0:00:07 | 0:00:08 | 0:00:09 | 0:00:10 | 0:00:10 | 0:00:11 | 0:00:12 | 0:00:13 | 0:00:14 | 0:00:15 | 0:00:16 | 0:00:17 | 0:00:18 | 0:00:19 | 0:20:07:21 |            |
|                     | Time Cum      | 0:00:52    | 0:01:37 | 0:02:32 | 0:03:17 | 0:04:10 | 0:04:58 | 0:05:54 | 0:06:43 | 0:07:41 | 0:08:32 | 0:09:33 | 0:10:24 | 0:11:26 | 0:12:19 | 0:13:18 | 0:14:07:21 |            |
| MIN                 | Males         | Time Delta | 0:00:52 | 0:00:44 | 0:00:51 | 0:00:45 | 0:00:47 | 0:00:48 | 0:00:56 | 0:00:49 | 0:00:57 | 0:00:50 | 0:00:59 | 0:00:51 | 0:01:00 | 0:00:53 | 0:00:58    | 0:00:49:21 |
| Age 23              | Pace Cum      | 07:35      | 07:47   | 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 ALL           | Pace Delta    | 07:35      | 07:56   | 07:28   | 08:00   | 06:57   | 08:30   | 08:11   | 08:43   | 08:26   | 08:59   | 08:39   | 09:11   | 08:50   | 09:27   | 08:31   | 08:44      |            |
| Overall-Group       | Position      | 2          | 2       | 2       | 2       | 2       | 2       | 2       | 2       | 2       | 2       | 1       | 1       | 1       | 1       | 1       | 1          |            |

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

## Runner Splits

| Checkpoint Name     |               | AID1       | LAP1    | AID2    | LAP2    | AID3    | LAP3    | AID4    | LAP4    | AID5    | LAP5    | AID6    | LAP6    | AID7    | LAP7    | AID8    | FINS       |            |
|---------------------|---------------|------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|------------|------------|
| Checkpoint Distance |               | 6.85       | 12.50   | 19.35   | 25.00   | 31.85   | 37.50   | 44.35   | 50.00   | 56.85   | 62.50   | 69.35   | 75.00   | 81.85   | 87.50   | 94.35   | 100.00     |            |
| Checkpoint Delta    |               | 6.85       | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65       |            |
| <b>FINS</b>         | Time of Day   | 0:00:07    | 0:00:09 | 0:00:11 | 0:00:13 | 0:00:14 | 0:00:15 | 0:00:17 | 0:00:18 | 0:00:20 | 0:00:22 | 0:01:01 | 0:01:03 | 0:01:05 | 0:01:07 | 0:01:09 | 1:11:13:39 |            |
|                     | Time Cum      | 0:01:49    | 0:03:29 | 0:05:26 | 0:07:09 | 0:08:38 | 0:09:58 | 0:11:43 | 0:12:58 | 0:14:52 | 0:16:44 | 0:19:24 | 0:21:26 | 0:23:37 | 1:01:25 | 1:03:31 | 1:05:13:39 |            |
| MAX                 | Males         | Time Delta | 0:01:49 | 0:01:41 | 0:01:56 | 0:01:43 | 0:01:53 | 0:01:40 | 0:01:58 | 0:01:36 | 0:02:24 | 0:02:07 | 0:02:50 | 0:03:37 | 0:03:07 | 0:03:17 | 0:03:27    | 0:03:26:39 |
| Age 70              | Pace Cum      | 15:55      | 16:46   | 16:51   | 17:10   | 16:16   | 15:58   | 15:51   | 15:34   | 15:41   | 16:04   | 16:47   | 17:09   | 17:19   | 17:26   | 17:30   | 17:32      |            |
| Group ALL           | Pace Delta    | 15:55      | 17:59   | 17:00   | 18:17   | 16:32   | 17:45   | 17:18   | 17:04   | 21:02   | 22:36   | 24:53   | 38:26   | 27:21   | 34:59   | 30:16   | 36:35      |            |
| Overall-Group       | Position      | 248        | 249     | 247     | 248     | 245     | 242     | 231     | 218     | 169     | 168     | 156     | 155     | 140     | 140     | 133     | 134        |            |
| <b>FINS</b>         | Time of Day   | 0:00:07    | 0:00:08 | 0:00:09 | 0:00:11 | 0:00:12 | 0:00:14 | 0:00:15 | 0:00:17 | 0:00:18 | 0:00:20 | 0:00:31 | 0:00:42 | 0:00:54 | 0:01:00 | 0:01:05 | 1:07:51:08 |            |
|                     | Time Cum      | 0:01:21    | 0:02:34 | 0:03:58 | 0:05:13 | 0:06:46 | 0:08:06 | 0:09:41 | 0:11:05 | 0:12:52 | 0:14:24 | 0:16:23 | 0:18:03 | 0:20:09 | 0:21:57 | 1:00:07 | 1:01:51:08 |            |
| AVG                 | Females       | Time Delta | 0:01:21 | 0:01:12 | 0:01:23 | 0:01:15 | 0:01:31 | 0:01:20 | 0:01:34 | 0:01:24 | 0:01:45 | 0:01:31 | 0:01:57 | 0:01:40 | 0:02:05 | 0:01:47 | 0:02:08    | 0:01:44:08 |
| Age 45              | Pace Cum      | 11:53      | 12:22   | 12:19   | 12:35   | 12:45   | 12:59   | 13:07   | 13:19   | 13:35   | 13:50   | 14:10   | 14:27   | 14:47   | 15:04   | 15:20   | 15:31      |            |
| Group ALL           | Pace Delta    | 11:53      | 12:58   | 12:14   | 13:28   | 13:22   | 14:17   | 13:50   | 15:00   | 15:32   | 16:20   | 17:15   | 17:51   | 18:21   | 19:11   | 18:50   | 18:26      |            |
| Overall-Group       | Position      | 145        | 148     | 146     | 147     | 143     | 142     | 135     | 135     | 110     | 110     | 101     | 100     | 92      | 92      | 90      | 90         |            |
| <b>FINS</b>         | Time of Day   | 0:00:06    | 0:00:07 | 0:00:08 | 0:00:09 | 0:00:10 | 0:00:11 | 0:00:12 | 0:00:13 | 0:00:15 | 0:00:16 | 0:00:17 | 0:00:18 | 0:00:19 | 0:00:21 | 0:00:22 | 1:00:00:07 |            |
|                     | Time Cum      | 0:00:58    | 0:01:47 | 0:02:47 | 0:03:40 | 0:04:45 | 0:05:40 | 0:06:50 | 0:07:55 | 0:09:04 | 0:10:12 | 0:11:29 | 0:12:36 | 0:13:50 | 0:15:01 | 0:16:34 | 0:18:00:07 |            |
| MIN                 | Females       | Time Delta | 0:00:58 | 0:00:49 | 0:00:59 | 0:00:53 | 0:01:04 | 0:00:55 | 0:01:09 | 0:01:05 | 0:01:08 | 0:01:08 | 0:01:16 | 0:01:07 | 0:01:09 | 0:01:06 | 0:01:13    | 0:01:04:11 |
| Age 26              | Pace Cum      | 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      |            |
| Group ALL           | Pace Delta    | 08:28      | 08:44   | 08:43   | 09:33   | 09:21   | 09:53   | 10:06   | 11:37   | 09:59   | 12:07   | 11:10   | 11:55   | 10:11   | 11:45   | 10:45   | 11:22      |            |
| Overall-Group       | Position      | 17         | 15      | 18      | 18      | 16      | 16      | 16      | 16      | 13      | 12      | 11      | 11      | 10      | 10      | 10      | 11         |            |
| <b>FINS</b>         | Time of Day   | 0:00:07    | 0:00:09 | 0:00:10 | 0:00:12 | 0:00:14 | 0:00:15 | 0:00:17 | 0:00:19 | 0:00:21 | 0:00:23 | 0:01:02 | 0:01:04 | 0:01:06 | 0:01:07 | 0:01:10 | 1:11:53:24 |            |
|                     | Time Cum      | 0:01:45    | 0:03:16 | 0:04:57 | 0:06:28 | 0:08:22 | 0:09:56 | 0:11:53 | 0:13:31 | 0:15:45 | 0:17:37 | 0:20:42 | 0:22:20 | 1:00:12 | 1:01:54 | 1:04:07 | 1:05:53:24 |            |
| MAX                 | Females       | Time Delta | 0:01:45 | 0:01:40 | 0:01:40 | 0:01:32 | 0:01:53 | 0:01:39 | 0:02:02 | 0:01:56 | 0:02:31 | 0:02:23 | 0:03:09 | 0:02:50 | 0:02:46 | 0:02:25 | 0:02:45    | 0:02:29:40 |
| Age 60              | Pace Cum      | 15:20      | 15:45   | 15:21   | 15:32   | 15:46   | 15:55   | 16:05   | 16:14   | 16:37   | 16:55   | 17:55   | 17:52   | 17:44   | 17:46   | 17:53   | 17:56      |            |
| Group ALL           | Pace Delta    | 15:20      | 17:42   | 14:37   | 16:25   | 16:34   | 17:32   | 17:49   | 20:35   | 22:04   | 25:24   | 27:40   | 30:10   | 24:15   | 25:47   | 24:11   | 26:29      |            |
| Overall-Group       | Position      | 245        | 246     | 243     | 244     | 241     | 241     | 234     | 231     | 184     | 179     | 164     | 162     | 145     | 145     | 142     | 143        |            |
| <b>nonFINS</b>      | Time of Day   | 0:00:07    | 0:00:08 | 0:00:10 | 0:00:11 | 0:00:12 | 0:00:14 | 0:00:16 | 0:00:18 | 0:00:20 | 0:00:25 | 0:00:32 | 0:00:46 | 0:01:04 | 0:01:06 |         |            |            |
|                     | Time Cum      | 0:01:21    | 0:02:34 | 0:04:01 | 0:05:19 | 0:06:56 | 0:08:23 | 0:10:10 | 0:11:42 | 0:13:43 | 0:15:24 | 0:16:55 | 0:18:38 | 0:22:08 | 1:00:36 |         |            |            |
| AVG                 | Males&Females | Time Delta | 0:01:21 | 0:01:13 | 0:01:25 | 0:01:18 | 0:01:37 | 0:01:26 | 0:01:47 | 0:01:32 | 0:02:02 | 0:01:45 | 0:02:13 | 0:01:59 | 0:02:52 | 0:02:17 |            |            |
| Age 46              | Pace Cum      | 11:51      | 12:25   | 12:28   | 12:48   | 13:05   | 13:26   | 13:45   | 14:04   | 14:29   | 14:48   | 14:38   | 14:55   | 16:13   | 16:52   |         |            |            |
| Group ALL           | Pace Delta    | 11:51      | 13:06   | 12:35   | 13:53   | 14:20   | 15:20   | 15:50   | 16:28   | 17:58   | 18:42   | 19:36   | 21:17   | 25:19   | 24:22   |         |            |            |
| Overall-Group       | Position      | 143        | 149     | 147     | 150     | 151     | 153     | 153     | 154     | 129     | 127     | 111     | 110     | 116     | 114     |         |            |            |
| <b>nonFINS</b>      | Time of Day   | 0:00:06    | 0:00:07 | 0:00:08 | 0:00:09 | 0:00:09 | 0:00:10 | 0:00:11 | 0:00:12 | 0:00:13 | 0:00:13 | 0:00:19 | 0:00:20 | 0:01:01 | 0:01:02 |         |            |            |
|                     | Time Cum      | 0:00:50    | 0:01:32 | 0:02:22 | 0:03:16 | 0:03:53 | 0:04:35 | 0:05:26 | 0:06:11 | 0:07:08 | 0:07:59 | 0:13:05 | 0:14:30 | 0:19:01 | 0:20:58 |         |            |            |
| MIN                 | Males&Females | Time Delta | 0:00:50 | 0:00:42 | 0:00:49 | 0:00:52 | 0:00:36 | 0:00:42 | 0:00:50 | 0:00:45 | 0:00:56 | 0:00:51 | 0:01:23 | 0:01:20 | 0:02:09 | 0:01:52 |            |            |
| Age 23              | Pace Cum      | 07:18      | 07:23   | 07:20   | 07:51   | 07:19   | 07:21   | 07:21   | 07:26   | 07:32   | 07:41   | 11:19   | 11:36   | 13:56   | 14:23   |         |            |            |
| Group ALL           | Pace Delta    | 07:18      | 07:28   | 07:16   | 09:19   | 05:23   | 07:29   | 07:24   | 08:04   | 08:14   | 09:12   | 12:14   | 14:20   | 18:55   | 19:54   |         |            |            |
| Overall-Group       | Position      | 1          | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 32      | 32      | 77      | 80      |         |            |            |
| <b>nonFINS</b>      | Time of Day   | 0:00:07    | 0:00:09 | 0:00:12 | 0:00:14 | 0:00:17 | 0:00:19 | 0:00:22 | 0:01:00 | 0:01:04 | 0:01:06 | 0:01:02 | 0:01:04 | 0:01:08 | 0:01:11 |         |            |            |
|                     | Time Cum      | 0:01:56    | 0:03:36 | 0:06:11 | 0:08:17 | 0:11:01 | 0:13:33 | 0:16:16 | 0:18:34 | 0:22:33 | 1:00:59 | 0:20:39 | 0:22:22 | 1:02:05 | 1:05:08 |         |            |            |
| MAX                 | Males&Females | Time Delta | 0:01:56 | 0:02:05 | 0:02:34 | 0:02:06 | 0:02:43 | 0:02:32 | 0:03:32 | 0:02:18 | 0:03:58 | 0:03:03 | 0:03:11 | 0:03:17 | 0:03:42 | 0:03:03 |            |            |
| Age 77              | Pace Cum      | 16:56      | 17:21   | 19:10   | 19:55   | 20:45   | 21:42   | 22:00   | 22:17   | 23:48   | 23:59   | 17:52   | 17:54   | 19:07   | 19:59   |         |            |            |
| Group ALL           | Pace Delta    | 16:56      | 22:09   | 22:30   | 22:26   | 23:50   | 27:01   | 30:59   | 24:31   | 34:49   | 32:29   | 28:01   | 34:56   | 32:31   | 32:26   |         |            |            |
| Overall-Group       | Position      | 250        | 251     | 250     | 251     | 250     | 250     | 245     | 246     | 189     | 186     | 163     | 163     | 147     | 146     |         |            |            |

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

## Runner Splits

| Checkpoint Name     |         | AID1        | LAP1    | AID2    | LAP2    | AID3    | LAP3    | AID4    | LAP4    | AID5    | LAP5    | AID6    | LAP6    | AID7    | LAP7    | AID8    | FINS    |            |
|---------------------|---------|-------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|------------|
| Checkpoint Distance |         | 6.85        | 12.50   | 19.35   | 25.00   | 31.85   | 37.50   | 44.35   | 50.00   | 56.85   | 62.50   | 69.35   | 75.00   | 81.85   | 87.50   | 94.35   | 100.00  |            |
| Checkpoint Delta    |         | 6.85        | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    |            |
| <b>nonFINS</b>      |         | Time of Day | 0:00:07 | 0:00:08 | 0:00:09 | 0:00:11 | 0:00:12 | 0:00:14 | 0:00:16 | 0:00:17 | 0:00:19 | 0:00:23 | 0:00:27 | 0:00:43 | 0:01:04 | 0:01:06 |         |            |
|                     |         | Time Cum    | 0:01:20 | 0:02:33 | 0:03:58 | 0:05:15 | 0:06:54 | 0:08:20 | 0:10:05 | 0:11:37 | 0:13:15 | 0:14:53 | 0:16:27 | 0:18:23 | 0:22:47 | 1:00:36 |         |            |
| AVG                 | Males   | Time Delta  | 0:01:20 | 0:01:13 | 0:01:24 | 0:01:17 | 0:01:37 | 0:01:26 | 0:01:46 | 0:01:31 | 0:01:57 | 0:01:42 | 0:02:05 | 0:01:54 | 0:02:53 | 0:02:17 |         |            |
| Age                 | 47      | Pace Cum    | 11:41   | 12:17   | 12:19   | 12:39   | 13:01   | 13:22   | 13:40   | 13:58   | 13:59   | 14:18   | 14:14   | 14:43   | 16:42   | 16:52   |         |            |
| Group               | ALL     | Pace Delta  | 11:41   | 13:01   | 12:23   | 13:48   | 14:21   | 15:21   | 15:36   | 16:19   | 17:16   | 18:19   | 18:22   | 20:20   | 25:27   | 24:22   |         |            |
| Overall-Group       |         | Position    | 135     | 142     | 141     | 144     | 147     | 149     | 149     | 151     | 119     | 119     | 104     | 107     | 123     | 114     |         |            |
| <b>nonFINS</b>      |         | Time of Day | 0:00:06 | 0:00:07 | 0:00:08 | 0:00:09 | 0:00:09 | 0:00:10 | 0:00:11 | 0:00:12 | 0:00:13 | 0:00:13 | 0:00:19 | 0:00:20 | 0:01:01 | 0:01:02 |         |            |
|                     |         | Time Cum    | 0:00:50 | 0:01:32 | 0:02:22 | 0:03:16 | 0:03:53 | 0:04:35 | 0:05:26 | 0:06:11 | 0:07:08 | 0:07:59 | 0:13:05 | 0:14:30 | 0:19:01 | 0:20:58 |         |            |
| MIN                 | Males   | Time Delta  | 0:00:50 | 0:00:42 | 0:00:49 | 0:00:54 | 0:00:36 | 0:00:42 | 0:00:50 | 0:00:45 | 0:00:56 | 0:00:51 | 0:01:23 | 0:01:20 | 0:02:09 | 0:01:52 |         |            |
| Age                 | 23      | Pace Cum    | 07:18   | 07:23   | 07:20   | 07:51   | 07:19   | 07:21   | 07:21   | 07:26   | 07:32   | 07:41   | 11:19   | 11:36   | 13:56   | 14:23   |         |            |
| Group               | ALL     | Pace Delta  | 07:18   | 07:28   | 07:16   | 09:34   | 05:23   | 07:29   | 07:24   | 08:04   | 08:14   | 09:12   | 12:14   | 14:20   | 18:55   | 19:54   |         |            |
| Overall-Group       |         | Position    | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 32      | 32      | 77      | 80      |         |            |
| <b>nonFINS</b>      |         | Time of Day | 0:00:07 | 0:00:09 | 0:00:12 | 0:00:14 | 0:00:17 | 0:00:19 | 0:00:19 | 0:00:22 | 0:00:23 | 0:01:02 | 0:01:02 | 0:01:04 | 0:01:08 | 0:01:11 |         |            |
|                     |         | Time Cum    | 0:01:56 | 0:03:36 | 0:06:11 | 0:08:17 | 0:11:01 | 0:13:33 | 0:13:57 | 0:16:07 | 0:17:58 | 0:20:13 | 0:20:00 | 0:22:22 | 1:02:05 | 1:05:08 |         |            |
| MAX                 | Males   | Time Delta  | 0:01:56 | 0:02:05 | 0:02:34 | 0:02:06 | 0:02:43 | 0:02:32 | 0:03:05 | 0:02:17 | 0:03:06 | 0:03:03 | 0:02:45 | 0:02:59 | 0:03:42 | 0:03:03 |         |            |
| Age                 | 77      | Pace Cum    | 16:56   | 17:21   | 19:10   | 19:55   | 20:45   | 21:42   | 18:52   | 19:21   | 18:58   | 19:25   | 17:18   | 17:54   | 19:07   | 19:59   |         |            |
| Group               | ALL     | Pace Delta  | 16:56   | 22:09   | 22:30   | 22:26   | 23:50   | 27:01   | 27:03   | 24:25   | 27:16   | 32:29   | 24:11   | 31:49   | 32:31   | 32:26   |         |            |
| Overall-Group       |         | Position    | 250     | 251     | 250     | 251     | 250     | 250     | 244     | 245     | 188     | 185     | 161     | 163     | 147     | 146     |         |            |
| <b>nonFINS</b>      |         | Time of Day | 0:00:07 | 0:00:08 | 0:00:10 | 0:00:11 | 0:00:13 | 0:00:14 | 0:00:16 | 0:00:18 | 0:00:22 | 0:00:28 | 0:00:39 | 0:00:50 | 0:01:02 |         |         |            |
|                     |         | Time Cum    | 0:01:23 | 0:02:37 | 0:04:06 | 0:05:25 | 0:07:00 | 0:08:26 | 0:10:17 | 0:11:51 | 0:14:23 | 0:16:11 | 0:17:38 | 0:19:06 | 0:20:49 |         |         |            |
| AVG                 | Females | Time Delta  | 0:01:23 | 0:01:14 | 0:01:28 | 0:01:18 | 0:01:37 | 0:01:26 | 0:01:50 | 0:01:34 | 0:02:09 | 0:01:48 | 0:02:27 | 0:02:09 | 0:02:51 |         |         |            |
| Age                 | 44      | Pace Cum    | 12:08   | 12:37   | 12:44   | 13:02   | 13:13   | 13:32   | 13:55   | 14:14   | 15:11   | 15:33   | 15:16   | 15:18   | 15:16   |         |         |            |
| Group               | ALL     | Pace Delta  | 12:08   | 13:13   | 12:56   | 14:03   | 14:17   | 15:18   | 16:15   | 16:43   | 18:57   | 19:18   | 21:32   | 23:04   | 25:05   |         |         |            |
| Overall-Group       |         | Position    | 156     | 159     | 157     | 159     | 157     | 160     | 158     | 159     | 142     | 140     | 122     | 117     | 104     |         |         |            |
| <b>nonFINS</b>      |         | Time of Day | 0:00:06 | 0:00:07 | 0:00:08 | 0:00:09 | 0:00:10 | 0:00:11 | 0:00:12 | 0:00:13 | 0:00:17 | 0:00:18 | 0:00:20 | 0:00:22 | 0:01:02 |         |         |            |
|                     |         | Time Cum    | 0:00:56 | 0:01:45 | 0:02:43 | 0:03:35 | 0:04:34 | 0:05:28 | 0:06:35 | 0:07:38 | 0:11:08 | 0:12:28 | 0:14:19 | 0:16:17 | 0:20:14 |         |         |            |
| MIN                 | Females | Time Delta  | 0:00:56 | 0:00:49 | 0:00:57 | 0:00:52 | 0:00:58 | 0:00:54 | 0:01:06 | 0:01:03 | 0:01:33 | 0:01:20 | 0:01:50 | 0:01:42 | 0:02:51 |         |         |            |
| Age                 | 26      | Pace Cum    | 08:11   | 08:26   | 08:25   | 08:37   | 08:36   | 08:46   | 08:54   | 09:10   | 11:45   | 11:59   | 12:23   | 13:02   | 14:50   |         |         |            |
| Group               | ALL     | Pace Delta  | 08:11   | 08:44   | 08:25   | 09:19   | 08:32   | 09:40   | 09:42   | 11:11   | 13:43   | 14:17   | 16:06   | 18:05   | 25:02   |         |         |            |
| Overall-Group       |         | Position    | 12      | 13      | 12      | 12      | 12      | 10      | 10      | 10      | 48      | 49      | 50      | 67      | 96      |         |         |            |
| <b>nonFINS</b>      |         | Time of Day | 0:00:07 | 0:00:09 | 0:00:11 | 0:00:14 | 0:00:16 | 0:00:18 | 0:00:22 | 0:01:00 | 0:01:04 | 0:01:06 | 0:01:02 | 0:01:04 | 0:01:03 |         |         |            |
|                     |         | Time Cum    | 0:01:49 | 0:03:30 | 0:05:55 | 0:08:00 | 0:10:40 | 0:12:43 | 0:16:16 | 0:18:34 | 0:22:33 | 1:00:59 | 0:20:39 | 0:22:11 | 0:21:25 |         |         |            |
| MAX                 | Females | Time Delta  | 0:01:49 | 0:01:42 | 0:02:29 | 0:02:05 | 0:02:39 | 0:02:15 | 0:03:32 | 0:02:18 | 0:03:58 | 0:02:26 | 0:03:11 | 0:03:17 | 0:02:52 |         |         |            |
| Age                 | 70      | Pace Cum    | 15:55   | 16:51   | 18:21   | 19:14   | 20:06   | 20:22   | 22:00   | 22:17   | 23:48   | 23:59   | 17:52   | 17:45   | 15:42   |         |         |            |
| Group               | ALL     | Pace Delta  | 15:55   | 18:10   | 21:53   | 22:16   | 23:14   | 24:00   | 30:59   | 24:31   | 34:49   | 25:53   | 28:01   | 34:56   | 25:08   |         |         |            |
| Overall-Group       |         | Position    | 248     | 250     | 249     | 250     | 249     | 249     | 245     | 246     | 189     | 186     | 163     | 161     | 112     |         |         |            |
| <b>FINS</b>         |         | Time of Day | 0:00:07 | 0:00:08 | 0:00:09 | 0:00:11 | 0:00:12 | 0:00:13 | 0:00:15 | 0:00:16 | 0:00:18 | 0:00:20 | 0:00:22 | 0:00:42 | 0:01:02 | 0:01:04 | 0:01:07 | 1:09:04:44 |
|                     |         | Time Cum    | 0:01:19 | 0:02:30 | 0:03:54 | 0:05:11 | 0:06:41 | 0:07:58 | 0:09:36 | 0:10:58 | 0:12:40 | 0:14:10 | 0:16:09 | 0:18:17 | 0:20:31 | 0:22:27 | 1:01:04 | 1:03:04:44 |
| AVG                 | Females | Time Delta  | 0:01:19 | 0:01:11 | 0:01:23 | 0:01:16 | 0:01:29 | 0:01:17 | 0:01:36 | 0:01:22 | 0:01:41 | 0:01:30 | 0:01:58 | 0:02:08 | 0:02:13 | 0:01:55 | 0:02:36 | 0:02:00:14 |
| Age                 | 26      | Pace Cum    | 11:32   | 12:02   | 12:07   | 12:27   | 12:35   | 12:46   | 12:59   | 13:10   | 13:22   | 13:37   | 13:58   | 14:38   | 15:02   | 15:24   | 15:57   | 16:14      |
| Group               | F20-29  | Pace Delta  | 11:32   | 12:38   | 12:17   | 13:39   | 13:03   | 13:47   | 14:11   | 14:36   | 14:48   | 16:04   | 17:16   | 22:51   | 19:29   | 20:33   | 22:54   | 21:16      |
| Overall-Group       |         | Position    | 130     | 140     | 138     | 146     | 136     | 134     | 134     | 131     | 107     | 106     | 98      | 108     | 100     | 100     | 103     | 104        |

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

## Runner Splits

| Checkpoint Name     |             | AID1       | LAP1    | AID2    | LAP2    | AID3    | LAP3    | AID4    | LAP4    | AID5    | LAP5    | AID6    | LAP6    | AID7    | LAP7    | AID8    | FINS       |            |
|---------------------|-------------|------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|------------|------------|
| Checkpoint Distance |             | 6.85       | 12.50   | 19.35   | 25.00   | 31.85   | 37.50   | 44.35   | 50.00   | 56.85   | 62.50   | 69.35   | 75.00   | 81.85   | 87.50   | 94.35   | 100.00     |            |
| Checkpoint Delta    |             | 6.85       | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65       |            |
| <i>FINS</i>         | Time of Day | 0:00:07    | 0:00:08 | 0:00:09 | 0:00:11 | 0:00:12 | 0:00:13 | 0:00:15 | 0:00:16 | 0:00:18 | 0:00:19 | 0:00:21 | 0:00:22 | 0:01:00 | 0:01:02 | 0:01:04 | 1:06:52:04 |            |
|                     | Time Cum    | 0:01:15    | 0:02:22 | 0:03:52 | 0:05:10 | 0:06:32 | 0:07:44 | 0:09:14 | 0:10:33 | 0:12:06 | 0:13:22 | 0:15:02 | 0:16:29 | 0:18:24 | 0:20:13 | 0:22:50 | 1:00:52:04 |            |
| MIN                 | Females     | Time Delta | 0:01:15 | 0:01:07 | 0:01:18 | 0:01:13 | 0:01:21 | 0:01:12 | 0:01:29 | 0:01:19 | 0:01:32 | 0:01:16 | 0:01:39 | 0:01:27 | 0:01:54 | 0:01:49 | 0:02:36    | 0:01:58:24 |
| Age                 | 26          | Pace Cum   | 10:57   | 11:25   | 11:59   | 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 | 10:57   | 11:58   | 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      | 20:57      |
| Overall-Group       | Position    | 95         | 103     | 129     | 144     | 122     | 118     | 114     | 110     | 86      | 83      | 71      | 72      | 67      | 68      | 74      | 74         |            |
| <i>FINS</i>         | Time of Day | 0:00:07    | 0:00:08 | 0:00:09 | 0:00:11 | 0:00:12 | 0:00:14 | 0:00:15 | 0:00:17 | 0:00:19 | 0:00:20 | 0:00:23 | 0:01:02 | 0:01:04 | 0:01:06 | 0:01:09 | 1:11:17:24 |            |
|                     | Time Cum    | 0:01:23    | 0:02:38 | 0:03:57 | 0:05:12 | 0:06:50 | 0:08:13 | 0:09:58 | 0:11:23 | 0:13:14 | 0:14:58 | 0:17:16 | 0:20:06 | 0:22:39 | 1:00:41 | 1:03:19 | 1:05:17:24 |            |
| MAX                 | Females     | Time Delta | 0:01:23 | 0:01:15 | 0:01:29 | 0:01:20 | 0:01:37 | 0:01:23 | 0:01:44 | 0:01:25 | 0:01:50 | 0:01:44 | 0:02:17 | 0:02:50 | 0:02:32 | 0:02:02 | 0:02:37    | 0:02:02:04 |
| Age                 | 26          | Pace Cum   | 12:07   | 12:39   | 12:15   | 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      |
| Group               | F20-29      | Pace Delta | 12:07   | 13:18   | 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      | 21:36      |
| Overall-Group       | Position    | 165        | 177     | 146     | 147     | 149     | 151     | 154     | 152     | 128     | 130     | 124     | 145     | 133     | 132     | 132     | 135        |            |
| <i>nonFINS</i>      | Time of Day | 0:00:07    | 0:00:08 | 0:00:10 | 0:00:11 | 0:00:12 | 0:00:14 | 0:00:16 | 0:00:17 | 0:00:19 | 0:00:20 | 0:00:42 | 0:00:23 | 0:01:02 |         |         |            |            |
|                     | Time Cum    | 0:01:20    | 0:02:31 | 0:04:01 | 0:05:18 | 0:06:56 | 0:08:18 | 0:10:03 | 0:11:33 | 0:13:52 | 0:14:56 | 0:18:01 | 0:17:21 | 0:20:14 |         |         |            |            |
| AVG                 | Females     | Time Delta | 0:01:20 | 0:01:10 | 0:01:28 | 0:01:17 | 0:01:37 | 0:01:22 | 0:01:43 | 0:01:30 | 0:01:51 | 0:01:38 | 0:02:28 | 0:01:58 | 0:02:52 |         |            |            |
| Age                 | 28          | Pace Cum   | 11:44   | 12:09   | 12:27   | 12:44   | 13:05   | 13:18   | 13:36   | 13:53   | 14:39   | 14:21   | 15:36   | 13:53   | 14:50   |         |            |            |
| Group               | F20-29      | Pace Delta | 11:44   | 12:39   | 13:00   | 13:44   | 14:17   | 14:36   | 15:14   | 16:05   | 16:17   | 17:32   | 21:42   | 21:02   | 25:08   |         |            |            |
| Overall-Group       | Position    | 142        | 145     | 150     | 152     | 154     | 153     | 148     | 149     | 135     | 119     | 122     | 90      | 96      |         |         |            |            |
| <i>nonFINS</i>      | Time of Day | 0:00:07    | 0:00:08 | 0:00:09 | 0:00:10 | 0:00:11 | 0:00:13 | 0:00:14 | 0:00:15 | 0:00:17 | 0:00:19 | 0:00:21 | 0:00:23 | 0:01:02 |         |         |            |            |
|                     | Time Cum    | 0:01:08    | 0:02:07 | 0:03:19 | 0:04:24 | 0:05:51 | 0:07:04 | 0:08:32 | 0:09:46 | 0:11:54 | 0:13:21 | 0:15:23 | 0:17:21 | 0:20:14 |         |         |            |            |
| MIN                 | Females     | Time Delta | 0:01:08 | 0:00:59 | 0:01:11 | 0:01:05 | 0:01:19 | 0:01:10 | 0:01:26 | 0:01:14 | 0:01:33 | 0:01:27 | 0:02:01 | 0:01:58 | 0:02:52 |         |            |            |
| Age                 | 26          | Pace Cum   | 09:56   | 10:13   | 10:17   | 10:35   | 11:01   | 11:19   | 11:33   | 11:43   | 12:34   | 12:49   | 13:19   | 13:53   | 14:50   |         |            |            |
| Group               | F20-29      | Pace Delta | 09:56   | 10:33   | 10:25   | 11:38   | 11:39   | 12:25   | 12:40   | 13:07   | 13:43   | 15:29   | 17:44   | 21:02   | 25:08   |         |            |            |
| Overall-Group       | Position    | 47         | 53      | 53      | 52      | 67      | 67      | 61      | 64      | 77      | 81      | 81      | 90      | 96      |         |         |            |            |
| <i>nonFINS</i>      | Time of Day | 0:00:07    | 0:00:08 | 0:00:10 | 0:00:12 | 0:00:13 | 0:00:15 | 0:00:17 | 0:00:19 | 0:00:21 | 0:00:23 | 0:01:02 | 0:00:23 | 0:01:02 |         |         |            |            |
|                     | Time Cum    | 0:01:28    | 0:02:46 | 0:04:31 | 0:06:00 | 0:07:57 | 0:09:31 | 0:11:40 | 0:13:38 | 0:15:41 | 0:17:43 | 0:20:39 | 0:17:21 | 0:20:14 |         |         |            |            |
| MAX                 | Females     | Time Delta | 0:01:28 | 0:01:18 | 0:01:44 | 0:01:29 | 0:01:57 | 0:01:34 | 0:02:08 | 0:01:58 | 0:02:12 | 0:02:02 | 0:02:55 | 0:01:58 | 0:02:52 |         |            |            |
| 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   | 13:53   | 14:50   |         |            |            |
| Group               | F20-29      | Pace Delta | 12:51   | 13:58   | 15:12   | 15:46   | 17:09   | 16:44   | 18:47   | 21:01   | 19:19   | 21:36   | 25:41   | 21:02   | 25:08   |         |            |            |
| Overall-Group       | Position    | 200        | 204     | 218     | 228     | 233     | 235     | 229     | 232     | 183     | 180     | 163     | 90      | 96      |         |         |            |            |
| <i>FINS</i>         | Time of Day | 0:00:07    | 0:00:08 | 0:00:09 | 0:00:11 | 0:00:12 | 0:00:13 | 0:00:15 | 0:00:16 | 0:00:18 | 0:00:20 | 0:00:31 | 0:00:37 | 0:00:52 | 0:00:58 | 0:01:03 | 1:07:24:43 |            |
|                     | Time Cum    | 0:01:19    | 0:02:28 | 0:03:52 | 0:05:07 | 0:06:37 | 0:07:57 | 0:09:29 | 0:10:53 | 0:12:32 | 0:14:02 | 0:15:53 | 0:17:31 | 0:19:38 | 0:21:25 | 0:23:36 | 1:01:24:43 |            |
| AVG                 | Females     | Time Delta | 0:01:19 | 0:01:09 | 0:01:23 | 0:01:15 | 0:01:28 | 0:01:19 | 0:01:31 | 0:01:24 | 0:01:38 | 0:01:29 | 0:01:50 | 0:01:38 | 0:02:05 | 0:01:46 | 0:02:10    | 0:01:48:07 |
| Age                 | 35          | Pace Cum   | 11:36   | 11:56   | 12:02   | 12:20   | 12:28   | 12:44   | 12:50   | 13:05   | 13:15   | 13:29   | 13:45   | 14:02   | 14:24   | 14:42   | 15:01      | 15:15      |
| Group               | F30-39      | Pace Delta | 11:36   | 12:21   | 12:13   | 13:22   | 12:59   | 14:13   | 13:22   | 15:01   | 14:26   | 15:52   | 16:14   | 17:28   | 18:25   | 19:00   | 19:05      | 19:08      |
| Overall-Group       | Position    | 134        | 134     | 136     | 140     | 134     | 133     | 125     | 126     | 101     | 100     | 92      | 92      | 86      | 85      | 84      | 86         |            |
| <i>FINS</i>         | Time of Day | 0:00:06    | 0:00:07 | 0:00:08 | 0:00:09 | 0:00:10 | 0:00:11 | 0:00:12 | 0:00:13 | 0:00:15 | 0:00:16 | 0:00:17 | 0:00:18 | 0:00:19 | 0:00:21 | 0:00:22 | 1:00:00:07 |            |
|                     | Time Cum    | 0:00:58    | 0:01:47 | 0:02:47 | 0:03:40 | 0:04:45 | 0:05:40 | 0:06:50 | 0:07:55 | 0:09:04 | 0:10:12 | 0:11:29 | 0:12:36 | 0:13:50 | 0:15:01 | 0:16:34 | 0:18:00:07 |            |
| MIN                 | Females     | Time Delta | 0:00:58 | 0:00:49 | 0:00:59 | 0:00:53 | 0:01:04 | 0:00:55 | 0:01:09 | 0:01:05 | 0:01:08 | 0:01:08 | 0:01:16 | 0:01:07 | 0:01:09 | 0:01:06 | 0:01:13    | 0:01:04:11 |
| Age                 | 30          | Pace Cum   | 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      |
| Group               | F30-39      | Pace Delta | 08:28   | 08:44   | 08:43   | 09:33   | 09:21   | 09:53   | 10:06   | 11:37   | 09:59   | 12:07   | 11:10   | 11:55   | 10:11   | 11:45   | 10:45      | 11:22      |
| Overall-Group       | Position    | 17         | 15      | 18      | 18      | 16      | 16      | 16      | 16      | 13      | 12      | 11      | 11      | 10      | 10      | 10      | 11         |            |

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

## Runner Splits

| Checkpoint Name     |             | AID1       | LAP1    | AID2    | LAP2    | AID3    | LAP3    | AID4    | LAP4    | AID5    | LAP5    | AID6    | LAP6    | AID7    | LAP7    | AID8    | FINS       |            |
|---------------------|-------------|------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|------------|------------|
| Checkpoint Distance |             | 6.85       | 12.50   | 19.35   | 25.00   | 31.85   | 37.50   | 44.35   | 50.00   | 56.85   | 62.50   | 69.35   | 75.00   | 81.85   | 87.50   | 94.35   | 100.00     |            |
| Checkpoint Delta    |             | 6.85       | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65       |            |
| <i>FINS</i>         | Time of Day | 0:00:07    | 0:00:08 | 0:00:10 | 0:00:12 | 0:00:13 | 0:00:15 | 0:00:17 | 0:00:18 | 0:00:21 | 0:00:23 | 0:01:01 | 0:01:03 | 0:01:05 | 0:01:07 | 0:01:09 | 1:11:45:41 |            |
|                     | Time Cum    | 0:01:32    | 0:02:58 | 0:04:36 | 0:06:04 | 0:07:51 | 0:09:23 | 0:11:17 | 0:12:57 | 0:15:10 | 0:17:04 | 0:19:22 | 0:21:29 | 0:23:38 | 1:01:24 | 1:03:54 | 1:05:45:41 |            |
| MAX                 | Females     | Time Delta | 0:01:32 | 0:01:26 | 0:01:39 | 0:01:28 | 0:01:49 | 0:01:38 | 0:01:59 | 0:01:53 | 0:02:12 | 0:01:59 | 0:02:18 | 0:02:07 | 0:02:46 | 0:02:25 | 0:02:45    | 0:02:29:40 |
| Age                 | 39          | Pace Cum   | 13:26   | 14:18   | 14:16   | 14:34   | 14:47   | 15:02   | 15:16   | 15:32   | 16:00   | 16:23   | 16:45   | 17:11   | 17:19   | 17:25   | 17:45      | 17:51      |
| Group               | F30-39      | Pace Delta | 13:26   | 15:21   | 14:27   | 15:36   | 15:55   | 17:31   | 17:28   | 20:07   | 19:24   | 21:11   | 20:16   | 22:29   | 24:15   | 25:47   | 24:11      | 26:29      |
| Overall-Group       | Position    | 215        | 227     | 233     | 230     | 229     | 227     | 217     | 214     | 175     | 169     | 155     | 157     | 141     | 139     | 141     | 142        |            |
| <i>nonFINS</i>      | Time of Day | 0:00:07    | 0:00:08 | 0:00:09 | 0:00:11 | 0:00:12 | 0:00:13 | 0:00:15 | 0:00:17 | 0:00:19 | 0:00:21 | 0:00:41 | 0:01:01 | 0:01:03 |         |         |            |            |
|                     | Time Cum    | 0:01:18    | 0:02:27 | 0:03:48 | 0:05:01 | 0:06:34 | 0:07:57 | 0:09:36 | 0:11:09 | 0:13:28 | 0:15:13 | 0:17:45 | 0:19:40 | 0:21:25 |         |         |            |            |
| AVG                 | Females     | Time Delta | 0:01:18 | 0:01:09 | 0:01:19 | 0:01:12 | 0:01:32 | 0:01:23 | 0:01:38 | 0:01:33 | 0:02:00 | 0:01:42 | 0:02:30 | 0:02:32 | 0:02:51 |         |            |            |
| Age                 | 34          | Pace Cum   | 11:26   | 11:51   | 11:48   | 12:04   | 12:22   | 12:44   | 13:00   | 13:24   | 14:14   | 14:38   | 15:21   | 15:45   | 15:42   |         |            |            |
| Group               | F30-39      | Pace Delta | 11:26   | 12:21   | 11:43   | 12:58   | 13:30   | 14:48   | 14:28   | 16:32   | 17:39   | 18:10   | 22:04   | 27:00   | 25:02   |         |            |            |
| Overall-Group       | Position    | 124        | 131     | 123     | 122     | 127     | 133     | 131     | 134     | 132     | 134     | 130     | 127     | 112     |         |         |            |            |
| <i>nonFINS</i>      | Time of Day | 0:00:07    | 0:00:08 | 0:00:09 | 0:00:10 | 0:00:11 | 0:00:12 | 0:00:14 | 0:00:15 | 0:00:18 | 0:00:19 | 0:00:22 | 0:01:00 | 0:01:03 |         |         |            |            |
|                     | Time Cum    | 0:01:10    | 0:02:12 | 0:03:21 | 0:04:24 | 0:05:36 | 0:06:45 | 0:08:08 | 0:09:41 | 0:12:21 | 0:13:54 | 0:16:17 | 0:18:33 | 0:21:25 |         |         |            |            |
| MIN                 | Females     | Time Delta | 0:01:10 | 0:01:02 | 0:01:08 | 0:01:03 | 0:01:11 | 0:01:09 | 0:01:22 | 0:01:15 | 0:01:49 | 0:01:27 | 0:02:12 | 0:02:03 | 0:02:51 |         |            |            |
| Age                 | 30          | Pace Cum   | 10:13   | 10:37   | 10:23   | 10:35   | 10:33   | 10:49   | 11:00   | 11:37   | 13:02   | 13:21   | 14:05   | 14:51   | 15:42   |         |            |            |
| Group               | F30-39      | Pace Delta | 10:13   | 11:05   | 09:59   | 11:17   | 10:24   | 12:21   | 12:00   | 13:24   | 16:00   | 15:24   | 19:20   | 21:55   | 25:02   |         |            |            |
| Overall-Group       | Position    | 62         | 64      | 55      | 53      | 47      | 54      | 50      | 57      | 101     | 104     | 103     | 107     | 112     |         |         |            |            |
| <i>nonFINS</i>      | Time of Day | 0:00:07    | 0:00:08 | 0:00:10 | 0:00:11 | 0:00:13 | 0:00:15 | 0:00:16 | 0:00:19 | 0:00:21 | 0:00:23 | 0:01:01 | 0:01:03 | 0:01:03 |         |         |            |            |
|                     | Time Cum    | 0:01:28    | 0:02:44 | 0:04:04 | 0:05:32 | 0:07:16 | 0:09:03 | 0:10:57 | 0:13:05 | 0:15:07 | 0:17:15 | 0:19:34 | 0:21:40 | 0:21:25 |         |         |            |            |
| MAX                 | Females     | Time Delta | 0:01:28 | 0:01:22 | 0:01:35 | 0:01:28 | 0:01:48 | 0:01:47 | 0:01:56 | 0:02:08 | 0:02:14 | 0:02:08 | 0:03:11 | 0:03:17 | 0:02:51 |         |            |            |
| Age                 | 38          | Pace Cum   | 12:51   | 13:08   | 12:37   | 13:17   | 13:41   | 14:30   | 14:49   | 15:43   | 15:57   | 16:34   | 16:56   | 17:20   | 15:42   |         |            |            |
| Group               | F30-39      | Pace Delta | 12:51   | 14:33   | 13:55   | 15:35   | 15:51   | 19:02   | 17:01   | 22:46   | 19:41   | 22:40   | 27:53   | 34:56   | 25:02   |         |            |            |
| Overall-Group       | Position    | 200        | 193     | 168     | 183     | 182     | 204     | 200     | 221     | 172     | 174     | 158     | 158     | 112     |         |         |            |            |
| <i>FINS</i>         | Time of Day | 0:00:07    | 0:00:08 | 0:00:09 | 0:00:11 | 0:00:12 | 0:00:13 | 0:00:15 | 0:00:16 | 0:00:18 | 0:00:20 | 0:00:28 | 0:00:36 | 0:00:51 | 0:01:00 | 0:01:05 | 1:07:07:49 |            |
|                     | Time Cum    | 0:01:20    | 0:02:30 | 0:03:54 | 0:05:08 | 0:06:39 | 0:07:58 | 0:09:31 | 0:10:55 | 0:12:40 | 0:14:12 | 0:16:10 | 0:17:45 | 0:19:41 | 0:21:23 | 0:23:24 | 1:01:07:49 |            |
| AVG                 | Females     | Time Delta | 0:01:20 | 0:01:09 | 0:01:23 | 0:01:14 | 0:01:29 | 0:01:18 | 0:01:32 | 0:01:23 | 0:01:44 | 0:01:31 | 0:01:57 | 0:01:35 | 0:01:55 | 0:01:41 | 0:01:59    | 0:01:43:22 |
| Age                 | 45          | Pace Cum   | 11:42   | 12:02   | 12:06   | 12:23   | 12:32   | 12:46   | 12:54   | 13:07   | 13:23   | 13:38   | 14:00   | 14:13   | 14:26   | 14:41   | 14:53      | 15:05      |
| Group               | F40-49      | Pace Delta | 11:42   | 12:26   | 12:13   | 13:20   | 13:07   | 14:04   | 13:36   | 14:50   | 15:19   | 16:17   | 17:13   | 16:54   | 16:54   | 18:09   | 17:33      | 18:18      |
| Overall-Group       | Position    | 139        | 141     | 138     | 138     | 134     | 133     | 126     | 126     | 103     | 102     | 93      | 92      | 83      | 83      | 79      | 79         |            |
| <i>FINS</i>         | Time of Day | 0:00:07    | 0:00:08 | 0:00:09 | 0:00:10 | 0:00:11 | 0:00:12 | 0:00:13 | 0:00:15 | 0:00:16 | 0:00:17 | 0:00:18 | 0:00:20 | 0:00:21 | 0:00:22 | 0:01:01 | 1:02:38:42 |            |
|                     | Time Cum    | 0:01:07    | 0:02:06 | 0:03:18 | 0:04:23 | 0:05:37 | 0:06:42 | 0:07:57 | 0:09:07 | 0:10:26 | 0:11:35 | 0:12:54 | 0:14:04 | 0:15:31 | 0:16:58 | 0:19:01 | 0:20:38:42 |            |
| MIN                 | Females     | Time Delta | 0:01:07 | 0:00:59 | 0:01:09 | 0:01:05 | 0:01:13 | 0:01:05 | 0:01:14 | 0:01:10 | 0:01:18 | 0:01:09 | 0:01:18 | 0:01:10 | 0:01:26 | 0:01:38 | 0:01:28:26 |            |
| Age                 | 40          | Pace Cum   | 09:47   | 10:07   | 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      |
| Group               | F40-49      | Pace Delta | 09:47   | 10:30   | 10:11   | 11:31   | 10:47   | 11:39   | 10:50   | 12:33   | 11:24   | 12:16   | 11:30   | 12:34   | 12:33   | 14:52   | 14:21      | 15:39      |
| Overall-Group       | Position    | 43         | 49      | 49      | 51      | 49      | 53      | 44      | 44      | 33      | 31      | 28      | 27      | 26      | 26      | 32      | 33         |            |
| <i>FINS</i>         | Time of Day | 0:00:07    | 0:00:08 | 0:00:10 | 0:00:11 | 0:00:13 | 0:00:15 | 0:00:17 | 0:00:19 | 0:00:21 | 0:00:23 | 0:01:02 | 0:01:04 | 0:01:06 | 0:01:07 | 0:01:09 | 1:11:44:55 |            |
|                     | Time Cum    | 0:01:32    | 0:02:58 | 0:04:34 | 0:05:59 | 0:07:47 | 0:09:26 | 0:11:28 | 0:13:24 | 0:15:39 | 0:17:32 | 0:20:42 | 0:22:20 | 1:00:12 | 1:01:51 | 1:03:50 | 1:05:44:55 |            |
| MAX                 | Females     | Time Delta | 0:01:32 | 0:01:26 | 0:01:37 | 0:01:32 | 0:01:50 | 0:01:39 | 0:02:01 | 0:01:56 | 0:02:31 | 0:02:23 | 0:03:09 | 0:01:57 | 0:02:17 | 0:02:11 | 0:02:14    | 0:02:07:02 |
| Age                 | 49          | Pace Cum   | 13:26   | 14:18   | 14:10   | 14:24   | 14:40   | 15:06   | 15:31   | 16:05   | 16:31   | 16:50   | 17:55   | 17:52   | 17:44   | 17:44   | 17:42      | 17:51      |
| Group               | F40-49      | Pace Delta | 13:26   | 15:21   | 14:16   | 16:25   | 16:06   | 17:32   | 17:48   | 20:35   | 22:04   | 25:24   | 27:40   | 20:44   | 20:00   | 23:19   | 19:37      | 22:29      |
| Overall-Group       | Position    | 215        | 225     | 228     | 227     | 227     | 231     | 224     | 229     | 182     | 178     | 164     | 162     | 145     | 144     | 140     | 141        |            |

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

## Runner Splits

| Checkpoint Name     |          | AID1        | LAP1    | AID2    | LAP2    | AID3    | LAP3    | AID4    | LAP4    | AID5    | LAP5    | AID6    | LAP6    | AID7    | LAP7    | AID8    | FINS    |            |
|---------------------|----------|-------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|------------|
| Checkpoint Distance |          | 6.85        | 12.50   | 19.35   | 25.00   | 31.85   | 37.50   | 44.35   | 50.00   | 56.85   | 62.50   | 69.35   | 75.00   | 81.85   | 87.50   | 94.35   | 100.00  |            |
| Checkpoint Delta    |          | 6.85        | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    |            |
| <b>nonFINS</b>      |          | Time of Day | 0:00:07 | 0:00:08 | 0:00:10 | 0:00:11 | 0:00:12 | 0:00:14 | 0:00:16 | 0:00:17 | 0:00:20 | 0:00:32 | 0:00:35 | 0:00:49 |         |         |         |            |
|                     |          | Time Cum    | 0:01:21 | 0:02:34 | 0:04:00 | 0:05:17 | 0:06:52 | 0:08:18 | 0:10:06 | 0:11:38 | 0:14:14 | 0:16:06 | 0:17:16 | 0:19:07 |         |         |         |            |
| AVG                 | Females  | Time Delta  | 0:01:21 | 0:01:12 | 0:01:25 | 0:01:16 | 0:01:34 | 0:01:26 | 0:01:50 | 0:01:31 | 0:02:12 | 0:01:52 | 0:02:21 | 0:01:51 |         |         |         |            |
| Age                 | 46       | Pace Cum    | 11:53   | 12:23   | 12:26   | 12:42   | 12:57   | 13:18   | 13:40   | 13:58   | 15:02   | 15:29   | 14:56   | 15:18   |         |         |         |            |
| Group               | F40-49   | Pace Delta  | 11:53   | 12:59   | 12:31   | 13:38   | 13:53   | 15:18   | 16:12   | 16:20   | 19:25   | 19:53   | 20:42   | 19:49   |         |         |         |            |
| Overall-Group       | Position |             | 149     | 153     | 150     | 153     | 152     | 157     | 156     | 156     | 144     | 142     | 111     | 115     |         |         |         |            |
| <b>nonFINS</b>      |          | Time of Day | 0:00:06 | 0:00:07 | 0:00:08 | 0:00:09 | 0:00:10 | 0:00:11 | 0:00:12 | 0:00:13 | 0:00:17 | 0:00:18 | 0:00:20 | 0:00:22 |         |         |         |            |
|                     |          | Time Cum    | 0:00:56 | 0:01:45 | 0:02:43 | 0:03:35 | 0:04:34 | 0:05:28 | 0:06:35 | 0:07:38 | 0:11:08 | 0:12:28 | 0:14:19 | 0:16:17 |         |         |         |            |
| MIN                 | Females  | Time Delta  | 0:00:56 | 0:00:49 | 0:00:57 | 0:00:52 | 0:00:58 | 0:00:54 | 0:01:06 | 0:01:03 | 0:01:37 | 0:01:20 | 0:01:50 | 0:01:42 |         |         |         |            |
| Age                 | 41       | Pace Cum    | 08:11   | 08:26   | 08:25   | 08:37   | 08:36   | 08:46   | 08:54   | 09:10   | 11:45   | 11:59   | 12:23   | 13:02   |         |         |         |            |
| Group               | F40-49   | Pace Delta  | 08:11   | 08:44   | 08:25   | 09:19   | 08:32   | 09:40   | 09:42   | 11:11   | 14:15   | 14:17   | 16:06   | 18:05   |         |         |         |            |
| Overall-Group       | Position |             | 12      | 13      | 12      | 12      | 12      | 10      | 10      | 10      | 48      | 49      | 50      | 67      |         |         |         |            |
| <b>nonFINS</b>      |          | Time of Day | 0:00:07 | 0:00:09 | 0:00:10 | 0:00:12 | 0:00:13 | 0:00:15 | 0:00:17 | 0:00:19 | 0:00:22 | 0:01:00 | 0:01:02 | 0:01:04 |         |         |         |            |
|                     |          | Time Cum    | 0:01:35 | 0:03:01 | 0:04:33 | 0:06:04 | 0:07:58 | 0:09:41 | 0:11:58 | 0:13:54 | 0:16:05 | 0:18:31 | 0:20:16 | 0:22:11 |         |         |         |            |
| MAX                 | Females  | Time Delta  | 0:01:35 | 0:01:26 | 0:01:48 | 0:01:33 | 0:01:53 | 0:02:15 | 0:03:28 | 0:01:58 | 0:03:06 | 0:02:26 | 0:03:11 | 0:01:58 |         |         |         |            |
| Age                 | 49       | Pace Cum    | 13:52   | 14:29   | 14:07   | 14:34   | 15:00   | 15:30   | 16:11   | 16:42   | 16:58   | 17:47   | 17:32   | 17:45   |         |         |         |            |
| Group               | F40-49   | Pace Delta  | 13:52   | 15:14   | 15:52   | 16:30   | 16:37   | 24:00   | 30:26   | 20:57   | 27:13   | 25:52   | 28:01   | 20:57   |         |         |         |            |
| Overall-Group       | Position |             | 229     | 231     | 222     | 232     | 236     | 239     | 236     | 238     | 185     | 183     | 162     | 161     |         |         |         |            |
| <b>FINS</b>         |          | Time of Day | 0:00:07 | 0:00:08 | 0:00:10 | 0:00:11 | 0:00:12 | 0:00:14 | 0:00:15 | 0:00:17 | 0:00:19 | 0:00:20 | 0:00:32 | 0:00:49 | 0:00:57 | 0:01:02 | 0:01:06 | 1:08:21:29 |
|                     |          | Time Cum    | 0:01:23 | 0:02:39 | 0:04:03 | 0:05:19 | 0:06:54 | 0:08:15 | 0:09:53 | 0:11:18 | 0:13:11 | 0:14:45 | 0:16:49 | 0:18:31 | 0:20:41 | 0:22:32 | 1:00:41 | 1:02:21:29 |
| AVG                 | Females  | Time Delta  | 0:01:23 | 0:01:16 | 0:01:23 | 0:01:16 | 0:01:33 | 0:01:21 | 0:01:36 | 0:01:24 | 0:01:52 | 0:01:34 | 0:02:02 | 0:01:41 | 0:02:09 | 0:01:51 | 0:02:08 | 0:01:39:32 |
| Age                 | 53       | Pace Cum    | 12:07   | 12:46   | 12:36   | 12:49   | 13:01   | 13:14   | 13:23   | 13:34   | 13:55   | 14:11   | 14:33   | 14:49   | 15:10   | 15:28   | 15:42   | 15:49      |
| Group               | F50-59   | Pace Delta  | 12:07   | 13:33   | 12:18   | 13:34   | 13:44   | 14:29   | 14:10   | 15:06   | 16:27   | 16:45   | 17:59   | 18:08   | 18:53   | 19:45   | 18:53   | 17:37      |
| Overall-Group       | Position |             | 153     | 159     | 155     | 155     | 152     | 151     | 144     | 144     | 120     | 120     | 111     | 109     | 100     | 99      | 97      | 97         |
| <b>FINS</b>         |          | Time of Day | 0:00:06 | 0:00:07 | 0:00:09 | 0:00:10 | 0:00:11 | 0:00:12 | 0:00:13 | 0:00:14 | 0:00:16 | 0:00:17 | 0:00:18 | 0:00:20 | 0:00:22 | 0:00:23 | 0:01:00 | 1:02:16:26 |
|                     |          | Time Cum    | 0:00:59 | 0:01:56 | 0:03:02 | 0:04:01 | 0:05:14 | 0:06:18 | 0:07:34 | 0:08:43 | 0:10:09 | 0:11:35 | 0:12:59 | 0:14:16 | 0:16:00 | 0:17:24 | 0:18:56 | 0:20:16:26 |
| MIN                 | Females  | Time Delta  | 0:00:59 | 0:00:57 | 0:01:05 | 0:00:59 | 0:01:11 | 0:01:03 | 0:01:14 | 0:01:06 | 0:01:23 | 0:01:12 | 0:01:22 | 0:01:17 | 0:01:30 | 0:01:16 | 0:01:31 | 0:01:16:31 |
| Age                 | 50       | 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      |
| Group               | F50-59   | Pace Delta  | 08:37   | 10:13   | 09:32   | 10:36   | 10:30   | 11:17   | 10:50   | 11:48   | 12:10   | 12:49   | 12:04   | 13:43   | 13:13   | 13:35   | 13:26   | 13:33      |
| Overall-Group       | Position |             | 20      | 23      | 25      | 30      | 32      | 30      | 27      | 28      | 26      | 33      | 29      | 29      | 30      | 32      | 30      | 28         |
| <b>FINS</b>         |          | Time of Day | 0:00:07 | 0:00:09 | 0:00:10 | 0:00:12 | 0:00:14 | 0:00:15 | 0:00:17 | 0:00:19 | 0:00:21 | 0:00:23 | 0:01:01 | 0:01:03 | 0:01:06 | 0:01:07 | 0:01:10 | 1:11:53:24 |
|                     |          | Time Cum    | 0:01:45 | 0:03:16 | 0:04:57 | 0:06:28 | 0:08:22 | 0:09:56 | 0:11:53 | 0:13:31 | 0:15:45 | 0:17:37 | 0:19:50 | 0:21:45 | 1:00:08 | 1:01:54 | 1:04:07 | 1:05:53:24 |
| MAX                 | Females  | Time Delta  | 0:01:45 | 0:01:40 | 0:01:40 | 0:01:31 | 0:01:53 | 0:01:37 | 0:02:02 | 0:01:43 | 0:02:14 | 0:01:52 | 0:02:41 | 0:02:09 | 0:02:38 | 0:02:14 | 0:02:36 | 0:02:02:47 |
| Age                 | 58       | Pace Cum    | 15:20   | 15:45   | 15:21   | 15:32   | 15:46   | 15:55   | 16:05   | 16:14   | 16:37   | 16:55   | 17:10   | 17:25   | 17:41   | 17:46   | 17:53   | 17:56      |
| Group               | F50-59   | Pace Delta  | 15:20   | 17:42   | 14:37   | 16:12   | 16:34   | 17:20   | 17:49   | 18:22   | 19:36   | 19:50   | 23:37   | 22:54   | 23:10   | 23:51   | 22:51   | 21:44      |
| Overall-Group       | Position |             | 245     | 246     | 243     | 244     | 241     | 241     | 234     | 231     | 184     | 179     | 160     | 160     | 144     | 145     | 142     | 143        |
| <b>nonFINS</b>      |          | Time of Day | 0:00:07 | 0:00:08 | 0:00:10 | 0:00:11 | 0:00:13 | 0:00:14 | 0:00:16 | 0:00:18 | 0:00:19 | 0:00:21 |         |         |         |         |         |            |
|                     |          | Time Cum    | 0:01:28 | 0:02:48 | 0:04:23 | 0:05:48 | 0:07:16 | 0:08:41 | 0:10:36 | 0:12:14 | 0:13:25 | 0:15:05 |         |         |         |         |         |            |
| AVG                 | Females  | Time Delta  | 0:01:28 | 0:01:20 | 0:01:33 | 0:01:25 | 0:01:40 | 0:01:25 | 0:01:53 | 0:01:38 | 0:01:54 | 0:01:40 |         |         |         |         |         |            |
| Age                 | 55       | Pace Cum    | 12:55   | 13:31   | 13:35   | 13:57   | 13:42   | 13:56   | 14:21   | 14:41   | 14:10   | 14:30   |         |         |         |         |         |            |
| Group               | F50-59   | Pace Delta  | 12:55   | 14:14   | 13:44   | 15:11   | 14:46   | 15:11   | 16:38   | 17:25   | 16:45   | 17:51   |         |         |         |         |         |            |
| Overall-Group       | Position |             | 186     | 190     | 191     | 194     | 181     | 181     | 179     | 181     | 133     | 133     |         |         |         |         |         |            |

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

## Runner Splits

| Checkpoint Name     |         | AID1        | LAP1    | AID2    | LAP2    | AID3    | LAP3    | AID4    | LAP4    | AID5    | LAP5    | AID6    | LAP6    | AID7    | LAP7    | AID8    | FINS    |            |
|---------------------|---------|-------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|------------|
| Checkpoint Distance |         | 6.85        | 12.50   | 19.35   | 25.00   | 31.85   | 37.50   | 44.35   | 50.00   | 56.85   | 62.50   | 69.35   | 75.00   | 81.85   | 87.50   | 94.35   | 100.00  |            |
| Checkpoint Delta    |         | 6.85        | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    |            |
| <b>nonFINS</b>      |         | Time of Day | 0:00:07 | 0:00:08 | 0:00:09 | 0:00:11 | 0:00:12 | 0:00:13 | 0:00:15 | 0:00:16 | 0:00:19 | 0:00:21 |         |         |         |         |         |            |
|                     |         | Time Cum    | 0:01:18 | 0:02:28 | 0:03:53 | 0:05:03 | 0:06:32 | 0:07:47 | 0:09:22 | 0:10:43 | 0:13:25 | 0:15:05 |         |         |         |         |         |            |
| MIN                 | Females | Time Delta  | 0:01:18 | 0:01:08 | 0:01:24 | 0:01:10 | 0:01:28 | 0:01:15 | 0:01:34 | 0:01:21 | 0:01:54 | 0:01:40 |         |         |         |         |         |            |
| Age                 | 50      | Pace Cum    | 11:23   | 11:52   | 12:02   | 12:09   | 12:18   | 12:28   | 12:40   | 12:52   | 14:10   | 14:30   |         |         |         |         |         |            |
| Group               | F50-59  | Pace Delta  | 11:23   | 12:06   | 12:21   | 12:32   | 12:53   | 13:23   | 13:47   | 14:21   | 16:45   | 17:51   |         |         |         |         |         |            |
| Overall-Group       |         | Position    | 124     | 130     | 131     | 127     | 122     | 124     | 122     | 126     | 133     | 133     |         |         |         |         |         |            |
| <b>nonFINS</b>      |         | Time of Day | 0:00:07 | 0:00:09 | 0:00:11 | 0:00:13 | 0:00:14 | 0:00:15 | 0:00:18 | 0:00:20 | 0:00:19 | 0:00:21 |         |         |         |         |         |            |
|                     |         | Time Cum    | 0:01:48 | 0:03:30 | 0:05:26 | 0:07:09 | 0:08:09 | 0:09:42 | 0:12:09 | 0:14:11 | 0:13:25 | 0:15:05 |         |         |         |         |         |            |
| MAX                 | Females | Time Delta  | 0:01:48 | 0:01:42 | 0:01:55 | 0:01:43 | 0:01:59 | 0:01:33 | 0:02:26 | 0:02:02 | 0:01:54 | 0:01:40 |         |         |         |         |         |            |
| Age                 | 58      | Pace Cum    | 15:46   | 16:51   | 16:51   | 17:10   | 15:21   | 15:32   | 16:26   | 17:01   | 14:10   | 14:30   |         |         |         |         |         |            |
| Group               | F50-59  | Pace Delta  | 15:46   | 18:10   | 16:50   | 18:18   | 17:27   | 16:31   | 21:25   | 21:38   | 16:45   | 17:51   |         |         |         |         |         |            |
| Overall-Group       |         | Position    | 246     | 250     | 247     | 249     | 240     | 240     | 238     | 239     | 133     | 133     |         |         |         |         |         |            |
| <b>FINS</b>         |         | Time of Day | 0:00:07 | 0:00:09 | 0:00:10 | 0:00:11 | 0:00:13 | 0:00:15 | 0:00:16 | 0:00:18 | 0:00:20 | 0:00:21 | 0:01:00 | 0:01:01 | 0:01:04 | 0:01:06 | 0:01:08 | 1:10:19:44 |
|                     |         | Time Cum    | 0:01:40 | 0:03:16 | 0:04:33 | 0:05:54 | 0:07:40 | 0:09:03 | 0:10:55 | 0:12:20 | 0:14:26 | 0:15:59 | 0:18:12 | 0:19:56 | 0:22:20 | 1:00:13 | 1:02:32 | 1:04:19:44 |
| AVG                 | Females | Time Delta  | 0:01:40 | 0:01:36 | 0:01:16 | 0:01:21 | 0:01:46 | 0:01:23 | 0:01:51 | 0:01:25 | 0:02:05 | 0:01:33 | 0:02:12 | 0:01:44 | 0:02:23 | 0:01:53 | 0:02:18 | 0:01:47:44 |
| Age                 | 60      | 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      |
| Group               | F60-69  | 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      |
| Overall-Group       |         | Position    | 243     | 234     | 222     | 215     | 213     | 200     | 194     | 190     | 158     | 154     | 144     | 140     | 129     | 127     | 123     | 123        |
| <b>FINS</b>         |         | Time of Day | 0:00:07 | 0:00:09 | 0:00:10 | 0:00:11 | 0:00:13 | 0:00:15 | 0:00:16 | 0:00:18 | 0:00:20 | 0:00:21 | 0:01:00 | 0:01:01 | 0:01:04 | 0:01:06 | 0:01:08 | 1:10:19:44 |
|                     |         | Time Cum    | 0:01:40 | 0:03:16 | 0:04:33 | 0:05:54 | 0:07:40 | 0:09:03 | 0:10:55 | 0:12:20 | 0:14:26 | 0:15:59 | 0:18:12 | 0:19:56 | 0:22:20 | 1:00:13 | 1:02:32 | 1:04:19:44 |
| MIN                 | Females | Time Delta  | 0:01:40 | 0:01:36 | 0:01:16 | 0:01:21 | 0:01:46 | 0:01:23 | 0:01:51 | 0:01:25 | 0:02:05 | 0:01:33 | 0:02:12 | 0:01:44 | 0:02:23 | 0:01:53 | 0:02:18 | 0:01:47:44 |
| Age                 | 60      | 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      |
| Group               | F60-69  | 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      |
| Overall-Group       |         | Position    | 243     | 234     | 222     | 215     | 213     | 200     | 194     | 190     | 158     | 154     | 144     | 140     | 129     | 127     | 123     | 123        |
| <b>FINS</b>         |         | Time of Day | 0:00:07 | 0:00:09 | 0:00:10 | 0:00:11 | 0:00:13 | 0:00:15 | 0:00:16 | 0:00:18 | 0:00:20 | 0:00:21 | 0:01:00 | 0:01:01 | 0:01:04 | 0:01:06 | 0:01:08 | 1:10:19:44 |
|                     |         | Time Cum    | 0:01:40 | 0:03:16 | 0:04:33 | 0:05:54 | 0:07:40 | 0:09:03 | 0:10:55 | 0:12:20 | 0:14:26 | 0:15:59 | 0:18:12 | 0:19:56 | 0:22:20 | 1:00:13 | 1:02:32 | 1:04:19:44 |
| MAX                 | Females | Time Delta  | 0:01:40 | 0:01:36 | 0:01:16 | 0:01:21 | 0:01:46 | 0:01:23 | 0:01:51 | 0:01:25 | 0:02:05 | 0:01:33 | 0:02:12 | 0:01:44 | 0:02:23 | 0:01:53 | 0:02:18 | 0:01:47:44 |
| Age                 | 60      | 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      |
| Group               | F60-69  | 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      |
| Overall-Group       |         | Position    | 243     | 234     | 222     | 215     | 213     | 200     | 194     | 190     | 158     | 154     | 144     | 140     | 129     | 127     | 123     | 123        |
| <b>nonFINS</b>      |         | Time of Day | 0:00:07 | 0:00:09 | 0:00:10 | 0:00:11 | 0:00:13 | 0:00:15 | 0:00:17 | 0:00:18 | 0:00:20 | 0:00:22 |         |         |         |         |         |            |
|                     |         | Time Cum    | 0:01:35 | 0:03:00 | 0:04:33 | 0:05:55 | 0:07:38 | 0:09:09 | 0:11:01 | 0:12:32 | 0:14:44 | 0:16:36 |         |         |         |         |         |            |
| AVG                 | Females | Time Delta  | 0:01:35 | 0:01:25 | 0:01:32 | 0:01:22 | 0:01:42 | 0:01:31 | 0:01:51 | 0:01:31 | 0:02:11 | 0:01:52 |         |         |         |         |         |            |
| Age                 | 62      | Pace Cum    | 13:52   | 14:25   | 14:07   | 14:12   | 14:23   | 14:39   | 14:54   | 15:03   | 15:33   | 15:57   |         |         |         |         |         |            |
| Group               | F60-69  | Pace Delta  | 13:52   | 15:06   | 13:32   | 14:33   | 15:00   | 16:12   | 16:16   | 16:10   | 19:13   | 19:57   |         |         |         |         |         |            |
| Overall-Group       |         | Position    | 229     | 228     | 222     | 219     | 210     | 211     | 204     | 198     | 163     | 165     |         |         |         |         |         |            |
| <b>nonFINS</b>      |         | Time of Day | 0:00:07 | 0:00:09 | 0:00:10 | 0:00:11 | 0:00:13 | 0:00:15 | 0:00:17 | 0:00:18 | 0:00:20 | 0:00:22 |         |         |         |         |         |            |
|                     |         | Time Cum    | 0:01:35 | 0:03:00 | 0:04:33 | 0:05:55 | 0:07:38 | 0:09:09 | 0:11:01 | 0:12:32 | 0:14:44 | 0:16:36 |         |         |         |         |         |            |
| MIN                 | Females | Time Delta  | 0:01:35 | 0:01:25 | 0:01:32 | 0:01:22 | 0:01:42 | 0:01:31 | 0:01:51 | 0:01:31 | 0:02:11 | 0:01:52 |         |         |         |         |         |            |
| Age                 | 62      | Pace Cum    | 13:52   | 14:25   | 14:07   | 14:12   | 14:23   | 14:39   | 14:54   | 15:03   | 15:33   | 15:57   |         |         |         |         |         |            |
| Group               | F60-69  | Pace Delta  | 13:52   | 15:06   | 13:32   | 14:33   | 15:00   | 16:12   | 16:16   | 16:10   | 19:13   | 19:57   |         |         |         |         |         |            |
| Overall-Group       |         | Position    | 229     | 228     | 222     | 219     | 210     | 211     | 204     | 198     | 163     | 165     |         |         |         |         |         |            |

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

## Runner Splits

| Checkpoint Name     |          | AID1        | LAP1    | AID2    | LAP2    | AID3    | LAP3    | AID4    | LAP4    | AID5    | LAP5    | AID6    | LAP6    | AID7    | LAP7    | AID8    | FINS       |            |
|---------------------|----------|-------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|------------|------------|
| Checkpoint Distance |          | 6.85        | 12.50   | 19.35   | 25.00   | 31.85   | 37.50   | 44.35   | 50.00   | 56.85   | 62.50   | 69.35   | 75.00   | 81.85   | 87.50   | 94.35   | 100.00     |            |
| Checkpoint Delta    |          | 6.85        | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65       |            |
| <b>nonFINS</b>      |          | Time of Day | 0:00:07 | 0:00:09 | 0:00:10 | 0:00:11 | 0:00:13 | 0:00:15 | 0:00:17 | 0:00:18 | 0:00:20 | 0:00:22 |         |         |         |         |            |            |
|                     |          | Time Cum    | 0:01:35 | 0:03:00 | 0:04:33 | 0:05:55 | 0:07:38 | 0:09:09 | 0:11:01 | 0:12:32 | 0:14:44 | 0:16:36 |         |         |         |         |            |            |
| MAX                 | Females  | Time Delta  | 0:01:35 | 0:01:25 | 0:01:32 | 0:01:22 | 0:01:42 | 0:01:31 | 0:01:51 | 0:01:31 | 0:02:11 | 0:01:52 |         |         |         |         |            |            |
| Age                 | 62       | Pace Cum    | 13:52   | 14:25   | 14:07   | 14:12   | 14:23   | 14:39   | 14:54   | 15:03   | 15:33   | 15:57   |         |         |         |         |            |            |
| Group               | F60-69   | Pace Delta  | 13:52   | 15:06   | 13:32   | 14:33   | 15:00   | 16:12   | 16:16   | 16:10   | 19:13   | 19:57   |         |         |         |         |            |            |
| Overall-Group       | Position |             | 229     | 228     | 222     | 219     | 210     | 211     | 204     | 198     | 163     | 165     |         |         |         |         |            |            |
| <b>nonFINS</b>      |          | Time of Day | 0:00:07 | 0:00:09 | 0:00:11 | 0:00:14 | 0:00:16 | 0:00:18 | 0:00:22 | 0:01:00 | 0:01:04 | 0:01:06 |         |         |         |         |            |            |
|                     |          | Time Cum    | 0:01:49 | 0:03:25 | 0:05:55 | 0:08:00 | 0:10:40 | 0:12:43 | 0:16:16 | 0:18:34 | 0:22:33 | 1:00:59 |         |         |         |         |            |            |
| AVG                 | Females  | Time Delta  | 0:01:49 | 0:01:36 | 0:02:29 | 0:02:05 | 0:02:39 | 0:02:03 | 0:03:32 | 0:02:18 | 0:03:58 | 0:02:26 |         |         |         |         |            |            |
| 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     | 248     | 249     | 250     | 249     | 249     | 245     | 246     | 189     | 186     |         |         |         |         |            |            |
| <b>nonFINS</b>      |          | Time of Day | 0:00:07 | 0:00:09 | 0:00:11 | 0:00:14 | 0:00:16 | 0:00:18 | 0:00:22 | 0:01:00 | 0:01:04 | 0:01:06 |         |         |         |         |            |            |
|                     |          | Time Cum    | 0:01:49 | 0:03:25 | 0:05:55 | 0:08:00 | 0:10:40 | 0:12:43 | 0:16:16 | 0:18:34 | 0:22:33 | 1:00:59 |         |         |         |         |            |            |
| MIN                 | Females  | Time Delta  | 0:01:49 | 0:01:36 | 0:02:29 | 0:02:05 | 0:02:39 | 0:02:03 | 0:03:32 | 0:02:18 | 0:03:58 | 0:02:26 |         |         |         |         |            |            |
| 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     | 248     | 249     | 250     | 249     | 249     | 245     | 246     | 189     | 186     |         |         |         |         |            |            |
| <b>nonFINS</b>      |          | Time of Day | 0:00:07 | 0:00:09 | 0:00:11 | 0:00:14 | 0:00:16 | 0:00:18 | 0:00:22 | 0:01:00 | 0:01:04 | 0:01:06 |         |         |         |         |            |            |
|                     |          | Time Cum    | 0:01:49 | 0:03:25 | 0:05:55 | 0:08:00 | 0:10:40 | 0:12:43 | 0:16:16 | 0:18:34 | 0:22:33 | 1:00:59 |         |         |         |         |            |            |
| MAX                 | Females  | Time Delta  | 0:01:49 | 0:01:36 | 0:02:29 | 0:02:05 | 0:02:39 | 0:02:03 | 0:03:32 | 0:02:18 | 0:03:58 | 0:02:26 |         |         |         |         |            |            |
| 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     | 248     | 249     | 250     | 249     | 249     | 245     | 246     | 189     | 186     |         |         |         |         |            |            |
| <b>FINS</b>         |          | Time of Day | 0:00:07 | 0:00:07 | 0:00:09 | 0:00:09 | 0:00:11 | 0:00:12 | 0:00:13 | 0:00:14 | 0:00:16 | 0:00:17 | 0:00:19 | 0:00:20 | 0:00:22 | 0:00:38 | 0:00:40    | 1:02:24:53 |
|                     |          | Time Cum    | 0:01:01 | 0:01:55 | 0:03:00 | 0:03:58 | 0:05:08 | 0:06:13 | 0:07:32 | 0:08:48 | 0:10:16 | 0:11:30 | 0:13:12 | 0:14:27 | 0:16:05 | 0:17:23 | 0:19:06    | 0:20:24:53 |
| AVG                 | Males    | Time Delta  | 0:01:01 | 0:00:54 | 0:01:03 | 0:00:58 | 0:01:09 | 0:01:04 | 0:01:18 | 0:01:16 | 0:01:26 | 0:01:14 | 0:01:40 | 0:01:15 | 0:01:36 | 0:01:17 | 0:01:18:53 |            |
| Age                 | 26       | Pace Cum    | 08:58   | 09:17   | 09:18   | 09:33   | 09:42   | 09:57   | 10:12   | 10:34   | 10:50   | 11:03   | 11:26   | 11:35   | 11:48   | 11:55   | 12:09      | 12:15      |
| Group               | M20-29   | Pace Delta  | 08:58   | 09:40   | 09:21   | 10:23   | 10:13   | 11:26   | 11:31   | 13:31   | 12:46   | 13:18   | 14:48   | 13:26   | 14:09   | 13:52   | 14:57      | 13:58      |
| Overall-Group       | Position |             | 26      | 27      | 28      | 30      | 28      | 30      | 31      | 36      | 31      | 33      | 35      | 34      | 33      | 32      | 32         | 31         |
| <b>FINS</b>         |          | Time of Day | 0:00:06 | 0:00:07 | 0:00:08 | 0:00:09 | 0:00:10 | 0:00:11 | 0:00:12 | 0:00:13 | 0:00:15 | 0:00:16 | 0:00:17 | 0:00:18 | 0:00:20 | 0:00:21 | 0:00:22    | 1:00:06:18 |
|                     |          | Time Cum    | 0:00:55 | 0:01:44 | 0:02:41 | 0:03:33 | 0:04:31 | 0:05:28 | 0:06:37 | 0:07:45 | 0:09:03 | 0:10:13 | 0:11:39 | 0:12:48 | 0:14:07 | 0:15:19 | 0:16:53    | 0:18:06:18 |
| MIN                 | Males    | Time Delta  | 0:00:55 | 0:00:49 | 0:00:56 | 0:00:51 | 0:00:57 | 0:00:54 | 0:01:08 | 0:01:08 | 0:01:15 | 0:01:02 | 0:01:13 | 0:01:05 | 0:01:18 | 0:00:58 | 0:01:17    | 0:01:06:39 |
| Age                 | 23       | 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      |
| Group               | M20-29   | Pace Delta  | 08:02   | 08:45   | 08:15   | 09:09   | 08:19   | 09:42   | 09:58   | 12:03   | 11:01   | 11:04   | 10:43   | 11:32   | 11:24   | 10:23   | 11:18      | 11:48      |
| Overall-Group       | Position |             | 9       | 12      | 11      | 10      | 9       | 9       | 11      | 13      | 11      | 13      | 12      | 12      | 12      | 12      | 12         | 12         |
| <b>FINS</b>         |          | Time of Day | 0:00:07 | 0:00:08 | 0:00:09 | 0:00:10 | 0:00:11 | 0:00:12 | 0:00:14 | 0:00:16 | 0:00:17 | 0:00:18 | 0:00:20 | 0:00:22 | 0:00:23 | 0:01:01 | 0:01:03    | 1:05:11:37 |
|                     |          | Time Cum    | 0:01:09 | 0:02:09 | 0:03:22 | 0:04:26 | 0:05:37 | 0:06:54 | 0:08:32 | 0:10:06 | 0:11:28 | 0:12:46 | 0:14:45 | 0:16:05 | 0:17:57 | 0:19:20 | 0:21:33    | 0:23:11:37 |
| MAX                 | Males    | Time Delta  | 0:01:09 | 0:01:00 | 0:01:13 | 0:01:04 | 0:01:20 | 0:01:28 | 0:01:37 | 0:01:34 | 0:01:51 | 0:01:28 | 0:02:50 | 0:01:31 | 0:02:07 | 0:01:38 | 0:02:12    | 0:01:38:37 |
| Age                 | 29       | Pace Cum    | 10:04   | 10:23   | 10:26   | 10:39   | 10:35   | 11:02   | 11:33   | 12:08   | 12:06   | 12:16   | 12:46   | 12:53   | 13:09   | 13:16   | 13:42      | 13:55      |
| Group               | M20-29   | Pace Delta  | 10:04   | 10:46   | 10:41   | 11:25   | 11:47   | 15:35   | 14:18   | 16:46   | 16:16   | 15:41   | 24:53   | 16:16   | 18:34   | 17:30   | 19:21      | 17:27      |
| Overall-Group       | Position |             | 52      | 57      | 58      | 61      | 49      | 58      | 61      | 85      | 59      | 58      | 66      | 62      | 56      | 53      | 59         | 59         |

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

## Runner Splits

| Checkpoint Name     |                  | AID1    | LAP1    | AID2    | LAP2    | AID3    | LAP3    | AID4    | LAP4    | AID5    | LAP5    | AID6    | LAP6    | AID7    | LAP7    | AID8    | FINS       |
|---------------------|------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|------------|
| Checkpoint Distance |                  | 6.85    | 12.50   | 19.35   | 25.00   | 31.85   | 37.50   | 44.35   | 50.00   | 56.85   | 62.50   | 69.35   | 75.00   | 81.85   | 87.50   | 94.35   | 100.00     |
| Checkpoint Delta    |                  | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65       |
| nonFINS             | Time of Day      | 0:00:07 | 0:00:08 | 0:00:09 | 0:00:10 | 0:00:12 | 0:00:13 | 0:00:14 | 0:00:16 | 0:00:17 | 0:00:18 | 0:00:20 | 0:00:20 |         |         |         |            |
|                     | Time Cum         | 0:01:14 | 0:02:16 | 0:03:32 | 0:04:38 | 0:06:00 | 0:07:14 | 0:08:43 | 0:10:01 | 0:11:12 | 0:12:30 | 0:14:33 | 0:14:30 |         |         |         |            |
| AVG                 | Males Time Delta | 0:01:14 | 0:01:02 | 0:01:14 | 0:01:06 | 0:01:21 | 0:01:13 | 0:01:27 | 0:01:18 | 0:01:41 | 0:01:17 | 0:02:02 | 0:01:25 |         |         |         |            |
| Age 27              | Pace Cum         | 10:50   | 10:58   | 10:58   | 11:08   | 11:19   | 11:36   | 11:48   | 12:02   | 11:50   | 12:00   | 12:35   | 11:36   |         |         |         |            |
| Group M20-29        | Pace Delta       | 10:50   | 11:08   | 10:57   | 11:45   | 11:59   | 13:08   | 12:53   | 13:53   | 14:55   | 13:48   | 17:53   | 15:08   |         |         |         |            |
| Overall-Group       | Position         | 94      | 89      | 83      | 82      | 81      | 82      | 82      | 86      | 58      | 58      | 65      | 32      |         |         |         |            |
| nonFINS             | Time of Day      | 0:00:07 | 0:00:08 | 0:00:09 | 0:00:10 | 0:00:11 | 0:00:12 | 0:00:13 | 0:00:15 | 0:00:16 | 0:00:17 | 0:00:19 | 0:00:20 |         |         |         |            |
|                     | Time Cum         | 0:01:08 | 0:02:06 | 0:03:17 | 0:04:19 | 0:05:36 | 0:06:42 | 0:07:58 | 0:09:06 | 0:10:27 | 0:11:41 | 0:13:05 | 0:14:30 |         |         |         |            |
| MIN                 | Males Time Delta | 0:01:08 | 0:00:58 | 0:01:10 | 0:01:02 | 0:01:12 | 0:01:06 | 0:01:15 | 0:01:07 | 0:01:20 | 0:01:14 | 0:01:23 | 0:01:25 |         |         |         |            |
| Age 23              | Pace Cum         | 09:56   | 10:05   | 10:11   | 10:22   | 10:33   | 10:44   | 10:47   | 10:55   | 11:02   | 11:13   | 11:19   | 11:36   |         |         |         |            |
| Group M20-29        | Pace Delta       | 09:56   | 10:17   | 10:21   | 10:59   | 10:39   | 11:44   | 11:03   | 11:54   | 11:48   | 13:08   | 12:14   | 15:08   |         |         |         |            |
| Overall-Group       | Position         | 47      | 47      | 45      | 47      | 47      | 51      | 45      | 43      | 37      | 35      | 32      | 32      |         |         |         |            |
| nonFINS             | Time of Day      | 0:00:07 | 0:00:08 | 0:00:10 | 0:00:11 | 0:00:12 | 0:00:14 | 0:00:15 | 0:00:16 | 0:00:17 | 0:00:19 | 0:00:22 | 0:00:20 |         |         |         |            |
|                     | Time Cum         | 0:01:23 | 0:02:34 | 0:04:01 | 0:05:19 | 0:06:52 | 0:08:09 | 0:09:32 | 0:10:39 | 0:11:58 | 0:13:19 | 0:16:01 | 0:14:30 |         |         |         |            |
| MAX                 | Males Time Delta | 0:01:23 | 0:01:11 | 0:01:26 | 0:01:18 | 0:01:32 | 0:01:17 | 0:01:38 | 0:01:41 | 0:02:03 | 0:01:21 | 0:02:41 | 0:01:25 |         |         |         |            |
| Age 29              | Pace Cum         | 12:07   | 12:22   | 12:27   | 12:46   | 12:56   | 13:04   | 12:54   | 12:47   | 12:38   | 12:48   | 13:51   | 11:36   |         |         |         |            |
| Group M20-29        | Pace Delta       | 12:07   | 12:40   | 12:37   | 13:52   | 13:32   | 13:46   | 14:26   | 18:00   | 18:01   | 14:29   | 23:32   | 15:08   |         |         |         |            |
| Overall-Group       | Position         | 165     | 168     | 160     | 161     | 153     | 146     | 129     | 119     | 78      | 80      | 98      | 32      |         |         |         |            |
| FINS                | Time of Day      | 0:00:07 | 0:00:08 | 0:00:09 | 0:00:10 | 0:00:11 | 0:00:12 | 0:00:14 | 0:00:15 | 0:00:16 | 0:00:18 | 0:00:20 | 0:00:30 | 0:00:41 | 0:00:48 | 0:00:51 | 1:04:27:00 |
|                     | Time Cum         | 0:01:09 | 0:02:09 | 0:03:20 | 0:04:23 | 0:05:43 | 0:06:51 | 0:08:15 | 0:09:26 | 0:10:57 | 0:12:16 | 0:13:59 | 0:15:28 | 0:17:26 | 0:19:07 | 0:20:52 | 0:22:27:00 |
| AVG                 | Males Time Delta | 0:01:09 | 0:01:00 | 0:01:10 | 0:01:03 | 0:01:16 | 0:01:07 | 0:01:22 | 0:01:11 | 0:01:29 | 0:01:18 | 0:01:42 | 0:01:28 | 0:01:57 | 0:01:40 | 0:01:56 | 0:01:34:22 |
| Age 35              | Pace Cum         | 10:06   | 10:24   | 10:21   | 10:33   | 10:47   | 10:59   | 11:10   | 11:21   | 11:34   | 11:47   | 12:07   | 12:23   | 12:47   | 13:07   | 13:17   | 13:28      |
| Group M30-39        | Pace Delta       | 10:06   | 10:45   | 10:26   | 11:12   | 11:14   | 12:06   | 12:11   | 12:48   | 13:11   | 14:02   | 15:02   | 15:47   | 17:11   | 17:50   | 17:03   | 16:42      |
| Overall-Group       | Position         | 73      | 74      | 69      | 70      | 71      | 70      | 70      | 69      | 58      | 59      | 57      | 57      | 57      | 58      | 56      | 57         |
| FINS                | Time of Day      | 0:00:06 | 0:00:07 | 0:00:08 | 0:00:09 | 0:00:10 | 0:00:10 | 0:00:11 | 0:00:12 | 0:00:13 | 0:00:14 | 0:00:15 | 0:00:16 | 0:00:17 | 0:00:18 | 0:00:19 | 0:20:07:21 |
|                     | Time Cum         | 0:00:53 | 0:01:37 | 0:02:32 | 0:03:17 | 0:04:10 | 0:04:58 | 0:05:54 | 0:06:43 | 0:07:41 | 0:08:32 | 0:09:33 | 0:10:24 | 0:11:26 | 0:12:19 | 0:13:18 | 0:14:07:21 |
| MIN                 | Males Time Delta | 0:00:53 | 0:00:44 | 0:00:54 | 0:00:45 | 0:00:52 | 0:00:48 | 0:00:56 | 0:00:49 | 0:00:57 | 0:00:51 | 0:01:00 | 0:00:51 | 0:01:01 | 0:00:53 | 0:00:58 | 0:00:49:21 |
| 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       | 3       | 2       | 2       | 2       | 2       | 2       | 2       | 2       | 2       | 1       | 1       | 1       | 1       | 1       | 1          |
| FINS                | Time of Day      | 0:00:07 | 0:00:08 | 0:00:10 | 0:00:11 | 0:00:13 | 0:00:14 | 0:00:16 | 0:00:17 | 0:00:19 | 0:00:21 | 0:00:23 | 0:01:01 | 0:01:04 | 0:01:06 | 0:01:08 | 1:10:53:49 |
|                     | Time Cum         | 0:01:22 | 0:02:39 | 0:04:08 | 0:05:25 | 0:07:09 | 0:08:32 | 0:10:21 | 0:11:48 | 0:13:41 | 0:15:13 | 0:17:28 | 0:19:22 | 0:22:01 | 1:00:01 | 1:02:28 | 1:04:53:49 |
| MAX                 | Males Time Delta | 0:01:22 | 0:01:17 | 0:01:35 | 0:01:18 | 0:01:43 | 0:01:25 | 0:01:48 | 0:01:27 | 0:01:52 | 0:02:07 | 0:02:40 | 0:02:05 | 0:03:07 | 0:03:17 | 0:03:27 | 0:02:41:49 |
| Age 39              | Pace Cum         | 11:58   | 12:44   | 12:49   | 13:00   | 13:28   | 13:39   | 14:00   | 14:10   | 14:26   | 14:37   | 15:07   | 15:30   | 16:08   | 16:28   | 16:50   | 17:20      |
| Group M30-39        | Pace Delta       | 11:58   | 13:40   | 13:54   | 13:58   | 15:11   | 15:08   | 15:54   | 15:27   | 16:27   | 22:36   | 23:22   | 22:13   | 27:21   | 34:59   | 30:16   | 28:38      |
| Overall-Group       | Position         | 155     | 178     | 180     | 177     | 177     | 169     | 168     | 165     | 141     | 139     | 130     | 132     | 127     | 124     | 122     | 131        |
| nonFINS             | Time of Day      | 0:00:07 | 0:00:08 | 0:00:09 | 0:00:11 | 0:00:12 | 0:00:14 | 0:00:15 | 0:00:17 | 0:00:19 | 0:00:20 | 0:00:21 | 0:00:41 | 0:01:03 | 0:01:05 |         |            |
|                     | Time Cum         | 0:01:18 | 0:02:30 | 0:03:51 | 0:05:06 | 0:06:38 | 0:08:00 | 0:09:48 | 0:11:20 | 0:13:05 | 0:14:28 | 0:15:54 | 0:17:58 | 0:21:50 | 0:23:42 |         |            |
| AVG                 | Males Time Delta | 0:01:18 | 0:01:11 | 0:01:20 | 0:01:14 | 0:01:31 | 0:01:22 | 0:01:39 | 0:01:32 | 0:01:48 | 0:01:46 | 0:01:57 | 0:02:03 | 0:02:42 | 0:01:52 |         |            |
| Age 35              | Pace Cum         | 11:31   | 12:01   | 11:58   | 12:16   | 12:30   | 12:50   | 13:16   | 13:37   | 13:49   | 13:54   | 13:46   | 14:23   | 16:00   | 16:15   |         |            |
| Group M30-39        | Pace Delta       | 11:31   | 12:38   | 11:53   | 13:15   | 13:23   | 14:39   | 14:32   | 16:24   | 15:55   | 18:58   | 17:15   | 22:00   | 23:46   | 19:54   |         |            |
| Overall-Group       | Position         | 131     | 136     | 132     | 135     | 133     | 136     | 139     | 142     | 116     | 110     | 91      | 100     | 121     | 115     |         |            |

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

## Runner Splits

| Checkpoint Name     |          | AID1        | LAP1    | AID2    | LAP2    | AID3    | LAP3    | AID4    | LAP4    | AID5    | LAP5    | AID6    | LAP6    | AID7    | LAP7    | AID8    | FINS    |            |
|---------------------|----------|-------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|------------|
| Checkpoint Distance |          | 6.85        | 12.50   | 19.35   | 25.00   | 31.85   | 37.50   | 44.35   | 50.00   | 56.85   | 62.50   | 69.35   | 75.00   | 81.85   | 87.50   | 94.35   | 100.00  |            |
| Checkpoint Delta    |          | 6.85        | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    |            |
| <b>nonFINS</b>      |          | Time of Day | 0:00:06 | 0:00:07 | 0:00:08 | 0:00:09 | 0:00:10 | 0:00:11 | 0:00:13 | 0:00:14 | 0:00:17 | 0:00:18 | 0:00:19 | 0:00:21 | 0:01:03 | 0:01:05 |         |            |
|                     |          | Time Cum    | 0:00:56 | 0:01:45 | 0:02:43 | 0:03:38 | 0:04:55 | 0:05:56 | 0:07:39 | 0:08:47 | 0:11:13 | 0:12:23 | 0:13:49 | 0:15:09 | 0:21:50 | 0:23:42 |         |            |
| MIN                 | Males    | Time Delta  | 0:00:56 | 0:00:49 | 0:00:57 | 0:00:55 | 0:01:08 | 0:01:01 | 0:01:11 | 0:01:00 | 0:01:19 | 0:01:10 | 0:01:25 | 0:01:20 | 0:02:42 | 0:01:52 |         |            |
| Age                 | 31       | Pace Cum    | 08:11   | 08:27   | 08:25   | 08:44   | 09:16   | 09:31   | 10:21   | 10:33   | 11:50   | 11:54   | 11:57   | 12:08   | 16:00   | 16:15   |         |            |
| Group               | M30-39   | Pace Delta  | 08:11   | 08:46   | 08:23   | 09:48   | 09:58   | 10:54   | 10:26   | 10:40   | 11:33   | 12:27   | 12:30   | 14:20   | 23:46   | 19:54   |         |            |
| Overall-Group       | Position |             | 12      | 14      | 12      | 15      | 19      | 19      | 29      | 30      | 52      | 46      | 44      | 42      | 121     | 115     |         |            |
| <b>nonFINS</b>      |          | Time of Day | 0:00:07 | 0:00:09 | 0:00:10 | 0:00:12 | 0:00:14 | 0:00:15 | 0:00:17 | 0:00:19 | 0:00:21 | 0:00:22 | 0:00:23 | 0:01:01 | 0:01:03 | 0:01:05 |         |            |
|                     |          | Time Cum    | 0:01:39 | 0:03:16 | 0:04:51 | 0:06:16 | 0:08:04 | 0:09:40 | 0:11:27 | 0:13:44 | 0:15:07 | 0:16:38 | 0:17:36 | 0:19:58 | 0:21:50 | 0:23:42 |         |            |
| MAX                 | Males    | Time Delta  | 0:01:39 | 0:01:37 | 0:01:36 | 0:01:29 | 0:01:57 | 0:01:47 | 0:02:07 | 0:02:17 | 0:02:08 | 0:03:03 | 0:02:25 | 0:02:59 | 0:02:42 | 0:01:52 |         |            |
| Age                 | 39       | Pace Cum    | 14:27   | 15:41   | 15:02   | 15:03   | 15:12   | 15:29   | 15:29   | 16:30   | 15:57   | 15:59   | 15:14   | 15:59   | 16:00   | 16:15   |         |            |
| Group               | M30-39   | Pace Delta  | 14:27   | 17:11   | 14:04   | 15:47   | 17:12   | 19:02   | 18:33   | 24:25   | 18:42   | 32:29   | 21:15   | 31:49   | 23:46   | 19:54   |         |            |
| Overall-Group       | Position |             | 240     | 241     | 241     | 240     | 238     | 237     | 222     | 236     | 172     | 167     | 132     | 144     | 121     | 115     |         |            |
| <b>FINS</b>         |          | Time of Day | 0:00:07 | 0:00:08 | 0:00:09 | 0:00:10 | 0:00:11 | 0:00:13 | 0:00:14 | 0:00:15 | 0:00:17 | 0:00:18 | 0:00:21 | 0:00:25 | 0:00:38 | 0:00:43 | 0:00:50 | 1:03:56:04 |
|                     |          | Time Cum    | 0:01:11 | 0:02:14 | 0:03:27 | 0:04:32 | 0:05:51 | 0:06:59 | 0:08:24 | 0:09:35 | 0:11:04 | 0:12:19 | 0:13:56 | 0:15:17 | 0:16:51 | 0:18:20 | 0:20:23 | 0:21:56:04 |
| AVG                 | Males    | Time Delta  | 0:01:11 | 0:01:02 | 0:01:12 | 0:01:04 | 0:01:18 | 0:01:08 | 0:01:23 | 0:01:11 | 0:01:27 | 0:01:15 | 0:01:35 | 0:01:21 | 0:01:42 | 0:01:29 | 0:01:50 | 0:01:32:07 |
| Age                 | 44       | Pace Cum    | 10:30   | 10:47   | 10:43   | 10:55   | 11:02   | 11:13   | 11:22   | 11:31   | 11:41   | 11:51   | 12:04   | 12:15   | 12:21   | 12:35   | 12:58   | 13:10      |
| Group               | M40-49   | Pace Delta  | 10:30   | 11:09   | 10:37   | 11:33   | 11:28   | 12:13   | 12:13   | 12:44   | 12:55   | 13:25   | 14:03   | 14:28   | 14:58   | 15:55   | 16:13   | 16:18      |
| Overall-Group       | Position |             | 90      | 88      | 82      | 81      | 80      | 79      | 76      | 74      | 61      | 60      | 55      | 55      | 49      | 49      | 51      | 51         |
| <b>FINS</b>         |          | Time of Day | 0:00:06 | 0:00:07 | 0:00:08 | 0:00:09 | 0:00:10 | 0:00:11 | 0:00:12 | 0:00:16 | 0:00:13 | 0:00:14 | 0:00:15 | 0:00:16 | 0:00:17 | 0:00:18 | 0:00:19 | 0:20:33:59 |
|                     |          | Time Cum    | 0:00:52 | 0:01:37 | 0:02:32 | 0:03:24 | 0:04:12 | 0:05:01 | 0:06:04 | 0:06:56 | 0:07:56 | 0:08:46 | 0:09:46 | 0:10:42 | 0:11:43 | 0:12:36 | 0:13:38 | 0:14:33:59 |
| MIN                 | Males    | Time Delta  | 0:00:52 | 0:00:45 | 0:00:51 | 0:00:50 | 0:00:47 | 0:00:49 | 0:00:56 | 0:00:50 | 0:00:58 | 0:00:50 | 0:00:59 | 0:00:52 | 0:01:00 | 0:00:53 | 0:01:01 | 0:00:55:16 |
| Age                 | 40       | Pace Cum    | 07:35   | 07:50   | 07:51   | 08:10   | 07:55   | 08:02   | 08:12   | 08:20   | 08:22   | 08:26   | 08:27   | 08:34   | 08:35   | 08:39   | 08:40   | 08:44      |
| Group               | M40-49   | Pace Delta  | 07:35   | 08:07   | 07:28   | 09:01   | 06:57   | 08:44   | 08:17   | 09:00   | 08:31   | 08:59   | 08:39   | 09:19   | 08:50   | 09:27   | 09:00   | 09:47      |
| Overall-Group       | Position |             | 2       | 4       | 2       | 4       | 3       | 4       | 4       | 4       | 3       | 3       | 2       | 2       | 2       | 2       | 2       | 2          |
| <b>FINS</b>         |          | Time of Day | 0:00:07 | 0:00:09 | 0:00:10 | 0:00:12 | 0:00:13 | 0:00:15 | 0:00:17 | 0:00:18 | 0:00:20 | 0:00:22 | 0:01:01 | 0:01:03 | 0:01:05 | 0:01:07 | 0:01:09 | 1:11:00:06 |
|                     |          | Time Cum    | 0:01:37 | 0:03:16 | 0:04:42 | 0:06:06 | 0:07:45 | 0:09:13 | 0:11:12 | 0:12:48 | 0:14:52 | 0:16:44 | 0:19:24 | 0:21:26 | 0:23:37 | 1:01:14 | 1:03:17 | 1:05:00:06 |
| MAX                 | Males    | Time Delta  | 0:01:37 | 0:01:39 | 0:01:28 | 0:01:26 | 0:01:51 | 0:01:32 | 0:01:58 | 0:01:36 | 0:02:03 | 0:01:52 | 0:02:46 | 0:02:38 | 0:03:03 | 0:02:27 | 0:03:03 | 0:03:26:39 |
| Age                 | 49       | Pace Cum    | 14:10   | 15:41   | 14:34   | 14:40   | 14:36   | 14:46   | 15:09   | 15:22   | 15:41   | 16:04   | 16:47   | 17:09   | 17:19   | 17:19   | 17:21   | 17:24      |
| Group               | M40-49   | Pace Delta  | 14:10   | 17:32   | 12:54   | 15:23   | 16:13   | 16:22   | 17:18   | 17:02   | 18:05   | 19:53   | 24:15   | 28:04   | 26:46   | 26:05   | 26:49   | 36:35      |
| Overall-Group       | Position |             | 237     | 239     | 235     | 235     | 223     | 217     | 214     | 209     | 169     | 168     | 156     | 155     | 140     | 135     | 131     | 132        |
| <b>nonFINS</b>      |          | Time of Day | 0:00:07 | 0:00:08 | 0:00:09 | 0:00:10 | 0:00:12 | 0:00:13 | 0:00:15 | 0:00:16 | 0:00:18 | 0:00:19 | 0:00:22 | 0:00:35 | 0:01:01 | 0:01:02 |         |            |
|                     |          | Time Cum    | 0:01:14 | 0:02:18 | 0:03:37 | 0:04:47 | 0:06:18 | 0:07:38 | 0:09:23 | 0:10:48 | 0:12:03 | 0:13:33 | 0:16:04 | 0:17:41 | 0:19:01 | 0:20:58 |         |            |
| AVG                 | Males    | Time Delta  | 0:01:14 | 0:01:04 | 0:01:17 | 0:01:10 | 0:01:29 | 0:01:20 | 0:01:43 | 0:01:25 | 0:01:48 | 0:01:29 | 0:01:54 | 0:01:37 | 0:02:09 | 0:01:57 |         |            |
| Age                 | 44       | Pace Cum    | 10:48   | 11:09   | 11:13   | 11:31   | 11:53   | 12:15   | 12:42   | 12:58   | 12:43   | 13:01   | 13:54   | 14:10   | 13:56   | 14:23   |         |            |
| Group               | M40-49   | Pace Delta  | 10:48   | 11:35   | 11:21   | 12:33   | 13:12   | 14:15   | 15:11   | 15:08   | 15:57   | 16:01   | 16:47   | 17:24   | 18:55   | 20:46   |         |            |
| Overall-Group       | Position |             | 103     | 106     | 104     | 106     | 112     | 116     | 120     | 122     | 94      | 93      | 99      | 96      | 77      | 80      |         |            |
| <b>nonFINS</b>      |          | Time of Day | 0:00:06 | 0:00:07 | 0:00:08 | 0:00:09 | 0:00:09 | 0:00:10 | 0:00:11 | 0:00:12 | 0:00:13 | 0:00:13 | 0:00:21 | 0:00:22 | 0:01:01 | 0:01:02 |         |            |
|                     |          | Time Cum    | 0:00:50 | 0:01:32 | 0:02:22 | 0:03:16 | 0:03:53 | 0:04:35 | 0:05:26 | 0:06:11 | 0:07:08 | 0:07:59 | 0:15:27 | 0:16:51 | 0:19:01 | 0:20:58 |         |            |
| MIN                 | Males    | Time Delta  | 0:00:50 | 0:00:42 | 0:00:49 | 0:00:54 | 0:00:36 | 0:00:42 | 0:00:50 | 0:00:45 | 0:00:56 | 0:00:51 | 0:01:36 | 0:01:23 | 0:02:09 | 0:01:57 |         |            |
| Age                 | 40       | Pace Cum    | 07:18   | 07:23   | 07:20   | 07:51   | 07:19   | 07:21   | 07:21   | 07:26   | 07:32   | 07:41   | 13:22   | 13:29   | 13:56   | 14:23   |         |            |
| Group               | M40-49   | Pace Delta  | 07:18   | 07:28   | 07:16   | 09:34   | 05:23   | 07:29   | 07:24   | 08:04   | 08:14   | 09:12   | 14:05   | 14:49   | 18:55   | 20:46   |         |            |
| Overall-Group       | Position |             | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 1       | 86      | 78      | 77      | 80      |         |            |

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

## Runner Splits

| Checkpoint Name     |          | AID1        | LAP1    | AID2    | LAP2    | AID3    | LAP3    | AID4    | LAP4    | AID5    | LAP5    | AID6    | LAP6    | AID7    | LAP7    | AID8    | FINS       |            |
|---------------------|----------|-------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|------------|------------|
| Checkpoint Distance |          | 6.85        | 12.50   | 19.35   | 25.00   | 31.85   | 37.50   | 44.35   | 50.00   | 56.85   | 62.50   | 69.35   | 75.00   | 81.85   | 87.50   | 94.35   | 100.00     |            |
| Checkpoint Delta    |          | 6.85        | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65       |            |
| <b>nonFINS</b>      |          | Time of Day | 0:00:07 | 0:00:08 | 0:00:10 | 0:00:11 | 0:00:13 | 0:00:15 | 0:00:17 | 0:00:19 | 0:00:21 | 0:00:23 | 0:00:23 | 0:01:01 | 0:01:01 | 0:01:02 |            |            |
|                     |          | Time Cum    | 0:01:29 | 0:02:43 | 0:04:21 | 0:05:48 | 0:07:52 | 0:09:40 | 0:11:58 | 0:13:54 | 0:15:32 | 0:17:44 | 0:17:15 | 0:19:21 | 0:19:01 | 0:20:58 |            |            |
| MAX                 | Males    | Time Delta  | 0:01:29 | 0:01:19 | 0:01:39 | 0:01:30 | 0:02:11 | 0:01:52 | 0:03:05 | 0:01:56 | 0:02:24 | 0:02:12 | 0:02:10 | 0:02:06 | 0:02:09 | 0:01:57 |            |            |
| Age                 | 48       | Pace Cum    | 13:00   | 13:06   | 13:29   | 13:56   | 14:49   | 15:30   | 16:11   | 16:42   | 16:24   | 17:02   | 14:55   | 15:29   | 13:56   | 14:23   |            |            |
| Group               | M40-49   | Pace Delta  | 13:00   | 14:08   | 14:31   | 16:01   | 19:13   | 19:57   | 27:03   | 20:41   | 21:07   | 23:31   | 19:05   | 22:25   | 18:55   | 20:46   |            |            |
| Overall-Group       | Position |             | 207     | 192     | 198     | 200     | 231     | 238     | 236     | 237     | 180     | 181     | 122     | 131     | 77      | 80      |            |            |
| <b>FINS</b>         |          | Time of Day | 0:00:07 | 0:00:08 | 0:00:09 | 0:00:10 | 0:00:12 | 0:00:13 | 0:00:14 | 0:00:16 | 0:00:17 | 0:00:19 | 0:00:23 | 0:00:34 | 0:00:47 | 0:01:02 | 1:06:35:59 |            |
|                     |          | Time Cum    | 0:01:13 | 0:02:19 | 0:03:37 | 0:04:47 | 0:06:11 | 0:07:25 | 0:08:55 | 0:10:14 | 0:11:54 | 0:13:19 | 0:15:15 | 0:16:56 | 0:18:57 | 0:20:45 | 0:22:56    | 1:00:35:59 |
| AVG                 | Males    | Time Delta  | 0:01:13 | 0:01:05 | 0:01:17 | 0:01:09 | 0:01:23 | 0:01:14 | 0:01:28 | 0:01:18 | 0:01:38 | 0:01:25 | 0:01:53 | 0:01:40 | 0:02:02 | 0:01:47 | 0:02:10    | 0:01:39:30 |
| Age                 | 53       | Pace Cum    | 10:43   | 11:11   | 11:16   | 11:30   | 11:40   | 11:54   | 12:05   | 12:18   | 12:34   | 12:48   | 13:12   | 13:33   | 13:54   | 14:14   | 14:35      | 14:46      |
| Group               | M50-59   | Pace Delta  | 10:43   | 11:43   | 11:26   | 12:20   | 12:16   | 13:13   | 13:04   | 14:00   | 14:28   | 15:13   | 16:37   | 17:53   | 17:55   | 19:11   | 19:05      | 17:37      |
| Overall-Group       | Position |             | 91      | 96      | 97      | 98      | 98      | 99      | 96      | 97      | 83      | 83      | 80      | 82      | 76      | 76      | 76         | 75         |
| <b>FINS</b>         |          | Time of Day | 0:00:06 | 0:00:07 | 0:00:08 | 0:00:09 | 0:00:10 | 0:00:11 | 0:00:12 | 0:00:12 | 0:00:13 | 0:00:14 | 0:00:16 | 0:00:17 | 0:00:18 | 0:00:19 | 0:00:20    | 0:21:38:37 |
|                     |          | Time Cum    | 0:00:52 | 0:01:37 | 0:02:32 | 0:03:19 | 0:04:12 | 0:05:00 | 0:06:00 | 0:06:53 | 0:07:57 | 0:08:52 | 0:10:00 | 0:11:00 | 0:12:19 | 0:13:24 | 0:14:36    | 0:15:38:37 |
| MIN                 | Males    | Time Delta  | 0:00:52 | 0:00:45 | 0:00:54 | 0:00:47 | 0:00:52 | 0:00:48 | 0:00:59 | 0:00:53 | 0:01:03 | 0:00:55 | 0:01:07 | 0:01:00 | 0:01:18 | 0:01:05 | 0:01:11    | 0:01:02:37 |
| Age                 | 50       | 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      |
| Group               | M50-59   | 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      |
| Overall-Group       | Position |             | 2       | 2       | 2       | 3       | 3       | 3       | 3       | 3       | 4       | 5       | 5       | 5       | 5       | 5       | 5          | 5          |
| <b>FINS</b>         |          | Time of Day | 0:00:07 | 0:00:09 | 0:00:11 | 0:00:13 | 0:00:14 | 0:00:15 | 0:00:17 | 0:00:18 | 0:00:20 | 0:00:22 | 0:01:00 | 0:01:02 | 0:01:04 | 0:01:06 | 0:01:08    | 1:10:32:41 |
|                     |          | Time Cum    | 0:01:48 | 0:03:29 | 0:05:26 | 0:07:09 | 0:08:38 | 0:09:58 | 0:11:43 | 0:12:58 | 0:14:49 | 0:16:23 | 0:18:33 | 0:20:21 | 0:22:38 | 1:00:30 | 1:02:41    | 1:04:32:41 |
| MAX                 | Males    | Time Delta  | 0:01:48 | 0:01:41 | 0:01:56 | 0:01:43 | 0:01:53 | 0:01:40 | 0:01:51 | 0:01:35 | 0:02:24 | 0:01:41 | 0:02:32 | 0:03:37 | 0:02:32 | 0:02:54 | 0:03:26    | 0:02:49:52 |
| Age                 | 59       | 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   | 16:35   | 16:48   | 16:58      | 17:08      |
| Group               | M50-59   | Pace Delta  | 15:46   | 17:59   | 17:00   | 18:17   | 16:32   | 17:45   | 16:14   | 16:50   | 21:02   | 18:01   | 22:14   | 38:26   | 22:12   | 30:50   | 30:05      | 30:04      |
| Overall-Group       | Position |             | 246     | 249     | 247     | 248     | 245     | 242     | 231     | 218     | 168     | 160     | 148     | 148     | 132     | 132     | 129        | 127        |
| <b>nonFINS</b>      |          | Time of Day | 0:00:07 | 0:00:08 | 0:00:10 | 0:00:11 | 0:00:13 | 0:00:14 | 0:00:16 | 0:00:18 | 0:00:20 | 0:00:21 | 0:00:35 | 0:00:49 | 0:01:08 | 0:01:11 |            |            |
|                     |          | Time Cum    | 0:01:20 | 0:02:35 | 0:04:05 | 0:05:25 | 0:07:11 | 0:08:43 | 0:10:41 | 0:12:19 | 0:14:05 | 0:15:58 | 0:17:28 | 0:19:29 | 1:02:05 | 1:05:08 |            |            |
| AVG                 | Males    | Time Delta  | 0:01:20 | 0:01:15 | 0:01:29 | 0:01:19 | 0:01:45 | 0:01:31 | 0:01:54 | 0:01:37 | 0:02:09 | 0:01:53 | 0:02:22 | 0:02:01 | 0:03:42 | 0:03:03 |            |            |
| Age                 | 53       | Pace Cum    | 11:41   | 12:29   | 12:42   | 13:02   | 13:33   | 13:58   | 14:28   | 14:48   | 14:52   | 15:20   | 15:07   | 15:36   | 19:07   | 19:59   |            |            |
| Group               | M50-59   | Pace Delta  | 11:41   | 13:28   | 13:06   | 14:09   | 15:28   | 16:18   | 16:44   | 17:23   | 19:00   | 20:06   | 20:49   | 21:32   | 32:31   | 32:26   |            |            |
| Overall-Group       | Position |             | 137     | 155     | 159     | 163     | 169     | 172     | 176     | 180     | 146     | 148     | 122     | 122     | 147     | 146     |            |            |
| <b>nonFINS</b>      |          | Time of Day | 0:00:07 | 0:00:08 | 0:00:09 | 0:00:10 | 0:00:12 | 0:00:13 | 0:00:15 | 0:00:16 | 0:00:18 | 0:00:19 | 0:00:22 | 0:00:23 | 0:01:08 | 0:01:11 |            |            |
|                     |          | Time Cum    | 0:01:10 | 0:02:15 | 0:03:36 | 0:04:42 | 0:06:12 | 0:07:27 | 0:09:03 | 0:10:25 | 0:12:10 | 0:13:53 | 0:16:04 | 0:17:52 | 1:02:05 | 1:05:08 |            |            |
| MIN                 | Males    | Time Delta  | 0:01:10 | 0:01:02 | 0:01:19 | 0:01:06 | 0:01:24 | 0:01:15 | 0:01:34 | 0:01:22 | 0:01:44 | 0:01:43 | 0:02:10 | 0:01:48 | 0:03:42 | 0:03:03 |            |            |
| Age                 | 50       | Pace Cum    | 10:13   | 10:48   | 11:10   | 11:18   | 11:41   | 11:56   | 12:15   | 12:30   | 12:50   | 13:20   | 13:54   | 14:18   | 19:07   | 19:59   |            |            |
| Group               | M50-59   | Pace Delta  | 10:13   | 11:08   | 11:39   | 11:47   | 12:19   | 13:19   | 13:45   | 14:32   | 15:19   | 18:18   | 19:00   | 19:15   | 32:31   | 32:26   |            |            |
| Overall-Group       | Position |             | 62      | 74      | 82      | 83      | 91      | 95      | 100     | 99      | 91      | 103     | 99      | 100     | 147     | 146     |            |            |
| <b>nonFINS</b>      |          | Time of Day | 0:00:07 | 0:00:09 | 0:00:11 | 0:00:12 | 0:00:14 | 0:00:17 | 0:00:19 | 0:00:22 | 0:00:21 | 0:00:23 | 0:01:02 | 0:01:04 | 0:01:08 | 0:01:11 |            |            |
|                     |          | Time Cum    | 0:01:32 | 0:03:16 | 0:05:02 | 0:06:40 | 0:08:59 | 0:11:14 | 0:13:52 | 0:16:00 | 0:15:22 | 0:17:15 | 0:20:00 | 0:22:22 | 1:02:05 | 1:05:08 |            |            |
| MAX                 | Males    | Time Delta  | 0:01:32 | 0:02:05 | 0:01:45 | 0:01:38 | 0:02:18 | 0:02:15 | 0:02:37 | 0:02:08 | 0:02:43 | 0:02:14 | 0:02:45 | 0:02:22 | 0:03:42 | 0:03:03 |            |            |
| Age                 | 59       | Pace Cum    | 13:26   | 15:41   | 15:36   | 16:01   | 16:55   | 18:00   | 18:46   | 19:12   | 16:13   | 16:34   | 17:18   | 17:54   | 19:07   | 19:59   |            |            |
| Group               | M50-59   | Pace Delta  | 13:26   | 22:09   | 15:27   | 17:24   | 20:15   | 24:04   | 22:56   | 22:42   | 23:54   | 23:47   | 24:11   | 25:11   | 32:31   | 32:26   |            |            |
| Overall-Group       | Position |             | 215     | 244     | 244     | 245     | 247     | 247     | 243     | 244     | 178     | 175     | 161     | 163     | 147     | 146     |            |            |

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

## Runner Splits

| Checkpoint Name     |                  | AID1    | LAP1    | AID2    | LAP2    | AID3    | LAP3    | AID4    | LAP4    | AID5    | LAP5    | AID6    | LAP6    | AID7    | LAP7    | AID8    | FINS       |
|---------------------|------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|------------|
| Checkpoint Distance |                  | 6.85    | 12.50   | 19.35   | 25.00   | 31.85   | 37.50   | 44.35   | 50.00   | 56.85   | 62.50   | 69.35   | 75.00   | 81.85   | 87.50   | 94.35   | 100.00     |
| Checkpoint Delta    |                  | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65       |
| <b>FINS</b>         | Time of Day      | 0:00:07 | 0:00:08 | 0:00:10 | 0:00:11 | 0:00:12 | 0:00:14 | 0:00:15 | 0:00:17 | 0:00:19 | 0:00:20 | 0:00:28 | 0:00:48 | 0:00:50 | 0:00:58 | 0:01:06 | 1:08:12:05 |
|                     | Time Cum         | 0:01:25 | 0:02:41 | 0:04:06 | 0:05:22 | 0:06:53 | 0:08:16 | 0:09:57 | 0:11:24 | 0:13:14 | 0:14:42 | 0:16:36 | 0:18:18 | 0:20:27 | 0:22:15 | 1:00:24 | 1:02:12:05 |
| AVG                 | Males Time Delta | 0:01:25 | 0:01:16 | 0:01:24 | 0:01:15 | 0:01:30 | 0:01:23 | 0:01:39 | 0:01:26 | 0:01:49 | 0:01:27 | 0:01:53 | 0:01:41 | 0:02:08 | 0:01:47 | 0:02:07 | 0:01:48:05 |
| Age 63              | Pace Cum         | 12:27   | 12:55   | 12:44   | 12:54   | 13:00   | 13:16   | 13:28   | 13:42   | 13:59   | 14:07   | 14:22   | 14:39   | 15:00   | 15:16   | 15:31   | 15:43      |
| Group M60-69        | Pace Delta       | 12:27   | 13:30   | 12:22   | 13:29   | 13:20   | 14:48   | 14:35   | 15:25   | 16:04   | 15:35   | 16:40   | 18:01   | 18:52   | 19:08   | 18:43   | 19:08      |
| Overall-Group       | Position         | 155     | 159     | 159     | 158     | 150     | 150     | 146     | 147     | 120     | 117     | 106     | 106     | 98      | 97      | 95      | 97         |
| <b>FINS</b>         | Time of Day      | 0:00:07 | 0:00:08 | 0:00:09 | 0:00:10 | 0:00:11 | 0:00:13 | 0:00:14 | 0:00:15 | 0:00:17 | 0:00:18 | 0:00:19 | 0:00:20 | 0:00:22 | 0:00:23 | 0:01:01 | 1:02:19:21 |
|                     | Time Cum         | 0:01:09 | 0:02:12 | 0:03:29 | 0:04:36 | 0:05:58 | 0:07:11 | 0:08:38 | 0:09:51 | 0:11:09 | 0:12:14 | 0:13:34 | 0:14:43 | 0:16:18 | 0:17:22 | 0:19:00 | 0:20:19:21 |
| MIN                 | Males Time Delta | 0:01:09 | 0:01:03 | 0:01:16 | 0:01:07 | 0:01:19 | 0:01:10 | 0:01:25 | 0:01:13 | 0:01:17 | 0:01:05 | 0:01:19 | 0:01:09 | 0:01:34 | 0:01:04 | 0:01:37 | 0:01:19:21 |
| Age 61              | Pace Cum         | 10:04   | 10:34   | 10:48   | 11:03   | 11:14   | 11:31   | 11:41   | 11:50   | 11:46   | 11:46   | 11:44   | 11:47   | 11:57   | 11:55   | 12:05   | 12:12      |
| Group M60-69        | Pace Delta       | 10:04   | 11:10   | 11:13   | 11:53   | 11:35   | 12:25   | 12:32   | 12:59   | 11:20   | 11:41   | 11:32   | 12:15   | 13:50   | 11:30   | 14:10   | 14:03      |
| Overall-Group       | Position         | 52      | 62      | 67      | 73      | 70      | 75      | 72      | 72      | 49      | 44      | 39      | 36      | 33      | 31      | 31      | 30         |
| <b>FINS</b>         | Time of Day      | 0:00:07 | 0:00:09 | 0:00:10 | 0:00:12 | 0:00:13 | 0:00:15 | 0:00:17 | 0:00:18 | 0:00:20 | 0:00:22 | 0:01:00 | 0:01:02 | 0:01:05 | 0:01:07 | 0:01:09 | 1:11:13:39 |
|                     | Time Cum         | 0:01:49 | 0:03:16 | 0:04:46 | 0:06:04 | 0:07:41 | 0:09:15 | 0:11:01 | 0:12:33 | 0:14:45 | 0:16:29 | 0:18:55 | 0:20:57 | 0:23:23 | 1:01:25 | 1:03:31 | 1:05:13:39 |
| MAX                 | Males Time Delta | 0:01:49 | 0:01:33 | 0:01:30 | 0:01:25 | 0:01:43 | 0:01:34 | 0:01:55 | 0:01:35 | 0:02:13 | 0:01:44 | 0:02:25 | 0:02:07 | 0:02:45 | 0:02:14 | 0:02:32 | 0:02:07:52 |
| Age 66              | Pace Cum         | 15:55   | 15:41   | 14:47   | 14:35   | 14:28   | 14:48   | 14:54   | 15:04   | 15:34   | 15:50   | 16:22   | 16:46   | 17:08   | 17:26   | 17:30   | 17:32      |
| Group M60-69        | Pace Delta       | 15:55   | 16:31   | 13:14   | 15:07   | 15:07   | 16:41   | 16:48   | 16:57   | 19:27   | 18:27   | 21:16   | 22:33   | 24:11   | 23:48   | 22:16   | 22:38      |
| Overall-Group       | Position         | 248     | 244     | 238     | 233     | 217     | 218     | 204     | 199     | 164     | 163     | 152     | 152     | 138     | 140     | 133     | 134        |
| <b>nonFINS</b>      | Time of Day      | 0:00:07 | 0:00:08 | 0:00:10 | 0:00:12 | 0:00:14 | 0:00:15 | 0:00:17 | 0:00:19 | 0:00:21 | 0:00:41 | 0:00:23 | 0:01:01 |         |         |         |            |
|                     | Time Cum         | 0:01:31 | 0:02:58 | 0:04:35 | 0:06:08 | 0:08:04 | 0:09:43 | 0:11:22 | 0:13:02 | 0:15:17 | 0:17:16 | 0:17:59 | 0:19:58 |         |         |         |            |
| AVG                 | Males Time Delta | 0:01:31 | 0:01:27 | 0:01:35 | 0:01:32 | 0:01:55 | 0:01:39 | 0:01:58 | 0:01:39 | 0:02:17 | 0:01:58 | 0:02:07 | 0:01:59 |         |         |         |            |
| Age 63              | Pace Cum         | 13:17   | 14:18   | 14:14   | 14:45   | 15:13   | 15:35   | 15:23   | 15:39   | 16:09   | 16:35   | 15:34   | 15:59   |         |         |         |            |
| Group M60-69        | Pace Delta       | 13:17   | 15:33   | 14:05   | 16:31   | 16:57   | 17:38   | 17:22   | 17:42   | 20:09   | 21:06   | 18:38   | 21:11   |         |         |         |            |
| Overall-Group       | Position         | 190     | 197     | 198     | 206     | 209     | 208     | 201     | 198     | 157     | 156     | 142     | 143     |         |         |         |            |
| <b>nonFINS</b>      | Time of Day      | 0:00:07 | 0:00:08 | 0:00:09 | 0:00:10 | 0:00:12 | 0:00:13 | 0:00:15 | 0:00:16 | 0:00:18 | 0:00:19 | 0:00:23 | 0:01:01 |         |         |         |            |
|                     | Time Cum         | 0:01:09 | 0:02:16 | 0:03:37 | 0:04:55 | 0:06:24 | 0:07:37 | 0:09:10 | 0:10:26 | 0:12:18 | 0:13:58 | 0:17:59 | 0:19:58 |         |         |         |            |
| MIN                 | Males Time Delta | 0:01:09 | 0:01:07 | 0:01:08 | 0:01:09 | 0:01:28 | 0:01:13 | 0:01:32 | 0:01:13 | 0:01:51 | 0:01:40 | 0:02:07 | 0:01:59 |         |         |         |            |
| Age 60              | Pace Cum         | 10:04   | 10:53   | 11:13   | 11:49   | 12:03   | 12:11   | 12:24   | 12:31   | 12:59   | 13:25   | 15:34   | 15:59   |         |         |         |            |
| Group M60-69        | Pace Delta       | 10:04   | 11:52   | 10:03   | 12:18   | 12:56   | 12:56   | 13:34   | 12:58   | 16:20   | 17:49   | 18:38   | 21:11   |         |         |         |            |
| Overall-Group       | Position         | 52      | 79      | 86      | 104     | 114     | 111     | 109     | 103     | 100     | 105     | 142     | 143     |         |         |         |            |
| <b>nonFINS</b>      | Time of Day      | 0:00:07 | 0:00:09 | 0:00:12 | 0:00:14 | 0:00:17 | 0:00:19 | 0:00:19 | 0:00:22 | 0:00:23 | 0:01:02 | 0:00:23 | 0:01:01 |         |         |         |            |
|                     | Time Cum         | 0:01:56 | 0:03:36 | 0:06:11 | 0:08:17 | 0:11:01 | 0:13:33 | 0:13:57 | 0:16:07 | 0:17:58 | 0:20:13 | 0:17:59 | 0:19:58 |         |         |         |            |
| MAX                 | Males Time Delta | 0:01:56 | 0:01:41 | 0:02:34 | 0:02:06 | 0:02:43 | 0:02:32 | 0:02:37 | 0:02:10 | 0:03:06 | 0:02:19 | 0:02:07 | 0:01:59 |         |         |         |            |
| Age 69              | Pace Cum         | 16:56   | 17:21   | 19:10   | 19:55   | 20:45   | 21:42   | 18:52   | 19:21   | 18:58   | 19:25   | 15:34   | 15:59   |         |         |         |            |
| Group M60-69        | Pace Delta       | 16:56   | 17:53   | 22:30   | 22:26   | 23:50   | 27:01   | 23:00   | 23:07   | 27:16   | 24:38   | 18:38   | 21:11   |         |         |         |            |
| Overall-Group       | Position         | 250     | 251     | 250     | 251     | 250     | 250     | 244     | 245     | 188     | 185     | 142     | 143     |         |         |         |            |
| <b>FINS</b>         | Time of Day      | 0:00:07 | 0:00:08 | 0:00:10 | 0:00:11 | 0:00:13 | 0:00:14 | 0:00:16 | 0:00:18 | 0:00:20 | 0:00:21 | 0:00:23 | 0:01:01 | 0:01:03 | 0:01:05 | 0:01:07 | 1:09:34:26 |
|                     | Time Cum         | 0:01:21 | 0:02:42 | 0:04:15 | 0:05:38 | 0:07:21 | 0:08:47 | 0:10:31 | 0:12:04 | 0:14:07 | 0:15:43 | 0:17:39 | 0:19:18 | 0:21:24 | 0:23:16 | 1:01:48 | 1:03:34:26 |
| AVG                 | Males Time Delta | 0:01:21 | 0:01:21 | 0:01:32 | 0:01:23 | 0:01:41 | 0:01:26 | 0:01:43 | 0:01:33 | 0:02:01 | 0:01:36 | 0:01:49 | 0:01:39 | 0:02:06 | 0:01:52 | 0:02:19 | 0:01:45:56 |
| Age 70              | Pace Cum         | 11:49   | 13:00   | 13:11   | 13:34   | 13:51   | 14:04   | 14:14   | 14:29   | 14:54   | 15:07   | 15:16   | 15:26   | 15:41   | 15:57   | 16:25   | 16:32      |
| Group M70-79        | Pace Delta       | 11:49   | 14:26   | 13:30   | 14:55   | 14:51   | 15:19   | 15:10   | 16:30   | 17:51   | 17:11   | 15:59   | 17:31   | 18:24   | 19:50   | 20:24   | 18:45      |
| Overall-Group       | Position         | 144     | 176     | 186     | 193     | 188     | 184     | 176     | 178     | 150     | 146     | 135     | 129     | 111     | 107     | 105     | 106        |

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

## Runner Splits

| Checkpoint Name     |        | AID1        | LAP1    | AID2    | LAP2    | AID3    | LAP3    | AID4    | LAP4    | AID5    | LAP5    | AID6    | LAP6    | AID7    | LAP7    | AID8    | FINS    |            |
|---------------------|--------|-------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|------------|
| Checkpoint Distance |        | 6.85        | 12.50   | 19.35   | 25.00   | 31.85   | 37.50   | 44.35   | 50.00   | 56.85   | 62.50   | 69.35   | 75.00   | 81.85   | 87.50   | 94.35   | 100.00  |            |
| Checkpoint Delta    |        | 6.85        | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    | 6.85    | 5.65    |            |
| <b>FINS</b>         |        | Time of Day | 0:00:07 | 0:00:08 | 0:00:10 | 0:00:11 | 0:00:13 | 0:00:14 | 0:00:16 | 0:00:17 | 0:00:20 | 0:00:21 | 0:00:23 | 0:01:01 | 0:01:03 | 0:01:05 | 0:01:07 | 1:09:27:22 |
|                     |        | Time Cum    | 0:01:15 | 0:02:30 | 0:04:02 | 0:05:24 | 0:07:06 | 0:08:31 | 0:10:21 | 0:11:57 | 0:14:00 | 0:15:38 | 0:17:39 | 0:19:18 | 0:21:24 | 0:23:16 | 1:01:41 | 1:03:27:22 |
| MIN                 | Males  | Time Delta  | 0:01:15 | 0:01:15 | 0:01:31 | 0:01:22 | 0:01:41 | 0:01:25 | 0:01:38 | 0:01:30 | 0:02:01 | 0:01:35 | 0:01:49 | 0:01:39 | 0:02:06 | 0:01:52 | 0:02:14 | 0:01:45:29 |
| Age                 | 70     | Pace Cum    | 10:57   | 12:01   | 12:30   | 13:00   | 13:23   | 13:39   | 14:00   | 14:21   | 14:47   | 15:01   | 15:16   | 15:26   | 15:41   | 15:57   | 16:20   | 16:28      |
| Group               | M70-79 | Pace Delta  | 10:57   | 13:19   | 13:24   | 14:41   | 14:45   | 15:13   | 14:25   | 15:56   | 17:48   | 16:55   | 15:59   | 17:31   | 18:24   | 19:50   | 19:37   | 18:40      |
| Overall-Group       |        | Position    | 95      | 140     | 164     | 175     | 171     | 167     | 168     | 176     | 147     | 145     | 135     | 129     | 111     | 107     | 102     | 103        |
| <b>FINS</b>         |        | Time of Day | 0:00:07 | 0:00:08 | 0:00:10 | 0:00:11 | 0:00:13 | 0:00:15 | 0:00:16 | 0:00:18 | 0:00:20 | 0:00:21 | 0:00:23 | 0:01:01 | 0:01:03 | 0:01:05 | 0:01:07 | 1:09:41:29 |
|                     |        | Time Cum    | 0:01:27 | 0:02:54 | 0:04:28 | 0:05:53 | 0:07:36 | 0:09:03 | 0:10:42 | 0:12:12 | 0:14:14 | 0:15:49 | 0:17:39 | 0:19:18 | 0:21:24 | 0:23:16 | 1:01:56 | 1:03:41:29 |
| MAX                 | Males  | Time Delta  | 0:01:27 | 0:01:27 | 0:01:33 | 0:01:25 | 0:01:42 | 0:01:27 | 0:01:49 | 0:01:36 | 0:02:02 | 0:01:38 | 0:01:49 | 0:01:39 | 0:02:06 | 0:01:52 | 0:02:24 | 0:01:46:22 |
| Age                 | 70     | Pace Cum    | 12:42   | 13:59   | 13:51   | 14:08   | 14:19   | 14:29   | 14:29   | 14:38   | 15:01   | 15:12   | 15:16   | 15:26   | 15:41   | 15:57   | 16:30   | 16:37      |
| Group               | M70-79 | Pace Delta  | 12:42   | 15:33   | 13:36   | 15:08   | 14:58   | 15:26   | 15:55   | 17:04   | 17:54   | 17:26   | 15:59   | 17:31   | 18:24   | 19:50   | 21:10   | 18:50      |
| Overall-Group       |        | Position    | 193     | 211     | 207     | 211     | 205     | 202     | 184     | 180     | 154     | 148     | 135     | 129     | 111     | 107     | 108     | 109        |
| <b>nonFINS</b>      |        | Time of Day | 0:00:07 | 0:00:08 | 0:00:10 | 0:00:12 | 0:00:13 | 0:00:15 | 0:00:17 | 0:00:19 | 0:00:20 | 0:00:22 | 0:01:01 | 0:01:03 | 0:01:06 |         |         |            |
|                     |        | Time Cum    | 0:01:31 | 0:02:58 | 0:04:36 | 0:06:03 | 0:07:53 | 0:09:25 | 0:11:23 | 0:13:03 | 0:14:40 | 0:16:36 | 0:19:00 | 0:21:11 | 1:00:13 |         |         |            |
| AVG                 | Males  | Time Delta  | 0:01:31 | 0:01:26 | 0:01:37 | 0:01:27 | 0:01:48 | 0:01:32 | 0:01:56 | 0:01:40 | 0:02:06 | 0:01:56 | 0:02:23 | 0:02:11 | 0:03:01 |         |         |            |
| Age                 | 72     | Pace Cum    | 13:23   | 14:17   | 14:16   | 14:33   | 14:51   | 15:06   | 15:24   | 15:41   | 15:29   | 15:57   | 16:26   | 16:57   | 17:45   |         |         |            |
| Group               | M70-79 | Pace Delta  | 13:23   | 15:22   | 14:14   | 15:32   | 15:57   | 16:29   | 17:04   | 17:54   | 18:31   | 20:41   | 20:54   | 23:11   | 26:34   |         |         |            |
| Overall-Group       |        | Position    | 210     | 217     | 214     | 215     | 211     | 210     | 205     | 207     | 162     | 166     | 154     | 154     | 146     |         |         |            |
| <b>nonFINS</b>      |        | Time of Day | 0:00:07 | 0:00:08 | 0:00:10 | 0:00:11 | 0:00:13 | 0:00:14 | 0:00:16 | 0:00:18 | 0:00:20 | 0:00:22 | 0:01:01 | 0:01:03 | 0:01:06 |         |         |            |
|                     |        | Time Cum    | 0:01:25 | 0:02:44 | 0:04:17 | 0:05:39 | 0:07:23 | 0:08:52 | 0:10:34 | 0:12:04 | 0:14:40 | 0:16:36 | 0:19:00 | 0:21:11 | 1:00:13 |         |         |            |
| MIN                 | Males  | Time Delta  | 0:01:25 | 0:01:12 | 0:01:30 | 0:01:22 | 0:01:39 | 0:01:29 | 0:01:41 | 0:01:30 | 0:02:06 | 0:01:56 | 0:02:23 | 0:02:11 | 0:03:01 |         |         |            |
| Age                 | 70     | Pace Cum    | 12:25   | 13:09   | 13:17   | 13:34   | 13:55   | 14:12   | 14:18   | 14:30   | 15:29   | 15:57   | 16:26   | 16:57   | 17:45   |         |         |            |
| Group               | M70-79 | Pace Delta  | 12:25   | 12:48   | 13:08   | 14:31   | 14:32   | 15:49   | 14:51   | 16:02   | 18:31   | 20:41   | 20:54   | 23:11   | 26:34   |         |         |            |
| Overall-Group       |        | Position    | 177     | 195     | 192     | 191     | 187     | 189     | 180     | 178     | 162     | 166     | 154     | 154     | 146     |         |         |            |
| <b>nonFINS</b>      |        | Time of Day | 0:00:07 | 0:00:09 | 0:00:11 | 0:00:12 | 0:00:14 | 0:00:16 | 0:00:18 | 0:00:20 | 0:00:20 | 0:00:22 | 0:01:01 | 0:01:03 | 0:01:06 |         |         |            |
|                     |        | Time Cum    | 0:01:38 | 0:03:16 | 0:05:06 | 0:06:41 | 0:08:46 | 0:10:25 | 0:12:43 | 0:14:34 | 0:14:40 | 0:16:36 | 0:19:00 | 0:21:11 | 1:00:13 |         |         |            |
| MAX                 | Males  | Time Delta  | 0:01:38 | 0:01:38 | 0:01:49 | 0:01:35 | 0:02:04 | 0:01:39 | 0:02:17 | 0:01:51 | 0:02:06 | 0:01:56 | 0:02:23 | 0:02:11 | 0:03:01 |         |         |            |
| Age                 | 77     | Pace Cum    | 14:18   | 15:41   | 15:49   | 16:04   | 16:31   | 16:40   | 17:12   | 17:30   | 15:29   | 15:57   | 16:26   | 16:57   | 17:45   |         |         |            |
| Group               | M70-79 | Pace Delta  | 14:18   | 17:22   | 16:03   | 16:57   | 18:08   | 17:32   | 20:08   | 19:47   | 18:31   | 20:41   | 20:54   | 23:11   | 26:34   |         |         |            |
| Overall-Group       |        | Position    | 239     | 241     | 245     | 246     | 246     | 245     | 241     | 242     | 162     | 166     | 154     | 154     | 146     |         |         |            |