

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Morton, Mike (FL) 3 Age 40 Group M40-49 Overall-Group	1 Time of Day	0:06:46	0:07:24	0:08:10	0:08:49	0:09:39	0:10:26	0:11:20	0:12:08	0:13:03	0:13:52	0:14:48	0:15:36	0:16:39	0:17:30	0:18:24	0:19:11:40
	Time Cum	00:46	01:24	02:10	02:49	03:39	04:26	05:20	06:08	07:03	07:52	08:48	09:36	10:39	11:30	12:24	13:11:40
	Time Delta	00:46	00:38	00:45	00:39	00:49	00:47	00:53	00:48	00:54	00:49	00:55	00:48	01:02	00:51	00:53	00:47:40
	Pace Cum	06:43	06:45	06:43	06:46	06:53	07:06	07:13	07:22	07:26	07:34	07:37	07:42	07:48	07:54	07:53	07:55
	Pace Delta	06:43	06:47	06:40	06:58	07:15	08:20	07:52	08:35	07:57	08:46	08:06	08:39	09:04	09:09	07:47	08:26
Overall-Group Position		1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1
Sweeney, Jim (NY) 20 Age 30 Group M30-39 Overall-Group	2 Time of Day	0:06:57	0:07:44	0:08:38	0:09:23	0:10:19	0:11:04	0:11:58	0:12:44	0:13:40	0:14:30	0:15:32	0:16:27	0:17:27	0:18:19	0:19:21	0:20:14:25
	Time Cum	00:57	01:44	02:38	03:23	04:19	05:04	05:58	06:44	07:40	08:30	09:32	10:27	11:27	12:19	13:21	14:14:25
	Time Delta	00:57	00:47	00:53	00:45	00:55	00:45	00:53	00:46	00:55	00:50	01:01	00:55	01:00	00:52	01:01	00:53:25
	Pace Cum	08:19	08:21	08:10	08:09	08:08	08:07	08:04	08:05	08:05	08:11	08:15	08:22	08:24	08:27	08:29	08:33
	Pace Delta	08:19	08:22	07:50	08:07	08:03	08:04	07:48	08:13	08:07	09:01	08:55	09:44	08:46	09:22	08:55	09:27
Overall-Group Position		9-6	10-6	8-5	7-4	7-4	6-2	4-2	4-2	4-2	4-2	3-1	4-1	2-1	2-1	2-1	2-1
Manz, Mark (NC) 181 Age 26 Group M20-29 Overall-Group	3 Time of Day	0:06:56	0:07:41	0:08:35	0:09:21	0:10:15	0:11:00	0:11:58	0:12:45	0:13:43	0:14:31	0:15:34	0:16:26	0:17:29	0:18:22	0:19:25	0:20:16:25
	Time Cum	00:56	01:41	02:35	03:21	04:15	05:00	05:58	06:45	07:43	08:31	09:34	10:26	11:29	12:22	13:25	14:16:25
	Time Delta	00:56	00:45	00:53	00:46	00:53	00:45	00:57	00:47	00:57	00:48	01:02	00:52	01:02	00:53	01:02	00:51:25
	Pace Cum	08:11	08:05	08:01	08:03	08:00	08:01	08:04	08:07	08:09	08:11	08:17	08:21	08:25	08:29	08:32	08:34
	Pace Delta	08:11	07:58	07:53	08:10	07:52	08:08	08:20	08:27	08:21	08:38	09:05	09:18	09:07	09:33	09:04	09:06
Overall-Group Position		7-1	7-1	6-1	6-1	5-1	4-1	4-1	5-1	5-1	5-1	4-1	3-1	3-1	3-1	3-1	3-1
Allen, Jonathan (SC) 52 Age 33 Group M30-39 Overall-Group	4 Time of Day	0:06:54	0:07:39	0:08:32	0:09:17	0:10:11	0:11:04	0:12:05	0:13:03	0:14:08	0:15:07	0:16:15	0:17:16	0:18:21	0:19:18	0:20:22	0:21:19:53
	Time Cum	00:54	01:39	02:32	03:17	04:11	05:04	06:05	07:03	08:08	09:07	10:15	11:16	12:21	13:18	14:22	15:19:53
	Time Delta	00:54	00:45	00:52	00:45	00:53	00:53	01:00	00:58	01:04	00:59	01:07	01:01	01:04	00:57	01:03	00:57:53
	Pace Cum	07:53	07:58	07:51	07:54	07:53	08:07	08:14	08:29	08:35	08:46	08:52	09:01	09:03	09:07	09:08	09:12
	Pace Delta	07:53	08:05	07:39	08:01	07:50	09:26	08:52	10:24	09:23	10:35	09:49	10:50	09:28	10:06	09:20	10:15
Overall-Group Position		5-3	5-3	5-3	5-2	4-2	5-2	6-3	7-4	7-4	7-4	5-2	5-2	5-2	4-2	4-2	4-2
Shellhamer, Troy (KY) 6 Age 31 Group M30-39 Overall-Group	5 Time of Day	0:06:55	0:07:43	0:08:45	0:09:37	0:10:40	0:11:31	0:12:31	0:13:23	0:14:25	0:15:18	0:16:22	0:17:18	0:18:25	0:19:23	0:20:30	0:21:27:50
	Time Cum	00:55	01:43	02:45	03:37	04:40	05:31	06:31	07:23	08:25	09:18	10:22	11:18	12:25	13:23	14:30	15:27:50
	Time Delta	00:55	00:48	01:01	00:52	01:02	00:51	00:59	00:52	01:01	00:53	01:03	00:56	01:06	00:58	01:06	00:57:50
	Pace Cum	08:02	08:16	08:32	08:42	08:47	08:50	08:49	08:53	08:53	08:56	08:58	09:03	09:06	09:11	09:13	09:17
	Pace Delta	08:02	08:33	09:00	09:19	09:06	09:05	08:43	09:22	08:55	09:28	09:16	10:01	09:42	10:19	09:45	10:14
Overall-Group Position		6-4	8-5	13-7	11-7	12-7	11-6	9-5	9-5	8-5	8-5	7-4	6-3	6-3	5-3	5-3	5-3
Ramsey, Chris (GA) 219 Age 31 Group M30-39 Overall-Group	6 Time of Day	0:06:57	0:07:44	0:08:38	0:09:24	0:10:19	0:11:07	0:12:05	0:12:58	0:14:05	0:15:03	0:16:15	0:17:22	0:18:37	0:19:32	0:20:39	0:21:35:58
	Time Cum	00:57	01:44	02:38	03:24	04:19	05:07	06:05	06:58	08:05	09:03	10:15	11:22	12:37	13:32	14:39	15:35:58
	Time Delta	00:57	00:47	00:53	00:46	00:54	00:48	00:57	00:53	01:06	00:58	01:11	01:07	01:14	00:55	01:06	00:56:58
	Pace Cum	08:19	08:20	08:10	08:11	08:08	08:11	08:14	08:23	08:32	08:42	08:52	09:06	09:15	09:17	09:19	09:22
	Pace Delta	08:19	08:22	07:51	08:13	07:58	08:31	08:27	09:33	09:39	10:20	10:28	11:57	10:52	09:44	09:47	10:05
Overall-Group Position		9-6	9-6	8-5	8-5	7-4	7-4	6-3	6-3	6-3	6-3	5-2	7-4	7-4	6-4	6-4	6-4
Peterson, Garth (GA) 12 Age 49 Group M40-49 Overall-Group	7 Time of Day	0:06:58	0:07:45	0:08:44	0:09:37	0:10:44	0:11:41	0:12:54	0:13:57	0:15:12	0:16:12	0:17:23	0:18:24	0:19:34	0:20:36	0:21:48	0:22:48:01
	Time Cum	00:58	01:45	02:44	03:37	04:44	05:41	06:54	07:57	09:12	10:12	11:23	12:24	13:34	14:36	15:48	16:48:01
	Time Delta	00:58	00:47	00:58	00:53	01:06	00:57	01:12	01:03	01:14	01:00	01:11	01:01	01:09	01:02	01:11	01:00:01
	Pace Cum	08:28	08:26	08:29	08:43	08:55	09:07	09:20	09:33	09:43	09:48	09:51	09:56	09:57	10:01	10:03	10:05
	Pace Delta	08:28	08:24	08:33	09:31	09:40	10:16	10:31	11:15	10:52	10:37	10:22	10:56	10:06	11:08	10:22	10:37
Overall-Group Position		15-4	13-3	11-4	12-4	13-4	14-5	13-5	14-5	12-4	11-4	9-3	9-3	9-3	8-2	7-2	7-2

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Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta			6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<u>Falbo</u>	8	Time of Day	0:06:57	0:07:48	0:08:46	0:09:38	0:10:39	0:11:35	0:12:44	0:13:43	0:14:53	0:16:00	0:17:11	0:18:19	0:19:29	0:20:36	0:21:53	0:23:02:39
<u>Traci (IN)</u>		Time Cum	00:57	01:48	02:46	03:38	04:39	05:35	06:44	07:43	08:53	10:00	11:11	12:19	13:29	14:36	15:53	17:02:39
119		Time Delta	00:57	00:51	00:57	00:52	01:00	00:56	01:08	00:59	01:09	01:07	01:10	01:08	01:09	01:07	01:16	01:09:39
Age 40		Pace Cum	08:19	08:42	08:35	08:43	08:46	08:56	09:07	09:16	09:23	09:37	09:41	09:51	09:53	10:01	10:06	10:14
Group F40-49		Pace Delta	08:19	09:10	08:21	09:13	08:54	09:55	10:04	10:30	10:10	12:01	10:14	12:03	10:12	11:57	11:10	12:20
Overall-Group		Position	9-1	15-1	15-1	13-1	11-1	12-1	11-1	10-1	9-1	9-1	8-1	8-1	8-1	7-1	8-1	8-1
Armstrong, Nelson (TN)	9	Time of Day	0:07:07	0:08:07	0:09:13	0:10:12	0:11:18	0:12:17	0:13:22	0:14:21	0:15:24	0:16:23	0:17:37	0:18:45	0:19:52	0:20:56	0:22:29	0:23:48:03
17		Time Cum	01:07	02:07	03:13	04:12	05:18	06:17	07:22	08:21	09:24	10:23	11:37	12:45	13:52	14:56	16:29	17:48:03
Age 38		Time Delta	01:07	01:00	01:05	00:59	01:05	00:59	01:04	00:59	01:02	00:59	01:13	01:08	01:06	01:04	01:32	01:19:03
Group M30-39		Pace Cum	09:47	10:10	09:58	10:05	09:59	10:04	09:58	10:01	09:55	09:58	10:03	10:13	10:10	10:15	10:29	10:41
Overall-Group		Pace Delta	09:47	10:38	09:37	10:29	09:36	10:33	09:24	10:27	09:12	10:28	10:47	12:09	09:41	11:22	13:33	13:59
		Position	32-10	40-14	33-11	31-11	24-10	20-10	19-9	17-9	14-7	13-7	12-6	12-6	10-5	9-5	9-5	9-5
Smith, Darian (NC)	10	Time of Day	0:06:56	0:07:40	0:08:36	0:09:27	0:10:29	0:11:31	0:12:41	0:13:48	0:15:02	0:16:12	0:17:35	0:18:44	0:20:05	0:21:21	0:22:53	1:00:25:27
247		Time Cum	00:56	01:40	02:36	03:27	04:29	05:31	06:41	07:48	09:02	10:12	11:35	12:44	14:05	15:21	16:53	18:25:27
Age 31		Time Delta	00:56	00:44	00:55	00:51	01:01	01:02	01:09	01:07	01:13	01:10	01:22	01:09	01:20	01:16	01:31	01:32:27
Group M30-39		Pace Cum	08:11	08:00	08:04	08:17	08:27	08:50	09:03	09:22	09:32	09:48	10:01	10:12	10:19	10:32	10:44	11:03
Overall-Group		Pace Delta	08:11	07:48	08:10	09:02	09:03	11:00	10:12	11:59	10:42	12:28	12:03	12:18	11:45	13:29	13:25	16:22
		Position	7-5	6-4	7-4	9-6	9-6	10-6	10-6	11-6	11-6	12-6	11-5	11-5	11-6	10-6	10-6	10-6
Zani, Paul (MS)	11	Time of Day	0:07:03	0:07:54	0:08:57	0:09:49	0:10:54	0:11:47	0:13:02	0:14:02	0:15:22	0:16:31	0:17:59	0:19:01	0:20:35	0:21:56	0:23:28	1:00:39:03
282		Time Cum	01:03	01:54	02:57	03:49	04:54	05:47	07:02	08:02	09:22	10:31	11:59	13:01	14:35	15:56	17:28	18:39:03
Age 44		Time Delta	01:03	00:51	01:02	00:52	01:04	00:53	01:14	01:00	01:19	01:09	01:27	01:02	01:33	01:21	01:31	01:11:03
Group M40-49		Pace Cum	09:12	09:08	09:09	09:11	09:14	09:16	09:31	09:39	09:53	10:07	10:22	10:25	10:41	10:56	11:06	11:11
Overall-Group		Pace Delta	09:12	09:03	09:11	09:19	09:24	09:31	10:50	10:43	11:36	12:21	12:44	11:05	13:38	14:26	13:21	12:35
		Position	20-6	18-6	19-6	18-6	16-6	16-6	16-6	15-6	13-5	14-5	13-5	13-5	13-5	11-3	11-3	11-3
<u>Moore</u>	12	Time of Day	0:07:09	0:08:07	0:09:17	0:10:17	0:11:31	0:12:32	0:13:44	0:14:48	0:16:04	0:17:10	0:18:29	0:19:38	0:21:06	0:22:15	0:23:37	1:00:45:02
<u>Allison (WA)</u>		Time Cum	01:09	02:07	03:17	04:17	05:31	06:32	07:44	08:48	10:04	11:10	12:29	13:38	15:06	16:15	17:37	18:45:02
194		Time Delta	01:09	00:58	01:09	01:00	01:13	01:01	01:11	01:04	01:15	01:06	01:18	01:09	01:27	01:09	01:21	01:08:02
Age 42		Pace Cum	10:04	10:10	10:11	10:18	10:24	10:28	10:28	10:34	10:37	10:44	10:48	10:55	11:04	11:09	11:12	11:15
Group F40-49		Pace Delta	10:04	10:18	10:12	10:42	10:45	10:51	10:28	11:20	11:06	11:47	11:27	12:16	12:48	12:19	11:53	12:02
Overall-Group		Position	47-6	42-4	42-4	40-4	34-4	32-3	26-3	26-3	18-3	18-3	16-3	17-3	16-3	13-2	12-2	12-2
Brower, John (MS)	13	Time of Day	0:06:59	0:07:49	0:08:49	0:09:40	0:10:46	0:11:47	0:12:58	0:14:10	0:15:34	0:16:43	0:18:11	0:19:28	0:21:00	0:22:19	0:23:50	1:00:57:44
26		Time Cum	00:59	01:49	02:49	03:40	04:46	05:47	06:58	08:10	09:34	10:43	12:11	13:28	15:00	16:19	17:50	18:57:44
Age 36		Time Delta	00:59	00:50	00:59	00:51	01:05	01:01	01:10	01:12	01:23	01:09	01:27	01:17	01:31	01:19	01:30	01:07:44
Group M30-39		Pace Cum	08:37	08:48	08:44	08:48	08:59	09:16	09:26	09:48	10:06	10:18	10:32	10:47	11:00	11:12	11:20	11:23
Overall-Group		Pace Delta	08:37	09:01	08:38	09:02	09:38	10:51	10:19	12:48	12:13	12:23	12:42	13:45	13:20	14:09	13:08	11:59
		Position	16-8	16-8	16-8	15-8	14-8	15-8	14-7	16-8	15-8	15-8	14-7	14-7	15-7	15-7	14-7	13-7
<u>McCurdy</u>	14	Time of Day	0:07:07	0:08:02	0:09:10	0:10:10	0:11:20	0:12:20	0:13:31	0:14:35	0:15:49	0:16:54	0:18:16	0:19:33	0:20:59	0:22:18	0:23:48	1:01:11:28
<u>Beth (GA)</u>		Time Cum	01:07	02:02	03:10	04:10	05:20	06:20	07:31	08:35	09:49	10:54	12:16	13:33	14:59	16:18	17:48	19:11:28
23		Time Delta	01:07	00:55	01:07	01:00	01:09	01:00	01:10	01:04	01:13	01:05	01:21	01:17	01:25	01:19	01:29	01:23:28
Age 42		Pace Cum	09:47	09:48	09:49	10:02	10:03	10:09	10:10	10:19	10:22	10:28	10:37	10:51	10:59	11:11	11:19	11:31
Group F40-49		Pace Delta	09:47	09:50	09:51	10:47	10:05	10:41	10:19	11:28	10:42	11:33	11:56	13:41	12:31	14:08	13:01	14:46
Overall-Group		Position	32-2	30-2	28-2	29-2	26-2	21-2	20-2	20-2	16-2	16-2	15-2	15-2	14-2	14-3	13-3	14-3

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Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta			6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Connell, 15	Time of Day		0:07:09	0:08:07	0:09:16	0:10:17	0:11:31	0:12:31	0:13:44	0:14:47	0:16:04	0:17:10	0:18:29	0:19:38	0:21:12	0:22:25	0:23:55	1:01:18:44
Owen (WA)	Time Cum		01:09	02:07	03:16	04:17	05:31	06:31	07:44	08:47	10:04	11:10	12:29	13:38	15:12	16:25	17:55	19:18:44
95	Time Delta		01:09	00:58	01:08	01:01	01:13	01:00	01:12	01:03	01:16	01:06	01:18	01:09	01:33	01:13	01:29	01:23:44
Age 48	Pace Cum		10:04	10:10	10:08	10:18	10:24	10:26	10:28	10:33	10:37	10:44	10:48	10:55	11:09	11:16	11:24	11:35
Group M40-49	Pace Delta		10:04	10:18	10:03	10:52	10:45	10:42	10:35	11:17	11:08	11:45	11:28	12:16	13:41	13:02	13:03	14:49
Overall-Group	Position		47-17	41-14	38-13	39-13	34-12	29-10	26-9	25-9	18-6	17-6	16-6	16-6	17-6	16-5	15-4	15-4
Spannuth, 16	Time of Day		0:07:04	0:07:56	0:09:01	0:09:59	0:11:14	0:12:20	0:13:35	0:14:43	0:16:04	0:17:12	0:18:38	0:19:53	0:21:31	0:22:50	1:00:18	1:01:26:24
John (MD)	Time Cum		01:04	01:56	03:01	03:59	05:14	06:20	07:35	08:43	10:04	11:12	12:38	13:53	15:31	16:50	18:18	19:26:24
252	Time Delta		01:04	00:52	01:04	00:58	01:14	01:06	01:14	01:08	01:20	01:08	01:25	01:15	01:37	01:19	01:27	01:08:24
Age 42	Pace Cum		09:21	09:19	09:21	09:34	09:52	10:09	10:16	10:28	10:37	10:46	10:56	11:07	11:22	11:33	11:38	11:40
Group M40-49	Pace Delta		09:21	09:18	09:25	10:18	10:55	11:47	10:52	12:05	11:47	12:07	12:29	13:21	14:15	14:04	12:46	12:06
Overall-Group	Position		23-9	23-8	22-8	22-9	21-8	24-7	21-7	23-7	18-6	19-7	18-7	18-7	19-8	17-6	16-5	16-5
<u>Sundermeier,</u> 17	Time of Day		0:07:07	0:08:05	0:09:14	0:10:15	0:11:28	0:12:32	0:13:51	0:15:00	0:16:25	0:17:38	0:18:58	0:20:08	0:21:39	0:22:53	1:00:21	1:01:37:36
<u>Ronda (OR)</u>	Time Cum		01:07	02:05	03:14	04:15	05:28	06:32	07:51	09:00	10:25	11:38	12:58	14:08	15:39	16:53	18:21	19:37:36
258	Time Delta		01:07	00:58	01:08	01:01	01:12	01:04	01:18	01:09	01:24	01:13	01:19	01:10	01:30	01:14	01:27	01:16:36
Age 45	Pace Cum		09:47	10:02	10:02	10:14	10:18	10:28	10:37	10:49	11:00	11:10	11:13	11:19	11:28	11:35	11:40	11:47
Group F40-49	Pace Delta		09:47	10:20	10:01	10:58	10:31	11:24	11:28	12:19	12:20	12:59	11:37	12:32	13:10	13:08	12:49	13:33
Overall-Group	Position		32-2	38-3	37-3	37-3	33-3	33-3	31-4	31-4	27-4	27-4	23-4	21-4	21-4	19-4	19-4	17-4
Portera, 18	Time of Day		0:07:04	0:07:57	0:09:01	0:09:58	0:11:14	0:12:20	0:13:36	0:14:43	0:16:07	0:17:18	0:18:45	0:20:00	0:21:32	0:22:54	1:00:18	1:01:41:00
Anthony (NY)	Time Cum		01:04	01:57	03:01	03:58	05:14	06:20	07:36	08:43	10:07	11:18	12:45	14:00	15:32	16:54	18:18	19:41:00
217	Time Delta		01:04	00:53	01:03	00:57	01:15	01:06	01:15	01:07	01:23	01:11	01:26	01:15	01:31	01:22	01:23	01:23:00
Age 41	Pace Cum		09:21	09:22	09:21	09:33	09:52	10:09	10:17	10:28	10:41	10:52	11:02	11:12	11:23	11:35	11:38	11:49
Group M40-49	Pace Delta		09:21	09:24	09:20	10:15	10:58	11:45	11:02	11:52	12:15	12:41	12:36	13:17	13:26	14:32	12:15	14:41
Overall-Group	Position		23-9	24-10	22-8	21-8	21-8	22-7	23-8	21-7	21-8	23-8	19-8	20-9	20-9	20-8	16-5	18-6
<u>Ginsburg,</u> 19	Time of Day		0:07:02	0:08:00	0:09:10	0:10:15	0:11:26	0:12:36	0:13:55	0:15:10	0:16:28	0:17:46	0:19:18	0:20:35	0:22:05	0:23:21	1:00:52	1:02:10:21
<u>Jeri (CA)</u>	Time Cum		01:02	02:00	03:10	04:15	05:26	06:36	07:55	09:10	10:28	11:46	13:18	14:35	16:05	17:21	18:52	20:10:21
133	Time Delta		01:02	00:58	01:09	01:05	01:10	01:10	01:18	01:15	01:17	01:18	01:31	01:17	01:29	01:16	01:30	01:18:21
Age 53	Pace Cum		09:03	09:41	09:49	10:12	10:14	10:35	10:43	11:01	11:03	11:18	11:30	11:40	11:47	11:54	12:00	12:06
Group F50-59	Pace Delta		09:03	10:26	10:05	11:31	10:21	12:31	11:26	13:23	11:18	13:50	13:24	13:39	13:07	13:32	13:13	13:52
Overall-Group	Position		17-1	27-1	28-1	34-1	27-1	37-1	33-1	34-1	29-1	30-1	28-1	27-1	24-1	22-1	21-1	19-1
Mires, 20	Time of Day		0:07:03	0:07:54	0:08:52	0:09:41	0:10:46	0:11:39	0:12:52	0:13:50	0:15:01	0:16:02	0:17:25	0:18:32	0:20:18	0:21:58	1:00:20	1:02:13:54
Jeff (IN)	Time Cum		01:03	01:54	02:52	03:41	04:46	05:39	06:52	07:50	09:01	10:02	11:25	12:32	14:18	15:58	18:20	20:13:54
193	Time Delta		01:03	00:51	00:57	00:49	01:04	00:53	01:12	00:58	01:10	01:01	01:22	01:07	01:45	01:40	02:21	01:53:54
Age 48	Pace Cum		09:12	09:08	08:53	08:52	08:59	09:03	09:17	09:24	09:31	09:38	09:53	10:02	10:29	10:58	11:40	12:08
Group M40-49	Pace Delta		09:12	09:03	08:27	08:48	09:23	09:26	10:37	10:20	10:19	10:48	12:06	12:01	15:21	17:52	20:36	20:10
Overall-Group	Position		20-6	18-6	17-5	16-5	14-5	13-4	12-4	12-4	10-3	10-3	10-4	10-4	12-4	12-4	18-7	20-7
Burns, 21	Time of Day		0:07:11	0:08:09	0:09:17	0:10:19	0:11:31	0:12:33	0:13:46	0:14:50	0:16:14	0:17:18	0:18:45	0:19:58	0:21:29	0:22:50	1:00:43	1:02:19:51
William (NC)	Time Cum		01:11	02:09	03:17	04:19	05:31	06:33	07:46	08:50	10:14	11:18	12:45	13:58	15:29	16:50	18:43	20:19:51
27	Time Delta		01:11	00:58	01:07	01:02	01:11	01:02	01:12	01:04	01:23	01:04	01:26	01:13	01:30	01:21	01:52	01:36:51
Age 42	Pace Cum		10:22	10:23	10:11	10:22	10:24	10:29	10:30	10:36	10:48	10:51	11:02	11:11	11:21	11:33	11:54	12:12
Group M40-49	Pace Delta		10:22	10:24	09:49	11:01	10:29	11:02	10:37	11:23	12:13	11:26	12:37	13:03	13:11	14:29	16:22	17:08
Overall-Group	Position		59-18	55-17	42-15	42-14	34-12	34-11	29-10	27-10	24-9	22-8	19-8	19-8	18-7	18-6	20-8	21-8

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Stationt 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
Marshall, Tony (CA) 183 Age 34 Group M30-39 Overall-Group	22	Time of Day	0:07:07	0:08:05	0:09:13	0:10:12	0:11:26	0:12:30	0:13:41	0:14:43		0:17:18	0:18:51	0:20:15	0:21:47	0:23:09	1:00:52	1:02:30:24
		Time Cum	01:07	02:05	03:13	04:12	05:26	06:30	07:41	08:43		11:18	12:51	14:15	15:47	17:09	18:52	20:30:24
		Time Delta	01:07	00:58	01:07	00:59	01:13	01:04	01:10	01:02		02:34	01:32	01:24	01:31	01:22	01:42	01:38:24
		Pace Cum	09:47	10:01	09:58	10:05	10:14	10:24	10:24	10:28		10:52	11:07	11:25	11:34	11:46	12:00	12:18
		Pace Delta	09:47	10:18	09:54	10:28	10:47	11:21	10:21	11:06		12:24	13:29	14:59	13:20	14:35	14:59	17:25
Overall-Group			Position	32-10	37-12	33-11	30-11	27-11	28-11	24-11	24-10	24-9	21-8	23-9	22-8	21-8	21-8	22-8
Glazer, Josh (VA) 134 Age 35 Group M30-39 Overall-Group	23	Time of Day	0:07:15	0:08:17	0:09:38	0:10:44	0:12:08	0:13:19	0:14:42	0:15:58	0:17:41	0:18:59	0:20:30	0:21:42	0:23:11	1:00:24	1:01:43	1:02:43:27
		Time Cum	01:15	02:17	03:38	04:44	06:08	07:19	08:42	09:58	11:41	12:59	14:30	15:42	17:11	18:24	19:43	20:43:27
		Time Delta	01:15	01:02	01:20	01:06	01:23	01:11	01:22	01:16	01:42	01:18	01:30	01:12	01:28	01:13	01:18	01:00:27
		Pace Cum	10:57	11:01	11:16	11:24	11:33	11:44	11:46	11:59	12:20	12:28	12:33	12:34	12:36	12:37	12:32	12:26
		Pace Delta	10:57	11:05	11:44	11:50	12:08	12:44	11:59	13:37	14:54	13:52	13:14	12:45	12:59	13:00	11:28	10:42
Overall-Group			Position	86-20	78-19	88-21	80-18	77-18	74-18	69-18	68-18	63-16	59-15	51-12	44-12	35-10	32-9	26-9
Schlereth, Joe (NC) 9 Age 62 Group M60-69 Overall-Group	24	Time of Day	0:07:07	0:08:08	0:09:25	0:10:29	0:11:52	0:13:03	0:14:33	0:15:51	0:17:25	0:18:34	0:20:10	0:21:22	0:22:53	1:00:04	1:01:40	1:02:54:45
		Time Cum	01:07	02:08	03:25	04:29	05:52	07:03	08:33	09:51	11:25	12:34	14:10	15:22	16:53	18:04	19:40	20:54:45
		Time Delta	01:07	01:01	01:16	01:04	01:22	01:11	01:29	01:18	01:33	01:09	01:35	01:12	01:30	01:11	01:35	01:14:45
		Pace Cum	09:47	10:16	10:36	10:47	11:03	11:18	11:34	11:50	12:03	12:04	12:15	12:18	12:23	12:23	12:30	12:33
		Pace Delta	09:47	10:52	11:11	11:24	12:03	12:44	13:00	13:54	13:38	12:19	13:55	12:46	13:16	12:35	14:00	13:14
Overall-Group			Position	32-1	49-1	56-1	55-1	53-1	54-1	57-1	58-1	50-1	45-1	42-1	36-1	31-1	28-1	24-1
Pastore, Mike (SC) 210 Age 56 Group M50-59 Overall-Group	25	Time of Day	0:07:09	0:08:07	0:09:13	0:10:08	0:11:18	0:12:23	0:13:42	0:14:53	0:16:21	0:17:43	0:19:17	0:20:42	0:22:22	0:23:50	1:01:35	1:02:57:25
		Time Cum	01:09	02:07	03:13	04:08	05:18	06:23	07:42	08:53	10:21	11:43	13:17	14:42	16:22	17:50	19:35	20:57:25
		Time Delta	01:09	00:58	01:05	00:55	01:09	01:05	01:18	01:11	01:27	01:22	01:33	01:25	01:39	01:28	01:44	01:22:25
		Pace Cum	10:04	10:13	09:58	09:57	09:59	10:13	10:25	10:40	10:55	11:15	11:30	11:46	12:00	12:14	12:27	12:34
		Pace Delta	10:04	10:24	09:32	09:52	10:06	11:33	11:30	12:35	12:50	14:32	13:42	15:04	14:35	15:42	15:13	14:35
Overall-Group			Position	47-3	46-2	33-2	26-1	24-1	25-1	25-1	28-1	25-1	28-1	27-1	30-1	27-1	24-1	23-1
<u>Nussbaumer,</u> <u>Anji (NC)</u> 28 Age 32 Group F30-39 Overall-Group	26	Time of Day	0:07:09	0:08:13	0:09:31	0:10:41	0:12:07	0:13:20	0:14:44	0:15:57	0:17:26	0:18:40	0:20:15	0:21:31	0:23:05	1:00:20	1:01:53	1:02:58:19
		Time Cum	01:09	02:13	03:31	04:41	06:07	07:20	08:44	09:57	11:26	12:40	14:15	15:31	17:05	18:20	19:53	20:58:19
		Time Delta	01:09	01:04	01:17	01:10	01:25	01:13	01:23	01:13	01:28	01:14	01:34	01:16	01:33	01:15	01:32	01:05:19
		Pace Cum	10:04	10:41	10:54	11:16	11:31	11:45	11:49	11:57	12:04	12:10	12:20	12:25	12:31	12:35	12:39	12:35
		Pace Delta	10:04	11:25	11:19	12:30	12:28	12:59	12:13	12:58	12:58	13:12	13:47	13:33	13:38	13:21	13:31	11:34
Overall-Group			Position	47-4	63-7	69-7	72-6	76-5	76-5	72-6	66-6	51-4	49-4	44-4	40-3	33-3	31-3	27-1
Spadie, Jay (NC) 251 Age 41 Group M40-49 Overall-Group	27	Time of Day	0:07:11	0:08:09	0:09:18	0:10:20	0:11:34	0:12:40	0:13:55	0:15:01		0:17:54	0:19:23	0:20:42	0:22:23	0:23:57	1:01:42	1:03:10:35
		Time Cum	01:11	02:09	03:18	04:20	05:34	06:40	07:55	09:01		11:54	13:23	14:42	16:23	17:57	19:42	21:10:35
		Time Delta	01:11	00:58	01:08	01:02	01:13	01:06	01:14	01:06		02:52	01:29	01:19	01:40	01:34	01:44	01:28:35
		Pace Cum	10:22	10:20	10:14	10:25	10:29	10:40	10:43	10:50		11:25	11:35	11:46	12:01	12:19	12:32	12:42
		Pace Delta	10:22	10:18	10:03	11:02	10:45	11:41	10:57	11:48		13:47	13:00	14:04	14:41	16:42	15:17	15:41
Overall-Group			Position	59-18	52-17	44-16	43-15	41-14	40-14	33-11	32-11	32-10	31-10	31-10	28-10	26-9	25-9	27-9
Murray, Jay (NC) 202 Age 50 Group M50-59 Overall-Group	28	Time of Day	0:07:12	0:08:17	0:09:34	0:10:41	0:11:59	0:13:08	0:14:32	0:15:44	0:17:11	0:18:27	0:20:01	0:21:23	0:23:08	1:00:31	1:02:07	1:03:21:20
		Time Cum	01:12	02:17	03:34	04:41	05:59	07:08	08:32	09:44	11:11	12:27	14:01	15:23	17:08	18:31	20:07	21:21:20
		Time Delta	01:12	01:05	01:16	01:07	01:17	01:09	01:23	01:12	01:26	01:16	01:33	01:22	01:44	01:23	01:35	01:14:20
		Pace Cum	10:31	11:00	11:04	11:17	11:16	11:26	11:33	11:41	11:48	11:57	12:08	12:19	12:34	12:42	12:48	12:49
		Pace Delta	10:31	11:36	11:09	12:02	11:15	12:22	12:08	12:48	12:39	13:28	13:43	14:34	15:17	14:48	13:55	13:09
Overall-Group			Position	68-5	77-8	74-8	75-7	67-6	64-4	55-3	52-3	40-3	40-3	36-3	38-3	34-2	33-2	30-2

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta			6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Ambrose, Michael (NJ) 55 Age 24 Group M20-29 Overall-Group	29	Time of Day	0:06:57	0:07:45	0:08:45	0:09:38	0:10:55	0:11:58	0:13:18	0:14:30	0:16:08	0:17:27	0:19:11	0:20:39	0:22:25	0:23:58	1:01:58	1:03:37:10
		Time Cum	00:57	01:45	02:45	03:38	04:55	05:58	07:18	08:30	10:08	11:27	13:11	14:39	16:25	17:58	19:58	21:37:10
		Time Delta	00:57	00:48	00:59	00:53	01:16	01:03	01:19	01:12	01:37	01:19	01:43	01:28	01:45	01:33	01:59	01:39:10
		Pace Cum	08:19	08:26	08:32	08:43	09:16	09:34	09:53	10:13	10:42	11:00	11:24	11:43	12:02	12:20	12:42	12:58
		Pace Delta	08:19	08:34	08:42	09:24	11:14	11:16	11:35	12:51	14:13	14:06	15:05	15:36	15:27	16:35	17:25	17:33
Lee, Steven (NY) 168 Age 40 Group M40-49 Overall-Group	30	Time of Day	0:07:13	0:08:16	0:09:27	0:10:27	0:11:41	0:12:43	0:14:05	0:15:15	0:16:50	0:18:02	0:19:38	0:21:12	0:22:52	1:00:18	1:02:14	1:03:40:46
		Time Cum	01:13	02:16	03:27	04:27	05:41	06:43	08:05	09:15	10:50	12:02	13:38	15:12	16:52	18:18	20:14	21:40:46
		Time Delta	01:13	01:03	01:10	01:00	01:13	01:02	01:21	01:10	01:34	01:12	01:36	01:34	01:39	01:26	01:55	01:26:46
		Pace Cum	10:39	10:55	10:42	10:41	10:42	10:45	10:56	11:07	11:26	11:33	11:48	12:10	12:22	12:33	12:52	13:00
		Pace Delta	10:39	11:13	10:19	10:38	10:47	11:01	11:56	12:31	13:46	12:45	14:01	16:40	14:34	15:14	16:55	15:21
<u>Johnstone, Shannon (NC)</u> 156 Age 38 Group F30-39 Overall-Group	31	Time of Day	0:07:11	0:08:09	0:09:18	0:10:17	0:11:31	0:12:29	0:13:44	0:14:57	0:16:43	0:17:58	0:19:42	0:21:15	0:23:03	1:00:14	1:02:20	1:03:48:32
		Time Cum	01:11	02:09	03:18	04:17	05:31	06:29	07:44	08:57	10:43	11:58	13:42	15:15	17:03	18:14	20:20	21:48:32
		Time Delta	01:11	00:58	01:08	00:59	01:13	00:58	01:14	01:13	01:45	01:15	01:43	01:33	01:47	01:11	02:05	01:28:32
		Pace Cum	10:22	10:22	10:14	10:17	10:24	10:23	10:28	10:44	11:19	11:30	11:51	12:13	12:30	12:31	12:56	13:05
		Pace Delta	10:22	10:22	10:00	10:29	10:46	10:18	10:56	12:56	15:28	13:26	15:03	16:35	15:40	12:44	18:15	15:40
<u>Leftwich, Debbie (AZ)</u> 169 Age 58 Group F50-59 Overall-Group	32	Time of Day	0:07:21	0:08:27	0:09:44	0:10:56	0:12:19	0:13:35	0:15:02	0:16:20	0:17:50	0:19:04	0:20:39	0:22:00	0:23:38	1:01:03	1:02:47	1:04:15:53
		Time Cum	01:21	02:27	03:44	04:56	06:19	07:35	09:02	10:20	11:50	13:04	14:39	16:00	17:38	19:03	20:47	22:15:53
		Time Delta	01:21	01:06	01:16	01:12	01:22	01:16	01:26	01:18	01:29	01:14	01:34	01:21	01:37	01:25	01:43	01:28:53
		Pace Cum	11:49	11:46	11:35	11:52	11:54	12:09	12:13	12:24	12:29	12:33	12:40	12:48	12:56	13:04	13:13	13:22
		Pace Delta	11:49	11:42	11:14	12:50	12:03	13:34	12:36	13:50	13:07	13:08	13:51	14:25	14:14	15:13	15:02	15:44
<u>Nichols, Jennifer (VA)</u> 205 Age 33 Group F30-39 Overall-Group	33	Time of Day	0:07:06	0:08:03	0:09:12	0:10:15	0:11:31	0:12:39	0:14:00	0:15:15		0:17:51	0:19:18	0:20:33	0:22:05	0:23:39	1:02:04	1:04:23:13
		Time Cum	01:06	02:03	03:12	04:15	05:31	06:39	08:00	09:15		11:51	13:18	14:33	16:05	17:39	20:04	22:23:13
		Time Delta	01:06	00:57	01:08	01:03	01:15	01:08	01:20	01:15		02:35	01:26	01:15	01:31	01:34	02:24	02:19:13
		Pace Cum	09:38	09:55	09:55	10:14	10:24	10:39	10:49	11:07		11:23	11:30	11:39	11:47	12:06	12:46	13:26
		Pace Delta	09:38	10:15	09:57	11:17	10:59	12:08	11:44	13:24		12:25	12:42	13:26	13:18	16:42	21:07	24:38
Coffey, David (LA) 92 Age 53 Group M50-59 Overall-Group	34	Time of Day	0:07:17	0:08:21	0:09:39	0:10:50	0:12:12	0:13:23	0:14:52	0:16:01	0:17:40	0:18:53	0:20:21	0:21:37	0:23:30	1:00:52	1:02:46	1:04:28:02
		Time Cum	01:17	02:21	03:39	04:50	06:12	07:23	08:52	10:01	11:40	12:53	14:21	15:37	17:30	18:52	20:46	22:28:02
		Time Delta	01:17	01:04	01:17	01:11	01:21	01:11	01:28	01:09	01:38	01:13	01:27	01:16	01:53	01:22	01:53	01:42:02
		Pace Cum	11:14	11:20	11:19	11:37	11:41	11:49	12:00	12:02	12:19	12:22	12:25	12:30	12:50	12:57	13:12	13:29
		Pace Delta	11:14	11:28	11:16	12:39	11:54	12:38	12:56	12:19	14:22	12:57	12:49	13:27	16:30	14:39	16:32	18:04
<u>Bauer, Liz (GA)</u> 13 Age 52 Group F50-59 Overall-Group	35	Time of Day	0:07:11	0:08:13	0:09:31	0:10:41	0:12:04	0:13:16	0:14:44	0:16:00	0:17:34	0:18:52	0:20:32	0:22:02	0:23:48	1:01:18	1:03:06	1:04:29:46
		Time Cum	01:11	02:13	03:31	04:41	06:04	07:16	08:44	10:00	11:34	12:52	14:32	16:02	17:48	19:18	21:06	22:29:46
		Time Delta	01:11	01:02	01:17	01:10	01:22	01:12	01:27	01:16	01:33	01:18	01:39	01:30	01:45	01:30	01:47	01:23:46
		Pace Cum	10:22	10:42	10:54	11:15	11:26	11:38	11:49	12:01	12:12	12:22	12:34	12:50	13:03	13:14	13:25	13:30
		Pace Delta	10:22	11:05	11:17	12:26	12:05	12:47	12:49	13:34	13:37	13:53	14:32	16:05	15:21	15:59	15:43	14:50

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta			6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Rogers, Raymond (VA) 224 Age 31 Group M30-39 Overall-Group	36	Time of Day	0:07:23	0:08:29	0:09:52	0:10:59	0:12:29	0:13:43	0:15:08	0:16:20	0:17:46	0:19:00	0:20:42	0:22:01	0:23:39	1:01:07	1:03:03	1:04:34:35
		Time Cum	01:23	02:29	03:52	04:59	06:29	07:43	09:08	10:20	11:46	13:00	14:42	16:01	17:39	19:07	21:03	22:34:35
		Time Delta	01:23	01:06	01:22	01:07	01:29	01:14	01:24	01:12	01:25	01:14	01:41	01:19	01:37	01:28	01:55	01:31:35
		Pace Cum	12:07	11:58	11:59	11:58	12:13	12:21	12:21	12:24	12:25	12:30	12:43	12:49	12:56	13:07	13:23	13:33
		Pace Delta	12:07	11:46	12:02	11:54	13:06	13:08	12:23	12:46	12:32	13:15	14:46	14:00	14:17	15:41	16:51	16:13
Salvesen, Greg (CO) 230 Age 25 Group M20-29 Overall-Group	37	Time of Day	0:07:06	0:08:02	0:09:12	0:10:10	0:11:26	0:12:28	0:13:48	0:14:58	0:16:26	0:17:44	0:19:20	0:20:40	0:22:19	0:23:56	1:02:35	1:04:38:19
		Time Cum	01:06	02:02	03:12	04:10	05:26	06:28	07:48	08:58	10:26	11:44	13:20	14:40	16:19	17:56	20:35	22:38:19
		Time Delta	01:06	00:56	01:09	00:58	01:15	01:02	01:19	01:10	01:27	01:18	01:35	01:20	01:38	01:37	02:38	02:03:19
		Pace Cum	09:38	09:47	09:55	10:02	10:14	10:21	10:33	10:46	11:01	11:16	11:32	11:44	11:58	12:18	13:05	13:35
		Pace Delta	09:38	09:58	10:11	10:24	10:59	11:02	11:37	12:24	12:50	13:50	14:00	14:10	14:26	17:13	23:11	21:50
Slone, Craig (OH) 246 Age 48 Group M40-49 Overall-Group	38	Time of Day	0:07:07	0:08:04	0:09:24	0:10:20	0:11:39	0:12:40	0:14:05	0:15:20	0:16:53	0:18:10	0:19:46	0:21:16	0:23:12	1:00:44	1:03:00	1:04:39:14
		Time Cum	01:07	02:04	03:24	04:20	05:39	06:40	08:05	09:20	10:53	12:10	13:46	15:16	17:12	18:44	21:00	22:39:14
		Time Delta	01:07	00:57	01:19	00:56	01:18	01:01	01:24	01:15	01:32	01:17	01:35	01:30	01:55	01:32	02:15	01:39:14
		Pace Cum	09:47	09:57	10:33	10:25	10:39	10:40	10:56	11:12	11:29	11:41	11:55	12:13	12:37	12:51	13:21	13:36
		Pace Delta	09:47	10:09	11:38	09:59	11:28	10:49	12:23	13:20	13:32	13:43	13:57	16:02	16:51	16:27	19:43	17:34
Ploskonka, David (MD) 8 Age 30 Group M30-39 Overall-Group	39	Time of Day	0:06:51	0:07:36	0:08:31	0:09:17	0:10:18	0:11:19	0:13:00	0:13:52	0:16:22	0:17:18	0:19:10	0:20:16	0:21:51	1:01:06	1:03:09	1:04:46:12
		Time Cum	00:51	01:36	02:31	03:17	04:18	05:19	07:00	07:52	10:22	11:18	13:10	14:16	15:51	19:06	21:09	22:46:12
		Time Delta	00:51	00:45	00:54	00:46	01:00	01:01	01:40	00:52	02:29	00:56	01:51	01:06	01:34	03:15	02:02	01:37:12
		Pace Cum	07:27	07:44	07:48	07:54	08:06	08:31	09:28	09:27	10:56	10:51	11:23	11:25	11:37	13:06	13:27	13:40
		Pace Delta	07:27	08:06	07:55	08:12	08:52	10:55	14:39	09:16	21:51	09:55	16:21	11:45	13:49	34:38	17:52	17:12
Clark, Robert (TX) 86 Age 38 Group M30-39 Overall-Group	40	Time of Day	0:07:07	0:08:03	0:09:18	0:10:19	0:11:32	0:12:33	0:14:05	0:15:15	0:16:50	0:18:02	0:20:10	0:21:37	0:23:27	1:00:57	1:03:08	1:04:48:42
		Time Cum	01:07	02:03	03:18	04:19	05:32	06:33	08:05	09:15	10:50	12:02	14:10	15:37	17:27	18:57	21:08	22:48:42
		Time Delta	01:07	00:56	01:14	01:01	01:12	01:01	01:31	01:10	01:34	01:12	02:07	01:27	01:49	01:30	02:10	01:40:42
		Pace Cum	09:47	09:54	10:14	10:22	10:25	10:29	10:56	11:07	11:26	11:33	12:15	12:30	12:48	13:00	13:26	13:41
		Pace Delta	09:47	10:02	10:51	10:50	10:38	10:52	13:22	12:31	13:46	12:46	18:40	15:34	15:55	16:06	18:59	17:49
Zellars, Ken (PA) 283 Age 63 Group M60-69 Overall-Group	41	Time of Day	0:07:15	0:08:18	0:09:39	0:10:52	0:12:19	0:13:30	0:15:00	0:16:23	0:17:59	0:19:12	0:20:56	0:22:18	1:00:01	1:01:28	1:03:20	1:04:48:58
		Time Cum	01:15	02:18	03:39	04:52	06:19	07:30	09:00	10:23	11:59	13:12	14:56	16:18	18:01	19:28	21:20	22:48:58
		Time Delta	01:15	01:03	01:20	01:13	01:26	01:11	01:29	01:23	01:35	01:13	01:43	01:22	01:42	01:27	01:51	01:28:58
		Pace Cum	10:57	11:06	11:19	11:43	11:54	12:00	12:11	12:28	12:39	12:41	12:55	13:03	13:12	13:21	13:34	13:41
		Pace Delta	10:57	11:18	11:42	13:05	12:34	12:36	13:06	14:49	13:55	12:59	15:08	14:33	15:01	15:30	16:16	15:45
<u>Shields,</u> <u>Maria (MD)</u> 241 Age 61 Group F60-69 Overall-Group	42	Time of Day	0:07:17	0:08:20	0:09:39	0:10:51	0:12:18	0:13:30	0:14:57	0:16:09	0:17:35	0:18:55	0:20:42	0:22:09	1:00:01	1:01:31	1:03:30	1:04:52:06
		Time Cum	01:17	02:20	03:39	04:51	06:18	07:30	08:57	10:09	11:35	12:55	14:42	16:09	18:01	19:31	21:30	22:52:06
		Time Delta	01:17	01:03	01:18	01:12	01:26	01:12	01:26	01:12	01:25	01:20	01:46	01:27	01:51	01:30	01:58	01:22:06
		Pace Cum	11:14	11:16	11:19	11:40	11:52	12:01	12:06	12:12	12:14	12:24	12:43	12:56	13:12	13:24	13:40	13:43
		Pace Delta	11:14	11:19	11:24	12:52	12:36	12:50	12:38	12:52	12:27	14:14	15:33	15:34	16:13	16:05	17:15	14:32

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta			6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Lively, 43	Time of Day		0:07:11	0:08:11	0:09:26	0:10:33	0:11:53	0:13:02	0:14:23	0:15:45	0:17:18	0:18:28	0:20:03	0:21:29	0:23:27	1:01:00	1:03:07	1:04:53:53
Trung (FL)	Time Cum		01:11	02:11	03:26	04:33	05:53	07:02	08:23	09:45	11:18	12:28	14:03	15:29	17:27	19:00	21:07	22:53:53
176	Time Delta		01:11	01:00	01:14	01:07	01:19	01:09	01:20	01:22	01:32	01:10	01:34	01:26	01:57	01:33	02:06	01:46:53
Age 43	Pace Cum		10:22	10:32	10:39	10:57	11:05	11:16	11:20	11:42	11:56	11:59	12:09	12:24	12:48	13:02	13:26	13:44
Group M40-49	Pace Delta		10:22	10:44	10:51	11:57	11:36	12:19	11:44	14:31	13:34	12:33	13:45	15:22	17:07	16:38	18:24	18:55
Overall-Group	Position		59-18	59-20	60-21	64-23	55-22	51-20	47-17	54-18	43-15	42-15	38-14	39-14	39-14	37-12	39-12	43-12
Laskey, 44	Time of Day		0:07:03	0:07:56	0:09:01	0:09:59	0:11:14	0:12:36	0:14:00	0:15:21	0:17:08	0:18:30	0:20:09	0:21:40	0:23:33	1:01:13	1:03:16	1:04:57:11
Joseph E (CT)	Time Cum		01:03	01:56	03:01	03:59	05:14	06:36	08:00	09:21	11:08	12:30	14:09	15:40	17:33	19:13	21:16	22:57:11
165	Time Delta		01:03	00:53	01:04	00:58	01:14	01:22	01:23	01:21	01:46	01:22	01:38	01:31	01:52	01:40	02:02	01:41:11
Age 47	Pace Cum		09:12	09:19	09:21	09:34	09:52	10:34	10:49	11:14	11:45	12:01	12:15	12:32	12:52	13:11	13:31	13:46
Group M40-49	Pace Delta		09:12	09:28	09:25	10:18	10:55	14:35	12:13	14:23	15:35	14:37	14:22	16:08	16:28	17:49	17:52	17:55
Overall-Group	Position		20-6	22-8	22-8	23-9	21-8	36-12	35-12	40-15	38-13	43-16	40-16	43-15	42-15	42-13	43-13	44-13
Long, 45	Time of Day		0:07:09	0:08:05	0:09:13	0:10:14	0:11:31	0:12:40	0:14:10	0:15:24	0:17:10	0:18:41	0:20:32	0:22:07	1:00:13	1:01:48	1:03:36	1:04:58:27
Kimani (NC)	Time Cum		01:09	02:05	03:13	04:14	05:31	06:40	08:10	09:24	11:10	12:41	14:32	16:07	18:13	19:48	21:36	22:58:27
177	Time Delta		01:09	00:56	01:07	01:01	01:16	01:09	01:29	01:14	01:45	01:31	01:50	01:35	02:05	01:35	01:47	01:22:27
Age 38	Pace Cum		10:04	10:00	09:58	10:11	10:24	10:40	11:03	11:17	11:47	12:11	12:34	12:54	13:21	13:35	13:44	13:47
Group M30-39	Pace Delta		10:04	09:55	09:55	10:55	11:09	12:13	13:08	13:08	15:26	16:12	16:08	16:53	18:21	16:57	15:39	14:36
Overall-Group	Position		47-14	36-12	33-11	33-13	34-13	41-14	42-14	43-14	39-12	50-14	52-13	55-15	56-16	54-16	48-14	45-13
Gray, 46	Time of Day		0:07:06	0:08:03	0:09:12	0:10:15	0:11:26	0:12:31	0:13:51	0:15:04	0:16:34	0:17:55	0:19:39	0:21:20	0:23:22	1:01:11	1:03:14	1:05:05:58
Rick (TN)	Time Cum		01:06	02:03	03:12	04:15	05:26	06:31	07:51	09:04	10:34	11:55	13:39	15:20	17:22	19:11	21:14	23:05:58
136	Time Delta		01:06	00:57	01:08	01:03	01:10	01:05	01:19	01:13	01:29	01:21	01:43	01:41	02:01	01:49	02:02	01:51:58
Age 51	Pace Cum		09:38	09:54	09:55	10:14	10:14	10:27	10:37	10:53	11:09	11:27	11:49	12:16	12:44	13:10	13:30	13:52
Group M50-59	Pace Delta		09:38	10:14	09:57	11:17	10:15	11:38	11:35	12:57	13:07	14:22	15:09	17:59	17:44	19:27	17:49	19:49
Overall-Group	Position		26-1	33-1	30-1	36-2	27-2	30-2	31-2	33-2	30-2	33-2	33-2	35-2	37-3	41-4	42-4	46-4
Akers, 47	Time of Day		0:07:13	0:08:16	0:09:34	0:10:46	0:12:15	0:13:32	0:15:02	0:16:12	0:17:41	0:19:03	0:20:49	0:22:12	1:00:00	1:01:26	1:03:24	1:05:12:12
Charles (NC)	Time Cum		01:13	02:16	03:34	04:46	06:15	07:32	09:02	10:12	11:41	13:03	14:49	16:12	18:00	19:26	21:24	23:12:12
51	Time Delta		01:13	01:03	01:17	01:12	01:28	01:17	01:29	01:10	01:28	01:22	01:45	01:23	01:47	01:26	01:57	01:48:12
Age 32	Pace Cum		10:39	10:55	11:04	11:27	11:46	12:04	12:13	12:15	12:20	12:32	12:49	12:58	13:12	13:20	13:37	13:55
Group M30-39	Pace Delta		10:39	11:13	11:20	12:47	12:58	13:41	13:06	12:27	12:57	14:32	15:28	14:48	15:40	15:15	17:13	19:09
Overall-Group	Position		75-17	74-17	74-17	84-19	91-22	93-22	88-21	80-19	63-16	65-17	61-16	59-16	52-14	46-13	46-13	47-14
Curtis, 48	Time of Day		0:07:13	0:08:17	0:09:38	0:10:46	0:12:12	0:13:20	0:14:50	0:16:01	0:17:40	0:19:02	0:20:42	0:22:05	0:23:57	1:01:45	1:03:41	1:05:15:51
Leah (IL)	Time Cum		01:13	02:17	03:38	04:46	06:12	07:20	08:50	10:01	11:40	13:02	14:42	16:05	17:57	19:45	21:41	23:15:51
107	Time Delta		01:13	01:04	01:20	01:08	01:25	01:08	01:29	01:11	01:38	01:22	01:39	01:23	01:51	01:48	01:55	01:34:51
Age 29	Pace Cum		10:39	11:01	11:16	11:28	11:41	11:45	11:57	12:01	12:19	12:31	12:43	12:53	13:09	13:33	13:47	13:58
Group F20-29	Pace Delta		10:39	11:27	11:44	12:08	12:28	12:08	13:04	12:36	14:25	14:34	14:33	14:48	16:15	19:08	16:55	16:47
Overall-Group	Position		75-2	79-2	88-2	88-2	84-2	77-2	75-2	71-2	61-2	64-2	56-1	54-1	50-1	52-1	51-1	48-1
Eldred, 49	Time of Day		0:07:16	0:08:20	0:09:38	0:10:45	0:12:14	0:13:24	0:14:52	0:16:10	0:17:50	0:19:11	0:21:16	0:22:42	1:00:32	1:02:08	1:03:54	1:05:17:13
Jeffro (NC)	Time Cum		01:16	02:20	03:38	04:45	06:14	07:24	08:52	10:10	11:50	13:11	15:16	16:42	18:32	20:08	21:54	23:17:13
114	Time Delta		01:16	01:04	01:17	01:07	01:28	01:10	01:27	01:18	01:39	01:21	02:04	01:26	01:49	01:36	01:45	01:23:13
Age 40	Pace Cum		11:06	11:14	11:16	11:26	11:45	11:51	12:00	12:12	12:29	12:40	13:13	13:22	13:35	13:49	13:56	13:58
Group M40-49	Pace Delta		11:06	11:24	11:20	12:02	12:51	12:29	12:46	13:51	14:34	14:29	18:08	15:18	16:00	17:03	15:26	14:44
Overall-Group	Position		98-29	93-27	88-26	81-26	87-27	84-26	77-24	78-23	69-21	71-21	75-21	70-21	64-19	62-17	57-16	49-14

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta			6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Smith, Mike (IN)	50	Time of Day	0:07:20	0:08:29	0:09:49	0:11:00	0:12:32	0:13:47	0:15:20	0:16:40	0:18:21	0:19:45	0:21:32	0:23:00	1:00:46	1:02:14	1:04:06	1:05:19:27
		Time Cum	01:20	02:29	03:49	05:00	06:32	07:47	09:20	10:40	12:21	13:45	15:32	17:00	18:46	20:14	22:06	23:19:27
	248	Time Delta	01:20	01:09	01:19	01:11	01:31	01:15	01:32	01:20	01:40	01:24	01:46	01:28	01:45	01:28	01:51	01:13:27
Age 54		Pace Cum	11:41	11:57	11:50	12:02	12:18	12:28	12:38	12:49	13:02	13:12	13:26	13:36	13:45	13:53	14:03	14:00
Group M50-59		Pace Delta	11:41	12:17	11:38	12:44	13:18	13:25	13:28	14:17	14:38	14:54	15:35	15:36	15:27	15:39	16:17	13:00
Overall-Group		Position	127-16	134-17	120-14	123-13	117-14	112-13	107-13	103-14	90-12	94-12	86-10	83-10	70-8	66-7	66-7	50-5
Findley, Candy (GA)	51	Time of Day	0:07:08	0:08:05	0:09:16	0:10:21	0:11:39	0:12:47	0:14:10	0:15:22	0:16:56	0:18:16	0:20:09	0:21:42	0:23:40	1:01:23	1:03:19	1:05:24:59
		Time Cum	01:08	02:05	03:16	04:21	05:39	06:47	08:10	09:22	10:56	12:16	14:09	15:42	17:40	19:23	21:19	23:24:59
	121	Time Delta	01:08	00:57	01:10	01:05	01:17	01:08	01:22	01:12	01:33	01:20	01:52	01:33	01:57	01:43	01:55	02:05:59
Age 39		Pace Cum	09:56	10:03	10:08	10:28	10:39	10:51	11:03	11:15	11:32	11:47	12:15	12:34	12:57	13:18	13:33	14:03
Group F30-39		Pace Delta	09:56	10:13	10:16	11:38	11:17	12:04	12:06	12:51	13:38	14:16	16:25	16:38	17:05	18:15	16:55	22:18
Overall-Group		Position	44-3	39-3	38-3	46-4	42-3	44-3	42-3	41-3	36-2	38-3	40-3	45-4	45-4	45-4	44-4	51-4
Sackaroff, Jeff (NC)	52	Time of Day	0:07:15	0:08:18	0:09:34	0:10:46	0:12:15	0:13:32	0:15:04	0:16:20	0:17:50	0:19:08	0:21:05	0:22:49	1:00:48	1:02:19	1:04:04	1:05:27:30
		Time Cum	01:15	02:18	03:34	04:46	06:15	07:32	09:04	10:20	11:50	13:08	15:05	16:49	18:48	20:19	22:04	23:27:30
	229	Time Delta	01:15	01:03	01:16	01:12	01:28	01:17	01:31	01:16	01:29	01:18	01:56	01:44	01:58	01:31	01:44	01:23:30
Age 38		Pace Cum	10:57	11:02	11:04	11:27	11:46	12:04	12:16	12:24	12:29	12:37	13:03	13:28	13:47	13:56	14:02	14:04
Group M30-39		Pace Delta	10:57	11:09	11:06	12:49	12:56	13:43	13:22	13:28	13:08	13:57	16:58	18:29	17:18	16:12	15:15	14:47
Overall-Group		Position	86-20	83-21	74-17	87-19	91-22	95-22	93-22	85-21	69-19	69-19	72-20	74-19	71-18	69-18	63-18	52-15
Gerdts, James (NC)	53	Time of Day	0:07:16	0:08:17	0:09:34	0:10:43	0:11:58	0:13:10	0:14:32	0:15:44	0:17:23	0:19:15	0:20:53	0:22:33	1:00:21	1:02:03	1:03:59	1:05:27:58
		Time Cum	01:16	02:17	03:34	04:43	05:58	07:10	08:32	09:44	11:23	13:15	14:53	16:33	18:21	20:03	21:59	23:27:58
	130	Time Delta	01:16	01:01	01:16	01:09	01:14	01:12	01:21	01:12	01:38	01:52	01:37	01:40	01:47	01:42	01:55	01:28:58
Age 39		Pace Cum	11:06	11:02	11:04	11:19	11:14	11:29	11:33	11:41	12:01	12:43	12:53	13:15	13:27	13:45	13:59	14:05
Group M30-39		Pace Delta	11:06	10:58	11:06	12:14	10:56	12:52	11:52	12:48	14:24	19:51	14:17	17:51	15:39	18:10	16:50	15:45
Overall-Group		Position	98-22	81-19	74-17	78-17	64-17	68-17	55-15	52-15	48-14	75-20	62-17	66-18	62-17	61-17	60-17	53-16
Lallathin, Darcy (OH)	54	Time of Day	0:07:17	0:08:23	0:09:40	0:10:54	0:12:15	0:13:28	0:14:53	0:16:14	0:17:50	0:19:13	0:20:59	0:22:36	1:00:16	1:01:58	1:03:50	1:05:28:39
		Time Cum	01:17	02:23	03:40	04:54	06:15	07:28	08:53	10:14	11:50	13:13	14:59	16:36	18:16	19:58	21:50	23:28:39
	163	Time Delta	01:17	01:06	01:16	01:14	01:20	01:13	01:24	01:21	01:35	01:23	01:45	01:37	01:39	01:42	01:51	01:38:39
Age 41		Pace Cum	11:14	11:29	11:22	11:46	11:46	11:58	12:01	12:18	12:29	12:41	12:58	13:18	13:23	13:42	13:53	14:05
Group F40-49		Pace Delta	11:14	11:46	11:10	13:08	11:48	13:03	12:18	14:29	13:53	14:43	15:27	17:20	14:27	18:04	16:21	17:28
Overall-Group		Position	105-13	107-15	102-14	105-14	91-11	89-11	79-10	81-10	69-7	73-7	68-7	68-7	59-6	58-6	55-5	54-5
Ciarlante, James (NJ)	55	Time of Day	0:07:21	0:08:30	0:09:54	0:11:05	0:12:34	0:13:44	0:15:08	0:16:20	0:17:58	0:19:17	0:20:56	0:22:25	1:00:09	1:01:41	1:03:40	1:05:29:23
		Time Cum	01:21	02:30	03:54	05:05	06:34	07:44	09:08	10:20	11:58	13:17	14:56	16:25	18:09	19:41	21:40	23:29:23
	85	Time Delta	01:21	01:09	01:23	01:11	01:28	01:10	01:23	01:12	01:37	01:19	01:38	01:29	01:43	01:32	01:58	01:49:23
Age 38		Pace Cum	11:49	12:02	12:06	12:14	12:22	12:22	12:21	12:25	12:38	12:46	12:55	13:09	13:18	13:30	13:47	14:06
Group M30-39		Pace Delta	11:49	12:17	12:12	12:42	12:53	12:24	12:15	12:53	14:12	14:03	14:24	15:52	15:05	16:25	17:15	19:22
Overall-Group		Position	143-27	142-28	138-28	132-28	120-26	108-25	98-23	88-21	74-20	77-21	64-18	63-17	55-15	51-15	50-15	55-17
White, Jim (KY)	56	Time of Day	0:07:14	0:08:20	0:09:39	0:10:52	0:12:14	0:13:24	0:14:50	0:16:10	0:17:44	0:19:11	0:20:56	0:22:27	1:00:15	1:01:56	1:03:45	1:05:31:49
		Time Cum	01:14	02:20	03:39	04:52	06:14	07:24	08:50	10:10	11:44	13:11	14:56	16:27	18:15	19:56	21:45	23:31:49
	276	Time Delta	01:14	01:06	01:18	01:13	01:21	01:10	01:25	01:20	01:33	01:27	01:44	01:31	01:47	01:41	01:48	01:46:49
Age 47		Pace Cum	10:48	11:12	11:19	11:42	11:45	11:51	11:57	12:12	12:23	12:40	12:55	13:10	13:23	13:41	13:50	14:07
Group M40-49		Pace Delta	10:48	11:42	11:31	13:00	11:54	12:26	12:31	14:13	13:41	15:27	15:17	16:15	15:39	18:01	15:48	18:54
Overall-Group		Position	81-24	92-27	91-27	101-29	87-27	83-26	75-23	79-23	67-20	70-21	64-19	64-19	58-17	57-15	53-15	56-15

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS	
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00	
Aid Station Delta			6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	
Rolnick, Wesley (MN) 225 Age 24 Group M20-29 Overall-Group	57	Time of Day	0:07:17	0:08:24	0:09:49	0:11:02	0:12:44	0:14:03	0:15:43	0:17:06	0:18:40	0:19:55	0:21:40	0:23:05	1:00:48	1:02:11	1:03:59	1:05:34:13	
		Time Cum	01:17	02:24	03:49	05:02	06:44	08:03	09:43	11:06	12:40	13:55	15:40	17:05	18:48	20:11	21:59	23:34:13	
		Time Delta	01:17	01:07	01:24	01:13	01:41	01:19	01:39	01:23	01:33	01:15	01:45	01:25	01:42	01:23	01:47	01:35:13	
		Pace Cum	11:14	11:36	11:50	12:06	12:41	12:54	13:09	13:20	13:22	13:22	13:33	13:40	13:47	13:50	13:59	14:09	
		Pace Delta	11:14	12:01	12:16	13:01	14:49	14:05	14:31	14:47	13:39	13:16	15:20	15:05	15:00	14:42	15:46	16:51	
Overall-Group			Position	105-9	115-9	120-9	126-9	139-9	137-9	129-8	130-8	102-8	97-8	89-6	84-6	71-5	63-5	60-5	57-4
Tegroen, Peter (VA) 261 Age 57 Group M50-59 Overall-Group	58	Time of Day	0:07:12	0:08:14	0:09:30	0:10:38	0:11:58	0:13:11	0:14:41	0:16:00	0:17:35	0:19:00	0:20:46	0:22:18	1:00:17	1:01:48	1:03:44	1:05:34:50	
		Time Cum	01:12	02:14	03:30	04:38	05:58	07:11	08:41	10:00	11:35	13:00	14:46	16:18	18:17	19:48	21:44	23:34:50	
		Time Delta	01:12	01:02	01:15	01:08	01:19	01:13	01:29	01:19	01:34	01:25	01:45	01:32	01:58	01:31	01:55	01:50:50	
		Pace Cum	10:31	10:44	10:51	11:08	11:14	11:30	11:45	12:00	12:14	12:30	12:47	13:02	13:24	13:35	13:49	14:09	
		Pace Delta	10:31	11:00	11:04	12:04	11:39	12:59	13:05	14:00	13:52	15:13	15:20	16:17	17:22	16:13	16:51	19:37	
Overall-Group			Position	68-5	66-5	67-5	67-5	64-4	70-6	68-5	69-4	55-4	63-6	60-5	61-5	60-5	53-5	52-5	58-6
<u>Brower,</u> <u>Bev (MS)</u> 75 Age 30 Group F30-39 Overall-Group	59	Time of Day	0:07:28	0:08:41	0:10:08	0:11:21	0:12:51	0:14:10	0:15:40	0:16:55	0:18:27	0:19:50	0:21:26	0:22:52	1:00:40	1:02:14	1:04:04	1:05:35:26	
		Time Cum	01:28	02:41	04:08	05:21	06:51	08:10	09:40	10:55	12:27	13:50	15:26	16:52	18:40	20:14	22:04	23:35:26	
		Time Delta	01:28	01:13	01:26	01:13	01:29	01:19	01:29	01:15	01:31	01:23	01:35	01:26	01:47	01:34	01:49	01:31:26	
		Pace Cum	12:51	12:57	12:49	12:51	12:54	13:05	13:05	13:07	13:08	13:17	13:21	13:30	13:41	13:53	14:02	14:09	
		Pace Delta	12:51	13:05	12:34	12:59	13:05	14:02	13:05	13:23	13:21	14:42	14:00	15:20	15:41	16:48	15:55	16:11	
Overall-Group			Position	199-22	195-23	181-21	166-17	155-15	149-14	127-11	121-10	93-6	95-7	84-7	75-6	66-6	67-6	63-6	59-5
Sites, Bob (NC) 245 Age 58 Group M50-59 Overall-Group	60	Time of Day	0:07:07	0:08:07	0:09:18	0:10:26	0:11:53	0:13:06	0:14:39	0:16:07	0:17:42	0:18:59	0:20:58	0:22:35	1:00:27	1:02:03	1:04:00	1:05:35:47	
		Time Cum	01:07	02:07	03:18	04:26	05:53	07:06	08:39	10:07	11:42	12:59	14:58	16:35	18:27	20:03	22:00	23:35:47	
		Time Delta	01:07	01:00	01:10	01:08	01:26	01:13	01:32	01:28	01:34	01:17	01:58	01:37	01:51	01:36	01:56	01:35:47	
		Pace Cum	09:47	10:13	10:14	10:40	11:05	11:23	11:42	12:09	12:21	12:28	12:57	13:16	13:31	13:45	13:59	14:09	
		Pace Delta	09:47	10:45	10:15	12:11	12:35	13:02	13:29	15:42	13:46	13:43	17:18	17:12	16:19	17:04	17:01	16:57	
Overall-Group			Position	32-2	47-2	44-3	51-3	55-3	61-3	65-4	76-7	65-7	60-5	67-6	67-6	63-6	59-6	62-6	60-7
Holmes, Joshua (TN) 151 Age 34 Group M30-39 Overall-Group	61	Time of Day	0:07:08	0:08:03	0:09:09	0:10:09	0:11:26	0:12:32	0:14:00	0:15:23	0:17:12	0:18:40	0:20:33	0:22:02	0:23:55	1:01:34	1:03:46	1:05:36:11	
		Time Cum	01:08	02:03	03:09	04:09	05:26	06:32	08:00	09:23	11:12	12:40	14:33	16:02	17:55	19:34	21:46	23:36:11	
		Time Delta	01:08	00:55	01:05	01:00	01:16	01:06	01:27	01:23	01:48	01:28	01:52	01:29	01:52	01:39	02:11	01:50:11	
		Pace Cum	09:56	09:51	09:46	09:59	10:14	10:28	10:49	11:16	11:49	12:10	12:35	12:50	13:08	13:26	13:51	14:10	
		Pace Delta	09:56	09:45	09:38	10:43	11:10	11:44	12:48	14:47	15:51	15:36	16:29	15:55	16:21	17:40	19:09	19:30	
Overall-Group			Position	44-13	31-10	27-10	27-10	27-11	31-12	35-12	42-13	42-13	47-13	54-14	53-14	49-13	50-14	54-16	61-18
Van Ekris, John (PE) 267 Age 46 Group M40-49 Overall-Group	62	Time of Day	0:07:16	0:08:18	0:09:39	0:10:43	0:12:01	0:13:05	0:14:26	0:15:34	0:17:23	0:18:41	0:20:43	0:22:17	1:00:19	1:02:03	1:03:57	1:05:36:55	
		Time Cum	01:16	02:18	03:39	04:43	06:01	07:05	08:26	09:34	11:23	12:41	14:43	16:17	18:19	20:03	21:57	23:36:55	
		Time Delta	01:16	01:02	01:20	01:04	01:17	01:04	01:20	01:08	01:48	01:18	02:01	01:34	02:01	01:44	01:53	01:39:55	
		Pace Cum	11:06	11:04	11:19	11:21	11:20	11:21	11:25	11:30	12:01	12:11	12:44	13:02	13:26	13:45	13:58	14:10	
		Pace Delta	11:06	11:02	11:46	11:26	11:18	11:23	11:47	12:10	15:48	13:55	17:44	16:44	17:44	18:30	16:34	17:41	
Overall-Group			Position	98-29	87-26	91-27	79-25	70-24	59-23	50-18	48-17	48-17	51-17	59-18	60-18	61-18	60-16	59-17	62-16
Lemke, Kyle (OH) 170 Age 22 Group M20-29 Overall-Group	63	Time of Day	0:07:15	0:08:20	0:09:34	0:10:41	0:11:59	0:13:09	0:14:31	0:15:48	0:17:22	0:18:40	0:20:16	0:21:47	0:23:57	1:01:49	1:03:56	1:05:37:53	
		Time Cum	01:15	02:20	03:34	04:41	05:59	07:09	08:31	09:48	11:22	12:40	14:16	15:47	17:57	19:49	21:56	23:37:53	
		Time Delta	01:15	01:05	01:13	01:07	01:17	01:10	01:21	01:17	01:33	01:18	01:35	01:31	02:09	01:52	02:06	01:41:53	
		Pace Cum	10:57	11:15	11:04	11:16	11:16	11:27	11:31	11:46	12:00	12:10	12:21	12:38	13:09	13:36	13:57	14:11	
		Pace Delta	10:57	11:38	10:42	11:58	11:18	12:25	11:57	13:44	13:38	13:50	13:59	16:15	18:52	19:59	18:25	18:02	
Overall-Group			Position	86-6	95-7	74-6	71-6	67-6	65-6	53-6	56-6	45-5	48-5	45-5	49-5	50-4	56-4	58-4	63-5

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta			6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Scott,																		
<u>Amy (NC)</u>	64	Time of Day	0:07:12	0:08:18	0:09:37	0:10:48	0:12:14	0:13:21	0:14:42	0:15:51	0:17:22	0:18:44	0:20:27	0:21:47	0:23:46	1:01:30	1:03:51	1:05:38:57
		Time Cum	01:12	02:18	03:37	04:48	06:14	07:21	08:42	09:51	11:22	12:44	14:27	15:47	17:46	19:30	21:51	23:38:57
	235	Time Delta	01:12	01:06	01:18	01:11	01:25	01:07	01:20	01:09	01:30	01:22	01:42	01:20	01:58	01:44	02:20	01:47:57
Age	37	Pace Cum	10:31	11:04	11:13	11:32	11:45	11:46	11:46	11:50	12:00	12:14	12:30	12:38	13:01	13:23	13:54	14:11
Group	F30-39	Pace Delta	10:31	11:44	11:29	12:38	12:30	11:57	11:45	12:16	13:14	14:38	14:56	14:16	17:17	18:29	20:31	19:06
Overall-Group		Position	68-8	85-8	87-8	89-8	87-7	80-6	69-5	57-5	45-3	53-5	49-5	48-5	47-5	48-5	56-5	64-6
Huffman,																		
<u>Larry (VA)</u>	65	Time of Day	0:07:26	0:08:35	0:09:59	0:11:10	0:12:38	0:13:54	0:15:22	0:16:37	0:18:20	0:19:44	0:21:22	0:22:47	1:00:39	1:02:18	1:04:14	1:05:43:41
		Time Cum	01:26	02:35	03:59	05:10	06:38	07:54	09:22	10:37	12:20	13:44	15:22	16:47	18:39	20:18	22:14	23:43:41
	152	Time Delta	01:26	01:09	01:23	01:11	01:27	01:16	01:27	01:15	01:42	01:24	01:37	01:25	01:51	01:39	01:55	01:29:41
Age	51	Pace Cum	12:33	12:28	12:21	12:25	12:30	12:40	12:40	12:45	13:01	13:11	13:18	13:26	13:40	13:55	14:08	14:14
Group	M50-59	Pace Delta	12:33	12:22	12:08	12:37	12:48	13:37	12:42	13:22	14:57	14:54	14:17	15:06	16:18	17:34	16:54	15:52
Overall-Group		Position	181-27	170-25	148-22	141-21	130-19	125-18	110-14	102-13	89-11	93-11	80-9	72-7	65-7	68-8	67-8	65-8
Pearsall,																		
<u>Todd (MD)</u>	66	Time of Day	0:07:16	0:08:24	0:09:43	0:10:50	0:12:11	0:13:20	0:14:56	0:16:18	0:18:08	0:19:24	0:21:01	0:22:27	1:00:43	1:02:11	1:04:04	1:05:48:20
		Time Cum	01:16	02:24	03:43	04:50	06:11	07:20	08:56	10:18	12:08	13:24	15:01	16:27	18:43	20:11	22:04	23:48:20
	211	Time Delta	01:16	01:08	01:18	01:07	01:20	01:09	01:35	01:22	01:49	01:16	01:36	01:26	02:15	01:28	01:52	01:44:20
Age	43	Pace Cum	11:06	11:35	11:31	11:38	11:39	11:46	12:05	12:23	12:48	12:53	13:00	13:10	13:43	13:51	14:02	14:17
Group	M40-49	Pace Delta	11:06	12:10	11:26	11:59	11:43	12:23	13:52	14:39	15:56	13:37	14:01	15:22	19:44	15:40	16:26	18:28
Overall-Group		Position	98-29	112-31	107-31	95-28	82-26	78-24	80-25	83-25	81-23	79-23	71-20	64-19	69-20	64-18	63-18	66-17
Stocker,																		
<u>Emmy (CT)</u>	67	Time of Day	0:07:17	0:08:23	0:09:41	0:10:52	0:12:16	0:13:33	0:15:03	0:16:22	0:18:08	0:19:36	0:21:21	0:22:52	1:00:55	1:02:30	1:04:22	1:05:48:24
		Time Cum	01:17	02:23	03:41	04:52	06:16	07:33	09:03	10:22	12:08	13:36	15:21	16:52	18:55	20:30	22:22	23:48:24
	255	Time Delta	01:17	01:06	01:17	01:11	01:23	01:17	01:29	01:19	01:45	01:28	01:45	01:31	02:02	01:35	01:51	01:26:24
Age	53	Pace Cum	11:14	11:31	11:25	11:43	11:48	12:05	12:15	12:27	12:48	13:03	13:17	13:30	13:52	14:04	14:13	14:17
Group	F50-59	Pace Delta	11:14	11:50	11:16	12:43	12:08	13:40	13:07	14:06	15:23	15:35	15:20	16:17	17:49	16:55	16:16	15:18
Overall-Group		Position	105-4	110-5	103-4	102-4	95-4	96-4	90-5	90-5	81-5	85-5	78-4	78-4	73-4	71-4	68-4	67-4
Aurilio,																		
<u>Antonia (VA)</u>	68	Time of Day		0:08:31	0:10:00	0:11:22	0:13:04	0:14:20	0:15:57	0:17:19	0:19:09	0:20:36	0:22:26	0:23:48	1:01:29	1:02:58	1:04:39	1:05:57:17
		Time Cum		02:31	04:00	05:22	07:04	08:20	09:57	11:19	13:09	14:36	16:26	17:48	19:29	20:58	22:39	23:57:17
	60	Time Delta		02:31	01:28	01:22	01:41	01:16	01:36	01:22	01:49	01:27	01:49	01:22	01:40	01:29	01:40	01:18:17
Age	37	Pace Cum		12:09	12:24	12:54	13:19	13:20	13:28	13:35	13:53	14:02	14:13	14:15	14:17	14:23	14:24	14:22
Group	F30-39	Pace Delta		12:09	12:52	14:35	14:50	13:29	14:08	14:33	16:02	15:33	15:56	14:38	14:39	15:46	14:44	13:51
Overall-Group		Position		150-15	154-18	171-18	174-17	162-17	148-13	143-12	118-9	122-10	111-10	102-10	84-10	78-10	71-7	68-7
Levine,																		
<u>David (NC)</u>	69	Time of Day	0:07:12	0:08:15	0:09:27	0:10:31	0:11:53	0:13:03	0:14:36	0:15:46	0:17:22	0:18:42	0:20:28	0:22:11	1:00:13	1:02:11	1:04:22	1:06:14:38
		Time Cum	01:12	02:15	03:27	04:31	05:53	07:03	08:36	09:46	11:22	12:42	14:28	16:11	18:13	20:11	22:22	24:14:38
	172	Time Delta	01:12	01:03	01:11	01:04	01:21	01:10	01:32	01:10	01:35	01:20	01:45	01:43	02:01	01:58	02:10	01:52:38
Age	43	Pace Cum	10:31	10:50	10:42	10:52	11:05	11:18	11:38	11:43	12:00	12:12	12:31	12:57	13:21	13:51	14:13	14:33
Group	M40-49	Pace Delta	10:31	11:13	10:27	11:27	11:52	12:30	13:29	12:25	14:00	14:19	15:21	18:16	17:47	20:59	19:03	19:56
Overall-Group		Position	68-21	68-22	62-22	61-22	55-22	52-21	61-20	55-19	45-16	52-18	50-17	57-17	56-16	65-18	68-19	69-18
Travisano,																		
<u>Laura (MD)</u>	70	Time of Day	0:07:17	0:08:21	0:09:39	0:10:46	0:12:10	0:13:26	0:15:00	0:16:25	0:18:03	0:19:26	0:21:08	0:22:46	1:00:41	1:02:27	1:04:24	1:06:19:30
		Time Cum	01:17	02:21	03:39	04:46	06:10	07:26	09:00	10:25	12:03	13:26	15:08	16:46	18:41	20:27	22:24	24:19:30
	264	Time Delta	01:17	01:04	01:17	01:07	01:23	01:16	01:33	01:25	01:37	01:23	01:41	01:38	01:54	01:46	01:56	01:55:30
Age	45	Pace Cum	11:14	11:19	11:19	11:27	11:37	11:54	12:11	12:31	12:43	12:54	13:06	13:25	13:42	14:02	14:15	14:36
Group	F40-49	Pace Delta	11:14	11:25	11:19	11:55	12:13	13:30	13:41	15:10	14:12	14:45	14:51	17:27	16:42	18:53	16:59	20:27
Overall-Group		Position	105-13	100-13	91-12	85-11	79-10	87-10	86-11	94-11	78-8	80-8	73-8	71-8	67-7	70-7	70-6	70-6

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta			6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Sowers, 71	Time of Day		0:07:06	0:08:00	0:09:02	0:10:06	0:11:26	0:12:39	0:14:05	0:15:14	0:16:50	0:18:18	0:20:08	0:21:46	0:23:24	1:01:20	1:03:38	1:06:28:56
Thomas (CO)	Time Cum		01:06	02:00	03:02	04:06	05:26	06:39	08:05	09:14	10:50	12:18	14:08	15:46	17:24	19:20	21:38	24:28:56
250	Time Delta		01:06	00:54	01:01	01:04	01:19	01:13	01:25	01:09	01:35	01:28	01:49	01:38	01:37	01:56	02:17	02:50:56
Age 41	Pace Cum		09:38	09:38	09:24	09:52	10:14	10:39	10:56	11:05	11:26	11:49	12:14	12:37	12:45	13:16	13:45	14:41
Group M40-49	Pace Delta		09:38	09:38	08:59	11:26	11:35	13:01	12:29	12:16	13:58	15:35	16:03	17:29	14:12	20:40	20:02	30:15
Overall-Group	Position		26-11	25-11	25-11	24-11	27-11	38-13	38-13	35-12	32-10	39-13	39-15	47-16	38-13	44-14	49-14	71-19
<u>Kokesh,</u> 72	Time of Day		0:07:14	0:08:19	0:09:39	0:10:52	0:12:18	0:13:35	0:15:07	0:16:37	0:18:16	0:19:42	0:21:28	0:22:59	1:00:58	1:02:44	1:04:55	1:06:32:44
<u>Susan (OR)</u>	Time Cum		01:14	02:19	03:39	04:52	06:18	07:35	09:07	10:37	12:16	13:42	15:28	16:59	18:58	20:44	22:55	24:32:44
162	Time Delta		01:14	01:05	01:19	01:13	01:25	01:17	01:31	01:30	01:38	01:26	01:45	01:31	01:58	01:46	02:10	01:37:44
Age 45	Pace Cum		10:48	11:12	11:19	11:41	11:52	12:08	12:20	12:44	12:57	13:10	13:23	13:36	13:54	14:13	14:34	14:44
Group F40-49	Pace Delta		10:48	11:40	11:33	12:57	12:32	13:41	13:23	15:56	14:27	15:22	15:21	16:11	17:18	18:49	19:05	17:18
Overall-Group	Position		81-12	91-12	91-12	100-13	96-12	99-12	95-12	101-12	85-9	90-10	85-10	81-10	76-8	73-8	73-7	72-7
<u>Ambruso,</u> 73	Time of Day		0:07:22	0:08:34	0:09:54	0:11:10	0:12:35	0:13:51	0:15:19	0:16:46	0:18:21	0:19:42	0:21:20	0:22:52	1:00:41	1:02:39	1:04:49	1:06:38:19
<u>Frances (CT)</u>	Time Cum		01:22	02:34	03:54	05:10	06:35	07:51	09:19	10:46	12:21	13:42	15:20	16:52	18:41	20:39	22:49	24:38:19
109	Time Delta		01:22	01:12	01:19	01:16	01:24	01:16	01:27	01:27	01:34	01:21	01:37	01:32	01:48	01:58	02:09	01:49:19
Age 33	Pace Cum		11:58	12:21	12:06	12:24	12:24	12:35	12:36	12:56	13:02	13:09	13:16	13:30	13:42	14:10	14:31	14:47
Group F30-39	Pace Delta		11:58	12:49	11:37	13:28	12:24	13:35	12:44	15:28	13:49	14:21	14:17	16:27	15:47	20:54	18:58	19:21
Overall-Group	Position		148-13	158-16	138-13	140-12	124-9	121-9	105-8	107-8	90-5	89-6	77-6	77-6	67-7	72-7	72-8	73-8
Lowery, 74	Time of Day		0:07:20	0:08:30	0:09:49	0:10:55	0:12:19	0:13:33	0:14:59	0:16:26	0:18:19	0:19:43	0:21:33	0:23:12	1:01:04	1:02:50	1:04:56	1:06:40:30
Chris (GA)	Time Cum		01:20	02:30	03:49	04:55	06:19	07:33	08:59	10:26	12:19	13:43	15:33	17:12	19:04	20:50	22:56	24:40:30
101	Time Delta		01:20	01:10	01:18	01:06	01:23	01:14	01:25	01:27	01:52	01:24	01:49	01:39	01:51	01:46	02:05	01:44:30
Age 50	Pace Cum		11:41	12:01	11:50	11:50	11:54	12:06	12:09	12:32	13:00	13:11	13:27	13:46	13:59	14:17	14:35	14:48
Group M50-59	Pace Delta		11:41	12:26	11:30	11:51	12:08	13:13	12:28	15:32	16:24	15:02	15:56	17:39	16:15	18:49	18:21	18:30
Overall-Group	Position		127-16	139-21	120-14	111-12	99-11	97-11	85-10	97-10	87-10	92-10	87-11	88-11	77-11	77-10	74-9	74-9
Carrington, 75	Time of Day		0:07:20	0:08:26	0:09:52	0:11:02	0:12:38	0:13:55	0:15:30	0:16:53	0:18:40	0:20:04	0:21:49	0:23:24	1:01:22	1:03:06	1:05:06	1:06:54:16
Paul (FL)	Time Cum		01:20	02:26	03:52	05:02	06:38	07:55	09:30	10:53	12:40	14:04	15:49	17:24	19:22	21:06	23:06	24:54:16
82	Time Delta		01:20	01:06	01:25	01:10	01:35	01:17	01:34	01:23	01:46	01:24	01:44	01:35	01:57	01:44	01:59	01:48:16
Age 43	Pace Cum		11:41	11:44	11:59	12:06	12:30	12:40	12:51	13:04	13:22	13:31	13:41	13:55	14:12	14:29	14:41	14:57
Group M40-49	Pace Delta		11:41	11:47	12:28	12:27	13:58	13:38	13:52	14:48	15:32	14:59	15:14	16:50	17:13	18:32	17:25	19:10
Overall-Group	Position		127-35	122-34	130-35	125-35	130-37	126-35	118-33	120-32	102-27	102-28	95-26	90-25	82-22	81-20	76-21	75-20
<u>Coker,</u> 76	Time of Day		0:07:20	0:08:28	0:09:52	0:11:05	0:12:40	0:13:54	0:15:30	0:16:47	0:18:33	0:19:58	0:21:46	0:23:14	1:01:09	1:02:50	1:05:13	1:06:54:20
<u>Jennifer (GA)</u>	Time Cum		01:20	02:28	03:52	05:05	06:40	07:54	09:30	10:47	12:33	13:58	15:46	17:14	19:09	20:50	23:13	24:54:20
94	Time Delta		01:20	01:08	01:23	01:13	01:34	01:14	01:35	01:17	01:45	01:25	01:47	01:28	01:54	01:41	02:22	01:41:20
Age 37	Pace Cum		11:41	11:54	11:59	12:13	12:34	12:40	12:51	12:57	13:15	13:25	13:38	13:48	14:02	14:17	14:46	14:57
Group F30-39	Pace Delta		11:41	12:09	12:10	13:00	13:48	13:16	13:53	13:46	15:22	15:09	15:41	15:42	16:41	17:56	20:50	17:56
Overall-Group	Position		127-12	129-12	130-10	130-10	134-10	124-10	118-10	108-9	95-7	99-8	92-9	89-9	81-9	76-9	78-9	76-9
McGonnell, 77	Time of Day		0:07:14	0:08:15	0:09:27	0:10:32	0:11:58	0:13:10	0:14:45	0:16:07	0:17:55	0:19:17	0:21:14	0:22:52	1:00:57	1:02:45	1:05:08	1:06:55:26
Jeff (NC)	Time Cum		01:14	02:15	03:27	04:32	05:58	07:10	08:45	10:07	11:55	13:17	15:14	16:52	18:57	20:45	23:08	24:55:26
189	Time Delta		01:14	01:01	01:11	01:05	01:25	01:12	01:34	01:22	01:47	01:22	01:56	01:38	02:04	01:48	02:22	01:47:26
Age 51	Pace Cum		10:48	10:51	10:42	10:54	11:14	11:28	11:50	12:08	12:35	12:45	13:11	13:30	13:53	14:14	14:43	14:57
Group M50-59	Pace Delta		10:48	10:53	10:26	11:37	12:27	12:47	13:50	14:31	15:46	14:32	17:04	17:29	18:08	19:11	20:49	19:01
Overall-Group	Position		81-8	69-6	62-4	63-4	64-4	66-5	74-7	75-7	73-8	76-8	74-8	76-8	75-10	75-9	77-10	77-10

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta			6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Grossman, Steven (NM)	78	Time of Day	0:07:24	0:08:38	0:10:03	0:11:19	0:12:55	0:14:13	0:15:50	0:17:11	0:18:49	0:20:12	0:22:00	0:23:31	1:01:40	1:03:25	1:05:26	1:07:10:18
		Time Cum	01:24	02:38	04:03	05:19	06:55	08:13	09:50	11:11	12:49	14:12	16:00	17:31	19:40	21:25	23:26	25:10:18
138		Time Delta	01:24	01:14	01:24	01:16	01:35	01:18	01:36	01:21	01:37	01:23	01:47	01:31	02:08	01:45	02:00	01:44:18
Age 51		Pace Cum	12:16	12:41	12:33	12:47	13:02	13:10	13:18	13:25	13:32	13:39	13:51	14:01	14:25	14:41	14:54	15:06
Group M50-59		Pace Delta	12:16	13:12	12:20	13:32	13:57	13:56	14:03	14:21	14:18	14:50	15:39	16:10	18:47	18:37	17:38	18:28
Overall-Group		Position	163-25	182-27	170-23	159-23	157-21	157-21	142-20	133-19	110-19	112-19	99-14	95-12	85-12	84-12	81-11	78-11
Hesseltine, Wally (CA)	79	Time of Day	0:07:11	0:08:17	0:09:39	0:10:50	0:12:27	0:13:51	0:15:26	0:16:48	0:18:38	0:20:07	0:21:51	0:23:25	1:01:26	1:03:04	1:05:24	1:07:17:49
		Time Cum	01:11	02:17	03:39	04:50	06:27	07:51	09:26	10:48	12:38	14:07	15:51	17:25	19:26	21:04	23:24	25:17:49
146		Time Delta	01:11	01:06	01:21	01:11	01:36	01:24	01:34	01:22	01:50	01:29	01:43	01:34	02:00	01:38	02:19	01:53:49
Age 68		Pace Cum	10:22	11:01	11:19	11:38	12:09	12:34	12:46	12:58	13:20	13:34	13:43	13:56	14:15	14:27	14:53	15:11
Group M60-69		Pace Delta	10:22	11:49	11:51	12:44	14:01	14:52	13:52	14:31	16:04	15:55	15:03	16:41	17:38	17:26	20:22	20:09
Overall-Group		Position	59-3	80-2	91-3	97-3	112-5	118-4	115-4	111-3	101-3	105-3	96-3	91-3	83-3	80-3	80-3	79-3
<u>Allen, Susan (GA)</u>	80	Time of Day	0:07:09	0:08:07	0:09:19	0:10:21	0:11:41	0:12:52	0:14:21	0:15:32	0:17:06	0:18:31	0:20:16	0:21:44	0:23:42	1:01:49	1:05:14	1:07:21:01
		Time Cum	01:09	02:07	03:19	04:21	05:41	06:52	08:21	09:32	11:06	12:31	14:16	15:44	17:42	19:49	23:14	25:21:01
54		Time Delta	01:09	00:58	01:11	01:02	01:19	01:11	01:28	01:11	01:33	01:25	01:44	01:28	01:57	02:07	03:24	02:07:01
Age 41		Pace Cum	10:04	10:11	10:17	10:28	10:42	10:59	11:18	11:27	11:43	12:01	12:21	12:36	12:58	13:35	14:46	15:13
Group F40-49		Pace Delta	10:04	10:18	10:29	11:05	11:35	12:34	12:59	12:41	13:38	15:04	15:19	15:44	17:06	22:30	29:54	22:29
Overall-Group		Position	47-6	43-4	48-5	45-5	44-5	46-5	46-5	45-5	37-5	44-5	45-5	46-5	46-5	55-5	79-8	80-8
Flowe, Keith (NC)	81	Time of Day	0:07:22	0:08:31	0:09:52	0:11:05	0:12:32	0:13:50	0:15:24	0:16:42	0:18:18	0:19:38	0:21:22	0:22:55	1:01:04	1:03:09	1:05:03	1:07:24:41
		Time Cum	01:22	02:31	03:52	05:05	06:32	07:50	09:24	10:42	12:18	13:38	15:22	16:55	19:04	21:09	23:03	25:24:41
124		Time Delta	01:22	01:09	01:20	01:13	01:26	01:18	01:33	01:18	01:35	01:20	01:43	01:33	02:08	02:05	01:53	02:21:41
Age 43		Pace Cum	11:58	12:09	11:59	12:14	12:18	12:33	12:43	12:51	12:59	13:06	13:18	13:32	13:59	14:30	14:39	15:15
Group M40-49		Pace Delta	11:58	12:23	11:41	13:02	12:36	13:54	13:39	13:53	13:57	14:19	15:03	16:33	18:45	22:12	16:35	25:05
Overall-Group		Position	148-39	153-40	130-35	131-36	117-34	116-34	113-31	105-28	86-24	86-25	80-23	80-22	77-21	82-21	75-20	81-21
<u>Choi, Jacqueline (NJ)</u>	82	Time of Day	0:07:23	0:08:36	0:09:59	0:11:13	0:12:48	0:14:09	0:15:57	0:17:21	0:18:56	0:20:08	0:21:44	0:23:08	1:01:05	1:02:44	1:05:27	1:07:29:39
		Time Cum	01:23	02:36	03:59	05:13	06:48	08:09	09:57	11:21	12:56	14:08	15:44	17:08	19:05	20:44	23:27	25:29:39
84		Time Delta	01:23	01:13	01:22	01:14	01:34	01:21	01:47	01:24	01:34	01:12	01:35	01:24	01:56	01:39	02:42	02:02:39
Age 31		Pace Cum	12:07	12:31	12:21	12:32	12:49	13:03	13:28	13:38	13:39	13:35	13:37	13:43	13:59	14:14	14:55	15:18
Group F30-39		Pace Delta	12:07	13:00	12:03	13:12	13:47	14:21	15:45	14:59	13:47	12:53	13:54	15:02	16:56	17:41	23:40	21:42
Overall-Group		Position	152-15	172-20	148-16	146-15	145-13	145-11	148-13	146-13	112-8	107-9	91-8	87-8	79-8	74-8	82-10	82-10
Swendsen, Vincent (NC)	83	Time of Day	0:07:25	0:08:35	0:10:00	0:11:14	0:12:49	0:14:09	0:15:46	0:17:15	0:18:59	0:20:28	0:22:28	0:23:59	1:02:09	1:03:53	1:05:59	1:07:30:15
		Time Cum	01:25	02:35	04:00	05:14	06:49	08:09	09:46	11:15	12:59	14:28	16:28	17:59	20:09	21:53	23:59	25:30:15
49		Time Delta	01:25	01:10	01:24	01:14	01:34	01:20	01:36	01:29	01:43	01:29	01:59	01:31	02:09	01:44	02:05	01:31:15
Age 49		Pace Cum	12:25	12:25	12:24	12:36	12:50	13:03	13:13	13:30	13:42	13:54	14:15	14:24	14:46	15:01	15:15	15:18
Group M40-49		Pace Delta	12:25	12:25	12:23	13:15	13:45	14:10	14:09	15:45	15:11	15:52	17:25	16:14	18:52	18:29	18:20	16:09
Overall-Group		Position	168-45	162-42	154-42	149-39	151-41	143-40	133-36	135-36	114-30	118-32	112-31	106-31	91-25	87-22	86-22	83-22
Murolo, Fred (CT)	84	Time of Day	0:07:17	0:08:23	0:09:43	0:11:02	0:12:24	0:13:36	0:15:08	0:16:30	0:18:33	0:20:04	0:22:08	0:23:45	1:02:10	1:03:53	1:06:01	1:07:30:16
		Time Cum	01:17	02:23	03:43	05:02	06:24	07:36	09:08	10:30	12:33	14:04	16:08	17:45	20:10	21:53	24:01	25:30:16
200		Time Delta	01:17	01:06	01:19	01:19	01:21	01:12	01:31	01:22	02:02	01:31	02:03	01:37	02:24	01:43	02:07	01:29:16
Age 55		Pace Cum	11:14	11:28	11:31	12:07	12:03	12:10	12:21	12:37	13:15	13:31	13:57	14:12	14:47	15:01	15:16	15:18
Group M50-59		Pace Delta	11:14	11:45	11:37	14:09	11:50	12:48	13:23	14:39	17:51	16:13	18:00	17:13	21:07	18:19	18:37	15:48
Overall-Group		Position	105-11	106-12	107-12	128-17	107-13	101-12	98-12	100-12	95-14	101-14	102-15	101-15	92-14	88-14	87-14	84-12

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Stationt 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
Moore, 85	Time of Day	David (NC)	0:07:19	0:08:25	0:09:43	0:10:54	0:12:21	0:13:49	0:15:22	0:16:49	0:18:37	0:20:05	0:21:52	0:23:35	1:01:45	1:03:45	1:05:58	1:07:36:34
	Time Cum		01:19	02:25	03:43	04:54	06:21	07:49	09:22	10:49	12:37	14:05	15:52	17:35	19:45	21:45	23:58	25:36:34
195	Time Delta		01:19	01:06	01:17	01:11	01:26	01:28	01:32	01:27	01:47	01:28	01:46	01:43	02:09	02:00	02:12	01:38:34
Age 54	Pace Cum		11:32	11:40	11:31	11:46	11:58	12:32	12:40	13:00	13:19	13:31	13:44	14:04	14:29	14:55	15:14	15:22
Group M50-59	Pace Delta		11:32	11:50	11:16	12:35	12:41	15:44	13:26	15:31	15:40	15:36	15:36	18:16	18:56	21:20	19:21	17:27
Overall-Group	Position		122-14	119-13	107-12	104-11	105-12	115-15	110-14	116-16	100-15	103-15	98-13	97-13	86-13	85-13	85-13	85-13
<u>Johnson,</u> 86	Time of Day	<u>LaRee (NC)</u>	0:07:24	0:08:31	0:09:57	0:11:09	0:12:43	0:13:56	0:15:41	0:17:01	0:18:48	0:20:12	0:22:04	0:23:38	1:01:48	1:03:46	1:05:55	1:07:38:01
	Time Cum		01:24	02:31	03:57	05:09	06:43	07:56	09:41	11:01	12:48	14:12	16:04	17:38	19:48	21:46	23:55	25:38:01
155	Time Delta		01:24	01:07	01:25	01:12	01:33	01:13	01:44	01:20	01:46	01:24	01:51	01:34	02:09	01:58	02:08	01:43:01
Age 40	Pace Cum		12:16	12:09	12:15	12:24	12:39	12:43	13:06	13:14	13:31	13:38	13:54	14:07	14:31	14:56	15:13	15:23
Group F40-49	Pace Delta		12:16	12:02	12:25	12:54	13:35	13:03	15:13	14:18	15:30	14:58	16:16	16:48	18:51	20:58	18:46	18:14
Overall-Group	Position		163-22	152-17	144-17	139-17	135-17	129-16	128-15	109-11	111-11	101-11	98-11	88-9	86-9	84-9	86-9	86-9
Jessup, 87	Time of Day	Danny (NC)	0:07:21	0:08:30	0:09:59	0:11:20	0:12:56	0:14:20	0:16:04	0:17:28	0:19:19	0:20:46	0:22:42	1:00:22	1:02:26	1:04:09	1:06:17	1:07:50:48
	Time Cum		01:21	02:30	03:59	05:20	06:56	08:20	10:04	11:28	13:19	14:46	16:42	18:22	20:26	22:09	24:17	25:50:48
153	Time Delta		01:21	01:09	01:28	01:21	01:35	01:24	01:43	01:24	01:50	01:27	01:55	01:40	02:03	01:43	02:07	01:33:48
Age 49	Pace Cum		11:49	12:03	12:21	12:48	13:04	13:20	13:37	13:47	14:03	14:11	14:27	14:42	14:59	15:12	15:27	15:30
Group M40-49	Pace Delta		11:49	12:20	12:54	14:21	14:00	14:54	15:09	15:02	16:04	15:31	16:50	17:47	18:02	18:24	18:33	16:36
Overall-Group	Position		143-38	145-37	148-40	160-44	161-45	163-44	157-43	153-41	124-33	123-33	116-32	112-32	99-29	92-24	88-23	87-23
Anderson, 88	Time of Day	Joey (NC)	0:07:15	0:08:16	0:09:31	0:10:39	0:12:01	0:13:15	0:14:42	0:16:02	0:17:38	0:19:08	0:20:59	0:22:54	1:00:55	1:03:02	1:05:44	1:07:52:52
	Time Cum		01:15	02:16	03:31	04:39	06:01	07:15	08:42	10:02	11:38	13:08	14:59	16:54	18:55	21:02	23:44	25:52:52
57	Time Delta		01:15	01:01	01:14	01:08	01:21	01:14	01:26	01:20	01:35	01:30	01:50	01:55	02:00	02:07	02:41	02:08:52
Age 56	Pace Cum		10:57	10:56	10:54	11:10	11:20	11:37	11:46	12:03	12:17	12:37	12:58	13:32	13:52	14:25	15:06	15:32
Group M50-59	Pace Delta		10:57	10:56	10:50	12:06	11:55	13:15	12:35	14:16	13:56	16:03	16:06	20:28	17:34	22:29	23:39	22:48
Overall-Group	Position		86-9	75-7	69-6	68-6	70-7	72-7	69-6	73-6	59-5	68-7	68-7	79-9	73-9	79-11	83-12	88-14
Sullivan, 89	Time of Day	Jerry (LA)	0:07:20	0:08:29	0:09:49	0:11:00	0:12:33	0:13:47	0:15:24	0:16:47	0:18:40	0:20:10	0:22:20	1:00:02	1:02:15	1:04:07	1:06:23	1:07:58:11
	Time Cum		01:20	02:29	03:49	05:00	06:33	07:47	09:24	10:47	12:40	14:10	16:20	18:02	20:15	22:07	24:23	25:58:11
103	Time Delta		01:20	01:09	01:19	01:11	01:32	01:14	01:36	01:23	01:52	01:30	02:09	01:42	02:12	01:52	02:15	01:35:11
Age 50	Pace Cum		11:41	11:56	11:50	12:02	12:20	12:29	12:43	12:57	13:22	13:36	14:08	14:26	14:51	15:10	15:30	15:35
Group M50-59	Pace Delta		11:41	12:15	11:39	12:41	13:28	13:15	14:02	14:51	16:22	16:01	18:54	18:12	19:18	19:50	19:51	16:51
Overall-Group	Position		127-16	132-17	120-14	120-13	119-15	113-13	113-16	109-15	102-16	110-16	108-17	107-16	93-15	91-15	91-15	89-15
Banks, 90	Time of Day	Darryl (NC)	0:07:23	0:08:35	0:10:01	0:11:17	0:12:50	0:14:09	0:15:54	0:17:16	0:18:54	0:20:20	0:22:14	0:23:52	1:02:19	1:04:10	1:06:22	1:08:05:01
	Time Cum		01:23	02:35	04:01	05:17	06:50	08:09	09:54	11:16	12:54	14:20	16:14	17:52	20:19	22:10	24:22	26:05:01
62	Time Delta		01:23	01:12	01:25	01:16	01:32	01:19	01:44	01:22	01:37	01:26	01:53	01:38	02:26	01:51	02:11	01:43:01
Age 45	Pace Cum		12:07	12:26	12:27	12:42	12:52	13:03	13:24	13:31	13:37	13:46	14:03	14:18	14:54	15:12	15:30	15:39
Group M40-49	Pace Delta		12:07	12:49	12:30	13:33	13:30	14:02	15:18	14:31	14:18	15:22	16:32	17:26	21:23	19:46	19:10	18:14
Overall-Group	Position		152-41	164-42	162-44	153-41	153-42	146-40	145-39	137-37	111-29	115-31	104-28	104-28	94-26	93-25	90-24	90-24
Pironi, 91	Time of Day	Stephen M (NC)	0:07:13	0:08:14	0:09:25	0:10:30	0:11:49	0:12:51	0:14:15	0:15:32	0:17:11	0:18:27	0:20:01	0:21:23	1:02:55	1:04:32	1:06:44	1:08:21:25
	Time Cum		01:13	02:14	03:25	04:30	05:49	06:51	08:15	09:32	11:11	12:27	14:01	15:23	20:55	22:32	24:44	26:21:25
48	Time Delta		01:13	01:01	01:10	01:05	01:18	01:02	01:23	01:17	01:38	01:16	01:33	01:22	05:31	01:37	02:11	01:37:25
Age 40	Pace Cum		10:39	10:44	10:36	10:49	10:57	10:58	11:10	11:27	11:48	11:57	12:08	12:19	15:20	15:27	15:44	15:49
Group M40-49	Pace Delta		10:39	10:50	10:20	11:35	11:28	10:59	12:15	13:46	14:20	13:28	13:43	14:33	48:26	17:14	19:13	17:15
Overall-Group	Position		75-22	66-21	56-20	59-21	51-21	45-17	44-16	47-16	40-14	41-14	36-13	37-13	107-32	100-29	94-27	91-25

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name				AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS		
Aid Station Distance				6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00		
Aid Station Delta				6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65		
<u>Bruno,</u>				92	Time of Day	0:07:09	0:08:16	0:09:31	0:10:40	0:12:02	0:13:11	0:14:35	0:15:52	0:17:35	0:19:00	0:20:54	0:22:42	1:01:07	1:03:20	1:06:21	1:08:25:24
<u>Kelly (NC)</u>					Time Cum	01:09	02:16	03:31	04:40	06:02	07:11	08:35	09:52	11:35	13:00	14:54	16:42	19:07	21:20	24:21	26:25:24
77					Time Delta	01:09	01:07	01:14	01:09	01:21	01:09	01:23	01:17	01:42	01:25	01:53	01:48	02:24	02:13	03:00	02:04:24
Age 28					Pace Cum	10:04	10:54	10:54	11:14	11:22	11:30	11:37	11:51	12:14	12:29	12:53	13:22	14:01	14:38	15:29	15:51
Group F20-29					Pace Delta	10:04	11:55	10:54	12:21	11:51	12:15	12:14	13:42	14:59	15:03	16:38	19:11	21:07	23:35	26:24	22:01
Overall-Group					Position	47-1	71-1	69-1	69-1	72-1	69-1	59-1	63-1	55-1	61-1	63-2	69-2	80-2	83-2	89-2	92-2
Conrad, Will (FL)				93	Time of Day	0:07:17	0:08:24	0:09:44	0:10:54	0:12:22	0:13:40	0:15:16	0:16:44		0:19:51	0:21:51	0:23:27	1:01:45	1:03:54	1:06:29	1:08:30:07
96					Time Cum	01:17	02:24	03:44	04:54	06:22	07:40	09:16	10:44		13:51	15:51	17:27	19:45	21:54	24:29	26:30:07
					Time Delta	01:17	01:07	01:19	01:10	01:27	01:18	01:36	01:28		03:06	01:59	01:36	02:17	02:09	02:34	02:01:07
Age 41					Pace Cum	11:14	11:33	11:35	11:46	12:00	12:16	12:32	12:53		13:18	13:43	13:58	14:29	15:01	15:34	15:54
Group M40-49					Pace Delta	11:14	11:56	11:37	12:27	12:48	13:48	14:01	15:40		14:55	17:30	17:09	20:01	22:52	22:36	21:26
Overall-Group					Position	105-32	111-31	112-32	107-30	106-31	104-30	102-28	106-29		96-27	96-27	93-26	86-23	89-23	92-25	93-26
Wohlpert, Alfred (FL)				94	Time of Day	0:07:15	0:08:21	0:09:42	0:10:54	0:12:26	0:13:46	0:15:34	0:16:58	0:18:45	0:20:14	0:22:16	0:23:57	1:02:20	1:04:13	1:06:40	1:08:36:41
280					Time Cum	01:15	02:21	03:42	04:54	06:26	07:46	09:34	10:58	12:45	14:14	16:16	17:57	20:20	22:13	24:40	26:36:41
					Time Delta	01:15	01:06	01:20	01:12	01:31	01:20	01:47	01:24	01:46	01:29	02:01	01:41	02:22	01:53	02:26	01:56:41
Age 48					Pace Cum	10:57	11:20	11:28	11:46	12:07	12:26	12:57	13:10	13:27	13:40	14:04	14:22	14:54	15:14	15:41	15:58
Group M40-49					Pace Delta	10:57	11:48	11:43	12:47	13:24	14:15	15:41	14:54	15:36	15:47	17:47	18:03	20:44	20:05	21:24	20:39
Overall-Group					Position	86-25	102-29	105-29	106-30	109-32	111-32	124-34	125-34	108-28	114-30	105-29	105-30	95-27	94-26	93-26	94-27
Sandstrom, Rich (NY)				95	Time of Day	0:07:07	0:08:07	0:09:23	0:10:27	0:11:48	0:12:59	0:14:36	0:15:51	0:17:31	0:18:57	0:21:21	0:23:08	1:02:48	1:04:49	1:07:23	1:08:37:08
231					Time Cum	01:07	02:07	03:23	04:27	05:48	06:59	08:36	09:51	11:31	12:57	15:21	17:08	20:48	22:49	25:23	26:37:08
					Time Delta	01:07	01:00	01:15	01:04	01:20	01:11	01:36	01:15	01:39	01:26	02:23	01:47	03:39	02:01	02:33	01:14:08
Age 43					Pace Cum	09:47	10:12	10:29	10:42	10:56	11:11	11:38	11:50	12:09	12:27	13:17	13:43	15:15	15:39	16:09	15:58
Group M40-49					Pace Delta	09:47	10:42	11:02	11:27	11:44	12:37	14:07	13:23	14:31	15:21	20:55	19:04	32:01	21:33	22:22	13:07
Overall-Group					Position	32-13	44-14	54-18	54-18	49-19	48-18	61-20	59-20	52-18	57-19	78-22	85-23	104-30	104-31	102-30	95-28
Saxon, Randy (MS)				96	Time of Day	0:07:20	0:08:29	0:09:49	0:11:00	0:12:34	0:13:53	0:15:30	0:16:50	0:18:40	0:20:10	0:22:19	1:00:05	1:02:41	1:04:57	1:07:02	1:08:37:24
233					Time Cum	01:20	02:29	03:49	05:00	06:34	07:53	09:30	10:50	12:40	14:10	16:19	18:05	20:41	22:57	25:02	26:37:24
					Time Delta	01:20	01:09	01:19	01:11	01:33	01:19	01:36	01:20	01:49	01:30	02:08	01:46	02:35	02:16	02:04	01:35:24
Age 51					Pace Cum	11:41	11:56	11:50	12:02	12:22	12:38	12:51	13:01	13:22	13:36	14:07	14:28	15:10	15:44	15:55	15:58
Group M50-59					Pace Delta	11:41	12:14	11:39	12:42	13:37	14:09	14:02	14:19	15:55	15:58	18:48	18:50	22:42	24:08	18:12	16:53
Overall-Group					Position	127-16	131-17	120-14	121-13	120-16	122-16	118-17	117-17	102-16	108-16	107-16	109-17	102-17	105-18	99-18	96-16
Jordan, Jeffrey Scott (TN)				97	Time of Day	0:08:00	0:09:03	0:10:16	0:11:34	0:13:02	0:14:41	0:16:10	0:17:45	0:19:17	0:20:59	0:22:59	1:00:59	1:02:52	1:04:36	1:07:02	1:08:37:25
159					Time Cum	02:00	03:03	04:16	05:34	07:02	08:41	10:10	11:45	13:17	14:59	16:59	18:59	20:52	22:36	25:02	26:37:25
					Time Delta	02:00	01:03	01:12	01:18	01:27	01:39	01:28	01:35	01:31	01:42	01:59	02:00	01:52	01:44	02:25	01:35:25
Age 49					Pace Cum	17:31	14:39	13:14	13:22	13:15	13:54	13:45	14:06	14:01	14:23	14:42	15:11	15:18	15:30	15:55	15:58
Group M40-49					Pace Delta	17:31	11:11	10:38	13:49	12:50	17:35	12:57	16:52	13:24	18:05	17:29	21:16	16:28	18:34	21:11	16:53
Overall-Group					Position	248-53	242-52	204-49	199-49	166-46	186-47	163-45	167-43	121-31	130-36	122-34	118-34	106-31	101-30	99-28	97-29
<u>Erickson,</u>				98	Time of Day	0:07:20	0:08:34	0:10:00	0:11:17	0:12:49	0:14:12	0:15:48	0:17:17	0:19:19	0:20:49	0:22:48	1:00:26	1:02:32	1:04:28	1:06:50	1:08:51:50
<u>Suzanne (AL)</u>					Time Cum	01:20	02:34	04:00	05:17	06:49	08:12	09:48	11:17	13:19	14:49	16:48	18:26	20:32	22:28	24:50	26:51:50
116					Time Delta	01:20	01:14	01:25	01:17	01:31	01:23	01:35	01:29	02:01	01:30	01:58	01:38	02:05	01:56	02:21	02:01:50
Age 46					Pace Cum	11:41	12:23	12:24	12:42	12:50	13:07	13:15	13:33	14:03	14:14	14:32	14:45	15:03	15:25	15:48	16:07
Group F40-49					Pace Delta	11:41	13:13	12:27	13:45	13:20	14:43	14:00	15:48	17:47	16:01	17:18	17:22	18:22	20:37	20:40	21:34
Overall-Group					Position	127-18	160-21	154-18	154-18	151-18	155-18	138-17	139-17	124-14	125-13	117-12	113-12	100-10	98-10	95-10	98-10

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta			6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
McDuffie, 99	Time of Day		0:07:15	0:08:21	0:09:34	0:10:41	0:12:02	0:13:10	0:14:40	0:16:05	0:18:06	0:19:33	0:22:01	1:00:10	1:02:07	1:04:01	1:06:59	1:08:57:14
Michael (MA)	Time Cum		01:15	02:21	03:34	04:41	06:02	07:10	08:40	10:05	12:06	13:33	16:01	18:10	20:07	22:01	24:59	26:57:14
188	Time Delta		01:15	01:06	01:12	01:07	01:20	01:08	01:29	01:25	02:00	01:27	02:27	02:09	01:56	01:54	02:57	01:58:14
Age 28	Pace Cum		10:57	11:20	11:04	11:17	11:22	11:28	11:43	12:06	12:46	13:01	13:51	14:32	14:45	15:06	15:53	16:10
Group M20-29	Pace Delta		10:57	11:49	10:33	12:01	11:41	12:05	13:06	15:07	17:36	15:33	21:29	22:52	17:03	20:19	25:52	20:56
Overall-Group	Position		86-6	103-8	74-6	74-6	72-7	67-7	66-7	74-7	79-7	81-7	100-7	111-7	90-6	90-6	98-6	99-6
Triumph, 100	Time of Day		0:07:20	0:08:28	0:09:51	0:11:05	0:12:36	0:13:57	0:15:47	0:17:18	0:19:20	0:20:46	0:22:34	1:00:05	1:02:50	1:04:39	1:06:57	1:08:57:17
Thomas (FL)	Time Cum		01:20	02:28	03:51	05:05	06:36	07:57	09:47	11:18	13:20	14:46	16:34	18:05	20:50	22:39	24:57	26:57:17
265	Time Delta		01:20	01:08	01:22	01:14	01:30	01:21	01:49	01:31	02:01	01:26	01:47	01:31	02:44	01:49	02:17	02:00:17
Age 53	Pace Cum		11:41	11:55	11:56	12:14	12:26	12:45	13:14	13:35	14:04	14:11	14:20	14:28	15:16	15:32	15:52	16:10
Group M50-59	Pace Delta		11:41	12:11	11:59	13:16	13:09	14:29	15:56	16:17	17:40	15:24	15:38	16:11	24:02	19:25	20:02	21:17
Overall-Group	Position		127-16	130-16	127-19	133-19	125-18	131-19	134-19	142-20	126-20	124-20	113-19	108-17	105-19	103-17	97-17	100-17
Gentry, 101	Time of Day		0:07:44	0:09:12	0:10:57	0:12:26	0:14:14	0:15:50	0:17:43	0:19:19	0:21:03	0:22:43	1:00:43	1:02:19	1:04:24	1:05:57	1:07:42	1:09:02:53
Bill (VA)	Time Cum		01:44	03:12	04:57	06:26	08:14	09:50	11:43	13:19	15:03	16:43	18:43	20:19	22:24	23:57	25:42	27:02:53
29	Time Delta		01:44	01:28	01:44	01:29	01:47	01:36	01:52	01:36	01:43	01:40	01:59	01:36	02:04	01:33	01:44	01:20:53
Age 50	Pace Cum		15:11	15:23	15:21	15:27	15:31	15:44	15:51	15:59	15:53	16:03	16:12	16:15	16:25	16:26	16:21	16:14
Group M50-59	Pace Delta		15:11	15:38	15:17	15:49	15:42	17:00	16:29	17:01	15:09	17:45	17:29	17:02	18:12	16:33	15:15	14:19
Overall-Group	Position		243-35	247-35	243-35	242-35	236-34	235-34	225-34	221-32	175-24	171-24	156-24	147-23	129-21	120-21	109-20	101-18
Bovaird, 102	Time of Day		0:07:25	0:08:35	0:09:59	0:11:25	0:13:14	0:14:59	0:16:47	0:18:22	0:20:35	0:22:24	1:00:03	1:01:40	1:03:46	1:05:34	1:07:41	1:09:04:15
Ray (OH)	Time Cum		01:25	02:35	03:59	05:25	07:14	08:59	10:47	12:22	14:35	16:24	18:03	19:40	21:46	23:34	25:41	27:04:15
73	Time Delta		01:25	01:10	01:23	01:26	01:48	01:45	01:47	01:35	02:12	01:49	01:38	01:37	02:05	01:48	02:06	01:23:15
Age 45	Pace Cum		12:25	12:27	12:21	13:02	13:38	14:23	14:35	14:51	15:23	15:45	15:37	15:44	15:57	16:10	16:20	16:15
Group M40-49	Pace Delta		12:25	12:31	12:09	15:23	15:47	18:42	15:40	16:52	19:22	19:25	14:21	17:15	18:20	19:16	18:25	14:44
Overall-Group	Position		168-45	167-42	148-40	178-47	186-49	205-50	193-48	192-48	165-40	167-41	144-35	138-35	117-34	114-33	108-32	102-30
Botwick, 103	Time of Day		0:07:15	0:08:16	0:09:34	0:10:42	0:12:03	0:13:20	0:15:03	0:16:27	0:18:00	0:19:34	0:21:35	0:23:29	1:02:01	1:04:21	1:07:07	1:09:12:15
Seth (NC)	Time Cum		01:15	02:16	03:34	04:42	06:03	07:20	09:03	10:27	12:00	13:34	15:35	17:29	20:01	22:21	25:07	27:12:15
72	Time Delta		01:15	01:01	01:17	01:08	01:20	01:17	01:42	01:24	01:32	01:34	02:00	01:54	02:31	02:20	02:45	02:05:15
Age 41	Pace Cum		10:57	10:54	11:04	11:19	11:24	11:44	12:15	12:34	12:40	13:02	13:29	14:00	14:40	15:20	15:58	16:19
Group M40-49	Pace Delta		10:57	10:51	11:20	12:11	11:42	13:39	15:01	15:02	13:26	16:48	17:31	20:20	22:04	24:47	24:14	22:10
Overall-Group	Position		86-25	71-23	74-24	77-24	74-25	75-24	90-26	98-27	76-22	84-24	88-25	94-27	89-24	95-27	101-29	103-31
Natoli, 104	Time of Day		0:07:18	0:08:21	0:09:39	0:10:46	0:12:10	0:13:25	0:15:04	0:16:26	0:18:13	0:19:40	0:21:48	0:23:40	1:02:25	1:04:27	1:07:29	1:09:22:08
Tom (VA)	Time Cum		01:18	02:21	03:39	04:46	06:10	07:25	09:04	10:26	12:13	13:40	15:48	17:40	20:25	22:27	25:29	27:22:08
203	Time Delta		01:18	01:03	01:17	01:07	01:23	01:15	01:38	01:22	01:46	01:27	02:07	01:52	02:44	02:02	03:01	01:53:08
Age 57	Pace Cum		11:23	11:19	11:19	11:27	11:37	11:54	12:16	12:31	12:54	13:07	13:40	14:08	14:58	15:24	16:12	16:25
Group M50-59	Pace Delta		11:23	11:14	11:19	11:52	12:15	13:27	14:19	14:32	15:36	15:26	18:40	19:55	24:01	21:44	26:27	20:01
Overall-Group	Position		116-13	99-10	91-10	83-8	79-8	86-10	93-11	95-10	84-9	87-9	94-12	99-14	98-16	97-16	104-19	104-19
<u>Basso,</u> 105	Time of Day		0:07:21	0:08:30	0:10:02	0:11:22	0:13:02	0:14:27	0:16:14	0:17:43	0:19:40	0:21:26	0:23:40	1:01:56	1:04:03	1:05:45	1:07:54	1:09:23:26
<u>Denise (CA)</u>	Time Cum		01:21	02:30	04:02	05:22	07:02	08:27	10:14	11:43	13:40	15:26	17:40	19:56	22:03	23:45	25:54	27:23:26
65	Time Delta		01:21	01:09	01:31	01:20	01:39	01:25	01:46	01:29	01:56	01:46	02:13	02:16	02:06	01:42	02:08	01:29:26
Age 62	Pace Cum		11:49	12:05	12:30	12:53	13:15	13:32	13:51	14:04	14:25	14:49	15:17	15:57	16:10	16:17	16:28	16:26
Group F60-69	Pace Delta		11:49	12:23	13:17	14:13	14:33	15:08	15:33	15:48	17:03	18:50	19:30	24:07	18:30	18:06	18:48	15:50
Overall-Group	Position		143-2	146-2	164-2	169-2	166-2	171-2	169-2	163-2	139-2	143-2	136-2	140-2	125-2	116-2	112-2	105-2

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta			6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<u>Holden,</u>	106	Time of Day	0:07:23	0:09:01	0:10:01	0:11:18	0:12:50	0:14:09	0:15:54	0:17:15	0:18:59	0:20:35	0:22:35	1:00:28	1:02:37	1:04:27	1:07:31	1:09:28:08
<u>Judy (NC)</u>		Time Cum	01:23	03:01	04:01	05:18	06:50	08:09	09:54	11:15	12:59	14:35	16:35	18:28	20:37	22:27	25:31	27:28:08
149		Time Delta	01:23	01:38	00:59	01:17	01:31	01:19	01:44	01:21	01:43	01:36	01:59	01:53	02:08	01:50	03:03	01:57:08
Age 50		Pace Cum	12:07	14:33	12:27	12:46	12:52	13:03	13:24	13:30	13:42	14:00	14:21	14:47	15:07	15:24	16:14	16:29
Group F50-59		Pace Delta	12:07	17:29	08:38	13:48	13:17	14:02	15:17	14:24	15:08	17:00	17:31	20:07	18:44	19:33	26:47	20:44
Overall-Group		Position	152-7	239-19	162-7	157-7	153-8	147-8	145-8	136-8	114-7	120-7	114-7	114-7	101-5	96-5	106-5	106-5
<u>Boers,</u>	107	Time of Day	0:07:20	0:08:29	0:09:48	0:10:59	0:12:26	0:13:46	0:15:21	0:16:48	0:18:36	0:20:07	0:22:18	0:23:52	1:02:22	1:04:29	1:07:25	1:09:33:32
<u>Peter (FL)</u>		Time Cum	01:20	02:29	03:48	04:59	06:26	07:46	09:21	10:48	12:36	14:07	16:18	17:52	20:22	22:29	25:25	27:33:32
70		Time Delta	01:20	01:09	01:18	01:11	01:26	01:20	01:34	01:27	01:47	01:31	02:10	01:34	02:29	02:07	02:55	02:08:32
Age 48		Pace Cum	11:41	11:58	11:47	11:58	12:07	12:26	12:39	12:58	13:18	13:33	14:06	14:18	14:56	15:25	16:10	16:32
Group M40-49		Pace Delta	11:41	12:20	11:26	12:38	12:39	14:15	13:48	15:27	15:44	16:10	19:04	16:43	21:50	22:34	25:37	22:45
Overall-Group		Position	127-35	136-36	117-33	117-33	109-32	110-32	108-30	112-30	98-26	104-29	106-30	103-28	96-28	99-28	103-31	107-32
<u>Gury,</u>	108	Time of Day	0:07:26	0:08:42	0:10:09	0:11:25	0:13:00	0:14:19	0:16:06	0:17:36	0:19:34	0:21:15	0:23:24	1:01:04	1:03:14	1:05:12	1:07:35	1:09:37:03
<u>Sue (MD)</u>		Time Cum	01:26	02:42	04:09	05:25	07:00	08:19	10:06	11:36	13:34	15:15	17:24	19:04	21:14	23:12	25:35	27:37:03
139		Time Delta	01:26	01:16	01:26	01:16	01:34	01:19	01:46	01:30	01:57	01:41	02:08	01:40	02:09	01:58	02:22	02:02:03
Age 48		Pace Cum	12:33	12:59	12:52	13:01	13:11	13:20	13:40	13:55	14:19	14:39	15:03	15:15	15:34	15:55	16:16	16:34
Group F40-49		Pace Delta	12:33	13:30	12:40	13:31	13:49	14:08	15:29	15:57	17:13	17:59	18:45	17:45	18:56	21:03	20:44	21:36
Overall-Group		Position	181-24	196-26	184-24	177-23	165-21	161-20	160-20	159-20	135-18	139-17	127-18	121-15	108-11	108-11	107-11	108-11
<u>Dummar,</u>	109	Time of Day	0:07:26	0:08:39	0:10:10	0:11:30	0:13:04	0:14:28	0:16:15	0:17:44	0:19:33	0:21:05	0:23:16	1:01:01	1:03:24	1:05:16	1:07:45	1:09:43:38
<u>Susan (NC)</u>		Time Cum	01:26	02:39	04:10	05:30	07:04	08:28	10:15	11:44	13:33	15:05	17:16	19:01	21:24	23:16	25:45	27:43:38
36		Time Delta	01:26	01:13	01:30	01:20	01:33	01:24	01:46	01:29	01:48	01:32	02:10	01:45	02:22	01:52	02:28	01:58:38
Age 47		Pace Cum	12:33	12:48	12:55	13:13	13:19	13:33	13:52	14:06	14:18	14:30	14:56	15:13	15:41	15:57	16:23	16:38
Group F40-49		Pace Delta	12:33	13:05	13:09	14:13	13:40	14:55	15:35	15:52	15:49	16:25	19:01	18:37	20:51	19:50	21:45	21:00
Overall-Group		Position	181-24	188-25	190-26	191-26	174-23	172-23	170-22	165-21	134-17	133-16	125-16	120-14	112-14	109-12	111-12	109-12
<u>Aistars,</u>	110	Time of Day	0:07:17	0:08:20	0:09:43	0:11:02	0:12:38	0:14:07	0:15:47	0:17:12	0:19:07	0:20:35	0:22:56	1:01:07	1:03:46	1:06:10	1:08:17	1:09:44:20
<u>Juli (IL)</u>		Time Cum	01:17	02:20	03:43	05:02	06:38	08:07	09:47	11:12	13:07	14:35	16:56	19:07	21:46	24:10	26:17	27:44:20
50		Time Delta	01:17	01:03	01:22	01:19	01:35	01:29	01:39	01:25	01:54	01:28	02:20	02:11	02:38	02:24	02:06	01:27:20
Age 53		Pace Cum	11:14	11:15	11:31	12:07	12:30	13:00	13:14	13:27	13:51	14:01	14:39	15:18	15:57	16:34	16:43	16:39
Group F50-59		Pace Delta	11:14	11:16	12:01	14:08	13:53	15:52	14:31	15:05	16:45	15:40	20:30	23:17	23:08	25:32	18:30	15:27
Overall-Group		Position	105-4	94-3	107-5	127-6	130-6	141-7	134-7	134-7	117-8	121-7	121-8	122-8	117-7	125-7	115-7	110-6
<u>Cameron,</u>	111	Time of Day	0:07:25	0:08:39	0:10:11	0:11:33	0:13:16	0:14:45	0:16:31	0:17:58	0:19:48	0:21:23	0:23:26	1:01:11	1:03:17	1:05:12	1:07:43	1:09:46:57
<u>Laurie (NC)</u>		Time Cum	01:25	02:39	04:11	05:33	07:16	08:45	10:31	11:58	13:48	15:23	17:26	19:11	21:17	23:12	25:43	27:46:57
79		Time Delta	01:25	01:14	01:31	01:22	01:42	01:29	01:45	01:27	01:50	01:35	02:02	01:45	02:05	01:55	02:30	02:03:57
Age 57		Pace Cum	12:25	12:48	12:58	13:21	13:41	14:01	14:14	14:22	14:34	14:46	15:05	15:21	15:36	15:55	16:21	16:40
Group F50-59		Pace Delta	12:25	13:16	13:17	14:39	14:55	15:52	15:23	15:24	16:04	16:50	17:56	18:38	18:21	20:30	21:55	21:56
Overall-Group		Position	168-8	189-8	199-12	197-12	188-10	193-11	182-10	175-10	143-9	142-9	130-9	124-9	109-6	107-6	110-6	111-7
<u>Peeks,</u>	112	Time of Day	0:07:26	0:08:40	0:10:09	0:11:24	0:12:56	0:14:11	0:16:10	0:17:30	0:19:38	0:21:14	1:00:03	1:01:56	1:04:24	1:06:25	1:08:31	1:09:48:56
<u>Aaron (NC)</u>		Time Cum	01:26	02:40	04:09	05:24	06:56	08:11	10:10	11:30	13:38	15:14	18:03	19:56	22:24	24:25	26:31	27:48:56
212		Time Delta	01:26	01:14	01:28	01:15	01:31	01:15	01:58	01:20	02:07	01:36	02:48	01:53	02:27	02:01	02:05	01:17:56
Age 36		Pace Cum	12:33	12:49	12:52	12:59	13:04	13:06	13:45	13:49	14:23	14:37	15:37	15:57	16:25	16:45	16:52	16:41
Group M30-39		Pace Delta	12:33	13:08	12:58	13:21	13:22	13:22	17:18	14:14	18:37	17:00	24:40	20:06	21:32	21:35	18:15	13:48
Overall-Group		Position	181-34	193-35	184-35	174-33	161-33	152-32	163-32	154-31	138-28	137-29	144-26	141-25	129-22	128-22	121-20	112-19

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta			6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Feign, Cory (IL) 120 Age 35 Group M30-39 Overall-Group	113	Time of Day	0:07:13	0:08:21	0:09:36	0:10:46	0:12:10	0:13:27	0:14:57	0:16:19	0:18:06	0:19:33	0:21:43	0:23:42	1:02:24	1:04:38	1:07:29	1:09:49:06
		Time Cum	01:13	02:21	03:36	04:46	06:10	07:27	08:57	10:19	12:06	13:33	15:43	17:42	20:24	22:38	25:29	27:49:06
		Time Delta	01:13	01:08	01:14	01:10	01:23	01:17	01:29	01:22	01:46	01:27	02:09	01:59	02:41	02:14	02:50	02:20:06
		Pace Cum	10:39	11:19	11:10	11:26	11:37	11:55	12:06	12:24	12:46	13:01	13:36	14:10	14:57	15:32	16:12	16:41
		Pace Delta	10:39	12:08	10:52	12:24	12:16	13:39	13:07	14:41	15:29	15:33	18:51	21:07	23:36	23:53	24:50	24:48
Pieroni, Dan (NC) 215 Age 71 Group M70-79 Overall-Group	114	Time of Day	0:07:15	0:08:23	0:09:50	0:11:09	0:12:48	0:14:17	0:16:05	0:17:37	0:19:40	0:21:22	0:23:36	1:01:28	1:03:51	1:05:44	1:07:56	1:09:49:07
		Time Cum	01:15	02:23	03:50	05:09	06:48	08:17	10:05	11:37	13:40	15:22	17:36	19:28	21:51	23:44	25:56	27:49:07
		Time Delta	01:15	01:08	01:26	01:19	01:38	01:29	01:47	01:32	02:02	01:42	02:13	01:52	02:22	01:53	02:11	01:53:07
		Pace Cum	10:57	11:30	11:53	12:23	12:49	13:16	13:38	13:57	14:25	14:45	15:14	15:35	16:01	16:17	16:30	16:41
		Pace Delta	10:57	12:11	12:35	14:03	14:24	15:53	15:39	16:18	17:56	18:06	19:32	19:57	20:46	20:08	19:09	20:01
Blutstein, Jeffrey (CT) 68 Age 59 Group M50-59 Overall-Group	115	Time of Day	0:07:25	0:08:35	0:10:04	0:11:20	0:12:56	0:14:18	0:15:57	0:17:22	0:19:20	0:20:58	0:23:12	1:01:12	1:03:28	1:05:25	1:06:53	1:09:51:41
		Time Cum	01:25	02:35	04:04	05:20	06:56	08:18	09:57	11:22	13:20	14:58	17:12	19:12	21:28	23:25	24:53	27:51:41
		Time Delta	01:25	01:10	01:28	01:16	01:35	01:22	01:38	01:25	01:57	01:38	02:13	02:00	02:15	01:57	01:27	02:58:41
		Pace Cum	12:25	12:28	12:37	12:49	13:04	13:18	13:28	13:39	14:04	14:22	14:53	15:22	15:44	16:04	15:49	16:43
		Pace Delta	12:25	12:32	12:53	13:32	13:57	14:38	14:21	15:06	17:11	17:24	19:31	21:18	19:48	20:45	12:49	31:38
<u>Massie, Tammy (MD)</u> 184 Age 40 Group F40-49 Overall-Group	116	Time of Day	0:07:26	0:08:43	0:10:13	0:11:27	0:12:59	0:14:27	0:16:04	0:17:33	0:19:16	0:20:52	0:22:50	1:00:58	1:03:20	1:05:16	1:08:02	1:10:00:43
		Time Cum	01:26	02:43	04:13	05:27	06:59	08:27	10:04	11:33	13:16	14:52	16:50	18:58	21:20	23:16	26:02	28:00:43
		Time Delta	01:26	01:17	01:29	01:14	01:31	01:28	01:36	01:29	01:43	01:36	01:57	02:08	02:21	01:56	02:45	01:58:43
		Pace Cum	12:33	13:03	13:04	13:05	13:09	13:31	13:37	13:52	14:00	14:16	14:34	15:11	15:38	15:58	16:33	16:48
		Pace Delta	12:33	13:39	13:07	13:07	13:25	15:36	14:08	15:45	15:02	17:00	17:13	22:45	20:39	20:36	24:11	21:01
<u>Clinard, Valerie (NC)</u> 90 Age 36 Group F30-39 Overall-Group	117	Time of Day	0:07:25	0:08:37	0:10:10	0:11:26	0:13:07	0:14:30	0:16:22	0:17:55	0:19:58	0:21:36	0:23:43	1:01:32	1:03:42	1:05:55	1:08:26	1:10:06:38
		Time Cum	01:25	02:37	04:10	05:26	07:07	08:30	10:22	11:55	13:58	15:36	17:43	19:32	21:42	23:55	26:26	28:06:38
		Time Delta	01:25	01:12	01:32	01:16	01:40	01:23	01:51	01:33	02:02	01:38	02:06	01:49	02:09	02:13	02:30	01:40:38
		Pace Cum	12:25	12:38	12:55	13:03	13:24	13:37	14:01	14:18	14:44	14:59	15:20	15:38	15:54	16:24	16:49	16:52
		Pace Delta	12:25	12:55	13:26	13:31	14:42	14:45	16:18	16:28	17:57	17:27	18:27	19:27	18:51	23:36	21:59	17:49
Redente, Edward (CO) 220 Age 61 Group M60-69 Overall-Group	118	Time of Day	0:07:20	0:08:31	0:09:57	0:11:09	0:12:44	0:14:04	0:15:50	0:17:27	0:19:25	0:21:04	0:23:25	1:01:26	1:03:49	1:06:01	1:08:19	1:10:17:40
		Time Cum	01:20	02:31	03:57	05:09	06:44	08:04	09:50	11:27	13:25	15:04	17:25	19:26	21:49	24:01	26:19	28:17:40
		Time Delta	01:20	01:11	01:25	01:12	01:34	01:20	01:45	01:37	01:57	01:39	02:20	02:01	02:22	02:12	02:17	01:58:40
		Pace Cum	11:41	12:06	12:15	12:23	12:41	12:56	13:18	13:45	14:10	14:29	15:04	15:33	16:00	16:29	16:44	16:59
		Pace Delta	11:41	12:37	12:31	12:53	13:45	14:18	15:21	17:19	17:06	17:39	20:29	21:33	20:46	23:29	20:03	21:00
Morton, Alex (NC) 198 Age 62 Group M60-69 Overall-Group	119	Time of Day	0:07:34	0:08:46	0:10:16	0:11:39	0:13:21	0:14:47	0:16:31	0:18:00	0:20:08	0:21:38	0:23:42	1:01:30	1:04:14	1:06:10	1:08:24	1:10:19:35
		Time Cum	01:34	02:46	04:16	05:39	07:21	08:47	10:31	12:00	14:08	15:38	17:42	19:30	22:14	24:10	26:24	28:19:35
		Time Delta	01:34	01:12	01:29	01:23	01:41	01:26	01:43	01:29	02:07	01:30	02:03	01:48	02:43	01:56	02:13	01:55:35
		Pace Cum	13:43	13:19	13:14	13:34	13:51	14:04	14:14	14:24	14:55	15:01	15:19	15:36	16:18	16:35	16:47	17:00
		Pace Delta	13:43	12:49	13:05	14:43	14:52	15:21	15:04	15:49	18:38	16:03	18:00	19:10	23:54	20:38	19:28	20:27

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta			6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<u>Cohen,</u>	120	Time of Day	0:07:26	0:08:42	0:10:11	0:11:32	0:13:05	0:14:29	0:16:13	0:17:45	0:19:32	0:21:20	0:23:17	1:01:14	1:03:56	1:06:07	1:08:32	1:10:20:03
<u>Catherine (MD)</u>		Time Cum	01:26	02:42	04:11	05:32	07:05	08:29	10:13	11:45	13:32	15:20	17:17	19:14	21:56	24:07	26:32	28:20:03
93		Time Delta	01:26	01:16	01:28	01:21	01:32	01:24	01:43	01:32	01:46	01:48	01:56	01:57	02:41	02:11	02:24	01:48:03
Age 43		Pace Cum	12:33	12:59	12:58	13:17	13:21	13:35	13:49	14:06	14:17	14:44	14:57	15:24	16:05	16:33	16:52	17:00
Group F40-49		Pace Delta	12:33	13:30	12:57	14:23	13:32	14:54	15:09	16:17	15:37	19:17	16:57	20:52	23:31	23:18	21:04	19:07
Overall-Group		Position	181-24	197-26	199-27	193-27	178-25	174-24	168-21	166-22	132-16	140-18	126-17	126-16	123-15	123-15	122-15	120-14
Holliday,	121	Time of Day	0:07:20	0:08:34	0:10:00	0:11:17	0:12:48	0:14:12	0:15:48	0:17:17	0:19:18	0:20:49	0:22:51	1:00:52	1:03:27	1:05:28	1:08:25	1:10:21:14
David (AL)		Time Cum	01:20	02:34	04:00	05:17	06:48	08:12	09:48	11:17	13:18	14:49	16:51	18:52	21:27	23:28	26:25	28:21:14
150		Time Delta	01:20	01:14	01:25	01:17	01:30	01:24	01:35	01:29	02:00	01:31	02:01	02:01	02:34	02:01	02:56	01:56:14
Age 49		Pace Cum	11:41	12:22	12:24	12:42	12:49	13:07	13:15	13:33	14:02	14:14	14:35	15:06	15:43	16:06	16:48	17:01
Group M40-49		Pace Delta	11:41	13:13	12:28	13:45	13:11	14:53	14:00	15:50	17:36	16:12	17:44	21:32	22:32	21:31	25:45	20:34
Overall-Group		Position	127-35	159-41	154-42	155-41	145-39	154-42	138-37	140-39	122-32	126-34	120-33	116-33	113-33	113-32	118-33	121-33
<u>Carpenter,</u>	122	Time of Day	0:07:30	0:08:48	0:10:19	0:11:38	0:13:20	0:14:43	0:16:37	0:18:09	0:20:14	0:22:01	1:00:16	1:02:10	1:04:34	1:06:35	1:08:50	1:10:22:02
<u>Pamela L (NC)</u>		Time Cum	01:30	02:48	04:19	05:38	07:20	08:43	10:37	12:09	14:14	16:01	18:16	20:10	22:34	24:35	26:50	28:22:02
80		Time Delta	01:30	01:18	01:30	01:19	01:41	01:23	01:53	01:32	02:04	01:47	02:14	01:54	02:23	02:01	02:14	01:32:02
Age 42		Pace Cum	13:08	13:29	13:23	13:32	13:49	13:58	14:22	14:36	15:01	15:23	15:48	16:09	16:33	16:52	17:04	17:01
Group F40-49		Pace Delta	13:08	13:54	13:12	14:02	14:51	14:48	16:33	16:24	18:09	19:00	19:40	20:18	20:55	21:35	19:34	16:17
Overall-Group		Position	205-31	214-31	211-30	207-29	197-28	188-28	187-25	183-26	154-22	158-23	148-21	145-20	133-18	130-17	127-17	122-15
<u>Bagdasarian,</u>	123	Time of Day	0:07:23	0:08:35	0:10:05	0:11:25	0:13:04	0:14:26	0:16:27	0:17:51	0:20:01	0:21:40	0:23:43	1:01:30	1:03:58	1:06:12	1:08:27	1:10:27:16
<u>Tammy (VA)</u>		Time Cum	01:23	02:35	04:05	05:25	07:04	08:26	10:27	11:51	14:01	15:40	17:43	19:30	21:58	24:12	26:27	28:27:16
61		Time Delta	01:23	01:12	01:29	01:20	01:38	01:22	02:00	01:24	02:09	01:39	02:02	01:47	02:27	02:14	02:14	02:00:16
Age 44		Pace Cum	12:07	12:25	12:40	13:00	13:19	13:31	14:08	14:14	14:48	15:03	15:20	15:37	16:06	16:36	16:49	17:04
Group F40-49		Pace Delta	12:07	12:48	13:06	14:10	14:27	14:40	17:32	15:01	18:51	17:39	17:51	19:03	21:31	23:50	19:37	21:17
Overall-Group		Position	152-21	163-22	174-23	175-23	174-23	169-21	177-24	172-23	151-20	153-19	139-19	135-18	124-16	127-16	120-14	123-16
<u>Wilkins,</u>	124	Time of Day	0:07:31	0:08:52	0:10:22	0:11:48	0:13:32	0:14:58	0:17:06	0:18:36	0:20:33	0:22:17	1:00:44	1:02:41	1:05:30	1:07:11	1:09:02	1:10:29:57
<u>Lauren (NC)</u>		Time Cum	01:31	02:52	04:22	05:48	07:32	08:58	11:06	12:36	14:33	16:17	18:44	20:41	23:30	25:11	27:02	28:29:57
277		Time Delta	01:31	01:21	01:29	01:26	01:43	01:26	02:07	01:30	01:56	01:44	02:26	01:57	02:48	01:41	01:50	01:27:57
Age 31		Pace Cum	13:17	13:48	13:32	13:56	14:11	14:22	15:01	15:08	15:21	15:39	16:12	16:33	17:14	17:16	17:11	17:06
Group F30-39		Pace Delta	13:17	14:25	13:04	15:18	15:07	15:19	18:37	15:59	17:02	18:32	21:21	20:49	24:35	17:58	16:07	15:34
Overall-Group		Position	212-23	220-25	215-25	217-25	207-24	204-23	206-23	198-23	164-16	166-17	157-17	154-17	144-16	142-16	131-15	124-12
<u>Nguyen,</u>	125	Time of Day	0:07:19	0:08:31	0:10:00	0:11:20	0:13:02	0:14:39	0:16:39	0:18:13	0:20:03	0:21:51	1:00:10	1:02:12	1:04:33	1:06:37	1:08:45	1:10:30:22
<u>Yen (TX)</u>		Time Cum	01:19	02:31	04:00	05:20	07:02	08:39	10:39	12:13	14:03	15:51	18:10	20:12	22:33	24:37	26:45	28:30:22
204		Time Delta	01:19	01:12	01:29	01:20	01:41	01:37	01:59	01:34	01:49	01:48	02:18	02:02	02:20	02:04	02:07	01:45:22
Age 48		Pace Cum	11:32	12:05	12:24	12:49	13:15	13:51	14:24	14:41	14:50	15:14	15:43	16:10	16:32	16:53	17:01	17:06
Group F40-49		Pace Delta	11:32	12:45	13:00	14:16	14:48	17:16	17:27	16:47	15:56	19:14	20:12	21:40	20:31	22:06	18:34	18:39
Overall-Group		Position	122-17	147-17	154-18	162-20	166-22	184-27	190-27	185-27	152-21	155-21	147-20	146-21	132-17	131-18	125-16	125-17
Worl,	126	Time of Day	0:07:20	0:08:28	0:09:51	0:11:00	0:12:34	0:13:51	0:15:37	0:16:58	0:19:21	0:21:05	0:23:24	1:01:17	1:03:47	1:05:55	1:08:32	1:10:35:06
Chris (SC)		Time Cum	01:20	02:28	03:51	05:00	06:34	07:51	09:37	10:58	13:21	15:05	17:24	19:17	21:47	23:55	26:32	28:35:06
281		Time Delta	01:20	01:08	01:22	01:09	01:33	01:17	01:45	01:21	02:22	01:44	02:18	01:53	02:29	02:08	02:36	02:03:06
Age 35		Pace Cum	11:41	11:50	11:56	12:01	12:22	12:34	13:01	13:10	14:05	14:30	15:03	15:26	15:58	16:25	16:52	17:09
Group M30-39		Pace Delta	11:41	12:02	12:07	12:19	13:38	13:38	15:28	14:21	20:52	18:33	20:11	20:08	21:47	22:47	22:49	21:47
Overall-Group		Position	127-26	126-25	127-26	119-27	120-26	119-28	125-28	124-28	128-27	134-28	127-24	127-24	119-21	119-21	122-21	126-21

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS	
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00	
Aid Station Delta			6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	
<u>Shepherd,</u> 127			Time of Day	0:07:24	0:08:37	0:10:10	0:11:26	0:13:07	0:14:30	0:16:22	0:17:55	0:19:51	0:21:27	0:23:39	1:01:28	1:04:05	1:06:06	1:08:45	1:10:35:45
<u>Stephanie (NC)</u>			Time Cum	01:24	02:37	04:10	05:26	07:07	08:30	10:22	11:55	13:51	15:27	17:39	19:28	22:05	24:06	26:45	28:35:45
240			Time Delta	01:24	01:13	01:32	01:16	01:40	01:23	01:51	01:33	01:55	01:36	02:11	01:49	02:36	02:01	02:38	01:50:45
Age 37		Pace Cum	12:16	12:38	12:55	13:03	13:24	13:37	14:01	14:18	14:37	14:50	15:16	15:35	16:11	16:32	17:01	17:09	
Group F30-39		Pace Delta	12:16	13:06	13:26	13:31	14:41	14:45	16:18	16:28	16:56	17:06	19:11	19:23	22:51	21:27	23:11	19:36	
Overall-Group		Position	163-17	180-21	190-22	181-22	180-18	176-18	172-18	173-18	146-13	146-13	135-11	131-11	126-12	122-12	125-12	127-13	
Tursi, 128			Time of Day	0:07:29	0:08:42	0:10:10	0:11:28	0:13:03	0:14:24	0:16:10	0:17:48	0:19:49	0:21:27	0:23:26	1:01:08	1:03:33	1:05:48	1:08:34	1:10:39:22
Steven (NY)			Time Cum	01:29	02:42	04:10	05:28	07:03	08:24	10:10	11:48	13:49	15:27	17:26	19:08	21:33	23:48	26:34	28:39:22
266			Time Delta	01:29	01:13	01:27	01:18	01:35	01:21	01:45	01:38	02:00	01:38	01:58	01:42	02:24	02:15	02:45	02:05:22
Age 35		Pace Cum	13:00	13:00	12:55	13:07	13:17	13:27	13:45	14:10	14:35	14:50	15:05	15:19	15:48	16:20	16:54	17:12	
Group M30-39		Pace Delta	13:00	12:59	12:47	13:48	13:52	14:22	15:27	17:27	17:35	17:24	17:20	18:05	21:09	23:59	24:09	22:11	
Overall-Group		Position	200-36	198-37	190-37	187-34	171-34	166-34	163-32	170-32	145-30	145-30	130-25	123-23	115-20	117-20	124-22	128-22	
Sprouse, 129			Time of Day	0:07:26	0:08:37	0:10:06	0:11:27	0:13:03	0:14:28	0:16:11	0:17:40	0:19:32	0:21:11	0:23:30	1:01:27	1:03:53	1:06:09	1:08:56	1:10:41:49
Tom (NC)			Time Cum	01:26	02:37	04:06	05:27	07:03	08:28	10:11	11:40	13:32	15:11	17:30	19:27	21:53	24:09	26:56	28:41:49
30			Time Delta	01:26	01:11	01:28	01:21	01:35	01:25	01:42	01:29	01:51	01:39	02:18	01:57	02:25	02:16	02:46	01:45:49
Age 70		Pace Cum	12:33	12:36	12:43	13:05	13:17	13:33	13:47	14:00	14:17	14:35	15:08	15:34	16:02	16:34	17:08	17:13	
Group M70-79		Pace Delta	12:33	12:40	12:55	14:21	14:00	15:07	14:59	15:45	16:21	17:41	20:10	20:43	21:19	24:11	24:17	18:44	
Overall-Group		Position	181-2	179-2	175-2	183-2	171-2	173-2	167-2	161-2	132-1	136-1	132-1	130-1	122-2	124-2	129-2	129-2	
<u>Surrette,</u> 130			Time of Day	0:07:25	0:08:35	0:10:00	0:11:14	0:12:55	0:14:13	0:15:59	0:17:22	0:19:48	0:21:26	0:23:55	1:01:58	1:04:24	1:06:31	1:08:50	1:10:43:17
<u>Amy (NC)</u>			Time Cum	01:25	02:35	04:00	05:14	06:55	08:13	09:59	11:22	13:48	15:26	17:55	19:58	22:24	24:31	26:50	28:43:17
259			Time Delta	01:25	01:10	01:24	01:14	01:40	01:18	01:45	01:23	02:25	01:38	02:28	02:03	02:25	02:07	02:18	01:53:17
Age 38		Pace Cum	12:25	12:27	12:24	12:34	13:02	13:09	13:30	13:38	14:34	14:50	15:30	15:59	16:25	16:49	17:04	17:14	
Group F30-39		Pace Delta	12:25	12:30	12:19	13:10	14:41	13:53	15:25	14:42	21:18	17:29	21:38	21:50	21:16	22:37	20:11	20:03	
Overall-Group		Position	168-18	166-18	154-18	148-16	157-16	156-16	153-15	148-14	143-12	144-12	143-15	142-14	129-14	129-13	127-13	130-14	
<u>Cook,</u> 131			Time of Day	0:07:26	0:08:43	0:10:18	0:11:43	0:13:21	0:14:51	0:16:42	0:18:22	0:20:25	0:22:13	1:00:23	1:02:29	1:04:59	1:06:59	1:09:03	1:10:44:44
<u>Ethel (PA)</u>			Time Cum	01:26	02:43	04:18	05:43	07:21	08:51	10:42	12:22	14:25	16:13	18:23	20:29	22:59	24:59	27:03	28:44:44
98			Time Delta	01:26	01:17	01:34	01:25	01:37	01:30	01:50	01:40	02:02	01:48	02:09	02:06	02:29	02:00	02:03	01:41:44
Age 47		Pace Cum	12:33	13:03	13:20	13:44	13:51	14:10	14:29	14:51	15:13	15:35	15:54	16:23	16:51	17:09	17:12	17:15	
Group F40-49		Pace Delta	12:33	13:38	13:52	15:07	14:15	15:58	16:10	17:45	17:55	19:14	18:53	22:21	21:51	21:24	17:58	18:00	
Overall-Group		Position	181-24	201-28	210-29	214-30	199-29	199-30	191-28	190-28	159-24	164-24	151-23	150-22	137-19	136-19	132-18	131-18	
Cockman, 132			Time of Day	0:07:34	0:08:49	0:10:24	0:11:47	0:13:32	0:14:52	0:16:27	0:17:50	0:19:57	0:21:32	0:23:37	1:01:36	1:04:41	1:06:41	1:09:19	1:10:47:53
Dave (NC)			Time Cum	01:34	02:49	04:24	05:47	07:32	08:52	10:27	11:50	13:57	15:32	17:37	19:36	22:41	24:41	27:19	28:47:53
91			Time Delta	01:34	01:15	01:34	01:23	01:44	01:20	01:34	01:23	02:06	01:35	02:04	01:59	03:04	02:00	02:38	01:28:53
Age 54		Pace Cum	13:43	13:34	13:39	13:55	14:11	14:12	14:08	14:12	14:43	14:55	15:14	15:41	16:38	16:56	17:22	17:17	
Group M50-59		Pace Delta	13:43	13:22	13:47	14:49	15:13	14:16	13:47	14:43	18:31	16:56	18:09	21:13	26:53	21:14	23:04	15:44	
Overall-Group		Position	226-34	215-33	217-33	216-33	207-29	202-28	177-24	171-23	148-22	149-22	134-22	137-22	134-22	133-22	139-21	132-21	
<u>Murphy,</u> 133			Time of Day	0:07:27	0:08:43	0:10:19	0:11:42	0:13:21	0:14:51	0:16:42	0:18:24	0:20:25	0:22:14	1:00:25	1:02:24	1:04:51	1:06:47	1:09:00	1:10:49:22
<u>Meredith (PA)</u>			Time Cum	01:27	02:43	04:19	05:42	07:21	08:51	10:42	12:24	14:25	16:14	18:25	20:24	22:51	24:47	27:00	28:49:22
201			Time Delta	01:27	01:16	01:35	01:23	01:38	01:30	01:50	01:42	02:00	01:49	02:10	01:59	02:26	01:56	02:12	01:49:22
Age 33		Pace Cum	12:42	13:03	13:23	13:42	13:51	14:10	14:29	14:54	15:13	15:36	15:56	16:19	16:45	17:00	17:10	17:18	
Group F30-39		Pace Delta	12:42	13:29	13:59	14:48	14:22	15:58	16:10	18:10	17:34	19:24	19:02	21:07	21:25	20:38	19:20	19:21	
Overall-Group		Position	198-21	203-24	211-24	213-24	199-22	200-21	191-20	194-21	159-15	165-16	152-16	149-16	136-15	135-15	130-14	133-15	

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Stationt 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
Fontana,																		
<u>Joni (MD)</u>	134	Time of Day	0:07:25	0:08:38	0:10:06	0:11:27	0:13:19	0:14:45	0:16:32	0:18:09	0:20:18	0:22:12	1:00:21	1:02:33	1:05:01	1:07:03	1:09:08	1:10:54:10
		Time Cum	01:25	02:38	04:06	05:27	07:19	08:45	10:32	12:09	14:18	16:12	18:21	20:33	23:01	25:03	27:08	28:54:10
	125	Time Delta	01:25	01:13	01:27	01:21	01:51	01:26	01:46	01:37	02:08	01:54	02:08	02:12	02:27	02:02	02:05	01:46:10
Age 50		Pace Cum	12:25	12:42	12:43	13:07	13:47	14:01	14:15	14:35	15:06	15:33	15:53	16:27	16:52	17:11	17:15	17:21
Group F50-59		Pace Delta	12:25	13:04	12:44	14:28	16:14	15:17	15:34	17:14	18:46	20:11	18:50	23:29	21:30	21:36	18:15	18:47
Overall-Group		Position	168-8	184-7	175-8	186-9	193-12	191-11	184-11	182-11	158-10	163-11	150-10	153-11	138-8	137-8	135-9	134-8
Penzone,																		
<u>Kim (OH)</u>	135	Time of Day	0:07:34	0:08:56	0:10:34	0:11:57	0:13:38	0:15:06	0:16:54	0:18:32	0:21:00	0:22:59	1:01:06	1:03:10	1:05:39	1:07:33	1:09:23	1:10:54:24
		Time Cum	01:34	02:56	04:34	05:57	07:38	09:06	10:54	12:32	15:00	16:59	19:06	21:10	23:39	25:33	27:23	28:54:24
	213	Time Delta	01:34	01:22	01:37	01:23	01:40	01:28	01:47	01:38	02:27	01:59	02:06	02:04	02:28	01:54	01:49	01:31:24
Age 41		Pace Cum	13:43	14:08	14:10	14:19	14:23	14:34	14:45	15:03	15:50	16:19	16:31	16:56	17:20	17:32	17:25	17:21
Group F40-49		Pace Delta	13:43	14:37	14:13	14:50	14:38	15:39	15:42	17:28	21:31	21:12	18:26	21:59	21:43	20:21	15:55	16:11
Overall-Group		Position	226-34	228-35	228-35	223-33	213-32	210-32	200-30	197-30	173-26	178-26	161-25	163-25	147-21	147-21	140-19	135-19
Stansbury,																		
<u>Joey (NC)</u>	136	Time of Day	0:07:30	0:08:46	0:10:19	0:11:43	0:13:33	0:15:05	0:16:59	0:18:39	0:20:50	0:22:30	1:00:47	1:02:46	1:05:57	1:07:23	1:09:12	1:11:00:46
		Time Cum	01:30	02:46	04:19	05:43	07:33	09:05	10:59	12:39	14:50	16:30	18:47	20:46	23:57	25:23	27:12	29:00:46
	254	Time Delta	01:30	01:16	01:32	01:24	01:49	01:32	01:53	01:40	02:11	01:40	02:16	01:59	03:10	01:26	01:48	01:48:46
Age 40		Pace Cum	13:08	13:18	13:23	13:45	14:13	14:33	14:52	15:11	15:39	15:51	16:15	16:37	17:33	17:25	17:18	17:24
Group M40-49		Pace Delta	13:08	13:30	13:32	15:00	15:57	16:25	16:32	17:42	19:07	17:46	19:56	21:10	27:47	15:19	15:50	19:15
Overall-Group		Position	205-48	207-49	211-50	215-51	209-51	208-51	201-50	199-50	170-42	169-42	158-37	156-37	150-36	144-35	137-35	136-34
Crumley,																		
<u>Ginny (GA)</u>	137	Time of Day	0:07:26	0:08:39	0:10:10	0:11:29	0:13:17	0:14:38	0:16:36	0:18:16	0:20:28	0:22:10	1:00:30	1:02:30	1:05:16	1:07:08	1:09:06	1:11:07:01
		Time Cum	01:26	02:39	04:10	05:29	07:17	08:38	10:36	12:16	14:28	16:10	18:30	20:30	23:16	25:08	27:06	29:07:01
	105	Time Delta	01:26	01:13	01:30	01:19	01:47	01:21	01:57	01:40	02:11	01:42	02:19	02:00	02:45	01:52	01:57	02:01:01
Age 53		Pace Cum	12:33	12:45	12:55	13:11	13:43	13:49	14:20	14:43	15:16	15:31	16:00	16:25	17:03	17:14	17:14	17:28
Group F50-59		Pace Delta	12:33	13:00	13:13	14:04	15:42	14:21	17:13	17:44	19:14	18:04	20:26	21:24	24:06	19:51	17:12	21:25
Overall-Group		Position	181-10	185-8	190-10	189-11	189-11	182-10	185-12	186-12	162-11	160-10	153-11	152-10	140-9	140-9	133-8	137-9
Robinson,																		
<u>Ken (GA)</u>	138	Time of Day	0:07:26	0:08:39	0:10:10	0:11:29	0:13:18	0:14:41	0:16:36	0:18:16	0:20:28	0:22:10	1:00:30	1:02:30	1:05:16	1:07:08	1:09:06	1:11:07:02
		Time Cum	01:26	02:39	04:10	05:29	07:18	08:41	10:36	12:16	14:28	16:10	18:30	20:30	23:16	25:08	27:06	29:07:02
	223	Time Delta	01:26	01:13	01:30	01:19	01:48	01:23	01:54	01:40	02:11	01:42	02:19	02:00	02:45	01:52	01:57	02:01:02
Age 62		Pace Cum	12:33	12:45	12:55	13:11	13:45	13:54	14:20	14:44	15:16	15:31	16:00	16:25	17:03	17:14	17:14	17:28
Group M60-69		Pace Delta	12:33	13:00	13:13	14:05	15:50	14:44	16:46	17:52	19:08	18:05	20:25	21:23	24:07	19:51	17:12	21:25
Overall-Group		Position	181-8	186-8	190-7	190-7	190-8	185-8	185-9	187-9	162-6	161-6	153-6	151-6	140-6	139-6	133-6	138-6
Wagner,																		
<u>Robert (TN)</u>	139	Time of Day	0:07:19	0:08:28	0:09:53	0:11:10	0:12:52	0:14:24	0:16:28	0:18:08	0:20:14	0:22:00	1:00:09	1:02:05	1:04:41	1:06:41	1:09:11	1:11:07:47
		Time Cum	01:19	02:28	03:53	05:10	06:52	08:24	10:28	12:08	14:14	16:00	18:09	20:05	22:41	24:41	27:11	29:07:47
	271	Time Delta	01:19	01:09	01:24	01:17	01:41	01:32	02:03	01:40	02:05	01:46	02:08	01:56	02:35	02:00	02:29	01:56:47
Age 42		Pace Cum	11:32	11:51	12:02	12:26	12:56	13:28	14:10	14:34	15:01	15:22	15:42	16:04	16:38	16:56	17:17	17:29
Group M40-49		Pace Delta	11:32	12:15	12:23	13:46	14:47	16:26	17:59	17:45	18:21	18:47	18:49	20:35	22:44	21:15	21:54	20:40
Overall-Group		Position	122-34	128-35	134-37	144-38	156-43	167-46	180-46	180-46	154-38	157-39	146-36	143-36	134-35	134-34	136-34	139-35
Scott,																		
<u>Sharon (VA)</u>	140	Time of Day	0:07:32	0:08:51	0:10:29	0:11:56	0:13:44	0:15:14	0:16:59	0:18:39	0:21:01	0:22:49	1:01:22	1:03:29	1:05:58	1:07:36	1:09:29	1:11:08:17
		Time Cum	01:32	02:51	04:29	05:56	07:44	09:14	10:59	12:39	15:01	16:49	19:22	21:29	23:58	25:36	27:29	29:08:17
	237	Time Delta	01:32	01:19	01:37	01:27	01:47	01:30	01:44	01:40	02:21	01:48	02:32	02:07	02:28	01:38	01:52	01:39:17
Age 51		Pace Cum	13:26	13:43	13:54	14:16	14:34	14:48	14:52	15:11	15:51	16:09	16:45	17:12	17:34	17:33	17:29	17:29
Group F50-59		Pace Delta	13:26	14:03	14:15	15:33	15:38	16:03	15:13	17:47	20:40	19:14	22:14	22:33	21:42	17:21	16:29	17:34
Overall-Group		Position	219-15	216-12	220-14	222-14	215-13	215-13	201-13	200-13	174-12	175-12	168-12	165-13	151-11	148-11	143-10	140-10

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta			6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Lefferts, 141	Time of Day	0:07:31	0:08:53	0:10:29	0:11:58	0:13:44	0:15:23	0:17:13	0:19:07	0:21:12	0:23:03	1:01:10	1:02:58	1:05:18	1:07:11	1:09:27	1:11:12:39	
Peter C (FL)	Time Cum	01:31	02:53	04:29	05:58	07:44	09:23	11:13	13:07	15:12	17:03	19:10	20:58	23:18	25:11	27:27	29:12:39	
14	Time Delta	01:31	01:22	01:35	01:29	01:45	01:39	01:49	01:54	02:04	01:51	02:06	01:48	02:19	01:53	02:15	01:45:39	
Age 56	Pace Cum	13:17	13:53	13:54	14:21	14:34	15:02	15:10	15:45	16:03	16:22	16:35	16:47	17:05	17:16	17:27	17:32	
Group M50-59	Pace Delta	13:17	14:37	13:56	15:54	15:21	17:39	15:57	20:18	18:09	19:43	18:29	19:11	20:23	20:01	19:51	18:42	
Overall-Group	Position	212-32	222-34	220-34	224-34	215-31	222-33	209-29	212-30	178-25	181-26	164-25	159-25	142-23	141-23	142-22	141-22	
Czeiszperger, 142	Time of Day	0:07:22	0:08:30	0:09:54	0:11:10	0:12:48	0:14:11	0:16:06	0:17:32	0:19:47	0:21:28	0:23:40	1:01:54	1:04:20	1:06:37	1:09:15	1:11:16:14	
Angela (MI)	Time Cum	01:22	02:30	03:54	05:10	06:48	08:11	10:06	11:32	13:47	15:28	17:40	19:54	22:20	24:37	27:15	29:16:14	
108	Time Delta	01:22	01:08	01:23	01:16	01:37	01:23	01:54	01:26	02:14	01:41	02:11	02:14	02:25	02:17	02:37	02:01:14	
Age 34	Pace Cum	11:58	12:02	12:06	12:25	12:49	13:06	13:40	13:51	14:33	14:51	15:17	15:56	16:22	16:53	17:20	17:34	
Group F30-39	Pace Delta	11:58	12:06	12:12	13:30	14:16	14:46	16:44	15:16	19:40	17:59	19:11	23:49	21:14	24:25	22:55	21:27	
Overall-Group	Position	148-13	141-13	138-13	142-12	145-13	151-15	160-17	156-17	142-11	147-14	136-12	139-13	128-13	132-14	138-16	142-16	
Cleary, 143	Time of Day	0:07:39	0:09:01	0:10:33	0:11:55	0:13:37	0:15:06	0:17:08	0:18:49	0:21:16	0:22:55	1:01:19	1:03:06	1:05:10	1:07:03	1:09:24	1:11:18:32	
Joe (ONT)	Time Cum	01:39	03:01	04:33	05:55	07:37	09:06	11:08	12:49	15:16	16:55	19:19	21:06	23:10	25:03	27:24	29:18:32	
89	Time Delta	01:39	01:22	01:31	01:22	01:41	01:29	02:01	01:41	02:26	01:39	02:23	01:47	02:03	01:53	02:21	01:54:32	
Age 71	Pace Cum	14:27	14:32	14:07	14:13	14:21	14:34	15:04	15:24	16:07	16:14	16:43	16:53	16:59	17:11	17:25	17:35	
Group M70-79	Pace Delta	14:27	14:38	13:20	14:36	14:49	15:50	17:45	17:59	21:22	17:32	21:00	18:58	18:05	20:00	20:35	20:16	
Overall-Group	Position	238-5	238-5	227-4	220-4	211-4	211-4	208-4	206-4	179-3	176-3	167-4	161-3	139-3	137-3	141-3	143-3	
Calabria, 144	Time of Day	0:07:30	0:08:51	0:10:36	0:12:09	0:14:01	0:15:38	0:17:33	0:19:13	0:21:20	0:23:07	1:01:17	1:03:09	1:05:34	1:07:31	1:09:35	1:11:29:54	
Robert D (NC)	Time Cum	01:30	02:51	04:36	06:09	08:01	09:38	11:33	13:13	15:20	17:07	19:17	21:09	23:34	25:31	27:35	29:29:54	
40	Time Delta	01:30	01:21	01:44	01:33	01:51	01:37	01:54	01:40	02:06	01:47	02:09	01:52	02:24	01:57	02:03	01:54:54	
Age 71	Pace Cum	13:08	13:45	14:16	14:47	15:06	15:26	15:38	15:53	16:11	16:27	16:41	16:56	17:17	17:30	17:32	17:42	
Group M70-79	Pace Delta	13:08	14:29	15:13	16:35	16:15	17:20	16:39	17:52	18:25	19:03	18:53	19:55	21:05	20:47	18:02	20:20	
Overall-Group	Position	205-4	218-4	232-5	233-5	226-5	225-5	217-5	215-5	181-4	183-4	166-3	162-4	145-4	146-4	145-4	144-4	
Garrison-Kast, 145	Time of Day	0:08:34	0:10:02	0:11:24	0:13:21	0:14:55	0:17:19	0:18:58	0:21:05	0:22:47	1:02:08	1:04:04	1:06:14	1:07:49	1:09:53	1:11:32:33		
Alanna (NJ)	Time Cum	02:34	04:02	05:24	07:21	08:55	11:19	12:58	15:05	16:47	20:08	22:04	24:14	25:49	27:53	29:32:33		
127	Time Delta	02:34	01:27	01:22	01:56	01:34	02:23	01:39	02:06	01:42	03:20	01:56	02:09	01:35	02:03	01:39:33		
Age 35	Pace Cum	12:23	12:30	12:58	13:51	14:17	15:19	15:34	15:55	16:07	17:25	17:40	17:46	17:42	17:44	17:44		
Group F30-39	Pace Delta	12:23	12:44	14:32	17:04	16:43	20:57	17:38	18:27	18:09	29:16	20:42	18:50	16:53	18:03	17:37		
Overall-Group	Position	161-16	164-20	173-20	199-22	203-22	212-24	209-24	176-19	173-19	172-19	169-19	152-17	150-17	147-17	145-17		
Maas, 146	Time of Day	0:07:35	0:09:00	0:10:45	0:12:14	0:14:05	0:15:40	0:17:38	0:19:22	0:21:28	0:23:14	1:01:24	1:03:13	1:05:26	1:07:18	1:09:32	1:11:33:32	
Janette (GA)	Time Cum	01:35	03:00	04:45	06:14	08:05	09:40	11:38	13:22	15:28	17:14	19:24	21:13	23:26	25:18	27:32	29:33:32	
179	Time Delta	01:35	01:25	01:44	01:29	01:50	01:35	01:57	01:44	02:05	01:46	02:09	01:49	02:12	01:52	02:13	02:01:32	
Age 52	Pace Cum	13:52	14:28	14:44	14:59	15:14	15:29	15:44	16:03	16:19	16:33	16:47	16:59	17:11	17:21	17:31	17:44	
Group F50-59	Pace Delta	13:52	15:11	15:13	15:51	16:07	16:57	17:07	18:30	18:19	18:51	18:55	19:19	19:23	19:55	19:29	21:31	
Overall-Group	Position	232-18	235-17	238-19	236-18	230-17	228-16	221-16	222-16	184-13	184-13	169-13	164-12	143-10	143-10	144-11	146-11	
Banks, 147	Time of Day	0:07:31	0:08:52	0:10:29	0:11:55	0:13:46	0:15:08	0:16:52	0:18:23	0:20:45	0:22:26	1:00:54	1:02:59	1:05:37	1:07:27	1:09:44	1:11:39:26	
Linda (NC)	Time Cum	01:31	02:52	04:29	05:55	07:46	09:08	10:52	12:23	14:45	16:26	18:54	20:59	23:37	25:27	27:44	29:39:26	
63	Time Delta	01:31	01:21	01:36	01:26	01:50	01:22	01:43	01:31	02:21	01:41	02:27	02:05	02:37	01:50	02:16	01:55:26	
Age 48	Pace Cum	13:17	13:47	13:54	14:14	14:38	14:38	14:42	14:52	15:34	15:47	16:21	16:48	17:19	17:28	17:38	17:48	
Group F40-49	Pace Delta	13:17	14:24	14:07	15:21	16:06	14:36	15:07	16:13	20:38	17:53	21:36	22:17	22:56	19:35	19:54	20:26	
Overall-Group	Position	212-32	219-32	220-32	221-31	217-33	213-33	198-29	193-29	169-25	168-25	160-24	160-24	146-20	145-20	146-20	147-20	

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta			6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<u>Mason,</u>	148	Time of Day	0:07:30	0:08:51	0:10:36	0:12:09	0:14:01	0:15:36	0:17:33	0:19:14	0:21:35	0:23:26	1:01:48	1:04:05	1:06:38	1:08:19	1:10:21	1:11:48:51
<u>Louise (IL)</u>		Time Cum	01:30	02:51	04:36	06:09	08:01	09:36	11:33	13:14	15:35	17:26	19:48	22:05	24:38	26:19	28:21	29:48:51
46		Time Delta	01:30	01:21	01:44	01:33	01:51	01:35	01:56	01:41	02:20	01:51	02:21	02:17	02:32	01:41	02:01	01:27:51
Age 58		Pace Cum	13:08	13:44	14:16	14:46	15:06	15:22	15:38	15:53	16:27	16:44	17:08	17:40	18:03	18:03	18:02	17:53
Group F50-59		Pace Delta	13:08	14:28	15:13	16:32	16:18	16:53	17:01	17:53	20:34	19:42	20:41	24:18	22:17	17:55	17:47	15:33
Overall-Group		Position	205-12	217-12	232-16	232-16	226-16	223-15	217-15	216-14	186-14	185-14	171-14	170-14	153-12	152-12	150-12	148-12
Goonen,	149	Time of Day		0:08:30	0:10:06	0:11:28	0:13:22	0:14:49	0:17:07	0:18:50	0:20:58	0:22:39	1:00:50	1:02:50	1:05:53	1:07:42	1:09:54	1:11:51:58
Denis (NC)		Time Cum		02:30	04:06	05:28	07:22	08:49	11:07	12:50	14:58	16:39	18:50	20:50	23:53	25:42	27:54	29:51:58
135		Time Delta		02:30	01:35	01:22	01:53	01:27	02:17	01:43	02:07	01:41	02:10	02:00	03:02	01:49	02:11	01:57:58
Age 35		Pace Cum		12:01	12:43	13:08	13:53	14:07	15:02	15:25	15:48	15:59	16:18	16:40	17:30	17:37	17:45	17:55
Group M30-39		Pace Delta		12:01	13:59	14:33	16:37	15:26	20:07	18:20	18:36	17:54	19:06	21:19	26:39	19:19	19:15	20:53
Overall-Group		Position		140-28	175-33	188-34	203-35	196-35	207-36	207-35	172-31	170-31	159-27	157-26	149-23	149-23	148-23	149-23
<u>Carr,</u>	150	Time of Day	0:07:20	0:08:31	0:10:00	0:11:22	0:13:06	0:14:30	0:16:25	0:18:01	0:20:16	0:21:53	1:00:20	1:02:41	1:05:52	1:07:56	1:10:20	1:12:02:38
<u>Danette (NC)</u>		Time Cum	01:20	02:31	04:00	05:22	07:06	08:30	10:25	12:01	14:16	15:53	18:20	20:41	23:52	25:56	28:20	30:02:38
81		Time Delta	01:20	01:11	01:28	01:22	01:43	01:24	01:54	01:36	02:14	01:37	02:26	02:21	03:10	02:04	02:23	01:42:38
Age 43		Pace Cum	11:41	12:09	12:24	12:54	13:23	13:38	14:06	14:26	15:03	15:15	15:52	16:33	17:30	17:47	18:01	18:02
Group F40-49		Pace Delta	11:41	12:44	12:52	14:35	15:07	15:02	16:39	17:07	19:36	17:13	21:25	25:05	27:47	22:01	20:58	18:10
Overall-Group		Position	127-18	151-17	154-18	172-21	179-26	178-25	174-23	177-24	157-23	156-22	149-22	155-23	148-22	151-22	149-21	150-21
Bisnette,	151	Time of Day	0:07:20	0:08:29	0:09:49	0:11:00	0:12:34	0:13:53	0:15:30	0:16:51	0:18:40	0:20:10	0:22:20	1:00:10	1:02:41	1:04:59		
Dennis (MS)		Time Cum	01:20	02:29	03:49	05:00	06:34	07:53	09:30	10:51	12:40	14:10	16:20	18:10	20:41	22:59		
67		Time Delta	01:20	01:09	01:19	01:11	01:33	01:19	01:36	01:21	01:48	01:30	02:09	01:50	02:30	02:18		
Age 51		Pace Cum	11:41	11:56	11:50	12:02	12:22	12:38	12:51	13:01	13:22	13:36	14:08	14:32	15:10	15:46		
Group M50-59		Pace Delta	11:41	12:15	11:39	12:43	13:36	14:09	14:01	14:21	15:54	15:59	18:56	19:30	22:01	24:36		
Overall-Group		Position	127-16	132-17	120-14	122-13	120-16	123-16	118-17	118-18	102-16	109-16	108-17	110-19	102-17	106-19		
<u>Milner,</u>	152	Time of Day	0:07:25	0:08:36	0:10:02	0:11:18	0:12:55	0:14:12	0:15:49	0:17:17	0:19:29	0:21:01	0:23:07	1:01:19	1:03:22	1:05:22		
<u>Alicia (GA)</u>		Time Cum	01:25	02:36	04:02	05:18	06:55	08:12	09:49	11:17	13:29	15:01	17:07	19:19	21:22	23:22		
192		Time Delta	01:25	01:11	01:25	01:16	01:36	01:17	01:37	01:28	02:11	01:32	02:05	02:12	02:02	02:00		
Age 44		Pace Cum	12:25	12:32	12:30	12:44	13:02	13:07	13:17	13:33	14:14	14:26	14:49	15:28	15:40	16:02		
Group F40-49		Pace Delta	12:25	12:40	12:28	13:31	14:06	13:38	14:10	15:41	19:11	16:25	18:17	23:30	17:50	21:21		
Overall-Group		Position	168-23	175-23	164-22	156-19	157-19	153-18	141-18	141-17	131-15	131-15	123-15	128-17	111-13	111-14		
<u>Michard,</u>	153	Time of Day	0:07:26	0:08:37	0:10:09	0:11:33	0:13:26	0:15:05	0:17:20	0:19:13	0:21:29	0:23:35	1:02:16	1:04:33	1:06:53	1:08:43		
<u>Denise (AL)</u>		Time Cum	01:26	02:37	04:09	05:33	07:26	09:05	11:20	13:13	15:29	17:35	20:16	22:33	24:53	26:43		
100		Time Delta	01:26	01:11	01:31	01:24	01:52	01:39	02:14	01:53	02:15	02:06	02:40	02:17	02:19	01:50		
Age 45		Pace Cum	12:33	12:36	12:52	13:21	14:00	14:33	15:20	15:52	16:20	16:53	17:32	18:03	18:14	18:19		
Group F40-49		Pace Delta	12:33	12:39	13:22	15:01	16:22	17:40	19:36	20:01	19:51	22:20	23:28	24:19	20:23	19:32		
Overall-Group		Position	181-24	178-24	184-24	198-28	204-30	209-31	214-31	214-31	185-27	187-27	173-26	171-26	154-23	153-23		
Gerdy,	154	Time of Day	0:07:31	0:08:55	0:10:34	0:11:59	0:13:48	0:15:19	0:17:13	0:18:46	0:21:09	0:23:02	1:01:44	1:03:53	1:07:27	1:09:48		
Greg (NJ)		Time Cum	01:31	02:55	04:34	05:59	07:48	09:19	11:13	12:46	15:09	17:02	19:44	21:53	25:27	27:48		
131		Time Delta	01:31	01:24	01:38	01:25	01:48	01:31	01:53	01:33	02:22	01:53	02:41	02:09	03:33	02:21		
Age 60		Pace Cum	13:17	14:00	14:10	14:24	14:42	14:55	15:10	15:20	15:59	16:21	17:04	17:31	18:39	19:04		
Group M60-69		Pace Delta	13:17	14:53	14:26	15:13	15:47	16:12	16:34	16:36	20:45	20:04	23:36	22:59	31:07	25:02		
Overall-Group		Position	212-11	225-12	228-12	228-11	219-11	218-11	209-10	205-10	177-7	180-7	170-7	168-7	155-7	154-7		

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta			6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Arbona, Serge (MD)	155	Time of Day	0:06:48	0:07:31	0:08:22	0:09:05	0:09:56	0:10:42	0:11:39	0:12:24	0:13:18	0:14:05	0:15:06	0:16:04	0:17:45			
		Time Cum	00:48	01:31	02:22	03:05	03:56	04:42	05:39	06:24	07:18	08:05	09:06	10:04	11:45			
	1	Time Delta	00:48	00:43	00:50	00:43	00:50	00:46	00:56	00:45	00:53	00:47	01:00	00:58	01:40			
Age 47		Pace Cum	07:00	07:19	07:20	07:25	07:25	07:32	07:39	07:41	07:42	07:46	07:52	08:04	08:37			
Group M40-49		Pace Delta	07:00	07:41	07:23	07:40	07:24	08:11	08:17	07:59	07:52	08:27	08:48	10:20	14:41			
Overall-Group		Position	2-2	2-2	2-2	2-2	2-2	3-2	3-2	3-2	3-2	3-2	2-2	2-2	4-2			
Hall, Alex (VA)	156	Time of Day	0:07:02	0:07:55	0:08:58	0:09:53	0:11:08	0:12:08	0:13:35	0:14:43	0:16:13	0:17:19	0:18:58	0:20:12				
		Time Cum	01:02	01:55	02:58	03:53	05:08	06:08	07:35	08:43	10:13	11:19	12:58	14:12				
	141	Time Delta	01:02	00:53	01:02	00:55	01:14	01:00	01:26	01:08	01:29	01:06	01:38	01:14				
Age 31		Pace Cum	09:03	09:12	09:12	09:20	09:40	09:50	10:16	10:28	10:47	10:53	11:13	11:22				
Group M30-39		Pace Delta	09:03	09:23	09:11	09:49	10:53	10:42	12:38	12:04	13:07	11:48	14:21	13:15				
Overall-Group		Position	17-9	21-9	21-9	19-9	20-9	19-9	21-10	22-10	23-9	25-11	23-9	22-8				
McArthur, Matt (NC)	157	Time of Day	0:07:05	0:07:54	0:08:56	0:09:48	0:11:02	0:12:00	0:13:18	0:14:27	0:16:02	0:17:18	0:18:52	0:20:27				
		Time Cum	01:05	01:54	02:56	03:48	05:02	06:00	07:18	08:27	10:02	11:18	12:52	14:27				
	185	Time Delta	01:05	00:49	01:01	00:52	01:13	00:58	01:17	01:09	01:34	01:16	01:33	01:35				
Age 27		Pace Cum	09:29	09:10	09:06	09:09	09:29	09:37	09:53	10:09	10:35	10:51	11:08	11:34				
Group M20-29		Pace Delta	09:29	08:45	08:59	09:22	10:40	10:23	11:17	12:21	13:46	13:31	13:40	16:52				
Overall-Group		Position	25-3	20-3	18-3	17-3	18-3	18-3	17-2	18-2	17-2	21-2	22-2	25-2				
<u>Arnold, Lisa (NC)</u>	158	Time of Day	0:07:10	0:08:10	0:09:22	0:10:30	0:11:53	0:13:05	0:14:27	0:15:40	0:17:20	0:18:39	0:20:22	0:22:11				
		Time Cum	01:10	02:10	03:22	04:30	05:53	07:05	08:27	09:40	11:20	12:39	14:22	16:11				
	59	Time Delta	01:10	01:00	01:11	01:08	01:22	01:12	01:21	01:13	01:39	01:19	01:42	01:49				
Age 42		Pace Cum	10:13	10:27	10:26	10:49	11:05	11:20	11:26	11:36	11:58	12:09	12:26	12:57				
Group F40-49		Pace Delta	10:13	10:45	10:24	12:05	12:04	12:48	11:56	12:58	14:34	14:02	14:59	19:23				
Overall-Group		Position	56-9	58-9	52-7	57-7	55-7	58-9	51-8	50-8	44-6	46-6	48-6	58-6				
<u>McNeill, Jennifer C (NC)</u>	159	Time of Day	0:07:13	0:08:18	0:09:36	0:10:48	0:12:19	0:13:36	0:15:21	0:16:47	0:18:27	0:19:40	0:21:19	0:22:49				
		Time Cum	01:13	02:18	03:36	04:48	06:19	07:36	09:21	10:47	12:27	13:40	15:19	16:49				
	190	Time Delta	01:13	01:05	01:17	01:12	01:30	01:17	01:44	01:26	01:39	01:13	01:38	01:30				
Age 43		Pace Cum	10:39	11:02	11:10	11:33	11:54	12:10	12:39	12:57	13:08	13:08	13:15	13:27				
Group F40-49		Pace Delta	10:39	11:30	11:23	12:50	13:12	13:42	15:16	15:23	14:28	13:00	14:23	15:58				
Overall-Group		Position	75-11	84-11	83-11	91-12	99-14	102-13	108-13	110-13	93-10	88-9	76-9	73-9				
Penzon, Peter (OH)	160	Time of Day	0:07:14	0:08:15	0:09:30	0:10:34	0:11:54	0:13:06	0:14:36	0:15:54	0:17:36	0:19:05	0:21:00	0:22:59				
		Time Cum	01:14	02:15	03:30	04:34	05:54	07:06	08:36	09:54	11:36	13:05	15:00	16:59				
	214	Time Delta	01:14	01:01	01:14	01:04	01:19	01:12	01:29	01:18	01:41	01:29	01:54	01:59				
Age 38		Pace Cum	10:48	10:51	10:51	10:58	11:07	11:22	11:38	11:53	12:15	12:34	12:59	13:36				
Group M30-39		Pace Delta	10:48	10:54	10:52	11:20	11:40	12:47	13:06	13:49	14:53	15:52	16:41	21:10				
Overall-Group		Position	81-19	70-16	67-16	66-16	60-16	60-15	61-16	64-16	58-15	67-18	70-19	82-20				
Fabiszak, Dennis (NY)	161	Time of Day	0:07:07	0:08:09	0:09:22	0:10:27	0:11:48	0:12:59	0:14:36	0:15:51	0:17:31	0:18:58	0:21:22	0:23:08				
		Time Cum	01:07	02:09	03:22	04:27	05:48	06:59	08:36	09:51	11:31	12:58	15:22	17:08				
	118	Time Delta	01:07	01:02	01:12	01:05	01:20	01:11	01:36	01:15	01:39	01:27	02:24	01:46				
Age 42		Pace Cum	09:47	10:22	10:26	10:42	10:56	11:11	11:38	11:50	12:09	12:27	13:18	13:43				
Group M40-49		Pace Delta	09:47	11:05	10:34	11:37	11:44	12:37	14:07	13:23	14:31	15:24	21:01	18:54				
Overall-Group		Position	32-13	54-17	52-17	53-18	49-19	48-18	61-20	59-20	52-18	58-20	80-23	86-23				

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta			6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<u>Tartick,</u>	162	Time of Day	0:07:30	0:09:02	0:10:07	0:11:21	0:12:45	0:14:02	0:15:31	0:16:52	0:18:33	0:19:58	0:21:46	0:23:26				
<u>Karen (NC)</u>		Time Cum	01:30	03:02	04:07	05:21	06:45	08:02	09:31	10:52	12:33	13:58	15:46	17:26				
260		Time Delta	01:30	01:32	01:04	01:14	01:23	01:17	01:28	01:21	01:40	01:25	01:47	01:40				
Age 50		Pace Cum	13:08	14:37	12:46	12:51	12:43	12:51	12:52	13:03	13:15	13:25	13:38	13:57				
Group F50-59		Pace Delta	13:08	16:24	09:24	13:10	12:13	13:38	12:59	14:27	14:39	15:09	15:40	17:51				
Overall-Group		Position	205-12	241-20	179-9	164-8	141-7	135-6	123-6	119-6	95-6	100-6	92-6	92-5				
<u>Lemke,</u>	163	Time of Day	0:07:15	0:08:20	0:09:34	0:10:41	0:11:59	0:13:08	0:14:31	0:15:51	0:17:38	0:19:17	0:21:23	0:23:33				
<u>Terri (OH)</u>		Time Cum	01:15	02:20	03:34	04:41	05:59	07:08	08:31	09:51	11:38	13:17	15:23	17:33				
171		Time Delta	01:15	01:05	01:13	01:07	01:17	01:09	01:22	01:20	01:46	01:39	02:05	02:10				
Age 51		Pace Cum	10:57	11:16	11:04	11:16	11:16	11:25	11:31	11:50	12:17	12:46	13:19	14:03				
Group F50-59		Pace Delta	10:57	11:38	10:42	11:59	11:17	12:17	12:03	14:17	15:31	17:38	18:18	23:06				
Overall-Group		Position	86-3	96-3	74-3	73-2	67-2	63-2	53-2	61-2	59-3	78-4	83-5	96-6				
Bennett,	164	Time of Day	0:07:12	0:08:16	0:09:41	0:10:55	0:12:36	0:14:00	0:15:43	0:17:01	0:18:42	0:20:08	0:22:20	1:00:30				
Peter (TX)		Time Cum	01:12	02:16	03:41	04:55	06:36	08:00	09:43	11:01	12:42	14:08	16:20	18:30				
66		Time Delta	01:12	01:04	01:24	01:14	01:40	01:24	01:42	01:18	01:40	01:26	02:11	02:10				
Age 37		Pace Cum	10:31	10:57	11:25	11:49	12:26	12:49	13:09	13:14	13:24	13:35	14:08	14:48				
Group M30-39		Pace Delta	10:31	11:29	12:17	13:08	14:42	14:57	14:58	13:54	14:40	15:21	19:10	23:01				
Overall-Group		Position	68-15	76-17	103-22	110-24	125-28	134-30	129-29	127-29	107-25	106-24	108-23	115-22				
Gazzia,	165	Time of Day	0:07:12	0:08:18	0:09:36	0:10:48	0:12:14	0:13:23	0:14:57	0:16:25	0:18:25	0:19:56	0:22:40	1:00:59				
Antonio (NC)		Time Cum	01:12	02:18	03:36	04:48	06:14	07:23	08:57	10:25	12:25	13:56	16:40	18:59				
128		Time Delta	01:12	01:06	01:17	01:12	01:25	01:09	01:33	01:28	01:59	01:31	02:43	02:19				
Age 59		Pace Cum	10:31	11:04	11:10	11:32	11:45	11:50	12:06	12:30	13:06	13:23	14:25	15:12				
Group M50-59		Pace Delta	10:31	11:44	11:21	12:48	12:30	12:21	13:36	15:37	17:29	16:16	23:48	24:46				
Overall-Group		Position	68-5	85-9	83-9	90-9	87-10	82-8	82-9	93-9	92-13	98-13	115-20	119-20				
<u>Hofschulte,</u>	166	Time of Day	0:07:18	0:08:21	0:09:45	0:11:01	0:12:37	0:13:55	0:15:43	0:17:07	0:19:02	0:20:29	0:22:49	1:01:30				
<u>Jean (TX)</u>		Time Cum	01:18	02:21	03:45	05:01	06:37	07:55	09:43	11:07	13:02	14:29	16:49	19:30				
148		Time Delta	01:18	01:03	01:23	01:16	01:35	01:18	01:47	01:24	01:54	01:27	02:19	02:41				
Age 45		Pace Cum	11:23	11:19	11:38	12:02	12:28	12:41	13:09	13:21	13:45	13:55	14:33	15:36				
Group F40-49		Pace Delta	11:23	11:13	12:12	13:27	14:01	13:53	15:42	15:00	16:41	15:30	20:21	28:32				
Overall-Group		Position	116-15	98-13	115-15	124-16	127-16	127-15	129-16	132-16	116-12	119-12	118-13	133-18				
Harold,	167	Time of Day	0:07:16	0:08:19	0:09:39	0:10:51	0:12:29	0:13:58	0:15:47	0:17:19	0:19:15	0:21:07	0:23:52	1:02:05				
Eric (IL)		Time Cum	01:16	02:19	03:39	04:51	06:29	07:58	09:47	11:19	13:15	15:07	17:52	20:05				
143		Time Delta	01:16	01:03	01:19	01:12	01:37	01:29	01:48	01:32	01:55	01:52	02:44	02:13				
Age 29		Pace Cum	11:06	11:08	11:19	11:40	12:13	12:46	13:14	13:36	13:59	14:31	15:27	16:04				
Group M20-29		Pace Delta	11:06	11:11	11:39	12:51	14:13	15:52	15:49	16:27	16:47	19:53	24:03	23:38				
Overall-Group		Position	98-8	90-6	91-8	98-8	114-8	133-8	134-9	145-9	119-9	135-9	141-8	144-8				
<u>Sandvig,</u>	168	Time of Day	0:07:18	0:08:27	0:09:53	0:11:09	0:12:43	0:14:09	0:15:51	0:17:23	0:19:18	0:21:15	0:23:54	1:02:23				
<u>Emily (VA)</u>		Time Cum	01:18	02:27	03:53	05:09	06:43	08:09	09:51	11:23	13:18	15:15	17:54	20:23				
232		Time Delta	01:18	01:09	01:25	01:16	01:33	01:26	01:41	01:32	01:54	01:57	02:38	02:29				
Age 32		Pace Cum	11:23	11:48	12:02	12:22	12:39	13:04	13:20	13:40	14:02	14:39	15:29	16:19				
Group F30-39		Pace Delta	11:23	12:17	12:30	13:30	13:41	15:22	14:46	16:24	16:42	20:48	23:08	26:32				
Overall-Group		Position	116-10	125-11	134-11	136-11	135-11	148-11	144-12	150-15	122-10	138-11	142-14	148-15				

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta			6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
McDowell, 169	Time of Day		0:07:32	0:08:48	0:10:17	0:11:33	0:13:14	0:14:36	0:16:27	0:18:12	0:20:26	0:22:10	1:00:33	1:02:56				
Gregory (NC)	Time Cum		01:32	02:48	04:17	05:33	07:14	08:36	10:27	12:12	14:26	16:10	18:33	20:56				
187	Time Delta		01:32	01:16	01:28	01:16	01:40	01:22	01:50	01:45	02:13	01:44	02:22	02:23				
Age 54	Pace Cum		13:26	13:27	13:17	13:19	13:38	13:47	14:08	14:39	15:14	15:32	16:03	16:45				
Group M50-59	Pace Delta		13:26	13:29	12:58	13:28	14:44	14:39	16:05	18:38	19:32	18:31	20:47	25:20				
Overall-Group	Position		219-33	213-32	208-31	196-27	186-25	181-25	177-24	184-25	161-23	162-23	155-23	158-24				
Harvey, 170	Time of Day		0:07:17	0:08:25	0:09:54	0:11:22	0:13:10	0:14:45	0:16:48	0:18:30	0:20:40	0:23:01	1:01:09	1:03:48				
David (MA)	Time Cum		01:17	02:25	03:54	05:22	07:10	08:45	10:48	12:30	14:40	17:01	19:09	21:48				
144	Time Delta		01:17	01:08	01:28	01:28	01:47	01:35	02:02	01:42	02:09	02:21	02:07	02:39				
Age 40	Pace Cum		11:14	11:38	12:06	12:53	13:30	14:01	14:37	15:00	15:29	16:21	16:34	17:26				
Group M40-49	Pace Delta		11:14	12:07	12:56	15:36	15:45	16:54	17:53	18:04	18:58	25:02	18:37	28:09				
Overall-Group	Position		105-32	117-33	138-38	168-46	183-48	192-49	195-49	196-49	167-41	179-43	162-38	166-38				
Harvey, 171	Time of Day		0:07:17	0:08:25	0:09:54	0:11:22	0:13:10	0:14:44	0:16:48	0:18:29	0:20:40	0:22:58	1:01:09	1:03:48				
Linda (MA)	Time Cum		01:17	02:25	03:54	05:22	07:10	08:44	10:48	12:29	14:40	16:58	19:09	21:48				
145	Time Delta		01:17	01:08	01:28	01:28	01:47	01:34	02:03	01:41	02:10	02:18	02:10	02:39				
Age 39	Pace Cum		11:14	11:38	12:06	12:53	13:30	14:00	14:37	15:00	15:29	16:17	16:34	17:26				
Group F30-39	Pace Delta		11:14	12:07	12:56	15:35	15:45	16:48	17:58	18:03	18:59	24:28	19:06	28:10				
Overall-Group	Position		105-9	118-9	138-13	167-18	183-20	190-20	195-22	195-22	167-18	177-20	162-18	167-18				
Wahula, 172	Time of Day		0:07:33	0:08:59	0:10:47	0:12:25	0:14:14	0:15:40	0:17:50	0:19:30	0:21:41	0:23:27	1:02:36	1:04:43				
Ron (NC)	Time Cum		01:33	02:59	04:47	06:25	08:14	09:40	11:50	13:30	15:41	17:27	20:36	22:43				
272	Time Delta		01:33	01:26	01:47	01:38	01:48	01:26	02:09	01:40	02:10	01:46	03:08	02:07				
Age 60	Pace Cum		13:35	14:19	14:50	15:26	15:31	15:28	16:01	16:13	16:33	16:46	17:49	18:10				
Group M60-69	Pace Delta		13:35	15:13	15:46	17:30	15:47	15:16	18:57	17:47	19:03	18:55	27:28	22:29				
Overall-Group	Position		224-13	232-13	239-13	241-15	236-16	227-13	228-12	225-13	188-9	186-9	174-8	172-8				
Rozanski, 173	Time of Day		0:07:36	0:09:00	0:10:42	0:12:14	0:14:05	0:15:42	0:17:44	0:19:28	0:22:01	1:00:02	1:02:56	1:05:58				
Susan (IL)	Time Cum		01:36	03:00	04:42	06:14	08:05	09:42	11:44	13:28	16:01	18:02	20:56	23:58				
41	Time Delta		01:36	01:24	01:41	01:32	01:50	01:37	02:01	01:44	02:32	02:01	02:53	03:02				
Age 58	Pace Cum		14:01	14:26	14:34	15:00	15:14	15:32	15:52	16:10	16:54	17:19	18:07	19:11				
Group F50-59	Pace Delta		14:01	14:56	14:50	16:26	16:05	17:18	17:42	18:26	22:19	21:27	25:22	32:18				
Overall-Group	Position		235-20	234-17	235-18	237-18	230-17	230-18	227-18	224-18	191-17	190-15	175-15	173-15				
Wei, 174	Time of Day		0:07:44	0:09:11	0:11:07	0:12:45	0:14:43	0:16:18	0:18:31	0:20:12	0:22:34	1:00:29	1:03:36	1:06:10				
Jade (NC)	Time Cum		01:44	03:11	05:07	06:45	08:43	10:18	12:31	14:12	16:34	18:29	21:36	24:10				
273	Time Delta		01:44	01:27	01:55	01:38	01:57	01:35	02:12	01:41	02:21	01:55	03:06	02:34				
Age 40	Pace Cum		15:11	15:20	15:52	16:14	16:25	16:30	16:56	17:03	17:29	17:45	18:41	19:21				
Group F40-49	Pace Delta		15:11	15:31	16:50	17:29	17:06	16:54	19:21	18:02	20:36	20:22	27:18	27:24				
Overall-Group	Position		243-37	246-36	248-37	247-37	242-37	239-35	235-34	234-34	195-28	192-28	176-27	174-27				
Fletcher, 175	Time of Day		0:07:34	0:08:56	0:10:34	0:12:00	0:13:50	0:15:23	0:17:29	0:19:16	0:21:36	1:00:02	1:03:50	1:07:34				
Laura (NC)	Time Cum		01:34	02:56	04:34	06:00	07:50	09:23	11:29	13:16	15:36	18:02	21:50	25:34				
123	Time Delta		01:34	01:22	01:37	01:26	01:50	01:33	02:05	01:47	02:19	02:26	03:47	03:44				
Age 51	Pace Cum		13:43	14:08	14:10	14:24	14:45	15:01	15:32	15:56	16:28	17:20	18:53	20:27				
Group F50-59	Pace Delta		13:43	14:37	14:13	15:13	16:04	16:28	18:23	19:07	20:18	26:01	33:09	39:42				
Overall-Group	Position		226-16	228-14	228-15	229-15	220-14	221-14	216-14	219-15	187-15	191-15	177-16	175-16				

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta			6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Dukes, 176	Time of Day		0:07:25	0:08:36	0:10:03	0:11:20	0:12:43	0:13:49	0:15:08	0:16:21	0:18:00	0:19:34	0:22:10					
Bryant (NC)	Time Cum		01:25	02:36	04:03	05:20	06:43	07:49	09:08	10:21	12:00	13:34	16:10					
38	Time Delta		01:25	01:11	01:26	01:17	01:22	01:06	01:18	01:13	01:38	01:34	02:35					
Age 38	Pace Cum		12:25	12:31	12:33	12:50	12:39	12:31	12:21	12:26	12:40	13:02	13:59					
Group M30-39	Pace Delta		12:25	12:39	12:38	13:47	11:59	11:47	11:27	13:03	14:21	16:42	22:43					
Overall-Group	Position		168-31	174-33	170-32	163-32	135-30	114-27	98-23	89-24	76-21	83-23	103-22					
Scott, 177	Time of Day		0:07:16	0:08:25	0:09:57	0:11:17	0:13:03	0:14:31	0:16:30	0:18:18	0:21:21	0:22:49	1:01:14					
Ricky (VA)	Time Cum		01:16	02:25	03:57	05:17	07:03	08:31	10:30	12:18	15:21	16:49	19:14					
236	Time Delta		01:16	01:09	01:31	01:20	01:45	01:28	01:58	01:48	03:02	01:28	02:24					
Age 54	Pace Cum		11:06	11:37	12:15	12:42	13:17	13:39	14:12	14:46	16:12	16:09	16:38					
Group M50-59	Pace Delta		11:06	12:16	13:24	14:15	15:24	15:43	17:15	19:14	26:37	15:36	21:09					
Overall-Group	Position		98-10	116-13	144-21	152-22	171-23	179-23	181-26	188-26	182-26	174-25	165-26					
Fletcher, 178	Time of Day		0:07:34	0:08:55	0:10:34	0:12:03	0:14:00	0:15:49	0:18:13	0:20:11	0:22:20	1:00:32	1:04:35					
Jonathan (NC)	Time Cum		01:34	02:55	04:34	06:03	08:00	09:49	12:13	14:11	16:20	18:32	22:35					
122	Time Delta		01:34	01:21	01:38	01:29	01:56	01:49	02:23	01:58	02:08	02:12	04:02					
Age 28	Pace Cum		13:43	14:03	14:10	14:33	15:04	15:43	16:32	17:02	17:14	17:48	19:32					
Group M20-29	Pace Delta		13:43	14:27	14:22	15:54	16:57	19:23	20:57	20:59	18:45	23:24	35:27					
Overall-Group	Position		226-10	227-10	228-10	231-10	225-10	233-10	233-10	233-10	193-10	193-10	178-9					
Dennis, 179	Time of Day		0:06:50	0:07:32	0:08:23	0:09:05	0:09:57	0:10:40	0:11:34	0:12:20	0:13:16	0:14:05						
John (MD)	Time Cum		00:50	01:32	02:23	03:05	03:57	04:40	05:34	06:20	07:16	08:05						
5	Time Delta		00:50	00:42	00:50	00:42	00:51	00:43	00:53	00:46	00:55	00:49						
Age 31	Pace Cum		07:18	07:24	07:23	07:25	07:26	07:29	07:32	07:37	07:40	07:46						
Group M30-39	Pace Delta		07:18	07:32	07:21	07:30	07:33	07:46	07:46	08:13	08:07	08:48						
Overall-Group	Position		3-1	3-1	3-1	3-1	3-1	2-1	2-1	2-1	2-1	2-1						
Jones, 180	Time of Day		0:07:09	0:08:13	0:09:25	0:10:30	0:11:54	0:13:03	0:14:30	0:15:43	0:17:43	0:19:13						
Gregory (NC)	Time Cum		01:09	02:13	03:25	04:30	05:54	07:03	08:30	09:43	11:43	13:13						
158	Time Delta		01:09	01:04	01:11	01:05	01:23	01:09	01:26	01:13	01:59	01:30						
Age 27	Pace Cum		10:04	10:39	10:36	10:49	11:07	11:18	11:30	11:41	12:22	12:42						
Group M20-29	Pace Delta		10:04	11:20	10:30	11:35	12:12	12:20	12:36	13:05	17:23	16:02						
Overall-Group	Position		47-5	62-5	56-5	58-5	60-5	53-5	52-5	51-5	66-6	74-6						
LeDoyen, 181	Time of Day		0:07:15	0:08:17	0:09:34	0:10:46	0:12:15	0:13:32	0:15:07	0:16:26	0:18:19	0:19:42						
Jason (NC)	Time Cum		01:15	02:17	03:34	04:46	06:15	07:32	09:07	10:26	12:19	13:42						
167	Time Delta		01:15	01:02	01:16	01:12	01:28	01:17	01:34	01:19	01:52	01:23						
Age 40	Pace Cum		10:57	11:02	11:04	11:27	11:46	12:04	12:20	12:32	13:00	13:10						
Group M40-49	Pace Delta		10:57	11:09	11:06	12:48	12:56	13:42	13:49	14:05	16:25	14:51						
Overall-Group	Position		86-25	82-25	74-24	85-27	91-29	94-29	95-27	96-26	87-25	91-26						
Castrillon, 182	Time of Day		0:07:16	0:08:24	0:09:43	0:10:50	0:12:11	0:13:21	0:14:56	0:16:22	0:18:08	0:20:13						
Carlos (MD)	Time Cum		01:16	02:24	03:43	04:50	06:11	07:21	08:56	10:22	12:08	14:13						
83	Time Delta		01:16	01:08	01:18	01:07	01:20	01:10	01:34	01:26	01:45	02:05						
Age 34	Pace Cum		11:06	11:35	11:31	11:38	11:39	11:46	12:05	12:27	12:48	13:40						
Group M30-39	Pace Delta		11:06	12:10	11:25	11:59	11:43	12:25	13:51	15:21	15:22	22:17						
Overall-Group	Position		98-22	113-23	107-23	96-23	82-21	79-19	80-19	91-25	81-23	113-25						

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta			6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Shuping, 183 Ryan (NC) 244 Age 32 Group M30-39 Overall-Group	Time of Day	0:07:21	0:08:30	0:09:59	0:11:11	0:12:38	0:13:55	0:15:30	0:16:55	0:18:56	0:20:22							
	Time Cum	01:21	02:30	03:59	05:11	06:38	07:55	09:30	10:55	12:56	14:22							
	Time Delta	01:21	01:09	01:28	01:12	01:26	01:17	01:34	01:25	02:00	01:26							
	Pace Cum	11:49	12:03	12:21	12:27	12:30	12:41	12:51	13:07	13:39	13:48							
Pace Delta		11:49	12:20	12:54	12:48	12:39	13:43	13:48	15:11	17:33	15:13							
Position		143-27	143-28	148-30	145-29	130-29	127-29	118-27	122-27	112-26	116-26							
Lieb, 184 Daniel (NC) 173 Age 37 Group M30-39 Overall-Group	Time of Day	0:07:18	0:08:24	0:09:48	0:10:58	0:12:27	0:13:44	0:15:18	0:16:41	0:18:36	0:20:23							
	Time Cum	01:18	02:24	03:48	04:58	06:27	07:44	09:18	10:41	12:36	14:23							
	Time Delta	01:18	01:06	01:23	01:10	01:28	01:17	01:33	01:23	01:54	01:47							
	Pace Cum	11:23	11:36	11:47	11:57	12:09	12:23	12:35	12:50	13:18	13:49							
Pace Delta		11:23	11:51	12:08	12:32	12:52	13:42	13:40	14:52	16:39	18:59							
Position		116-24	114-23	117-25	115-25	112-24	109-25	104-26	104-26	98-24	117-27							
Cotuna, 185 Theo (NC) 99 Age 48 Group M40-49 Overall-Group	Time of Day	0:07:23	0:08:35	0:10:03	0:11:21	0:12:55	0:14:14	0:16:03	0:17:31	0:19:22	0:20:55							
	Time Cum	01:23	02:35	04:03	05:21	06:55	08:14	10:03	11:31	13:22	14:55							
	Time Delta	01:23	01:12	01:27	01:18	01:33	01:19	01:48	01:28	01:50	01:33							
	Pace Cum	12:07	12:27	12:33	12:51	13:02	13:12	13:36	13:50	14:06	14:20							
Pace Delta		12:07	12:50	12:46	13:52	13:40	14:08	15:47	15:41	16:07	16:33							
Position		152-41	165-42	170-47	165-45	157-44	158-43	156-42	155-42	129-34	128-35							
Rosenbloom, 186 Trent (TN) 226 Age 42 Group M40-49 Overall-Group	Time of Day	0:07:25	0:08:36	0:10:02	0:11:16	0:12:48	0:14:06	0:15:48	0:17:19	0:19:37	0:21:29							
	Time Cum	01:25	02:36	04:02	05:16	06:48	08:06	09:48	11:19	13:37	15:29							
	Time Delta	01:25	01:11	01:25	01:14	01:31	01:18	01:41	01:31	02:17	01:52							
	Pace Cum	12:25	12:31	12:30	12:39	12:49	12:59	13:15	13:36	14:22	14:53							
Pace Delta		12:25	12:39	12:29	13:10	13:23	13:55	14:48	16:16	20:00	19:59							
Position		168-45	173-46	164-45	151-40	145-39	140-39	138-37	144-40	137-36	148-37							
Plant, 187 James (NC) 216 Age 47 Group M40-49 Overall-Group	Time of Day	0:07:23	0:08:40	0:10:02	0:11:19	0:12:43	0:13:56	0:15:27	0:16:48	0:19:34	0:21:35							
	Time Cum	01:23	02:40	04:02	05:19	06:43	07:56	09:27	10:48	13:34	15:35							
	Time Delta	01:23	01:17	01:21	01:17	01:23	01:13	01:30	01:21	02:45	02:01							
	Pace Cum	12:07	12:49	12:30	12:46	12:39	12:43	12:47	12:59	14:19	14:58							
Pace Delta		12:07	13:40	11:57	13:41	12:13	13:04	13:10	14:28	24:07	21:30							
Position		152-41	192-47	164-45	158-43	135-38	130-36	116-32	114-30	135-35	150-38							
<u>Bowen-Miller</u> , 188 <u>Julie (OH)</u> 74 Age 48 Group F40-49 Overall-Group	Time of Day	0:07:35	0:08:55	0:10:32	0:11:55	0:13:30	0:14:50	0:16:37	0:18:04	0:20:00	0:21:44							
	Time Cum	01:35	02:55	04:32	05:55	07:30	08:50	10:37	12:04	14:00	15:44							
	Time Delta	01:35	01:20	01:36	01:23	01:34	01:20	01:46	01:27	01:55	01:44							
	Pace Cum	13:52	14:03	14:03	14:12	14:08	14:09	14:22	14:30	14:47	15:06							
Pace Delta		13:52	14:16	14:05	14:43	13:51	14:19	15:30	15:34	16:48	18:26							
Position		232-35	226-34	226-34	219-31	206-31	198-29	187-25	178-25	150-19	154-20							
Lassiter, 189 Richard (NC) 166 Age 46 Group M40-49 Overall-Group	Time of Day	0:07:30	0:08:48	0:10:19	0:11:38	0:13:20	0:14:41	0:16:37	0:18:08	0:20:14	0:22:01							
	Time Cum	01:30	02:48	04:19	05:38	07:20	08:41	10:37	12:08	14:14	16:01							
	Time Delta	01:30	01:18	01:30	01:19	01:41	01:21	01:55	01:31	02:05	01:47							
	Pace Cum	13:08	13:27	13:23	13:32	13:49	13:55	14:22	14:34	15:01	15:23							
Pace Delta		13:08	13:49	13:16	14:02	14:51	14:31	16:47	16:14	18:18	19:01							
Position		205-48	212-50	211-50	208-50	197-50	187-47	187-47	181-46	154-38	159-40							

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Runner Splits

Aid Station Name				AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance				6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta				6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<u>Banzhaf,</u>		190	Time of Day	0:07:25	0:08:35	0:09:59	0:11:25	0:13:18	0:14:59	0:16:47	0:18:22	0:20:35	0:22:44						
<u>Tonya (OH)</u>			Time Cum	01:25	02:35	03:59	05:25	07:18	08:59	10:47	12:22	14:35	16:44						
64			Time Delta	01:25	01:10	01:23	01:26	01:52	01:41	01:47	01:35	02:12	02:09						
Age 38			Pace Cum	12:25	12:27	12:21	13:02	13:45	14:23	14:35	14:51	15:23	16:04						
Group F30-39			Pace Delta	12:25	12:31	12:09	15:23	16:22	17:59	15:40	16:52	19:22	22:52						
Overall-Group			Position	168-18	167-18	148-16	179-21	190-21	206-24	193-21	191-20	165-17	172-18						
Ring,		191	Time of Day	0:07:45	0:09:12	0:10:57	0:12:26	0:14:10	0:15:49	0:17:43	0:19:19	0:21:17	0:23:04						
Robert R (VA)			Time Cum	01:45	03:12	04:57	06:26	08:10	09:49	11:43	13:19	15:17	17:04						
222			Time Delta	01:45	01:27	01:44	01:29	01:43	01:39	01:53	01:36	01:57	01:47						
Age 63			Pace Cum	15:20	15:23	15:21	15:27	15:23	15:43	15:51	15:59	16:08	16:24						
Group M60-69			Pace Delta	15:20	15:27	15:17	15:50	15:07	17:37	16:34	17:01	17:12	19:07						
Overall-Group			Position	246-18	248-17	243-16	243-16	235-15	234-14	225-11	220-12	180-8	182-8						
Munoz,		192	Time of Day	0:07:26	0:08:39	0:10:13	0:11:32	0:13:18	0:14:47	0:17:01	0:18:56	0:21:25	0:23:47						
Ric (CA)			Time Cum	01:26	02:39	04:13	05:32	07:18	08:47	11:01	12:56	15:25	17:47						
199			Time Delta	01:26	01:13	01:33	01:19	01:45	01:29	02:13	01:55	02:28	02:22						
Age 54			Pace Cum	12:33	12:48	13:04	13:18	13:45	14:03	14:54	15:31	16:16	17:05						
Group M50-59			Pace Delta	12:33	13:06	13:35	14:05	15:23	15:45	19:33	20:21	21:45	25:18						
Overall-Group			Position	181-27	190-29	201-29	194-26	190-26	194-27	203-28	208-28	183-27	188-27						
Moore,		193	Time of Day	0:07:33	0:09:00	0:10:47	0:12:17	0:14:08	0:15:49	0:17:58	0:19:42	0:21:58	0:23:52						
James E (MD)			Time Cum	01:33	03:00	04:47	06:17	08:08	09:49	11:58	13:42	15:58	17:52						
45			Time Delta	01:33	01:27	01:46	01:30	01:50	01:41	02:08	01:44	02:15	01:54						
Age 67			Pace Cum	13:35	14:29	14:50	15:06	15:19	15:43	16:11	16:27	16:51	17:09						
Group M60-69			Pace Delta	13:35	15:34	15:29	16:02	16:07	17:54	18:48	18:30	19:46	20:11						
Overall-Group			Position	224-13	237-14	239-13	239-13	233-13	231-14	230-14	228-14	190-10	189-10						
Keene,		194	Time of Day	0:07:20	0:08:32	0:10:08	0:11:35	0:13:37	0:15:19	0:17:40	0:19:31	0:22:21	1:00:35						
Allen (NC)			Time Cum	01:20	02:32	04:08	05:35	07:37	09:19	11:40	13:31	16:21	18:35						
160			Time Delta	01:20	01:12	01:35	01:27	02:01	01:42	02:20	01:51	02:49	02:14						
Age 56			Pace Cum	11:41	12:12	12:49	13:25	14:21	14:55	15:47	16:14	17:15	17:51						
Group M50-59			Pace Delta	11:41	12:49	13:57	15:28	17:46	18:05	20:34	19:48	24:41	23:53						
Overall-Group			Position	127-16	154-22	181-26	201-28	211-30	217-30	223-33	226-33	194-28	194-28						
Geigle,		195	Time of Day	0:07:25	0:08:33	0:09:58	0:11:13	0:12:47	0:14:07	0:15:47	0:17:03	0:19:45							
Joe (NC)			Time Cum	01:25	02:33	03:58	05:13	06:47	08:07	09:47	11:03	13:45							
129			Time Delta	01:25	01:08	01:24	01:15	01:33	01:20	01:39	01:16	02:41							
Age 35			Pace Cum	12:25	12:18	12:18	12:33	12:47	13:00	13:14	13:16	14:31							
Group M30-39			Pace Delta	12:25	12:11	12:17	13:26	13:36	14:18	14:29	13:30	23:37							
Overall-Group			Position	168-31	155-31	147-29	147-30	144-31	142-31	134-30	129-30	141-29							
Engle,		196	Time of Day	0:07:30	0:08:42	0:10:08	0:11:25	0:13:02	0:14:23	0:16:08	0:17:45	0:19:56							
Cliff (AZ)			Time Cum	01:30	02:42	04:08	05:25	07:02	08:23	10:08	11:45	13:56							
115			Time Delta	01:30	01:12	01:25	01:17	01:36	01:21	01:44	01:37	02:10							
Age 41			Pace Cum	13:08	13:02	12:49	13:01	13:15	13:26	13:43	14:06	14:42							
Group M40-49			Pace Delta	13:08	12:53	12:26	13:41	14:07	14:28	15:13	17:14	19:04							
Overall-Group			Position	205-48	200-48	181-48	176-47	166-46	165-45	162-44	168-43	147-37							

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Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Stationt 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
Johnson, Eric (NC)	197	Time of Day	0:07:32	0:08:54	0:10:29	0:11:53	0:13:46	0:15:12	0:17:04	0:18:42	0:20:52							
		Time Cum	01:32	02:54	04:29	05:53	07:46	09:12	11:04	12:42	14:52							
	154	Time Delta	01:32	01:22	01:34	01:24	01:52	01:26	01:51	01:38	02:09							
Age 43		Pace Cum	13:26	13:57	13:54	14:09	14:38	14:45	14:58	15:14	15:41							
Group M40-49		Pace Delta	13:26	14:35	13:49	14:59	16:24	15:23	16:13	17:22	18:58							
Overall-Group		Position	219-51	224-51	220-52	218-52	217-52	214-52	205-51	204-51	171-43							
<u>Sergeant, Kimberley A (TX)</u>	198	Time of Day	0:07:35	0:08:56	0:10:39	0:12:10	0:14:07	0:15:41	0:17:40	0:19:23	0:21:41							
		Time Cum	01:35	02:56	04:39	06:10	08:07	09:41	11:40	13:23	15:41							
	10	Time Delta	01:35	01:21	01:42	01:31	01:56	01:34	01:58	01:43	02:17							
Age 53		Pace Cum	13:52	14:10	14:25	14:49	15:17	15:31	15:47	16:04	16:33							
Group F50-59		Pace Delta	13:52	14:31	14:54	16:12	17:00	16:45	17:17	18:16	20:07							
Overall-Group		Position	232-18	230-14	234-17	235-17	232-19	229-17	223-17	223-17	188-16							
<u>Brunazzi, Sara (PA)</u>	199	Time of Day	0:07:31	0:08:48	0:10:22	0:11:41	0:13:38	0:15:07	0:17:19	0:18:58	0:22:11							
		Time Cum	01:31	02:48	04:22	05:41	07:38	09:07	11:19	12:58	16:11							
	76	Time Delta	01:31	01:17	01:33	01:19	01:56	01:29	02:11	01:39	03:12							
Age 27		Pace Cum	13:17	13:26	13:32	13:40	14:23	14:35	15:19	15:34	17:05							
Group F20-29		Pace Delta	13:17	13:38	13:43	14:07	16:58	15:46	19:16	17:39	28:04							
Overall-Group		Position	212-3	211-3	215-3	211-3	213-3	212-3	212-3	210-3	192-3							
Savage, Jonathan (NC)	200	Time of Day	0:06:57	0:07:45	0:08:42	0:09:34	0:10:35	0:11:25	0:12:24	0:13:12								
		Time Cum	00:57	01:45	02:42	03:34	04:35	05:25	06:24	07:12								
	4	Time Delta	00:57	00:48	00:56	00:52	01:00	00:50	00:58	00:48								
Age 45		Pace Cum	08:19	08:27	08:22	08:34	08:38	08:41	08:40	08:39								
Group M40-49		Pace Delta	08:19	08:37	08:14	09:16	08:52	08:55	08:33	08:33								
Overall-Group		Position	9-3	14-3	10-3	10-3	10-3	9-3	8-3	8-3								
<u>Shook, Cherie (FL)</u>	201	Time of Day	0:07:11	0:08:11	0:09:27	0:10:33	0:11:53	0:13:04	0:14:23	0:15:32								
		Time Cum	01:11	02:11	03:27	04:33	05:53	07:04	08:23	09:32								
	243	Time Delta	01:11	01:00	01:15	01:06	01:19	01:11	01:18	01:09								
Age 42		Pace Cum	10:22	10:32	10:42	10:57	11:05	11:20	11:20	11:26								
Group F40-49		Pace Delta	10:22	10:45	10:59	11:50	11:34	12:44	11:24	12:13								
Overall-Group		Position	59-10	60-10	62-10	65-10	55-7	57-7	47-6	44-5								
<u>Tiska, Dale (NC)</u>	202	Time of Day	0:07:08	0:08:08	0:09:26	0:10:32	0:11:54	0:13:00	0:14:23	0:15:32								
		Time Cum	01:08	02:08	03:26	04:32	05:54	07:00	08:23	09:32								
	39	Time Delta	01:08	01:00	01:17	01:06	01:21	01:06	01:22	01:09								
Age 48		Pace Cum	09:56	10:17	10:39	10:53	11:07	11:12	11:20	11:27								
Group F40-49		Pace Delta	09:56	10:42	11:19	11:43	11:56	11:41	12:07	12:20								
Overall-Group		Position	44-5	50-7	60-9	62-9	60-9	50-6	47-6	46-5								
<u>Middleton, Melissa (MI)</u>	203	Time of Day	0:07:11	0:08:09	0:09:20	0:10:24	0:11:47	0:12:54	0:14:20	0:15:35								
		Time Cum	01:11	02:09	03:20	04:24	05:47	06:54	08:20	09:35								
	284	Time Delta	01:11	00:58	01:10	01:04	01:22	01:07	01:25	01:15								
Age 34		Pace Cum	10:22	10:23	10:20	10:36	10:54	11:04	11:16	11:31								
Group F30-39		Pace Delta	10:22	10:24	10:15	11:30	11:58	12:00	12:26	13:21								
Overall-Group		Position	59-6	56-4	49-5	48-5	48-4	47-4	45-4	49-4								

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Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta			6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<u>Lee,</u>	204	Time of Day	0:07:07	0:08:08	0:09:25	0:10:30	0:11:52	0:13:04	0:14:33	0:15:51								
<u>Kathy (NC)</u>		Time Cum	01:07	02:08	03:25	04:30	05:52	07:04	08:33	09:51								
31		Time Delta	01:07	01:01	01:16	01:05	01:21	01:12	01:28	01:18								
Age 48		Pace Cum	09:47	10:17	10:36	10:50	11:03	11:19	11:34	11:50								
Group F40-49		Pace Delta	09:47	10:53	11:10	11:39	11:51	12:46	12:58	13:59								
Overall-Group		Position	32-2	51-7	56-8	60-7	53-6	56-7	57-9	62-9								
Dwyer,	205	Time of Day	0:07:12	0:08:12	0:09:21	0:10:26	0:11:49	0:13:08	0:14:40	0:15:56								
Seth (NC)		Time Cum	01:12	02:12	03:21	04:26	05:49	07:08	08:40	09:56								
47		Time Delta	01:12	01:00	01:08	01:05	01:22	01:19	01:31	01:16								
Age 32		Pace Cum	10:31	10:37	10:23	10:39	10:57	11:25	11:43	11:56								
Group M30-39		Pace Delta	10:31	10:45	09:58	11:32	12:06	14:02	13:23	13:35								
Overall-Group		Position	68-15	61-15	51-15	50-15	51-15	62-16	66-17	65-17								
Parquet,	206	Time of Day	0:07:07	0:08:07	0:09:16	0:10:22	0:11:42	0:13:04	0:14:35	0:15:58								
Bill (NC)		Time Cum	01:07	02:07	03:16	04:22	05:42	07:04	08:35	09:58								
207		Time Delta	01:07	01:00	01:08	01:06	01:19	01:22	01:31	01:23								
Age 40		Pace Cum	09:47	10:13	10:08	10:30	10:44	11:18	11:37	11:58								
Group M40-49		Pace Delta	09:47	10:44	09:59	11:44	11:38	14:31	13:17	14:49								
Overall-Group		Position	32-13	45-14	38-13	47-17	46-17	55-22	59-19	67-22								
<u>Pasquale,</u>	207	Time of Day	0:07:23	0:08:30	0:09:47	0:10:56	0:12:24	0:13:40	0:15:07	0:16:17								
<u>Dana (NC)</u>		Time Cum	01:23	02:30	03:47	04:56	06:24	07:40	09:07	10:17								
208		Time Delta	01:23	01:07	01:16	01:09	01:27	01:16	01:26	01:10								
Age 34		Pace Cum	12:07	12:01	11:44	11:52	12:03	12:17	12:20	12:21								
Group F30-39		Pace Delta	12:07	11:53	11:13	12:18	12:46	13:34	12:36	12:28								
Overall-Group		Position	152-15	138-13	116-9	113-9	107-8	105-8	95-7	82-7								
Rothschild,	208	Time of Day	0:07:06	0:08:00	0:09:16	0:10:25	0:11:56	0:13:14	0:15:03	0:16:28								
Ben (GA)		Time Cum	01:06	02:00	03:16	04:25	05:56	07:14	09:03	10:28								
227		Time Delta	01:06	00:54	01:15	01:09	01:30	01:18	01:48	01:25								
Age 16		Pace Cum	09:38	09:38	10:08	10:37	11:11	11:35	12:15	12:34								
Group M<=19		Pace Delta	09:38	09:39	11:01	12:16	13:15	13:50	15:54	15:03								
Overall-Group		Position	26-1	26-1	38-1	49-1	63-1	71-1	90-1	99-1								
<u>Stone,</u>	209	Time of Day	0:07:18	0:08:26	0:09:48	0:10:58	0:12:29	0:13:50	0:15:27	0:16:48								
<u>Francesca (CA)</u>		Time Cum	01:18	02:26	03:48	04:58	06:29	07:50	09:27	10:48								
256		Time Delta	01:18	01:08	01:21	01:10	01:30	01:21	01:36	01:21								
Age 49		Pace Cum	11:23	11:43	11:47	11:56	12:13	12:33	12:47	12:58								
Group F40-49		Pace Delta	11:23	12:08	11:54	12:27	13:14	14:30	14:02	14:26								
Overall-Group		Position	116-15	121-16	117-16	114-15	114-15	117-14	116-14	113-14								
Marsh,	210	Time of Day	0:07:14	0:08:23	0:09:39	0:10:54	0:12:19	0:13:39	0:15:17	0:16:49								
Ed (NC)		Time Cum	01:14	02:23	03:39	04:54	06:19	07:39	09:17	10:49								
182		Time Delta	01:14	01:09	01:15	01:15	01:24	01:20	01:37	01:32								
Age 65		Pace Cum	10:48	11:29	11:19	11:47	11:54	12:16	12:34	12:59								
Group M60-69		Pace Delta	10:48	12:18	11:01	13:24	12:19	14:18	14:11	16:21								
Overall-Group		Position	81-4	108-5	91-3	109-5	99-2	103-3	103-3	115-4								

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Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta			6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Lynch, 211			Time of Day	0:07:15	0:08:23	0:09:42	0:10:54	0:12:20	0:13:41	0:15:19	0:16:56							
Jamie (FL)			Time Cum	01:15	02:23	03:42	04:54	06:20	07:41	09:19	10:56							
178			Time Delta	01:15	01:08	01:18	01:12	01:25	01:21	01:37	01:37							
Age 48			Pace Cum	10:57	11:27	11:28	11:47	11:56	12:18	12:36	13:07							
Group M40-49			Pace Delta	10:57	12:04	11:31	12:49	12:30	14:24	14:15	17:11							
Overall-Group			Position	86-25	105-30	105-29	108-30	104-30	106-31	105-29	123-33							
Evenson, 212			Time of Day	0:07:23	0:08:30	0:09:51	0:10:59	0:12:37	0:14:02	0:15:38	0:17:00							
Scott (NC)			Time Cum	01:23	02:30	03:51	04:59	06:37	08:02	09:38	11:00							
117			Time Delta	01:23	01:07	01:20	01:08	01:37	01:25	01:35	01:22							
Age 46			Pace Cum	12:07	12:03	11:56	11:59	12:28	12:51	13:02	13:12							
Group M40-49			Pace Delta	12:07	11:58	11:44	12:08	14:14	15:04	13:59	14:31							
Overall-Group			Position	152-41	143-37	127-34	118-33	127-35	136-38	126-35	126-35							
<u>Clark-Osborne</u> 213			Time of Day	0:07:10	0:08:10	0:09:29	0:10:42	0:12:12	0:13:33	0:15:23	0:17:07							
<u>Deloris (MI)</u>			Time Cum	01:10	02:10	03:29	04:42	06:12	07:33	09:23	11:07							
87			Time Delta	01:10	01:00	01:18	01:13	01:29	01:21	01:49	01:44							
Age 32			Pace Cum	10:13	10:27	10:48	11:17	11:41	12:06	12:42	13:21							
Group F30-39			Pace Delta	10:13	10:45	11:26	12:57	13:07	14:28	15:57	18:26							
Overall-Group			Position	56-5	57-6	66-6	76-7	84-6	98-7	112-9	131-11							
Curran, 214			Time of Day	0:07:22	0:08:30	0:09:54	0:11:09	0:12:37	0:13:58	0:15:57	0:17:16							
Finian (NC)			Time Cum	01:22	02:30	03:54	05:09	06:37	07:58	09:57	11:16							
106			Time Delta	01:22	01:08	01:23	01:15	01:27	01:21	01:58	01:19							
Age 42			Pace Cum	11:58	12:01	12:06	12:22	12:28	12:45	13:28	13:32							
Group M40-49			Pace Delta	11:58	12:03	12:15	13:18	12:49	14:24	17:19	14:03							
Overall-Group			Position	148-39	137-37	138-38	135-37	127-35	132-37	148-40	138-37							
Stritehoff, 215			Time of Day	0:07:10	0:08:18	0:09:36	0:10:49	0:12:26	0:13:51	0:15:43	0:17:21							
Nelson (MD)			Time Cum	01:10	02:18	03:36	04:49	06:26	07:51	09:43	11:21							
257			Time Delta	01:10	01:08	01:17	01:13	01:36	01:25	01:51	01:38							
Age 60			Pace Cum	10:13	11:05	11:10	11:34	12:07	12:35	13:09	13:38							
Group M60-69			Pace Delta	10:13	12:07	11:19	12:58	14:07	15:09	16:16	17:28							
Overall-Group			Position	56-2	88-3	83-2	92-2	109-4	120-4	129-5	147-5							
<u>Willis,</u> 216			Time of Day	0:07:18	0:08:25	0:09:53	0:11:10	0:12:46	0:14:09	0:15:59	0:17:26							
<u>Susanne (NC)</u>			Time Cum	01:18	02:25	03:53	05:10	06:46	08:09	09:59	11:26							
278			Time Delta	01:18	01:07	01:27	01:17	01:35	01:23	01:49	01:27							
Age 38			Pace Cum	11:23	11:41	12:02	12:26	12:45	13:03	13:30	13:44							
Group F30-39			Pace Delta	11:23	12:02	12:42	13:45	13:55	14:42	16:03	15:32							
Overall-Group			Position	116-10	120-9	134-11	143-12	143-12	144-11	153-15	151-16							
Nictakis, 217			Time of Day	0:07:19	0:08:26	0:09:53	0:11:08	0:12:45	0:14:05	0:15:56	0:17:35							
Bill (NC)			Time Cum	01:19	02:26	03:53	05:08	06:45	08:05	09:56	11:35							
32			Time Delta	01:19	01:07	01:26	01:15	01:36	01:20	01:50	01:39							
Age 52			Pace Cum	11:32	11:44	12:02	12:20	12:43	12:57	13:26	13:54							
Group M50-59			Pace Delta	11:32	11:58	12:37	13:21	14:06	14:19	16:04	17:34							
Overall-Group			Position	122-14	122-15	134-20	134-20	141-20	139-20	147-21	158-22							

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Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta			6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<u>White,</u>	218	Time of Day	0:07:31	0:08:42	0:10:10	0:11:27	0:13:02	0:14:25	0:16:10	0:17:40								
<u>Angela A (NC)</u>		Time Cum	01:31	02:42	04:10	05:27	07:02	08:25	10:10	11:40								
275		Time Delta	01:31	01:11	01:27	01:17	01:34	01:23	01:44	01:30								
Age 50		Pace Cum	13:17	13:01	12:55	13:06	13:15	13:29	13:45	14:01								
Group F50-59		Pace Delta	13:17	12:41	12:45	13:45	13:46	14:49	15:14	16:02								
Overall-Group		Position	212-14	199-10	190-10	185-9	166-9	168-9	163-9	162-9								
Sullivan,	219	Time of Day	0:07:26	0:08:39	0:10:10	0:11:30	0:13:04	0:14:30	0:16:15	0:17:44								
Jim (FL)		Time Cum	01:26	02:39	04:10	05:30	07:04	08:30	10:15	11:44								
102		Time Delta	01:26	01:13	01:30	01:20	01:33	01:26	01:44	01:29								
Age 60		Pace Cum	12:33	12:48	12:55	13:13	13:19	13:37	13:52	14:06								
Group M60-69		Pace Delta	12:33	13:05	13:09	14:13	13:40	15:18	15:15	15:51								
Overall-Group		Position	181-8	187-8	190-7	191-8	174-7	177-7	170-7	164-7								
McCaslin,	220	Time of Day	0:07:06	0:08:01	0:09:07	0:10:07	0:11:42	0:13:25	0:15:57	0:17:47								
Mark (MI)		Time Cum	01:06	02:01	03:07	04:07	05:42	07:25	09:57	11:47								
186		Time Delta	01:06	00:55	01:05	01:00	01:34	01:43	02:31	01:50								
Age 42		Pace Cum	09:38	09:42	09:40	09:53	10:44	11:53	13:28	14:09								
Group M40-49		Pace Delta	09:38	09:46	09:36	10:39	13:51	18:21	22:05	19:35								
Overall-Group		Position	26-11	28-12	26-12	25-12	46-17	85-28	148-40	169-45								
Cox,	221	Time of Day	0:07:26	0:08:38	0:10:07	0:11:26	0:13:10	0:14:35	0:16:25	0:18:05								
Lee (NC)		Time Cum	01:26	02:38	04:07	05:26	07:10	08:35	10:25	12:05								
35		Time Delta	01:26	01:12	01:28	01:19	01:43	01:25	01:49	01:40								
Age 51		Pace Cum	12:33	12:42	12:46	13:04	13:30	13:46	14:06	14:31								
Group M50-59		Pace Delta	12:33	12:52	12:54	14:05	15:06	15:13	15:55	17:49								
Overall-Group		Position	181-27	183-27	179-25	182-25	183-24	180-24	174-23	179-24								
Kinoshita,	222	Time of Day	0:07:24	0:08:36	0:10:02	0:11:16	0:12:48	0:14:21	0:16:26	0:18:22								
Hideki (NJ)		Time Cum	01:24	02:36	04:02	05:16	06:48	08:21	10:26	12:22								
161		Time Delta	01:24	01:12	01:25	01:14	01:31	01:33	02:04	01:56								
Age 32		Pace Cum	12:16	12:32	12:30	12:39	12:49	13:23	14:07	14:51								
Group M30-39		Pace Delta	12:16	12:53	12:27	13:07	13:25	16:34	18:09	20:33								
Overall-Group		Position	163-30	176-33	164-31	150-31	145-32	164-33	176-34	189-33								
Boas,	223	Time of Day	0:07:29	0:08:41	0:10:13	0:11:37	0:13:19	0:14:52	0:16:53	0:18:39								
Darren (MD)		Time Cum	01:29	02:41	04:13	05:37	07:19	08:52	10:53	12:39								
69		Time Delta	01:29	01:12	01:31	01:24	01:41	01:33	02:00	01:46								
Age 51		Pace Cum	13:00	12:57	13:04	13:29	13:47	14:12	14:43	15:12								
Group M50-59		Pace Delta	13:00	12:53	13:19	14:53	14:52	16:30	17:38	18:56								
Overall-Group		Position	200-30	194-30	201-29	204-30	193-27	201-28	199-27	201-27								
Jones,	224	Time of Day	0:07:25	0:08:40	0:10:06	0:11:33	0:13:26	0:15:03	0:17:01	0:18:40								
Chris (KY)		Time Cum	01:25	02:40	04:06	05:33	07:26	09:03	11:01	12:40								
157		Time Delta	01:25	01:15	01:25	01:27	01:53	01:37	01:57	01:39								
Age 35		Pace Cum	12:25	12:48	12:43	13:19	14:00	14:30	14:54	15:12								
Group M30-39		Pace Delta	12:25	13:17	12:33	15:24	16:30	17:20	17:06	17:33								
Overall-Group		Position	168-31	191-35	175-33	195-36	204-36	207-36	203-35	202-34								

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta			6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Petersen, Chuck (FL) 42 Age 71 Group M70-79 Overall-Group	225	Time of Day	0:07:26	0:08:44	0:10:16	0:11:37	0:13:19	0:14:50	0:16:50	0:18:41								
		Time Cum	01:26	02:44	04:16	05:37	07:19	08:50	10:50	12:41								
		Time Delta	01:26	01:18	01:31	01:21	01:41	01:31	01:59	01:51								
		Pace Cum	12:33	13:09	13:14	13:30	13:47	14:09	14:39	15:13								
		Pace Delta	12:33	13:51	13:23	14:24	14:50	16:14	17:25	19:41								
Position			181-2	206-3	204-3	206-3	193-3	197-3	197-3	203-3								
Lilly, Stephen (NC) 174 Age 57 Group M50-59 Overall-Group	226	Time of Day	0:07:29	0:08:47	0:10:17	0:11:37	0:13:19	0:14:44	0:17:16	0:18:59								
		Time Cum	01:29	02:47	04:17	05:37	07:19	08:44	11:16	12:59								
		Time Delta	01:29	01:18	01:29	01:20	01:41	01:25	02:31	01:43								
		Pace Cum	13:00	13:26	13:17	13:29	13:47	14:00	15:15	15:36								
		Pace Delta	13:00	13:57	13:01	14:11	14:52	15:12	22:04	18:24								
Position			200-30	210-31	208-31	203-30	193-27	189-26	211-30	211-29								
Vieyra, Jeffrey (CA) 270 Age 65 Group M60-69 Overall-Group	227	Time of Day	0:07:24	0:08:37	0:10:10	0:11:39	0:13:36	0:15:17		0:19:10								
		Time Cum	01:24	02:37	04:10	05:39	07:36	09:17		13:10								
		Time Delta	01:24	01:13	01:32	01:29	01:56	01:41		03:53								
		Pace Cum	12:16	12:34	12:55	13:35	14:19	14:52		15:49								
		Pace Delta	12:16	12:57	13:33	15:52	16:59	17:58		18:40								
Position			163-7	177-7	190-7	210-9	210-10	216-10		213-11								
Morgan, Paul (FL) 196 Age 70 Group M70-79 Overall-Group	228	Time of Day	0:07:39	0:09:02	0:10:44	0:12:10	0:14:01	0:15:39	0:17:35	0:19:14								
		Time Cum	01:39	03:02	04:44	06:10	08:01	09:39	11:35	13:14								
		Time Delta	01:39	01:23	01:41	01:26	01:50	01:38	01:55	01:39								
		Pace Cum	14:27	14:36	14:41	14:49	15:06	15:27	15:40	15:53								
		Pace Delta	14:27	14:46	14:49	15:18	16:08	17:23	16:54	17:33								
Position			238-5	240-6	237-6	234-6	226-5	226-6	219-6	217-6								
Clausen, Chris D (NY) 88 Age 53 Group M50-59 Overall-Group	229	Time of Day	0:07:23	0:08:33	0:10:09	0:11:36	0:13:55	0:15:20	0:17:23	0:19:15								
		Time Cum	01:23	02:33	04:09	05:36	07:55	09:20	11:23	13:15								
		Time Delta	01:23	01:10	01:35	01:27	02:18	01:25	02:02	01:52								
		Pace Cum	12:07	12:18	12:52	13:29	14:55	14:58	15:24	15:54								
		Pace Delta	12:07	12:32	13:54	15:34	20:09	15:13	17:49	19:52								
Position			152-23	155-23	184-27	202-29	223-32	219-31	215-31	218-31								
Butler, Jeffrey (NY) 78 Age 52 Group M50-59 Overall-Group	230	Time of Day	0:07:23	0:08:33	0:10:09	0:11:37	0:13:55	0:15:21	0:17:35	0:19:34								
		Time Cum	01:23	02:33	04:09	05:37	07:55	09:21	11:35	13:34								
		Time Delta	01:23	01:10	01:35	01:28	02:17	01:26	02:13	01:59								
		Pace Cum	12:07	12:19	12:52	13:29	14:55	14:58	15:40	16:17								
		Pace Delta	12:07	12:33	13:53	15:37	20:07	15:14	19:33	21:06								
Position			152-23	157-23	184-27	205-30	223-32	220-32	219-32	227-34								
Malinowski, Joseph (NC) 180 Age 64 Group M60-69 Overall-Group	231	Time of Day	0:07:32	0:09:00	0:10:47	0:12:17	0:14:08	0:15:49	0:17:58	0:19:46								
		Time Cum	01:32	03:00	04:47	06:17	08:08	09:49	11:58	13:46								
		Time Delta	01:32	01:28	01:46	01:30	01:50	01:41	02:08	01:48								
		Pace Cum	13:26	14:29	14:50	15:06	15:19	15:43	16:11	16:32								
		Pace Delta	13:26	15:45	15:29	16:02	16:07	17:55	18:48	19:14								
Position			219-12	236-14	239-13	239-13	233-13	232-14	230-14	229-15								

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Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta			6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Botkin,			232	Time of Day	0:07:43	0:09:11	0:11:01	0:12:35	0:14:23	0:16:02	0:18:07	0:19:52						
Deborah (GA)				Time Cum	01:43	03:11	05:01	06:35	08:23	10:02	12:07	13:52						
71				Time Delta	01:43	01:28	01:49	01:34	01:47	01:39	02:04	01:45						
Age	40			Pace Cum	15:02	15:17	15:33	15:49	15:48	16:03	16:24	16:39						
Group	F40-49			Pace Delta	15:02	15:36	16:02	16:42	15:43	17:32	18:14	18:39						
Overall-Group				Position	240-36	244-36	245-36	245-36	238-35	237-34	232-33	230-32						
Squier, III,			233	Time of Day	0:07:29	0:08:47	0:10:31	0:11:59	0:13:53	0:15:38	0:17:54	0:19:52						
William C (NC)				Time Cum	01:29	02:47	04:31	05:59	07:53	09:38	11:54	13:52						
33				Time Delta	01:29	01:18	01:43	01:28	01:53	01:45	02:15	01:58						
Age	69			Pace Cum	13:00	13:23	14:00	14:23	14:51	15:26	16:06	16:39						
Group	M60-69			Pace Delta	13:00	13:50	15:09	15:39	16:35	18:41	19:47	20:58						
Overall-Group				Position	200-10	209-11	224-11	226-11	221-12	224-12	229-13	231-16						
Possick,			234	Time of Day	0:07:20	0:08:31	0:10:00	0:11:22	0:13:08	0:14:38	0:17:39	0:19:53						
Cathi (MA)				Time Cum	01:20	02:31	04:00	05:22	07:08	08:38	11:39	13:53						
218				Time Delta	01:20	01:11	01:28	01:22	01:45	01:30	03:00	02:14						
Age	43			Pace Cum	11:41	12:09	12:24	12:54	13:26	13:49	15:46	16:40						
Group	F40-49			Pace Delta	11:41	12:43	12:52	14:34	15:26	15:58	26:24	23:49						
Overall-Group				Position	127-18	149-17	154-18	170-21	182-27	183-26	222-32	232-33						
Haber,			235	Time of Day	0:07:26	0:08:43	0:10:16	0:11:42	0:13:53	0:15:59	0:18:33	0:20:17						
Melanie (NH)				Time Cum	01:26	02:43	04:16	05:42	07:53	09:59	12:33	14:17						
140				Time Delta	01:26	01:17	01:32	01:26	02:10	02:06	02:33	01:44						
Age	55			Pace Cum	12:33	13:07	13:14	13:42	14:51	16:00	16:59	17:09						
Group	F50-59			Pace Delta	12:33	13:47	13:27	15:16	19:05	22:27	22:21	18:33						
Overall-Group				Position	181-10	204-11	204-13	212-13	221-15	236-19	236-19	235-19						
Brown,			236	Time of Day	0:07:44	0:09:16	0:11:05	0:12:37	0:14:39	0:16:18	0:18:29	0:20:29						
Will (NC)				Time Cum	01:44	03:16	05:05	06:37	08:39	10:18	12:29	14:29						
34				Time Delta	01:44	01:32	01:48	01:32	02:01	01:39	02:10	02:00						
Age	65			Pace Cum	15:11	15:42	15:46	15:55	16:18	16:30	16:53	17:24						
Group	M60-69			Pace Delta	15:11	16:20	15:52	16:26	17:41	17:41	18:59	21:23						
Overall-Group				Position	243-17	250-18	246-17	246-17	241-17	240-17	234-16	236-17						
Cowher,			237	Time of Day	0:07:32	0:08:52	0:10:31	0:11:58	0:14:02	0:16:18	0:19:11	0:20:39						
Karen (VA)				Time Cum	01:32	02:52	04:31	05:58	08:02	10:18	13:11	14:39						
104				Time Delta	01:32	01:20	01:38	01:27	02:03	02:16	02:52	01:28						
Age	46			Pace Cum	13:26	13:48	14:00	14:21	15:08	16:29	17:50	17:35						
Group	F40-49			Pace Delta	13:26	14:15	14:22	15:34	17:58	24:09	25:12	15:37						
Overall-Group				Position	219-33	221-32	224-33	225-34	229-34	238-35	238-35	237-35						
Demoney,			238	Time of Day	0:07:43	0:09:14	0:11:19	0:12:55	0:15:07	0:16:53	0:19:07	0:20:54						
Ed (VA)				Time Cum	01:43	03:14	05:19	06:55	09:07	10:53	13:07	14:54						
44				Time Delta	01:43	01:31	02:04	01:36	02:11	01:46	02:13	01:47						
Age	78			Pace Cum	15:02	15:32	16:29	16:38	17:10	17:25	17:45	17:54						
Group	M70-79			Pace Delta	15:02	16:08	18:13	17:06	19:11	18:48	19:32	19:03						
Overall-Group				Position	240-7	249-7	250-7	249-7	244-7	242-7	237-7	238-7						

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Stationt Delta			6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<u>Armagost,</u>	239	Time of Day	0:07:34	0:08:59	0:10:48	0:12:32	0:14:52	0:16:59	0:19:19	0:21:30								
<u>Jeannie S (NC)</u>		Time Cum	01:34	02:59	04:48	06:32	08:52	10:59	13:19	15:30								
58		Time Delta	01:34	01:25	01:48	01:44	02:19	02:07	02:19	02:11								
Age 57		Pace Cum	13:43	14:20	14:53	15:41	16:42	17:36	18:01	18:37								
Group F50-59		Pace Delta	13:43	15:04	15:54	18:27	20:25	22:38	20:19	23:18								
Overall-Group		Position	226-16	233-16	242-20	244-20	243-20	239-20	239-20									
Rozanski, III,	240	Time of Day	0:07:36	0:09:06	0:11:05	0:12:51	0:15:07	0:17:13	0:19:40	0:21:34								
John J (IL)		Time Cum	01:36	03:06	05:05	06:51	09:07	11:13	13:40	15:34								
43		Time Delta	01:36	01:30	01:58	01:46	02:15	02:06	02:26	01:54								
Age 64		Pace Cum	14:01	14:58	15:46	16:28	17:10	17:58	18:29	18:42								
Group M60-69		Pace Delta	14:01	16:06	17:14	18:52	19:46	22:28	21:19	20:20								
Overall-Group		Position	235-16	243-16	246-17	248-18	244-18	245-18	240-17	240-18								
Brewington,	241	Time of Day	0:07:58	0:09:35	0:11:49	0:13:41	0:16:16	0:18:27	0:21:30	1:00:10								
David (FL)		Time Cum	01:58	03:35	05:49	07:41	10:16	12:27	15:30	18:10								
37		Time Delta	01:58	01:37	02:13	01:52	02:34	02:11	03:02	02:40								
Age 62		Pace Cum	17:14	17:13	18:02	18:28	19:20	19:56	20:58	21:49								
Group M60-69		Pace Delta	17:14	17:13	19:31	19:55	22:33	23:20	26:36	28:27								
Overall-Group		Position	247-19	251-19	251-19	251-19	246-19	246-19	241-18	241-19								
Reedy,	242	Time of Day	0:07:19	0:08:28	0:09:44	0:10:49	0:12:08	0:13:31	0:15:59									
Kevin (NY)		Time Cum	01:19	02:28	03:44	04:49	06:08	07:31	09:59									
221		Time Delta	01:19	01:09	01:15	01:05	01:18	01:23	02:27									
Age 36		Pace Cum	11:32	11:51	11:35	11:36	11:33	12:02	13:30									
Group M30-39		Pace Delta	11:32	12:13	11:05	11:40	11:24	14:42	21:36									
Overall-Group		Position	122-25	127-25	112-24	93-22	77-18	92-21	153-31									
Gill, III,	243	Time of Day	0:07:02	0:07:52	0:08:57	0:09:55	0:11:07	0:12:20										
J Russell (VA)		Time Cum	01:02	01:52	02:57	03:55	05:07	06:20										
132		Time Delta	01:02	00:50	01:04	00:58	01:11	01:13										
Age 48		Pace Cum	09:03	09:00	09:09	09:24	09:38	10:09										
Group M40-49		Pace Delta	09:03	08:57	09:24	10:18	10:29	13:02										
Overall-Group		Position	17-5	17-5	19-6	20-7	19-7	23-7										
<u>Lively,</u>	244	Time of Day	0:07:09	0:08:07	0:09:20	0:10:29	0:12:18	0:14:10										
<u>Consuela (FL)</u>		Time Cum	01:09	02:07	03:20	04:29	06:18	08:10										
175		Time Delta	01:09	00:58	01:12	01:09	01:48	01:52										
Age 40		Pace Cum	10:04	10:14	10:20	10:47	11:52	13:05										
Group F40-49		Pace Delta	10:04	10:25	10:32	12:19	15:49	19:53										
Overall-Group		Position	47-6	48-4	49-6	56-6	96-12	150-17										
<u>Saylor,</u>	245	Time of Day	0:07:29	0:08:44	0:10:26	0:12:00	0:14:23	0:16:34										
<u>Cathy (GA)</u>		Time Cum	01:29	02:44	04:26	06:00	08:23	10:34										
234		Time Delta	01:29	01:15	01:41	01:34	02:22	02:11										
Age 49		Pace Cum	13:00	13:08	13:45	14:25	15:48	16:56										
Group F40-49		Pace Delta	13:00	13:17	14:53	16:41	20:50	23:22										
Overall-Group		Position	200-30	205-30	218-31	230-35	238-35	241-37										

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Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta			6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<u>Shingleton,</u>	246	Time of Day	0:07:31	0:08:57	0:10:42	0:12:15	0:14:38	0:17:08										
<u>Amber (NC)</u>		Time Cum	01:31	02:57	04:42	06:15	08:38	11:08										
242		Time Delta	01:31	01:26	01:44	01:33	02:22	02:30										
Age 35		Pace Cum	13:17	14:12	14:34	15:00	16:16	17:49										
Group F30-39		Pace Delta	13:17	15:18	15:16	16:29	20:52	26:36										
Overall-Group		Position	212-23	231-26	235-26	238-26	240-25	244-25										
<u>Vogel,</u>	247	Time of Day	0:06:57	0:07:44	0:08:44	0:10:12												
<u>Jennifer (FL)</u>		Time Cum	00:57	01:44	02:44	04:12												
16		Time Delta	00:57	00:47	00:59	01:28												
Age 30		Pace Cum	08:19	08:21	08:29	10:06												
Group F30-39		Pace Delta	08:19	08:24	08:42	15:38												
Overall-Group		Position	9-1	11-1	11-1	32-1												
Ferrari,	248	Time of Day	0:07:11	0:08:13	0:09:31	0:11:04												
Guido (NC)		Time Cum	01:11	02:13	03:31	05:04												
25		Time Delta	01:11	01:02	01:17	01:33												
Age 51		Pace Cum	10:22	10:42	10:54	12:12												
Group M50-59		Pace Delta	10:22	11:06	11:17	16:38												
Overall-Group		Position	59-4	65-4	69-6	129-18												
Lancaster,	249	Time of Day	0:07:26	0:08:35	0:10:09	0:11:34												
Matthew (VA)		Time Cum	01:26	02:35	04:09	05:34												
164		Time Delta	01:26	01:09	01:33	01:25												
Age 37		Pace Cum	12:33	12:29	12:52	13:23												
Group M30-39		Pace Delta	12:33	12:23	13:35	15:07												
Overall-Group		Position	181-34	171-32	184-35	200-37												
Sacco,	250	Time of Day	0:07:36	0:08:53	0:10:28	0:11:59												
Steven (NY)		Time Cum	01:36	02:53	04:28	05:59												
228		Time Delta	01:36	01:17	01:34	01:31												
Age 32		Pace Cum	14:01	13:55	13:51	14:24												
Group M30-39		Pace Delta	14:01	13:47	13:45	16:15												
Overall-Group		Position	235-37	223-38	219-38	227-38												
Durr,	251	Time of Day	0:07:43	0:09:11	0:11:12	0:13:03												
Stephen (VA)		Time Cum	01:43	03:11	05:12	07:03												
112		Time Delta	01:43	01:28	02:00	01:51												
Age 45		Pace Cum	15:02	15:17	16:07	16:56												
Group M40-49		Pace Delta	15:02	15:36	17:39	19:44												
Overall-Group		Position	240-52	245-53	249-53	250-53												