

2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

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>Aistars</u>	Time of Day	0:07:16	0:08:22	0:09:40	0:10:52	0:12:17	0:13:34	0:15:06	0:16:27	0:18:05	0:19:32	0:21:32	0:23:12	1:01:16	1:03:04	1:05:15	1:07:03:51
<u>Juli (IL)</u>	Time Cum	01:16	02:22	03:40	04:52	06:17	07:34	09:06	10:27	12:05	13:32	15:32	17:12	19:16	21:04	23:15	25:03:51
48	Time Delta	01:16	01:06	01:17	01:12	01:24	01:17	01:31	01:21	01:37	01:27	01:59	01:40	02:03	01:48	02:10	01:48:51
Age 52	Pace Cum	11:06	11:23	11:22	11:41	11:50	12:07	12:19	12:34	12:45	13:00	13:26	13:46	14:07	14:27	14:47	15:02
Group F50-59	Pace Delta	11:06	11:45	11:20	12:46	12:23	13:41	13:23	14:30	14:10	15:27	17:29	17:50	17:59	19:10	19:05	19:16
Overall-Group	Position	109-5	102-5	93-4	96-4	99-5	105-6	101-5	107-5	85-5	88-5	89-6	88-6	80-6	81-6	77-6	76-6
<u>Ambruso</u>	Time of Day	0:07:10	0:08:12	0:09:21	0:10:24	0:11:36	0:12:45	0:14:08	0:15:41								
<u>Frances (CT)</u>	Time Cum	01:10	02:12	03:21	04:24	05:36	06:45	08:08	09:41								
89	Time Delta	01:10	01:02	01:08	01:03	01:11	01:09	01:22	01:33								
Age 32	Pace Cum	10:13	10:37	10:23	10:35	10:33	10:49	11:00	11:37								
Group F30-39	Pace Delta	10:13	11:05	09:59	11:17	10:24	11:17	12:00	16:30								
Overall-Group	Position	62-4	64-4	55-4	53-3	47-3	54-3	50-3	57-4								
Ambruso, Seth (CT)	Time of Day	0:07:26	0:08:45	0:10:15	0:11:40	0:13:14	0:14:40	0:16:34	0:18:27								
	Time Cum	01:26	02:45	04:15	05:40	07:14	08:40	10:34	12:27								
49	Time Delta	01:26	01:19	01:29	01:25	01:33	01:26	01:53	01:53								
Age 31	Pace Cum	12:33	13:14	13:11	13:36	13:38	13:53	14:18	14:57								
Group M30-39	Pace Delta	12:33	14:02	13:05	15:04	13:43	15:20	16:33	20:01								
Overall-Group	Position	184-33	198-33	187-32	192-33	179-31	177-31	180-31	195-32								
Arbona, Serge (MD)	Time of Day	0:06:54	0:07:40	0:08:32	0:09:24	0:10:16	0:11:07	0:12:06	0:12:56	0:13:56	0:14:46	0:15:46	0:16:42	0:17:43	0:18:36	0:19:38	0:20:33:59
	Time Cum	00:54	01:40	02:32	03:24	04:16	05:07	06:06	06:56	07:56	08:46	09:46	10:42	11:43	12:36	13:38	14:33:59
1	Time Delta	00:54	00:46	00:51	00:52	00:51	00:51	00:58	00:50	00:59	00:50	00:59	00:56	01:00	00:53	01:01	00:55:59
Age 46	Pace Cum	07:53	08:04	07:51	08:11	08:02	08:11	08:15	08:20	08:22	08:26	08:27	08:34	08:35	08:39	08:40	08:44
Group M40-49	Pace Delta	07:53	08:18	07:28	09:17	07:32	09:02	08:36	09:00	08:38	08:59	08:39	10:00	08:50	09:27	09:00	09:55
Overall-Group	Position	5-3	5-3	2-2	5-2	5-3	5-3	5-3	4-2	3-2	3-2	2-1	2-1	2-1	2-1	2-1	2-1
Armstrong, Jon (NC)	Time of Day	0:07:13	0:08:15	0:09:29	0:10:31	0:11:59	0:13:09	0:14:39	0:15:50	0:17:35	0:18:57	0:20:40	0:22:07	1:00:24	1:02:35	1:05:39	1:09:05:39
	Time Cum	01:13	02:15	03:29	04:31	05:59	07:09	08:39	09:50	11:35	12:57	14:40	16:07	18:24	20:35	23:39	27:05:39
52	Time Delta	01:13	01:02	01:13	01:02	01:27	01:10	01:29	01:11	01:44	01:22	01:42	01:27	02:16	02:11	03:03	03:26:39
Age 43	Pace Cum	10:39	10:51	10:48	10:52	11:16	11:27	11:42	11:48	12:14	12:26	12:41	12:54	13:29	14:07	15:02	16:15
Group M40-49	Pace Delta	10:39	11:05	10:43	11:07	12:44	12:28	13:04	12:37	15:17	14:35	14:58	15:26	19:58	23:15	26:49	36:35
Overall-Group	Position	80-22	76-25	67-21	68-22	73-23	73-22	76-24	68-23	63-18	64-20	62-19	64-19	67-22	75-24	83-25	97-26
<u>Arnold</u>	Time of Day	0:07:12	0:08:14	0:09:31	0:10:38	0:12:01	0:13:14	0:14:42	0:15:58	0:17:42	0:19:00	0:20:42	0:22:11	1:00:02	1:01:26	1:03:13	1:04:41:59
<u>Lisa (NC)</u>	Time Cum	01:12	02:14	03:31	04:38	06:01	07:14	08:42	09:58	11:42	13:00	14:42	16:11	18:02	19:26	21:13	22:41:59
53	Time Delta	01:12	01:02	01:16	01:07	01:22	01:13	01:27	01:16	01:43	01:18	01:41	01:29	01:50	01:24	01:46	01:28:59
Age 41	Pace Cum	10:31	10:44	10:54	11:09	11:20	11:35	11:46	11:59	12:21	12:30	12:43	12:57	13:13	13:20	13:30	13:37
Group F40-49	Pace Delta	10:31	11:00	11:13	12:01	11:59	12:59	12:48	13:36	15:03	13:58	14:46	15:46	16:12	14:52	15:37	15:45
Overall-Group	Position	75-8	72-7	74-8	76-8	78-7	83-7	80-7	80-7	71-4	67-4	63-5	65-4	59-4	56-4	48-3	49-3
<u>Ascarl</u>	Time of Day	0:07:11	0:08:15	0:09:30	0:10:36	0:12:16	0:14:31										
<u>Marge (NJ)</u>	Time Cum	01:11	02:15	03:30	04:36	06:16	08:31										
54	Time Delta	01:11	01:04	01:14	01:06	01:39	02:15										
Age 49	Pace Cum	10:22	10:51	10:51	11:04	11:48	13:39										
Group F40-49	Pace Delta	10:22	11:26	10:52	11:48	14:30	24:00										
Overall-Group	Position	69-7	75-8	71-7	75-6	96-8	165-18										

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Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<u>Aurilio</u>	Time of Day	0:07:20	0:08:28	0:09:55	0:11:08	0:12:37	0:13:56	0:15:27	0:16:43	0:18:17	0:19:41	0:21:29	0:22:55	1:00:39	1:02:09	1:04:30	1:06:12:12
<u>Antonia (VA)</u>	Time Cum	01:20	02:28	03:55	05:08	06:37	07:56	09:27	10:43	12:17	13:41	15:29	16:55	18:39	20:09	22:30	24:12:12
55	Time Delta	01:20	01:08	01:26	01:13	01:28	01:19	01:30	01:16	01:33	01:24	01:47	01:26	01:43	01:30	02:20	01:42:12
Age 36	Pace Cum	11:41	11:52	12:09	12:20	12:28	12:43	12:47	12:52	12:58	13:09	13:24	13:32	13:40	13:49	14:19	14:31
Group F30-39	Pace Delta	11:41	12:05	12:40	12:59	12:56	14:07	13:10	13:28	13:43	15:02	15:38	15:19	15:06	15:58	20:33	18:05
Overall-Group	Position	139-12	127-8	137-9	135-9	131-10	128-9	126-9	124-9	98-7	94-7	87-7	83-6	71-5	67-5	70-5	72-6
Ayers Jr, Bob (VT)	Time of Day	0:06:52	0:07:37	0:08:32	0:09:19	0:10:12	0:11:00	0:12:00	0:12:53	0:13:57	0:14:52	0:16:00	0:17:00	0:18:19	0:19:24	0:20:36	0:21:38:37
	Time Cum	00:52	01:37	02:32	03:19	04:12	05:00	06:00	06:53	07:57	08:52	10:00	11:00	12:19	13:24	14:36	15:38:37
57	Time Delta	00:52	00:45	00:54	00:47	00:52	00:48	00:59	00:53	01:03	00:55	01:07	01:00	01:18	01:05	01:11	01:02:37
Age 50	Pace Cum	07:35	07:47	07:51	07:59	07:55	08:02	08:07	08:17	08:23	08:31	08:39	08:48	09:02	09:12	09:17	09:23
Group M50-59	Pace Delta	07:35	08:00	08:00	08:25	07:39	08:40	08:37	09:33	09:12	09:52	09:49	10:43	11:27	11:37	10:25	11:05
Overall-Group	Position	2-1	2-1	2-1	3-1	3-1	3-1	3-1	3-1	4-1	5-1	5-1	5-1	5-1	5-1	5-1	5-1
Banas, Vladimir (NC)	Time of Day	0:06:57	0:07:48	0:08:46	0:09:36	0:10:40	0:11:36	0:12:44	0:13:43	0:14:52	0:15:50	0:16:59	0:18:04	0:19:18	0:20:24	0:21:41	0:22:45:02
	Time Cum	00:57	01:48	02:46	03:36	04:40	05:36	06:44	07:43	08:52	09:50	10:59	12:04	13:18	14:24	15:41	16:45:02
16	Time Delta	00:57	00:51	00:57	00:50	01:03	00:56	01:07	00:59	01:08	00:58	01:08	01:05	01:13	01:06	01:16	01:04:02
Age 41	Pace Cum	08:19	08:40	08:35	08:41	08:47	08:58	09:07	09:16	09:21	09:27	09:30	09:40	09:45	09:53	09:58	10:03
Group M40-49	Pace Delta	08:19	09:06	08:25	09:01	09:12	09:58	09:53	10:33	09:59	10:26	09:56	11:35	10:44	11:43	11:12	11:20
Overall-Group	Position	15-8	18-8	17-8	14-7	14-7	14-7	14-7	11-6	10-6	9-6	7-4	7-4	7-4	7-4	7-4	7-4
Banks, Darryl (NC)	Time of Day	0:07:20	0:08:28	0:09:49	0:10:58	0:12:21	0:13:30	0:14:56	0:16:12	0:17:48	0:19:05	0:20:38	0:21:56	0:23:33	1:00:55	1:02:36	1:04:03:31
	Time Cum	01:20	02:28	03:49	04:58	06:21	07:30	08:56	10:12	11:48	13:05	14:38	15:56	17:33	18:55	20:36	22:03:31
58	Time Delta	01:20	01:08	01:20	01:09	01:22	01:09	01:25	01:16	01:35	01:17	01:32	01:18	01:36	01:22	01:40	01:27:31
Age 44	Pace Cum	11:41	11:52	11:50	11:57	11:58	12:02	12:05	12:15	12:27	12:34	12:40	12:45	12:52	12:58	13:06	13:14
Group M40-49	Pace Delta	11:41	12:07	11:46	12:20	12:01	12:23	12:25	13:35	13:54	13:47	13:27	13:51	14:07	14:31	14:44	15:29
Overall-Group	Position	139-35	132-34	122-35	114-34	110-33	99-31	91-29	89-28	72-22	70-22	60-18	55-16	44-15	42-15	41-15	41-15
<u>Banks</u> , <u>Linda (NC)</u>	Time of Day	0:07:28	0:08:46	0:10:22	0:11:48	0:13:39	0:15:16	0:17:46	0:19:42								
	Time Cum	01:28	02:46	04:22	05:48	07:39	09:16	11:46	13:42								
59	Time Delta	01:28	01:18	01:35	01:26	01:50	01:37	02:29	01:56								
Age 47	Pace Cum	12:51	13:19	13:32	13:57	14:25	14:51	15:55	16:27								
Group F40-49	Pace Delta	12:51	13:53	13:57	15:19	16:07	17:19	21:47	20:40								
Overall-Group	Position	200-24	201-23	202-22	201-21	211-24	219-27	232-27	233-28								
Bates, Wayne (NY)	Time of Day	0:07:17	0:08:22	0:09:46	0:11:00	0:12:38	0:14:05										
	Time Cum	01:17	02:22	03:46	05:00	06:38	08:05										
60	Time Delta	01:17	01:05	01:23	01:14	01:37	01:27										
Age 52	Pace Cum	11:14	11:26	11:41	12:02	12:30	12:57										
Group M50-59	Pace Delta	11:14	11:40	12:08	13:15	14:11	15:32										
Overall-Group	Position	116-25	105-24	112-24	120-23	133-24	140-25										
<u>Bays</u> , <u>Donna (TN)</u>	Time of Day	0:07:30	0:08:55	0:10:29	0:11:56	0:13:40	0:15:10	0:17:11	0:18:58	0:22:05	1:00:31						
	Time Cum	01:30	02:55	04:29	05:56	07:40	09:10	11:11	12:58	16:05	18:31						
61	Time Delta	01:30	01:25	01:33	01:27	01:43	01:30	02:00	01:47	03:06	02:26						
Age 46	Pace Cum	13:08	14:02	13:54	14:15	14:27	14:40	15:08	15:34	16:58	17:47						
Group F40-49	Pace Delta	13:08	15:07	13:40	15:28	15:07	15:56	17:39	19:04	27:12	25:52						
Overall-Group	Position	210-25	219-25	210-24	224-26	213-25	213-23	212-22	217-24	185-17	184-17						

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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
Bedard, Dan (NC)	Time of Day	0:06:56	0:07:42	0:08:39	0:09:31	0:10:31	0:11:28	0:12:34	0:13:29	0:14:51	0:15:53	0:17:11	0:18:20	0:19:46	0:20:56	0:22:19	0:23:30:52
	Time Cum	00:56	01:42	02:39	03:31	04:31	05:28	06:34	07:29	08:51	09:53	11:11	12:20	13:46	14:56	16:19	17:30:52
19	Time Delta	00:56	00:46	00:56	00:52	00:59	00:57	01:05	00:55	01:21	01:02	01:17	01:09	01:25	01:10	01:22	01:11:52
Age 30	Pace Cum	08:11	08:12	08:13	08:27	08:31	08:46	08:53	09:00	09:20	09:30	09:41	09:52	10:05	10:15	10:23	10:31
Group M30-39	Pace Delta	08:11	08:13	08:16	09:15	08:43	10:15	09:31	09:53	11:51	11:06	11:17	12:14	12:32	12:31	12:01	12:43
Overall-Group	Position	12-3	8-2	9-3	9-3	9-3	12-3	9-3	9-3	9-3	10-3	9-3	9-3	9-3	9-3	9-3	9-3
<u>Belligne,</u> <u>Admas K (NY)</u>	Time of Day	0:07:27	0:08:46	0:10:15	0:11:36	0:13:08	0:14:32	0:16:20	0:17:50								
	Time Cum	01:27	02:46	04:15	05:36	07:08	08:32	10:20	11:50								
62	Time Delta	01:27	01:19	01:28	01:21	01:31	01:24	01:47	01:30								
Age 58	Pace Cum	12:42	13:21	13:11	13:29	13:26	13:40	13:59	14:13								
Group F50-59	Pace Delta	12:42	14:07	12:53	14:30	13:18	14:55	15:43	16:04								
Overall-Group	Position	193-16	202-18	187-15	188-15	176-14	171-12	167-14	169-14								
Bell, Ken (NC)	Time of Day	0:07:08	0:08:12	0:09:21	0:10:22	0:11:33	0:12:35	0:13:46	0:14:48								
	Time Cum	01:08	02:12	03:21	04:22	05:33	06:35	07:46	08:48								
63	Time Delta	01:08	01:04	01:08	01:01	01:10	01:02	01:10	01:02								
Age 40	Pace Cum	09:56	10:38	10:23	10:31	10:27	10:33	10:30	10:34								
Group M40-49	Pace Delta	09:56	11:29	09:56	10:57	10:14	11:06	10:16	11:04								
Overall-Group	Position	47-15	67-20	55-18	49-17	43-16	37-15	33-13	31-11								
Bennett, Peter (TX)	Time of Day	0:07:39	0:09:16	0:10:51	0:12:16	0:14:04	0:15:40	0:17:25	0:19:01								
	Time Cum	01:39	03:16	04:51	06:16	08:04	09:40	11:25	13:01								
64	Time Delta	01:39	01:37	01:34	01:25	01:47	01:36	01:44	01:36								
Age 36	Pace Cum	14:27	15:41	15:02	15:03	15:12	15:29	15:27	15:37								
Group M30-39	Pace Delta	14:27	17:11	13:51	15:03	15:46	17:09	15:12	17:02								
Overall-Group	Position	240-37	241-37	241-36	240-37	238-37	237-37	220-34	219-33								
Bisnette, Dennis (MS)	Time of Day	0:07:13	0:08:20	0:09:40	0:10:53	0:12:18	0:13:36	0:15:14	0:16:37	0:18:25	0:20:08	0:22:21	1:00:15				
	Time Cum	01:13	02:20	03:40	04:53	06:18	07:36	09:14	10:37	12:25	14:08	16:21	18:15				
65	Time Delta	01:13	01:07	01:19	01:13	01:24	01:18	01:37	01:23	01:48	01:43	02:12	01:54				
Age 50	Pace Cum	10:39	11:13	11:22	11:45	11:52	12:11	12:29	12:44	13:06	13:35	14:09	14:36				
Group M50-59	Pace Delta	10:39	11:54	11:39	13:02	12:19	13:55	14:13	14:41	15:46	18:24	19:16	20:11				
Overall-Group	Position	80-17	95-20	93-17	103-18	101-19	110-20	114-21	116-22	105-21	109-23	105-22	104-23				
Blackford, Darris (OH)	Time of Day	0:07:15	0:08:21	0:09:36	0:10:44	0:12:02	0:13:13	0:14:36	0:15:48	0:17:10	0:18:23	0:19:37	0:20:39	0:21:52	0:23:02	1:00:17	1:01:23:41
	Time Cum	01:15	02:21	03:36	04:44	06:02	07:13	08:36	09:48	11:10	12:23	13:37	14:39	15:52	17:02	18:17	19:23:41
66	Time Delta	01:15	01:06	01:14	01:08	01:17	01:11	01:22	01:12	01:21	01:13	01:13	01:02	01:12	01:10	01:14	01:06:41
Age 47	Pace Cum	10:57	11:19	11:10	11:24	11:22	11:33	11:38	11:46	11:47	11:54	11:47	11:44	11:38	11:41	11:38	11:38
Group M40-49	Pace Delta	10:57	11:46	10:52	12:11	11:16	12:38	12:04	12:50	11:54	13:02	10:43	11:08	10:32	12:32	10:50	11:48
Overall-Group	Position	95-27	101-30	82-28	87-29	79-25	80-24	69-22	67-22	50-16	47-15	41-14	35-14	29-13	28-12	24-11	23-11
<u>Blackford,</u> <u>Starshine (OH)</u>	Time of Day	0:07:15	0:08:21	0:09:36	0:10:45	0:12:02	0:13:12	0:14:35	0:15:46	0:17:10	0:18:22	0:19:41	0:20:50	0:22:00	0:23:06	1:00:20	1:01:24:11
	Time Cum	01:15	02:21	03:36	04:45	06:02	07:12	08:35	09:46	11:10	12:22	13:41	14:50	16:00	17:06	18:20	19:24:11
67	Time Delta	01:15	01:06	01:14	01:09	01:16	01:10	01:22	01:11	01:23	01:12	01:19	01:09	01:09	01:06	01:13	01:04:11
Age 35	Pace Cum	10:57	11:19	11:10	11:24	11:22	11:32	11:37	11:43	11:47	11:52	11:50	11:52	11:44	11:44	11:40	11:39
Group F30-39	Pace Delta	10:57	11:46	10:53	12:14	11:13	12:32	12:00	12:35	12:15	12:45	11:32	12:16	10:11	11:45	10:45	11:22
Overall-Group	Position	95-6	100-5	82-5	89-5	79-5	79-5	68-5	63-5	50-4	45-4	42-4	38-3	30-2	30-2	26-2	24-2

2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

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>Bowden-Miller,</u>	Time of Day	0:07:33	0:08:56	0:10:30	0:11:53	0:13:31	0:14:53	0:16:32	0:17:54	0:19:39	0:21:09	0:23:13	1:00:55				
<u>Julie (OH)</u>	Time Cum	01:33	02:56	04:30	05:53	07:31	08:53	10:32	11:54	13:39	15:09	17:13	18:55				
68	Time Delta	01:33	01:23	01:33	01:23	01:37	01:22	01:38	01:22	01:44	01:30	02:03	01:42				
Age 47	Pace Cum	13:35	14:06	13:57	14:08	14:10	14:14	14:15	14:17	14:24	14:33	14:54	15:08				
Group F40-49	Pace Delta	13:35	14:44	13:41	14:45	14:15	14:41	14:19	14:37	15:15	16:04	17:59	18:05				
Overall-Group	Position	225-30	224-29	215-27	210-24	200-22	194-20	177-18	172-18	139-12	136-11	120-10	117-10				
Brewington,	Time of Day	0:07:56	0:09:36	0:12:11	0:14:17	0:17:01	0:19:33										
David (FL)	Time Cum	01:56	03:36	06:11	08:17	11:01	13:33										
69	Time Delta	01:56	01:40	02:34	02:06	02:43	02:32										
Age 61	Pace Cum	16:56	17:21	19:10	19:55	20:45	21:42										
Group M60-69	Pace Delta	16:56	17:52	22:30	22:26	23:50	27:01										
Overall-Group	Position	250-18	251-18	250-18	251-18	250-18	250-18										
Bright,	Time of Day	0:07:15	0:08:20	0:09:37	0:10:45	0:12:02	0:13:12	0:14:39	0:15:53	0:17:13	0:18:23	0:19:49	0:21:09				
Darrin (OH)	Time Cum	01:15	02:20	03:37	04:45	06:02	07:12	08:39	09:53	11:13	12:23	13:49	15:09				
71	Time Delta	01:15	01:05	01:16	01:08	01:16	01:10	01:26	01:14	01:19	01:10	01:25	01:20				
Age 39	Pace Cum	10:57	11:15	11:13	11:25	11:22	11:32	11:42	11:53	11:50	11:54	11:57	12:08				
Group M30-39	Pace Delta	10:57	11:37	11:09	12:08	11:09	12:28	12:38	13:16	11:33	12:27	12:30	14:20				
Overall-Group	Position	95-18	98-18	86-17	90-18	79-17	77-18	76-17	76-17	52-12	46-11	44-10	42-9				
<u>Brokaw,</u>	Time of Day	0:07:15	0:08:22	0:09:52	0:11:12	0:12:50	0:14:13	0:15:58	0:17:23	0:19:14	0:20:58	0:23:16	1:02:06	1:04:39	1:06:41	1:09:19	1:11:24
<u>Lindsey M (OH)</u>	Time Cum	01:15	02:22	03:52	05:12	06:50	08:13	09:58	11:23	13:14	14:58	17:16	20:06	22:39	24:41	27:19	29:17:24
73	Time Delta	01:15	01:07	01:29	01:20	01:37	01:23	01:44	01:25	01:50	01:44	02:17	02:50	02:32	02:02	02:37	01:58:24
Age 26	Pace Cum	10:57	11:25	11:59	12:29	12:52	13:09	13:29	13:40	13:58	14:23	14:56	16:05	16:36	16:56	17:22	17:34
Group F20-29	Pace Delta	10:57	11:58	13:03	14:12	14:16	14:43	15:19	15:08	16:08	18:32	20:02	30:10	22:16	21:44	22:57	20:57
Overall-Group	Position	95-2	103-2	129-3	147-5	149-5	151-5	154-5	152-5	128-4	130-4	124-3	145-3	133-3	133-2	132-2	135-2
<u>Brower,</u>	Time of Day	0:07:18	0:08:29	0:09:49	0:11:00	0:12:20	0:13:30	0:14:57	0:16:16	0:17:54	0:19:21	0:21:23	0:23:21	1:02:14			
<u>Bev (MS)</u>	Time Cum	01:18	02:29	03:49	05:00	06:20	07:30	08:57	10:16	11:54	13:21	15:23	17:21	20:14			
74	Time Delta	01:18	01:11	01:19	01:11	01:19	01:10	01:26	01:19	01:37	01:27	02:01	01:58	02:52			
Age 29	Pace Cum	11:23	11:59	11:50	12:00	11:56	12:00	12:06	12:20	12:34	12:49	13:19	13:53	14:50			
Group F20-29	Pace Delta	11:23	12:42	11:34	12:36	11:39	12:25	12:40	14:06	14:13	15:29	17:44	21:02	25:08			
Overall-Group	Position	124-3	138-4	122-2	117-2	108-2	97-2	95-2	94-2	77-1	81-1	81-2	90-2	96-2			
Brown,	Time of Day	0:07:35	0:09:16	0:10:51	0:12:24	0:14:26	0:16:10	0:18:17	0:20:12								
Will (NC)	Time Cum	01:35	03:16	04:51	06:24	08:26	10:10	12:17	14:12								
32	Time Delta	01:35	01:41	01:34	01:33	02:01	01:44	02:06	01:55								
Age 64	Pace Cum	13:52	15:41	15:02	15:24	15:53	16:17	16:37	17:03								
Group M60-69	Pace Delta	13:52	17:53	13:52	16:37	17:41	18:30	18:28	20:28								
Overall-Group	Position	229-10	236-12	241-16	243-16	242-14	243-14	239-14	240-14								
Burns,	Time of Day	0:07:17	0:08:17	0:09:31	0:10:30	0:11:41	0:12:40	0:13:55	0:14:57	0:16:09	0:17:08	0:18:20	0:19:21	0:20:36	0:22:05	0:23:55	1:01:13:11
William (NC)	Time Cum	01:17	02:17	03:31	04:30	05:41	06:40	07:55	08:57	10:09	11:08	12:20	13:21	14:36	16:05	17:55	19:13:11
23	Time Delta	01:17	01:00	01:13	00:59	01:10	00:59	01:14	01:02	01:11	00:59	01:11	01:01	01:14	01:29	01:49	01:18:11
Age 41	Pace Cum	11:14	11:02	10:54	10:49	10:42	10:41	10:43	10:45	10:43	10:42	10:40	10:41	10:42	11:02	11:24	11:32
Group M40-49	Pace Delta	11:14	10:46	10:41	10:29	10:20	10:36	10:49	11:00	10:30	10:34	10:25	10:52	10:54	15:49	16:00	13:50
Overall-Group	Position	116-32	82-26	74-23	67-21	55-19	47-17	36-15	36-14	26-11	24-11	21-10	20-9	18-9	19-9	22-10	22-10

2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

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
Butler, Jeffrey (NY)	Time of Day	0:07:21	0:08:32	0:10:08	0:11:25	0:13:23	0:15:01	0:17:02	0:18:45	0:21:04	0:23:07						
	Time Cum	01:21	02:32	04:08	05:25	07:23	09:01	11:02	12:45	15:04	17:07						
75	Time Delta	01:21	01:11	01:35	01:17	01:57	01:38	02:00	01:43	02:18	02:03						
Age 51	Pace Cum	11:49	12:13	12:49	13:00	13:55	14:27	14:56	15:19	15:54	16:26						
Group M50-59	Pace Delta	11:49	12:42	13:54	13:38	17:13	17:29	17:33	18:20	20:12	21:48						
Overall-Group	Position	148-30	157-29	180-33	177-33	187-33	199-38	206-37	208-36	171-34	172-33						
Byrom, Roger (NY)	Time of Day	0:07:29	0:08:47	0:10:17	0:11:42	0:13:26	0:14:52	0:16:46	0:18:17	0:21:01	0:23:15						
	Time Cum	01:29	02:47	04:17	05:42	07:26	08:52	10:46	12:17	15:01	17:15						
76	Time Delta	01:29	01:18	01:29	01:25	01:43	01:26	01:53	01:31	02:43	02:14						
Age 53	Pace Cum	13:00	13:23	13:17	13:43	14:00	14:13	14:34	14:45	15:51	16:34						
Group M50-59	Pace Delta	13:00	13:51	13:06	15:13	15:03	15:23	16:31	16:10	23:54	23:47						
Overall-Group	Position	207-37	205-34	192-34	195-35	194-37	191-36	187-34	187-33	170-33	176-35						
Calabria, Robert D (NC)	Time of Day	0:07:27	0:08:54	0:10:28	0:11:53	0:13:36	0:15:03	0:16:42	0:18:12	0:20:14	0:21:49	0:23:39	1:01:18	1:03:24	1:05:16	1:07:41	1:09:27:22
	Time Cum	01:27	02:54	04:28	05:53	07:36	09:03	10:42	12:12	14:14	15:49	17:39	19:18	21:24	23:16	25:41	27:27:22
33	Time Delta	01:27	01:27	01:33	01:25	01:42	01:27	01:38	01:30	02:01	01:35	01:49	01:39	02:06	01:52	02:24	01:46:22
Age 70	Pace Cum	12:42	13:59	13:51	14:08	14:19	14:29	14:29	14:38	15:01	15:12	15:16	15:26	15:41	15:57	16:20	16:28
Group M70-79	Pace Delta	12:42	15:33	13:36	15:08	14:58	15:26	14:25	15:56	17:48	16:55	15:59	17:31	18:24	19:50	21:10	18:50
Overall-Group	Position	193-3	211-3	207-4	211-4	205-4	202-4	184-3	180-3	154-2	149-2	135-1	129-1	111-1	107-1	102-1	103-1
<u>Carr, Danette (NC)</u>	Time of Day	0:07:35	0:09:01	0:10:33	0:11:51	0:13:28	0:15:03	0:16:57	0:18:25								
	Time Cum	01:35	03:01	04:33	05:51	07:28	09:03	10:57	12:25								
77	Time Delta	01:35	01:26	01:31	01:18	01:36	01:35	01:53	01:28								
Age 42	Pace Cum	13:52	14:29	14:07	14:05	14:04	14:30	14:49	14:55								
Group F40-49	Pace Delta	13:52	15:14	13:25	13:58	14:01	16:56	16:32	15:41								
Overall-Group	Position	229-31	231-31	222-29	209-23	195-20	206-22	200-20	193-19								
Carver, Dave Ernest (ON)	Time of Day	0:07:02	0:07:58	0:09:05	0:09:59	0:11:03	0:12:01	0:13:11	0:14:12	0:15:30	0:16:41	0:18:11	0:19:30	0:21:01	0:22:15	0:23:37	1:00:47:23
	Time Cum	01:02	01:58	03:05	03:59	05:03	06:01	07:11	08:12	09:30	10:41	12:11	13:30	15:01	16:15	17:37	18:47:23
78	Time Delta	01:02	00:56	01:06	00:54	01:03	00:58	01:09	01:01	01:17	01:11	01:29	01:19	01:30	01:14	01:21	01:10:23
Age 49	Pace Cum	09:03	09:28	09:34	09:36	09:31	09:38	09:43	09:50	10:02	10:16	10:32	10:49	11:00	11:09	11:12	11:16
Group M40-49	Pace Delta	09:03	09:58	09:44	09:43	09:12	10:17	10:12	10:48	11:23	12:38	13:05	14:08	13:09	13:06	11:58	12:27
Overall-Group	Position	24-10	27-10	31-12	24-9	22-9	20-8	19-8	18-8	17-8	17-8	19-8	21-10	21-10	21-10	19-9	19-9
<u>Christine, Sandra (NC)</u>	Time of Day	0:07:18	0:08:31	0:09:54	0:11:05	0:12:32	0:13:51	0:15:23	0:16:42								
	Time Cum	01:18	02:31	03:54	05:05	06:32	07:51	09:23	10:42								
79	Time Delta	01:18	01:13	01:22	01:11	01:26	01:19	01:31	01:19								
Age 49	Pace Cum	11:23	12:08	12:06	12:14	12:18	12:35	12:42	12:51								
Group F40-49	Pace Delta	11:23	13:02	12:01	12:44	12:34	14:07	13:19	14:07								
Overall-Group	Position	124-10	147-12	134-13	130-13	122-13	126-12	123-12	122-12								
Clausen, Chris D (NY)	Time of Day	0:07:21	0:08:32	0:10:07	0:11:24	0:13:09	0:14:32	0:16:21	0:17:48	0:19:56	0:21:25	0:23:35	1:01:23	1:03:49	1:05:56	1:08:41	1:10:32:41
	Time Cum	01:21	02:32	04:07	05:24	07:09	08:32	10:21	11:48	13:56	15:25	17:35	19:23	21:49	23:56	26:41	28:32:41
81	Time Delta	01:21	01:11	01:34	01:17	01:44	01:23	01:48	01:27	02:07	01:29	02:09	01:48	02:25	02:07	02:44	01:51:41
Age 52	Pace Cum	11:49	12:13	12:46	13:00	13:28	13:39	14:00	14:10	14:42	14:48	15:13	15:31	16:00	16:25	16:58	17:08
Group M50-59	Pace Delta	11:49	12:42	13:45	13:48	15:11	14:42	15:54	15:27	18:38	15:49	18:55	19:12	21:15	22:34	24:01	19:46
Overall-Group	Position	148-30	156-29	176-32	175-32	177-31	170-29	168-29	166-29	145-28	144-28	131-27	133-28	120-26	121-26	129-29	127-29

2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

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>Clinard,</u> <u>Valerie (NC)</u>	Time of Day	0:07:19	0:08:35	0:09:57	0:11:21	0:12:53	0:14:31	0:16:12	0:18:05	0:20:03	0:22:02	1:00:06	1:02:12	1:04:59	1:07:24	1:09:54	1:11:45:41
82	Time Cum	01:19	02:35	03:57	05:21	06:53	08:31	10:12	12:05	14:03	16:02	18:06	20:12	22:59	25:24	27:54	29:45:41
Age 35	Time Delta	01:19	01:16	01:21	01:24	01:31	01:38	01:40	01:53	01:57	01:59	02:03	02:06	02:46	02:25	02:29	01:51:41
Group F30-39	Pace Cum	11:32	12:26	12:15	12:52	12:58	13:39	13:48	14:31	14:50	15:24	15:40	16:10	16:51	17:25	17:45	17:51
Overall-Group	Pace Delta	11:32	13:32	11:54	14:58	13:21	17:30	14:37	20:07	17:08	21:11	18:00	22:27	24:15	25:47	21:48	19:46
	Position	131-8	171-17	146-12	170-16	156-15	166-16	164-16	179-17	150-16	158-16	143-14	146-14	134-13	139-15	141-15	142-15
<u>Coker,</u> <u>Jennifer (GA)</u>	Time of Day	0:07:22	0:08:29	0:09:46	0:10:59	0:12:29	0:13:57	0:15:36	0:17:02	0:18:52	0:20:33	0:22:46	1:00:49				
83	Time Cum	01:22	02:29	03:46	04:59	06:29	07:57	09:36	11:02	12:52	14:33	16:46	18:49				
Age 36	Time Delta	01:22	01:07	01:16	01:13	01:29	01:28	01:38	01:26	01:49	01:41	02:12	02:03				
Group F30-39	Pace Cum	11:58	11:56	11:41	12:00	12:13	12:44	12:59	13:15	13:35	13:59	14:30	15:04				
Overall-Group	Pace Delta	11:58	11:53	11:13	13:04	13:01	15:40	14:23	15:18	16:00	17:59	19:20	21:55				
	Position	155-15	135-11	112-7	116-8	120-8	131-10	130-10	131-10	116-10	120-11	111-12	116-12				
<u>Cook,</u> <u>Ethel (PA)</u>	Time of Day	0:07:30	0:08:55	0:10:29	0:11:55	0:13:45	0:15:17	0:17:17	0:18:57	0:21:10	0:23:04	1:02:16	1:04:11				
84	Time Cum	01:30	02:55	04:29	05:55	07:45	09:17	11:17	12:57	15:10	17:04	20:16	22:11				
Age 46	Time Delta	01:30	01:25	01:33	01:26	01:49	01:32	01:59	01:40	02:12	01:54	03:11	01:55				
Group F40-49	Pace Cum	13:08	14:01	13:54	14:14	14:36	14:52	15:16	15:32	16:00	16:23	17:32	17:45				
Overall-Group	Pace Delta	13:08	15:06	13:41	15:23	15:56	16:20	17:28	17:43	19:24	20:11	28:01	20:26				
	Position	210-25	216-25	210-24	221-25	223-28	221-28	217-24	215-23	175-14	171-13	162-13	161-13				
<u>Corbett,</u> <u>Catra (CA)</u>	Time of Day	0:07:07	0:08:06	0:09:23	0:10:32	0:11:58	0:13:09	0:14:37	0:15:53	0:17:20	0:18:36	0:20:05	0:21:35	0:23:46	1:01:19	1:03:23	1:04:58:20
85	Time Cum	01:07	02:06	03:23	04:32	05:58	07:09	08:37	09:53	11:20	12:36	14:05	15:35	17:46	19:19	21:23	22:58:20
Age 46	Time Delta	01:07	00:59	01:16	01:09	01:25	01:11	01:27	01:16	01:26	01:16	01:28	01:30	02:10	01:33	02:03	01:35:20
Group F40-49	Pace Cum	09:47	10:07	10:29	10:55	11:14	11:27	11:39	11:52	11:58	12:06	12:11	12:28	13:01	13:15	13:36	13:47
Overall-Group	Pace Delta	09:47	10:31	11:11	12:23	12:25	12:38	12:47	13:35	12:36	13:34	12:54	16:02	19:02	16:37	17:59	16:52
	Position	43-2	49-3	62-4	69-5	70-5	72-5	70-5	75-5	53-3	53-3	47-2	47-2	51-3	51-3	54-4	54-5
Cotuna, Theo (NC)	Time of Day	0:07:23	0:08:34	0:09:59	0:11:08	0:12:44	0:14:03	0:15:48	0:17:10	0:19:02	0:20:30						
86	Time Cum	01:23	02:34	03:59	05:08	06:44	08:03	09:48	11:10	13:02	14:30						
Age 47	Time Delta	01:23	01:11	01:24	01:09	01:35	01:19	01:44	01:22	01:51	01:28						
Group M40-49	Pace Cum	12:07	12:22	12:21	12:20	12:41	12:54	13:15	13:25	13:45	13:56						
Overall-Group	Pace Delta	12:07	12:41	12:19	12:15	13:59	14:08	15:12	14:41	16:13	15:44						
	Position	165-38	169-41	152-39	134-37	142-38	137-39	143-40	144-40	122-34	115-33						
Coury, Jamil (AZ)	Time of Day	0:06:55	0:07:44	0:08:41	0:09:33	0:10:31	0:11:28	0:12:37	0:13:45	0:15:03	0:16:13	0:17:39	0:18:48	0:20:07	0:21:19	0:22:53	1:00:06:18
11	Time Cum	00:55	01:44	02:41	03:33	04:31	05:28	06:37	07:45	09:03	10:13	11:39	12:48	14:07	15:19	16:53	18:06:18
Age 26	Time Delta	00:55	00:49	00:56	00:52	00:57	00:57	01:08	01:08	01:17	01:10	01:25	01:09	01:18	01:12	01:33	01:13:18
Group M20-29	Pace Cum	08:02	08:21	08:19	08:34	08:31	08:45	08:57	09:19	09:33	09:48	10:05	10:15	10:21	10:30	10:44	10:52
Overall-Group	Pace Delta	08:02	08:45	08:15	09:23	08:19	10:06	10:04	12:08	11:18	12:24	12:33	12:22	11:24	12:45	13:43	12:58
	Position	9-1	12-1	11-1	10-1	9-1	9-1	11-1	13-1	11-1	13-1	12-1	12-1	12-1	12-1	12-1	12-1
Coury, Nick (AZ)	Time of Day	0:06:58	0:07:47	0:08:44	0:09:35	0:10:34	0:11:28	0:12:37	0:14:00	0:15:28	0:16:39	0:17:56	0:19:06	0:20:34	0:21:58	0:23:56	1:01:32:25
12	Time Cum	00:58	01:47	02:44	03:35	04:34	05:28	06:37	08:00	09:28	10:39	11:56	13:06	14:34	15:58	17:56	19:32:25
Age 23	Time Delta	00:58	00:49	00:56	00:51	00:58	00:54	01:08	01:23	01:27	01:11	01:16	01:10	01:27	01:24	01:57	01:36:25
Group M20-29	Pace Cum	08:28	08:36	08:29	08:38	08:36	08:46	08:57	09:36	09:59	10:14	10:19	10:29	10:41	10:57	11:24	11:43
Overall-Group	Pace Delta	08:28	08:46	08:15	09:09	08:31	09:42	09:58	14:42	12:50	12:36	11:13	12:26	12:49	14:58	17:09	17:04
	Position	17-2	17-2	14-2	13-2	12-2	11-1	11-1	17-2	16-2	16-2	14-2	14-2	17-2	18-2	23-4	26-4

2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

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
Cox, Lee (NC)	Time of Day	0:07:23	0:08:33	0:10:04	0:11:21	0:13:06	0:14:31	0:16:15	0:17:44								
	Time Cum	01:23	02:33	04:04	05:21	07:06	08:31	10:15	11:44								
34	Time Delta	01:23	01:10	01:30	01:17	01:44	01:25	01:43	01:29								
Age 50	Pace Cum	12:07	12:18	12:37	12:52	13:23	13:38	13:52	14:05								
Group M50-59	Pace Delta	12:07	12:32	13:10	13:44	15:15	15:05	15:09	15:50								
Overall-Group	Position	165-34	163-32	168-30	171-31	171-29	164-28	166-28	164-28								
<u>Curcio,</u> <u>Margaret A (GA)</u>	Time of Day	0:07:19	0:08:26	0:09:49	0:11:02	0:12:28	0:13:45	0:15:18	0:16:37	0:18:15	0:19:46						
	Time Cum	01:19	02:26	03:49	05:02	06:28	07:45	09:18	10:37	12:15	13:46						
87	Time Delta	01:19	01:07	01:22	01:13	01:25	01:17	01:32	01:19	01:37	01:31						
Age 45	Pace Cum	11:32	11:45	11:50	12:06	12:11	12:25	12:35	12:45	12:56	13:13						
Group F40-49	Pace Delta	11:32	12:00	12:00	13:02	12:28	13:44	13:29	14:02	14:15	16:09						
Overall-Group	Position	131-11	120-9	122-10	123-11	119-12	121-11	119-11	117-11	97-7	99-7						
Curran, Finian (NC)	Time of Day	0:07:23	0:08:34	0:09:54	0:11:10	0:12:32	0:13:46	0:15:14	0:16:34	0:18:11	0:19:43	0:21:26	0:23:07	1:01:17	1:03:17	1:06:20	1:08:25:42
	Time Cum	01:23	02:34	03:54	05:10	06:32	07:46	09:14	10:34	12:11	13:43	15:26	17:07	19:17	21:17	24:20	26:25:42
88	Time Delta	01:23	01:11	01:19	01:16	01:21	01:14	01:27	01:20	01:36	01:32	01:42	01:41	02:09	02:00	03:02	02:05:42
Age 41	Pace Cum	12:07	12:19	12:06	12:26	12:18	12:26	12:29	12:41	12:52	13:11	13:21	13:42	14:08	14:36	15:28	15:51
Group M40-49	Pace Delta	12:07	12:34	11:40	13:36	11:51	13:10	12:47	14:11	14:09	16:24	14:57	17:58	18:54	21:17	26:41	22:15
Overall-Group	Position	165-38	165-41	134-36	143-38	122-35	123-37	114-34	112-34	94-29	96-29	84-26	87-28	81-27	83-27	89-26	92-25
Davis, III, Frederick F (OH)	Time of Day	0:07:49	0:09:16	0:10:46	0:12:04	0:13:41	0:15:15	0:17:01	0:18:33	0:20:28	0:21:57	0:23:55	1:01:26	1:03:15	1:04:53	1:06:50	1:08:20:19
	Time Cum	01:49	03:16	04:46	06:04	07:41	09:15	11:01	12:33	14:28	15:57	17:55	19:26	21:15	22:53	24:50	26:20:19
35	Time Delta	01:49	01:27	01:29	01:18	01:36	01:34	01:45	01:32	01:54	01:29	01:57	01:31	01:48	01:38	01:56	01:30:19
Age 63	Pace Cum	15:55	15:41	14:47	14:35	14:28	14:48	14:54	15:04	15:16	15:19	15:30	15:33	15:35	15:42	15:48	15:48
Group M60-69	Pace Delta	15:55	15:25	13:07	13:54	14:05	16:41	15:26	16:18	16:47	15:46	17:13	16:12	15:50	17:27	17:00	15:59
Overall-Group	Position	248-17	244-12	238-13	233-10	217-10	218-11	204-11	199-10	160-7	153-6	140-5	134-4	110-3	102-3	93-3	90-3
Demoney, Ed (VA)	Time of Day	0:07:38	0:09:16	0:11:06	0:12:41	0:14:46	0:16:25	0:18:43	0:20:34								
	Time Cum	01:38	03:16	05:06	06:41	08:46	10:25	12:43	14:34								
90	Time Delta	01:38	01:38	01:49	01:35	02:04	01:39	02:17	01:51								
Age 77	Pace Cum	14:18	15:41	15:49	16:04	16:31	16:40	17:12	17:30								
Group M70-79	Pace Delta	14:18	17:22	16:03	16:57	18:08	17:32	20:08	19:47								
Overall-Group	Position	239-5	241-5	245-5	246-5	246-5	245-5	241-5	242-5								
<u>Demoney,</u> <u>Ellen (CO)</u>	Time of Day	0:07:17	0:08:28	0:09:56	0:11:10	0:12:57	0:14:19	0:15:52	0:17:30	0:19:18	0:20:54	0:23:00	1:00:37	1:02:49	1:05:03	1:07:26	1:09:20:33
	Time Cum	01:17	02:28	03:56	05:10	06:57	08:19	09:52	11:30	13:18	14:54	17:00	18:37	20:49	23:03	25:26	27:20:33
91	Time Delta	01:17	01:11	01:27	01:14	01:46	01:22	01:32	01:38	01:47	01:36	02:05	01:37	02:11	02:14	02:22	01:54:33
Age 51	Pace Cum	11:14	11:53	12:12	12:25	13:06	13:19	13:21	13:48	14:02	14:18	14:42	14:54	15:16	15:49	16:10	16:24
Group F50-59	Pace Delta	11:14	12:40	12:46	13:10	15:34	14:36	13:30	17:24	15:44	17:02	18:22	17:19	19:09	23:51	20:46	20:16
Overall-Group	Position	116-7	133-8	141-9	140-9	162-10	159-10	150-9	156-11	129-9	128-9	115-8	109-8	98-7	104-8	99-8	101-8
Dennis, John (PA)	Time of Day	0:06:53	0:07:37	0:08:32	0:09:17	0:10:10	0:10:58	0:11:54	0:12:43	0:13:41	0:14:32	0:15:33	0:16:24	0:17:26	0:18:19	0:19:18	0:20:07:21
	Time Cum	00:53	01:37	02:32	03:17	04:10	04:58	05:54	06:43	07:41	08:32	09:33	10:24	11:26	12:19	13:18	14:07:21
5	Time Delta	00:53	00:44	00:54	00:45	00:52	00:48	00:56	00:49	00:57	00:51	01:00	00:51	01:01	00:53	00:58	00:49:21
Age 30	Pace Cum	07:44	07:50	07:51	07:53	07:51	07:57	07:59	08:04	08:07	08:12	08:16	08:20	08:23	08:27	08:27	08:28
Group M30-39	Pace Delta	07:44	07:56	07:54	08:00	07:42	08:30	08:11	08:43	08:26	09:08	08:49	09:11	08:55	09:30	08:31	08:44
Overall-Group	Position	4-1	3-1	2-1	2-1	2-1	2-1	2-1	2-1	2-1	2-1	1-1	1-1	1-1	1-1	1-1	1-1

2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

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>Dicus,</u>	Time of Day	0:07:32	0:08:58	0:10:36	0:12:04	0:13:51	0:15:23	0:17:08	0:18:40	0:20:45	0:22:27	1:00:46	1:02:39	1:05:06	1:07:20	1:09:44	1:11:34:22
<u>Jennifer (NV)</u>	Time Cum	01:32	02:58	04:36	06:04	07:51	09:23	11:08	12:40	14:45	16:27	18:46	20:39	23:06	25:20	27:44	29:34:22
93	Time Delta	01:32	01:26	01:37	01:28	01:46	01:32	01:44	01:32	02:04	01:42	02:18	01:53	02:26	02:14	02:23	01:50:22
Age 34	Pace Cum	13:26	14:18	14:16	14:34	14:47	15:02	15:04	15:13	15:34	15:48	16:14	16:32	16:56	17:22	17:38	17:45
Group F30-39	Pace Delta	13:26	15:21	14:12	15:36	15:36	16:25	15:13	16:24	18:09	18:05	20:16	20:06	21:23	23:45	21:00	19:32
Overall-Group	Position	215-19	227-20	233-20	230-20	229-20	227-20	210-19	207-18	164-17	163-17	150-16	150-15	135-14	137-12	137-13	138-13
Dorsey,	Time of Day	0:07:14	0:08:23	0:09:45	0:11:14	0:13:25	0:15:06	0:17:07	0:18:37								
Rico L (GA)	Time Cum	01:14	02:23	03:45	05:14	07:25	09:06	11:07	12:37								
95	Time Delta	01:14	01:09	01:21	01:29	02:10	01:41	02:00	01:30								
Age 45	Pace Cum	10:48	11:30	11:38	12:35	13:58	14:34	15:02	15:09								
Group M40-49	Pace Delta	10:48	12:22	11:51	15:53	19:01	17:53	17:39	15:58								
Overall-Group	Position	94-26	113-31	110-32	150-39	191-45	208-45	209-45	202-45								
Drost,	Time of Day	0:07:18	0:08:24	0:09:46	0:10:52	0:12:20	0:13:31	0:15:08	0:16:25	0:18:03	0:19:18	0:20:58	0:22:27	1:00:27	1:02:06	1:03:53	1:05:29:28
Jeffrey (IL)	Time Cum	01:18	02:24	03:46	04:52	06:20	07:31	09:08	10:25	12:03	13:18	14:58	16:27	18:27	20:06	21:53	23:29:28
96	Time Delta	01:18	01:06	01:21	01:06	01:27	01:11	01:36	01:17	01:37	01:15	01:39	01:29	01:59	01:39	01:46	01:36:28
Age 42	Pace Cum	11:23	11:35	11:41	11:43	11:56	12:03	12:21	12:31	12:43	12:46	12:57	13:10	13:31	13:48	13:55	14:06
Group M40-49	Pace Delta	11:23	11:50	11:51	11:48	12:45	12:42	14:03	13:47	14:11	13:20	14:33	15:50	17:27	17:40	15:30	17:04
Overall-Group	Position	124-33	116-33	112-33	99-32	108-32	100-32	105-32	102-31	83-25	78-23	69-21	70-22	69-23	66-21	65-21	66-21
Dukes,	Time of Day	0:07:16	0:08:23	0:09:44	0:10:55	0:12:14	0:13:17	0:14:33	0:15:42								
Bryant (NC)	Time Cum	01:16	02:23	03:44	04:55	06:14	07:17	08:33	09:42								
37	Time Delta	01:16	01:07	01:20	01:11	01:18	01:03	01:15	01:09								
Age 37	Pace Cum	11:06	11:26	11:35	11:50	11:45	11:40	11:34	11:39								
Group M30-39	Pace Delta	11:06	11:52	11:49	12:43	11:25	11:14	11:02	12:17								
Overall-Group	Position	109-21	107-20	104-20	107-20	94-20	84-19	64-16	60-15								
Dummar,	Time of Day	0:07:18	0:08:30	0:09:55	0:11:06	0:12:33	0:13:45	0:15:16	0:16:33	0:18:04	0:19:22	0:20:58	0:22:19	1:00:07	1:01:42	1:03:34	1:04:57:32
Fred (NC)	Time Cum	01:18	02:30	03:55	05:06	06:33	07:45	09:16	10:33	12:04	13:22	14:58	16:19	18:07	19:42	21:34	22:57:32
38	Time Delta	01:18	01:12	01:25	01:11	01:26	01:12	01:30	01:17	01:30	01:18	01:35	01:21	01:47	01:35	01:51	01:23:32
Age 42	Pace Cum	11:23	12:00	12:09	12:16	12:20	12:25	12:32	12:40	12:44	12:50	12:57	13:04	13:17	13:31	13:43	13:47
Group M40-49	Pace Delta	11:23	12:45	12:25	12:41	12:36	12:54	13:09	13:45	13:11	13:49	14:00	14:30	15:38	16:56	16:15	14:47
Overall-Group	Position	124-33	139-36	137-38	131-36	126-36	122-35	118-35	111-33	84-26	82-25	69-21	68-21	63-19	64-20	61-19	53-17
<u>Ebright,</u>	Time of Day	0:07:08	0:08:07	0:09:19	0:10:24	0:11:51	0:13:04	0:14:32	0:15:46								
<u>Erika (MD)</u>	Time Cum	01:08	02:07	03:19	04:24	05:51	07:04	08:32	09:46								
98	Time Delta	01:08	00:59	01:11	01:05	01:26	01:13	01:27	01:14								
Age 26	Pace Cum	09:56	10:13	10:17	10:35	11:01	11:19	11:33	11:43								
Group F20-29	Pace Delta	09:56	10:33	10:25	11:38	12:36	12:56	12:50	13:07								
Overall-Group	Position	47-1	53-1	53-1	52-1	67-1	67-1	61-1	64-1								
Eitrheim,	Time of Day	0:07:03	0:08:01	0:09:07	0:10:08	0:11:22	0:12:33	0:13:56	0:15:08	0:16:34	0:17:51	0:19:23	0:20:48	0:22:35	1:00:13	1:01:56	1:03:17:35
Dave (WI)	Time Cum	01:03	02:01	03:07	04:08	05:22	06:33	07:56	09:08	10:34	11:51	13:23	14:48	16:35	18:13	19:56	21:17:35
99	Time Delta	01:03	00:58	01:05	01:01	01:13	01:11	01:22	01:12	01:25	01:17	01:31	01:25	01:46	01:38	01:42	01:21:35
Age 53	Pace Cum	09:12	09:42	09:40	09:56	10:07	10:30	10:44	10:58	11:09	11:23	11:35	11:51	12:09	12:30	12:41	12:47
Group M50-59	Pace Delta	09:12	10:18	09:37	10:50	10:47	12:42	12:01	12:50	12:29	13:45	13:20	15:09	15:32	17:27	14:57	14:26
Overall-Group	Position	27-5	36-5	35-5	36-6	36-6	35-6	39-6	45-6	38-6	37-6	35-5	37-5	37-6	40-6	37-5	36-5

2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

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>Evans,</u>	Time of Day	0:07:27	0:08:43	0:10:21	0:11:49	0:13:34	0:15:04	0:17:00	0:18:56								
<u>Rosemary (KY)</u>	Time Cum	01:27	02:43	04:21	05:49	07:34	09:04	11:00	12:56								
106	Time Delta	01:27	01:16	01:37	01:28	01:44	01:30	01:55	01:56								
Age 57	Pace Cum	12:42	13:02	13:29	13:59	14:15	14:31	14:53	15:32								
Group F50-59	Pace Delta	12:42	13:27	14:18	15:41	15:14	15:57	16:55	20:41								
Overall-Group	Position	193-16	188-14	198-18	204-19	203-20	207-22	203-22	213-22								
Farneski,	Time of Day	0:07:17	0:08:19	0:09:31	0:10:35	0:11:56	0:13:07	0:14:37	0:15:51	0:17:24	0:18:41	0:20:32	0:21:55	0:23:47	1:01:25	1:03:25	1:05:09:06
Ronald V (NJ)	Time Cum	01:17	02:19	03:31	04:35	05:56	07:07	08:37	09:51	11:24	12:41	14:32	15:55	17:47	19:25	21:25	23:09:06
108	Time Delta	01:17	01:02	01:11	01:04	01:20	01:11	01:29	01:14	01:32	01:17	01:50	01:23	01:51	01:38	01:59	01:44:06
Age 52	Pace Cum	11:14	11:09	10:54	11:01	11:11	11:24	11:39	11:49	12:02	12:11	12:34	12:45	13:02	13:19	13:37	13:53
Group M50-59	Pace Delta	11:14	11:01	10:28	11:25	11:45	12:38	13:05	13:08	13:33	13:41	16:10	14:49	16:14	17:22	17:30	18:25
Overall-Group	Position	116-25	87-14	74-12	72-12	69-12	69-12	70-12	71-11	55-9	56-9	55-10	54-9	52-9	55-10	58-10	58-9
<u>Filipowski,</u>	Time of Day	0:07:25	0:08:43	0:10:15	0:11:36	0:13:20	0:14:42	0:16:26	0:17:51	0:19:50	0:21:23	0:23:36	1:01:17	1:03:30	1:05:27	1:08:00	1:09:52:22
<u>Joan (IN)</u>	Time Cum	01:25	02:43	04:15	05:36	07:20	08:42	10:26	11:51	13:50	15:23	17:36	19:17	21:30	23:27	26:00	27:52:22
109	Time Delta	01:25	01:18	01:31	01:21	01:43	01:22	01:43	01:25	01:58	01:33	02:12	01:41	02:12	01:57	02:32	01:52:22
Age 56	Pace Cum	12:25	13:04	13:11	13:29	13:49	13:56	14:07	14:14	14:36	14:47	15:14	15:26	15:46	16:05	16:32	16:43
Group F50-59	Pace Delta	12:25	13:52	13:23	14:30	15:03	14:37	15:06	15:09	17:17	16:35	19:19	17:58	19:21	20:45	22:18	19:53
Overall-Group	Position	177-13	190-14	187-15	189-15	185-16	180-15	175-16	171-15	143-13	142-13	132-12	128-12	115-10	112-10	109-10	116-12
Fisher,	Time of Day	0:06:57	0:07:47	0:08:45	0:09:38	0:10:42	0:11:40	0:12:47	0:13:52	0:15:03	0:16:08	0:17:23	0:18:30	0:19:50	0:21:06	0:22:35	0:23:45:28
Chris (CO)	Time Cum	00:57	01:47	02:45	03:38	04:42	05:40	06:47	07:52	09:03	10:08	11:23	12:30	13:50	15:06	16:35	17:45:28
110	Time Delta	00:57	00:50	00:57	00:53	01:03	00:58	01:06	01:05	01:10	01:05	01:14	01:07	01:19	01:16	01:28	01:10:28
Age 36	Pace Cum	08:19	08:35	08:32	08:44	08:51	09:05	09:11	09:26	09:33	09:44	09:51	10:00	10:08	10:21	10:33	10:39
Group M30-39	Pace Delta	08:19	08:55	08:25	09:27	09:17	10:23	09:41	11:31	10:21	11:36	10:52	11:55	11:38	13:30	12:57	12:28
Overall-Group	Position	15-5	16-5	16-5	16-4	15-4	15-4	15-4	14-4	11-4	11-4	10-4	10-4	10-4	11-4	11-4	10-4
<u>Foerster,</u>	Time of Day	0:07:15	0:08:24	0:10:00	0:11:08	0:12:57	0:14:14	0:16:11	0:17:41	0:19:45	0:21:12	1:00:23	1:03:40				
<u>Krista (NC)</u>	Time Cum	01:15	02:24	04:00	05:08	06:57	08:14	10:11	11:41	13:45	15:12	18:23	21:40				
111	Time Delta	01:15	01:09	01:35	01:08	01:48	01:17	01:56	01:30	02:03	01:27	03:11	03:17				
Age 36	Pace Cum	10:57	11:34	12:24	12:20	13:06	13:11	13:47	14:02	14:31	14:36	15:54	17:20				
Group F30-39	Pace Delta	10:57	12:19	13:55	12:07	15:51	13:43	17:01	16:02	18:01	15:24	27:53	34:56				
Overall-Group	Position	95-6	115-7	158-16	137-9	162-17	154-15	163-15	163-15	142-15	139-14	146-15	158-18				
<u>Foy,</u>	Time of Day	0:06:56	0:07:45	0:08:43	0:09:35	0:10:34	0:11:28	0:12:35	0:13:38								
<u>Missy (NC)</u>	Time Cum	00:56	01:45	02:43	03:35	04:34	05:28	06:35	07:38								
3	Time Delta	00:56	00:49	00:57	00:52	00:58	00:54	01:06	01:03								
Age 46	Pace Cum	08:11	08:26	08:25	08:37	08:36	08:46	08:54	09:10								
Group F40-49	Pace Delta	08:11	08:44	08:25	09:19	08:32	09:40	09:42	11:11								
Overall-Group	Position	12-1	13-1	12-1	12-1	12-1	10-1	10-1	10-1								
French,	Time of Day	0:07:03	0:07:58	0:09:01	0:09:56	0:11:05	0:12:10	0:13:23	0:14:38	0:15:51	0:17:06	0:18:28	0:19:44	0:21:18	0:22:40	1:00:19	1:01:45:27
Rob (NC)	Time Cum	01:03	01:58	03:01	03:56	05:05	06:10	07:23	08:38	09:51	11:06	12:28	13:44	15:18	16:40	18:19	19:45:27
113	Time Delta	01:03	00:55	01:02	00:55	01:08	01:05	01:12	01:15	01:12	01:15	01:21	01:16	01:33	01:22	01:38	01:26:27
Age 52	Pace Cum	09:12	09:30	09:21	09:28	09:35	09:52	09:59	10:22	10:24	10:39	10:47	11:00	11:13	11:26	11:39	11:51
Group M50-59	Pace Delta	09:12	09:53	09:05	09:53	09:57	11:33	10:37	13:21	10:36	13:17	11:58	13:36	13:36	14:38	14:21	15:18
Overall-Group	Position	27-5	31-4	23-3	23-3	23-3	22-3	21-3	26-4	22-4	22-3	22-3	23-3	23-3	24-3	25-3	27-3

2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

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
<i>Fromm</i>	Time of Day	0:07:07	0:08:04	0:09:15	0:10:16	0:11:32	0:12:38	0:13:55	0:15:02	0:16:23	0:17:37	0:19:10	0:20:33	0:22:47	1:00:39	1:02:25	1:03:49:51
<i>Anita Marie (CO)</i>	Time Cum	01:07	02:04	03:15	04:16	05:32	06:38	07:55	09:02	10:23	11:37	13:10	14:33	16:47	18:39	20:25	21:49:51
114	Time Delta	01:07	00:57	01:10	01:01	01:15	01:06	01:16	01:07	01:20	01:14	01:32	01:23	02:13	01:52	01:46	01:24:51
Age 39	Pace Cum	09:47	09:55	10:05	10:16	10:25	10:37	10:43	10:51	10:58	11:09	11:23	11:39	12:18	12:47	12:59	13:06
Group F30-39	Pace Delta	09:47	10:05	10:22	10:55	11:00	11:44	11:12	11:55	11:46	13:10	13:32	14:47	19:29	19:49	15:28	15:01
Overall-Group	Position	43-2	40-2	43-2	44-2	42-2	40-2	36-2	37-2	32-2	34-2	33-2	33-2	40-4	41-4	40-4	38-3
Galope, Joe (AZ)	Time of Day	0:07:03	0:07:59	0:09:02	0:10:00	0:11:13	0:12:17	0:13:41	0:14:57								
	Time Cum	01:03	01:59	03:02	04:00	05:13	06:17	07:41	08:57								
115	Time Delta	01:03	00:56	01:02	00:58	01:12	01:04	01:23	01:16								
Age 42	Pace Cum	09:12	09:35	09:24	09:37	09:50	10:04	10:24	10:44								
Group M40-49	Pace Delta	09:12	10:03	09:05	10:21	10:35	11:23	12:13	13:28								
Overall-Group	Position	27-11	32-12	25-9	27-10	30-12	28-10	31-11	35-14								
Gargiulo, JR, Edward J (CT)	Time of Day	0:07:19	0:08:28	0:09:52	0:11:09	0:12:42	0:14:06	0:15:47	0:17:13	0:18:56	0:20:37	0:22:57	1:00:49	1:03:10	1:05:26	1:08:02	1:10:03:20
	Time Cum	01:19	02:28	03:52	05:09	06:42	08:06	09:47	11:13	12:56	14:37	16:57	18:49	21:10	23:26	26:02	28:03:20
116	Time Delta	01:19	01:09	01:23	01:17	01:32	01:24	01:40	01:26	01:42	01:41	02:19	01:52	02:20	02:16	02:35	02:01:20
Age 39	Pace Cum	11:32	11:54	11:59	12:22	12:37	12:58	13:14	13:28	13:39	14:03	14:40	15:03	15:31	16:04	16:33	16:50
Group M30-39	Pace Delta	11:32	12:20	12:09	13:39	13:34	14:54	14:43	15:16	15:00	17:59	20:21	19:51	20:34	24:09	22:42	21:28
Overall-Group	Position	131-24	134-24	129-25	138-25	138-26	141-26	141-25	145-26	118-21	123-20	112-19	115-19	107-18	110-18	111-16	120-18
Gelber, Eric (NY)	Time of Day	0:07:09	0:08:10	0:09:22	0:10:24	0:11:38	0:12:41	0:13:56	0:15:03	0:16:26	0:17:35	0:19:01	0:20:10	0:21:46	0:23:04	1:00:49	1:02:18:38
	Time Cum	01:09	02:10	03:22	04:24	05:38	06:41	07:56	09:03	10:26	11:35	13:01	14:10	15:46	17:04	18:49	20:18:38
117	Time Delta	01:09	01:01	01:11	01:02	01:13	01:03	01:14	01:07	01:22	01:09	01:25	01:09	01:35	01:18	01:44	01:29:38
Age 44	Pace Cum	10:04	10:24	10:26	10:36	10:37	10:42	10:44	10:52	11:01	11:08	11:16	11:21	11:33	11:43	11:58	12:11
Group M40-49	Pace Delta	10:04	10:49	10:30	11:08	10:40	11:14	10:53	11:58	12:01	12:16	12:31	12:21	13:54	13:56	15:14	15:52
Overall-Group	Position	52-16	59-19	58-19	55-18	52-17	49-18	39-16	40-16	33-14	32-14	30-12	28-12	28-12	29-13	29-13	29-13
Gentry, Bill (VA)	Time of Day	0:07:37	0:09:16	0:10:42	0:12:06	0:13:45	0:15:09	0:16:48	0:18:15	0:20:10	0:21:51	0:23:55	1:01:13	1:03:28	1:05:55	1:07:50	1:09:05:43
	Time Cum	01:37	03:16	04:42	06:06	07:45	09:09	10:48	12:15	14:10	15:51	17:55	19:13	21:28	23:55	25:50	27:05:43
40	Time Delta	01:37	01:39	01:25	01:24	01:38	01:24	01:38	01:27	01:54	01:41	02:03	01:18	02:14	02:27	01:54	01:15:43
Age 49	Pace Cum	14:10	15:41	14:34	14:40	14:36	14:39	14:37	14:43	14:57	15:13	15:30	15:23	15:44	16:24	16:26	16:15
Group M40-49	Pace Delta	14:10	17:32	12:33	14:58	14:22	14:54	14:25	15:34	16:39	17:56	18:03	13:50	19:41	26:05	16:44	13:24
Overall-Group	Position	237-50	239-51	235-51	235-51	223-50	209-46	190-44	184-44	152-37	150-37	140-33	126-30	114-29	119-30	105-28	98-27
Gerdy, Greg (NJ)	Time of Day	0:07:32	0:08:55	0:10:33	0:12:05	0:13:57	0:15:29	0:17:30	0:19:07	0:21:22	0:23:14	1:02:00	1:04:22	1:08:05	1:11:08		
	Time Cum	01:32	02:55	04:33	06:05	07:57	09:29	11:30	13:07	15:22	17:14	20:00	22:22	26:05	29:08		
118	Time Delta	01:32	01:23	01:37	01:32	01:51	01:32	02:00	01:37	02:14	01:52	02:45	02:22	03:42	03:03		
Age 59	Pace Cum	13:26	14:03	14:07	14:36	14:59	15:11	15:33	15:45	16:13	16:33	17:18	17:54	19:07	19:59		
Group M50-59	Pace Delta	13:26	14:48	14:13	16:18	16:20	16:24	17:34	17:17	19:37	19:53	24:11	25:11	32:31	32:26		
Overall-Group	Position	215-38	221-38	222-39	234-39	233-39	233-39	227-38	224-39	178-35	174-34	161-31	163-32	147-30	146-30		
Gerowitz, Mat (NY)	Time of Day	0:07:17	0:08:23	0:09:40	0:10:50	0:12:10	0:13:18	0:14:43	0:15:56	0:17:33	0:18:58	0:20:48	0:22:45	1:01:27	1:04:44	1:08:12	1:10:53:49
	Time Cum	01:17	02:23	03:40	04:50	06:10	07:18	08:43	09:56	11:33	12:58	14:48	16:45	19:27	22:44	26:12	28:53:49
119	Time Delta	01:17	01:06	01:16	01:10	01:19	01:08	01:24	01:13	01:36	01:25	01:49	01:57	02:41	03:17	03:27	02:41:49
Age 35	Pace Cum	11:14	11:28	11:22	11:37	11:37	11:42	11:48	11:56	12:11	12:27	12:48	13:25	14:15	15:36	16:40	17:20
Group M30-39	Pace Delta	11:14	11:45	11:11	12:26	11:39	12:09	12:19	13:01	14:05	15:03	16:03	20:52	23:31	34:59	30:16	28:38
Overall-Group	Position	116-22	108-20	93-18	95-19	87-19	85-20	82-19	79-19	61-14	65-14	67-15	77-15	83-14	96-15	117-18	131-20

2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

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>Ginsburg,</u> <u>Jeri (CA)</u>	Time of Day	0:06:59	0:07:56	0:09:02	0:10:01	0:11:14	0:12:18	0:13:34	0:14:43	0:16:09	0:17:35	0:18:59	0:20:16	0:22:00	0:23:24	1:00:56	1:02:16:26
120	Time Cum	00:59	01:56	03:02	04:01	05:14	06:18	07:34	08:43	10:09	11:35	12:59	14:16	16:00	17:24	18:56	20:16:26
Age 52	Time Delta	00:59	00:57	01:05	00:59	01:12	01:04	01:15	01:09	01:25	01:26	01:23	01:17	01:43	01:24	01:31	01:20:26
Group F50-59	Pace Cum	08:37	09:20	09:24	09:41	09:52	10:06	10:14	10:28	10:43	11:08	11:14	11:25	11:44	11:56	12:02	12:10
Overall-Group	Pace Delta	08:37	10:13	09:32	10:36	10:31	11:26	11:00	12:17	12:30	15:21	12:09	13:47	15:04	14:52	13:26	14:14
	Position	20-1	23-1	25-1	30-1	32-1	30-1	27-1	28-1	26-1	33-1	29-1	29-1	30-1	32-1	30-1	28-1
<u>Glassberg,</u> <u>Abby (MD)</u>	Time of Day	0:07:23	0:08:40	0:10:07	0:11:26	0:12:57	0:14:20	0:15:55	0:17:28	0:19:23	0:21:07	0:23:13	1:01:12	1:03:42	1:05:55	1:08:05	1:10:01:40
121	Time Cum	01:23	02:40	04:07	05:26	06:57	08:20	09:55	11:28	13:23	15:07	17:13	19:12	21:42	23:55	26:05	28:01:40
Age 51	Time Delta	01:23	01:17	01:26	01:19	01:30	01:23	01:34	01:33	01:54	01:44	02:05	01:59	02:29	02:13	02:09	01:56:40
Group F50-59	Pace Cum	12:07	12:49	12:46	13:04	13:06	13:20	13:25	13:46	14:07	14:31	14:54	15:22	15:54	16:24	16:35	16:49
Overall-Group	Pace Delta	12:07	13:39	12:41	14:05	13:12	14:42	13:52	16:36	16:41	18:29	18:20	21:11	21:48	23:33	18:58	20:39
	Position	165-12	179-12	176-12	179-12	162-10	160-11	151-10	155-10	132-10	135-11	120-10	125-10	118-12	118-13	115-12	119-14
Glazner, Allen (NC)	Time of Day	0:07:05	0:08:04	0:09:15	0:10:19	0:11:37	0:12:42	0:14:12	0:15:31	0:17:06	0:18:36		0:22:03	0:23:47	1:01:16	1:03:24	1:05:12:48
122	Time Cum	01:05	02:04	03:15	04:19	05:37	06:42	08:12	09:31	11:06	12:36		16:03	17:47	19:16	21:24	23:12:48
Age 56	Time Delta	01:05	00:59	01:10	01:04	01:17	01:05	01:29	01:19	01:34	01:30		03:27	01:43	01:29	02:07	01:48:48
Group M50-59	Pace Cum	09:29	09:58	10:05	10:22	10:35	10:44	11:06	11:26	11:43	12:06		12:51	13:02	13:13	13:37	13:56
Overall-Group	Pace Delta	09:29	10:32	10:18	11:21	11:22	11:35	13:04	14:03	13:49	15:59		16:34	15:08	15:50	18:37	19:15
	Position	39-8	44-7	43-7	46-8	49-8	52-8	51-8	55-8	45-8	52-8		60-10	52-9	47-7	57-9	61-10
Goldring, Peter (ENG)	Time of Day	0:07:09	0:08:09	0:09:22	0:10:26	0:11:37	0:12:38	0:13:55	0:15:05	0:16:21	0:17:23	0:18:37	0:19:42	0:21:08	0:22:20	0:23:42	1:00:53:48
123	Time Cum	01:09	02:09	03:22	04:26	05:37	06:38	07:55	09:05	10:21	11:23	12:37	13:42	15:08	16:20	17:42	18:53:48
Age 26	Time Delta	01:09	01:00	01:12	01:04	01:10	01:01	01:16	01:10	01:15	01:02	01:13	01:05	01:25	01:12	01:21	01:11:48
Group M20-29	Pace Cum	10:04	10:23	10:26	10:39	10:35	10:38	10:43	10:55	10:55	10:56	10:55	10:58	11:06	11:12	11:15	11:20
Overall-Group	Pace Delta	10:04	10:46	10:32	11:21	10:21	10:55	11:09	12:29	11:01	11:04	10:43	11:32	12:32	12:51	11:53	12:42
	Position	52-8	57-8	58-9	61-9	49-8	42-5	36-5	42-5	31-4	27-4	23-3	22-3	22-3	23-4	20-3	20-3
Grace, Steve (NC)	Time of Day	0:07:13	0:08:24	0:09:46	0:11:00	0:12:29	0:13:48	0:15:36	0:17:28	0:19:35	0:22:38						
124	Time Cum	01:13	02:24	03:46	05:00	06:29	07:48	09:36	11:28	13:35	16:38						
Age 35	Time Delta	01:13	01:11	01:22	01:14	01:28	01:19	01:47	01:52	02:06	03:03						
Group M30-39	Pace Cum	10:39	11:31	11:41	12:02	12:13	12:30	12:59	13:46	14:20	15:59						
Overall-Group	Pace Delta	10:39	12:34	11:58	13:16	12:51	14:06	15:40	19:55	18:27	32:29						
	Position	80-15	114-23	112-22	121-22	120-22	125-22	130-21	154-27	136-23	168-25						
Granger, Christopher R	Time of Day	0:06:56	0:07:45	0:08:43	0:09:38	0:10:55	0:11:56										
125	Time Cum	00:56	01:45	02:43	03:38	04:55	05:56										
Age 37	Time Delta	00:56	00:49	00:57	00:55	01:16	01:01										
Group M30-39	Pace Cum	08:11	08:27	08:25	08:44	09:16	09:31										
Overall-Group	Pace Delta	08:11	08:46	08:23	09:48	11:12	10:54										
	Position	12-3	14-4	12-4	15-4	19-6	19-6										
<u>Grant,</u> <u>Susan (NJ)</u>	Time of Day	0:07:25	0:08:37	0:09:59	0:11:13	0:12:36	0:13:54	0:15:23	0:16:49	0:18:23	0:20:05	0:21:59	0:23:56	1:01:53	1:03:42	1:05:57	1:08:04:02
126	Time Cum	01:25	02:37	03:59	05:13	06:36	07:54	09:23	10:49	12:23	14:05	15:59	17:56	19:53	21:42	23:57	26:04:02
Age 44	Time Delta	01:25	01:12	01:21	01:14	01:22	01:18	01:28	01:26	01:33	01:42	01:53	01:57	01:56	01:49	02:14	02:07:02
Group F40-49	Pace Cum	12:25	12:36	12:21	12:32	12:26	12:40	12:42	12:59	13:04	13:31	13:50	14:21	14:35	14:53	15:14	15:38
Overall-Group	Pace Delta	12:25	12:49	11:55	13:12	12:02	13:58	12:52	15:17	13:40	18:06	16:36	20:44	17:04	19:24	19:37	22:29
	Position	177-17	176-19	152-17	148-16	129-14	127-13	123-12	129-13	102-8	106-9	96-8	102-8	91-7	89-7	86-7	87-7

2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Gray, Rick (TN)	Time of Day	0:07:02	0:07:57	0:09:01	0:10:00	0:11:11	0:12:19	0:13:34	0:14:42	0:16:11	0:17:32	0:19:33	0:21:18	0:23:42	1:01:37	1:04:40	1:06:35:50
	Time Cum	01:02	01:57	03:01	04:00	05:11	06:19	07:34	08:42	10:11	11:32	13:33	15:18	17:42	19:37	22:40	24:35:50
127	Time Delta	01:02	00:55	01:03	00:59	01:10	01:08	01:14	01:08	01:28	01:21	02:00	01:45	02:23	01:55	03:02	01:55:50
Age 50	Pace Cum	09:03	09:26	09:21	09:37	09:46	10:08	10:14	10:26	10:45	11:05	11:43	12:15	12:58	13:27	14:25	14:46
Group M50-59	Pace Delta	09:03	09:53	09:13	10:29	10:20	12:11	10:50	12:03	12:59	14:28	17:33	18:43	20:55	20:26	26:39	20:30
Overall-Group	Position	24-3	25-3	23-3	25-4	25-4	31-4	27-5	27-5	28-5	30-5	38-6	43-7	47-7	59-11	73-13	73-13
Green, Thomas (MD)	Time of Day	0:07:33	0:09:00	0:10:35	0:12:13	0:14:01	0:15:24	0:17:11	0:18:40								
	Time Cum	01:33	03:00	04:35	06:13	08:01	09:24	11:11	12:40								
41	Time Delta	01:33	01:27	01:34	01:38	01:47	01:23	01:46	01:29								
Age 60	Pace Cum	13:35	14:25	14:13	14:57	15:06	15:04	15:08	15:12								
Group M60-69	Pace Delta	13:35	15:27	13:50	17:29	15:39	14:50	15:30	15:45								
Overall-Group	Position	225-9	228-9	229-9	238-12	237-12	229-12	212-12	205-12								
<u>Grinde,</u> <u>Ingrid E (VA)</u>	Time of Day	0:07:32	0:08:45	0:10:13	0:11:28	0:13:03	0:14:38	0:16:10	0:17:33	0:19:36	0:21:10	0:23:21	1:01:12	1:03:51	1:06:00	1:08:34	1:09:51:24
	Time Cum	01:32	02:45	04:13	05:28	07:03	08:38	10:10	11:33	13:36	15:10	17:21	19:12	21:51	24:00	26:34	27:51:24
129	Time Delta	01:32	01:13	01:27	01:15	01:34	01:35	01:31	01:23	02:02	01:34	02:10	01:51	02:38	02:09	02:33	01:17:24
Age 55	Pace Cum	13:26	13:13	13:04	13:08	13:17	13:49	13:45	13:52	14:21	14:35	15:01	15:22	16:01	16:28	16:54	16:43
Group F50-59	Pace Delta	13:26	12:58	12:48	13:22	13:48	16:50	13:25	14:43	17:56	16:48	18:59	19:42	23:10	22:51	22:28	13:42
Overall-Group	Position	215-20	197-17	186-14	182-13	169-12	176-14	162-13	159-13	138-12	137-12	129-11	124-10	122-14	123-14	125-15	115-11
Grochowski, Chris (NC)	Time of Day	0:07:15	0:08:19	0:09:45	0:10:55	0:12:26	0:13:40	0:15:13	0:16:36	0:18:14	0:19:41	0:21:48	0:23:39	1:01:51	1:03:33	1:05:53	1:07:58:01
	Time Cum	01:15	02:19	03:45	04:55	06:26	07:40	09:13	10:36	12:14	13:41	15:48	17:39	19:51	21:33	23:53	25:58:01
130	Time Delta	01:15	01:04	01:25	01:10	01:30	01:14	01:32	01:23	01:37	01:27	02:06	01:51	02:11	01:42	02:19	02:05:01
Age 50	Pace Cum	10:57	11:12	11:38	11:50	12:07	12:17	12:28	12:44	12:55	13:09	13:40	14:07	14:33	14:47	15:11	15:35
Group M50-59	Pace Delta	10:57	11:30	12:25	12:32	13:10	13:12	13:30	14:44	14:16	15:32	18:26	19:40	19:15	18:04	20:25	22:08
Overall-Group	Position	95-22	92-14	110-23	106-21	118-23	116-22	113-20	115-20	95-19	93-18	93-17	95-18	90-17	86-15	85-16	85-18
<u>Haber,</u> <u>Melanie (NH)</u>	Time of Day	0:07:18	0:08:30	0:10:03	0:11:28	0:13:23	0:14:52	0:16:51	0:18:15								
	Time Cum	01:18	02:30	04:03	05:28	07:23	08:52	10:51	12:15								
131	Time Delta	01:18	01:12	01:32	01:25	01:54	01:29	01:58	01:24								
Age 54	Pace Cum	11:23	12:02	12:33	13:08	13:55	14:12	14:41	14:42								
Group F50-59	Pace Delta	11:23	12:48	13:31	15:07	16:44	15:52	17:16	14:55								
Overall-Group	Position	124-9	141-10	166-11	181-13	187-17	190-18	192-19	183-19								
Haigh, Chris (TX)	Time of Day	0:07:24	0:08:43	0:10:15	0:11:42	0:13:42	0:15:21	0:17:28	0:19:15								
	Time Cum	01:24	02:43	04:15	05:42	07:42	09:21	11:28	13:15								
132	Time Delta	01:24	01:19	01:31	01:27	01:59	01:39	02:06	01:47								
Age 45	Pace Cum	12:16	13:06	13:11	13:42	14:30	14:58	15:31	15:55								
Group M40-49	Pace Delta	12:16	14:08	13:18	15:28	17:28	17:37	18:28	19:07								
Overall-Group	Position	175-41	192-48	187-47	194-47	220-48	226-50	224-49	226-49								
<u>Hale,</u> <u>Leslie (TX)</u>	Time of Day	0:07:13	0:08:18	0:09:37	0:10:48	0:12:13	0:13:31	0:15:11	0:16:42	0:18:39	0:20:16	0:22:26	1:00:16	1:02:53	1:05:06	1:07:43	1:09:45:47
	Time Cum	01:13	02:18	03:37	04:48	06:13	07:31	09:11	10:42	12:39	14:16	16:26	18:16	20:53	23:06	25:43	27:45:47
133	Time Delta	01:13	01:05	01:18	01:11	01:24	01:18	01:39	01:31	01:56	01:37	02:09	01:50	02:36	02:13	02:36	02:02:47
Age 58	Pace Cum	10:39	11:06	11:13	11:32	11:43	12:03	12:25	12:52	13:21	13:42	14:13	14:37	15:19	15:51	16:21	16:39
Group F50-59	Pace Delta	10:39	11:39	11:25	12:37	12:22	13:56	14:29	16:17	16:56	17:10	18:59	19:28	22:55	23:38	22:51	21:44
Overall-Group	Position	80-4	84-3	86-3	92-3	93-3	101-4	111-7	123-7	110-7	112-7	106-7	105-7	103-9	105-9	103-9	112-10

2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

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
Hall, Alex (VA)	Time of Day	0:07:06	0:08:01	0:09:07	0:10:05	0:11:13	0:12:12	0:13:27	0:14:32	0:15:58	0:17:09	0:18:37	0:19:51	0:21:35	0:22:58	1:00:46	1:02:19:37
	Time Cum	01:06	02:01	03:07	04:05	05:13	06:12	07:27	08:32	09:58	11:09	12:37	13:51	15:35	16:58	18:46	20:19:37
134	Time Delta	01:06	00:55	01:05	00:58	01:07	00:59	01:14	01:05	01:25	01:11	01:27	01:14	01:43	01:23	01:47	01:33:37
Age 30	Pace Cum	09:38	09:42	09:40	09:48	09:50	09:56	10:05	10:15	10:31	10:43	10:55	11:05	11:25	11:39	11:56	12:12
Group M30-39	Pace Delta	09:38	09:47	09:36	10:16	09:55	10:32	10:53	11:35	12:30	12:40	12:46	13:10	15:07	14:49	15:40	16:34
Overall-Group	Position	41-11	37-10	35-10	33-9	30-9	26-9	24-7	20-6	23-7	25-7	23-7	24-7	27-7	27-7	28-7	31-7
Hall, Larry G (IL)	Time of Day	0:06:58	0:07:49	0:08:51	0:09:43	0:10:50	0:11:49	0:13:04	0:14:19	0:15:45	0:17:08	0:18:49	0:20:18	0:22:26	1:00:12	1:02:36	1:04:19:44
	Time Cum	00:58	01:49	02:51	03:43	04:50	05:49	07:04	08:19	09:45	11:08	12:49	14:18	16:26	18:12	20:36	22:19:44
135	Time Delta	00:58	00:51	01:01	00:52	01:06	00:59	01:14	01:15	01:25	01:23	01:40	01:29	02:07	01:46	02:23	01:43:44
Age 57	Pace Cum	08:28	08:48	08:50	08:56	09:06	09:18	09:34	10:00	10:17	10:41	11:05	11:27	12:03	12:29	13:06	13:24
Group M50-59	Pace Delta	08:28	09:12	08:55	09:16	09:43	10:27	10:57	13:25	12:26	14:43	14:43	15:55	18:33	18:54	20:54	18:22
Overall-Group	Position	17-2	19-2	19-2	19-2	17-2	18-2	18-2	19-2	21-3	23-4	27-4	30-4	35-4	39-5	41-6	42-6
<u>Hansen,</u> <u>Rebecca L (FL)</u>	Time of Day	0:07:19	0:08:36	0:10:01	0:11:20	0:13:07	0:14:35	0:16:03	0:17:19	0:19:06	0:20:35	0:23:06	1:00:40	1:02:52	1:04:49	1:06:58	1:08:36:59
	Time Cum	01:19	02:36	04:01	05:20	07:07	08:35	10:03	11:19	13:06	14:35	17:06	18:40	20:52	22:49	24:58	26:36:59
136	Time Delta	01:19	01:17	01:24	01:19	01:46	01:28	01:27	01:16	01:46	01:29	02:30	01:34	02:11	01:57	02:08	01:38:59
Age 49	Pace Cum	11:32	12:29	12:27	12:48	13:24	13:45	13:36	13:36	13:50	14:00	14:48	14:56	15:18	15:39	15:53	15:58
Group F40-49	Pace Delta	11:32	13:39	12:24	13:59	15:37	15:41	12:45	13:34	15:32	15:48	22:00	16:39	19:16	20:49	18:45	17:31
Overall-Group	Position	131-11	173-18	160-18	167-18	175-19	173-19	157-17	151-16	125-10	122-10	118-9	111-9	100-8	99-8	95-8	93-8
Hansley, William (NC)	Time of Day	0:07:26	0:08:41	0:10:21	0:11:44	0:13:37	0:15:10	0:17:14	0:18:55								
	Time Cum	01:26	02:41	04:21	05:44	07:37	09:10	11:14	12:55								
137	Time Delta	01:26	01:15	01:39	01:23	01:52	01:33	02:03	01:41								
Age 44	Pace Cum	12:33	12:55	13:29	13:46	14:21	14:40	15:12	15:31								
Group M40-49	Pace Delta	12:33	13:22	14:31	14:45	16:27	16:30	18:04	18:00								
Overall-Group	Position	184-43	183-46	198-49	198-48	208-46	215-47	215-47	212-47								
Harrison, James (VA)	Time of Day	0:07:15	0:08:21	0:09:48	0:11:01	0:12:55	0:14:19	0:16:01	0:17:26	0:19:09	0:20:41	0:22:41	1:00:27	1:02:31	1:04:38	1:06:46	1:09:35:52
	Time Cum	01:15	02:21	03:48	05:01	06:55	08:19	10:01	11:26	13:09	14:41	16:41	18:27	20:31	22:38	24:46	27:35:52
138	Time Delta	01:15	01:06	01:26	01:13	01:53	01:24	01:41	01:25	01:42	01:32	01:59	01:46	02:03	02:07	02:07	02:49:52
Age 53	Pace Cum	10:57	11:18	11:47	12:04	13:02	13:19	13:33	13:44	13:53	14:06	14:26	14:46	15:02	15:31	15:45	16:34
Group M50-59	Pace Delta	10:57	11:43	12:40	13:03	16:32	14:54	14:52	15:08	14:58	16:22	17:27	18:50	18:03	22:30	18:40	30:04
Overall-Group	Position	95-22	99-23	120-25	122-25	159-26	158-26	155-25	153-26	127-25	124-25	109-24	106-24	97-22	95-22	92-20	106-23
Harvey, David (MA)	Time of Day	0:07:22	0:08:44	0:10:04	0:11:32	0:13:16	0:15:03	0:16:57	0:19:05	0:21:07							
	Time Cum	01:22	02:44	04:04	05:32	07:16	09:03	10:57	13:05	15:07							
139	Time Delta	01:22	01:22	01:19	01:28	01:43	01:47	01:53	02:08	02:01							
Age 39	Pace Cum	11:58	13:09	12:37	13:17	13:41	14:30	14:49	15:43	15:57							
Group M30-39	Pace Delta	11:58	14:34	11:38	15:36	15:10	19:02	16:34	22:48	17:42							
Overall-Group	Position	155-27	194-32	168-28	184-32	182-33	205-33	200-32	222-34	172-26							
<u>Harvey,</u> <u>Linda (MA)</u>	Time of Day	0:07:22	0:08:44	0:10:04	0:11:32	0:13:16	0:15:03	0:16:57	0:19:05	0:21:07	0:23:15	1:01:34					
	Time Cum	01:22	02:44	04:04	05:32	07:16	09:03	10:57	13:05	15:07	17:15	19:34					
140	Time Delta	01:22	01:22	01:19	01:28	01:43	01:47	01:53	02:08	02:01	02:08	02:18					
Age 38	Pace Cum	11:58	13:08	12:37	13:17	13:41	14:30	14:49	15:43	15:57	16:34	16:56					
Group F30-39	Pace Delta	11:58	14:33	11:39	15:35	15:10	19:02	16:34	22:46	17:43	22:40	20:17					
Overall-Group	Position	155-15	193-18	168-17	183-18	182-18	204-18	200-18	221-21	172-19	175-20	158-19					

2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

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>Hayter,</u>	Time of Day	0:07:20	0:08:28	0:09:55	0:11:08	0:12:37	0:13:57	0:15:27	0:16:43	0:18:17	0:19:44						
<u>Heather (NC)</u>	Time Cum	01:20	02:28	03:55	05:08	06:37	07:57	09:27	10:43	12:17	13:44						
141	Time Delta	01:20	01:08	01:26	01:13	01:28	01:20	01:29	01:16	01:33	01:27						
Age 29	Pace Cum	11:41	11:52	12:09	12:20	12:28	12:44	12:47	12:52	12:58	13:12						
Group F20-29	Pace Delta	11:41	12:05	12:39	12:59	12:56	14:13	13:06	13:28	13:43	15:30						
Overall-Group	Position	139-4	128-3	137-4	136-3	131-4	130-4	126-4	124-4	98-3	97-3						
Henderson, Chad (SC)	Time of Day	0:07:13	0:08:16	0:09:40	0:10:43	0:12:03	0:13:09	0:14:39	0:15:53	0:17:41	0:19:02	0:20:42	0:22:05	1:00:05	1:01:40	1:03:52	1:05:25:08
	Time Cum	01:13	02:16	03:40	04:43	06:03	07:09	08:39	09:53	11:41	13:02	14:42	16:05	18:05	19:40	21:52	23:25:08
142	Time Delta	01:13	01:03	01:23	01:03	01:19	01:06	01:29	01:14	01:47	01:21	01:39	01:23	01:59	01:35	02:11	01:33:08
Age 36	Pace Cum	10:39	10:53	11:22	11:19	11:24	11:27	11:42	11:52	12:20	12:31	12:43	12:52	13:15	13:29	13:54	14:03
Group M30-39	Pace Delta	10:39	11:09	12:15	11:10	11:40	11:43	13:07	13:08	15:44	14:21	14:36	14:42	17:30	16:51	19:14	16:29
Overall-Group	Position	80-15	80-16	93-18	84-17	82-18	71-17	76-17	73-17	70-15	68-15	63-14	61-14	61-12	61-11	64-12	63-12
Henderson, Timothy (NY)	Time of Day	0:07:05	0:07:59	0:09:05	0:10:02	0:11:11	0:12:11	0:13:23	0:14:36	0:15:41	0:16:45	0:18:02	0:19:10	0:20:32	0:21:45	0:23:24	1:00:29:54
	Time Cum	01:05	01:59	03:05	04:02	05:11	06:11	07:23	08:36	09:41	10:45	12:02	13:10	14:32	15:45	17:24	18:29:54
143	Time Delta	01:05	00:54	01:05	00:57	01:08	01:00	01:11	01:13	01:04	01:04	01:16	01:08	01:21	01:13	01:38	01:05:54
Age 41	Pace Cum	09:29	09:35	09:34	09:41	09:46	09:54	09:59	10:20	10:13	10:19	10:25	10:32	10:39	10:49	11:04	11:06
Group M40-49	Pace Delta	09:29	09:42	09:31	10:08	10:02	10:43	10:26	13:02	09:24	11:21	11:13	12:04	11:57	13:04	14:20	11:40
Overall-Group	Position	39-13	33-12	31-12	31-13	25-10	24-9	21-9	23-9	18-9	19-9	17-7	17-7	15-8	16-8	17-8	16-7
Herbst, Tom (NC)	Time of Day	0:07:27	0:08:43	0:10:18	0:11:48	0:13:42	0:15:19	0:17:27	0:19:07	0:21:32	0:23:44						
	Time Cum	01:27	02:43	04:18	05:48	07:42	09:19	11:27	13:07	15:32	17:44						
144	Time Delta	01:27	01:16	01:34	01:30	01:53	01:37	02:07	01:40	02:24	02:12						
Age 48	Pace Cum	12:42	13:03	13:20	13:56	14:30	14:55	15:29	15:45	16:24	17:02						
Group M40-49	Pace Delta	12:42	13:29	13:50	16:01	16:34	17:15	18:37	17:46	21:07	23:31						
Overall-Group	Position	193-47	189-48	194-48	200-49	220-48	223-49	222-48	223-48	180-39	182-39						
Hodell, JR, Thomas (GA)	Time of Day	0:07:16	0:08:20	0:09:37	0:10:43	0:12:11	0:13:24	0:14:53	0:16:06	0:17:35	0:18:53	0:20:36	0:22:02	0:23:44	1:01:16	1:03:20	1:05:07:13
	Time Cum	01:16	02:20	03:37	04:43	06:11	07:24	08:53	10:06	11:35	12:53	14:36	16:02	17:44	19:16	21:20	23:07:13
147	Time Delta	01:16	01:04	01:16	01:06	01:27	01:13	01:28	01:13	01:28	01:18	01:42	01:26	01:41	01:32	02:03	01:47:13
Age 45	Pace Cum	11:06	11:14	11:13	11:22	11:39	11:51	12:01	12:08	12:14	12:23	12:38	12:50	13:00	13:13	13:34	13:52
Group M40-49	Pace Delta	11:06	11:24	11:11	11:51	12:42	12:59	12:56	13:04	12:53	13:57	14:55	15:20	14:48	16:24	18:00	18:59
Overall-Group	Position	109-29	96-28	86-29	85-28	89-29	92-29	88-26	87-26	63-18	63-18	57-15	59-17	49-16	49-16	51-16	57-19
<u>Holden,</u>	Time of Day	0:07:20	0:08:28	0:09:50	0:10:58	0:12:21	0:13:34	0:14:56	0:16:12	0:17:48	0:19:05	0:20:39	0:22:01	0:23:37	1:01:01	1:02:51	1:04:19:57
<u>Judy (NC)</u>	Time Cum	01:20	02:28	03:50	04:58	06:21	07:34	08:56	10:12	11:48	13:05	14:39	16:01	17:37	19:01	20:51	22:19:57
148	Time Delta	01:20	01:08	01:21	01:08	01:22	01:13	01:21	01:16	01:35	01:17	01:33	01:22	01:35	01:24	01:49	01:28:57
Age 49	Pace Cum	11:41	11:52	11:53	11:57	11:58	12:07	12:05	12:15	12:27	12:34	12:40	12:49	12:55	13:03	13:16	13:24
Group F40-49	Pace Delta	11:41	12:06	11:55	12:09	12:01	12:59	11:55	13:35	13:54	13:47	13:35	14:33	13:59	14:59	15:58	15:45
Overall-Group	Position	139-13	131-11	127-11	115-10	110-10	106-9	91-8	89-8	72-5	71-5	61-4	57-3	45-2	44-2	44-2	43-2
House, David (FL)	Time of Day	0:07:08	0:08:06	0:09:17	0:10:19	0:11:46	0:13:01	0:14:38	0:15:54	0:17:58	0:19:19	0:22:01					
	Time Cum	01:08	02:06	03:17	04:19	05:46	07:01	08:38	09:54	11:58	13:19	16:01					
149	Time Delta	01:08	00:58	01:10	01:02	01:26	01:15	01:36	01:16	02:03	01:21	02:41					
Age 29	Pace Cum	09:56	10:05	10:11	10:22	10:52	11:14	11:41	11:53	12:38	12:48	13:51					
Group M20-29	Pace Delta	09:56	10:17	10:21	11:01	12:40	13:22	14:05	13:33	18:01	14:29	23:32					
Overall-Group	Position	47-7	47-7	45-7	47-7	61-9	64-9	72-9	77-8	78-9	80-9	98-9					

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Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Howard, Bill (MA)	Time of Day	0:07:18	0:08:28	0:09:37	0:11:05	0:12:43	0:14:09	0:15:50	0:17:03								
	Time Cum	01:18	02:28	03:37	05:05	06:43	08:09	09:50	11:03								
150	Time Delta	01:18	01:10	01:08	01:28	01:37	01:26	01:40	01:13								
Age 62	Pace Cum	11:23	11:51	11:13	12:14	12:39	13:03	13:18	13:16								
Group M60-69	Pace Delta	11:23	12:25	10:03	15:43	14:11	15:15	14:44	12:58								
Overall-Group	Position	124-6	125-5	86-2	129-5	140-6	145-6	146-5	132-4								
Howell, David G (NC)	Time of Day	0:07:13	0:08:15	0:09:36	0:10:42	0:12:12	0:13:27	0:15:03	0:16:25	0:18:10	0:19:53	0:22:04	0:23:52				
	Time Cum	01:13	02:15	03:36	04:42	06:12	07:27	09:03	10:25	12:10	13:53	16:04	17:52				
151	Time Delta	01:13	01:02	01:20	01:06	01:29	01:15	01:35	01:22	01:44	01:43	02:10	01:48				
Age 50	Pace Cum	10:39	10:53	11:10	11:18	11:41	11:56	12:15	12:30	12:50	13:20	13:54	14:18				
Group M50-59	Pace Delta	10:39	11:08	11:41	11:47	13:04	13:19	13:58	14:32	15:19	18:23	19:00	19:15				
Overall-Group	Position	80-17	78-12	82-14	83-14	91-16	95-17	100-16	99-16	91-17	103-20	99-20	100-20				
Huss, David (OH)	Time of Day	0:07:11	0:08:10	0:09:21	0:10:23	0:11:36	0:12:42	0:13:58	0:15:06	0:16:27	0:17:41	0:19:05	0:20:30				
	Time Cum	01:11	02:10	03:21	04:23	05:36	06:42	07:58	09:06	10:27	11:41	13:05	14:30				
152	Time Delta	01:11	00:59	01:10	01:02	01:12	01:06	01:15	01:08	01:20	01:14	01:23	01:25				
Age 27	Pace Cum	10:22	10:24	10:23	10:31	10:33	10:44	10:47	10:55	11:02	11:13	11:19	11:36				
Group M20-29	Pace Delta	10:22	10:27	10:21	10:59	10:39	11:44	11:03	12:04	11:48	13:08	12:14	15:08				
Overall-Group	Position	69-9	58-9	55-8	50-8	47-7	51-7	45-6	43-6	37-6	35-5	32-5	32-5				
<u>Hyjek</u> <u>Beth (NC)</u>	Time of Day	0:07:26	0:08:42	0:10:21	0:11:44	0:13:37	0:15:10	0:17:14	0:18:52								
	Time Cum	01:26	02:42	04:21	05:44	07:37	09:10	11:14	12:52								
153	Time Delta	01:26	01:16	01:38	01:23	01:52	01:33	02:03	01:38								
Age 45	Pace Cum	12:33	12:58	13:29	13:46	14:21	14:40	15:12	15:28								
Group F40-49	Pace Delta	12:33	13:29	14:26	14:43	16:29	16:29	18:05	17:31								
Overall-Group	Position	184-21	185-20	198-21	197-20	208-23	214-23	215-23	211-22								
Idlibi, Mohammed (NC)	Time of Day	0:07:03	0:08:00	0:09:05	0:10:09	0:11:27	0:12:38	0:14:07	0:15:22	0:17:07	0:18:27	0:20:09	0:21:47	1:00:03	1:01:42	1:03:33	1:05:11:47
	Time Cum	01:03	02:00	03:05	04:09	05:27	06:38	08:07	09:22	11:07	12:27	14:09	15:47	18:03	19:42	21:33	23:11:47
154	Time Delta	01:03	00:57	01:04	01:04	01:17	01:11	01:28	01:15	01:44	01:20	01:41	01:38	02:15	01:39	01:50	01:38:47
Age 32	Pace Cum	09:12	09:37	09:34	09:59	10:16	10:37	10:59	11:14	11:44	11:57	12:15	12:38	13:14	13:31	13:42	13:55
Group M30-39	Pace Delta	09:12	10:07	09:28	11:24	11:19	12:38	12:56	13:17	15:19	14:13	14:50	17:29	19:44	17:38	16:07	17:29
Overall-Group	Position	27-7	35-8	31-8	37-10	38-10	41-10	49-11	49-11	46-11	48-12	48-12	48-12	60-11	63-12	59-11	60-11
<u>Jensen</u> <u>Jennifer L (TN)</u>	Time of Day	0:07:31	0:08:55	0:10:29	0:11:56	0:13:40	0:15:10	0:18:58	0:22:05	1:00:31							
	Time Cum	01:31	02:55	04:29	05:56	07:40	09:10	12:58	16:05	18:31							
156	Time Delta	01:31	01:24	01:33	01:27	01:43	01:30	03:48	03:06	02:26							
Age 43	Pace Cum	13:17	14:02	13:54	14:15	14:27	14:40	15:34	16:58	17:47							
Group F40-49	Pace Delta	13:17	14:56	13:40	15:28	15:08	15:56	18:17	27:13	25:52							
Overall-Group	Position	214-27	218-25	210-24	223-26	213-25	212-23	216-24	185-17	183-17							
Jones, Louis (VA)	Time of Day	0:07:43	0:09:17	0:11:17	0:13:05	0:15:23	0:17:19	0:19:57	0:22:07								
	Time Cum	01:43	03:17	05:17	07:05	09:23	11:19	13:57	16:07								
157	Time Delta	01:43	01:34	01:59	01:48	02:17	01:56	02:37	02:10								
Age 66	Pace Cum	15:02	15:46	16:23	17:01	17:41	18:07	18:52	19:21								
Group M60-69	Pace Delta	15:02	16:39	17:31	19:13	20:04	20:36	23:00	23:07								
Overall-Group	Position	244-16	247-17	246-17	247-17	248-17	248-17	244-17	245-17								

2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

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
Jorgensen, Will (TN)	Time of Day	0:07:02	0:08:01	0:09:08	0:10:07	0:11:15	0:12:19	0:13:28	0:14:37	0:15:44	0:16:52	0:18:06	0:19:16	0:20:38	0:21:52	0:23:13	1:00:22:44
	Time Cum	01:02	02:01	03:08	04:07	05:15	06:19	07:28	08:37	09:44	10:52	12:06	13:16	14:38	15:52	17:13	18:22:44
158	Time Delta	01:02	00:59	01:06	00:59	01:07	01:04	01:08	01:09	01:06	01:08	01:13	01:10	01:21	01:14	01:20	01:09:44
Age 51	Pace Cum	09:03	09:45	09:43	09:53	09:53	10:08	10:06	10:21	10:16	10:27	10:28	10:37	10:44	10:53	10:57	11:02
Group M50-59	Pace Delta	09:03	10:36	09:39	10:28	09:54	11:29	09:57	12:18	09:42	12:12	10:40	12:27	11:55	13:10	11:46	12:21
Overall-Group	Position	24-3	38-5	37-6	35-5	33-5	32-4	25-4	25-3	20-2	20-2	18-2	19-2	19-2	17-2	15-2	14-2
Keene, Allen (NC)	Time of Day	0:07:10	0:08:15	0:09:40	0:11:03	0:12:57	0:14:41	0:16:55	0:18:48								
	Time Cum	01:10	02:15	03:40	05:03	06:57	08:41	10:55	12:48								
159	Time Delta	01:10	01:05	01:24	01:23	01:53	01:44	02:13	01:53								
Age 55	Pace Cum	10:13	10:48	11:22	12:08	13:06	13:54	14:46	15:22								
Group M50-59	Pace Delta	10:13	11:31	12:24	14:44	16:37	18:28	19:31	20:04								
Overall-Group	Position	62-11	74-12	93-17	126-26	162-28	178-31	194-36	210-37								
Keller, Mike (OH)	Time of Day	0:07:15	0:08:22	0:09:50	0:11:05	0:12:38	0:14:01	0:15:41	0:17:07	0:18:49	0:20:15	0:22:31	1:00:36	1:03:09	1:05:24	1:08:04	1:09:53:14
	Time Cum	01:15	02:22	03:50	05:05	06:38	08:01	09:41	11:07	12:49	14:15	16:31	18:36	21:09	23:24	26:04	27:53:14
160	Time Delta	01:15	01:07	01:27	01:15	01:32	01:23	01:39	01:26	01:41	01:26	02:15	02:05	02:32	02:15	02:39	01:49:14
Age 37	Pace Cum	10:57	11:25	11:53	12:13	12:30	12:50	13:06	13:21	13:32	13:42	14:17	14:53	15:30	16:03	16:35	16:44
Group M30-39	Pace Delta	10:57	11:58	12:45	13:20	13:32	14:44	14:34	15:18	14:49	15:22	19:44	22:13	22:16	24:02	23:15	19:20
Overall-Group	Position	95-18	103-19	127-24	128-23	133-24	134-24	138-23	137-23	113-19	111-17	108-18	108-18	106-17	109-17	113-17	118-17
Kepple, Rich (NC)	Time of Day	0:07:10	0:08:12	0:09:23	0:10:27	0:11:42	0:12:48	0:14:14	0:15:29	0:17:02	0:18:14	0:19:47	0:21:21	1:00:29	1:02:21	1:04:24	1:05:47:43
	Time Cum	01:10	02:12	03:23	04:27	05:42	06:48	08:14	09:29	11:02	12:14	13:47	15:21	18:29	20:21	22:24	23:47:43
161	Time Delta	01:10	01:02	01:10	01:04	01:14	01:06	01:25	01:15	01:32	01:12	01:32	01:34	03:07	01:52	02:02	01:23:43
Age 38	Pace Cum	10:13	10:37	10:29	10:42	10:44	10:54	11:08	11:24	11:39	11:45	11:56	12:17	13:33	13:58	14:15	14:17
Group M30-39	Pace Delta	10:13	11:06	10:15	11:24	10:54	11:46	12:29	13:26	13:27	12:51	13:29	16:45	27:21	19:59	17:49	14:49
Overall-Group	Position	62-13	66-14	62-13	64-14	56-13	55-13	52-12	52-13	43-9	42-9	43-9	45-10	70-13	73-13	69-13	67-13
King, David (NC)	Time of Day	0:07:09	0:08:16	0:09:43	0:11:00	0:12:40	0:14:03	0:16:08	0:17:37								
	Time Cum	01:09	02:16	03:43	05:00	06:40	08:03	10:08	11:37								
162	Time Delta	01:09	01:07	01:26	01:17	01:39	01:23	02:04	01:29								
Age 64	Pace Cum	10:04	10:53	11:31	12:01	12:34	12:54	13:43	13:57								
Group M60-69	Pace Delta	10:04	11:52	12:42	13:44	14:31	14:51	18:07	15:51								
Overall-Group	Position	52-1	79-2	102-3	119-4	137-5	138-4	160-6	161-6								
Kinoshita, Hideki (NY)	Time of Day	0:07:22	0:08:40	0:10:11	0:11:28	0:13:00	0:14:37	0:16:23	0:17:49	0:19:58	0:21:39	0:23:36	1:01:07	1:03:50	1:05:42		
	Time Cum	01:22	02:40	04:11	05:28	07:00	08:37	10:23	11:49	13:58	15:39	17:36	19:07	21:50	23:42		
163	Time Delta	01:22	01:18	01:30	01:17	01:31	01:37	01:45	01:26	02:08	01:41	01:56	01:31	02:42	01:52		
Age 31	Pace Cum	11:58	12:51	12:58	13:08	13:11	13:48	14:03	14:12	14:44	15:02	15:14	15:18	16:00	16:15		
Group M30-39	Pace Delta	11:58	13:54	13:12	13:40	13:24	17:12	15:27	15:22	18:42	18:01	16:58	16:09	23:46	19:54		
Overall-Group	Position	155-27	182-31	183-31	180-31	168-29	175-30	173-30	167-29	146-25	147-24	132-24	122-21	121-19	115-19		
Kitchen, Jim (NC)	Time of Day	0:07:28	0:08:54	0:10:23	0:11:49	0:13:41	0:15:13	0:17:12	0:18:48	0:20:52	0:22:44	1:01:24	1:03:26	1:05:37	1:07:14	1:09:17	1:11:00:06
	Time Cum	01:28	02:54	04:23	05:49	07:41	09:13	11:12	12:48	14:52	16:44	19:24	21:26	23:37	25:14	27:17	29:00:06
164	Time Delta	01:28	01:26	01:28	01:26	01:51	01:32	01:58	01:36	02:03	01:52	02:39	02:02	02:10	01:37	02:02	01:43:06
Age 46	Pace Cum	12:51	13:58	13:36	14:00	14:28	14:46	15:09	15:22	15:41	16:04	16:47	17:09	17:19	17:19	17:21	17:24
Group M40-49	Pace Delta	12:51	15:20	12:54	15:23	16:13	16:22	17:18	17:00	18:05	19:53	23:18	21:45	19:00	17:18	17:51	18:15
Overall-Group	Position	200-48	209-50	203-50	205-50	217-47	217-48	214-46	209-46	169-38	169-38	156-34	155-34	140-31	135-32	131-31	132-31

2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

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
Krajewski, Kevin (CO)	Time of Day	0:07:07	0:08:04	0:09:10	0:10:14	0:11:33	0:12:40	0:13:52	0:14:52								
166	Time Cum	01:07	02:04	03:10	04:14	05:33	06:40	07:52	08:52								
Age 38	Time Delta	01:07	00:57	01:05	01:04	01:18	01:07	01:11	01:00								
Group M30-39	Pace Cum	09:47	09:55	09:49	10:10	10:27	10:41	10:39	10:39								
Overall-Group	Pace Delta	09:47	10:06	09:38	11:22	11:30	11:58	10:26	10:40								
	Position	43-12	41-11	39-11	40-11	43-11	45-11	35-9	32-9								
<u>Kramer,</u> <u>Karen E (OH)</u>	Time of Day	0:07:36	0:09:16	0:10:35	0:11:54	0:13:33	0:15:01	0:16:56	0:18:31	0:20:45	0:22:29	1:00:56	1:02:58	1:05:23	1:07:25	1:09:32	1:11:19:23
167	Time Cum	01:36	03:16	04:35	05:54	07:33	09:01	10:56	12:31	14:45	16:29	18:56	20:58	23:23	25:25	27:32	29:19:23
Age 52	Time Delta	01:36	01:40	01:18	01:19	01:38	01:28	01:54	01:35	02:13	01:44	02:26	02:02	02:24	02:02	02:06	01:47:23
Group F50-59	Pace Cum	14:01	15:41	14:13	14:10	14:13	14:26	14:47	15:02	15:34	15:50	16:23	16:47	17:08	17:26	17:31	17:36
Overall-Group	Pace Delta	14:01	17:42	11:32	14:03	14:24	15:35	16:47	16:58	19:26	18:28	21:25	21:44	21:03	21:44	18:26	19:00
	Position	234-22	234-23	229-23	216-22	202-19	198-19	197-21	197-21	164-18	165-18	153-17	153-17	138-17	141-17	134-17	136-18
Krolewicz, Ray (SC)	Time of Day	0:07:08	0:08:06	0:09:18	0:10:25	0:11:44	0:13:00	0:14:22	0:15:43	0:17:34	0:19:06	0:21:26	1:01:03	1:03:26	1:06:20	1:08:04	1:09:07:32
56	Time Cum	01:08	02:06	03:18	04:25	05:44	07:00	08:22	09:43	11:34	13:06	15:26	19:03	21:26	24:20	26:04	27:07:32
Age 56	Time Delta	01:08	00:58	01:11	01:07	01:18	01:16	01:21	01:21	01:50	01:32	02:19	03:37	02:22	02:54	01:43	01:03:32
Group M50-59	Pace Cum	09:56	10:06	10:14	10:38	10:48	11:12	11:19	11:40	12:12	12:35	13:21	15:15	15:43	16:41	16:35	16:17
Overall-Group	Pace Delta	09:56	10:20	10:28	12:02	11:23	13:27	11:58	14:23	16:10	16:19	20:24	38:26	20:51	30:50	15:09	11:15
	Position	47-9	48-9	49-9	58-9	58-9	62-9	57-9	61-9	62-12	72-13	84-14	119-27	113-25	131-28	113-25	99-21
Kumeda, Andy (CA)	Time of Day	0:06:55	0:07:42	0:08:39	0:09:35	0:10:33	0:11:32	0:12:43	0:13:45	0:15:06	0:16:15	0:17:44	0:18:57	0:20:25	0:21:43	0:23:20	1:00:33:36
168	Time Cum	00:55	01:42	02:39	03:35	04:33	05:32	06:43	07:45	09:06	10:15	11:44	12:57	14:25	15:43	17:20	18:33:36
Age 43	Time Delta	00:55	00:47	00:56	00:56	00:57	00:59	01:10	01:02	01:20	01:09	01:28	01:13	01:27	01:18	01:36	01:13:36
Group M40-49	Pace Cum	08:02	08:14	08:13	08:37	08:34	08:52	09:05	09:18	09:36	09:50	10:09	10:22	10:34	10:47	11:01	11:08
Overall-Group	Pace Delta	08:02	08:28	08:12	10:01	08:23	10:31	10:18	11:02	11:46	12:13	12:59	12:58	12:48	13:57	14:02	13:02
	Position	9-6	10-4	9-6	11-6	11-6	13-6	13-6	12-7	14-7	14-7	13-6	13-6	13-6	15-7	16-7	17-8
<u>Lafontaine,</u> <u>Jackie (GA)</u>	Time of Day	0:07:07	0:08:02	0:09:08	0:10:10	0:11:27	0:12:37	0:14:00	0:15:16								
169	Time Cum	01:07	02:02	03:08	04:10	05:27	06:37	08:00	09:16								
Age 41	Time Delta	01:07	00:55	01:05	01:02	01:16	01:10	01:22	01:16								
Group F40-49	Pace Cum	09:47	09:50	09:43	10:01	10:16	10:35	10:49	11:08								
Overall-Group	Pace Delta	09:47	09:54	09:30	11:03	11:11	12:25	12:05	13:38								
	Position	43-2	39-2	37-2	39-2	38-2	39-2	46-3	46-3								
Larsen, Jim (FL)	Time of Day	0:07:26	0:08:41	0:10:07	0:11:24	0:12:57	0:14:20	0:15:55	0:17:30	0:19:22	0:21:04	0:23:15	1:01:21				
170	Time Cum	01:26	02:41	04:07	05:24	06:57	08:20	09:55	11:30	13:22	15:04	17:15	19:21				
Age 42	Time Delta	01:26	01:15	01:25	01:17	01:32	01:23	01:34	01:35	01:51	01:42	02:10	02:06				
Group M40-49	Pace Cum	12:33	12:55	12:46	12:58	13:06	13:21	13:25	13:49	14:06	14:28	14:55	15:29				
Overall-Group	Pace Delta	12:33	13:22	12:28	13:42	13:31	14:46	13:48	16:55	16:16	18:07	19:05	22:25				
	Position	184-43	183-46	176-45	174-45	162-42	161-42	151-42	158-42	131-35	133-35	122-30	131-31				
Lawler, Jon R (TN)	Time of Day	0:06:50	0:07:32	0:08:22	0:09:16	0:09:53	0:10:35	0:11:26	0:12:11	0:13:08	0:13:59						
25	Time Cum	00:50	01:32	02:22	03:16	03:53	04:35	05:26	06:11	07:08	07:59						
Age 47	Time Delta	00:50	00:42	00:49	00:54	00:36	00:42	00:50	00:45	00:56	00:51						
Group M40-49	Pace Cum	07:18	07:23	07:20	07:51	07:19	07:21	07:21	07:26	07:32	07:41						
Overall-Group	Pace Delta	07:18	07:28	07:16	09:34	05:23	07:29	07:24	08:04	08:14	09:12						
	Position	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1						

2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
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Layne, Paul (NC)	Time of Day	0:07:13	0:08:13	0:09:32	0:10:39	0:12:07	0:13:14	0:14:34	0:15:41								
	Time Cum	01:13	02:13	03:32	04:39	06:07	07:14	08:34	09:41								
171	Time Delta	01:13	01:00	01:18	01:07	01:27	01:07	01:19	01:07								
Age 40	Pace Cum	10:39	10:42	10:57	11:10	11:31	11:34	11:35	11:38								
Group M40-49	Pace Delta	10:39	10:46	11:25	11:53	12:49	11:52	11:40	11:56								
Overall-Group	Position	80-22	70-21	79-26	78-25	84-27	81-25	65-20	58-19								
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<u>Lee,</u> <u>Kathy (NC)</u>	Time of Day	0:07:09	0:08:12	0:09:29	0:10:36	0:12:00	0:13:12	0:14:40	0:15:55								
	Time Cum	01:09	02:12	03:29	04:36	06:00	07:12	08:40	09:55								
172	Time Delta	01:09	01:03	01:16	01:07	01:23	01:12	01:27	01:15								
Age 47	Pace Cum	10:04	10:35	10:48	11:03	11:18	11:31	11:43	11:54								
Group F40-49	Pace Delta	10:04	11:12	11:12	11:56	12:12	12:47	12:49	13:18								
Overall-Group	Position	52-4	63-5	67-6	74-6	77-6	76-6	79-6	78-6								
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Lefferts, Peter C (FL)	Time of Day	0:07:32	0:08:47	0:10:21	0:11:43	0:13:23	0:14:49	0:16:41	0:18:16	0:20:24	0:22:05	1:00:24	1:02:21	1:04:38	1:06:30	1:08:39	1:10:25:39
	Time Cum	01:32	02:47	04:21	05:43	07:23	08:49	10:41	12:16	14:24	16:05	18:24	20:21	22:38	24:30	26:39	28:25:39
42	Time Delta	01:32	01:15	01:33	01:22	01:39	01:26	01:51	01:35	02:07	01:41	02:18	01:57	02:16	01:52	02:08	01:46:39
Age 55	Pace Cum	13:26	13:24	13:29	13:43	13:55	14:08	14:27	14:43	15:12	15:27	15:55	16:17	16:35	16:48	16:57	17:03
Group M50-59	Pace Delta	13:26	13:21	13:40	14:32	14:35	15:22	16:14	16:50	18:41	18:01	20:11	20:43	20:00	19:52	18:48	18:53
Overall-Group	Position	215-38	206-34	198-36	196-36	187-33	185-34	183-33	186-32	157-30	159-30	147-29	147-30	132-29	132-29	127-28	126-28
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<u>Leftwich,</u> <u>Debbie (AZ)</u>	Time of Day	0:07:17	0:08:25	0:09:44	0:10:56	0:12:16	0:13:26	0:14:50	0:16:02	0:17:27	0:18:39	0:20:02	0:21:19	0:22:50	1:00:06	1:01:45	1:03:02:29
	Time Cum	01:17	02:25	03:44	04:56	06:16	07:26	08:50	10:02	11:27	12:39	14:02	15:19	16:50	18:06	19:45	21:02:29
173	Time Delta	01:17	01:08	01:19	01:12	01:20	01:10	01:23	01:12	01:24	01:12	01:22	01:17	01:30	01:16	01:38	01:17:29
Age 57	Pace Cum	11:14	11:36	11:35	11:50	11:48	11:55	11:57	12:03	12:05	12:09	12:08	12:16	12:20	12:25	12:34	12:37
Group F50-59	Pace Delta	11:14	12:02	11:32	12:45	11:41	12:32	12:09	12:48	12:22	12:49	12:04	13:43	13:13	13:35	14:20	13:43
Overall-Group	Position	116-7	117-6	104-6	108-6	96-4	94-3	87-3	82-3	58-3	55-3	46-3	44-3	41-3	36-3	35-2	34-2
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<u>Leland,</u> <u>June (FL)</u>	Time of Day	0:07:33	0:09:00	0:10:35	0:12:09	0:14:09	0:15:42	0:18:09	0:20:11								
	Time Cum	01:33	03:00	04:35	06:09	08:09	09:42	12:09	14:11								
174	Time Delta	01:33	01:27	01:34	01:34	01:59	01:33	02:26	02:02								
Age 58	Pace Cum	13:35	14:26	14:13	14:47	15:21	15:32	16:26	17:01								
Group F50-59	Pace Delta	13:35	15:28	13:49	16:43	17:27	16:31	21:25	21:38								
Overall-Group	Position	225-21	230-22	229-23	237-24	240-24	240-24	238-25	239-25								
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<u>Lemke,</u> <u>Terri (OH)</u>	Time of Day	0:07:12	0:08:13	0:09:23	0:10:26	0:11:38	0:12:41	0:13:56	0:15:02	0:16:26	0:17:44	0:19:12	0:20:35	0:22:23	1:00:04	1:02:05	1:03:58:26
	Time Cum	01:12	02:13	03:23	04:26	05:38	06:41	07:56	09:02	10:26	11:44	13:12	14:35	16:23	18:04	20:05	21:58:26
175	Time Delta	01:12	01:01	01:09	01:03	01:11	01:03	01:14	01:06	01:23	01:18	01:27	01:23	01:47	01:41	02:00	01:53:26
Age 50	Pace Cum	10:31	10:39	10:29	10:39	10:37	10:43	10:44	10:51	11:01	11:17	11:25	11:40	12:01	12:24	12:46	13:11
Group F50-59	Pace Delta	10:31	10:48	10:13	11:10	10:30	11:17	10:50	11:48	12:10	13:56	12:45	14:47	15:42	17:56	17:37	20:05
Overall-Group	Position	75-3	68-2	62-2	59-2	52-2	50-2	39-2	38-2	33-2	36-2	34-2	34-2	34-2	35-2	38-3	40-3
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<u>Lewis,</u> <u>Marie (NC)</u>	Time of Day	0:07:27	0:08:44	0:10:19	0:11:50	0:13:29	0:14:53	0:16:47	0:18:37								
	Time Cum	01:27	02:44	04:19	05:50	07:29	08:53	10:47	12:37								
176	Time Delta	01:27	01:17	01:34	01:31	01:38	01:24	01:53	01:50								
Age 47	Pace Cum	12:42	13:12	13:23	14:00	14:06	14:13	14:35	15:09								
Group F40-49	Pace Delta	12:42	13:48	13:44	16:07	14:27	14:56	16:36	19:32								
Overall-Group	Position	193-23	196-22	196-20	206-22	197-21	192-20	189-19	203-20								

2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

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
Lieb, Daniel (NC)	Time of Day	0:07:22	0:08:39	0:10:04	0:11:18	0:12:49	0:14:10	0:15:47	0:17:08	0:18:48	0:20:18	0:22:13	0:23:49	1:01:42	1:03:23	1:05:33	1:07:20:36
	Time Cum	01:22	02:39	04:04	05:18	06:49	08:10	09:47	11:08	12:48	14:18	16:13	17:49	19:42	21:23	23:33	25:20:36
177	Time Delta	01:22	01:17	01:24	01:14	01:30	01:21	01:36	01:21	01:39	01:30	01:54	01:36	01:52	01:41	02:09	01:47:36
Age 36	Pace Cum	11:58	12:44	12:37	12:46	12:50	13:05	13:14	13:23	13:31	13:44	14:02	14:16	14:26	14:40	14:59	15:12
Group M30-39	Pace Delta	11:58	13:40	12:22	13:16	13:09	14:30	14:01	14:30	14:28	15:57	16:47	17:10	16:21	17:59	18:53	19:03
Overall-Group	Position	155-27	178-30	168-28	159-28	148-28	148-28	141-25	139-24	112-18	113-18	101-17	99-17	87-15	84-14	81-14	79-14
Lilley, Frank (NC)	Time of Day	0:07:35	0:09:09	0:10:45	0:12:22	0:14:34	0:16:27	0:18:52	0:20:51	0:23:58	1:02:13						
	Time Cum	01:35	03:09	04:45	06:22	08:34	10:27	12:52	14:51	17:58	20:13						
178	Time Delta	01:35	01:34	01:35	01:37	02:11	01:53	02:24	01:59	03:06	02:15						
Age 61	Pace Cum	13:52	15:09	14:44	15:17	16:08	16:44	17:24	17:49	18:58	19:25						
Group M60-69	Pace Delta	13:52	16:41	13:58	17:11	19:16	20:07	21:04	21:06	27:16	24:01						
Overall-Group	Position	229-10	232-10	237-12	241-14	244-16	246-16	242-16	243-16	188-10	186-10						
Lilly, Stephen (NC)	Time of Day	0:07:27	0:08:47	0:10:18	0:11:37	0:13:25	0:14:51	0:16:46	0:18:18	0:20:30	0:22:13						
	Time Cum	01:27	02:47	04:18	05:37	07:25	08:51	10:46	12:18	14:30	16:13						
179	Time Delta	01:27	01:20	01:30	01:19	01:47	01:26	01:54	01:32	02:11	01:43						
Age 56	Pace Cum	12:42	13:25	13:20	13:29	13:58	14:11	14:34	14:46	15:18	15:34						
Group M50-59	Pace Delta	12:42	14:16	13:11	14:02	15:44	15:23	16:40	16:23	19:11	18:18						
Overall-Group	Position	193-35	207-34	194-35	190-34	191-35	188-35	187-34	189-34	161-31	160-31						
Lowery, Chris (GA)	Time of Day	0:07:16	0:08:20	0:09:37	0:10:44	0:12:11	0:13:24	0:14:53	0:16:06	0:17:35	0:18:53	0:20:36	0:22:02	0:23:44	1:01:16	1:03:20	1:05:04:53
	Time Cum	01:16	02:20	03:37	04:44	06:11	07:24	08:53	10:06	11:35	12:53	14:36	16:02	17:44	19:16	21:20	23:04:53
101	Time Delta	01:16	01:04	01:16	01:07	01:26	01:13	01:28	01:13	01:28	01:18	01:42	01:26	01:41	01:32	02:03	01:44:53
Age 49	Pace Cum	11:06	11:14	11:13	11:22	11:39	11:51	12:01	12:08	12:14	12:23	12:38	12:50	13:00	13:13	13:34	13:51
Group M40-49	Pace Delta	11:06	11:24	11:11	11:55	12:40	12:59	12:56	13:04	12:53	13:56	14:55	15:19	14:48	16:24	18:00	18:34
Overall-Group	Position	109-29	97-28	86-29	86-29	89-29	91-29	88-26	86-26	63-18	62-18	57-15	58-17	49-16	48-16	51-16	56-18
Maguire, Frank (NC)	Time of Day	0:07:21	0:08:28	0:09:46	0:10:55	0:12:24	0:13:37	0:15:10	0:16:26	0:18:18	0:19:58						
	Time Cum	01:21	02:28	03:46	04:55	06:24	07:37	09:10	10:26	12:18	13:58						
180	Time Delta	01:21	01:07	01:17	01:09	01:28	01:13	01:32	01:16	01:51	01:40						
Age 64	Pace Cum	11:49	11:52	11:41	11:49	12:03	12:11	12:24	12:31	12:59	13:25						
Group M60-69	Pace Delta	11:49	11:55	11:20	12:18	12:56	12:56	13:34	13:28	16:20	17:49						
Overall-Group	Position	148-7	129-5	112-5	104-3	114-3	111-3	109-3	103-3	100-3	105-3						
Marsh, Ed (NC)	Time of Day	0:07:17	0:08:28	0:09:53	0:11:10	0:12:38	0:14:03	0:15:38	0:17:09	0:19:07	0:20:42	0:22:59	1:01:06	1:03:52	1:06:06	1:08:39	1:10:46:52
	Time Cum	01:17	02:28	03:53	05:10	06:38	08:03	09:38	11:09	13:07	14:42	16:59	19:06	21:52	24:06	26:39	28:46:52
182	Time Delta	01:17	01:11	01:24	01:17	01:27	01:25	01:34	01:31	01:57	01:35	02:16	02:07	02:45	02:14	02:32	02:07:52
Age 64	Pace Cum	11:14	11:51	12:02	12:24	12:30	12:54	13:02	13:24	13:51	14:07	14:42	15:17	16:02	16:32	16:57	17:16
Group M60-69	Pace Delta	11:14	12:35	12:23	13:38	12:50	15:09	13:47	16:13	17:08	16:51	19:58	22:33	24:11	23:48	22:16	22:38
Overall-Group	Position	116-5	124-5	131-6	139-6	133-4	136-4	132-4	141-5	126-4	125-4	113-3	121-3	123-4	125-4	127-5	130-5
Marsh, John C (MD)	Time of Day	0:07:22	0:08:32		0:11:15	0:12:48	0:14:08	0:15:49	0:17:09	0:19:01	0:20:47	0:23:28	1:01:20	1:04:01	1:06:01	1:07:51	1:09:03:00
	Time Cum	01:22	02:32		05:15	06:48	08:08	09:49	11:09	13:01	14:47	17:28	19:20	22:01	24:01	25:51	27:03:00
183	Time Delta	01:22	01:10		02:43	01:32	01:20	01:40	01:20	01:51	01:46	02:40	01:52	02:40	02:00	01:50	01:12:00
Age 36	Pace Cum	11:58	12:10		12:38	12:49	13:02	13:17	13:24	13:44	14:12	15:07	15:29	16:08	16:28	16:26	16:14
Group M30-39	Pace Delta	11:58	12:24		13:06	13:28	14:17	14:39	14:16	16:16	18:56	23:22	19:59	23:22	21:14	16:04	12:45
Overall-Group	Position	155-27	148-27		154-27	146-27	144-27	144-27	140-25	121-22	126-21	130-23	130-22	127-21	124-21	107-15	95-15

2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

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
Martula, David (MA)	Time of Day	0:07:15	0:08:23	0:09:44	0:10:52	0:12:12	0:13:22	0:14:48	0:16:02	0:17:35	0:18:49	0:20:26	0:21:58	0:23:59	1:01:38	1:03:50	1:05:56:18
	Time Cum	01:15	02:23	03:44	04:52	06:12	07:22	08:48	10:02	11:35	12:49	14:26	15:58	17:59	19:38	21:50	23:56:18
184	Time Delta	01:15	01:08	01:20	01:08	01:19	01:10	01:25	01:14	01:32	01:14	01:36	01:32	02:00	01:39	02:11	02:06:18
Age 66	Pace Cum	10:57	11:29	11:35	11:42	11:41	11:47	11:54	12:03	12:14	12:19	12:29	12:46	13:11	13:28	13:53	14:22
Group M60-69	Pace Delta	10:57	12:08	11:44	12:10	11:35	12:25	12:32	13:10	13:31	13:12	14:05	16:18	17:39	17:37	19:12	22:21
Overall-Group	Position	95-4	111-3	104-4	98-2	91-2	88-2	84-2	84-2	63-2	60-2	53-2	56-2	57-2	60-2	63-2	69-2
<u>Mason,</u> <u>Louise (IL)</u>	Time of Day	0:07:27	0:08:54	0:10:28	0:11:53	0:13:36	0:15:03	0:16:42	0:18:12	0:20:15	0:21:59	1:00:41	1:02:44	1:05:07	1:07:04	1:09:13	1:10:44:40
	Time Cum	01:27	02:54	04:28	05:53	07:36	09:03	10:42	12:12	14:15	15:59	18:41	20:44	23:07	25:04	27:13	28:44:40
43	Time Delta	01:27	01:27	01:33	01:25	01:42	01:27	01:38	01:30	02:02	01:44	02:41	02:03	02:22	01:57	02:08	01:31:40
Age 58	Pace Cum	12:42	13:59	13:51	14:09	14:19	14:30	14:29	14:38	15:02	15:21	16:10	16:36	16:57	17:12	17:18	17:15
Group F50-59	Pace Delta	12:42	15:33	13:36	15:09	14:57	15:29	14:23	15:57	17:57	18:27	23:37	21:56	20:44	20:51	18:43	16:13
Overall-Group	Position	193-16	212-19	207-19	213-20	205-21	203-20	184-18	181-18	155-16	154-16	149-16	151-16	137-16	134-16	130-16	129-16
<u>Massie,</u> <u>Tammy (MD)</u>	Time of Day	0:07:21	0:08:32	0:09:56	0:11:10	0:12:34	0:13:45	0:15:06	0:16:20	0:17:48	0:19:06	0:21:05	0:23:01	1:01:27	1:03:14	1:05:31	1:07:38:09
	Time Cum	01:21	02:32	03:56	05:10	06:34	07:45	09:06	10:20	11:48	13:06	15:05	17:01	19:27	21:14	23:31	25:38:09
44	Time Delta	01:21	01:11	01:23	01:14	01:23	01:11	01:20	01:14	01:27	01:18	01:58	01:56	02:25	01:47	02:16	02:07:09
Age 39	Pace Cum	11:49	12:11	12:12	12:25	12:22	12:25	12:19	12:25	12:27	12:35	13:03	13:37	14:15	14:34	14:57	15:23
Group F30-39	Pace Delta	11:49	12:37	12:13	13:12	12:11	12:39	11:46	13:12	12:46	13:55	17:17	20:39	21:13	19:04	19:54	22:30
Overall-Group	Position	148-14	150-14	141-10	141-11	128-9	120-8	101-7	97-7	72-5	73-5	74-5	86-8	83-8	82-8	79-7	82-8
Mathison, Charles (GA)	Time of Day	0:07:13	0:08:15	0:09:29	0:10:29	0:11:48	0:12:56	0:14:25	0:15:33	0:17:04	0:18:14	0:19:56	0:21:25	0:23:24	1:01:02	1:03:00	1:04:59:12
	Time Cum	01:13	02:15	03:29	04:29	05:48	06:56	08:25	09:33	11:04	12:14	13:56	15:25	17:24	19:02	21:00	22:59:12
185	Time Delta	01:13	01:02	01:13	01:00	01:18	01:08	01:28	01:08	01:30	01:10	01:41	01:29	01:59	01:38	01:57	01:59:12
Age 38	Pace Cum	10:39	10:51	10:48	10:46	10:56	11:06	11:23	11:29	11:41	11:45	12:03	12:20	12:45	13:03	13:21	13:48
Group M30-39	Pace Delta	10:39	11:06	10:42	10:39	11:31	12:05	12:57	12:12	13:09	12:31	14:47	15:45	17:22	17:24	17:11	21:06
Overall-Group	Position	80-15	77-15	67-15	66-15	62-14	59-15	58-14	56-14	44-10	43-9	45-11	46-11	42-9	45-10	46-10	55-10
McCaslin, Jeff (VA)	Time of Day	0:07:06	0:08:05	0:09:19	0:10:27	0:11:59	0:13:21	0:14:58	0:16:23	0:18:06	0:19:29	0:21:27	0:22:51	1:01:01	1:02:58		
	Time Cum	01:06	02:05	03:19	04:27	05:59	07:21	08:58	10:23	12:06	13:29	15:27	16:51	19:01	20:58		
187	Time Delta	01:06	00:59	01:13	01:08	01:31	01:22	01:36	01:25	01:42	01:23	01:57	01:24	02:09	01:57		
Age 43	Pace Cum	09:38	10:01	10:17	10:43	11:16	11:46	12:08	12:29	12:46	12:57	13:22	13:29	13:56	14:23		
Group M40-49	Pace Delta	09:38	10:29	10:46	12:11	13:19	14:32	14:08	15:12	14:54	14:45	17:10	14:57	18:55	20:46		
Overall-Group	Position	41-14	45-14	53-17	65-20	73-23	86-27	97-31	98-30	86-27	87-28	86-27	78-25	77-25	80-26		
McCaslin, Mark (MI)	Time of Day	0:06:55	0:07:44	0:08:44	0:09:39	0:11:01	0:12:34	0:14:56	0:16:48								
	Time Cum	00:55	01:44	02:44	03:39	05:01	06:34	08:56	10:48								
188	Time Delta	00:55	00:49	00:59	00:55	01:21	01:33	02:21	01:52								
Age 41	Pace Cum	08:02	08:20	08:29	08:48	09:27	10:31	12:05	12:58								
Group M40-49	Pace Delta	08:02	08:41	08:45	09:53	11:51	16:30	20:42	19:51								
Overall-Group	Position	9-6	11-7	14-7	17-8	21-8	36-14	91-29	127-37								
<u>McCurdy,</u> <u>Beth (GA)</u>	Time of Day	0:07:09	0:08:08	0:09:18	0:10:23	0:11:37	0:12:42	0:13:57	0:15:07	0:16:26	0:17:35	0:18:54	0:20:04	0:21:31	0:22:58	1:01:01	1:02:38:42
	Time Cum	01:09	02:08	03:18	04:23	05:37	06:42	07:57	09:07	10:26	11:35	12:54	14:04	15:31	16:58	19:01	20:38:42
189	Time Delta	01:09	00:59	01:09	01:05	01:13	01:05	01:14	01:10	01:18	01:09	01:18	01:10	01:26	01:27	02:02	01:37:42
Age 41	Pace Cum	10:04	10:16	10:14	10:31	10:35	10:45	10:45	10:58	11:01	11:07	11:10	11:16	11:22	11:39	12:06	12:23
Group F40-49	Pace Delta	10:04	10:30	10:11	11:31	10:47	11:39	10:50	12:33	11:24	12:16	11:30	12:34	12:33	15:31	17:52	17:18
Overall-Group	Position	52-4	55-4	49-3	51-3	49-3	53-3	44-2	44-2	33-1	31-1	28-1	27-1	26-1	26-1	32-1	33-1

2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

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
McGonnell, Jeff (NC) 190 Age 50 Group M50-59 Overall-Group	Time of Day	0:07:03	0:08:04	0:09:18	0:10:25	0:11:50	0:13:02	0:14:29	0:15:51	0:17:25	0:18:50	0:20:31	0:22:05	0:23:51	1:01:19	1:03:10	1:04:39:07
	Time Cum	01:03	02:04	03:18	04:25	05:50	07:02	08:29	09:51	11:25	12:50	14:31	16:05	17:51	19:19	21:10	22:39:07
	Time Delta	01:03	01:01	01:13	01:07	01:24	01:12	01:26	01:22	01:33	01:25	01:40	01:34	01:45	01:28	01:50	01:29:07
	Pace Cum	09:12	09:57	10:14	10:38	10:59	11:17	11:29	11:49	12:03	12:20	12:34	12:53	13:05	13:15	13:28	13:35
	Pace Delta	09:12	10:52	10:45	12:00	12:17	12:53	12:35	14:32	13:42	15:11	14:38	16:48	15:20	15:44	16:04	15:46
	Position	27-5	43-7	49-9	57-9	66-11	65-10	60-10	70-11	56-10	61-11	54-9	63-11	54-11	52-8	47-7	47-7
	Overall-Group	Position	27-5	43-7	49-9	57-9	66-11	65-10	60-10	70-11	56-10	61-11	54-9	63-11	54-11	52-8	47-7
McGruder, James T (KY) 191 Age 62 Group M60-69 Overall-Group	Time of Day	0:07:36	0:09:09	0:10:35	0:11:55	0:13:34	0:15:00	0:16:56	0:18:31	0:20:45	0:22:29	1:00:55	1:02:57	1:05:23	1:07:25	1:09:31	1:11:13:39
	Time Cum	01:36	03:09	04:35	05:55	07:34	09:00	10:56	12:31	14:45	16:29	18:55	20:57	23:23	25:25	27:31	29:13:39
	Time Delta	01:36	01:33	01:25	01:20	01:38	01:26	01:55	01:35	02:13	01:44	02:25	02:02	02:25	02:02	02:05	01:42:39
	Pace Cum	14:01	15:09	14:13	14:13	14:15	14:26	14:47	15:02	15:34	15:50	16:22	16:46	17:08	17:26	17:30	17:32
	Pace Delta	14:01	16:31	12:31	14:13	14:24	15:24	16:48	16:57	19:27	18:27	21:16	21:39	21:16	21:42	18:18	18:10
	Position	234-13	232-10	229-9	220-9	203-9	197-9	197-9	196-9	164-8	164-8	152-7	152-7	138-6	140-6	133-6	134-6
	Overall-Group	Position	234-13	232-10	229-9	220-9	203-9	197-9	197-9	196-9	164-8	164-8	152-7	152-7	138-6	140-6	133-6
McKnight, Richard (AZ) 192 Age 42 Group M40-49 Overall-Group	Time of Day	0:07:26	0:08:33	0:09:54	0:11:02	0:12:33	0:13:45	0:15:19	0:16:38	0:18:23	0:19:44	0:21:15	0:22:30	1:00:23	1:02:18	1:05:12	1:07:58:45
	Time Cum	01:26	02:33	03:54	05:02	06:33	07:45	09:19	10:38	12:23	13:44	15:15	16:30	18:23	20:18	23:12	25:58:45
	Time Delta	01:26	01:07	01:20	01:08	01:30	01:12	01:33	01:19	01:44	01:21	01:30	01:15	01:52	01:55	02:53	02:46:45
	Pace Cum	12:33	12:15	12:06	12:07	12:20	12:25	12:36	12:46	13:04	13:12	13:12	13:12	13:29	13:56	14:45	15:35
	Pace Delta	12:33	11:54	11:48	12:10	13:10	12:49	13:40	13:59	15:19	14:28	13:11	13:20	16:27	20:31	25:16	29:31
	Position	184-43	158-38	134-36	125-35	126-36	119-35	120-36	118-35	102-30	98-30	78-24	73-23	66-21	72-23	76-24	86-24
	Overall-Group	Position	184-43	158-38	134-36	125-35	126-36	119-35	120-36	118-35	102-30	98-30	78-24	73-23	66-21	72-23	76-24
<u>Melton,</u> <u>Sandra K (FL)</u> 193 Age 55 Group F50-59 Overall-Group	Time of Day	0:07:20	0:08:35	0:10:01	0:11:19	0:13:06	0:14:35	0:16:03	0:17:19	0:19:05	0:20:33	0:23:05	1:00:40	1:02:52	1:04:51	1:06:52	1:08:25:07
	Time Cum	01:20	02:35	04:01	05:19	07:06	08:35	10:03	11:19	13:05	14:33	17:05	18:40	20:52	22:51	24:52	26:25:07
	Time Delta	01:20	01:15	01:25	01:18	01:46	01:29	01:27	01:16	01:45	01:28	02:31	01:35	02:11	01:59	02:00	01:33:07
	Pace Cum	11:41	12:27	12:27	12:47	13:23	13:44	13:36	13:35	13:48	13:58	14:47	14:57	15:18	15:41	15:49	15:51
	Pace Delta	11:41	13:24	12:27	13:55	15:32	15:47	12:49	13:32	15:24	15:36	22:10	16:59	19:08	21:12	17:33	16:29
	Position	139-10	172-11	160-10	166-10	171-13	172-13	157-12	149-9	123-8	118-8	116-9	113-9	100-8	100-7	94-7	91-7
	Overall-Group	Position	139-10	172-11	160-10	166-10	171-13	172-13	157-12	149-9	123-8	118-8	116-9	113-9	100-8	100-7	94-7
<u>Michard,</u> <u>Denise (AL)</u> 194 Age 44 Group F40-49 Overall-Group	Time of Day	0:07:32	0:08:55	0:10:33	0:12:00	0:13:52	0:15:26	0:17:29	0:19:16	0:21:22	0:23:19						
	Time Cum	01:32	02:55	04:33	06:00	07:52	09:26	11:29	13:16	15:22	17:19						
	Time Delta	01:32	01:23	01:37	01:27	01:51	01:34	02:02	01:47	02:05	01:57						
	Pace Cum	13:26	14:02	14:07	14:26	14:49	15:06	15:32	15:56	16:13	16:38						
	Pace Delta	13:26	14:47	14:14	15:32	16:15	16:43	17:53	19:01	18:20	20:45						
	Position	215-28	220-25	222-29	229-30	231-30	232-29	226-26	227-26	178-15	177-14						
	Overall-Group	Position	215-28	220-25	222-29	229-30	231-30	232-29	226-26	227-26	178-15	177-14					
<u>Milne,</u> <u>Cheri (SC)</u> 100 Age 40 Group F40-49 Overall-Group	Time of Day	0:07:25	0:08:46	0:10:24	0:11:56	0:13:47	0:15:26	0:17:28	0:19:24	0:21:39	0:23:28	1:01:39	1:03:28	1:05:46	1:07:36	1:09:47	1:11:44:55
	Time Cum	01:25	02:46	04:24	05:56	07:47	09:26	11:28	13:24	15:39	17:28	19:39	21:28	23:46	25:36	27:47	29:44:55
	Time Delta	01:25	01:21	01:37	01:32	01:50	01:39	02:01	01:56	02:14	01:49	02:10	01:49	02:17	01:50	02:10	01:57:55
	Pace Cum	12:25	13:18	13:39	14:16	14:40	15:06	15:31	16:05	16:31	16:47	17:00	17:11	17:25	17:34	17:40	17:51
	Pace Delta	12:25	14:23	14:16	16:25	16:06	17:32	17:48	20:35	19:40	19:26	19:01	19:28	20:00	19:35	19:02	20:52
	Position	177-17	200-23	205-23	225-26	227-29	231-29	224-25	229-27	182-16	178-15	159-12	156-12	142-10	143-10	139-10	141-11
	Overall-Group	Position	177-17	200-23	205-23	225-26	227-29	231-29	224-25	229-27	182-16	178-15	159-12	156-12	142-10	143-10	139-10
Morgan, Paul (FL) 196 Age 69 Group M60-69 Overall-Group	Time of Day	0:07:39	0:09:16	0:10:47	0:12:16	0:14:04	0:15:38	0:17:34	0:19:13								
	Time Cum	01:39	03:16	04:47	06:16	08:04	09:38	11:34	13:13								
	Time Delta	01:39	01:37	01:30	01:29	01:47	01:34	01:55	01:39								
	Pace Cum	14:27	15:41	14:50	15:02	15:12	15:26	15:39	15:53								
	Pace Delta	14:27	17:11	13:16	15:45	15:46	16:48	16:48	17:40								
	Position	240-15	241-12	239-14	239-13	238-13	236-13	228-13	225-13								
	Overall-Group	Position	240-15	241-12	239-14	239-13	238-13	236-13	228-13	225-13							

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Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Morton, Alex (NC)	Time of Day	0:07:26	0:08:40	0:10:11	0:11:36	0:13:20	0:14:50	0:16:43	0:18:18	0:20:23	0:22:02	0:23:51	1:01:39	1:03:59	1:06:07	1:08:34	1:10:35:59
	Time Cum	01:26	02:40	04:11	05:36	07:20	08:50	10:43	12:18	14:23	16:02	17:51	19:39	21:59	24:07	26:34	28:35:59
45	Time Delta	01:26	01:14	01:30	01:25	01:43	01:30	01:52	01:35	02:04	01:39	01:48	01:48	02:19	02:08	02:26	02:01:59
Age 61	Pace Cum	12:33	12:49	12:58	13:27	13:49	14:09	14:30	14:46	15:11	15:24	15:27	15:43	16:07	16:33	16:54	17:10
Group M60-69	Pace Delta	12:33	13:09	13:14	15:07	15:07	16:01	16:26	16:51	18:13	17:32	15:54	19:07	20:26	22:47	21:21	21:35
Overall-Group	Position	184-8	180-8	183-8	186-8	185-7	187-7	186-7	188-8	156-6	157-7	136-4	137-5	126-5	126-5	125-4	128-4
<u>Morton,</u> <u>Holly (ID)</u>	Time of Day	0:07:39	0:09:16	0:10:33	0:11:53	0:13:40	0:15:03	0:16:55	0:18:20	0:20:26	0:21:59	1:00:13	1:01:56	1:04:20	1:06:13	1:08:32	1:10:19:44
	Time Cum	01:39	03:16	04:33	05:53	07:40	09:03	10:55	12:20	14:26	15:59	18:13	19:56	22:20	24:13	26:32	28:19:44
201	Time Delta	01:39	01:37	01:16	01:20	01:46	01:23	01:51	01:25	02:05	01:33	02:13	01:43	02:23	01:53	02:18	01:47:44
Age 55	Pace Cum	14:27	15:41	14:07	14:10	14:27	14:29	14:46	14:49	15:14	15:21	15:46	15:57	16:22	16:37	16:52	17:00
Group F50-59	Pace Delta	14:27	17:11	11:14	14:20	15:29	14:42	16:20	15:12	18:16	16:35	19:28	18:16	20:59	20:05	20:13	19:04
Overall-Group	Position	240-24	236-23	222-22	214-20	213-23	201-20	194-20	191-20	158-17	155-16	145-15	140-15	129-15	128-15	123-14	123-15
Munoz, Ric (CA)	Time of Day	0:07:13	0:08:23	0:09:44	0:10:55	0:12:17	0:13:23	0:14:48	0:16:02	0:17:37	0:19:02	0:20:56	0:22:31	1:00:43	1:02:53	1:05:26	1:07:10:28
	Time Cum	01:13	02:23	03:44	04:55	06:17	07:23	08:48	10:02	11:37	13:02	14:56	16:31	18:43	20:53	23:26	25:10:28
197	Time Delta	01:13	01:10	01:20	01:11	01:21	01:06	01:24	01:14	01:34	01:25	01:53	01:35	02:11	02:10	02:32	01:44:28
Age 53	Pace Cum	10:39	11:30	11:35	11:50	11:50	11:49	11:54	12:03	12:16	12:31	12:55	13:13	13:43	14:20	14:54	15:06
Group M50-59	Pace Delta	10:39	12:32	11:43	12:41	11:53	11:45	12:21	13:08	13:50	15:10	16:32	16:50	19:15	23:10	22:13	18:29
Overall-Group	Position	80-17	112-25	104-22	105-21	99-18	90-15	84-14	81-13	68-13	69-12	68-11	74-12	75-13	77-13	78-14	78-15
Murolo, Fred (CT)	Time of Day	0:07:10	0:08:10	0:09:22	0:10:26	0:11:49	0:13:03	0:14:38	0:16:09	0:18:14	0:19:42	0:21:51	0:23:34	1:01:56	1:03:54	1:06:29	1:07:49:34
	Time Cum	01:10	02:10	03:22	04:26	05:49	07:03	08:38	10:09	12:14	13:42	15:51	17:34	19:56	21:54	24:29	25:49:34
46	Time Delta	01:10	01:00	01:11	01:04	01:22	01:14	01:34	01:31	02:04	01:28	02:08	01:43	02:21	01:58	02:34	01:20:34
Age 54	Pace Cum	10:13	10:26	10:26	10:39	10:57	11:17	11:41	12:12	12:55	13:10	13:43	14:03	14:37	15:01	15:34	15:30
Group M50-59	Pace Delta	10:13	10:42	10:27	11:21	12:06	13:08	13:50	16:14	18:09	15:41	18:45	18:17	20:41	21:00	22:32	14:16
Overall-Group	Position	62-11	61-11	58-11	60-11	64-10	66-11	72-13	88-15	95-19	95-19	94-18	92-17	93-19	91-18	90-18	83-16
Murphy, James (NC)	Time of Day	0:07:21	0:08:32	0:09:59	0:11:19	0:13:03	0:14:29	0:16:21	0:17:57	0:20:00	0:21:38	0:23:54	1:01:41	1:03:54	1:05:41	1:08:02	1:09:44:34
	Time Cum	01:21	02:32	03:59	05:19	07:03	08:29	10:21	11:57	14:00	15:38	17:54	19:41	21:54	23:41	26:02	27:44:34
198	Time Delta	01:21	01:11	01:26	01:20	01:43	01:26	01:51	01:36	02:02	01:38	02:15	01:47	02:12	01:47	02:20	01:42:34
Age 42	Pace Cum	11:49	12:11	12:21	12:46	13:17	13:36	14:00	14:21	14:47	15:01	15:29	15:46	16:03	16:15	16:33	16:39
Group M40-49	Pace Delta	11:49	12:38	12:39	14:11	15:10	15:22	16:14	17:02	17:55	17:24	19:48	19:06	19:17	18:58	20:33	18:09
Overall-Group	Position	148-36	152-37	152-39	160-42	169-44	162-43	168-43	175-43	147-36	145-36	138-32	138-32	125-30	113-29	111-29	111-29
<u>Murphy,</u> <u>Meredith (PA)</u>	Time of Day	0:07:30	0:08:55	0:10:29	0:11:55	0:13:45	0:15:17	0:17:17	0:18:57	0:21:10	0:23:04	1:01:22	1:03:29	1:05:38	1:07:23	1:09:33	1:11:29:12
	Time Cum	01:30	02:55	04:29	05:55	07:45	09:17	11:17	12:57	15:10	17:04	19:22	21:29	23:38	25:23	27:33	29:29:12
199	Time Delta	01:30	01:25	01:33	01:26	01:49	01:32	01:59	01:40	02:12	01:54	02:18	02:07	02:08	01:45	02:09	01:56:12
Age 32	Pace Cum	13:08	14:02	13:54	14:14	14:36	14:52	15:16	15:32	16:00	16:23	16:45	17:11	17:19	17:25	17:31	17:42
Group F30-39	Pace Delta	13:08	15:06	13:40	15:23	15:55	16:21	17:28	17:43	19:24	20:11	20:09	22:29	18:50	18:43	18:52	20:34
Overall-Group	Position	210-18	217-19	210-19	222-19	223-19	222-19	217-21	214-20	175-20	170-19	155-18	157-17	141-16	138-14	135-12	137-12
Murray, Jay (NC)	Time of Day	0:07:13	0:08:17	0:09:31	0:10:38	0:11:58	0:13:09	0:14:38	0:15:51	0:17:35	0:18:59	0:20:43	0:22:14	1:00:11	1:01:40	1:03:21	1:04:44:04
	Time Cum	01:13	02:17	03:31	04:38	05:58	07:09	08:38	09:51	11:35	12:59	14:43	16:14	18:11	19:40	21:21	22:44:04
200	Time Delta	01:13	01:04	01:13	01:07	01:19	01:11	01:28	01:13	01:43	01:24	01:43	01:31	01:56	01:29	01:40	01:23:04
Age 49	Pace Cum	10:39	10:59	10:54	11:09	11:14	11:27	11:41	11:49	12:14	12:28	12:44	13:00	13:20	13:30	13:35	13:38
Group M40-49	Pace Delta	10:39	11:23	10:45	12:01	11:33	12:39	12:55	12:56	15:11	14:53	15:10	16:15	16:58	15:56	14:36	14:42
Overall-Group	Position	80-22	81-26	74-23	76-24	70-22	74-22	72-23	69-24	63-18	66-21	65-20	66-20	64-20	62-19	53-18	50-16

2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

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
Ng, Hung-Kwong (FL)	Time of Day	0:07:29	0:08:40	0:10:04	0:11:19	0:12:46	0:13:59	0:15:26	0:16:42	0:18:28	0:19:53	0:21:30	0:22:53				
	Time Cum	01:29	02:40	04:04	05:19	06:46	07:59	09:26	10:42	12:28	13:53	15:30	16:53				
202	Time Delta	01:29	01:11	01:23	01:15	01:26	01:13	01:26	01:16	01:45	01:25	01:36	01:23				
Age 46	Pace Cum	13:00	12:50	12:37	12:47	12:45	12:47	12:46	12:51	13:09	13:20	13:25	13:31				
Group M40-49	Pace Delta	13:00	12:38	12:12	13:23	12:37	12:59	12:39	13:28	15:28	15:08	14:05	14:49				
Overall-Group	Position	207-49	181-45	168-43	165-42	145-39	133-38	125-37	121-36	108-31	102-31	88-28	80-26				
<u>Nguyen, Yen (TX)</u>	Time of Day	0:07:22	0:08:34	0:10:05	0:11:23	0:12:55	0:14:18	0:16:02	0:17:34	0:19:28	0:21:11	0:23:15	1:01:04	1:03:13	1:05:24	1:07:32	1:09:23:57
	Time Cum	01:22	02:34	04:05	05:23	06:55	08:18	10:02	11:34	13:28	15:11	17:15	19:04	21:13	23:24	25:32	27:23:57
203	Time Delta	01:22	01:12	01:30	01:18	01:31	01:23	01:43	01:32	01:53	01:43	02:03	01:49	02:08	02:11	02:07	01:51:57
Age 47	Pace Cum	11:58	12:22	12:40	12:57	13:02	13:18	13:34	13:53	14:13	14:35	14:55	15:15	15:33	16:03	16:14	16:26
Group F40-49	Pace Delta	11:58	12:51	13:12	13:58	13:18	14:50	15:04	16:18	16:38	18:22	17:59	19:18	18:49	23:19	18:35	19:49
Overall-Group	Position	155-14	167-17	175-19	172-19	159-18	157-17	156-16	160-17	134-11	138-12	122-11	120-11	108-9	108-9	100-9	102-9
Nictakis, Bill (NC)	Time of Day	0:07:22	0:08:34	0:10:04	0:11:18	0:12:45	0:14:04	0:15:39	0:17:10								
	Time Cum	01:22	02:34	04:04	05:18	06:45	08:04	09:39	11:10								
29	Time Delta	01:22	01:12	01:29	01:14	01:26	01:19	01:34	01:31								
Age 51	Pace Cum	11:58	12:20	12:37	12:44	12:43	12:56	13:03	13:24								
Group M50-59	Pace Delta	11:58	12:46	13:07	13:08	12:41	14:08	13:45	16:07								
Overall-Group	Position	155-32	166-33	168-30	157-28	143-25	139-24	135-24	142-24								
<u>O'Brien, Wendy (FL)</u>	Time of Day	0:07:32	0:08:58	0:10:34	0:11:59	0:13:44	0:15:13	0:17:05	0:18:37	0:21:09	0:23:32	1:02:42	1:04:20	1:06:12	1:07:51	1:09:50	1:11:41:35
	Time Cum	01:32	02:58	04:34	05:59	07:44	09:13	11:05	12:37	15:09	17:32	20:42	22:20	24:12	25:51	27:50	29:41:35
204	Time Delta	01:32	01:26	01:35	01:25	01:44	01:29	01:51	01:32	02:31	02:23	03:09	01:38	01:51	01:39	01:58	01:51:35
Age 40	Pace Cum	13:26	14:18	14:10	14:24	14:34	14:45	15:00	15:09	15:59	16:50	17:55	17:52	17:44	17:44	17:42	17:49
Group F40-49	Pace Delta	13:26	15:21	13:55	15:11	15:13	15:45	16:21	16:26	22:04	25:24	27:40	17:21	16:21	17:41	17:15	19:45
Overall-Group	Position	215-28	225-30	228-31	227-29	222-27	216-26	207-21	204-20	174-13	179-16	164-14	162-14	145-11	144-11	140-11	140-10
O'Connor, Rory (SC)	Time of Day	0:07:24	0:08:36	0:10:11	0:11:40	0:13:52	0:15:40	0:17:58	0:19:54								
	Time Cum	01:24	02:36	04:11	05:40	07:52	09:40	11:58	13:54								
205	Time Delta	01:24	01:12	01:34	01:29	02:11	01:48	02:17	01:56								
Age 43	Pace Cum	12:16	12:31	12:58	13:37	14:49	15:30	16:11	16:42								
Group M40-49	Pace Delta	12:16	12:48	13:49	15:49	19:13	19:17	20:00	20:41								
Overall-Group	Position	175-41	174-43	183-46	193-46	231-51	238-51	236-51	237-51								
<u>O'Hear, Carol (MA)</u>	Time of Day	0:06:58	0:07:47	0:08:47	0:09:40	0:10:45	0:11:40	0:12:50	0:13:55	0:15:04	0:16:12	0:17:29	0:18:36	0:19:50	0:21:01	0:22:34	1:00:00:07
	Time Cum	00:58	01:47	02:47	03:40	04:45	05:40	06:50	07:55	09:04	10:12	11:29	12:36	13:50	15:01	16:34	18:00:07
14	Time Delta	00:58	00:49	00:59	00:53	01:04	00:55	01:09	01:05	01:08	01:08	01:16	01:07	01:13	01:11	01:32	01:26:07
Age 36	Pace Cum	08:28	08:35	08:38	08:50	08:57	09:05	09:15	09:31	09:34	09:48	09:56	10:05	10:08	10:18	10:32	10:48
Group F30-39	Pace Delta	08:28	08:44	08:43	09:33	09:21	09:53	10:06	11:37	09:59	12:07	11:10	11:55	10:46	12:39	13:31	15:15
Overall-Group	Position	17-1	15-1	18-1	18-1	16-1	16-1	16-1	16-1	13-1	12-1	11-1	11-1	10-1	10-1	10-1	11-1
Overbaugh, Jason (GA)	Time of Day	0:07:03	0:08:00	0:09:05	0:10:02	0:11:11	0:12:11	0:13:23	0:14:36	0:15:41	0:16:44	0:18:01	0:19:07	0:20:32	0:21:43	0:23:12	1:00:29:05
	Time Cum	01:03	02:00	03:05	04:02	05:11	06:11	07:23	08:36	09:41	10:44	12:01	13:07	14:32	15:43	17:12	18:29:05
206	Time Delta	01:03	00:57	01:04	00:57	01:08	01:00	01:11	01:13	01:04	01:03	01:16	01:06	01:24	01:11	01:28	01:17:05
Age 34	Pace Cum	09:12	09:37	09:34	09:42	09:46	09:55	09:59	10:20	10:13	10:18	10:24	10:30	10:39	10:47	10:56	11:05
Group M30-39	Pace Delta	09:12	10:07	09:28	10:09	10:02	10:44	10:25	13:05	09:21	11:11	11:13	11:44	12:22	12:41	12:54	13:39
Overall-Group	Position	27-7	34-8	31-8	32-8	25-8	25-8	21-6	24-7	18-6	18-6	16-6	15-5	15-5	14-5	14-5	15-5

2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<hr/>																	
<u>Paraska,</u>	Time of Day	0:07:35	0:09:00	0:10:33	0:11:55	0:13:38	0:15:09	0:17:01	0:18:32	0:20:44	0:22:36						
<u>Susan (GA)</u>	Time Cum	01:35	03:00	04:33	05:55	07:38	09:09	11:01	12:32	14:44	16:36						
207	Time Delta	01:35	01:25	01:32	01:22	01:42	01:31	01:51	01:31	02:11	01:52						
Age 62	Pace Cum	13:52	14:25	14:07	14:12	14:23	14:39	14:54	15:03	15:33	15:57						
Group F60-69	Pace Delta	13:52	15:06	13:32	14:33	15:00	16:12	16:16	16:10	19:13	19:57						
Overall-Group	Position	229-1	228-1	222-1	219-2	210-1	211-2	204-2	198-2	163-2	166-2						
<hr/>																	
<u>Pasquale,</u>	Time of Day	0:07:20	0:08:28	0:09:49	0:10:58	0:12:21	0:13:30	0:14:56	0:16:12	0:17:48	0:19:14	0:21:14	0:22:42	1:00:57	1:02:33	1:04:33	1:05:56:05
<u>Dana (NC)</u>	Time Cum	01:20	02:28	03:49	04:58	06:21	07:30	08:56	10:12	11:48	13:14	15:14	16:42	18:57	20:33	22:33	23:56:05
209	Time Delta	01:20	01:08	01:20	01:09	01:22	01:09	01:25	01:16	01:35	01:26	01:59	01:28	02:14	01:36	01:59	01:23:05
Age 33	Pace Cum	11:41	11:52	11:50	11:56	11:58	12:01	12:05	12:15	12:27	12:43	13:11	13:22	13:53	14:06	14:20	14:22
Group F30-39	Pace Delta	11:41	12:05	11:47	12:18	12:03	12:23	12:25	13:36	13:54	15:20	17:26	15:40	19:38	17:02	17:29	14:42
Overall-Group	Position	139-12	126-8	122-8	113-7	110-6	98-6	91-6	91-6	72-5	76-6	77-6	76-5	76-6	74-6	72-6	68-5
<hr/>																	
<u>Pasquale,</u>	Time of Day	0:07:20	0:08:28	0:09:53	0:11:03	0:12:32	0:13:47	0:15:22	0:16:43								
<u>Debra (NC)</u>	Time Cum	01:20	02:28	03:53	05:03	06:32	07:47	09:22	10:43								
210	Time Delta	01:20	01:08	01:24	01:10	01:28	01:15	01:34	01:21								
Age 56	Pace Cum	11:41	11:52	12:02	12:09	12:18	12:28	12:40	12:52								
Group F50-59	Pace Delta	11:41	12:06	12:21	12:32	12:53	13:23	13:47	14:21								
Overall-Group	Position	139-10	130-8	131-8	127-8	122-8	124-8	122-8	126-8								
<hr/>																	
Pastore,	Time of Day	0:07:09	0:08:07	0:09:17	0:10:17	0:11:30	0:12:37	0:14:00	0:15:17	0:16:44	0:17:58	0:19:35	0:20:56	0:22:31	0:23:46	1:01:14	1:02:35:39
Mike (SC)	Time Cum	01:09	02:07	03:17	04:17	05:30	06:37	08:00	09:17	10:44	11:58	13:35	14:56	16:31	17:46	19:14	20:35:39
47	Time Delta	01:09	00:58	01:09	01:00	01:12	01:07	01:22	01:17	01:26	01:14	01:36	01:21	01:34	01:15	01:27	01:21:39
Age 55	Pace Cum	10:04	10:13	10:11	10:19	10:22	10:35	10:49	11:09	11:20	11:30	11:45	11:58	12:06	12:11	12:14	12:21
Group M50-59	Pace Delta	10:04	10:23	10:08	10:47	10:31	11:53	12:06	13:40	12:40	13:09	14:07	14:30	13:44	13:19	12:49	14:27
Overall-Group	Position	52-10	52-10	45-8	45-7	41-7	38-7	46-7	48-7	40-7	40-7	40-7	40-6	36-5	34-4	33-4	32-4
<hr/>																	
Patton,	Time of Day	0:07:03	0:07:56	0:08:57	0:09:53	0:11:09	0:12:10	0:13:22	0:14:34	0:16:26	0:17:54	0:20:45	0:22:05	0:23:53	1:01:11	1:02:46	1:03:57:30
Michael (OH)	Time Cum	01:03	01:56	02:57	03:53	05:09	06:10	07:22	08:34	10:26	11:54	14:45	16:05	17:53	19:11	20:46	21:57:30
211	Time Delta	01:03	00:53	01:00	00:56	01:15	01:01	01:12	01:12	01:51	01:28	02:50	01:20	01:47	01:18	01:34	01:11:30
Age 29	Pace Cum	09:12	09:17	09:09	09:20	09:42	09:52	09:58	10:18	11:01	11:26	12:46	12:53	13:07	13:09	13:12	13:10
Group M20-29	Pace Delta	09:12	09:23	08:54	09:57	11:04	10:48	10:31	12:51	16:16	15:41	24:53	14:19	15:39	13:49	13:52	12:39
Overall-Group	Position	27-4	21-3	22-3	22-3	24-3	21-3	20-3	21-3	33-5	38-6	66-8	62-8	55-6	46-5	43-5	39-5
<hr/>																	
Peek,	Time of Day	0:07:01	0:07:57	0:09:03	0:10:00	0:11:17	0:12:39	0:13:56	0:14:53	0:16:03	0:17:02	0:18:17	0:19:15	0:20:30	0:21:35	0:22:59	1:00:12:36
Tyler (NC)	Time Cum	01:01	01:57	03:03	04:00	05:17	06:39	07:56	08:53	10:03	11:02	12:17	13:15	14:30	15:35	16:59	18:12:36
21	Time Delta	01:01	00:56	01:05	00:57	01:16	01:22	01:16	00:57	01:09	00:59	01:14	00:58	01:14	01:05	01:23	01:13:36
Age 45	Pace Cum	08:54	09:26	09:27	09:37	09:57	10:39	10:44	10:41	10:36	10:36	10:38	10:37	10:38	10:41	10:48	10:56
Group M40-49	Pace Delta	08:54	10:04	09:30	10:08	11:12	14:33	11:12	10:15	10:05	10:33	10:52	10:24	10:51	11:34	12:13	13:02
Overall-Group	Position	23-9	25-9	28-10	25-10	34-13	43-16	39-16	33-12	25-10	21-10	20-9	18-8	14-7	13-6	13-6	13-6
<hr/>																	
Peeks,	Time of Day	0:07:20	0:08:31	0:10:00	0:11:20	0:13:15	0:14:43	0:16:22	0:18:13								
Aaron (NC)	Time Cum	01:20	02:31	04:00	05:20	07:15	08:43	10:22	12:13								
212	Time Delta	01:20	01:11	01:28	01:20	01:54	01:28	01:38	01:51								
Age 35	Pace Cum	11:41	12:07	12:24	12:50	13:39	13:57	14:01	14:40								
Group M30-39	Pace Delta	11:41	12:39	12:55	14:17	16:41	15:35	14:27	19:39								
Overall-Group	Position	139-25	146-26	158-27	168-29	181-32	181-32	172-29	182-30								

2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

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>Percy,</u>	Time of Day	0:07:23	0:08:33	0:09:56	0:11:11	0:12:52	0:14:11	0:15:51	0:17:16								
<u>Maureen (NC)</u>	Time Cum	01:23	02:33	03:56	05:11	06:52	08:11	09:51	11:16								
213	Time Delta	01:23	01:10	01:22	01:15	01:40	01:19	01:39	01:25								
Age 49	Pace Cum	12:07	12:17	12:12	12:27	12:56	13:07	13:20	13:32								
Group F40-49	Pace Delta	12:07	12:29	12:02	13:18	14:44	14:08	14:28	15:10								
Overall-Group	Position	165-15	161-15	141-15	145-15	153-17	149-15	149-15	146-15								
Perhac,	Time of Day	0:07:10	0:08:10	0:09:23	0:10:25	0:11:48	0:12:53	0:14:18	0:15:25								
Stephen (VT)	Time Cum	01:10	02:10	03:23	04:25	05:48	06:53	08:18	09:25								
214	Time Delta	01:10	01:00	01:12	01:02	01:22	01:05	01:24	01:07								
Age 35	Pace Cum	10:13	10:25	10:29	10:36	10:56	11:01	11:14	11:19								
Group M30-39	Pace Delta	10:13	10:39	10:38	11:00	12:06	11:31	12:24	11:57								
Overall-Group	Position	62-13	60-13	62-13	56-13	62-14	57-14	56-13	51-12								
Petersen,	Time of Day	0:07:25	0:08:55	0:10:25	0:11:50	0:13:30	0:15:00	0:16:52	0:18:33	0:20:40	0:22:36	1:01:00	1:03:11	1:06:13			
Chuck (FL)	Time Cum	01:25	02:55	04:25	05:50	07:30	09:00	10:52	12:33	14:40	16:36	19:00	21:11	24:13			
70	Time Delta	01:25	01:30	01:30	01:25	01:39	01:30	01:51	01:41	02:06	01:56	02:23	02:11	03:01			
Age 70	Pace Cum	12:25	14:00	13:42	14:01	14:08	14:25	14:42	15:04	15:29	15:57	16:26	16:57	17:45			
Group M70-79	Pace Delta	12:25	15:56	13:08	15:07	14:32	16:05	16:13	17:54	18:31	20:41	20:54	23:11	26:34			
Overall-Group	Position	177-2	214-4	206-3	207-3	199-3	196-3	193-4	200-4	162-3	167-3	154-2	154-3	146-2			
Peterson,	Time of Day	0:06:54	0:07:42	0:08:38	0:09:28	0:10:26	0:11:18	0:12:23	0:13:23	0:14:41	0:15:43	0:17:09	0:18:14	0:19:32	0:20:38	0:21:57	0:23:02:22
Garth (GA)	Time Cum	00:54	01:42	02:38	03:28	04:26	05:18	06:23	07:23	08:41	09:43	11:09	12:14	13:32	14:38	15:57	17:02:22
9	Time Delta	00:54	00:48	00:55	00:50	00:57	00:52	01:04	01:00	01:17	01:02	01:25	01:05	01:17	01:06	01:18	01:05:22
Age 48	Pace Cum	07:53	08:13	08:10	08:21	08:21	08:30	08:38	08:53	09:10	09:20	09:39	09:47	09:55	10:02	10:09	10:13
Group M40-49	Pace Delta	07:53	08:38	08:04	09:01	08:20	09:17	09:25	10:46	11:16	11:04	12:29	11:34	11:20	11:41	11:32	11:34
Overall-Group	Position	5-3	9-4	7-5	7-4	8-5	8-5	8-5	8-5	8-5	8-5	8-5	8-5	8-5	8-5	8-5	8-5
Pieron,	Time of Day	0:07:15	0:08:30	0:10:02	0:11:24	0:13:06	0:14:31	0:16:21	0:17:57	0:20:00	0:21:38		1:01:36		1:05:41	1:07:56	1:09:41:29
Dan (NC)	Time Cum	01:15	02:30	04:02	05:24	07:06	08:31	10:21	11:57	14:00	15:38		19:36		23:41	25:56	27:41:29
215	Time Delta	01:15	01:15	01:31	01:22	01:41	01:25	01:49	01:36	02:02	01:38		03:58		04:04	02:14	01:45:29
Age 70	Pace Cum	10:57	12:01	12:30	13:00	13:23	13:39	14:00	14:21	14:47	15:01		15:41		16:15	16:30	16:37
Group M70-79	Pace Delta	10:57	13:19	13:24	14:41	14:45	15:13	15:55	17:04	17:54	17:26		19:04		19:35	19:37	18:40
Overall-Group	Position	95-1	140-1	164-1	175-1	171-1	167-1	168-1	176-1	147-1	146-1		136-2		114-2	108-2	109-2
Pieron,	Time of Day	0:07:03	0:08:04	0:09:12	0:10:14	0:11:33	0:12:40	0:14:01	0:15:16	0:16:39	0:17:57	0:19:32	0:20:51	0:22:35	1:00:08	1:01:51	1:03:33:05
Stephen M (NC)	Time Cum	01:03	02:04	03:12	04:14	05:33	06:40	08:01	09:16	10:39	11:57	13:32	14:51	16:35	18:08	19:51	21:33:05
28	Time Delta	01:03	01:01	01:07	01:02	01:18	01:07	01:20	01:15	01:22	01:18	01:34	01:19	01:43	01:33	01:42	01:42:05
Age 39	Pace Cum	09:12	09:56	09:55	10:10	10:27	10:41	10:51	11:08	11:14	11:29	11:43	11:54	12:09	12:26	12:37	12:56
Group M30-39	Pace Delta	09:12	10:50	09:54	11:00	11:30	11:58	11:44	13:27	11:58	13:53	13:48	14:09	15:03	16:31	15:00	18:04
Overall-Group	Position	27-7	42-11	41-12	40-11	43-11	46-11	48-10	46-10	39-8	39-8	36-8	39-8	37-8	38-8	36-8	37-8
Pifer,	Time of Day	0:07:03	0:07:58	0:09:12	0:10:16	0:11:33	0:12:40	0:14:14	0:15:31	0:17:07	0:18:28	0:20:18	0:21:49	0:23:57	1:01:20	1:03:33	1:05:11:37
Ryan James (NC)	Time Cum	01:03	01:58	03:12	04:16	05:33	06:40	08:14	09:31	11:07	12:28	14:18	15:49	17:57	19:20	21:33	23:11:37
216	Time Delta	01:03	00:55	01:13	01:04	01:16	01:07	01:33	01:17	01:35	01:21	01:49	01:31	02:07	01:23	02:12	01:38:37
Age 23	Pace Cum	09:12	09:30	09:55	10:16	10:27	10:41	11:08	11:25	11:44	11:59	12:22	12:40	13:09	13:16	13:42	13:55
Group M20-29	Pace Delta	09:12	09:52	10:41	11:25	11:10	11:58	13:38	13:39	14:00	14:29	15:56	16:16	18:34	14:46	19:21	17:27
Overall-Group	Position	27-4	30-5	41-6	43-6	43-6	44-6	52-7	54-7	46-7	50-7	49-6	50-6	56-7	53-7	59-7	59-7

2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

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) 217	Time of Day	0:07:15	0:08:29	0:09:44	0:10:50	0:12:15	0:13:39	0:15:39	0:17:07								
	Time Cum	01:15	02:29	03:44	04:50	06:15	07:39	09:39	11:07								
	Time Delta	01:15	01:14	01:14	01:06	01:24	01:24	01:59	01:28								
Age 46	Pace Cum	10:57	11:58	11:35	11:36	11:46	12:16	13:03	13:21								
Group M40-49	Pace Delta	10:57	13:13	10:51	11:43	12:23	15:01	17:24	15:43								
Overall-Group	Position	95-27	137-35	104-31	94-31	95-31	115-34	135-38	138-39								
Portera, Anthony (NY) 26	Time of Day	0:07:09	0:08:09	0:09:22	0:10:24	0:11:38	0:12:41	0:13:56	0:15:03	0:16:20	0:17:25	0:18:47	0:19:54	0:21:24	0:22:40	1:00:20	1:01:29:43
	Time Cum	01:09	02:09	03:22	04:24	05:38	06:41	07:56	09:03	10:20	11:25	12:47	13:54	15:24	16:40	18:20	19:29:43
	Time Delta	01:09	01:00	01:12	01:02	01:13	01:03	01:14	01:07	01:16	01:05	01:21	01:07	01:29	01:16	01:39	01:09:43
Age 40	Pace Cum	10:04	10:22	10:26	10:36	10:37	10:42	10:44	10:52	10:54	10:58	11:04	11:08	11:17	11:26	11:40	11:42
Group M40-49	Pace Delta	10:04	10:43	10:34	11:07	10:41	11:13	10:53	11:55	11:11	11:36	11:54	12:01	13:00	13:36	14:29	12:20
Overall-Group	Position	52-16	56-18	58-19	54-18	52-17	48-18	39-16	39-16	30-13	28-12	26-11	26-11	25-11	25-11	26-12	25-12
Powers, John (TX) 218	Time of Day	0:07:16	0:08:23	0:09:46	0:10:57	0:12:25	0:13:37	0:15:11	0:16:27	0:18:06	0:19:25	0:21:08	0:22:42	1:00:40	1:02:15	1:04:06	1:06:02:35
	Time Cum	01:16	02:23	03:46	04:57	06:25	07:37	09:11	10:27	12:06	13:25	15:08	16:42	18:40	20:15	22:06	24:02:35
	Time Delta	01:16	01:07	01:22	01:11	01:27	01:12	01:33	01:16	01:38	01:19	01:42	01:34	01:57	01:35	01:50	01:56:35
Age 48	Pace Cum	11:06	11:29	11:41	11:55	12:05	12:11	12:25	12:33	12:46	12:53	13:06	13:22	13:41	13:54	14:03	14:26
Group M40-49	Pace Delta	11:06	11:57	12:02	12:43	12:44	12:45	13:43	13:32	14:24	14:01	15:01	16:44	17:09	16:59	16:04	20:38
Overall-Group	Position	109-29	110-31	112-33	112-33	116-34	112-33	111-33	105-32	86-27	85-27	75-23	75-24	72-24	71-22	68-22	71-22
<u>Prescott, Kendel (GA)</u> 219	Time of Day	0:07:26	0:08:42	0:10:08	0:11:23	0:12:53	0:14:14	0:15:55	0:17:30	0:19:25	0:21:05						
	Time Cum	01:26	02:42	04:08	05:23	06:53	08:14	09:55	11:30	13:25	15:05						
	Time Delta	01:26	01:16	01:25	01:15	01:29	01:21	01:40	01:35	01:54	01:40						
Age 50	Pace Cum	12:33	13:00	12:49	12:57	12:58	13:11	13:25	13:48	14:10	14:30						
Group F50-59	Pace Delta	12:33	13:33	12:28	13:26	13:01	14:26	14:40	16:52	16:45	17:51						
Overall-Group	Position	184-15	187-13	180-13	173-11	156-9	155-9	151-10	156-11	133-11	134-10						
Prescott, Walt (GA) 220	Time of Day	0:07:12	0:08:20	0:09:34	0:10:41	0:11:59	0:13:12	0:14:34	0:15:48	0:17:26	0:18:45	0:20:24	0:21:52	0:23:42	1:01:21	1:03:17	1:04:46:22
	Time Cum	01:12	02:20	03:34	04:41	05:59	07:12	08:34	09:48	11:26	12:45	14:24	15:52	17:42	19:21	21:17	22:46:22
	Time Delta	01:12	01:08	01:13	01:07	01:17	01:13	01:21	01:14	01:37	01:19	01:38	01:28	01:49	01:39	01:55	01:29:22
Age 57	Pace Cum	10:31	11:12	11:04	11:16	11:16	11:32	11:35	11:46	12:04	12:15	12:28	12:42	12:58	13:16	13:32	13:40
Group M50-59	Pace Delta	10:31	12:03	10:48	11:59	11:17	13:02	11:52	13:09	14:16	14:02	14:25	15:36	16:02	17:32	16:56	15:49
Overall-Group	Position	75-14	93-20	81-13	81-13	73-13	78-13	65-11	65-10	57-11	57-10	52-8	51-8	47-7	54-9	49-8	51-8
Presson, Jesse (SC) 221	Time of Day	0:07:15	0:08:17	0:09:30	0:10:33	0:11:49	0:13:06	0:14:45	0:16:26								
	Time Cum	01:15	02:17	03:30	04:33	05:49	07:06	08:45	10:26								
	Time Delta	01:15	01:02	01:12	01:03	01:15	01:17	01:38	01:41								
Age 29	Pace Cum	10:57	11:02	10:51	10:55	10:57	11:22	11:50	12:32								
Group M20-29	Pace Delta	10:57	11:08	10:31	11:10	11:05	13:39	14:26	18:00								
Overall-Group	Position	95-10	83-10	71-10	70-10	64-10	68-10	83-10	104-10								
Price, Shannon (VA) 222	Time of Day	0:07:00	0:07:51	0:08:52	0:09:45	0:10:52	0:11:49	0:12:58	0:13:55	0:15:20	0:16:24	0:17:59	0:19:09	0:20:48	0:22:08	0:23:51	1:01:10:17
	Time Cum	01:00	01:51	02:52	03:45	04:52	05:49	06:58	07:55	09:20	10:24	11:59	13:09	14:48	16:08	17:51	19:10:17
	Time Delta	01:00	00:51	01:00	00:53	01:06	00:57	01:08	00:57	01:24	01:04	01:34	01:10	01:38	01:20	01:42	01:19:17
Age 33	Pace Cum	08:46	08:55	08:53	09:01	09:10	09:18	09:26	09:30	09:51	09:59	10:22	10:31	10:51	11:04	11:21	11:30
Group M30-39	Pace Delta	08:46	09:06	08:50	09:25	09:45	10:05	10:04	10:07	12:23	11:23	13:50	12:24	14:27	14:11	15:01	14:02
Overall-Group	Position	22-6	20-6	20-6	20-6	18-5	17-5	17-5	15-5	15-5	15-5	15-5	16-6	20-6	20-6	21-6	21-6

2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

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
Ramsay, John (TN)	Time of Day	0:07:03	0:07:58	0:09:03	0:10:00	0:11:11	0:12:13	0:13:28	0:14:36	0:15:59	0:17:11	0:18:37	0:19:51	0:21:19	0:22:17	0:23:35	1:00:41:39
	Time Cum	01:03	01:58	03:03	04:00	05:11	06:13	07:28	08:36	09:59	11:11	12:37	13:51	15:19	16:17	17:35	18:41:39
223	Time Delta	01:03	00:55	01:04	00:57	01:10	01:02	01:14	01:08	01:22	01:12	01:25	01:14	01:27	00:58	01:17	01:06:39
Age 27	Pace Cum	09:12	09:29	09:27	09:38	09:46	09:57	10:06	10:19	10:32	10:45	10:55	11:05	11:14	11:10	11:11	11:13
Group M20-29	Pace Delta	09:12	09:49	09:25	10:13	10:16	11:00	10:56	12:03	12:06	12:52	12:27	13:11	12:47	10:23	11:18	11:48
Overall-Group	Position	27-4	29-5	28-5	28-4	25-4	27-4	25-4	22-4	24-3	26-3	23-3	25-4	24-4	22-3	18-2	18-2
Randolph, Chad (NC)	Time of Day	0:07:09	0:08:06	0:09:17	0:10:15	0:11:29	0:12:31	0:13:47	0:14:54	0:16:18	0:17:31	0:19:02	0:20:21	0:22:01	0:23:29	1:01:29	1:03:06:17
	Time Cum	01:09	02:06	03:17	04:15	05:29	06:31	07:47	08:54	10:18	11:31	13:02	14:21	16:01	17:29	19:29	21:06:17
224	Time Delta	01:09	00:57	01:10	00:58	01:13	01:02	01:15	01:07	01:23	01:13	01:31	01:19	01:39	01:28	01:59	01:37:17
Age 45	Pace Cum	10:04	10:08	10:11	10:14	10:20	10:27	10:32	10:41	10:52	11:03	11:17	11:29	11:44	12:00	12:23	12:40
Group M40-49	Pace Delta	10:04	10:13	10:15	10:25	10:41	11:05	11:00	11:54	12:14	12:55	13:17	14:05	14:31	15:38	17:29	17:13
Overall-Group	Position	52-16	51-16	45-15	42-15	40-15	34-13	34-14	34-13	29-12	29-13	31-13	31-13	32-14	33-14	34-14	35-14
Ray, Ashby (NC)	Time of Day	0:07:22	0:08:29	0:09:49	0:11:07	0:12:36	0:14:01	0:15:41	0:17:06	0:18:47	0:20:54	0:23:18	1:01:22	1:03:53	1:05:59	1:08:28	1:10:23:05
	Time Cum	01:22	02:29	03:49	05:07	06:36	08:01	09:41	11:06	12:47	14:54	17:18	19:22	21:53	23:59	26:28	28:23:05
226	Time Delta	01:22	01:07	01:19	01:18	01:28	01:25	01:39	01:25	01:40	02:07	02:23	02:04	02:30	02:06	02:28	01:55:05
Age 38	Pace Cum	11:58	11:56	11:50	12:19	12:26	12:50	13:06	13:19	13:29	14:19	14:58	15:30	16:02	16:27	16:50	17:02
Group M30-39	Pace Delta	11:58	11:53	11:39	13:58	12:52	15:08	14:32	15:04	14:44	22:36	20:55	22:05	21:55	22:19	21:45	20:22
Overall-Group	Position	155-27	135-25	122-23	133-24	129-23	135-24	138-23	136-22	111-17	129-22	126-21	132-23	124-20	122-20	122-19	125-19
Redpath, Glen (NY)	Time of Day	0:06:52	0:07:37	0:08:32	0:09:24	0:10:12	0:11:01	0:12:04	0:12:57	0:13:57	0:14:48	0:15:50	0:16:42	0:17:49	0:18:47	0:19:52	0:20:47:16
	Time Cum	00:52	01:37	02:32	03:24	04:12	05:01	06:04	06:57	07:57	08:48	09:50	10:42	11:49	12:47	13:52	14:47:16
2	Time Delta	00:52	00:45	00:54	00:52	00:47	00:49	01:02	00:53	00:59	00:51	01:01	00:52	01:06	00:58	01:04	00:55:16
Age 45	Pace Cum	07:35	07:50	07:51	08:10	07:55	08:02	08:12	08:21	08:23	08:28	08:30	08:34	08:40	08:46	08:49	08:52
Group M40-49	Pace Delta	07:35	08:07	07:54	09:16	06:57	08:44	09:09	09:28	08:41	09:09	08:57	09:19	09:41	10:20	09:26	09:47
Overall-Group	Position	2-2	4-2	2-2	4-2	3-2	4-2	4-2	5-3	4-3	4-3	3-2	3-1	3-2	3-2	3-2	3-2
Reitzig, Jim (NY)	Time of Day	0:07:21	0:08:32	0:10:08	0:11:25	0:13:09	0:14:32	0:16:21	0:17:48	0:19:41	0:21:13	0:23:18	1:00:55	1:02:59	1:04:47		1:09:11:06
	Time Cum	01:21	02:32	04:08	05:25	07:09	08:32	10:21	11:48	13:41	15:13	17:18	18:55	20:59	22:47		27:11:06
227	Time Delta	01:21	01:11	01:35	01:17	01:43	01:23	01:48	01:27	01:52	01:32	02:04	01:37	02:03	01:48		04:23:19
Age 36	Pace Cum	11:49	12:13	12:49	13:00	13:28	13:39	14:00	14:10	14:26	14:37	14:58	15:09	15:23	15:38		16:19
Group M30-39	Pace Delta	11:49	12:42	13:54	13:38	15:11	14:42	15:54	15:27	16:27	16:25	18:08	17:18	18:00	19:15		21:04
Overall-Group	Position	148-26	155-27	180-30	177-30	177-30	169-29	168-28	165-28	141-24	140-23	126-21	118-20	104-16	98-16		100-16
Ring, Robert R (VA)	Time of Day	0:07:37	0:09:16	0:10:42	0:12:06	0:13:45	0:15:09	0:16:48	0:18:16	0:20:10	0:21:51	0:23:59	1:01:58				
	Time Cum	01:37	03:16	04:42	06:06	07:45	09:09	10:48	12:16	14:10	15:51	17:59	19:58				
228	Time Delta	01:37	01:39	01:25	01:24	01:38	01:24	01:38	01:28	01:53	01:41	02:07	01:59				
Age 62	Pace Cum	14:10	15:41	14:34	14:40	14:36	14:39	14:37	14:43	14:57	15:13	15:34	15:59				
Group M60-69	Pace Delta	14:10	17:32	12:33	14:58	14:22	14:55	14:25	15:35	16:38	17:56	18:38	21:11				
Overall-Group	Position	237-14	239-12	235-11	236-11	223-11	210-10	190-8	185-7	152-5	150-5	142-6	143-6				
Rizk, Sam (NC)	Time of Day	0:07:32	0:08:44	0:10:17	0:11:39	0:13:23	0:14:52	0:16:34	0:18:04								
	Time Cum	01:32	02:44	04:17	05:39	07:23	08:52	10:34	12:04								
36	Time Delta	01:32	01:12	01:32	01:22	01:43	01:29	01:41	01:30								
Age 70	Pace Cum	13:26	13:09	13:17	13:34	13:55	14:12	14:18	14:30								
Group M70-79	Pace Delta	13:26	12:48	13:32	14:31	15:11	15:49	14:51	16:02								
Overall-Group	Position	215-4	195-2	192-2	191-2	187-2	189-2	180-2	178-2								

2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

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
Roche, Joe (OH)	Time of Day	0:07:32	0:08:55	0:10:30	0:11:53	0:13:31	0:14:53	0:16:33	0:17:55	0:19:29	0:20:53	0:22:30	0:23:54	1:01:34	1:02:56	1:04:32	1:05:57:01
	Time Cum	01:32	02:55	04:30	05:53	07:31	08:53	10:33	11:55	13:29	14:53	16:30	17:54	19:34	20:56	22:32	23:57:01
229	Time Delta	01:32	01:23	01:34	01:23	01:37	01:22	01:39	01:22	01:33	01:24	01:36	01:24	01:39	01:22	01:35	01:25:01
Age 55	Pace Cum	13:26	14:04	13:57	14:08	14:10	14:14	14:16	14:18	14:14	14:18	14:17	14:19	14:21	14:21	14:20	14:22
Group M50-59	Pace Delta	13:26	14:49	13:46	14:47	14:14	14:40	14:28	14:32	13:42	15:02	14:01	14:53	14:35	14:31	14:01	15:03
Overall-Group	Position	215-38	223-38	215-38	212-38	200-38	193-37	179-31	173-31	135-26	127-26	107-23	101-21	86-15	78-14	71-12	70-12
Rodarte, Matthew (NC)	Time of Day	0:07:21	0:08:33	0:10:04	0:11:19	0:12:57	0:14:49	0:17:55	0:19:43								
	Time Cum	01:21	02:33	04:04	05:19	06:57	08:49	11:55	13:43								
230	Time Delta	01:21	01:12	01:30	01:15	01:37	01:52	03:05	01:48								
Age 42	Pace Cum	11:49	12:18	12:37	12:47	13:06	14:08	16:07	16:28								
Group M40-49	Pace Delta	11:49	12:52	13:11	13:22	14:14	19:57	27:03	19:11								
Overall-Group	Position	148-36	162-38	168-43	164-42	162-42	184-44	235-50	234-50								
Rozanski, III, John J (IL)	Time of Day	0:07:35	0:09:16	0:10:47	0:12:23	0:14:27	0:16:19	0:18:25	0:20:25	0:22:45	1:01:04						
	Time Cum	01:35	03:16	04:47	06:23	08:27	10:19	12:25	14:25	16:45	19:04						
231	Time Delta	01:35	01:41	01:30	01:36	02:03	01:52	02:05	02:00	02:19	02:19						
Age 63	Pace Cum	13:52	15:41	14:50	15:19	15:55	16:31	16:48	17:18	17:41	18:18						
Group M60-69	Pace Delta	13:52	17:53	13:16	17:00	18:06	19:55	18:19	21:17	20:24	24:38						
Overall-Group	Position	229-10	236-12	239-14	242-15	243-15	244-15	240-15	241-15	187-9	185-9						
<u>Rozanski</u> <u>Susan (IL)</u>	Time of Day	0:07:28	0:08:54	0:10:29	0:11:54	0:13:39	0:15:16	0:17:19	0:19:02	0:21:17	0:23:07	1:01:31	1:03:40	1:05:54	1:07:36	1:09:34	1:11:10:34
	Time Cum	01:28	02:54	04:29	05:54	07:39	09:16	11:19	13:02	15:17	17:07	19:31	21:40	23:54	25:36	27:34	29:10:34
10	Time Delta	01:28	01:26	01:34	01:25	01:44	01:37	02:02	01:43	02:14	01:50	02:23	02:09	02:13	01:42	01:57	01:36:34
Age 57	Pace Cum	12:51	14:00	13:54	14:12	14:25	14:51	15:19	15:39	16:08	16:26	16:53	17:20	17:31	17:33	17:32	17:30
Group F50-59	Pace Delta	12:51	15:23	13:44	15:12	15:12	17:20	17:49	18:22	19:36	19:33	20:57	22:54	19:31	18:06	17:11	17:05
Overall-Group	Position	200-19	213-19	210-20	217-22	211-22	220-23	219-23	220-23	177-19	173-19	157-18	158-18	143-18	142-18	136-18	133-17
Sacco, Steven (NY)	Time of Day	0:07:29	0:08:55	0:10:28	0:11:51	0:13:36	0:15:20	0:17:25	0:19:20								
	Time Cum	01:29	02:55	04:28	05:51	07:36	09:20	11:25	13:20								
232	Time Delta	01:29	01:26	01:32	01:23	01:44	01:44	02:04	01:55								
Age 31	Pace Cum	13:00	14:01	13:51	14:04	14:19	14:57	15:27	16:01								
Group M30-39	Pace Delta	13:00	15:16	13:33	14:48	15:14	18:29	18:11	20:26								
Overall-Group	Position	207-34	215-35	207-34	208-35	205-34	225-35	220-34	228-35								
Sackaroff, Jeff (NC)	Time of Day	0:07:17	0:08:23	0:09:44	0:10:56	0:12:18	0:13:29	0:14:57	0:16:16	0:17:48	0:19:07	0:21:13	0:23:38				
	Time Cum	01:17	02:23	03:44	04:56	06:18	07:29	08:57	10:16	11:48	13:07	15:13	17:38				
233	Time Delta	01:17	01:06	01:21	01:12	01:21	01:11	01:27	01:19	01:31	01:19	02:05	02:25				
Age 37	Pace Cum	11:14	11:26	11:35	11:51	11:52	11:58	12:06	12:20	12:27	12:36	13:10	14:07				
Group M30-39	Pace Delta	11:14	11:41	11:49	12:49	11:55	12:35	12:50	14:09	13:18	14:07	18:17	25:42				
Overall-Group	Position	116-22	106-20	104-20	110-21	101-21	96-21	95-20	95-20	72-16	74-16	76-16	94-16				
Sampson, Shane T (OH)	Time of Day	0:07:11	0:08:14	0:09:30	0:10:34	0:11:51	0:12:59	0:14:26	0:15:43	0:17:58	0:19:18						
	Time Cum	01:11	02:14	03:30	04:34	05:51	06:59	08:26	09:43	11:58	13:18						
22	Time Delta	01:11	01:03	01:15	01:04	01:16	01:08	01:26	01:17	02:14	01:20						
Age 47	Pace Cum	10:22	10:45	10:51	10:58	11:01	11:11	11:25	11:40	12:38	12:46						
Group M40-49	Pace Delta	10:22	11:13	11:02	11:21	11:14	12:09	12:36	13:40	19:40	14:12						
Overall-Group	Position	69-21	73-24	71-22	71-23	67-21	61-20	59-19	61-21	78-23	77-23						

2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

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
Saxon, Randy (MS)	Time of Day	0:07:12	0:08:19	0:09:40	0:10:53	0:12:18	0:13:36	0:15:14	0:16:36	0:18:25	0:20:06	0:22:20	1:00:13	1:02:02	1:03:41	1:05:42	1:07:05:29
236	Time Cum	01:12	02:19	03:40	04:53	06:18	07:36	09:14	10:36	12:25	14:06	16:20	18:13	20:02	21:41	23:42	25:05:29
Age 50	Time Delta	01:12	01:07	01:20	01:13	01:24	01:18	01:37	01:22	01:48	01:41	02:13	01:53	01:48	01:39	02:00	01:23:29
Group M50-59	Pace Cum	10:31	11:11	11:22	11:44	11:52	12:10	12:29	12:43	13:06	13:32	14:08	14:35	14:41	14:52	15:04	15:03
Overall-Group	Pace Delta	10:31	12:01	11:42	13:01	12:20	13:49	14:18	14:32	15:54	17:54	19:33	20:06	15:50	17:32	17:40	14:47
	Position	75-14	89-14	93-17	100-18	101-19	109-20	114-21	114-20	105-21	107-21	104-21	103-22	94-20	88-16	84-15	77-14
<u>Schimmel,</u> <u>Amy (NC)</u>	Time of Day	0:07:13	0:08:23	0:09:43	0:10:52	0:12:21	0:13:37	0:15:10	0:16:25	0:18:21	0:19:54	0:22:17	1:00:33	1:03:25			
237	Time Cum	01:13	02:23	03:43	04:52	06:21	07:37	09:10	10:25	12:21	13:54	16:17	18:33	21:25			
Age 34	Time Delta	01:13	01:10	01:19	01:09	01:28	01:16	01:32	01:15	01:55	01:33	02:22	02:16	02:51			
Group F30-39	Pace Cum	10:39	11:28	11:31	11:42	11:58	12:12	12:24	12:31	13:02	13:21	14:05	14:51	15:42			
Overall-Group	Pace Delta	10:39	12:27	11:38	12:18	12:55	13:32	13:30	13:24	16:49	16:37	20:45	24:09	25:02			
	Position	80-5	109-6	102-6	97-6	110-6	113-7	109-8	101-8	101-8	104-9	103-10	107-10	112-11			
Schlereth, Joe (NC)	Time of Day	0:07:09	0:08:12	0:09:29	0:10:36	0:11:58	0:13:11	0:14:38	0:15:51	0:17:09	0:18:14	0:19:34	0:20:43	0:22:18	0:23:22	1:01:00	1:02:19:21
17	Time Cum	01:09	02:12	03:29	04:36	05:58	07:11	08:38	09:51	11:09	12:14	13:34	14:43	16:18	17:22	19:00	20:19:21
Age 61	Time Delta	01:09	01:03	01:16	01:07	01:21	01:13	01:26	01:13	01:17	01:05	01:19	01:09	01:34	01:04	01:37	01:19:21
Group M60-69	Pace Cum	10:04	10:34	10:48	11:03	11:14	11:31	11:41	11:50	11:46	11:46	11:44	11:47	11:57	11:55	12:05	12:12
Overall-Group	Pace Delta	10:04	11:10	11:13	11:53	11:57	13:05	12:34	12:59	11:20	11:41	11:32	12:15	13:50	11:30	14:10	14:03
	Position	52-1	62-1	67-1	73-1	70-1	75-1	72-1	72-1	49-1	44-1	39-1	36-1	33-1	31-1	31-1	30-1
Schwab, Steve (FL)	Time of Day	0:07:03	0:07:58	0:09:03	0:10:00	0:11:12	0:12:17	0:13:44	0:15:04	0:16:52	0:18:30						
238	Time Cum	01:03	01:58	03:03	04:00	05:12	06:17	07:44	09:04	10:52	12:30						
Age 44	Time Delta	01:03	00:55	01:04	00:57	01:11	01:05	01:26	01:20	01:47	01:38						
Group M40-49	Pace Cum	09:12	09:28	09:27	09:38	09:48	10:05	10:28	10:53	11:28	12:01						
Overall-Group	Pace Delta	09:12	09:48	09:26	10:14	10:24	11:41	12:33	14:11	15:45	17:28						
	Position	27-11	28-10	28-10	29-10	29-11	29-10	32-12	41-18	42-15	51-16						
<u>Scott,</u> <u>Sharon (VA)</u>	Time of Day	0:07:36	0:08:54	0:10:30	0:11:48	0:13:28	0:14:50	0:16:32	0:17:55	0:20:08	0:21:55	0:23:54	1:01:35	1:03:43	1:05:43	1:08:12	1:09:42:55
239	Time Cum	01:36	02:54	04:30	05:48	07:28	08:50	10:32	11:55	14:08	15:55	17:54	19:35	21:43	23:43	26:12	27:42:55
Age 50	Time Delta	01:36	01:18	01:35	01:18	01:39	01:22	01:41	01:23	02:12	01:47	01:58	01:41	02:07	02:00	02:28	01:30:55
Group F50-59	Pace Cum	14:01	13:57	13:57	13:57	14:04	14:08	14:15	14:19	14:55	15:17	15:29	15:40	15:55	16:16	16:40	16:38
Overall-Group	Pace Delta	14:01	13:51	13:58	13:55	14:30	14:33	14:51	14:51	19:17	19:03	17:17	17:58	18:37	21:19	21:41	16:05
	Position	234-22	208-19	215-21	202-18	195-18	186-17	177-17	174-17	151-15	152-15	138-14	135-14	119-13	116-12	117-13	110-9
Sechler, BD (NC)	Time of Day	0:07:09	0:08:05	0:09:11	0:10:09	0:11:18	0:12:20	0:13:39	0:14:45								
39	Time Cum	01:09	02:05	03:11	04:09	05:18	06:20	07:39	08:45								
Age 48	Time Delta	01:09	00:56	01:05	00:58	01:08	01:02	01:18	01:06								
Group M40-49	Pace Cum	10:04	10:04	09:52	09:59	09:59	10:09	10:21	10:31								
Overall-Group	Pace Delta	10:04	10:03	09:31	10:24	09:58	11:02	11:29	11:51								
	Position	52-16	46-14	40-14	38-14	35-14	33-12	29-10	29-10								
<u>Sergeant,</u> <u>Kimberley A (TX)</u>	Time of Day	0:07:45	0:09:16	0:10:57	0:12:28	0:14:22	0:15:56	0:17:53	0:19:31	0:21:45	0:23:37	1:01:50	1:03:45	1:06:08	1:07:54	1:10:07	1:11:53:24
240	Time Cum	01:45	03:16	04:57	06:28	08:22	09:56	11:53	13:31	15:45	17:37	19:50	21:45	24:08	25:54	28:07	29:53:24
Age 52	Time Delta	01:45	01:31	01:40	01:31	01:53	01:34	01:56	01:38	02:13	01:52	02:12	01:55	02:22	01:46	02:12	01:46:24
Group F50-59	Pace Cum	15:20	15:45	15:21	15:32	15:46	15:55	16:05	16:14	16:37	16:55	17:10	17:25	17:41	17:46	17:53	17:56
Overall-Group	Pace Delta	15:20	16:16	14:37	16:12	16:34	16:45	17:00	17:25	19:30	19:50	19:25	20:31	20:44	18:55	19:18	18:50
	Position	245-25	246-23	243-25	244-25	241-25	241-25	234-24	231-24	184-20	180-20	160-19	160-19	144-19	145-19	142-19	143-19

2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

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
Shellhamer, Troy (KY)	Time of Day	0:06:54	0:07:42	0:08:38	0:09:27	0:10:21	0:11:10	0:12:10	0:13:01	0:14:07	0:15:02	0:16:14	0:17:17	0:18:29	0:19:34	0:20:57	0:22:12:38
	Time Cum	00:54	01:42	02:38	03:27	04:21	05:10	06:10	07:01	08:07	09:02	10:14	11:17	12:29	13:34	14:57	16:12:38
20	Time Delta	00:54	00:48	00:55	00:49	00:53	00:49	00:59	00:51	01:05	00:55	01:11	01:03	01:11	01:05	01:22	01:15:38
Age 30	Pace Cum	07:53	08:11	08:10	08:18	08:12	08:17	08:21	08:26	08:34	08:41	08:51	09:02	09:09	09:18	09:30	09:44
Group M30-39	Pace Delta	07:53	08:33	08:08	08:44	07:50	08:44	08:42	09:08	09:33	09:52	10:24	11:09	10:31	11:34	12:04	13:23
Overall-Group	Position	5-2	6-2	7-2	6-2	6-2	6-2	6-2	6-2	7-2	7-2	6-2	6-2	6-2	6-2	6-2	6-2
<u>Shelton, Debbie (IN)</u>	Time of Day	0:07:26	0:08:32	0:09:58	0:11:14	0:12:42	0:13:58	0:15:31	0:16:49	0:18:24	0:19:46	0:21:52	0:23:34	1:01:33	1:03:30	1:05:34	1:07:24:06
	Time Cum	01:26	02:32	03:58	05:14	06:42	07:58	09:31	10:49	12:24	13:46	15:52	17:34	19:33	21:30	23:34	25:24:06
241	Time Delta	01:26	01:06	01:25	01:16	01:27	01:16	01:32	01:18	01:34	01:22	02:05	01:42	01:58	01:57	02:03	01:50:06
Age 48	Pace Cum	12:33	12:11	12:18	12:34	12:37	12:46	12:52	12:59	13:05	13:14	13:44	14:03	14:20	14:45	14:59	15:14
Group F40-49	Pace Delta	12:33	11:44	12:31	13:29	12:49	13:38	13:26	13:50	13:50	14:38	18:18	18:07	17:19	20:44	18:05	19:29
Overall-Group	Position	184-21	151-13	150-16	149-17	138-15	132-14	128-14	128-13	104-9	100-7	95-7	93-7	85-6	85-6	82-6	80-6
<u>Shepherd, Stephanie (NC)</u>	Time of Day	0:07:19	0:08:32	0:09:57	0:11:21	0:12:53	0:14:31	0:16:12	0:18:04	0:19:39	0:21:25	0:23:16	1:01:07	1:03:40	1:05:45	1:08:08	1:10:13:13
	Time Cum	01:19	02:32	03:57	05:21	06:53	08:31	10:12	12:04	13:39	15:25	17:16	19:07	21:40	23:45	26:08	28:13:13
242	Time Delta	01:19	01:13	01:24	01:24	01:31	01:38	01:40	01:52	01:34	01:46	01:50	01:51	02:32	02:05	02:22	02:05:13
Age 36	Pace Cum	11:32	12:13	12:15	12:51	12:58	13:39	13:48	14:29	14:24	14:48	14:56	15:18	15:53	16:18	16:37	16:56
Group F30-39	Pace Delta	11:32	13:03	12:18	14:57	13:22	17:31	14:36	19:52	13:50	18:48	16:10	19:42	22:18	22:17	20:45	22:10
Overall-Group	Position	131-8	154-14	146-12	169-16	156-15	167-16	164-16	177-16	139-14	143-15	124-13	123-13	117-12	117-11	116-11	122-11
<u>Shipley, Callie (NC)</u>	Time of Day	0:07:19	0:08:30	0:09:57	0:11:16	0:12:51	0:14:13	0:15:50	0:17:16	0:18:58	0:20:35	0:22:45	1:00:40	1:03:01	1:04:57	1:07:23	1:09:04:11
	Time Cum	01:19	02:30	03:57	05:16	06:51	08:13	09:50	11:16	12:58	14:35	16:45	18:40	21:01	22:57	25:23	27:04:11
244	Time Delta	01:19	01:11	01:26	01:19	01:34	01:22	01:36	01:26	01:41	01:37	02:09	01:55	02:20	01:56	02:25	01:41:11
Age 30	Pace Cum	11:32	12:02	12:15	12:40	12:54	13:10	13:18	13:32	13:41	14:00	14:30	14:56	15:24	15:45	16:09	16:15
Group F30-39	Pace Delta	11:32	12:39	12:38	14:05	13:47	14:36	14:05	15:21	14:47	17:12	18:57	20:25	20:32	20:42	21:10	17:55
Overall-Group	Position	131-8	142-12	146-12	155-13	151-13	152-13	146-13	147-13	119-11	121-12	110-11	112-11	105-10	103-10	98-10	96-10
<u>Simpson-Hall, Beth (IL)</u>	Time of Day	0:07:11	0:08:19	0:09:40	0:10:53	0:12:18	0:13:34	0:15:08	0:16:29	0:18:10	0:19:37	0:21:24	0:22:53	1:00:42	1:02:13	1:04:03	1:05:27:35
	Time Cum	01:11	02:19	03:40	04:53	06:18	07:34	09:08	10:29	12:10	13:37	15:24	16:53	18:42	20:13	22:03	23:27:35
245	Time Delta	01:11	01:08	01:20	01:13	01:24	01:16	01:33	01:21	01:40	01:27	01:46	01:29	01:48	01:31	01:49	01:24:35
Age 52	Pace Cum	10:22	11:10	11:22	11:45	11:52	12:07	12:21	12:35	12:50	13:05	13:19	13:31	13:42	13:52	14:01	14:05
Group F50-59	Pace Delta	10:22	12:09	11:44	13:02	12:19	13:34	13:38	14:23	14:42	15:34	15:29	15:51	15:50	16:15	15:56	14:58
Overall-Group	Position	69-2	88-4	93-4	102-5	101-6	107-6	105-6	108-6	91-6	91-6	82-5	79-5	73-5	69-5	66-5	64-5
<u>Smith, Betty H (MD)</u>	Time of Day	0:07:49	0:09:25	0:11:55	0:14:00	0:16:40	0:18:43	0:22:16	1:00:34	1:04:33	1:06:59						
	Time Cum	01:49	03:25	05:55	08:00	10:40	12:43	16:16	18:34	22:33	24:59						
246	Time Delta	01:49	01:36	02:29	02:05	02:39	02:03	03:32	02:18	03:58	02:26						
Age 70	Pace Cum	15:55	16:24	18:21	19:14	20:06	20:22	22:00	22:17	23:48	23:59						
Group F70-79	Pace Delta	15:55	17:01	21:53	22:16	23:14	21:54	30:59	24:31	34:49	25:53						
Overall-Group	Position	248-1	248-1	249-1	250-1	249-1	249-1	245-1	246-1	189-1	187-1						
Smith, Mike (IN)	Time of Day	0:07:12	0:08:19	0:09:40	0:10:53	0:12:18	0:13:35	0:15:08	0:16:29	0:18:10	0:19:38	0:21:24	0:22:53	1:00:42	1:02:13	1:04:03	1:05:27:52
	Time Cum	01:12	02:19	03:40	04:53	06:18	07:35	09:08	10:29	12:10	13:38	15:24	16:53	18:42	20:13	22:03	23:27:52
247	Time Delta	01:12	01:07	01:20	01:13	01:24	01:17	01:32	01:21	01:40	01:28	01:45	01:29	01:48	01:31	01:49	01:24:52
Age 53	Pace Cum	10:31	11:12	11:22	11:44	11:52	12:09	12:21	12:36	12:50	13:06	13:19	13:31	13:42	13:52	14:01	14:05
Group M50-59	Pace Delta	10:31	12:01	11:41	13:01	12:20	13:42	13:31	14:28	14:38	15:40	15:24	15:54	15:48	16:16	15:55	15:01
Overall-Group	Position	75-14	90-14	93-17	101-18	101-19	108-19	105-18	109-18	91-17	92-17	82-13	81-13	73-12	70-12	66-11	65-11

2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

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
Smithberger, Jay (OH)	Time of Day	0:06:54	0:07:42	0:08:37	0:09:29	0:10:23	0:11:13	0:12:10	0:13:01	0:14:00	0:14:54	0:15:58	0:16:52	0:17:56	0:18:50	0:19:57	0:20:53:21
	Time Cum	00:54	01:42	02:37	03:29	04:23	05:13	06:10	07:01	08:00	08:54	09:58	10:52	11:56	12:50	13:57	14:53:21
6	Time Delta	00:54	00:48	00:54	00:52	00:54	00:50	00:56	00:51	00:58	00:54	01:03	00:54	01:03	00:54	01:06	00:56:21
Age 41	Pace Cum	07:53	08:11	08:07	08:22	08:15	08:21	08:21	08:26	08:27	08:33	08:37	08:42	08:45	08:48	08:52	08:56
Group M40-49	Pace Delta	07:53	08:34	07:59	09:12	07:53	08:54	08:17	09:08	08:31	09:40	09:15	09:41	09:15	09:38	09:43	09:58
Overall-Group	Position	5-3	7-4	6-4	8-5	7-4	7-4	6-4	7-4	6-4	6-4	4-3	4-3	4-3	4-3	4-3	4-3
Smythe, Matt (VA)	Time of Day	0:07:15	0:08:19	0:09:36	0:10:42	0:11:59	0:13:08	0:14:32	0:15:48	0:17:23	0:18:39	0:20:19	0:21:47	0:23:32	1:00:59	1:02:52	1:04:23:47
	Time Cum	01:15	02:19	03:36	04:42	05:59	07:08	08:32	09:48	11:23	12:39	14:19	15:47	17:32	18:59	20:52	22:23:47
248	Time Delta	01:15	01:04	01:16	01:06	01:16	01:09	01:24	01:16	01:34	01:16	01:39	01:28	01:44	01:27	01:52	01:31:47
Age 30	Pace Cum	10:57	11:12	11:10	11:18	11:16	11:25	11:33	11:46	12:01	12:09	12:23	12:38	12:51	13:01	13:16	13:26
Group M30-39	Pace Delta	10:57	11:30	11:06	11:45	11:11	12:13	12:16	13:30	13:50	13:30	14:34	15:44	15:12	15:29	16:25	16:15
Overall-Group	Position	95-18	91-17	82-16	82-16	73-16	70-16	61-15	66-16	54-13	54-13	50-13	49-12	43-10	43-9	45-9	44-9
<u>Snyder, Mary (ID)</u>	Time of Day	0:07:40	0:09:16	0:10:33	0:11:54	0:13:40	0:15:03	0:16:55	0:18:20	0:20:26	0:21:59	1:00:12	1:01:56	1:04:20	1:06:13	1:08:32	1:10:19:44
	Time Cum	01:40	03:16	04:33	05:54	07:40	09:03	10:55	12:20	14:26	15:59	18:12	19:56	22:20	24:13	26:32	28:19:44
249	Time Delta	01:40	01:36	01:16	01:21	01:46	01:23	01:51	01:25	02:05	01:33	02:12	01:44	02:23	01:53	02:18	01:47:44
Age 60	Pace Cum	14:36	15:41	14:07	14:10	14:27	14:29	14:46	14:49	15:14	15:21	15:45	15:57	16:22	16:37	16:52	17:00
Group F60-69	Pace Delta	14:36	17:00	11:14	14:20	15:28	14:42	16:20	15:12	18:16	16:35	19:19	18:27	20:59	20:05	20:14	19:04
Overall-Group	Position	243-2	234-2	222-1	215-1	213-2	200-1	194-1	190-1	158-1	155-1	144-1	140-1	129-1	127-1	123-1	123-1
Sondermann, John W (VA)	Time of Day	0:07:13	0:08:19	0:09:37	0:10:47	0:12:16	0:13:34	0:15:07	0:16:27	0:18:09	0:19:34	0:21:33	0:23:20	1:01:53	1:03:48	1:06:18	1:08:13:48
	Time Cum	01:13	02:19	03:37	04:47	06:16	07:34	09:07	10:27	12:09	13:34	15:33	17:20	19:53	21:48	24:18	26:13:48
250	Time Delta	01:13	01:06	01:17	01:10	01:28	01:18	01:32	01:20	01:41	01:25	01:58	01:47	02:32	01:55	02:29	01:55:48
Age 57	Pace Cum	10:39	11:08	11:13	11:31	11:48	12:06	12:20	12:33	12:49	13:02	13:27	13:53	14:35	14:57	15:27	15:44
Group M50-59	Pace Delta	10:39	11:42	11:22	12:33	12:52	13:49	13:34	14:15	14:49	15:04	17:21	19:06	22:12	20:28	21:48	20:30
Overall-Group	Position	80-17	85-14	86-15	91-16	96-17	104-18	103-17	106-17	90-16	90-16	92-16	89-15	91-18	90-17	88-17	88-19
Spencer, JR, Jack (NV)	Time of Day		0:08:13	0:09:31	0:10:39	0:12:06	0:13:21	0:14:53	0:16:19	0:18:02	0:19:22	0:21:18	0:22:59	1:01:02	1:02:57	1:05:10	1:06:52:44
	Time Cum		02:13	03:31	04:39	06:06	07:21	08:53	10:19	12:02	13:22	15:18	16:59	19:02	20:57	23:10	24:52:44
252	Time Delta		02:13	01:17	01:08	01:26	01:15	01:31	01:26	01:42	01:20	01:55	01:41	02:02	01:55	02:12	01:42:44
Age 40	Pace Cum		10:40	10:54	11:11	11:29	11:47	12:01	12:23	12:42	12:51	13:14	13:35	13:57	14:22	14:44	14:56
Group M40-49	Pace Delta		10:40	11:20	12:10	12:36	13:23	13:20	15:18	14:59	14:19	16:48	17:53	17:57	20:26	19:21	18:11
Overall-Group	Position		69-21	74-23	80-25	83-26	87-27	88-26	96-29	81-24	84-25	80-25	85-27	78-26	79-25	75-23	75-23
Stansbury, Joey (NC)	Time of Day	0:07:33	0:08:55	0:10:32	0:11:54	0:13:41	0:15:19	0:17:27	0:19:44								
	Time Cum	01:33	02:55	04:32	05:54	07:41	09:19	11:27	13:44								
253	Time Delta	01:33	01:22	01:36	01:22	01:46	01:38	02:07	02:17								
Age 39	Pace Cum	13:35	14:03	14:03	14:12	14:28	14:56	15:29	16:30								
Group M30-39	Pace Delta	13:35	14:38	14:04	14:41	15:29	17:30	18:33	24:25								
Overall-Group	Position	225-36	222-35	221-35	218-36	217-35	224-34	222-36	236-36								
<u>Stinson, Jenny (ID)</u>	Time of Day	0:07:25	0:08:43	0:10:15	0:11:36	0:13:19	0:14:42	0:16:25	0:17:51	0:19:50	0:21:23	0:23:36	1:01:17	1:03:30	1:05:27	1:08:00	1:09:52:22
	Time Cum	01:25	02:43	04:15	05:36	07:19	08:42	10:25	11:51	13:50	15:23	17:36	19:17	21:30	23:27	26:00	27:52:22
254	Time Delta	01:25	01:18	01:31	01:21	01:42	01:23	01:42	01:26	01:58	01:33	02:12	01:41	02:12	01:57	02:32	01:52:22
Age 51	Pace Cum	12:25	13:05	13:11	13:28	13:47	13:55	14:06	14:14	14:36	14:47	15:14	15:26	15:46	16:05	16:32	16:43
Group F50-59	Pace Delta	12:25	13:53	13:22	14:29	14:55	14:43	15:01	15:17	17:19	16:34	19:20	17:57	19:21	20:45	22:18	19:53
Overall-Group	Position	177-13	191-14	187-15	187-15	184-15	179-15	174-15	170-15	143-13	141-13	132-12	127-12	115-10	111-10	109-10	116-12

2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

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>Stocker,</u>	Time of Day	0:07:16	0:08:27	0:09:47	0:10:56	0:12:19	0:13:32	0:15:00	0:16:15	0:18:01	0:19:25	0:21:02	0:22:25	1:00:06	1:01:35	1:03:23	1:04:39:31
<u>Emmy (CT)</u>	Time Cum	01:16	02:27	03:47	04:56	06:19	07:32	09:00	10:15	12:01	13:25	15:02	16:25	18:06	19:35	21:23	22:39:31
255	Time Delta	01:16	01:11	01:19	01:09	01:22	01:13	01:27	01:15	01:45	01:24	01:36	01:23	01:40	01:29	01:47	01:16:31
Age 52	Pace Cum	11:06	11:46	11:44	11:52	11:54	12:05	12:11	12:19	12:41	12:54	13:00	13:09	13:16	13:26	13:36	13:36
Group F50-59	Pace Delta	11:06	12:36	11:39	12:19	12:02	13:06	12:42	13:24	15:22	15:01	14:02	14:49	14:38	15:55	15:38	13:33
Overall-Group	Position	109-5	121-7	118-7	111-6	106-7	103-5	99-4	92-4	80-4	86-4	71-4	69-4	62-4	58-4	54-4	48-4
Sullivan,	Time of Day	0:07:19	0:08:30	0:10:01	0:11:19	0:13:06	0:14:30	0:16:03	0:17:19	0:19:05	0:20:32	0:23:05	1:00:39	1:02:52	1:04:46	1:07:02	1:08:50:12
Jim (FL)	Time Cum	01:19	02:30	04:01	05:19	07:06	08:30	10:03	11:19	13:05	14:32	17:05	18:39	20:52	22:46	25:02	26:50:12
103	Time Delta	01:19	01:11	01:30	01:18	01:46	01:24	01:32	01:16	01:45	01:27	02:32	01:34	02:12	01:54	02:15	01:48:12
Age 59	Pace Cum	11:32	12:03	12:27	12:47	13:23	13:37	13:36	13:35	13:48	13:58	14:47	14:55	15:18	15:37	15:55	16:06
Group M50-59	Pace Delta	11:32	12:41	13:11	13:54	15:33	15:01	13:27	13:32	15:24	15:32	22:14	16:42	19:22	20:13	19:49	19:09
Overall-Group	Position	131-28	144-27	160-28	163-30	171-29	163-27	157-26	149-25	123-24	117-24	116-25	110-25	100-23	97-23	96-21	94-20
Swendsen,	Time of Day	0:07:23	0:08:33	0:09:59	0:11:15	0:12:48	0:14:10	0:15:43	0:17:10	0:18:51	0:20:31	0:23:18	1:01:56	1:06:15	1:08:16	1:09:46:57	
Vincent (NC)	Time Cum	01:23	02:33	03:59	05:15	06:48	08:10	09:43	11:10	12:51	14:31	17:18	19:56	24:15	26:16	27:46:57	
256	Time Delta	01:23	01:10	01:25	01:16	01:32	01:22	01:32	01:27	01:40	01:40	02:46	02:38	04:18	02:00	01:30:57	
Age 48	Pace Cum	12:07	12:19	12:21	12:37	12:49	13:05	13:09	13:25	13:34	13:57	14:58	15:57	16:38	16:42	16:40	
Group M40-49	Pace Delta	12:07	12:33	12:25	13:33	13:30	14:37	13:30	15:29	14:40	17:52	24:15	28:04	20:41	17:39	16:06	
Overall-Group	Position	165-38	164-38	152-39	152-40	146-40	147-40	140-39	143-40	115-33	116-34	126-31	142-33	129-31	120-30	113-30	
Szoch,	Time of Day	0:06:59	0:07:57	0:09:02	0:10:05	0:11:26	0:12:54	0:14:32	0:16:06	0:17:28	0:18:46	0:20:35	0:21:54	0:23:39	1:01:17	1:03:17	1:04:30:56
Chris (VA)	Time Cum	00:59	01:57	03:02	04:05	05:26	06:54	08:32	10:06	11:28	12:46	14:35	15:54	17:39	19:17	21:17	22:30:56
257	Time Delta	00:59	00:58	01:04	01:03	01:20	01:28	01:37	01:34	01:21	01:18	01:48	01:19	01:44	01:38	01:59	01:13:56
Age 27	Pace Cum	08:37	09:24	09:24	09:49	10:14	11:02	11:33	12:08	12:06	12:16	12:37	12:43	12:56	13:14	13:32	13:31
Group M20-29	Pace Delta	08:37	10:20	09:26	11:12	11:47	15:35	14:18	16:46	11:52	13:57	15:48	13:59	15:19	17:30	17:23	13:05
Overall-Group	Position	20-3	24-4	25-4	34-5	37-5	58-8	61-8	85-9	59-8	58-8	56-7	53-7	46-5	50-6	49-6	45-6
Talbert,	Time of Day	0:07:03	0:07:56	0:08:55	0:09:50	0:10:59	0:12:10	0:13:39	0:14:47								
Dan (NC)	Time Cum	01:03	01:56	02:55	03:50	04:59	06:10	07:39	08:47								
258	Time Delta	01:03	00:53	00:58	00:55	01:08	01:11	01:28	01:08								
Age 31	Pace Cum	09:12	09:17	09:03	09:14	09:23	09:53	10:21	10:33								
Group M30-39	Pace Delta	09:12	09:23	08:36	09:52	09:58	12:40	12:54	12:09								
Overall-Group	Position	27-7	21-7	21-7	21-7	20-7	23-7	29-8	30-8								
Talbott,	Time of Day	0:07:10	0:08:08	0:09:17	0:10:19	0:11:45	0:13:00	0:14:42	0:15:53	0:17:29	0:18:47	0:20:36	0:21:52	1:00:00	1:01:35	1:03:35	1:05:18:34
Shawn (UT)	Time Cum	01:10	02:08	03:17	04:19	05:45	07:00	08:42	09:53	11:29	12:47	14:36	15:52	18:00	19:35	21:35	23:18:34
259	Time Delta	01:10	00:58	01:08	01:02	01:25	01:15	01:41	01:11	01:35	01:18	01:48	01:16	02:07	01:35	01:59	01:43:34
Age 43	Pace Cum	10:13	10:15	10:11	10:23	10:50	11:13	11:46	11:52	12:07	12:17	12:38	12:42	13:12	13:26	13:44	13:59
Group M40-49	Pace Delta	10:13	10:16	10:04	11:06	12:27	13:21	14:50	12:40	13:56	13:52	15:52	13:35	18:34	16:50	17:30	18:20
Overall-Group	Position	62-20	54-17	45-15	48-16	60-20	63-21	80-25	74-25	60-17	59-17	57-15	52-15	58-18	57-18	62-20	62-20
Tanksley,	Time of Day	0:07:13	0:08:19	0:09:37	0:10:45	0:12:07	0:13:22	0:14:48	0:16:02	0:17:37	0:19:10	0:21:16	0:22:55	1:01:26	1:04:16	1:07:43	1:09:40:43
Bruce (TN)	Time Cum	01:13	02:19	03:37	04:45	06:07	07:22	08:48	10:02	11:37	13:10	15:16	16:55	19:26	22:16	25:43	27:40:43
260	Time Delta	01:13	01:06	01:17	01:08	01:21	01:15	01:25	01:14	01:34	01:33	02:05	01:39	02:30	02:50	03:26	01:57:43
Age 51	Pace Cum	10:39	11:08	11:13	11:24	11:31	11:48	11:54	12:03	12:16	12:39	13:13	13:32	14:15	15:17	16:21	16:36
Group M50-59	Pace Delta	10:39	11:43	11:21	12:03	11:57	13:20	12:30	13:09	13:49	16:36	18:17	17:37	21:58	30:15	30:05	20:50
Overall-Group	Position	80-17	86-14	86-15	88-15	84-14	89-14	84-14	82-13	68-13	75-14	79-12	83-14	82-14	94-21	103-23	107-24

2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

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>Tao</u>	Time of Day	0:07:23	0:08:38	0:09:57	0:11:10	0:12:32	0:13:44	0:15:14	0:16:33	0:18:06	0:19:22	0:21:02	0:22:29	1:00:24	1:02:13	1:04:50	1:06:52:04
<u>Ying C (MA)</u>	Time Cum	01:23	02:38	03:57	05:10	06:32	07:44	09:14	10:33	12:06	13:22	15:02	16:29	18:24	20:13	22:50	24:52:04
261	Time Delta	01:23	01:15	01:18	01:13	01:21	01:12	01:29	01:19	01:32	01:16	01:39	01:27	01:54	01:49	02:36	02:02:04
Age 26	Pace Cum	12:07	12:39	12:15	12:26	12:18	12:23	12:29	12:40	12:46	12:51	13:00	13:12	13:29	13:52	14:31	14:55
Group F20-29	Pace Delta	12:07	13:18	11:31	13:05	11:50	12:51	13:03	14:05	13:29	13:35	14:30	15:32	16:41	19:22	22:52	21:36
Overall-Group	Position	165-5	177-5	146-5	144-4	122-3	118-3	114-3	110-3	86-2	83-2	71-1	72-1	67-1	68-1	74-1	74-1
<u>Tartick</u>	Time of Day	0:07:25	0:08:32	0:09:53	0:11:02	0:12:25	0:13:38	0:15:07	0:16:25	0:18:02	0:19:19	0:21:03	0:22:29	1:00:14	1:01:44	1:03:23	1:04:51:26
<u>Karen (NC)</u>	Time Cum	01:25	02:32	03:53	05:02	06:25	07:38	09:07	10:25	12:02	13:19	15:03	16:29	18:14	19:44	21:23	22:51:26
262	Time Delta	01:25	01:07	01:20	01:09	01:22	01:13	01:28	01:18	01:36	01:17	01:43	01:26	01:44	01:30	01:38	01:28:26
Age 49	Pace Cum	12:25	12:12	12:02	12:06	12:05	12:14	12:20	12:31	12:42	12:48	13:01	13:12	13:22	13:32	13:36	13:43
Group F40-49	Pace Delta	12:25	11:57	11:45	12:20	12:01	13:00	12:55	13:55	14:04	13:43	15:06	15:20	15:14	16:04	14:21	15:39
Overall-Group	Position	177-17	153-13	131-12	124-11	116-11	114-10	103-10	100-10	81-6	79-6	73-6	71-6	65-5	65-5	54-4	52-4
<u>Thompson</u>	Time of Day	0:07:16	0:08:27	0:09:47	0:10:56	0:12:19	0:13:32	0:14:59	0:16:15								
<u>Elizabeth (NY)</u>	Time Cum	01:16	02:27	03:47	04:56	06:19	07:32	08:59	10:15								
264	Time Delta	01:16	01:11	01:19	01:09	01:22	01:13	01:26	01:16								
Age 43	Pace Cum	11:06	11:47	11:44	11:51	11:54	12:04	12:09	12:19								
Group F40-49	Pace Delta	11:06	12:36	11:39	12:15	12:05	12:59	12:39	13:36								
Overall-Group	Position	109-9	122-10	118-9	109-9	106-9	102-8	98-9	93-9								
<u>Tiu</u>	Time of Day	0:07:28	0:08:46	0:10:31	0:11:59	0:13:57	0:15:31	0:17:40	0:19:25	0:21:38							
<u>Kat (NC)</u>	Time Cum	01:28	02:46	04:31	05:59	07:57	09:31	11:40	13:25	15:38							
265	Time Delta	01:28	01:18	01:44	01:28	01:57	01:34	02:08	01:45	02:12							
Age 27	Pace Cum	12:51	13:21	14:00	14:23	14:59	15:14	15:47	16:07	16:30							
Group F20-29	Pace Delta	12:51	13:58	15:12	15:40	17:09	16:42	18:47	18:42	19:19							
Overall-Group	Position	200-6	204-6	218-6	226-6	233-6	234-6	229-6	230-6	181-5							
Triumph,	Time of Day	0:07:28	0:08:54	0:10:23	0:11:48	0:13:25	0:14:44	0:16:27	0:17:50	0:19:35	0:20:59	0:23:06	1:00:45	1:03:14	1:05:08	1:07:50	1:09:40:51
Thomas (FL)	Time Cum	01:28	02:54	04:23	05:48	07:25	08:44	10:27	11:50	13:35	14:59	17:06	18:45	21:14	23:08	25:50	27:40:51
266	Time Delta	01:28	01:26	01:28	01:25	01:36	01:19	01:42	01:23	01:44	01:24	02:06	01:39	02:28	01:54	02:41	01:50:51
Age 53	Pace Cum	12:51	13:59	13:36	13:56	13:58	13:59	14:08	14:13	14:20	14:24	14:48	15:00	15:34	15:52	16:26	16:37
Group M50-59	Pace Delta	12:51	15:22	12:53	15:05	14:08	14:06	14:56	14:47	15:15	14:59	18:26	17:33	21:44	20:20	23:32	19:37
Overall-Group	Position	200-36	210-37	203-37	199-37	191-35	182-32	176-30	168-30	136-27	131-27	118-26	114-26	109-24	106-24	105-24	108-25
Tursi,	Time of Day	0:07:30	0:08:46	0:10:20	0:11:49	0:13:47	0:15:25	0:17:06	0:18:21								
Steven (NY)	Time Cum	01:30	02:46	04:20	05:49	07:47	09:25	11:06	12:21								
267	Time Delta	01:30	01:16	01:33	01:29	01:57	01:38	01:40	01:15								
Age 34	Pace Cum	13:08	13:17	13:26	13:58	14:40	15:04	15:01	14:50								
Group M30-39	Pace Delta	13:08	13:27	13:43	15:47	17:12	17:23	14:42	13:22								
Overall-Group	Position	210-35	199-34	197-33	203-34	227-36	230-36	208-33	192-31								
Vaessin,	Time of Day	0:07:20	0:08:31	0:09:58	0:11:14	0:12:56	0:14:36	0:16:08	0:17:37	0:20:02	0:21:40	0:23:53	1:01:49	1:04:09	1:05:55	1:08:23	1:10:09:57
Harald (OH)	Time Cum	01:20	02:31	03:58	05:14	06:56	08:36	10:08	11:37	14:02	15:40	17:53	19:49	22:09	23:55	26:23	28:09:57
268	Time Delta	01:20	01:11	01:26	01:16	01:41	01:40	01:31	01:29	02:24	01:38	02:12	01:56	02:19	01:46	02:27	01:46:57
Age 55	Pace Cum	11:41	12:07	12:18	12:36	13:04	13:46	13:43	13:57	14:49	15:03	15:28	15:51	16:14	16:24	16:47	16:54
Group M50-59	Pace Delta	11:41	12:39	12:38	13:37	14:45	17:45	13:23	15:54	21:02	17:26	19:21	20:36	20:23	18:51	21:32	18:56
Overall-Group	Position	139-29	145-28	150-27	151-27	161-27	174-30	160-27	162-27	149-29	148-29	137-28	139-29	128-27	120-25	121-27	121-27

2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

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>Valdez,</u>	Time of Day	0:07:32	0:08:58	0:10:36	0:12:04	0:13:51	0:15:23	0:17:08	0:18:40	0:20:45	0:22:27	1:00:46	1:02:39	1:05:06	1:07:20	1:09:44	1:11:34:22
<u>Mary (NC)</u>	Time Cum	01:32	02:58	04:36	06:04	07:51	09:23	11:08	12:40	14:45	16:27	18:46	20:39	23:06	25:20	27:44	29:34:22
269	Time Delta	01:32	01:26	01:37	01:28	01:46	01:32	01:44	01:32	02:04	01:42	02:18	01:53	02:26	02:14	02:23	01:50:22
Age 32	Pace Cum	13:26	14:18	14:16	14:34	14:47	15:02	15:04	15:13	15:34	15:48	16:14	16:32	16:56	17:22	17:38	17:45
Group F30-39	Pace Delta	13:26	15:21	14:12	15:36	15:36	16:25	15:13	16:24	18:09	18:05	20:16	20:05	21:23	23:44	21:00	19:32
Overall-Group	Position	215-19	226-20	233-20	230-20	229-20	227-20	210-19	206-18	164-17	162-17	150-16	149-15	135-14	136-12	137-13	138-13
<u>Valentine,</u>	Time of Day	0:07:25	0:08:42	0:10:31	0:12:04	0:13:58	0:15:41	0:17:58	0:19:54								
<u>Charlotte (SC)</u>	Time Cum	01:25	02:42	04:31	06:04	07:58	09:41	11:58	13:54								
270	Time Delta	01:25	01:17	01:48	01:33	01:53	01:43	02:17	01:56								
Age 46	Pace Cum	12:25	12:59	14:00	14:34	15:00	15:30	16:11	16:42								
Group F40-49	Pace Delta	12:25	13:41	15:52	16:30	16:37	18:14	20:00	20:41								
Overall-Group	Position	177-17	186-20	218-28	232-31	236-31	239-31	236-29	238-30								
Varney,	Time of Day	0:07:23	0:08:34	0:10:01	0:11:19	0:12:52	0:14:09	0:15:32	0:16:39								
Kevin (TN)	Time Cum	01:23	02:34	04:01	05:19	06:52	08:09	09:32	10:39								
271	Time Delta	01:23	01:11	01:26	01:18	01:32	01:17	01:22	01:07								
Age 23	Pace Cum	12:07	12:22	12:27	12:46	12:56	13:04	12:54	12:47								
Group M20-29	Pace Delta	12:07	12:40	12:37	13:52	13:32	13:46	12:00	11:54								
Overall-Group	Position	165-11	168-11	160-11	161-11	153-11	146-11	129-11	119-11								
Vaughan,	Time of Day	0:07:15	0:08:20	0:09:41	0:10:48	0:12:10	0:13:26	0:15:09	0:16:39	0:18:26	0:20:07	0:22:00	0:23:44	1:02:08	1:04:02	1:06:29	1:07:54:53
Doug (IN)	Time Cum	01:15	02:20	03:41	04:48	06:10	07:26	09:09	10:39	12:26	14:07	16:00	17:44	20:08	22:02	24:29	25:54:53
27	Time Delta	01:15	01:05	01:20	01:07	01:21	01:16	01:42	01:30	01:46	01:41	01:52	01:44	02:23	01:54	02:26	01:25:53
Age 52	Pace Cum	10:57	11:13	11:25	11:32	11:37	11:54	12:23	12:47	13:07	13:33	13:51	14:12	14:46	15:07	15:34	15:33
Group M50-59	Pace Delta	10:57	11:32	11:48	11:56	11:55	13:29	15:01	16:00	15:34	17:55	16:28	18:30	20:57	20:16	21:23	15:12
Overall-Group	Position	95-22	94-20	101-21	93-17	87-15	93-16	108-19	120-23	107-23	108-22	97-19	97-19	95-21	92-19	90-18	84-17
Velasco,	Time of Day	0:07:11	0:09:16	0:11:02	0:12:40	0:14:59	0:17:14	0:19:52	0:22:00								
George P (CA)	Time Cum	01:11	03:16	05:02	06:40	08:59	11:14	13:52	16:00								
272	Time Delta	01:11	02:05	01:45	01:38	02:18	02:15	02:37	02:08								
Age 57	Pace Cum	10:22	15:41	15:36	16:01	16:55	18:00	18:46	19:12								
Group M50-59	Pace Delta	10:22	22:09	15:27	17:24	20:15	24:04	22:56	22:42								
Overall-Group	Position	69-13	244-40	244-40	245-40	247-41	247-41	243-40	244-40								
Velazco,	Time of Day	0:07:11	0:08:25	0:10:03	0:11:32	0:13:29	0:14:58	0:16:56	0:18:34								
Andy (GA)	Time Cum	01:11	02:25	04:03	05:32	07:29	08:58	10:56	12:34								
273	Time Delta	01:11	01:14	01:37	01:29	01:56	01:29	01:57	01:38								
Age 63	Pace Cum	10:22	11:41	12:33	13:18	14:06	14:22	14:47	15:06								
Group M60-69	Pace Delta	10:22	13:16	14:10	15:52	17:00	15:52	17:08	17:28								
Overall-Group	Position	69-3	119-4	166-7	185-7	197-8	195-8	197-9	201-11								
Wargo,	Time of Day	0:07:48	0:09:29	0:11:26	0:13:09	0:14:38	0:15:58	0:17:43	0:18:58	0:20:49	0:22:23	1:00:33	1:02:21	1:04:28	1:06:15	1:08:14	1:09:49:56
Robert P (PA)	Time Cum	01:48	03:29	05:26	07:09	08:38	09:58	11:43	12:58	14:49	16:23	18:33	20:21	22:28	24:15	26:14	27:49:56
274	Time Delta	01:48	01:41	01:56	01:43	01:28	01:20	01:44	01:15	01:50	01:34	02:09	01:48	02:06	01:47	01:58	01:35:56
Age 53	Pace Cum	15:46	16:46	16:51	17:10	16:16	15:58	15:51	15:34	15:38	15:44	16:03	16:18	16:28	16:38	16:41	16:42
Group M50-59	Pace Delta	15:46	17:59	17:00	18:17	12:57	14:15	15:15	13:24	16:06	16:39	18:58	19:16	18:25	18:59	17:20	16:59
Overall-Group	Position	246-41	249-41	247-41	248-41	245-40	242-40	231-39	218-38	168-32	161-32	148-30	148-30	131-28	130-27	119-26	114-26

2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

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>Wargo,</u>	Time of Day	0:07:48	0:09:30	0:11:26	0:13:09												
<u>Victoria (PA)</u>	Time Cum	01:48	03:30	05:26	07:09												
275	Time Delta	01:48	01:42	01:55	01:43												
Age 52	Pace Cum	15:46	16:51	16:51	17:10												
Group F50-59	Pace Delta	15:46	18:10	16:50	18:18												
Overall-Group	Position	246-26	250-26	247-26	249-26												
<u>Warriner,</u>	Time of Day	0:07:19	0:08:30	0:09:59	0:11:16	0:12:51	0:14:13	0:15:50	0:17:16	0:18:58	0:20:26	0:22:13	0:23:42	1:01:49	1:03:38	1:06:12	1:08:17:26
<u>Rebecca (NC)</u>	Time Cum	01:19	02:30	03:59	05:16	06:51	08:13	09:50	11:16	12:58	14:26	16:13	17:42	19:49	21:38	24:12	26:17:26
276	Time Delta	01:19	01:11	01:28	01:17	01:34	01:22	01:36	01:26	01:41	01:28	01:46	01:29	02:06	01:49	02:33	02:05:26
Age 35	Pace Cum	11:32	12:02	12:21	12:40	12:54	13:10	13:18	13:32	13:41	13:51	14:02	14:10	14:32	14:50	15:23	15:46
Group F30-39	Pace Delta	11:32	12:39	12:55	13:44	13:47	14:36	14:05	15:21	14:47	15:35	15:37	15:47	18:31	19:22	22:26	22:12
Overall-Group	Position	131-8	143-12	152-15	156-13	151-13	152-13	146-13	147-13	119-11	114-10	101-9	96-9	89-9	87-9	87-9	89-9
Watkins,	Time of Day	0:07:13	0:08:13	0:09:32	0:10:39	0:12:07	0:13:14	0:14:34	0:15:41								
Jeffrey (SC)	Time Cum	01:13	02:13	03:32	04:39	06:07	07:14	08:34	09:41								
277	Time Delta	01:13	01:00	01:18	01:07	01:27	01:07	01:19	01:07								
Age 43	Pace Cum	10:39	10:43	10:57	11:10	11:31	11:35	11:35	11:38								
Group M40-49	Pace Delta	10:39	10:46	11:24	11:53	12:49	11:52	11:40	11:56								
Overall-Group	Position	80-22	71-21	79-26	78-25	84-27	82-25	65-20	58-19								
Wei,	Time of Day	0:07:23	0:08:33	0:09:56	0:11:10	0:12:38	0:13:57	0:15:40	0:17:04	0:18:53	0:20:33	0:22:59	1:01:58				
Jim (NC)	Time Cum	01:23	02:33	03:56	05:10	06:38	07:57	09:40	11:04	12:53	14:33	16:59	19:58				
278	Time Delta	01:23	01:10	01:22	01:14	01:27	01:19	01:42	01:24	01:48	01:40	02:25	02:59				
Age 37	Pace Cum	12:07	12:16	12:12	12:26	12:30	12:43	13:05	13:18	13:36	13:58	14:42	15:59				
Group M30-39	Pace Delta	12:07	12:28	12:03	13:13	12:45	14:00	15:01	15:02	15:47	17:46	21:15	31:49				
Overall-Group	Position	165-32	159-29	141-26	142-26	133-24	129-23	137-22	134-21	117-20	119-19	113-20	144-24				
Weiss,	Time of Day	0:07:18	0:08:25	0:09:48	0:11:00	0:12:24	0:13:42	0:15:19	0:16:35	0:18:07	0:19:32	0:21:32	0:23:27	1:01:48	1:04:06	1:07:14	1:09:29:54
Tim (NC)	Time Cum	01:18	02:25	03:48	05:00	06:24	07:42	09:19	10:35	12:07	13:32	15:32	17:27	19:48	22:06	25:14	27:29:54
279	Time Delta	01:18	01:07	01:22	01:12	01:23	01:18	01:36	01:16	01:31	01:25	01:59	01:55	02:20	02:18	03:07	02:15:54
Age 52	Pace Cum	11:23	11:38	11:47	12:00	12:03	12:20	12:36	12:42	12:47	13:00	13:26	13:58	14:31	15:09	16:03	16:30
Group M50-59	Pace Delta	11:23	11:56	12:04	12:47	12:14	13:51	14:07	13:31	13:22	15:12	17:23	20:29	20:29	24:28	27:25	24:03
Overall-Group	Position	124-27	118-26	120-25	118-23	114-22	117-23	120-23	113-19	89-15	89-15	89-15	91-16	88-16	93-20	97-22	104-22
West,	Time of Day	0:07:26	0:08:36	0:09:59	0:11:15	0:12:52	0:14:11	0:15:49	0:17:05	0:18:50	0:20:14	0:22:06	0:23:45	1:02:49	1:04:52	1:07:36	1:09:32:52
Charles (NC)	Time Cum	01:26	02:36	03:59	05:15	06:52	08:11	09:49	11:05	12:50	14:14	16:06	17:45	20:49	22:52	25:36	27:32:52
280	Time Delta	01:26	01:10	01:22	01:16	01:36	01:19	01:37	01:16	01:44	01:24	01:51	01:39	03:03	02:03	02:43	01:56:52
Age 42	Pace Cum	12:33	12:32	12:21	12:38	12:56	13:07	13:17	13:18	13:33	13:40	13:56	14:13	15:16	15:41	16:17	16:32
Group M40-49	Pace Delta	12:33	12:30	12:01	13:35	14:03	14:09	14:10	13:28	15:19	14:54	16:19	17:38	26:46	21:53	23:51	20:41
Overall-Group	Position	184-43	175-43	152-39	153-40	153-41	150-41	144-41	135-38	114-32	110-32	100-29	98-29	98-28	101-28	101-27	105-28
<u>White,</u>	Time of Day	0:07:23	0:08:33	0:09:55	0:11:07	0:12:43	0:14:17	0:17:46	0:19:44								
<u>Angela A (NC)</u>	Time Cum	01:23	02:33	03:55	05:07	06:43	08:17	11:46	13:44								
281	Time Delta	01:23	01:10	01:21	01:12	01:35	01:34	03:28	01:58								
Age 49	Pace Cum	12:07	12:17	12:09	12:17	12:39	13:16	15:55	16:29								
Group F40-49	Pace Delta	12:07	12:28	11:54	12:47	13:59	16:44	30:26	20:57								
Overall-Group	Position	165-15	160-15	137-14	132-14	140-16	156-16	232-27	235-29								

2011 Umstead 50/100 Mile Endurance Run -- 04/02/2011

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>Wilkins</u>	Time of Day	0:07:28	0:08:34	0:09:56	0:11:11	0:12:45	0:14:06	0:15:38	0:17:04	0:19:19	0:21:04						
<u>Lauren (NC)</u>	Time Cum	01:28	02:34	03:56	05:11	06:45	08:06	09:38	11:04	13:19	15:04						
282	Time Delta	01:28	01:06	01:21	01:15	01:33	01:21	01:31	01:26	02:14	01:45						
Age 30	Pace Cum	12:51	12:23	12:12	12:28	12:43	12:59	13:02	13:17	14:03	14:28						
Group F30-39	Pace Delta	12:51	11:49	11:52	13:24	13:37	14:29	13:19	15:15	19:41	18:37						
Overall-Group	Position	200-17	170-16	141-10	146-12	143-11	142-11	132-11	133-12	130-13	132-13						
Wilson, Hugh (MD)	Time of Day	0:07:22	0:08:32	0:10:02	0:11:18	0:13:14	0:14:47	0:16:38	0:18:25								
283	Time Cum	01:22	02:32	04:02	05:18	07:14	08:47	10:38	12:25								
Age 53	Time Delta	01:22	01:10	01:29	01:16	01:55	01:33	01:50	01:47								
Group M50-59	Pace Cum	11:58	12:10	12:30	12:45	13:38	14:04	14:23	14:55								
Overall-Group	Pace Delta	11:58	12:24	13:08	13:36	16:49	16:32	16:09	19:04								
Overall-Group	Position	155-32	149-29	164-29	158-28	179-32	183-33	182-32	194-35								
<u>Wolf</u>	Time of Day	0:07:32	0:08:28	0:10:07	0:11:19	0:12:50	0:14:07	0:15:38	0:17:02	0:18:38	0:19:50	0:21:32	0:22:55	1:01:03	1:02:46	1:05:32	1:07:36:08
<u>Kathy (OH)</u>	Time Cum	01:32	02:28	04:07	05:19	06:50	08:07	09:38	11:02	12:38	13:50	15:32	16:55	19:03	20:46	23:32	25:36:08
284	Time Delta	01:32	00:56	01:39	01:12	01:30	01:17	01:30	01:24	01:35	01:12	01:41	01:23	02:07	01:43	02:45	02:04:08
Age 37	Pace Cum	13:26	11:50	12:46	12:47	12:52	12:59	13:02	13:15	13:20	13:18	13:26	13:32	13:58	14:15	14:58	15:22
Group F30-39	Pace Delta	13:26	09:55	14:27	12:49	13:13	13:38	13:17	14:55	13:59	12:53	14:46	14:45	18:38	18:17	24:11	21:58
Overall-Group	Position	215-19	123-8	176-18	162-15	149-12	143-12	132-11	130-10	109-9	101-8	89-8	82-6	79-7	76-7	80-8	81-7
<u>Wright</u>	Time of Day	0:07:10	0:08:12	0:09:23	0:10:27	0:11:42	0:12:49	0:14:14	0:15:30	0:17:08	0:18:28	0:20:19	0:22:17				
<u>Wendy (NC)</u>	Time Cum	01:10	02:12	03:23	04:27	05:42	06:49	08:14	09:30	11:08	12:28	14:19	16:17				
15	Time Delta	01:10	01:02	01:10	01:04	01:14	01:07	01:24	01:16	01:37	01:20	01:50	01:58				
Age 41	Pace Cum	10:13	10:37	10:29	10:42	10:44	10:55	11:08	11:24	11:45	11:59	12:23	13:02				
Group F40-49	Pace Delta	10:13	11:06	10:16	11:24	10:54	11:56	12:21	13:28	14:18	14:17	16:06	20:57				
Overall-Group	Position	62-6	65-5	62-4	63-4	56-4	56-4	52-4	53-4	48-2	49-2	50-3	67-5				
<u>Yanek</u>	Time of Day	0:07:08	0:08:06	0:09:18	0:10:26	0:11:44	0:12:57	0:14:14	0:15:25	0:16:47	0:18:04	0:19:32	0:20:59	0:22:36	1:00:07	1:02:06	1:04:35:40
<u>Cheryl (NY)</u>	Time Cum	01:08	02:06	03:18	04:26	05:44	06:57	08:14	09:25	10:47	12:04	13:32	14:59	16:36	18:07	20:06	22:35:40
285	Time Delta	01:08	00:58	01:11	01:08	01:17	01:13	01:16	01:11	01:21	01:17	01:27	01:36	01:36	01:31	01:58	02:29:40
Age 31	Pace Cum	09:56	10:08	10:14	10:40	10:48	11:07	11:08	11:19	11:23	11:36	11:43	12:00	12:10	12:26	12:47	13:33
Group F30-39	Pace Delta	09:56	10:23	10:25	12:08	11:18	12:56	11:14	12:39	11:54	13:46	12:44	15:32	14:03	16:13	17:17	26:29
Overall-Group	Position	47-3	50-3	49-3	62-4	58-4	60-4	52-4	50-3	41-3	41-3	36-3	41-4	39-3	37-3	39-3	46-4
<u>Yanello</u>	Time of Day	0:07:28	0:08:46	0:10:31	0:12:00	0:13:57	0:15:31	0:17:40	0:19:38	0:21:41	0:23:43	1:02:39					
<u>Haley (NC)</u>	Time Cum	01:28	02:46	04:31	06:00	07:57	09:31	11:40	13:38	15:41	17:43	20:39					
286	Time Delta	01:28	01:18	01:44	01:29	01:56	01:34	02:08	01:58	02:02	02:02	02:55					
Age 29	Pace Cum	12:51	13:21	14:00	14:24	14:59	15:14	15:47	16:23	16:33	17:01	17:52					
Group F20-29	Pace Delta	12:51	13:58	15:12	15:46	17:04	16:44	18:45	21:01	17:51	21:36	25:41					
Overall-Group	Position	200-6	203-6	218-6	228-7	233-6	235-6	229-6	232-7	183-6	181-5	163-4					