

# 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	
James, Dave (CT)	1	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	
		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	
		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	
Age 31		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	
Group M30-39		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	
Kulak, Joe (PA)	2	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
		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
		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
Age 41		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
Group M40-49		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
Overall-Group		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
<u>Perry,</u> <u>Jill (NY)</u>	3	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
		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
		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	09:27	09:35	09:11	10:19	10:28	11:34	11:20	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
<u>Whorton,</u> <u>Kris (TN)</u>	4	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
		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
Jones, Ryan (PA)	5	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
		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
		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
Age 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
Group M20-29		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
Lilly, Richard (NC)	6	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
		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
		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
Cobbs, John (AL)	7	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
		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
		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
Age 47		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
Group M40-49		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

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Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS	
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00	
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	
Humphreys, Trent (SC)	8	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
Peek, Tyler (NC)	9	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
		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
	30	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
	Age 43	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
	Group M40-49	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
	Overall-Group	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
Arbona, Serge (MD)	10	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
Burns, William (NC)	11	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
Gleason, Jeff (PA)	12	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
		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
	125	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
	Age 51	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
	Group M50-59	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
Finnell, Scott (PA)	13	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
		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
	110	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
	Age 52	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
	Group M50-59	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
	Overall-Group	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
<u>Chow, Jenny (NJ)</u>	14	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
		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

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Aid Station Name			AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance			6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta			6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Cowan, Robert (CA)	15	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
		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
	12	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
		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
	Age 48	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
	Group M40-49	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
Zucker, Zeke (VT)	16	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	11:56	12:30	12:19	12:20	12:37	13:06	12:16	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
Chancey, Michael (AL)	17	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
		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
Holley, Kevin (NC)	18	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
Cellino, Richard (GA)	19	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
		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
Dummar, Fred (NC)	20	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
Fisher, Chris (CO)	21	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
		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
	111	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
	Age 34	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
	Group M30-39	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
	Overall-Group	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

# 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>Inscore</u>	22	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
<u>Staci (NC)</u>		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	17-2	18-2		22-2
Vaughan, Doug (NJ)	23	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
	258	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
Giles, Jeff (FL)	24	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
		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
	123	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
Age	34	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
Group	M30-39	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
Gray, Rick (TN)	25	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
Peterson, Darryl E (NC)	26	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	1:03:11:48
		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
	212	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
Age	30	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
Group	M30-39	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
Overall-Group		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
<u>McNeill</u>	27	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
Donovan, Francis L (PA)	28	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

# 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	
Hayward, R Scott (NC)	29	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
	140	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	01:14	02:16		01:31:30
	Age 45	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
	Group M40-49	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
	Overall-Group	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
Duett, Mack D (NY)	30	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
Smith, Mike (IN)	31	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
		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
	238	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
	Age 51	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
	Group M50-59	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
	Overall-Group	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
Portera, Anthony (NY)	32	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
		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
	215	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
	Age 38	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
	Group M30-39	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
	Overall-Group	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
<u>Lager, Cheryl (VA)</u>	33	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
		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
	163	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
	Age 43	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
	Group F40-49	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
	Overall-Group	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
Rosenstein, Phil (WI)	34	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
Pastore, Mike (SC)	35	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

# 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>VanNes,</u>	36	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
<u>Heather (CA)</u>		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
	257	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	34-3	36-3	36-3	
<u>McKeown,</u>	37	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
<u>Bruce Grant (NY)</u>		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>Galope,</u>	38	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
<u>Joe (AZ)</u>		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
	116	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
Age	40	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
Group	M40-49	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
Overall-Group		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
<u>Latimer,</u>	39	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
<u>Stocker,</u>	40	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
<u>Emmy (CT)</u>		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>Vogan,</u>	41	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
<u>Lonnie (AL)</u>		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
	261	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
Age	52	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
Group	M50-59	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
Overall-Group		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
<u>McFadden,</u>	42	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

# 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 Stationt Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	
<u>Morrissey,</u>	43	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
<u>Sarah (VA)</u>		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
	100	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
Age	40	Pace Cum	11:23	12:02	12:15	12:33		12:54	13:07	13:11	13:27	13:37	13:44	13:26	13:17	13:17	13:24	13:28
Group	F40-49	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
Overall-Group		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
Watts,	44	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
Matthew (CO)		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
Espiritu,	45	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
Troy (GA)		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
	108	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
Age	38	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
Group	M30-39	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
Overall-Group		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
Ruth,	46	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
Len (OH)		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
Coll,	47	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
William {Sal} (TN)		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
	79	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
Age	48	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
Group	M40-49	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
Sechler,	48	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
BD (NC)		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
	232	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
Age	46	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
Group	M40-49	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
Overall-Group		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
Danielson,	49	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

# 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	
Brault, David (MD)	50	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
		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
	62	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
	Age 57	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
	Group M50-59	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
	Overall-Group	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
Vesnaver, Steven G (PA)	51	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
		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
	260	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
	Age 44	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
	Group M40-49	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
	Overall-Group	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
Webb, Brock (VA)	52	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
Murolo, Fred (CT)	53	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
		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
	196	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
	Age 52	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
	Group M50-59	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
	Overall-Group	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
Cotuna, Theo (NC)	54	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
		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
	82	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
	Age 45	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
	Group M40-49	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
Bates, Wayne (NY)	55	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
		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
	55	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
	Age 50	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
	Group M50-59	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
	Overall-Group	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>Arnold, Lisa (NC)</u>	56	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

# 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	
Collins, David (ONT)	57	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
		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
	80	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
	Age 56	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
	Group M50-59	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
Leedy, Rick (MI)	58	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
		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
Cawthon, Garret (KY)	59	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
		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
Reiter, Marcus (SC)	60	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
		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
	219	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
	Age 35	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
	Group M30-39	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
	Overall-Group	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
Galioto, Joseph (NJ)	61	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
		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
	115	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
	Age 44	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
	Group M40-49	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
	Overall-Group	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
Murray, Jay (NC)	62	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
		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
	198	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
	Age 47	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
	Group M40-49	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
	Overall-Group	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
Wood, Joe (VA)	63	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

# 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>Mooney</u>	64	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	
<u>Lynn (GA)</u>		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	
	190	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	
Age	47	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	
Group	F40-49	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	
Overall-Group		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>Lance</u>	65	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
Ludwig, Scott (GA)	65	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
Swendsen, Vincent (NC)	67	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
		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
	249	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
Age	46	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
Group	M40-49	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
Overall-Group		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
<u>Tartick</u>	68	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
<u>Karen (NC)</u>		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
	250	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
Age	47	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
Group	F40-49	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
Overall-Group		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
<u>Nop</u>	69	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
<u>Monica (VA)</u>		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
	202	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
Age	43	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
Group	F40-49	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
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
<u>Lee</u>	70	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

# 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	
Schlereth, Joe (NC)	70	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
		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
	6	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
Age	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
Group	M50-59	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
Overall-Group		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
Lipton, Mike (VA)	72	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
		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	13:14	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>Danahy, Stephanie (VA)</u>	73	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
		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
<u>Daughtry, Debbie (VA)</u>	74	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
		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
Skinner, Thomas W (GA)	75	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
		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
	236	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
Age	62	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
Group	M60-69	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
Overall-Group		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
Haigh, Chris (PA)	76	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
		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
	135	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
Siragusa, Tim (NY)	77	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
		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
	235	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
Age	41	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
Group	M40-49	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
Overall-Group		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

# 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>Okamoto,</u>	78	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
<u>Sheri (CA)</u>		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
	205	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
Age	50	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
Group	F50-59	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
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
<u>Lewis,</u>	79	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
Lowery,	80	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
Chris (GA)		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
Davis, III,	81	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
Howell,	82	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
David G (NC)		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
Santos,	82	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
Rick (CA)		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
	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
Age	44	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
Group	M40-49	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
Overall-Group		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
Vogel,	84	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	
Lane (GA)		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	
	262	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	
Age	32	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	
Group	M30-39	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	
Overall-Group		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	

# 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	
Banks, Darryl (NC)	85	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
<u>Legg, Debbi (GA)</u>	86	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
		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
Potter, Eugene (VA)	87	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
		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
	216	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
	Age 64	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
	Group M60-69	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
	Overall-Group	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
<u>Watts, Anne (CO)</u>	88	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
		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
Sierra, Frank (FL)	89	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
		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
	233	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
	Age 47	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
	Group M40-49	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
	Overall-Group	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
Squier, III, William C (NC)	90	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
Herbst, Tom (NC)	91	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
	141	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
	Age 46	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
	Group M40-49	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
	Overall-Group	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

# 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	
Cooper, Robert (MS)	92	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
		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
	81	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
	Age 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
	Group M30-39	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
Rizk, Sam (NC)	93	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
Stone, Francesca (CA)	94	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
Haff, Aviv (ISR)	95	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
		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
	134	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
Novicky, Joe (OH)	96	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
	203	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
	Age 48	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
	Group M40-49	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
	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
Nguyen, Yen (TX)	97	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
	201	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
	Age 45	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
	Group F40-49	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
	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
Eminger, Corey (NC)	98	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
		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
	107	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
	Age 31	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
	Group M30-39	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
	Overall-Group	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

# 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>Nesbit</u>	99	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
<u>Casey (VA)</u>		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
	200	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
Age	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
Group	F40-49	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
Overall-Group		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
<u>Adams</u>	100	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
<u>Diane (VA)</u>		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
<u>Rice</u>	101	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
<u>Rita (MT)</u>		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
	222	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
Age	42	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
Group	F40-49	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
Overall-Group		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
<u>Moore</u>	102	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
<u>Catherine (CA)</u>		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
	191	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
Age	48	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
Group	F40-49	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
Overall-Group		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
<u>Love-Ottobre</u>	103	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
<u>Gentry</u>	104	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
<u>Bill (VA)</u>		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
<u>Spomer</u>	105	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
<u>Paul A (NC)</u>		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

# 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>Massie</u>	106	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
Warwick, Michael (VA)	107	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
		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
	266	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
Age	48	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
Group	M40-49	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	19:21	19:21	26:52
Overall-Group		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
Osheroff, William (HI)	108	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
Hills, Derek (MD)	109	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
	142	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
Age	36	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
Group	M30-39	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
Overall-Group		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
Gentile, Bob (FL)	109	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
Rose, Steven (MI)	111	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
<u>Pearson, Karen (GA)</u>	112	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
Gibson, Don (GA)	113	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
Holbrook, Dan (TN)	114	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
	143	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
Age	61	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
Group	M60-69	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
Overall-Group		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
Garcia, Mike (HI)	115	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
<u>Carroll, Patricia (HI)</u>	115	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
		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
<u>Sergeant, Kimberley A (TX)</u>	117	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
		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
	39	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
Age	50	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
Group	F50-59	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
Overall-Group		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
Kelly, Jim (IL)	118	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
		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
	160	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
Age	63	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
Group	M60-69	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
Overall-Group		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
Nelsen, George W (VA)	119	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
		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
	199	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
Age	53	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
Group	M50-59	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
Overall-Group		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

# 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
Sublett, Bill (VA)	120	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
Lefferts, Peter C (FL)	121	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
		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>Belilgne,</u> <u>Admas K (NY)</u>	122	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
		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
	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
Age 56		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
Group F50-59		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
Overall-Group		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>Ivory,</u> <u>Angela (TN)</u>	123	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
		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
Butler, Jeffrey (NY)	124	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
<u>Donnelly,</u> <u>Susan (TN)</u>	125	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
Apple, Rob (TN)	125	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
Haselden, JR, 127 Carl (VA)	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
139	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
Age 48	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
Group M40-49	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
Overall-Group	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
Bradley, 128 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
	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
61	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
Age 57	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
Group M50-59	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
Overall-Group	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
Smith, 129 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
	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
237	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
Age 41	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
Group M40-49	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
Overall-Group	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
<u>Macklow,</u> 130 <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
<u>Gernand,</u> 131 <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
Jones, 132 Louis (VA)	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
	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
156	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
Age 64	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
Group M60-69	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
Santamarina, 133 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		
	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		
230	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		
Age 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		
Group M30-39	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		
Overall-Group	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		

# 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>	134	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	
Rarer,	135	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			
Garry R (PA)		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			
	218	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			
Age	36	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			
Group	M30-39	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			
Overall-Group		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			
<u>Fromm</u>	136	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			
<u>Anita Marie (NM)</u>		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			
	114	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			
Age	37	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			
Group	F30-39	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			
Overall-Group		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			
Dean,	137	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			
Thelen,	138	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			
Eric (NC)		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			
	252	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			
Age	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			
Group	M30-39	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			
Overall-Group		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			
Barker,	139	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			
Al (GA)		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			
Marsh,	140	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			
John C (MD)		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
Triumph, Thomas (NJ)	141	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				
	255	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				
Clark, Brian R (NC)	142	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				
		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				
Byrom, Roger (NY)	143	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				
Abate, Robert (FL)	144	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				
Lightner, Leo (OH)	145	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				
		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>Griffiths,</u> <u>Vickie (WA)</u>	146	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				
		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				
	131	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				
Gerdy, Greg (NJ)	147	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				

# 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
Lewis, Gary (FL)	148	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					
		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					
Echols, Nathan (NJ)	149	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						
		Time Cum	01:11	02:09	03:18	04:17	05:30	06:34	07:52	09:02	10:18	11:25						
	99	Time Delta	01:11	00:58	01:08	00:59	01:12	01:04	01:17	01:10	01:15	01:07						
	Age 42	Pace Cum	10:22	10:20	10:14	10:18	10:22	10:31	10:39	10:51	10:52	10:58						
	Group M40-49	Pace Delta	10:22	10:17	10:03	10:34	10:33	11:24	11:19	12:28	11:02	11:56						
	Overall-Group	Position	37-16	30-14	26-13	28-13	26-14	24-13	24-13	24-12	17-8	18-9						
Sandstrom, Craig (SC)	150	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						
		Time Cum	01:09	02:09	03:21	04:27	05:44	06:51	08:15	09:30	11:05	12:23						
	229	Time Delta	01:09	01:00	01:11	01:06	01:16	01:07	01:23	01:15	01:34	01:18						
	Age 42	Pace Cum	10:04	10:23	10:23	10:41	10:48	10:59	11:10	11:24	11:42	11:53						
	Group M40-49	Pace Delta	10:04	10:45	10:24	11:42	11:13	12:01	12:08	13:21	13:49	13:50						
	Overall-Group	Position	25-12	33-14	30-15	44-19	45-19	41-17	40-17	43-18	38-14	35-14						
Sayers, Kevin (MD)	151	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						
		Time Cum	01:14	02:17	03:25	04:23	05:33	06:36	08:03	09:23	11:20	12:27						
	37	Time Delta	01:14	01:03	01:07	00:58	01:09	01:03	01:26	01:20	01:56	01:07						
	Age 50	Pace Cum	10:48	11:02	10:36	10:33	10:27	10:34	10:53	11:16	11:58	11:57						
	Group M50-59	Pace Delta	10:48	11:19	09:47	10:25	10:06	11:12	12:39	14:16	17:00	11:55						
	Overall-Group	Position	66-13	70-13	49-8	31-3	29-2	27-2	33-5	37-7	45-8	39-8						
Ferrari, Guido (NC)	152	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						
		Time Cum	01:13	02:10	03:21	04:17	05:29	06:30	07:51	09:19	11:05	12:40						
	23	Time Delta	01:13	00:57	01:10	00:56	01:11	01:01	01:20	01:28	01:45	01:35						
	Age 48	Pace Cum	10:39	10:25	10:23	10:17	10:20	10:24	10:37	11:11	11:42	12:10						
	Group M40-49	Pace Delta	10:39	10:08	10:19	09:56	10:29	10:50	11:48	15:38	15:26	16:57						
	Overall-Group	Position	56-23	34-17	30-15	26-13	23-12	22-12	23-12	35-15	38-14	47-16						
Govern, Daniel (PA)	153	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						
		Time Cum	01:11	02:11	03:22	04:24	05:41	06:51	08:12	09:24	11:07	12:47						
	129	Time Delta	01:11	01:00	01:10	01:02	01:16	01:10	01:20	01:12	01:42	01:40						
	Age 40	Pace Cum	10:22	10:31	10:26	10:36	10:42	10:58	11:06	11:18	11:44	12:16						
	Group M40-49	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						
Elson, Mark A (GA)	154	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						
		Time Cum	01:17	02:24	03:41	04:49	06:09	07:23	08:48	10:05	11:40	13:00						
	106	Time Delta	01:17	01:07	01:16	01:08	01:19	01:14	01:24	01:17	01:34	01:20						
	Age 49	Pace Cum	11:14	11:32	11:25	11:36	11:35	11:49	11:54	12:06	12:19	12:29						
	Group M40-49	Pace Delta	11:14	11:53	11:13	12:11	11:33	13:10	12:21	13:40	13:50	14:17						
	Overall-Group	Position	92-31	100-34	88-31	87-31	75-26	76-25	64-23	66-25	57-21	59-22						

# 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
Dickey, Lee (MA)	155	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>Werner, Lynne (WA)</u>	156	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						
Kelly, Terry (PA)	157	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						
		Time Cum	01:15	02:20	03:30	04:41	05:59	07:07	08:42	10:01	11:47	13:40						
	161	Time Delta	01:15	01:05	01:09	01:11	01:17	01:08	01:34	01:19	01:45	01:53						
Age 41		Pace Cum	10:57	11:15	10:51	11:16	11:16	11:24	11:46	12:02	12:26	13:08						
Group M40-49		Pace Delta	10:57	11:37	10:08	12:42	11:16	12:08	13:47	14:04	15:24	20:08						
Overall-Group		Position	80-27	78-26	64-25	73-26	58-24	51-20	55-20	64-24	63-23	79-29						
Nictakis, Bill (NC)	158	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						
	29	Time Delta	01:23	01:11	01:27	01:10	01:26	01:15	01:27	01:22	01:40	01:29						
Age 49		Pace Cum	12:07	12:22	12:30	12:31	12:32	12:39	12:40	12:53	13:06	13:22						
Group M40-49		Pace Delta	12:07	12:41	12:45	12:33	12:34	13:17	12:50	14:35	14:41	15:55						
Overall-Group		Position	145-57	144-53	145-55	135-52	128-51	124-48	104-40	106-39	88-32	87-32						
Sullivan, Jim (FL)	159	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						
		Time Cum	01:22	02:26	03:45	04:56	06:18	07:36	09:08	10:33	12:18	14:04						
	247	Time Delta	01:22	01:04	01:18	01:11	01:21	01:18	01:31	01:25	01:44	01:46						
Age 57		Pace Cum	11:58	11:44	11:38	11:51	11:52	12:10	12:21	12:40	12:59	13:31						
Group M50-59		Pace Delta	11:58	11:27	11:26	12:35	11:58	13:54	13:21	15:04	15:18	18:54						
Overall-Group		Position	136-23	111-19	99-19	98-18	94-18	97-18	83-18	92-18	82-17	95-17						
Robinson, Walt (NC)	160	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						
Volinski, William (SC)	161	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						
		Time Cum	01:21	02:28	03:45	04:48	06:24	07:40	09:27	10:52	12:55	14:34						
	263	Time Delta	01:21	01:07	01:16	01:03	01:35	01:16	01:46	01:25	02:02	01:39						
Age 29		Pace Cum	11:49	11:54	11:38	11:32	12:03	12:17	12:47	13:03	13:38	13:59						
Group M20-29		Pace Delta	11:49	11:59	11:08	11:13	13:58	13:31	15:34	15:09	17:52	17:36						
Overall-Group		Position	131-3	121-3	99-3	82-2	102-2	101-2	112-2	112-2	108-2	108-2						

# 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
Good, Harry (MD)	162	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						
		Time Cum	01:14	02:21	03:44	04:56	06:27	07:52	09:40	11:06	13:06	14:55						
	128	Time Delta	01:14	01:07	01:22	01:12	01:30	01:25	01:47	01:26	01:59	01:49						
Age 58		Pace Cum	10:48	11:18	11:35	11:51	12:09	12:36	13:05	13:20	13:50	14:20						
Group M50-59		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						
Cox, Lee (NC)	163	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						
		Time Cum	01:28	02:39	04:11	05:24	06:57	08:18	10:06	11:35	13:38	15:17						
	18	Time Delta	01:28	01:11	01:31	01:13	01:32	01:21	01:47	01:29	02:02	01:39						
Age 48		Pace Cum	12:51	12:46	12:58	13:00	13:06	13:17	13:40	13:55	14:23	14:41						
Group M40-49		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						
Ballard, Jimmy (NC)	164	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						
Glazner, Allen (NC)	165	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						
		Time Cum	01:09	02:08	03:22	04:32	05:56	07:10	08:41	10:14	13:39	15:46						
	124	Time Delta	01:09	00:59	01:13	01:10	01:23	01:14	01:30	01:33	03:24	02:07						
Age 54		Pace Cum	10:04	10:15	10:26	10:53	11:11	11:29	11:45	12:18	14:24	15:08						
Group M50-59		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						
Robinson, Brett (CA)	166	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						
Lee, David (NC)	167	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						
		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						
Hampton, Terry G (GA)	168	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						
		Time Cum	01:37	02:57	04:35	06:04	07:42	09:15	11:08	12:41	14:38	16:29						
	137	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						

# 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
Bartocci, Frank (MN)	169	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						
		Time Cum	01:29	02:50	04:28	05:54	07:43	09:23	11:17	12:58	15:13	16:57						
	54	Time Delta	01:29	01:21	01:37	01:26	01:48	01:40	01:53	01:41	02:14	01:44						
Age 61		Pace Cum	13:00	13:40	13:51	14:11	14:32	15:02	15:16	15:34	16:04	16:17						
Group M60-69		Pace Delta	13:00	14:30	14:10	15:21	15:49	17:52	16:31	17:59	19:37	18:27						
Overall-Group		Position	187-11	207-15	203-16	202-17	203-18	206-19	201-19	204-20	161-14	161-15						
Kader, Al Fatah (NY)	170	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						
		Time Cum	01:11	02:12	03:36	04:58	06:43	08:25	10:39	12:41	15:27	17:00						
	158	Time Delta	01:11	01:01	01:23	01:22	01:44	01:42	02:13	02:02	02:45	01:33						
Age 28		Pace Cum	10:22	10:38	11:10	11:57	12:39	13:29	14:24	15:14	16:18	16:20						
Group M20-29		Pace Delta	10:22	10:56	12:09	14:41	15:12	18:09	19:29	21:40	24:10	16:37						
Overall-Group		Position	37-2	49-2	73-2	114-3	135-3	148-4	176-4	196-4	171-3	162-3						
<u>Evans,</u> <u>Rosemary (KY)</u>	171	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						
		Time Cum	01:30	02:47	04:26	05:57	07:48	09:23	11:18	12:59	15:20	17:20						
	109	Time Delta	01:30	01:17	01:38	01:31	01:50	01:35	01:54	01:41	02:20	02:00						
Age 55		Pace Cum	13:08	13:23	13:45	14:18	14:42	15:02	15:17	15:36	16:11	16:39						
Group F50-59		Pace Delta	13:08	13:40	14:25	16:13	16:07	16:56	16:41	18:02	20:28	21:19						
Overall-Group		Position	190-9	194-10	201-10	208-11	207-11	205-11	202-11	205-11	164-11	170-10						
<u>Andrish,</u> <u>Sue Ellen (OH)</u>	172	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						
<u>Rentz,</u> <u>Anne (GA)</u>	173	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						
		Time Cum	01:32	02:53	04:35	06:10	08:01	09:46	12:01	13:46	16:00	18:17						
	221	Time Delta	01:32	01:21	01:41	01:35	01:50	01:45	02:14	01:45	02:13	02:17						
Age 56		Pace Cum	13:26	13:52	14:13	14:49	15:06	15:38	16:15	16:32	16:53	17:34						
Group F50-59		Pace Delta	13:26	14:23	14:51	16:53	16:09	18:36	19:42	18:45	19:25	24:23						
Overall-Group		Position	206-13	215-12	213-12	217-13	212-12	217-12	220-13	222-14	173-12	173-12						
<u>Leland,</u> <u>June (FL)</u>	174	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							
		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>Turner,</u> <u>Mary (GA)</u>	175	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							
	256	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							

# 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
Banas, Vladimir (NC)	176	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							
<u>Kazmer, Val (NC)</u>	177	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							
		Time Cum	01:05	01:58	03:01	03:54	04:58	06:08	07:27	08:35							
	159	Time Delta	01:05	00:53	01:03	00:53	01:03	01:10	01:18	01:08							
Age	22	Pace Cum	09:29	09:26	09:21	09:24	09:21	09:50	10:05	10:18							
Group	F20-29	Pace Delta	09:29	09:23	09:12	09:32	09:13	12:32	11:25	12:05							
Overall-Group		Position	19-1	19-1	17-1	15-1	15-1	17-1	18-1	16-1							
<u>Donley, Sarah (SC)</u>	178	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							
Lucchese, D C (NC)	179	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							
Tighe, Jarett (VA)	180	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							
	254	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							
Holtry, Matthew (NC)	181	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							
Walsh, Mike (NC)	182	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							
		Time Cum	01:18	02:23	03:38	04:47	06:14	07:25	08:56	09:57							
	35	Time Delta	01:18	01:05	01:14	01:09	01:26	01:11	01:30	01:01							
Age	41	Pace Cum	11:23	11:27	11:16	11:29	11:45	11:53	12:05	11:57							
Group	M40-49	Pace Delta	11:23	11:32	10:56	12:15	12:40	12:39	13:13	10:55							
Overall-Group		Position	98-35	94-30	82-29	81-29	84-30	79-27	72-27	60-22							

# 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
Grochowski, 183	Time of Day	Chris (NC)	0:07:11	0:08:10	0:09:21	0:10:28	0:11:52	0:13:14	0:14:52	0:16:07								
	Time Cum		01:11	02:10	03:21	04:28	05:52	07:14	08:52	10:07								
	Time Delta	132	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								
Ramey, 184	Time of Day	Matt (NC)	0:07:14	0:08:16	0:09:28	0:10:39	0:12:07	0:13:28	0:14:58	0:16:21								
	Time Cum		01:14	02:16	03:28	04:39	06:07	07:28	08:58	10:21								
	Time Delta	217	01:14	01:02	01:11	01:11	01:27	01:21	01:29	01:23								
Age 31	Pace Cum		10:48	10:54	10:45	11:12	11:31	11:58	12:08	12:25								
Group M30-39	Pace Delta		10:48	11:01	10:29	12:43	12:44	14:28	13:02	14:44								
Overall-Group	Position		66-14	64-13	54-12	69-16	71-15	84-17	79-14	81-16								
<u>Weikart,</u> 185	Time of Day	<u>Dana (NC)</u>	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								
	Time Delta	270	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								
Marsh, 186	Time of Day	Ed (NC)	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								
	Time Delta	179	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								
Iscool, 187	Time of Day	Mark (VA)	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								
	Time Delta	150	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								
McGuire, 188	Time of Day	Anthony L (NC)	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								
	Time Delta	184	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								
Andrews, 189	Time of Day	Douglas (NC)	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								
	Time Delta	47	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								

# 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
Hatfield, Kevin (GA)	190	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								
	300	Time Delta	01:06	01:02	01:16	01:09	01:32	01:29	01:43	01:41								
Age	34	Pace Cum	09:38	10:16	10:36	10:59	11:31	12:11	12:38	13:14								
Group	M30-39	Pace Delta	09:38	11:02	11:11	12:21	13:28	15:54	15:03	17:56								
Overall-Group		Position	22-7	28-7	49-11	57-11	71-15	98-19	99-16	120-24								
Phillips, Thomas (VA)	191	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								
		Time Cum	01:13	02:15	03:33	04:41	06:09	07:23	09:08	11:05								
	213	Time Delta	01:13	01:02	01:17	01:08	01:27	01:14	01:44	01:57								
Age	43	Pace Cum	10:39	10:50	11:00	11:15	11:35	11:49	12:21	13:19								
Group	M40-49	Pace Delta	10:39	11:03	11:20	12:06	12:48	13:08	15:18	20:50								
Overall-Group		Position	56-23	62-24	69-27	71-26	75-26	74-25	83-30	123-46								
Pantalone, Michael (PA)	192	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								
Velazco, Andy (GA)	193	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								
		Time Cum	01:11	02:17	03:40	04:56	06:31	07:56	09:39	11:12								
	259	Time Delta	01:11	01:06	01:22	01:16	01:34	01:25	01:42	01:33								
Age	61	Pace Cum	10:22	11:00	11:22	11:51	12:17	12:42	13:03	13:27								
Group	M60-69	Pace Delta	10:22	11:47	12:02	13:31	13:49	15:04	15:01	16:33								
Overall-Group		Position	37-1	68-3	85-4	102-4	119-4	126-6	124-6	133-7								
Patch, Tom (NC)	194	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								
O'Neil, Jim (VA)	195	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								
Allen, Maurice B (Pete)	196	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								

# 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
Harmer, Matthew (NC)	197	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								
	138	Time Delta	01:23	01:10	01:20	01:15	01:39	01:21	01:37	01:33								
Age	25	Pace Cum	12:07	12:17	12:06	12:23	12:50	13:04	13:15	13:38								
Group	M20-29	Pace Delta	12:07	12:29	11:45	13:23	14:31	14:21	14:18	16:38								
Overall-Group		Position	145-4	140-4	128-4	128-4	137-4	135-3	132-3	140-3								
<u>Fletcher, Laura (NC)</u>	197	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								
		Time Cum	01:22	02:33	03:54	05:13	06:49	08:10	09:48	11:21								
	113	Time Delta	01:22	01:11	01:20	01:19	01:35	01:21	01:37	01:33								
Age	48	Pace Cum	11:58	12:17	12:06	12:33	12:50	13:05	13:15	13:38								
Group	F40-49	Pace Delta	11:58	12:41	11:44	14:09	13:53	14:28	14:12	16:38								
Overall-Group		Position	136-19	141-19	128-15	139-14	137-15	137-17	132-17	140-18								
Sullivan, Jerry (LA)	199	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								
		Time Cum	01:22	02:26	03:45	04:56	06:31	07:57	09:45	11:22								
	246	Time Delta	01:22	01:04	01:18	01:11	01:34	01:26	01:47	01:37								
Age	47	Pace Cum	11:58	11:44	11:38	11:52	12:17	12:44	13:11	13:39								
Group	M40-49	Pace Delta	11:58	11:26	11:27	12:43	13:45	15:22	15:39	17:15								
Overall-Group		Position	136-51	110-39	99-36	106-36	119-47	130-49	130-49	143-51								
McNeill, Michael (NC)	200	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								
		Time Cum	01:25	02:37	04:00	05:12	06:42	07:57	09:41	11:25								
	187	Time Delta	01:25	01:12	01:22	01:12	01:29	01:15	01:43	01:44								
Age	37	Pace Cum	12:25	12:34	12:24	12:29	12:37	12:44	13:06	13:43								
Group	M30-39	Pace Delta	12:25	12:45	12:06	12:45	13:08	13:22	15:06	18:30								
Overall-Group		Position	158-28	155-29	140-27	133-26	134-26	129-25	127-24	144-29								
<u>Taylor, Samantha (GA)</u>	201	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								
		Time Cum	01:33	02:45	04:16	05:32	07:10	08:34	10:14	11:32								
	251	Time Delta	01:33	01:12	01:30	01:16	01:37	01:24	01:39	01:18								
Age	37	Pace Cum	13:35	13:16	13:14	13:18	13:30	13:43	13:51	13:51								
Group	F30-39	Pace Delta	13:35	12:54	13:09	13:31	14:15	14:54	14:34	13:53								
Overall-Group		Position	211-9	190-8	183-8	172-8	168-8	163-8	151-8	146-8								
Sutton, Steve (OH)	202	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								
		Time Cum	01:24	02:37	04:05	05:24	07:02	08:25	10:12	11:37								
	248	Time Delta	01:24	01:13	01:27	01:19	01:37	01:23	01:46	01:25								
Age	51	Pace Cum	12:16	12:38	12:40	12:58	13:15	13:28	13:48	13:56								
Group	M50-59	Pace Delta	12:16	13:05	12:43	14:02	14:16	14:44	15:35	15:03								
Overall-Group		Position	150-26	158-26	149-24	154-26	151-24	147-24	148-24	149-23								
<u>Hampton, Rhonda (NC)</u>	203	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								
		Time Cum	01:31	02:44	04:09	05:24	07:00	08:26	10:12	11:39								
	24	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								

# 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
Plant, James (NC)	204	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								
		Time Cum	01:27	02:41	04:11	05:28	07:09	08:34	10:26	11:48								
	214	Time Delta	01:27	01:14	01:29	01:17	01:40	01:25	01:51	01:22								
Age 44		Pace Cum	12:42	12:53	12:58	13:07	13:28	13:43	14:07	14:10								
Group M40-49		Pace Delta	12:42	13:07	13:07	13:38	14:44	15:10	16:15	14:39								
Overall-Group		Position	174-62	172-60	167-60	166-60	165-60	164-57	165-58	159-56								
De Freitas, Michael (BRA)	205	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								
		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								
Clausen, Chris D (NY)	206	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								
		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								
Reitzig, Jim (NY)	206	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								
		Time Cum	01:20	02:33	04:05	05:21	07:07	08:41	10:38	12:09								
	220	Time Delta	01:20	01:13	01:31	01:16	01:45	01:34	01:56	01:31								
Age 34		Pace Cum	11:41	12:17	12:40	12:52	13:24	13:54	14:23	14:35								
Group M30-39		Pace Delta	11:41	13:00	13:22	13:32	15:24	16:41	17:02	16:07								
Overall-Group		Position	115-25	138-27	149-30	145-29	160-31	172-31	173-29	172-31								
Kitchen, Jim (NC)	206	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								
		Time Cum	01:32	02:52	04:32	05:55	07:41	09:04	10:47	12:09								
	162	Time Delta	01:32	01:20	01:39	01:23	01:45	01:23	01:42	01:22								
Age 44		Pace Cum	13:26	13:46	14:03	14:13	14:28	14:31	14:35	14:35								
Group M40-49		Pace Delta	13:26	14:10	14:35	14:45	15:25	14:45	14:59	14:32								
Overall-Group		Position	206-67	210-67	207-66	206-66	200-66	192-65	180-62	172-59								
Calabria, Robert D (NC)	209	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								
Nowling, Mark (SC)	210	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								
	204	Time Delta	01:24	01:18	01:31	01:19	01:49	01:23	02:10	01:32								
Age 40		Pace Cum	12:16	12:59	13:08	13:20	13:55	14:03	14:49	14:59								
Group M40-49		Pace Delta	12:16	13:52	13:23	14:01	16:02	14:50	19:00	16:19								
Overall-Group		Position	150-58	179-61	180-63	174-61	184-63	177-60	190-65	189-64								

# 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
Schuttler, Walter (CT)	211	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								
		Time Cum	01:24	02:39	04:11	05:38	07:26	09:04	10:56	12:35								
	231	Time Delta	01:24	01:15	01:31	01:27	01:47	01:38	01:51	01:39								
Age 57		Pace Cum	12:16	12:47	12:58	13:32	14:00	14:31	14:47	15:06								
Group M50-59		Pace Delta	12:16	13:26	13:18	15:28	15:42	17:24	16:19	17:35								
Overall-Group		Position	150-26	170-28	167-27	184-32	186-33	191-33	188-33	191-33								
Newnam, III, James (NC)	212	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								
	28	Time Delta	01:31	01:22	01:38	01:23	01:45	01:30	01:58	01:39								
Age 32		Pace Cum	13:17	13:52	14:03	14:13	14:28	14:42	15:06	15:23								
Group M30-39		Pace Delta	13:17	14:35	14:24	14:45	15:25	15:59	17:19	17:36								
Overall-Group		Position	197-32	217-34	207-32	205-32	200-32	199-32	199-30	199-32								
Rodatz, Chris (FL)	213	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								
Mujica, Hugo H (CT)	214	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								
		Time Cum	01:31	02:42	04:19	05:51	07:48	09:33	11:36	12:58								
	195	Time Delta	01:31	01:11	01:36	01:32	01:56	01:45	02:02	01:22								
Age 52		Pace Cum	13:17	12:59	13:23	14:03	14:42	15:17	15:42	15:34								
Group M50-59		Pace Delta	13:17	12:38	14:06	16:20	17:02	18:39	17:54	14:33								
Overall-Group		Position	197-36	180-32	186-33	197-35	207-35	210-36	208-36	203-35								
<u>Murphy, Nancy (IN)</u>	215	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								
		Time Cum	01:29	02:49	04:20	05:44	07:26	09:08	11:07	12:59								
	197	Time Delta	01:29	01:20	01:30	01:24	01:41	01:42	01:58	01:52								
Age 63		Pace Cum	13:00	13:35	13:26	13:48	14:00	14:37	15:02	15:36								
Group F60-69		Pace Delta	13:00	14:19	13:09	15:01	14:46	18:04	17:21	19:59								
Overall-Group		Position	187-3	202-3	190-1	191-1	186-1	195-1	196-2	206-3								
<u>Yanello, Haley (NC)</u>	216	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								
<u>Jenkins, Reina (HI)</u>	217	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								
		Time Cum	01:33	02:56	04:43	06:17	08:06	09:42	11:47	13:21								
	153	Time Delta	01:33	01:23	01:46	01:34	01:48	01:36	02:04	01:34								
Age 47		Pace Cum	13:35	14:06	14:38	15:05	15:16	15:32	15:56	16:02								
Group F40-49		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								

# 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
Brown, Will (NC)	218	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							
<u>Gerstein, Jean (OH)</u>	219	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							
Morgan, Paul (FL)	220	Time of Day	0:07:43	0:09:11	0:10:55	0:12:21		0:15:47	0:17:51	0:19:32							
		Time Cum	01:43	03:11	04:55	06:21		09:47	11:51	13:32							
	192	Time Delta	01:43	01:28	01:43	01:26		03:25	02:03	01:41							
Age	67	Pace Cum	15:02	15:18	15:15	15:15		15:39	16:02	16:15							
Group	M60-69	Pace Delta	15:02	15:37	15:09	15:14		16:28	18:06	18:00							
Overall-Group		Position	232-23	234-24	231-24	228-23		218-22	219-23	218-22							
Ring, Robert R (VA)	221	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							
		Time Cum	01:44	03:12	04:58	06:26	08:13	09:44	11:38	13:35							
	223	Time Delta	01:44	01:28	01:45	01:28	01:46	01:31	01:53	01:57							
Age	60	Pace Cum	15:11	15:26	15:24	15:27	15:29	15:35	15:44	16:19							
Group	M60-69	Pace Delta	15:11	15:44	15:21	15:39	15:34	16:08	16:37	20:49							
Overall-Group		Position	236-24	239-25	232-25	232-25	219-21	216-21	209-21	220-23							
Howard, James (MD)	222	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							
DePaul, Andre' (NC)	223	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							
Malinowski, Joseph (VA)	224	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							

# 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>Boardman,</u>	225	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							
<u>Susan (FL)</u>		Time Cum	01:44	03:11	05:01	06:33	08:24	10:02	12:08	13:56							
58		Time Delta	01:44	01:27	01:49	01:32	01:50	01:38	02:05	01:48							
Age 55		Pace Cum	15:11	15:20	15:33	15:44	15:49	16:04	16:25	16:44							
Group F50-59		Pace Delta	15:11	15:32	15:57	16:21	16:09	17:28	18:17	19:17							
Overall-Group		Position	236-16	235-16	237-16	236-16	230-16	230-15	221-14	225-15							
Adair,	226	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							
Tom (GA)		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							
Thill,	227	Time of Day		0:08:50	0:10:37	0:12:11	0:14:17	0:16:00	0:18:22	0:20:12							
Brad (NC)		Time Cum		02:50	04:37	06:11	08:17	10:00	12:22	14:12							
253		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							
Olivera,	228	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							
Mike (NC)		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							
Whisnant,	229	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							
Randy (VA)		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							
Spangler,	230	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							
Robert Charles		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							
<u>Spangler,</u>	231	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							
<u>Kimberly Mae</u>		Time Cum	01:30	02:42	04:19	05:50	08:09	09:51	12:42	14:43							
239		Time Delta	01:30	01:12	01:36	01:31	02:18	01:42	02:50	02:01							
Age 24		Pace Cum	13:08	12:59	13:23	14:01	15:21	15:46	17:11	17:40							
Group F20-29		Pace Delta	13:08	12:47	14:07	16:11	20:13	18:06	24:55	21:28							
Overall-Group		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
<u>Mitchell,</u>	232	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							
<u>Meredith (NC)</u>		Time Cum	01:50	03:20	05:19	07:00	09:08	11:05	13:13	15:02							
189		Time Delta	01:50	01:30	01:58	01:41	02:08	01:57	02:07	01:49							
Age 29		Pace Cum	16:04	16:01	16:29	16:48	17:12	17:44	17:53	18:03							
Group F20-29		Pace Delta	16:04	15:58	17:21	17:53	18:41	20:45	18:39	19:23							
Overall-Group		Position	242-4	243-4	242-4	242-4	239-4	240-4	232-4	232-4							
<u>Glover,</u>	233	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							
<u>Amy (GA)</u>		Time Cum	01:41	03:12	05:01	06:40	08:50	10:44	13:03	15:10							
126		Time Delta	01:41	01:31	01:48	01:39	02:09	01:54	02:18	02:07							
Age 39		Pace Cum	14:45	15:25	15:33	16:02	16:38	17:11	17:39	18:13							
Group F30-39		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							
Davis,	233	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							
McVeigh, JR,	235	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							
George M (VA)		Time Cum	01:52	03:24	05:20	07:00	09:06	10:56	13:13	15:21							
188		Time Delta	01:52	01:32	01:55	01:40	02:05	01:50	02:16	02:08							
Age 62		Pace Cum	16:21	16:21	16:32	16:49	17:09	17:30	17:53	18:26							
Group M60-69		Pace Delta	16:21	16:22	16:52	17:47	18:19	19:33	19:56	22:50							
Overall-Group		Position	243-27	244-27	243-26	243-26	238-25	239-26	232-26	235-26							
Mazumder,	236	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							
Ashish (NC)		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>Bundek,</u>	237	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							
<u>Amanda (DE)</u>		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							
Durr,	238	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							
Stephen (VA)		Time Cum	01:56	03:37	05:30	07:30	09:46	11:48	14:17	16:31							
98		Time Delta	01:56	01:41	01:52	02:00	02:15	02:02	02:28	02:14							
Age 42		Pace Cum	16:56	17:23	17:03	18:02	18:24	18:54	19:19	19:50							
Group M40-49		Pace Delta	16:56	17:56	16:27	21:22	19:45	21:43	21:39	23:47							
Overall-Group		Position	245-72	246-72	246-72	246-72	241-72	243-71	236-70	238-70							

# 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
Morrin, Michael (CT)	239	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							
		Time Cum	01:54	03:37	05:41	07:35	09:57	12:04	14:43	16:52							
	193	Time Delta	01:54	01:43	02:03	01:54	02:21	02:07	02:38	02:09							
Age 72		Pace Cum	16:39	17:25	17:37	18:13	18:45	19:19	19:55	20:15							
Group M70-79		Pace Delta	16:39	18:21	18:00	20:15	20:41	22:32	23:10	22:55							
Overall-Group		Position	244-3	248-3	248-3	248-3	242-3	244-3	237-2	239-2							
Stansbury, Joey (NC)	240	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>Burford,</u> <u>Janice (VA)</u>	241	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							
<u>Godwin,</u> <u>Marcia (NC)</u>	242	Time of Day	0:07:36	0:08:58	0:10:39	0:12:12	0:14:09	0:15:57	0:18:30								
		Time Cum	01:36	02:58	04:39	06:12	08:09	09:57	12:30								
	127	Time Delta	01:36	01:22	01:40	01:33	01:56	01:48	02:32								
Age 64		Pace Cum	14:01	14:15	14:25	14:54	15:21	15:56	16:55								
Group F60-69		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								
Esser, Walt (NC)	243	Time of Day	0:07:31	0:08:48	0:10:23	0:11:44	0:13:26	0:14:58									
		Time Cum	01:31	02:48	04:23	05:44	07:26	08:58									
	22	Time Delta	01:31	01:17	01:34	01:21	01:41	01:32									
Age 70		Pace Cum	13:17	13:26	13:36	13:47	14:00	14:22									
Group M70-79		Pace Delta	13:17	13:38	13:52	14:27	14:47	16:22									
Overall-Group		Position	197-1	195-1	197-1	190-1	186-1	188-1									
Barrett, Chris (NC)	244	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									
<u>Johnson,</u> <u>Peggy (FL)</u>	245	Time of Day	0:07:39	0:08:59	0:10:39	0:12:07	0:14:15	0:16:18									
		Time Cum	01:39	02:59	04:39	06:07	08:15	10:18									
	155	Time Delta	01:39	01:20	01:39	01:28	02:07	02:03									
Age 56		Pace Cum	14:27	14:22	14:25	14:42	15:32	16:30									
Group F50-59		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									

# 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>Tiska</u>	246	Time of Day	0:07:19	0:08:25	0:09:53	0:11:21	0:16:11	0:17:39										
<u>Dale (NC)</u>		Time Cum	01:19	02:25	03:53	05:21	10:11	11:39										
34		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										
Johncock, Bill (NC)	247	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											
		Position	8-4	9-4	8-4	9-4	7-3											
Brewington, David (MD)	248	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												