

# 2008 Umstead 100 Mile Endurance Run -- 04/05/2008

## Runner Splits

Aid Station Name	AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
<b>Aid Station Distance</b>	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
<b>Aid Station Delta</b>	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
-----	-----															
Adams, Jerry (NC)	Time of Day	0:07:23	0:08:30	0:09:52	0:11:04	0:12:34	0:13:48	0:15:17	0:16:31							
46	Time Cum	01:23	02:30	03:52	05:04	06:34	07:48	09:17	10:31							
Age 39	Time Delta	01:23	01:07	01:21	01:12	01:29	01:14	01:28	01:14							
Group M30-39	Pace Cum	12:07	12:04	11:59	12:12	12:22	12:29	12:34	12:37							
Overall-Group	Pace Delta	12:07	12:01	11:50	12:54	13:01	13:07	12:58	13:07							
	Position	135-26	116-24	96-20	99-22	92-19	88-18	77-15	71-14							

**Time of Day:** Time Entered the Aid Station  
**Time Cum:** Total Running Time From Start  
**Time Delta:** Time Between Each Aid Station  
**Pace Cum:** Average Pace (Minutes/Mile) From Start  
**Pace Delta:** Pace (Minutes/Mile) Delta From Previous Aid Station Data  
**Position:** Position Overall -- Position Within Age Group

