

2009 Umstead 50/100 Mile Endurance Run --04/04/2009

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
Abate, Robert (FL)	Time of Day	0:07:26	0:08:42	0:10:08	0:11:33	0:13:12	0:14:52	0:16:49	0:18:29	0:20:47	0:22:43	1:01:07	1:03:25				
	Time Cum	01:26	02:42	04:08	05:33	07:12	08:52	10:49	12:29	14:47	16:43	19:07	21:25				
41	Time Delta	01:26	01:16	01:25	01:25	01:38	01:40	01:56	01:40	02:17	01:56	02:23	02:18				
Age 43	Pace Cum	12:33	13:02	12:49	13:19	13:34	14:11	14:38	14:59	15:36	16:03	16:32	17:08				
Group M40-49	Pace Delta	12:33	13:37	12:25	15:04	14:26	17:42	17:04	17:46	20:05	20:37	20:57	24:30				
Overall-Group	Position	169-61	181-61	161-59	173-61	169-61	185-64	184-63	190-64	158-52	158-52	137-41	142-42				
Adair, Tom (GA)	Time of Day	0:07:46	0:09:04	0:10:37	0:12:13	0:14:21	0:16:16	0:18:17	0:20:04								
	Time Cum	01:46	03:04	04:37	06:13	08:21	10:16	12:17	14:04								
101	Time Delta	01:46	01:18	01:32	01:36	02:07	01:55	02:00	01:47								
Age 67	Pace Cum	15:28	14:45	14:19	14:56	15:44	16:27	16:37	16:54								
Group M60-69	Pace Delta	15:28	13:52	13:31	17:03	18:39	20:31	17:32	19:04								
Overall-Group	Position	241-26	227-21	219-20	222-20	228-24	232-25	223-25	226-25								
<u>Adams,</u> <u>Diane (VA)</u>	Time of Day	0:07:18	0:08:30	0:09:57	0:11:13	0:12:49	0:14:03	0:15:42	0:16:58	0:18:46	0:20:11	0:22:23	1:00:12	1:02:31	1:04:18	1:07:06	1:09:17:54
	Time Cum	01:18	02:30	03:57	05:13	06:49	08:03	09:42	10:58	12:46	14:11	16:23	18:12	20:31	22:18	25:06	27:17:54
42	Time Delta	01:18	01:12	01:26	01:16	01:35	01:14	01:38	01:16	01:47	01:25	02:11	01:49	02:18	01:47	02:47	02:11:54
Age 46	Pace Cum	11:23	12:02	12:15	12:33	12:50	12:54	13:07	13:11	13:28	13:38	14:10	14:34	15:02	15:18	15:58	16:23
Group F40-49	Pace Delta	11:23	12:50	12:38	13:34	13:55	13:16	14:19	13:35	15:39	15:11	19:10	19:22	20:14	19:03	24:26	23:21
Overall-Group	Position	98-12	129-14	135-16	138-14	137-15	134-15	128-15	117-14	104-15	101-15	90-15	95-16	90-15	89-15	90-14	100-17
Allen, Maurice B (Pete)	Time of Day	0:07:13	0:08:16	0:09:28	0:10:39	0:12:11	0:13:31	0:15:48	0:17:20								
	Time Cum	01:13	02:16	03:28	04:39	06:11	07:31	09:48	11:20								
45	Time Delta	01:13	01:03	01:11	01:11	01:31	01:20	02:16	01:32								
Age 40	Pace Cum	10:39	10:54	10:45	11:12	11:39	12:03	13:15	13:36								
Group M40-49	Pace Delta	10:39	11:12	10:29	12:44	13:18	14:18	19:53	16:21								
Overall-Group	Position	56-23	65-25	54-24	70-25	81-29	93-31	132-51	138-50								
Andrews, Douglas (NC)	Time of Day	0:07:13	0:08:16	0:09:33	0:10:38	0:12:01	0:13:22	0:15:28	0:16:56								
	Time Cum	01:13	02:16	03:33	04:38	06:01	07:22	09:28	10:56								
47	Time Delta	01:13	01:03	01:16	01:05	01:22	01:21	02:05	01:28								
Age 35	Pace Cum	10:39	10:55	11:00	11:08	11:20	11:48	12:48	13:08								
Group M30-39	Pace Delta	10:39	11:13	11:11	11:35	12:04	14:25	18:19	15:40								
Overall-Group	Position	56-11	66-13	69-15	65-14	60-14	73-16	114-20	115-22								
<u>Andrish,</u> <u>Sue Ellen (OH)</u>	Time of Day	0:07:25	0:08:43	0:10:22	0:11:53	0:13:39	0:15:10	0:17:08	0:18:55	0:21:30	0:23:51						
	Time Cum	01:25	02:43	04:22	05:53	07:39	09:10	11:08	12:55	15:30	17:51						
48	Time Delta	01:25	01:18	01:38	01:31	01:45	01:31	01:57	01:47	02:34	02:21						
Age 65	Pace Cum	12:25	13:05	13:32	14:08	14:25	14:40	15:04	15:31	16:22	17:08						
Group F60-69	Pace Delta	12:25	13:55	14:22	16:10	15:26	16:07	17:13	19:01	22:33	24:58						
Overall-Group	Position	158-2	182-1	193-2	198-2	195-3	198-3	197-3	202-2	172-3	171-3						
Apple, Rob (TN)	Time of Day	0:07:43	0:09:16	0:11:01	0:12:35	0:14:23	0:15:53	0:17:47	0:19:19	0:21:24	0:23:16	1:01:26	1:03:04	1:05:06	1:06:50	1:09:05	1:10:59:07
	Time Cum	01:43	03:16	05:01	06:35	08:23	09:53	11:47	13:19	15:24	17:16	19:26	21:04	23:06	24:50	27:05	28:59:07
49	Time Delta	01:43	01:33	01:44	01:34	01:47	01:30	01:53	01:32	02:04	01:52	02:09	01:38	02:01	01:44	02:14	01:54:07
Age 47	Pace Cum	15:02	15:43	15:33	15:49	15:48	15:49	15:56	16:00	16:15	16:35	16:49	16:52	16:56	17:02	17:13	17:23
Group M40-49	Pace Delta	15:02	16:32	15:16	16:42	15:43	15:56	16:38	16:25	18:08	19:53	18:56	17:29	17:42	18:35	19:34	20:12
Overall-Group	Position	232-70	240-71	237-71	238-71	229-69	225-68	213-68	211-66	167-54	164-54	140-42	137-41	127-41	127-40	123-39	125-39

2009 Umstead 50/100 Mile Endurance Run --04/04/2009

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)	Time of Day	0:06:53	0:07:41	0:08:37	0:09:25	0:10:24	0:11:15	0:12:26	0:13:32	0:14:46	0:15:47	0:17:17	0:18:34	0:20:20	0:21:46	0:23:13	1:00:24:17
	Time Cum	00:53	01:41	02:37	03:25	04:24	05:15	06:26	07:32	08:46	09:47	11:17	12:34	14:20	15:46	17:13	18:24:17
1	Time Delta	00:53	00:48	00:55	00:48	00:58	00:51	01:10	01:06	01:13	01:01	01:29	01:17	01:45	01:26	01:26	01:11:17
Age 44	Pace Cum	07:44	08:05	08:07	08:13	08:17	08:25	08:42	09:03	09:15	09:24	09:46	10:04	10:30	10:49	10:57	11:03
Group M40-49	Pace Delta	07:44	08:31	08:09	08:32	08:35	09:06	10:18	11:42	10:47	10:50	13:06	13:43	15:24	15:14	12:41	12:37
Overall-Group	Position	3-1	5-2	4-2	3-1	3-1	3-1	5-2	6-2	5-2	5-2	5-2	6-2	8-4	10-5	10-5	10-5
<u>Arnold,</u> <u>Lisa (NC)</u>	Time of Day	0:07:18	0:08:21	0:09:36	0:10:41	0:12:04	0:13:15	0:14:45	0:16:00	0:17:49	0:19:08	0:20:59	0:22:27	1:00:15	1:01:47	1:03:45	1:05:17:03
	Time Cum	01:18	02:21	03:36	04:41	06:04	07:15	08:45	10:00	11:49	13:08	14:59	16:27	18:15	19:47	21:45	23:17:03
13	Time Delta	01:18	01:03	01:14	01:05	01:22	01:11	01:29	01:15	01:48	01:19	01:50	01:28	01:47	01:32	01:57	01:32:03
Age 39	Pace Cum	11:23	11:17	11:10	11:15	11:26	11:36	11:50	12:01	12:28	12:37	12:58	13:10	13:23	13:34	13:50	13:58
Group F30-39	Pace Delta	11:23	11:10	10:56	11:34	12:04	12:36	13:06	13:24	15:48	14:07	16:05	15:41	15:41	16:17	17:13	16:18
Overall-Group	Position	98-5	81-5	73-5	72-5	67-5	62-5	61-5	63-5	66-5	64-5	57-5	57-4	54-5	54-5	56-5	56-5
Ballard, Jimmy (NC)	Time of Day	0:07:34	0:08:50	0:10:22	0:11:39	0:13:27	0:14:48	0:16:24	0:17:52	0:20:00	0:21:36						
	Time Cum	01:34	02:50	04:22	05:39	07:27	08:48	10:24	11:52	14:00	15:36						
50	Time Delta	01:34	01:16	01:31	01:17	01:47	01:21	01:35	01:28	02:07	01:36						
Age 45	Pace Cum	13:43	13:40	13:32	13:35	14:02	14:06	14:04	14:15	14:47	14:59						
Group M40-49	Pace Delta	13:43	13:35	13:19	13:43	15:42	14:29	13:54	15:37	18:39	17:07						
Overall-Group	Position	215-68	206-66	193-64	185-64	191-65	181-62	162-56	161-57	134-46	134-46						
Banas, Vladimir (NC)	Time of Day	0:06:51	0:07:34	0:08:25	0:09:08	0:10:00	0:10:44	0:11:38	0:12:25								
	Time Cum	00:51	01:34	02:25	03:08	04:00	04:44	05:38	06:25								
8	Time Delta	00:51	00:43	00:50	00:43	00:51	00:44	00:53	00:47								
Age 39	Pace Cum	07:27	07:35	07:30	07:33	07:32	07:35	07:37	07:43								
Group M30-39	Pace Delta	07:27	07:46	07:19	07:47	07:27	07:53	07:49	08:25								
Overall-Group	Position	2-2	2-2	2-2	2-2	2-2	2-2	2-2	2-2								
Banks, Darryl (NC)	Time of Day	0:07:18	0:08:23	0:09:41	0:10:51	0:12:19	0:13:31	0:15:08	0:16:31	0:18:29	0:20:15	0:22:14	0:23:48	1:02:18	1:03:58	1:06:30	1:08:16:04
	Time Cum	01:18	02:23	03:41	04:51	06:19	07:31	09:08	10:31	12:29	14:15	16:14	17:48	20:18	21:58	24:30	26:16:04
51	Time Delta	01:18	01:05	01:17	01:10	01:27	01:12	01:36	01:23	01:57	01:46	01:58	01:34	02:29	01:40	02:31	01:46:04
Age 42	Pace Cum	11:23	11:30	11:25	11:39	11:54	12:02	12:21	12:38	13:11	13:42	14:03	14:15	14:53	15:04	15:35	15:46
Group M40-49	Pace Delta	11:23	11:38	11:17	12:26	12:48	12:48	14:07	14:48	17:08	18:54	17:15	16:45	21:48	17:51	22:04	18:46
Overall-Group	Position	98-35	95-30	88-31	93-32	97-35	91-31	83-30	90-31	91-34	104-39	88-30	87-28	87-31	84-29	85-30	85-30
Barker, Al (GA)	Time of Day	0:07:24	0:08:33	0:09:56	0:11:09	0:12:34	0:13:52	0:15:28	0:17:05	0:19:08	0:21:00	0:23:20	1:01:21				
	Time Cum	01:24	02:33	03:56	05:09	06:34	07:52	09:28	11:05	13:08	15:00	17:20	19:21				
52	Time Delta	01:24	01:09	01:22	01:13	01:24	01:18	01:35	01:37	02:02	01:52	02:19	02:01				
Age 63	Pace Cum	12:16	12:15	12:12	12:24	12:22	12:36	12:48	13:19	13:52	14:25	15:00	15:29				
Group M60-69	Pace Delta	12:16	12:15	12:06	13:05	12:16	13:53	13:57	17:18	17:51	19:58	20:19	21:33				
Overall-Group	Position	150-5	136-5	134-5	131-5	123-5	120-5	114-5	124-5	113-4	117-4	105-4	112-6				
Barrett, Chris (NC)	Time of Day	0:07:28	0:08:46	0:10:36	0:12:10	0:14:28	0:16:07										
	Time Cum	01:28	02:46	04:36	06:10	08:28	10:07										
53	Time Delta	01:28	01:18	01:49	01:34	02:17	01:39										
Age 42	Pace Cum	12:51	13:21	14:16	14:50	15:57	16:12										
Group M40-49	Pace Delta	12:51	13:57	15:56	16:47	20:01	17:36										
Overall-Group	Position	178-63	191-64	215-67	219-68	232-70	231-69										

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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
Bartocci, Frank (MN)	Time of Day	0:07:29	0:08:50	0:10:28	0:11:54	0:13:43	0:15:23	0:17:17	0:18:58	0:21:13	0:22:57						
54	Time Cum	01:29	02:50	04:28	05:54	07:43	09:23	11:17	12:58	15:13	16:57						
Age 61	Time Delta	01:29	01:21	01:37	01:26	01:48	01:40	01:53	01:41	02:14	01:44						
Group M60-69	Pace Cum	13:00	13:40	13:51	14:11	14:32	15:02	15:16	15:34	16:04	16:17						
Overall-Group	Pace Delta	13:00	14:30	14:10	15:21	15:49	17:52	16:31	17:59	19:37	18:27						
	Position	187-11	207-15	203-16	202-17	203-18	206-19	201-19	204-20	161-14	161-15						
Bates, Wayne (NY)	Time of Day	0:07:18	0:08:21	0:09:37	0:10:42	0:12:11	0:13:20	0:14:48	0:16:08	0:17:44	0:19:02	0:20:49	0:22:13	1:00:03	1:01:42	1:03:43	1:05:12:49
55	Time Cum	01:18	02:21	03:37	04:42	06:11	07:20	08:48	10:08	11:44	13:02	14:49	16:13	18:03	19:42	21:43	23:12:49
Age 50	Time Delta	01:18	01:03	01:15	01:05	01:28	01:09	01:27	01:20	01:35	01:18	01:46	01:24	01:49	01:39	02:00	01:29:49
Group M50-59	Pace Cum	11:23	11:18	11:13	11:18	11:39	11:45	11:54	12:10	12:23	12:32	12:49	12:59	13:14	13:31	13:49	13:56
Overall-Group	Pace Delta	11:23	11:12	11:03	11:34	12:56	12:21	12:44	14:18	13:54	13:57	15:30	14:55	16:01	17:38	17:35	15:54
	Position	98-18	85-15	77-15	74-14	81-17	72-15	64-14	71-15	60-13	60-13	51-12	51-11	49-11	53-11	54-11	55-12
<u>Belligne, Admas K (NY)</u>	Time of Day	0:07:26	0:08:41	0:10:11	0:11:32	0:13:09	0:14:34	0:16:13	0:17:46	0:19:41	0:21:20	0:23:33	1:01:30	1:04:45	1:06:44	1:09:00	1:10:47:45
56	Time Cum	01:26	02:41	04:11	05:32	07:09	08:34	10:13	11:46	13:41	15:20	17:33	19:30	22:45	24:44	27:00	28:47:45
Age 56	Time Delta	01:26	01:15	01:29	01:21	01:37	01:25	01:38	01:33	01:54	01:39	02:12	01:57	03:14	01:59	02:15	01:47:45
Group F50-59	Pace Cum	12:33	12:57	12:58	13:17	13:28	13:43	13:49	14:08	14:26	14:44	15:11	15:37	16:41	16:58	17:10	17:17
Overall-Group	Pace Delta	12:33	13:25	13:01	14:20	14:10	15:04	14:26	16:35	16:42	17:39	19:19	20:50	28:21	21:08	19:48	19:04
	Position	169-8	174-8	167-8	171-8	165-9	162-9	150-7	154-7	127-7	128-7	113-6	119-6	121-7	125-8	121-8	122-8
<u>Boardman, Susan (FL)</u>	Time of Day	0:07:44	0:09:11	0:11:01	0:12:33	0:14:24	0:16:02	0:18:08	0:19:56								
58	Time Cum	01:44	03:11	05:01	06:33	08:24	10:02	12:08	13:56								
Age 55	Time Delta	01:44	01:27	01:49	01:32	01:50	01:38	02:05	01:48								
Group F50-59	Pace Cum	15:11	15:20	15:33	15:44	15:49	16:04	16:25	16:44								
Overall-Group	Pace Delta	15:11	15:32	15:57	16:21	16:09	17:28	18:17	19:17								
	Position	236-16	235-16	237-16	236-16	230-16	230-15	221-14	225-15								
Bradley, Jerry (VA)	Time of Day	0:07:21	0:08:34	0:10:12	0:11:35	0:13:19	0:14:48	0:16:48	0:18:26	0:20:23	0:22:12	1:00:41	1:02:28	1:04:55	1:06:51	1:09:16	1:11:20:15
61	Time Cum	01:21	02:34	04:12	05:35	07:19	08:48	10:48	12:26	14:23	16:12	18:41	20:28	22:55	24:51	27:16	29:20:15
Age 57	Time Delta	01:21	01:13	01:37	01:23	01:43	01:29	01:59	01:38	01:56	01:49	02:28	01:47	02:26	01:56	02:24	02:04:15
Group M50-59	Pace Cum	11:49	12:24	13:01	13:25	13:47	14:05	14:37	14:56	15:11	15:33	16:10	16:23	16:48	17:03	17:20	17:36
Overall-Group	Pace Delta	11:49	13:05	14:10	14:47	15:06	15:48	17:28	17:24	17:02	19:19	21:44	19:05	21:20	20:39	21:04	21:59
	Position	131-20	148-24	176-29	180-28	178-30	179-30	182-31	186-32	145-25	149-28	132-21	133-21	123-18	128-19	125-18	128-19
Brault, David (MD)	Time of Day	0:07:05	0:08:02	0:09:09	0:10:07	0:11:23	0:12:31	0:14:00	0:15:21	0:16:58	0:18:20	0:20:02	0:21:29	0:23:26	1:01:04	1:03:13	1:04:54:14
62	Time Cum	01:05	02:02	03:09	04:07	05:23	06:31	08:00	09:21	10:58	12:20	14:02	15:29	17:26	19:04	21:13	22:54:14
Age 57	Time Delta	01:05	00:57	01:06	00:58	01:15	01:08	01:28	01:21	01:36	01:22	01:41	01:27	01:56	01:38	02:08	01:41:14
Group M50-59	Pace Cum	09:29	09:47	09:46	09:54	10:08	10:26	10:49	11:14	11:34	11:51	12:08	12:23	12:47	13:05	13:30	13:45
Overall-Group	Pace Delta	09:29	10:08	09:44	10:22	11:01	12:03	12:59	14:27	14:04	14:37	14:49	15:27	17:02	17:30	18:43	17:55
	Position	19-1	21-1	22-1	20-1	22-1	23-1	32-4	36-6	33-6	33-6	34-6	36-6	40-8	42-8	47-9	50-10
Brewington, David (MD)	Time of Day	0:07:45	0:09:16	0:11:25	0:13:12												
60	Time Cum	01:45	03:16	05:25	07:12												
Age 60	Time Delta	01:45	01:31	02:08	01:47												
Group M60-69	Pace Cum	15:20	15:45	16:48	17:17												
Overall-Group	Pace Delta	15:20	16:16	18:42	18:59												
	Position	239-25	242-26	245-27	245-27												

2009 Umstead 50/100 Mile Endurance Run --04/04/2009

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
<hr/>																	
Brown, Will (NC)	Time of Day	0:07:39	0:09:09	0:10:52	0:12:21	0:14:14	0:15:48	0:17:44	0:19:23								
	Time Cum	01:39	03:09	04:52	06:21	08:14	09:48	11:44	13:23								
16	Time Delta	01:39	01:30	01:42	01:29	01:52	01:34	01:55	01:39								
Age 62	Pace Cum	14:27	15:12	15:05	15:15	15:31	15:42	15:52	16:04								
Group M60-69	Pace Delta	14:27	16:05	14:54	15:49	16:27	16:48	16:48	17:35								
Overall-Group	Position	225-21	231-23	230-23	229-23	221-22	219-23	212-22	214-21								
<hr/>																	
<u>Bundek, Amanda (DE)</u>	Time of Day	0:07:56	0:09:34	0:11:20	0:13:01	0:15:12	0:17:17	0:19:45	0:21:58								
	Time Cum	01:56	03:34	05:20	07:01	09:12	11:17	13:45	15:58								
63	Time Delta	01:56	01:38	01:45	01:41	02:10	02:05	02:27	02:13								
Age 30	Pace Cum	16:56	17:08	16:32	16:52	17:20	18:03	18:36	19:10								
Group F30-39	Pace Delta	16:56	17:23	15:27	17:59	19:02	22:08	21:36	23:38								
Overall-Group	Position	245-11	245-11	243-11	244-11	240-11	241-11	235-11	237-11								
<hr/>																	
<u>Burford, Janice (VA)</u>	Time of Day	0:07:18	0:08:30	0:10:07	0:12:32	0:17:20	0:19:31	0:23:49	1:02:57								
	Time Cum	01:18	02:30	04:07	06:32	11:20	13:31	17:49	20:57								
64	Time Delta	01:18	01:12	01:36	02:25	04:47	02:11	04:17	03:08								
Age 46	Pace Cum	11:23	12:02	12:46	15:41	21:21	21:38	24:06	25:09								
Group F40-49	Pace Delta	11:23	12:49	14:06	25:40	42:02	23:15	37:37	33:24								
Overall-Group	Position	98-12	127-14	156-20	235-29	245-29	246-30	239-29	241-29								
<hr/>																	
Burns, William (NC)	Time of Day	0:07:10	0:08:10	0:09:23	0:10:24	0:11:35	0:12:37	0:13:50	0:14:51	0:16:11	0:17:15	0:18:29	0:19:32	0:20:52	0:22:00	0:23:27	1:00:34:52
	Time Cum	01:10	02:10	03:23	04:24	05:35	06:37	07:50	08:51	10:11	11:15	12:29	13:32	14:52	16:00	17:27	18:34:52
65	Time Delta	01:10	01:00	01:12	01:01	01:10	01:02	01:12	01:01	01:19	01:04	01:13	01:03	01:19	01:08	01:26	01:07:52
Age 39	Pace Cum	10:13	10:26	10:29	10:34	10:31	10:36	10:36	10:38	10:45	10:48	10:48	10:50	10:54	10:59	11:06	11:09
Group M30-39	Pace Delta	10:13	10:42	10:36	10:52	10:19	11:04	10:34	10:54	11:35	11:20	10:48	11:09	11:40	12:05	12:39	12:01
Overall-Group	Position	32-8	35-8	40-9	32-8	30-6	28-5	22-5	19-5	15-4	15-4	14-3	12-4	11-3	11-3	11-3	11-3
<hr/>																	
Butler, Jeffrey (NY)	Time of Day	0:07:20	0:08:33	0:10:05	0:11:21	0:13:07	0:14:41	0:16:38	0:18:09	0:20:35	0:22:14	1:00:25	1:02:33	1:04:52	1:06:40	1:09:00	1:10:50:38
	Time Cum	01:20	02:33	04:05	05:21	07:07	08:41	10:38	12:09	14:35	16:14	18:25	20:33	22:52	24:40	27:00	28:50:38
66	Time Delta	01:20	01:13	01:31	01:16	01:45	01:34	01:56	01:31	02:25	01:39	02:10	02:08	02:18	01:48	02:19	01:50:38
Age 49	Pace Cum	11:41	12:17	12:40	12:52	13:24	13:54	14:23	14:35	15:23	15:35	15:56	16:27	16:46	16:55	17:10	17:18
Group M40-49	Pace Delta	11:41	13:00	13:22	13:32	15:24	16:41	17:02	16:12	21:14	17:36	19:04	22:42	20:15	19:15	20:19	19:35
Overall-Group	Position	115-40	139-52	149-56	146-55	160-59	171-59	173-60	175-59	150-50	151-51	126-37	136-40	122-39	121-38	121-38	124-38
<hr/>																	
Byrom, Roger (NY)	Time of Day	0:07:26	0:08:41	0:10:12	0:11:31	0:13:12	0:14:37	0:16:39	0:18:07	0:20:29	0:22:07	1:00:36	1:03:07				
	Time Cum	01:26	02:41	04:12	05:31	07:12	08:37	10:39	12:07	14:29	16:07	18:36	21:07				
67	Time Delta	01:26	01:15	01:30	01:19	01:40	01:25	02:01	01:28	02:21	01:38	02:28	02:31				
Age 51	Pace Cum	12:33	12:55	13:01	13:16	13:34	13:47	14:24	14:33	15:17	15:29	16:06	16:54				
Group M50-59	Pace Delta	12:33	13:22	13:13	14:07	14:38	15:05	17:47	15:43	20:37	17:25	21:42	26:52				
Overall-Group	Position	169-30	173-31	176-29	170-27	169-26	165-25	176-29	170-26	149-28	145-26	131-20	139-22				
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Calabria, Robert D (NC)	Time of Day	0:07:32	0:08:51	0:10:23	0:11:45	0:13:22	0:14:51	0:16:36	0:18:12								
	Time Cum	01:32	02:51	04:23	05:45	07:22	08:51	10:36	12:12								
17	Time Delta	01:32	01:19	01:31	01:22	01:36	01:29	01:44	01:36								
Age 68	Pace Cum	13:26	13:42	13:36	13:48	13:53	14:10	14:20	14:39								
Group M60-69	Pace Delta	13:26	14:02	13:23	14:33	14:08	15:48	15:17	17:09								
Overall-Group	Position	206-15	209-17	197-14	192-15	182-13	184-14	170-12	178-14								

2009 Umstead 50/100 Mile Endurance Run --04/04/2009

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>Carroll,</u>	Time of Day	0:07:31	0:08:49	0:10:30	0:11:54	0:13:39	0:15:09	0:16:55	0:18:26	0:20:35	0:22:18	1:00:41	1:02:31	1:04:55	1:06:43	1:08:48	1:10:30:54
<u>Patricia (HI)</u>	Time Cum	01:31	02:49	04:30	05:54	07:39	09:09	10:55	12:26	14:35	16:18	18:41	20:31	22:55	24:43	26:48	28:30:54
68	Time Delta	01:31	01:18	01:40	01:24	01:44	01:30	01:45	01:31	02:08	01:43	02:22	01:50	02:23	01:48	02:04	01:42:54
Age 59	Pace Cum	13:17	13:33	13:57	14:11	14:25	14:39	14:46	14:56	15:23	15:39	16:10	16:25	16:48	16:57	17:03	17:07
Group F50-59	Pace Delta	13:17	13:53	14:41	15:00	15:13	15:57	15:27	16:15	18:43	18:17	20:50	19:36	20:55	19:11	18:11	18:13
Overall-Group	Position	197-11	200-11	206-11	203-10	195-10	197-10	186-10	187-10	150-10	154-9	132-8	134-8	123-8	123-7	118-7	115-6
Cawthon,	Time of Day	0:07:11	0:08:11	0:09:23	0:10:28	0:11:55	0:13:13	0:14:55	0:16:18	0:18:09	0:19:32	0:21:19	0:22:49	1:00:36	1:02:07	1:03:58	1:05:20:57
Garret (KY)	Time Cum	01:11	02:11	03:23	04:28	05:55	07:13	08:55	10:18	12:09	13:32	15:19	16:49	18:36	20:07	21:58	23:20:57
70	Time Delta	01:11	01:00	01:11	01:05	01:26	01:18	01:41	01:23	01:50	01:23	01:46	01:30	01:46	01:31	01:50	01:22:57
Age 47	Pace Cum	10:22	10:31	10:29	10:44	11:09	11:34	12:04	12:22	12:49	13:00	13:15	13:27	13:38	13:48	13:58	14:01
Group M40-49	Pace Delta	10:22	10:43	10:26	11:35	12:38	13:59	14:45	14:47	16:07	14:44	15:35	15:59	15:35	16:12	16:07	14:41
Overall-Group	Position	37-16	45-19	40-20	48-20	52-22	59-22	71-26	80-28	72-25	73-25	61-20	68-22	63-22	62-22	61-21	59-19
Cellino,	Time of Day	0:07:15	0:08:20	0:09:37	0:10:43	0:12:08	0:13:18	0:14:45	0:16:02	0:17:29	0:18:40	0:20:05	0:21:14	0:22:40	0:23:50	1:01:16	1:02:20:35
Richard (GA)	Time Cum	01:15	02:20	03:37	04:43	06:08	07:18	08:45	10:02	11:29	12:40	14:05	15:14	16:40	17:50	19:16	20:20:35
71	Time Delta	01:15	01:05	01:16	01:06	01:24	01:10	01:26	01:17	01:26	01:11	01:24	01:09	01:25	01:10	01:25	01:04:35
Age 37	Pace Cum	10:57	11:13	11:13	11:20	11:33	11:42	11:50	12:03	12:07	12:10	12:11	12:12	12:13	12:14	12:15	12:12
Group M30-39	Pace Delta	10:57	11:32	11:13	11:42	12:23	12:32	12:35	13:43	12:37	12:41	12:18	12:22	12:26	12:33	12:25	11:26
Overall-Group	Position	80-20	75-18	77-18	78-18	73-17	69-14	61-12	65-15	51-12	46-11	36-8	32-8	31-8	26-7	22-6	19-5
Chancey,	Time of Day	0:07:15	0:08:20	0:09:36	0:10:38	0:11:57	0:13:00	0:14:24	0:15:31	0:16:57	0:18:06	0:19:32	0:20:41	0:22:04	0:23:15	1:00:39	1:01:51:10
Michael (AL)	Time Cum	01:15	02:20	03:36	04:38	05:57	07:00	08:24	09:31	10:57	12:06	13:32	14:41	16:04	17:15	18:39	19:51:10
72	Time Delta	01:15	01:05	01:16	01:02	01:18	01:03	01:23	01:07	01:25	01:09	01:25	01:09	01:22	01:11	01:23	01:12:10
Age 36	Pace Cum	10:57	11:12	11:10	11:08	11:13	11:13	11:22	11:26	11:33	11:37	11:43	11:45	11:47	11:50	11:52	11:55
Group M30-39	Pace Delta	10:57	11:30	11:06	11:00	11:30	11:13	12:13	11:58	12:28	12:18	12:29	12:16	12:05	12:41	12:10	12:46
Overall-Group	Position	80-20	74-18	73-17	64-14	56-13	50-12	47-10	44-9	32-7	31-7	27-6	23-5	20-5	19-5	17-4	17-4
<u>Chow,</u>	Time of Day	0:07:11	0:08:09	0:09:18	0:10:17	0:11:30	0:12:34	0:13:52	0:15:02	0:16:17	0:17:24	0:18:55	0:20:00	0:21:27	0:22:36	0:23:55	1:01:03:33
<u>Jenny (NJ)</u>	Time Cum	01:11	02:09	03:18	04:17	05:30	06:34	07:52	09:02	10:17	11:24	12:55	14:00	15:27	16:36	17:55	19:03:33
73	Time Delta	01:11	00:58	01:08	00:59	01:12	01:04	01:17	01:10	01:14	01:07	01:30	01:05	01:26	01:09	01:18	01:08:33
Age 45	Pace Cum	10:22	10:20	10:14	10:18	10:22	10:32	10:39	10:51	10:51	10:57	11:11	11:12	11:20	11:23	11:24	11:26
Group F40-49	Pace Delta	10:22	10:17	10:03	10:34	10:34	11:27	11:17	12:27	10:54	11:58	13:12	11:34	12:39	12:20	11:26	12:08
Overall-Group	Position	37-3	29-3	26-3	27-3	26-3	25-3	24-3	23-3	16-2	17-2	17-2	17-2	17-2	15-2	15-2	14-2
Clark,	Time of Day	0:07:21	0:08:29	0:09:54	0:11:22	0:13:15	0:14:51	0:16:45	0:18:22	0:20:27	0:22:10	1:00:26	1:02:14				
Brian R (NC)	Time Cum	01:21	02:29	03:54	05:22	07:15	08:51	10:45	12:22	14:27	16:10	18:26	20:14				
74	Time Delta	01:21	01:08	01:24	01:28	01:52	01:36	01:53	01:37	02:04	01:43	02:15	01:48				
Age 55	Pace Cum	11:49	11:56	12:06	12:54	13:39	14:10	14:33	14:51	15:15	15:32	15:57	16:11				
Group M50-59	Pace Delta	11:49	12:04	12:23	15:38	16:27	17:00	16:38	17:17	18:09	18:23	19:44	19:07				
Overall-Group	Position	131-20	125-21	128-21	149-25	172-27	183-31	179-30	183-30	148-27	146-27	127-19	128-19				
Clausen,	Time of Day	0:07:23	0:08:33	0:10:05	0:11:21	0:13:07	0:14:41	0:16:38	0:18:09								
Chris D (NY)	Time Cum	01:23	02:33	04:05	05:21	07:07	08:41	10:38	12:09								
75	Time Delta	01:23	01:10	01:31	01:16	01:45	01:34	01:56	01:31								
Age 50	Pace Cum	12:07	12:16	12:40	12:52	13:24	13:54	14:23	14:35								
Group M50-59	Pace Delta	12:07	12:28	13:22	13:32	15:24	16:41	17:02	16:07								
Overall-Group	Position	145-24	137-22	149-24	144-23	160-25	169-27	173-28	172-27								

2009 Umstead 50/100 Mile Endurance Run --04/04/2009

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
Cobbs, John (AL)	Time of Day	0:07:02	0:07:54	0:08:56	0:09:47	0:10:50	0:11:47	0:12:52	0:13:54	0:15:11	0:16:19	0:17:42	0:18:52	0:20:22	0:21:29	0:22:55	1:00:15:34
77	Time Cum	01:02	01:54	02:56	03:47	04:50	05:47	06:52	07:54	09:11	10:19	11:42	12:52	14:22	15:29	16:55	18:15:34
Age 47	Time Delta	01:02	00:52	01:01	00:51	01:02	00:57	01:04	01:02	01:16	01:08	01:22	01:10	01:29	01:07	01:25	01:20:34
Group M40-49	Pace Cum	09:03	09:08	09:06	09:06	09:06	09:15	09:17	09:29	09:42	09:55	10:07	10:18	10:32	10:37	10:45	10:57
Overall-Group	Pace Delta	09:03	09:14	09:02	09:07	09:07	10:06	09:29	11:02	11:12	12:10	12:00	12:30	13:03	11:56	12:29	14:16
Overall-Group	Position	11-5	10-5	11-5	11-5	10-4	9-3	8-3	9-3	8-3	8-3	7-4	8-4	9-5	8-4	7-3	7-3
Coll, William {Sal} (TN)	Time of Day	0:06:58	0:07:48	0:08:46	0:09:40	0:10:51	0:12:01	0:13:26	0:14:38	0:16:45	0:18:01	0:19:52	0:21:30	0:23:41	1:01:20	1:03:16	1:04:47:07
79	Time Cum	00:58	01:48	02:46	03:40	04:51	06:01	07:26	08:38	10:45	12:01	13:52	15:30	17:41	19:20	21:16	22:47:07
Age 48	Time Delta	00:58	00:50	00:57	00:54	01:10	01:10	01:24	01:12	02:06	01:16	01:50	01:38	02:10	01:39	01:55	01:31:07
Group M40-49	Pace Cum	08:28	08:42	08:35	08:49	09:08	09:39	10:03	10:23	11:21	11:33	12:00	12:25	12:58	13:16	13:31	13:40
Overall-Group	Pace Delta	08:28	09:00	08:21	09:38	10:18	12:29	12:20	12:53	18:26	13:33	16:07	17:29	19:01	17:37	16:51	16:08
Overall-Group	Position	7-3	7-3	7-3	8-3	12-5	14-7	16-8	17-8	27-12	29-13	32-13	37-13	45-15	46-15	48-14	47-14
Collins, David (ONT)	Time of Day	0:07:13	0:08:15	0:09:29	0:10:37	0:12:02	0:13:13	0:14:40	0:15:53	0:17:37	0:18:58	0:20:47	0:22:18	1:00:21	1:02:02	1:03:48	1:05:17:27
80	Time Cum	01:13	02:15	03:29	04:37	06:02	07:13	08:40	09:53	11:37	12:58	14:47	16:18	18:21	20:02	21:48	23:17:27
Age 56	Time Delta	01:13	01:02	01:13	01:08	01:24	01:11	01:26	01:13	01:43	01:21	01:48	01:31	02:02	01:41	01:45	01:29:27
Group M50-59	Pace Cum	10:39	10:49	10:48	11:06	11:22	11:33	11:43	11:52	12:16	12:28	12:47	13:03	13:27	13:45	13:52	13:58
Overall-Group	Pace Delta	10:39	11:00	10:47	12:10	12:18	12:36	12:40	12:56	15:10	14:29	15:47	16:13	17:52	17:59	15:23	15:50
Overall-Group	Position	56-11	59-11	58-10	60-11	62-11	57-11	53-10	53-9	54-11	57-11	50-11	54-13	57-12	60-12	57-13	57-13
Cooper, Robert (MS)	Time of Day	0:07:14	0:08:26	0:09:54	0:11:13	0:12:43	0:14:14	0:15:53	0:17:21	0:19:23	0:20:59	0:23:17	1:00:56	1:02:58	1:04:48	1:07:06	1:08:59:50
81	Time Cum	01:14	02:26	03:54	05:13	06:43	08:14	09:53	11:21	13:23	14:59	17:17	18:56	20:58	22:48	25:06	26:59:50
Age 39	Time Delta	01:14	01:12	01:27	01:19	01:29	01:31	01:38	01:28	02:01	01:36	02:17	01:39	02:01	01:50	02:17	01:53:50
Group M30-39	Pace Cum	10:48	11:42	12:06	12:34	12:39	13:11	13:22	13:37	14:07	14:24	14:57	15:09	15:22	15:38	15:58	16:12
Overall-Group	Pace Delta	10:48	12:48	12:48	14:09	13:00	16:09	14:25	15:36	17:48	17:09	20:01	17:33	17:48	19:34	20:04	20:09
Overall-Group	Position	66-14	107-23	128-26	140-27	135-27	139-29	140-27	139-28	118-22	116-22	103-22	102-21	96-18	95-17	90-15	92-15
Cotuna, Theo (NC)	Time of Day	0:07:22	0:08:30	0:09:54	0:11:05	0:12:27	0:13:44	0:15:10	0:16:35	0:18:13	0:19:36	0:21:21	0:22:46	1:00:25	1:01:50	1:03:40	1:05:09:51
82	Time Cum	01:22	02:30	03:54	05:05	06:27	07:44	09:10	10:35	12:13	13:36	15:21	16:46	18:25	19:50	21:40	23:09:51
Age 45	Time Delta	01:22	01:08	01:23	01:11	01:21	01:17	01:25	01:37	01:23	01:44	01:25	01:38	01:25	01:49	01:49	01:29:51
Group M40-49	Pace Cum	11:58	12:04	12:06	12:14	12:09	12:23	12:24	12:43	12:54	13:04	13:17	13:25	13:30	13:36	13:47	13:54
Overall-Group	Pace Delta	11:58	12:11	12:08	12:42	11:52	13:39	12:33	15:13	14:10	14:51	15:12	15:04	14:26	15:04	16:02	15:54
Overall-Group	Position	136-51	131-49	128-51	125-50	106-40	108-41	91-34	97-36	74-26	76-27	63-22	65-20	60-20	55-18	53-17	54-17
Cowan, Robert (CA)	Time of Day	0:07:02	0:07:54	0:08:58	0:09:58	0:11:06	0:12:13	0:13:26	0:14:26	0:15:47	0:16:59	0:18:28	0:19:34	0:21:03	0:22:17	0:23:54	1:01:13:58
12	Time Cum	01:02	01:54	02:58	03:58	05:06	06:13	07:26	08:26	09:47	10:59	12:28	13:34	15:03	16:17	17:54	19:13:58
Age 48	Time Delta	01:02	00:52	01:03	01:00	01:07	01:07	01:12	01:00	01:20	01:12	01:28	01:06	01:28	01:14	01:36	01:19:58
Group M40-49	Pace Cum	09:03	09:09	09:12	09:33	09:36	09:57	10:03	10:07	10:20	10:33	10:47	10:52	11:02	11:10	11:23	11:32
Overall-Group	Pace Delta	09:03	09:16	09:17	10:45	09:49	11:55	10:37	10:39	11:48	12:46	12:58	11:47	12:54	13:13	14:04	14:09
Overall-Group	Position	11-5	13-5	13-6	18-10	17-9	18-9	16-8	15-7	14-7	14-7	13-7	13-6	13-6	12-6	14-6	15-6
Cox, Lee (NC)	Time of Day	0:07:28	0:08:39	0:10:11	0:11:24	0:12:57	0:14:18	0:16:06	0:17:35	0:19:38	0:21:17						
18	Time Cum	01:28	02:39	04:11	05:24	06:57	08:18	10:06	11:35	13:38	15:17						
Age 48	Time Delta	01:28	01:11	01:31	01:13	01:32	01:21	01:47	01:29	02:02	01:39						
Group M40-49	Pace Cum	12:51	12:46	12:58	13:00	13:06	13:17	13:40	13:55	14:23	14:41						
Overall-Group	Pace Delta	12:51	12:40	13:21	13:04	13:27	14:23	15:43	15:51	17:53	17:39						
Overall-Group	Position	178-63	169-59	167-60	156-57	145-54	143-52	144-52	148-52	123-42	125-43						

2009 Umstead 50/100 Mile Endurance Run --04/04/2009

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>Danahy,</u>	Time of Day	0:07:18	0:08:30	0:09:49	0:10:55	0:12:17	0:13:30	0:15:09	0:16:28	0:18:10	0:19:31	0:21:23	0:23:08	1:01:11	1:02:56	1:05:11	1:06:57:05
<u>Stephanie (VA)</u>	Time Cum	01:18	02:30	03:49	04:55	06:17	07:30	09:09	10:28	12:10	13:31	15:23	17:08	19:11	20:56	23:11	24:57:05
86	Time Delta	01:18	01:12	01:18	01:06	01:21	01:13	01:38	01:19	01:41	01:21	01:51	01:45	02:02	01:45	02:14	01:46:05
Age 52	Pace Cum	11:23	12:02	11:50	11:48	11:50	12:01	12:23	12:34	12:50	12:59	13:19	13:43	14:04	14:21	14:45	14:58
Group F50-59	Pace Delta	11:23	12:49	11:28	11:42	11:58	12:59	14:24	14:06	14:47	14:27	16:15	18:38	17:55	18:36	19:42	18:47
Overall-Group	Position	98-4	126-4	115-4	94-4	93-4	86-4	89-4	85-4	73-4	71-3	64-2	73-2	71-2	73-2	73-2	73-2
Danielson,	Time of Day	0:07:13	0:08:11	0:09:24	0:10:25	0:11:41	0:12:46	0:14:07	0:15:17	0:16:47	0:18:01	0:19:39	0:20:59	0:23:19	1:01:05	1:03:18	1:04:53:57
Jeff (PA)	Time Cum	01:13	02:11	03:24	04:25	05:41	06:46	08:07	09:17	10:47	12:01	13:39	14:59	17:19	19:05	21:18	22:53:57
87	Time Delta	01:13	00:58	01:12	01:01	01:15	01:05	01:20	01:10	01:29	01:14	01:37	01:20	02:19	01:46	02:12	01:35:57
Age 51	Pace Cum	10:39	10:33	10:33	10:38	10:42	10:50	10:59	11:09	11:23	11:33	11:49	12:00	12:42	13:05	13:33	13:44
Group M50-59	Pace Delta	10:39	10:25	10:32	10:55	11:00	11:35	11:46	12:30	13:02	13:12	14:13	14:18	20:19	18:47	19:24	16:59
Overall-Group	Position	56-11	47-6	47-7	40-5	39-6	35-6	35-6	32-4	29-5	30-5	28-5	30-5	37-6	43-9	51-10	49-9
<u>Daughtry,</u>	Time of Day	0:07:16	0:08:21	0:09:38	0:10:48	0:12:14	0:13:26	0:14:56	0:16:12	0:17:50	0:19:15	0:21:25	0:23:08	1:01:12	1:02:56	1:05:11	1:06:57:14
<u>Debbie (VA)</u>	Time Cum	01:16	02:21	03:38	04:48	06:14	07:26	08:56	10:12	11:50	13:15	15:25	17:08	19:12	20:56	23:11	24:57:14
88	Time Delta	01:16	01:05	01:16	01:10	01:25	01:12	01:29	01:16	01:37	01:25	02:09	01:43	02:03	01:44	02:14	01:46:14
Age 51	Pace Cum	11:06	11:17	11:16	11:32	11:45	11:55	12:05	12:15	12:29	12:44	13:20	13:43	14:04	14:21	14:45	14:58
Group F50-59	Pace Delta	11:06	11:31	11:14	12:28	12:30	12:52	13:02	13:32	14:15	15:12	18:51	18:18	18:03	18:25	19:42	18:48
Overall-Group	Position	90-3	81-1	82-1	83-1	84-2	81-2	72-1	72-1	68-2	66-2	66-3	74-2	72-3	74-2	73-2	74-3
Davis, III,	Time of Day	0:07:41	0:09:08	0:10:51	0:12:18	0:14:06	0:15:31	0:17:16	0:18:43	0:20:35	0:22:14	1:00:08	1:01:43	1:03:36	1:05:11	1:06:54	1:08:07:42
Frederick F (OH)	Time Cum	01:41	03:08	04:51	06:18	08:06	09:31	11:16	12:43	14:35	16:14	18:08	19:43	21:36	23:11	24:54	26:07:42
89	Time Delta	01:41	01:27	01:42	01:27	01:47	01:25	01:44	01:27	01:51	01:39	01:53	01:35	01:52	01:35	01:42	01:13:42
Age 61	Pace Cum	14:45	15:07	15:02	15:10	15:16	15:15	15:15	15:16	15:23	15:36	15:41	15:47	15:50	15:54	15:50	15:41
Group M60-69	Pace Delta	14:45	15:34	14:54	15:34	15:38	15:12	15:12	15:24	16:21	17:37	16:34	16:58	16:22	16:57	14:56	13:03
Overall-Group	Position	227-22	229-22	229-22	226-21	214-20	209-20	200-18	198-18	150-10	152-11	121-11	122-11	106-7	101-5	89-5	81-4
Davis,	Time of Day	0:07:42	0:09:12	0:11:00	0:12:40	0:14:50	0:16:44	0:19:02	0:21:10								
Winston (GA)	Time Cum	01:42	03:12	05:00	06:40	08:50	10:44	13:02	15:10								
103	Time Delta	01:42	01:30	01:47	01:40	02:09	01:54	02:17	02:08								
Age 58	Pace Cum	14:53	15:25	15:30	16:02	16:38	17:11	17:38	18:13								
Group M50-59	Pace Delta	14:53	16:04	15:40	17:49	18:53	20:13	20:07	22:45								
Overall-Group	Position	229-39	236-40	236-39	239-39	236-40	237-40	230-40	233-40								
De Freitas,	Time of Day	0:07:25	0:08:37	0:10:05	0:11:21	0:12:59	0:14:21	0:16:09	0:18:02								
Michael (BRA)	Time Cum	01:25	02:37	04:05	05:21	06:59	08:21	10:09	12:02								
91	Time Delta	01:25	01:12	01:27	01:16	01:37	01:22	01:47	01:53								
Age 50	Pace Cum	12:25	12:34	12:40	12:52	13:09	13:22	13:44	14:27								
Group M50-59	Pace Delta	12:25	12:46	12:49	13:35	14:12	14:33	15:44	20:03								
Overall-Group	Position	158-29	157-26	149-24	147-23	147-23	144-23	146-23	168-25								
Dean,	Time of Day	0:07:20	0:08:25	0:09:43	0:10:56	0:12:24	0:13:42	0:15:20	0:16:37	0:18:15	0:19:40	0:21:29	0:23:16				
Wayne (VA)	Time Cum	01:20	02:25	03:43	04:56	06:24	07:42	09:20	10:37	12:15	13:40	15:29	17:16				
90	Time Delta	01:20	01:05	01:17	01:13	01:27	01:18	01:37	01:17	01:37	01:25	01:48	01:47				
Age 39	Pace Cum	11:41	11:40	11:31	11:52	12:03	12:19	12:38	12:45	12:56	13:08	13:24	13:49				
Group M30-39	Pace Delta	11:41	11:38	11:17	13:01	12:46	13:48	14:18	13:46	14:11	15:12	15:47	19:02				
Overall-Group	Position	115-25	104-21	94-20	105-20	102-20	105-21	99-16	100-18	79-16	80-16	68-14	76-16				

2009 Umstead 50/100 Mile Endurance Run --04/04/2009

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
DePaul, Andre' (NC)	Time of Day	0:07:32	0:08:52	0:10:32	0:12:01	0:13:48	0:15:36	0:17:48	0:19:54								
	Time Cum	01:32	02:52	04:32	06:01	07:48	09:36	11:48	13:54								
20	Time Delta	01:32	01:20	01:39	01:29	01:46	01:48	02:11	02:06								
Age 31	Pace Cum	13:26	13:47	14:03	14:27	14:42	15:22	15:58	16:42								
Group M30-39	Pace Delta	13:26	14:12	14:34	15:46	15:36	19:11	19:13	22:26								
Overall-Group	Position	206-33	211-33	207-32	212-33	207-33	211-33	217-31	223-33								
Dickey, Lee (MA)	Time of Day	0:07:11	0:08:13	0:09:31	0:10:37	0:12:02	0:13:14	0:14:49	0:16:05	0:17:46	0:19:29						
	Time Cum	01:11	02:13	03:31	04:37	06:02	07:14	08:49	10:05	11:46	13:29						
92	Time Delta	01:11	01:02	01:17	01:06	01:24	01:12	01:34	01:16	01:40	01:43						
Age 55	Pace Cum	10:22	10:41	10:54	11:05	11:22	11:34	11:56	12:07	12:25	12:57						
Group M50-59	Pace Delta	10:22	11:05	11:18	11:42	12:24	12:45	13:52	13:35	14:38	18:20						
Overall-Group	Position	37-6	57-8	65-12	59-11	62-11	60-12	67-15	68-12	62-15	70-16						
<u>Donley, Sarah (SC)</u>	Time of Day	0:07:10	0:08:08	0:09:13	0:10:11	0:11:22	0:12:22	0:13:34	0:14:39								
	Time Cum	01:10	02:08	03:13	04:11	05:22	06:22	07:34	08:39								
93	Time Delta	01:10	00:58	01:04	00:58	01:10	01:00	01:11	01:05								
Age 43	Pace Cum	10:13	10:15	09:58	10:04	10:07	10:12	10:14	10:23								
Group F40-49	Pace Delta	10:13	10:16	09:29	10:25	10:14	10:45	10:24	11:31								
Overall-Group	Position	32-2	25-2	24-2	23-2	21-2	20-2	19-2	18-2								
<u>Donnelly, Susan (TN)</u>	Time of Day	0:07:42	0:09:16	0:11:01	0:12:35	0:14:25	0:15:52	0:17:47	0:19:19	0:21:24	0:23:16	1:01:26	1:03:04	1:05:06	1:06:54	1:09:05	1:10:59:07
	Time Cum	01:42	03:16	05:01	06:35	08:25	09:52	11:47	13:19	15:24	17:16	19:26	21:04	23:06	24:54	27:05	28:59:07
94	Time Delta	01:42	01:34	01:44	01:34	01:49	01:27	01:54	01:32	02:04	01:52	02:09	01:38	02:01	01:48	02:11	01:54:07
Age 46	Pace Cum	14:53	15:43	15:33	15:49	15:51	15:49	15:56	16:00	16:15	16:35	16:49	16:52	16:56	17:04	17:13	17:23
Group F40-49	Pace Delta	14:53	16:42	15:16	16:42	16:01	15:34	16:39	16:25	18:08	19:53	18:56	17:29	17:42	19:07	19:07	20:12
Overall-Group	Position	229-30	240-30	237-30	237-30	231-27	223-28	213-27	211-27	167-24	164-23	140-23	137-23	127-22	129-23	123-23	125-23
Donovan, Francis L (PA)	Time of Day	0:07:11	0:08:11	0:09:23	0:10:25	0:11:37	0:12:41	0:13:59	0:15:06	0:16:34	0:17:47	0:19:22	0:20:39	0:22:21	0:23:44	1:01:39	1:03:18:18
	Time Cum	01:11	02:11	03:23	04:25	05:37	06:41	07:59	09:06	10:34	11:47	13:22	14:39	16:21	17:44	19:39	21:18:18
14	Time Delta	01:11	01:00	01:11	01:02	01:11	01:04	01:17	01:07	01:27	01:13	01:34	01:17	01:41	01:23	01:54	01:39:18
Age 42	Pace Cum	10:22	10:30	10:29	10:38	10:35	10:42	10:48	10:55	11:09	11:20	11:34	11:43	11:59	12:10	12:30	12:47
Group M40-49	Pace Delta	10:22	10:40	10:28	11:06	10:25	11:21	11:22	11:53	12:50	13:04	13:45	13:41	14:51	14:52	16:39	17:35
Overall-Group	Position	37-16	40-19	40-20	41-16	34-16	30-15	30-15	25-13	22-11	21-10	21-11	22-9	23-10	24-11	25-10	28-10
Duett, Mack D (NY)	Time of Day	0:07:11	0:08:10	0:09:21	0:10:21	0:11:36	0:12:43	0:13:58	0:15:07	0:16:36	0:17:51	0:19:24	0:20:52	0:22:35	1:00:03	1:02:01	1:03:30:10
	Time Cum	01:11	02:10	03:21	04:21	05:36	06:43	07:58	09:07	10:36	11:51	13:24	14:52	16:35	18:03	20:01	21:30:10
95	Time Delta	01:11	00:59	01:10	01:00	01:14	01:07	01:14	01:09	01:28	01:15	01:32	01:28	01:42	01:28	01:57	01:29:10
Age 53	Pace Cum	10:22	10:26	10:23	10:29	10:33	10:45	10:47	10:57	11:11	11:23	11:36	11:54	12:09	12:23	12:44	12:54
Group M50-59	Pace Delta	10:22	10:31	10:18	10:47	10:49	11:54	10:55	12:21	12:53	13:19	13:33	15:42	14:56	15:41	17:08	15:47
Overall-Group	Position	37-6	36-4	30-2	30-2	31-3	33-4	27-1	27-1	23-3	23-3	23-3	28-4	29-4	29-4	30-4	30-4
Dummar, Fred (NC)	Time of Day	0:07:22	0:08:34	0:09:49	0:10:57	0:12:14	0:13:25	0:14:48	0:15:59	0:17:21	0:18:31	0:19:50	0:21:03	0:22:29	0:23:43	1:01:09	1:02:24:44
	Time Cum	01:22	02:34	03:49	04:57	06:14	07:25	08:48	09:59	11:21	12:31	13:50	15:03	16:29	17:43	19:09	20:24:44
21	Time Delta	01:22	01:12	01:14	01:08	01:16	01:11	01:22	01:11	01:21	01:10	01:18	01:13	01:25	01:14	01:25	01:15:44
Age 40	Pace Cum	11:58	12:23	11:50	11:53	11:45	11:53	11:54	12:00	11:59	12:01	11:58	12:02	12:05	12:09	12:11	12:15
Group M40-49	Pace Delta	11:58	12:53	10:50	12:05	11:12	12:42	12:00	12:42	11:51	12:25	11:31	12:56	12:32	13:09	12:31	13:24
Overall-Group	Position	136-51	146-53	115-44	109-40	84-30	80-27	64-23	61-23	46-18	41-15	30-12	31-12	26-11	23-10	21-8	20-8

2009 Umstead 50/100 Mile Endurance Run --04/04/2009

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
<hr/>																	
Durr, Stephen (VA)	Time of Day	0:07:56	0:09:37	0:11:30	0:13:30	0:15:46	0:17:48	0:20:17	0:22:31								
98	Time Cum	01:56	03:37	05:30	07:30	09:46	11:48	14:17	16:31								
Age 42	Time Delta	01:56	01:41	01:52	02:00	02:15	02:02	02:28	02:14								
Group M40-49	Pace Cum	16:56	17:23	17:03	18:02	18:24	18:54	19:19	19:50								
Overall-Group	Pace Delta	16:56	17:56	16:27	21:22	19:45	21:43	21:39	23:47								
	Position	245-72	246-72	246-72	246-72	241-72	243-71	236-70	238-70								
<hr/>																	
Echols, Nathan (NJ)	Time of Day	0:07:11	0:08:09	0:09:18	0:10:17	0:11:30	0:12:34	0:13:52	0:15:02	0:16:18	0:17:25						
99	Time Cum	01:11	02:09	03:18	04:17	05:30	06:34	07:52	09:02	10:18	11:25						
Age 42	Time Delta	01:11	00:58	01:08	00:59	01:12	01:04	01:17	01:10	01:15	01:07						
Group M40-49	Pace Cum	10:22	10:20	10:14	10:18	10:22	10:31	10:39	10:51	10:52	10:58						
Overall-Group	Pace Delta	10:22	10:17	10:03	10:34	10:33	11:24	11:19	12:28	11:02	11:56						
	Position	37-16	30-14	26-13	28-13	26-14	24-13	24-13	24-12	17-8	18-9						
<hr/>																	
Elson, Mark A (GA)	Time of Day	0:07:17	0:08:24	0:09:41	0:10:49	0:12:09	0:13:23	0:14:48	0:16:05	0:17:40	0:19:00						
106	Time Cum	01:17	02:24	03:41	04:49	06:09	07:23	08:48	10:05	11:40	13:00						
Age 49	Time Delta	01:17	01:07	01:16	01:08	01:19	01:14	01:24	01:17	01:34	01:20						
Group M40-49	Pace Cum	11:14	11:32	11:25	11:36	11:35	11:49	11:54	12:06	12:19	12:29						
Overall-Group	Pace Delta	11:14	11:53	11:13	12:11	11:33	13:10	12:21	13:40	13:50	14:17						
	Position	92-31	100-34	88-31	87-31	75-26	76-25	64-23	66-25	57-21	59-22						
<hr/>																	
Eminger, Corey (NC)	Time of Day	0:07:19	0:08:26	0:09:49	0:11:02	0:12:27	0:13:41	0:15:18	0:16:36	0:18:14	0:19:39	0:21:45	0:23:45	1:02:44	1:04:38	1:07:21	1:09:17:09
107	Time Cum	01:19	02:26	03:49	05:02	06:27	07:41	09:18	10:36	12:14	13:39	15:45	17:45	20:44	22:38	25:21	27:17:09
Age 31	Time Delta	01:19	01:07	01:22	01:13	01:24	01:14	01:36	01:18	01:37	01:25	02:05	02:00	02:58	01:54	02:42	01:56:09
Group M30-39	Pace Cum	11:32	11:44	11:50	12:06	12:09	12:19	12:35	12:43	12:55	13:06	13:38	14:13	15:12	15:32	16:07	16:22
Overall-Group	Pace Delta	11:32	11:59	12:01	12:59	12:21	13:14	14:03	13:50	14:17	15:04	18:23	21:25	25:59	20:19	23:41	20:33
	Position	108-23	113-23	115-24	121-23	106-21	104-20	98-15	98-17	77-15	78-15	75-16	86-17	92-17	93-15	96-16	98-16
<hr/>																	
Espiritu, Troy (GA)	Time of Day	0:07:15	0:08:19	0:09:37	0:10:43	0:12:08	0:13:18	0:14:45	0:16:00	0:17:33	0:18:48	0:20:25	0:21:50	0:23:39	1:01:08	1:03:09	1:04:31:32
108	Time Cum	01:15	02:19	03:37	04:43	06:08	07:18	08:45	10:00	11:33	12:48	14:25	15:50	17:39	19:08	21:09	22:31:32
Age 38	Time Delta	01:15	01:04	01:17	01:06	01:24	01:10	01:26	01:15	01:32	01:15	01:36	01:25	01:48	01:29	02:00	01:22:32
Group M30-39	Pace Cum	10:57	11:12	11:13	11:19	11:33	11:42	11:50	12:01	12:11	12:17	12:28	12:41	12:56	13:08	13:27	13:31
Overall-Group	Pace Delta	10:57	11:30	11:15	11:41	12:24	12:30	12:36	13:23	13:29	13:18	14:08	15:12	15:47	15:53	17:33	14:36
	Position	80-20	73-16	77-18	77-18	73-17	68-14	61-12	62-14	52-13	52-13	43-11	45-11	44-11	44-11	46-11	45-11
<hr/>																	
Esser, Walt (NC)	Time of Day	0:07:31	0:08:48	0:10:23	0:11:44	0:13:26	0:14:58										
22	Time Cum	01:31	02:48	04:23	05:44	07:26	08:58										
Age 70	Time Delta	01:31	01:17	01:34	01:21	01:41	01:32										
Group M70-79	Pace Cum	13:17	13:26	13:36	13:47	14:00	14:22										
Overall-Group	Pace Delta	13:17	13:38	13:52	14:27	14:47	16:22										
	Position	197-1	195-1	197-1	190-1	186-1	188-1										
<hr/>																	
<u>Evans,</u> <u>Rosemary (KY)</u>	Time of Day	0:07:30	0:08:47	0:10:26	0:11:57	0:13:48	0:15:23	0:17:18	0:18:59	0:21:20	0:23:20						
109	Time Cum	01:30	02:47	04:26	05:57	07:48	09:23	11:18	12:59	15:20	17:20						
Age 55	Time Delta	01:30	01:17	01:38	01:31	01:50	01:35	01:54	01:41	02:20	02:00						
Group F50-59	Pace Cum	13:08	13:23	13:45	14:18	14:42	15:02	15:17	15:36	16:11	16:39						
Overall-Group	Pace Delta	13:08	13:40	14:25	16:13	16:07	16:56	16:41	18:02	20:28	21:19						
	Position	190-9	194-10	201-10	208-11	207-11	205-11	202-11	205-11	164-11	170-10						

2009 Umstead 50/100 Mile Endurance Run --04/04/2009

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
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Ferrari, Guido (NC)	Time of Day	0:07:13	0:08:10	0:09:21	0:10:17	0:11:29	0:12:30	0:13:51	0:15:19	0:17:05	0:18:40						
23	Time Cum	01:13	02:10	03:21	04:17	05:29	06:30	07:51	09:19	11:05	12:40						
Age 48	Time Delta	01:13	00:57	01:10	00:56	01:11	01:01	01:20	01:28	01:45	01:35						
Group M40-49	Pace Cum	10:39	10:25	10:23	10:17	10:20	10:24	10:37	11:11	11:42	12:10						
Overall-Group	Pace Delta	10:39	10:08	10:19	09:56	10:29	10:50	11:48	15:38	15:26	16:57						
	Position	56-23	34-17	30-15	26-13	23-12	22-12	23-12	35-15	38-14	47-16						
<hr/>																	
Finnell, Scott (PA)	Time of Day	0:07:09	0:08:11	0:09:23	0:10:24	0:11:37	0:12:42	0:13:58	0:15:07	0:16:25	0:17:34	0:18:52	0:20:00	0:21:22	0:22:29	0:23:46	1:00:53:17
110	Time Cum	01:09	02:11	03:23	04:24	05:37	06:42	07:58	09:07	10:25	11:34	12:52	14:00	15:22	16:29	17:46	18:53:17
Age 52	Time Delta	01:09	01:02	01:11	01:01	01:12	01:05	01:15	01:09	01:17	01:09	01:17	01:08	01:21	01:07	01:17	01:07:17
Group M50-59	Pace Cum	10:04	10:30	10:29	10:36	10:35	10:45	10:47	10:56	11:00	11:07	11:08	11:12	11:16	11:18	11:18	11:20
Overall-Group	Pace Delta	10:04	11:02	10:28	10:58	10:31	11:40	10:58	12:13	11:23	12:19	11:18	12:06	11:55	11:52	11:14	11:55
	Position	25-2	41-6	40-5	36-4	34-4	31-3	27-1	26-1	19-1	20-1	15-1	18-2	16-2	14-2	13-2	13-2
<hr/>																	
Fisher, Chris (CO)	Time of Day	0:07:13	0:08:13	0:09:23	0:10:25	0:11:36	0:12:43	0:14:04	0:15:18	0:16:43	0:17:56	0:19:25	0:20:46	0:22:26	0:23:46	1:01:20	1:02:27:48
111	Time Cum	01:13	02:13	03:23	04:25	05:36	06:43	08:04	09:18	10:43	11:56	13:25	14:46	16:26	17:46	19:20	20:27:48
Age 34	Time Delta	01:13	01:00	01:09	01:02	01:10	01:07	01:20	01:14	01:24	01:13	01:28	01:21	01:39	01:20	01:33	01:07:48
Group M30-39	Pace Cum	10:39	10:41	10:29	10:37	10:33	10:45	10:55	11:10	11:19	11:28	11:36	11:49	12:03	12:11	12:18	12:17
Overall-Group	Pace Delta	10:39	10:42	10:09	11:04	10:17	11:52	11:49	13:10	12:21	12:57	12:58	14:24	14:33	14:12	13:42	12:00
	Position	56-11	54-10	40-9	39-10	31-7	32-7	34-7	34-7	26-6	27-6	24-4	27-7	25-7	25-6	23-7	21-6
<hr/>																	
<u>Fletcher, Laura (NC)</u>	Time of Day	0:07:22	0:08:33	0:09:54	0:11:13	0:12:49	0:14:10	0:15:48	0:17:21								
113	Time Cum	01:22	02:33	03:54	05:13	06:49	08:10	09:48	11:21								
Age 48	Time Delta	01:22	01:11	01:20	01:19	01:35	01:21	01:37	01:33								
Group F40-49	Pace Cum	11:58	12:17	12:06	12:33	12:50	13:05	13:15	13:38								
Overall-Group	Pace Delta	11:58	12:41	11:44	14:09	13:53	14:28	14:12	16:38								
	Position	136-19	141-19	128-15	139-14	137-15	137-17	132-17	140-18								
<hr/>																	
<u>Fromm, Anita Marie (NM)</u>	Time of Day	0:07:10	0:08:14	0:09:31	0:10:38	0:11:59	0:13:10	0:14:39	0:15:54	0:17:40	0:18:53	0:20:51	0:22:44				
114	Time Cum	01:10	02:14	03:31	04:38	05:59	07:10	08:39	09:54	11:40	12:53	14:51	16:44				
Age 37	Time Delta	01:10	01:04	01:16	01:07	01:20	01:11	01:28	01:15	01:45	01:13	01:57	01:53				
Group F30-39	Pace Cum	10:13	10:45	10:54	11:09	11:16	11:29	11:42	11:54	12:19	12:22	12:51	13:23				
Overall-Group	Pace Delta	10:13	11:23	11:12	12:00	11:42	12:41	12:53	13:24	15:22	12:58	17:11	20:03				
	Position	32-4	58-4	65-4	66-4	58-4	55-4	51-4	54-4	57-4	54-4	52-4	64-6				
<hr/>																	
Galioto, Joseph (NJ)	Time of Day	0:07:20	0:08:28	0:09:48	0:10:56	0:12:21	0:13:35	0:15:12	0:16:31	0:18:07	0:19:28	0:21:10	0:22:36	1:00:24	1:01:55	1:03:56	1:05:26:02
115	Time Cum	01:20	02:28	03:48	04:56	06:21	07:35	09:12	10:31	12:07	13:28	15:10	16:36	18:24	19:55	21:56	23:26:02
Age 44	Time Delta	01:20	01:08	01:19	01:08	01:24	01:14	01:36	01:19	01:35	01:21	01:41	01:26	01:47	01:31	02:00	01:30:02
Group M40-49	Pace Cum	11:41	11:55	11:47	11:51	11:58	12:10	12:27	12:37	12:47	12:56	13:07	13:18	13:29	13:40	13:57	14:04
Overall-Group	Pace Delta	11:41	12:13	11:32	12:06	12:21	13:16	14:01	14:01	13:59	14:28	14:47	15:23	15:38	16:11	17:36	15:56
	Position	115-40	123-45	113-42	103-36	100-37	96-35	92-35	87-31	71-24	69-24	59-19	60-19	59-19	56-19	60-20	61-20
<hr/>																	
Galope, Joe (AZ)	Time of Day	0:07:08	0:08:06	0:09:16	0:10:16	0:11:29	0:12:34	0:13:48	0:14:58	0:16:32	0:17:50	0:19:19	0:20:45	0:22:31	1:00:05	1:02:10	1:04:14:45
116	Time Cum	01:08	02:06	03:16	04:16	05:29	06:34	07:48	08:58	10:32	11:50	13:19	14:45	16:31	18:05	20:10	22:14:45
Age 40	Time Delta	01:08	00:58	01:09	01:00	01:12	01:05	01:13	01:10	01:33	01:18	01:28	01:26	01:45	01:34	02:04	02:04:45
Group M40-49	Pace Cum	09:56	10:09	10:08	10:15	10:20	10:32	10:33	10:46	11:07	11:22	11:31	11:48	12:06	12:24	12:49	13:21
Overall-Group	Pace Delta	09:56	10:24	10:06	10:40	10:37	11:39	10:41	12:27	13:41	13:58	12:51	15:18	15:24	16:39	18:14	22:05
	Position	24-11	24-11	25-12	25-12	23-12	26-13	21-11	22-11	21-10	22-11	19-9	26-11	27-12	30-12	32-12	38-12

2009 Umstead 50/100 Mile Endurance Run --04/04/2009

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
Garcia, Mike (HI)	Time of Day	0:07:30	0:08:49	0:10:32	0:11:53	0:13:39	0:15:07	0:16:55	0:18:26	0:20:35	0:22:18	1:00:41	1:02:31	1:04:55	1:06:43		1:10:30:54
	Time Cum	01:30	02:49	04:32	05:53	07:39	09:07	10:55	12:26	14:35	16:18	18:41	20:31	22:55	24:43		28:30:54
117	Time Delta	01:30	01:19	01:42	01:21	01:45	01:28	01:47	01:31	02:08	01:43	02:22	01:50	02:23	01:48		03:47:27
Age 61	Pace Cum	13:08	13:33	14:03	14:08	14:25	14:36	14:46	14:56	15:23	15:39	16:10	16:25	16:48	16:57		17:07
Group M60-69	Pace Delta	13:08	14:03	14:59	14:24	15:25	15:38	15:43	16:15	18:43	18:17	20:50	19:36	20:55	19:12		18:12
Overall-Group	Position	190-12	199-14	207-18	200-16	195-16	193-16	186-15	187-15	150-10	154-12	132-13	134-13	123-12	124-12		115-11
Gentile, Bob (FL)	Time of Day	0:07:16	0:08:21	0:09:46	0:10:56	0:12:24	0:13:38	0:15:12	0:16:31	0:18:20	0:20:05	0:22:40	1:00:30	1:02:46	1:04:32	1:07:26	1:10:14:22
	Time Cum	01:16	02:21	03:46	04:56	06:24	07:38	09:12	10:31	12:20	14:05	16:40	18:30	20:46	22:32	25:26	28:14:22
118	Time Delta	01:16	01:05	01:24	01:10	01:27	01:14	01:33	01:19	01:48	01:45	02:34	01:50	02:15	01:46	02:53	02:48:22
Age 42	Pace Cum	11:06	11:20	11:41	11:52	12:03	12:13	12:27	12:38	13:01	13:32	14:25	14:48	15:13	15:28	16:10	16:57
Group M40-49	Pace Delta	11:06	11:38	12:18	12:32	12:43	13:10	13:40	14:06	15:49	18:41	22:32	19:34	19:47	18:56	25:16	29:48
Overall-Group	Position	90-30	87-29	107-38	107-36	102-38	100-37	92-35	91-31	86-30	98-36	94-31	98-33	93-32	91-32	97-35	109-37
Gentry, Bill (VA)	Time of Day	0:07:45	0:09:12	0:10:58	0:12:26	0:14:13	0:15:44	0:17:38	0:19:25	0:21:09	0:22:48	1:00:44	1:02:10	1:04:31	1:06:17	1:08:11	1:09:34:17
	Time Cum	01:45	03:12	04:58	06:26	08:13	09:44	11:38	13:25	15:09	16:48	18:44	20:10	22:31	24:17	26:11	27:34:17
40	Time Delta	01:45	01:27	01:45	01:28	01:46	01:31	01:53	01:47	01:43	01:39	01:55	01:26	02:20	01:46	01:53	01:23:17
Age 47	Pace Cum	15:20	15:26	15:24	15:27	15:29	15:35	15:44	16:06	15:59	16:08	16:12	16:08	16:30	16:39	16:39	16:33
Group M40-49	Pace Delta	15:20	15:33	15:21	15:38	15:34	16:08	16:37	18:59	15:09	17:38	16:51	15:14	20:35	18:50	16:35	14:44
Overall-Group	Position	239-71	238-70	232-70	231-70	219-68	215-67	209-66	215-67	160-53	159-53	136-40	126-37	115-37	115-37	111-37	104-35
Gerdy, Greg (NJ)	Time of Day	0:07:28	0:08:47	0:10:26	0:11:54	0:13:54	0:15:28	0:17:32	0:19:13	0:21:24	0:23:20	1:02:06	1:05:04				
	Time Cum	01:28	02:47	04:26	05:54	07:54	09:28	11:32	13:13	15:24	17:20	20:06	23:04				
119	Time Delta	01:28	01:19	01:38	01:28	01:59	01:34	02:03	01:41	02:10	01:56	02:45	02:58				
Age 57	Pace Cum	12:51	13:22	13:45	14:11	14:53	15:10	15:36	15:52	16:15	16:39	17:23	18:28				
Group M50-59	Pace Delta	12:51	13:59	14:27	15:40	17:27	16:46	18:00	17:56	19:05	20:33	24:13	31:35				
Overall-Group	Position	178-33	192-35	201-36	201-36	210-36	208-35	206-35	207-36	167-30	169-30	145-23	146-23				
<u>Gernand,</u> <u>Carolyn (VA)</u>	Time of Day	0:07:24	0:08:43	0:10:22	0:11:53	0:13:38	0:15:09	0:17:06	0:18:54	0:21:13	0:23:05	1:01:11	1:03:12	1:05:48	1:07:58	1:09:53	1:11:49:01
	Time Cum	01:24	02:43	04:22	05:53	07:38	09:09	11:06	12:54	15:13	17:05	19:11	21:12	23:48	25:58	27:53	29:49:01
120	Time Delta	01:24	01:19	01:38	01:31	01:44	01:31	01:56	01:48	02:18	01:52	02:05	02:01	02:35	02:10	01:54	01:56:01
Age 60	Pace Cum	12:16	13:06	13:32	14:08	14:23	14:38	15:01	15:29	16:04	16:25	16:36	16:58	17:27	17:48	17:44	17:53
Group F60-69	Pace Delta	12:16	14:06	14:21	16:10	15:17	16:07	17:04	19:13	20:12	19:55	18:19	21:32	22:41	23:02	16:46	20:32
Overall-Group	Position	150-1	183-1	193-2	199-2	193-2	196-2	195-1	201-1	161-1	163-1	138-1	140-1	131-1	133-1	129-1	131-1
<u>Gerstein,</u> <u>Jean (OH)</u>	Time of Day	0:07:42	0:09:09	0:10:59	0:12:31	0:14:20	0:15:53	0:17:47	0:19:26								
	Time Cum	01:42	03:09	04:59	06:31	08:20	09:53	11:47	13:26								
121	Time Delta	01:42	01:27	01:49	01:32	01:48	01:33	01:53	01:39								
Age 58	Pace Cum	14:53	15:09	15:27	15:40	15:42	15:50	15:56	16:08								
Group F50-59	Pace Delta	14:53	15:27	16:01	16:24	15:49	16:33	16:34	17:39								
Overall-Group	Position	229-15	230-15	234-15	233-15	226-15	226-14	213-12	217-12								
Gibson, Don (GA)	Time of Day	0:07:33	0:08:52	0:10:36	0:11:58	0:13:40	0:15:13	0:16:57	0:18:39	0:20:38	0:22:18	1:00:31	1:02:18	1:04:42	1:06:29	1:08:46	1:10:21:42
	Time Cum	01:33	02:52	04:36	05:58	07:40	09:13	10:57	12:39	14:38	16:18	18:31	20:18	22:42	24:29	26:46	28:21:42
122	Time Delta	01:33	01:19	01:43	01:22	01:41	01:33	01:43	01:42	01:58	01:40	02:12	01:47	02:23	01:47	02:16	01:35:42
Age 63	Pace Cum	13:35	13:49	14:16	14:21	14:27	14:45	14:49	15:11	15:27	15:39	16:01	16:15	16:38	16:48	17:01	17:01
Group M60-69	Pace Delta	13:35	14:06	15:05	14:39	14:47	16:29	15:10	18:08	17:18	17:46	19:22	19:05	20:54	19:05	19:52	16:56
Overall-Group	Position	211-17	214-18	215-19	210-19	198-17	201-17	190-16	193-16	155-12	156-12	130-12	130-12	117-11	119-11	117-11	113-9

2009 Umstead 50/100 Mile Endurance Run --04/04/2009

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
Giles, Jeff (FL)	Time of Day	0:07:04	0:07:54	0:08:53	0:09:46	0:10:49	0:11:44	0:12:54	0:13:47	0:15:06	0:16:15	0:17:56	0:19:11	0:20:53	0:22:40	1:00:58	1:03:11:09
123	Time Cum	01:04	01:54	02:53	03:46	04:49	05:44	06:54	07:47	09:06	10:15	11:56	13:11	14:53	16:40	18:58	21:11:09
Age 34	Time Delta	01:04	00:50	00:58	00:53	01:02	00:55	01:09	00:53	01:18	01:09	01:40	01:15	01:41	01:47	02:17	02:13:09
Group M30-39	Pace Cum	09:21	09:08	08:56	09:04	09:04	09:12	09:20	09:21	09:36	09:51	10:19	10:33	10:55	11:26	12:04	12:43
Overall-Group	Pace Delta	09:21	08:53	08:35	09:32	09:04	09:53	10:05	09:27	11:29	12:21	14:38	13:25	14:46	19:04	20:03	23:34
Overall-Group	Position	16-5	11-4	10-4	10-4	7-3	7-3	9-3	7-3	7-2	7-2	9-1	11-3	12-4	16-4	19-5	24-7
Glazner, Allen (NC)	Time of Day	0:07:09	0:08:08	0:09:22	0:10:32	0:11:56	0:13:10	0:14:41	0:16:14	0:19:39	0:21:46						
124	Time Cum	01:09	02:08	03:22	04:32	05:56	07:10	08:41	10:14	13:39	15:46						
Age 54	Time Delta	01:09	00:59	01:13	01:10	01:23	01:14	01:30	01:33	03:24	02:07						
Group M50-59	Pace Cum	10:04	10:15	10:26	10:53	11:11	11:29	11:45	12:18	14:24	15:08						
Overall-Group	Pace Delta	10:04	10:28	10:47	12:26	12:13	13:10	13:13	16:36	29:49	22:32						
Overall-Group	Position	25-2	27-2	36-4	51-8	53-9	54-10	54-11	75-16	125-21	137-22						
Gleason, Jeff (PA)	Time of Day	0:07:11	0:08:10	0:09:23	0:10:25	0:11:37	0:12:43	0:13:58	0:15:08	0:16:25	0:17:34	0:18:52	0:19:59	0:21:12	0:22:19	0:23:42	1:00:47:36
125	Time Cum	01:11	02:10	03:23	04:25	05:37	06:43	07:58	09:08	10:25	11:34	12:52	13:59	15:12	16:19	17:42	18:47:36
Age 51	Time Delta	01:11	00:59	01:12	01:02	01:11	01:06	01:14	01:10	01:16	01:09	01:17	01:07	01:12	01:07	01:22	01:05:36
Group M50-59	Pace Cum	10:22	10:29	10:29	10:36	10:35	10:46	10:47	10:58	11:00	11:07	11:08	11:12	11:09	11:12	11:15	11:17
Overall-Group	Pace Delta	10:22	10:37	10:31	11:00	10:29	11:48	10:51	12:29	11:10	12:19	11:18	11:57	10:35	11:57	12:02	11:37
Overall-Group	Position	37-6	38-4	40-5	38-5	34-4	34-4	27-1	28-3	19-1	19-1	15-1	16-1	14-1	13-1	12-1	12-1
<u>Glover,</u> <u>Amy (GA)</u>	Time of Day	0:07:41	0:09:12	0:11:01	0:12:40	0:14:50	0:16:44	0:19:03	0:21:10								
126	Time Cum	01:41	03:12	05:01	06:40	08:50	10:44	13:03	15:10								
Age 39	Time Delta	01:41	01:31	01:48	01:39	02:09	01:54	02:18	02:07								
Group F30-39	Pace Cum	14:45	15:25	15:33	16:02	16:38	17:11	17:39	18:13								
Overall-Group	Pace Delta	14:45	16:14	15:48	17:38	18:53	20:14	20:14	22:34								
Overall-Group	Position	227-10	236-10	237-10	239-10	236-10	238-10	231-10	233-10								
<u>Godwin,</u> <u>Marcia (NC)</u>	Time of Day	0:07:36	0:08:58	0:10:39	0:12:12	0:14:09	0:15:57	0:18:30									
127	Time Cum	01:36	02:58	04:39	06:12	08:09	09:57	12:30									
Age 64	Time Delta	01:36	01:22	01:40	01:33	01:56	01:48	02:32									
Group F60-69	Pace Cum	14:01	14:15	14:25	14:54	15:21	15:56	16:55									
Overall-Group	Pace Delta	14:01	14:32	14:44	16:35	16:59	19:15	22:14									
Overall-Group	Position	221-4	223-5	221-5	221-5	217-5	228-5	226-5									
Good, Harry (MD)	Time of Day	0:07:14	0:08:21	0:09:44	0:10:56	0:12:27	0:13:52	0:15:40	0:17:06	0:19:06	0:20:55						
128	Time Cum	01:14	02:21	03:44	04:56	06:27	07:52	09:40	11:06	13:06	14:55						
Age 58	Time Delta	01:14	01:07	01:22	01:12	01:30	01:25	01:47	01:26	01:59	01:49						
Group M50-59	Pace Cum	10:48	11:18	11:35	11:51	12:09	12:36	13:05	13:20	13:50	14:20						
Overall-Group	Pace Delta	10:48	11:54	12:05	12:45	13:16	15:05	15:44	15:19	17:26	19:23						
Overall-Group	Position	66-13	83-15	96-18	100-18	106-19	118-21	125-21	126-21	111-19	114-19						
Govern, Daniel (PA)	Time of Day	0:07:11	0:08:11	0:09:22	0:10:24	0:11:41	0:12:51	0:14:12	0:15:24	0:17:07	0:18:47						
129	Time Cum	01:11	02:11	03:22	04:24	05:41	06:51	08:12	09:24	11:07	12:47						
Age 40	Time Delta	01:11	01:00	01:10	01:02	01:16	01:10	01:20	01:12	01:42	01:40						
Group M40-49	Pace Cum	10:22	10:31	10:26	10:36	10:42	10:58	11:06	11:18	11:44	12:16						
Overall-Group	Pace Delta	10:22	10:42	10:18	11:08	11:07	12:27	11:46	12:53	14:55	17:42						
Overall-Group	Position	37-16	44-19	36-19	35-15	39-18	39-17	38-16	39-16	41-16	51-19						

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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
Gray, Rick (TN)	Time of Day	0:07:05	0:07:55	0:08:58	0:09:52	0:10:56	0:11:58	0:13:10	0:14:17	0:15:41	0:16:53	0:18:21	0:19:43	0:21:39	0:23:24	1:01:34	1:03:11:28
	Time Cum	01:05	01:55	02:58	03:52	04:56	05:58	07:10	08:17	09:41	10:53	12:21	13:43	15:39	17:24	19:34	21:11:28
130	Time Delta	01:05	00:50	01:02	00:54	01:03	01:02	01:11	01:07	01:23	01:12	01:27	01:22	01:55	01:45	02:09	01:37:28
Age 48	Pace Cum	09:29	09:14	09:12	09:18	09:18	09:33	09:42	09:57	10:13	10:28	10:41	10:59	11:28	11:56	12:27	12:43
Group M40-49	Pace Delta	09:29	08:56	09:08	09:37	09:17	11:00	10:29	12:00	12:09	12:53	12:44	14:34	16:53	18:38	18:56	17:15
Overall-Group	Position	19-10	15-8	13-6	13-6	14-7	12-5	12-6	12-6	12-6	12-6	11-6	14-7	18-7	20-7	24-9	25-9
<u>Griffiths, Vickie (WA)</u>	Time of Day	0:07:36	0:08:57	0:10:34	0:11:59	0:13:46	0:15:20	0:17:31	0:19:16	0:21:20	0:23:18	1:01:51	1:04:31				
131	Time Cum	01:36	02:57	04:34	05:59	07:46	09:20	11:31	13:16	15:20	17:18	19:51	22:31				
	Time Delta	01:36	01:21	01:36	01:25	01:46	01:34	02:11	01:45	02:03	01:58	02:32	02:40				
Age 65	Pace Cum	14:01	14:12	14:10	14:22	14:38	14:56	15:35	15:56	16:11	16:37	17:10	18:01				
Group F60-69	Pace Delta	14:01	14:26	14:05	15:03	15:37	16:38	19:07	18:43	17:59	20:54	22:20	28:23				
Overall-Group	Position	221-4	221-4	211-4	211-4	206-4	204-4	205-4	210-4	164-2	168-2	144-2	145-2				
Grochowski, Chris (NC)	Time of Day	0:07:11	0:08:10	0:09:21	0:10:28	0:11:52	0:13:14	0:14:52	0:16:07								
132	Time Cum	01:11	02:10	03:21	04:28	05:52	07:14	08:52	10:07								
	Time Delta	01:11	00:59	01:10	01:07	01:23	01:22	01:37	01:15								
Age 48	Pace Cum	10:22	10:28	10:23	10:44	11:03	11:36	12:00	12:09								
Group M40-49	Pace Delta	10:22	10:36	10:14	11:53	12:14	14:40	14:11	13:25								
Overall-Group	Position	37-16	37-17	30-15	47-20	49-21	61-24	69-25	70-26								
Haff, Aviv (ISR)	Time of Day	0:07:15	0:08:20	0:09:41	0:10:51	0:12:16	0:13:33	0:15:08	0:16:26	0:18:42	0:19:25	0:21:19	0:22:53	1:01:20	1:03:28	1:06:42	1:09:09:35
134	Time Cum	01:15	02:20	03:41	04:51	06:16	07:33	09:08	10:26	12:42	13:25	15:19	16:53	19:20	21:28	24:42	27:09:35
	Time Delta	01:15	01:05	01:20	01:10	01:24	01:17	01:35	01:18	02:16	00:43	01:53	01:34	02:26	02:08	03:13	02:27:35
Age 46	Pace Cum	10:57	11:13	11:25	11:39	11:48	12:05	12:21	12:31	13:24	12:53	13:15	13:30	14:10	14:43	15:42	16:18
Group M40-49	Pace Delta	10:57	11:32	11:48	12:26	12:22	13:38	13:52	13:48	19:51	07:37	16:38	16:39	21:27	22:42	28:17	26:07
Overall-Group	Position	80-27	76-26	88-31	92-32	90-33	95-34	83-30	84-30	101-39	68-23	61-20	69-23	75-24	78-26	86-31	95-33
Haigh, Chris (PA)	Time of Day	0:07:22	0:08:34	0:10:05	0:11:25	0:13:05	0:14:29	0:16:11	0:17:40	0:19:38	0:21:06	0:22:53	1:00:20	1:02:12	1:03:47	1:05:40	1:07:18:42
135	Time Cum	01:22	02:34	04:05	05:25	07:05	08:29	10:11	11:40	13:38	15:06	16:53	18:20	20:12	21:47	23:40	25:18:42
	Time Delta	01:22	01:12	01:30	01:20	01:39	01:24	01:41	01:29	01:57	01:28	01:46	01:27	01:51	01:35	01:52	01:38:42
Age 43	Pace Cum	11:58	12:23	12:40	13:00	13:21	13:35	13:47	14:00	14:23	14:30	14:36	14:40	14:48	14:56	15:03	15:11
Group M40-49	Pace Delta	11:58	12:53	13:10	14:12	14:34	14:57	14:49	15:49	17:10	15:40	15:33	15:27	16:18	16:51	16:28	17:28
Overall-Group	Position	136-51	147-53	149-56	158-58	157-58	155-53	147-53	151-53	123-42	120-42	97-34	96-31	84-28	82-28	78-26	76-25
<u>Hampton, Rhonda (NC)</u>	Time of Day	0:07:31	0:08:44	0:10:09	0:11:24	0:13:00	0:14:26	0:16:12	0:17:39								
24	Time Cum	01:31	02:44	04:09	05:24	07:00	08:26	10:12	11:39								
	Time Delta	01:31	01:13	01:24	01:15	01:35	01:26	01:45	01:27								
Age 48	Pace Cum	13:17	13:10	12:52	12:58	13:11	13:31	13:48	13:59								
Group F40-49	Pace Delta	13:17	13:01	12:19	13:20	13:58	15:22	15:21	15:25								
Overall-Group	Position	197-26	185-24	163-22	155-20	149-18	151-19	148-20	150-20								
Hampton, Terry G (GA)	Time of Day	0:07:37	0:08:57	0:10:35	0:12:04	0:13:42	0:15:15	0:17:08	0:18:41	0:20:38	0:22:29						
137	Time Cum	01:37	02:57	04:35	06:04	07:42	09:15	11:08	12:41	14:38	16:29						
	Time Delta	01:37	01:20	01:37	01:29	01:37	01:33	01:52	01:33	01:57	01:51						
Age 51	Pace Cum	14:10	14:13	14:13	14:34	14:30	14:48	15:04	15:13	15:27	15:50						
Group M50-59	Pace Delta	14:10	14:17	14:13	15:47	14:17	16:30	16:28	16:28	17:05	19:49						
Overall-Group	Position	223-38	222-38	213-37	215-37	202-34	203-34	197-34	195-34	155-29	157-29						

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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
Harmer, Matthew (NC) 138 Age 25 Group M20-29 Overall-Group	Time of Day	0:07:23	0:08:33	0:09:54	0:11:09	0:12:49	0:14:10	0:15:48	0:17:21								
	Time Cum	01:23	02:33	03:54	05:09	06:49	08:10	09:48	11:21								
	Time Delta	01:23	01:10	01:20	01:15	01:39	01:21	01:37	01:33								
	Pace Cum	12:07	12:17	12:06	12:23	12:50	13:04	13:15	13:38								
	Pace Delta	12:07	12:29	11:45	13:23	14:31	14:21	14:18	16:38								
	Position	145-4	140-4	128-4	128-4	137-4	135-3	132-3	140-3								
Haselden, JR, Carl (VA) 139 Age 48 Group M40-49 Overall-Group	Time of Day	0:07:20	0:08:30	0:09:53	0:11:06	0:12:36	0:14:33	0:16:24	0:18:02	0:20:38	0:22:11	1:00:28	1:02:19	1:04:44	1:06:45	1:09:20	1:11:19:25
	Time Cum	01:20	02:30	03:53	05:06	06:36	08:33	10:24	12:02	14:38	16:11	18:28	20:19	22:44	24:45	27:20	29:19:25
	Time Delta	01:20	01:10	01:22	01:13	01:29	01:57	01:50	01:38	02:35	01:33	02:16	01:51	02:24	02:01	02:34	01:59:25
	Pace Cum	11:41	12:03	12:02	12:17	12:26	13:41	14:04	14:26	15:27	15:32	15:59	16:15	16:40	16:58	17:23	17:36
	Pace Delta	11:41	12:30	12:02	13:05	13:01	20:43	16:12	17:21	22:46	16:30	19:58	19:41	21:08	21:26	22:36	21:08
	Position	115-40	130-49	125-50	127-51	126-50	161-56	162-56	167-58	155-51	147-48	128-38	131-39	119-38	126-39	126-40	127-40
Hatfield, Kevin (GA) 300 Age 34 Group M30-39 Overall-Group	Time of Day	0:07:06	0:08:08	0:09:25	0:10:34	0:12:07	0:13:36	0:15:20	0:17:01								
	Time Cum	01:06	02:08	03:25	04:34	06:07	07:36	09:20	11:01								
	Time Delta	01:06	01:02	01:16	01:09	01:32	01:29	01:43	01:41								
	Pace Cum	09:38	10:16	10:36	10:59	11:31	12:11	12:38	13:14								
	Pace Delta	09:38	11:02	11:11	12:21	13:28	15:54	15:03	17:56								
	Position	22-7	28-7	49-11	57-11	71-15	98-19	99-16	120-24								
Hayward, R Scott (NC) 140 Age 45 Group M40-49 Overall-Group	Time of Day	0:07:10	0:08:06	0:09:12	0:10:08	0:11:09	0:12:03	0:13:09	0:14:55	0:16:18	0:17:17	0:19:02	0:20:39	0:22:17	0:23:31	1:01:48	1:03:19:30
	Time Cum	01:10	02:06	03:12	04:08	05:09	06:03	07:09	08:55	10:18	11:17	13:02	14:39	16:17	17:31	19:48	21:19:30
	Time Delta	01:10	00:56	01:05	00:56	01:00	00:54	01:05	01:46	01:22	00:59	01:44	01:37	01:37	01:14	02:16	01:31:30
	Pace Cum	10:13	10:06	09:55	09:56	09:42	09:42	09:40	10:42	10:52	10:51	11:17	11:43	11:56	12:01	12:35	12:48
	Pace Delta	10:13	09:58	09:35	09:58	08:51	09:42	09:31	18:46	12:07	10:36	15:12	17:13	14:16	13:13	19:54	16:12
	Position	32-15	23-11	23-11	21-11	19-10	15-8	11-5	20-9	17-8	16-8	18-8	21-9	21-8	21-8	28-11	29-11
Herbst, Tom (NC) 141 Age 46 Group M40-49 Overall-Group	Time of Day	0:07:25	0:08:38	0:10:07	0:11:25	0:13:03	0:14:30	0:16:18	0:17:44	0:19:45	0:21:23	0:23:32	1:01:14	1:03:18	1:05:08	1:07:16	1:08:54:45
	Time Cum	01:25	02:38	04:07	05:25	07:03	08:30	10:18	11:44	13:45	15:23	17:32	19:14	21:18	23:08	25:16	26:54:45
	Time Delta	01:25	01:13	01:28	01:18	01:37	01:27	01:47	01:26	02:00	01:38	02:08	01:42	02:03	01:50	02:07	01:38:45
	Pace Cum	12:25	12:41	12:46	13:01	13:17	13:37	13:56	14:06	14:31	14:46	15:10	15:23	15:37	15:52	16:04	16:09
	Pace Delta	12:25	13:00	12:55	13:53	14:15	15:34	15:38	15:23	17:32	17:23	18:48	18:07	18:03	19:29	18:41	17:29
	Position	158-59	161-58	156-58	159-58	154-56	157-55	154-55	153-54	129-45	129-45	112-36	111-36	98-34	98-34	94-33	91-32
Hills, Derek (MD) 142 Age 36 Group M30-39 Overall-Group	Time of Day	0:07:19	0:08:27	0:09:53	0:11:05	0:12:29	0:13:47	0:15:25	0:16:47	0:18:42	0:20:14	0:22:09	0:23:57	1:02:28	1:04:41	1:07:26	1:10:14:22
	Time Cum	01:19	02:27	03:53	05:05	06:29	07:47	09:25	10:47	12:42	14:14	16:09	17:57	20:28	22:41	25:26	28:14:22
	Time Delta	01:19	01:08	01:25	01:12	01:23	01:18	01:37	01:22	01:54	01:32	01:54	01:48	02:30	02:13	02:44	02:48:22
	Pace Cum	11:32	11:47	12:02	12:12	12:13	12:28	12:44	12:57	13:24	13:40	13:58	14:22	15:00	15:34	16:10	16:57
	Pace Delta	11:32	12:05	12:31	12:46	12:15	13:54	14:14	14:35	16:44	16:21	16:44	19:11	21:59	23:40	23:59	29:48
	Position	108-23	117-25	125-25	124-24	112-23	111-22	105-18	108-21	101-18	103-18	86-17	91-18	89-15	94-16	97-17	109-18
Holbrook, Dan (TN) 143 Age 61 Group M60-69 Overall-Group	Time of Day	0:07:34	0:08:48	0:10:24	0:11:44	0:13:26	0:14:47	0:16:35	0:17:56		0:21:30	0:23:47	1:01:31	1:03:51	1:05:59	1:08:39	1:10:26:08
	Time Cum	01:34	02:48	04:24	05:44	07:26	08:47	10:35	11:56		15:30	17:47	19:31	21:51	23:59	26:39	28:26:08
	Time Delta	01:34	01:14	01:35	01:20	01:41	01:21	01:47	01:21		03:33	02:16	01:44	02:19	02:08	02:39	01:47:08
	Pace Cum	13:43	13:30	13:39	13:47	14:00	14:03	14:19	14:20		14:53	15:23	15:37	16:01	16:27	16:57	17:04
	Pace Delta	13:43	13:14	13:54	14:16	14:48	14:22	15:45	14:26		17:06	19:56	18:27	20:24	22:40	23:21	18:58
	Position	215-19	198-13	199-15	189-14	186-14	178-12	169-11	165-11		131-7	119-10	120-10	112-10	113-10	114-10	114-10

2009 Umstead 50/100 Mile Endurance Run --04/04/2009

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
Holley, Kevin (NC)	Time of Day	0:07:09	0:08:09	0:09:21	0:10:25	0:11:39	0:12:47	0:14:15	0:15:24	0:16:46	0:17:54	0:19:21	0:20:36	0:22:20	0:23:36	1:01:05	1:02:14:32
	Time Cum	01:09	02:09	03:21	04:25	05:39	06:47	08:15	09:24	10:46	11:54	13:21	14:36	16:20	17:36	19:05	20:14:32
144	Time Delta	01:09	01:00	01:11	01:04	01:13	01:08	01:27	01:09	01:21	01:08	01:26	01:15	01:43	01:16	01:28	01:09:32
Age 44	Pace Cum	10:04	10:23	10:23	10:38	10:39	10:52	11:10	11:17	11:22	11:25	11:33	11:41	11:58	12:04	12:08	12:09
Group M40-49	Pace Delta	10:04	10:45	10:24	11:28	10:41	12:06	12:48	12:14	11:57	12:03	12:42	13:18	15:10	13:30	12:57	12:18
Overall-Group	Position	25-12	32-14	30-15	42-16	37-17	37-16	40-17	38-16	28-13	26-12	20-10	20-8	22-9	22-9	20-7	18-7
Holtry, Matthew (NC)	Time of Day	0:07:01	0:07:57	0:09:05	0:10:13	0:11:36	0:12:56		0:15:45								
	Time Cum	01:01	01:57	03:05	04:13	05:36	06:56		09:45								
145	Time Delta	01:01	00:56	01:08	01:08	01:22	01:20		02:49								
Age 30	Pace Cum	08:54	09:22	09:34	10:08	10:33	11:06		11:43								
Group M30-39	Pace Delta	08:54	09:55	09:56	12:04	12:05	14:11		13:34								
Overall-Group	Position	10-4	18-5	19-5	24-6	31-7	48-10		50-12								
Howard, James (MD)	Time of Day	0:07:35	0:08:54	0:10:40	0:12:03	0:13:58	0:15:39	0:17:43	0:19:36								
	Time Cum	01:35	02:54	04:40	06:03	07:58	09:39	11:43	13:36								
146	Time Delta	01:35	01:19	01:45	01:23	01:54	01:41	02:03	01:53								
Age 47	Pace Cum	13:52	13:57	14:28	14:33	15:00	15:27	15:51	16:19								
Group M40-49	Pace Delta	13:52	14:02	15:26	14:49	16:41	17:54	18:05	20:01								
Overall-Group	Position	220-69	218-68	223-68	214-67	211-67	213-66	211-67	221-68								
Howell, David G (NC)	Time of Day	0:07:19	0:08:31	0:09:49	0:10:58	0:12:29	0:13:41	0:15:14	0:16:34	0:18:23	0:20:00	0:22:13	0:23:55	1:02:12	1:04:02	1:06:12	1:08:08:26
	Time Cum	01:19	02:31	03:49	04:58	06:29	07:41	09:14	10:34	12:23	14:00	16:13	17:55	20:12	22:02	24:12	26:08:26
147	Time Delta	01:19	01:12	01:17	01:09	01:30	01:12	01:32	01:20	01:48	01:37	02:12	01:42	02:16	01:50	02:09	01:56:26
Age 48	Pace Cum	11:32	12:06	11:50	11:57	12:13	12:18	12:29	12:41	13:04	13:27	14:02	14:20	14:48	15:07	15:23	15:41
Group M40-49	Pace Delta	11:32	12:47	11:21	12:20	13:11	12:49	13:31	14:13	15:52	17:20	19:17	18:06	19:58	19:37	18:51	20:36
Overall-Group	Position	108-37	132-51	115-44	113-41	112-43	103-39	94-37	94-35	87-31	93-35	87-29	90-30	84-28	87-31	82-28	82-28
Humphreys, Trent (SC)	Time of Day	0:06:53	0:07:40	0:08:40	0:09:37	0:10:49	0:11:54	0:13:17	0:14:19	0:15:36	0:16:38	0:18:03	0:19:10	0:20:23	0:21:35	0:23:00	1:00:17:22
	Time Cum	00:53	01:40	02:40	03:37	04:49	05:54	07:17	08:19	09:36	10:38	12:03	13:10	14:23	15:35	17:00	18:17:22
149	Time Delta	00:53	00:47	00:59	00:57	01:11	01:05	01:22	01:02	01:16	01:02	01:24	01:07	01:12	01:12	01:24	01:17:22
Age 32	Pace Cum	07:44	08:02	08:16	08:41	09:04	09:27	09:51	10:00	10:08	10:13	10:26	10:32	10:33	10:41	10:49	10:58
Group M30-39	Pace Delta	07:44	08:24	08:42	10:06	10:30	11:34	12:04	11:08	11:06	11:00	12:23	11:53	10:38	12:49	12:21	13:42
Overall-Group	Position	3-3	3-3	6-3	6-3	7-3	11-4	14-4	13-4	11-3	11-3	10-2	10-2	10-2	9-2	9-2	8-2
<u>Inscore, Staci (NC)</u>	Time of Day	0:07:06	0:08:02	0:09:06	0:10:03	0:11:08	0:12:07	0:13:20	0:14:23	0:15:44	0:16:56	0:18:25	0:19:46	0:21:18	0:22:45	1:00:40	1:02:30:30
	Time Cum	01:06	02:02	03:06	04:03	05:08	06:07	07:20	08:23	09:44	10:56	12:25	13:46	15:18	16:45	18:40	20:30:30
7	Time Delta	01:06	00:56	01:03	00:57	01:04	00:59	01:12	01:03	01:20	01:12	01:28	01:21	01:31	01:27	01:54	01:50:30
Age 36	Pace Cum	09:38	09:47	09:37	09:45	09:40	09:48	09:55	10:04	10:16	10:30	10:45	11:01	11:13	11:30	11:52	12:18
Group F30-39	Pace Delta	09:38	09:58	09:18	10:15	09:21	10:34	10:33	11:10	11:48	12:51	12:55	14:25	13:22	15:32	16:40	19:33
Overall-Group	Position	22-2	22-2	20-2	19-2	18-2	16-2	15-2	14-2	13-2	13-2	12-2	15-2	15-2	17-2	18-2	22-2
Iscool, Mark (VA)	Time of Day	0:07:19	0:08:28	0:09:49	0:10:56	0:12:30	0:13:47	0:15:20	0:16:40								
	Time Cum	01:19	02:28	03:49	04:56	06:30	07:47	09:20	10:40								
150	Time Delta	01:19	01:09	01:20	01:07	01:33	01:17	01:32	01:20								
Age 52	Pace Cum	11:32	11:55	11:50	11:53	12:15	12:28	12:38	12:49								
Group M50-59	Pace Delta	11:32	12:22	11:42	12:02	13:35	13:46	13:28	14:15								
Overall-Group	Position	108-19	122-20	115-20	108-18	115-20	112-19	99-19	102-19								

2009 Umstead 50/100 Mile Endurance Run --04/04/2009

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>Ivory</u>	Time of Day	0:07:29	0:08:51	0:10:28	0:11:55	0:13:38	0:15:07	0:16:56	0:18:25	0:20:21	0:22:03	1:00:18	1:02:15	1:04:44	1:06:42	1:08:53	1:10:49:53
<u>Angela (TN)</u>	Time Cum	01:29	02:51	04:28	05:55	07:38	09:07	10:56	12:25	14:21	16:03	18:18	20:15	22:44	24:42	26:53	28:49:53
151	Time Delta	01:29	01:22	01:36	01:27	01:42	01:29	01:48	01:29	01:55	01:42	02:14	01:57	02:28	01:58	02:10	01:56:53
Age 41	Pace Cum	13:00	13:41	13:51	14:14	14:23	14:36	14:47	14:54	15:09	15:25	15:50	16:13	16:40	16:57	17:06	17:18
Group F40-49	Pace Delta	13:00	14:32	14:09	15:31	14:57	15:54	15:48	15:48	16:53	18:05	19:41	20:50	21:39	21:00	19:02	20:41
Overall-Group	Position	187-24	208-27	203-27	207-26	193-24	194-25	188-24	185-24	144-21	143-21	123-21	129-22	119-21	122-22	120-22	123-22
<u>James, Dave (CT)</u>	Time of Day	0:06:48	0:07:28	0:08:15	0:08:55	0:09:43	0:10:28	0:11:24	0:12:16	0:13:42	0:14:56	0:16:51	0:17:55	0:18:53	0:20:03	0:21:05:10	
152	Time Cum	00:48	01:28	02:15	02:55	03:43	04:28	05:24	06:16	07:42	08:56	10:51	11:55	12:53	14:03	15:05:10	
Age 31	Time Delta	00:48	00:40	00:46	00:40	00:47	00:45	00:55	00:52	01:25	01:14	01:55	01:03	00:58	01:09	01:02:10	
Group M30-39	Pace Cum	07:00	07:05	06:59	07:00	07:00	07:09	07:18	07:31	08:08	08:35	08:41	08:44	08:51	08:56	09:03	
Overall-Group	Pace Delta	07:00	07:12	06:46	07:07	06:59	07:59	08:09	09:15	12:31	13:14	09:12	09:13	10:24	10:07	11:00	
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	
<u>Jenkins, Reina (HI)</u>	Time of Day	0:07:33	0:08:56	0:10:43	0:12:17	0:14:06	0:15:42	0:17:47	0:19:21								
153	Time Cum	01:33	02:56	04:43	06:17	08:06	09:42	11:47	13:21								
Age 47	Time Delta	01:33	01:23	01:46	01:34	01:48	01:36	02:04	01:34								
Group F40-49	Pace Cum	13:35	14:06	14:38	15:05	15:16	15:32	15:56	16:02								
Overall-Group	Pace Delta	13:35	14:44	15:35	16:41	15:53	17:03	18:12	16:45								
Overall-Group	Position	211-28	220-29	224-29	224-28	214-26	214-27	213-27	213-28								
<u>Johncock, Bill (NC)</u>	Time of Day	0:07:00	0:07:49	0:08:48	0:09:42	0:10:49											
154	Time Cum	01:00	01:49	02:48	03:42	04:49											
Age 44	Time Delta	01:00	00:49	00:58	00:54	01:06											
Group M40-49	Pace Cum	08:46	08:46	08:41	08:53	09:04											
Overall-Group	Pace Delta	08:46	08:45	08:33	09:36	09:45											
Overall-Group	Position	8-4	9-4	8-4	9-4	7-3											
<u>Johnson, Peggy (FL)</u>	Time of Day	0:07:39	0:08:59	0:10:39	0:12:07	0:14:15	0:16:18										
155	Time Cum	01:39	02:59	04:39	06:07	08:15	10:18										
Age 56	Time Delta	01:39	01:20	01:39	01:28	02:07	02:03										
Group F50-59	Pace Cum	14:27	14:22	14:25	14:42	15:32	16:30										
Overall-Group	Pace Delta	14:27	14:17	14:30	15:39	18:38	21:55										
Overall-Group	Position	225-14	226-14	221-13	216-12	222-13	233-16										
<u>Jones, Louis (VA)</u>	Time of Day	0:07:24	0:08:40	0:10:14	0:11:41	0:13:26	0:15:02	0:16:59	0:18:41	0:20:47	0:22:50	1:01:17	1:03:16	1:05:47	1:07:50	1:10:06	1:11:54:41
156	Time Cum	01:24	02:40	04:14	05:41	07:26	09:02	10:59	12:41	14:47	16:50	19:17	21:16	23:47	25:50	28:06	29:54:41
Age 64	Time Delta	01:24	01:16	01:33	01:27	01:44	01:36	01:56	01:42	02:05	02:03	02:26	01:59	02:30	02:03	02:15	01:48:41
Group M60-69	Pace Cum	12:16	12:49	13:08	13:41	14:00	14:28	14:52	15:14	15:36	16:10	16:41	17:01	17:26	17:43	17:52	17:57
Overall-Group	Pace Delta	12:16	13:29	13:42	15:34	15:11	17:03	17:02	18:12	18:17	21:55	21:20	21:12	21:56	21:53	19:45	19:14
Overall-Group	Position	150-5	171-9	180-11	187-13	186-14	190-15	193-17	197-17	158-13	160-14	139-14	141-14	130-13	132-13	130-12	132-13
<u>Jones, Ryan (PA)</u>	Time of Day	0:06:54	0:07:42	0:08:39	0:09:29	0:10:27	0:11:17	0:12:22	0:13:17	0:14:23	0:15:21	0:16:45	0:17:57	0:19:31	0:20:45	0:22:22	0:23:35:22
157	Time Cum	00:54	01:42	02:39	03:29	04:27	05:17	06:22	07:17	08:23	09:21	10:45	11:57	13:31	14:45	16:22	17:35:22
Age 29	Time Delta	00:54	00:48	00:56	00:50	00:57	00:50	01:04	00:55	01:05	00:58	01:23	01:12	01:33	01:14	01:36	01:13:22
Group M20-29	Pace Cum	07:53	08:13	08:13	08:22	08:23	08:28	08:37	08:45	08:51	08:59	09:18	09:34	09:55	10:07	10:24	10:33
Overall-Group	Pace Delta	07:53	08:37	08:14	08:54	08:26	08:57	09:24	09:45	09:37	10:25	12:08	12:52	13:37	13:15	14:02	12:59
Overall-Group	Position	6-1	6-1	5-1	5-1	5-1	4-1	4-1	4-1	3-1	4-1	3-1	5-1	5-1	5-1	5-1	5-1

2009 Umstead 50/100 Mile Endurance Run --04/04/2009

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
<hr/>																	
Kader, Al Fatah (NY)	Time of Day	0:07:11	0:08:12	0:09:36	0:10:58	0:12:43	0:14:25	0:16:39	0:18:41	0:21:27	0:23:00						
158	Time Cum	01:11	02:12	03:36	04:58	06:43	08:25	10:39	12:41	15:27	17:00						
Age 28	Time Delta	01:11	01:01	01:23	01:22	01:44	01:42	02:13	02:02	02:45	01:33						
Group M20-29	Pace Cum	10:22	10:38	11:10	11:57	12:39	13:29	14:24	15:14	16:18	16:20						
Overall-Group	Pace Delta	10:22	10:56	12:09	14:41	15:12	18:09	19:29	21:40	24:10	16:37						
	Position	37-2	49-2	73-2	114-3	135-3	148-4	176-4	196-4	171-3	162-3						
<hr/>																	
Kazmer, Val (NC)	Time of Day	0:07:05	0:07:58	0:09:01	0:09:54	0:10:58	0:12:08	0:13:27	0:14:35								
159	Time Cum	01:05	01:58	03:01	03:54	04:58	06:08	07:27	08:35								
Age 22	Time Delta	01:05	00:53	01:03	00:53	01:03	01:10	01:18	01:08								
Group F20-29	Pace Cum	09:29	09:26	09:21	09:24	09:21	09:50	10:05	10:18								
Overall-Group	Pace Delta	09:29	09:23	09:12	09:32	09:13	12:32	11:25	12:05								
	Position	19-1	19-1	17-1	15-1	15-1	17-1	18-1	16-1								
<hr/>																	
Kelly, Jim (IL)	Time of Day	0:07:18	0:08:20	0:09:35	0:10:45	0:12:14	0:13:31	0:15:20	0:17:04	0:19:28	0:21:02	0:23:26	1:01:05	1:03:31	1:05:26	1:08:32	1:10:40:22
160	Time Cum	01:18	02:20	03:35	04:45	06:14	07:31	09:20	11:04	13:28	15:02	17:26	19:05	21:31	23:26	26:32	28:40:22
Age 63	Time Delta	01:18	01:02	01:14	01:10	01:28	01:17	01:48	01:44	02:23	01:34	02:23	01:39	02:25	01:55	03:05	02:08:22
Group M60-69	Pace Cum	11:23	11:16	11:07	11:25	11:45	12:02	12:38	13:17	14:13	14:27	15:05	15:17	15:46	16:05	16:52	17:12
Overall-Group	Pace Delta	11:23	11:07	10:50	12:30	12:54	13:39	15:54	18:29	20:58	16:46	20:55	17:39	21:12	20:28	27:04	22:43
	Position	98-4	79-4	72-3	80-3	84-3	88-3	99-4	122-4	119-5	118-5	107-5	105-5	103-5	107-6	112-9	118-12
<hr/>																	
Kelly, Terry (PA)	Time of Day	0:07:15	0:08:20	0:09:30	0:10:41	0:11:59	0:13:07	0:14:42	0:16:01	0:17:47	0:19:40						
161	Time Cum	01:15	02:20	03:30	04:41	05:59	07:07	08:42	10:01	11:47	13:40						
Age 41	Time Delta	01:15	01:05	01:09	01:11	01:17	01:08	01:34	01:19	01:45	01:53						
Group M40-49	Pace Cum	10:57	11:15	10:51	11:16	11:16	11:24	11:46	12:02	12:26	13:08						
Overall-Group	Pace Delta	10:57	11:37	10:08	12:42	11:16	12:08	13:47	14:04	15:24	20:08						
	Position	80-27	78-26	64-25	73-26	58-24	51-20	55-20	64-24	63-23	79-29						
<hr/>																	
Kitchen, Jim (NC)	Time of Day	0:07:32	0:08:52	0:10:32	0:11:55	0:13:41	0:15:04	0:16:47	0:18:09								
162	Time Cum	01:32	02:52	04:32	05:55	07:41	09:04	10:47	12:09								
Age 44	Time Delta	01:32	01:20	01:39	01:23	01:45	01:23	01:42	01:22								
Group M40-49	Pace Cum	13:26	13:46	14:03	14:13	14:28	14:31	14:35	14:35								
Overall-Group	Pace Delta	13:26	14:10	14:35	14:45	15:25	14:45	14:59	14:32								
	Position	206-67	210-67	207-66	206-66	200-66	192-65	180-62	172-59								
<hr/>																	
Kulak, Joe (PA)	Time of Day	0:06:53	0:07:40	0:08:36	0:09:25	0:10:24	0:11:21	0:12:21	0:13:13	0:14:17	0:15:14	0:16:14	0:17:11	0:18:18	0:19:16	0:20:27	0:21:26:07
4	Time Cum	00:53	01:40	02:36	03:25	04:24	05:21	06:21	07:13	08:17	09:14	10:14	11:11	12:18	13:16	14:27	15:26:07
Age 41	Time Delta	00:53	00:47	00:55	00:49	00:58	00:57	00:59	00:52	01:03	00:57	00:59	00:57	01:06	00:58	01:10	00:59:07
Group M40-49	Pace Cum	07:44	08:02	08:04	08:14	08:17	08:34	08:35	08:40	08:45	08:52	08:51	08:57	09:01	09:06	09:11	09:16
Overall-Group	Pace Delta	07:44	08:24	08:06	08:50	08:29	10:10	08:42	09:16	09:17	10:09	08:42	10:12	09:42	10:19	10:19	10:28
	Position	3-1	4-1	3-1	4-1	3-1	5-2	3-1	3-1	2-1	2-1	1-1	2-1	2-1	2-1	2-1	2-1
<hr/>																	
Lager, Cheryl (VA)	Time of Day	0:07:23	0:08:34	0:09:46	0:10:50	0:12:04	0:13:16	0:14:39	0:15:56	0:17:26	0:18:40	0:20:04	0:21:31	0:23:10	1:00:28	1:02:14	1:03:42:39
163	Time Cum	01:23	02:34	03:46	04:50	06:04	07:16	08:39	09:56	11:26	12:40	14:04	15:31	17:10	18:28	20:14	21:42:39
Age 43	Time Delta	01:23	01:11	01:11	01:04	01:13	01:12	01:22	01:17	01:29	01:14	01:23	01:27	01:38	01:18	01:45	01:28:39
Group F40-49	Pace Cum	12:07	12:22	11:41	11:37	11:26	11:39	11:42	11:56	12:04	12:10	12:10	12:25	12:35	12:40	12:52	13:02
Overall-Group	Pace Delta	12:07	12:40	10:26	11:25	10:43	12:54	11:59	13:46	13:01	13:11	12:11	15:31	14:21	13:58	15:20	15:41
	Position	145-20	143-20	107-12	88-8	67-8	66-6	51-6	58-7	49-6	45-5	35-4	39-4	34-4	33-4	33-4	33-4

2009 Umstead 50/100 Mile Endurance Run --04/04/2009

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>Lance,</u>	Time of Day	0:07:13	0:08:11	0:09:26	0:10:26	0:11:41	0:12:46	0:14:07	0:15:17	0:16:56	0:18:40	0:21:41	0:23:06	1:00:54	1:02:22	1:04:06	1:05:35:52
<u>Susan (GA)</u>	Time Cum	01:13	02:11	03:26	04:26	05:41	06:46	08:07	09:17	10:56	12:40	15:41	17:06	18:54	20:22	22:06	23:35:52
15	Time Delta	01:13	00:58	01:14	01:00	01:14	01:05	01:20	01:10	01:38	01:44	03:00	01:25	01:47	01:28	01:43	01:29:52
Age 49	Pace Cum	10:39	10:33	10:39	10:40	10:42	10:51	10:59	11:09	11:32	12:10	13:34	13:41	13:51	13:58	14:03	14:10
Group F40-49	Pace Delta	10:39	10:25	10:49	10:44	10:51	11:39	11:42	12:32	14:20	18:29	26:22	15:05	15:44	15:40	15:07	15:54
Overall-Group	Position	56-5	46-4	52-5	43-5	39-5	36-4	35-4	33-4	31-3	44-5	73-9	70-8	67-8	66-8	63-7	65-8
<u>Latimer,</u>	Time of Day	0:07:11	0:08:11	0:09:22	0:10:24	0:11:40	0:12:56	0:14:20	0:15:31	0:17:02	0:18:25	0:20:08	0:21:38	0:23:32	1:01:01	1:02:50	1:04:16:47
<u>Marsha (PA)</u>	Time Cum	01:11	02:11	03:22	04:24	05:40	06:56	08:20	09:31	11:02	12:25	14:08	15:38	17:32	19:01	20:50	22:16:47
164	Time Delta	01:11	01:00	01:10	01:02	01:15	01:16	01:23	01:11	01:30	01:23	01:42	01:30	01:53	01:29	01:48	01:26:47
Age 47	Pace Cum	10:22	10:31	10:26	10:36	10:41	11:06	11:16	11:26	11:39	11:56	12:14	12:31	12:51	13:03	13:15	13:22
Group F40-49	Pace Delta	10:22	10:41	10:19	11:07	10:59	13:27	12:16	12:44	13:09	14:51	14:54	15:59	16:36	15:51	15:50	15:22
Overall-Group	Position	37-3	42-4	36-4	33-4	38-4	46-5	43-5	46-5	35-4	38-4	38-5	42-5	43-5	41-5	40-5	39-5
Lee,	Time of Day	0:07:22	0:08:47	0:10:25	0:11:44	0:13:23	0:14:48	0:16:39	0:18:12	0:20:17	0:22:13						
David (NC)	Time Cum	01:22	02:47	04:25	05:44	07:23	08:48	10:39	12:12	14:17	16:13						
165	Time Delta	01:22	01:25	01:37	01:19	01:38	01:25	01:50	01:33	02:04	01:56						
Age 47	Pace Cum	11:58	13:22	13:42	13:47	13:55	14:06	14:24	14:39	15:04	15:34						
Group M40-49	Pace Delta	11:58	15:04	14:18	14:05	14:22	15:10	16:06	16:37	18:07	20:34						
Overall-Group	Position	136-51	193-65	200-65	188-65	184-63	180-62	176-61	178-62	142-48	150-50						
<u>Lee,</u>	Time of Day	0:07:13	0:08:15	0:09:29	0:10:37	0:12:02	0:13:20	0:14:56	0:16:15	0:17:48	0:19:04	0:20:56	0:22:31	1:00:43	1:02:16	1:04:29	1:06:13:01
<u>Kathy (NC)</u>	Time Cum	01:13	02:15	03:29	04:37	06:02	07:20	08:56	10:15	11:48	13:04	14:56	16:31	18:43	20:16	22:29	24:13:01
9	Time Delta	01:13	01:02	01:13	01:08	01:24	01:18	01:35	01:19	01:32	01:16	01:51	01:35	02:11	01:33	02:13	01:44:01
Age 45	Pace Cum	10:39	10:50	10:48	11:07	11:22	11:45	12:05	12:18	12:27	12:34	12:55	13:14	13:43	13:54	14:18	14:32
Group F40-49	Pace Delta	10:39	11:02	10:45	12:12	12:17	13:53	13:57	14:01	13:33	13:38	16:12	16:59	19:08	16:28	19:25	18:25
Overall-Group	Position	56-5	61-6	58-6	62-6	62-6	71-8	72-8	77-8	65-7	62-7	55-6	58-6	66-7	64-7	70-11	70-11
Leedy,	Time of Day	0:07:17	0:08:24	0:09:46	0:10:59	0:12:33	0:13:48	0:15:25	0:16:45	0:18:28	0:19:48	0:21:24	0:22:46	1:00:34	1:02:02	1:03:48	1:05:17:32
Rick (MI)	Time Cum	01:17	02:24	03:46	04:59	06:33	07:48	09:25	10:45	12:28	13:48	15:24	16:46	18:34	20:02	21:48	23:17:32
166	Time Delta	01:17	01:07	01:21	01:13	01:33	01:15	01:36	01:20	01:42	01:20	01:35	01:22	01:47	01:28	01:45	01:29:32
Age 46	Pace Cum	11:14	11:34	11:41	12:00	12:20	12:30	12:44	12:55	13:09	13:15	13:19	13:25	13:37	13:44	13:52	13:59
Group M40-49	Pace Delta	11:14	11:57	11:54	13:05	13:36	13:22	14:05	14:19	14:55	14:10	14:00	14:36	15:42	15:36	15:27	15:51
Overall-Group	Position	92-31	101-34	107-38	115-43	121-48	113-43	105-41	107-40	90-33	85-31	65-23	66-20	62-21	59-21	57-18	58-18
Lefferts,	Time of Day	0:07:34	0:08:49	0:10:19	0:11:39	0:13:17	0:14:45	0:16:33	0:18:10	0:20:13	0:22:02	1:00:24	1:02:19	1:04:42	1:06:40	1:08:52	1:10:46:31
Peter C (FL)	Time Cum	01:34	02:49	04:19	05:39	07:17	08:45	10:33	12:10	14:13	16:02	18:24	20:19	22:42	24:40	26:52	28:46:31
25	Time Delta	01:34	01:15	01:29	01:20	01:37	01:28	01:47	01:37	02:02	01:49	02:21	01:55	02:22	01:58	02:11	01:54:31
Age 53	Pace Cum	13:43	13:36	13:23	13:36	13:43	14:01	14:16	14:37	15:00	15:24	15:55	16:16	16:38	16:55	17:05	17:16
Group M50-59	Pace Delta	13:43	13:27	13:00	14:19	14:11	15:42	15:40	17:15	17:53	19:21	20:41	20:27	20:48	21:00	19:10	20:16
Overall-Group	Position	215-37	203-37	186-33	186-33	173-28	175-29	167-27	176-28	140-24	142-24	125-18	132-20	117-17	120-18	119-17	121-18
<u>Legg,</u>	Time of Day	0:07:17	0:08:21	0:09:45	0:10:56	0:12:18	0:13:31	0:15:08	0:16:31	0:18:19	0:19:41	0:21:52	0:23:30	1:02:00	1:03:48	1:06:28	1:08:18:56
<u>Debbi (GA)</u>	Time Cum	01:17	02:21	03:45	04:56	06:18	07:31	09:08	10:31	12:19	13:41	15:52	17:30	20:00	21:48	24:28	26:18:56
167	Time Delta	01:17	01:04	01:23	01:11	01:21	01:13	01:36	01:23	01:47	01:22	02:10	01:38	02:29	01:48	02:39	01:50:56
Age 44	Pace Cum	11:14	11:22	11:38	11:51	11:52	12:02	12:21	12:38	13:00	13:09	13:44	14:01	14:40	14:57	15:34	15:47
Group F40-49	Pace Delta	11:14	11:30	12:07	12:35	11:58	12:58	14:08	14:46	15:42	14:37	19:02	17:31	21:45	19:07	23:21	19:38
Overall-Group	Position	92-10	89-8	99-8	98-10	94-10	90-10	83-10	89-10	83-8	83-8	79-11	80-12	81-13	83-13	84-13	86-13

2009 Umstead 50/100 Mile Endurance Run --04/04/2009

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>Leland,</u>	Time of Day	0:07:25	0:08:38	0:10:09	0:11:29	0:13:05	0:14:27	0:16:23	0:17:53	0:20:19							
<u>June (FL)</u>	Time Cum	01:25	02:38	04:09	05:29	07:05	08:27	10:23	11:53	14:19							
168	Time Delta	01:25	01:13	01:30	01:20	01:35	01:22	01:55	01:30	02:25							
Age 56	Pace Cum	12:25	12:40	12:52	13:11	13:21	13:32	14:03	14:17	15:07							
Group F50-59	Pace Delta	12:25	12:59	13:14	14:17	13:55	14:35	16:53	16:05	21:11							
Overall-Group	Position	158-6	159-7	163-7	169-7	157-6	153-7	158-8	164-8	143-9							
<u>Lewis,</u>	Time of Day	0:07:28	0:08:42	0:10:13	0:11:37	0:13:20	0:14:52	0:16:48	0:18:22	0:20:25	0:22:04	1:00:43					
<u>Gary (FL)</u>	Time Cum	01:28	02:42	04:13	05:37	07:20	08:52	10:48	12:22	14:25	16:04	18:43					
169	Time Delta	01:28	01:14	01:30	01:24	01:42	01:32	01:55	01:34	02:02	01:39	02:38					
Age 58	Pace Cum	12:51	12:58	13:04	13:30	13:49	14:12	14:37	14:50	15:13	15:26	16:12					
Group M50-59	Pace Delta	12:51	13:07	13:16	14:58	14:57	16:24	16:50	16:38	17:57	17:39	23:06					
Overall-Group	Position	178-33	176-32	179-32	182-30	180-32	186-32	182-31	182-30	147-26	144-25	135-22					
<u>Lewis,</u>	Time of Day	0:07:25	0:08:38	0:10:07	0:11:27	0:13:03	0:14:26	0:16:02	0:17:22	0:19:05	0:20:38	0:22:25	0:23:54	1:01:54	1:04:00	1:05:58	1:07:27:59
<u>Marie (NC)</u>	Time Cum	01:25	02:38	04:07	05:27	07:03	08:26	10:02	11:22	13:05	14:38	16:25	17:54	19:54	22:00	23:58	25:27:59
170	Time Delta	01:25	01:13	01:28	01:20	01:35	01:23	01:35	01:20	01:42	01:33	01:46	01:29	01:59	02:06	01:57	01:29:59
Age 45	Pace Cum	12:25	12:42	12:46	13:06	13:17	13:30	13:34	13:39	13:48	14:03	14:12	14:20	14:35	15:06	15:14	15:17
Group F40-49	Pace Delta	12:25	13:03	12:53	14:13	13:58	14:44	13:59	14:13	14:59	16:33	15:33	15:50	17:27	22:25	17:07	15:56
Overall-Group	Position	158-22	163-22	156-20	162-21	154-20	150-19	142-19	142-19	110-17	110-16	91-16	89-15	80-12	85-14	80-12	79-12
<u>Lightner,</u>	Time of Day	0:07:43	0:09:11	0:10:59	0:12:31	0:14:20	0:15:52	0:17:48	0:19:25	0:21:26	0:23:17	1:01:40	1:03:35				
<u>Leo (OH)</u>	Time Cum	01:43	03:11	04:59	06:31	08:20	09:52	11:48	13:25	15:26	17:17	19:40	21:35				
26	Time Delta	01:43	01:28	01:47	01:32	01:48	01:32	01:55	01:37	02:00	01:51	02:22	01:55				
Age 80	Pace Cum	15:02	15:17	15:27	15:41	15:42	15:49	15:58	16:07	16:17	16:36	17:01	17:16				
Group M70-79	Pace Delta	15:02	15:35	15:46	16:27	15:46	16:27	16:48	17:16	17:35	19:44	20:49	20:27				
Overall-Group	Position	232-2	233-2	234-2	234-2	226-2	224-2	217-1	216-1	170-1	166-1	142-1	143-1				
<u>Lilly,</u>	Time of Day	0:07:03	0:07:55	0:08:58	0:09:52	0:10:55	0:11:50	0:13:00	0:13:59	0:15:16	0:16:23	0:17:38	0:18:44	0:20:06	0:21:20	0:22:44	0:23:52:51
<u>Richard (NC)</u>	Time Cum	01:03	01:55	02:58	03:52	04:55	05:50	07:00	07:59	09:16	10:23	11:38	12:44	14:06	15:20	16:44	17:52:51
171	Time Delta	01:03	00:52	01:02	00:54	01:02	00:55	01:09	00:59	01:16	01:07	01:14	01:06	01:21	01:14	01:23	01:08:51
Age 46	Pace Cum	09:12	09:14	09:12	09:18	09:16	09:20	09:28	09:36	09:47	09:59	10:04	10:11	10:20	10:31	10:38	10:44
Group M40-49	Pace Delta	09:12	09:17	09:08	09:38	09:08	09:47	10:11	10:36	11:06	12:01	10:49	11:42	11:58	13:12	12:11	12:11
Overall-Group	Position	15-8	17-8	13-6	14-6	13-6	10-4	10-4	10-4	9-4	9-4	6-3	7-3	6-2	6-2	6-2	6-2
<u>Lipton,</u>	Time of Day	0:07:20	0:08:26	0:09:43	0:10:56	0:12:24	0:13:40	0:15:20	0:16:37	0:18:15	0:19:41	0:21:29	0:23:14	1:00:56	1:02:26	1:04:32	1:06:17:18
<u>Mike (VA)</u>	Time Cum	01:20	02:26	03:43	04:56	06:24	07:40	09:20	10:37	12:15	13:41	15:29	17:14	18:56	20:26	22:32	24:17:18
172	Time Delta	01:20	01:06	01:16	01:13	01:27	01:16	01:39	01:17	01:37	01:26	01:47	01:45	01:41	01:30	02:05	01:45:18
Age 44	Pace Cum	11:41	11:42	11:31	11:52	12:03	12:17	12:38	12:45	12:56	13:08	13:24	13:47	13:53	14:01	14:20	14:34
Group M40-49	Pace Delta	11:41	11:44	11:12	13:01	12:46	13:34	14:30	13:47	14:11	15:15	15:45	18:39	14:51	16:02	18:19	18:38
Overall-Group	Position	115-40	107-39	94-35	104-36	102-38	102-38	99-39	101-38	79-29	81-30	68-24	75-24	69-23	69-23	72-24	72-24
<u>Love-Ottobre,</u>	Time of Day	0:07:30	0:08:48	0:10:20	0:11:48	0:13:27	0:14:57	0:16:47	0:18:24	0:20:12	0:21:47	0:23:45	1:01:37	1:03:45	1:05:35	1:07:48	1:09:33:52
<u>Kim (OH)</u>	Time Cum	01:30	02:48	04:20	05:48	07:27	08:57	10:47	12:24	14:12	15:47	17:45	19:37	21:45	23:35	25:48	27:33:52
173	Time Delta	01:30	01:18	01:31	01:28	01:38	01:30	01:49	01:37	01:47	01:35	01:57	01:52	02:07	01:50	02:12	01:45:52
Age 43	Pace Cum	13:08	13:27	13:26	13:57	14:02	14:20	14:35	14:53	14:59	15:10	15:21	15:42	15:57	16:11	16:24	16:32
Group F40-49	Pace Delta	13:08	13:49	13:25	15:41	14:22	16:01	15:59	17:11	15:45	16:59	17:05	19:59	18:33	19:36	19:19	18:44
Overall-Group	Position	190-25	196-26	190-26	194-25	191-23	187-23	180-23	184-23	139-20	138-20	118-20	121-20	110-19	110-20	106-20	103-20

2009 Umstead 50/100 Mile Endurance Run --04/04/2009

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
Lowery, Chris (GA)	Time of Day	0:07:20	0:08:26	0:09:50	0:11:00	0:12:29	0:13:46	0:15:26	0:17:01	0:18:47	0:20:11	0:22:05	0:23:50	1:01:53	1:03:36	1:06:01	1:07:36:42
	Time Cum	01:20	02:26	03:50	05:00	06:29	07:46	09:26	11:01	12:47	14:11	16:05	17:50	19:53	21:36	24:01	25:36:42
102	Time Delta	01:20	01:06	01:23	01:10	01:28	01:17	01:39	01:35	01:45	01:24	01:53	01:45	02:02	01:43	02:24	01:35:42
Age 47	Pace Cum	11:41	11:44	11:53	12:01	12:13	12:27	12:46	13:14	13:29	13:38	13:55	14:17	14:35	14:49	15:16	15:22
Group M40-49	Pace Delta	11:41	11:47	12:11	12:30	12:54	13:48	14:27	16:53	15:25	15:01	16:32	18:42	17:52	18:15	21:09	16:56
Overall-Group	Position	115-40	109-39	122-47	116-44	112-43	110-42	109-43	119-45	105-40	102-38	84-27	88-29	79-27	79-27	81-27	80-27
Lucchini, D C (NC)	Time of Day	0:07:22	0:08:25	0:09:31	0:10:25	0:11:30	0:12:29	0:13:46	0:14:55								
	Time Cum	01:22	02:25	03:31	04:25	05:30	06:29	07:46	08:55								
175	Time Delta	01:22	01:03	01:05	00:54	01:04	00:59	01:16	01:09								
Age 42	Pace Cum	11:58	11:39	10:54	10:36	10:22	10:23	10:30	10:42								
Group M40-49	Pace Delta	11:58	11:16	09:33	09:34	09:29	10:33	11:09	12:14								
Overall-Group	Position	136-51	103-37	65-26	37-16	26-14	21-11	20-10	21-9								
Ludwig, Scott (GA)	Time of Day	0:07:24	0:08:33	0:09:57	0:11:09	0:12:34	0:13:51	0:15:27	0:17:02	0:18:53	0:20:04	0:21:43	0:23:06	1:00:54	1:02:22	1:04:06	1:05:35:52
	Time Cum	01:24	02:33	03:57	05:09	06:34	07:51	09:27	11:02	12:53	14:04	15:43	17:06	18:54	20:22	22:06	23:35:52
176	Time Delta	01:24	01:09	01:23	01:12	01:24	01:17	01:35	01:35	01:50	01:11	01:38	01:23	01:47	01:28	01:43	01:29:52
Age 54	Pace Cum	12:16	12:15	12:15	12:24	12:22	12:34	12:47	13:15	13:36	13:31	13:36	13:41	13:51	13:58	14:03	14:10
Group M50-59	Pace Delta	12:16	12:14	12:15	12:53	12:17	13:38	14:01	16:56	16:06	12:42	14:20	14:43	15:44	15:40	15:07	15:54
Overall-Group	Position	150-26	135-22	135-22	130-21	123-21	115-20	112-20	121-20	107-18	95-17	74-14	70-15	67-15	66-15	63-14	65-14
<u>Macklow,</u> <u>Barbara (WA)</u>	Time of Day	0:07:37	0:08:59	0:10:34	0:12:01	0:13:44	0:15:24	0:17:30	0:19:14	0:21:20	0:23:17	1:01:50	1:03:41	1:05:42	1:07:39	1:09:48	1:11:46:11
	Time Cum	01:37	02:59	04:34	06:01	07:44	09:24	11:30	13:14	15:20	17:17	19:50	21:41	23:42	25:39	27:48	29:46:11
177	Time Delta	01:37	01:22	01:34	01:27	01:42	01:40	02:05	01:44	02:05	01:57	02:32	01:51	02:00	01:57	02:08	01:58:11
Age 74	Pace Cum	14:10	14:22	14:10	14:28	14:34	15:03	15:33	15:53	16:11	16:36	17:10	17:21	17:22	17:36	17:41	17:52
Group F70-79	Pace Delta	14:10	14:36	13:47	15:31	14:56	17:49	18:18	18:25	18:24	20:48	22:15	19:45	17:35	20:51	18:43	20:55
Overall-Group	Position	223-1	225-1	211-1	213-1	205-1	207-1	204-1	208-1	164-1	167-1	143-1	144-1	129-1	131-1	128-1	130-1
Malinowski, Joseph (VA)	Time of Day	0:07:32	0:08:53	0:10:43	0:12:18	0:14:18	0:15:57	0:18:08	0:19:55								
	Time Cum	01:32	02:53	04:43	06:18	08:18	09:57	12:08	13:55								
178	Time Delta	01:32	01:21	01:49	01:35	01:59	01:39	02:10	01:47								
Age 61	Pace Cum	13:26	13:52	14:38	15:07	15:38	15:56	16:25	16:43								
Group M60-69	Pace Delta	13:26	14:23	16:01	16:49	17:31	17:35	19:05	19:01								
Overall-Group	Position	206-15	216-20	224-21	225-21	225-23	227-24	221-24	224-24								
Marsh, Ed (NC)	Time of Day	0:07:11	0:08:13	0:09:29	0:10:39	0:12:01	0:13:16	0:14:54	0:16:29								
	Time Cum	01:11	02:13	03:29	04:39	06:01	07:16	08:54	10:29								
179	Time Delta	01:11	01:02	01:15	01:10	01:21	01:15	01:37	01:35								
Age 62	Pace Cum	10:22	10:40	10:48	11:11	11:20	11:38	12:02	12:35								
Group M60-69	Pace Delta	10:22	11:02	11:03	12:30	11:53	13:17	14:18	16:50								
Overall-Group	Position	37-1	51-1	58-2	68-2	60-2	64-2	70-2	86-2								
Marsh, John C (MD)	Time of Day	0:07:14	0:08:21	0:09:44	0:10:56	0:12:28	0:13:52	0:15:40	0:17:07	0:19:29	0:20:56	0:23:09	1:01:28				
	Time Cum	01:14	02:21	03:44	04:56	06:28	07:52	09:40	11:07	13:29	14:56	17:09	19:28				
180	Time Delta	01:14	01:07	01:22	01:12	01:31	01:24	01:47	01:27	02:22	01:27	02:12	02:19				
Age 34	Pace Cum	10:48	11:18	11:35	11:51	12:11	12:36	13:05	13:20	14:14	14:20	14:50	15:35				
Group M30-39	Pace Delta	10:48	11:54	12:05	12:46	13:25	14:56	15:42	15:24	20:44	15:25	19:24	24:39				
Overall-Group	Position	66-14	83-20	96-21	101-20	109-22	119-24	125-23	128-25	120-23	115-21	101-21	117-24				

2009 Umstead 50/100 Mile Endurance Run --04/04/2009

Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<u>Mason,</u>	Time of Day	0:07:31	0:08:55	0:10:46	0:12:19	0:14:15	0:15:51		0:19:33	0:22:06	1:00:13	1:02:50	1:05:04	1:07:18	1:08:52		
<u>Louise (IL)</u>	Time Cum	01:31	02:55	04:46	06:19	08:15	09:51		13:33	16:06	18:13	20:50	23:04	25:18	26:52		
27	Time Delta	01:31	01:24	01:50	01:33	01:55	01:36		03:41	02:32	02:07	02:36	02:14	02:13	01:34		
Age 56	Pace Cum	13:17	14:03	14:47	15:10	15:32	15:47		16:17	17:00	17:29	18:01	18:28	18:33	18:26		
Group F50-59	Pace Delta	13:17	14:59	16:06	16:30	16:54	17:10		17:45	22:12	22:29	22:55	23:53	19:25	16:42		
Overall-Group	Position	197-11	219-13	228-14	227-14	222-13	222-13		219-13	174-13	172-11	146-9	147-9	132-9	134-9		
<u>Massie,</u>	Time of Day	0:07:31	0:08:49	0:10:20	0:11:46	0:13:20	0:14:41	0:16:23	0:17:47	0:19:34	0:21:07	0:23:16	1:01:03	1:03:19	1:05:24	1:08:02	1:09:46:48
<u>Tammy (MD)</u>	Time Cum	01:31	02:49	04:20	05:46	07:20	08:41	10:23	11:47	13:34	15:07	17:16	19:03	21:19	23:24	26:02	27:46:48
182	Time Delta	01:31	01:18	01:30	01:26	01:33	01:21	01:41	01:24	01:46	01:33	02:08	01:47	02:15	02:05	02:37	01:44:48
Age 37	Pace Cum	13:17	13:35	13:26	13:52	13:49	13:54	14:03	14:09	14:19	14:31	14:56	15:15	15:38	16:03	16:33	16:40
Group F30-39	Pace Delta	13:17	13:57	13:10	15:21	13:37	14:23	14:51	15:01	15:30	16:30	18:48	19:05	19:44	22:09	23:03	18:33
Overall-Group	Position	197-8	201-9	190-9	193-9	180-9	169-9	158-9	157-9	121-7	121-7	102-7	104-7	100-6	105-6	109-6	106-6
Mazumder, Ashish (NC)	Time of Day	0:07:31	0:08:58	0:10:43	0:12:21	0:14:35	0:16:39	0:19:19	0:21:45								
	Time Cum	01:31	02:58	04:43	06:21	08:35	10:39	13:19	15:45								
183	Time Delta	01:31	01:27	01:44	01:38	02:13	02:04	02:39	02:26								
Age 43	Pace Cum	13:17	14:18	14:38	15:16	16:10	17:03	18:01	18:55								
Group M40-49	Pace Delta	13:17	15:32	15:13	17:30	19:26	21:58	23:20	25:56								
Overall-Group	Position	197-66	224-69	224-69	230-69	234-71	236-70	234-69	236-69								
<u>McFadden,</u>	Time of Day	0:07:25	0:08:38	0:10:07	0:11:26	0:12:54	0:14:15	0:15:48	0:17:08	0:18:41	0:19:57	0:21:25	0:22:37	1:00:07	1:01:27	1:02:58	1:04:23:35
<u>Lisa (NC)</u>	Time Cum	01:25	02:38	04:07	05:26	06:54	08:15	09:48	11:08	12:41	13:57	15:25	16:37	18:07	19:27	20:58	22:23:35
273	Time Delta	01:25	01:13	01:28	01:19	01:27	01:21	01:33	01:20	01:32	01:16	01:27	01:12	01:29	01:20	01:30	01:25:35
Age 35	Pace Cum	12:25	12:41	12:46	13:04	13:00	13:12	13:15	13:22	13:23	13:24	13:20	13:18	13:17	13:20	13:20	13:26
Group F30-39	Pace Delta	12:25	13:02	12:54	14:06	12:45	14:20	13:35	14:13	13:32	13:34	12:45	12:55	13:00	14:11	13:16	15:09
Overall-Group	Position	158-7	162-7	156-7	161-7	142-7	141-7	132-7	129-7	99-6	91-6	66-6	61-5	51-4	50-4	42-4	42-4
McGuire, Anthony L (NC)	Time of Day	0:07:17	0:08:25	0:09:46	0:11:01	0:12:28	0:13:48	0:15:25	0:16:54								
	Time Cum	01:17	02:25	03:46	05:01	06:28	07:48	09:25	10:54								
184	Time Delta	01:17	01:08	01:20	01:15	01:26	01:20	01:36	01:29								
Age 45	Pace Cum	11:14	11:40	11:41	12:04	12:11	12:30	12:44	13:05								
Group M40-49	Pace Delta	11:14	12:12	11:42	13:22	12:38	14:17	14:04	15:50								
Overall-Group	Position	92-31	106-37	107-38	120-45	109-41	114-43	105-41	114-44								
McKeown, Bruce Grant (NY)	Time of Day	0:07:25	0:08:36	0:10:01	0:11:09	0:12:37	0:13:46	0:15:17	0:16:34	0:18:06	0:19:21	0:20:55	0:22:10	0:23:51	1:01:13	1:02:49	1:04:06:23
	Time Cum	01:25	02:36	04:01	05:09	06:37	07:46	09:17	10:34	12:06	13:21	14:55	16:10	17:51	19:13	20:49	22:06:23
185	Time Delta	01:25	01:11	01:24	01:08	01:27	01:09	01:30	01:17	01:31	01:15	01:33	01:15	01:40	01:22	01:35	01:17:23
Age 60	Pace Cum	12:25	12:31	12:27	12:23	12:28	12:26	12:34	12:42	12:46	12:49	12:54	12:56	13:05	13:11	13:14	13:16
Group M60-69	Pace Delta	12:25	12:38	12:21	12:10	12:44	12:18	13:13	13:46	13:19	13:17	13:43	13:18	14:43	14:41	13:52	13:42
Overall-Group	Position	158-7	152-6	143-6	129-5	127-6	109-4	95-3	96-3	69-2	67-2	54-2	48-2	46-2	45-2	39-2	37-2
<u>McNeill,</u>	Time of Day	0:07:15	0:08:22	0:09:45	0:10:55	0:12:16	0:13:23	0:14:42	0:15:51	0:17:14	0:18:23	0:19:45	0:20:59	0:22:37	1:00:01	1:01:44	1:03:13:34
<u>Jennifer C (NC)</u>	Time Cum	01:15	02:22	03:45	04:55	06:16	07:23	08:42	09:51	11:14	12:23	13:45	14:59	16:37	18:01	19:44	21:13:34
186	Time Delta	01:15	01:07	01:22	01:10	01:20	01:07	01:18	01:09	01:22	01:09	01:21	01:14	01:37	01:24	01:42	01:29:34
Age 40	Pace Cum	10:57	11:26	11:38	11:50	11:48	11:49	11:46	11:50	11:51	11:53	11:54	12:00	12:11	12:22	12:33	12:44
Group F40-49	Pace Delta	10:57	12:01	12:00	12:33	11:42	11:55	11:29	12:18	12:03	12:14	11:57	13:11	14:14	15:01	14:55	15:51
Overall-Group	Position	80-9	92-9	99-8	96-9	90-9	75-9	55-7	52-6	42-5	36-3	29-3	29-3	30-3	28-3	26-3	27-3

2009 Umstead 50/100 Mile Endurance Run --04/04/2009

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
McNeill, Michael (NC)	Time of Day	0:07:25	0:08:37	0:10:00	0:11:12	0:12:42	0:13:57	0:15:41	0:17:25								
187	Time Cum	01:25	02:37	04:00	05:12	06:42	07:57	09:41	11:25								
Age 37	Time Delta	01:25	01:12	01:22	01:12	01:29	01:15	01:43	01:44								
Group M30-39	Pace Cum	12:25	12:34	12:24	12:29	12:37	12:44	13:06	13:43								
Overall-Group	Pace Delta	12:25	12:45	12:06	12:45	13:08	13:22	15:06	18:30								
	Position	158-28	155-29	140-27	133-26	134-26	129-25	127-24	144-29								
McVeigh, JR, George M (VA)	Time of Day	0:07:52	0:09:24	0:11:20	0:13:00	0:15:06	0:16:56	0:19:13	0:21:21								
188	Time Cum	01:52	03:24	05:20	07:00	09:06	10:56	13:13	15:21								
Age 62	Time Delta	01:52	01:32	01:55	01:40	02:05	01:50	02:16	02:08								
Group M60-69	Pace Cum	16:21	16:21	16:32	16:49	17:09	17:30	17:53	18:26								
Overall-Group	Pace Delta	16:21	16:22	16:52	17:47	18:19	19:33	19:56	22:50								
	Position	243-27	244-27	243-26	243-26	238-25	239-26	232-26	235-26								
<u>Mitchell,</u> <u>Meredith (NC)</u>	Time of Day	0:07:50	0:09:20	0:11:19	0:13:00	0:15:08	0:17:05	0:19:13	0:21:02								
189	Time Cum	01:50	03:20	05:19	07:00	09:08	11:05	13:13	15:02								
Age 29	Time Delta	01:50	01:30	01:58	01:41	02:08	01:57	02:07	01:49								
Group F20-29	Pace Cum	16:04	16:01	16:29	16:48	17:12	17:44	17:53	18:03								
Overall-Group	Pace Delta	16:04	15:58	17:21	17:53	18:41	20:45	18:39	19:23								
	Position	242-4	243-4	242-4	242-4	239-4	240-4	232-4	232-4								
<u>Mooney,</u> <u>Lynn (GA)</u>	Time of Day	0:07:17	0:08:22	0:09:45	0:10:56	0:12:18	0:13:31	0:15:09	0:16:31	0:18:19	0:19:41	0:21:51	0:23:28	1:02:59	1:04:28	1:05:34:54	
190	Time Cum	01:17	02:22	03:45	04:56	06:18	07:31	09:09	10:31	12:19	13:41	15:51	17:28	20:59	22:28	23:34:54	
Age 47	Time Delta	01:17	01:05	01:23	01:11	01:21	01:13	01:37	01:22	01:47	01:22	02:09	01:37	03:30	01:28	01:06:54	
Group F40-49	Pace Cum	11:14	11:22	11:38	11:50	11:52	12:02	12:23	12:38	13:00	13:09	13:43	13:59	14:24	14:17	14:09	
Overall-Group	Pace Delta	11:14	11:30	12:07	12:34	11:58	12:58	14:16	14:35	15:43	14:37	18:54	17:15	16:52	12:57	11:50	
	Position	92-10	90-9	99-8	97-10	94-10	89-10	89-11	88-10	83-8	82-8	78-10	79-11	75-11	69-10	64-7	
<u>Moore,</u> <u>Catherine (CA)</u>	Time of Day	0:07:20	0:08:32	0:10:02	0:11:23	0:13:02	0:14:32	0:16:19	0:17:52	0:19:57	0:21:35	0:23:30	1:01:11	1:03:32	1:05:18	1:07:43	1:09:33:25
191	Time Cum	01:20	02:32	04:02	05:23	07:02	08:32	10:19	11:52	13:57	15:35	17:30	19:11	21:32	23:18	25:43	27:33:25
Age 48	Time Delta	01:20	01:12	01:29	01:21	01:38	01:30	01:46	01:33	02:04	01:38	01:55	01:41	02:20	01:46	02:24	01:50:25
Group F40-49	Pace Cum	11:41	12:12	12:30	12:58	13:15	13:39	13:57	14:15	14:43	14:58	15:08	15:21	15:47	15:59	16:21	16:32
Overall-Group	Pace Delta	11:41	12:50	13:04	14:31	14:19	15:58	15:36	16:31	18:12	17:21	16:47	17:56	20:33	18:51	21:06	19:33
	Position	115-16	134-18	145-19	153-19	151-19	159-22	155-21	162-22	132-19	133-19	110-18	110-19	104-17	104-18	104-18	102-19
Morgan, Paul (FL)	Time of Day	0:07:43	0:09:11	0:10:55	0:12:21		0:15:47	0:17:51	0:19:32								
192	Time Cum	01:43	03:11	04:55	06:21		09:47	11:51	13:32								
Age 67	Time Delta	01:43	01:28	01:43	01:26		03:25	02:03	01:41								
Group M60-69	Pace Cum	15:02	15:18	15:15	15:15		15:39	16:02	16:15								
Overall-Group	Pace Delta	15:02	15:37	15:09	15:14		16:28	18:06	18:00								
	Position	232-23	234-24	231-24	228-23		218-22	219-23	218-22								
Morrin, Michael (CT)	Time of Day	0:07:54	0:09:37	0:11:41	0:13:35	0:15:57	0:18:04	0:20:43	0:22:52								
193	Time Cum	01:54	03:37	05:41	07:35	09:57	12:04	14:43	16:52								
Age 72	Time Delta	01:54	01:43	02:03	01:54	02:21	02:07	02:38	02:09								
Group M70-79	Pace Cum	16:39	17:25	17:37	18:13	18:45	19:19	19:55	20:15								
Overall-Group	Pace Delta	16:39	18:21	18:00	20:15	20:41	22:32	23:10	22:55								
	Position	244-3	248-3	248-3	248-3	242-3	244-3	237-2	239-2								

2009 Umstead 50/100 Mile Endurance Run --04/04/2009

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>Morrissey,</u> <u>Sarah (VA)</u>	Time of Day	0:07:18	0:08:30	0:09:57	0:11:13		0:14:03	0:15:42	0:16:58	0:18:45	0:20:10	0:21:52	0:22:48	1:00:12	1:01:21	1:03:04	1:04:26:05
100	Time Cum	01:18	02:30	03:57	05:13		08:03	09:42	10:58	12:45	14:10	15:52	16:48	18:12	19:21	21:04	22:26:05
Age 40	Time Delta	01:18	01:12	01:26	01:16		02:50	01:38	01:16	01:46	01:25	01:41	00:56	01:23	01:09	01:42	01:22:05
Group F40-49	Pace Cum	11:23	12:02	12:15	12:33		12:54	13:07	13:11	13:27	13:37	13:44	13:26	13:20	13:17	13:24	13:28
Overall-Group	Pace Delta	11:23	12:49	12:38	13:33		13:38	14:19	13:35	15:31	15:10	14:47	09:55	12:15	12:22	14:54	14:32
	Position	98-12	128-14	135-16	136-14		133-15	128-15	116-14	103-14	100-14	79-11	67-7	53-6	48-6	44-6	43-6
Mujica, Hugo H (CT)	Time of Day	0:07:31	0:08:42	0:10:19	0:11:51	0:13:48	0:15:33	0:17:36	0:18:58								
195	Time Cum	01:31	02:42	04:19	05:51	07:48	09:33	11:36	12:58								
Age 52	Time Delta	01:31	01:11	01:36	01:32	01:56	01:45	02:02	01:22								
Group M50-59	Pace Cum	13:17	12:59	13:23	14:03	14:42	15:17	15:42	15:34								
Overall-Group	Pace Delta	13:17	12:38	14:06	16:20	17:02	18:39	17:54	14:33								
	Position	197-36	180-32	186-33	197-35	207-35	210-36	208-36	203-35								
Murolo, Fred (CT)	Time of Day	0:07:11	0:08:13	0:09:25	0:10:32	0:11:56	0:13:08	0:14:35	0:15:56	0:17:36	0:18:56	0:20:44	0:22:17	1:00:21	1:02:02	1:03:43	1:05:05:06
196	Time Cum	01:11	02:13	03:25	04:32	05:56	07:08	08:35	09:56	11:36	12:56	14:44	16:17	18:21	20:02	21:43	23:05:06
Age 52	Time Delta	01:11	01:02	01:11	01:07	01:23	01:12	01:26	01:21	01:39	01:20	01:47	01:33	02:03	01:41	01:40	01:22:06
Group M50-59	Pace Cum	10:22	10:40	10:36	10:54	11:11	11:25	11:37	11:56	12:15	12:25	12:45	13:02	13:27	13:45	13:49	13:51
Overall-Group	Pace Delta	10:22	11:02	10:28	11:57	12:11	12:47	12:40	14:24	14:33	14:13	15:43	16:31	18:04	18:02	14:37	14:32
	Position	37-6	50-8	49-8	52-8	53-9	53-9	50-9	56-10	53-10	55-10	48-10	53-12	57-12	61-12	54-11	53-11
<u>Murphy,</u> <u>Nancy (IN)</u>	Time of Day	0:07:29	0:08:49	0:10:20	0:11:44	0:13:26	0:15:08	0:17:07	0:18:59								
197	Time Cum	01:29	02:49	04:20	05:44	07:26	09:08	11:07	12:59								
Age 63	Time Delta	01:29	01:20	01:30	01:24	01:41	01:42	01:58	01:52								
Group F60-69	Pace Cum	13:00	13:35	13:26	13:48	14:00	14:37	15:02	15:36								
Overall-Group	Pace Delta	13:00	14:19	13:09	15:01	14:46	18:04	17:21	19:59								
	Position	187-3	202-3	190-1	191-1	186-1	195-1	196-2	206-3								
Murray, Jay (NC)	Time of Day	0:07:25	0:08:37	0:10:00	0:11:12	0:12:39	0:13:57	0:15:33	0:16:49	0:18:32	0:19:55	0:22:08	0:23:34	1:01:21	1:02:45	1:04:17	1:05:26:05
198	Time Cum	01:25	02:37	04:00	05:12	06:39	07:57	09:33	10:49	12:32	13:55	16:08	17:34	19:21	20:45	22:17	23:26:05
Age 47	Time Delta	01:25	01:12	01:22	01:12	01:26	01:18	01:35	01:16	01:42	01:23	02:12	01:26	01:46	01:24	01:31	01:09:05
Group M40-49	Pace Cum	12:25	12:34	12:24	12:29	12:32	12:44	12:55	13:00	13:14	13:22	13:57	14:03	14:11	14:14	14:10	14:04
Overall-Group	Pace Delta	12:25	12:46	12:06	12:45	12:42	13:54	13:56	13:34	14:57	14:49	19:19	15:14	15:37	14:55	13:23	12:14
	Position	158-59	156-57	140-53	133-52	128-51	128-49	120-47	110-42	93-36	89-33	85-28	83-26	76-25	71-24	66-23	62-21
Nelsen, George W (VA)	Time of Day	0:07:21	0:08:34	0:10:01	0:11:17	0:12:49	0:14:14	0:15:54	0:17:28	0:19:20	0:21:08	0:23:29	1:01:22	1:06:14	1:08:40	1:10:45:15	
199	Time Cum	01:21	02:34	04:01	05:17	06:49	08:14	09:54	11:28	13:20	15:08	17:29	19:22	24:14	26:40	28:45:15	
Age 53	Time Delta	01:21	01:13	01:26	01:16	01:31	01:25	01:39	01:34	01:51	01:48	02:20	01:53	04:52	02:25	02:05:15	
Group M50-59	Pace Cum	11:49	12:21	12:27	12:43	12:50	13:11	13:24	13:46	14:04	14:33	15:08	15:30	16:38	16:57	17:15	
Overall-Group	Pace Delta	11:49	12:59	12:39	13:35	13:19	15:06	14:33	16:43	16:17	19:17	20:27	20:07	23:23	21:10	22:10	
	Position	131-20	142-24	143-23	143-22	137-22	140-22	141-22	145-22	117-20	123-20	109-15	114-16	114-16	116-16	119-16	
<u>Nesbit,</u> <u>Casey (VA)</u>	Time of Day	0:07:21	0:08:31	0:09:57	0:11:13	0:12:40	0:13:53	0:15:25	0:16:43	0:18:33	0:20:02	0:21:59	0:23:33	1:01:45	1:03:40	1:07:06	1:09:17:53
200	Time Cum	01:21	02:31	03:57	05:13	06:40	07:53	09:25	10:43	12:33	14:02	15:59	17:33	19:45	21:40	25:06	27:17:53
Age 49	Time Delta	01:21	01:10	01:25	01:16	01:26	01:13	01:31	01:18	01:49	01:29	01:56	01:34	02:11	01:55	03:25	02:11:53
Group F40-49	Pace Cum	11:49	12:06	12:15	12:33	12:34	12:38	12:44	12:52	13:15	13:29	13:50	14:03	14:29	14:51	15:58	16:23
Overall-Group	Pace Delta	11:49	12:27	12:31	13:33	12:37	13:04	13:19	13:53	16:00	15:49	17:01	16:42	19:13	20:22	30:04	23:21
	Position	131-18	133-17	135-16	136-14	131-14	122-13	105-13	104-13	95-12	94-13	82-14	81-13	78-11	80-12	90-14	99-16

2009 Umstead 50/100 Mile Endurance Run --04/04/2009

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
Newnam, III, James (NC) 28	Time of Day	0:07:31	0:08:53	0:10:32	0:11:55	0:13:41	0:15:11	0:17:10	0:18:49								
	Time Cum	01:31	02:53	04:32	05:55	07:41	09:11	11:10	12:49								
	Time Delta	01:31	01:22	01:38	01:23	01:45	01:30	01:58	01:39								
	Pace Cum	13:17	13:52	14:03	14:13	14:28	14:42	15:06	15:23								
	Pace Delta	13:17	14:35	14:24	14:45	15:25	15:59	17:19	17:36								
Age 32	Pace Cum																
Group M30-39	Pace Delta																
Overall-Group	Position	197-32	217-34	207-32	205-32	200-32	199-32	199-30	199-32								
<u>Nguyen, Yen (TX)</u> 201	Time of Day	0:07:20	0:08:28	0:09:49	0:11:01	0:12:33	0:13:55	0:15:37	0:17:06	0:18:55	0:20:38	0:22:59	1:00:52	1:03:11	1:05:17	1:07:36	1:09:15:16
	Time Cum	01:20	02:28	03:49	05:01	06:33	07:55	09:37	11:06	12:55	14:38	16:59	18:52	21:11	23:17	25:36	27:15:16
	Time Delta	01:20	01:08	01:20	01:12	01:31	01:22	01:41	01:29	01:48	01:43	02:20	01:53	02:18	02:06	02:18	01:39:16
	Pace Cum	11:41	11:54	11:50	12:03	12:20	12:42	13:01	13:19	13:38	14:03	14:42	15:06	15:32	15:58	16:17	16:21
	Pace Delta	11:41	12:09	11:44	12:49	13:22	14:41	14:45	15:47	15:53	18:19	20:31	20:10	20:09	22:20	20:16	17:34
Age 45	Pace Cum																
Group F40-49	Pace Delta																
Overall-Group	Position	115-16	119-13	115-13	119-13	121-13	125-14	122-14	125-16	108-16	109-16	99-17	100-17	97-16	103-17	102-17	97-15
Nictakis, Bill (NC) 29	Time of Day	0:07:23	0:08:34	0:10:02	0:11:12	0:12:39	0:13:54	0:15:22	0:16:44	0:18:25	0:19:54						
	Time Cum	01:23	02:34	04:02	05:12	06:39	07:54	09:22	10:44	12:25	13:54						
	Time Delta	01:23	01:11	01:27	01:10	01:26	01:15	01:27	01:22	01:40	01:29						
	Pace Cum	12:07	12:22	12:30	12:31	12:32	12:39	12:40	12:53	13:06	13:22						
	Pace Delta	12:07	12:41	12:45	12:33	12:34	13:17	12:50	14:35	14:41	15:55						
Age 49	Pace Cum																
Group M40-49	Pace Delta																
Overall-Group	Position	145-57	144-53	145-55	135-52	128-51	124-48	104-40	106-39	88-32	87-32						
<u>Nop, Monica (VA)</u> 202	Time of Day	0:07:14	0:08:17	0:09:29	0:10:38	0:12:02	0:13:18	0:14:56	0:16:17	0:18:26	0:19:56	0:21:39	0:23:22	1:01:13	1:02:53	1:04:25	1:06:10:00
	Time Cum	01:14	02:17	03:29	04:38	06:02	07:18	08:56	10:17	12:26	13:56	15:39	17:22	19:13	20:53	22:25	24:10:00
	Time Delta	01:14	01:03	01:11	01:09	01:24	01:16	01:37	01:21	02:08	01:30	01:42	01:43	01:51	01:40	01:31	01:45:00
	Pace Cum	10:48	11:00	10:48	11:07	11:22	11:42	12:05	12:21	13:07	13:23	13:32	13:54	14:05	14:20	14:15	14:30
	Pace Delta	10:48	11:15	10:25	12:13	12:16	13:33	14:13	14:24	18:46	15:59	15:00	18:14	16:12	17:52	13:17	18:35
Age 43	Pace Cum																
Group F40-49	Pace Delta																
Overall-Group	Position	66-7	69-7	58-6	63-7	62-6	67-7	72-8	78-9	89-11	90-12	72-8	77-10	73-10	72-10	67-8	69-10
Novicky, Joe (OH) 203	Time of Day	0:07:20	0:08:34	0:10:00	0:11:22	0:12:59	0:14:29	0:16:16	0:17:47	0:19:39	0:21:20	0:23:22	1:01:07	1:03:18	1:05:10	1:07:20	1:09:14:14
	Time Cum	01:20	02:34	04:00	05:22	06:59	08:29	10:16	11:47	13:39	15:20	17:22	19:07	21:18	23:10	25:20	27:14:14
	Time Delta	01:20	01:14	01:25	01:22	01:36	01:30	01:46	01:31	01:51	01:41	02:01	01:45	02:10	01:52	02:09	01:54:14
	Pace Cum	11:41	12:23	12:24	12:54	13:09	13:36	13:53	14:08	14:24	14:43	15:02	15:18	15:37	15:53	16:07	16:21
	Pace Delta	11:41	13:14	12:27	14:38	14:04	16:05	15:30	16:07	16:20	17:53	17:48	18:43	19:01	19:54	18:55	20:13
Age 48	Pace Cum																
Group M40-49	Pace Delta																
Overall-Group	Position	115-40	145-53	140-53	150-56	147-55	156-53	152-54	155-55	125-44	127-44	106-35	107-35	98-34	99-35	95-34	96-34
Nowling, Mark (SC) 204	Time of Day	0:07:24	0:08:42	0:10:14	0:11:33	0:13:23	0:14:46	0:16:57	0:18:29								
	Time Cum	01:24	02:42	04:14	05:33	07:23	08:46	10:57	12:29								
	Time Delta	01:24	01:18	01:31	01:19	01:49	01:23	02:10	01:32								
	Pace Cum	12:16	12:59	13:08	13:20	13:55	14:03	14:49	14:59								
	Pace Delta	12:16	13:52	13:23	14:01	16:02	14:50	19:00	16:19								
Age 40	Pace Cum																
Group M40-49	Pace Delta																
Overall-Group	Position	150-58	179-61	180-63	174-61	184-63	177-60	190-65	189-64								
<u>Okamoto, Sheri (CA)</u> 205	Time of Day	0:07:30	0:08:45	0:10:16	0:11:33	0:13:07	0:14:26	0:16:06	0:17:32	0:19:14	0:20:46	0:22:35	1:00:12	1:02:07	1:03:46	1:05:47	1:07:24:36
	Time Cum	01:30	02:45	04:16	05:33	07:07	08:26	10:06	11:32	13:14	14:46	16:35	18:12	20:07	21:46	23:47	25:24:36
	Time Delta	01:30	01:15	01:30	01:17	01:33	01:19	01:39	01:26	01:41	01:32	01:48	01:37	01:54	01:39	02:00	01:37:36
	Pace Cum	13:08	13:13	13:14	13:21	13:24	13:31	13:40	13:51	13:58	14:11	14:21	14:34	14:45	14:56	15:07	15:15
	Pace Delta	13:08	13:18	13:15	13:44	13:38	14:09	14:27	15:22	14:46	16:19	15:53	17:13	16:45	17:35	17:36	17:16
Age 50	Pace Cum																
Group F50-59	Pace Delta																
Overall-Group	Position	190-9	188-9	183-9	175-9	160-7	152-6	144-6	147-6	115-6	113-6	93-5	94-5	83-5	81-4	79-4	78-4

2009 Umstead 50/100 Mile Endurance Run --04/04/2009

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
Olivera, Mike (NC)	Time of Day	0:07:43	0:09:10	0:11:03	0:12:43	0:14:40	0:16:22	0:18:28	0:20:19								
	Time Cum	01:43	03:10	05:03	06:43	08:40	10:22	12:28	14:19								
206	Time Delta	01:43	01:27	01:52	01:40	01:56	01:42	02:05	01:51								
Age 50	Pace Cum	15:02	15:16	15:40	16:08	16:20	16:36	16:52	17:11								
Group M50-59	Pace Delta	15:02	15:32	16:23	17:46	17:01	18:05	18:22	19:41								
Overall-Group	Position	232-40	232-39	241-40	241-40	235-39	235-39	225-37	228-37								
O'Neil, Jim (VA)	Time of Day	0:07:28	0:08:36	0:10:07	0:11:25	0:13:06	0:14:25	0:16:03	0:17:19								
	Time Cum	01:28	02:36	04:07	05:25	07:06	08:25	10:03	11:19								
207	Time Delta	01:28	01:08	01:30	01:18	01:40	01:19	01:37	01:16								
Age 60	Pace Cum	12:51	12:31	12:46	13:00	13:23	13:29	13:36	13:36								
Group M60-69	Pace Delta	12:51	12:08	13:12	13:49	14:44	14:07	14:12	13:35								
Overall-Group	Position	178-9	153-6	156-7	157-8	159-9	149-8	143-8	137-8								
Osheroff, William (HI)	Time of Day	0:07:26	0:08:39	0:10:11	0:11:33	0:13:18	0:14:45	0:16:36	0:18:08	0:20:02	0:21:37	0:23:41	1:01:28	1:03:47	1:05:38	1:08:04	1:10:00:17
	Time Cum	01:26	02:39	04:11	05:33	07:18	08:45	10:36	12:08	14:02	15:37	17:41	19:28	21:47	23:38	26:04	28:00:17
10	Time Delta	01:26	01:13	01:31	01:22	01:44	01:27	01:50	01:32	01:53	01:35	02:03	01:47	02:18	01:51	02:25	01:56:17
Age 65	Pace Cum	12:33	12:45	12:58	13:21	13:45	14:00	14:20	14:34	14:49	15:00	15:18	15:35	15:58	16:13	16:35	16:48
Group M60-69	Pace Delta	12:33	12:59	13:23	14:41	15:12	15:27	16:10	16:21	16:36	16:59	17:58	18:58	20:16	19:47	21:12	20:35
Overall-Group	Position	169-8	165-8	167-10	177-10	176-11	174-11	170-12	171-13	136-8	136-9	115-8	116-9	111-9	111-9	110-8	108-8
Pantalone, Michael (PA)	Time of Day	0:07:09	0:08:08	0:09:20	0:10:34	0:12:09	0:13:37	0:15:28	0:17:06								
	Time Cum	01:09	02:08	03:20	04:34	06:09	07:37	09:28	11:06								
208	Time Delta	01:09	00:59	01:11	01:14	01:34	01:28	01:50	01:38								
Age 40	Pace Cum	10:04	10:15	10:20	10:58	11:35	12:12	12:48	13:20								
Group M40-49	Pace Delta	10:04	10:28	10:29	13:10	13:49	15:42	16:06	17:28								
Overall-Group	Position	25-12	26-13	28-14	56-24	75-26	99-36	114-45	127-47								
Pastore, Mike (SC)	Time of Day	0:07:09	0:08:09	0:09:21	0:10:27	0:11:44	0:12:51	0:14:18	0:15:33	0:17:02	0:18:23	0:20:06	0:21:34	0:23:24	1:00:51	1:02:35	1:03:55:32
	Time Cum	01:09	02:09	03:21	04:27	05:44	06:51	08:18	09:33	11:02	12:23	14:06	15:34	17:24	18:51	20:35	21:55:32
209	Time Delta	01:09	01:00	01:11	01:06	01:16	01:07	01:26	01:15	01:28	01:21	01:42	01:28	01:49	01:27	01:43	01:20:32
Age 53	Pace Cum	10:04	10:23	10:23	10:41	10:48	10:59	11:14	11:28	11:39	11:53	12:12	12:28	12:45	12:56	13:05	13:09
Group M50-59	Pace Delta	10:04	10:45	10:24	11:43	11:13	12:02	12:34	13:21	12:56	14:20	15:02	15:41	15:59	15:33	15:03	14:15
Overall-Group	Position	25-2	31-3	30-2	45-7	45-7	42-8	42-8	47-8	35-7	34-7	37-7	40-8	39-7	38-7	37-6	35-6
Patch, Tom (NC)	Time of Day	0:07:20	0:08:28	0:09:52	0:11:01	0:12:30	0:13:53	0:15:46	0:17:18								
	Time Cum	01:20	02:28	03:52	05:01	06:30	07:53	09:46	11:18								
210	Time Delta	01:20	01:08	01:23	01:09	01:28	01:23	01:52	01:32								
Age 49	Pace Cum	11:41	11:54	11:59	12:02	12:15	12:38	13:13	13:34								
Group M40-49	Pace Delta	11:41	12:10	12:09	12:13	12:59	14:51	16:22	16:25								
Overall-Group	Position	115-40	120-45	124-49	117-45	115-45	123-47	131-50	135-49								
<u>Pearson,</u> <u>Karen (GA)</u>	Time of Day	0:07:34	0:08:52	0:10:36	0:11:58	0:13:40	0:15:13	0:16:58	0:18:36	0:20:35	0:22:15	1:00:20	1:02:08	1:04:26	1:06:22	1:08:32	1:10:20:07
	Time Cum	01:34	02:52	04:36	05:58	07:40	09:13	10:58	12:36	14:35	16:15	18:20	20:08	22:26	24:22	26:32	28:20:07
211	Time Delta	01:34	01:18	01:43	01:22	01:41	01:33	01:44	01:38	01:58	01:40	02:04	01:48	02:17	01:56	02:09	01:48:07
Age 44	Pace Cum	13:43	13:49	14:16	14:21	14:27	14:45	14:50	15:08	15:23	15:37	15:52	16:07	16:27	16:43	16:52	17:00
Group F40-49	Pace Delta	13:43	13:56	15:05	14:38	14:47	16:29	15:19	17:26	17:18	17:48	18:10	19:17	20:00	20:39	18:53	19:08
Overall-Group	Position	215-29	213-28	215-28	209-27	198-25	200-26	192-25	192-25	150-22	153-22	124-22	125-21	114-20	117-21	112-21	112-21

2009 Umstead 50/100 Mile Endurance Run --04/04/2009

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
Peek, Tyler (NC)	Time of Day	0:07:04	0:07:55	0:09:02	0:09:56	0:11:04	0:12:00	0:13:13	0:14:13	0:15:31	0:16:35	0:17:54	0:18:58	0:20:18	0:21:28	0:22:58	1:00:18:19
30	Time Cum	01:04	01:55	03:02	03:56	05:04	06:00	07:13	08:13	09:31	10:35	11:54	12:58	14:18	15:28	16:58	18:18:19
Age 43	Time Delta	01:04	00:51	01:06	00:54	01:07	00:56	01:12	01:00	01:17	01:04	01:18	01:04	01:19	01:10	01:29	01:20:19
Group M40-49	Pace Cum	09:21	09:14	09:24	09:28	09:33	09:37	09:46	09:52	10:03	10:10	10:18	10:23	10:29	10:37	10:47	10:59
Overall-Group	Pace Delta	09:21	09:06	09:43	09:41	09:49	10:03	10:33	10:42	11:20	11:20	11:32	11:29	11:33	12:30	13:03	14:13
	Position	16-9	15-8	18-10	17-9	16-8	13-6	13-7	11-5	10-5	10-5	8-5	9-5	7-3	7-3	8-4	9-4
<u>Perry,</u>	Time of Day	0:07:00	0:07:49	0:08:48	0:09:38	0:10:37	0:11:28	0:12:28	0:13:22	0:14:27	0:15:21	0:16:24	0:17:22	0:18:34	0:19:39	0:20:57	0:22:02:27
<u>Jill (NY)</u>	Time Cum	01:00	01:49	02:48	03:38	04:37	05:28	06:28	07:22	08:27	09:21	10:24	11:22	12:34	13:39	14:57	16:02:27
11	Time Delta	01:00	00:49	00:58	00:50	00:58	00:51	00:59	00:54	01:04	00:54	01:02	00:58	01:11	01:05	01:17	01:05:27
Age 38	Pace Cum	08:46	08:45	08:41	08:45	08:42	08:46	08:45	08:51	08:55	08:59	09:00	09:06	09:13	09:22	09:30	09:37
Group F30-39	Pace Delta	08:46	08:45	08:33	08:59	08:30	09:08	08:40	09:37	09:35	09:11	10:19	10:28	11:34	11:20	11:35	11:35
Overall-Group	Position	8-1	8-1	8-1	7-1	6-1	6-1	6-1	5-1	4-1	3-1	2-1	3-1	3-1	3-1	3-1	3-1
Peterson, Darryl E (NC)	Time of Day	0:07:14	0:08:16	0:09:28	0:10:34	0:11:52	0:12:55	0:14:20	0:15:27	0:17:06	0:18:25	0:19:58	0:21:17	0:22:54	1:00:11	1:01:50	1:08:11:48
212	Time Cum	01:14	02:16	03:28	04:34	05:52	06:55	08:20	09:27	11:06	12:25	13:58	15:17	16:54	18:11	19:50	21:11:48
Age 30	Time Delta	01:14	01:02	01:11	01:06	01:17	01:03	01:24	01:07	01:38	01:19	01:32	01:19	01:36	01:17	01:38	01:21:48
Group M30-39	Pace Cum	10:48	10:57	10:45	10:58	11:03	11:05	11:16	11:21	11:43	11:56	12:05	12:14	12:23	12:28	12:37	12:43
Overall-Group	Pace Delta	10:48	11:07	10:23	11:42	11:22	11:17	12:18	12:00	14:20	14:07	13:28	14:07	14:03	13:40	14:25	14:29
	Position	66-14	67-13	54-12	54-11	49-11	44-9	43-8	41-8	40-9	37-8	33-7	34-9	32-9	31-8	29-8	26-8
Phillips, Thomas (VA)	Time of Day	0:07:13	0:08:15	0:09:33	0:10:41	0:12:09	0:13:23	0:15:08	0:17:05								
213	Time Cum	01:13	02:15	03:33	04:41	06:09	07:23	09:08	11:05								
Age 43	Time Delta	01:13	01:02	01:17	01:08	01:27	01:14	01:44	01:57								
Group M40-49	Pace Cum	10:39	10:50	11:00	11:15	11:35	11:49	12:21	13:19								
Overall-Group	Pace Delta	10:39	11:03	11:20	12:06	12:48	13:08	15:18	20:50								
	Position	56-23	62-24	69-27	71-26	75-26	74-25	83-30	123-46								
Plant, James (NC)	Time of Day	0:07:27	0:08:41	0:10:11	0:11:28	0:13:09	0:14:34	0:16:26	0:17:48								
214	Time Cum	01:27	02:41	04:11	05:28	07:09	08:34	10:26	11:48								
Age 44	Time Delta	01:27	01:14	01:29	01:17	01:40	01:25	01:51	01:22								
Group M40-49	Pace Cum	12:42	12:53	12:58	13:07	13:28	13:43	14:07	14:10								
Overall-Group	Pace Delta	12:42	13:07	13:07	13:38	14:44	15:10	16:15	14:39								
	Position	174-62	172-60	167-60	166-60	165-60	164-57	165-58	159-56								
Portera, Anthony (NY)	Time of Day	0:07:14	0:08:19	0:09:33	0:10:36	0:11:56	0:13:08	0:14:33	0:15:46	0:17:21	0:18:38	0:20:08	0:21:31	0:23:10	1:00:36	1:02:15	1:03:39:37
215	Time Cum	01:14	02:19	03:33	04:36	05:56	07:08	08:33	09:46	11:21	12:38	14:08	15:31	17:10	18:36	20:15	21:39:37
Age 38	Time Delta	01:14	01:05	01:13	01:03	01:19	01:12	01:24	01:13	01:34	01:17	01:29	01:23	01:38	01:26	01:38	01:24:37
Group M30-39	Pace Cum	10:48	11:09	11:00	11:04	11:11	11:25	11:34	11:43	11:59	12:08	12:14	12:25	12:35	12:46	12:53	13:00
Overall-Group	Pace Delta	10:48	11:35	10:44	11:18	11:34	12:47	12:23	12:56	13:51	13:46	13:01	14:43	14:26	15:21	14:21	14:59
	Position	66-14	71-16	69-15	58-13	53-12	52-13	49-11	51-13	46-11	43-10	38-9	38-10	34-10	35-10	34-10	32-9
Potter, Eugene (VA)	Time of Day	0:07:28	0:08:43	0:10:16	0:11:34	0:13:13	0:14:37	0:16:21	0:17:50	0:19:53	0:21:27	0:23:28	1:01:01	1:02:57	1:04:36	1:06:50	1:08:25:57
216	Time Cum	01:28	02:43	04:16	05:34	07:13	08:37	10:21	11:50	13:53	15:27	17:28	19:01	20:57	22:36	24:50	26:25:57
Age 64	Time Delta	01:28	01:15	01:32	01:18	01:38	01:24	01:43	01:29	02:02	01:34	02:00	01:33	01:55	01:39	02:13	01:35:57
Group M60-69	Pace Cum	12:51	13:07	13:14	13:22	13:36	13:49	14:00	14:13	14:39	14:51	15:07	15:13	15:21	15:30	15:48	15:52
Overall-Group	Pace Delta	12:51	13:27	13:26	13:50	14:25	15:01	15:03	15:50	17:54	16:48	17:32	16:36	16:49	17:41	19:26	16:59
	Position	178-9	184-11	183-12	178-11	171-10	167-10	157-10	160-9	131-6	130-6	108-6	103-4	95-4	92-4	88-4	87-5

2009 Umstead 50/100 Mile Endurance Run --04/04/2009

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
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Ramey, Matt (NC)	Time of Day	0:07:14	0:08:16	0:09:28	0:10:39	0:12:07	0:13:28	0:14:58	0:16:21								
217	Time Cum	01:14	02:16	03:28	04:39	06:07	07:28	08:58	10:21								
Age 31	Time Delta	01:14	01:02	01:11	01:11	01:27	01:21	01:29	01:23								
Group M30-39	Pace Cum	10:48	10:54	10:45	11:12	11:31	11:58	12:08	12:25								
Overall-Group	Pace Delta	10:48	11:01	10:29	12:43	12:44	14:28	13:02	14:44								
	Position	66-14	64-13	54-12	69-16	71-15	84-17	79-14	81-16								
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Rarer, Garry R (PA)	Time of Day	0:07:11	0:08:11	0:09:22	0:10:24	0:11:41	0:12:56	0:14:20	0:15:31	0:17:03	0:18:28	0:20:15	0:21:59				
218	Time Cum	01:11	02:11	03:22	04:24	05:41	06:56	08:20	09:31	11:03	12:28	14:15	15:59				
Age 36	Time Delta	01:11	01:00	01:10	01:02	01:16	01:15	01:23	01:11	01:31	01:25	01:46	01:44				
Group M30-39	Pace Cum	10:22	10:31	10:26	10:36	10:42	11:06	11:16	11:26	11:40	11:58	12:20	12:48				
Overall-Group	Pace Delta	10:22	10:42	10:18	11:07	11:07	13:17	12:15	12:44	13:18	15:07	15:34	18:29				
	Position	37-9	43-9	36-8	34-8	39-9	47-10	43-8	45-9	37-8	40-9	41-10	46-12				
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Reiter, Marcus (SC)	Time of Day	0:07:27	0:08:39	0:10:04	0:11:27	0:12:50	0:14:03	0:15:28	0:16:43	0:18:13	0:19:47	0:21:33	0:22:42	1:00:38	1:02:24	1:04:07	1:05:25:28
219	Time Cum	01:27	02:39	04:04	05:27	06:50	08:03	09:28	10:43	12:13	13:47	15:33	16:42	18:38	20:24	22:07	23:25:28
Age 35	Time Delta	01:27	01:12	01:24	01:23	01:22	01:13	01:24	01:15	01:29	01:34	01:45	01:09	01:55	01:46	01:42	01:18:28
Group M30-39	Pace Cum	12:42	12:45	12:37	13:06	12:52	12:54	12:48	12:52	12:54	13:14	13:27	13:22	13:40	13:59	14:04	14:03
Overall-Group	Pace Delta	12:42	12:50	12:20	14:45	12:04	13:00	12:21	13:22	13:03	16:39	15:28	12:23	16:47	18:48	15:00	13:53
	Position	174-30	167-31	147-28	163-31	141-28	132-26	114-20	105-20	74-14	84-17	70-15	63-15	64-14	68-14	65-13	60-13
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Reitzig, Jim (NY)	Time of Day	0:07:20	0:08:33	0:10:05	0:11:21	0:13:07	0:14:41	0:16:38	0:18:09								
220	Time Cum	01:20	02:33	04:05	05:21	07:07	08:41	10:38	12:09								
Age 34	Time Delta	01:20	01:13	01:31	01:16	01:45	01:34	01:56	01:31								
Group M30-39	Pace Cum	11:41	12:17	12:40	12:52	13:24	13:54	14:23	14:35								
Overall-Group	Pace Delta	11:41	13:00	13:22	13:32	15:24	16:41	17:02	16:07								
	Position	115-25	138-27	149-30	145-29	160-31	172-31	173-29	172-31								
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<u>Rentz,</u> <u>Anne (GA)</u>	Time of Day	0:07:32	0:08:53	0:10:35	0:12:10	0:14:01	0:15:46	0:18:01	0:19:46	0:22:00	1:00:17						
221	Time Cum	01:32	02:53	04:35	06:10	08:01	09:46	12:01	13:46	16:00	18:17						
Age 56	Time Delta	01:32	01:21	01:41	01:35	01:50	01:45	02:14	01:45	02:13	02:17						
Group F50-59	Pace Cum	13:26	13:52	14:13	14:49	15:06	15:38	16:15	16:32	16:53	17:34						
Overall-Group	Pace Delta	13:26	14:23	14:51	16:53	16:09	18:36	19:42	18:45	19:25	24:23						
	Position	206-13	215-12	213-12	217-13	212-12	217-12	220-13	222-14	173-12	173-12						
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<u>Rice,</u> <u>Rita (MT)</u>	Time of Day	0:07:14	0:08:22	0:09:45	0:10:57	0:12:23	0:13:43	0:15:17	0:16:34	0:18:19	0:19:48	0:21:52	0:23:44	1:02:21	1:04:20	1:07:27	1:09:31:24
222	Time Cum	01:14	02:22	03:45	04:57	06:23	07:43	09:17	10:34	12:19	13:48	15:52	17:44	20:21	22:20	25:27	27:31:24
Age 42	Time Delta	01:14	01:08	01:22	01:12	01:25	01:20	01:33	01:17	01:44	01:29	02:03	01:52	02:36	01:59	03:06	02:04:24
Group F40-49	Pace Cum	10:48	11:25	11:38	11:54	12:02	12:21	12:34	12:42	13:00	13:15	13:44	14:11	14:55	15:19	16:11	16:31
Overall-Group	Pace Delta	10:48	12:09	12:01	12:48	12:30	14:11	13:42	13:45	15:14	15:49	18:03	19:52	22:53	21:11	27:12	22:01
	Position	66-7	91-9	99-8	110-12	101-12	107-12	95-12	95-12	83-8	86-10	79-11	84-14	88-14	90-16	100-16	101-18
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Ring, Robert R (VA)	Time of Day	0:07:44	0:09:12	0:10:58	0:12:26	0:14:13	0:15:44	0:17:38	0:19:35								
223	Time Cum	01:44	03:12	04:58	06:26	08:13	09:44	11:38	13:35								
Age 60	Time Delta	01:44	01:28	01:45	01:28	01:46	01:31	01:53	01:57								
Group M60-69	Pace Cum	15:11	15:26	15:24	15:27	15:29	15:35	15:44	16:19								
Overall-Group	Pace Delta	15:11	15:44	15:21	15:39	15:34	16:08	16:37	20:49								
	Position	236-24	239-25	232-25	232-25	219-21	216-21	209-21	220-23								

2009 Umstead 50/100 Mile Endurance Run --04/04/2009

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
Rizk, Sam (NC)	Time of Day	0:07:34	0:08:52	0:10:22	0:11:37	0:13:18	0:14:50	0:16:36	0:18:03	0:20:01	0:21:31	0:23:37	1:01:21	1:03:35	1:05:28	1:07:48	1:09:03:21
	Time Cum	01:34	02:52	04:22	05:37	07:18	08:50	10:36	12:03	14:01	15:31	17:37	19:21	21:35	23:28	25:48	27:03:21
31	Time Delta	01:34	01:18	01:29	01:15	01:40	01:32	01:45	01:27	01:57	01:30	02:05	01:44	02:13	01:53	02:19	01:15:21
Age 68	Pace Cum	13:43	13:47	13:32	13:31	13:45	14:09	14:20	14:29	14:48	14:54	15:14	15:29	15:49	16:06	16:24	16:14
Group M60-69	Pace Delta	13:43	13:52	13:05	13:25	14:38	16:21	15:25	15:32	17:07	16:01	18:20	18:33	19:27	20:04	20:23	13:20
Overall-Group	Position	215-19	212-18	193-13	183-12	176-11	182-13	170-12	169-12	135-7	132-8	114-7	113-6	105-6	108-7	106-7	93-7
Robinson, Brett (CA)	Time of Day	0:07:28	0:08:45	0:10:11	0:11:33	0:13:17	0:14:46	0:16:34	0:18:11	0:20:09	0:21:50						
	Time Cum	01:28	02:45	04:11	05:33	07:17	08:46	10:34	12:11	14:09	15:50						
224	Time Delta	01:28	01:17	01:25	01:22	01:43	01:29	01:47	01:37	01:57	01:41						
Age 47	Pace Cum	12:51	13:12	12:58	13:21	13:43	14:02	14:18	14:37	14:56	15:13						
Group M40-49	Pace Delta	12:51	13:39	12:33	14:39	15:04	15:47	15:45	17:12	17:12	18:01						
Overall-Group	Position	178-63	186-63	167-60	176-61	173-62	176-60	168-59	177-61	137-47	139-47						
Robinson, Walt (NC)	Time of Day	0:07:19	0:08:23	0:09:40	0:10:48	0:12:14	0:13:31	0:15:08	0:16:33	0:18:29	0:20:05						
	Time Cum	01:19	02:23	03:40	04:48	06:14	07:31	09:08	10:33	12:29	14:05						
225	Time Delta	01:19	01:04	01:16	01:08	01:25	01:17	01:36	01:25	01:55	01:36						
Age 49	Pace Cum	11:32	11:30	11:22	11:33	11:45	12:02	12:21	12:40	13:11	13:32						
Group M40-49	Pace Delta	11:32	11:28	11:08	12:09	12:28	13:42	14:06	15:05	16:54	17:04						
Overall-Group	Position	108-37	97-30	85-30	84-30	84-30	92-31	83-30	93-34	91-34	97-36						
Rodatz, Chris (FL)	Time of Day	0:07:33	0:08:50	0:10:29	0:11:54	0:13:43	0:15:14	0:17:18	0:18:52								
	Time Cum	01:33	02:50	04:29	05:54	07:43	09:14	11:18	12:52								
38	Time Delta	01:33	01:17	01:38	01:25	01:48	01:31	02:03	01:34								
Age 63	Pace Cum	13:35	13:39	13:54	14:12	14:32	14:47	15:17	15:27								
Group M60-69	Pace Delta	13:35	13:45	14:21	15:12	15:47	16:14	18:00	16:42								
Overall-Group	Position	211-17	205-15	205-17	204-17	203-18	202-18	202-20	200-19								
Rose, Steven (MI)	Time of Day	0:07:13	0:08:13	0:09:29	0:10:39	0:12:11	0:13:32	0:15:31	0:17:00	0:18:50	0:20:34	0:22:32	1:00:11	1:02:38	1:04:53	1:07:51	1:10:14:25
	Time Cum	01:13	02:13	03:29	04:39	06:11	07:32	09:31	11:00	12:50	14:34	16:32	18:11	20:38	22:53	25:51	28:14:25
226	Time Delta	01:13	01:00	01:15	01:10	01:31	01:21	01:58	01:29	01:49	01:44	01:57	01:39	02:26	02:15	02:57	02:23:25
Age 36	Pace Cum	10:39	10:41	10:48	11:10	11:39	12:04	12:52	13:12	13:33	13:59	14:18	14:33	15:08	15:42	16:26	16:57
Group M30-39	Pace Delta	10:39	10:43	11:01	12:24	13:26	14:28	17:16	15:48	16:01	18:27	17:11	17:35	21:24	24:02	25:52	25:23
Overall-Group	Position	56-11	56-10	58-14	67-16	81-19	94-18	119-22	118-23	106-19	107-19	92-18	93-19	91-16	96-18	108-19	111-19
Rosenstein, Phil (WI)	Time of Day	0:07:04	0:07:59	0:09:06	0:10:10	0:11:29	0:12:38	0:13:59	0:15:09	0:16:37	0:17:53	0:19:25	0:20:41	0:22:22	1:00:11	1:02:07	1:03:50:44
	Time Cum	01:04	01:59	03:06	04:10	05:29	06:38	07:59	09:09	10:37	11:53	13:25	14:41	16:22	18:11	20:07	21:50:44
227	Time Delta	01:04	00:55	01:07	01:04	01:18	01:09	01:20	01:10	01:27	01:16	01:31	01:16	01:40	01:49	01:55	01:43:44
Age 38	Pace Cum	09:21	09:31	09:37	10:02	10:20	10:37	10:48	10:59	11:12	11:25	11:36	11:45	12:00	12:28	12:48	13:06
Group M30-39	Pace Delta	09:21	09:44	09:47	11:27	11:26	12:15	11:48	12:29	12:46	13:30	13:24	13:32	14:41	19:23	16:51	18:22
Overall-Group	Position	16-5	20-6	20-6	22-5	23-5	29-6	30-6	29-6	24-5	25-5	24-4	24-5	24-6	32-8	31-9	34-10
Ruth, Len (OH)	Time of Day	0:07:15	0:08:20	0:09:37	0:10:42	0:12:04	0:13:13	0:14:42	0:15:56	0:17:39	0:18:52	0:20:25	0:21:45	0:23:29	1:00:56	1:02:54	1:04:33:41
	Time Cum	01:15	02:20	03:37	04:42	06:04	07:13	08:42	09:56	11:39	12:52	14:25	15:45	17:29	18:56	20:54	22:33:41
228	Time Delta	01:15	01:05	01:16	01:05	01:21	01:09	01:28	01:14	01:42	01:13	01:32	01:20	01:43	01:27	01:57	01:39:41
Age 46	Pace Cum	10:57	11:13	11:13	11:18	11:26	11:34	11:46	11:56	12:18	12:22	12:28	12:36	12:49	12:59	13:17	13:32
Group M40-49	Pace Delta	10:57	11:33	11:12	11:35	11:54	12:20	12:53	13:10	14:58	13:02	13:29	14:10	15:11	15:31	17:08	17:39
Overall-Group	Position	80-27	77-26	77-28	75-28	67-25	58-22	55-20	57-20	56-20	53-20	43-15	43-15	42-14	40-13	41-13	46-13

2009 Umstead 50/100 Mile Endurance Run --04/04/2009

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)	Time of Day	0:07:09	0:08:09	0:09:21	0:10:27	0:11:44	0:12:51	0:14:15	0:15:30	0:17:05	0:18:23						
229	Time Cum	01:09	02:09	03:21	04:27	05:44	06:51	08:15	09:30	11:05	12:23						
Age 42	Time Delta	01:09	01:00	01:11	01:06	01:16	01:07	01:23	01:15	01:34	01:18						
Group M40-49	Pace Cum	10:04	10:23	10:23	10:41	10:48	10:59	11:10	11:24	11:42	11:53						
Overall-Group	Pace Delta	10:04	10:45	10:24	11:42	11:13	12:01	12:08	13:21	13:49	13:50						
	Position	25-12	33-14	30-15	44-19	45-19	41-17	40-17	43-18	38-14	35-14						
Santamarina, Peter (FL)	Time of Day	0:07:11	0:08:25	0:09:44	0:11:05	0:12:41	0:14:10	0:15:51	0:17:19	0:19:12	0:21:02	0:23:07	1:01:10	1:03:37	1:05:43		
230	Time Cum	01:11	02:25	03:44	05:05	06:41	08:10	09:51	11:19	13:12	15:02	17:07	19:10	21:37	23:43		
Age 39	Time Delta	01:11	01:14	01:18	01:21	01:35	01:29	01:40	01:28	01:52	01:50	02:04	02:03	02:26	02:06		
Group M30-39	Pace Cum	10:22	11:40	11:35	12:14	12:35	13:05	13:20	13:36	13:56	14:27	14:49	15:20	15:51	16:16		
Overall-Group	Pace Delta	10:22	13:14	11:25	14:29	13:53	15:53	14:39	15:41	16:25	19:38	18:07	21:50	21:24	22:26		
	Position	37-9	105-21	96-21	126-24	133-25	136-27	138-26	136-27	114-21	119-23	100-20	109-23	107-20	112-20		
Santos, Rick (CA)	Time of Day	0:07:20	0:08:29	0:09:50	0:11:02	0:12:28	0:13:42	0:15:17	0:16:36	0:18:14	0:19:37	0:21:45	0:23:44	1:02:12	1:04:00	1:06:12	1:08:08:26
44	Time Cum	01:20	02:29	03:50	05:02	06:28	07:42	09:17	10:36	12:14	13:37	15:45	17:44	20:12	22:00	24:12	26:08:26
Age 44	Time Delta	01:20	01:09	01:20	01:12	01:25	01:14	01:34	01:19	01:37	01:23	02:07	01:59	02:27	01:48	02:11	01:56:26
Group M40-49	Pace Cum	11:41	11:56	11:53	12:06	12:11	12:20	12:34	12:43	12:55	13:05	13:38	14:12	14:48	15:06	15:23	15:41
Overall-Group	Pace Delta	11:41	12:14	11:48	12:51	12:28	13:11	13:48	14:01	14:17	14:45	18:38	21:10	21:31	19:15	19:09	20:36
	Position	115-40	124-48	122-47	122-48	109-41	106-40	95-38	99-37	77-28	77-28	75-25	85-27	84-28	86-30	82-28	82-28
Sayers, Kevin (MD)	Time of Day	0:07:14	0:08:17	0:09:25	0:10:23	0:11:33	0:12:36	0:14:03	0:15:23	0:17:20	0:18:27						
37	Time Cum	01:14	02:17	03:25	04:23	05:33	06:36	08:03	09:23	11:20	12:27						
Age 50	Time Delta	01:14	01:03	01:07	00:58	01:09	01:03	01:26	01:20	01:56	01:07						
Group M50-59	Pace Cum	10:48	11:02	10:36	10:33	10:27	10:34	10:53	11:16	11:58	11:57						
Overall-Group	Pace Delta	10:48	11:19	09:47	10:25	10:06	11:12	12:39	14:16	17:00	11:55						
	Position	66-13	70-13	49-8	31-3	29-2	27-2	33-5	37-7	45-8	39-8						
Schlereth, Joe (NC)	Time of Day	0:07:10	0:08:15	0:09:29	0:10:37	0:12:02	0:13:20	0:14:56	0:16:15	0:17:47	0:19:04	0:20:56	0:22:31	1:00:41	1:02:15	1:04:29	1:06:13:01
6	Time Cum	01:10	02:15	03:29	04:37	06:02	07:20	08:56	10:15	11:47	13:04	14:56	16:31	18:41	20:15	22:29	24:13:01
Age 59	Time Delta	01:10	01:05	01:13	01:08	01:24	01:18	01:35	01:19	01:31	01:17	01:51	01:35	02:09	01:34	02:13	01:44:01
Group M50-59	Pace Cum	10:13	10:50	10:48	11:07	11:22	11:44	12:05	12:18	12:26	12:33	12:55	13:14	13:42	13:54	14:18	14:32
Overall-Group	Pace Delta	10:13	11:34	10:45	12:11	12:17	13:52	13:58	14:01	13:24	13:46	16:14	16:59	18:51	16:47	19:27	18:25
	Position	32-5	60-11	58-10	61-11	62-11	70-15	72-17	76-17	63-16	61-14	55-13	58-14	65-14	63-14	70-15	70-15
Schuttler, Walter (CT)	Time of Day	0:07:24	0:08:39	0:10:11	0:11:38	0:13:26	0:15:04	0:16:56	0:18:35								
231	Time Cum	01:24	02:39	04:11	05:38	07:26	09:04	10:56	12:35								
Age 57	Time Delta	01:24	01:15	01:31	01:27	01:47	01:38	01:51	01:39								
Group M50-59	Pace Cum	12:16	12:47	12:58	13:32	14:00	14:31	14:47	15:06								
Overall-Group	Pace Delta	12:16	13:26	13:18	15:28	15:42	17:24	16:19	17:35								
	Position	150-26	170-28	167-27	184-32	186-33	191-33	188-33	191-33								
Sechler, BD (NC)	Time of Day	0:07:14	0:08:23	0:09:42	0:10:51	0:12:19	0:13:30	0:15:07	0:16:22	0:18:13	0:19:35	0:21:09	0:22:26	1:00:07	1:01:33	1:03:16	1:04:47:10
232	Time Cum	01:14	02:23	03:42	04:51	06:19	07:30	09:07	10:22	12:13	13:35	15:09	16:26	18:07	19:33	21:16	22:47:10
Age 46	Time Delta	01:14	01:09	01:18	01:09	01:27	01:11	01:36	01:15	01:50	01:22	01:33	01:17	01:40	01:26	01:42	01:31:10
Group M40-49	Pace Cum	10:48	11:30	11:28	11:39	11:54	12:01	12:20	12:27	12:54	13:03	13:06	13:09	13:17	13:24	13:31	13:40
Overall-Group	Pace Delta	10:48	12:21	11:25	12:14	12:50	12:44	14:02	13:22	16:08	14:38	13:37	13:43	14:40	15:13	15:02	16:08
	Position	66-26	97-30	93-34	91-32	97-35	87-30	81-29	83-29	74-26	75-26	58-18	56-18	51-17	51-16	48-14	48-15

2009 Umstead 50/100 Mile Endurance Run --04/04/2009

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>Sergeant,</u> <u>Kimberley A (TX)</u>	Time of Day	0:07:22	0:08:35	0:10:06	0:11:25	0:13:07	0:14:32	0:16:23	0:17:57	0:19:58	0:21:37	1:00:01	1:01:58	1:04:23	1:06:22	1:08:39	1:10:33:52
39	Time Cum	01:22	02:35	04:06	05:25	07:07	08:32	10:23	11:57	13:58	15:37	18:01	19:58	22:23	24:22	26:39	28:33:52
Age 50	Time Delta	01:22	01:13	01:30	01:19	01:41	01:25	01:50	01:34	02:00	01:39	02:23	01:57	02:24	01:59	02:16	01:54:52
Group F50-59	Pace Cum	11:58	12:27	12:43	13:02	13:24	13:40	14:03	14:21	14:44	15:00	15:35	15:59	16:24	16:43	16:57	17:08
Overall-Group	Pace Delta	11:58	13:02	13:11	14:06	14:48	15:07	16:09	16:46	17:34	17:39	20:55	20:47	21:07	21:04	20:00	20:20
	Position	136-5	150-6	155-6	160-6	160-7	160-8	158-8	166-9	133-8	135-8	120-7	123-7	113-6	116-6	114-6	117-7
Sierra, Frank (FL)	Time of Day	0:07:19	0:08:26	0:09:49	0:11:03	0:12:40	0:13:58	0:15:37	0:17:10	0:19:14	0:20:43	0:22:42	1:00:27	1:02:52	1:04:53	1:07:11	1:08:52:44
233	Time Cum	01:19	02:26	03:49	05:03	06:40	07:58	09:37	11:10	13:14	14:43	16:42	18:27	20:52	22:53	25:11	26:52:44
Age 47	Time Delta	01:19	01:07	01:22	01:14	01:36	01:18	01:38	01:33	02:03	01:29	01:58	01:45	02:24	02:01	02:17	01:41:44
Group M40-49	Pace Cum	11:32	11:44	11:50	12:08	12:34	12:46	13:01	13:24	13:58	14:08	14:27	14:46	15:18	15:42	16:01	16:08
Overall-Group	Pace Delta	11:32	11:59	12:01	13:08	14:08	13:54	14:23	16:30	18:04	15:48	17:20	18:42	21:04	21:35	20:01	18:00
	Position	108-37	111-39	115-44	123-49	131-53	131-51	122-48	131-48	115-41	112-41	95-32	97-32	94-33	97-33	93-32	89-31
Siragusa, Tim (NY)	Time of Day	0:07:20	0:08:26	0:09:48	0:11:01	0:12:34	0:13:52	0:15:26	0:16:48	0:18:32	0:19:59	0:21:59	0:23:33	1:01:37	1:03:26	1:05:39	1:07:24:20
235	Time Cum	01:20	02:26	03:48	05:01	06:34	07:52	09:26	10:48	12:32	13:59	15:59	17:33	19:37	21:26	23:39	25:24:20
Age 41	Time Delta	01:20	01:06	01:21	01:13	01:32	01:18	01:33	01:22	01:43	01:27	01:59	01:34	02:03	01:49	02:12	01:45:20
Group M40-49	Pace Cum	11:41	11:44	11:47	12:03	12:22	12:36	12:46	12:58	13:14	13:26	13:50	14:03	14:23	14:42	15:02	15:15
Overall-Group	Pace Delta	11:41	11:48	11:52	12:57	13:33	13:54	13:39	14:37	15:06	15:34	17:23	16:43	18:02	19:25	19:19	18:39
	Position	115-40	113-39	113-42	118-45	123-49	121-46	109-43	109-41	93-36	92-34	82-26	82-25	77-26	77-25	77-25	77-26
Skinner, Thomas W (GA)	Time of Day	0:07:30	0:08:45	0:10:09	0:11:27	0:13:00	0:14:21	0:15:51	0:17:10	0:18:41	0:20:07	0:21:47	0:23:22	1:01:14	1:03:13	1:05:29	1:07:13:42
236	Time Cum	01:30	02:45	04:09	05:27	07:00	08:21	09:51	11:10	12:41	14:07	15:47	17:22	19:14	21:13	23:29	25:13:42
Age 62	Time Delta	01:30	01:15	01:23	01:18	01:32	01:21	01:29	01:19	01:30	01:26	01:39	01:35	01:51	01:59	02:15	01:44:42
Group M60-69	Pace Cum	13:08	13:13	12:52	13:07	13:11	13:22	13:20	13:25	13:23	13:33	13:39	13:54	14:06	14:33	14:56	15:08
Overall-Group	Pace Delta	13:08	13:20	12:13	13:58	13:27	14:23	13:06	14:08	13:09	15:17	14:33	16:55	16:16	21:11	19:45	18:32
	Position	190-12	189-12	163-9	165-9	149-7	144-7	138-7	132-6	99-3	99-3	77-3	78-3	74-3	76-3	75-3	75-3
Smith, Aaron (OH)	Time of Day	0:07:17	0:08:24	0:09:54	0:11:15	0:13:04	0:14:40	0:16:49	0:18:19	0:20:23	0:22:11	1:00:29	1:02:11	1:04:58	1:07:03	1:09:30	1:11:31:13
237	Time Cum	01:17	02:24	03:54	05:15	07:04	08:40	10:49	12:19	14:23	16:11	18:29	20:11	22:58	25:03	27:30	29:31:13
Age 41	Time Delta	01:17	01:07	01:29	01:21	01:48	01:36	02:08	01:30	02:03	01:48	02:17	01:42	02:46	02:05	02:26	02:01:13
Group M40-49	Pace Cum	11:14	11:31	12:06	12:38	13:19	13:53	14:38	14:47	15:11	15:33	15:59	16:09	16:50	17:11	17:29	17:43
Overall-Group	Pace Delta	11:14	11:52	13:08	14:30	15:47	17:09	18:42	16:01	18:02	19:12	20:04	18:10	24:17	22:11	21:25	21:27
	Position	92-31	99-34	128-51	141-54	156-57	168-58	184-63	181-63	145-49	148-48	129-39	127-38	126-40	130-41	127-41	129-41
Smith, Mike (IN)	Time of Day	0:07:14	0:08:23	0:09:40	0:10:49	0:12:10	0:13:24	0:14:50	0:16:05	0:17:38	0:18:58	0:20:29	0:21:49	0:23:27	1:00:46	1:02:17	1:03:33:39
238	Time Cum	01:14	02:23	03:40	04:49	06:10	07:24	08:50	10:05	11:38	12:58	14:29	15:49	17:27	18:46	20:17	21:33:39
Age 51	Time Delta	01:14	01:09	01:16	01:09	01:20	01:14	01:25	01:15	01:32	01:20	01:30	01:20	01:37	01:19	01:30	01:16:39
Group M50-59	Pace Cum	10:48	11:27	11:22	11:35	11:37	11:51	11:57	12:06	12:17	12:27	12:32	12:39	12:48	12:53	12:54	12:56
Overall-Group	Pace Delta	10:48	12:14	11:13	12:18	11:45	13:12	12:28	13:20	13:31	14:11	13:16	14:13	14:15	14:06	13:11	13:34
	Position	66-13	93-18	85-17	86-17	79-16	78-17	68-16	67-12	55-12	56-11	46-9	44-9	41-9	37-6	35-5	31-5
<u>Spanqler,</u> <u>Kimberly Mae</u>	Time of Day	0:07:30	0:08:42	0:10:19	0:11:50	0:14:09	0:15:51	0:18:42	0:20:43								
239	Time Cum	01:30	02:42	04:19	05:50	08:09	09:51	12:42	14:43								
Age 24	Time Delta	01:30	01:12	01:36	01:31	02:18	01:42	02:50	02:01								
Group F20-29	Pace Cum	13:08	12:59	13:23	14:01	15:21	15:46	17:11	17:40								
Overall-Group	Pace Delta	13:08	12:47	14:07	16:11	20:13	18:06	24:55	21:28								
	Position	190-2	178-2	186-2	195-2	217-3	220-3	228-3	231-3								

2009 Umstead 50/100 Mile Endurance Run --04/04/2009

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
Spangler, Robert Charles	Time of Day	0:07:28	0:08:42	0:10:19	0:11:50	0:14:07	0:15:51	0:18:42	0:20:41								
	Time Cum	01:28	02:42	04:19	05:50	08:07	09:51	12:42	14:41								
240	Time Delta	01:28	01:14	01:36	01:31	02:16	01:44	02:50	01:59								
Age 58	Pace Cum	12:51	12:59	13:23	14:01	15:17	15:46	17:11	17:38								
Group M50-59	Pace Delta	12:51	13:08	14:07	16:12	19:55	18:27	24:55	21:13								
Overall-Group	Position	178-33	177-32	186-33	196-34	216-37	220-37	228-39	230-39								
Spomer, Paul A (NC)	Time of Day	0:07:28	0:08:38	0:10:10	0:11:22	0:12:54	0:14:11	0:15:50	0:17:12	0:19:07	0:20:41	0:22:55	1:00:53	1:03:22	1:05:10	1:07:37	1:09:40:07
	Time Cum	01:28	02:38	04:10	05:22	06:54	08:11	09:50	11:12	13:07	14:41	16:55	18:53	21:22	23:10	25:37	27:40:07
241	Time Delta	01:28	01:10	01:31	01:12	01:31	01:17	01:38	01:22	01:54	01:34	02:13	01:58	02:28	01:48	02:26	02:03:07
Age 33	Pace Cum	12:51	12:40	12:55	12:55	13:00	13:06	13:18	13:27	13:51	14:06	14:38	15:07	15:40	15:54	16:17	16:36
Group M30-39	Pace Delta	12:51	12:27	13:23	12:53	13:19	13:41	14:25	14:40	16:40	16:46	19:27	20:57	21:42	19:13	21:23	21:47
Overall-Group	Position	178-31	159-30	166-31	151-30	142-29	138-28	136-25	134-26	112-20	111-20	98-19	101-20	101-19	100-19	103-18	105-17
Squier, III, William C (NC)	Time of Day	0:07:30	0:08:42	0:10:08	0:11:23	0:13:02	0:14:27	0:16:19	0:17:52	0:20:13	0:21:53	0:23:41	1:01:22	1:03:41	1:05:30	1:07:28	1:08:53:34
	Time Cum	01:30	02:42	04:08	05:23	07:02	08:27	10:19	11:52	14:13	15:53	17:41	19:22	21:41	23:30	25:28	26:53:34
33	Time Delta	01:30	01:12	01:25	01:15	01:38	01:25	01:51	01:33	02:20	01:40	01:47	01:41	02:18	01:49	01:57	01:25:34
Age 66	Pace Cum	13:08	12:58	12:49	12:57	13:15	13:32	13:57	14:15	15:00	15:16	15:18	15:30	15:54	16:07	16:12	16:08
Group M60-69	Pace Delta	13:08	12:45	12:33	13:24	14:21	15:09	16:16	16:34	20:30	17:49	15:40	18:01	20:11	19:18	17:13	15:09
Overall-Group	Position	190-12	175-10	161-8	152-7	151-8	154-9	155-9	163-10	140-9	140-10	115-8	115-8	108-8	109-8	101-6	90-6
Stansbury, Joey (NC)	Time of Day	0:07:56	0:09:37	0:11:33	0:13:30	0:16:08	0:18:43	0:22:21	1:01:38								
	Time Cum	01:56	03:37	05:33	07:30	10:08	12:43	16:21	19:38								
242	Time Delta	01:56	01:41	01:55	01:57	02:37	02:35	03:37	03:17								
Age 37	Pace Cum	16:56	17:23	17:13	18:02	19:05	20:22	22:07	23:34								
Group M30-39	Pace Delta	16:56	17:56	16:53	20:51	22:57	27:36	31:41	34:58								
Overall-Group	Position	245-34	247-35	247-35	247-35	243-35	245-35	238-33	240-35								
<u>Stocker,</u> <u>Emmy (CT)</u>	Time of Day	0:07:15	0:08:21	0:09:38	0:10:50	0:12:14	0:13:27	0:14:56	0:16:12	0:17:49	0:19:13	0:20:51	0:22:16	0:23:53	1:01:20	1:02:58	1:04:18:49
	Time Cum	01:15	02:21	03:38	04:50	06:14	07:27	08:56	10:12	11:49	13:13	14:51	16:16	17:53	19:20	20:58	22:18:49
243	Time Delta	01:15	01:06	01:16	01:12	01:23	01:13	01:28	01:16	01:36	01:24	01:37	01:25	01:36	01:27	01:37	01:20:49
Age 50	Pace Cum	10:57	11:21	11:16	11:38	11:45	11:56	12:05	12:15	12:28	12:42	12:51	13:01	13:07	13:16	13:20	13:23
Group F50-59	Pace Delta	10:57	11:51	11:06	12:52	12:09	12:58	12:58	13:36	14:02	14:58	14:14	15:07	14:06	15:32	14:12	14:18
Overall-Group	Position	80-1	88-1	82-1	89-3	84-2	82-3	72-1	74-1	66-1	65-1	52-1	52-1	47-1	47-1	42-1	40-1
<u>Stone,</u> <u>Francesca (CA)</u>	Time of Day	0:07:25	0:08:35	0:10:11	0:11:27	0:13:09	0:14:31	0:16:25	0:17:42	0:19:43	0:21:08	0:23:31	1:01:09	1:03:42	1:05:24	1:07:44	1:09:06:00
	Time Cum	01:25	02:35	04:11	05:27	07:09	08:31	10:25	11:42	13:43	15:08	17:31	19:09	21:42	23:24	25:44	27:06:00
244	Time Delta	01:25	01:10	01:35	01:16	01:41	01:22	01:53	01:17	02:00	01:25	02:22	01:38	02:32	01:42	02:19	01:22:00
Age 46	Pace Cum	12:25	12:28	12:58	13:07	13:28	13:38	14:06	14:03	14:29	14:32	15:09	15:20	15:54	16:03	16:22	16:16
Group F40-49	Pace Delta	12:25	12:32	13:54	13:36	14:46	14:37	16:34	13:39	17:39	15:04	20:51	17:28	22:14	18:06	20:24	14:31
Overall-Group	Position	158-22	151-21	167-23	164-21	165-21	158-21	164-22	152-21	128-18	122-18	111-19	108-18	109-18	106-19	105-19	94-14
Sublett, Bill (VA)	Time of Day	0:07:27	0:08:39	0:10:11	0:11:35	0:13:17	0:14:44	0:16:32	0:18:13	0:20:10	0:21:54	1:00:08	1:02:04	1:04:32	1:06:27		1:10:46:22
	Time Cum	01:27	02:39	04:11	05:35	07:17	08:44	10:32	12:13	14:10	15:54	18:08	20:04	22:32	24:27		28:46:22
245	Time Delta	01:27	01:12	01:31	01:24	01:41	01:27	01:47	01:41	01:56	01:44	02:13	01:56	02:27	01:55		04:19:15
Age 51	Pace Cum	12:42	12:46	12:58	13:24	13:43	13:59	14:15	14:40	14:57	15:16	15:41	16:04	16:31	16:46		17:16
Group M50-59	Pace Delta	12:42	12:50	13:21	14:52	14:53	15:26	15:45	17:53	17:04	18:31	19:28	20:41	21:29	20:22		20:44
Overall-Group	Position	174-31	168-28	167-27	179-28	173-28	173-28	166-26	180-29	138-23	141-23	121-17	124-18	116-16	118-17		120-17

2009 Umstead 50/100 Mile Endurance Run --04/04/2009

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
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Sullivan, Jerry (LA)	Time of Day	0:07:22	0:08:26	0:09:45	0:10:56	0:12:31	0:13:57	0:15:45	0:17:22								
246	Time Cum	01:22	02:26	03:45	04:56	06:31	07:57	09:45	11:22								
Age 47	Time Delta	01:22	01:04	01:18	01:11	01:34	01:26	01:47	01:37								
Group M40-49	Pace Cum	11:58	11:44	11:38	11:52	12:17	12:44	13:11	13:39								
Overall-Group	Pace Delta	11:58	11:26	11:27	12:43	13:45	15:22	15:39	17:15								
	Position	136-51	110-39	99-36	106-36	119-47	130-49	130-49	143-51								
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Sullivan, Jim (FL)	Time of Day	0:07:22	0:08:26	0:09:45	0:10:56	0:12:18	0:13:36	0:15:08	0:16:33	0:18:18	0:20:04						
247	Time Cum	01:22	02:26	03:45	04:56	06:18	07:36	09:08	10:33	12:18	14:04						
Age 57	Time Delta	01:22	01:04	01:18	01:11	01:21	01:18	01:31	01:25	01:44	01:46						
Group M50-59	Pace Cum	11:58	11:44	11:38	11:51	11:52	12:10	12:21	12:40	12:59	13:31						
Overall-Group	Pace Delta	11:58	11:27	11:26	12:35	11:58	13:54	13:21	15:04	15:18	18:54						
	Position	136-23	111-19	99-19	98-18	94-18	97-18	83-18	92-18	95-17							
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Sutton, Steve (OH)	Time of Day	0:07:24	0:08:37	0:10:05	0:11:24	0:13:02	0:14:25	0:16:12	0:17:37								
248	Time Cum	01:24	02:37	04:05	05:24	07:02	08:25	10:12	11:37								
Age 51	Time Delta	01:24	01:13	01:27	01:19	01:37	01:23	01:46	01:25								
Group M50-59	Pace Cum	12:16	12:38	12:40	12:58	13:15	13:28	13:48	13:56								
Overall-Group	Pace Delta	12:16	13:05	12:43	14:02	14:16	14:44	15:35	15:03								
	Position	150-26	158-26	149-24	154-26	151-24	147-24	148-24	149-23								
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Swendsen, Vincent (NC)	Time of Day	0:07:20	0:08:28	0:09:45	0:10:55	0:12:16	0:13:28	0:14:56	0:16:12	0:17:41	0:18:59	0:20:45	0:22:21	1:00:15	1:01:55	1:04:05	1:05:40:43
249	Time Cum	01:20	02:28	03:45	04:55	06:16	07:28	08:56	10:12	11:41	12:59	14:45	16:21	18:15	19:55	22:05	23:40:43
Age 46	Time Delta	01:20	01:08	01:16	01:10	01:20	01:12	01:27	01:16	01:28	01:18	01:45	01:36	01:53	01:40	02:09	01:35:43
Group M40-49	Pace Cum	11:41	11:51	11:38	11:48	11:48	11:57	12:05	12:15	12:20	12:28	12:46	13:05	13:23	13:40	14:03	14:12
Overall-Group	Pace Delta	11:41	12:04	11:13	12:25	11:48	12:48	12:48	13:32	12:55	13:51	15:27	17:04	16:35	17:51	18:52	16:56
	Position	115-40	118-45	99-36	95-35	90-33	83-29	72-27	73-27	59-22	58-21	49-17	55-17	54-18	58-19	62-22	67-23
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<u>Tartick,</u> <u>Karen (NC)</u>	Time of Day	0:07:31	0:08:45	0:10:15	0:11:28	0:12:58	0:14:15	0:15:50	0:17:10	0:18:40	0:19:55	0:21:35	0:23:07	1:00:56	1:02:33	1:04:26	1:05:58:12
250	Time Cum	01:31	02:45	04:15	05:28	06:58	08:15	09:50	11:10	12:40	13:55	15:35	17:07	18:56	20:33	22:26	23:58:12
Age 47	Time Delta	01:31	01:14	01:29	01:13	01:29	01:17	01:34	01:20	01:29	01:15	01:39	01:32	01:48	01:37	01:52	01:32:12
Group F40-49	Pace Cum	13:17	13:13	13:11	13:09	13:07	13:12	13:18	13:24	13:22	13:22	13:29	13:42	13:53	14:06	14:16	14:23
Overall-Group	Pace Delta	13:17	13:07	13:07	13:04	13:01	13:40	13:50	14:10	13:08	13:19	14:34	16:17	15:55	17:13	16:27	16:19
	Position	197-26	187-25	182-25	167-23	146-17	142-18	136-18	130-17	97-13	88-11	71-7	72-9	69-9	70-9	68-9	68-9
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<u>Taylor,</u> <u>Samantha (GA)</u>	Time of Day	0:07:33	0:08:45	0:10:16	0:11:32	0:13:10	0:14:34	0:16:14	0:17:32								
251	Time Cum	01:33	02:45	04:16	05:32	07:10	08:34	10:14	11:32								
Age 37	Time Delta	01:33	01:12	01:30	01:16	01:37	01:24	01:39	01:18								
Group F30-39	Pace Cum	13:35	13:16	13:14	13:18	13:30	13:43	13:51	13:51								
Overall-Group	Pace Delta	13:35	12:54	13:09	13:31	14:15	14:54	14:34	13:53								
	Position	211-9	190-8	183-8	172-8	168-8	163-8	151-8	146-8								
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Thelen, Eric (NC)	Time of Day	0:07:26	0:08:36	0:10:04	0:11:16	0:12:54	0:14:21	0:16:23	0:17:47	0:19:36	0:21:13	0:23:17	1:01:06				
252	Time Cum	01:26	02:36	04:04	05:16	06:54	08:21	10:23	11:47	13:36	15:13	17:17	19:06				
Age 39	Time Delta	01:26	01:10	01:27	01:12	01:37	01:27	02:01	01:24	01:48	01:37	02:03	01:49				
Group M30-39	Pace Cum	12:33	12:32	12:37	12:40	13:00	13:23	14:03	14:09	14:21	14:37	14:57	15:17				
Overall-Group	Pace Delta	12:33	12:30	12:45	12:50	14:14	15:32	17:42	14:59	15:49	17:13	18:04	19:23				
	Position	169-29	154-28	147-28	142-28	142-29	146-30	158-28	156-30	122-24	124-24	103-22	106-22				

2009 Umstead 50/100 Mile Endurance Run --04/04/2009

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
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Thill, Brad (NC) 253	Time of Day		0:08:50	0:10:37	0:12:11	0:14:17	0:16:00	0:18:22	0:20:12								
	Time Cum		02:50	04:37	06:11	08:17	10:00	12:22	14:12								
	Time Delta		02:50	01:47	01:34	02:05	01:43	02:21	01:50								
Age 34	Pace Cum		13:36	14:19	14:51	15:36	16:00	16:44	17:03								
Group M30-39	Pace Delta		13:36	15:37	16:40	18:22	18:14	20:44	19:29								
Overall-Group	Position		204-32	219-34	220-34	224-34	229-34	224-32	227-34								
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Tighe, Jarett (VA) 254	Time of Day	0:07:02	0:07:54	0:08:58	0:09:54	0:11:10	0:12:21	0:13:52	0:15:12								
	Time Cum	01:02	01:54	02:58	03:54	05:10	06:21	07:52	09:12								
	Time Delta	01:02	00:52	01:03	00:56	01:15	01:11	01:30	01:20								
Age 41	Pace Cum	09:03	09:08	09:12	09:24	09:44	10:10	10:39	11:03								
Group M40-49	Pace Delta	09:03	09:15	09:19	10:05	10:57	12:36	13:15	14:16								
Overall-Group	Position	11-5	12-5	13-6	16-8	20-11	19-10	24-13	30-14								
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<u>Tiska,</u> <u>Dale (NC)</u> 34	Time of Day	0:07:19	0:08:25	0:09:53	0:11:21	0:16:11	0:17:39										
	Time Cum	01:19	02:25	03:53	05:21	10:11	11:39										
	Time Delta	01:19	01:06	01:27	01:28	04:49	01:28										
Age 45	Pace Cum	11:32	11:39	12:02	12:52	19:11	18:39										
Group F40-49	Pace Delta	11:32	11:47	12:46	15:43	42:13	15:40										
Overall-Group	Position	108-15	102-12	125-14	148-18	244-28	242-29										
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Triumph, Thomas (NJ) 255	Time of Day	0:07:23	0:08:39	0:10:12	0:11:37	0:13:19	0:14:37	0:16:17	0:17:48	0:19:45	0:21:19	0:23:44	1:01:29				
	Time Cum	01:23	02:39	04:12	05:37	07:19	08:37	10:17	11:48	13:45	15:19	17:44	19:29				
	Time Delta	01:23	01:16	01:32	01:25	01:41	01:18	01:39	01:31	01:56	01:34	02:24	01:45				
Age 51	Pace Cum	12:07	12:45	13:01	13:29	13:47	13:48	13:55	14:10	14:31	14:43	15:21	15:35				
Group M50-59	Pace Delta	12:07	13:32	13:31	15:05	14:51	13:55	14:31	16:11	17:01	16:48	21:02	18:36				
Overall-Group	Position	145-24	166-28	176-29	181-30	178-30	166-25	153-25	158-24	129-22	126-21	117-16	118-17				
<hr/>																	
<u>Turner,</u> <u>Mary (GA)</u> 256	Time of Day	0:07:24	0:08:39	0:10:11	0:11:29	0:13:22	0:14:58	0:17:00	0:18:40	0:21:16							
	Time Cum	01:24	02:39	04:11	05:29	07:22	08:58	11:00	12:40	15:16							
	Time Delta	01:24	01:15	01:31	01:18	01:52	01:36	02:01	01:40	02:35							
Age 43	Pace Cum	12:16	12:44	12:58	13:10	13:53	14:22	14:53	15:13	16:07							
Group F40-49	Pace Delta	12:16	13:18	13:24	13:52	16:27	17:09	17:40	17:52	22:38							
Overall-Group	Position	150-21	164-23	167-23	168-24	182-22	189-24	194-26	194-26	163-23							
<hr/>																	
<u>VanNes,</u> <u>Heather (CA)</u> 257	Time of Day	0:07:09	0:08:11	0:09:23	0:10:27	0:11:43	0:12:51	0:14:14	0:15:27	0:17:00	0:18:17	0:19:50	0:21:16	0:23:01	1:00:31	1:02:26	1:03:59:35
	Time Cum	01:09	02:11	03:23	04:27	05:43	06:51	08:14	09:27	11:00	12:17	13:50	15:16	17:01	18:31	20:26	21:59:35
	Time Delta	01:09	01:02	01:11	01:04	01:15	01:08	01:22	01:13	01:32	01:17	01:32	01:26	01:44	01:30	01:54	01:33:35
Age 39	Pace Cum	10:04	10:30	10:29	10:42	10:46	10:58	11:08	11:21	11:37	11:48	11:58	12:14	12:28	12:42	13:00	13:12
Group F30-39	Pace Delta	10:04	11:00	10:29	11:25	11:01	12:06	12:04	12:57	13:33	13:42	13:31	15:23	15:12	16:02	16:42	16:34
Overall-Group	Position	25-3	39-3	40-3	46-3	44-3	40-3	39-3	40-3	34-3	32-3	30-3	33-3	33-3	34-3	36-3	36-3
<hr/>																	
Vaughan, Doug (NJ) 258	Time of Day	0:07:14	0:08:19	0:09:31	0:10:33	0:11:46	0:12:50	0:14:07	0:15:17	0:16:42	0:17:51	0:19:25	0:20:41	0:22:32	0:23:59	1:01:46	1:03:05:48
	Time Cum	01:14	02:19	03:31	04:33	05:46	06:50	08:07	09:17	10:42	11:51	13:25	14:41	16:32	17:59	19:46	21:05:48
	Time Delta	01:14	01:05	01:11	01:02	01:12	01:04	01:16	01:10	01:24	01:09	01:33	01:16	01:50	01:27	01:46	01:19:48
Age 50	Pace Cum	10:48	11:11	10:54	10:56	10:52	10:57	10:59	11:09	11:18	11:23	11:36	11:45	12:07	12:20	12:34	12:39
Group M50-59	Pace Delta	10:48	11:39	10:23	11:02	10:37	11:24	11:11	12:26	12:23	12:23	13:35	13:33	16:07	15:28	15:33	14:07
Overall-Group	Position	66-13	72-14	65-12	53-10	47-8	38-7	35-6	31-4	25-4	24-3	24-4	25-3	28-3	27-3	27-3	23-3

2009 Umstead 50/100 Mile Endurance Run --04/04/2009

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
Velazco, Andy (GA)	Time of Day	0:07:11	0:08:17	0:09:40	0:10:56	0:12:31	0:13:56	0:15:39	0:17:12								
259	Time Cum	01:11	02:17	03:40	04:56	06:31	07:56	09:39	11:12								
Age 61	Time Delta	01:11	01:06	01:22	01:16	01:34	01:25	01:42	01:33								
Group M60-69	Pace Cum	10:22	11:00	11:22	11:51	12:17	12:42	13:03	13:27								
Overall-Group	Pace Delta	10:22	11:47	12:02	13:31	13:49	15:04	15:01	16:33								
	Position	37-1	68-3	85-4	102-4	119-4	126-6	124-6	133-7								
Vesnaver, Steven G (PA)	Time of Day	0:07:11	0:08:13	0:09:27	0:10:31	0:11:57	0:13:12	0:14:44	0:15:56	0:17:27	0:18:42	0:20:20	0:21:38	0:23:20	1:00:56	1:03:16	1:04:56:36
260	Time Cum	01:11	02:13	03:27	04:31	05:57	07:12	08:44	09:56	11:27	12:42	14:20	15:38	17:20	18:56	21:16	22:56:36
Age 44	Time Delta	01:11	01:02	01:13	01:04	01:25	01:15	01:31	01:12	01:30	01:15	01:37	01:18	01:41	01:36	02:19	01:40:36
Group M40-49	Pace Cum	10:22	10:40	10:42	10:52	11:13	11:32	11:49	11:56	12:05	12:12	12:24	12:30	12:42	12:59	13:31	13:46
Overall-Group	Pace Delta	10:22	11:03	10:44	11:25	12:29	13:24	13:20	12:48	13:14	13:19	14:16	13:49	14:53	17:05	20:22	17:48
	Position	37-16	53-23	53-23	50-23	56-23	56-21	59-22	55-20	50-19	49-17	42-14	41-14	38-13	39-13	48-14	51-16
Vogan, Lonnice (AL)	Time of Day	0:07:11	0:08:13	0:09:36	0:10:43	0:12:09	0:13:16	0:14:44	0:15:56	0:17:23	0:18:37	0:20:10	0:21:29	0:23:12	1:00:39	1:02:41	1:04:23:14
261	Time Cum	01:11	02:13	03:36	04:43	06:09	07:16	08:44	09:56	11:23	12:37	14:10	15:29	17:12	18:39	20:41	22:23:14
Age 52	Time Delta	01:11	01:02	01:22	01:07	01:25	01:07	01:27	01:12	01:26	01:14	01:32	01:19	01:42	01:27	02:01	01:42:14
Group M50-59	Pace Cum	10:22	10:41	11:10	11:19	11:35	11:38	11:49	11:56	12:01	12:07	12:15	12:23	12:37	12:47	13:09	13:26
Overall-Group	Pace Delta	10:22	11:04	12:03	11:52	12:33	11:56	12:47	12:54	12:34	13:10	13:31	14:01	15:01	15:25	17:48	18:06
	Position	37-6	55-8	73-14	76-15	75-15	65-14	59-13	59-10	48-9	42-9	40-8	35-6	36-5	36-5	38-7	41-7
Vogel, Lane (GA)	Time of Day	0:07:14	0:08:13	0:09:20	0:10:21	0:11:41	0:12:54	0:15:37	0:17:18	0:18:41	0:20:27	0:21:59	1:00:18	1:02:20	1:05:34	1:08:14:25	
262	Time Cum	01:14	02:13	03:20	04:21	05:41	06:54	09:37	11:18	12:41	14:27	15:59	18:18	20:20	23:34	26:14:25	
Age 32	Time Delta	01:14	00:59	01:06	01:01	01:19	01:13	02:43	01:40	01:23	01:45	01:32	02:18	02:02	03:13	02:40:25	
Group M30-39	Pace Cum	10:48	10:40	10:20	10:27	10:42	11:04	11:33	11:56	12:11	12:30	12:48	13:25	13:57	14:59	15:45	
Overall-Group	Pace Delta	10:48	10:30	09:44	10:48	11:40	13:03	13:03	14:37	14:49	15:22	16:25	20:11	21:39	28:16	28:24	
	Position	66-14	52-10	28-7	29-7	39-9	43-8	48-11	43-10	48-12	45-12	47-12	56-12	65-13	76-14	84-14	
Volinski, William (SC)	Time of Day	0:07:21	0:08:28	0:09:45	0:10:48	0:12:24	0:13:40	0:15:27	0:16:52	0:18:55	0:20:34						
263	Time Cum	01:21	02:28	03:45	04:48	06:24	07:40	09:27	10:52	12:55	14:34						
Age 29	Time Delta	01:21	01:07	01:16	01:03	01:35	01:16	01:46	01:25	02:02	01:39						
Group M20-29	Pace Cum	11:49	11:54	11:38	11:32	12:03	12:17	12:47	13:03	13:38	13:59						
Overall-Group	Pace Delta	11:49	11:59	11:08	11:13	13:58	13:31	15:34	15:09	17:52	17:36						
	Position	131-3	121-3	99-3	82-2	102-2	101-2	112-2	112-2	108-2	108-2						
Walsh, Mike (NC)	Time of Day	0:07:18	0:08:23	0:09:38	0:10:47	0:12:14	0:13:25	0:14:56	0:15:57								
35	Time Cum	01:18	02:23	03:38	04:47	06:14	07:25	08:56	09:57								
Age 41	Time Delta	01:18	01:05	01:14	01:09	01:26	01:11	01:30	01:01								
Group M40-49	Pace Cum	11:23	11:27	11:16	11:29	11:45	11:53	12:05	11:57								
Overall-Group	Pace Delta	11:23	11:32	10:56	12:15	12:40	12:39	13:13	10:55								
	Position	98-35	94-30	82-29	81-29	84-30	79-27	72-27	60-22								
Warwick, Michael (VA)	Time of Day	0:07:20	0:08:27	0:09:46	0:10:58	0:12:30	0:13:51	0:15:30	0:16:51	0:18:40	0:20:18	0:22:51	1:00:39	1:03:22	1:05:13	1:07:26	1:09:57:47
266	Time Cum	01:20	02:27	03:46	04:58	06:30	07:51	09:30	10:51	12:40	14:18	16:51	18:39	21:22	23:13	25:26	27:57:47
Age 48	Time Delta	01:20	01:07	01:18	01:12	01:31	01:21	01:38	01:21	01:48	01:38	02:32	01:48	02:42	01:51	02:12	02:31:47
Group M40-49	Pace Cum	11:41	11:46	11:41	11:56	12:15	12:34	12:51	13:02	13:22	13:44	14:35	14:55	15:40	15:55	16:10	16:47
Overall-Group	Pace Delta	11:41	11:53	11:31	12:50	13:21	14:25	14:24	14:24	15:51	17:30	22:13	19:11	23:45	19:43	19:21	26:52
	Position	115-40	116-44	107-38	111-41	115-45	116-45	118-46	111-43	97-38	105-40	96-33	99-34	101-36	102-36	97-35	107-36

2009 Umstead 50/100 Mile Endurance Run --04/04/2009

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>Watts</u>	Time of Day	0:07:25	0:08:34	0:09:57	0:11:11	0:12:39	0:13:57	0:15:33	0:16:52	0:18:37	0:20:21	0:22:16	0:23:57	1:02:06	1:04:05	1:06:45	1:08:41:39
<u>Anne (CO)</u>	Time Cum	01:25	02:34	03:57	05:11	06:39	07:57	09:33	10:52	12:37	14:21	16:16	17:57	20:06	22:05	24:45	26:41:39
267	Time Delta	01:25	01:09	01:22	01:14	01:27	01:18	01:35	01:19	01:44	01:44	01:54	01:41	02:08	01:59	02:39	01:56:39
Age 53	Pace Cum	12:25	12:24	12:15	12:27	12:32	12:44	12:55	13:03	13:19	13:47	14:04	14:22	14:44	15:09	15:44	16:01
Group F50-59	Pace Delta	12:25	12:23	11:58	13:07	12:50	13:54	13:56	14:08	15:13	18:25	16:47	17:56	18:47	21:08	23:18	20:39
Overall-Group	Position	158-6	149-5	135-5	132-5	128-5	127-5	120-5	113-5	96-5	106-5	89-4	91-4	82-4	88-5	87-5	88-5
Watts, Matthew (CO)	Time of Day	0:07:15	0:08:21	0:09:37	0:10:45	0:12:06	0:13:15	0:14:43	0:16:06	0:17:44	0:19:08		0:22:12	0:23:56	1:01:24	1:03:06	1:04:29:23
	Time Cum	01:15	02:21	03:37	04:45	06:06	07:15	08:43	10:06	11:44	13:08		16:12	17:56	19:24	21:06	22:29:23
268	Time Delta	01:15	01:06	01:15	01:08	01:20	01:09	01:27	01:23	01:37	01:24		03:03	01:43	01:28	01:41	01:23:23
Age 52	Pace Cum	10:57	11:17	11:13	11:25	11:29	11:37	11:48	12:08	12:23	12:37		12:58	13:09	13:18	13:25	13:30
Group M50-59	Pace Delta	10:57	11:41	11:05	12:07	11:46	12:21	12:44	14:45	14:15	14:56		14:43	15:09	15:38	14:51	14:45
Overall-Group	Position	80-17	80-15	77-15	79-16	70-14	63-13	58-12	69-14	60-13	63-15		50-10	48-10	49-10	45-8	44-8
Webb, Brock (VA)	Time of Day	0:07:20	0:08:27	0:09:46	0:10:58	0:12:30	0:13:51	0:15:26	0:16:41	0:18:17	0:19:34	0:21:16	0:22:38	1:00:27	1:01:55	1:03:39	1:05:04:40
	Time Cum	01:20	02:27	03:46	04:58	06:30	07:51	09:26	10:41	12:17	13:34	15:16	16:38	18:27	19:55	21:39	23:04:40
269	Time Delta	01:20	01:07	01:18	01:12	01:31	01:21	01:34	01:15	01:35	01:17	01:41	01:22	01:48	01:28	01:43	01:25:40
Age 33	Pace Cum	11:41	11:46	11:41	11:56	12:15	12:34	12:46	12:50	12:58	13:02	13:13	13:18	13:31	13:40	13:46	13:51
Group M30-39	Pace Delta	11:41	11:53	11:31	12:50	13:21	14:25	13:48	13:22	13:56	13:44	14:48	14:32	15:54	15:40	15:06	15:10
Overall-Group	Position	115-25	115-25	107-23	111-22	115-24	117-23	109-19	103-19	81-17	74-14	60-13	62-14	61-13	57-12	52-12	52-12
<u>Weikart</u> <u>Dana (NC)</u>	Time of Day	0:07:18	0:08:23	0:09:41	0:10:50	0:12:19	0:13:30	0:15:07	0:16:22								
	Time Cum	01:18	02:23	03:41	04:50	06:19	07:30	09:07	10:22								
270	Time Delta	01:18	01:05	01:17	01:09	01:28	01:11	01:36	01:15								
Age 31	Pace Cum	11:23	11:30	11:25	11:38	11:54	12:00	12:20	12:27								
Group F30-39	Pace Delta	11:23	11:38	11:17	12:22	12:52	12:36	14:08	13:22								
Overall-Group	Position	98-5	95-6	88-6	90-6	97-6	85-6	81-6	82-6								
<u>Werner</u> <u>Lynne (WA)</u>	Time of Day	0:07:15	0:08:21	0:09:41	0:10:48	0:12:10	0:13:23	0:14:58	0:16:18	0:18:06	0:19:32						
	Time Cum	01:15	02:21	03:41	04:48	06:10	07:23	08:58	10:18	12:06	13:32						
271	Time Delta	01:15	01:06	01:19	01:07	01:21	01:13	01:34	01:20	01:47	01:26						
Age 57	Pace Cum	10:57	11:20	11:25	11:33	11:37	11:50	12:08	12:22	12:46	13:00						
Group F50-59	Pace Delta	10:57	11:48	11:35	12:01	11:51	13:06	13:44	14:15	15:41	15:14						
Overall-Group	Position	80-1	86-1	88-3	85-1	79-1	77-1	79-3	79-3	69-3	72-4						
Whisnant, Randy (VA)	Time of Day	0:07:27	0:08:48	0:10:36	0:12:17	0:14:29	0:16:19	0:18:34	0:20:28								
	Time Cum	01:27	02:48	04:36	06:17	08:29	10:19	12:34	14:28								
272	Time Delta	01:27	01:21	01:47	01:41	02:11	01:50	02:14	01:54								
Age 58	Pace Cum	12:42	13:28	14:16	15:05	15:59	16:32	17:00	17:22								
Group M50-59	Pace Delta	12:42	14:24	15:43	17:53	19:16	19:38	19:35	20:17								
Overall-Group	Position	174-31	197-36	215-38	223-38	233-38	234-38	227-38	229-38								
<u>Whorton</u> <u>Kris (TN)</u>	Time of Day	0:07:02	0:07:54	0:08:56	0:09:47	0:10:50	0:11:47	0:12:51	0:13:49	0:14:54	0:15:51	0:16:56	0:17:53	0:19:01	0:19:56	0:21:07	0:22:05:34
	Time Cum	01:02	01:54	02:56	03:47	04:50	05:47	06:51	07:49	08:54	09:51	10:56	11:53	13:01	13:56	15:07	16:05:34
5	Time Delta	01:02	00:52	01:01	00:51	01:02	00:57	01:03	00:58	01:04	00:57	01:04	00:57	01:07	00:55	01:10	00:58:34
Age 43	Pace Cum	09:03	09:10	09:06	09:06	09:06	09:15	09:16	09:23	09:24	09:28	09:28	09:30	09:33	09:34	09:37	09:39
Group F40-49	Pace Delta	09:03	09:18	08:58	09:08	09:07	10:06	09:20	10:20	09:26	10:09	09:26	10:06	09:55	09:51	10:16	10:22
Overall-Group	Position	11-1	14-1	11-1	12-1	10-1	8-1	7-1	8-1	6-1	6-1	4-1	4-1	4-1	4-1	4-1	4-1

2009 Umstead 50/100 Mile Endurance Run --04/04/2009

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
Wood, Joe (VA)	Time of Day	0:07:12	0:08:12	0:09:24	0:10:30	0:11:48	0:12:58	0:14:28	0:15:41	0:17:18	0:18:44	0:20:29	0:22:11	1:00:04	1:01:42	1:03:53	1:05:31:39
	Time Cum	01:12	02:12	03:24	04:30	05:48	06:58	08:28	09:41	11:18	12:44	14:29	16:11	18:04	19:42	21:53	23:31:39
274	Time Delta	01:12	01:00	01:11	01:06	01:17	01:10	01:30	01:13	01:36	01:26	01:44	01:42	01:52	01:38	02:10	01:38:39
Age 43	Pace Cum	10:31	10:35	10:33	10:49	10:56	11:09	11:27	11:38	11:56	12:14	12:32	12:58	13:15	13:31	13:55	14:07
Group M40-49	Pace Delta	10:31	10:40	10:29	11:47	11:18	12:23	13:08	12:59	14:06	15:14	15:19	18:13	16:22	17:22	19:06	17:28
Overall-Group	Position	55-22	48-22	47-22	49-22	48-20	49-19	48-19	49-19	43-17	50-18	46-16	49-16	50-16	52-17	59-19	63-22
<u>Yanello,</u> <u>Haley (NC)</u>	Time of Day	0:07:44	0:09:06	0:10:43	0:12:10	0:14:01	0:15:36	0:17:35	0:19:14								
	Time Cum	01:44	03:06	04:43	06:10	08:01	09:36	11:35	13:14								
275	Time Delta	01:44	01:22	01:36	01:27	01:50	01:35	01:58	01:39								
Age 27	Pace Cum	15:11	14:58	14:38	14:50	15:06	15:23	15:40	15:53								
Group F20-29	Pace Delta	15:11	14:41	14:01	15:33	16:05	16:56	17:16	17:33								
Overall-Group	Position	236-3	228-3	224-3	218-3	212-2	212-2	207-2	209-2								
Zucker, Zeke (VT)	Time of Day	0:07:14	0:08:16	0:09:28	0:10:34	0:11:52	0:12:55	0:14:21	0:15:27	0:16:49	0:17:56	0:19:22	0:20:31	0:21:56	0:23:07	1:00:37	1:01:46:20
	Time Cum	01:14	02:16	03:28	04:34	05:52	06:55	08:21	09:27	10:49	11:56	13:22	14:31	15:56	17:07	18:37	19:46:20
36	Time Delta	01:14	01:02	01:11	01:06	01:17	01:03	01:25	01:06	01:21	01:07	01:25	01:09	01:24	01:11	01:29	01:09:20
Age 65	Pace Cum	10:48	10:53	10:45	10:58	11:03	11:06	11:18	11:21	11:25	11:28	11:34	11:37	11:41	11:44	11:50	11:52
Group M60-69	Pace Delta	10:48	10:59	10:30	11:44	11:20	11:19	12:25	11:50	11:50	11:56	12:30	12:19	12:20	12:37	13:06	12:16
Overall-Group	Position	66-3	63-2	54-1	55-1	49-1	45-1	46-1	42-1	30-1	28-1	21-1	19-1	19-1	18-1	16-1	16-1