

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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
Sweeney, Jim (NY) 5 Age 31 Group M30-39 Overall-Group	1 Time of Day	0:06:57	0:07:43	0:08:38	0:09:23	0:10:17	0:11:04	0:11:59	0:12:45	0:13:42	0:14:30	0:15:30	0:16:26	0:17:53	0:19:11	0:20:17	0:21:21:00
	Time Cum	00:57	01:43	02:38	03:23	04:17	05:04	05:59	06:45	07:42	08:30	09:30	10:26	11:53	13:11	14:17	15:21:00
	Time Delta	00:57	00:46	00:54	00:45	00:54	00:47	00:54	00:46	00:56	00:48	00:59	00:56	01:26	01:18	01:05	01:04:00
	Pace Cum	08:19	08:16	08:10	08:07	08:04	08:08	08:06	08:07	08:08	08:10	08:13	08:21	08:43	09:03	09:05	09:13
	Pace Delta	08:19	08:11	07:59	07:58	07:53	08:28	07:55	08:14	08:15	08:33	08:43	10:02	12:36	13:55	09:32	11:20
Leehman, Nathan (NC) 193 Age 39 Group M30-39 Overall-Group	Position	14-8	11-5	9-5	8-5	6-3	5-2	4-1	3-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1
	2 Time of Day	0:06:56	0:07:41	0:08:35	0:09:21	0:10:20	0:11:11	0:12:18	0:13:16	0:14:26	0:15:24	0:16:34	0:17:33	0:18:42	0:19:44	0:20:49	0:21:45:05
	Time Cum	00:56	01:41	02:35	03:21	04:20	05:11	06:18	07:16	08:26	09:24	10:34	11:33	12:42	13:44	14:49	15:45:05
	Time Delta	00:56	00:45	00:53	00:46	00:58	00:51	01:06	00:58	01:09	00:58	01:09	00:59	01:08	01:02	01:04	00:56:05
	Pace Cum	08:11	08:08	08:01	08:04	08:10	08:19	08:31	08:44	08:54	09:02	09:09	09:14	09:19	09:25	09:25	09:27
Gosselin, Michelle (CT) 147 Age 27 Group F20-29 Overall-Group	Pace Delta	08:11	08:05	07:47	08:17	08:30	09:08	09:41	10:26	10:05	10:21	10:09	10:28	10:03	10:59	09:29	09:56
	Position	8-4	8-4	6-3	6-3	7-4	7-4	6-3	6-3	4-3	4-3	3-3	3-3	2-2	2-2	2-2	2-2
	3 Time of Day	0:06:58	0:07:49	0:08:45	0:09:36	0:10:36	0:11:30	0:12:34	0:13:31	0:14:39	0:15:38	0:16:45	0:17:43	0:18:51	0:19:49	0:20:59	0:22:08:29
	Time Cum	00:58	01:49	02:45	03:36	04:36	05:30	06:34	07:31	08:39	09:38	10:45	11:43	12:51	13:49	14:59	16:08:29
	Time Delta	00:58	00:51	00:55	00:51	00:59	00:54	01:03	00:57	01:07	00:59	01:06	00:58	01:07	00:58	01:10	01:09:29
Ryan, JR, Stephen (NC) 245 Age 55 Group M50-59 Overall-Group	Pace Cum	08:28	08:43	08:32	08:41	08:40	08:49	08:53	09:02	09:08	09:15	09:18	09:23	09:25	09:28	09:32	09:41
	Pace Delta	08:28	09:02	08:10	09:12	08:37	09:39	09:16	10:11	09:51	10:33	09:41	10:22	09:50	10:16	10:13	12:18
	Position	17-1	18-1	15-1	15-1	12-1	13-1	11-1	12-1	6-1	6-1	4-1	4-1	3-1	3-1	3-1	3-1
	4 Time of Day	0:06:57	0:07:47	0:08:48	0:09:38	0:10:42	0:11:37	0:12:47	0:13:42	0:14:50	0:15:48	0:16:59	0:17:59	0:19:09	0:20:09	0:21:33	0:22:46:37
	Time Cum	00:57	01:47	02:48	03:38	04:42	05:37	06:47	07:42	08:50	09:48	10:59	11:59	13:09	14:09	15:33	16:46:37
Cawood, Robert (MD) 94 Age 44 Group M40-49 Overall-Group	Time Delta	00:57	00:50	01:00	00:50	01:03	00:55	01:09	00:55	01:07	00:58	01:10	01:00	01:09	01:00	01:23	01:13:37
	Pace Cum	08:19	08:38	08:41	08:44	08:51	09:00	09:11	09:16	09:19	09:25	09:30	09:36	09:38	09:43	09:53	10:04
	Pace Delta	08:19	09:00	08:47	08:53	09:19	09:47	10:11	09:54	09:48	10:25	10:14	10:44	10:08	10:42	12:11	13:02
	Position	14-3	16-3	17-3	16-3	16-3	15-3	15-3	14-3	10-2	7-1	6-1	6-1	5-1	4-1	4-1	4-1
	5 Time of Day	0:07:00	0:07:51	0:08:50	0:09:42	0:10:46	0:11:43	0:12:50	0:13:50	0:14:57	0:15:54	0:17:01	0:18:06	0:19:19	0:20:28	0:21:44	0:22:54:44
Riopel, Rich (NJ) 239 Age 39 Group M30-39 Overall-Group	Time Cum	01:00	01:51	02:50	03:42	04:46	05:43	06:50	07:50	08:57	09:54	11:01	12:06	13:19	14:28	15:44	16:54:44
	Time Delta	01:00	00:51	00:58	00:52	01:03	00:57	01:06	01:00	01:06	00:57	01:06	01:05	01:12	01:09	01:15	01:10:44
	Pace Cum	08:46	08:53	08:47	08:54	08:59	09:10	09:15	09:25	09:27	09:31	09:32	09:42	09:46	09:56	10:00	10:09
	Pace Delta	08:46	09:02	08:36	09:18	09:16	10:12	09:42	10:42	09:43	10:09	09:44	11:41	10:31	12:18	11:01	12:31
	Position	22-6	20-6	18-4	20-4	19-4	20-5	20-5	21-4	12-2	8-2	7-1	7-1	7-1	6-1	5-1	5-1
Welterlin, Sebastien (NM) 282 Age 35 Group M30-39 Overall-Group	6 Time of Day	0:07:05	0:08:00	0:09:03	0:09:58	0:11:02	0:11:56	0:13:02	0:13:58	0:15:07	0:16:06	0:17:16	0:18:14	0:19:29	0:20:37	0:21:51	0:22:55:45
	Time Cum	01:05	02:00	03:03	03:58	05:02	05:56	07:02	07:58	09:07	10:06	11:16	12:14	13:29	14:37	15:51	16:55:45
	Time Delta	01:05	00:55	01:02	00:55	01:03	00:54	01:05	00:56	01:08	00:59	01:09	00:58	01:14	01:08	01:13	01:04:45
	Pace Cum	09:29	09:36	09:27	09:33	09:29	09:31	09:31	09:34	09:37	09:42	09:45	09:47	09:53	10:01	10:05	10:09
	Pace Delta	09:29	09:44	09:12	09:54	09:12	09:41	09:32	10:02	09:58	10:33	10:07	10:18	10:55	12:03	10:48	11:28
Welterlin, Sebastien (NM) 282 Age 35 Group M30-39 Overall-Group	Position	40-17	41-17	39-16	34-16	29-13	26-11	26-11	26-10	19-9	17-8	10-6	8-5	8-5	7-4	6-3	6-3
	7 Time of Day	0:07:06	0:08:01	0:09:05	0:09:57	0:10:58	0:11:52	0:12:53	0:13:48	0:14:56	0:16:00	0:17:26	0:18:37	0:19:49	0:20:52	0:22:02	0:22:59:20
	Time Cum	01:06	02:01	03:05	03:57	04:58	05:52	06:53	07:48	08:56	10:00	11:26	12:37	13:49	14:52	16:02	16:59:20
	Time Delta	01:06	00:55	01:03	00:52	01:00	00:54	01:00	00:55	01:07	01:04	01:25	01:11	01:11	01:03	01:09	00:57:20
	Pace Cum	09:38	09:45	09:34	09:31	09:21	09:24	09:19	09:22	09:26	09:37	09:54	10:06	10:08	10:12	10:12	10:12
Overall-Group	Pace Delta	09:38	09:52	09:14	09:22	08:46	09:39	08:50	09:48	09:53	11:28	12:26	12:37	10:28	11:17	10:06	10:09
	Position	45-18	44-18	40-17	32-14	26-10	24-10	22-9	20-9	11-7	13-6	15-7	15-7	14-7	10-5	9-5	7-4

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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
Worth, George (NY) 24 Age 50 Group M50-59 Overall-Group	8 Time of Day	0:07:00	0:07:52	0:08:53	0:09:44	0:10:46	0:11:42	0:12:49	0:13:47	0:14:59	0:16:02	0:17:17	0:18:15	0:19:30	0:20:42	0:21:59	0:23:12:10
	Time Cum	01:00	01:52	02:53	03:44	04:46	05:42	06:49	07:47	08:59	10:02	11:17	12:15	13:30	14:42	15:59	17:12:10
	Time Delta	01:00	00:52	01:00	00:51	01:01	00:56	01:06	00:58	01:11	01:03	01:14	00:58	01:14	01:12	01:16	01:13:10
	Pace Cum	08:46	09:00	08:56	08:59	08:59	09:08	09:13	09:22	09:29	09:38	09:46	09:49	09:54	10:05	10:10	10:19
	Pace Delta	08:46	09:19	08:49	09:10	08:56	10:02	09:40	10:26	10:22	11:15	10:52	10:24	10:50	11:10	11:10	12:57
	Position	22-4	24-4	23-4	21-4	19-4	18-4	17-4	18-4	14-3	14-3	11-2	9-2	9-2	8-2	8-2	8-2
Choi, Sung Ho (FL) 13 Age 37 Group M30-39 Overall-Group	9 Time of Day	0:06:56	0:07:45	0:08:43	0:09:34	0:10:36	0:11:30	0:12:34	0:13:30	0:14:35	0:15:37	0:16:47	0:17:55	0:19:12	0:20:23	0:21:58	0:23:12:54
	Time Cum	00:56	01:45	02:43	03:34	04:36	05:30	06:34	07:30	08:35	09:37	10:47	11:55	13:12	14:23	15:58	17:12:54
	Time Delta	00:56	00:49	00:57	00:51	01:01	00:54	01:03	00:56	01:04	01:02	01:09	01:08	01:16	01:11	01:34	01:14:54
	Pace Cum	08:11	08:26	08:25	08:36	08:40	08:48	08:53	09:01	09:04	09:14	09:20	09:33	09:41	09:52	10:09	10:20
	Pace Delta	08:11	08:45	08:24	09:10	08:56	09:36	09:19	09:59	09:26	10:59	10:13	12:10	11:08	12:41	13:47	13:15
	Position	8-4	13-7	13-7	12-7	12-7	12-7	11-6	11-6	5-4	5-4	5-4	5-4	6-4	5-3	7-4	9-5
Henderson, Timothy (NY) 165 Age 43 Group M40-49 Overall-Group	10 Time of Day	0:07:01	0:07:52	0:08:52	0:09:44	0:10:47	0:11:42	0:12:49	0:13:47	0:14:59	0:16:02	0:17:17	0:18:19	0:19:36	0:20:42	0:22:09	0:23:21:15
	Time Cum	01:01	01:52	02:52	03:44	04:47	05:42	06:49	07:47	08:59	10:02	11:17	12:19	13:36	14:42	16:09	17:21:15
	Time Delta	01:01	00:51	00:59	00:52	01:02	00:55	01:06	00:58	01:11	01:03	01:14	01:02	01:16	01:06	01:26	01:12:15
	Pace Cum	08:54	09:00	08:53	08:59	09:01	09:08	09:13	09:22	09:29	09:38	09:46	09:52	09:58	10:05	10:16	10:25
	Pace Delta	08:54	09:08	08:40	09:21	09:05	09:52	09:40	10:26	10:22	11:15	10:52	11:08	11:06	11:47	12:37	12:47
	Position	29-8	23-7	21-6	21-6	21-5	18-3	17-4	19-3	14-3	15-4	11-3	12-3	10-2	9-2	10-2	10-2
Arbona, Serge (MD) 1 Age 48 Group M40-49 Overall-Group	11 Time of Day	0:06:56	0:07:45	0:08:41	0:09:35	0:10:39	0:11:42	0:12:48	0:13:51	0:15:00	0:15:56	0:17:08	0:18:18	0:19:46	0:20:59	0:22:17	0:23:24:25
	Time Cum	00:56	01:45	02:41	03:35	04:39	05:42	06:48	07:51	09:00	09:56	11:08	12:18	13:46	14:59	16:17	17:24:25
	Time Delta	00:56	00:49	00:55	00:54	01:03	01:03	01:05	01:03	01:08	00:56	01:11	01:10	01:27	01:13	01:17	01:07:25
	Pace Cum	08:11	08:27	08:19	08:37	08:46	09:07	09:12	09:25	09:30	09:32	09:38	09:51	10:05	10:17	10:21	10:27
	Pace Delta	08:11	08:47	08:05	09:39	09:16	11:11	09:36	11:11	10:03	09:56	10:29	12:29	12:46	13:02	11:17	11:56
	Position	8-3	15-3	11-3	14-3	15-3	17-3	16-3	22-5	16-4	10-3	8-2	10-2	12-3	13-3	11-3	11-3
Pardue, Duran (NC) 221 Age 25 Group M20-29 Overall-Group	12 Time of Day	0:07:03	0:07:56	0:08:56	0:09:48	0:10:50	0:11:43	0:12:49	0:13:47	0:15:02	0:16:04	0:17:20	0:18:27	0:19:47	0:20:56	0:22:20	0:23:28:02
	Time Cum	01:03	01:56	02:56	03:48	04:50	05:43	06:49	07:47	09:02	10:04	11:20	12:27	13:47	14:56	16:20	17:28:02
	Time Delta	01:03	00:53	00:59	00:52	01:01	00:53	01:05	00:58	01:14	01:02	01:15	01:07	01:19	01:09	01:23	01:08:02
	Pace Cum	09:12	09:20	09:06	09:08	09:06	09:10	09:13	09:21	09:32	09:40	09:48	09:58	10:06	10:14	10:23	10:29
	Pace Delta	09:12	09:30	08:40	09:14	09:02	09:31	09:31	10:22	10:52	11:02	11:03	11:54	11:39	12:13	12:15	12:02
	Position	33-2	33-2	24-2	24-2	23-2	21-2	17-1	16-2	17-1	16-1	13-1	13-1	13-1	11-1	12-1	12-1
Roman, Chris (FL) 243 Age 43 Group M40-49 Overall-Group	13 Time of Day	0:07:07	0:07:59	0:09:02	0:09:56	0:11:02	0:11:58	0:13:04	0:14:03	0:15:11	0:16:11	0:17:24	0:18:30	0:19:50	0:21:02	0:22:24	0:23:37:35
	Time Cum	01:07	01:59	03:02	03:56	05:02	05:58	07:04	08:03	09:11	10:11	11:24	12:30	13:50	15:02	16:24	17:37:35
	Time Delta	01:07	00:52	01:02	00:54	01:05	00:56	01:05	00:59	01:07	01:00	01:12	01:06	01:19	01:12	01:21	01:13:35
	Pace Cum	09:47	09:36	09:24	09:29	09:29	09:34	09:34	09:40	09:42	09:47	09:52	10:01	10:08	10:19	10:26	10:35
	Pace Delta	09:47	09:22	09:04	09:43	09:30	10:01	09:33	10:31	09:52	10:44	10:34	11:50	11:33	12:45	11:58	13:01
	Position	60-20	40-10	33-9	30-8	29-8	27-7	27-7	27-7	20-5	18-5	14-4	14-4	15-4	14-4	13-4	13-4
Halovatch, Michael (NY) 158 Age 34 Group M30-39 Overall-Group	14 Time of Day	0:07:03	0:07:57	0:09:02	0:09:57	0:11:03	0:12:01	0:13:12	0:14:14	0:15:25	0:16:26	0:17:39	0:18:42	0:20:00	0:21:09	0:22:31	0:23:38:37
	Time Cum	01:03	01:57	03:02	03:57	05:03	06:01	07:12	08:14	09:25	10:26	11:39	12:42	14:00	15:09	16:31	17:38:37
	Time Delta	01:03	00:54	01:04	00:55	01:05	00:58	01:10	01:02	01:10	01:01	01:12	01:03	01:17	01:09	01:21	01:07:37
	Pace Cum	09:12	09:25	09:24	09:30	09:31	09:39	09:44	09:53	09:56	10:02	10:05	10:10	10:16	10:23	10:30	10:35
	Pace Delta	09:12	09:41	09:23	09:51	09:32	10:24	10:15	11:05	10:17	10:57	10:32	11:16	11:17	12:15	11:56	11:58
	Position	33-14	36-14	33-14	31-14	31-14	30-12	28-12	28-12	22-11	22-11	17-9	16-8	16-8	15-7	14-6	14-6

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Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta			6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Shellhamer, Troy (KY) 6 Age 32 Group M30-39 Overall-Group	15	Time of Day	0:06:56	0:07:45	0:08:44	0:09:34	0:10:37	0:11:31	0:12:34	0:13:32	0:14:49	0:15:55	0:17:11	0:18:19	0:19:41	0:20:56	0:22:31	0:23:45:04
		Time Cum	00:56	01:45	02:44	03:34	04:37	05:31	06:34	07:32	08:49	09:55	11:11	12:19	13:41	14:56	16:31	17:45:04
		Time Delta	00:56	00:49	00:58	00:50	01:02	00:54	01:02	00:58	01:16	01:06	01:15	01:08	01:21	01:15	01:34	01:14:04
		Pace Cum	08:11	08:27	08:29	08:36	08:42	08:50	08:53	09:03	09:18	09:32	09:41	09:51	10:02	10:15	10:30	10:39
		Pace Delta	08:11	08:46	08:32	09:00	09:05	09:38	09:08	10:19	11:12	11:48	11:00	12:05	11:56	13:20	13:49	13:07
Overall-Group			8-4	14-7	14-8	13-7	14-8	14-8	11-6	13-7	8-5	9-5	9-5	11-6	11-6	12-6	14-6	15-7
Fisher, Chris (CO) 15 Age 38 Group M30-39 Overall-Group	16	Time of Day	0:06:56	0:07:45	0:08:45	0:09:39	0:10:45	0:11:44	0:12:55	0:13:58	0:15:13	0:16:22	0:17:41	0:18:54	0:20:24	0:21:40	0:23:13	1:00:25:01
		Time Cum	00:56	01:45	02:45	03:39	04:45	05:44	06:55	07:58	09:13	10:22	11:41	12:54	14:24	15:40	17:13	18:25:01
		Time Delta	00:56	00:49	00:59	00:54	01:05	00:59	01:10	01:03	01:14	01:09	01:18	01:13	01:29	01:16	01:32	01:12:01
		Pace Cum	08:11	08:26	08:32	08:48	08:57	09:12	09:21	09:34	09:44	09:58	10:06	10:20	10:33	10:45	10:57	11:03
		Pace Delta	08:11	08:45	08:42	09:42	09:31	10:34	10:16	11:16	10:51	12:23	11:24	13:05	13:00	13:27	13:34	12:45
Overall-Group			8-4	12-7	15-9	17-9	17-9	22-9	23-10	25-10	21-10	21-10	18-10	18-10	17-9	16-8	16-8	16-8
Edmondson, Marshall (TN) 129 Age 35 Group M30-39 Overall-Group	17	Time of Day	0:07:06	0:07:59	0:09:02	0:09:55	0:11:06	0:12:02	0:13:15	0:14:18	0:15:46	0:16:57	0:18:19	0:19:24	0:20:53	0:22:04	0:23:24	1:00:32:47
		Time Cum	01:06	01:59	03:02	03:55	05:06	06:02	07:15	08:18	09:46	10:57	12:19	13:24	14:53	16:04	17:24	18:32:47
		Time Delta	01:06	00:53	01:02	00:53	01:10	00:56	01:12	01:03	01:27	01:11	01:21	01:05	01:28	01:11	01:19	01:08:47
		Pace Cum	09:38	09:32	09:24	09:24	09:36	09:41	09:49	09:58	10:18	10:31	10:39	10:43	10:55	11:01	11:04	11:08
		Pace Delta	09:38	09:25	09:10	09:24	10:21	10:05	10:31	11:16	12:45	12:40	11:54	11:31	12:59	12:38	11:37	12:10
Overall-Group			45-18	39-16	33-14	28-12	33-15	32-14	29-13	29-13	24-12	25-13	20-11	19-11	18-10	17-9	17-9	17-9
Warner, Jonathan (NY) 279 Age 26 Group M20-29 Overall-Group	18	Time of Day	0:07:09	0:08:06	0:09:10	0:10:04	0:11:09	0:12:10	0:13:24	0:14:26	0:15:44	0:16:53	0:18:22	0:19:26	0:20:57	0:22:09	0:23:34	1:00:38:38
		Time Cum	01:09	02:06	03:10	04:04	05:09	06:10	07:24	08:26	09:44	10:53	12:22	13:26	14:57	16:09	17:34	18:38:38
		Time Delta	01:09	00:57	01:03	00:54	01:04	01:01	01:13	01:02	01:17	01:09	01:28	01:04	01:30	01:12	01:24	01:04:38
		Pace Cum	10:04	10:07	09:49	09:47	09:42	09:53	10:01	10:07	10:16	10:28	10:42	10:45	10:58	11:05	11:10	11:11
		Pace Delta	10:04	10:09	09:17	09:39	09:24	10:53	10:44	10:59	11:23	12:21	12:53	11:28	13:10	12:49	12:21	11:26
Overall-Group			85-6	67-7	47-3	40-3	34-3	34-3	33-3	31-3	23-3	24-3	21-3	21-3	19-2	18-2	18-2	18-2
Morris, Jim (NY) 210 Age 51 Group M50-59 Overall-Group	19	Time of Day	0:07:06	0:08:02	0:09:10	0:10:08	0:11:20	0:12:23	0:13:36	0:14:40	0:15:55	0:17:03	0:18:29	0:19:37	0:21:07	0:22:17	0:23:41	1:00:47:53
		Time Cum	01:06	02:02	03:10	04:08	05:20	06:23	07:36	08:40	09:55	11:03	12:29	13:37	15:07	16:17	17:41	18:47:53
		Time Delta	01:06	00:56	01:07	00:58	01:11	01:03	01:12	01:04	01:14	01:08	01:25	01:08	01:29	01:10	01:23	01:06:53
		Pace Cum	09:38	09:48	09:49	09:56	10:03	10:14	10:17	10:24	10:28	10:37	10:48	10:54	11:05	11:10	11:15	11:17
		Pace Delta	09:38	10:00	09:52	10:21	10:27	11:16	10:34	11:22	10:55	12:09	12:27	12:07	13:04	12:32	12:09	11:50
Overall-Group			45-6	47-6	47-6	49-6	45-6	42-5	41-5	39-5	29-4	31-4	26-3	25-3	23-3	21-3	19-3	19-3
Kugler, Kyle (FL) 183 Age 27 Group M20-29 Overall-Group	20	Time of Day	0:07:07	0:08:04	0:09:10	0:10:07	0:11:15	0:12:19	0:13:34	0:14:38	0:15:55	0:17:01	0:18:23	0:19:32	0:21:01	0:22:16	0:23:51	1:01:13:20
		Time Cum	01:07	02:04	03:10	04:07	05:15	06:19	07:34	08:38	09:55	11:01	12:23	13:32	15:01	16:16	17:51	19:13:20
		Time Delta	01:07	00:57	01:05	00:57	01:07	01:04	01:14	01:04	01:16	01:06	01:21	01:09	01:28	01:15	01:34	01:22:20
		Pace Cum	09:47	09:57	09:49	09:53	09:53	10:07	10:14	10:22	10:28	10:35	10:43	10:50	11:00	11:10	11:21	11:32
		Pace Delta	09:47	10:09	09:35	10:06	09:55	11:22	10:55	11:23	11:12	11:46	11:54	12:14	12:59	13:23	13:47	14:34
Overall-Group			60-3	55-3	47-3	47-4	37-4	38-4	38-4	36-4	29-4	27-4	23-4	22-4	20-3	19-3	20-3	20-3
Simmons, Dane (SC) 262 Age 27 Group M20-29 Overall-Group	21	Time of Day	0:07:07	0:08:04	0:09:10	0:10:07	0:11:15	0:12:19	0:13:34	0:14:38	0:15:55	0:17:01	0:18:23	0:19:32	0:21:01	0:22:16	0:23:51	1:01:13:22
		Time Cum	01:07	02:04	03:10	04:07	05:15	06:19	07:34	08:38	09:55	11:01	12:23	13:32	15:01	16:16	17:51	19:13:22
		Time Delta	01:07	00:57	01:05	00:57	01:07	01:04	01:14	01:04	01:16	01:06	01:21	01:09	01:28	01:15	01:34	01:22:22
		Pace Cum	09:47	09:57	09:49	09:53	09:53	10:07	10:14	10:22	10:28	10:35	10:43	10:50	11:00	11:10	11:21	11:32
		Pace Delta	09:47	10:09	09:35	10:06	09:55	11:22	10:55	11:23	11:12	11:47	11:54	12:14	12:59	13:26	13:44	14:35
Overall-Group			60-3	57-3	47-3	46-4	37-4	40-4	38-4	37-4	29-4	28-4	23-4	22-4	20-3	20-3	20-3	21-4

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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
Lam, Otto (NJ) 188 Age 39 Group M30-39 Overall-Group	22	Time of Day	0:07:03	0:07:57	0:08:59	0:09:53	0:10:59	0:12:01	0:13:17	0:14:22	0:15:46	0:16:52	0:18:22	0:19:38	0:21:21	0:22:39	1:00:13	1:01:43:58
		Time Cum	01:03	01:57	02:59	03:53	04:59	06:01	07:17	08:22	09:46	10:52	12:22	13:38	15:21	16:39	18:13	19:43:58
		Time Delta	01:03	00:54	01:01	00:54	01:05	01:02	01:15	01:05	01:23	01:06	01:29	01:16	01:42	01:18	01:33	01:30:58
		Pace Cum	09:12	09:22	09:15	09:19	09:23	09:38	09:51	10:03	10:18	10:27	10:42	10:55	11:15	11:25	11:35	11:50
		Pace Delta	09:12	09:35	09:02	09:34	09:37	11:02	11:03	11:39	12:08	11:49	13:02	13:30	15:00	13:50	13:42	16:06
Paige, Daniel (NC) 220 Age 33 Group M30-39 Overall-Group	23	Time of Day	0:07:09	0:08:09	0:09:19	0:10:22	0:11:43	0:12:51	0:14:10	0:15:14	0:16:35	0:17:42	0:19:04	0:20:13	0:21:43	0:22:55	1:00:31	1:01:44:24
		Time Cum	01:09	02:09	03:19	04:22	05:43	06:51	08:10	09:14	10:35	11:42	13:04	14:13	15:43	16:55	18:31	19:44:24
		Time Delta	01:09	01:00	01:09	01:03	01:20	01:08	01:18	01:04	01:20	01:07	01:21	01:09	01:29	01:12	01:35	01:13:24
		Pace Cum	10:04	10:22	10:17	10:29	10:46	10:59	11:03	11:06	11:10	11:14	11:18	11:23	11:31	11:36	11:47	11:51
		Pace Delta	10:04	10:44	10:08	11:10	11:49	12:09	11:26	11:30	11:41	11:53	11:57	12:22	13:01	12:50	13:57	12:59
Baum, Todd (NY) 75 Age 55 Group M50-59 Overall-Group	24	Time of Day	0:07:13	0:08:14	0:09:26	0:10:28	0:11:42	0:12:48	0:14:08	0:15:22	0:16:45	0:18:00	0:19:31	0:20:49	0:22:18	0:23:34	1:00:53	1:01:53:04
		Time Cum	01:13	02:14	03:26	04:28	05:42	06:48	08:08	09:22	10:45	12:00	13:31	14:49	16:18	17:34	18:53	19:53:04
		Time Delta	01:13	01:01	01:11	01:02	01:13	01:06	01:19	01:14	01:22	01:15	01:30	01:18	01:28	01:16	01:18	01:00:04
		Pace Cum	10:39	10:45	10:39	10:44	10:44	10:54	11:00	11:15	11:21	11:32	11:42	11:51	11:57	12:03	12:01	11:56
		Pace Delta	10:39	10:52	10:27	11:00	10:47	11:48	11:35	13:13	12:01	13:26	13:09	13:52	12:57	13:31	11:28	10:38
Nayak, Vinay (NC) 215 Age 29 Group M20-29 Overall-Group	25	Time of Day	0:06:58	0:07:51	0:08:50	0:09:40	0:10:45	0:11:41	0:12:51	0:13:46	0:15:05	0:16:13	0:18:00	0:19:25	0:21:17	0:22:48	1:00:43	1:02:15:15
		Time Cum	00:58	01:51	02:50	03:40	04:45	05:41	06:51	07:46	09:05	10:13	12:00	13:25	15:17	16:48	18:43	20:15:15
		Time Delta	00:58	00:53	00:58	00:50	01:04	00:56	01:09	00:55	01:18	01:08	01:46	01:25	01:51	01:31	01:54	01:32:15
		Pace Cum	08:28	08:55	08:47	08:50	08:57	09:06	09:16	09:20	09:35	09:49	10:23	10:44	11:12	11:31	11:54	12:09
		Pace Delta	08:28	09:28	08:33	08:59	09:23	09:55	10:13	09:53	11:25	12:11	15:30	15:08	16:17	16:10	16:44	16:20
Burns, William (NC) 16 Age 43 Group M40-49 Overall-Group	26	Time of Day	0:07:08	0:08:06	0:09:17	0:10:21	0:11:34	0:12:37	0:13:49	0:14:55	0:16:09	0:17:19	0:18:46	0:19:59	0:21:44	0:23:14	1:01:15	1:02:38:51
		Time Cum	01:08	02:06	03:17	04:21	05:34	06:37	07:49	08:55	10:09	11:19	12:46	13:59	15:44	17:14	19:15	20:38:51
		Time Delta	01:08	00:58	01:10	01:04	01:12	01:03	01:11	01:06	01:13	01:10	01:26	01:13	01:44	01:30	02:00	01:23:51
		Pace Cum	09:56	10:08	10:11	10:27	10:29	10:36	10:34	10:42	10:43	10:52	11:03	11:12	11:32	11:50	12:14	12:23
		Pace Delta	09:56	10:22	10:17	11:22	10:38	11:16	10:25	11:43	10:46	12:27	12:39	12:59	15:16	16:06	17:32	14:50
Kamp, Ryan (SC) 177 Age 27 Group M20-29 Overall-Group	27	Time of Day	0:07:07	0:08:04	0:09:10	0:10:07	0:11:15	0:12:19	0:13:34	0:14:38	0:15:55	0:17:01	0:18:23	0:19:32	0:21:01	0:22:32	1:00:56	1:02:45:02
		Time Cum	01:07	02:04	03:10	04:07	05:15	06:19	07:34	08:38	09:55	11:01	12:23	13:32	15:01	16:32	18:56	20:45:02
		Time Delta	01:07	00:57	01:05	00:57	01:07	01:04	01:14	01:04	01:16	01:06	01:21	01:09	01:28	01:31	02:23	01:49:02
		Pace Cum	09:47	09:57	09:49	09:53	09:53	10:07	10:14	10:22	10:28	10:35	10:43	10:50	11:00	11:20	12:02	12:27
		Pace Delta	09:47	10:09	09:35	10:05	09:55	11:22	10:55	11:22	11:12	11:45	11:54	12:14	12:59	16:10	20:58	19:18
Smith, Mike (IN) 36 Age 55 Group M50-59 Overall-Group	28	Time of Day	0:07:07	0:08:09	0:09:22	0:10:31	0:11:48	0:13:01	0:14:24	0:15:37	0:17:06	0:18:21	0:19:56	0:21:23	0:23:01	1:00:25	1:01:47	1:02:54:52
		Time Cum	01:07	02:09	03:22	04:31	05:48	07:01	08:24	09:37	11:06	12:21	13:56	15:23	17:01	18:25	19:47	20:54:52
		Time Delta	01:07	01:02	01:12	01:09	01:16	01:13	01:22	01:13	01:28	01:15	01:34	01:27	01:37	01:24	01:21	01:07:52
		Pace Cum	09:47	10:21	10:26	10:52	10:56	11:14	11:22	11:33	11:43	11:52	12:03	12:19	12:28	12:38	12:35	12:33
		Pace Delta	09:47	11:01	10:37	12:20	11:08	13:01	12:02	13:04	12:53	13:21	13:48	15:26	14:17	15:01	11:51	12:01

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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
Le, 29	Time of Day	0:07:00	0:07:52	0:08:57	0:09:55	0:11:10	0:12:14	0:13:33	0:14:43	0:16:09	0:17:27	0:18:58	0:20:14	0:21:58	0:23:26	1:01:11	1:03:03:19
Tho (WA)	Time Cum	01:00	01:52	02:57	03:55	05:10	06:14	07:33	08:43	10:09	11:27	12:58	14:14	15:58	17:26	19:11	21:03:19
191	Time Delta	01:00	00:52	01:04	00:58	01:14	01:04	01:18	01:10	01:25	01:18	01:30	01:16	01:43	01:28	01:44	01:52:19
Age 32	Pace Cum	08:46	08:59	09:09	09:24	09:44	10:00	10:13	10:29	10:43	11:00	11:13	11:24	11:42	11:57	12:12	12:38
Group M30-39	Pace Delta	08:46	09:15	09:27	10:18	10:55	11:29	11:24	12:32	12:26	13:53	13:13	13:33	15:06	15:37	15:17	19:53
Overall-Group	Position	22-11	22-10	26-10	29-12	36-16	37-16	36-15	42-15	34-14	34-14	30-13	30-14	29-13	28-12	28-12	29-12
Gaspari, 30	Time of Day	0:07:07	0:08:09	0:09:22	0:10:27	0:11:44	0:12:54	0:14:22	0:15:32	0:16:57	0:18:09	0:19:36	0:21:17	0:22:48	1:00:10	1:01:44	1:03:04:33
Jamie (NC)	Time Cum	01:07	02:09	03:22	04:27	05:44	06:54	08:22	09:32	10:57	12:09	13:36	15:17	16:48	18:10	19:44	21:04:33
143	Time Delta	01:07	01:02	01:12	01:05	01:16	01:10	01:27	01:10	01:24	01:12	01:26	01:41	01:30	01:22	01:33	01:20:33
Age 37	Pace Cum	09:47	10:22	10:26	10:42	10:48	11:04	11:19	11:27	11:33	11:41	11:46	12:14	12:19	12:28	12:33	12:39
Group M30-39	Pace Delta	09:47	11:04	10:34	11:34	11:11	12:34	12:42	12:30	12:19	12:53	12:35	18:01	13:11	14:35	13:40	14:15
Overall-Group	Position	60-21	82-26	84-28	86-30	76-26	78-26	78-26	72-24	54-21	50-19	44-18	45-19	42-18	36-14	32-13	30-13
Squires, 31	Time of Day	0:06:58	0:07:49	0:08:52	0:09:48	0:10:57	0:12:01	0:13:23	0:14:45	0:16:09	0:17:37	0:19:03	0:20:26	0:22:17	0:23:48	1:01:30	1:03:04:57
Chris (NC)	Time Cum	00:58	01:49	02:52	03:48	04:57	06:01	07:23	08:45	10:09	11:37	13:03	14:26	16:17	17:48	19:30	21:04:57
100	Time Delta	00:58	00:51	01:02	00:56	01:08	01:04	01:21	01:22	01:23	01:28	01:25	01:23	01:50	01:31	01:41	01:34:57
Age 47	Pace Cum	08:28	08:47	08:53	09:09	09:19	09:38	09:59	10:31	10:43	11:09	11:17	11:33	11:56	12:13	12:24	12:39
Group M40-49	Pace Delta	08:28	09:10	09:05	10:01	09:59	11:22	11:56	14:40	12:08	15:35	12:33	14:49	16:06	16:13	14:48	16:48
Overall-Group	Position	17-4	19-5	21-6	25-7	25-7	28-8	31-8	43-12	34-10	38-10	31-8	33-8	31-8	31-8	30-7	31-6
Schlereth, 32	Time of Day	0:07:07	0:08:11	0:09:25	0:10:26	0:11:39	0:12:41	0:13:56	0:14:59	0:16:38	0:17:50	0:19:34	0:20:48	0:22:34	0:23:52	1:01:42	1:03:07:41
Joe (NC)	Time Cum	01:07	02:11	03:25	04:26	05:39	06:41	07:56	08:59	10:38	11:50	13:34	14:48	16:34	17:52	19:42	21:07:41
34	Time Delta	01:07	01:04	01:13	01:01	01:12	01:02	01:14	01:03	01:38	01:12	01:43	01:14	01:45	01:18	01:49	01:25:41
Age 63	Pace Cum	09:47	10:32	10:36	10:40	10:39	10:42	10:44	10:48	11:13	11:22	11:44	11:51	12:09	12:15	12:32	12:41
Group M60-69	Pace Delta	09:47	11:27	10:42	10:54	10:34	10:59	10:56	11:18	14:19	12:49	15:08	13:14	15:22	13:48	16:03	15:10
Overall-Group	Position	60-1	94-1	94-1	82-1	69-1	59-1	51-1	48-1	46-1	44-1	43-1	37-1	35-1	32-1	31-1	32-1
<u>Tuite,</u> 33	Time of Day	0:07:00	0:07:53	0:08:58	0:09:59	0:11:15	0:12:20	0:13:39	0:14:43	0:16:09	0:17:22	0:19:11	0:20:33	0:22:38	1:00:01	1:01:55	1:03:16:20
<u>Mandi (NC)</u>	Time Cum	01:00	01:53	02:58	03:59	05:15	06:20	07:39	08:43	10:09	11:22	13:11	14:33	16:38	18:01	19:55	21:16:20
274	Time Delta	01:00	00:53	01:04	01:01	01:15	01:05	01:18	01:04	01:25	01:13	01:48	01:22	02:04	01:23	01:53	01:21:20
Age 32	Pace Cum	08:46	09:04	09:12	09:34	09:53	10:09	10:21	10:28	10:43	10:55	11:24	11:39	12:12	12:22	12:40	12:46
Group F30-39	Pace Delta	08:46	09:26	09:27	10:49	11:05	11:36	11:28	11:25	12:29	12:59	15:52	14:38	18:09	14:48	16:33	14:24
Overall-Group	Position	22-1	27-1	28-1	35-1	37-1	41-1	44-1	40-1	34-1	33-1	34-1	35-1	37-1	33-1	34-1	33-1
Ripmaster, 34	Time of Day	0:07:10	0:08:09	0:09:21	0:10:19	0:11:34	0:12:41	0:14:04	0:15:17	0:16:53	0:18:12	0:19:47	0:21:09	0:22:47	1:00:08	1:01:55	1:03:24:32
Peter (NC)	Time Cum	01:10	02:09	03:21	04:19	05:34	06:41	08:04	09:17	10:53	12:12	13:47	15:09	16:47	18:08	19:55	21:24:32
240	Time Delta	01:10	00:59	01:11	00:58	01:14	01:07	01:22	01:13	01:35	01:19	01:34	01:22	01:37	01:21	01:46	01:29:32
Age 36	Pace Cum	10:13	10:23	10:23	10:23	10:29	10:42	10:55	11:09	11:29	11:43	11:56	12:07	12:18	12:27	12:40	12:51
Group M30-39	Pace Delta	10:13	10:35	10:24	10:24	10:50	11:52	12:07	12:57	13:59	14:00	13:52	14:31	14:18	14:28	15:31	15:51
Overall-Group	Position	90-28	87-26	78-27	67-24	59-22	58-21	56-19	57-20	52-20	52-21	45-19	43-18	41-17	35-13	34-14	34-14
<u>Shields,</u> 35	Time of Day	0:07:09	0:08:09	0:09:21	0:10:25	0:11:43	0:12:53	0:14:19	0:15:33	0:17:04	0:18:21	0:19:59	0:21:21	0:23:03	1:00:26	1:02:07	1:03:32:17
<u>Maria (MD)</u>	Time Cum	01:09	02:09	03:21	04:25	05:43	06:53	08:19	09:33	11:04	12:21	13:59	15:21	17:03	18:26	20:07	21:32:17
258	Time Delta	01:09	01:00	01:11	01:04	01:17	01:10	01:25	01:14	01:30	01:17	01:37	01:22	01:41	01:23	01:40	01:25:17
Age 62	Pace Cum	10:04	10:22	10:23	10:37	10:46	11:02	11:15	11:28	11:41	11:51	12:06	12:17	12:30	12:39	12:48	12:55
Group F60-69	Pace Delta	10:04	10:43	10:26	11:23	11:21	12:34	12:25	13:06	13:17	13:38	14:18	14:34	14:51	14:43	14:43	15:06
Overall-Group	Position	85-1	83-1	78-1	78-1	74-1	76-1	74-1	74-1	59-1	58-1	51-1	48-1	44-1	43-1	38-1	35-1

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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
McBride, Nathan (MA) 198 Age 39 Group M30-39 Overall-Group	36	Time of Day	0:07:13	0:08:16	0:09:37	0:10:46	0:12:11	0:13:23	0:14:54	0:16:02	0:17:30	0:18:40	0:20:22	0:21:49	0:23:34	1:00:51	1:02:20	1:03:38:50
		Time Cum	01:13	02:16	03:37	04:46	06:11	07:23	08:54	10:02	11:30	12:40	14:22	15:49	17:34	18:51	20:20	21:38:50
		Time Delta	01:13	01:03	01:20	01:09	01:24	01:12	01:30	01:08	01:27	01:10	01:41	01:27	01:44	01:17	01:28	01:18:50
		Pace Cum	10:39	10:56	11:13	11:28	11:39	11:49	12:02	12:04	12:08	12:10	12:26	12:40	12:53	12:56	12:56	12:59
		Pace Delta	10:39	11:16	11:44	12:21	12:17	12:47	13:15	12:12	12:42	12:26	14:51	15:33	15:13	13:42	12:56	13:57
Recore, Brian (CA) 234 Age 37 Group M30-39 Overall-Group	37	Time of Day	0:07:08	0:08:10	0:09:22	0:10:25	0:11:42	0:12:50	0:14:12	0:15:24	0:16:49	0:18:02	0:19:32	0:20:57	0:22:45	1:00:20	1:02:14	1:03:42:00
		Time Cum	01:08	02:10	03:22	04:25	05:42	06:50	08:12	09:24	10:49	12:02	13:32	14:57	16:45	18:20	20:14	21:42:00
		Time Delta	01:08	01:02	01:11	01:03	01:16	01:08	01:22	01:12	01:24	01:13	01:29	01:25	01:47	01:35	01:53	01:28:00
		Pace Cum	09:56	10:25	10:26	10:37	10:44	10:56	11:06	11:17	11:25	11:33	11:43	11:58	12:17	12:34	12:52	13:01
		Pace Delta	09:56	11:02	10:28	11:14	11:10	12:02	11:58	12:49	12:21	12:56	13:08	15:07	15:42	16:52	16:36	15:35
Drautz, Marc (FL) 126 Age 40 Group M40-49 Overall-Group	38	Time of Day	0:07:06	0:08:06	0:09:22	0:10:28	0:11:50	0:12:58	0:14:10	0:15:17	0:16:35	0:17:42	0:19:11	0:20:24	0:22:00	0:23:46	1:02:00	1:03:45:46
		Time Cum	01:06	02:06	03:22	04:28	05:50	06:58	08:10	09:17	10:35	11:42	13:11	14:24	16:00	17:46	20:00	21:45:46
		Time Delta	01:06	01:00	01:15	01:06	01:21	01:08	01:11	01:07	01:17	01:07	01:28	01:13	01:35	01:46	02:13	01:45:46
		Pace Cum	09:38	10:07	10:26	10:44	10:59	11:10	11:03	11:09	11:10	11:14	11:24	11:32	11:44	12:11	12:43	13:03
		Pace Delta	09:38	10:43	11:01	11:43	11:57	12:07	10:27	12:01	11:15	11:57	12:55	13:04	13:54	18:46	19:33	18:43
Portera, Anthony (NY) 226 Age 42 Group M40-49 Overall-Group	39	Time of Day	0:07:08	0:08:10	0:09:22	0:10:25	0:11:42	0:12:49	0:14:12	0:15:24	0:16:49	0:18:01	0:19:32	0:20:56	0:22:45	1:00:20	1:02:14	1:03:46:08
		Time Cum	01:08	02:10	03:22	04:25	05:42	06:49	08:12	09:24	10:49	12:01	13:32	14:56	16:45	18:20	20:14	21:46:08
		Time Delta	01:08	01:02	01:11	01:03	01:16	01:07	01:22	01:12	01:24	01:12	01:30	01:24	01:48	01:35	01:53	01:32:08
		Pace Cum	09:56	10:25	10:26	10:37	10:44	10:56	11:06	11:17	11:25	11:33	11:43	11:58	12:17	12:34	12:52	13:04
		Pace Delta	09:56	11:01	10:28	11:14	11:11	12:02	11:59	12:49	12:21	12:55	13:08	15:02	15:46	16:51	16:37	16:18
<u>Siegel,</u> <u>Mary (GA)</u> 261 Age 41 Group F40-49 Overall-Group	40	Time of Day	0:07:10	0:08:09	0:09:19	0:10:22	0:11:42	0:12:51	0:14:10	0:15:15	0:16:35	0:17:43	0:19:05	0:20:22	0:22:27	1:00:04	1:02:00	1:03:46:20
		Time Cum	01:10	02:09	03:19	04:22	05:42	06:51	08:10	09:15	10:35	11:43	13:05	14:22	16:27	18:04	20:00	21:46:20
		Time Delta	01:10	00:59	01:09	01:03	01:19	01:09	01:18	01:05	01:19	01:08	01:21	01:17	02:04	01:37	01:55	01:46:20
		Pace Cum	10:13	10:22	10:17	10:29	10:44	10:59	11:03	11:06	11:10	11:15	11:19	11:30	12:04	12:23	12:43	13:04
		Pace Delta	10:13	10:34	10:07	11:11	11:39	12:20	11:26	11:30	11:41	12:08	11:53	13:40	18:13	17:12	16:54	18:49
Gray, Rick (TN) 55 Age 52 Group M50-59 Overall-Group	41	Time of Day	0:07:02	0:07:56	0:09:02	0:10:03	0:11:17	0:12:23	0:13:38	0:14:49	0:16:16	0:17:35	0:19:19	0:20:48	0:22:38	1:00:12	1:02:09	1:03:46:37
		Time Cum	01:02	01:56	03:02	04:03	05:17	06:23	07:38	08:49	10:16	11:35	13:19	14:48	16:38	18:12	20:09	21:46:37
		Time Delta	01:02	00:54	01:05	01:01	01:13	01:06	01:14	01:11	01:26	01:19	01:43	01:29	01:49	01:34	01:56	01:37:37
		Pace Cum	09:03	09:19	09:24	09:43	09:57	10:14	10:20	10:35	10:50	11:08	11:31	11:51	12:12	12:29	12:49	13:04
		Pace Delta	09:03	09:39	09:34	10:48	10:48	11:48	10:51	12:37	12:40	14:07	15:04	15:53	15:57	16:44	17:00	17:17
<u>Murphy,</u> <u>Karen (NC)</u> 60 Age 34 Group F30-39 Overall-Group	42	Time of Day	0:07:08	0:08:07	0:09:17	0:10:21	0:11:37	0:12:43	0:14:06	0:15:17	0:16:53	0:18:12	0:19:53	0:21:21	0:23:10	1:00:39	1:02:35	1:04:08:37
		Time Cum	01:08	02:07	03:17	04:21	05:37	06:43	08:06	09:17	10:53	12:12	13:53	15:21	17:10	18:39	20:35	22:08:37
		Time Delta	01:08	00:59	01:09	01:04	01:15	01:06	01:22	01:11	01:35	01:19	01:40	01:28	01:48	01:29	01:55	01:33:37
		Pace Cum	09:56	10:12	10:11	10:28	10:35	10:45	10:57	11:09	11:29	11:43	12:01	12:17	12:35	12:48	13:05	13:17
		Pace Delta	09:56	10:31	10:09	11:27	10:59	11:41	12:07	12:41	13:55	14:04	14:40	15:37	15:53	15:49	16:53	16:34

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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
Murray, Jay (NC) 51	43	Time of Day	0:07:13	0:08:17	0:09:32	0:10:37	0:11:55	0:13:02	0:14:26	0:15:41	0:17:19	0:18:42	0:20:35	0:22:03	0:23:43	1:01:09	1:02:51	1:04:11:18
		Time Cum	01:13	02:17	03:32	04:37	05:55	07:02	08:26	09:41	11:19	12:42	14:35	16:03	17:43	19:09	20:51	22:11:18
		Time Delta	01:13	01:04	01:14	01:05	01:17	01:07	01:23	01:15	01:37	01:23	01:52	01:28	01:39	01:26	01:41	01:20:18
	Age 51	Pace Cum	10:39	11:01	10:57	11:06	11:09	11:16	11:25	11:38	11:57	12:12	12:37	12:51	12:59	13:08	13:16	13:19
	Group M50-59	Pace Delta	10:39	11:28	10:50	11:37	11:17	11:55	12:13	13:27	14:10	14:47	16:25	15:42	14:29	15:21	14:47	14:13
Overall-Group	Position		110-15	119-18	101-16	100-14	91-13	88-13	81-13	81-13	64-9	68-9	69-9	70-10	60-10	57-9	50-8	43-7
Ray, Ashby (NC) 233	44	Time of Day	0:07:11	0:08:15	0:09:33	0:10:40	0:12:04	0:13:13	0:14:44	0:15:57	0:17:26	0:18:40	0:20:09	0:21:33	0:23:09	1:00:30	1:02:41	1:04:13:04
		Time Cum	01:11	02:15	03:33	04:40	06:04	07:13	08:44	09:57	11:26	12:40	14:09	15:33	17:09	18:30	20:41	22:13:04
		Time Delta	01:11	01:04	01:17	01:07	01:23	01:09	01:30	01:13	01:28	01:14	01:28	01:24	01:35	01:21	02:10	01:32:04
	Age 40	Pace Cum	10:22	10:51	11:00	11:14	11:26	11:34	11:49	11:58	12:04	12:10	12:15	12:27	12:34	12:41	13:09	13:20
	Group M40-49	Pace Delta	10:22	11:27	11:18	12:02	12:07	12:22	13:09	13:05	12:52	13:10	12:56	14:56	13:58	14:22	19:06	16:18
Overall-Group	Position		97-27	107-28	107-29	104-29	101-27	91-25	91-24	90-23	71-20	65-18	55-14	52-12	45-10	44-10	44-10	44-9
Triumph, Thomas (NJ) 48	45	Time of Day	0:07:18	0:08:24	0:09:47	0:10:57	0:12:18	0:13:32	0:15:00	0:16:17	0:17:46	0:19:03	0:20:36	0:21:57	0:23:36	1:00:59	1:02:52	1:04:16:22
		Time Cum	01:18	02:24	03:47	04:57	06:18	07:32	09:00	10:17	11:46	13:03	14:36	15:57	17:36	18:59	20:52	22:16:22
		Time Delta	01:18	01:06	01:22	01:10	01:20	01:14	01:27	01:17	01:28	01:17	01:32	01:21	01:38	01:23	01:52	01:24:22
	Age 55	Pace Cum	11:23	11:33	11:44	11:55	11:52	12:04	12:11	12:21	12:25	12:32	12:38	12:46	12:54	13:01	13:16	13:22
	Group M50-59	Pace Delta	11:23	11:45	12:04	12:31	11:43	13:10	12:48	13:45	12:53	13:43	13:30	14:27	14:21	14:43	16:28	14:56
Overall-Group	Position		154-25	144-25	148-25	145-24	131-21	131-20	115-16	111-15	92-12	86-12	71-10	65-9	58-9	53-7	51-9	45-8
<u>Prather,</u> <u>Antoinette (NC)</u> 227	46	Time of Day	0:07:07	0:08:07	0:09:21	0:10:30	0:11:53	0:13:14	0:14:45	0:16:02	0:17:26	0:18:44	0:20:18	0:21:47	0:23:36	1:01:02	1:02:46	1:04:22:34
		Time Cum	01:07	02:07	03:21	04:30	05:53	07:14	08:45	10:02	11:26	12:44	14:18	15:47	17:36	19:02	20:46	22:22:34
		Time Delta	01:07	01:00	01:13	01:09	01:22	01:21	01:30	01:17	01:23	01:18	01:33	01:29	01:49	01:26	01:43	01:36:34
	Age 43	Pace Cum	09:47	10:14	10:23	10:49	11:05	11:35	11:50	12:03	12:04	12:14	12:22	12:38	12:54	13:04	13:12	13:26
	Group F40-49	Pace Delta	09:47	10:47	10:40	12:17	12:04	14:23	13:15	13:39	12:15	13:57	13:36	15:45	15:55	15:24	15:02	17:05
Overall-Group	Position		60-4	77-5	78-6	91-7	88-7	93-7	94-7	95-7	71-4	72-4	62-4	60-4	58-3	54-2	45-2	46-2
Spadie, Jay (NC) 266	47	Time of Day	0:07:06	0:08:03	0:09:13	0:10:15	0:11:34	0:12:43	0:14:11	0:15:25	0:16:58	0:18:21	0:20:13	0:21:41	0:23:28	1:00:58	1:02:53	1:04:25:06
		Time Cum	01:06	02:03	03:13	04:15	05:34	06:43	08:11	09:25	10:58	12:21	14:13	15:41	17:28	18:58	20:53	22:25:06
		Time Delta	01:06	00:57	01:09	01:02	01:18	01:09	01:27	01:14	01:32	01:23	01:51	01:28	01:46	01:30	01:54	01:32:06
	Age 42	Pace Cum	09:38	09:53	09:58	10:14	10:29	10:46	11:04	11:18	11:34	11:52	12:18	12:33	12:48	13:01	13:17	13:27
	Group M40-49	Pace Delta	09:38	10:10	10:09	11:07	11:25	12:21	12:44	13:09	13:32	14:48	16:16	15:35	15:36	16:02	16:42	16:18
Overall-Group	Position		45-13	50-15	60-17	60-16	59-15	61-16	64-17	66-18	56-15	60-16	58-16	56-15	51-14	51-14	53-13	47-10
Fisher, Douglas (NC) 137	48	Time of Day	0:07:04	0:08:00	0:09:07	0:10:07	0:11:25	0:12:35	0:14:05	0:15:21	0:16:57	0:18:19	0:19:56	0:21:23	0:23:13	1:00:45	1:02:46	1:04:27:57
		Time Cum	01:04	02:00	03:07	04:07	05:25	06:35	08:05	09:21	10:57	12:19	13:56	15:23	17:13	18:45	20:46	22:27:57
		Time Delta	01:04	00:56	01:06	01:00	01:17	01:10	01:29	01:16	01:35	01:22	01:36	01:27	01:49	01:32	02:00	01:41:57
	Age 46	Pace Cum	09:21	09:41	09:40	09:55	10:12	10:32	10:56	11:14	11:33	11:50	12:03	12:19	12:37	12:52	13:12	13:29
	Group M40-49	Pace Delta	09:21	10:05	09:39	10:45	11:16	12:25	13:07	13:35	13:55	14:33	14:08	15:26	16:02	16:25	17:33	18:03
Overall-Group	Position		37-10	42-11	44-12	48-12	52-13	54-14	57-15	61-16	54-14	56-15	49-12	50-11	48-12	46-11	45-11	48-11
O'Dell, Charles (FL) 218	49	Time of Day	0:07:16	0:08:20	0:09:40	0:10:48	0:12:11	0:13:23	0:14:50	0:16:04	0:17:45	0:19:07	0:20:46	0:22:11	0:23:55	1:01:28	1:03:10	1:04:28:14
		Time Cum	01:16	02:20	03:40	04:48	06:11	07:23	08:50	10:04	11:45	13:07	14:46	16:11	17:55	19:28	21:10	22:28:14
		Time Delta	01:16	01:04	01:19	01:08	01:22	01:12	01:26	01:14	01:40	01:22	01:38	01:25	01:43	01:33	01:41	01:18:14
	Age 25	Pace Cum	11:06	11:13	11:22	11:33	11:39	11:49	11:57	12:06	12:24	12:36	12:47	12:57	13:08	13:21	13:28	13:29
	Group M20-29	Pace Delta	11:06	11:22	11:39	12:11	12:00	12:48	12:39	13:14	14:38	14:31	14:27	15:04	15:10	16:32	14:50	13:51
Overall-Group	Position		133-9	126-9	129-9	131-9	115-9	111-9	100-9	98-9	90-9	90-10	79-8	78-9	67-7	64-7	57-7	49-7

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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
Boyd, 50	Time of Day		0:07:10	0:08:12	0:09:24	0:10:31	0:11:44	0:12:50	0:14:20	0:15:37	0:17:22	0:18:45	0:20:17	0:21:46	0:23:30	1:01:03	1:02:50	1:04:30:20
Kevin (KY)	Time Cum		01:10	02:12	03:24	04:31	05:44	06:50	08:20	09:37	11:22	12:45	14:17	15:46	17:30	19:03	20:50	22:30:20
85	Time Delta		01:10	01:02	01:11	01:07	01:12	01:06	01:29	01:17	01:44	01:23	01:31	01:29	01:43	01:33	01:46	01:40:20
Age 51	Pace Cum		10:13	10:36	10:33	10:52	10:48	10:57	11:16	11:33	12:00	12:15	12:21	12:37	12:50	13:04	13:15	13:30
Group M50-59	Pace Delta		10:13	11:04	10:26	11:59	10:33	11:49	13:02	13:39	15:19	14:48	13:20	15:48	15:08	16:33	15:33	17:45
Overall-Group	Position		90-13	99-14	92-12	93-11	76-11	71-11	76-11	77-11	66-10	73-10	61-8	58-8	53-8	55-8	49-7	50-9
Heisey, 51	Time of Day		0:07:08	0:08:04	0:09:16	0:10:17	0:11:38	0:12:46	0:14:13	0:15:28	0:17:05	0:18:25	0:20:09	0:21:32	0:23:32	1:00:53	1:02:52	1:04:33:10
Matthew (NC)	Time Cum		01:08	02:04	03:16	04:17	05:38	06:46	08:13	09:28	11:05	12:25	14:09	15:32	17:32	18:53	20:52	22:33:10
164	Time Delta		01:08	00:56	01:11	01:01	01:20	01:08	01:26	01:15	01:36	01:20	01:43	01:23	01:59	01:21	01:58	01:41:10
Age 30	Pace Cum		09:56	10:00	10:08	10:17	10:37	10:51	11:07	11:22	11:42	11:56	12:15	12:26	12:51	12:58	13:16	13:32
Group M30-39	Pace Delta		09:56	10:05	10:22	10:50	11:48	12:12	12:34	13:18	14:08	14:15	15:07	14:52	17:23	14:30	17:14	17:54
Overall-Group	Position		75-22	61-20	63-22	62-23	66-23	65-23	70-23	67-23	60-22	61-23	55-22	51-20	55-19	48-19	51-18	51-17
Fales, 52	Time of Day		0:07:13	0:08:17	0:09:34	0:10:42	0:12:06	0:13:16	0:14:41	0:15:54	0:17:22	0:18:35	0:20:12	0:21:48	0:23:31	1:00:57	1:02:49	1:04:36:07
Jonathan (NY)	Time Cum		01:13	02:17	03:34	04:42	06:06	07:16	08:41	09:54	11:22	12:35	14:12	15:48	17:31	18:57	20:49	22:36:07
133	Time Delta		01:13	01:04	01:16	01:08	01:23	01:10	01:24	01:13	01:27	01:13	01:36	01:36	01:43	01:26	01:51	01:47:07
Age 42	Pace Cum		10:39	11:02	11:04	11:18	11:29	11:39	11:45	11:54	12:00	12:05	12:17	12:38	12:50	13:00	13:14	13:34
Group M40-49	Pace Delta		10:39	11:28	11:07	12:08	12:11	12:33	12:17	13:02	12:45	12:58	14:07	16:59	15:02	15:17	16:18	18:58
Overall-Group	Position		110-30	120-31	111-30	111-30	102-28	98-26	89-23	86-22	66-18	63-17	57-15	61-16	54-15	50-13	48-12	52-12
Pieroni, 53	Time of Day		0:07:06	0:08:04	0:09:12	0:10:17	0:11:35	0:12:49	0:14:12	0:15:31	0:17:00	0:18:15	0:19:49	0:21:14	0:23:09	1:00:55	1:02:55	1:04:36:54
Stephen M (NC)	Time Cum		01:06	02:04	03:12	04:17	05:35	06:49	08:12	09:31	11:00	12:15	13:49	15:14	17:09	18:55	20:55	22:36:54
22	Time Delta		01:06	00:58	01:07	01:05	01:17	01:14	01:22	01:19	01:28	01:15	01:33	01:25	01:54	01:46	01:59	01:41:54
Age 41	Pace Cum		09:38	09:57	09:55	10:17	10:31	10:55	11:06	11:25	11:37	11:46	11:57	12:12	12:34	12:59	13:18	13:34
Group M40-49	Pace Delta		09:38	10:21	09:52	11:33	11:21	13:11	12:03	14:00	12:59	13:19	13:41	15:09	16:42	18:56	17:22	18:02
Overall-Group	Position		45-13	60-17	56-16	63-18	62-17	68-17	67-18	70-19	57-16	55-13	46-11	44-10	45-10	49-12	54-14	53-13
Smith, 54	Time of Day		0:07:13	0:08:20	0:09:39	0:10:51	0:12:23	0:13:44	0:15:28	0:16:46	0:18:32	0:19:49	0:21:46	0:23:00	1:00:38	1:01:50	1:03:23	1:04:38:42
Vince (NC)	Time Cum		01:13	02:20	03:39	04:51	06:23	07:44	09:28	10:46	12:32	13:49	15:46	17:00	18:38	19:50	21:23	22:38:42
265	Time Delta		01:13	01:07	01:18	01:12	01:31	01:21	01:43	01:18	01:45	01:17	01:56	01:14	01:37	01:12	01:32	01:15:42
Age 34	Pace Cum		10:39	11:15	11:19	11:40	12:02	12:23	12:48	12:56	13:14	13:16	13:38	13:36	13:40	13:37	13:36	13:35
Group M30-39	Pace Delta		10:39	11:58	11:26	12:52	13:20	14:21	15:10	13:54	15:24	13:44	16:59	13:09	14:16	12:53	13:28	13:24
Overall-Group	Position		110-34	128-38	125-38	134-39	141-40	141-40	144-41	138-40	125-38	114-35	106-33	96-32	81-29	74-25	63-20	54-18
Verma, 55	Time of Day		0:07:07	0:08:07	0:09:20	0:10:23	0:11:48	0:13:05	0:14:32	0:15:53	0:17:24	0:18:41	0:20:14	0:21:40	0:23:32	1:01:07	1:03:13	1:04:39:57
Vishal (VA)	Time Cum		01:07	02:07	03:20	04:23	05:48	07:05	08:32	09:53	11:24	12:41	14:14	15:40	17:32	19:07	21:13	22:39:57
276	Time Delta		01:07	01:00	01:12	01:03	01:24	01:17	01:26	01:21	01:30	01:17	01:32	01:26	01:51	01:35	02:05	01:26:57
Age 41	Pace Cum		09:47	10:14	10:20	10:33	10:56	11:21	11:33	11:52	12:02	12:11	12:19	12:33	12:51	13:07	13:30	13:36
Group M40-49	Pace Delta		09:47	10:47	10:32	11:17	12:18	13:47	12:34	14:26	13:13	13:45	13:28	15:23	16:13	16:59	18:15	15:23
Overall-Group	Position		60-20	75-24	77-22	76-22	82-22	89-24	84-21	85-21	70-19	66-19	59-17	55-14	55-16	56-16	58-16	55-14
Weidensaul, 56	Time of Day		0:07:14	0:08:17	0:09:33	0:10:34	0:11:54	0:13:01	0:14:24	0:15:32	0:17:06	0:18:19	0:20:03	0:21:34	0:23:52	1:01:19	1:03:14	1:04:40:22
Dan (VA)	Time Cum		01:14	02:17	03:33	04:34	05:54	07:01	08:24	09:32	11:06	12:19	14:03	15:34	17:52	19:19	21:14	22:40:22
281	Time Delta		01:14	01:03	01:15	01:01	01:19	01:07	01:22	01:08	01:33	01:13	01:43	01:31	02:17	01:27	01:54	01:26:22
Age 35	Pace Cum		10:48	11:00	11:00	10:59	11:07	11:15	11:22	11:27	11:43	11:50	12:09	12:28	13:06	13:15	13:30	13:36
Group M30-39	Pace Delta		10:48	11:14	11:01	10:56	11:34	12:00	12:00	12:12	13:35	13:05	15:03	16:13	20:03	15:29	16:43	15:17
Overall-Group	Position		120-37	115-35	107-33	95-31	89-29	87-28	79-27	73-24	61-23	57-22	52-20	53-21	64-22	61-20	60-19	56-19

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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>Quarles,</u> 57			Time of Day	0:07:06	0:08:09	0:09:19	0:10:25	0:11:44	0:12:54	0:14:17	0:15:35	0:17:21	0:18:42	0:20:23	0:21:51	0:23:45	1:01:15	1:03:08	1:04:42:40
<u>Georganna (FL)</u>			Time Cum	01:06	02:09	03:19	04:25	05:44	06:54	08:17	09:35	11:21	12:42	14:23	15:51	17:45	19:15	21:08	22:42:40
229			Time Delta	01:06	01:03	01:09	01:06	01:18	01:10	01:22	01:18	01:45	01:21	01:40	01:28	01:53	01:30	01:52	01:34:40
Age 59			Pace Cum	09:38	10:22	10:17	10:37	10:48	11:03	11:12	11:31	11:59	12:12	12:27	12:41	13:01	13:12	13:26	13:38
Group F50-59			Pace Delta	09:38	11:14	10:09	11:45	11:29	12:31	12:01	13:55	15:23	14:29	14:38	15:39	16:35	16:01	16:25	16:45
Overall-Group			Position	45-1	80-1	69-1	79-1	76-1	77-1	73-1	75-1	65-1	69-1	64-1	64-1	62-2	59-1	56-1	57-1
<u>LaCorte,</u> 58			Time of Day	0:07:04	0:08:03	0:09:12	0:10:13	0:11:27	0:12:29	0:13:47	0:14:59	0:16:25	0:17:44	0:19:25	0:20:51	0:22:36	1:00:15	1:02:46	1:04:43:38
<u>Matt (MD)</u>			Time Cum	01:04	02:03	03:12	04:13	05:27	06:29	07:47	08:59	10:25	11:44	13:25	14:51	16:36	18:15	20:46	22:43:38
186			Time Delta	01:04	00:59	01:08	01:01	01:13	01:02	01:17	01:12	01:25	01:19	01:40	01:26	01:44	01:39	02:30	01:57:38
Age 33			Pace Cum	09:21	09:53	09:55	10:08	10:16	10:24	10:32	10:47	11:00	11:16	11:36	11:53	12:10	12:32	13:12	13:38
Group M30-39			Pace Delta	09:21	10:32	10:00	10:53	10:44	11:08	11:16	12:45	12:33	14:01	14:43	15:18	15:16	17:42	21:54	20:49
Overall-Group			Position	37-16	52-19	56-20	57-21	53-19	48-17	46-17	47-17	41-16	43-17	39-16	39-16	36-15	38-15	45-17	58-20
<u>Clay,</u> 59			Time of Day	0:07:21	0:08:28	0:09:46	0:10:58	0:12:21	0:13:29	0:14:52	0:16:06	0:17:37	0:18:57	0:20:42	0:22:07	0:23:53	1:01:29	1:03:21	1:04:47:42
<u>Emily (MD)</u>			Time Cum	01:21	02:28	03:46	04:58	06:21	07:29	08:52	10:06	11:37	12:57	14:42	16:07	17:53	19:29	21:21	22:47:42
105			Time Delta	01:21	01:07	01:17	01:12	01:22	01:08	01:22	01:14	01:30	01:20	01:44	01:25	01:45	01:36	01:51	01:26:42
Age 23			Pace Cum	11:49	11:55	11:41	11:55	11:58	11:59	12:00	12:07	12:16	12:27	12:43	12:54	13:07	13:22	13:35	13:41
Group F20-29			Pace Delta	11:49	12:01	11:15	12:45	12:07	12:04	12:06	13:07	13:16	14:19	15:12	15:04	15:28	17:01	16:20	15:21
Overall-Group			Position	171-4	163-3	143-3	146-4	137-4	127-3	105-3	100-3	82-2	79-2	78-2	74-2	66-2	65-2	62-2	59-2
<u>Renouf,</u> 60			Time of Day	0:07:16	0:08:23	0:09:42	0:10:48	0:12:09	0:13:18	0:14:40	0:15:55	0:17:26	0:18:46	0:20:24	0:21:51	0:23:43	1:01:18	1:03:13	1:04:51:38
<u>Gay (SK)</u>			Time Cum	01:16	02:23	03:42	04:48	06:09	07:18	08:40	09:55	11:26	12:46	14:24	15:51	17:43	19:18	21:13	22:51:38
236			Time Delta	01:16	01:07	01:18	01:06	01:20	01:09	01:21	01:15	01:30	01:20	01:37	01:27	01:51	01:35	01:54	01:38:38
Age 52			Pace Cum	11:06	11:27	11:28	11:33	11:35	11:41	11:43	11:54	12:04	12:16	12:28	12:41	12:59	13:14	13:30	13:43
Group F50-59			Pace Delta	11:06	11:53	11:30	11:49	11:42	12:13	11:58	13:17	13:17	14:12	14:16	15:27	16:18	16:55	16:42	17:27
Overall-Group			Position	133-5	137-5	134-4	129-4	107-3	101-3	87-2	88-2	71-2	75-2	65-2	63-1	60-1	60-2	58-2	60-2
<u>Adamof,</u> 61			Time of Day	0:07:05	0:08:04	0:09:13	0:10:22	0:11:38	0:12:53	0:14:13	0:15:31	0:17:00	0:18:15	0:20:05	0:21:39	0:23:25	1:00:58	1:03:01	1:04:53:16
<u>John (NC)</u>			Time Cum	01:05	02:04	03:13	04:22	05:38	06:53	08:13	09:31	11:00	12:15	14:05	15:39	17:25	18:58	21:01	22:53:16
63			Time Delta	01:05	00:59	01:08	01:09	01:15	01:15	01:19	01:18	01:28	01:15	01:49	01:34	01:45	01:33	02:02	01:52:16
Age 44			Pace Cum	09:29	09:56	09:58	10:29	10:37	11:01	11:07	11:25	11:37	11:46	12:11	12:31	12:46	13:01	13:22	13:44
Group M40-49			Pace Delta	09:29	10:27	10:04	12:15	11:04	13:17	11:41	13:50	12:58	13:17	16:03	16:39	15:28	16:36	17:50	19:52
Overall-Group			Position	40-11	54-17	60-17	73-21	66-18	74-19	70-20	71-19	57-16	54-13	53-13	54-13	50-13	52-14	55-15	61-15
<u>Bruno,</u> 62			Time of Day	0:07:16	0:08:28	0:09:47	0:10:55	0:12:17	0:13:32	0:14:59	0:16:14	0:17:50	0:19:20	0:21:04	0:22:47	1:00:41	1:02:12	1:03:38	1:04:55:24
<u>Kelly (NC)</u>			Time Cum	01:16	02:28	03:47	04:55	06:17	07:32	08:59	10:14	11:50	13:20	15:04	16:47	18:41	20:12	21:38	22:55:24
88			Time Delta	01:16	01:12	01:18	01:08	01:21	01:15	01:26	01:15	01:35	01:30	01:43	01:43	01:53	01:31	01:25	01:17:24
Age 29			Pace Cum	11:06	11:53	11:44	11:50	11:50	12:03	12:09	12:18	12:29	12:49	13:02	13:26	13:42	13:52	13:45	13:45
Group F20-29			Pace Delta	11:06	12:50	11:27	12:12	11:50	13:17	12:41	13:24	13:54	16:02	15:06	18:24	16:30	16:14	12:27	13:42
Overall-Group			Position	133-3	159-3	148-4	143-3	129-3	130-4	113-4	108-4	94-3	96-3	87-3	88-3	82-3	80-3	69-3	62-3
<u>Baldwin,</u> 63			Time of Day	0:07:18	0:08:23	0:09:40	0:10:48	0:12:11	0:13:26	0:14:49	0:16:00	0:17:32	0:18:50	0:20:29	0:22:04	1:00:01	1:01:36	1:03:25	1:04:57:02
<u>Johnath (WV)</u>			Time Cum	01:18	02:23	03:40	04:48	06:11	07:26	08:49	10:00	11:32	12:50	14:29	16:04	18:01	19:36	21:25	22:57:02
73			Time Delta	01:18	01:05	01:16	01:08	01:22	01:15	01:22	01:11	01:31	01:18	01:38	01:35	01:56	01:35	01:48	01:32:02
Age 33			Pace Cum	11:23	11:27	11:22	11:33	11:39	11:54	11:56	12:00	12:10	12:20	12:32	12:51	13:12	13:27	13:37	13:46
Group M30-39			Pace Delta	11:23	11:32	11:13	12:08	12:02	13:18	12:06	12:34	13:26	13:57	14:20	16:49	17:04	16:59	15:46	16:17
Overall-Group			Position	154-42	136-41	129-40	128-38	115-37	119-38	99-33	92-31	79-26	76-26	67-24	71-25	74-25	72-24	65-22	63-21

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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>Stypula,</u>	64	Time of Day	0:07:12	0:08:15	0:09:32	0:10:40	0:11:59	0:13:14	0:14:41	0:15:54	0:17:27	0:18:45	0:20:28	0:22:01	0:23:57	1:01:34	1:03:26	1:05:00:36
<u>Elaine (MI)</u>		Time Cum	01:12	02:15	03:32	04:40	05:59	07:14	08:41	09:54	11:27	12:45	14:28	16:01	17:57	19:34	21:26	23:00:36
271		Time Delta	01:12	01:03	01:16	01:08	01:18	01:15	01:26	01:13	01:32	01:18	01:42	01:33	01:55	01:37	01:51	01:34:36
Age 47		Pace Cum	10:31	10:50	10:57	11:13	11:16	11:35	11:45	11:54	12:05	12:15	12:31	12:49	13:09	13:25	13:38	13:48
Group F40-49		Pace Delta	10:31	11:13	11:11	12:08	11:27	13:19	12:40	13:04	13:27	13:56	14:56	16:32	16:52	17:17	16:15	16:45
Overall-Group		Position	100-10	104-10	101-10	103-10	94-8	92-7	89-6	87-6	74-5	74-5	66-5	68-5	70-4	70-4	66-4	64-3
Grund,	65	Time of Day	0:07:09	0:08:06	0:09:19	0:10:23	0:11:54	0:13:17	0:14:56	0:16:08	0:17:39	0:18:55	0:20:34	0:22:00	0:23:56	1:01:27	1:03:24	1:05:01:46
Matthew (GA)		Time Cum	01:09	02:06	03:19	04:23	05:54	07:17	08:56	10:08	11:39	12:55	14:34	16:00	17:56	19:27	21:24	23:01:46
151		Time Delta	01:09	00:57	01:12	01:04	01:30	01:23	01:38	01:12	01:30	01:16	01:38	01:26	01:55	01:31	01:56	01:37:46
Age 36		Pace Cum	10:04	10:08	10:17	10:32	11:07	11:41	12:05	12:10	12:18	12:24	12:36	12:48	13:09	13:21	13:37	13:49
Group M30-39		Pace Delta	10:04	10:13	10:33	11:25	13:13	14:51	14:19	12:45	13:17	13:33	14:23	15:14	16:56	16:13	17:00	17:18
Overall-Group		Position	85-25	72-23	69-24	75-27	89-29	100-32	108-36	105-36	84-30	78-27	68-25	67-24	69-24	63-22	64-21	65-22
<u>Corbett,</u>	66	Time of Day	0:07:00	0:07:54	0:09:02	0:10:05	0:11:23	0:12:31	0:13:55	0:15:12	0:16:49	0:18:08	0:19:52	0:21:19	0:23:23	1:01:09	1:03:19	1:05:11:26
<u>Catra (CA)</u>		Time Cum	01:00	01:54	03:02	04:05	05:23	06:31	07:55	09:12	10:49	12:08	13:52	15:19	17:23	19:09	21:19	23:11:26
26		Time Delta	01:00	00:54	01:07	01:03	01:17	01:08	01:23	01:17	01:36	01:19	01:43	01:27	02:03	01:46	02:09	01:52:26
Age 48		Pace Cum	08:46	09:10	09:24	09:50	10:08	10:26	10:43	11:03	11:25	11:40	12:00	12:15	12:45	13:09	13:33	13:55
Group F40-49		Pace Delta	08:46	09:39	09:51	11:18	11:16	12:06	12:13	13:39	14:08	14:09	15:03	15:25	18:05	18:56	18:50	19:54
Overall-Group		Position	22-2	28-2	33-2	42-2	47-2	51-2	50-3	54-3	48-2	49-2	47-2	46-2	49-2	58-3	61-3	66-4
Davis,	67	Time of Day	0:07:06	0:08:01	0:09:05	0:09:59	0:11:05	0:12:04	0:13:23	0:14:30	0:15:53	0:17:03	0:18:32	0:19:41	0:21:17	0:22:40	1:00:35	1:05:13:07
Matt (NC)		Time Cum	01:06	02:01	03:05	03:59	05:05	06:04	07:23	08:30	09:53	11:03	12:32	13:41	15:17	16:40	18:35	23:13:07
119		Time Delta	01:06	00:55	01:03	00:54	01:05	00:59	01:18	01:07	01:22	01:10	01:28	01:09	01:35	01:23	01:54	04:38:07
Age 46		Pace Cum	09:38	09:43	09:34	09:35	09:35	09:43	09:59	10:13	10:26	10:37	10:51	10:58	11:12	11:26	11:49	13:56
Group M40-49		Pace Delta	09:38	09:49	09:16	09:38	09:34	10:29	11:30	11:58	12:01	12:29	12:55	12:23	13:53	14:43	16:46	49:13
Overall-Group		Position	45-13	43-12	40-11	36-9	32-9	33-9	31-8	33-8	27-7	30-6	27-5	27-5	24-5	24-5	24-5	67-16
Hesseltine,	68	Time of Day	0:07:08	0:08:13	0:09:32	0:10:41	0:12:01	0:13:13	0:14:44	0:16:06	0:17:49	0:19:17	0:21:03	0:22:29	1:00:18	1:01:50	1:03:45	1:05:13:37
Wally (CA)		Time Cum	01:08	02:13	03:32	04:41	06:01	07:13	08:44	10:06	11:49	13:17	15:03	16:29	18:18	19:50	21:45	23:13:37
167		Time Delta	01:08	01:05	01:18	01:09	01:19	01:12	01:30	01:22	01:42	01:28	01:45	01:26	01:48	01:32	01:54	01:28:37
Age 69		Pace Cum	09:56	10:40	10:57	11:15	11:20	11:34	11:49	12:08	12:28	12:45	13:01	13:11	13:25	13:36	13:50	13:56
Group M60-69		Pace Delta	09:56	11:33	11:29	12:16	11:38	12:49	13:13	14:36	14:58	15:37	15:26	15:14	15:54	16:18	16:47	15:41
Overall-Group		Position	75-2	101-2	101-2	106-2	97-2	90-2	91-2	101-2	93-2	93-2	86-2	84-2	75-2	73-2	73-2	68-2
Schactman,	69	Time of Day	0:07:08	0:08:03	0:09:08	0:10:09	0:11:23	0:12:32	0:13:58	0:15:08	0:17:27	0:18:42	0:20:36	0:22:01	1:01:01	1:02:23	1:03:51	1:05:14:00
Brian (NJ)		Time Cum	01:08	02:03	03:08	04:09	05:23	06:32	07:58	09:08	11:27	12:42	14:36	16:01	19:01	20:23	21:51	23:14:00
248		Time Delta	01:08	00:55	01:04	01:01	01:13	01:09	01:25	01:10	02:18	01:15	01:53	01:25	02:59	01:22	01:27	01:23:00
Age 44		Pace Cum	09:56	09:53	09:43	10:00	10:08	10:28	10:47	10:58	12:05	12:12	12:38	12:49	13:56	13:59	13:54	13:56
Group M40-49		Pace Delta	09:56	09:49	09:25	10:57	10:40	12:21	12:27	12:30	20:12	13:19	16:36	15:11	26:10	14:35	12:47	14:41
Overall-Group		Position	75-24	51-15	46-14	51-13	47-12	53-13	52-14	51-14	74-21	67-20	71-18	69-17	91-22	83-20	74-17	69-17
LeDoyen,	70	Time of Day	0:07:13	0:08:17	0:09:34	0:10:48	0:12:16	0:13:36	0:15:15	0:16:38	0:18:23	0:19:50	0:21:43	0:23:15	1:01:00	1:02:24	1:04:00	1:05:17:57
Jason (NC)		Time Cum	01:13	02:17	03:34	04:48	06:16	07:36	09:15	10:38	12:23	13:50	15:43	17:15	19:00	20:24	22:00	23:17:57
192		Time Delta	01:13	01:04	01:16	01:14	01:28	01:20	01:38	01:23	01:44	01:27	01:52	01:32	01:44	01:24	01:35	01:17:57
Age 41		Pace Cum	10:39	11:01	11:04	11:31	11:48	12:10	12:31	12:46	13:04	13:17	13:36	13:49	13:56	13:59	13:59	13:59
Group M40-49		Pace Delta	10:39	11:26	11:09	13:06	12:51	14:15	14:22	14:42	15:19	15:24	16:29	16:25	15:13	14:53	14:00	13:48
Overall-Group		Position	110-30	118-31	111-30	127-33	128-33	135-34	133-34	133-34	115-30	115-28	105-26	99-25	89-21	84-21	75-18	70-18

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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
Hulbert, 71	Time of Day		0:07:12	0:08:17	0:09:32	0:10:41	0:12:03	0:13:23	0:14:45	0:16:00	0:17:33	0:19:02	0:20:41	0:22:09	0:23:51	1:01:26	1:03:28	1:05:22:36
Peter (MN)	Time Cum		01:12	02:17	03:32	04:41	06:03	07:23	08:45	10:00	11:33	13:02	14:41	16:09	17:51	19:26	21:28	23:22:36
174	Time Delta		01:12	01:05	01:14	01:09	01:21	01:20	01:21	01:15	01:32	01:29	01:38	01:28	01:41	01:35	02:01	01:54:36
Age 33	Pace Cum		10:31	11:00	10:57	11:16	11:24	11:49	11:50	12:01	12:11	12:31	12:42	12:56	13:05	13:20	13:39	14:02
Group M30-39	Pace Delta		10:31	11:36	10:52	12:18	11:54	14:12	11:56	13:26	13:27	15:48	14:25	15:42	14:48	16:55	17:43	20:17
Overall-Group	Position		100-31	116-35	101-31	107-34	100-33	110-36	94-31	94-31	80-27	84-29	77-28	76-27	63-21	62-21	67-23	71-23
Cooper, 72	Time of Day		0:07:12	0:08:16	0:09:34	0:10:45	0:12:09	0:13:24	0:14:50	0:16:07	0:17:40	0:19:00	0:20:36	0:22:06	0:23:57	1:01:36	1:03:43	1:05:23:29
Nancy (MD)	Time Cum		01:12	02:16	03:34	04:45	06:09	07:24	08:50	10:07	11:40	13:00	14:36	16:06	17:57	19:36	21:43	23:23:29
110	Time Delta		01:12	01:04	01:17	01:11	01:23	01:15	01:25	01:17	01:32	01:20	01:35	01:30	01:50	01:39	02:06	01:40:29
Age 52	Pace Cum		10:31	10:55	11:04	11:25	11:35	11:51	11:57	12:09	12:19	12:29	12:38	12:53	13:09	13:27	13:49	14:02
Group F50-59	Pace Delta		10:31	11:25	11:19	12:41	12:10	13:18	12:32	13:39	13:33	14:16	13:56	16:00	16:08	17:39	18:26	17:47
Overall-Group	Position		100-3	113-3	111-3	117-3	107-3	113-4	100-3	103-3	85-3	81-3	71-3	73-3	70-3	71-3	71-3	72-3
Ferner, 73	Time of Day		0:07:12	0:08:15	0:09:35	0:10:44	0:12:09	0:13:22	0:14:50	0:16:06	0:17:40	0:19:00	0:20:36	0:22:06	0:23:57	1:01:33	1:03:43	1:05:23:30
Erin (MD)	Time Cum		01:12	02:15	03:35	04:44	06:09	07:22	08:50	10:06	11:40	13:00	14:36	16:06	17:57	19:33	21:43	23:23:30
135	Time Delta		01:12	01:03	01:19	01:09	01:24	01:13	01:27	01:16	01:33	01:20	01:35	01:30	01:50	01:36	02:09	01:40:30
Age 33	Pace Cum		10:31	10:50	11:07	11:23	11:35	11:49	11:57	12:08	12:19	12:29	12:38	12:53	13:09	13:25	13:49	14:02
Group F30-39	Pace Delta		10:31	11:13	11:37	12:17	12:21	13:05	12:42	13:36	13:36	14:16	13:56	15:58	16:11	17:05	18:54	17:47
Overall-Group	Position		100-5	104-4	120-5	115-4	107-4	107-4	100-5	102-5	85-4	81-4	71-3	72-3	70-3	69-3	71-3	73-3
Hale, 74	Time of Day		0:07:16	0:08:20	0:09:40	0:10:48	0:12:11	0:13:23	0:14:50	0:16:04	0:17:45	0:19:06	0:20:46	0:22:10	0:23:55	1:01:29	1:03:31	1:05:30:23
Jack (TX)	Time Cum		01:16	02:20	03:40	04:48	06:11	07:23	08:50	10:04	11:45	13:06	14:46	16:10	17:55	19:29	21:31	23:30:23
157	Time Delta		01:16	01:04	01:19	01:08	01:22	01:12	01:26	01:14	01:40	01:21	01:39	01:24	01:44	01:34	02:01	01:59:23
Age 25	Pace Cum		11:06	11:13	11:22	11:33	11:39	11:49	11:57	12:06	12:24	12:35	12:47	12:57	13:08	13:22	13:41	14:06
Group M20-29	Pace Delta		11:06	11:22	11:39	12:11	12:00	12:48	12:39	13:14	14:38	14:30	14:27	15:02	15:11	16:40	17:47	21:08
Overall-Group	Position		133-9	124-9	129-9	129-9	115-9	111-9	100-9	97-9	90-9	89-9	79-8	77-8	67-7	66-8	68-8	74-8
Lockett, 75	Time of Day		0:07:18	0:08:27	0:09:44	0:10:50	0:12:15	0:13:26	0:14:57	0:16:09	0:17:54	0:19:09	0:20:52	0:22:15	1:00:25	1:02:05	1:04:18	1:05:33:37
Brian (GA)	Time Cum		01:18	02:27	03:44	04:50	06:15	07:26	08:57	10:09	11:54	13:09	14:52	16:15	18:25	20:05	22:18	23:33:37
195	Time Delta		01:18	01:09	01:16	01:06	01:24	01:11	01:30	01:12	01:44	01:15	01:42	01:23	02:09	01:40	02:12	01:15:37
Age 48	Pace Cum		11:23	11:47	11:35	11:38	11:46	11:54	12:06	12:12	12:34	12:38	12:52	13:00	13:30	13:47	14:11	14:08
Group M40-49	Pace Delta		11:23	12:16	11:12	11:48	12:19	12:39	13:13	12:55	15:11	13:23	14:56	14:44	18:56	17:50	19:18	13:23
Overall-Group	Position		154-40	155-39	136-34	132-34	127-32	120-31	110-27	106-25	96-23	91-21	81-19	79-18	79-17	79-18	81-20	75-19
Willimon, 76	Time of Day		0:07:06	0:08:04	0:09:12	0:10:10	0:11:24	0:12:31	0:13:58	0:15:10	0:16:50	0:18:10	0:20:05	0:21:45	0:23:52	1:01:29	1:03:41	1:05:36:05
Charles (NC)	Time Cum		01:06	02:04	03:12	04:10	05:24	06:31	07:58	09:10	10:50	12:10	14:05	15:45	17:52	19:29	21:41	23:36:05
285	Time Delta		01:06	00:58	01:07	00:58	01:13	01:07	01:26	01:12	01:39	01:20	01:54	01:40	02:06	01:37	02:11	01:55:05
Age 32	Pace Cum		09:38	09:55	09:55	10:01	10:10	10:26	10:47	11:01	11:26	11:41	12:11	12:37	13:06	13:22	13:47	14:10
Group M30-39	Pace Delta		09:38	10:16	09:55	10:21	10:44	11:54	12:40	12:55	14:27	14:13	16:44	17:52	18:24	17:17	19:11	20:22
Overall-Group	Position		45-18	53-20	56-20	52-19	50-18	50-18	52-18	53-18	51-19	51-20	53-21	57-22	64-22	67-23	70-24	76-24
Christopher, 77	Time of Day		0:07:15	0:08:19	0:09:37	0:10:43	0:12:06	0:13:19	0:14:53	0:16:07	0:17:43	0:19:06	0:20:55	0:22:25	1:00:23	1:01:59	1:04:00	1:05:43:15
CH (NC)	Time Cum		01:15	02:19	03:37	04:43	06:06	07:19	08:53	10:07	11:43	13:06	14:55	16:25	18:23	19:59	22:00	23:43:15
102	Time Delta		01:15	01:04	01:17	01:06	01:22	01:13	01:33	01:14	01:35	01:23	01:48	01:30	01:57	01:36	02:00	01:43:15
Age 38	Pace Cum		10:57	11:08	11:13	11:20	11:29	11:44	12:01	12:09	12:22	12:35	12:54	13:09	13:29	13:42	13:59	14:14
Group M30-39	Pace Delta		10:57	11:21	11:22	11:43	12:05	13:03	13:37	13:14	13:54	14:51	15:47	16:04	17:07	17:04	17:36	18:16
Overall-Group	Position		126-39	122-37	121-36	112-35	102-34	104-34	106-34	104-35	87-31	87-31	82-29	82-29	76-26	76-26	75-25	77-25

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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
Reedy, Kevin (NY) 235 Age 37 Group M30-39 Overall-Group	78	Time of Day	0:07:19	0:08:28	0:09:44	0:10:52	0:12:07	0:13:15	0:14:40	0:15:59	0:17:43	0:19:06	0:20:55	0:22:25	1:00:23	1:01:59	1:04:00	1:05:43:18
		Time Cum	01:19	02:28	03:44	04:52	06:07	07:15	08:40	09:59	11:43	13:06	14:55	16:25	18:23	19:59	22:00	23:43:18
		Time Delta	01:19	01:09	01:15	01:08	01:14	01:08	01:24	01:19	01:43	01:23	01:48	01:30	01:57	01:36	02:00	01:43:18
		Pace Cum	11:32	11:51	11:35	11:43	11:31	11:37	11:43	11:59	12:22	12:35	12:54	13:08	13:29	13:42	13:59	14:14
		Pace Delta	11:32	12:15	11:04	12:11	10:50	12:10	12:18	14:02	15:08	14:51	15:47	15:57	17:12	17:04	17:36	18:17
Skara, Mike (NJ) 264 Age 41 Group M40-49 Overall-Group	79	Time of Day	0:07:17	0:08:23	0:09:46	0:10:54	0:12:14	0:13:25	0:15:01	0:16:19	0:17:57	0:19:12	0:20:57	0:22:27	1:00:28	1:02:04	1:04:05	1:05:48:53
		Time Cum	01:17	02:23	03:46	04:54	06:14	07:25	09:01	10:19	11:57	13:12	14:57	16:27	18:28	20:04	22:05	23:48:53
		Time Delta	01:17	01:06	01:22	01:08	01:19	01:11	01:35	01:18	01:37	01:15	01:44	01:30	02:00	01:36	02:00	01:43:53
		Pace Cum	11:14	11:31	11:41	11:47	11:45	11:53	12:12	12:24	12:37	12:41	12:56	13:10	13:32	13:46	14:03	14:17
		Pace Delta	11:14	11:51	11:59	12:06	11:37	12:42	13:54	13:56	14:12	13:25	15:12	16:05	17:32	17:03	17:37	18:23
Migotsky, Christopher (IL) 203 Age 47 Group M40-49 Overall-Group	80	Time of Day	0:07:17	0:08:23	0:09:45	0:10:55	0:12:21	0:13:37	0:15:12	0:16:30	0:18:18	0:19:44	0:21:30	0:22:59	1:00:49	1:02:18	1:04:23	1:05:56:14
		Time Cum	01:17	02:23	03:45	04:55	06:21	07:37	09:12	10:30	12:18	13:44	15:30	16:59	18:49	20:18	22:23	23:56:14
		Time Delta	01:17	01:06	01:21	01:10	01:25	01:16	01:34	01:18	01:47	01:26	01:45	01:29	01:49	01:29	02:04	01:33:14
		Pace Cum	11:14	11:30	11:38	11:50	11:58	12:12	12:27	12:36	12:59	13:11	13:25	13:36	13:48	13:55	14:14	14:22
		Pace Delta	11:14	11:49	11:51	12:33	12:25	13:34	13:46	13:51	15:44	15:18	15:25	15:51	15:59	15:49	18:12	16:30
Dover, Gary (GA) 125 Age 52 Group M50-59 Overall-Group	81	Time of Day	0:07:17	0:08:25	0:09:44	0:10:58	0:12:28	0:13:49	0:15:26	0:16:52	0:18:25	0:19:50	0:21:31	0:22:59	1:00:48	1:02:20	1:04:09	1:06:10:12
		Time Cum	01:17	02:25	03:44	04:58	06:28	07:49	09:26	10:52	12:25	13:50	15:31	16:59	18:48	20:20	22:09	24:10:12
		Time Delta	01:17	01:08	01:18	01:14	01:29	01:21	01:36	01:26	01:32	01:25	01:40	01:28	01:48	01:32	01:49	02:01:12
		Pace Cum	11:14	11:38	11:35	11:57	12:11	12:31	12:46	13:02	13:06	13:17	13:25	13:36	13:47	13:57	14:05	14:30
		Pace Delta	11:14	12:06	11:29	13:14	13:02	14:22	14:08	15:13	13:34	15:07	14:41	15:43	15:48	16:17	15:55	21:27
Pastore, Mike (SC) 222 Age 57 Group M50-59 Overall-Group	82	Time of Day	0:07:07	0:08:04	0:09:11	0:10:12	0:11:23	0:12:29	0:14:01	0:15:21	0:17:29	0:19:01	0:20:59	0:22:46	1:00:56	1:02:33	1:04:34	1:06:18:06
		Time Cum	01:07	02:04	03:11	04:12	05:23	06:29	08:01	09:21	11:29	13:01	14:59	16:46	18:56	20:33	22:34	24:18:06
		Time Delta	01:07	00:57	01:06	01:01	01:10	01:06	01:31	01:20	02:07	01:32	01:57	01:47	02:09	01:37	02:00	01:44:06
		Pace Cum	09:47	09:57	09:52	10:05	10:08	10:24	10:51	11:14	12:07	12:30	12:58	13:25	13:53	14:06	14:21	14:35
		Pace Delta	09:47	10:09	09:44	10:49	10:21	11:50	13:18	14:20	18:33	16:25	17:07	19:01	18:55	17:17	17:34	18:25
Ball, Kevin (OH) 74 Age 54 Group M50-59 Overall-Group	83	Time of Day	0:07:06	0:08:05	0:09:12	0:10:10	0:11:24	0:12:23	0:13:42	0:14:43	0:16:17	0:17:31	0:19:21	0:21:03	0:23:28	1:01:30	1:04:12	1:06:36:54
		Time Cum	01:06	02:05	03:12	04:10	05:24	06:23	07:42	08:43	10:17	11:31	13:21	15:03	17:28	19:30	22:12	24:36:54
		Time Delta	01:06	00:59	01:06	00:58	01:13	00:59	01:18	01:01	01:33	01:14	01:49	01:42	02:24	02:02	02:41	02:24:54
		Pace Cum	09:38	10:00	09:55	10:02	10:10	10:14	10:25	10:28	10:51	11:04	11:33	12:03	12:48	13:23	14:07	14:46
		Pace Delta	09:38	10:27	09:46	10:23	10:42	10:36	11:25	10:56	13:37	13:15	15:56	18:07	21:07	21:45	23:32	25:39
Crawford, Lindsay (TN) 115 Age 40 Group M40-49 Overall-Group	84	Time of Day	0:07:17	0:08:25	0:09:48	0:10:58	0:12:26	0:13:43	0:15:17	0:16:34	0:18:19	0:19:46	0:21:35	0:23:01	1:01:05	1:02:39	1:04:43	1:06:42:37
		Time Cum	01:17	02:25	03:48	04:58	06:26	07:43	09:17	10:34	12:19	13:46	15:35	17:01	19:05	20:39	22:43	24:42:37
		Time Delta	01:17	01:08	01:22	01:10	01:27	01:17	01:33	01:17	01:44	01:27	01:48	01:26	02:03	01:34	02:03	01:59:37
		Pace Cum	11:14	11:37	11:47	11:56	12:07	12:21	12:34	12:42	13:00	13:14	13:29	13:37	13:59	14:10	14:27	14:50
		Pace Delta	11:14	12:05	12:05	12:27	12:48	13:39	13:42	13:46	15:13	15:34	15:47	15:22	17:59	16:39	18:05	21:10

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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
Cockman, Dave (NC) 107 Age 55 Group M50-59 Overall-Group	85	Time of Day	0:07:15	0:08:22	0:09:47	0:10:51	0:12:14	0:13:22	0:15:02	0:16:17	0:18:07	0:19:38	0:21:57	0:23:21	1:01:19	1:02:53	1:04:41	1:06:44:35
		Time Cum	01:15	02:22	03:47	04:51	06:14	07:22	09:02	10:17	12:07	13:38	15:57	17:21	19:19	20:53	22:41	24:44:35
		Time Delta	01:15	01:07	01:24	01:04	01:22	01:08	01:39	01:15	01:49	01:31	02:18	01:24	01:57	01:34	01:47	02:03:35
		Pace Cum	10:57	11:25	11:44	11:40	11:45	11:48	12:13	12:21	12:47	13:05	13:48	13:53	14:10	14:19	14:26	14:51
		Pace Delta	10:57	11:59	12:18	11:27	12:01	12:04	14:34	13:24	15:58	16:08	20:16	14:53	17:13	16:41	15:44	21:52
Cotuna, Theo (NC) 111 Age 49 Group M40-49 Overall-Group	86	Time of Day	0:07:18	0:08:41	0:10:02	0:11:13	0:12:41	0:14:06	0:15:45	0:17:03	0:18:48	0:20:21	0:22:04	0:23:27	1:01:45	1:03:12	1:04:59	1:06:46:07
		Time Cum	01:18	02:41	04:02	05:13	06:41	08:06	09:45	11:03	12:48	14:21	16:04	17:27	19:45	21:12	22:59	24:46:07
		Time Delta	01:18	01:23	01:20	01:11	01:27	01:25	01:38	01:18	01:44	01:33	01:42	01:23	02:17	01:27	01:46	01:47:07
		Pace Cum	11:23	12:54	12:30	12:33	12:35	12:59	13:11	13:17	13:31	13:47	13:54	13:58	14:29	14:33	14:37	14:52
		Pace Delta	11:23	14:43	11:48	12:41	12:45	15:12	14:20	13:57	15:13	16:34	14:57	14:50	20:01	15:31	15:32	18:58
<u>Carter,</u> <u>Stephanie (NC)</u> 93 Age 35 Group F30-39 Overall-Group	87	Time of Day	0:07:25	0:08:35	0:10:00	0:11:11	0:12:38	0:13:51	0:15:23	0:16:32	0:18:08	0:19:26	0:21:28	0:22:57	1:01:00	1:03:03	1:05:24	1:06:55:55
		Time Cum	01:25	02:35	04:00	05:11	06:38	07:51	09:23	10:32	12:08	13:26	15:28	16:57	19:00	21:03	23:24	24:55:55
		Time Delta	01:25	01:10	01:24	01:11	01:26	01:13	01:31	01:09	01:35	01:18	02:01	01:29	02:02	02:03	02:20	01:31:55
		Pace Cum	12:25	12:26	12:24	12:28	12:30	12:35	12:42	12:38	12:48	12:54	13:23	13:34	13:56	14:26	14:53	14:58
		Pace Delta	12:25	12:28	12:21	12:40	12:37	13:05	13:18	12:13	14:00	13:56	17:42	15:52	17:51	21:50	20:32	16:16
<u>Choi,</u> <u>Jacqueline (NJ)</u> 98 Age 32 Group F30-39 Overall-Group	88	Time of Day	0:07:15	0:08:21	0:09:46	0:10:58	0:12:29	0:13:51	0:15:32	0:16:57	0:18:31	0:19:49	0:21:49	0:23:17	1:01:10	1:02:42	1:05:02	1:07:00:57
		Time Cum	01:15	02:21	03:46	04:58	06:29	07:51	09:32	10:57	12:31	13:49	15:49	17:17	19:10	20:42	23:02	25:00:57
		Time Delta	01:15	01:06	01:24	01:12	01:30	01:22	01:40	01:25	01:33	01:18	01:59	01:28	01:52	01:32	02:19	01:58:57
		Pace Cum	10:57	11:21	11:41	11:57	12:13	12:34	12:54	13:09	13:13	13:16	13:41	13:50	14:03	14:12	14:39	15:01
		Pace Delta	10:57	11:51	12:16	12:52	13:11	14:37	14:40	15:11	13:36	13:54	17:26	15:41	16:25	16:21	20:23	21:03
<u>McFadden,</u> <u>Lisa (NC)</u> 201 Age 39 Group F30-39 Overall-Group	89	Time of Day	0:07:22	0:08:36	0:10:00	0:11:16	0:12:46	0:14:05	0:15:38	0:16:59	0:18:38	0:20:07	0:21:52	0:23:24	1:01:14	1:03:04	1:05:25	1:07:03:23
		Time Cum	01:22	02:36	04:00	05:16	06:46	08:05	09:38	10:59	12:38	14:07	15:52	17:24	19:14	21:04	23:25	25:03:23
		Time Delta	01:22	01:14	01:23	01:16	01:29	01:19	01:32	01:21	01:38	01:29	01:44	01:32	01:49	01:50	02:20	01:38:23
		Pace Cum	11:58	12:29	12:24	12:40	12:45	12:56	13:02	13:11	13:20	13:34	13:44	13:55	14:06	14:27	14:53	15:02
		Pace Delta	11:58	13:06	12:15	13:34	13:02	13:59	13:34	14:21	14:26	15:50	15:16	16:20	16:01	19:37	20:28	17:25
<u>Fromm,</u> <u>Anita Marie (CO)</u> 41 Age 41 Group F40-49 Overall-Group	90	Time of Day	0:07:05	0:08:02	0:09:17	0:10:19	0:11:36	0:12:46	0:14:11	0:15:29	0:17:07	0:18:28	0:20:14	0:21:46	0:23:59	1:01:51	1:04:51	1:07:04:03
		Time Cum	01:05	02:02	03:17	04:19	05:36	06:46	08:11	09:29	11:07	12:28	14:14	15:46	17:59	19:51	22:51	25:04:03
		Time Delta	01:05	00:57	01:14	01:02	01:16	01:10	01:24	01:18	01:37	01:21	01:45	01:32	02:12	01:52	02:59	02:13:03
		Pace Cum	09:29	09:46	10:11	10:23	10:33	10:50	11:04	11:23	11:44	11:58	12:19	12:37	13:11	13:37	14:32	15:02
		Pace Delta	09:29	10:07	10:56	11:05	11:09	12:24	12:24	13:50	14:17	14:22	15:27	16:21	19:22	19:55	26:12	23:33
Jones, Gregory (VA) 176 Age 28 Group M20-29 Overall-Group	91	Time of Day	0:07:10	0:08:05	0:09:19	0:10:21	0:11:48	0:12:56	0:14:26	0:15:37	0:17:22	0:18:43	0:20:35	0:21:59	1:00:55	1:02:30	1:05:13	1:07:09:42
		Time Cum	01:10	02:05	03:19	04:21	05:48	06:56	08:26	09:37	11:22	12:43	14:35	15:59	18:55	20:30	23:13	25:09:42
		Time Delta	01:10	00:55	01:13	01:02	01:26	01:08	01:29	01:11	01:44	01:21	01:51	01:24	02:55	01:35	02:42	01:56:42
		Pace Cum	10:13	10:01	10:17	10:27	10:56	11:06	11:25	11:33	12:00	12:13	12:37	12:48	13:52	14:04	14:46	15:06
		Pace Delta	10:13	09:47	10:46	11:00	12:41	12:05	13:06	12:35	15:19	14:24	16:18	14:59	25:36	16:59	23:39	20:39

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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
-----			-----															
Murolo, 92	Time of Day		0:07:15	0:08:23	0:09:38	0:10:42	0:12:09	0:13:30	0:15:07	0:16:44	0:18:56	0:20:39	0:22:43	1:00:27	1:02:16	1:04:04	1:06:02	1:07:15:20
Fred (CT)	Time Cum		01:15	02:23	03:38	04:42	06:09	07:30	09:07	10:44	12:56	14:39	16:43	18:27	20:16	22:04	24:02	25:15:20
56	Time Delta		01:15	01:08	01:14	01:04	01:26	01:21	01:36	01:37	02:11	01:43	02:03	01:44	01:48	01:48	01:57	01:13:20
Age 56	Pace Cum		10:57	11:29	11:16	11:18	11:35	12:01	12:20	12:53	13:39	14:05	14:28	14:46	14:51	15:08	15:17	15:09
Group M50-59	Pace Delta		10:57	12:08	10:52	11:24	12:38	14:26	14:05	17:11	19:15	18:21	18:00	18:32	15:48	19:13	17:09	12:59
Overall-Group	Position		126-22	139-23	124-22	110-18	107-15	128-19	128-20	135-20	145-22	143-23	134-21	133-22	113-19	110-18	106-17	92-14
-----			-----															
Udis, 93	Time of Day		0:07:16	0:08:25	0:09:47	0:11:02	0:12:35	0:14:00	0:15:40	0:17:11	0:19:03	0:20:32	0:22:21	0:23:56	1:01:47	1:03:28	1:05:26	1:07:16:10
Andy (NY)	Time Cum		01:16	02:25	03:47	05:02	06:35	08:00	09:40	11:11	13:03	14:32	16:21	17:56	19:47	21:28	23:26	25:16:10
275	Time Delta		01:16	01:09	01:21	01:15	01:32	01:25	01:39	01:31	01:51	01:29	01:48	01:35	01:50	01:41	01:57	01:50:10
Age 62	Pace Cum		11:06	11:37	11:44	12:06	12:24	12:48	13:05	13:26	13:46	13:58	14:09	14:22	14:30	14:43	14:54	15:10
Group M60-69	Pace Delta		11:06	12:16	11:56	13:23	13:29	15:03	14:35	16:14	16:15	15:55	15:47	16:59	16:04	17:54	17:12	19:30
Overall-Group	Position		133-5	151-5	148-4	154-4	151-4	158-4	157-4	163-3	146-3	142-3	127-3	119-3	107-3	104-3	94-3	93-3
-----			-----															
Esty, 94	Time of Day		0:07:14	0:08:18	0:09:33	0:10:41	0:12:09	0:13:25	0:14:59	0:16:20	0:18:09	0:19:41	0:21:42	0:23:28	1:01:25	1:03:19	1:05:29	1:07:17:25
Miles (CT)	Time Cum		01:14	02:18	03:33	04:41	06:09	07:25	08:59	10:20	12:09	13:41	15:42	17:28	19:25	21:19	23:29	25:17:25
130	Time Delta		01:14	01:04	01:14	01:08	01:27	01:16	01:33	01:21	01:48	01:32	02:00	01:46	01:56	01:54	02:09	01:48:25
Age 50	Pace Cum		10:48	11:03	11:00	11:16	11:35	11:53	12:09	12:24	12:49	13:09	13:35	13:59	14:14	14:37	14:56	15:10
Group M50-59	Pace Delta		10:48	11:22	10:55	12:09	12:45	13:37	13:35	14:24	15:52	16:26	17:33	18:47	17:03	20:14	18:56	19:11
Overall-Group	Position		120-20	121-20	107-18	109-15	107-15	117-16	113-15	117-18	106-16	108-17	104-15	107-16	100-16	102-15	96-14	94-15
-----			-----															
Fine, 95	Time of Day		0:07:06	0:08:05	0:09:14	0:10:16	0:11:38	0:12:53	0:14:35	0:16:00	0:17:44	0:19:19	0:21:14	0:22:51	1:00:59	1:02:56	1:05:25	1:07:18:48
Mark (GA)	Time Cum		01:06	02:05	03:14	04:16	05:38	06:53	08:35	10:00	11:44	13:19	15:14	16:51	18:59	20:56	23:25	25:18:48
136	Time Delta		01:06	00:59	01:08	01:02	01:21	01:15	01:41	01:25	01:43	01:35	01:54	01:37	02:07	01:57	02:28	01:53:48
Age 47	Pace Cum		09:38	10:01	10:02	10:16	10:37	11:02	11:37	12:01	12:23	12:47	13:11	13:29	13:55	14:21	14:53	15:11
Group M40-49	Pace Delta		09:38	10:28	10:03	11:05	11:52	13:25	14:46	15:07	15:07	16:50	16:46	17:19	18:34	20:46	21:42	20:08
Overall-Group	Position		45-13	63-20	62-19	61-17	66-18	75-19	85-22	93-24	89-22	95-24	89-21	90-20	88-20	91-23	92-25	95-24
-----			-----															
Bovaird, 96	Time of Day		0:07:05	0:08:02	0:09:19	0:10:29	0:11:59	0:13:20	0:14:56	0:16:20	0:17:56	0:19:18	0:21:16	0:22:59	1:01:25	1:03:06	1:05:19	1:07:22:16
Ray (OH)	Time Cum		01:05	02:02	03:19	04:29	05:59	07:20	08:56	10:20	11:56	13:18	15:16	16:59	19:25	21:06	23:19	25:22:16
83	Time Delta		01:05	00:57	01:16	01:10	01:29	01:21	01:35	01:24	01:35	01:22	01:57	01:43	02:25	01:41	02:12	02:03:16
Age 46	Pace Cum		09:29	09:47	10:17	10:47	11:16	11:45	12:05	12:24	12:36	12:47	13:13	13:35	14:14	14:29	14:50	15:13
Group M40-49	Pace Delta		09:29	10:08	11:13	12:30	13:03	14:25	13:57	14:52	14:01	14:37	17:08	18:16	21:17	18:02	19:18	21:49
Overall-Group	Position		40-11	46-13	69-21	90-27	94-26	105-28	108-26	116-27	97-24	94-23	90-22	92-21	100-25	97-25	90-24	96-25
-----			-----															
Prescott, 97	Time of Day		0:07:07	0:08:09	0:09:22	0:10:31	0:11:58	0:13:16	0:14:51	0:16:16	0:18:01	0:19:33	0:21:46	0:23:32	1:01:26	1:03:22	1:05:32	1:07:23:08
Walt (GA)	Time Cum		01:07	02:09	03:22	04:31	05:58	07:16	08:51	10:16	12:01	13:33	15:46	17:32	19:26	21:22	23:32	25:23:08
59	Time Delta		01:07	01:02	01:12	01:09	01:26	01:18	01:34	01:25	01:44	01:32	02:12	01:46	01:53	01:56	02:09	01:51:08
Age 59	Pace Cum		09:47	10:21	10:26	10:52	11:14	11:39	11:58	12:20	12:41	13:01	13:38	14:02	14:15	14:40	14:58	15:14
Group M50-59	Pace Delta		09:47	11:02	10:37	12:21	12:35	13:58	13:45	15:07	15:16	16:21	19:21	18:46	16:38	20:42	18:51	19:40
Overall-Group	Position		60-10	79-10	84-10	94-11	92-14	97-14	104-14	109-14	100-13	103-14	106-16	110-17	102-17	103-16	97-15	97-16
-----			-----															
Dummar, 98	Time of Day		0:07:25	0:08:38	0:10:08	0:11:22	0:12:52	0:14:10	0:15:44	0:17:09	0:18:46	0:20:10	0:22:00	0:23:35	1:01:35	1:03:16	1:05:36	1:07:28:50
Fred (PA)	Time Cum		01:25	02:38	04:08	05:22	06:52	08:10	09:44	11:09	12:46	14:10	16:00	17:35	19:35	21:16	23:36	25:28:50
27	Time Delta		01:25	01:13	01:29	01:14	01:29	01:18	01:33	01:25	01:36	01:24	01:49	01:35	01:59	01:41	02:19	01:52:50
Age 44	Pace Cum		12:25	12:39	12:49	12:53	12:56	13:04	13:10	13:24	13:28	13:36	13:51	14:04	14:21	14:36	15:00	15:17
Group M40-49	Pace Delta		12:25	12:56	13:07	13:08	13:06	13:50	13:42	15:09	14:04	14:53	16:03	16:50	17:30	18:03	20:18	19:58
Overall-Group	Position		198-53	202-52	195-53	183-48	168-43	169-43	162-40	162-42	135-35	127-33	115-28	112-28	104-27	100-27	99-27	98-26
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2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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
Fouls,	98	Time of Day	0:07:08	0:08:07	0:09:22	0:10:26	0:12:00	0:13:15	0:15:00	0:16:20	0:18:07	0:19:25	0:21:08	0:22:41	1:01:02	1:02:57	1:05:28	1:07:28:50
Bill (VA)		Time Cum	01:08	02:07	03:22	04:26	06:00	07:15	09:00	10:20	12:07	13:25	15:08	16:41	19:02	20:57	23:28	25:28:50
140		Time Delta	01:08	00:59	01:14	01:04	01:33	01:15	01:44	01:20	01:46	01:18	01:42	01:33	02:20	01:55	02:30	02:00:50
Age 36		Pace Cum	09:56	10:12	10:26	10:40	11:18	11:36	12:11	12:25	12:47	12:53	13:06	13:22	13:57	14:22	14:55	15:17
Group M30-39		Pace Delta	09:56	10:32	10:53	11:29	13:36	13:19	15:17	14:17	15:31	13:52	14:59	16:38	20:26	20:21	22:02	21:23
Overall-Group		Position	75-22	74-25	84-28	84-29	96-31	94-30	115-37	118-37	103-34	99-34	88-31	85-31	92-30	93-29	95-27	98-27
Miller,	100	Time of Day	0:07:22	0:08:34	0:10:07	0:11:22	0:12:52	0:14:10	0:15:44	0:17:01	0:18:38	0:20:02	0:22:00	0:23:35	1:01:34	1:03:16	1:05:36	1:07:29:25
Thomas E (NC)		Time Cum	01:22	02:34	04:07	05:22	06:52	08:10	09:44	11:01	12:38	14:02	16:00	17:35	19:34	21:16	23:36	25:29:25
206		Time Delta	01:22	01:12	01:32	01:15	01:29	01:18	01:33	01:17	01:36	01:24	01:58	01:35	01:58	01:42	02:19	01:53:25
Age 46		Pace Cum	11:58	12:23	12:46	12:54	12:56	13:04	13:10	13:14	13:20	13:28	13:51	14:04	14:21	14:36	15:00	15:18
Group M40-49		Pace Delta	11:58	12:54	13:27	13:20	13:06	13:49	13:43	13:42	14:06	14:52	17:14	16:51	17:20	18:13	20:18	20:04
Overall-Group		Position	182-47	186-48	193-51	184-48	168-43	166-43	162-40	154-38	128-33	121-31	115-28	113-28	103-26	99-27	99-27	100-27
<u>Mancinelli,</u>	101	Time of Day	0:07:15	0:08:21	0:09:46	0:10:58	0:12:29	0:13:49	0:15:32	0:16:57	0:18:42	0:20:08	0:21:56	0:23:40	1:01:48	1:03:43	1:05:46	1:07:29:54
<u>Robin (PA)</u>		Time Cum	01:15	02:21	03:46	04:58	06:29	07:49	09:32	10:57	12:42	14:08	15:56	17:40	19:48	21:43	23:46	25:29:54
196		Time Delta	01:15	01:06	01:24	01:12	01:30	01:20	01:42	01:25	01:44	01:26	01:48	01:44	02:07	01:55	02:02	01:43:54
Age 51		Pace Cum	10:57	11:21	11:41	11:55	12:13	12:31	12:54	13:09	13:24	13:34	13:47	14:08	14:31	14:54	15:07	15:18
Group F50-59		Pace Delta	10:57	11:51	12:16	12:45	13:17	14:12	15:01	15:11	15:13	15:13	15:46	18:31	18:36	20:27	17:52	18:23
Overall-Group		Position	126-4	129-4	143-5	146-5	147-5	145-5	150-5	149-5	130-5	125-5	112-5	116-5	108-5	105-5	102-4	101-4
<u>Rapp,</u>	102	Time of Day	0:07:26	0:08:39	0:10:03	0:11:22	0:12:52	0:14:13	0:15:44	0:17:12	0:18:50	0:20:24	0:22:15	0:23:57	1:01:57	1:03:51	1:06:01	1:07:35:57
<u>Kimberly (NY)</u>		Time Cum	01:26	02:39	04:03	05:22	06:52	08:13	09:44	11:12	12:50	14:24	16:15	17:57	19:57	21:51	24:01	25:35:57
232		Time Delta	01:26	01:13	01:23	01:19	01:29	01:21	01:30	01:28	01:37	01:34	01:50	01:42	01:59	01:54	02:09	01:34:57
Age 48		Pace Cum	12:33	12:44	12:33	12:54	12:56	13:10	13:10	13:27	13:33	13:50	14:04	14:22	14:37	14:59	15:16	15:22
Group F40-49		Pace Delta	12:33	12:57	12:14	14:05	13:04	14:31	13:08	15:43	14:12	16:45	16:07	18:08	17:27	20:18	18:52	16:48
Overall-Group		Position	208-18	205-17	175-12	185-13	168-13	173-13	162-13	164-14	139-9	137-10	124-8	121-7	109-6	107-6	105-6	102-6
<u>Aistars,</u>	103	Time of Day	0:07:10	0:08:12	0:09:28	0:10:36	0:12:01	0:13:17	0:15:00	0:16:30	0:18:19	0:19:39	0:21:37	0:23:11	1:01:19	1:03:17	1:05:58	1:07:37:26
<u>Juli (IL)</u>		Time Cum	01:10	02:12	03:28	04:36	06:01	07:17	09:00	10:30	12:19	13:39	15:37	17:11	19:19	21:17	23:58	25:37:26
25		Time Delta	01:10	01:02	01:15	01:08	01:24	01:16	01:42	01:30	01:48	01:20	01:57	01:34	02:07	01:58	02:40	01:39:26
Age 54		Pace Cum	10:13	10:36	10:45	11:03	11:20	11:40	12:11	12:36	13:00	13:07	13:31	13:45	14:10	14:36	15:14	15:22
Group F50-59		Pace Delta	10:13	11:04	11:01	12:04	12:23	13:30	15:00	15:59	15:52	14:15	17:09	16:39	18:40	20:56	23:28	17:36
Overall-Group		Position	90-2	98-2	97-2	98-2	97-2	99-2	115-4	127-4	111-4	106-4	103-4	98-4	98-4	101-4	104-5	103-5
Coleman,	104	Time of Day	0:07:17	0:08:22	0:09:37	0:10:46	0:12:11	0:13:26	0:15:06	0:16:28	0:18:19	0:19:44	0:21:27	0:22:59	1:01:05	1:03:03	1:05:33	1:07:44:09
Kevin (NC)		Time Cum	01:17	02:22	03:37	04:46	06:11	07:26	09:06	10:28	12:19	13:44	15:27	16:59	19:05	21:03	23:33	25:44:09
108		Time Delta	01:17	01:05	01:14	01:09	01:24	01:15	01:39	01:22	01:50	01:25	01:42	01:32	02:05	01:58	02:29	02:11:09
Age 40		Pace Cum	11:14	11:22	11:13	11:29	11:39	11:54	12:19	12:35	13:00	13:11	13:22	13:36	13:59	14:26	14:59	15:26
Group M40-49		Pace Delta	11:14	11:32	10:55	12:22	12:17	13:18	14:35	14:41	16:04	15:07	14:59	16:23	18:19	20:58	21:50	23:13
Overall-Group		Position	145-34	133-33	121-32	122-31	115-30	118-31	126-31	125-30	111-28	110-25	95-23	94-21	93-23	95-24	98-26	104-28
Farr,	105	Time of Day	0:07:12	0:08:15	0:09:32	0:10:36	0:12:02	0:13:18	0:15:07	0:16:30	0:18:28	0:20:14	0:22:13	0:23:51	1:02:04	1:03:48	1:05:51	1:07:46:06
Jason (VA)		Time Cum	01:12	02:15	03:32	04:36	06:02	07:18	09:07	10:30	12:28	14:14	16:13	17:51	20:04	21:48	23:51	25:46:06
134		Time Delta	01:12	01:03	01:16	01:04	01:25	01:16	01:48	01:23	01:57	01:46	01:58	01:38	02:12	01:44	02:03	01:55:06
Age 35		Pace Cum	10:31	10:50	10:57	11:03	11:22	11:42	12:20	12:37	13:09	13:40	14:02	14:17	14:43	14:57	15:10	15:28
Group M30-39		Pace Delta	10:31	11:13	11:11	11:23	12:31	13:34	15:49	14:48	17:08	18:46	17:22	17:26	19:21	18:24	17:57	20:22
Overall-Group		Position	100-31	103-32	101-31	99-32	99-32	102-33	128-38	128-38	118-35	131-40	122-37	118-37	110-32	106-30	103-28	105-28

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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
Sharp, Jason (VA) 255 Age 33 Group M30-39 Overall-Group	106	Time of Day	0:07:13	0:08:09	0:09:17	0:10:14	0:11:50	0:13:01	0:14:36	0:15:40	0:18:35	0:20:08	0:22:25	0:23:57	1:02:37	1:04:13	1:06:22	1:07:47:36
		Time Cum	01:13	02:09	03:17	04:14	05:50	07:01	08:36	09:40	12:35	14:08	16:25	17:57	20:37	22:13	24:22	25:47:36
		Time Delta	01:13	00:56	01:07	00:57	01:35	01:11	01:34	01:04	02:54	01:33	02:16	01:32	02:39	01:36	02:08	01:25:36
		Pace Cum	10:39	10:22	10:11	10:12	10:59	11:15	11:38	11:37	13:14	13:34	14:12	14:22	15:07	15:15	15:30	15:29
		Pace Delta	10:39	10:01	09:50	10:16	13:52	12:42	13:45	11:29	25:25	16:32	19:56	16:21	23:18	17:09	18:42	15:09
Natoli, Tom (VA) 214 Age 58 Group M50-59 Overall-Group	107	Time of Day	0:07:12	0:08:16	0:09:34	0:10:44	0:12:10	0:13:27	0:15:01	0:16:25	0:18:02	0:19:27	0:21:19	0:22:50	1:00:44	1:02:55	1:05:41	1:07:48:53
		Time Cum	01:12	02:16	03:34	04:44	06:10	07:27	09:01	10:25	12:02	13:27	15:19	16:50	18:44	20:55	23:41	25:48:53
		Time Delta	01:12	01:04	01:17	01:10	01:26	01:17	01:33	01:24	01:36	01:25	01:51	01:31	01:53	02:11	02:45	02:07:53
		Pace Cum	10:31	10:54	11:04	11:22	11:37	11:56	12:12	12:30	12:42	12:55	13:15	13:28	13:44	14:21	15:04	15:29
		Pace Delta	10:31	11:23	11:21	12:23	12:33	13:40	13:41	14:56	14:06	15:03	16:20	16:07	16:38	23:17	24:09	22:38
Beene, Thomas (PA) 76 Age 46 Group M40-49 Overall-Group	108	Time of Day	0:07:22	0:08:31	0:10:00	0:11:11	0:12:39	0:13:53	0:15:27	0:16:46	0:18:42	0:20:02	0:22:02	0:23:37	1:02:28	1:04:34	1:06:44	1:08:22:03
		Time Cum	01:22	02:31	04:00	05:11	06:39	07:53	09:27	10:46	12:42	14:02	16:02	17:37	20:28	22:34	24:44	26:22:03
		Time Delta	01:22	01:09	01:28	01:11	01:27	01:14	01:33	01:19	01:55	01:20	01:59	01:35	02:50	02:06	02:09	01:38:03
		Pace Cum	11:58	12:06	12:24	12:28	12:32	12:38	12:47	12:56	13:24	13:29	13:52	14:06	15:00	15:29	15:44	15:49
		Pace Delta	11:58	12:15	12:58	12:41	12:45	13:15	13:36	14:02	16:54	14:14	17:27	16:56	24:52	22:24	18:54	17:21
<u>Grassi, Cherry (VA)</u> 149 Age 40 Group F40-49 Overall-Group	109	Time of Day	0:07:22	0:08:33	0:10:03	0:11:17	0:12:45	0:14:04	0:15:41	0:17:04	0:18:53	0:20:23	0:22:19	1:00:02	1:02:22	1:04:18	1:06:41	1:08:29:05
		Time Cum	01:22	02:33	04:03	05:17	06:45	08:04	09:41	11:04	12:53	14:23	16:19	18:02	20:22	22:18	24:41	26:29:05
		Time Delta	01:22	01:11	01:29	01:14	01:27	01:19	01:36	01:23	01:48	01:30	01:55	01:43	02:19	01:56	02:22	01:48:05
		Pace Cum	11:58	12:18	12:33	12:41	12:43	12:55	13:06	13:18	13:36	13:49	14:07	14:26	14:56	15:18	15:42	15:53
		Pace Delta	11:58	12:41	13:02	13:08	12:49	14:04	14:06	14:50	15:47	15:56	16:56	18:17	20:24	20:34	20:51	19:08
Harrison, Jim (VA) 161 Age 55 Group M50-59 Overall-Group	110	Time of Day	0:07:29	0:08:49	0:10:29	0:11:54	0:13:34	0:15:01	0:16:47	0:18:10	0:19:44	0:21:12	0:22:58	1:00:26	1:02:16	1:04:03	1:06:36	1:08:32:25
		Time Cum	01:29	02:49	04:29	05:54	07:34	09:01	10:47	12:10	13:44	15:12	16:58	18:26	20:16	22:03	24:36	26:32:25
		Time Delta	01:29	01:20	01:39	01:25	01:40	01:27	01:45	01:23	01:33	01:28	01:45	01:28	01:49	01:47	02:32	01:56:25
		Pace Cum	13:00	13:33	13:54	14:10	14:15	14:26	14:35	14:36	14:30	14:36	14:41	14:45	14:51	15:08	15:39	15:55
		Pace Delta	13:00	14:14	14:32	15:03	14:36	15:28	15:25	14:43	13:42	15:36	15:27	15:40	15:59	19:05	22:13	20:36
Clark, Brian R (NC) 53 Age 59 Group M50-59 Overall-Group	111	Time of Day	0:07:19	0:08:27	0:09:48	0:10:57	0:12:29	0:13:50	0:15:28	0:16:55	0:18:42	0:20:15	0:22:13	1:00:00	1:02:08	1:04:07	1:06:36	1:08:33:39
		Time Cum	01:19	02:27	03:48	04:57	06:29	07:50	09:28	10:55	12:42	14:15	16:13	18:00	20:08	22:07	24:36	26:33:39
		Time Delta	01:19	01:08	01:20	01:09	01:31	01:21	01:37	01:27	01:46	01:33	01:57	01:47	02:07	01:59	02:28	01:57:39
		Pace Cum	11:32	11:48	11:47	11:54	12:13	12:33	12:48	13:07	13:24	13:41	14:02	14:24	14:46	15:10	15:39	15:56
		Pace Delta	11:32	12:08	11:45	12:18	13:22	14:26	14:13	15:32	15:31	16:29	17:13	18:57	18:40	21:07	21:42	20:49
Geigle, Joe (NC) 144 Age 36 Group M30-39 Overall-Group	112	Time of Day	0:07:24	0:08:34	0:09:59	0:11:11	0:12:39	0:13:54	0:15:28	0:16:50	0:18:29	0:20:01	0:21:51	0:23:23	1:01:42	1:03:54	1:06:30	1:08:36:28
		Time Cum	01:24	02:34	03:59	05:11	06:39	07:54	09:28	10:50	12:29	14:01	15:51	17:23	19:42	21:54	24:30	26:36:28
		Time Delta	01:24	01:10	01:24	01:12	01:27	01:15	01:33	01:22	01:38	01:32	01:49	01:32	02:18	02:12	02:35	02:06:28
		Pace Cum	12:16	12:21	12:21	12:28	12:32	12:39	12:48	13:01	13:11	13:27	13:43	13:55	14:26	15:01	15:35	15:58
		Pace Delta	12:16	12:28	12:21	12:50	12:46	13:23	13:38	14:36	14:23	16:17	16:03	16:26	20:10	23:22	22:46	22:23
Overall-Group			197-46	183-45	164-44	161-43	156-43	152-42	144-41	141-42	121-36	120-37	110-34	103-33	105-31	108-31	108-30	112-30

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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>Grant</u>	113	Time of Day	0:07:28	0:08:43	0:10:11	0:11:31	0:12:58	0:14:19	0:15:47	0:17:06	0:18:47	0:20:13	0:22:21	1:00:00	1:02:06	1:04:11	1:06:36	1:08:38:11
<u>Susan (NJ)</u>		Time Cum	01:28	02:43	04:11	05:31	06:58	08:19	09:47	11:06	12:47	14:13	16:21	18:00	20:06	22:11	24:36	26:38:11
148		Time Delta	01:28	01:15	01:27	01:20	01:26	01:21	01:27	01:19	01:40	01:26	02:07	01:39	02:05	02:05	02:24	02:02:11
Age 46		Pace Cum	12:51	13:04	12:58	13:16	13:07	13:19	13:14	13:20	13:29	13:40	14:09	14:25	14:44	15:13	15:39	15:59
Group F40-49		Pace Delta	12:51	13:21	12:47	14:16	12:37	14:27	12:45	14:02	14:42	15:21	18:34	17:42	18:15	22:08	21:10	21:38
Overall-Group		Position	222-22	218-19	204-17	206-17	176-14	175-14	167-14	160-13	136-8	129-8	127-10	123-8	111-7	112-7	109-7	113-8
Hojnacki, Bryan (NC)	114	Time of Day	0:07:12	0:08:16	0:09:39	0:10:47	0:12:17	0:13:27	0:15:06	0:16:25	0:18:23	0:19:50	0:21:50	0:23:31	1:02:41	1:04:25	1:06:56	1:08:46:15
		Time Cum	01:12	02:16	03:39	04:47	06:17	07:27	09:06	10:25	12:23	13:50	15:50	17:31	20:41	22:25	24:56	26:46:15
170		Time Delta	01:12	01:04	01:22	01:08	01:29	01:10	01:38	01:19	01:57	01:27	01:59	01:41	03:09	01:44	02:30	01:50:15
Age 42		Pace Cum	10:31	10:55	11:19	11:30	11:50	11:56	12:19	12:31	13:04	13:17	13:42	14:01	15:10	15:23	15:51	16:04
Group M40-49		Pace Delta	10:31	11:25	12:03	12:05	13:06	12:30	14:22	14:04	17:09	15:28	17:28	17:55	27:42	18:29	21:59	19:31
Overall-Group		Position	100-28	112-30	125-33	124-32	129-34	122-33	126-31	123-29	115-30	117-28	109-27	108-27	119-30	115-29	114-30	114-30
McGonnell, Jeff (NC)	115	Time of Day	0:07:06	0:08:10	0:09:28	0:10:44	0:12:13	0:13:36	0:15:22	0:16:50	0:18:36	0:20:10	0:22:22	1:00:12	1:02:35	1:04:32	1:07:07	1:08:47:13
		Time Cum	01:06	02:10	03:28	04:44	06:13	07:36	09:22	10:50	12:36	14:10	16:22	18:12	20:35	22:32	25:07	26:47:13
52		Time Delta	01:06	01:04	01:17	01:16	01:28	01:23	01:45	01:28	01:45	01:34	02:11	01:50	02:22	01:57	02:34	01:40:13
Age 52		Pace Cum	09:38	10:24	10:45	11:22	11:43	12:10	12:40	13:00	13:18	13:36	14:10	14:34	15:05	15:27	15:58	16:04
Group M50-59		Pace Delta	09:38	11:20	11:23	13:30	12:57	14:46	15:25	15:35	15:28	16:43	19:12	19:29	20:52	20:49	22:32	17:44
Overall-Group		Position	45-6	89-12	97-15	114-19	122-18	134-21	135-21	140-21	127-19	128-19	129-19	126-19	117-21	116-20	115-20	115-20
<u>Dummar</u>	116	Time of Day	0:07:29	0:08:43	0:10:15	0:11:37	0:13:21	0:14:52	0:16:47	0:18:23	0:20:08	0:21:46	1:00:08	1:01:35	1:03:47	1:05:27	1:07:27	1:08:48:35
<u>Susan (PA)</u>		Time Cum	01:29	02:43	04:15	05:37	07:21	08:52	10:47	12:23	14:08	15:46	18:08	19:35	21:47	23:27	25:27	26:48:35
28		Time Delta	01:29	01:14	01:31	01:22	01:43	01:31	01:54	01:36	01:44	01:38	02:22	01:27	02:11	01:40	01:59	01:21:35
Age 48		Pace Cum	13:00	13:05	13:11	13:29	13:51	14:11	14:35	14:52	14:55	15:08	15:41	15:41	15:58	16:05	16:11	16:05
Group F40-49		Pace Delta	13:00	13:11	13:21	14:33	15:09	16:08	16:46	17:06	15:14	17:21	20:44	15:31	19:10	17:46	17:28	14:26
Overall-Group		Position	226-23	219-19	215-20	218-21	218-20	218-21	211-21	213-21	174-15	166-15	160-16	149-12	134-12	129-11	120-10	116-9
<u>Rice</u>	117	Time of Day	0:07:08	0:08:07	0:09:21	0:10:26	0:11:47	0:12:58	0:14:47	0:16:20	0:18:12	0:19:39	0:21:32	0:23:19	1:03:07	1:04:56	1:07:17	1:08:52:27
<u>Rita (NC)</u>		Time Cum	01:08	02:07	03:21	04:26	05:47	06:58	08:47	10:20	12:12	13:39	15:32	17:19	21:07	22:56	25:17	26:52:27
237		Time Delta	01:08	00:59	01:13	01:05	01:20	01:11	01:48	01:33	01:51	01:27	01:52	01:47	03:47	01:49	02:20	01:35:27
Age 46		Pace Cum	09:56	10:14	10:23	10:40	10:54	11:09	11:53	12:25	12:53	13:07	13:26	13:51	15:29	15:44	16:05	16:07
Group F40-49		Pace Delta	09:56	10:36	10:40	11:37	11:44	12:34	15:55	16:37	16:13	15:29	16:26	18:58	33:16	19:23	20:31	16:54
Overall-Group		Position	75-7	76-5	78-6	83-6	80-6	81-6	97-8	119-10	107-7	107-7	100-7	101-6	126-9	122-9	118-9	117-10
Meade, Eugene (NC)	118	Time of Day	0:07:22	0:08:33	0:10:06	0:11:28	0:13:14	0:14:35	0:16:11	0:17:30	0:19:21	0:20:51	0:22:58	1:00:45	1:03:01	1:04:49	1:07:15	1:08:55:18
		Time Cum	01:22	02:33	04:06	05:28	07:14	08:35	10:11	11:30	13:21	14:51	16:58	18:45	21:01	22:49	25:15	26:55:18
202		Time Delta	01:22	01:11	01:33	01:22	01:45	01:21	01:35	01:19	01:50	01:30	02:06	01:47	02:15	01:48	02:25	01:40:18
Age 49		Pace Cum	11:58	12:14	12:43	13:08	13:38	13:44	13:47	13:48	14:05	14:15	14:41	15:00	15:24	15:39	16:03	16:09
Group M40-49		Pace Delta	11:58	12:34	13:35	14:33	15:26	14:23	13:59	14:02	16:10	15:56	18:32	19:00	19:48	19:14	21:13	17:45
Overall-Group		Position	182-47	175-47	186-49	196-53	203-52	191-48	177-45	172-44	156-40	145-37	136-34	135-33	125-32	119-31	117-31	118-31
Austin, James (MI)	119	Time of Day	0:07:17	0:08:24	0:09:49	0:11:05	0:12:41	0:14:04	0:15:50	0:17:16	0:19:10	0:20:53	0:23:06	1:00:46	1:02:54	1:04:43	1:07:14	1:09:03:20
		Time Cum	01:17	02:24	03:49	05:05	06:41	08:04	09:50	11:16	13:10	14:53	17:06	18:46	20:54	22:43	25:14	27:03:20
72		Time Delta	01:17	01:07	01:24	01:16	01:35	01:23	01:45	01:26	01:53	01:43	02:12	01:40	02:07	01:49	02:30	01:49:20
Age 62		Pace Cum	11:14	11:32	11:50	12:12	12:35	12:55	13:18	13:32	13:54	14:18	14:48	15:01	15:19	15:35	16:03	16:14
Group M60-69		Pace Delta	11:14	11:52	12:24	13:27	14:01	14:47	15:24	15:23	16:30	18:21	19:19	17:46	18:38	19:23	21:58	19:21
Overall-Group		Position	145-6	142-4	155-5	156-5	160-5	162-5	170-5	166-4	149-4	147-4	140-4	136-4	123-4	118-4	116-4	119-4

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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, Robert (CT)	120	Time of Day	0:07:13	0:08:15	0:09:32	0:10:44	0:12:21	0:13:42	0:15:26	0:16:52	0:18:55	0:20:27	0:22:48	1:00:42	1:03:07	1:05:08	1:07:31	1:09:07:56
		Time Cum	01:13	02:15	03:32	04:44	06:21	07:42	09:26	10:52	12:55	14:27	16:48	18:42	21:07	23:08	25:31	27:07:56
	252	Time Delta	01:13	01:02	01:16	01:12	01:36	01:21	01:43	01:26	02:02	01:32	02:20	01:54	02:24	02:01	02:22	01:36:56
Age 58		Pace Cum	10:39	10:51	10:57	11:24	11:58	12:20	12:46	13:03	13:38	13:53	14:32	14:58	15:29	15:52	16:14	16:17
Group M50-59		Pace Delta	10:39	11:06	11:08	12:54	14:02	14:27	15:05	15:19	17:53	16:27	20:27	20:18	21:04	21:27	20:51	17:09
Overall-Group		Position	110-15	108-16	101-16	116-19	137-24	137-22	139-22	145-22	144-21	138-21	135-22	134-23	126-22	124-21	122-21	120-21
Campbell, Robert (MA)	121	Time of Day	0:07:20	0:08:30	0:09:51	0:11:09	0:12:40	0:14:01	0:15:42	0:17:08	0:18:52	0:20:20	0:22:39	1:00:14	1:02:49	1:04:56	1:07:26	1:09:14:56
		Time Cum	01:20	02:30	03:51	05:09	06:40	08:01	09:42	11:08	12:52	14:20	16:39	18:14	20:49	22:56	25:26	27:14:56
	91	Time Delta	01:20	01:10	01:20	01:18	01:30	01:21	01:40	01:26	01:43	01:28	02:18	01:35	02:34	02:07	02:29	01:48:56
Age 40		Pace Cum	11:41	12:03	11:56	12:22	12:34	12:50	13:07	13:22	13:35	13:46	14:24	14:36	15:16	15:44	16:10	16:21
Group M40-49		Pace Delta	11:41	12:30	11:44	13:49	13:16	14:21	14:44	15:18	15:07	15:36	20:16	16:56	22:31	22:32	21:51	19:17
Overall-Group		Position	168-43	164-41	156-40	159-41	158-39	159-39	159-38	161-41	141-37	133-34	133-33	127-31	122-31	121-32	119-32	121-32
<u>Clinard, Valerie (NC)</u>	122	Time of Day	0:07:25	0:08:40	0:10:09	0:11:25	0:13:07	0:14:32	0:16:20	0:17:45	0:19:44	0:21:22	0:23:33	1:01:26	1:03:51	1:05:59	1:07:58	1:09:16:26
		Time Cum	01:25	02:40	04:09	05:25	07:07	08:32	10:20	11:45	13:44	15:22	17:33	19:26	21:51	23:59	25:58	27:16:26
	106	Time Delta	01:25	01:15	01:28	01:16	01:41	01:25	01:47	01:25	01:58	01:38	02:10	01:53	02:24	02:08	01:58	01:18:26
Age 37		Pace Cum	12:25	12:52	12:52	13:02	13:24	13:40	13:59	14:07	14:30	14:45	15:11	15:33	16:01	16:27	16:31	16:22
Group F30-39		Pace Delta	12:25	13:25	12:53	13:37	14:45	15:07	15:43	15:12	17:14	17:22	19:07	20:08	21:03	22:45	17:17	13:53
Overall-Group		Position	198-17	210-18	196-17	192-15	189-14	187-14	183-14	178-14	161-12	159-12	151-11	147-11	135-9	136-9	130-9	122-7
Cervero, Robert (CA)	123	Time of Day	0:07:10	0:08:13	0:09:34	0:10:46	0:12:21	0:13:48	0:15:39	0:17:18	0:19:18	0:20:58	0:23:06	1:00:56	1:03:23	1:05:32	1:07:48	1:09:23:40
		Time Cum	01:10	02:13	03:34	04:46	06:21	07:48	09:39	11:18	13:18	14:58	17:06	18:56	21:23	23:32	25:48	27:23:40
	95	Time Delta	01:10	01:03	01:20	01:12	01:34	01:27	01:50	01:39	01:59	01:40	02:07	01:50	02:26	02:09	02:15	01:35:40
Age 61		Pace Cum	10:13	10:39	11:04	11:28	11:58	12:29	13:03	13:35	14:02	14:23	14:48	15:09	15:41	16:08	16:24	16:26
Group M60-69		Pace Delta	10:13	11:11	11:48	12:53	13:45	15:28	16:08	17:39	17:24	17:50	18:34	19:34	21:23	22:52	19:49	16:56
Overall-Group		Position	90-3	100-2	111-3	120-3	137-3	144-3	156-3	167-5	152-5	149-5	140-4	139-5	129-5	130-5	127-5	123-5
<u>Hollifield-Smith, Kimberly (NC)</u>	124	Time of Day	0:07:16	0:08:22	0:09:42	0:10:53	0:12:26	0:13:43	0:15:32	0:16:59	0:18:51	0:20:28	0:22:31	1:00:20	1:02:42	1:04:50	1:07:30	1:09:29:22
		Time Cum	01:16	02:22	03:42	04:53	06:26	07:43	09:32	10:59	12:51	14:28	16:31	18:20	20:42	22:50	25:30	27:29:22
	173	Time Delta	01:16	01:06	01:19	01:11	01:32	01:17	01:48	01:27	01:51	01:37	02:02	01:49	02:21	02:08	02:39	01:59:22
Age 34		Pace Cum	11:06	11:23	11:28	11:45	12:07	12:21	12:54	13:11	13:34	13:53	14:17	14:41	15:10	15:40	16:13	16:30
Group F30-39		Pace Delta	11:06	11:43	11:39	12:41	13:29	13:41	15:52	15:30	16:16	17:12	17:56	19:27	20:36	22:48	23:14	21:08
Overall-Group		Position	133-8	134-8	134-8	139-8	142-9	140-9	150-11	152-12	140-11	139-11	131-10	130-10	121-7	120-7	121-7	124-8
<u>Montgomery, Kathleen (VA)</u>	125	Time of Day	0:07:21	0:08:34	0:10:12	0:11:33	0:13:15	0:14:42	0:16:33	0:18:07	0:20:12	0:21:49	0:23:56	1:01:47	1:04:01	1:05:48	1:07:56	1:09:29:27
		Time Cum	01:21	02:34	04:12	05:33	07:15	08:42	10:33	12:07	14:12	15:49	17:56	19:47	22:01	23:48	25:56	27:29:27
	208	Time Delta	01:21	01:13	01:37	01:21	01:41	01:27	01:50	01:34	02:04	01:37	02:06	01:51	02:13	01:47	02:07	01:33:27
Age 43		Pace Cum	11:49	12:23	13:01	13:20	13:39	13:56	14:16	14:32	14:59	15:11	15:31	15:50	16:08	16:20	16:30	16:30
Group F40-49		Pace Delta	11:49	13:03	14:12	14:22	14:52	15:32	16:06	16:39	18:15	17:15	18:28	19:40	19:32	19:03	18:36	16:32
Overall-Group		Position	171-13	185-14	209-19	209-18	206-19	198-18	196-18	197-19	175-16	168-16	153-13	151-13	138-13	132-13	129-12	125-11
<u>Mish, Lara (MD)</u>	126	Time of Day	0:07:23	0:08:37	0:10:09	0:11:28	0:13:02	0:14:27	0:16:10	0:17:36	0:19:19	0:20:53	0:23:15	1:01:15	1:03:27	1:05:14	1:07:37	1:09:37:25
		Time Cum	01:23	02:37	04:09	05:28	07:02	08:27	10:10	11:36	13:19	14:53	17:15	19:15	21:27	23:14	25:37	27:37:25
	207	Time Delta	01:23	01:14	01:31	01:19	01:33	01:25	01:42	01:26	01:42	01:34	02:21	02:00	02:11	01:47	02:22	02:00:25
Age 40		Pace Cum	12:07	12:38	12:52	13:08	13:15	13:31	13:45	13:56	14:03	14:18	14:55	15:24	15:43	15:56	16:17	16:34
Group F40-49		Pace Delta	12:07	13:16	13:18	14:00	13:42	15:04	15:01	15:19	14:58	16:44	20:39	21:16	19:15	19:04	20:47	21:19
Overall-Group		Position	193-15	200-15	196-15	193-14	182-15	180-15	175-15	176-15	153-11	146-11	144-12	142-11	131-10	127-10	123-11	126-12

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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
Sprouse, Tom (NC) 43 Age 71 Group M70-79 Overall-Group	127	Time of Day	0:07:30	0:08:45	0:10:17	0:11:35	0:13:12	0:14:39	0:16:27	0:17:55	0:20:03	0:21:42	1:00:14	1:02:01	1:04:10	1:05:58	1:08:06	1:09:37:28
		Time Cum	01:30	02:45	04:17	05:35	07:12	08:39	10:27	11:55	14:03	15:42	18:14	20:01	22:10	23:58	26:06	27:37:28
		Time Delta	01:30	01:15	01:31	01:18	01:36	01:27	01:47	01:28	02:07	01:39	02:31	01:47	02:08	01:48	02:07	01:31:28
		Pace Cum	13:08	13:16	13:17	13:26	13:34	13:51	14:08	14:19	14:50	15:05	15:47	16:01	16:15	16:26	16:36	16:34
		Pace Delta	13:08	13:25	13:19	13:56	14:03	15:25	15:45	15:45	18:33	17:41	22:04	19:03	18:45	19:11	18:38	16:11
Nguyen, Yen (TX) 50 Age 49 Group F50-59 Overall-Group	128	Time of Day	0:07:27	0:08:45	0:10:15	0:11:37	0:13:18	0:14:45	0:16:29	0:18:03	0:19:54	0:21:44	1:00:04	1:02:11	1:04:22	1:06:10	1:08:05	1:09:38:35
		Time Cum	01:27	02:45	04:15	05:37	07:18	08:45	10:29	12:03	13:54	15:44	18:04	20:11	22:22	24:10	26:05	27:38:35
		Time Delta	01:27	01:18	01:29	01:22	01:40	01:27	01:43	01:34	01:50	01:50	02:19	02:07	02:10	01:48	01:54	01:33:35
		Pace Cum	12:42	13:16	13:11	13:30	13:45	14:00	14:11	14:28	14:40	15:07	15:38	16:09	16:24	16:35	16:35	16:35
		Pace Delta	12:42	13:58	13:00	14:37	14:39	15:26	15:09	16:46	16:06	19:34	20:22	22:34	19:03	19:11	16:44	16:34
Flannery, Sean (NC) 138 Age 39 Group M30-39 Overall-Group	129	Time of Day	0:07:12	0:08:16	0:09:40	0:11:00	0:12:37	0:13:56	0:15:29	0:16:54	0:18:42	0:20:13	0:22:03	0:23:46	1:02:41	1:05:11	1:07:42	1:09:38:39
		Time Cum	01:12	02:16	03:40	05:00	06:37	07:56	09:29	10:54	12:42	14:13	16:03	17:46	20:41	23:11	25:42	27:38:39
		Time Delta	01:12	01:04	01:23	01:20	01:36	01:19	01:32	01:25	01:47	01:31	01:49	01:43	02:54	02:30	02:30	01:56:39
		Pace Cum	10:31	10:55	11:22	12:02	12:28	12:42	12:50	13:05	13:24	13:40	13:53	14:14	15:10	15:54	16:21	16:35
		Pace Delta	10:31	11:24	12:12	14:20	14:01	14:03	13:32	15:08	15:41	16:16	15:55	18:24	25:25	26:37	21:59	20:39
Pieroni, Dan (AK) 23 Age 72 Group M70-79 Overall-Group	130	Time of Day	0:07:16	0:08:26	0:09:53	0:11:14	0:12:51	0:14:15	0:16:00	0:17:32	0:19:22	0:21:01	0:23:05	1:00:55	1:03:13	1:05:01	1:07:46	1:09:39:10
		Time Cum	01:16	02:26	03:53	05:14	06:51	08:15	10:00	11:32	13:22	15:01	17:05	18:55	21:13	23:01	25:46	27:39:10
		Time Delta	01:16	01:10	01:26	01:21	01:36	01:24	01:44	01:32	01:49	01:39	02:03	01:50	02:17	01:48	02:44	01:53:10
		Pace Cum	11:06	11:41	12:02	12:35	12:54	13:12	13:32	13:50	14:06	14:26	14:47	15:08	15:33	15:48	16:23	16:35
		Pace Delta	11:06	12:24	12:42	14:27	14:04	14:54	15:18	16:18	16:03	17:38	18:01	19:30	20:08	19:16	23:58	20:02
Scott, Ricky (VA) 250 Age 55 Group M50-59 Overall-Group	131	Time of Day	0:07:13	0:08:11	0:09:24	0:10:41	0:12:19	0:13:46	0:15:26	0:17:04	0:19:34	0:21:14	0:23:31	1:01:16	1:04:11	1:06:06	1:08:10	1:09:49:02
		Time Cum	01:13	02:11	03:24	04:41	06:19	07:46	09:26	11:04	13:34	15:14	17:31	19:16	22:11	24:06	26:10	27:49:02
		Time Delta	01:13	00:58	01:12	01:17	01:37	01:27	01:39	01:38	02:29	01:40	02:16	01:45	02:54	01:55	02:03	01:39:02
		Pace Cum	10:39	10:30	10:33	11:15	11:54	12:26	12:46	13:18	14:19	14:38	15:09	15:25	16:16	16:32	16:38	16:41
		Pace Delta	10:39	10:20	10:36	13:38	14:18	15:24	14:36	17:29	21:47	17:48	19:55	18:42	25:27	20:26	18:02	17:32
Fontana, Joni (MD) 139 Age 51 Group F50-59 Overall-Group	132	Time of Day	0:07:16	0:08:24	0:09:51	0:11:05	0:12:36	0:13:58	0:15:45	0:17:20	0:19:13	0:20:59	0:23:19	1:01:08	1:03:31	1:05:26	1:07:54	1:09:49:30
		Time Cum	01:16	02:24	03:51	05:05	06:36	07:58	09:45	11:20	13:13	14:59	17:19	19:08	21:31	23:26	25:54	27:49:30
		Time Delta	01:16	01:08	01:26	01:14	01:30	01:22	01:46	01:35	01:52	01:46	02:19	01:49	02:22	01:55	02:27	01:55:30
		Pace Cum	11:06	11:36	11:56	12:13	12:26	12:46	13:11	13:36	13:57	14:24	14:59	15:19	15:46	16:04	16:28	16:42
		Pace Delta	11:06	12:12	12:34	13:10	13:14	14:41	15:29	16:51	16:28	18:52	20:21	19:27	20:45	20:24	21:34	20:27
Mason, Louise (IL) 40 Age 60 Group F60-69 Overall-Group	133	Time of Day	0:07:27	0:08:42	0:10:16	0:11:38	0:13:17	0:14:45	0:16:30	0:18:03	0:20:04	0:21:52	1:00:08	1:02:07	1:04:20	1:06:09	1:08:13	1:09:49:48
		Time Cum	01:27	02:42	04:16	05:38	07:17	08:45	10:30	12:03	14:04	15:52	18:08	20:07	22:20	24:09	26:13	27:49:48
		Time Delta	01:27	01:15	01:33	01:22	01:38	01:28	01:44	01:33	02:00	01:48	02:15	01:59	02:12	01:49	02:03	01:36:48
		Pace Cum	12:42	13:02	13:14	13:33	13:43	14:00	14:12	14:28	14:51	15:15	15:41	16:06	16:22	16:34	16:40	16:42
		Pace Delta	12:42	13:26	13:36	14:37	14:22	15:37	15:18	16:33	17:36	19:16	19:44	21:11	19:19	19:27	17:58	17:08

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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>Burnet,</u>	134	Time of Day	0:07:22	0:08:33	0:10:00	0:11:10	0:12:37	0:13:57	0:15:30	0:16:50	0:18:29	0:20:03	0:22:10	1:00:08	1:02:59	1:05:12	1:07:47	1:09:52:30
<u>Caroline (GA)</u>		Time Cum	01:22	02:33	04:00	05:10	06:37	07:57	09:30	10:50	12:29	14:03	16:10	18:08	20:59	23:12	25:47	27:52:30
89		Time Delta	01:22	01:11	01:26	01:10	01:26	01:20	01:32	01:20	01:38	01:34	02:06	01:58	02:50	02:13	02:34	02:05:30
Age 32		Pace Cum	11:58	12:16	12:24	12:26	12:28	12:44	12:51	13:01	13:11	13:30	13:59	14:31	15:23	15:55	16:24	16:44
Group F30-39		Pace Delta	11:58	12:37	12:39	12:31	12:35	14:16	13:29	14:15	14:23	16:48	18:25	20:59	24:53	23:41	22:31	22:13
Overall-Group		Position	182-14	176-11	166-11	160-11	153-11	154-12	149-10	142-10	121-8	123-9	121-9	125-9	124-8	126-8	126-8	134-9
<u>Scott,</u>	135	Time of Day	0:07:29	0:08:45	0:10:22	0:11:46	0:13:37	0:15:17	0:17:15	0:18:52	0:20:55	0:22:35	1:00:37	1:02:22	1:04:42	1:06:43	1:08:34	1:09:55:18
<u>Sharon (VA)</u>		Time Cum	01:29	02:45	04:22	05:46	07:37	09:17	11:15	12:52	14:55	16:35	18:37	20:22	22:42	24:43	26:34	27:55:18
251		Time Delta	01:29	01:16	01:36	01:24	01:50	01:40	01:57	01:37	02:02	01:40	02:01	01:45	02:19	02:01	01:50	01:21:18
Age 52		Pace Cum	13:00	13:14	13:32	13:51	14:21	14:51	15:13	15:28	15:45	15:56	16:06	16:18	16:38	16:57	16:54	16:45
Group F50-59		Pace Delta	13:00	13:31	14:07	14:53	16:11	17:43	17:13	17:21	17:49	17:52	17:40	18:38	20:24	21:34	16:05	14:23
Overall-Group		Position	226-13	226-12	233-13	234-14	234-15	235-15	228-15	227-15	192-14	186-13	172-11	166-11	156-9	152-9	138-9	135-8
Stroupe,	136	Time of Day	0:07:21	0:08:28	0:10:03	0:11:22	0:13:11	0:14:40	0:16:51	0:18:25	0:20:38	0:22:20	1:00:34	1:02:15	1:04:37	1:06:27	1:08:25	1:10:00:27
Matthew (AZ)		Time Cum	01:21	02:28	04:03	05:22	07:11	08:40	10:51	12:25	14:38	16:20	18:34	20:15	22:37	24:27	26:25	28:00:27
269		Time Delta	01:21	01:07	01:34	01:19	01:48	01:29	02:10	01:34	02:12	01:42	02:13	01:41	02:21	01:50	01:57	01:35:27
Age 41		Pace Cum	11:49	11:54	12:33	12:53	13:32	13:53	14:41	14:55	15:27	15:41	16:04	16:12	16:35	16:47	16:48	16:48
Group M40-49		Pace Delta	11:49	12:00	13:45	14:00	15:54	15:51	19:02	16:47	19:18	18:07	19:31	17:54	20:43	19:37	17:06	16:54
Overall-Group		Position	171-44	162-40	175-44	181-48	198-50	196-50	218-50	215-50	187-42	183-41	170-38	161-37	154-36	150-35	135-33	136-33
Squier, III,	137	Time of Day	0:07:27	0:08:44	0:10:16	0:11:37	0:13:21	0:14:51	0:16:43	0:18:17	0:20:14	0:21:59	1:00:26	1:02:20	1:04:30	1:06:31	1:08:37	1:10:19:32
William C (NC)		Time Cum	01:27	02:44	04:16	05:37	07:21	08:51	10:43	12:17	14:14	15:59	18:26	20:20	22:30	24:31	26:37	28:19:32
31		Time Delta	01:27	01:17	01:31	01:21	01:43	01:30	01:51	01:34	01:56	01:45	02:26	01:54	02:09	02:01	02:05	01:42:32
Age 70		Pace Cum	12:42	13:10	13:14	13:31	13:51	14:10	14:30	14:45	15:01	15:21	15:57	16:16	16:30	16:49	16:56	17:00
Group M70-79		Pace Delta	12:42	13:45	13:20	14:29	15:04	15:57	16:20	16:41	17:02	18:41	21:23	20:15	18:55	21:25	18:24	18:09
Overall-Group		Position	216-2	223-2	219-2	221-3	218-3	215-3	208-3	204-3	177-3	173-3	165-3	165-3	152-3	151-3	142-3	137-3
<u>Paulos,</u>	138	Time of Day	0:07:16	0:08:24	0:09:51	0:11:12	0:12:58	0:14:30	0:16:31	0:18:23	0:20:32	0:22:16	1:00:18	1:02:15	1:04:26	1:06:24	1:08:29	1:10:22:28
<u>Lisa (IA)</u>		Time Cum	01:16	02:24	03:51	05:12	06:58	08:30	10:31	12:23	14:32	16:16	18:18	20:15	22:26	24:24	26:29	28:22:28
223		Time Delta	01:16	01:08	01:26	01:21	01:45	01:32	02:00	01:52	02:08	01:44	02:01	01:57	02:10	01:58	02:04	01:53:28
Age 53		Pace Cum	11:06	11:35	11:56	12:29	13:07	13:37	14:14	14:52	15:20	15:37	15:50	16:12	16:27	16:44	16:50	17:01
Group F50-59		Pace Delta	11:06	12:10	12:36	14:21	15:27	16:23	17:35	19:54	18:46	18:25	17:48	20:48	19:03	20:58	18:11	20:05
Overall-Group		Position	133-5	145-6	156-6	165-7	176-8	185-8	193-11	211-13	184-12	182-12	164-10	162-10	151-8	149-8	137-8	138-9
<u>Allen,</u>	139	Time of Day	0:07:26	0:08:44	0:10:26	0:11:45	0:13:26	0:14:45	0:16:36	0:18:02	0:20:04	0:21:45	1:00:01	1:01:47	1:04:09	1:06:13	1:08:36	1:10:22:33
<u>Lisa (MA)</u>		Time Cum	01:26	02:44	04:26	05:45	07:26	08:45	10:36	12:02	14:04	15:45	18:01	19:47	22:09	24:13	26:36	28:22:33
66		Time Delta	01:26	01:18	01:41	01:19	01:40	01:19	01:50	01:26	02:01	01:41	02:15	01:46	02:21	02:04	02:22	01:46:33
Age 49		Pace Cum	12:33	13:09	13:45	13:48	14:00	14:01	14:20	14:27	14:51	15:08	15:35	15:50	16:14	16:37	16:55	17:02
Group F40-49		Pace Delta	12:33	13:53	14:49	14:00	14:44	14:07	16:06	15:20	17:43	17:57	19:47	18:54	20:37	22:00	20:50	18:52
Overall-Group		Position	208-18	222-21	236-24	231-23	226-21	208-20	204-19	193-18	171-14	165-14	155-14	152-13	140-14	144-15	141-13	139-13
<u>Cowher,</u>	140	Time of Day	0:07:29	0:08:45	0:10:21	0:11:46	0:13:37	0:15:16	0:17:15	0:18:52	0:21:07	0:22:35	1:00:39	1:02:26	1:04:39	1:06:18	1:08:39	1:10:25:33
<u>Karen (VA)</u>		Time Cum	01:29	02:45	04:21	05:46	07:37	09:16	11:15	12:52	15:07	16:35	18:39	20:26	22:39	24:18	26:39	28:25:33
114		Time Delta	01:29	01:16	01:35	01:25	01:50	01:39	01:58	01:37	02:14	01:28	02:03	01:47	02:12	01:39	02:20	01:46:33
Age 47		Pace Cum	13:00	13:13	13:29	13:51	14:21	14:51	15:13	15:27	15:57	15:56	16:08	16:21	16:36	16:40	16:57	17:03
Group F40-49		Pace Delta	13:00	13:30	13:59	15:04	16:11	17:42	17:14	17:18	19:36	15:38	18:03	18:59	19:22	17:40	20:28	18:52
Overall-Group		Position	226-23	225-22	231-23	233-24	234-24	234-24	228-23	226-23	196-19	185-18	174-18	168-17	155-16	147-16	144-14	140-14

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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
Stanley, Aaron (PA) 268 Age 30 Group M30-39 Overall-Group	141	Time of Day	0:07:18	0:08:25	0:09:54	0:11:16	0:13:00	0:14:33	0:16:35	0:18:18	0:20:30	0:22:11	1:00:27	1:02:06	1:04:19	1:06:09	1:08:40	1:10:33:22
		Time Cum	01:18	02:25	03:54	05:16	07:00	08:33	10:35	12:18	14:30	16:11	18:27	20:06	22:19	24:09	26:40	28:33:22
		Time Delta	01:18	01:07	01:29	01:22	01:43	01:33	02:01	01:43	02:11	01:41	02:15	01:39	02:12	01:50	02:30	01:53:22
		Pace Cum	11:23	11:36	12:06	12:38	13:11	13:42	14:19	14:46	15:18	15:33	15:58	16:05	16:22	16:34	16:57	17:08
		Pace Delta	11:23	11:52	13:00	14:31	15:11	16:38	17:40	18:21	19:10	18:00	19:45	17:36	19:21	19:36	21:56	20:04
Laduke, Kristen (NC) 187 Age 30 Group F30-39 Overall-Group	142	Time of Day	0:07:25	0:08:43	0:10:16	0:11:37	0:13:21	0:14:54	0:16:53	0:18:32	0:20:49	0:22:37	1:00:57	1:02:46	1:04:57	1:06:48	1:08:54	1:10:33:24
		Time Cum	01:25	02:43	04:16	05:37	07:21	08:54	10:53	12:32	14:49	16:37	18:57	20:46	22:57	24:48	26:54	28:33:24
		Time Delta	01:25	01:18	01:32	01:21	01:43	01:33	01:58	01:39	02:16	01:48	02:19	01:49	02:10	01:51	02:05	01:39:24
		Pace Cum	12:25	13:05	13:14	13:31	13:51	14:15	14:43	15:03	15:38	15:57	16:24	16:37	16:49	17:01	17:06	17:08
		Pace Delta	12:25	13:55	13:29	14:29	15:03	16:30	17:20	17:33	19:59	19:09	20:24	19:19	19:06	19:45	18:18	17:36
Kitchen, Jim (NC) 181 Age 48 Group M40-49 Overall-Group	143	Time of Day	0:07:23	0:08:36	0:10:05	0:11:24	0:13:01	0:14:27	0:16:16	0:17:57	0:19:56	0:21:45	1:00:02	1:01:59	1:04:11	1:06:04	1:08:27	1:10:33:33
		Time Cum	01:23	02:36	04:05	05:24	07:01	08:27	10:16	11:57	13:56	15:45	18:02	19:59	22:11	24:04	26:27	28:39:33
		Time Delta	01:23	01:13	01:28	01:19	01:36	01:26	01:48	01:41	01:58	01:49	02:16	01:57	02:11	01:53	02:22	02:12:33
		Pace Cum	12:07	12:30	12:40	12:58	13:13	13:32	13:53	14:20	14:42	15:07	15:36	16:00	16:16	16:31	16:49	17:12
		Pace Delta	12:07	12:57	12:58	14:00	14:09	15:20	15:49	17:53	17:22	19:20	19:58	20:50	19:10	20:06	20:48	23:28
Sisk, Rebecca (NC) 263 Age 39 Group F30-39 Overall-Group	144	Time of Day	0:07:26	0:08:37	0:10:12	0:11:35	0:13:10	0:14:48	0:16:36	0:18:19	0:20:16	0:21:59	1:00:28	1:02:15	1:04:17	1:06:08	1:08:34	1:10:42:29
		Time Cum	01:26	02:37	04:12	05:35	07:10	08:48	10:36	12:19	14:16	15:59	18:28	20:15	22:17	24:08	26:34	28:42:29
		Time Delta	01:26	01:11	01:34	01:23	01:34	01:38	01:47	01:43	01:56	01:43	02:28	01:47	02:01	01:51	02:25	02:08:29
		Pace Cum	12:33	12:35	13:01	13:24	13:30	14:05	14:20	14:48	15:03	15:22	15:59	16:13	16:20	16:33	16:54	17:13
		Pace Delta	12:33	12:36	13:50	14:43	13:51	17:22	15:45	18:20	16:59	18:24	21:36	19:04	17:42	19:41	21:17	22:44
Large, Timothy (FL) 190 Age 46 Group M40-49 Overall-Group	145	Time of Day	0:07:17	0:08:24	0:09:48	0:10:58	0:12:28	0:13:49	0:15:27	0:16:54	0:18:53	0:20:43	0:23:18	1:01:25	1:04:02	1:05:57	1:08:35	1:10:42:43
		Time Cum	01:17	02:24	03:48	04:58	06:28	07:49	09:27	10:54	12:53	14:43	17:18	19:25	22:02	23:57	26:35	28:42:43
		Time Delta	01:17	01:07	01:23	01:10	01:29	01:21	01:37	01:27	01:58	01:50	02:34	02:07	02:36	01:55	02:37	02:07:43
		Pace Cum	11:14	11:35	11:47	11:57	12:11	12:31	12:47	13:05	13:36	14:08	14:58	15:32	16:09	16:26	16:54	17:14
		Pace Delta	11:14	12:00	12:09	12:32	13:01	14:26	14:13	15:25	17:22	19:29	22:37	22:33	22:51	20:31	22:56	22:36
DeFreitas, Michael John 121 Age 54 Group M50-59 Overall-Group	146	Time of Day	0:07:14	0:08:17	0:09:33	0:10:41	0:12:19	0:13:43	0:15:29	0:17:00	0:19:10	0:21:04	0:23:27	1:01:29	1:04:12	1:06:17	1:08:43	1:10:46:34
		Time Cum	01:14	02:17	03:33	04:41	06:19	07:43	09:29	11:00	13:10	15:04	17:27	19:29	22:12	24:17	26:43	28:46:34
		Time Delta	01:14	01:03	01:15	01:08	01:37	01:24	01:45	01:31	02:09	01:54	02:22	02:02	02:42	02:05	02:25	02:03:34
		Pace Cum	10:48	11:00	11:00	11:16	11:54	12:21	12:50	13:13	13:54	14:28	15:06	15:36	16:16	16:40	16:59	17:16
		Pace Delta	10:48	11:15	11:00	12:08	14:13	14:55	15:26	16:13	18:53	20:17	20:48	21:41	23:43	22:18	21:11	21:52
Kinoshita, Hideki (NJ) 180 Age 34 Group M30-39 Overall-Group	147	Time of Day	0:07:30	0:08:51	0:10:28	0:11:48	0:13:35	0:15:05	0:16:49	0:17:53	0:19:32	0:21:08	0:23:26	1:01:16	1:03:59	1:06:20	1:08:37	1:10:47:31
		Time Cum	01:30	02:51	04:28	05:48	07:35	09:05	10:49	11:53	13:32	15:08	17:26	19:16	21:59	24:20	26:37	28:47:31
		Time Delta	01:30	01:21	01:36	01:20	01:46	01:30	01:43	01:04	01:38	01:36	02:17	01:50	02:42	02:21	02:16	02:10:31
		Pace Cum	13:08	13:44	13:51	13:56	14:17	14:33	14:38	14:17	14:17	14:32	15:05	15:25	16:07	16:42	16:56	17:17
		Pace Delta	13:08	14:28	14:03	14:13	15:35	16:03	15:05	11:28	14:20	17:02	20:07	19:30	23:46	25:05	19:54	23:06
Overall-Group		Position	236-51	243-52	239-52	237-52	232-52	230-52	216-49	185-45	159-42	156-42	148-40	143-40	137-36	148-37	142-32	147-33

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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>Massie,</u>	148	Time of Day	0:07:27	0:08:45	0:10:15	0:11:35	0:13:08	0:14:35	0:16:18	0:17:53	0:19:53	0:21:44	1:00:05	1:01:52	1:04:22	1:06:07	1:08:54	1:10:47:32
<u>Tammy (MD)</u>		Time Cum	01:27	02:45	04:15	05:35	07:08	08:35	10:18	11:53	13:53	15:44	18:05	19:52	22:22	24:07	26:54	28:47:32
42		Time Delta	01:27	01:18	01:29	01:20	01:32	01:27	01:42	01:35	01:59	01:51	02:20	01:47	02:29	01:45	02:46	01:53:32
Age 41		Pace Cum	12:42	13:16	13:11	13:24	13:26	13:44	13:56	14:16	14:39	15:06	15:39	15:54	16:24	16:33	17:06	17:17
Group F40-49		Pace Delta	12:42	13:57	13:01	14:10	13:34	15:25	15:02	16:55	17:26	19:40	20:34	19:00	21:51	18:40	24:19	20:06
Overall-Group		Position	216-20	229-22	215-20	212-20	192-17	190-17	181-17	183-17	164-13	162-13	159-15	154-15	149-15	139-14	148-15	148-15
Swendsen,	149	Time of Day	0:07:29	0:08:45	0:10:16	0:11:37	0:13:12	0:14:39	0:16:27	0:17:57	0:20:03	0:22:41	1:01:02	1:03:16	1:06:04	1:07:28	1:09:21	1:10:51:41
Vincent (NC)		Time Cum	01:29	02:45	04:16	05:37	07:12	08:39	10:27	11:57	14:03	16:41	19:02	21:16	24:04	25:28	27:21	28:51:41
47		Time Delta	01:29	01:16	01:30	01:21	01:34	01:27	01:47	01:30	02:05	02:38	02:20	02:14	02:47	01:24	01:52	01:30:41
Age 50		Pace Cum	13:00	13:17	13:14	13:29	13:34	13:51	14:08	14:21	14:50	16:01	16:28	17:01	17:39	17:28	17:24	17:19
Group M50-59		Pace Delta	13:00	13:00	13:09	14:20	13:52	15:30	15:41	15:58	18:22	28:01	20:32	23:48	24:27	14:53	16:29	16:03
Overall-Group		Position	226-36	232-36	219-36	217-35	200-34	195-33	186-31	189-31	169-28	188-30	179-27	176-26	170-27	163-24	156-24	149-24
Self,	150	Time of Day	0:07:29	0:08:42	0:10:21	0:11:37	0:13:23	0:15:01	0:17:10	0:18:44	0:21:00	0:22:41	1:00:39	1:02:22	1:04:49	1:07:02	1:09:01	1:10:52:24
John (NC)		Time Cum	01:29	02:42	04:21	05:37	07:23	09:01	11:10	12:44	15:00	16:41	18:39	20:22	22:49	25:02	27:01	28:52:24
253		Time Delta	01:29	01:13	01:38	01:16	01:45	01:38	02:08	01:34	02:15	01:41	01:57	01:43	02:26	02:13	01:58	01:51:24
Age 38		Pace Cum	13:00	13:02	13:29	13:31	13:55	14:26	15:06	15:17	15:50	16:02	16:08	16:18	16:44	17:10	17:11	17:19
Group M30-39		Pace Delta	13:00	13:06	14:19	13:37	15:20	17:22	18:49	16:39	19:51	18:01	17:06	18:17	21:25	23:36	17:20	19:43
Overall-Group		Position	226-49	217-50	231-51	223-51	224-51	227-51	227-51	223-51	194-45	190-45	174-43	167-43	158-39	158-38	150-35	150-34
Wyatt,	151	Time of Day	0:07:31	0:08:45	0:10:17	0:11:35	0:13:18	0:14:44	0:16:33	0:18:02	0:20:00	0:21:46	1:00:01	1:01:49	1:04:14	1:06:15	1:08:46	1:10:57:52
Doug (GA)		Time Cum	01:31	02:45	04:17	05:35	07:18	08:44	10:33	12:02	14:00	15:46	18:01	19:49	22:14	24:15	26:46	28:57:52
287		Time Delta	01:31	01:14	01:31	01:18	01:42	01:26	01:48	01:29	01:57	01:46	02:14	01:48	02:24	02:01	02:30	02:11:52
Age 38		Pace Cum	13:17	13:16	13:17	13:25	13:45	13:59	14:16	14:27	14:47	15:08	15:35	15:52	16:18	16:38	17:01	17:23
Group M30-39		Pace Delta	13:17	13:14	13:19	13:53	14:58	15:20	15:49	15:48	17:11	18:48	19:40	19:11	21:06	21:26	22:01	23:20
Overall-Group		Position	239-52	227-51	226-50	214-50	211-49	203-48	196-47	192-47	168-43	167-43	155-41	153-41	145-37	145-36	147-34	151-35
Preble,	152	Time of Day	0:07:29	0:08:36	0:10:06	0:11:16	0:12:50	0:14:10	0:17:23	0:19:00	0:21:18	0:23:11	1:01:40	1:03:27	1:05:26	1:07:06	1:09:16	1:10:58:10
Timothy (NC)		Time Cum	01:29	02:36	04:06	05:16	06:50	08:10	11:23	13:00	15:18	17:11	19:40	21:27	23:26	25:06	27:16	28:58:10
228		Time Delta	01:29	01:07	01:29	01:10	01:33	01:20	03:12	01:37	02:17	01:53	02:28	01:47	01:58	01:40	02:09	01:42:10
Age 39		Pace Cum	13:00	12:33	12:43	12:39	12:52	13:04	15:24	15:36	16:09	16:31	17:01	17:10	17:11	17:13	17:20	17:23
Group M30-39		Pace Delta	13:00	12:01	13:01	12:27	13:41	14:10	28:10	17:12	20:07	20:09	21:38	18:58	17:21	17:48	18:53	18:05
Overall-Group		Position	226-49	194-47	186-45	169-44	165-44	168-44	231-52	230-52	198-46	194-46	182-44	179-44	164-40	160-39	154-36	152-36
<u>Zakrzewski,</u>	153	Time of Day	0:07:18	0:08:34	0:10:04	0:11:24	0:13:10	0:14:43	0:16:24	0:17:55	0:19:52	0:21:32	0:23:45	1:01:44	1:04:30	1:06:59	1:09:09	1:11:02:01
<u>Brandi (FL)</u>		Time Cum	01:18	02:34	04:04	05:24	07:10	08:43	10:24	11:55	13:52	15:32	17:45	19:44	22:30	24:59	27:09	29:02:01
288		Time Delta	01:18	01:16	01:29	01:20	01:45	01:33	01:40	01:31	01:56	01:40	02:12	01:59	02:45	02:29	02:09	01:53:01
Age 34		Pace Cum	11:23	12:21	12:37	13:00	13:30	13:57	14:04	14:18	14:38	14:55	15:21	15:48	16:30	17:08	17:16	17:25
Group F30-39		Pace Delta	11:23	13:31	13:05	14:20	15:20	16:28	14:45	16:08	17:03	17:47	19:21	21:12	24:07	26:27	18:55	20:00
Overall-Group		Position	154-10	181-13	180-14	188-14	196-16	201-16	185-15	186-15	163-13	160-13	152-12	150-12	152-11	156-12	152-12	153-12
<u>Sergeant,</u>	154	Time of Day	0:07:32	0:08:50	0:10:26	0:11:48	0:13:29	0:15:01	0:16:49	0:18:26	0:20:44	0:22:41	1:00:55	1:02:55	1:05:18	1:07:09	1:09:20	1:11:10:47
<u>Kimberley A (TX)</u>		Time Cum	01:32	02:50	04:26	05:48	07:29	09:01	10:49	12:26	14:44	16:41	18:55	20:55	23:18	25:09	27:20	29:10:47
10		Time Delta	01:32	01:18	01:35	01:22	01:40	01:32	01:47	01:37	02:17	01:57	02:13	02:00	02:22	01:51	02:10	01:50:47
Age 54		Pace Cum	13:26	13:39	13:45	13:57	14:06	14:26	14:38	14:56	15:33	16:01	16:22	16:44	17:05	17:15	17:23	17:30
Group F50-59		Pace Delta	13:26	13:54	13:56	14:38	14:39	16:18	15:45	17:19	20:01	20:46	19:31	21:16	20:51	19:43	19:04	19:36
Overall-Group		Position	240-15	240-14	236-14	238-15	228-14	226-14	216-14	216-14	189-13	189-14	177-14	175-14	163-10	161-10	155-10	154-10

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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
Rich, 155	Time of Day		0:07:29	0:08:46	0:10:20	0:11:42	0:13:21	0:14:48	0:16:35	0:18:19	0:20:34	0:22:28	1:00:32	1:02:28	1:04:47	1:06:51	1:09:07	1:11:11:12
Jerry (SC)	Time Cum		01:29	02:46	04:20	05:42	07:21	08:48	10:35	12:19	14:34	16:28	18:32	20:28	22:47	24:51	27:07	29:11:12
238	Time Delta		01:29	01:17	01:33	01:22	01:38	01:27	01:46	01:44	02:14	01:54	02:03	01:56	02:18	02:04	02:15	02:04:12
Age 60	Pace Cum		13:00	13:18	13:26	13:42	13:51	14:05	14:19	14:47	15:22	15:49	16:02	16:23	16:42	17:03	17:15	17:31
Group M60-69	Pace Delta		13:00	13:40	13:41	14:35	14:24	15:27	15:35	18:26	19:41	20:14	18:03	20:39	20:12	22:05	19:45	21:59
Overall-Group	Position		226-9	234-10	229-10	227-9	218-8	214-8	201-9	206-9	185-7	184-7	169-6	169-6	157-6	155-6	151-6	155-6
Hatcher, 156	Time of Day		0:07:25	0:08:39	0:10:11	0:11:29	0:13:11	0:14:44	0:16:42	0:18:19	0:20:20	0:22:08	1:00:17	1:02:16	1:04:50	1:06:47	1:09:13	1:11:33:19
Jennifer (OH)	Time Cum		01:25	02:39	04:11	05:29	07:11	08:44	10:42	12:19	14:20	16:08	18:17	20:16	22:50	24:47	27:13	29:33:19
162	Time Delta		01:25	01:14	01:32	01:18	01:41	01:33	01:57	01:37	02:00	01:48	02:08	01:59	02:33	01:57	02:26	02:20:19
Age 45	Pace Cum		12:25	12:43	12:58	13:12	13:32	13:59	14:29	14:48	15:08	15:29	15:49	16:13	16:44	17:00	17:18	17:44
Group F40-49	Pace Delta		12:25	13:06	13:26	13:58	14:45	16:31	17:11	17:20	17:32	19:09	18:48	21:05	22:27	20:42	21:19	24:50
Overall-Group	Position		198-17	204-17	204-17	200-16	198-18	202-19	207-20	209-20	181-17	178-17	163-17	164-16	159-17	153-17	153-16	156-16
Murphy, 157	Time of Day		0:07:26	0:08:41	0:10:16	0:11:40	0:13:18	0:14:45	0:16:34	0:18:09	0:20:07	0:22:04	1:00:29	1:02:32	1:05:07	1:07:04	1:09:28	1:11:34:12
Meredith (PA)	Time Cum		01:26	02:41	04:16	05:40	07:18	08:45	10:34	12:09	14:07	16:04	18:29	20:32	23:07	25:04	27:28	29:34:12
212	Time Delta		01:26	01:15	01:34	01:24	01:37	01:27	01:48	01:35	01:57	01:57	02:24	02:03	02:34	01:57	02:23	02:06:12
Age 34	Pace Cum		12:33	12:55	13:14	13:37	13:45	14:01	14:18	14:35	14:54	15:25	15:59	16:26	16:57	17:12	17:28	17:45
Group F30-39	Pace Delta		12:33	13:20	13:49	14:57	14:14	15:33	15:47	16:50	17:13	20:43	21:10	21:56	22:29	20:49	20:56	22:20
Overall-Group	Position		208-21	213-19	219-20	225-21	211-19	209-17	200-16	200-16	173-14	175-15	168-14	170-14	161-13	159-13	157-13	157-13
Wahula, 158	Time of Day		0:07:33	0:08:54	0:10:30	0:11:58	0:13:50	0:15:33	0:17:31	0:19:09	0:21:15	0:23:07	1:01:31	1:03:21	1:05:42	1:07:33	1:09:36	1:11:36:24
Ron (NC)	Time Cum		01:33	02:54	04:30	05:58	07:50	09:33	11:31	13:09	15:15	17:07	19:31	21:21	23:42	25:33	27:36	29:36:24
278	Time Delta		01:33	01:21	01:35	01:28	01:51	01:43	01:57	01:38	02:05	01:52	02:23	01:50	02:20	01:51	02:02	02:00:24
Age 61	Pace Cum		13:35	13:59	13:57	14:20	14:45	15:18	15:35	15:47	16:06	16:26	16:53	17:05	17:22	17:32	17:33	17:46
Group M60-69	Pace Delta		13:35	14:30	13:53	15:39	16:18	18:22	17:07	17:27	18:19	19:54	20:58	19:32	20:32	19:48	17:50	21:19
Overall-Group	Position		245-12	245-12	244-11	241-11	238-11	240-11	234-11	232-11	197-8	193-8	180-7	177-7	167-7	165-7	158-7	158-7
Lefferts, 159	Time of Day		0:07:33	0:08:55	0:10:37	0:12:03	0:13:53	0:15:34	0:17:36	0:19:14	0:21:27	0:23:23	1:01:40	1:03:35	1:06:00	1:07:52	1:09:56	1:11:42:41
Peter C (FL)	Time Cum		01:33	02:55	04:37	06:03	07:53	09:34	11:36	13:14	15:27	17:23	19:40	21:35	24:00	25:52	27:56	29:42:41
57	Time Delta		01:33	01:22	01:41	01:26	01:49	01:41	02:01	01:38	02:12	01:56	02:16	01:55	02:24	01:52	02:03	01:46:41
Age 57	Pace Cum		13:35	14:04	14:19	14:31	14:51	15:19	15:42	15:54	16:18	16:42	17:01	17:16	17:36	17:45	17:46	17:50
Group M50-59	Pace Delta		13:35	14:39	14:46	15:14	16:03	17:58	17:44	17:29	19:18	20:36	19:56	20:24	21:08	19:55	18:01	18:53
Overall-Group	Position		245-39	248-40	247-41	242-40	240-41	241-41	237-39	235-39	199-34	195-33	182-29	180-28	169-26	168-26	160-25	159-25
Quarterman, 160	Time of Day		0:07:33	0:08:56	0:10:37	0:12:07	0:13:59	0:15:34	0:17:29	0:19:09	0:21:28	0:23:27	1:01:55	1:03:36	1:05:59	1:07:48	1:09:59	1:11:45:32
Carolyn (NC)	Time Cum		01:33	02:56	04:37	06:07	07:59	09:34	11:29	13:09	15:28	17:27	19:55	21:36	23:59	25:48	27:59	29:45:32
230	Time Delta		01:33	01:23	01:40	01:30	01:51	01:35	01:54	01:40	02:18	01:59	02:27	01:41	02:22	01:49	02:10	01:46:32
Age 48	Pace Cum		13:35	14:05	14:19	14:42	15:02	15:20	15:32	15:47	16:19	16:46	17:14	17:17	17:35	17:42	17:48	17:51
Group F40-49	Pace Delta		13:35	14:42	14:45	16:02	16:15	16:58	16:40	17:48	20:13	21:12	21:29	18:01	20:46	19:26	19:00	18:51
Overall-Group	Position		245-25	249-25	247-26	248-25	243-25	242-25	233-24	231-24	200-20	196-19	184-19	181-18	168-18	167-18	161-17	160-17
Squier, 161	Time of Day		0:07:28	0:08:40	0:10:10	0:11:25	0:13:17	0:14:47	0:16:48	0:18:28	0:20:18	0:22:10	1:00:35	1:02:40	1:05:08	1:07:16	1:09:43	1:11:52:00
Sally (NC)	Time Cum		01:28	02:40	04:10	05:25	07:17	08:47	10:48	12:28	14:18	16:10	18:35	20:40	23:08	25:16	27:43	29:52:00
30	Time Delta		01:28	01:12	01:29	01:15	01:51	01:30	02:00	01:40	01:49	01:52	02:24	02:05	02:27	02:08	02:26	02:09:00
Age 70	Pace Cum		12:51	12:52	12:55	13:01	13:43	14:03	14:37	14:58	15:06	15:32	16:05	16:32	16:57	17:20	17:38	17:55
Group F70-79	Pace Delta		12:51	12:53	13:02	13:23	16:16	15:56	17:40	17:45	16:01	19:54	21:06	22:08	21:36	22:44	21:24	22:50
Overall-Group	Position		222-1	209-1	200-1	189-1	208-1	212-1	214-1	217-1	179-1	180-1	171-1	171-1	162-1	162-1	159-1	161-1

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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
Krolewicz, Ray (SC)	162	Time of Day	0:07:13	0:08:23	0:09:44	0:10:58	0:12:29	0:13:59	0:15:42	0:17:21	0:19:22	0:20:59	0:23:14	1:03:26	1:05:36	1:07:29	1:10:00	1:11:58:13
		Time Cum	01:13	02:23	03:44	04:58	06:29	07:59	09:42	11:21	13:22	14:59	17:14	21:26	23:36	25:29	28:00	29:58:13
	58	Time Delta	01:13	01:10	01:20	01:14	01:30	01:30	01:42	01:39	02:00	01:37	02:14	04:12	02:09	01:53	02:30	01:58:13
Age 58		Pace Cum	10:39	11:29	11:35	11:57	12:13	12:47	13:07	13:37	14:06	14:23	14:55	17:09	17:18	17:29	17:48	17:59
Group M50-59		Pace Delta	10:39	12:28	11:45	13:14	13:11	16:01	14:58	17:32	17:40	17:13	19:40	44:37	18:58	20:06	21:58	20:55
Overall-Group		Position	110-15	138-23	136-23	150-26	147-26	157-27	159-27	169-27	157-25	150-24	143-24	178-27	165-25	164-25	162-26	162-26
Delph, Daniel (KY)	163	Time of Day	0:07:01	0:07:55	0:08:58	0:09:54	0:10:58	0:12:02	0:13:33	0:14:53	0:16:23	0:17:42	0:19:15	0:20:28	0:22:23	1:00:25		
		Time Cum	01:01	01:55	02:58	03:54	04:58	06:02	07:33	08:53	10:23	11:42	13:15	14:28	16:23	18:25		
	122	Time Delta	01:01	00:54	01:02	00:56	01:03	01:04	01:30	01:20	01:29	01:19	01:32	01:13	01:54	02:02		
Age 36		Pace Cum	08:54	09:13	09:12	09:22	09:21	09:40	10:13	10:40	10:58	11:15	11:28	11:35	12:01	12:38		
Group M30-39		Pace Delta	08:54	09:36	09:09	09:57	09:19	11:28	13:11	14:11	13:07	14:06	13:29	13:01	16:42	21:42		
Overall-Group		Position	29-13	29-12	28-12	27-11	26-10	31-14	36-15	45-16	40-15	41-15	36-15	34-15	33-14	41-17		
Dwyer, Seth (NC)	164	Time of Day	0:06:58	0:07:53	0:09:06	0:10:11	0:11:32	0:12:44	0:14:20	0:15:44	0:17:35	0:19:03	0:20:40	0:22:17	1:00:24	1:02:56		
		Time Cum	00:58	01:53	03:06	04:11	05:32	06:44	08:20	09:44	11:35	13:03	14:40	16:17	18:24	20:56		
	54	Time Delta	00:58	00:55	01:12	01:05	01:20	01:12	01:35	01:24	01:50	01:28	01:36	01:37	02:06	02:32		
Age 33		Pace Cum	08:28	09:04	09:37	10:03	10:25	10:47	11:16	11:41	12:14	12:32	12:41	13:02	13:29	14:22		
Group M30-39		Pace Delta	08:28	09:47	10:37	11:34	11:47	12:51	13:56	14:57	16:08	15:36	14:09	17:20	18:24	26:58		
Overall-Group		Position	17-10	26-11	42-18	54-20	57-21	62-22	76-25	83-28	81-28	85-30	76-27	80-28	78-28	92-28		
<u>Cover, Rene' (MD)</u>	165	Time of Day	0:07:23	0:08:37	0:10:09	0:11:28	0:13:02	0:14:27	0:16:10	0:17:36	0:19:19	0:20:55	0:23:09	1:01:13	1:03:29	1:05:36		
		Time Cum	01:23	02:37	04:09	05:28	07:02	08:27	10:10	11:36	13:19	14:55	17:09	19:13	21:29	23:36		
	112	Time Delta	01:23	01:14	01:31	01:19	01:33	01:25	01:42	01:26	01:42	01:36	02:13	02:04	02:15	02:07		
Age 42		Pace Cum	12:07	12:38	12:52	13:08	13:15	13:31	13:45	13:56	14:03	14:20	14:50	15:23	15:45	16:11		
Group F40-49		Pace Delta	12:07	13:16	13:18	14:01	13:42	15:03	15:02	15:20	14:57	17:09	19:26	22:00	19:48	22:35		
Overall-Group		Position	193-15	200-15	196-15	194-14	182-15	179-15	175-15	177-15	153-11	148-12	142-11	141-10	132-11	131-12		
Guralnick, Daniel (NY)	166	Time of Day	0:07:14	0:08:21	0:09:34	0:10:40	0:12:07	0:13:27	0:15:24	0:16:47	0:18:45	0:20:31	0:23:00	1:00:52	1:03:25	1:05:51		
		Time Cum	01:14	02:21	03:34	04:40	06:07	07:27	09:24	10:47	12:45	14:31	17:00	18:52	21:25	23:51		
	152	Time Delta	01:14	01:07	01:12	01:06	01:26	01:20	01:56	01:23	01:57	01:46	02:28	01:52	02:32	02:26		
Age 37		Pace Cum	10:48	11:22	11:04	11:12	11:31	11:56	12:43	12:57	13:27	13:56	14:42	15:06	15:42	16:22		
Group M30-39		Pace Delta	10:48	12:02	10:31	11:42	12:41	14:18	16:58	14:44	17:11	18:46	21:45	19:52	22:18	25:59		
Overall-Group		Position	120-37	131-40	111-34	102-33	104-35	123-39	138-40	139-41	134-41	141-41	138-39	137-39	130-35	133-34		
Evenson, Scott (NC)	167	Time of Day	0:07:21	0:08:32	0:10:04	0:11:21	0:12:50	0:14:08	0:15:42	0:17:06	0:19:08	0:21:05	0:23:20	1:01:24	1:03:58	1:07:00		
		Time Cum	01:21	02:32	04:04	05:21	06:50	08:08	09:42	11:06	13:08	15:05	17:20	19:24	21:58	25:00		
	131	Time Delta	01:21	01:11	01:31	01:17	01:28	01:18	01:33	01:24	02:01	01:57	02:14	02:04	02:33	03:02		
Age 47		Pace Cum	11:49	12:11	12:37	12:52	12:52	13:01	13:07	13:19	13:52	14:29	15:00	15:32	16:06	17:09		
Group M40-49		Pace Delta	11:49	12:36	13:24	13:44	12:55	13:52	13:41	14:55	17:47	20:43	19:42	22:05	22:22	32:16		
Overall-Group		Position	171-44	171-44	180-46	180-47	165-42	165-42	159-38	159-40	148-39	155-38	147-36	145-34	136-33	157-36		
<u>Christine, Sandra (NC)</u>	168	Time of Day	0:07:25	0:08:40	0:10:11	0:11:28	0:13:06	0:14:34	0:16:19	0:17:49	0:19:58	0:21:53	1:00:37	1:02:53	1:05:41	1:07:40		
		Time Cum	01:25	02:40	04:11	05:28	07:06	08:34	10:19	11:49	13:58	15:53	18:37	20:53	23:41	25:40		
	99	Time Delta	01:25	01:15	01:30	01:17	01:37	01:28	01:44	01:30	02:08	01:55	02:43	02:16	02:47	01:59		
Age 51		Pace Cum	12:25	12:51	12:58	13:09	13:23	13:43	13:57	14:11	14:44	15:15	16:06	16:43	17:22	17:36		
Group F50-59		Pace Delta	12:25	13:24	13:11	13:47	14:11	15:37	15:18	16:01	18:46	20:22	23:56	24:06	24:30	21:11		
Overall-Group		Position	198-10	208-11	204-10	197-10	188-10	189-9	182-8	182-8	167-9	172-10	172-11	173-12	166-11	166-11		

Runner Splits

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2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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, Ryan (NC)			176	Time of Day	0:07:28	0:08:40	0:10:10	0:11:25	0:12:53	0:14:13	0:15:36	0:16:45	0:18:29	0:19:58	0:21:56	0:23:38		
				Time Cum	01:28	02:40	04:10	05:25	06:53	08:13	09:36	10:45	12:29	13:58	15:56	17:38		
				Time Delta	01:28	01:12	01:29	01:15	01:27	01:20	01:22	01:09	01:43	01:29	01:57	01:42		
260				Pace Cum	12:51	12:51	12:55	13:02	12:58	13:09	12:59	12:55	13:11	13:25	13:47	14:07		
Age 33				Pace Delta	12:51	12:52	13:02	13:24	12:45	14:14	12:04	12:21	15:04	15:52	17:08	18:08		
Group M30-39				Position	222-48	206-49	200-47	190-46	171-45	170-45	153-44	136-39	121-36	119-36	112-35	115-35		
Coll. Elizabeth (IL)			177	Time of Day	0:07:26	0:08:37	0:10:02	0:11:17	0:12:42	0:13:59	0:15:36	0:17:02	0:18:47	0:20:23	0:22:19	1:00:15		
				Time Cum	01:26	02:37	04:02	05:17	06:42	07:59	09:36	11:02	12:47	14:23	16:19	18:15		
				Time Delta	01:26	01:11	01:24	01:15	01:24	01:17	01:36	01:26	01:44	01:36	01:55	01:56		
109				Pace Cum	12:33	12:35	12:30	12:42	12:37	12:46	12:59	13:15	13:29	13:49	14:07	14:37		
Age 50				Pace Delta	12:33	12:37	12:22	13:22	12:20	13:38	14:09	15:21	15:13	17:08	16:49	20:42		
Group F50-59				Position	208-11	196-10	171-9	173-8	162-7	156-7	153-6	155-6	136-6	125-6	128-6			
Chichester, Leon (VA)			178	Time of Day	0:07:12	0:08:15	0:09:30	0:10:35	0:11:58	0:13:16	0:14:57	0:16:23	0:18:13	0:19:53	0:22:04	1:00:16		
				Time Cum	01:12	02:15	03:30	04:35	05:58	07:16	08:57	10:23	12:13	13:53	16:04	18:16		
				Time Delta	01:12	01:03	01:14	01:05	01:22	01:18	01:40	01:26	01:49	01:40	02:10	02:12		
97				Pace Cum	10:31	10:50	10:51	11:02	11:14	11:39	12:06	12:28	12:54	13:20	13:54	14:37		
Age 48				Pace Delta	10:31	11:14	10:53	11:38	12:01	13:56	14:39	15:20	15:58	17:44	19:05	23:30		
Group M40-49				Position	100-28	106-28	99-28	97-28	92-25	96-26	110-27	120-28	108-26	118-30	119-31	129-32		
Nictakis, Bill (NC)			179	Time of Day	0:07:26	0:08:40	0:10:10	0:11:28	0:13:04	0:14:26	0:16:04	0:17:23	0:19:07	0:20:28	0:22:32	1:00:24		
				Time Cum	01:26	02:40	04:10	05:28	07:04	08:26	10:04	11:23	13:07	14:28	16:32	18:24		
				Time Delta	01:26	01:14	01:29	01:18	01:35	01:22	01:37	01:19	01:43	01:21	02:03	01:52		
21				Pace Cum	12:33	12:51	12:55	13:09	13:19	13:31	13:37	13:40	13:51	13:54	14:18	14:43		
Age 53				Pace Delta	12:33	13:13	13:02	13:58	13:53	14:38	14:12	14:06	15:05	14:24	18:03	19:50		
Group M50-59				Position	208-35	206-34	200-33	198-33	187-31	178-30	174-29	171-29	147-23	140-22	132-20	131-20		
Studer, Joanne (VA)			180	Time of Day	0:07:21	0:08:34	0:10:12	0:11:33	0:13:15	0:14:42	0:16:33	0:18:07	0:20:12	0:21:49	0:23:56	1:01:53		
				Time Cum	01:21	02:34	04:12	05:33	07:15	08:42	10:33	12:07	14:12	15:49	17:56	19:53		
				Time Delta	01:21	01:13	01:37	01:21	01:41	01:27	01:50	01:34	02:04	01:37	02:06	01:57		
270				Pace Cum	11:49	12:22	13:01	13:19	13:39	13:56	14:16	14:32	14:59	15:11	15:31	15:55		
Age 55				Pace Delta	11:49	13:02	14:12	14:21	14:52	15:32	16:05	16:39	18:15	17:15	18:28	20:45		
Group F50-59				Position	171-8	184-9	209-11	208-11	206-11	199-11	196-13	197-12	175-10	168-9	153-8	155-8		
White, Stephany (GA)			181	Time of Day	0:07:33	0:08:51	0:10:26	0:11:44	0:13:23	0:14:45	0:16:32	0:18:02	0:20:27	0:22:06	1:00:48	1:02:53		
				Time Cum	01:33	02:51	04:26	05:44	07:23	08:45	10:32	12:02	14:27	16:06	18:48	20:53		
				Time Delta	01:33	01:18	01:34	01:18	01:38	01:22	01:46	01:30	02:24	01:39	02:41	02:05		
283				Pace Cum	13:35	13:41	13:45	13:48	13:55	14:01	14:15	14:28	15:15	15:28	16:16	16:43		
Age 57				Pace Delta	13:35	13:49	13:51	13:58	14:19	14:35	15:34	16:06	21:02	17:36	23:35	22:16		
Group F50-59				Position	245-16	242-15	236-14	230-13	224-13	207-12	195-12	194-10	182-11	176-11	176-13	174-12		
Eaton, Marty (AL)			182	Time of Day	0:07:25	0:08:42	0:10:12	0:11:36	0:13:19	0:14:52	0:16:55	0:18:39	0:20:49	0:22:48	1:01:37	1:03:46		
				Time Cum	01:25	02:42	04:12	05:36	07:19	08:52	10:55	12:39	14:49	16:48	19:37	21:46		
				Time Delta	01:25	01:17	01:29	01:24	01:42	01:33	02:02	01:44	02:09	01:59	02:48	02:09		
128				Pace Cum	12:25	13:02	13:01	13:27	13:47	14:12	14:46	15:11	15:38	16:08	16:58	17:25		
Age 54				Pace Delta	12:25	13:48	13:00	14:53	15:02	16:30	17:55	18:26	18:57	21:06	24:39	22:58		
Group M50-59				Position	198-34	215-35	209-34	216-34	215-35	219-34	223-36	222-36	190-31	191-31	181-28	182-29		
Overall-Group				Position	222-48	206-49	200-47	190-46	171-45	170-45	153-44	136-39	121-36	119-36	112-35	115-35		

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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>Macklow,</u>	183	Time of Day	0:07:32	0:08:55	0:10:37	0:12:10	0:14:09	0:15:58	0:18:02	0:19:55	0:22:04	0:23:57	1:02:35	1:04:32				
<u>Barbara (WA)</u>		Time Cum	01:32	02:55	04:37	06:10	08:09	09:58	12:02	13:55	16:04	17:57	20:35	22:32				
78		Time Delta	01:32	01:23	01:41	01:33	01:58	01:49	02:03	01:53	02:08	01:53	02:37	01:57				
Age 78		Pace Cum	13:26	14:04	14:19	14:50	15:21	15:57	16:17	16:42	16:57	17:14	17:48	18:02				
Group F70-79		Pace Delta	13:26	14:49	14:47	16:38	17:14	19:21	18:04	20:02	18:49	20:03	23:02	20:51				
Overall-Group		Position	240-2	247-2	247-2	250-2	248-2	247-2	241-2	242-2	202-2	200-2	185-2	183-2				
Boudreau,	184	Time of Day	0:07:14	0:08:12	0:09:21	0:10:19	0:11:27	0:12:24	0:13:37	0:14:38	0:15:54	0:17:03	0:18:42					
David (NH)		Time Cum	01:14	02:12	03:21	04:19	05:27	06:24	07:37	08:38	09:54	11:03	12:42					
82		Time Delta	01:14	00:58	01:08	00:58	01:07	00:57	01:12	01:01	01:15	01:09	01:39					
Age 41		Pace Cum	10:48	10:35	10:23	10:23	10:16	10:16	10:18	10:22	10:27	10:36	10:59					
Group M40-49		Pace Delta	10:48	10:19	10:02	10:23	09:50	10:14	10:32	10:56	10:59	12:13	14:27					
Overall-Group		Position	120-32	97-27	78-23	66-19	53-14	46-12	42-12	38-11	28-8	29-6	28-6					
<u>Curry,</u>	185	Time of Day	0:07:17	0:08:24	0:09:44	0:10:54	0:12:19	0:13:33	0:15:01	0:16:19	0:17:57	0:19:26	0:21:19					
<u>Rhonda (KY)</u>		Time Cum	01:17	02:24	03:44	04:54	06:19	07:33	09:01	10:19	11:57	13:26	15:19					
117		Time Delta	01:17	01:07	01:19	01:10	01:24	01:14	01:27	01:18	01:37	01:29	01:52					
Age 42		Pace Cum	11:14	11:32	11:35	11:47	11:54	12:05	12:12	12:24	12:37	12:54	13:15					
Group F40-49		Pace Delta	11:14	11:53	11:39	12:28	12:21	13:07	12:50	13:55	14:13	15:49	16:26					
Overall-Group		Position	145-11	143-11	136-11	141-11	133-11	132-11	119-10	114-9	98-6	100-6	91-6					
Nunes,	186	Time of Day	0:06:51	0:07:35	0:08:30	0:09:16	0:10:12	0:11:00	0:11:57	0:12:47	0:13:48	0:14:55						
Valmir (PA)		Time Cum	00:51	01:35	02:30	03:16	04:12	05:00	05:57	06:47	07:48	08:55						
3		Time Delta	00:51	00:44	00:54	00:46	00:55	00:48	00:56	00:50	01:00	01:07						
Age 49		Pace Cum	07:27	07:38	07:45	07:52	07:55	08:01	08:03	08:09	08:14	08:34						
Group M40-49		Pace Delta	07:27	07:52	07:58	08:17	08:04	08:37	08:13	08:53	08:52	11:56						
Overall-Group		Position	4-2	4-2	5-2	5-2	3-2	4-2	3-2	4-2	2-1	2-1						
Bartholomew,	187	Time of Day	0:06:53	0:07:40	0:08:35	0:09:23	0:10:24	0:11:18	0:12:24	0:13:27	0:14:48	0:15:59						
David (SC)		Time Cum	00:53	01:40	02:35	03:23	04:24	05:18	06:24	07:27	08:48	09:59						
20		Time Delta	00:53	00:47	00:54	00:48	01:00	00:54	01:05	01:03	01:20	01:11						
Age 50		Pace Cum	07:44	08:01	08:01	08:09	08:17	08:29	08:40	08:57	09:17	09:36						
Group M50-59		Pace Delta	07:44	08:21	08:01	08:39	08:47	09:37	09:35	11:13	11:46	12:40						
Overall-Group		Position	6-2	6-2	6-2	9-2	10-2	9-2	9-2	9-2	7-1	11-2						
Gulseth,	188	Time of Day	0:06:50	0:07:32	0:08:23	0:09:10	0:10:12	0:11:10	0:12:21	0:13:24	0:14:58	0:16:18						
Kyle (MN)		Time Cum	00:50	01:32	02:23	03:10	04:12	05:10	06:21	07:24	08:58	10:18						
18		Time Delta	00:50	00:42	00:50	00:47	01:01	00:58	01:10	01:03	01:33	01:20						
Age 33		Pace Cum	07:18	07:26	07:23	07:38	07:55	08:17	08:35	08:53	09:28	09:54						
Group M30-39		Pace Delta	07:18	07:35	07:19	08:29	08:55	10:22	10:17	11:15	13:39	14:14						
Overall-Group		Position	2-1	2-1	2-1	2-1	3-1	6-3	7-4	8-4	13-8	20-9						
Savage,	189	Time of Day	0:07:02	0:07:57	0:09:00	0:10:00	0:11:09	0:12:13	0:13:28	0:14:37	0:16:01	0:17:32						
Jonathan (NC)		Time Cum	01:02	01:57	03:00	04:00	05:09	06:13	07:28	08:37	10:01	11:32						
11		Time Delta	01:02	00:55	01:02	01:00	01:08	01:04	01:14	01:09	01:23	01:31						
Age 46		Pace Cum	09:03	09:24	09:18	09:37	09:42	09:58	10:06	10:21	10:34	11:05						
Group M40-49		Pace Delta	09:03	09:50	09:07	10:43	10:00	11:26	10:51	12:22	12:08	16:15						
Overall-Group		Position	31-9	35-9	31-8	38-10	34-10	35-10	35-11	34-10	33-9	36-9						

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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, Jesse (MI)	190	Time of Day	0:07:12	0:08:10	0:09:19	0:10:23	0:11:35	0:12:47	0:14:00	0:15:10	0:16:37	0:18:08						
		Time Cum	01:12	02:10	03:19	04:23	05:35	06:47	08:00	09:10	10:37	12:08						
	249	Time Delta	01:12	00:58	01:08	01:04	01:11	01:12	01:12	01:10	01:26	01:31						
Age 25		Pace Cum	10:31	10:27	10:17	10:33	10:31	10:52	10:49	11:01	11:12	11:40						
Group M20-29		Pace Delta	10:31	10:23	09:58	11:29	10:23	12:53	10:33	12:29	12:38	16:16						
Overall-Group		Position	100-8	92-8	69-7	77-8	62-7	66-7	54-7	52-7	45-7	48-7						
<u>Ambruso, Frances (CT)</u>	191	Time of Day	0:07:20	0:08:28	0:09:46	0:10:53	0:12:14	0:13:23	0:14:44	0:15:55	0:17:30	0:18:51						
		Time Cum	01:20	02:28	03:46	04:53	06:14	07:23	08:44	09:55	11:30	12:51						
	35	Time Delta	01:20	01:08	01:17	01:07	01:20	01:09	01:20	01:11	01:34	01:21						
Age 34		Pace Cum	11:41	11:53	11:41	11:45	11:45	11:49	11:49	11:55	12:08	12:21						
Group F30-39		Pace Delta	11:41	12:08	11:19	11:58	11:44	12:15	11:48	12:44	13:44	14:29						
Overall-Group		Position	168-12	159-10	143-9	138-8	124-6	108-5	91-4	89-4	77-3	77-3						
Thompson, Blake (AL)	192	Time of Day	0:07:09	0:08:06	0:09:10	0:10:05	0:11:29	0:12:37	0:14:19	0:15:39	0:17:38	0:18:59						
		Time Cum	01:09	02:06	03:10	04:05	05:29	06:37	08:19	09:39	11:38	12:59						
	14	Time Delta	01:09	00:57	01:03	00:55	01:23	01:08	01:41	01:20	01:58	01:21						
Age 32		Pace Cum	10:04	10:07	09:49	09:49	10:20	10:35	11:15	11:35	12:17	12:28						
Group M30-39		Pace Delta	10:04	10:09	09:17	09:47	12:13	12:03	14:53	14:10	17:22	14:26						
Overall-Group		Position	85-25	67-23	47-19	41-18	55-20	56-20	74-24	79-26	83-29	80-28						
Green, Thomas (MD)	193	Time of Day	0:07:19	0:08:33	0:10:04	0:11:30	0:13:02	0:14:19	0:16:00	0:17:34	0:19:19	0:21:04						
		Time Cum	01:19	02:33	04:04	05:30	07:02	08:19	10:00	11:34	13:19	15:04						
	62	Time Delta	01:19	01:14	01:30	01:26	01:31	01:17	01:40	01:34	01:44	01:45						
Age 62		Pace Cum	11:32	12:17	12:37	13:14	13:15	13:20	13:32	13:54	14:03	14:28						
Group M60-69		Pace Delta	11:32	13:13	13:12	15:21	13:20	13:45	14:38	16:49	15:11	18:35						
Overall-Group		Position	162-7	177-7	180-7	202-7	182-6	176-6	172-6	175-6	153-6	153-6						
Dorsey, Rico L (GA)	194	Time of Day	0:07:17	0:08:24	0:09:44	0:10:51	0:12:10	0:13:25	0:15:04	0:16:39	0:18:28	0:21:52						
		Time Cum	01:17	02:24	03:44	04:51	06:10	07:25	09:04	10:39	12:28	15:52						
	124	Time Delta	01:17	01:07	01:19	01:07	01:18	01:15	01:38	01:35	01:48	03:24						
Age 47		Pace Cum	11:14	11:35	11:35	11:39	11:37	11:53	12:16	12:47	13:09	15:14						
Group M40-49		Pace Delta	11:14	12:00	11:34	11:53	11:31	13:26	14:19	16:52	15:52	36:10						
Overall-Group		Position	145-34	146-36	136-34	133-35	112-29	116-29	124-30	134-35	118-32	170-40						
Mueller, Thomas (NC)	195	Time of Day	0:07:35	0:08:58	0:10:38	0:12:05	0:13:46	0:15:08	0:16:48	0:18:20	0:20:18	0:22:07						
		Time Cum	01:35	02:58	04:38	06:05	07:46	09:08	10:48	12:20	14:18	16:07						
	211	Time Delta	01:35	01:23	01:39	01:27	01:40	01:22	01:39	01:32	01:57	01:49						
Age 56		Pace Cum	13:52	14:18	14:22	14:37	14:38	14:38	14:37	14:49	15:06	15:29						
Group M50-59		Pace Delta	13:52	14:49	14:29	15:30	14:40	14:41	14:28	16:27	17:06	19:24						
Overall-Group		Position	251-41	251-41	250-42	245-42	237-39	231-38	214-35	210-35	179-29	177-28						
Miller, Dennis (SC)	196	Time of Day	0:07:19	0:08:26	0:09:51	0:11:08	0:12:58	0:14:30	0:16:38	0:18:09	0:20:35	0:22:09						
		Time Cum	01:19	02:26	03:51	05:08	06:58	08:30	10:38	12:09	14:35	16:09						
	205	Time Delta	01:19	01:07	01:24	01:17	01:49	01:32	02:07	01:31	02:25	01:34						
Age 52		Pace Cum	11:32	11:45	11:56	12:21	13:07	13:37	14:23	14:36	15:23	15:31						
Group M50-59		Pace Delta	11:32	12:01	12:16	13:44	15:58	16:26	18:34	16:13	21:13	16:47						
Overall-Group		Position	162-27	154-27	156-28	158-28	176-30	186-32	206-33	201-33	186-30	179-29						

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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, 197	Time of Day		0:07:36	0:09:01	0:10:40	0:12:03	0:13:50	0:15:20	0:17:17	0:18:53	0:21:03	0:23:06						
Gregory (NC)	Time Cum		01:36	03:01	04:40	06:03	07:50	09:20	11:17	12:53	15:03	17:06						
200	Time Delta		01:36	01:25	01:38	01:23	01:46	01:30	01:56	01:36	02:09	02:03						
Age 55	Pace Cum		14:01	14:31	14:28	14:32	14:45	14:57	15:16	15:28	15:53	16:25						
Group M50-59	Pace Delta		14:01	15:07	14:24	14:43	15:36	16:06	16:57	17:01	18:58	21:46						
Overall-Group	Position		253-42	253-42	253-43	243-40	238-40	236-39	230-38	228-37	195-33	192-32						
<u>Hardee,</u> 198	Time of Day		0:07:27	0:08:46	0:10:20	0:11:42	0:13:36	0:15:11	0:17:07	0:18:32	0:20:41	0:23:30						
<u>Tamara (NC)</u>	Time Cum		01:27	02:46	04:20	05:42	07:36	09:11	11:07	12:32	14:41	17:30						
160	Time Delta		01:27	01:19	01:33	01:22	01:53	01:35	01:55	01:25	02:08	02:49						
Age 43	Pace Cum		12:42	13:18	13:26	13:43	14:19	14:42	15:02	15:03	15:30	16:49						
Group F40-49	Pace Delta		12:42	14:01	13:41	14:40	16:31	16:53	16:53	15:06	18:47	30:02						
Overall-Group	Position		216-20	233-24	229-22	228-22	233-23	232-22	226-22	221-22	188-18	197-20						
<u>Godwin,</u> 199	Time of Day		0:07:36	0:08:58	0:10:40	0:12:06	0:13:56	0:15:30	0:17:32	0:19:18	0:21:33	0:23:37						
<u>Marcia (NC)</u>	Time Cum		01:36	02:58	04:40	06:06	07:56	09:30	11:32	13:18	15:33	17:37						
146	Time Delta		01:36	01:22	01:41	01:26	01:49	01:34	02:01	01:46	02:14	02:04						
Age 68	Pace Cum		14:01	14:18	14:28	14:40	14:57	15:12	15:36	15:58	16:25	16:55						
Group F60-69	Pace Delta		14:01	14:39	14:47	15:21	15:57	16:41	17:47	18:46	19:42	21:59						
Overall-Group	Position		253-3	252-3	253-3	246-3	241-3	239-3	235-3	237-3	201-3	198-3						
Murray, 200	Time of Day		0:07:21	0:08:31	0:09:57	0:11:11	0:12:53	0:14:28	0:16:31	0:18:07	0:20:58	0:23:41						
Michael (NC)	Time Cum		01:21	02:31	03:57	05:11	06:53	08:28	10:31	12:07	14:58	17:41						
213	Time Delta		01:21	01:10	01:25	01:14	01:41	01:35	02:02	01:36	02:50	02:43						
Age 55	Pace Cum		11:49	12:06	12:15	12:28	12:58	13:34	14:14	14:33	15:48	16:59						
Group M50-59	Pace Delta		11:49	12:26	12:31	13:12	14:48	16:57	17:50	17:01	24:56	29:01						
Overall-Group	Position		171-30	168-31	163-29	163-29	171-28	182-31	193-32	199-32	193-32	199-34						
Keene, 201	Time of Day		0:07:22	0:08:37	0:10:13	0:11:42	0:13:34	0:15:23	0:17:36	0:19:29	0:22:16	1:00:27						
Allen (NC)	Time Cum		01:22	02:37	04:13	05:42	07:34	09:23	11:36	13:29	16:16	18:27						
178	Time Delta		01:22	01:15	01:35	01:29	01:51	01:49	02:12	01:53	02:46	02:11						
Age 57	Pace Cum		11:58	12:37	13:04	13:41	14:15	15:02	15:42	16:11	17:10	17:43						
Group M50-59	Pace Delta		11:58	13:25	13:54	15:47	16:19	19:23	19:21	20:05	24:19	23:18						
Overall-Group	Position		182-33	199-33	214-35	226-36	229-37	237-40	237-39	238-40	204-35	201-35						
<u>Armagost,</u> 202	Time of Day		0:07:33	0:08:56	0:10:33	0:12:05	0:14:07	0:15:52	0:18:06	0:19:51	0:22:13	1:00:32						
<u>Jeannie S (NC)</u>	Time Cum		01:33	02:56	04:33	06:05	08:07	09:52	12:06	13:51	16:13	18:32						
70	Time Delta		01:33	01:23	01:36	01:32	02:01	01:45	02:13	01:45	02:21	02:19						
Age 58	Pace Cum		13:35	14:07	14:07	14:37	15:17	15:48	16:22	16:38	17:07	17:48						
Group F50-59	Pace Delta		13:35	14:45	14:06	16:23	17:44	18:44	19:27	18:38	20:42	24:37						
Overall-Group	Position		245-16	250-17	246-16	244-16	247-16	246-17	242-16	240-16	203-15	202-15						
<u>Rozanski,</u> 203	Time of Day		0:07:43	0:09:09	0:10:52	0:12:24	0:14:25	0:16:15	0:18:33	0:20:24	0:22:46	1:01:14						
<u>Susan (IL)</u>	Time Cum		01:43	03:09	04:52	06:24	08:25	10:15	12:33	14:24	16:46	19:14						
44	Time Delta		01:43	01:26	01:42	01:32	02:00	01:50	02:17	01:51	02:21	02:28						
Age 59	Pace Cum		15:02	15:12	15:05	15:22	15:51	16:24	16:59	17:17	17:42	18:29						
Group F50-59	Pace Delta		15:02	15:23	14:54	16:20	17:37	19:29	20:08	19:41	20:42	26:22						
Overall-Group	Position		259-18	259-18	257-18	255-18	250-18	251-18	249-18	247-18	205-16	203-16						

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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
Bell, Ken (NC)	204	Time of Day	0:07:06	0:08:02	0:09:07	0:10:06	0:11:15	0:12:14	0:13:27	0:14:30	0:15:51							
		Time Cum	01:06	02:02	03:07	04:06	05:15	06:14	07:27	08:30	09:51							
	77	Time Delta	01:06	00:56	01:04	00:59	01:08	00:59	01:12	01:03	01:20							
Age 42		Pace Cum	09:38	09:48	09:40	09:52	09:53	09:59	10:05	10:12	10:24							
Group M40-49		Pace Delta	09:38	10:00	09:25	10:32	10:00	10:32	10:35	11:11	11:48							
Overall-Group		Position	45-13	49-13	44-12	44-11	37-11	36-11	34-10	32-8	26-6							
Henry, Dylan (GA)	205	Time of Day	0:07:04	0:07:57	0:09:00	0:09:58	0:11:15	0:12:28	0:14:11	0:15:42	0:18:28							
		Time Cum	01:04	01:57	03:00	03:58	05:15	06:28	08:11	09:42	12:28							
	166	Time Delta	01:04	00:53	01:02	00:58	01:16	01:13	01:42	01:31	02:45							
Age 18		Pace Cum	09:21	09:26	09:18	09:33	09:53	10:22	11:04	11:38	13:09							
Group M<=19		Pace Delta	09:21	09:33	09:03	10:25	11:07	13:00	14:58	16:07	24:13							
Overall-Group		Position	37-1	37-1	31-1	33-1	37-1	47-1	64-1	82-1	118-1							
Lawler, Jon R (TN)	206	Time of Day	0:06:49	0:07:29	0:08:19	0:09:00	0:09:49	0:10:34	0:11:32	0:12:25								
		Time Cum	00:49	01:29	02:19	03:00	03:49	04:34	05:32	06:25								
	12	Time Delta	00:49	00:40	00:49	00:41	00:48	00:45	00:57	00:53								
Age 49		Pace Cum	07:09	07:10	07:11	07:13	07:11	07:19	07:29	07:43								
Group M40-49		Pace Delta	07:09	07:11	07:13	07:18	07:07	08:02	08:25	09:30								
Overall-Group		Position	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1								
Aldous, Jay (UT)	207	Time of Day	0:06:50	0:07:34	0:08:27	0:09:13	0:10:09	0:10:57	0:11:54	0:12:45								
		Time Cum	00:50	01:34	02:27	03:13	04:09	04:57	05:54	06:45								
	7	Time Delta	00:50	00:44	00:52	00:46	00:55	00:48	00:57	00:51								
Age 51		Pace Cum	07:18	07:36	07:36	07:45	07:49	07:55	07:59	08:06								
Group M50-59		Pace Delta	07:18	07:58	07:36	08:18	08:03	08:30	08:19	09:05								
Overall-Group		Position	2-1	3-1	3-1	3-1	2-1	2-1	2-1	2-1								
<u>Foy, Missy (NC)</u>	208	Time of Day	0:06:56	0:07:43	0:08:41	0:09:29	0:10:28	0:11:18	0:12:25	0:13:20								
		Time Cum	00:56	01:43	02:41	03:29	04:28	05:18	06:25	07:20								
	9	Time Delta	00:56	00:47	00:57	00:48	00:58	00:50	01:06	00:55								
Age 48		Pace Cum	08:11	08:15	08:19	08:22	08:25	08:30	08:41	08:48								
Group F40-49		Pace Delta	08:11	08:21	08:27	08:32	08:35	08:56	09:43	09:46								
Overall-Group		Position	8-1	9-1	11-1	11-1	11-1	11-1	10-1	7-1								
Spencer, Jeffrey (MD)	209	Time of Day	0:06:54	0:07:40	0:08:36	0:09:22	0:10:21	0:11:18	0:12:42	0:13:47								
		Time Cum	00:54	01:40	02:36	03:22	04:21	05:18	06:42	07:47								
	267	Time Delta	00:54	00:46	00:55	00:46	00:58	00:57	01:23	01:05								
Age 38		Pace Cum	07:53	08:02	08:04	08:07	08:12	08:29	09:04	09:21								
Group M30-39		Pace Delta	07:53	08:14	08:06	08:17	08:30	10:09	12:13	11:38								
Overall-Group		Position	7-3	7-3	8-4	7-4	8-5	10-6	14-8	17-8								
Crowder, Mike (IN)	210	Time of Day	0:06:58	0:07:48	0:08:50	0:09:42	0:10:49	0:11:46	0:12:55	0:13:52								
		Time Cum	00:58	01:48	02:50	03:42	04:49	05:46	06:55	07:52								
	116	Time Delta	00:58	00:50	01:01	00:52	01:06	00:57	01:08	00:57								
Age 48		Pace Cum	08:28	08:41	08:47	08:53	09:04	09:14	09:21	09:27								
Group M40-49		Pace Delta	08:28	08:56	08:59	09:15	09:45	10:11	10:00	10:12								
Overall-Group		Position	17-4	17-4	18-4	19-4	22-6	23-6	23-6	23-6								

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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>Jackson,</u>	211	Time of Day	0:07:05	0:07:56	0:08:56	0:09:48	0:10:52	0:11:52	0:12:57	0:13:52								
<u>Leigh (NC)</u>		Time Cum	01:05	01:56	02:56	03:48	04:52	05:52	06:57	07:52								
175		Time Delta	01:05	00:51	00:59	00:52	01:03	01:00	01:04	00:55								
Age 25		Pace Cum	09:29	09:19	09:06	09:08	09:10	09:24	09:24	09:27								
Group F20-29		Pace Delta	09:29	09:07	08:41	09:14	09:19	10:44	09:24	09:52								
Overall-Group		Position	40-2	31-2	24-2	23-2	24-2	25-2	25-2	24-2								
<u>Tiska,</u>	212	Time of Day	0:07:08	0:08:06	0:09:16	0:10:17	0:11:31	0:12:35	0:13:53	0:15:01								
<u>Dale (NC)</u>		Time Cum	01:08	02:06	03:16	04:17	05:31	06:35	07:53	09:01								
49		Time Delta	01:08	00:58	01:09	01:01	01:13	01:04	01:17	01:08								
Age 49		Pace Cum	09:56	10:05	10:08	10:18	10:24	10:32	10:40	10:50								
Group F40-49		Pace Delta	09:56	10:17	10:12	10:53	10:44	11:23	11:21	12:10								
Overall-Group		Position	75-7	66-4	63-3	64-3	56-3	55-3	48-2	49-2								
Rosa,	213	Time of Day	0:07:06	0:08:02	0:09:10	0:10:08	0:11:20	0:12:23	0:13:53	0:15:07								
John (NY)		Time Cum	01:06	02:02	03:10	04:08	05:20	06:23	07:53	09:07								
244		Time Delta	01:06	00:56	01:07	00:58	01:11	01:03	01:29	01:14								
Age 52		Pace Cum	09:38	09:48	09:49	09:56	10:03	10:14	10:40	10:57								
Group M50-59		Pace Delta	09:38	10:00	09:52	10:21	10:26	11:16	13:02	13:10								
Overall-Group		Position	45-6	47-6	47-6	50-6	45-6	43-5	48-8	50-8								
Sauerbrey,	214	Time of Day	0:07:00	0:07:56	0:08:57	0:09:59	0:11:15	0:12:31	0:14:07	0:15:21								
Joe (NC)		Time Cum	01:00	01:56	02:57	03:59	05:15	06:31	08:07	09:21								
247		Time Delta	01:00	00:56	01:00	01:02	01:15	01:16	01:35	01:14								
Age 33		Pace Cum	08:46	09:17	09:09	09:36	09:53	10:27	10:59	11:13								
Group M30-39		Pace Delta	08:46	09:55	08:54	11:07	10:58	13:33	13:56	13:06								
Overall-Group		Position	22-11	30-13	26-10	37-17	37-17	52-18	59-20	60-21								
<u>O'Hear,</u>	215	Time of Day	0:07:03	0:07:58	0:09:06	0:10:05	0:11:32	0:12:45	0:14:13	0:15:30								
<u>Carol (TN)</u>		Time Cum	01:03	01:58	03:06	04:05	05:32	06:45	08:13	09:30								
4		Time Delta	01:03	00:55	01:07	00:59	01:26	01:13	01:27	01:17								
Age 38		Pace Cum	09:12	09:30	09:37	09:50	10:25	10:49	11:07	11:25								
Group F30-39		Pace Delta	09:12	09:51	09:50	10:37	12:34	13:00	12:47	13:48								
Overall-Group		Position	33-2	38-2	42-2	43-2	57-2	63-3	70-3	69-3								
<u>Taylor,</u>	216	Time of Day	0:07:14	0:08:20	0:09:39	0:10:47	0:12:19	0:13:31	0:14:57	0:16:10								
<u>Meredith (NC)</u>		Time Cum	01:14	02:20	03:39	04:47	06:19	07:31	08:57	10:10								
272		Time Delta	01:14	01:06	01:18	01:08	01:31	01:12	01:25	01:13								
Age 33		Pace Cum	10:48	11:14	11:19	11:30	11:54	12:02	12:06	12:13								
Group F30-39		Pace Delta	10:48	11:45	11:28	12:06	13:23	12:49	12:30	13:05								
Overall-Group		Position	120-6	127-6	125-6	125-6	133-8	129-7	110-6	107-6								
<u>Arnold,</u>	217	Time of Day	0:07:07	0:08:09	0:09:25	0:10:35	0:12:10	0:13:28	0:15:00	0:16:18								
<u>Lisa (NC)</u>		Time Cum	01:07	02:09	03:25	04:35	06:10	07:28	09:00	10:18								
71		Time Delta	01:07	01:02	01:15	01:10	01:34	01:18	01:31	01:18								
Age 43		Pace Cum	09:47	10:23	10:36	11:01	11:37	11:58	12:11	12:22								
Group F40-49		Pace Delta	09:47	11:07	10:58	12:30	13:47	13:55	13:20	13:50								
Overall-Group		Position	60-4	88-7	94-8	96-8	112-10	125-10	115-9	112-8								

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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
McClintock, 218	Time of Day		0:07:07	0:08:09	0:09:22	0:10:27	0:11:44	0:12:55	0:14:46	0:16:28								
Jeffrey D (NC)	Time Cum		01:07	02:09	03:22	04:27	05:44	06:55	08:46	10:28								
199	Time Delta		01:07	01:02	01:12	01:05	01:16	01:11	01:50	01:42								
Age 41	Pace Cum		09:47	10:22	10:26	10:41	10:48	11:04	11:52	12:35								
Group M40-49	Pace Delta		09:47	11:04	10:35	11:33	11:12	12:34	16:12	18:12								
Overall-Group	Position		60-20	81-25	84-25	85-24	76-21	79-21	96-25	124-30								
<u>Lee</u> , 219	Time of Day		0:07:07	0:08:12	0:09:30	0:10:39	0:12:07	0:13:25	0:15:04	0:16:31								
<u>Kathy (NC)</u>	Time Cum		01:07	02:12	03:30	04:39	06:07	07:25	09:04	10:31								
33	Time Delta		01:07	01:05	01:17	01:09	01:27	01:18	01:38	01:27								
Age 49	Pace Cum		09:47	10:35	10:51	11:10	11:31	11:53	12:16	12:37								
Group F40-49	Pace Delta		09:47	11:33	11:21	12:16	12:48	13:58	14:20	15:25								
Overall-Group	Position		60-4	96-9	99-9	101-9	104-9	115-9	124-11	129-11								
Peterson, 220	Time of Day		0:07:11	0:08:12	0:09:34	0:10:51	0:12:27	0:13:47	0:15:22	0:16:51								
Darryl E (NC)	Time Cum		01:11	02:12	03:34	04:51	06:27	07:47	09:22	10:51								
224	Time Delta		01:11	01:01	01:21	01:17	01:35	01:20	01:34	01:29								
Age 34	Pace Cum		10:22	10:35	11:04	11:41	12:09	12:28	12:40	13:01								
Group M30-39	Pace Delta		10:22	10:50	11:56	13:48	13:53	14:13	13:49	15:45								
Overall-Group	Position		97-30	95-31	111-34	136-39	144-41	143-41	135-39	143-43								
Hodell, 221	Time of Day		0:07:21	0:08:36	0:10:03	0:11:17	0:12:54	0:14:13	0:15:49	0:17:16								
Michael (GA)	Time Cum		01:21	02:36	04:03	05:17	06:54	08:13	09:49	11:16								
169	Time Delta		01:21	01:15	01:26	01:14	01:36	01:19	01:35	01:27								
Age 47	Pace Cum		11:49	12:29	12:33	12:42	13:00	13:10	13:17	13:31								
Group M40-49	Pace Delta		11:49	13:17	12:41	13:12	14:04	14:04	13:56	15:25								
Overall-Group	Position		171-44	191-50	175-44	175-45	174-46	171-46	168-43	165-43								
Lowery, 222	Time of Day		0:07:21	0:08:36	0:10:03	0:11:17	0:12:54	0:14:13	0:15:49	0:17:21								
Chris (GA)	Time Cum		01:21	02:36	04:03	05:17	06:54	08:13	09:49	11:21								
101	Time Delta		01:21	01:15	01:26	01:14	01:36	01:19	01:35	01:32								
Age 51	Pace Cum		11:49	12:29	12:33	12:43	13:00	13:10	13:17	13:38								
Group M50-59	Pace Delta		11:49	13:17	12:41	13:13	14:03	14:04	13:56	16:23								
Overall-Group	Position		171-30	192-32	175-32	176-30	174-29	171-28	168-28	170-27								
Cowan, 223	Time of Day		0:07:19	0:08:32	0:09:51	0:11:03	0:12:40	0:14:01	0:15:55	0:17:30								
Travis (SC)	Time Cum		01:19	02:32	03:51	05:03	06:40	08:01	09:55	11:30								
113	Time Delta		01:19	01:13	01:18	01:12	01:36	01:21	01:53	01:35								
Age 49	Pace Cum		11:32	12:11	11:56	12:09	12:34	12:50	13:25	13:48								
Group M40-49	Pace Delta		11:32	12:58	11:30	12:54	14:02	14:25	16:34	16:52								
Overall-Group	Position		162-42	172-44	156-40	155-40	158-39	160-39	171-44	173-44								
Roehl, 224	Time of Day		0:07:15	0:08:28	0:10:01	0:11:24	0:13:03	0:14:29	0:16:14	0:17:46								
Thomas (FL)	Time Cum		01:15	02:28	04:01	05:24	07:03	08:29	10:14	11:46								
241	Time Delta		01:15	01:13	01:32	01:23	01:38	01:26	01:44	01:32								
Age 62	Pace Cum		10:57	11:53	12:27	13:00	13:17	13:34	13:51	14:08								
Group M60-69	Pace Delta		10:57	13:00	13:31	14:51	14:19	15:14	15:19	16:23								
Overall-Group	Position		126-4	158-6	170-6	187-6	185-7	183-7	178-7	179-7								

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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
Clausen, 225	Time of Day		0:07:20	0:08:30	0:10:02	0:11:20	0:13:07	0:14:25	0:16:17	0:17:46								
Chris D (NY)	Time Cum		01:20	02:30	04:02	05:20	07:07	08:25	10:17	11:46								
103	Time Delta		01:20	01:10	01:31	01:18	01:46	01:18	01:51	01:29								
Age 54	Pace Cum		11:41	12:03	12:30	12:49	13:24	13:29	13:55	14:08								
Group M50-59	Pace Delta		11:41	12:30	13:20	13:51	15:35	13:57	16:14	15:53								
Overall-Group	Position		168-29	165-29	171-30	177-31	189-32	177-29	180-30	180-30								
<u>Haber,</u> 226	Time of Day		0:07:22	0:08:31	0:09:59	0:11:17	0:13:03	0:14:37	0:16:29	0:17:49								
<u>Melanie (NH)</u>	Time Cum		01:22	02:31	03:59	05:17	07:03	08:37	10:29	11:49								
154	Time Delta		01:22	01:09	01:27	01:18	01:45	01:34	01:51	01:20								
Age 56	Pace Cum		11:58	12:09	12:21	12:42	13:17	13:48	14:11	14:11								
Group F50-59	Pace Delta		11:58	12:21	12:44	13:55	15:23	16:40	16:19	14:10								
Overall-Group	Position		182-9	170-8	164-8	174-8	185-9	192-10	189-9	181-8								
Hines, 227	Time of Day		0:07:27	0:08:42	0:10:15	0:11:32	0:13:12	0:14:39	0:16:23	0:17:53								
Keith (NC)	Time Cum		01:27	02:42	04:15	05:32	07:12	08:39	10:23	11:53								
168	Time Delta		01:27	01:15	01:32	01:17	01:39	01:27	01:43	01:30								
Age 49	Pace Cum		12:42	13:02	13:11	13:17	13:34	13:51	14:03	14:16								
Group M40-49	Pace Delta		12:42	13:27	13:26	13:41	14:33	15:27	15:08	16:02								
Overall-Group	Position		216-55	216-55	215-55	207-54	200-51	194-49	184-47	183-46								
Amaro, 228	Time of Day		0:07:26	0:08:45	0:10:17	0:11:43	0:13:21	0:14:54	0:16:33	0:17:59								
Jorge (IL)	Time Cum		01:26	02:45	04:17	05:43	07:21	08:54	10:33	11:59								
67	Time Delta		01:26	01:19	01:31	01:26	01:37	01:33	01:38	01:26								
Age 66	Pace Cum		12:33	13:13	13:17	13:44	13:51	14:14	14:16	14:23								
Group M60-69	Pace Delta		12:33	14:01	13:24	15:15	14:17	16:28	14:27	15:16								
Overall-Group	Position		208-8	224-9	226-9	229-10	218-8	220-10	196-8	190-8								
Bennett, 229	Time of Day		0:07:22	0:08:34	0:10:10	0:11:33	0:13:17	0:14:45	0:16:28	0:18:01								
Peter (TX)	Time Cum		01:22	02:34	04:10	05:33	07:17	08:45	10:28	12:01								
79	Time Delta		01:22	01:12	01:35	01:23	01:43	01:28	01:42	01:33								
Age 38	Pace Cum		11:58	12:20	12:55	13:20	13:43	14:00	14:10	14:26								
Group M30-39	Pace Delta		11:58	12:47	13:59	14:44	15:09	15:35	15:01	16:36								
Overall-Group	Position		182-45	180-45	200-47	210-49	208-48	204-49	188-45	191-46								
Viada, 230	Time of Day		0:07:16	0:08:28	0:10:06	0:11:30	0:13:01	0:14:29	0:16:30	0:18:16								
Alexander (NC)	Time Cum		01:16	02:28	04:06	05:30	07:01	08:29	10:30	12:16								
277	Time Delta		01:16	01:12	01:37	01:24	01:30	01:28	02:00	01:46								
Age 32	Pace Cum		11:06	11:53	12:43	13:12	13:13	13:34	14:12	14:44								
Group M30-39	Pace Delta		11:06	12:50	14:14	14:53	13:16	15:35	17:39	18:54								
Overall-Group	Position		133-40	159-43	186-45	201-47	180-47	184-46	191-46	203-48								
Thomas, 231	Time of Day		0:07:22	0:08:32	0:10:06	0:11:20	0:13:08	0:14:42	0:16:43	0:18:19								
Charles (NY)	Time Cum		01:22	02:32	04:06	05:20	07:08	08:42	10:43	12:19								
273	Time Delta		01:22	01:10	01:33	01:14	01:47	01:34	02:00	01:36								
Age 49	Pace Cum		11:58	12:13	12:43	12:49	13:26	13:56	14:30	14:48								
Group M40-49	Pace Delta		11:58	12:30	13:38	13:11	15:42	16:47	17:33	17:08								
Overall-Group	Position		182-47	173-44	186-49	179-46	192-48	200-51	208-48	208-48								

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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
Sullivan, 232	Time of Day		0:07:29	0:08:43	0:10:16	0:11:37	0:13:21	0:14:52	0:16:47	0:18:23								
Jim (FL)	Time Cum		01:29	02:43	04:16	05:37	07:21	08:52	10:47	12:23								
61	Time Delta		01:29	01:14	01:32	01:21	01:43	01:31	01:54	01:36								
Age 61	Pace Cum		13:00	13:05	13:14	13:29	13:51	14:11	14:35	14:52								
Group M60-69	Pace Delta		13:00	13:12	13:30	14:22	15:09	16:07	16:46	17:06								
Overall-Group	Position		226-9	220-8	219-8	218-8	218-8	217-9	211-10	212-10								
Plant, 233	Time of Day		0:07:26	0:08:38	0:10:07	0:11:22	0:12:53	0:14:10	0:16:46	0:18:23								
James (NC)	Time Cum		01:26	02:38	04:07	05:22	06:53	08:10	10:46	12:23								
225	Time Delta		01:26	01:12	01:28	01:15	01:30	01:17	02:35	01:37								
Age 48	Pace Cum		12:33	12:39	12:46	12:53	12:58	13:04	14:34	14:52								
Group M40-49	Pace Delta		12:33	12:46	12:59	13:19	13:15	13:38	22:46	17:17								
Overall-Group	Position		208-54	202-52	193-51	182-48	171-45	167-43	210-49	214-49								
Niebauer, 234	Time of Day		0:07:25	0:08:37	0:10:11	0:11:30	0:13:19	0:14:46	0:16:53	0:18:30								
Micah A (NC)	Time Cum		01:25	02:37	04:11	05:30	07:19	08:46	10:53	12:30								
217	Time Delta		01:25	01:12	01:33	01:19	01:48	01:27	02:06	01:37								
Age 32	Pace Cum		12:25	12:36	12:58	13:14	13:47	14:02	14:43	15:01								
Group M30-39	Pace Delta		12:25	12:50	13:39	14:08	15:47	15:29	18:28	17:15								
Overall-Group	Position		198-47	198-48	204-49	204-47	215-50	210-50	219-50	218-50								
Brumer, 235	Time of Day		0:07:25	0:08:37	0:10:11	0:11:30	0:13:19	0:14:46	0:16:53	0:18:30								
John (NC)	Time Cum		01:25	02:37	04:11	05:30	07:19	08:46	10:53	12:30								
86	Time Delta		01:25	01:12	01:33	01:19	01:48	01:27	02:06	01:37								
Age 25	Pace Cum		12:25	12:36	12:58	13:14	13:47	14:02	14:43	15:01								
Group M20-29	Pace Delta		12:25	12:50	13:39	14:08	15:47	15:29	18:28	17:16								
Overall-Group	Position		198-11	197-11	204-11	203-11	215-11	211-11	219-11	219-11								
<u>Lack,</u> 236	Time of Day		0:07:21	0:08:35	0:10:06	0:11:31	0:13:18	0:14:54	0:16:54	0:18:47								
<u>Bernadette (NC)</u>	Time Cum		01:21	02:35	04:06	05:31	07:18	08:54	10:54	12:47								
185	Time Delta		01:21	01:14	01:30	01:25	01:46	01:36	01:59	01:53								
Age 32	Pace Cum		11:49	12:28	12:43	13:16	13:45	14:15	14:45	15:20								
Group F30-39	Pace Delta		11:49	13:14	13:10	15:09	15:32	17:03	17:28	20:01								
Overall-Group	Position		171-13	188-14	186-15	205-18	211-19	222-20	222-20	224-19								
<u>Shepherd,</u> 237	Time of Day		0:07:25	0:08:41	0:10:09	0:11:25	0:13:07	0:14:41	0:16:35	0:18:47								
<u>Stephanie (NC)</u>	Time Cum		01:25	02:41	04:09	05:25	07:07	08:41	10:35	12:47								
256	Time Delta		01:25	01:16	01:27	01:16	01:41	01:34	01:53	02:12								
Age 38	Pace Cum		12:25	12:53	12:52	13:02	13:24	13:55	14:19	15:21								
Group F30-39	Pace Delta		12:25	13:28	12:50	13:37	14:45	16:48	16:31	23:25								
Overall-Group	Position		198-17	211-19	196-17	191-15	189-14	197-15	201-17	225-19								
Gustafson, 238	Time of Day		0:07:32	0:08:47	0:10:23	0:11:46	0:13:28	0:15:05	0:17:01	0:18:53								
Carl (MA)	Time Cum		01:32	02:47	04:23	05:46	07:28	09:05	11:01	12:53								
153	Time Delta		01:32	01:15	01:35	01:23	01:41	01:37	01:55	01:52								
Age 52	Pace Cum		13:26	13:24	13:36	13:50	14:04	14:32	14:54	15:28								
Group M50-59	Pace Delta		13:26	13:22	13:56	14:42	14:53	17:12	16:54	19:54								
Overall-Group	Position		240-38	235-37	234-37	232-37	227-36	229-37	224-37	229-37								

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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
Seymour			239	Time of Day	0:07:21	0:08:35	0:10:06	0:11:29	0:13:14	0:14:57	0:17:04	0:19:10						
Margaret (VA)				Time Cum	01:21	02:35	04:06	05:29	07:14	08:57	11:04	13:10						
254				Time Delta	01:21	01:14	01:30	01:23	01:44	01:43	02:06	02:06						
Age	26			Pace Cum	11:49	12:28	12:43	13:10	13:38	14:20	14:58	15:49						
Group	F20-29			Pace Delta	11:49	13:14	13:10	14:43	15:19	18:20	18:28	22:25						
Overall-Group				Position	171-4	188-5	186-5	199-5	203-5	224-5	225-5	233-5						
Morgan, Paul (FL)			240	Time of Day	0:07:39	0:09:03	0:10:46	0:12:13	0:14:01	0:15:37	0:17:33	0:19:13						
209				Time Cum	01:39	03:03	04:46	06:13	08:01	09:37	11:33	13:13						
72				Time Delta	01:39	01:24	01:42	01:27	01:47	01:36	01:55	01:40						
Age	72			Pace Cum	14:27	14:41	14:47	14:56	15:06	15:23	15:38	15:53						
Group	M70-79			Pace Delta	14:27	14:58	14:58	15:26	15:45	17:00	16:55	17:52						
Overall-Group				Position	258-5	255-5	256-5	251-5	245-5	243-4	236-5	234-4						
Calabria, Robert D (NC)			241	Time of Day	0:07:35	0:08:55	0:10:39	0:12:07	0:14:00	0:15:37	0:17:28	0:19:14						
39				Time Cum	01:35	02:55	04:39	06:07	08:00	09:37	11:28	13:14						
72				Time Delta	01:35	01:20	01:43	01:28	01:52	01:37	01:50	01:46						
Age	72			Pace Cum	13:52	14:01	14:25	14:41	15:04	15:24	15:31	15:54						
Group	M70-79			Pace Delta	13:52	14:12	15:09	15:37	16:27	17:18	16:06	18:56						
Overall-Group				Position	251-4	246-4	251-4	247-4	244-4	244-4	232-4	236-5						
Brundige, Juliet (NC)			242	Time of Day	0:07:19	0:08:32	0:10:04	0:11:34	0:13:34	0:15:15	0:17:43	0:19:34						
87				Time Cum	01:19	02:32	04:04	05:34	07:34	09:15	11:43	13:34						
45				Time Delta	01:19	01:13	01:31	01:30	01:59	01:41	02:27	01:51						
Age	45			Pace Cum	11:32	12:14	12:37	13:22	14:15	14:49	15:51	16:18						
Group	F40-49			Pace Delta	11:32	13:06	13:17	15:59	17:29	17:59	21:31	19:48						
Overall-Group				Position	162-12	174-12	180-14	211-19	229-22	233-23	239-25	239-25						
Butler, Jeffrey (NY)			243	Time of Day	0:07:21	0:08:30	0:10:02	0:11:20	0:13:08	0:14:57	0:17:51	0:19:51						
90				Time Cum	01:21	02:30	04:02	05:20	07:08	08:57	11:51	13:51						
53				Time Delta	01:21	01:09	01:31	01:18	01:47	01:49	02:53	02:00						
Age	53			Pace Cum	11:49	12:03	12:30	12:49	13:26	14:20	16:02	16:38						
Group	M50-59			Pace Delta	11:49	12:19	13:20	13:53	15:42	19:22	25:21	21:23						
Overall-Group				Position	171-30	166-29	171-30	178-31	192-33	223-35	240-41	241-41						
Evans, Rosemary (KY)			244	Time of Day	0:07:30	0:08:54	0:10:40	0:12:16	0:14:11	0:15:51	0:18:07	0:20:17						
38				Time Cum	01:30	02:54	04:40	06:16	08:11	09:51	12:07	14:17						
59				Time Delta	01:30	01:24	01:45	01:36	01:54	01:40	02:15	02:10						
Age	59			Pace Cum	13:08	13:57	14:28	15:04	15:25	15:47	16:24	17:08						
Group	F50-59			Pace Delta	13:08	14:56	15:25	17:05	16:42	17:51	19:44	23:01						
Overall-Group				Position	236-14	244-16	253-17	252-17	249-17	245-16	243-17	243-17						
Carlton, Mel (PA)			245	Time of Day	0:07:33	0:08:50	0:10:28	0:11:54	0:14:01	0:16:01	0:18:18	0:20:18						
92				Time Cum	01:33	02:50	04:28	05:54	08:01	10:01	12:18	14:18						
57				Time Delta	01:33	01:17	01:37	01:26	02:06	02:00	02:16	02:00						
Age	57			Pace Cum	13:35	13:38	13:51	14:11	15:06	16:03	16:38	17:10						
Group	M50-59			Pace Delta	13:35	13:43	14:14	15:18	18:29	21:22	19:54	21:17						
Overall-Group				Position	245-39	238-39	239-38	240-38	245-42	249-42	244-42	244-42						

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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
<u>Frahm,</u>	246	Time of Day	0:07:18	0:08:33	0:10:06	0:11:28	0:13:14	0:14:51	0:18:27	0:20:19								
<u>Jennifer (TX)</u>		Time Cum	01:18	02:33	04:06	05:28	07:14	08:51	12:27	14:19								
29		Time Delta	01:18	01:15	01:32	01:22	01:45	01:37	03:35	01:52								
Age 33		Pace Cum	11:23	12:19	12:43	13:08	13:38	14:11	16:51	17:12								
Group F30-39		Pace Delta	11:23	13:26	13:27	14:33	15:27	17:16	31:27	19:59								
Overall-Group		Position	154-10	179-11	186-15	195-17	203-18	216-19	245-21	245-21								
Bowman,	247	Time of Day	0:07:29	0:08:50	0:10:30	0:12:23	0:14:41	0:16:25	0:18:28	0:20:22								
Ronald (MD)		Time Cum	01:29	02:50	04:30	06:23	08:41	10:25	12:28	14:22								
84		Time Delta	01:29	01:21	01:39	01:53	02:17	01:44	02:02	01:54								
Age 63		Pace Cum	13:00	13:38	13:57	15:19	16:21	16:41	16:52	17:15								
Group M60-69		Pace Delta	13:00	14:24	14:33	20:00	20:08	18:33	17:50	20:12								
Overall-Group		Position	226-9	237-11	244-11	253-12	253-13	253-13	246-12	246-12								
Brown,	248	Time of Day	0:07:36	0:09:02	0:10:53	0:12:27	0:14:34	0:16:17	0:18:29	0:20:28								
Will (NC)		Time Cum	01:36	03:02	04:53	06:27	08:34	10:17	12:29	14:28								
32		Time Delta	01:36	01:26	01:50	01:34	02:06	01:43	02:11	01:59								
Age 66		Pace Cum	14:01	14:38	15:09	15:29	16:08	16:29	16:53	17:22								
Group M60-69		Pace Delta	14:01	15:23	16:04	16:41	18:30	18:23	19:09	21:07								
Overall-Group		Position	253-13	254-13	258-13	256-13	252-12	252-12	248-13	248-13								
<u>Weaver,</u>	249	Time of Day	0:07:23	0:08:50	0:10:39	0:12:23	0:14:30	0:16:14	0:18:28	0:20:36								
<u>Caitlin (NC)</u>		Time Cum	01:23	02:50	04:39	06:23	08:30	10:14	12:28	14:36								
280		Time Delta	01:23	01:27	01:48	01:44	02:06	01:44	02:13	02:08								
Age 30		Pace Cum	12:07	13:39	14:25	15:21	16:01	16:24	16:52	17:32								
Group F30-39		Pace Delta	12:07	15:32	15:48	18:33	18:26	18:33	19:27	22:42								
Overall-Group		Position	193-16	241-22	251-22	254-22	251-22	250-22	246-22	249-22								
<u>Anderson,</u>	250	Time of Day	0:07:38	0:09:06	0:10:29	0:13:35	0:15:19	0:16:45	0:18:48	0:20:44								
<u>Missy (NC)</u>		Time Cum	01:38	03:06	04:29	07:35	09:19	10:45	12:48	14:44								
69		Time Delta	01:38	01:28	01:23	03:06	01:43	01:26	02:02	01:56								
Age 47		Pace Cum	14:18	14:53	13:54	18:14	17:33	17:12	17:19	17:41								
Group F40-49		Pace Delta	14:18	15:35	12:07	33:02	15:05	15:15	17:56	20:36								
Overall-Group		Position	256-26	256-26	241-25	261-26	257-26	254-26	250-26	250-26								
Dalton,	251	Time of Day	0:07:38	0:09:06	0:10:29	0:13:35	0:15:18	0:16:45	0:18:48	0:20:44								
Mike (NC)		Time Cum	01:38	03:06	04:29	07:35	09:18	10:45	12:48	14:44								
118		Time Delta	01:38	01:28	01:23	03:06	01:42	01:27	02:02	01:56								
Age 58		Pace Cum	14:18	14:53	13:54	18:14	17:31	17:12	17:19	17:41								
Group M50-59		Pace Delta	14:18	15:35	12:07	33:02	14:56	15:26	17:55	20:37								
Overall-Group		Position	256-43	256-43	241-39	261-43	256-43	255-43	250-43	251-43								
Pacheco,	252	Time of Day	0:07:32	0:08:50	0:10:23	0:11:47	0:13:57	0:15:58	0:19:39	0:21:03								
Glenn (MA)		Time Cum	01:32	02:50	04:23	05:47	07:57	09:58	13:39	15:03								
219		Time Delta	01:32	01:18	01:32	01:24	02:09	02:01	03:40	01:24								
Age 49		Pace Cum	13:26	13:38	13:36	13:53	14:59	15:57	18:28	18:04								
Group M40-49		Pace Delta	13:26	13:54	13:30	14:52	18:59	21:28	32:13	14:59								
Overall-Group		Position	240-57	239-57	234-57	235-55	242-54	248-54	253-51	252-51								

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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
Brewington, David (FL) 64 Age 64 Group M60-69 Overall-Group	253	Time of Day	0:07:49	0:09:23	0:11:20	0:12:59	0:15:10	0:16:49	0:19:00	0:21:06								
		Time Cum	01:49	03:23	05:20	06:59	09:10	10:49	13:00	15:06								
		Time Delta	01:49	01:34	01:56	01:39	02:10	01:39	02:10	02:06								
		Pace Cum	15:55	16:18	16:32	16:47	17:16	17:20	17:35	18:08								
		Pace Delta	15:55	16:47	16:58	17:39	19:01	17:41	19:00	22:21								
		Position	261-14	261-14	261-14	258-14	254-14	256-14	252-14	253-14								
Durr, Stephen (VA) 127 Age 46 Group M40-49 Overall-Group	254	Time of Day	0:07:43	0:09:13	0:11:11	0:12:59	0:15:30	0:17:39	0:20:20	0:22:35								
		Time Cum	01:43	03:13	05:11	06:59	09:30	11:39	14:20	16:35								
		Time Delta	01:43	01:30	01:57	01:48	02:30	02:09	02:40	02:15								
		Pace Cum	15:02	15:30	16:04	16:48	17:54	18:40	19:23	19:54								
		Pace Delta	15:02	16:03	17:07	19:17	21:54	22:59	23:23	23:55								
		Position	259-58	260-58	260-58	259-58	258-55	258-55	254-52	254-52								
<u>Newnam,</u> <u>Shawnie (NC)</u> 216 Age 34 Group F30-39 Overall-Group	255	Time of Day	0:07:32	0:09:06	0:10:58	0:12:47	0:15:13	0:17:39	0:20:20	0:22:39								
		Time Cum	01:32	03:06	04:58	06:47	09:13	11:39	14:20	16:39								
		Time Delta	01:32	01:34	01:51	01:49	02:25	02:26	02:40	02:19								
		Pace Cum	13:26	14:54	15:24	16:17	17:22	18:40	19:23	19:59								
		Pace Delta	13:26	16:41	16:18	19:19	21:17	25:58	23:24	24:38								
		Position	240-23	258-23	259-23	257-23	255-23	257-23	254-23	255-23								
Jones, Louis (VA) 68 Age 68 Group M60-69 Overall-Group	256	Time of Day	0:07:51	0:09:33	0:11:33	0:13:22	0:15:42	0:17:46	0:20:25	0:22:45								
		Time Cum	01:51	03:33	05:33	07:22	09:42	11:46	14:25	16:45								
		Time Delta	01:51	01:42	01:59	01:49	02:19	02:04	02:38	02:20								
		Pace Cum	16:12	17:04	17:13	17:43	18:16	18:50	19:30	20:06								
		Pace Delta	16:12	18:07	17:28	19:27	20:19	22:01	23:09	24:51								
		Position	262-15	262-15	262-15	260-15	259-15	259-15	256-15	256-15								
Rozanski, III, John J (IL) 45 Age 65 Group M60-69 Overall-Group	257	Time of Day	0:07:59	0:09:44	0:11:48	0:13:45	0:16:03	0:18:06	0:20:38	0:22:52								
		Time Cum	01:59	03:44	05:48	07:45	10:03	12:06	14:38	16:52								
		Time Delta	01:59	01:45	02:03	01:57	02:17	02:03	02:31	02:14								
		Pace Cum	17:22	17:57	17:59	18:37	18:56	19:23	19:48	20:15								
		Pace Delta	17:22	18:39	18:03	20:45	20:07	21:54	22:05	23:45								
		Position	263-16	263-16	263-16	263-16	260-16	260-16	257-16	257-16								
Fabiszak, Dennis (NY) 132 Age 43 Group M40-49 Overall-Group	258	Time of Day	0:07:06	0:08:06	0:09:21	0:10:28	0:11:49	0:12:58	0:22:00	0:23:45								
		Time Cum	01:06	02:06	03:21	04:28	05:49	06:58	16:00	17:45								
		Time Delta	01:06	01:00	01:14	01:07	01:20	01:09	09:01	01:45								
		Pace Cum	09:38	10:07	10:23	10:44	10:57	11:10	21:39	21:19								
		Pace Delta	09:38	10:43	10:52	11:53	11:48	12:18	19:04	18:45								
		Position	45-13	69-21	78-23	88-25	85-23	82-22	258-53	258-53								
Rogers, Jason (GA) 242 Age 41 Group M40-49 Overall-Group	259	Time of Day	0:07:22	0:08:34	0:10:04	0:11:16	0:13:08	0:14:59										
		Time Cum	01:22	02:34	04:04	05:16	07:08	08:59										
		Time Delta	01:22	01:12	01:29	01:12	01:51	01:51										
		Pace Cum	11:58	12:21	12:37	12:40	13:26	14:23										
		Pace Delta	11:58	12:49	13:05	12:52	16:15	19:40										
		Position	182-47	182-48	180-46	171-44	192-48	225-52										

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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
Gardner,	260	Time of Day	0:07:15	0:08:30	0:10:12	0:11:47	0:13:45	0:15:25										
Anthony (KY)		Time Cum	01:15	02:30	04:12	05:47	07:45	09:25										
142		Time Delta	01:15	01:15	01:41	01:35	01:57	01:40										
Age 49		Pace Cum	10:57	12:04	13:01	13:53	14:36	15:05										
Group M40-49		Pace Delta	10:57	13:26	14:46	16:52	17:11	17:51										
Overall-Group		Position	126-33	167-41	209-54	236-55	236-53	238-53										
Frank,	261	Time of Day	0:07:07	0:08:04	0:09:11	0:10:12												
Ted (NC)		Time Cum	01:07	02:04	03:11	04:12												
141		Time Delta	01:07	00:57	01:06	01:01												
Age 48		Pace Cum	09:47	09:57	09:52	10:07												
Group M40-49		Pace Delta	09:47	10:10	09:43	10:58												
Overall-Group		Position	60-20	59-17	54-15	56-14												
Shepherd,	262	Time of Day	0:07:00	0:07:52	0:09:02	0:10:14												
Steve (NC)		Time Cum	01:00	01:52	03:02	04:14												
257		Time Delta	01:00	00:52	01:09	01:12												
Age 44		Pace Cum	08:46	09:01	09:24	10:12												
Group M40-49		Pace Delta	08:46	09:19	10:08	12:54												
Overall-Group		Position	22-6	25-7	33-9	58-15												
Haigh,	263	Time of Day	0:07:28	0:08:45	0:10:16	0:12:08												
Chris (TX)		Time Cum	01:28	02:45	04:16	06:08												
156		Time Delta	01:28	01:17	01:30	01:52												
Age 47		Pace Cum	12:51	13:16	13:14	14:43												
Group M40-49		Pace Delta	12:51	13:47	13:10	19:49												
Overall-Group		Position	222-56	230-56	219-56	249-57												