

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	
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00	
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	
Arbona, Serge (MD)	1	Time of Day	0:06:50	0:07:35	0:08:29	0:09:17	0:10:15	0:11:07	0:12:08	0:13:01	0:14:06	0:15:02	0:16:13	0:17:20	0:18:35	0:19:50	0:20:57	0:21:53:09
		Time Cum	00:50	01:35	02:29	03:17	04:15	05:07	06:08	07:01	08:06	09:02	10:13	11:20	12:35	13:50	14:57	15:53:09
		Time Delta	00:50	00:45	00:53	00:48	00:57	00:52	01:00	00:53	01:04	00:56	01:10	01:07	01:14	01:15	01:06	00:56:09
Age	43	Pace Cum	07:18	07:38	07:42	07:53	08:00	08:12	08:18	08:26	08:33	08:41	08:50	09:04	09:13	09:29	09:30	09:32
Group	M40-49	Pace Delta	07:18	08:03	07:49	08:31	08:27	09:15	08:52	09:26	09:27	09:58	10:20	11:54	10:55	13:20	09:44	09:56
Overall-Group		Position	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1
<u>Donaldson, Jamie (CO)</u>	2	Time of Day	0:07:05	0:07:56	0:08:56	0:09:50	0:10:53	0:11:47	0:12:50	0:13:46	0:14:51	0:15:47	0:16:54	0:17:51	0:19:02	0:20:01	0:21:17	0:22:21:10
		Time Cum	01:05	01:56	02:56	03:50	04:53	05:47	06:50	07:46	08:51	09:47	10:54	11:51	13:02	14:01	15:17	16:21:10
		Time Delta	01:05	00:51	00:59	00:54	01:02	00:54	01:02	00:56	01:04	00:56	01:06	00:57	01:10	00:59	01:15	01:04:10
Age	33	Pace Cum	09:29	09:18	09:06	09:13	09:12	09:16	09:15	09:20	09:20	09:24	09:26	09:29	09:33	09:37	09:43	09:49
Group	F30-39	Pace Delta	09:29	09:04	08:43	09:36	09:09	09:40	09:07	10:01	09:25	09:59	09:43	10:11	10:17	10:29	11:04	11:21
Overall-Group		Position	15-1	13-1	10-1	10-1	7-1	7-1	4-1	5-1	3-1	2-1	2-1	2-1	2-1	2-1	2-1	2-1
Rose, Dan (DC)	3	Time of Day	0:06:56	0:07:42	0:08:41	0:09:29	0:10:33	0:11:24	0:12:36	0:13:30	0:14:51	0:15:51	0:17:11	0:18:11	0:19:32	0:20:35	0:22:00	0:23:05:03
		Time Cum	00:56	01:42	02:41	03:29	04:33	05:24	06:36	07:30	08:51	09:51	11:11	12:11	13:32	14:35	16:00	17:05:03
		Time Delta	00:56	00:46	00:58	00:48	01:03	00:51	01:11	00:54	01:20	01:00	01:19	01:00	01:20	01:03	01:24	01:05:03
Age	31	Pace Cum	08:11	08:12	08:19	08:22	08:34	08:39	08:56	09:01	09:20	09:28	09:41	09:45	09:55	10:00	10:10	10:15
Group	M30-39	Pace Delta	08:11	08:15	08:32	08:31	09:20	09:05	10:28	09:40	11:44	10:44	11:35	10:41	11:46	11:16	12:19	11:31
Overall-Group		Position	4-1	4-1	4-1	4-1	4-1	4-1	3-1	3-1	3-1	3-1	3-1	3-1	3-1	3-1	3-1	3-1
Burns, William (NC)	4	Time of Day	0:07:16	0:08:20	0:09:35	0:10:35	0:11:51	0:12:52	0:14:10	0:15:15	0:16:34	0:17:38	0:18:59	0:20:06	0:21:33	0:22:43	1:00:12	1:01:18:37
		Time Cum	01:16	02:20	03:35	04:35	05:51	06:52	08:10	09:15	10:34	11:38	12:59	14:06	15:33	16:43	18:12	19:18:37
		Time Delta	01:16	01:04	01:14	01:00	01:15	01:01	01:17	01:05	01:18	01:04	01:20	01:07	01:26	01:10	01:28	01:06:37
Age	38	Pace Cum	11:06	11:13	11:07	11:00	11:01	11:00	11:03	11:07	11:09	11:10	11:14	11:17	11:24	11:28	11:34	11:35
Group	M30-39	Pace Delta	11:06	11:22	10:55	10:39	11:04	10:53	11:19	11:37	11:26	11:22	11:48	11:54	12:40	12:24	12:59	11:47
Overall-Group		Position	70-15	68-15	63-13	54-13	43-11	33-9	29-9	27-7	18-6	16-5	9-2	7-2	6-2	6-2	4-2	4-2
Silva, Matt (GA)	5	Time of Day	0:07:10	0:08:10	0:09:24	0:10:29	0:11:49	0:12:54	0:14:14	0:15:31	0:16:53	0:17:54	0:19:14	0:20:23	0:21:50	0:22:59	1:00:17	1:01:19:27
		Time Cum	01:10	02:10	03:24	04:29	05:49	06:54	08:14	09:31	10:53	11:54	13:14	14:23	15:50	16:59	18:17	19:19:27
		Time Delta	01:10	01:00	01:13	01:05	01:19	01:05	01:19	01:17	01:21	01:01	01:19	01:09	01:26	01:09	01:17	01:02:27
Age	31	Pace Cum	10:13	10:27	10:33	10:47	10:57	11:03	11:08	11:26	11:29	11:26	11:27	11:31	11:36	11:39	11:38	11:36
Group	M30-39	Pace Delta	10:13	10:44	10:43	11:36	11:36	11:37	11:35	13:43	11:54	10:54	11:36	12:16	12:39	12:17	11:20	11:03
Overall-Group		Position	37-10	39-11	39-12	40-11	42-10	37-10	32-10	35-10	27-9	19-7	13-4	11-3	9-3	8-3	6-3	5-3
Hayward, R Scott (NC)	6	Time of Day	0:07:10	0:08:08	0:09:14	0:10:10	0:11:28	0:12:32	0:13:39	0:14:37	0:15:56	0:17:05	0:18:25	0:19:40	0:21:19	0:22:42	1:00:16	1:01:36:58
		Time Cum	01:10	02:08	03:14	04:10	05:28	06:32	07:39	08:37	09:56	11:05	12:25	13:40	15:19	16:42	18:16	19:36:58
		Time Delta	01:10	00:58	01:05	00:56	01:17	01:04	01:06	00:58	01:18	01:09	01:19	01:15	01:38	01:23	01:33	01:20:58
Age	44	Pace Cum	10:13	10:18	10:02	10:01	10:18	10:28	10:21	10:21	10:29	10:39	10:45	10:56	11:14	11:27	11:37	11:46
Group	M40-49	Pace Delta	10:13	10:24	09:31	10:00	11:19	11:23	09:44	10:25	11:25	12:17	11:37	13:18	14:26	14:46	13:39	14:20
Overall-Group		Position	37-13	34-11	24-9	22-7	22-8	22-7	15-6	13-5	8-4	8-4	6-4	5-3	5-3	5-3	5-2	6-2
<u>Bliss, Lisa (WA)</u>	7	Time of Day	0:07:08	0:08:06	0:09:18	0:10:19	0:11:35	0:12:41	0:13:59	0:15:04	0:16:30	0:17:37	0:18:59	0:20:10	0:21:39	0:22:57	1:00:29	1:01:42:44
		Time Cum	01:08	02:06	03:18	04:19	05:35	06:41	07:59	09:04	10:30	11:37	12:59	14:10	15:39	16:57	18:29	19:42:44
		Time Delta	01:08	00:58	01:11	01:01	01:15	01:06	01:17	01:05	01:25	01:07	01:21	01:11	01:28	01:18	01:31	01:13:44
Age	39	Pace Cum	09:56	10:05	10:14	10:22	10:31	10:43	10:48	10:54	11:05	11:10	11:14	11:21	11:28	11:38	11:45	11:50
Group	F30-39	Pace Delta	09:56	10:17	10:30	10:49	11:05	11:47	11:18	11:39	12:26	11:56	11:55	12:42	12:53	13:54	13:21	13:03
Overall-Group		Position	30-2	28-2	29-2	28-2	26-2	27-2	23-2	22-2	16-2	14-2	9-2	9-2	7-2	7-2	7-2	7-2

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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	
Sandstrom, Craig (SC)	8	Time of Day	0:07:05	0:08:02	0:09:13	0:10:16	0:11:35	0:12:45	0:14:08	0:15:15	0:16:49	0:18:02	0:19:30	0:20:42	0:22:18	0:23:34	1:01:08	1:02:18:32
		Time Cum	01:05	02:02	03:13	04:16	05:35	06:45	08:08	09:15	10:49	12:02	13:30	14:42	16:18	17:34	19:08	20:18:32
	16	Time Delta	01:05	00:57	01:10	01:03	01:18	01:10	01:22	01:07	01:33	01:13	01:27	01:12	01:35	01:16	01:33	01:10:32
	Age 41	Pace Cum	09:29	09:50	09:58	10:15	10:31	10:49	11:00	11:07	11:25	11:34	11:41	11:46	11:57	12:03	12:10	12:11
	Group M40-49	Pace Delta	09:29	10:15	10:14	11:11	11:30	12:31	12:01	12:02	13:35	12:59	12:47	12:52	13:54	13:33	13:39	12:29
	Overall-Group	Position	15-5	19-6	22-8	25-10	26-11	30-13	27-12	28-12	24-10	24-10	15-7	14-7	12-6	11-5	10-4	8-3
Aroneanu, Andrei (NJ)	9	Time of Day	0:07:08	0:08:04	0:09:11	0:10:09	0:11:17	0:12:20	0:13:35	0:14:42	0:16:09	0:17:22	0:18:48	0:20:11	0:21:45	0:23:13	1:01:07	1:02:39:02
		Time Cum	01:08	02:04	03:11	04:09	05:17	06:20	07:35	08:42	10:09	11:22	12:48	14:11	15:45	17:13	19:07	20:39:02
	54	Time Delta	01:08	00:56	01:06	00:58	01:07	01:03	01:14	01:07	01:26	01:13	01:25	01:23	01:33	01:28	01:53	01:32:02
	Age 53	Pace Cum	09:56	09:59	09:52	09:58	09:57	10:08	10:16	10:27	10:43	10:55	11:04	11:21	11:33	11:49	12:09	12:23
	Group M50-59	Pace Delta	09:56	10:03	09:40	10:18	09:54	11:10	10:56	11:54	12:40	12:58	12:31	14:44	13:41	15:44	16:31	16:17
	Overall-Group	Position	30-4	27-4	20-4	20-4	16-3	15-3	13-3	14-3	10-1	10-1	8-1	10-1	8-1	9-1	9-1	9-1
Straub, John (DE)	10	Time of Day	0:07:06	0:08:03	0:09:16	0:10:19	0:11:38	0:12:45	0:14:07	0:15:15	0:16:43	0:17:57	0:19:30	0:20:48	0:22:24	0:23:43	1:01:19	1:02:40:56
		Time Cum	01:06	02:03	03:16	04:19	05:38	06:45	08:07	09:15	10:43	11:57	13:30	14:48	16:24	17:43	19:19	20:40:56
	228	Time Delta	01:06	00:57	01:12	01:03	01:18	01:07	01:21	01:08	01:27	01:14	01:32	01:18	01:35	01:19	01:35	01:21:56
	Age 35	Pace Cum	09:38	09:54	10:08	10:24	10:37	10:49	10:59	11:06	11:19	11:29	11:41	11:51	12:01	12:09	12:17	12:25
	Group M30-39	Pace Delta	09:38	10:13	10:33	11:18	11:25	12:01	11:50	12:04	12:49	13:15	13:27	13:50	13:59	13:59	14:01	14:30
	Overall-Group	Position	19-6	22-6	27-8	30-8	32-8	31-7	26-7	26-7	20-7	22-8	15-6	15-5	14-5	12-4	12-4	10-4
Tighe, Jarett (VA)	11	Time of Day	0:07:06	0:08:02	0:09:11	0:10:11	0:11:26	0:12:33	0:13:51	0:14:55	0:16:11	0:17:19	0:18:45	0:20:08	0:21:52	0:23:19	1:01:10	1:02:47:08
		Time Cum	01:06	02:02	03:11	04:11	05:26	06:33	07:51	08:55	10:11	11:19	12:45	14:08	15:52	17:19	19:10	20:47:08
	237	Time Delta	01:06	00:56	01:08	01:00	01:14	01:07	01:17	01:04	01:15	01:08	01:25	01:23	01:43	01:27	01:50	01:37:08
	Age 40	Pace Cum	09:38	09:50	09:52	10:03	10:14	10:30	10:37	10:42	10:45	10:53	11:02	11:19	11:38	11:53	12:11	12:28
	Group M40-49	Pace Delta	09:38	10:04	09:56	10:41	10:54	11:59	11:17	11:21	11:04	12:11	12:26	14:48	15:06	15:34	16:04	17:12
	Overall-Group	Position	19-7	20-6	20-7	23-8	21-7	23-9	21-8	18-7	12-6	9-5	7-5	8-5	10-4	10-4	11-5	11-4
Gray, Rick (TN)	12	Time of Day	0:07:07	0:08:03	0:09:07	0:10:02	0:11:14	0:12:18	0:13:37	0:14:47	0:16:09	0:17:25	0:19:01	0:20:27	0:22:13	0:23:54	1:01:26	1:02:48:20
		Time Cum	01:07	02:03	03:07	04:02	05:14	06:18	07:37	08:47	10:09	11:25	13:01	14:27	16:13	17:54	19:26	20:48:20
	116	Time Delta	01:07	00:56	01:03	00:55	01:11	01:04	01:18	01:10	01:21	01:16	01:35	01:26	01:45	01:41	01:31	01:22:20
	Age 47	Pace Cum	09:47	09:54	09:40	09:41	09:52	10:06	10:18	10:33	10:43	10:58	11:16	11:34	11:53	12:17	12:21	12:29
	Group M40-49	Pace Delta	09:47	10:02	09:15	09:47	10:28	11:26	11:27	12:29	11:54	13:34	13:55	15:22	15:21	17:56	13:23	14:34
	Overall-Group	Position	27-9	21-8	17-4	15-4	14-4	14-5	14-5	15-6	10-5	11-6	11-6	12-6	11-5	13-6	13-6	12-5
McGlinchey, Eric (VA)	13	Time of Day	0:07:15	0:08:19	0:09:36	0:10:42	0:12:03	0:13:12	0:14:37	0:15:51		0:18:31	0:20:07	0:21:26	0:23:11	1:00:31	1:02:13	1:03:24:26
		Time Cum	01:15	02:19	03:36	04:42	06:03	07:12	08:37	09:51		12:31	14:07	15:26	17:11	18:31	20:13	21:24:26
	166	Time Delta	01:15	01:04	01:16	01:06	01:20	01:09	01:24	01:14		02:39	01:35	01:19	01:44	01:20	01:41	01:11:26
	Age 34	Pace Cum	10:57	11:10	11:10	11:17	11:24	11:32	11:39	11:50		12:01	12:13	12:21	12:36	12:42	12:51	12:51
	Group M30-39	Pace Delta	10:57	11:27	11:08	11:43	11:48	12:17	12:21	13:12		12:47	13:59	14:07	15:13	14:19	14:45	12:39
	Overall-Group	Position	64-14	67-14	66-15	63-14	54-12	53-12	50-12	48-12		32-10	28-7	25-6	22-6	18-6	17-6	13-5
Stewart, Andrea D (SC)	14	Time of Day	0:07:11	0:08:11	0:09:24	0:10:30	0:11:47	0:12:54	0:14:18	0:15:27	0:16:56	0:18:05	0:19:48	0:21:09	0:22:50	1:00:13	1:02:04	1:03:25:49
		Time Cum	01:11	02:11	03:24	04:30	05:47	06:54	08:18	09:27	10:56	12:05	13:48	15:09	16:50	18:13	20:04	21:25:49
	225	Time Delta	01:11	01:00	01:12	01:06	01:16	01:07	01:23	01:09	01:28	01:09	01:42	01:21	01:40	01:23	01:50	01:21:49
	Age 44	Pace Cum	10:22	10:30	10:33	10:49	10:54	11:03	11:14	11:20	11:32	11:37	11:56	12:07	12:20	12:30	12:46	12:51
	Group F40-49	Pace Delta	10:22	10:39	10:38	11:44	11:12	11:55	12:13	12:13	12:59	12:23	14:54	14:21	14:44	14:46	16:08	14:29
	Overall-Group	Position	47-3	43-3	39-3	45-3	35-2	36-2	34-1	33-1	29-1	27-1	24-1	20-1	16-1	16-1	16-1	14-1

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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	
Pantalone, Michael (PA)	15	Time of Day	0:07:06	0:08:00	0:09:04	0:10:04	0:11:19	0:12:26	0:13:40	0:14:51	0:16:17	0:17:32	0:19:04	0:20:29	0:22:23	0:23:57	1:01:51	1:03:30:20
		Time Cum	01:06	02:00	03:04	04:04	05:19	06:26	07:40	08:51	10:17	11:32	13:04	14:29	16:23	17:57	19:51	21:30:20
	188	Time Delta	01:06	00:54	01:03	01:00	01:14	01:07	01:13	01:11	01:25	01:15	01:31	01:25	01:53	01:34	01:53	01:39:20
	Age 39	Pace Cum	09:38	09:38	09:31	09:46	10:01	10:18	10:22	10:38	10:51	11:05	11:18	11:36	12:01	12:19	12:37	12:54
	Group M30-39	Pace Delta	09:38	09:37	09:17	10:38	10:56	11:56	10:45	12:44	12:25	13:23	13:20	15:08	16:34	16:45	16:33	17:35
	Overall-Group	Position	19-6	17-5	13-5	16-5	17-5	20-6	16-5	16-5	13-4	12-3	12-3	13-4	14-5	14-5	15-6	
Vengrove, Marc (PA)	16	Time of Day	0:07:09	0:08:09	0:09:24	0:10:30	0:11:47	0:12:54	0:14:18	0:15:26	0:16:54	0:18:05	0:19:47	0:21:08	0:22:50	1:00:13	1:02:02	1:03:34:59
		Time Cum	01:09	02:09	03:24	04:30	05:47	06:54	08:18	09:26	10:54	12:05	13:47	15:08	16:50	18:13	20:02	21:34:59
	244	Time Delta	01:09	01:00	01:14	01:06	01:16	01:07	01:23	01:08	01:27	01:11	01:41	01:21	01:41	01:23	01:48	01:32:59
	Age 52	Pace Cum	10:04	10:23	10:33	10:48	10:54	11:03	11:14	11:20	11:30	11:37	11:56	12:07	12:20	12:30	12:44	12:57
	Group M50-59	Pace Delta	10:04	10:46	10:50	11:42	11:14	11:55	12:13	12:12	12:42	12:43	14:46	14:28	14:47	14:43	15:54	16:27
	Overall-Group	Position	33-6	36-6	39-6	43-7	35-6	35-6	34-6	32-5	28-3	26-3	23-3	19-3	16-2	15-2	15-2	16-2
Ryan, Don (MO)	17	Time of Day	0:07:12	0:08:13	0:09:26	0:10:32	0:12:03	0:13:10	0:14:33	0:15:44	0:17:10	0:18:23	0:19:54	0:21:18	0:23:05	1:00:40	1:02:19	1:03:40:48
		Time Cum	01:12	02:13	03:26	04:32	06:03	07:10	08:33	09:44	11:10	12:23	13:54	15:18	17:05	18:40	20:19	21:40:48
	208	Time Delta	01:12	01:01	01:12	01:06	01:30	01:07	01:22	01:11	01:25	01:13	01:30	01:24	01:46	01:35	01:38	01:21:48
	Age 59	Pace Cum	10:31	10:41	10:39	10:55	11:24	11:29	11:34	11:41	11:47	11:54	12:02	12:15	12:31	12:48	12:55	13:00
	Group M50-59	Pace Delta	10:31	10:54	10:34	11:48	13:11	11:55	12:04	12:39	12:29	13:00	13:13	14:58	15:32	16:52	14:25	14:29
	Overall-Group	Position	50-11	51-10	48-8	51-9	54-11	50-8	45-8	44-8	31-5	31-5	25-4	23-4	20-4	21-3	18-3	17-3
Petruck, Andreas (DEU)	18	Time of Day	0:07:12	0:08:11	0:09:20	0:10:19	0:11:33	0:12:42	0:14:04	0:15:09	0:16:47	0:17:56	0:19:36	0:20:56	0:22:41	1:00:22	1:02:24	1:04:00:05
		Time Cum	01:12	02:11	03:20	04:19	05:33	06:42	08:04	09:09	10:47	11:56	13:36	14:56	16:41	18:22	20:24	22:00:05
	194	Time Delta	01:12	00:59	01:08	00:59	01:13	01:09	01:21	01:05	01:37	01:09	01:39	01:20	01:44	01:41	02:01	01:36:05
	Age 43	Pace Cum	10:31	10:32	10:20	10:23	10:27	10:44	10:55	11:00	11:23	11:27	11:46	11:57	12:14	12:36	12:58	13:12
	Group M40-49	Pace Delta	10:31	10:33	09:59	10:33	10:43	12:18	11:54	11:41	14:10	12:13	14:36	14:14	15:16	18:03	17:40	17:00
	Overall-Group	Position	50-16	46-15	32-12	29-12	25-10	28-12	25-11	24-10	22-9	21-9	19-9	16-8	15-7	17-7	19-7	18-6
Watts, Matthew (CO)	19	Time of Day	0:07:17	0:08:21	0:09:41	0:10:48	0:12:05	0:13:20	0:14:47	0:15:57	0:17:29	0:18:43	0:20:23	0:21:50	0:23:35	1:01:04	1:02:55	1:04:20:16
		Time Cum	01:17	02:21	03:41	04:48	06:05	07:20	08:47	09:57	11:29	12:43	14:23	15:50	17:35	19:04	20:55	22:20:16
	257	Time Delta	01:17	01:04	01:19	01:07	01:16	01:15	01:26	01:10	01:31	01:14	01:39	01:27	01:45	01:29	01:50	01:25:16
	Age 51	Pace Cum	11:14	11:21	11:25	11:32	11:28	11:44	11:53	11:58	12:07	12:13	12:27	12:40	12:53	13:05	13:18	13:24
	Group M50-59	Pace Delta	11:14	11:28	11:34	11:54	11:13	13:18	12:41	12:33	13:18	13:08	14:34	15:24	15:20	15:49	16:09	15:05
	Overall-Group	Position	80-18	76-17	72-16	69-16	57-13	58-13	53-10	51-9	36-7	35-6	29-6	31-6	26-5	24-5	22-4	19-4
Basher, Victor (NY)	20	Time of Day	0:07:04	0:07:58	0:09:05	0:10:06	0:11:19	0:12:25	0:13:46	0:15:00	0:16:27	0:17:55	0:19:44	0:21:10	0:23:08	1:00:37	1:02:39	1:04:21:15
		Time Cum	01:04	01:58	03:05	04:06	05:19	06:25	07:46	09:00	10:27	11:55	13:44	15:10	17:08	18:37	20:39	22:21:15
	57	Time Delta	01:04	00:54	01:06	01:01	01:12	01:06	01:20	01:14	01:26	01:28	01:48	01:26	01:57	01:29	02:01	01:42:15
	Age 25	Pace Cum	09:21	09:29	09:34	09:51	10:01	10:16	10:30	10:48	11:02	11:26	11:53	12:08	12:34	12:46	13:08	13:25
	Group M20-29	Pace Delta	09:21	09:38	09:43	10:52	10:36	11:43	11:48	13:07	12:41	15:35	15:54	15:15	17:12	15:47	17:47	18:06
	Overall-Group	Position	12-2	14-2	16-3	18-3	17-3	18-3	18-3	20-3	15-2	20-2	21-1	21-1	21-1	20-1	20-1	20-1
Ludwig, Scott (GA)	21	Time of Day	0:07:20	0:08:28	0:09:49	0:11:00	0:12:28	0:13:47	0:15:25	0:16:39	0:18:02	0:19:12	0:20:41	0:22:06	0:23:54	1:01:22	1:03:02	1:04:31:43
		Time Cum	01:20	02:28	03:49	05:00	06:28	07:47	09:25	10:39	12:02	13:12	14:41	16:06	17:54	19:22	21:02	22:31:43
	10	Time Delta	01:20	01:08	01:20	01:11	01:27	01:19	01:37	01:14	01:22	01:10	01:28	01:25	01:47	01:28	01:39	01:29:43
	Age 53	Pace Cum	11:41	11:51	11:50	12:02	12:11	12:28	12:44	12:47	12:42	12:41	12:42	12:53	13:07	13:17	13:23	13:31
	Group M50-59	Pace Delta	11:41	12:04	11:48	12:44	12:42	14:02	14:16	13:08	12:05	12:28	12:56	15:05	15:44	15:41	14:31	15:53
	Overall-Group	Position	107-26	96-24	92-24	91-23	82-22	86-23	85-23	83-21	48-11	47-9	35-7	33-7	29-6	28-6	24-5	21-5

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	
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	
Hankins, Kean (NC)	22	Time of Day	0:07:12	0:08:11	0:09:23	0:10:22	0:11:36	0:12:38	0:13:59	0:15:06	0:16:34	0:17:48	0:19:44	0:21:12	0:22:59	1:00:36	1:02:46	1:04:34:25
		Time Cum	01:12	02:11	03:23	04:22	05:36	06:38	07:59	09:06	10:34	11:48	13:44	15:12	16:59	18:36	20:46	22:34:25
	270	Time Delta	01:12	00:59	01:11	00:59	01:13	01:02	01:20	01:07	01:27	01:14	01:55	01:28	01:46	01:37	02:09	01:48:25
Age	42	Pace Cum	10:31	10:31	10:29	10:29	10:33	10:38	10:48	10:56	11:09	11:20	11:53	12:10	12:27	12:46	13:12	13:33
Group	M40-49	Pace Delta	10:31	10:32	10:26	10:28	10:47	11:07	11:42	11:58	12:46	13:12	16:51	15:38	15:35	17:16	18:54	19:11
Overall-Group		Position	50-16	45-15	36-14	32-13	29-12	24-10	23-10	23-9	18-8	17-7	21-10	22-10	19-8	19-8	21-8	22-7
<u>Zwarkowski, Cheryl (CA)</u>	23	Time of Day	0:07:10	0:08:10	0:09:28	0:10:32	0:11:55	0:13:03	0:14:35	0:15:47	0:17:24	0:18:40	0:20:30	0:21:49	0:23:33	1:01:05	1:03:00	1:04:35:39
		Time Cum	01:10	02:10	03:28	04:32	05:55	07:03	08:35	09:47	11:24	12:40	14:30	15:49	17:33	19:05	21:00	22:35:39
	268	Time Delta	01:10	01:00	01:17	01:04	01:22	01:08	01:31	01:12	01:36	01:16	01:49	01:19	01:43	01:32	01:54	01:35:39
Age	50	Pace Cum	10:13	10:27	10:45	10:54	11:09	11:18	11:37	11:45	12:02	12:10	12:33	12:39	12:52	13:05	13:21	13:33
Group	F50-59	Pace Delta	10:13	10:44	11:17	11:24	12:03	12:08	13:21	12:46	14:09	13:33	15:59	14:02	15:08	16:21	16:44	16:56
Overall-Group		Position	37-1	41-1	53-1	49-1	48-2	47-2	49-2	45-2	35-2	34-2	32-2	30-2	25-1	25-1	23-1	23-1
<u>Huneycutt, Jamie (AR)</u>	24	Time of Day	0:07:19	0:08:25	0:09:44	0:10:53	0:12:13	0:13:25	0:14:51	0:16:04	0:17:30	0:18:47	0:20:23	0:21:49	0:23:43	1:01:17	1:03:10	1:04:39:38
		Time Cum	01:19	02:25	03:44	04:53	06:13	07:25	08:51	10:04	11:30	12:47	14:23	15:49	17:43	19:17	21:10	22:39:38
	134	Time Delta	01:19	01:06	01:18	01:09	01:19	01:12	01:25	01:13	01:25	01:17	01:35	01:26	01:53	01:34	01:52	01:29:38
Age	49	Pace Cum	11:32	11:40	11:35	11:44	11:43	11:53	11:58	12:06	12:08	12:17	12:27	12:39	12:59	13:14	13:28	13:36
Group	F40-49	Pace Delta	11:32	11:50	11:24	12:14	11:39	12:52	12:28	13:03	12:27	13:43	13:57	15:15	16:37	16:41	16:28	15:52
Overall-Group		Position	90-7	90-7	79-7	76-7	64-7	60-6	57-5	54-5	37-2	36-2	29-2	29-2	27-2	27-2	26-2	24-2
Vaughan, Doug (NJ)	25	Time of Day	0:07:09	0:08:09	0:09:18	0:10:18	0:11:29	0:12:32	0:13:50	0:15:03	0:16:30	0:17:49	0:19:31	0:21:06	0:23:12	1:00:54	1:03:04	1:04:47:06
		Time Cum	01:09	02:09	03:18	04:18	05:29	06:32	07:50	09:03	10:30	11:49	13:31	15:06	17:12	18:54	21:04	22:47:06
	242	Time Delta	01:09	01:00	01:08	01:00	01:10	01:03	01:17	01:13	01:26	01:19	01:41	01:35	02:05	01:42	02:09	01:43:06
Age	49	Pace Cum	10:04	10:20	10:14	10:20	10:20	10:27	10:36	10:52	11:05	11:21	11:42	12:06	12:37	12:58	13:24	13:40
Group	M40-49	Pace Delta	10:04	10:39	10:03	10:43	10:17	11:11	11:22	12:57	12:40	14:02	14:51	16:59	18:16	18:12	18:51	18:15
Overall-Group		Position	33-12	35-13	29-11	27-11	23-9	21-7	20-7	21-8	16-7	18-8	17-8	18-9	23-9	23-9	25-9	25-8
Dummar, Fred (NC)	26	Time of Day	0:07:16	0:08:23	0:09:45	0:10:54	0:12:16	0:13:27	0:14:54	0:16:06	0:17:36	0:18:54	0:20:27	0:21:58	0:23:51	1:01:28	1:03:17	1:04:55:24
		Time Cum	01:16	02:23	03:45	04:54	06:16	07:27	08:54	10:06	11:36	12:54	14:27	15:58	17:51	19:28	21:17	22:55:24
	21	Time Delta	01:16	01:07	01:21	01:09	01:21	01:11	01:26	01:12	01:29	01:18	01:32	01:31	01:52	01:37	01:48	01:38:24
Age	39	Pace Cum	11:06	11:28	11:38	11:47	11:48	11:56	12:02	12:08	12:15	12:23	12:30	12:47	13:05	13:21	13:32	13:45
Group	M30-39	Pace Delta	11:06	11:56	11:55	12:20	11:52	12:37	12:39	12:52	13:03	13:53	13:31	16:08	16:28	17:10	15:54	17:25
Overall-Group		Position	70-15	80-18	80-17	79-18	65-14	64-13	59-13	57-13	38-10	40-11	31-8	32-8	28-7	29-7	27-7	26-7
Murolo, Fred (CT)	27	Time of Day	0:07:16	0:08:16	0:09:30	0:10:33	0:11:55	0:13:10	0:14:48	0:16:11	0:17:56	0:19:24	0:21:02	0:22:16	1:00:04	1:01:49	1:03:36	1:04:56:22
		Time Cum	01:16	02:16	03:30	04:33	05:55	07:10	08:48	10:11	11:56	13:24	15:02	16:16	18:04	19:49	21:36	22:56:22
	179	Time Delta	01:16	01:00	01:13	01:03	01:21	01:15	01:37	01:23	01:44	01:28	01:37	01:14	01:47	01:45	01:46	01:20:22
Age	51	Pace Cum	11:06	10:55	10:51	10:56	11:09	11:29	11:54	12:13	12:36	12:53	13:00	13:01	13:15	13:35	13:44	13:46
Group	M50-59	Pace Delta	11:06	10:42	10:45	11:14	11:54	13:24	14:12	14:43	15:19	15:44	14:10	13:10	15:42	18:36	15:36	14:13
Overall-Group		Position	70-16	62-15	55-11	52-11	48-8	51-8	54-11	58-11	45-9	50-10	40-9	38-9	31-7	31-7	30-7	27-6
Straw, Keith (PA)	28	Time of Day	0:07:12	0:08:15	0:09:24	0:10:29	0:11:45	0:12:53	0:14:12	0:15:25	0:16:49	0:18:03	0:19:34	0:21:05	0:22:51	1:00:41	1:03:19	1:05:05:14
		Time Cum	01:12	02:15	03:24	04:29	05:45	06:53	08:12	09:25	10:49	12:03	13:34	15:05	16:51	18:41	21:19	23:05:14
	18	Time Delta	01:12	01:03	01:08	01:05	01:15	01:08	01:18	01:13	01:23	01:14	01:30	01:31	01:45	01:50	02:37	01:46:14
Age	53	Pace Cum	10:31	10:49	10:33	10:47	10:50	11:02	11:06	11:18	11:25	11:35	11:44	12:04	12:21	12:49	13:33	13:51
Group	M50-59	Pace Delta	10:31	11:12	10:02	11:36	11:01	12:11	11:25	12:56	12:15	13:13	13:11	16:11	15:25	19:28	23:04	18:48
Overall-Group		Position	50-11	58-13	39-6	40-5	34-5	34-5	31-5	31-4	24-2	25-2	18-2	17-2	18-3	22-4	29-6	28-7

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
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
Serpa, 29	Time of Day	0:07:15	0:08:14	0:09:27	0:10:30	0:11:52	0:12:55	0:14:20	0:15:29		0:18:18	0:19:59	0:21:31	0:23:31	1:01:11	1:03:17	1:05:08:36
Evan (NC)	Time Cum	01:15	02:14	03:27	04:30	05:52	06:55	08:20	09:29		12:18	13:59	15:31	17:31	19:11	21:17	23:08:36
214	Time Delta	01:15	00:59	01:12	01:03	01:21	01:03	01:24	01:09		02:48	01:40	01:32	01:59	01:40	02:05	01:51:36
Age 26	Pace Cum	10:57	10:46	10:42	10:49	11:03	11:05	11:16	11:24		11:49	12:06	12:25	12:50	13:09	13:32	13:53
Group M20-29	Pace Delta	10:57	10:34	10:34	11:13	11:55	11:13	12:21	12:22		13:28	14:43	16:17	17:31	17:45	18:21	19:45
Overall-Group	Position	64-5	53-5	51-5	46-4	46-4	40-4	38-4	34-4		28-3	26-2	26-2	24-2	26-2	27-2	29-2
<u>Hunter,</u> 30	Time of Day	0:07:23	0:08:35	0:09:58	0:11:09	0:12:36	0:13:49	0:15:17	0:16:38	0:18:10	0:19:33	0:21:12	0:22:45	1:00:25	1:01:49	1:03:39	1:05:09:17
<u>Dorothy (NC)</u>	Time Cum	01:23	02:35	03:58	05:09	06:36	07:49	09:17	10:38	12:10	13:33	15:12	16:45	18:25	19:49	21:39	23:09:17
135	Time Delta	01:23	01:12	01:22	01:11	01:26	01:13	01:27	01:21	01:31	01:23	01:38	01:33	01:39	01:24	01:49	01:30:17
Age 34	Pace Cum	12:07	12:25	12:18	12:23	12:26	12:31	12:34	12:46	12:50	13:01	13:09	13:24	13:30	13:36	13:46	13:54
Group F30-39	Pace Delta	12:07	12:47	12:05	12:40	12:37	12:58	12:49	14:27	13:20	14:50	14:20	16:34	14:31	14:57	16:00	15:59
Overall-Group	Position	135-7	135-7	120-7	114-7	95-6	91-6	77-5	81-6	51-5	54-5	45-4	43-4	36-3	32-3	31-3	30-3
Savage, 31	Time of Day	0:07:14	0:08:29	0:09:56	0:11:09	0:12:37	0:13:50	0:15:43	0:17:02	0:18:38	0:19:56	0:21:49	0:23:10	1:00:50	1:02:13	1:03:54	1:05:16:25
Jonathan (NC)	Time Cum	01:14	02:29	03:56	05:09	06:37	07:50	09:43	11:02	12:38	13:56	15:49	17:10	18:50	20:13	21:54	23:16:25
211	Time Delta	01:14	01:15	01:26	01:13	01:27	01:13	01:52	01:19	01:35	01:18	01:53	01:21	01:39	01:23	01:40	01:22:25
Age 41	Pace Cum	10:48	11:55	12:12	12:22	12:28	12:33	13:09	13:14	13:20	13:23	13:41	13:44	13:48	13:52	13:56	13:58
Group M40-49	Pace Delta	10:48	13:17	12:42	12:58	12:48	12:59	16:27	13:59	14:01	13:48	16:30	14:25	14:32	14:45	14:42	14:35
Overall-Group	Position	60-21	101-27	113-29	110-28	97-25	94-24	108-30	104-30	67-19	64-18	57-19	49-15	41-12	39-12	36-10	31-9
Smith, 32	Time of Day	0:07:17	0:08:26	0:09:45	0:10:55	0:12:19	0:13:33	0:15:04	0:16:22	0:17:59	0:19:26	0:21:05	0:22:33	1:00:22	1:01:56	1:03:45	1:05:18:41
Mike (IN)	Time Cum	01:17	02:26	03:45	04:55	06:19	07:33	09:04	10:22	11:59	13:26	15:05	16:33	18:22	19:56	21:45	23:18:41
219	Time Delta	01:17	01:09	01:18	01:10	01:23	01:14	01:30	01:18	01:36	01:27	01:38	01:28	01:48	01:34	01:48	01:33:41
Age 50	Pace Cum	11:14	11:41	11:38	11:49	11:54	12:06	12:16	12:26	12:39	12:54	13:03	13:15	13:28	13:40	13:50	13:59
Group M50-59	Pace Delta	11:14	12:13	11:32	12:29	12:11	13:12	13:12	13:49	14:09	15:30	14:22	15:44	15:47	16:43	15:51	16:35
Overall-Group	Position	80-18	93-22	80-20	82-19	69-17	70-16	64-15	61-13	46-10	51-11	43-11	40-10	35-9	34-8	34-8	32-8
Maguire, 33	Time of Day	0:07:26	0:08:35	0:09:59	0:11:06	0:12:30	0:13:39	0:15:13	0:16:24	0:17:48	0:19:00	0:20:43	0:22:08	1:00:01	1:01:39	1:03:41	1:05:22:56
Frank (NC)	Time Cum	01:26	02:35	03:59	05:06	06:30	07:39	09:13	10:24	11:48	13:00	14:43	16:08	18:01	19:39	21:41	23:22:56
161	Time Delta	01:26	01:09	01:23	01:07	01:23	01:09	01:33	01:11	01:23	01:12	01:42	01:25	01:52	01:38	02:01	01:41:56
Age 61	Pace Cum	12:33	12:26	12:21	12:15	12:15	12:15	12:28	12:30	12:27	12:30	12:44	12:55	13:12	13:29	13:47	14:02
Group M60-69	Pace Delta	12:33	12:16	12:13	11:54	12:14	12:15	13:42	12:43	12:08	12:55	14:54	15:09	16:25	17:25	17:45	18:02
Overall-Group	Position	162-7	137-5	126-4	100-4	86-3	74-1	72-1	65-1	43-1	42-1	36-1	34-1	30-1	30-1	32-1	33-1
Patch, 34	Time of Day	0:07:19	0:08:30	0:09:56	0:11:10	0:12:47	0:14:04	0:15:37	0:16:54	0:18:37	0:20:01	0:21:48	0:23:07	1:00:47	1:02:12	1:04:04	1:05:24:47
Tom (NC)	Time Cum	01:19	02:30	03:56	05:10	06:47	08:04	09:37	10:54	12:37	14:01	15:48	17:07	18:47	20:12	22:04	23:24:47
192	Time Delta	01:19	01:11	01:25	01:14	01:36	01:17	01:32	01:17	01:42	01:24	01:46	01:19	01:39	01:25	01:51	01:20:47
Age 48	Pace Cum	11:32	12:02	12:12	12:25	12:47	12:55	13:01	13:05	13:19	13:28	13:40	13:42	13:46	13:51	14:02	14:03
Group M40-49	Pace Delta	11:32	12:39	12:29	13:12	14:05	13:41	13:32	13:41	15:00	14:59	15:32	14:08	14:28	15:05	16:19	14:18
Overall-Group	Position	90-28	109-29	113-29	120-32	118-31	116-31	102-28	93-25	65-18	66-19	56-18	48-14	39-11	38-11	37-11	34-10
Kasper, 35	Time of Day	0:07:16	0:08:18	0:09:36	0:10:43	0:12:07	0:13:15	0:14:49	0:16:05	0:17:46	0:19:07	0:20:52	0:22:15	1:00:09	1:01:52	1:03:42	1:05:27:08
Jason (NY)	Time Cum	01:16	02:18	03:36	04:43	06:07	07:15	08:49	10:05	11:46	13:07	14:52	16:15	18:09	19:52	21:42	23:27:08
146	Time Delta	01:16	01:02	01:17	01:07	01:23	01:08	01:33	01:16	01:40	01:21	01:44	01:23	01:53	01:43	01:49	01:45:08
Age 24	Pace Cum	11:06	11:03	11:10	11:20	11:31	11:36	11:56	12:06	12:25	12:36	12:52	13:00	13:18	13:37	13:48	14:04
Group M20-29	Pace Delta	11:06	10:59	11:22	11:54	12:14	12:03	13:42	13:27	14:44	14:27	15:14	14:47	16:34	18:15	16:02	18:36
Overall-Group	Position	70-6	66-6	66-6	64-5	59-5	55-5	55-5	55-5	40-4	43-5	38-3	37-3	32-3	33-3	33-3	35-3

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	
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>Ennis</u>	36	Time of Day	0:07:19	0:08:26	0:09:50	0:11:03	0:12:31	0:13:44	0:15:08	0:16:23	0:17:59	0:19:18	0:21:04	0:22:33	1:00:26	1:02:01	1:03:52	1:05:30:00
<u>Jennifer (NC)</u>		Time Cum	01:19	02:26	03:50	05:03	06:31	07:44	09:08	10:23	11:59	13:18	15:04	16:33	18:26	20:01	21:52	23:30:00
99		Time Delta	01:19	01:07	01:23	01:13	01:27	01:13	01:23	01:15	01:35	01:19	01:45	01:29	01:52	01:35	01:50	01:38:00
Age 38		Pace Cum	11:32	11:44	11:53	12:09	12:17	12:23	12:21	12:28	12:39	12:47	13:02	13:15	13:31	13:44	13:54	14:06
Group F30-39		Pace Delta	11:32	12:00	12:09	13:02	12:45	12:57	12:14	13:22	13:56	14:04	15:24	15:53	16:23	16:59	16:04	17:21
Overall-Group		Position	90-5	94-5	93-4	97-5	87-4	80-4	69-4	62-4	46-4	49-4	42-3	39-3	37-4	35-4	35-4	36-4
Snyder, Scott (CO)	37	Time of Day	0:07:23	0:08:35	0:10:04	0:11:16	0:12:45	0:14:00	0:15:35	0:16:50	0:18:29	0:19:51	0:21:27	0:22:53	1:00:49	1:02:18	1:04:07	1:05:40:54
221		Time Cum	01:23	02:35	04:04	05:16	06:45	08:00	09:35	10:50	12:29	13:51	15:27	16:53	18:49	20:18	22:07	23:40:54
Age 52		Time Delta	01:23	01:12	01:28	01:12	01:28	01:15	01:34	01:15	01:38	01:22	01:35	01:26	01:55	01:29	01:48	01:33:54
Group M50-59		Pace Cum	12:07	12:25	12:37	12:39	12:43	12:49	12:58	13:01	13:11	13:18	13:22	13:31	13:48	13:56	14:04	14:13
Overall-Group		Pace Delta	12:07	12:47	12:58	12:48	12:57	13:21	13:48	13:21	14:23	14:39	13:54	15:16	16:54	15:54	15:48	16:37
Overall-Group		Position	135-31	134-31	135-31	129-31	117-32	110-29	97-26	87-23	61-18	62-16	49-12	45-11	40-10	40-10	38-9	37-9
Triumph, Thomas (NJ)	38	Time of Day	0:07:10	0:08:12	0:09:30	0:10:36	0:12:01	0:13:12	0:14:46	0:16:01	0:17:46	0:19:10	0:20:46	0:22:13	1:00:21	1:02:05	1:04:24	1:05:50:10
238		Time Cum	01:10	02:12	03:30	04:36	06:01	07:12	08:46	10:01	11:46	13:10	14:46	16:13	18:21	20:05	22:24	23:50:10
Age 50		Time Delta	01:10	01:02	01:17	01:06	01:24	01:11	01:33	01:15	01:44	01:24	01:35	01:27	02:07	01:44	02:18	01:26:10
Group M50-59		Pace Cum	10:13	10:37	10:51	11:05	11:20	11:32	11:52	12:02	12:25	12:39	12:47	12:59	13:27	13:47	14:15	14:18
Overall-Group		Pace Delta	10:13	11:06	11:17	11:50	12:17	12:42	13:37	13:25	15:12	15:02	13:52	15:32	18:34	18:31	20:12	15:15
Overall-Group		Position	37-8	48-9	55-11	55-12	52-9	54-10	52-9	53-10	40-8	46-8	37-8	36-8	34-8	36-9	40-10	38-10
Lowery, Chris (GA)	39	Time of Day	0:07:40	0:08:59	0:10:29	0:11:34	0:12:57	0:14:09	0:15:47	0:17:08	0:18:50	0:20:11	0:21:53	0:23:17	1:01:08	1:02:39	1:04:27	1:05:50:44
102		Time Cum	01:40	02:59	04:29	05:34	06:57	08:09	09:47	11:08	12:50	14:11	15:53	17:17	19:08	20:39	22:27	23:50:44
Age 46		Time Delta	01:40	01:19	01:29	01:05	01:22	01:12	01:37	01:21	01:41	01:21	01:41	01:24	01:50	01:31	01:47	01:23:44
Group M40-49		Pace Cum	14:36	14:20	13:54	13:23	13:06	13:04	13:14	13:22	13:33	13:37	13:45	13:50	14:02	14:10	14:17	14:18
Overall-Group		Pace Delta	14:36	14:01	13:07	11:38	12:01	12:53	14:11	14:24	14:50	14:24	14:50	15:01	16:05	16:08	15:45	14:49
Overall-Group		Position	214-56	206-54	193-52	163-47	128-36	122-34	112-32	108-32	79-25	74-23	58-20	50-16	43-13	41-13	41-13	39-11
Mitchell, Rob (NC)	40	Time of Day	0:07:12	0:08:14	0:09:24	0:10:29	0:11:47	0:12:55	0:14:20	0:15:31	0:17:13	0:18:36	0:20:32	0:22:13	1:00:18	1:02:07	1:04:16	1:05:56:57
172		Time Cum	01:12	02:14	03:24	04:29	05:47	06:55	08:20	09:31	11:13	12:36	14:32	16:13	18:18	20:07	22:16	23:56:57
Age 43		Time Delta	01:12	01:02	01:09	01:05	01:17	01:08	01:24	01:11	01:41	01:23	01:55	01:41	02:04	01:49	02:08	01:40:57
Group M40-49		Pace Cum	10:31	10:46	10:33	10:46	10:54	11:04	11:16	11:26	11:50	12:06	12:34	12:58	13:25	13:48	14:10	14:22
Overall-Group		Pace Delta	10:31	11:05	10:08	11:32	11:22	12:04	12:23	12:41	14:48	14:43	16:55	17:53	18:14	19:25	18:44	17:52
Overall-Group		Position	50-16	52-19	39-16	38-17	35-15	39-16	38-15	36-13	32-11	33-11	33-11	35-11	33-10	37-10	39-12	40-12
Sullivan, Jim (FL)	41	Time of Day	0:07:19	0:08:27	0:09:48	0:10:57	0:12:26	0:13:39	0:15:13	0:16:34	0:18:10	0:19:38	0:21:27	0:22:57	1:01:02	1:02:41	1:04:37	1:06:14:29
230		Time Cum	01:19	02:27	03:48	04:57	06:26	07:39	09:13	10:34	12:10	13:38	15:27	16:57	19:02	20:41	22:37	24:14:29
Age 56		Time Delta	01:19	01:08	01:20	01:09	01:28	01:13	01:33	01:21	01:35	01:28	01:48	01:30	02:04	01:39	01:55	01:37:29
Group M50-59		Pace Cum	11:32	11:49	11:47	11:53	12:07	12:15	12:28	12:41	12:50	13:06	13:22	13:34	13:57	14:12	14:23	14:33
Overall-Group		Pace Delta	11:32	12:09	11:44	12:15	12:58	13:01	13:38	14:22	13:59	15:39	15:51	16:05	18:07	17:41	16:48	17:15
Overall-Group		Position	90-21	95-23	88-21	86-21	79-20	75-19	72-19	73-19	51-13	56-14	49-12	46-12	42-11	42-11	42-11	41-11
Glassman, Troy S (VA)	42	Time of Day	0:07:38	0:09:05	0:10:45	0:12:11	0:13:39	0:14:58	0:16:27	0:17:42	0:19:24	0:20:45	0:22:25	0:23:56	1:01:36	1:03:04	1:04:43	1:06:15:54
269		Time Cum	01:38	03:05	04:45	06:11	07:39	08:58	10:27	11:42	13:24	14:45	16:25	17:56	19:36	21:04	22:43	24:15:54
Age 40		Time Delta	01:38	01:27	01:39	01:26	01:27	01:19	01:28	01:15	01:41	01:21	01:39	01:31	01:39	01:28	01:38	01:32:54
Group M40-49		Pace Cum	14:18	14:52	14:44	14:53	14:25	14:21	14:08	14:03	14:09	14:10	14:12	14:22	14:22	14:27	14:27	14:34
Overall-Group		Pace Delta	14:18	15:32	14:29	15:23	12:43	14:02	12:57	13:25	14:47	14:24	14:33	16:16	14:28	15:38	14:24	16:27
Overall-Group		Position	210-54	215-56	210-55	210-55	185-48	174-48	144-39	136-37	99-29	93-28	70-25	64-21	47-15	44-14	43-14	42-13

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	
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>Weightman,</u>	43	Time of Day	0:07:16	0:08:22	0:09:39	0:10:48	0:12:11	0:13:25	0:14:55	0:16:12	0:17:46	0:19:08	0:20:55	0:22:36	1:00:39	1:02:44	1:04:53	1:06:54:53
<u>Suzanne (PA)</u>		Time Cum	01:16	02:22	03:39	04:48	06:11	07:25	08:55	10:12	11:46	13:08	14:55	16:36	18:39	20:44	22:53	24:54:53
9		Time Delta	01:16	01:06	01:16	01:09	01:22	01:14	01:29	01:17	01:33	01:22	01:46	01:41	02:02	02:05	02:08	02:01:53
Age 44		Pace Cum	11:06	11:24	11:19	11:32	11:39	11:53	12:04	12:15	12:25	12:37	12:54	13:17	13:40	14:13	14:33	14:57
Group F40-49		Pace Delta	11:06	11:45	11:11	12:16	12:05	13:15	13:01	13:40	13:41	14:37	15:32	18:02	17:50	22:08	18:50	21:34
Overall-Group		Position	70-5	77-6	70-6	71-6	62-6	61-6	61-6	59-6	40-3	45-3	39-3	42-3	38-3	43-3	44-3	43-3
<u>Stocker,</u>	44	Time of Day	0:07:20	0:08:35	0:09:55	0:11:07	0:12:34	0:13:54	0:15:34	0:16:55	0:18:37	0:20:06	0:22:01	0:23:46	1:01:47	1:03:31	1:05:29	1:06:57:19
<u>Emmy (CT)</u>		Time Cum	01:20	02:35	03:55	05:07	06:34	07:54	09:34	10:55	12:37	14:06	16:01	17:46	19:47	21:31	23:29	24:57:19
226		Time Delta	01:20	01:15	01:19	01:12	01:26	01:20	01:39	01:21	01:41	01:29	01:54	01:45	02:00	01:44	01:57	01:28:19
Age 49		Pace Cum	11:41	12:24	12:09	12:18	12:22	12:39	12:57	13:06	13:19	13:33	13:51	14:13	14:30	14:45	14:56	14:58
Group F40-49		Pace Delta	11:41	13:17	11:40	12:49	12:39	14:14	14:32	14:21	14:53	15:52	16:42	18:41	17:35	18:26	17:13	15:38
Overall-Group		Position	107-9	133-12	107-8	105-8	92-8	100-8	94-7	95-7	65-4	68-4	63-4	61-4	51-4	48-4	46-4	44-4
Murray,	45	Time of Day	0:07:19	0:08:30	0:09:55	0:11:09	0:12:42	0:14:00	0:15:42	0:17:00	0:18:42	0:20:09	0:21:53	0:23:23	1:01:18	1:03:14	1:05:18	1:07:08:08
Jay (NC)		Time Cum	01:19	02:30	03:55	05:09	06:42	08:00	09:42	11:00	12:42	14:09	15:53	17:23	19:18	21:14	23:18	25:08:08
182		Time Delta	01:19	01:11	01:24	01:14	01:32	01:18	01:41	01:18	01:41	01:27	01:43	01:30	01:54	01:56	02:03	01:50:08
Age 46		Pace Cum	11:32	12:03	12:09	12:23	12:37	12:49	13:07	13:13	13:24	13:36	13:45	13:54	14:09	14:34	14:49	15:05
Group M40-49		Pace Delta	11:32	12:41	12:19	13:11	13:30	13:52	14:50	13:53	14:49	15:34	15:02	15:57	16:46	20:37	18:02	19:30
Overall-Group		Position	90-28	113-29	107-28	112-28	113-30	108-29	107-29	101-29	70-21	73-22	58-20	52-17	44-14	45-15	45-15	45-14
<u>Frahm,</u>	46	Time of Day	0:07:16	0:08:21	0:09:39	0:10:48	0:12:16	0:13:31	0:15:03	0:16:30	0:18:36	0:20:12	0:22:08	0:23:31	1:01:38	1:03:22	1:05:38	1:07:40:31
<u>Jennifer (NC)</u>		Time Cum	01:16	02:21	03:39	04:48	06:16	07:31	09:03	10:30	12:36	14:12	16:08	17:31	19:38	21:22	23:38	25:40:31
100		Time Delta	01:16	01:05	01:17	01:09	01:27	01:15	01:31	01:27	02:05	01:36	01:55	01:23	02:06	01:44	02:15	02:02:31
Age 28		Pace Cum	11:06	11:18	11:19	11:32	11:48	12:02	12:15	12:36	13:18	13:38	13:57	14:02	14:24	14:39	15:02	15:24
Group F20-29		Pace Delta	11:06	11:33	11:21	12:15	12:49	13:21	13:22	15:26	18:22	17:01	16:55	14:51	18:25	18:27	19:49	21:41
Overall-Group		Position	70-1	75-1	70-1	69-1	65-1	67-1	63-1	70-1	62-1	75-1	64-2	56-1	48-2	46-1	47-1	46-1
McNeill,	47	Time of Day	0:07:16	0:08:25	0:09:52	0:11:01	0:12:32	0:13:45	0:15:20	0:16:37	0:18:21	0:19:46	0:21:41	0:23:28	1:01:31	1:03:24	1:05:43	1:07:44:58
Michael (NC)		Time Cum	01:16	02:25	03:52	05:01	06:32	07:45	09:20	10:37	12:21	13:46	15:41	17:28	19:31	21:24	23:43	25:44:58
171		Time Delta	01:16	01:09	01:26	01:09	01:30	01:13	01:34	01:17	01:43	01:25	01:54	01:47	02:02	01:53	02:18	02:01:58
Age 36		Pace Cum	11:06	11:40	11:59	12:04	12:18	12:24	12:38	12:45	13:02	13:14	13:34	13:59	14:18	14:41	15:05	15:27
Group M30-39		Pace Delta	11:06	12:21	12:35	12:21	13:10	12:56	13:52	13:40	15:09	15:10	16:41	19:00	17:55	20:07	20:11	21:35
Overall-Group		Position	70-15	89-21	96-20	93-20	89-18	81-17	80-16	76-15	57-11	58-12	54-10	53-10	45-8	47-8	48-8	47-8
Dillon,	48	Time of Day	0:07:20	0:08:38	0:10:08	0:11:26	0:13:01	0:14:26	0:16:02	0:17:28	0:19:16	0:20:46	0:22:40	1:00:13	1:02:15	1:03:58	1:06:15	1:07:59:25
Ben (NC)		Time Cum	01:20	02:38	04:08	05:26	07:01	08:26	10:02	11:28	13:16	14:46	16:40	18:13	20:15	21:58	24:15	25:59:25
24		Time Delta	01:20	01:18	01:29	01:18	01:34	01:25	01:35	01:26	01:47	01:30	01:53	01:33	02:01	01:43	02:16	01:44:25
Age 58		Pace Cum	11:41	12:40	12:49	13:04	13:13	13:30	13:34	13:46	14:00	14:11	14:25	14:35	14:51	15:04	15:25	15:36
Group M50-59		Pace Delta	11:41	13:52	13:06	13:57	13:45	15:08	13:57	15:21	15:39	15:56	16:38	16:29	17:47	18:19	19:56	18:29
Overall-Group		Position	107-26	151-33	143-33	145-33	130-33	139-34	126-34	125-34	91-26	94-26	74-18	68-16	54-13	53-13	50-13	48-12
Chilcott,	49	Time of Day	0:07:17	0:08:20	0:09:47	0:11:00	0:12:38	0:13:49	0:15:30	0:16:55	0:18:49	0:20:08	0:22:08	0:23:38	1:02:24	1:04:08	1:06:29	1:08:01:58
Charles (NC)		Time Cum	01:17	02:20	03:47	05:00	06:38	07:49	09:30	10:55	12:49	14:08	16:08	17:38	20:24	22:08	24:29	26:01:58
80		Time Delta	01:17	01:03	01:26	01:13	01:37	01:11	01:40	01:25	01:53	01:19	01:59	01:30	02:45	01:44	02:21	01:32:58
Age 35		Pace Cum	11:14	11:14	11:44	12:00	12:30	12:31	12:51	13:06	13:32	13:34	13:57	14:07	14:57	15:11	15:34	15:37
Group M30-39		Pace Delta	11:14	11:13	12:39	12:56	14:18	12:36	14:43	15:04	16:38	14:03	17:28	16:00	24:11	18:24	20:35	16:27
Overall-Group		Position	80-19	71-15	85-19	89-19	99-20	90-19	88-19	96-18	77-12	71-14	64-11	60-11	60-9	54-9	51-9	49-9

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
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
Stolen, Ernest (AK)	50	Time of Day	0:07:09	0:08:10	0:09:30	0:10:38	0:12:10	0:13:17	0:14:52	0:16:12	0:18:10	0:19:32		0:23:31	1:01:47	1:03:31	1:06:02	1:08:04:14
		Time Cum	01:09	02:10	03:30	04:38	06:10	07:17	08:52	10:12	12:10	13:32		17:31	19:47	21:31	24:02	26:04:14
	227	Time Delta	01:09	01:01	01:19	01:08	01:31	01:07	01:34	01:20	01:57	01:22		03:59	02:15	01:44	02:30	02:02:14
Age	59	Pace Cum	10:04	10:25	10:51	11:08	11:37	11:40	12:00	12:15	12:50	13:00		14:01	14:30	14:45	15:17	15:39
Group	M50-59	Pace Delta	10:04	10:50	11:39	12:04	13:24	11:56	13:48	14:19	17:06	14:31		19:09	19:48	18:26	22:01	21:38
Overall-Group		Position	33-6	38-7	55-11	57-13	61-14	57-12	58-12	60-12	51-13	53-13		55-13	51-12	49-12	49-12	50-13
Whalen, Mike (CA)	51	Time of Day	0:07:24	0:08:39	0:10:08	0:11:29	0:13:05	0:14:23	0:15:59	0:17:13	0:18:55	0:20:43	0:22:30	1:00:20	1:02:32	1:04:29	1:06:41	1:08:04:18
		Time Cum	01:24	02:39	04:08	05:29	07:05	08:23	09:59	11:13	12:55	14:43	16:30	18:20	20:32	22:29	24:41	26:04:18
	259	Time Delta	01:24	01:15	01:28	01:21	01:35	01:18	01:35	01:14	01:41	01:48	01:46	01:50	02:11	01:57	02:11	01:23:18
Age	53	Pace Cum	12:16	12:46	12:49	13:11	13:21	13:26	13:30	13:29	13:38	14:08	14:17	14:40	15:03	15:25	15:42	15:39
Group	M50-59	Pace Delta	12:16	13:22	12:55	14:25	13:57	13:55	13:55	13:14	14:47	19:08	15:36	19:30	19:15	20:44	19:15	14:45
Overall-Group		Position	144-34	156-35	143-33	151-34	138-34	136-33	120-33	109-29	82-24	89-25	71-17	72-19	61-17	60-15	56-14	51-14
Herbst, Tom (NC)	52	Time of Day	0:07:20	0:08:36	0:10:10	0:11:27	0:13:03	0:14:21	0:16:27	0:18:14	0:20:12	0:21:49	0:23:46	1:01:22	1:03:06	1:04:43	1:06:33	1:08:15:21
		Time Cum	01:20	02:36	04:10	05:27	07:03	08:21	10:27	12:14	14:12	15:49	17:46	19:22	21:06	22:43	24:33	26:15:21
	127	Time Delta	01:20	01:16	01:33	01:17	01:35	01:18	02:05	01:47	01:57	01:37	01:56	01:36	01:43	01:37	01:49	01:42:21
Age	45	Pace Cum	11:41	12:31	12:55	13:06	13:17	13:22	14:08	14:41	14:59	15:11	15:22	15:30	15:28	15:35	15:37	15:45
Group	M40-49	Pace Delta	11:41	13:31	13:40	13:44	13:56	13:52	18:21	18:58	17:12	17:12	17:04	17:02	15:09	17:11	16:03	18:07
Overall-Group		Position	107-30	141-39	150-44	147-42	135-37	129-38	144-39	163-46	116-34	115-35	96-30	90-28	66-20	63-19	53-16	52-15
Wood, John (FL)	53	Time of Day	0:07:18	0:08:28	0:09:48	0:11:02	0:12:33	0:14:06	0:15:48	0:17:25	0:19:23	0:21:09	0:23:07	1:00:55	1:03:08	1:04:51	1:06:50	1:08:15:35
		Time Cum	01:18	02:28	03:48	05:02	06:33	08:06	09:48	11:25	13:23	15:09	17:07	18:55	21:08	22:51	24:50	26:15:35
	266	Time Delta	01:18	01:10	01:19	01:14	01:30	01:33	01:41	01:37	01:57	01:46	01:57	01:48	02:12	01:43	01:58	01:25:35
Age	58	Pace Cum	11:23	11:51	11:47	12:07	12:20	12:58	13:15	13:42	14:07	14:33	14:49	15:09	15:30	15:40	15:48	15:45
Group	M50-59	Pace Delta	11:23	12:25	11:39	13:14	13:11	16:28	14:53	17:13	17:11	18:50	17:10	19:15	19:18	18:14	17:22	15:09
Overall-Group		Position	88-20	98-24	88-21	95-24	91-24	119-32	113-32	121-33	97-27	102-27	87-23	80-21	67-18	64-16	58-15	53-15
Honey, Bill (FL)	54	Time of Day	0:07:24	0:08:33	0:09:56	0:11:09	0:12:50	0:14:04	0:15:44	0:17:07	0:19:20	0:20:53	0:22:58	1:00:45	1:02:43	1:04:26	1:06:33	1:08:18:12
		Time Cum	01:24	02:33	03:56	05:09	06:50	08:04	09:44	11:07	13:20	14:53	16:58	18:45	20:43	22:26	24:33	26:18:12
	130	Time Delta	01:24	01:09	01:22	01:13	01:40	01:14	01:39	01:23	02:12	01:33	02:04	01:47	01:57	01:43	02:06	01:45:12
Age	43	Pace Cum	12:16	12:17	12:12	12:23	12:52	12:56	13:10	13:21	14:04	14:18	14:41	15:00	15:11	15:23	15:37	15:47
Group	M40-49	Pace Delta	12:16	12:18	12:03	13:01	14:40	13:15	14:29	14:49	19:19	16:34	18:09	19:02	17:09	18:15	18:31	18:37
Overall-Group		Position	144-38	129-36	113-29	115-28	120-32	117-31	110-31	107-31	95-28	97-29	85-28	76-24	63-18	59-18	53-16	54-16
Calabria, Robert D (NC)	55	Time of Day	0:07:26	0:08:43	0:10:14	0:11:31	0:13:06	0:14:26	0:16:04	0:17:27	0:19:06	0:20:35	0:22:34	1:00:11	1:02:17	1:04:12	1:06:32	1:08:19:44
		Time Cum	01:26	02:43	04:14	05:31	07:06	08:26	10:04	11:27	13:06	14:35	16:34	18:11	20:17	22:12	24:32	26:19:44
	22	Time Delta	01:26	01:17	01:30	01:17	01:34	01:20	01:37	01:23	01:38	01:29	01:58	01:37	02:05	01:55	02:19	01:47:44
Age	67	Pace Cum	12:33	13:05	13:08	13:17	13:23	13:31	13:37	13:45	13:50	14:01	14:20	14:33	14:52	15:14	15:36	15:48
Group	M60-69	Pace Delta	12:33	13:44	13:12	13:48	13:44	14:17	14:12	14:44	14:25	15:53	17:16	17:14	18:20	20:25	20:23	19:04
Overall-Group		Position	162-7	175-9	158-7	159-6	143-7	141-5	129-5	124-5	85-3	86-2	72-2	67-2	55-2	55-2	52-2	55-2
<u>Lewis,</u> <u>Marie (NC)</u>	56	Time of Day	0:07:21	0:08:36	0:10:10	0:11:27	0:13:03	0:14:21	0:15:59	0:17:21	0:19:09	0:20:38	0:22:37	1:00:23	1:02:18	1:04:13	1:06:33	1:08:19:46
		Time Cum	01:21	02:36	04:10	05:27	07:03	08:21	09:59	11:21	13:09	14:38	16:37	18:23	20:18	22:13	24:33	26:19:46
	154	Time Delta	01:21	01:15	01:33	01:17	01:35	01:18	01:37	01:22	01:47	01:29	01:58	01:46	01:54	01:55	02:19	01:46:46
Age	44	Pace Cum	11:49	12:33	12:55	13:06	13:17	13:22	13:30	13:38	13:53	14:03	14:23	14:43	14:53	15:14	15:37	15:48
Group	F40-49	Pace Delta	11:49	13:25	13:36	13:45	13:55	13:52	14:16	14:34	15:44	15:47	17:21	18:47	16:46	20:26	20:22	18:54
Overall-Group		Position	121-11	143-13	150-14	148-14	135-12	130-9	120-8	117-8	87-5	87-5	73-5	74-6	56-5	56-5	53-5	56-5

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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	
Byrom, Roger (NY)	57	Time of Day	0:07:21	0:08:29	0:09:54	0:11:06	0:12:38	0:13:55	0:15:36	0:16:52	0:18:52	0:20:20	0:22:20	0:23:57	1:02:20	1:04:53	1:07:01	1:08:34:25
		Time Cum	01:21	02:29	03:54	05:06	06:38	07:55	09:36	10:52	12:52	14:20	16:20	17:57	20:20	22:53	25:01	26:34:25
	75	Time Delta	01:21	01:08	01:24	01:12	01:31	01:17	01:40	01:16	01:59	01:28	01:59	01:37	02:22	02:33	02:07	01:33:25
Age	50	Pace Cum	11:49	11:56	12:06	12:16	12:30	12:40	12:59	13:03	13:35	13:46	14:08	14:22	14:54	15:42	15:55	15:57
Group	M50-59	Pace Delta	11:49	12:03	12:24	12:53	13:19	13:38	14:44	13:29	17:29	15:40	17:26	17:17	20:47	18:36	27:10	16:32
Overall-Group		Position	121-28	104-26	102-26	104-26	99-27	101-26	100-27	88-24	81-23	80-20	66-15	65-15	58-15	65-17	60-17	57-16
Krolewicz, Ray (SC)	58	Time of Day	0:06:57	0:07:50	0:08:55	0:09:56	0:11:32	0:12:41	0:14:11	0:15:33	0:17:19	0:18:47	0:21:03	1:00:13	1:02:23	1:05:32	1:07:30	1:08:35:40
		Time Cum	00:57	01:50	02:55	03:56	05:32	06:41	08:11	09:33	11:19	12:47	15:03	18:13	20:23	23:32	25:30	26:35:40
	151	Time Delta	00:57	00:53	01:04	01:01	01:35	01:09	01:29	01:22	01:45	01:28	02:15	03:10	02:09	03:09	01:57	01:05:40
Age	53	Pace Cum	08:19	08:52	09:03	09:29	10:25	10:42	11:04	11:29	11:57	12:17	13:01	14:35	14:57	16:08	16:13	15:57
Group	M50-59	Pace Delta	08:19	09:33	09:21	10:58	13:53	12:18	13:04	14:41	15:20	15:41	19:46	33:45	18:53	33:29	17:12	11:37
Overall-Group		Position	6-2	8-2	9-2	12-3	24-4	26-4	30-4	37-6	33-6	37-7	41-10	69-16	59-16	72-19	67-18	58-17
Jared, Jerry (VA)	59	Time of Day	0:07:21	0:08:30	0:09:55	0:11:09	0:12:34	0:13:48	0:15:16	0:16:36	0:18:19	0:19:52	0:21:56	0:23:56	1:02:19	1:04:25	1:06:55	1:08:48:05
		Time Cum	01:21	02:30	03:55	05:09	06:34	07:48	09:16	10:36	12:19	13:52	15:56	17:56	20:19	22:25	24:55	26:48:05
	138	Time Delta	01:21	01:09	01:24	01:14	01:24	01:14	01:27	01:20	01:42	01:33	02:03	02:00	02:22	02:06	02:29	01:53:05
Age	53	Pace Cum	11:49	12:03	12:09	12:24	12:22	12:29	12:32	12:44	13:00	13:19	13:47	14:21	14:54	15:23	15:51	16:05
Group	M50-59	Pace Delta	11:49	12:19	12:20	13:16	12:16	13:10	12:48	14:19	14:54	16:28	18:06	21:23	20:46	22:22	21:51	20:01
Overall-Group		Position	121-28	111-29	107-28	116-29	92-25	89-24	75-21	75-20	56-16	63-17	60-14	63-14	57-14	58-14	59-16	59-18
<u>Wagner, Bunny (MD)</u>	60	Time of Day	0:07:25	0:08:38	0:10:11	0:11:31	0:13:14	0:14:32	0:16:13	0:17:33	0:19:19	0:20:48	0:22:46	1:00:22	1:02:34	1:04:30	1:07:07	1:08:58:14
		Time Cum	01:25	02:38	04:11	05:31	07:14	08:32	10:13	11:33	13:19	14:48	16:46	18:22	20:34	22:30	25:07	26:58:14
	251	Time Delta	01:25	01:13	01:32	01:20	01:42	01:18	01:40	01:20	01:45	01:29	01:57	01:36	02:11	01:56	02:36	01:51:14
Age	42	Pace Cum	12:25	12:42	12:58	13:16	13:38	13:39	13:49	13:52	14:03	14:13	14:30	14:42	15:05	15:26	15:58	16:11
Group	F40-49	Pace Delta	12:25	13:02	13:29	14:18	14:55	13:49	14:44	14:15	15:24	15:47	17:12	17:00	19:16	20:34	22:54	19:41
Overall-Group		Position	157-16	152-15	154-16	158-15	155-15	144-13	136-11	130-10	93-7	95-6	78-6	73-5	62-6	61-6	61-6	60-6
<u>Vish, Mary (NJ)</u>	61	Time of Day	0:07:23	0:08:35	0:10:07	0:11:27	0:13:05	0:14:23	0:16:11	0:17:40	0:19:44	0:21:16	0:23:27	1:01:16	1:03:30	1:05:24	1:07:28	1:08:58:34
		Time Cum	01:23	02:35	04:07	05:27	07:05	08:23	10:11	11:40	13:44	15:16	17:27	19:16	21:30	23:24	25:28	26:58:34
	246	Time Delta	01:23	01:12	01:31	01:20	01:37	01:18	01:47	01:29	02:03	01:32	02:10	01:49	02:13	01:54	02:03	01:30:34
Age	58	Pace Cum	12:07	12:27	12:46	13:06	13:21	13:25	13:47	14:00	14:30	14:39	15:06	15:25	15:46	16:03	16:12	16:11
Group	F50-59	Pace Delta	12:07	12:51	13:20	14:14	14:15	13:50	15:45	15:47	18:05	16:18	19:07	19:21	19:31	20:17	18:01	16:02
Overall-Group		Position	135-7	138-5	140-7	146-7	138-5	134-6	133-6	134-6	105-6	104-6	89-4	87-4	72-2	70-2	66-2	61-2
<u>Murphy, Meredith (PA)</u>	62	Time of Day	0:07:19	0:08:31	0:09:59	0:11:10	0:12:41	0:13:59	0:15:36	0:16:58	0:18:40	0:20:12	0:22:00	0:23:36	1:01:35	1:03:55	1:06:48	1:09:04:50
		Time Cum	01:19	02:31	03:59	05:10	06:41	07:59	09:36	10:58	12:40	14:12	16:00	17:36	19:35	21:55	24:48	27:04:50
	181	Time Delta	01:19	01:12	01:27	01:11	01:30	01:18	01:36	01:22	01:41	01:32	01:47	01:36	01:58	02:20	02:52	02:16:50
Age	29	Pace Cum	11:32	12:06	12:21	12:26	12:35	12:46	12:59	13:11	13:22	13:38	13:51	14:05	14:21	15:02	15:46	16:15
Group	F20-29	Pace Delta	11:32	12:46	12:49	12:41	13:11	13:48	14:09	14:41	14:45	16:23	15:41	17:02	17:20	24:52	25:11	24:13
Overall-Group		Position	90-2	118-2	126-2	123-2	108-2	105-2	100-2	99-2	69-2	76-1	61-1	59-2	46-1	52-2	57-2	62-2
Gifford, Adam C (FL)	63	Time of Day	0:07:20	0:08:28	0:09:54	0:11:07	0:12:38	0:14:01	0:15:49	0:17:29	0:19:23	0:21:00	0:23:21	1:01:22	1:03:36	1:05:24	1:07:26	1:09:08:54
		Time Cum	01:20	02:28	03:54	05:07	06:38	08:01	09:49	11:29	13:23	15:00	17:21	19:22	21:36	23:24	25:26	27:08:54
	115	Time Delta	01:20	01:08	01:25	01:13	01:30	01:23	01:47	01:40	01:53	01:37	02:20	02:01	02:14	01:48	02:01	01:42:54
Age	33	Pace Cum	11:41	11:55	12:06	12:19	12:30	12:51	13:17	13:48	14:07	14:25	15:01	15:30	15:50	16:03	16:10	16:17
Group	M30-39	Pace Delta	11:41	12:11	12:26	13:04	13:09	14:49	15:39	17:51	16:31	17:17	20:29	21:25	19:34	19:17	17:41	18:13
Overall-Group		Position	107-23	100-22	102-24	107-24	99-20	113-21	114-20	126-23	97-15	99-16	88-13	88-13	76-11	71-11	65-10	63-10

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	
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>Allen,</u>	64	Time of Day	0:07:22	0:08:34	0:10:08	0:11:26	0:13:01	0:14:21	0:16:07	0:17:31	0:19:16	0:20:48	0:22:54	1:00:35	1:02:50	1:04:42	1:07:21	1:09:14:56
<u>Lisa (CO)</u>		Time Cum	01:22	02:34	04:08	05:26	07:01	08:21	10:07	11:31	13:16	14:48	16:54	18:35	20:50	22:42	25:21	27:14:56
	44	Time Delta	01:22	01:12	01:33	01:18	01:34	01:20	01:45	01:24	01:44	01:32	02:05	01:41	02:14	01:52	02:38	01:53:56
Age	44	Pace Cum	11:58	12:24	12:49	13:02	13:13	13:23	13:41	13:50	14:00	14:13	14:37	14:52	15:16	15:34	16:07	16:21
Group	F40-49	Pace Delta	11:58	12:55	13:35	13:49	13:52	14:16	15:23	14:58	15:15	16:22	18:19	17:58	19:38	19:52	23:11	20:10
Overall-Group		Position	131-14	132-11	143-11	143-12	130-10	131-9	130-9	129-9	91-6	96-6	82-7	75-7	65-7	62-7	64-7	64-7
<u>Fromm,</u>	65	Time of Day	0:07:10	0:08:14	0:09:31	0:10:39	0:11:59	0:13:11	0:14:37	0:15:56	0:17:49	0:19:13	0:21:22	0:23:19	1:02:05	1:04:15	1:07:12	1:09:28:36
<u>Anita Marie (NM)</u>		Time Cum	01:10	02:14	03:31	04:39	05:59	07:11	08:37	09:56	11:49	13:13	15:22	17:19	20:05	22:15	25:12	27:28:36
	108	Time Delta	01:10	01:04	01:16	01:08	01:19	01:12	01:25	01:19	01:52	01:24	02:08	01:57	02:45	02:10	02:56	02:16:36
Age	36	Pace Cum	10:13	10:47	10:54	11:10	11:16	11:30	11:39	11:56	12:28	12:42	13:18	13:52	14:43	15:16	16:02	16:29
Group	F30-39	Pace Delta	10:13	11:28	11:07	12:05	11:39	12:29	14:07	16:23	14:56	18:47	20:50	24:08	23:04	25:48	24:11	24:11
Overall-Group		Position	37-3	55-3	59-3	58-3	51-3	52-3	50-3	50-3	44-3	48-3	46-5	51-5	53-5	57-5	62-5	65-5
Taylor,	65	Time of Day	0:07:17	0:08:20	0:09:36	0:10:41	0:12:05	0:13:20	0:14:49	0:16:06	0:18:03	0:19:46	0:21:38	0:23:35	1:01:45	1:03:39	1:07:16	1:09:28:36
Alex (MN)		Time Cum	01:17	02:20	03:36	04:41	06:05	07:20	08:49	10:06	12:03	13:46	15:38	17:35	19:45	21:39	25:16	27:28:36
	232	Time Delta	01:17	01:03	01:15	01:05	01:23	01:15	01:28	01:17	01:56	01:43	01:51	01:57	02:09	01:54	03:36	02:12:36
Age	46	Pace Cum	11:14	11:15	11:10	11:17	11:28	11:45	11:56	12:08	12:43	13:14	13:32	14:05	14:29	14:51	16:04	16:29
Group	M40-49	Pace Delta	11:14	11:16	11:00	11:40	12:08	13:20	12:57	13:42	17:01	18:21	16:15	20:51	18:51	20:21	31:32	23:28
Overall-Group		Position	80-25	72-22	66-21	62-20	57-19	59-19	55-19	56-19	49-14	60-17	53-17	58-18	50-17	50-16	63-18	65-17
Foster,	67	Time of Day	0:07:19	0:08:24	0:09:52	0:11:06	0:12:48	0:14:12	0:16:01	0:17:26	0:19:26	0:21:14	0:23:29	1:01:09	1:03:19	1:05:07	1:07:33	1:09:32:25
Stephen (VA)		Time Cum	01:19	02:24	03:52	05:06	06:48	08:12	10:01	11:26	13:26	15:14	17:29	19:09	21:19	23:07	25:33	27:32:25
	107	Time Delta	01:19	01:05	01:27	01:14	01:41	01:24	01:48	01:25	01:59	01:48	02:14	01:40	02:09	01:48	02:25	01:59:25
Age	36	Pace Cum	11:32	11:34	11:59	12:15	12:49	13:09	13:33	13:44	14:11	14:38	15:08	15:19	15:38	15:52	16:15	16:31
Group	M30-39	Pace Delta	11:32	11:36	12:46	13:09	14:51	15:02	15:46	15:13	17:22	19:08	19:41	17:45	18:56	19:17	21:10	21:08
Overall-Group		Position	90-21	83-19	96-20	101-23	119-23	124-23	125-23	122-22	101-16	103-17	90-14	84-12	70-10	67-10	68-11	67-11
Kelly,	68	Time of Day	0:07:20	0:08:29	0:09:54	0:11:06	0:12:42	0:14:02	0:15:51	0:17:13	0:19:10	0:20:44	0:22:56	1:00:51	1:03:35	1:05:36	1:07:55	1:09:37:55
Cameron (NC)		Time Cum	01:20	02:29	03:54	05:06	06:42	08:02	09:51	11:13	13:10	14:44	16:56	18:51	21:35	23:36	25:55	27:37:55
	147	Time Delta	01:20	01:09	01:24	01:12	01:35	01:20	01:48	01:22	01:56	01:34	02:11	01:55	02:43	02:01	02:18	01:42:55
Age	29	Pace Cum	11:41	11:56	12:06	12:16	12:37	12:52	13:20	13:29	13:54	14:09	14:39	15:05	15:49	16:12	16:29	16:35
Group	M20-29	Pace Delta	11:41	12:13	12:24	12:52	13:55	14:13	15:52	14:41	16:56	16:38	19:16	20:24	23:55	21:35	20:09	18:13
Overall-Group		Position	107-8	102-8	102-8	102-8	113-9	114-9	115-8	110-8	88-6	90-7	84-4	79-4	75-4	73-4	73-4	68-4
McLaughlin,	69	Time of Day	0:07:17	0:08:21	0:09:42	0:10:48	0:12:19	0:13:30	0:15:04	0:16:26	0:18:10	0:19:38	0:21:37	0:23:35	1:01:44	1:03:53	1:07:33	1:09:41:22
Peter (DE)		Time Cum	01:17	02:21	03:42	04:48	06:19	07:30	09:04	10:26	12:10	13:38	15:37	17:35	19:44	21:53	25:33	27:41:22
	169	Time Delta	01:17	01:04	01:20	01:06	01:30	01:11	01:33	01:22	01:43	01:28	01:58	01:58	02:08	02:09	03:39	02:08:22
Age	45	Pace Cum	11:14	11:18	11:28	11:33	11:54	12:01	12:16	12:31	12:50	13:06	13:31	14:05	14:28	15:01	16:15	16:37
Group	M40-49	Pace Delta	11:14	11:22	11:48	11:50	13:09	12:39	13:39	14:33	15:09	15:44	17:14	21:01	18:43	22:53	32:05	22:43
Overall-Group		Position	80-25	74-24	75-22	72-22	69-20	66-20	64-20	67-21	51-15	57-16	51-16	57-18	49-16	51-17	68-19	69-18
Mueller,	70	Time of Day	0:07:15	0:08:20	0:09:41	0:10:51	0:12:17	0:13:30	0:15:01	0:16:26	0:18:42	0:20:30	0:22:50	1:01:06	1:03:56	1:06:03	1:08:00	1:09:44:57
Thomas (FL)		Time Cum	01:15	02:20	03:41	04:51	06:17	07:30	09:01	10:26	12:42	14:30	16:50	19:06	21:56	24:03	26:00	27:44:57
	178	Time Delta	01:15	01:05	01:20	01:10	01:25	01:13	01:30	01:25	02:15	01:48	02:19	02:16	02:49	02:07	01:56	01:44:57
Age	51	Pace Cum	10:57	11:16	11:25	11:39	11:50	12:01	12:12	12:32	13:24	13:56	14:34	15:17	16:05	16:30	16:32	16:39
Group	M50-59	Pace Delta	10:57	11:38	11:43	12:27	12:31	13:00	13:13	15:10	19:45	19:14	20:21	24:07	24:47	22:31	17:03	18:35
Overall-Group		Position	64-15	73-16	72-16	73-17	68-16	65-15	62-14	69-16	70-20	85-23	79-21	83-23	79-21	80-22	74-20	70-19

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	
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	
Lyda, Larry (TN)	71	Time of Day	0:07:27	0:08:43	0:10:14	0:11:37	0:13:19	0:14:49	0:16:43	0:18:29	0:20:28	0:22:30	1:00:43	1:02:14	1:04:10	1:05:53	1:08:02	1:09:45:46
		Time Cum	01:27	02:43	04:14	05:37	07:19	08:49	10:43	12:29	14:28	16:30	18:43	20:14	22:10	23:53	26:02	27:45:46
	159	Time Delta	01:27	01:16	01:30	01:23	01:41	01:30	01:53	01:46	01:58	02:02	02:12	01:31	01:55	01:43	02:08	01:43:46
Age 53		Pace Cum	12:42	13:05	13:08	13:30	13:47	14:07	14:30	14:59	15:16	15:51	16:12	16:11	16:15	16:23	16:33	16:39
Group M50-59		Pace Delta	12:42	13:33	13:12	14:45	14:50	16:02	16:33	18:47	17:21	21:37	19:24	16:09	16:54	18:16	18:48	18:22
Overall-Group		Position	172-37	173-36	158-36	168-36	163-35	168-37	162-37	171-39	125-30	128-29	111-26	102-26	82-23	79-21	75-21	71-20
<u>Maquire, Donna (NC)</u>	72	Time of Day	0:07:30	0:08:43	0:10:16	0:11:32	0:13:08	0:14:26	0:17:41	0:19:44	0:21:29	0:23:42	1:01:39	1:04:03	1:05:52	1:08:13	1:09:49:18	
		Time Cum	01:30	02:43	04:16	05:32	07:08	08:26	11:41	13:44	15:29	17:42	19:39	22:03	23:52	26:13	27:49:18	
	160	Time Delta	01:30	01:13	01:32	01:16	01:35	01:18	03:15	02:02	01:45	02:12	01:57	02:23	01:49	02:20	01:36:18	
Age 56		Pace Cum	13:08	13:07	13:14	13:19	13:26	13:30	14:02	14:30	14:52	15:19	15:44	16:10	16:23	16:40	16:42	
Group F50-59		Pace Delta	13:08	13:05	13:27	13:37	13:53	13:49	15:40	17:49	18:38	19:22	20:47	20:58	19:27	20:27	17:03	
Overall-Group		Position	194-19	177-13	165-11	160-10	146-7	137-7	135-7	105-6	109-7	94-5	93-5	81-4	78-4	76-3	72-3	
Boe, Scott (FL)	73	Time of Day	0:07:14	0:08:20	0:09:43	0:10:54	0:12:23	0:13:39	0:15:22	0:16:45	0:18:36	0:20:06	0:22:22	1:00:16	1:03:08	1:05:11	1:07:54	1:09:53:54
		Time Cum	01:14	02:20	03:43	04:54	06:23	07:39	09:22	10:45	12:36	14:06	16:22	18:16	21:08	23:11	25:54	27:53:54
	66	Time Delta	01:14	01:06	01:22	01:11	01:28	01:16	01:42	01:23	01:50	01:30	02:15	01:54	02:51	02:03	02:42	01:59:54
Age 42		Pace Cum	10:48	11:14	11:31	11:48	12:02	12:16	12:40	12:55	13:18	13:33	14:10	14:37	15:30	15:54	16:28	16:44
Group M40-49		Pace Delta	10:48	11:44	12:04	12:43	12:52	13:36	14:55	14:50	16:05	16:06	19:43	20:12	25:06	21:55	23:41	21:13
Overall-Group		Position	60-21	69-22	78-24	80-24	75-21	76-22	83-22	85-22	62-17	70-20	69-24	71-23	67-21	69-21	71-21	73-19
Hamilton, Dan (TX)	73	Time of Day	0:07:16	0:08:22	0:09:42	0:10:55	0:12:28	0:13:42	0:15:22	0:16:45	0:18:36	0:20:06	0:22:21	1:00:16	1:03:08	1:05:11	1:07:54	1:09:53:54
		Time Cum	01:16	02:22	03:42	04:55	06:28	07:42	09:22	10:45	12:36	14:06	16:21	18:16	21:08	23:11	25:54	27:53:54
	121	Time Delta	01:16	01:06	01:19	01:13	01:32	01:14	01:39	01:23	01:50	01:30	02:14	01:55	02:51	02:03	02:42	01:59:54
Age 51		Pace Cum	11:06	11:24	11:28	11:50	12:11	12:20	12:40	12:55	13:18	13:33	14:09	14:37	15:30	15:54	16:28	16:44
Group M50-59		Pace Delta	11:06	11:45	11:37	13:03	13:28	13:08	14:34	14:50	16:05	16:04	19:35	20:22	25:06	21:55	23:41	21:13
Overall-Group		Position	70-16	77-18	75-19	84-19	82-22	79-21	83-22	84-22	62-19	69-18	67-16	70-18	67-18	68-18	71-19	73-21
<u>Carroll, Patricia (HI)</u>	75	Time of Day	0:07:21	0:08:40	0:10:18	0:11:47	0:13:33	0:15:10	0:17:08	0:18:44	0:20:51	0:22:40	1:01:06	1:03:02	1:05:02	1:06:41	1:08:34	1:10:02:54
		Time Cum	01:21	02:40	04:18	05:47	07:33	09:10	11:08	12:44	14:51	16:40	19:06	21:02	23:02	24:41	26:34	28:02:54
	79	Time Delta	01:21	01:19	01:37	01:29	01:45	01:37	01:57	01:36	02:06	01:49	02:25	01:56	01:59	01:39	01:52	01:28:54
Age 58		Pace Cum	11:49	12:48	13:20	13:53	14:13	14:41	15:04	15:17	15:40	16:00	16:31	16:50	16:53	16:56	16:54	16:50
Group F50-59		Pace Delta	11:49	13:59	14:18	15:46	15:28	17:13	17:11	17:04	18:28	19:20	21:17	20:42	17:22	17:32	16:29	15:44
Overall-Group		Position	121-5	159-9	172-14	183-16	176-13	184-15	178-13	180-14	133-10	132-10	112-8	110-8	94-7	91-7	80-4	75-4
Phelps, Spencer (FL)	76	Time of Day	0:07:24	0:08:33	0:09:58	0:11:10	0:12:38	0:13:52	0:15:30	0:16:53	0:18:47	0:20:20	0:22:21	1:00:10	1:02:47	1:04:57	1:07:36	1:10:07:15
		Time Cum	01:24	02:33	03:58	05:10	06:38	07:52	09:30	10:53	12:47	14:20	16:21	18:10	20:47	22:57	25:36	28:07:15
	196	Time Delta	01:24	01:09	01:24	01:12	01:27	01:14	01:37	01:23	01:53	01:33	02:00	01:49	02:36	02:10	02:38	02:31:15
Age 48		Pace Cum	12:16	12:16	12:18	12:25	12:30	12:35	12:51	13:04	13:29	13:46	14:09	14:32	15:14	15:45	16:17	16:52
Group M40-49		Pace Delta	12:16	12:17	12:21	12:47	12:49	13:06	14:18	14:43	16:37	16:31	17:37	19:23	22:51	23:05	23:09	26:46
Overall-Group		Position	144-38	128-36	120-35	119-32	99-26	98-25	88-23	90-24	74-23	78-25	67-23	66-22	64-19	66-20	70-20	76-20
<u>Donnelly, Susan (TN)</u>	77	Time of Day	0:07:28	0:08:45	0:10:24	0:11:47	0:13:27	0:14:56	0:16:43	0:18:17	0:20:21	0:22:04	1:00:17	1:02:08	1:04:29	1:06:34	1:08:39	1:10:07:58
		Time Cum	01:28	02:45	04:24	05:47	07:27	08:56	10:43	12:17	14:21	16:04	18:17	20:08	22:29	24:34	26:39	28:07:58
	91	Time Delta	01:28	01:17	01:38	01:23	01:39	01:29	01:46	01:34	02:03	01:43	02:12	01:51	02:20	02:05	02:04	01:28:58
Age 45		Pace Cum	12:51	13:13	13:39	13:54	14:02	14:19	14:30	14:45	15:09	15:25	15:49	16:07	16:29	16:51	16:57	16:53
Group F40-49		Pace Delta	12:51	13:39	14:26	14:47	14:32	15:54	15:30	16:47	17:59	18:14	19:25	19:45	20:30	22:15	18:09	15:45
Overall-Group		Position	183-22	181-21	186-20	185-19	173-19	170-18	162-15	165-15	122-10	120-9	101-8	98-8	85-8	84-8	84-8	77-8

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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	
Apple, Rob (TN)	78	Time of Day	0:07:25	0:08:45	0:10:22	0:11:47	0:13:27	0:14:56	0:16:43	0:18:17	0:20:21	0:22:04	1:00:17	1:02:08	1:04:29	1:06:34	1:08:37	1:10:07:59
		Time Cum	01:25	02:45	04:22	05:47	07:27	08:56	10:43	12:17	14:21	16:04	18:17	20:08	22:29	24:34	26:37	28:07:59
	53	Time Delta	01:25	01:20	01:36	01:25	01:39	01:29	01:46	01:34	02:03	01:43	02:12	01:51	02:20	02:05	02:02	01:30:59
	Age 46	Pace Cum	12:25	13:13	13:32	13:54	14:02	14:19	14:30	14:45	15:09	15:25	15:49	16:07	16:29	16:51	16:56	16:53
	Group M40-49	Pace Delta	12:25	14:13	14:07	15:08	14:32	15:54	15:30	16:47	17:59	18:14	19:25	19:45	20:30	22:15	17:51	16:06
	Overall-Group	Position	157-45	183-50	181-49	185-49	173-46	171-47	162-46	165-47	122-39	120-38	101-33	99-30	85-24	85-24	83-23	78-21
Lefferts, Peter C (FL)	79	Time of Day	0:07:24	0:08:32	0:09:57	0:11:08	0:12:37	0:13:51	0:15:30	0:16:56	0:18:44	0:20:24	0:23:30	1:01:22	1:04:02	1:06:10	1:08:22	1:10:08:19
		Time Cum	01:24	02:32	03:57	05:08	06:37	07:51	09:30	10:56	12:44	14:24	17:30	19:22	22:02	24:10	26:22	28:08:19
	32	Time Delta	01:24	01:08	01:24	01:11	01:28	01:14	01:38	01:26	01:47	01:40	03:05	01:52	02:39	02:08	02:11	01:46:19
	Age 52	Pace Cum	12:16	12:13	12:15	12:20	12:28	12:34	12:51	13:07	13:26	13:50	15:08	15:30	16:09	16:35	16:46	16:53
	Group M50-59	Pace Delta	12:16	12:11	12:18	12:38	12:56	13:12	14:22	15:16	15:44	17:50	27:03	19:52	23:20	22:43	19:13	18:49
	Overall-Group	Position	144-34	125-30	117-30	109-28	97-26	95-25	88-24	97-26	72-21	81-21	92-24	89-24	80-22	82-23	77-22	79-22
Cook, Ethel (PA)	80	Time of Day	0:07:26	0:08:43	0:10:20	0:11:38	0:13:16	0:14:38	0:16:34	0:18:09	0:20:20	0:22:06	1:00:25	1:02:26	1:04:36	1:06:37	1:08:45	1:10:24:57
		Time Cum	01:26	02:43	04:20	05:38	07:16	08:38	10:34	12:09	14:20	16:06	18:25	20:26	22:36	24:37	26:45	28:24:57
	84	Time Delta	01:26	01:17	01:36	01:18	01:37	01:22	01:55	01:35	02:10	01:46	02:18	02:01	02:09	02:01	02:07	01:39:57
	Age 43	Pace Cum	12:33	13:04	13:26	13:33	13:41	13:50	14:18	14:36	15:08	15:28	15:56	16:21	16:34	16:53	17:01	17:03
	Group F40-49	Pace Delta	12:33	13:42	14:06	13:58	14:10	14:40	16:48	16:58	19:00	18:51	20:13	21:33	18:52	21:27	18:40	17:41
	Overall-Group	Position	162-18	171-18	174-18	175-18	158-17	153-16	157-14	160-13	120-9	122-10	107-10	106-10	88-9	87-9	85-9	80-9
Rizk, Sam (NC)	81	Time of Day	0:07:19	0:08:30	0:09:59	0:11:18	0:13:00	0:14:27	0:16:11	0:17:47	0:20:04	0:21:42	0:23:41	1:01:34	1:03:46	1:05:46	1:08:26	1:10:26:43
		Time Cum	01:19	02:30	03:59	05:18	07:00	08:27	10:11	11:47	14:04	15:42	17:41	19:34	21:46	23:46	26:26	28:26:43
	33	Time Delta	01:19	01:11	01:28	01:19	01:41	01:27	01:43	01:36	02:16	01:38	01:58	01:53	02:11	02:00	02:39	02:00:43
	Age 67	Pace Cum	11:32	12:03	12:21	12:45	13:11	13:32	13:47	14:08	14:51	15:05	15:18	15:40	15:57	16:18	16:49	17:04
	Group M60-69	Pace Delta	11:32	12:40	12:54	14:07	14:47	15:30	15:06	17:00	20:00	17:31	17:14	20:05	19:12	21:16	23:20	21:22
	Overall-Group	Position	90-3	112-4	126-4	131-5	129-5	143-7	133-6	138-6	111-4	112-4	93-3	92-3	77-3	77-3	78-3	81-3
Davis, III, Frederick F (OH)	82	Time of Day	0:07:32	0:08:56	0:10:35	0:12:07	0:14:02	0:15:49	0:17:54	0:19:38	0:21:44	0:23:41	1:01:48	1:03:33	1:05:31	1:07:15	1:09:08	1:10:26:44
		Time Cum	01:32	02:56	04:35	06:07	08:02	09:49	11:54	13:38	15:44	17:41	19:48	21:33	23:31	25:15	27:08	28:26:44
	88	Time Delta	01:32	01:24	01:38	01:32	01:54	01:47	02:04	01:44	02:05	01:57	02:06	01:45	01:57	01:44	01:52	01:18:44
	Age 60	Pace Cum	13:26	14:07	14:13	14:43	15:08	15:43	16:06	16:22	16:36	16:59	17:08	17:15	17:14	17:19	17:15	17:04
	Group M60-69	Pace Delta	13:26	14:57	14:23	16:25	16:40	18:58	18:13	18:29	18:20	20:45	18:31	18:45	17:06	18:30	16:25	13:56
	Overall-Group	Position	198-12	203-14	199-13	205-13	205-14	209-15	200-15	202-14	147-7	150-7	122-6	119-5	96-4	96-4	94-4	82-4
Martin, Leonard (TN)	83	Time of Day	0:07:29	0:08:45	0:10:20	0:11:40	0:13:23	0:14:48	0:16:34	0:18:08	0:20:05	0:21:38	0:23:55	1:01:53	1:04:32	1:06:43	1:09:01	1:10:33:26
		Time Cum	01:29	02:45	04:20	05:40	07:23	08:48	10:34	12:08	14:05	15:38	17:55	19:53	22:32	24:43	27:01	28:33:26
	162	Time Delta	01:29	01:16	01:34	01:20	01:42	01:25	01:45	01:34	01:56	01:33	02:16	01:58	02:38	02:11	02:17	01:32:26
	Age 54	Pace Cum	13:00	13:13	13:26	13:36	13:55	14:06	14:18	14:34	14:52	15:01	15:30	15:55	16:31	16:57	17:11	17:08
	Group M50-59	Pace Delta	13:00	13:30	13:50	14:10	15:02	15:13	15:20	16:42	17:02	16:31	19:57	20:58	23:09	23:12	20:08	16:22
	Overall-Group	Position	190-40	182-38	174-38	177-38	168-36	167-36	157-36	157-36	112-29	111-28	99-25	96-25	87-24	92-24	92-24	83-23
Long, Mark (NC)	84	Time of Day	0:07:21	0:08:37	0:09:57	0:11:09	0:12:40	0:14:02	0:15:51	0:17:14	0:19:10	0:20:44	0:22:54	1:01:13	1:03:48	1:06:07	1:08:33	1:10:37:10
		Time Cum	01:21	02:37	03:57	05:09	06:40	08:02	09:51	11:14	13:10	14:44	16:54	19:13	21:48	24:07	26:33	28:37:10
	157	Time Delta	01:21	01:16	01:19	01:12	01:30	01:22	01:48	01:23	01:55	01:34	02:09	02:19	02:34	02:19	02:25	02:04:10
	Age 49	Pace Cum	11:49	12:36	12:15	12:22	12:34	12:52	13:20	13:29	13:54	14:10	14:37	15:22	15:59	16:33	16:53	17:10
	Group M40-49	Pace Delta	11:49	13:32	11:37	12:48	13:14	14:35	15:51	14:42	16:56	16:48	18:51	24:37	22:37	24:43	21:13	21:59
	Overall-Group	Position	121-33	147-42	117-33	111-28	105-27	115-30	115-33	112-33	88-26	92-27	82-27	85-26	78-23	81-23	79-22	84-22

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
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, 85	Time of Day	0:07:21	0:08:32	0:10:00	0:11:24	0:13:13	0:14:39	0:16:27	0:17:56	0:19:47	0:21:23	0:23:29	1:01:15	1:03:26	1:05:37	1:08:53	1:10:39:35
Chris D (NY)	Time Cum	01:21	02:32	04:00	05:24	07:13	08:39	10:27	11:56	13:47	15:23	17:29	19:15	21:26	23:37	26:53	28:39:35
81	Time Delta	01:21	01:11	01:27	01:24	01:48	01:26	01:47	01:29	01:50	01:36	02:05	01:46	02:10	02:11	03:15	01:46:35
Age 49	Pace Cum	11:49	12:10	12:24	12:58	13:36	13:51	14:08	14:20	14:33	14:47	15:08	15:24	15:43	16:12	17:06	17:12
Group M40-49	Pace Delta	11:49	12:34	12:51	14:55	15:53	15:19	15:41	15:49	16:09	17:08	18:17	18:48	19:06	23:18	28:31	18:52
Overall-Group	Position	121-33	122-33	131-39	139-39	151-42	156-42	144-39	146-39	109-33	107-31	90-29	86-27	71-22	74-22	88-25	85-23
<u>Love-Ottobre, 86</u>	Time of Day	0:07:27	0:08:45	0:10:24	0:11:50	0:13:38	0:15:06	0:17:02	0:18:33	0:20:36	0:22:26	1:00:41	1:02:28	1:04:45	1:06:38	1:08:55	1:10:44:52
<u>Kim (OH)</u>	Time Cum	01:27	02:45	04:24	05:50	07:38	09:06	11:02	12:33	14:36	16:26	18:41	20:28	22:45	24:38	26:55	28:44:52
158	Time Delta	01:27	01:18	01:38	01:26	01:47	01:28	01:55	01:31	02:02	01:50	02:14	01:47	02:16	01:53	02:16	01:49:52
Age 42	Pace Cum	12:42	13:14	13:39	14:02	14:23	14:34	14:56	15:04	15:25	15:47	16:10	16:23	16:41	16:54	17:07	17:15
Group F40-49	Pace Delta	12:42	13:54	14:23	15:20	15:40	15:38	16:54	16:13	17:52	19:30	19:41	19:02	19:56	20:05	19:56	19:27
Overall-Group	Position	172-21	184-21	186-20	188-21	183-21	182-20	173-16	173-16	127-11	127-13	110-12	107-11	93-10	89-10	89-10	86-10
<u>Evans, 87</u>	Time of Day	0:07:27	0:08:40	0:10:14	0:11:31	0:13:10	0:14:32	0:16:23	0:18:00	0:20:09	0:22:03	1:00:24	1:02:22	1:04:42	1:06:39	1:08:56	1:10:45:37
<u>Rosemary (KY)</u>	Time Cum	01:27	02:40	04:14	05:31	07:10	08:32	10:23	12:00	14:09	16:03	18:24	20:22	22:42	24:39	26:56	28:45:37
101	Time Delta	01:27	01:13	01:33	01:17	01:38	01:22	01:50	01:37	02:08	01:54	02:20	01:58	02:19	01:57	02:16	01:49:37
Age 54	Pace Cum	12:42	12:52	13:08	13:15	13:30	13:40	14:03	14:24	14:56	15:25	15:55	16:18	16:38	16:54	17:08	17:15
Group F50-59	Pace Delta	12:42	13:04	13:36	13:41	14:25	14:39	16:05	17:13	18:48	20:15	20:31	20:59	20:22	20:46	19:57	19:24
Overall-Group	Position	172-11	161-9	158-8	155-9	147-8	145-8	140-7	150-8	113-8	119-8	106-7	104-7	91-6	90-6	90-6	87-5
<u>Watts, 88</u>	Time of Day	0:07:19	0:08:28	0:09:54	0:11:06	0:12:40	0:14:01	0:15:37	0:17:05	0:18:50	0:20:30	0:22:50	1:00:51	1:03:33	1:05:42	1:08:34	1:10:48:04
<u>Anne (CO)</u>	Time Cum	01:19	02:28	03:54	05:06	06:40	08:01	09:37	11:05	12:50	14:30	16:50	18:51	21:33	23:42	26:34	28:48:04
256	Time Delta	01:19	01:09	01:25	01:12	01:33	01:21	01:35	01:28	01:44	01:40	02:19	02:01	02:41	02:09	02:51	02:14:04
Age 52	Pace Cum	11:32	11:54	12:06	12:16	12:34	12:51	13:01	13:18	13:33	13:55	14:34	15:05	15:48	16:15	16:54	17:17
Group F50-59	Pace Delta	11:32	12:21	12:27	12:52	13:37	14:28	13:55	15:36	15:18	17:45	20:24	21:25	23:39	22:52	25:05	23:44
Overall-Group	Position	90-3	99-3	102-3	103-3	105-3	111-3	102-3	105-3	79-3	83-3	79-3	78-3	73-3	76-3	80-4	88-6
Gerber, 89	Time of Day	0:07:23	0:08:38	0:10:04	0:11:17	0:12:44	0:14:01	0:15:38	0:17:05	0:18:49	0:20:29	0:22:50	1:00:50	1:03:33	1:05:41	1:08:35	1:10:48:06
Vince (CO)	Time Cum	01:23	02:38	04:04	05:17	06:44	08:01	09:38	11:05	12:49	14:29	16:50	18:50	21:33	23:41	26:35	28:48:06
112	Time Delta	01:23	01:15	01:25	01:13	01:26	01:17	01:36	01:27	01:43	01:40	02:20	02:00	02:42	02:08	02:53	02:13:06
Age 53	Pace Cum	12:07	12:39	12:37	12:42	12:41	12:51	13:02	13:18	13:32	13:55	14:34	15:04	15:48	16:15	16:54	17:17
Group M50-59	Pace Delta	12:07	13:18	12:32	13:00	12:38	13:45	14:03	15:26	15:09	17:51	20:28	21:17	23:45	22:44	25:20	23:33
Overall-Group	Position	135-31	150-33	135-31	130-32	116-31	112-31	104-28	105-28	77-22	82-22	79-21	77-20	73-20	75-20	82-23	89-24
<u>Belilgne, 90</u>	Time of Day	0:07:25	0:08:36	0:09:59	0:11:14	0:12:50	0:14:15	0:15:59	0:17:30	0:19:24	0:21:07	0:23:45	1:01:51	1:04:28	1:06:38	1:09:01	1:10:48:12
<u>Admas K (NY)</u>	Time Cum	01:25	02:36	03:59	05:14	06:50	08:15	09:59	11:30	13:24	15:07	17:45	19:51	22:28	24:38	27:01	28:48:12
61	Time Delta	01:25	01:11	01:22	01:15	01:35	01:25	01:43	01:31	01:53	01:43	02:37	02:06	02:36	02:10	02:22	01:47:12
Age 55	Pace Cum	12:25	12:30	12:21	12:36	12:52	13:13	13:30	13:49	14:09	14:32	15:21	15:54	16:28	16:54	17:11	17:17
Group F50-59	Pace Delta	12:25	12:38	12:04	13:25	13:54	15:07	15:08	16:15	16:32	18:23	22:57	22:28	22:47	23:02	20:51	18:58
Overall-Group	Position	157-8	140-7	126-4	127-4	120-4	126-4	120-4	127-5	99-5	101-4	95-6	95-6	84-5	88-5	92-7	90-7
<u>Massie, 91</u>	Time of Day	0:07:30	0:08:46	0:10:18	0:11:38	0:13:17	0:14:46	0:16:26	0:17:53	0:19:45	0:21:20	0:23:50	1:01:44	1:04:18	1:06:16	1:08:47	1:10:52:17
<u>Tammy (MD)</u>	Time Cum	01:30	02:46	04:18	05:38	07:17	08:46	10:26	11:53	13:45	15:20	17:50	19:44	22:18	24:16	26:47	28:52:17
164	Time Delta	01:30	01:16	01:31	01:20	01:38	01:29	01:39	01:27	01:51	01:35	02:29	01:54	02:33	01:58	02:30	02:05:17
Age 36	Pace Cum	13:08	13:21	13:20	13:32	13:43	14:02	14:07	14:17	14:31	14:43	15:26	15:48	16:21	16:39	17:02	17:19
Group F30-39	Pace Delta	13:08	13:36	13:18	14:15	14:22	15:50	14:32	15:33	16:13	16:52	21:52	20:21	22:20	20:58	21:59	22:10
Overall-Group	Position	194-10	191-10	172-9	172-9	161-11	164-11	143-9	143-10	108-7	106-7	97-7	94-7	83-6	83-6	86-6	91-6

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	
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	
Haigh, Chris (VA)	92	Time of Day	0:07:38	0:09:05	0:10:45	0:12:11	0:13:59	0:15:31	0:17:15	0:18:49	0:20:37	0:22:18	1:00:20	1:02:16	1:04:39	1:06:36	1:08:51	1:10:52:43
		Time Cum	01:38	03:05	04:45	06:11	07:59	09:31	11:15	12:49	14:37	16:18	18:20	20:16	22:39	24:36	26:51	28:52:43
	120	Time Delta	01:38	01:27	01:39	01:26	01:47	01:32	01:43	01:34	01:47	01:41	02:01	01:56	02:22	01:57	02:14	02:01:43
Age 42		Pace Cum	14:18	14:52	14:44	14:53	15:02	15:15	15:13	15:24	15:26	15:40	15:52	16:13	16:36	16:53	17:04	17:20
Group M40-49		Pace Delta	14:18	15:33	14:29	15:23	15:38	16:26	15:04	16:47	15:39	18:00	17:42	20:36	20:49	20:49	19:37	21:33
Overall-Group		Position	210-54	216-56	210-55	209-55	202-53	198-52	184-50	183-50	128-40	124-40	105-35	103-33	89-25	86-25	87-24	92-24
Camp, Carl (DE)	93	Time of Day	0:07:27	0:08:45	0:10:22	0:11:47	0:13:38	0:15:02	0:16:46	0:18:19	0:20:17	0:21:59	1:00:10	1:02:10	1:04:39	1:06:45	1:09:00	1:11:01:13
		Time Cum	01:27	02:45	04:22	05:47	07:38	09:02	10:46	12:19	14:17	15:59	18:10	20:10	22:39	24:45	27:00	29:01:13
	77	Time Delta	01:27	01:18	01:36	01:25	01:50	01:24	01:43	01:33	01:57	01:42	02:10	02:00	02:28	02:06	02:14	02:01:13
Age 47		Pace Cum	12:42	13:15	13:32	13:54	14:23	14:27	14:34	14:48	15:04	15:21	15:43	16:08	16:36	16:59	17:10	17:25
Group M40-49		Pace Delta	12:42	13:55	14:09	15:07	16:09	14:52	15:11	16:35	17:08	18:10	19:02	21:17	21:43	22:23	19:38	21:27
Overall-Group		Position	172-49	185-50	181-49	184-49	183-47	178-49	166-47	167-48	118-36	117-36	100-32	100-31	89-25	93-26	91-26	93-25
Thompson, Douglas (NC)	94	Time of Day	0:07:24	0:08:36	0:10:08	0:11:24	0:13:12	0:14:39	0:16:33	0:18:04	0:20:12	0:22:03	1:00:19	1:02:13	1:04:43	1:06:46	1:09:10	1:11:06:51
		Time Cum	01:24	02:36	04:08	05:24	07:12	08:39	10:33	12:04	14:12	16:03	18:19	20:13	22:43	24:46	27:10	29:06:51
	236	Time Delta	01:24	01:12	01:31	01:16	01:47	01:27	01:53	01:31	02:07	01:51	02:15	01:54	02:29	02:03	02:23	01:56:51
Age 40		Pace Cum	12:16	12:31	12:49	13:00	13:34	13:51	14:16	14:29	14:59	15:25	15:51	16:11	16:39	16:59	17:17	17:28
Group M40-49		Pace Delta	12:16	12:50	13:22	13:37	15:38	15:25	16:38	16:08	18:40	19:40	19:50	20:14	21:51	21:52	20:56	20:41
Overall-Group		Position	144-38	142-39	143-42	141-39	150-41	154-42	155-44	155-44	116-34	118-37	103-34	101-32	92-27	94-27	95-27	94-26
<u>Jenkins,</u> <u>Reina (HI)</u>	95	Time of Day	0:07:28	0:08:51	0:10:38	0:12:03	0:13:50	0:15:15	0:17:04	0:18:40	0:20:39	0:22:20	1:00:37	1:02:38	1:05:15	1:07:04	1:09:25	1:11:15:52
		Time Cum	01:28	02:51	04:38	06:03	07:50	09:15	11:04	12:40	14:39	16:20	18:37	20:38	23:15	25:04	27:25	29:15:52
	140	Time Delta	01:28	01:23	01:46	01:25	01:46	01:25	01:48	01:36	01:58	01:41	02:16	02:01	02:36	01:49	02:20	01:50:52
Age 46		Pace Cum	12:51	13:42	14:22	14:32	14:45	14:49	14:58	15:13	15:28	15:41	16:06	16:31	17:03	17:12	17:26	17:34
Group F40-49		Pace Delta	12:51	14:45	15:35	15:05	15:35	15:11	15:48	17:08	17:16	17:59	19:55	21:27	22:54	19:24	20:30	19:37
Overall-Group		Position	183-22	198-24	206-24	201-23	194-22	189-22	176-18	177-19	129-12	125-11	108-11	109-12	95-11	95-11	96-11	95-11
<u>Mason,</u> <u>Louise (IL)</u>	96	Time of Day	0:07:34	0:08:58	0:10:43	0:12:11	0:14:07	0:15:43	0:17:49	0:19:29	0:21:46	0:23:40	1:01:56	1:03:47	1:06:11	1:07:50	1:09:41	1:11:21:52
		Time Cum	01:34	02:58	04:43	06:11	08:07	09:43	11:49	13:29	15:46	17:40	19:56	21:47	24:11	25:50	27:41	29:21:52
	36	Time Delta	01:34	01:24	01:44	01:28	01:56	01:36	02:05	01:40	02:16	01:54	02:15	01:51	02:23	01:39	01:50	01:40:52
Age 55		Pace Cum	13:43	14:17	14:38	14:50	15:17	15:33	15:59	16:11	16:38	16:58	17:15	17:26	17:44	17:43	17:36	17:37
Group F50-59		Pace Delta	13:43	14:58	15:15	15:35	16:56	17:02	18:22	17:47	19:56	20:12	19:50	19:48	20:54	17:41	16:04	17:51
Overall-Group		Position	204-21	205-21	208-21	208-21	207-21	205-21	196-17	198-18	149-14	149-15	123-11	120-11	104-10	105-11	101-10	96-8
Gabbard, Jeff (KY)	97	Time of Day	0:07:28	0:08:45	0:10:23	0:11:43	0:13:34	0:15:01	0:16:53	0:18:28	0:21:03	0:22:50	1:01:22	1:03:25	1:05:50	1:07:33	1:09:37	1:11:23:19
		Time Cum	01:28	02:45	04:23	05:43	07:34	09:01	10:53	12:28	15:03	16:50	19:22	21:25	23:50	25:33	27:37	29:23:19
	109	Time Delta	01:28	01:17	01:37	01:20	01:50	01:27	01:51	01:35	02:34	01:47	02:31	02:03	02:24	01:43	02:03	01:46:19
Age 53		Pace Cum	12:51	13:17	13:36	13:44	14:15	14:26	14:43	14:58	15:53	16:10	16:45	17:09	17:28	17:31	17:34	17:38
Group M50-59		Pace Delta	12:51	13:48	14:10	14:12	16:10	15:24	16:21	16:56	22:32	19:01	22:07	21:53	21:04	18:16	18:04	18:49
Overall-Group		Position	183-39	187-38	184-39	178-39	179-39	176-38	170-39	169-38	136-31	135-30	114-27	115-27	100-25	100-25	99-25	97-25
<u>Snowden,</u> <u>Suzelle (KY)</u>	97	Time of Day	0:07:28	0:08:45	0:10:24	0:11:43	0:13:34	0:15:01	0:16:53	0:18:28	0:21:03	0:22:50	1:01:22	1:03:25	1:05:50	1:07:29	1:09:37	1:11:23:19
		Time Cum	01:28	02:45	04:24	05:43	07:34	09:01	10:53	12:28	15:03	16:50	19:22	21:25	23:50	25:29	27:37	29:23:19
	220	Time Delta	01:28	01:17	01:38	01:19	01:50	01:27	01:51	01:35	02:34	01:47	02:31	02:03	02:24	01:39	02:07	01:46:19
Age 52		Pace Cum	12:51	13:16	13:39	13:44	14:15	14:26	14:43	14:59	15:53	16:10	16:45	17:09	17:28	17:29	17:34	17:38
Group F50-59		Pace Delta	12:51	13:48	14:19	14:02	16:10	15:25	16:20	16:58	22:31	19:02	22:07	21:54	21:04	17:32	18:40	18:49
Overall-Group		Position	183-15	186-16	186-16	179-14	179-14	177-13	170-11	170-11	136-11	136-11	114-9	116-10	100-9	99-9	99-9	97-9

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	
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>Nop.</u>	99	Time of Day	0:07:21	0:08:30	0:09:55	0:11:10	0:12:51	0:14:22	0:17:19	0:19:11	0:21:46	0:23:33	1:01:40	1:03:23	1:05:39	1:07:27	1:09:36	1:11:33:30
<u>Monica (VA)</u>		Time Cum	01:21	02:30	03:55	05:10	06:51	08:22	11:19	13:11	15:46	17:33	19:40	21:23	23:39	25:27	27:36	29:33:30
	186	Time Delta	01:21	01:09	01:24	01:15	01:40	01:31	02:56	01:52	02:34	01:47	02:07	01:43	02:15	01:48	02:08	01:57:30
Age	42	Pace Cum	11:49	12:02	12:09	12:25	12:54	13:25	15:19	15:50	16:38	16:51	17:01	17:07	17:20	17:27	17:33	17:44
Group	F40-49	Pace Delta	11:49	12:18	12:20	13:22	14:40	16:16	25:42	19:56	22:32	18:56	18:32	18:20	19:46	19:07	18:50	20:48
Overall-Group		Position	121-11	110-8	107-8	120-9	126-9	133-11	185-21	191-21	149-16	146-16	120-14	114-13	97-12	97-12	97-12	99-12
<u>Daughtry,</u>	99	Time of Day	0:07:27	0:08:49	0:10:31	0:11:55	0:13:43	0:15:16	0:17:19	0:19:11	0:21:46	0:23:32	1:01:40	1:03:23	1:05:39	1:07:27	1:09:36	1:11:33:30
<u>Debbie (VA)</u>		Time Cum	01:27	02:49	04:31	05:55	07:43	09:16	11:19	13:11	15:46	17:32	19:40	21:23	23:39	25:27	27:36	29:33:30
	87	Time Delta	01:27	01:22	01:41	01:24	01:47	01:33	02:02	01:52	02:34	01:46	02:07	01:43	02:15	01:48	02:08	01:57:30
Age	50	Pace Cum	12:42	13:32	14:00	14:14	14:32	14:50	15:19	15:50	16:38	16:51	17:01	17:07	17:20	17:27	17:33	17:44
Group	F50-59	Pace Delta	12:42	14:33	14:52	15:02	15:38	16:28	17:57	19:56	22:33	18:55	18:34	18:19	19:47	19:11	18:46	20:48
Overall-Group		Position	172-11	193-17	196-18	195-17	187-17	191-17	185-15	190-17	149-14	145-13	120-10	113-9	97-8	98-8	97-8	99-10
<u>Rentz,</u>	101	Time of Day	0:07:28	0:08:49	0:10:36	0:12:07	0:14:00	0:15:40	0:17:49	0:19:35	0:21:44	0:23:38	1:02:00	1:03:56	1:06:13	1:07:48	1:09:51	1:11:37:38
<u>Anne (GA)</u>		Time Cum	01:28	02:49	04:36	06:07	08:00	09:40	11:49	13:35	15:44	17:38	20:00	21:56	24:13	25:48	27:51	29:37:38
	201	Time Delta	01:28	01:21	01:46	01:31	01:52	01:40	02:08	01:46	02:08	01:54	02:21	01:56	02:16	01:35	02:02	01:46:38
Age	55	Pace Cum	12:51	13:35	14:16	14:42	15:04	15:29	15:59	16:18	16:36	16:56	17:18	17:33	17:45	17:42	17:43	17:47
Group	F50-59	Pace Delta	12:51	14:29	15:30	16:14	16:24	17:49	18:44	18:48	18:48	20:12	20:43	20:38	19:55	16:50	17:57	18:52
Overall-Group		Position	183-15	196-17	201-20	204-20	203-20	204-20	196-17	200-19	147-13	148-14	124-12	121-12	105-11	104-10	103-11	101-11
<u>Sergeant,</u>	102	Time of Day	0:07:26	0:08:43	0:10:24	0:11:52	0:13:51	0:15:29	0:17:32	0:19:14	0:21:20	0:23:09	1:01:30	1:03:29	1:05:50	1:07:36	1:09:50	1:11:38:51
<u>Kimberley A (TX)</u>		Time Cum	01:26	02:43	04:24	05:52	07:51	09:29	11:32	13:14	15:20	17:09	19:30	21:29	23:50	25:36	27:50	29:38:51
	213	Time Delta	01:26	01:17	01:40	01:28	01:58	01:38	02:02	01:42	02:05	01:49	02:20	01:59	02:20	01:46	02:13	01:48:51
Age	49	Pace Cum	12:33	13:03	13:39	14:06	14:47	15:11	15:36	15:53	16:11	16:28	16:52	17:12	17:28	17:34	17:42	17:47
Group	F40-49	Pace Delta	12:33	13:40	14:43	15:39	17:18	17:27	17:52	18:04	18:23	19:24	20:30	21:09	20:31	18:55	19:26	19:16
Overall-Group		Position	162-18	169-18	186-20	190-22	196-24	196-24	192-22	192-22	140-15	140-15	118-13	117-14	100-13	102-13	102-13	102-13
Jenkins,	103	Time of Day	0:07:25	0:08:43	0:10:30	0:11:52	0:13:43	0:15:11	0:17:13	0:18:42	0:21:08	0:22:48	1:01:24	1:03:18	1:05:44	1:07:36	1:09:51	1:11:52:18
Joel (HI)		Time Cum	01:25	02:43	04:30	05:52	07:43	09:11	11:13	12:42	15:08	16:48	19:24	21:18	23:44	25:36	27:51	29:52:18
	139	Time Delta	01:25	01:18	01:46	01:22	01:50	01:28	02:01	01:29	02:25	01:40	02:35	01:54	02:25	01:52	02:14	02:01:18
Age	47	Pace Cum	12:25	13:04	13:57	14:05	14:32	14:43	15:10	15:15	15:58	16:08	16:47	17:03	17:24	17:34	17:43	17:55
Group	M40-49	Pace Delta	12:25	13:51	15:35	14:33	16:10	15:44	17:41	15:55	21:11	17:49	22:40	20:20	21:11	19:54	19:39	21:28
Overall-Group		Position	157-45	170-48	194-53	189-51	187-49	186-50	182-49	179-49	138-41	134-42	117-36	112-34	99-28	101-28	103-28	103-27
Cable,	104	Time of Day	0:07:43	0:09:00	0:10:35	0:11:57	0:13:46	0:15:23	0:17:27	0:19:17	0:21:41	0:23:26	1:01:39	1:03:31	1:06:00	1:07:46	1:10:00	1:11:54:00
Andrew (CT)		Time Cum	01:43	03:00	04:35	05:57	07:46	09:23	11:27	13:17	15:41	17:26	19:39	21:31	24:00	25:46	28:00	29:54:00
	76	Time Delta	01:43	01:17	01:34	01:22	01:48	01:37	02:03	01:50	02:23	01:45	02:12	01:52	02:28	01:46	02:13	01:54:00
Age	42	Pace Cum	15:02	14:25	14:13	14:17	14:38	15:01	15:29	15:57	16:33	16:44	17:00	17:13	17:36	17:41	17:48	17:56
Group	M40-49	Pace Delta	15:02	13:39	13:51	14:32	15:54	17:15	18:02	19:33	20:58	18:38	19:23	19:57	21:39	18:53	19:28	20:11
Overall-Group		Position	224-58	208-55	199-54	196-53	191-50	194-51	188-51	193-52	146-43	144-44	119-37	118-35	103-29	103-29	105-29	104-28
Lilly,	105	Time of Day	0:07:04	0:07:59	0:09:07	0:10:05	0:11:15	0:12:13	0:13:25	0:14:27	0:15:43	0:16:44	0:18:00	0:19:09	0:20:36	0:21:53	1:00:53	
Richard (NC)		Time Cum	01:04	01:59	03:07	04:05	05:15	06:13	07:25	08:27	09:43	10:44	12:00	13:09	14:36	15:53	18:53	
	155	Time Delta	01:04	00:55	01:07	00:58	01:09	00:58	01:11	01:02	01:15	01:01	01:15	01:09	01:26	01:17	02:59	
Age	45	Pace Cum	09:21	09:35	09:40	09:48	09:53	09:58	10:02	10:09	10:15	10:19	10:23	10:32	10:42	10:54	12:01	
Group	M40-49	Pace Delta	09:21	09:53	09:48	10:18	10:12	10:23	10:25	11:05	11:00	10:53	11:02	12:19	12:37	13:45	26:11	
Overall-Group		Position	12-4	15-4	17-4	17-5	15-5	13-4	12-4	11-4	7-3	6-2	4-2	4-2	4-2	4-2	8-3	

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
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>Anthony</u>	106	Time of Day	0:07:26	0:08:42	0:10:22	0:11:43	0:13:35	0:14:57	0:17:02	0:18:38	0:21:11	0:22:54	1:02:05	1:04:04	1:07:03	1:09:04	
<u>Elaine (FL)</u>		Time Cum	01:26	02:42	04:22	05:43	07:35	08:57	11:02	12:38	15:11	16:54	20:05	22:04	25:03	27:04	
52		Time Delta	01:26	01:16	01:39	01:21	01:51	01:22	02:04	01:36	02:32	01:43	03:10	01:59	02:58	02:01	
Age 52		Pace Cum	12:33	12:59	13:32	13:45	14:17	14:19	14:56	15:10	16:14	17:23	17:39	18:22	18:34		
Group F50-59		Pace Delta	12:33	13:30	14:33	14:28	16:15	14:32	18:14	17:00	22:20	18:21	27:47	21:07	26:05	21:27	
Overall-Group		Position	162-9	166-11	181-15	181-14	181-15	173-12	173-12	174-13	139-12	137-12	126-13	122-13	106-12	106-12	
Hawn, Kev (PA)	107	Time of Day	0:07:02	0:07:56	0:09:04	0:09:57	0:11:03	0:12:04	0:13:15	0:14:19	0:15:39	0:16:52	0:18:22	0:19:48			
20		Time Cum	01:02	01:56	03:04	03:57	05:03	06:04	07:15	08:19	09:39	10:52	12:22	13:48			
Age 49		Time Delta	01:02	00:54	01:07	00:53	01:05	01:01	01:10	01:04	01:19	01:13	01:29	01:26			
Group M40-49		Pace Cum	09:03	09:17	09:31	09:29	09:31	09:43	09:49	10:00	10:11	10:26	10:42	11:03			
Overall-Group		Pace Delta	09:03	09:34	09:55	09:24	09:38	10:55	10:16	11:29	11:33	13:01	13:03	15:15			
		Position	9-3	12-3	13-3	13-3	12-3	11-2	9-2	10-3	6-2	7-3	5-3	6-4			
<u>Mack</u>	108	Time of Day	0:07:15	0:08:17	0:09:28	0:10:39	0:11:51	0:12:57	0:14:18	0:15:24	0:16:45	0:17:58	0:19:38	0:21:21			
<u>Barbara (NC)</u>		Time Cum	01:15	02:17	03:28	04:39	05:51	06:57	08:18	09:24	10:45	11:58	13:38	15:21			
15		Time Delta	01:15	01:02	01:10	01:11	01:11	01:06	01:20	01:06	01:20	01:13	01:39	01:43			
Age 52		Pace Cum	10:57	11:00	10:45	11:11	11:01	11:09	11:14	11:17	11:21	11:30	11:48	12:17			
Group F50-59		Pace Delta	10:57	11:04	10:17	12:40	10:26	11:51	11:41	11:42	11:48	12:59	14:33	18:20			
Overall-Group		Position	64-2	64-2	53-1	59-2	43-1	44-1	34-1	30-1	21-1	23-1	20-1	24-1			
Wilson, Jesse (TX)	109	Time of Day	0:07:09	0:08:06	0:09:13	0:10:09	0:11:24	0:12:24	0:13:46	0:14:55	0:16:22	0:17:35	0:19:25	0:21:37			
263		Time Cum	01:09	02:06	03:13	04:09	05:24	06:24	07:46	08:55	10:22	11:35	13:25	15:37			
Age 32		Time Delta	01:09	00:57	01:06	00:56	01:14	01:00	01:21	01:09	01:26	01:13	01:49	02:12			
Group M30-39		Pace Cum	10:04	10:06	09:58	10:00	10:10	10:15	10:30	10:43	10:56	11:08	11:36	12:30			
Overall-Group		Pace Delta	10:04	10:07	09:45	10:04	10:49	10:40	11:56	12:17	12:38	13:00	16:00	23:23			
		Position	33-9	29-9	22-6	21-6	20-6	17-5	18-6	19-6	14-5	13-4	14-5	27-7			
Dickey, Lee (MA)	110	Time of Day	0:07:08	0:08:08	0:09:20	0:10:29	0:11:48	0:12:55	0:14:25	0:15:36	0:17:02	0:18:20	0:20:04	0:21:39			
13		Time Cum	01:08	02:08	03:20	04:29	05:48	06:55	08:25	09:36	11:02	12:20	14:04	15:39			
Age 54		Time Delta	01:08	01:00	01:11	01:09	01:18	01:07	01:29	01:11	01:25	01:18	01:43	01:35			
Group M50-59		Pace Cum	09:56	10:18	10:20	10:47	10:56	11:05	11:23	11:32	11:39	11:51	12:10	12:32			
Overall-Group		Pace Delta	09:56	10:45	10:24	12:18	11:28	11:58	13:03	12:42	12:26	13:55	15:05	16:59			
		Position	30-4	33-5	32-5	39-5	39-7	41-7	41-7	40-7	30-4	30-4	27-5	28-5			
Vesnaver, Steven G (PA)	111	Time of Day	0:07:14	0:08:15	0:09:25	0:10:28	0:11:48	0:12:58	0:14:25	0:15:40	0:17:20	0:18:52	0:20:39	0:22:34			
245		Time Cum	01:14	02:15	03:25	04:28	05:48	06:58	08:25	09:40	11:20	12:52	14:39	16:34			
Age 43		Time Delta	01:14	01:01	01:09	01:03	01:19	01:10	01:26	01:15	01:39	01:32	01:46	01:55			
Group M40-49		Pace Cum	10:48	10:50	10:36	10:45	10:56	11:09	11:23	11:36	11:58	12:22	12:40	13:16			
Overall-Group		Pace Delta	10:48	10:51	10:10	11:17	11:34	12:24	12:42	13:19	14:34	16:24	15:31	20:31			
		Position	60-21	59-20	47-19	37-16	39-16	45-17	41-16	42-15	34-12	38-12	34-12	41-12			
McGuire, Anthony L (NC)	112	Time of Day	0:07:10	0:08:10	0:09:24	0:10:30	0:11:51	0:13:04	0:14:34	0:15:51	0:17:42	0:19:07	0:21:11	0:22:51			
168		Time Cum	01:10	02:10	03:24	04:30	05:51	07:04	08:34	09:51	11:42	13:07	15:11	16:51			
Age 44		Time Delta	01:10	01:00	01:13	01:06	01:20	01:13	01:29	01:17	01:50	01:25	02:03	01:40			
Group M40-49		Pace Cum	10:13	10:27	10:33	10:50	11:01	11:18	11:35	11:50	12:21	12:36	13:08	13:29			
Overall-Group		Pace Delta	10:13	10:44	10:42	11:48	11:44	12:55	13:08	13:46	16:06	15:11	17:59	17:46			
		Position	37-13	40-14	39-16	47-19	43-18	48-18	48-18	49-17	39-13	44-14	44-13	44-13			

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
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
Vogel, Lane (GA) 248	113	Time of Day	0:07:23	0:08:34	0:10:04	0:11:19	0:12:50	0:14:08	0:15:54	0:17:17	0:18:55	0:19:59	0:21:37	0:23:06			
		Time Cum	01:23	02:34	04:04	05:19	06:50	08:08	09:54	11:17	12:55	13:59	15:37	17:06			
		Time Delta	01:23	01:11	01:29	01:15	01:30	01:18	01:45	01:23	01:37	01:04	01:37	01:29			
Age 31		Pace Cum	12:07	12:20	12:37	12:48	12:52	13:01	13:24	13:33	13:38	13:26	13:31	13:41			
Group M30-39		Pace Delta	12:07	12:36	13:06	13:26	13:09	13:50	15:27	14:47	14:14	11:20	14:18	15:50			
Overall-Group		Position	135-26	130-26	135-26	133-25	120-24	120-22	118-22	113-20	82-13	65-13	51-9	47-9			
<u>McNeill, Jennifer C (NC)</u> 170	114	Time of Day	0:07:17	0:08:25	0:09:52	0:11:01	0:12:32	0:13:45	0:15:20	0:16:37	0:18:21	0:19:46	0:21:41	0:23:28			
		Time Cum	01:17	02:25	03:52	05:01	06:32	07:45	09:20	10:37	12:21	13:46	15:41	17:28			
		Time Delta	01:17	01:08	01:26	01:09	01:30	01:13	01:34	01:17	01:43	01:25	01:54	01:47			
Age 39		Pace Cum	11:14	11:40	11:59	12:04	12:18	12:24	12:38	12:45	13:02	13:14	13:34	13:59			
Group F30-39		Pace Delta	11:14	12:12	12:34	12:22	13:09	12:56	13:52	13:40	15:09	15:10	16:41	19:00			
Overall-Group		Position	80-4	91-4	96-5	94-4	89-5	82-5	80-6	77-5	57-6	59-6	54-6	54-6			
Colella, Frank (NY) 83	115	Time of Day	0:07:23	0:08:29	0:09:48	0:10:52	0:12:36	0:13:52	0:15:34	0:16:54	0:18:38	0:20:06	0:22:00	0:23:46			
		Time Cum	01:23	02:29	03:48	04:52	06:36	07:52	09:34	10:54	12:38	14:06	16:00	17:46			
		Time Delta	01:23	01:06	01:18	01:04	01:43	01:16	01:41	01:20	01:43	01:28	01:53	01:46			
Age 45		Pace Cum	12:07	11:56	11:47	11:43	12:26	12:36	12:57	13:05	13:20	13:32	13:51	14:13			
Group M40-49		Pace Delta	12:07	11:42	11:31	11:28	15:04	13:33	14:48	14:11	15:10	15:35	16:38	18:54			
Overall-Group		Position	135-37	106-27	88-27	75-23	95-24	99-25	94-25	92-25	67-19	67-20	61-22	62-20			
Weiss, Tim (NC) 258	116	Time of Day	0:07:11	0:08:11	0:09:26	0:10:32	0:12:01	0:13:16	0:14:54	0:16:23	0:18:24	0:20:09	0:22:45	1:00:58			
		Time Cum	01:11	02:11	03:26	04:32	06:01	07:16	08:54	10:23	12:24	14:09	16:45	18:58			
		Time Delta	01:11	01:00	01:14	01:06	01:28	01:15	01:37	01:29	02:00	01:45	02:35	02:13			
Age 50		Pace Cum	10:22	10:29	10:39	10:54	11:20	11:38	12:02	12:28	13:05	13:36	14:30	15:11			
Group M50-59		Pace Delta	10:22	10:38	10:56	11:47	12:54	13:22	14:14	15:51	17:35	18:43	22:40	23:41			
Overall-Group		Position	47-10	42-8	48-8	50-9	52-9	56-11	59-13	63-14	60-17	72-19	77-20	81-22			
Hagan, Martin (VA) 119	117	Time of Day	0:07:20	0:08:32	0:09:58	0:11:12	0:12:41	0:13:56	0:15:35	0:16:54	0:18:44	0:20:19	0:22:40	1:01:03			
		Time Cum	01:20	02:32	03:58	05:12	06:41	07:56	09:35	10:54	12:44	14:19	16:40	19:03			
		Time Delta	01:20	01:12	01:26	01:14	01:28	01:15	01:38	01:19	01:49	01:35	02:20	02:23			
Age 44		Pace Cum	11:41	12:10	12:18	12:31	12:35	12:42	12:58	13:06	13:26	13:45	14:25	15:15			
Group M40-49		Pace Delta	11:41	12:45	12:33	13:14	12:53	13:19	14:25	14:05	15:58	16:51	20:33	25:25			
Overall-Group		Position	107-30	121-33	120-35	125-36	108-28	103-28	97-27	94-25	72-22	77-24	74-26	82-25			
Eminger, Corey (NC) 98	118	Time of Day	0:07:20	0:08:29	0:09:52	0:11:03	0:12:40	0:13:56	0:15:51	0:17:13	0:19:10	0:20:44	0:23:04	1:01:27			
		Time Cum	01:20	02:29	03:52	05:03	06:40	07:56	09:51	11:13	13:10	14:44	17:04	19:27			
		Time Delta	01:20	01:09	01:22	01:11	01:36	01:16	01:54	01:22	01:56	01:34	02:19	02:23			
Age 30		Pace Cum	11:41	11:56	11:59	12:07	12:34	12:42	13:20	13:29	13:54	14:09	14:46	15:34			
Group M30-39		Pace Delta	11:41	12:14	12:06	12:35	14:09	13:29	16:46	14:41	16:56	16:47	20:19	25:19			
Overall-Group		Position	107-23	103-23	96-20	96-21	105-22	102-20	115-21	111-19	88-14	91-15	86-12	91-14			
Phillips, Thomas (VA) 197	119	Time of Day	0:07:12	0:08:16	0:09:42	0:11:00	0:12:41	0:14:04		0:17:31	0:19:43	0:21:31	0:23:50	1:02:00			
		Time Cum	01:12	02:16	03:42	05:00	06:41	08:04		11:31	13:43	15:31	17:50	20:00			
		Time Delta	01:12	01:04	01:25	01:18	01:40	01:23		03:26	02:11	01:48	02:18	02:10			
Age 42		Pace Cum	10:31	10:56	11:28	12:00	12:35	12:56		13:50	14:29	14:54	15:26	16:00			
Group M40-49		Pace Delta	10:31	11:27	12:27	13:50	14:43	14:52		16:31	19:13	19:13	20:13	23:06			
Overall-Group		Position	50-16	63-21	75-22	90-27	108-28	118-31		128-35	103-30	110-33	97-31	97-29			

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
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>Greatorex,</u>	120	Time of Day	0:07:26	0:08:38	0:10:12	0:11:32	0:13:15	0:14:38	0:16:30	0:17:56	0:19:56	0:21:46	1:00:19	1:02:24			
<u>Amy (MD)</u>		Time Cum	01:26	02:38	04:12	05:32	07:15	08:38	10:30	11:56	13:56	15:46	18:19	20:24			
117		Time Delta	01:26	01:12	01:33	01:20	01:42	01:23	01:51	01:26	01:59	01:50	02:32	02:05			
Age 45		Pace Cum	12:33	12:42	13:01	13:19	13:39	13:49	14:12	14:20	14:42	15:09	15:51	16:20			
Group F40-49		Pace Delta	12:33	12:52	13:37	14:20	14:54	14:44	16:19	15:20	17:26	19:36	22:13	22:12			
Overall-Group		Position	162-18	153-15	155-17	161-17	156-16	152-16	151-13	147-12	110-8	114-8	103-9	105-9			
<u>McFadden,</u>	121	Time of Day	0:07:26	0:08:41	0:10:13	0:11:34	0:13:16	0:14:42	0:16:32	0:18:01	0:20:09	0:21:55	1:00:39	1:02:29			
<u>Lisa (NC)</u>		Time Cum	01:26	02:41	04:13	05:34	07:16	08:42	10:32	12:01	14:09	15:55	18:39	20:29			
262		Time Delta	01:26	01:15	01:31	01:21	01:41	01:26	01:49	01:29	02:07	01:46	02:43	01:50			
Age 34		Pace Cum	12:33	12:56	13:04	13:23	13:41	13:56	14:15	14:26	14:56	15:18	16:08	16:24			
Group F30-39		Pace Delta	12:33	13:24	13:19	14:28	14:47	15:18	16:00	15:54	18:34	18:54	23:49	19:34			
Overall-Group		Position	162-9	163-8	156-8	164-8	158-10	158-10	153-11	154-12	113-8	116-8	109-8	108-8			
Garcia,	122	Time of Day	0:07:21	0:08:40	0:10:17	0:11:47	0:13:33	0:15:10	0:17:08	0:18:44	0:20:52	0:22:40	1:01:07	1:03:03			
Mike (HI)		Time Cum	01:21	02:40	04:17	05:47	07:33	09:10	11:08	12:44	14:52	16:40	19:07	21:03			
111		Time Delta	01:21	01:19	01:36	01:30	01:45	01:37	01:57	01:36	02:07	01:48	02:26	01:56			
Age 60		Pace Cum	11:49	12:48	13:17	13:53	14:13	14:41	15:04	15:17	15:41	16:00	16:32	16:50			
Group M60-69		Pace Delta	11:49	13:59	14:09	15:56	15:28	17:13	17:11	17:05	18:36	19:10	21:25	20:32			
Overall-Group		Position	121-6	159-7	168-9	182-10	176-10	184-10	178-10	181-10	134-6	133-6	113-4	111-4			
Swendsen,	123	Time of Day	0:07:28	0:08:44	0:10:21	0:11:38	0:13:20	0:14:39	0:16:23	0:17:59	0:19:44	0:21:16	1:02:08	1:04:35			
Vincent (NJ)		Time Cum	01:28	02:44	04:21	05:38	07:20	08:39	10:23	11:59	13:44	15:16	20:08	22:35			
231		Time Delta	01:28	01:16	01:36	01:17	01:41	01:19	01:43	01:36	01:44	01:32	04:51	02:27			
Age 45		Pace Cum	12:51	13:12	13:29	13:32	13:49	13:52	14:03	14:23	14:30	14:40	17:25	18:04			
Group M40-49		Pace Delta	12:51	13:38	14:01	13:42	14:50	14:08	15:03	17:04	15:16	16:19	42:36	26:02			
Overall-Group		Position	183-51	180-49	180-48	170-48	166-45	157-42	140-37	149-41	105-32	105-30	127-39	123-36			
Soderkvist,	124	Time of Day	0:07:10	0:08:13	0:09:24	0:10:29	0:11:48	0:12:54	0:14:19	0:15:35		0:18:53	0:21:24				
Jan (SWE)		Time Cum	01:10	02:13	03:24	04:29	05:48	06:54	08:19	09:35		12:53	15:24				
222		Time Delta	01:10	01:03	01:10	01:05	01:18	01:06	01:24	01:16		03:18	02:30				
Age 48		Pace Cum	10:13	10:39	10:33	10:48	10:56	11:04	11:15	11:30		12:23	13:19				
Group M40-49		Pace Delta	10:13	11:11	10:20	11:41	11:23	11:49	12:18	13:28		15:52	21:59				
Overall-Group		Position	37-13	50-18	39-16	42-17	39-16	38-15	37-14	38-14		39-13	47-14				
Winter,	124	Time of Day	0:07:24	0:08:33	0:09:58	0:11:10		0:13:52	0:15:30	0:16:48	0:18:23	0:19:37	0:21:24				
Claude (FL)		Time Cum	01:24	02:33	03:58	05:10		07:52	09:30	10:48	12:23	13:37	15:24				
264		Time Delta	01:24	01:09	01:24	01:12		02:41	01:37	01:18	01:34	01:14	01:46				
Age 46		Pace Cum	12:16	12:16	12:18	12:24		12:35	12:51	12:58	13:04	13:05	13:19				
Group M40-49		Pace Delta	12:16	12:17	12:21	12:47		12:57	14:18	13:56	13:46	13:10	15:33				
Overall-Group		Position	144-38	126-36	120-35	117-32		97-25	88-23	86-23	59-16	55-15	47-14				
Anderson,	126	Time of Day	0:07:19	0:08:25	0:09:48	0:11:04	0:12:38	0:13:58	0:15:43	0:17:19	0:19:06	0:20:38	0:22:44				
Joey (NC)		Time Cum	01:19	02:25	03:48	05:04	06:38	07:58	09:43	11:19	13:06	14:38	16:44				
50		Time Delta	01:19	01:06	01:22	01:16	01:33	01:20	01:44	01:36	01:46	01:32	02:05				
Age 52		Pace Cum	11:32	11:39	11:47	12:11	12:30	12:46	13:09	13:35	13:50	14:03	14:29				
Group M50-59		Pace Delta	11:32	11:48	12:01	13:32	13:39	14:17	15:13	17:03	15:34	16:21	18:20				
Overall-Group		Position	90-21	88-19	88-21	98-25	99-27	104-27	108-30	114-30	85-25	88-24	76-19				

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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
Savage, Chuck (FL)	127	Time of Day	0:07:20	0:08:39	0:10:13	0:11:35	0:13:16	0:14:42	0:16:34	0:18:09	0:20:23	0:22:33	1:01:23					
		Time Cum	01:20	02:39	04:13	05:35	07:16	08:42	10:34	12:09	14:23	16:33	19:23					
	210	Time Delta	01:20	01:19	01:33	01:22	01:40	01:26	01:51	01:35	02:13	02:10	02:49					
Age 69		Pace Cum	11:41	12:43	13:04	13:26	13:41	13:56	14:18	14:35	15:11	15:54	16:46					
Group M60-69		Pace Delta	11:41	13:59	13:43	14:40	14:37	15:20	16:15	16:52	19:32	23:07	24:43					
Overall-Group		Position	107-4	154-6	156-6	165-8	158-8	159-8	157-8	158-8	124-5	129-5	116-5					
Howard, James (MD)	128	Time of Day	0:07:24	0:08:37	0:10:25	0:11:58	0:13:58	0:15:38	0:17:42	0:19:27	0:21:30	0:23:10	1:02:01					
		Time Cum	01:24	02:37	04:25	05:58	07:58	09:38	11:42	13:27	15:30	17:10	20:01					
	131	Time Delta	01:24	01:13	01:47	01:33	01:59	01:40	02:03	01:45	02:02	01:40	02:50					
Age 46		Pace Cum	12:16	12:36	13:42	14:20	15:00	15:26	15:50	16:09	16:22	16:30	17:19					
Group M40-49		Pace Delta	12:16	13:01	15:41	16:29	17:30	17:49	18:00	18:41	17:53	17:52	24:49					
Overall-Group		Position	144-38	149-42	190-51	198-54	201-52	203-54	195-52	197-53	143-42	141-43	125-38					
Kirk, Matt (NC)	129	Time of Day	0:06:56	0:07:41	0:08:36	0:09:23	0:10:18	0:11:07	0:12:08	0:13:02	0:14:49	0:16:02						
		Time Cum	00:56	01:41	02:36	03:23	04:18	05:07	06:08	07:02	08:49	10:02						
	3	Time Delta	00:56	00:45	00:54	00:47	00:54	00:49	01:00	00:54	01:46	01:13						
Age 27		Pace Cum	08:11	08:09	08:04	08:09	08:06	08:12	08:18	08:27	09:18	09:38						
Group M20-29		Pace Delta	08:11	08:07	07:54	08:29	07:54	08:46	08:49	09:41	15:31	13:01						
Overall-Group		Position	4-1	3-1	2-1	2-1	2-1	2-1	1-1	2-1	2-1	4-1						
Shelfer, Drew (NC)	130	Time of Day	0:06:59	0:07:47	0:08:48	0:09:37	0:10:41	0:11:41	0:12:54	0:14:02	0:15:22	0:16:43						
		Time Cum	00:59	01:47	02:48	03:37	04:41	05:41	06:54	08:02	09:22	10:43						
	8	Time Delta	00:59	00:48	01:00	00:49	01:03	01:00	01:12	01:08	01:19	01:21						
Age 33		Pace Cum	08:37	08:36	08:41	08:43	08:49	09:06	09:20	09:39	09:53	10:17						
Group M30-39		Pace Delta	08:37	08:36	08:49	08:50	09:13	10:38	10:39	12:10	11:35	14:20						
Overall-Group		Position	8-2	6-2	6-2	5-2	5-2	5-2	6-3	6-3	5-2	5-2						
McDermott, Jack (FL)	131	Time of Day	0:07:04	0:07:54	0:08:58	0:09:49	0:10:56	0:11:51	0:13:05	0:14:15	0:16:05	0:17:38						
		Time Cum	01:04	01:54	02:58	03:49	04:56	05:51	07:05	08:15	10:05	11:38						
	165	Time Delta	01:04	00:50	01:03	00:51	01:06	00:55	01:13	01:10	01:49	01:33						
Age 39		Pace Cum	09:21	09:11	09:12	09:11	09:18	09:22	09:35	09:55	10:39	11:10						
Group M30-39		Pace Delta	09:21	08:59	09:14	09:06	09:43	09:49	10:44	12:32	15:56	16:30						
Overall-Group		Position	12-4	10-4	12-4	9-4	8-4	8-4	7-4	9-4	9-3	15-5						
Thompson, Brian (NC)	132	Time of Day	0:07:06	0:08:04	0:09:15	0:10:16	0:11:35	0:12:45	0:14:09	0:15:19	0:16:51	0:18:20						
		Time Cum	01:06	02:04	03:15	04:16	05:35	06:45	08:09	09:19	10:51	12:20						
	235	Time Delta	01:06	00:58	01:10	01:01	01:18	01:10	01:23	01:10	01:31	01:29						
Age 37		Pace Cum	09:38	09:58	10:05	10:15	10:31	10:49	11:02	11:11	11:27	11:50						
Group M30-39		Pace Delta	09:38	10:22	10:17	10:51	11:29	12:30	12:11	12:29	13:21	15:46						
Overall-Group		Position	19-6	24-7	26-7	26-7	26-7	29-7	28-8	29-9	26-8	29-9						
Sauerbrey, Joe (NC)	133	Time of Day	0:07:06	0:07:59	0:09:04	0:09:59	0:11:12	0:12:20	0:13:41	0:14:53	0:16:48	0:18:59						
		Time Cum	01:06	01:59	03:04	03:59	05:12	06:20	07:41	08:53	10:48	12:59						
	209	Time Delta	01:06	00:53	01:04	00:55	01:12	01:08	01:20	01:12	01:54	02:11						
Age 28		Pace Cum	09:38	09:35	09:31	09:35	09:48	10:08	10:24	10:40	11:24	12:28						
Group M20-29		Pace Delta	09:38	09:32	09:22	09:51	10:34	12:04	11:48	12:48	16:45	23:14						
Overall-Group		Position	19-3	16-3	13-2	14-2	13-2	16-2	17-2	17-2	23-3	41-4						

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
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
Hanes, Steve (PA)	134	Time of Day	0:07:19	0:08:29	0:09:51	0:10:59	0:12:26	0:13:38	0:15:13	0:16:31	0:18:05	0:19:29						
		Time Cum	01:19	02:29	03:51	04:59	06:26	07:38	09:13	10:31	12:05	13:29						
	122	Time Delta	01:19	01:10	01:21	01:08	01:26	01:12	01:34	01:18	01:33	01:24						
Age	51	Pace Cum	11:32	11:59	11:56	11:58	12:07	12:13	12:28	12:38	12:45	12:57						
Group	M50-59	Pace Delta	11:32	12:32	11:51	12:05	12:40	12:45	13:51	13:57	13:36	14:55						
Overall-Group		Position	90-21	107-26	94-25	87-22	79-20	72-18	72-19	72-18	50-12	52-12						
Turrentine, William (VA)	135	Time of Day	0:07:12	0:08:15	0:09:33	0:10:46	0:12:16	0:13:33	0:15:04	0:16:26	0:18:13	0:19:48						
		Time Cum	01:12	02:15	03:33	04:46	06:16	07:33	09:04	10:26	12:13	13:48						
	241	Time Delta	01:12	01:03	01:17	01:13	01:29	01:17	01:30	01:22	01:46	01:35						
Age	59	Pace Cum	10:31	10:51	11:00	11:28	11:48	12:06	12:16	12:32	12:54	13:15						
Group	M50-59	Pace Delta	10:31	11:15	11:19	13:00	13:04	13:43	13:13	14:38	15:31	16:53						
Overall-Group		Position	50-11	60-13	61-15	67-15	65-15	69-16	64-15	68-16	55-15	61-15						
Nation, Stephen (FL)	136	Time of Day	0:07:24	0:08:33	0:09:58	0:11:10	0:12:38	0:13:51	0:15:30	0:16:53	0:18:47	0:20:20						
		Time Cum	01:24	02:33	03:58	05:10	06:38	07:51	09:30	10:53	12:47	14:20						
	185	Time Delta	01:24	01:09	01:24	01:12	01:27	01:13	01:38	01:23	01:53	01:33						
Age	28	Pace Cum	12:16	12:16	12:18	12:25	12:30	12:35	12:51	13:04	13:29	13:46						
Group	M20-29	Pace Delta	12:16	12:17	12:21	12:47	12:49	13:05	14:19	14:43	16:37	16:31						
Overall-Group		Position	144-9	127-9	120-9	118-9	99-8	96-8	88-7	90-7	74-5	79-6						
Baucom, Sam (NC)	137	Time of Day	0:07:17	0:08:25	0:09:47	0:10:54	0:12:26	0:13:49	0:15:34	0:16:58	0:18:48	0:20:30						
		Time Cum	01:17	02:25	03:47	04:54	06:26	07:49	09:34	10:58	12:48	14:30						
	58	Time Delta	01:17	01:08	01:21	01:07	01:31	01:23	01:44	01:24	01:49	01:42						
Age	49	Pace Cum	11:14	11:37	11:44	11:48	12:07	12:31	12:57	13:10	13:31	13:55						
Group	M40-49	Pace Delta	11:14	12:05	11:56	12:00	13:19	14:45	15:16	14:58	15:58	18:06						
Overall-Group		Position	80-25	86-26	85-25	81-24	79-23	93-23	94-25	98-28	76-24	84-26						
King, David (NC)	138	Time of Day	0:07:11	0:08:13	0:09:33	0:10:46	0:12:31	0:13:49	0:15:35	0:16:58	0:19:04	0:20:53						
		Time Cum	01:11	02:13	03:33	04:46	06:31	07:49	09:35	10:58	13:04	14:53						
	149	Time Delta	01:11	01:02	01:19	01:13	01:44	01:18	01:45	01:23	02:05	01:49						
Age	61	Pace Cum	10:22	10:38	11:00	11:27	12:17	12:31	12:58	13:11	13:47	14:18						
Group	M60-69	Pace Delta	10:22	10:59	11:41	12:59	15:16	13:52	15:26	14:52	18:15	19:25						
Overall-Group		Position	47-1	49-1	61-1	66-1	87-4	92-4	97-4	100-4	84-2	98-3						
<u>Sorrell, Barbara (NY)</u>	139	Time of Day	0:07:22	0:08:35	0:10:06	0:11:25	0:13:05	0:14:22	0:15:59	0:17:21	0:19:21	0:21:07						
		Time Cum	01:22	02:35	04:06	05:25	07:05	08:22	09:59	11:21	13:21	15:07						
	224	Time Delta	01:22	01:13	01:30	01:19	01:39	01:17	01:36	01:22	01:59	01:46						
Age	50	Pace Cum	11:58	12:26	12:43	13:01	13:21	13:23	13:30	13:37	14:05	14:31						
Group	F50-59	Pace Delta	11:58	12:59	13:14	14:04	14:32	13:38	14:09	14:33	17:29	18:52						
Overall-Group		Position	131-6	136-5	139-6	142-6	138-5	132-5	120-4	116-4	96-4	100-4						
Gentry, Bill (VA)	140	Time of Day	0:07:24	0:08:39	0:10:07	0:11:29	0:13:07	0:14:21	0:15:59	0:17:27	0:19:19	0:21:25						
		Time Cum	01:24	02:39	04:07	05:29	07:07	08:21	09:59	11:27	13:19	15:25						
	28	Time Delta	01:24	01:15	01:27	01:22	01:37	01:14	01:37	01:28	01:52	02:06						
Age	46	Pace Cum	12:16	12:46	12:46	13:11	13:24	13:22	13:30	13:44	14:03	14:48						
Group	M40-49	Pace Delta	12:16	13:23	12:46	14:36	14:14	13:07	14:18	15:35	16:21	22:21						
Overall-Group		Position	144-38	157-44	140-41	152-44	145-39	128-38	120-34	123-34	93-27	108-32						

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
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
Boers, Peter (FL)	141	Time of Day	0:07:20	0:08:31	0:09:57	0:11:16	0:12:50	0:14:12	0:16:02	0:17:39	0:19:43	0:21:46						
		Time Cum	01:20	02:31	03:57	05:16	06:50	08:12	10:02	11:39	13:43	15:46						
	67	Time Delta	01:20	01:11	01:25	01:19	01:33	01:22	01:49	01:37	02:03	02:03						
Age 44		Pace Cum	11:41	12:10	12:15	12:39	12:52	13:08	13:34	13:59	14:29	15:09						
Group M40-49		Pace Delta	11:41	12:44	12:25	14:01	13:41	14:36	16:00	17:12	18:04	21:52						
Overall-Group		Position	107-30	120-32	117-33	128-38	120-32	123-35	126-35	131-36	103-30	113-34						
Cox, Lee (NC)	142	Time of Day	0:07:26	0:08:41	0:10:08	0:11:28	0:13:05	0:14:36	0:16:29	0:18:00	0:20:20	0:22:09						
		Time Cum	01:26	02:41	04:08	05:28	07:05	08:36	10:29	12:00	14:20	16:09						
	29	Time Delta	01:26	01:15	01:26	01:20	01:36	01:31	01:52	01:31	02:19	01:49						
Age 47		Pace Cum	12:33	12:54	12:49	13:08	13:21	13:46	14:11	14:25	15:08	15:30						
Group M40-49		Pace Delta	12:33	13:19	12:40	14:14	14:06	16:10	16:27	16:17	20:18	19:19						
Overall-Group		Position	162-47	162-46	143-42	150-43	138-38	148-40	149-43	152-43	120-38	123-39						
Moore, Catherine (CA)	143	Time of Day	0:07:30	0:08:49	0:10:38	0:12:03	0:13:50	0:15:15	0:17:05	0:18:41	0:20:41	0:22:20						
		Time Cum	01:30	02:49	04:38	06:03	07:50	09:15	11:05	12:41	14:41	16:20						
	173	Time Delta	01:30	01:19	01:48	01:25	01:46	01:25	01:49	01:36	01:59	01:39						
Age 47		Pace Cum	13:08	13:33	14:22	14:32	14:45	14:49	15:00	15:13	15:30	15:41						
Group F40-49		Pace Delta	13:08	14:02	15:52	15:04	15:36	15:11	15:56	17:00	17:31	17:38						
Overall-Group		Position	194-24	195-23	206-24	200-23	194-22	188-22	177-19	178-20	130-13	125-11						
Duncan, Janet (AL)	144	Time of Day	0:07:27	0:08:43	0:10:14	0:11:37	0:13:20	0:14:48	0:16:43	0:18:29	0:20:28	0:22:34						
		Time Cum	01:27	02:43	04:14	05:37	07:20	08:48	10:43	12:29	14:28	16:34						
	92	Time Delta	01:27	01:16	01:30	01:23	01:42	01:28	01:54	01:46	01:58	02:06						
Age 52		Pace Cum	12:42	13:05	13:08	13:29	13:49	14:06	14:30	14:59	15:16	15:55						
Group F50-59		Pace Delta	12:42	13:33	13:12	14:43	15:01	15:42	16:41	18:48	17:20	22:25						
Overall-Group		Position	172-11	173-13	158-8	167-12	166-11	166-10	162-9	172-12	125-9	130-9						
Boas, Darren (MD)	145	Time of Day	0:07:27	0:08:36	0:09:58	0:11:10	0:12:50	0:14:13	0:16:02	0:17:46	0:20:19	0:22:37						
		Time Cum	01:27	02:36	03:58	05:10	06:50	08:13	10:02	11:46	14:19	16:37						
	65	Time Delta	01:27	01:09	01:21	01:12	01:39	01:23	01:48	01:44	02:32	02:18						
Age 47		Pace Cum	12:42	12:33	12:18	12:25	12:52	13:10	13:34	14:07	15:07	15:58						
Group M40-49		Pace Delta	12:42	12:22	11:51	12:51	14:31	14:49	15:49	18:26	22:19	24:33						
Overall-Group		Position	172-49	144-39	120-35	122-32	120-32	125-36	126-35	137-38	119-37	131-41						
Wheeler, Kathleen (FL)	146	Time of Day	0:07:25	0:08:44	0:10:20	0:11:47	0:13:33	0:15:00	0:17:02	0:18:38	0:20:59	0:23:02						
		Time Cum	01:25	02:44	04:20	05:47	07:33	09:00	11:02	12:38	14:59	17:02						
	260	Time Delta	01:25	01:19	01:35	01:27	01:45	01:27	02:01	01:36	02:20	02:03						
Age 46		Pace Cum	12:25	13:08	13:26	13:55	14:13	14:25	14:56	15:10	15:49	16:22						
Group F40-49		Pace Delta	12:25	14:02	13:59	15:32	15:22	15:32	17:42	17:07	20:29	21:52						
Overall-Group		Position	157-16	178-20	174-18	187-19	176-20	175-19	173-16	175-17	135-14	138-14						
Meadows, Abigail (TX)	147	Time of Day	0:07:24	0:08:42	0:10:20	0:11:38	0:13:13	0:14:36	0:16:32	0:18:00	0:20:41	0:23:05						
		Time Cum	01:24	02:42	04:20	05:38	07:13	08:36	10:32	12:00	14:41	17:05						
	4	Time Delta	01:24	01:18	01:38	01:18	01:34	01:23	01:55	01:28	02:40	02:24						
Age 36		Pace Cum	12:16	12:58	13:26	13:33	13:36	13:47	14:15	14:25	15:30	16:25						
Group F30-39		Pace Delta	12:16	13:48	14:18	13:58	13:45	14:51	16:48	15:43	23:24	25:36						
Overall-Group		Position	144-8	165-9	174-10	173-9	151-8	149-8	153-11	151-11	130-9	139-9						

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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
Parker, Russell (NC)	148	Time of Day	0:07:42	0:09:03	0:10:36	0:12:06	0:13:53	0:15:37	0:17:27	0:19:21	0:21:27	0:23:16						
		Time Cum	01:42	03:03	04:36	06:06	07:53	09:37	11:27	13:21	15:27	17:16						
	190	Time Delta	01:42	01:21	01:32	01:30	01:46	01:44	01:49	01:54	02:05	01:49						
Age 35		Pace Cum	14:53	14:40	14:16	14:38	14:51	15:25	15:29	16:02	16:18	16:35						
Group M30-39		Pace Delta	14:53	14:23	13:32	15:56	15:37	18:33	15:56	20:18	18:18	19:27						
Overall-Group		Position	223-29	214-28	201-28	203-29	199-28	202-26	188-26	195-26	141-19	142-18						
O'Toole, John (NC)	149	Time of Day	0:07:41	0:09:03	0:10:37	0:12:05	0:13:49	0:15:37	0:17:27	0:19:21	0:21:27	0:23:16						
		Time Cum	01:41	03:03	04:37	06:05	07:49	09:37	11:27	13:21	15:27	17:16						
	187	Time Delta	01:41	01:22	01:33	01:28	01:43	01:48	01:49	01:54	02:05	01:49						
Age 38		Pace Cum	14:45	14:39	14:19	14:38	14:44	15:24	15:29	16:02	16:18	16:35						
Group M30-39		Pace Delta	14:45	14:33	13:41	15:42	15:05	19:11	16:00	20:16	18:19	19:28						
Overall-Group		Position	219-28	213-28	205-29	202-28	193-27	201-26	188-26	194-26	141-19	143-18						
Mustari, Michael (GA)	150	Time of Day	0:07:24	0:08:46	0:10:28	0:11:55	0:13:52	0:15:27	0:17:33	0:19:11	0:21:37	0:23:36						
		Time Cum	01:24	02:46	04:28	05:55	07:52	09:27	11:33	13:11	15:37	17:36						
	184	Time Delta	01:24	01:22	01:41	01:27	01:56	01:35	02:05	01:38	02:25	01:59						
Age 59		Pace Cum	12:16	13:21	13:51	14:13	14:49	15:08	15:38	15:49	16:29	16:54						
Group M50-59		Pace Delta	12:16	14:39	14:47	15:30	16:59	16:55	18:18	17:22	21:18	21:08						
Overall-Group		Position	144-34	189-40	192-40	193-40	197-41	195-41	193-40	189-40	145-32	147-31						
Adolf, Don (TX)	151	Time of Day	0:07:15	0:08:23	0:09:52	0:11:14	0:13:06	0:14:44	0:16:56	0:18:47	0:21:33	0:23:56						
		Time Cum	01:15	02:23	03:52	05:14	07:06	08:44	10:56	12:47	15:33	17:56						
	47	Time Delta	01:15	01:08	01:28	01:22	01:52	01:38	02:11	01:51	02:45	02:23						
Age 71		Pace Cum	10:57	11:27	11:59	12:34	13:23	13:59	14:47	15:21	16:25	17:13						
Group M70-79		Pace Delta	10:57	12:03	12:59	14:31	16:21	17:22	19:15	19:44	24:10	25:21						
Overall-Group		Position	64-1	79-1	96-1	126-1	143-1	162-1	172-1	182-1	144-1	151-1						
Voltaggio, Sam (TX)	152	Time of Day	0:07:37	0:09:00	0:10:50	0:12:17	0:14:03	0:15:33	0:17:40	0:19:21	0:22:03	1:00:00						
		Time Cum	01:37	03:00	04:50	06:17	08:03	09:33	11:40	13:21	16:03	18:00						
	250	Time Delta	01:37	01:23	01:49	01:27	01:45	01:30	02:06	01:41	02:41	01:57						
Age 56		Pace Cum	14:10	14:28	14:59	15:06	15:10	15:18	15:47	16:02	16:56	17:17						
Group M50-59		Pace Delta	14:10	14:50	15:56	15:29	15:25	16:02	18:27	18:03	23:30	20:44						
Overall-Group		Position	208-42	210-42	215-42	213-42	206-42	200-42	194-41	196-41	152-33	152-32						
Leisinger, Mark (CA)	153	Time of Day	0:07:22	0:08:29	0:09:55	0:11:09	0:12:42	0:14:00	0:15:44	0:17:22	0:19:30							
		Time Cum	01:22	02:29	03:55	05:09	06:42	08:00	09:44	11:22	13:30							
	153	Time Delta	01:22	01:07	01:25	01:14	01:32	01:18	01:43	01:38	02:07							
Age 50		Pace Cum	11:58	11:56	12:09	12:23	12:37	12:49	13:10	13:39	14:15							
Group M50-59		Pace Delta	11:58	11:53	12:32	13:11	13:30	13:53	15:07	17:27	18:36							
Overall-Group		Position	131-30	105-26	107-28	112-29	113-30	109-29	110-31	119-31	102-28							
Edwards, Andrew (AL)	154	Time of Day	0:07:19	0:08:30	0:10:02	0:11:23	0:13:01	0:14:26	0:16:14	0:17:50	0:20:09							
		Time Cum	01:19	02:30	04:02	05:23	07:01	08:26	10:14	11:50	14:09							
	97	Time Delta	01:19	01:11	01:31	01:21	01:37	01:25	01:47	01:36	02:18							
Age 37		Pace Cum	11:32	12:04	12:30	12:55	13:13	13:31	13:51	14:13	14:56							
Group M30-39		Pace Delta	11:32	12:42	13:19	14:21	14:18	15:10	15:40	17:08	20:10							
Overall-Group		Position	90-21	114-24	133-25	136-26	130-25	140-25	138-25	142-25	113-17							

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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
Hills, Derek (MD)	155	Time of Day	0:07:20	0:08:36	0:10:07	0:11:23	0:13:01	0:14:23	0:16:09	0:17:39	0:20:46						
		Time Cum	01:20	02:36	04:07	05:23	07:01	08:23	10:09	11:39	14:46						
	128	Time Delta	01:20	01:16	01:30	01:16	01:37	01:22	01:45	01:30	03:06						
Age 35		Pace Cum	11:41	12:29	12:46	12:57	13:13	13:25	13:44	13:59	15:35						
Group M30-39		Pace Delta	11:41	13:28	13:16	13:34	14:13	14:35	15:25	15:59	27:15						
Overall-Group		Position	107-23	139-27	140-27	138-26	130-25	135-24	131-24	133-24	132-18						
Eckert, Jim (ME)	156	Time of Day	0:07:02	0:07:53	0:08:53	0:09:45	0:10:48	0:11:42	0:12:50	0:13:46							
		Time Cum	01:02	01:53	02:53	03:45	04:48	05:42	06:50	07:46							
	96	Time Delta	01:02	00:51	00:59	00:52	01:02	00:54	01:07	00:56							
Age 37		Pace Cum	09:03	09:04	08:56	09:00	09:03	09:08	09:15	09:19							
Group M30-39		Pace Delta	09:03	09:05	08:43	09:12	09:12	09:40	09:50	09:56							
Overall-Group		Position	9-3	9-3	8-3	7-3	6-3	6-3	4-2	4-2							
Johncock, Bill (NC)	157	Time of Day	0:06:58	0:07:50	0:08:51	0:09:47	0:11:00	0:12:05	0:13:15	0:14:08							
		Time Cum	00:58	01:50	02:51	03:47	05:00	06:05	07:15	08:08							
	142	Time Delta	00:58	00:52	01:00	00:56	01:12	01:05	01:09	00:53							
Age 43		Pace Cum	08:28	08:50	08:50	09:06	09:25	09:46	09:49	09:46							
Group M40-49		Pace Delta	08:28	09:16	08:51	10:00	10:35	11:40	10:05	09:28							
Overall-Group		Position	7-2	7-2	7-2	8-2	10-2	12-3	9-2	7-2							
Pastore, Mike (SC)	158	Time of Day	0:07:02	0:07:54	0:08:56	0:09:50	0:11:00	0:11:59	0:13:14	0:14:15							
		Time Cum	01:02	01:54	02:56	03:50	05:00	05:59	07:14	08:15							
	191	Time Delta	01:02	00:52	01:01	00:54	01:09	00:59	01:14	01:01							
Age 52		Pace Cum	09:03	09:12	09:06	09:14	09:25	09:36	09:47	09:54							
Group M50-59		Pace Delta	09:03	09:22	08:55	09:43	10:06	10:36	10:49	10:51							
Overall-Group		Position	9-3	11-3	10-3	11-2	10-2	9-1	8-1	8-1							
Schlereth, Joe (NC)	159	Time of Day	0:06:55	0:07:45	0:08:46	0:09:44	0:10:57	0:12:02	0:13:18	0:14:28							
		Time Cum	00:55	01:45	02:46	03:44	04:57	06:02	07:18	08:28							
	5	Time Delta	00:55	00:50	01:01	00:58	01:12	01:05	01:15	01:10							
Age 58		Pace Cum	08:02	08:24	08:35	09:00	09:19	09:39	09:53	10:11							
Group M50-59		Pace Delta	08:02	08:51	08:54	10:26	10:31	11:32	11:04	12:32							
Overall-Group		Position	2-1	5-1	5-1	6-1	9-1	10-2	11-2	12-2							
Holmen, David (MN)	160	Time of Day	0:07:05	0:08:00	0:09:07	0:10:06	0:11:21	0:12:26	0:13:57	0:15:13							
		Time Cum	01:05	02:00	03:07	04:06	05:21	06:26	07:57	09:13							
	11	Time Delta	01:05	00:55	01:06	00:59	01:14	01:05	01:30	01:16							
Age 46		Pace Cum	09:29	09:39	09:40	09:52	10:05	10:18	10:45	11:04							
Group M40-49		Pace Delta	09:29	09:50	09:42	10:34	10:51	11:33	13:15	13:32							
Overall-Group		Position	15-5	18-5	17-4	19-6	19-6	19-6	22-9	25-11							
<u>Lee,</u> <u>Kathy (NC)</u>	161	Time of Day	0:07:06	0:08:06	0:09:20	0:10:25	0:11:47	0:12:55	0:14:20	0:15:36							
		Time Cum	01:06	02:06	03:20	04:25	05:47	06:55	08:20	09:36							
	152	Time Delta	01:06	01:00	01:13	01:05	01:21	01:08	01:24	01:16							
Age 44		Pace Cum	09:38	10:08	10:20	10:36	10:54	11:05	11:16	11:31							
Group F40-49		Pace Delta	09:38	10:45	10:42	11:31	11:58	12:11	12:17	13:30							
Overall-Group		Position	19-2	31-2	32-2	34-2	35-2	42-3	38-2	39-2							

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Runner Splits

Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta			6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<u>Donley</u>	162	Time of Day	0:07:14	0:08:15	0:09:30	0:10:34	0:11:55	0:13:05	0:14:29	0:15:39								
<u>Sarah (SC)</u>		Time Cum	01:14	02:15	03:30	04:34	05:55	07:05	08:29	09:39								
90		Time Delta	01:14	01:01	01:14	01:04	01:20	01:10	01:23	01:10								
Age 42		Pace Cum	10:48	10:51	10:51	10:59	11:09	11:21	11:29	11:36								
Group F40-49		Pace Delta	10:48	10:55	10:51	11:27	11:44	12:28	12:12	12:33								
Overall-Group		Position	60-4	61-4	55-4	53-4	48-5	49-5	44-4	41-3								
<u>Morrison</u>	163	Time of Day	0:07:17	0:08:17	0:09:35	0:10:37	0:11:52	0:12:59	0:14:25	0:15:41								
<u>Ryn (VA)</u>		Time Cum	01:17	02:17	03:35	04:37	05:52	06:59	08:25	09:41								
175		Time Delta	01:17	01:00	01:17	01:02	01:14	01:07	01:25	01:16								
Age 43		Pace Cum	11:14	11:01	11:07	11:07	11:03	11:12	11:23	11:37								
Group F40-49		Pace Delta	11:14	10:44	11:18	11:09	10:48	12:02	12:25	13:29								
Overall-Group		Position	80-6	65-5	63-5	56-5	46-4	46-4	41-3	43-4								
Peek,	164	Time of Day	0:07:07	0:08:04	0:09:14	0:10:12	0:11:37	0:12:47	0:14:16	0:15:47								
Tyler (NC)		Time Cum	01:07	02:04	03:14	04:12	05:37	06:47	08:16	09:47								
19		Time Delta	01:07	00:57	01:09	00:58	01:24	01:10	01:28	01:31								
Age 42		Pace Cum	09:47	09:58	10:02	10:06	10:35	10:52	11:11	11:45								
Group M40-49		Pace Delta	09:47	10:12	10:07	10:22	12:20	12:27	12:56	16:08								
Overall-Group		Position	27-9	26-9	24-9	24-9	31-14	32-14	33-13	46-16								
Powell,	165	Time of Day	0:07:10	0:08:11	0:09:23	0:10:26	0:11:44	0:12:56	0:14:33	0:15:49								
Rob (OH)		Time Cum	01:10	02:11	03:23	04:26	05:44	06:56	08:33	09:49								
198		Time Delta	01:10	01:01	01:11	01:03	01:17	01:12	01:36	01:16								
Age 37		Pace Cum	10:13	10:30	10:29	10:40	10:48	11:06	11:34	11:48								
Group M30-39		Pace Delta	10:13	10:50	10:29	11:18	11:16	12:46	14:08	13:36								
Overall-Group		Position	37-10	44-12	36-11	35-10	33-9	43-11	45-11	47-11								
Ferrari,	166	Time of Day	0:07:12	0:08:11	0:09:22	0:10:22	0:11:36	0:12:41	0:14:33	0:15:58								
Guido (NC)		Time Cum	01:12	02:11	03:22	04:22	05:36	06:41	08:33	09:58								
14		Time Delta	01:12	00:59	01:10	01:00	01:13	01:05	01:51	01:25								
Age 47		Pace Cum	10:31	10:33	10:26	10:30	10:33	10:42	11:34	11:59								
Group M40-49		Pace Delta	10:31	10:35	10:15	10:41	10:45	11:35	16:17	15:12								
Overall-Group		Position	50-16	47-15	35-13	33-13	29-12	25-11	45-17	52-18								
Albertson,	167	Time of Day	0:07:16	0:08:24	0:09:47	0:10:56	0:12:23	0:13:38	0:15:04	0:16:24								
Doug (OH)		Time Cum	01:16	02:24	03:47	04:56	06:23	07:38	09:04	10:24								
48		Time Delta	01:16	01:08	01:22	01:09	01:26	01:15	01:25	01:20								
Age 45		Pace Cum	11:06	11:34	11:44	11:53	12:02	12:13	12:16	12:29								
Group M40-49		Pace Delta	11:06	12:07	12:03	12:22	12:34	13:20	12:31	14:13								
Overall-Group		Position	70-24	82-25	85-25	85-26	75-21	73-21	64-20	64-20								
Prescott,	168	Time of Day	0:07:19	0:08:25	0:09:41	0:10:53	0:12:19	0:13:39	0:15:08	0:16:25								
Walt (GA)		Time Cum	01:19	02:25	03:41	04:53	06:19	07:39	09:08	10:25								
199		Time Delta	01:19	01:06	01:15	01:12	01:25	01:20	01:28	01:17								
Age 54		Pace Cum	11:32	11:36	11:25	11:45	11:54	12:16	12:21	12:30								
Group M50-59		Pace Delta	11:32	11:42	11:05	12:54	12:26	14:19	12:52	13:42								
Overall-Group		Position	90-21	85-19	72-16	78-18	69-17	77-19	69-17	66-15								

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Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Adams, Jerry (NC)	169	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							
		Time Cum	01:23	02:30	03:52	05:04	06:34	07:48	09:17	10:31							
	46	Time Delta	01:23	01:07	01:21	01:12	01:29	01:14	01:28	01:14							
Age	39	Pace Cum	12:07	12:04	11:59	12:12	12:22	12:29	12:34	12:37							
Group	M30-39	Pace Delta	12:07	12:01	11:50	12:54	13:01	13:07	12:58	13:07							
Overall-Group		Position	135-26	116-24	96-20	99-22	92-19	88-18	77-15	71-14							
Idlibi, Mohammed (NC)	170	Time of Day	0:07:06	0:08:04	0:09:24	0:10:43	0:12:11	0:13:27	0:15:07	0:16:34							
		Time Cum	01:06	02:04	03:24	04:43	06:11	07:27	09:07	10:34							
	136	Time Delta	01:06	00:58	01:19	01:19	01:27	01:16	01:39	01:27							
Age	29	Pace Cum	09:38	09:58	10:33	11:21	11:39	11:55	12:20	12:41							
Group	M20-29	Pace Delta	09:38	10:23	11:35	14:08	12:43	13:28	14:35	15:29							
Overall-Group		Position	19-3	25-4	39-4	65-5	62-6	63-6	68-6	74-6							
FitzHarris, Leo (VA)	171	Time of Day	0:07:13	0:08:15	0:09:35	0:10:47	0:12:23	0:13:42	0:15:16	0:16:37							
		Time Cum	01:13	02:15	03:35	04:47	06:23	07:42	09:16	10:37							
	106	Time Delta	01:13	01:02	01:19	01:12	01:35	01:19	01:33	01:21							
Age	34	Pace Cum	10:39	10:49	11:07	11:29	12:02	12:19	12:32	12:45							
Group	M30-39	Pace Delta	10:39	11:00	11:39	12:46	14:00	14:01	13:42	14:23							
Overall-Group		Position	59-13	57-13	63-13	68-15	75-17	78-16	75-14	78-15							
Roberts, Charles (NC)	172	Time of Day	0:07:05	0:08:04	0:09:19	0:10:30	0:12:08	0:13:32	0:15:20	0:16:37							
		Time Cum	01:05	02:04	03:19	04:30	06:08	07:32	09:20	10:37							
	204	Time Delta	01:05	00:59	01:14	01:11	01:37	01:24	01:47	01:17							
Age	34	Pace Cum	09:29	09:58	10:17	10:48	11:33	12:05	12:38	12:45							
Group	M30-39	Pace Delta	09:29	10:32	10:52	12:36	14:17	15:01	15:38	13:42							
Overall-Group		Position	15-5	23-7	31-10	44-12	60-13	68-14	80-16	79-15							
Barker, Al (GA)	173	Time of Day	0:07:20	0:08:28	0:09:51	0:11:01	0:12:28	0:13:47	0:15:25	0:16:37							
		Time Cum	01:20	02:28	03:51	05:01	06:28	07:47	09:25	10:37							
	55	Time Delta	01:20	01:08	01:22	01:10	01:27	01:19	01:37	01:12							
Age	62	Pace Cum	11:41	11:51	11:56	12:02	12:11	12:28	12:44	12:46							
Group	M60-69	Pace Delta	11:41	12:04	12:05	12:23	12:42	14:04	14:14	12:55							
Overall-Group		Position	107-4	97-3	94-3	92-3	82-1	87-3	85-3	80-2							
Velazco, Andy (GA)	174	Time of Day	0:07:15	0:08:23	0:09:45	0:10:59	0:12:28	0:13:46	0:15:18	0:16:38							
		Time Cum	01:15	02:23	03:45	04:59	06:28	07:46	09:18	10:38							
	243	Time Delta	01:15	01:08	01:21	01:14	01:28	01:18	01:31	01:20							
Age	60	Pace Cum	10:57	11:29	11:38	11:59	12:11	12:26	12:35	12:47							
Group	M60-69	Pace Delta	10:57	12:09	11:53	13:12	12:55	13:54	13:21	14:19							
Overall-Group		Position	64-2	81-2	80-2	88-2	82-1	84-2	79-2	82-3							
Becherer, Paul Robert (NC)	175	Time of Day	0:07:12	0:08:14	0:09:26	0:10:31	0:12:03	0:13:26	0:15:12	0:16:52							
		Time Cum	01:12	02:14	03:26	04:31	06:03	07:26	09:12	10:52							
	59	Time Delta	01:12	01:02	01:11	01:05	01:31	01:23	01:45	01:40							
Age	52	Pace Cum	10:31	10:47	10:39	10:51	11:24	11:54	12:27	13:03							
Group	M50-59	Pace Delta	10:31	11:06	10:25	11:34	13:23	14:43	15:27	17:49							
Overall-Group		Position	50-11	54-11	48-8	48-8	54-11	62-14	71-18	89-24							

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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
Morton, Alex (SC)	176	Time of Day	0:07:19	0:08:25	0:09:54	0:11:07	0:12:41	0:13:59	0:15:39	0:17:00							
		Time Cum	01:19	02:25	03:54	05:07	06:41	07:59	09:39	11:00							
	41	Time Delta	01:19	01:06	01:28	01:13	01:33	01:18	01:39	01:21							
	Age 58	Pace Cum	11:32	11:38	12:06	12:18	12:35	12:47	13:03	13:13							
	Group M50-59	Pace Delta	11:32	11:44	12:57	13:01	13:38	13:52	14:33	14:26							
	Overall-Group	Position	90-21	87-19	102-26	106-27	108-29	106-28	105-29	102-27							
<u>Risi, Andrea M (FL)</u>	177	Time of Day	0:07:20	0:08:30	0:09:55	0:11:08	0:12:41	0:13:59	0:15:40	0:17:00							
		Time Cum	01:20	02:30	03:55	05:08	06:41	07:59	09:40	11:00							
	203	Time Delta	01:20	01:10	01:24	01:13	01:32	01:18	01:40	01:20							
	Age 36	Pace Cum	11:41	12:05	12:09	12:20	12:35	12:47	13:05	13:13							
	Group F30-39	Pace Delta	11:41	12:34	12:16	12:57	13:33	13:54	14:40	14:16							
	Overall-Group	Position	107-6	117-6	107-6	108-6	108-7	107-7	106-7	103-7							
Andrews, Douglas (NC)	178	Time of Day	0:07:18	0:08:24	0:09:45	0:10:51	0:12:20	0:13:35	0:15:28	0:17:19							
		Time Cum	01:18	02:24	03:45	04:51	06:20	07:35	09:28	11:19							
	51	Time Delta	01:18	01:06	01:20	01:06	01:28	01:15	01:52	01:51							
	Age 34	Pace Cum	11:23	11:34	11:38	11:41	11:56	12:08	12:48	13:36							
	Group M30-39	Pace Delta	11:23	11:48	11:44	11:51	12:51	13:18	16:29	19:45							
	Overall-Group	Position	88-20	84-19	80-17	74-16	72-15	71-15	87-18	115-21							
Brannon, Michael (TN)	179	Time of Day	0:07:10	0:08:14	0:09:31	0:10:41	0:12:22	0:13:46	0:15:32	0:17:22							
		Time Cum	01:10	02:14	03:31	04:41	06:22	07:46	09:32	11:22							
	68	Time Delta	01:10	01:04	01:16	01:10	01:40	01:24	01:45	01:50							
	Age 54	Pace Cum	10:13	10:47	10:54	11:16	12:00	12:27	12:54	13:39							
	Group M50-59	Pace Delta	10:13	11:29	11:07	12:30	14:39	15:00	15:22	19:33							
	Overall-Group	Position	37-8	56-11	59-14	60-14	74-19	85-22	93-25	118-31							
<u>Vogel, Jennifer (GA)</u>	180	Time of Day	0:07:23	0:08:34	0:10:04	0:11:20	0:12:50	0:14:09	0:15:57	0:17:25							
		Time Cum	01:23	02:34	04:04	05:20	06:50	08:09	09:57	11:25							
	247	Time Delta	01:23	01:11	01:29	01:16	01:29	01:19	01:47	01:28							
	Age 26	Pace Cum	12:07	12:21	12:37	12:50	12:52	13:03	13:28	13:42							
	Group F20-29	Pace Delta	12:07	12:38	13:05	13:37	13:00	14:06	15:40	15:36							
	Overall-Group	Position	135-3	131-3	135-3	134-3	120-3	121-3	119-3	120-3							
<u>Yonkovich, Taciana (NC)</u>	181	Time of Day	0:07:32	0:08:49	0:10:26	0:11:43	0:13:19	0:14:38	0:16:15	0:17:39							
		Time Cum	01:32	02:49	04:26	05:43	07:19	08:38	10:15	11:39							
	267	Time Delta	01:32	01:17	01:36	01:17	01:35	01:19	01:36	01:24							
	Age 36	Pace Cum	13:26	13:36	13:45	13:44	13:47	13:49	13:52	13:59							
	Group F30-39	Pace Delta	13:26	13:48	14:01	13:43	13:56	14:00	14:09	14:55							
	Overall-Group	Position	198-12	197-12	191-12	180-12	163-12	151-9	139-8	132-8							
<u>Hampton, Rhonda (NC)</u>	182	Time of Day	0:07:24	0:08:39	0:10:10	0:11:26	0:13:01	0:14:27	0:16:11	0:17:47							
		Time Cum	01:24	02:39	04:10	05:26	07:01	08:27	10:11	11:47							
	38	Time Delta	01:24	01:15	01:30	01:16	01:34	01:26	01:43	01:36							
	Age 47	Pace Cum	12:16	12:44	12:55	13:03	13:13	13:32	13:47	14:08							
	Group F40-49	Pace Delta	12:16	13:18	13:16	13:29	13:50	15:19	15:06	17:00							
	Overall-Group	Position	144-15	155-17	150-14	144-12	130-10	142-12	133-10	139-11							

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Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<u>Petersen,</u>	183	Time of Day	0:07:31	0:08:46	0:10:20	0:11:38	0:13:15	0:14:46	0:16:30	0:17:49							
<u>Belinda (VA)</u>		Time Cum	01:31	02:46	04:20	05:38	07:15	08:46	10:30	11:49							
	193	Time Delta	01:31	01:15	01:33	01:18	01:36	01:31	01:43	01:19							
Age	37	Pace Cum	13:17	13:21	13:26	13:33	13:39	14:03	14:12	14:11							
Group	F30-39	Pace Delta	13:17	13:25	13:36	13:58	14:02	16:14	15:05	14:04							
Overall-Group		Position	197-11	190-10	174-10	174-9	156-9	165-11	151-10	140-9							
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Hughes,	184	Time of Day	0:07:40	0:08:51	0:10:14	0:11:34	0:13:04	0:14:26	0:16:13	0:17:50							
David A (IN)		Time Cum	01:40	02:51	04:14	05:34	07:04	08:26	10:13	11:50							
	133	Time Delta	01:40	01:11	01:22	01:20	01:29	01:22	01:46	01:37							
Age	62	Pace Cum	14:36	13:43	13:08	13:23	13:19	13:30	13:49	14:13							
Group	M60-69	Pace Delta	14:36	12:39	12:03	14:16	13:03	14:34	15:34	17:16							
Overall-Group		Position	214-16	199-12	158-7	162-7	137-6	138-5	136-7	141-7							
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Lilly,	185	Time of Day	0:07:23	0:08:37	0:10:10	0:11:31	0:13:23	0:14:43	0:16:29	0:17:56							
Stephen (NC)		Time Cum	01:23	02:37	04:10	05:31	07:23	08:43	10:29	11:56							
	156	Time Delta	01:23	01:14	01:32	01:21	01:52	01:20	01:45	01:27							
Age	53	Pace Cum	12:07	12:36	12:55	13:14	13:55	13:58	14:11	14:19							
Group	M50-59	Pace Delta	12:07	13:10	13:31	14:20	16:21	14:16	15:23	15:25							
Overall-Group		Position	135-31	148-32	150-35	153-35	168-36	161-35	149-35	144-35							
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Butler,	186	Time of Day	0:07:21	0:08:32	0:10:02	0:11:24	0:13:13	0:14:39	0:16:27	0:17:56							
Jeffrey (NY)		Time Cum	01:21	02:32	04:02	05:24	07:13	08:39	10:27	11:56							
	73	Time Delta	01:21	01:11	01:29	01:22	01:48	01:26	01:47	01:29							
Age	48	Pace Cum	11:49	12:10	12:30	12:58	13:36	13:51	14:08	14:19							
Group	M40-49	Pace Delta	11:49	12:35	13:08	14:35	15:52	15:16	15:44	15:47							
Overall-Group		Position	121-33	123-33	133-40	140-39	151-42	155-42	144-39	145-39							
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Crosby,	187	Time of Day	0:07:24	0:08:39	0:10:16	0:11:31	0:13:11	0:14:37	0:16:33	0:17:59							
Robert (SC)		Time Cum	01:24	02:39	04:16	05:31	07:11	08:37	10:33	11:59							
	86	Time Delta	01:24	01:15	01:36	01:15	01:39	01:26	01:55	01:26							
Age	49	Pace Cum	12:16	12:46	13:14	13:16	13:32	13:48	14:16	14:23							
Group	M40-49	Pace Delta	12:16	13:24	14:04	13:22	14:31	15:20	16:51	15:16							
Overall-Group		Position	144-38	158-44	165-46	157-45	149-40	150-41	155-44	148-41							
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Riggs,	188	Time of Day	0:07:19	0:08:25	0:09:45	0:10:55	0:12:23	0:13:46	0:16:10	0:18:01							
Mikey (NC)		Time Cum	01:19	02:25	03:45	04:55	06:23	07:46	10:10	12:01							
	202	Time Delta	01:19	01:06	01:19	01:10	01:27	01:23	02:23	01:51							
Age	25	Pace Cum	11:32	11:40	11:38	11:49	12:02	12:26	13:45	14:26							
Group	M20-29	Pace Delta	11:32	11:50	11:33	12:29	12:46	14:44	21:00	19:42							
Overall-Group		Position	90-7	92-7	80-7	83-7	75-7	83-7	132-9	153-9							
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Wasicka,	189	Time of Day	0:07:22	0:08:30	0:09:56	0:11:12	0:12:55	0:14:20	0:16:25	0:18:04							
Joe (IL)		Time Cum	01:22	02:30	03:56	05:12	06:55	08:20	10:25	12:04							
	255	Time Delta	01:22	01:08	01:25	01:16	01:42	01:25	02:04	01:39							
Age	46	Pace Cum	11:58	12:02	12:12	12:30	13:02	13:21	14:06	14:29							
Group	M40-49	Pace Delta	11:58	12:06	12:30	13:32	14:58	15:09	18:10	17:36							
Overall-Group		Position	131-36	108-29	113-29	124-36	127-35	127-37	142-38	156-44							

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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
Brophy, William (NC)	190	Time of Day	0:07:27	0:08:42	0:10:17	0:11:38	0:13:25	0:14:50	0:16:39	0:18:09							
		Time Cum	01:27	02:42	04:17	05:38	07:25	08:50	10:39	12:09							
	40	Time Delta	01:27	01:15	01:34	01:21	01:46	01:25	01:49	01:30							
Age	65	Pace Cum	12:42	13:02	13:17	13:32	13:58	14:08	14:24	14:35							
Group	M60-69	Pace Delta	12:42	13:26	13:45	14:25	15:33	15:03	15:55	16:01							
Overall-Group		Position	172-9	167-8	168-9	171-9	170-9	169-9	160-9	159-8							
<u>Haber,</u> <u>Melanie (NH)</u>	191	Time of Day	0:07:26	0:08:43	0:10:16	0:11:36	0:13:31	0:14:56	0:16:46	0:18:13							
		Time Cum	01:26	02:43	04:16	05:36	07:31	08:56	10:46	12:13							
	145	Time Delta	01:26	01:17	01:32	01:20	01:54	01:25	01:49	01:27							
Age	51	Pace Cum	12:33	13:04	13:14	13:27	14:10	14:19	14:34	14:40							
Group	F50-59	Pace Delta	12:33	13:42	13:31	14:13	16:45	15:12	15:56	15:27							
Overall-Group		Position	162-9	172-13	165-11	166-11	175-12	172-11	166-10	161-9							
<u>Dummar,</u> <u>Susan (NC)</u>	192	Time of Day	0:07:21	0:08:37	0:10:08	0:11:31	0:13:10	0:14:34	0:16:27	0:18:14							
		Time Cum	01:21	02:37	04:08	05:31	07:10	08:34	10:27	12:14							
	43	Time Delta	01:21	01:16	01:30	01:23	01:39	01:24	01:52	01:47							
Age	43	Pace Cum	11:49	12:36	12:49	13:14	13:30	13:43	14:08	14:41							
Group	F40-49	Pace Delta	11:49	13:31	13:14	14:41	14:27	14:57	16:26	18:58							
Overall-Group		Position	121-11	146-14	143-11	153-15	147-14	146-14	144-12	162-14							
Wargo, Robert P (PA)	193	Time of Day	0:07:53	0:09:37	0:11:00	0:12:09	0:13:42	0:15:04	0:16:51	0:18:14							
		Time Cum	01:53	03:37	05:00	06:09	07:42	09:04	10:51	12:14							
	252	Time Delta	01:53	01:44	01:22	01:09	01:32	01:22	01:46	01:23							
Age	50	Pace Cum	16:30	17:25	15:30	14:48	14:30	14:31	14:41	14:42							
Group	M50-59	Pace Delta	16:30	18:32	12:01	12:22	13:27	14:35	15:34	14:50							
Overall-Group		Position	230-46	231-46	219-44	207-41	186-40	181-40	168-38	164-37							
<u>Gerdy,</u> <u>Maria (NJ)</u>	194	Time of Day	0:07:27	0:08:37	0:10:14	0:11:28	0:13:19	0:14:44	0:16:42	0:18:23							
		Time Cum	01:27	02:37	04:14	05:28	07:19	08:44	10:42	12:23							
	114	Time Delta	01:27	01:10	01:36	01:14	01:50	01:25	01:57	01:41							
Age	53	Pace Cum	12:42	12:35	13:08	13:08	13:47	13:59	14:29	14:53							
Group	F50-59	Pace Delta	12:42	12:26	14:08	13:09	16:09	15:05	17:11	18:02							
Overall-Group		Position	172-11	145-8	158-8	149-8	163-10	163-9	161-8	168-10							
<u>Tiska,</u> <u>Dale (NC)</u>	195	Time of Day	0:07:19	0:08:30	0:10:08	0:11:23	0:13:05	0:14:35	0:17:08	0:18:39							
		Time Cum	01:19	02:30	04:08	05:23	07:05	08:35	11:08	12:39							
	25	Time Delta	01:19	01:11	01:37	01:15	01:41	01:30	02:32	01:31							
Age	44	Pace Cum	11:32	12:04	12:49	12:56	13:21	13:44	15:04	15:11							
Group	F40-49	Pace Delta	11:32	12:43	14:11	13:19	14:51	15:56	22:20	16:09							
Overall-Group		Position	90-7	115-8	143-11	137-11	138-13	147-15	178-20	176-18							
Shilling, Michael (NJ)	196	Time of Day	0:07:26	0:08:41	0:10:14	0:11:31	0:13:18	0:14:42	0:16:52	0:18:54							
		Time Cum	01:26	02:41	04:14	05:31	07:18	08:42	10:52	12:54							
	216	Time Delta	01:26	01:15	01:32	01:17	01:46	01:24	02:09	02:02							
Age	48	Pace Cum	12:33	12:58	13:08	13:15	13:45	13:57	14:42	15:29							
Group	M40-49	Pace Delta	12:33	13:27	13:26	13:41	15:34	15:01	18:51	21:36							
Overall-Group		Position	162-47	164-46	158-45	156-45	162-44	160-46	169-48	184-51							

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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
<u>Hawn</u>	197	Time of Day	0:07:29	0:08:49	0:10:30	0:11:55	0:13:45	0:15:17	0:17:14	0:19:01							
<u>Faye (PA)</u>		Time Cum	01:29	02:49	04:30	05:55	07:45	09:17	11:14	13:01							
	125	Time Delta	01:29	01:20	01:40	01:25	01:49	01:32	01:56	01:47							
Age	54	Pace Cum	13:00	13:32	13:57	14:14	14:36	14:52	15:12	15:38							
Group	F50-59	Pace Delta	13:00	14:11	14:43	15:13	15:55	16:22	17:00	19:02							
Overall-Group		Position	190-17	192-17	194-17	194-17	190-18	192-18	183-14	185-15							
<u>Rodatz,</u>	198	Time of Day	0:07:34	0:08:49	0:10:36	0:11:57	0:13:57	0:15:32	0:17:28	0:19:07							
<u>Chris (FL)</u>		Time Cum	01:34	02:49	04:36	05:57	07:57	09:32	11:28	13:07							
	205	Time Delta	01:34	01:15	01:46	01:21	01:59	01:35	01:55	01:39							
Age	62	Pace Cum	13:43	13:32	14:16	14:18	14:59	15:15	15:31	15:45							
Group	M60-69	Pace Delta	13:43	13:19	15:35	14:24	17:28	16:50	16:55	17:39							
Overall-Group		Position	204-14	194-11	201-14	197-12	200-12	199-12	191-12	186-11							
<u>Squier, III,</u>	199	Time of Day	0:07:27	0:08:44	0:10:23	0:11:54	0:13:43	0:15:16	0:17:12	0:19:08							
<u>William C (NC)</u>		Time Cum	01:27	02:44	04:23	05:54	07:43	09:16	11:12	13:08							
	26	Time Delta	01:27	01:17	01:38	01:31	01:48	01:33	01:55	01:56							
Age	65	Pace Cum	12:42	13:10	13:36	14:10	14:32	14:50	15:09	15:46							
Group	M60-69	Pace Delta	12:42	13:45	14:21	16:07	15:54	16:28	16:56	20:36							
Overall-Group		Position	172-9	179-10	184-11	192-11	187-11	190-11	181-11	187-12							
<u>Belden</u>	200	Time of Day	0:07:32	0:08:54	0:10:33	0:11:59	0:13:46	0:15:21	0:17:23	0:19:10							
<u>Diane (NC)</u>		Time Cum	01:32	02:54	04:33	05:59	07:46	09:21	11:23	13:10							
	60	Time Delta	01:32	01:22	01:38	01:26	01:46	01:35	02:01	01:47							
Age	54	Pace Cum	13:26	13:55	14:07	14:24	14:38	14:59	15:24	15:49							
Group	F50-59	Pace Delta	13:26	14:31	14:27	15:24	15:29	16:57	17:42	19:07							
Overall-Group		Position	198-20	202-20	197-19	199-19	191-19	193-19	187-16	188-16							
<u>Morgan,</u>	201	Time of Day	0:07:37	0:09:00	0:10:43	0:12:13	0:14:08	0:15:44	0:17:51	0:19:30							
<u>Paul (FL)</u>		Time Cum	01:37	03:00	04:43	06:13	08:08	09:44	11:51	13:30							
	174	Time Delta	01:37	01:23	01:42	01:30	01:54	01:36	02:06	01:39							
Age	67	Pace Cum	14:10	14:28	14:38	14:55	15:19	15:35	16:02	16:13							
Group	M60-69	Pace Delta	14:10	14:50	14:55	15:57	16:47	17:07	18:27	17:37							
Overall-Group		Position	208-15	210-15	208-15	211-15	208-15	206-13	199-14	199-13							
<u>Ivory</u>	202	Time of Day	0:07:33	0:08:53	0:10:36	0:12:17	0:14:12	0:15:45	0:17:54	0:19:38							
<u>Angela (TN)</u>		Time Cum	01:33	02:53	04:36	06:17	08:12	09:45	11:54	13:38							
	137	Time Delta	01:33	01:20	01:42	01:41	01:54	01:33	02:08	01:44							
Age	40	Pace Cum	13:35	13:55	14:16	15:05	15:27	15:36	16:06	16:22							
Group	F40-49	Pace Delta	13:35	14:19	14:54	17:53	16:47	16:30	18:48	18:29							
Overall-Group		Position	202-25	201-25	201-23	212-25	209-25	207-25	200-23	201-23							
<u>Petersen,</u>	203	Time of Day	0:07:33	0:09:00	0:10:48	0:12:18	0:14:17	0:15:58	0:18:00	0:19:41							
<u>Chuck (NC)</u>		Time Cum	01:33	03:00	04:48	06:18	08:17	09:58	12:00	13:41							
	31	Time Delta	01:33	01:27	01:47	01:30	01:58	01:41	02:01	01:41							
Age	67	Pace Cum	13:35	14:27	14:53	15:09	15:36	15:58	16:14	16:26							
Group	M60-69	Pace Delta	13:35	15:30	15:41	16:05	17:14	18:01	17:42	18:01							
Overall-Group		Position	202-13	209-15	214-16	214-16	210-16	211-16	202-16	203-15							

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Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Brown, Will (NC)	204	Time of Day	0:07:41	0:09:09	0:11:03	0:12:36	0:14:42	0:16:23	0:18:24	0:19:51							
		Time Cum	01:41	03:09	05:03	06:36	08:42	10:23	12:24	13:51							
	30	Time Delta	01:41	01:28	01:53	01:33	02:05	01:41	02:00	01:27							
Age 61		Pace Cum	14:45	15:09	15:40	15:52	16:23	16:37	16:47	16:38							
Group M60-69		Pace Delta	14:45	15:38	16:36	16:35	18:18	17:53	17:40	15:32							
Overall-Group		Position	219-18	222-18	221-17	220-17	218-17	217-17	208-18	204-16							
Jones, Louis (VA)	205	Time of Day	0:07:28	0:08:52	0:10:34	0:12:08	0:14:00	0:15:45	0:17:50	0:19:55							
		Time Cum	01:28	02:52	04:34	06:08	08:00	09:45	11:50	13:55							
	144	Time Delta	01:28	01:24	01:41	01:34	01:51	01:45	02:04	02:05							
Age 63		Pace Cum	12:51	13:48	14:10	14:43	15:04	15:37	16:01	16:42							
Group M60-69		Pace Delta	12:51	14:58	14:48	16:39	16:20	18:43	18:08	22:12							
Overall-Group		Position	183-11	200-13	198-12	206-14	203-13	208-14	198-13	205-17							
<u>Schlundt, Margaret J (MD)</u>	206	Time of Day	0:07:34	0:09:02	0:10:46	0:12:23	0:14:24	0:16:12	0:18:15	0:19:56							
		Time Cum	01:34	03:02	04:46	06:23	08:24	10:12	12:15	13:56							
	94	Time Delta	01:34	01:28	01:43	01:37	02:00	01:48	02:02	01:41							
Age 55		Pace Cum	13:43	14:34	14:47	15:21	15:49	16:21	16:34	16:43							
Group F50-59		Pace Delta	13:43	15:35	15:10	17:19	17:32	19:16	17:49	17:54							
Overall-Group		Position	204-21	212-22	212-22	216-22	212-22	212-22	203-19	206-20							
Duobinis, Stanley F (MD)	206	Time of Day	0:07:34	0:08:59	0:10:46	0:12:23	0:14:24	0:16:12	0:18:15	0:19:56							
		Time Cum	01:34	02:59	04:46	06:23	08:24	10:12	12:15	13:56							
	93	Time Delta	01:34	01:25	01:46	01:37	02:00	01:48	02:02	01:41							
Age 57		Pace Cum	13:43	14:22	14:47	15:21	15:49	16:21	16:34	16:43							
Group M50-59		Pace Delta	13:43	15:09	15:32	17:19	17:32	19:16	17:49	17:54							
Overall-Group		Position	204-41	207-41	212-41	215-43	212-43	212-43	203-42	206-42							
Parker, Robert A (NC)	208	Time of Day	0:07:41	0:09:08	0:11:08	0:12:49	0:14:54	0:16:31	0:18:23	0:20:11							
		Time Cum	01:41	03:08	05:08	06:49	08:54	10:31	12:23	14:11							
	189	Time Delta	01:41	01:27	01:59	01:41	02:04	01:37	01:51	01:48							
Age 65		Pace Cum	14:45	15:05	15:55	16:23	16:46	16:51	16:45	17:01							
Group M60-69		Pace Delta	14:45	15:30	17:26	17:59	18:10	17:16	16:16	19:08							
Overall-Group		Position	219-18	221-17	225-18	225-19	220-18	220-18	206-17	208-18							
Davis, Winston (GA)	209	Time of Day	0:07:40	0:09:08	0:10:58	0:12:31	0:14:33	0:16:15	0:18:23	0:20:11							
		Time Cum	01:40	03:08	04:58	06:31	08:33	10:15	12:23	14:11							
	103	Time Delta	01:40	01:28	01:49	01:33	02:01	01:42	02:07	01:48							
Age 57		Pace Cum	14:36	15:05	15:24	15:39	16:06	16:25	16:45	17:01							
Group M50-59		Pace Delta	14:36	15:41	15:58	16:30	17:47	18:07	18:38	19:08							
Overall-Group		Position	214-44	220-44	218-43	219-44	215-44	214-44	206-43	209-43							
Huff, Mike (TX)	210	Time of Day	0:07:29	0:08:57	0:10:52	0:12:26	0:14:33	0:16:20	0:18:22	0:20:11							
		Time Cum	01:29	02:57	04:52	06:26	08:33	10:20	12:22	14:11							
	132	Time Delta	01:29	01:28	01:54	01:34	02:06	01:47	02:01	01:49							
Age 45		Pace Cum	13:00	14:10	15:05	15:29	16:06	16:33	16:44	17:01							
Group M40-49		Pace Delta	13:00	15:35	16:47	16:48	18:25	19:00	17:45	19:19							
Overall-Group		Position	190-52	204-53	216-57	218-57	215-55	216-56	205-53	210-54							

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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 (MD)	211	Time of Day	0:07:40	0:09:08	0:11:06	0:12:40	0:14:36	0:16:16	0:18:29	0:20:17							
		Time Cum	01:40	03:08	05:06	06:40	08:36	10:16	12:29	14:17							
	69	Time Delta	01:40	01:28	01:57	01:34	01:55	01:40	02:12	01:48							
Age	59	Pace Cum	14:36	15:04	15:49	16:00	16:12	16:27	16:53	17:09							
Group	M50-59	Pace Delta	14:36	15:37	17:12	16:38	16:56	17:49	19:19	19:16							
Overall-Group		Position	214-44	219-44	224-46	222-45	217-45	215-45	209-44	211-44							
<u>Wasicka,</u> <u>Frances (IL)</u>	212	Time of Day	0:07:38	0:09:06	0:10:53	0:12:26	0:14:32	0:16:23	0:18:36	0:20:28							
		Time Cum	01:38	03:06	04:53	06:26	08:32	10:23	12:36	14:28							
	254	Time Delta	01:38	01:28	01:46	01:33	02:05	01:51	02:12	01:52							
Age	44	Pace Cum	14:18	14:54	15:09	15:28	16:05	16:38	17:03	17:22							
Group	F40-49	Pace Delta	14:18	15:37	15:35	16:34	18:18	19:49	19:16	19:57							
Overall-Group		Position	210-26	217-26	217-26	214-26	218-26	210-24	212-24								
Volandt, Stephen (NC)	213	Time of Day	0:07:41	0:09:09	0:11:03	0:12:36	0:14:42	0:16:25	0:18:46	0:20:37							
		Time Cum	01:41	03:09	05:03	06:36	08:42	10:25	12:46	14:37							
	249	Time Delta	01:41	01:28	01:53	01:33	02:05	01:43	02:20	01:51							
Age	45	Pace Cum	14:45	15:09	15:40	15:52	16:23	16:40	17:16	17:34							
Group	M40-49	Pace Delta	14:45	15:38	16:36	16:35	18:18	18:15	20:34	19:49							
Overall-Group		Position	219-57	223-58	221-58	221-58	218-56	219-57	211-54	213-55							
Barker, David (CT)	214	Time of Day	0:07:44	0:09:10	0:11:08	0:12:48	0:14:54	0:16:42	0:19:09	0:21:14							
		Time Cum	01:44	03:10	05:08	06:48	08:54	10:42	13:09	15:14							
	56	Time Delta	01:44	01:26	01:57	01:40	02:05	01:48	02:26	02:05							
Age	69	Pace Cum	15:11	15:16	15:55	16:19	16:46	17:08	17:47	18:18							
Group	M60-69	Pace Delta	15:11	15:22	17:06	17:43	18:23	19:14	21:22	22:14							
Overall-Group		Position	226-20	224-19	225-18	224-18	220-18	221-19	212-19	214-19							
Durr, Stephen (VA)	215	Time of Day	0:07:43	0:09:12	0:11:03	0:12:46	0:14:59	0:17:01	0:20:03	0:22:32							
		Time Cum	01:43	03:12	05:03	06:46	08:59	11:01	14:03	16:32							
	95	Time Delta	01:43	01:29	01:50	01:43	02:12	02:02	03:01	02:29							
Age	41	Pace Cum	15:02	15:26	15:40	16:15	16:55	17:38	19:00	19:51							
Group	M40-49	Pace Delta	15:02	15:55	16:04	18:16	19:23	21:41	26:29	26:24							
Overall-Group		Position	224-58	225-59	221-58	223-59	222-57	222-58	213-55	215-56							
<u>Martinez,</u> <u>Mae (HI)</u>	216	Time of Day	0:07:55	0:09:48	0:11:50	0:13:43	0:16:23	0:18:24	0:20:46	0:23:04							
		Time Cum	01:55	03:48	05:50	07:43	10:23	12:24	14:46	17:04							
	163	Time Delta	01:55	01:53	02:02	01:53	02:39	02:01	02:21	02:18							
Age	59	Pace Cum	16:47	18:14	18:05	18:32	19:34	19:51	19:59	20:30							
Group	F50-59	Pace Delta	16:47	20:00	17:49	20:05	23:17	21:26	20:43	24:32							
Overall-Group		Position	232-24	233-24	232-24	232-24	226-23	226-23	214-20	216-21							
<u>Bundek,</u> <u>Amanda (DE)</u>	217	Time of Day	0:07:53	0:09:23	0:11:32	0:13:16	0:15:45	0:17:57	0:20:46	0:23:20							
		Time Cum	01:53	03:23	05:32	07:16	09:45	11:57	14:46	17:20							
	71	Time Delta	01:53	01:30	02:08	01:44	02:28	02:12	02:48	02:34							
Age	29	Pace Cum	16:30	16:18	17:09	17:28	18:22	19:08	19:59	20:49							
Group	F20-29	Pace Delta	16:30	16:04	18:43	18:33	21:38	23:24	24:38	27:22							
Overall-Group		Position	230-4	228-4	229-4	229-4	223-4	223-4	214-4	217-4							

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Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Mueller, Frederick (SC)	218	Time of Day	0:07:50	0:09:23	0:11:32	0:13:16	0:15:45	0:17:57	0:20:46	0:23:22							
		Time Cum	01:50	03:23	05:32	07:16	09:45	11:57	14:46	17:22							
	177	Time Delta	01:50	01:33	02:08	01:44	02:28	02:12	02:48	02:36							
Age	33	Pace Cum	16:04	16:19	17:09	17:28	18:22	19:08	19:59	20:51							
Group	M30-39	Pace Delta	16:04	16:37	18:42	18:33	21:38	23:24	24:38	27:46							
Overall-Group		Position	228-30	230-30	229-30	229-30	223-29	224-28	214-28	218-28							
Tukey, Brendon (VA)	218	Time of Day	0:07:50	0:09:23	0:11:32	0:13:21	0:15:45	0:17:57	0:20:46	0:23:22							
		Time Cum	01:50	03:23	05:32	07:21	09:45	11:57	14:46	17:22							
	239	Time Delta	01:50	01:33	02:08	01:49	02:23	02:12	02:48	02:36							
Age	38	Pace Cum	16:04	16:18	17:09	17:40	18:22	19:08	19:59	20:51							
Group	M30-39	Pace Delta	16:04	16:37	18:42	19:23	20:56	23:25	24:38	27:46							
Overall-Group		Position	228-30	229-30	229-30	231-31	223-29	225-28	214-28	218-28							
<u>Turrentine,</u> <u>Luanne (VA)</u>	220	Time of Day	0:08:28	0:10:27	0:12:53	0:15:03	0:17:48	0:20:11	0:23:11	1:01:51							
		Time Cum	02:28	04:27	06:53	09:03	11:48	14:11	17:11	19:51							
	240	Time Delta	02:28	01:59	02:25	02:10	02:44	02:23	02:59	02:40							
Age	58	Pace Cum	21:36	21:23	21:21	21:44	22:14	22:42	23:15	23:49							
Group	F50-59	Pace Delta	21:36	21:06	21:17	23:06	24:01	25:19	26:16	28:19							
Overall-Group		Position	234-25	234-25	233-25	233-25	227-24	227-24	218-21	220-22							
<u>Foy,</u> <u>Missy (NC)</u>	221	Time of Day	0:06:55	0:07:41	0:08:38	0:09:27	0:10:28	0:11:19									
		Time Cum	00:55	01:41	02:38	03:27	04:28	05:19									
	7	Time Delta	00:55	00:46	00:56	00:49	01:00	00:51									
Age	43	Pace Cum	08:02	08:08	08:10	08:18	08:25	08:32									
Group	F40-49	Pace Delta	08:02	08:16	08:13	08:44	08:51	09:11									
Overall-Group		Position	2-1	2-1	3-1	3-1	3-1	3-1									
Dawkins, Douglas (NC)	222	Time of Day	0:07:27	0:08:43	0:10:17	0:11:38	0:13:26	0:15:02									
		Time Cum	01:27	02:43	04:17	05:38	07:26	09:02									
	34	Time Delta	01:27	01:16	01:33	01:21	01:47	01:36									
Age	56	Pace Cum	12:42	13:05	13:17	13:32	14:00	14:28									
Group	M50-59	Pace Delta	12:42	13:34	13:38	14:22	15:44	17:05									
Overall-Group		Position	172-37	176-36	168-37	169-37	171-38	179-39									
<u>Nicholls,</u> <u>Julia (NC)</u>	223	Time of Day	0:07:29	0:08:42	0:10:17	0:11:39	0:13:35	0:15:03									
		Time Cum	01:29	02:42	04:17	05:39	07:35	09:03									
	37	Time Delta	01:29	01:13	01:34	01:22	01:55	01:28									
Age	51	Pace Cum	13:00	13:02	13:17	13:36	14:17	14:30									
Group	F50-59	Pace Delta	13:00	13:05	13:44	14:39	16:49	15:42									
Overall-Group		Position	190-17	168-11	168-13	176-13	181-15	180-14									
<u>Wong,</u> <u>Julie (FL)</u>	224	Time of Day	0:07:20	0:08:32	0:10:00	0:11:19	0:13:26	0:15:09									
		Time Cum	01:20	02:32	04:00	05:19	07:26	09:09									
	265	Time Delta	01:20	01:12	01:27	01:19	02:06	01:43									
Age	42	Pace Cum	11:41	12:12	12:24	12:48	14:00	14:39									
Group	F40-49	Pace Delta	11:41	12:50	12:47	14:09	18:24	18:15									
Overall-Group		Position	107-9	124-10	131-10	132-10	171-18	183-21									

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Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<u>Werner,</u>	225	Time of Day	0:07:19	0:08:31	0:09:59	0:11:22	0:13:13	0:15:13									
<u>Lynne (WA)</u>		Time Cum	01:19	02:31	03:59	05:22	07:13	09:13									
12		Time Delta	01:19	01:12	01:27	01:23	01:50	02:00									
Age 56		Pace Cum	11:32	12:09	12:21	12:54	13:36	14:45									
Group F50-59		Pace Delta	11:32	12:55	12:42	14:48	16:06	21:16									
Overall-Group		Position	90-3	119-4	126-4	135-5	151-9	187-16									
Raney,	226	Time of Day	0:07:32	0:08:46	0:10:20	0:11:53	0:13:52	0:15:31									
Johnny (VA)		Time Cum	01:32	02:46	04:20	05:53	07:52	09:31									
17		Time Delta	01:32	01:14	01:33	01:33	01:58	01:39									
Age 46		Pace Cum	13:26	13:18	13:26	14:08	14:49	15:15									
Group M40-49		Pace Delta	13:26	13:08	13:41	16:32	17:19	17:39									
Overall-Group		Position	198-53	188-52	174-47	191-52	197-51	197-52									
Klingler,	227	Time of Day	0:07:07	0:08:08	0:09:27	0:10:41	0:14:17	0:15:58									
Louis (NC)		Time Cum	01:07	02:08	03:27	04:41	08:17	09:58									
42		Time Delta	01:07	01:01	01:18	01:14	03:35	01:41									
Age 42		Pace Cum	09:47	10:14	10:42	11:16	15:36	15:58									
Group M40-49		Pace Delta	09:47	10:48	11:32	13:14	31:25	17:58									
Overall-Group		Position	27-9	32-11	51-20	61-20	210-54	210-55									
Shepherd,	228	Time of Day	0:07:10	0:08:09	0:09:17	0:10:20	0:12:21										
Jonathan (SC)		Time Cum	01:10	02:09	03:17	04:20	06:21										
215		Time Delta	01:10	00:59	01:07	01:03	02:00										
Age 30		Pace Cum	10:13	10:23	10:11	10:26	11:58										
Group M30-39		Pace Delta	10:13	10:36	09:48	11:19	17:32										
Overall-Group		Position	37-10	37-10	28-9	31-9	73-16										
Day,	229	Time of Day	0:07:06	0:08:06	0:09:23	0:10:26											
Mike (NC)		Time Cum	01:06	02:06	03:23	04:26											
89		Time Delta	01:06	01:00	01:16	01:03											
Age 46		Pace Cum	09:38	10:06	10:29	10:41											
Group M40-49		Pace Delta	09:38	10:40	11:12	11:19											
Overall-Group		Position	19-7	30-10	36-14	36-15											
Clement,	230	Time of Day	0:07:16	0:08:20	0:09:36	0:10:53											
Jamie (NC)		Time Cum	01:16	02:20	03:36	04:53											
82		Time Delta	01:16	01:04	01:15	01:17											
Age 31		Pace Cum	11:06	11:14	11:10	11:44											
Group M30-39		Pace Delta	11:06	11:23	11:03	13:43											
Overall-Group		Position	70-15	70-15	66-15	77-17											
Murphy,	231	Time of Day	0:07:38	0:09:06	0:11:00	0:12:56											
Jim (IN)		Time Cum	01:38	03:06	05:00	06:56											
180		Time Delta	01:38	01:28	01:53	01:56											
Age 58		Pace Cum	14:18	14:57	15:30	16:39											
Group M50-59		Pace Delta	14:18	15:44	16:31	20:34											
Overall-Group		Position	210-43	218-43	219-44	226-46											

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Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<u>Boardman</u>	232	Time of Day	0:07:44	0:09:14	0:11:20	0:12:56											
<u>Susan (FL)</u>		Time Cum	01:44	03:14	05:20	06:56											
64		Time Delta	01:44	01:30	02:05	01:36											
Age 54		Pace Cum	15:11	15:35	16:32	16:39											
Group F50-59		Pace Delta	15:11	16:04	18:17	17:04											
Overall-Group		Position	226-23	226-23	227-23	227-23											
Taylor,	233	Time of Day	0:07:40	0:09:17	0:11:24	0:13:16											
Greg (NY)		Time Cum	01:40	03:17	05:24	07:16											
233		Time Delta	01:40	01:37	02:06	01:52											
Age 61		Pace Cum	14:36	15:48	16:45	17:27											
Group M60-69		Pace Delta	14:36	17:15	18:28	19:50											
Overall-Group		Position	214-16	227-20	228-20	228-20											
<u>Wargo</u>	234	Time of Day	0:07:55	0:09:37													
<u>Victoria (PA)</u>		Time Cum	01:55	03:37													
253		Time Delta	01:55	01:42													
Age 49		Pace Cum	16:47	17:26													
Group F40-49		Pace Delta	16:47	18:13													
Overall-Group		Position	232-27	232-27													