

# 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				

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

