

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
Dennis, John (PA)	1 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
	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	08:28	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
Arbona, Serge (MD)	2 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
	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
Redpath, Glen (NY)	3 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
	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
Smithberger, Jay (OH)	4 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
	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
Ayers Jr, Bob (VT)	5 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
	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
Shellhamer, Troy (KY)	6 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
	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
Banas, Vladimir (NC)	7 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
	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

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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	
Peterson, Garth (GA)	8	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
		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
Bedard, Dan (NC)	9	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	10-3	9-3	9-3	9-3	9-3	9-3	9-3	9-3
Fisher, Chris (CO)	10	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
		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>O'Hear</u> <u>Carol (MA)</u>	11	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
Coury, Jamil (AZ)	12	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
		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
	11	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
Age 26		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
Group M20-29		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
Overall-Group		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
Peek, Tyler (NC)	13	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
		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
Jorgensen, Will (TN)	14	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

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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	
Overbaugh, Jason (GA)	15	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
Henderson, Timothy (NY)	16	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
Kumeda, Andy (CA)	17	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
		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
	168	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
	Age 43	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
	Group M40-49	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
	Overall-Group	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
Ramsay, John (TN)	18	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
Carver, Dave Ernest (ON)	19	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
Goldring, Peter (ENG)	20	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
		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
	123	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
	Age 26	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
	Group M20-29	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
	Overall-Group	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
Price, Shannon (VA)	21	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
	222	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	
Burns, William (NC)	22	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
		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
Blackford, Darris (OH)	23	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, Starshine (OH)</u>	24	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
Portera, Anthony (NY)	25	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
	26	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
Coury, Nick (AZ)	26	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
		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
	12	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
Age	23	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
Group	M20-29	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
Overall-Group		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
French, Rob (NC)	27	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
		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
<u>Ginsburg, Jeri (CA)</u>	28	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
		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
	120	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
Age	52	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
Group	F50-59	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
Overall-Group		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

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
Gelber, Eric (NY) 117 Age 44 Group M40-49 Overall-Group	29 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
	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
	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
	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
	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
Schlereth, Joe (NC) 17 Age 61 Group M60-69 Overall-Group	30 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
	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
	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
	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
	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
Hall, Alex (VA) 134 Age 30 Group M30-39 Overall-Group	31 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
	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
	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
	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
	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
Pastore, Mike (SC) 47 Age 55 Group M50-59 Overall-Group	32 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
	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
	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
	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
	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
	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
<u>McCurdy,</u> <u>Beth (GA)</u> 189 Age 41 Group F40-49 Overall-Group	33 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
	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
	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
	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
	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
<u>Leftwich,</u> <u>Debbie (AZ)</u> 173 Age 57 Group F50-59 Overall-Group	34 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
	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
	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
	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
	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
Randolph, Chad (NC) 224 Age 45 Group M40-49 Overall-Group	35 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
	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
	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
	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
	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

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	
Eitrheim, Dave (WI)	36	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
		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
Pieron, Stephen M (NC)	37	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
		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
<u>Fromm, Anita Marie (CO)</u>	38	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
		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
Patton, Michael (OH)	39	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
		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
<u>Lemke, Terri (OH)</u>	40	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
Banks, Darryl (NC)	41	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
Hall, Larry G (IL)	42	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

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>Holden</u>	43	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
<u>Smythe, Matt (VA)</u>	44	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
248		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
Age 30		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
Group M30-39		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
Overall-Group		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
		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>Szoch, Chris (VA)</u>	45	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
257		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
Age 27		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
Group M20-29		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
Overall-Group		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
		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
<u>Yanek, Cheryl (NY)</u>	46	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
285		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
Age 31		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	01:31	01:58	02:29:40	
Group F30-39		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
Overall-Group		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
		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>McGonnell, Jeff (NC)</u>	47	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
190		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
Age 50		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
Group M50-59		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
Overall-Group		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
<u>Stocker, Emmy (CT)</u>	48	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
255		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
Age 52		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
Group F50-59		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
Overall-Group		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
		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
<u>Arnold, Lisa (NC)</u>	49	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
53		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
Age 41		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
Group F40-49		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
Overall-Group		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
		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

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	
Murray, Jay (NC)	50	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
Prescott, Walt (GA)	51	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
	220	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
Tartick, Karen (NC)	52	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
		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
Dummar, Fred (NC)	53	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
		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
Corbett, Catra (CA)	54	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
		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
	85	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
Age	46	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
Group	F40-49	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
Overall-Group		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
Mathison, Charles (GA)	55	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
Lowery, Chris (GA)	56	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

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
Hodell, JR, Thomas (GA) 147	57	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
		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
Farneski, Ronald V (NJ) 108	58	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
		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
		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
Pifer, Ryan James (NC) 216	59	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
		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
		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
Idlibi, Mohammed (NC) 154	60	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
		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
Glazner, Allen (NC) 122	61	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
		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
		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
	Age 56	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
	Group M50-59	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
	Overall-Group	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
Talbott, Shawn (UT) 259	62	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
		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
		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
Henderson, Chad (SC) 142	63	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
		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

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>Simpson-Hall</u> , 64	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
<u>Beth (IL)</u>	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
Smith, 65	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
Mike (IN)	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
Drost, 66	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
Kepple, 67	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
Rich (NC)	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
<u>Pasquale</u> , 68	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
Martula, 69	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
David (MA)	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
Roche, 70	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
Joe (OH)	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

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	
Powers, John (TX)	71	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
	218	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>Aurilio, Antonia (VA)</u>	72	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
		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
Gray, Rick (TN)	73	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
<u>Tao, Ying C (MA)</u>	74	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
		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
Spencer, JR, Jack (NV)	75	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
<u>Aistars, Juli (IL)</u>	76	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
		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
Saxon, Randy (MS)	77	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
		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
	236	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
Age	50	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
Group	M50-59	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
Overall-Group		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

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	
Munoz, Ric (CA) 197	78	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
		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
		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
		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
		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
Lieb, Daniel (NC) 177	79	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
		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
		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
		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
		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
<u>Shelton, Debbie (IN)</u> 241	80	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
		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
		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
		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
		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>Wolf, Kathy (OH)</u> 284	81	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
		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
		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
		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
		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
		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>Massie, Tammy (MD)</u> 44	82	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
		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
		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
		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
		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
Murolo, Fred (CT) 46	83	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
		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
		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
		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
		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
Vaughan, Doug (IN) 27	84	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
		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
		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
		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
		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
		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

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
Grochowski, 85	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
Chris (NC)	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
McKnight, 86	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
Richard (AZ)	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
192	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
Age 42	Pace Cum	12:33	12:15	12:06	12:07	12:20	12:25	12:36	12:46	13:04	13:12	13:12	13:29	13:56	14:45	15:35	15:35
Group M40-49	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
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	86-24
<u>Grant,</u> 87	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
<u>Susan (NJ)</u>	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
126	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
Age 44	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
Group F40-49	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
Overall-Group	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
Sondermann, 88	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
John W (VA)	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
<u>Warriner,</u> 89	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	01:41	01:28	01:46	01:29	02:06	01:49	02:33	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
Davis, III, 90	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
Frederick F (OH)	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
<u>Melton,</u> 91	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
<u>Sandra K (FL)</u>	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
193	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
Age 55	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
Group F50-59	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
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	91-7

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
Curran, 92	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
Finian (NC)	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
<u>Hansen, 93</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
<u>Rebecca L (FL)</u>	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
Sullivan, 94	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
Marsh, 95	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	
John C (MD)	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	
<u>Shipley, 96</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
<u>Callie (NC)</u>	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	01:41	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
Armstrong, 97	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
Jon (NC)	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
Gentry, 98	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
Bill (VA)	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

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
Krolewicz, Ray (SC)	99	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
		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
	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
Age	56	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
Group	M50-59	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
Overall-Group		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
Reitzig, Jim (NY)	100	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
<u>Demoney,</u> <u>Ellen (CO)</u>	101	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
<u>Nguyen,</u> <u>Yen (TX)</u>	102	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
Calabria, Robert D (NC)	103	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
Weiss, Tim (NC)	104	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
		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, Charles (NC)	105	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
		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

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
Harrison, James (VA)	106	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
Tanksley, Bruce (TN)	107	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
		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
Triumph, Thomas (FL)	108	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
		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
Pieron, Dan (NC)	109	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	
		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	
<u>Scott, Sharon (VA)</u>	110	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
		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
	239	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
	Age 50	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
	Group F50-59	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
	Overall-Group	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
Murphy, James (NC)	111	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>Hale, Leslie (TX)</u>	112	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
Swendsen, 113	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
Wargo, 114	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
Grinde, 115	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
Ingrid E (VA)	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
Stinson, 116	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
Jenny (ID)	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
Filipowski, 116	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
Joan (IN)	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
Keller, 118	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
Mike (OH)	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
Glassberg, 119	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
Abby (MD)	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
121	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
Age 51	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
Group F50-59	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
Overall-Group	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

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
Gargiulo, JR, 120	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
Edward J (CT)	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
Vaessin, 121	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
<u>Shepherd,</u> 122	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
<u>Stephanie (NC)</u>	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>Notes,</u> 123	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
<u>Holly (ID)</u>	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
<u>Snyder,</u> 123	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
<u>Mary (ID)</u>	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
Ray, 125	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
Ashby (NC)	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
Lefferts, 126	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
Peter C (FL)	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

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
Clausen, Chris D (NY) 81 Age 52 Group M50-59 Overall-Group	127	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
		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
		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
		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
	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	
Morton, Alex (NC) 45 Age 61 Group M60-69 Overall-Group	128	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
		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
		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
		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
	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>Mason,</u> <u>Louise (IL)</u> 43 Age 58 Group F50-59 Overall-Group	129	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
		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
		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
		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
	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	
Marsh, Ed (NC) 182 Age 64 Group M60-69 Overall-Group	130	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
		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
		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
		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
	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	
Gerowitz, Mat (NY) 119 Age 35 Group M30-39 Overall-Group	131	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
		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
		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
		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
	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	
Kitchen, Jim (NC) 164 Age 46 Group M40-49 Overall-Group	132	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
		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
		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
		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
	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	
<u>Rozanski,</u> <u>Susan (IL)</u> 10 Age 57 Group F50-59 Overall-Group	133	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
		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
		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
		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
	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	

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
McGruder, 134	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
James T (KY)	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
191	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
Age 62	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
Group M60-69	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
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	134-6
<u>Brokaw, 135</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	1:11:17:24
<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>Kramer, 136</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
<u>Karen E (OH)</u>	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
167	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
Age 52	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
Group F50-59	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
Overall-Group	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
<u>Murphy, 137</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
<u>Meredith (PA)</u>	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
<u>Dicus, 138</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
<u>Valdez, 138</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>O'Brien, 140</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
<u>Wendy (FL)</u>	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

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>Milne</u>	141	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
<u>Cheri (SC)</u>		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
	100	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
Age	40	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
Group	F40-49	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
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	141-11
<u>Clinard</u>	142	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
<u>Valerie (NC)</u>		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
	82	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
Age	35	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
Group	F30-39	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
Overall-Group		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>Sergeant</u>	143	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
<u>Kimberley A (TX)</u>		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
	240	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
Age	52	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
Group	F50-59	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
Overall-Group		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
McCaslin, Jeff (VA)	144	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		
Kinoshita, Hideki (NY)	145	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		
Gerdy, Greg (NJ)	146	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		
<u>Brower</u>	147	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			

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>Schimmel,</u>	148	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			
<u>Amy (NC)</u>		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			
237		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			
Age 34		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			
Group F30-39		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			
Overall-Group		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			
Petersen,	149	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			
Huss,	150	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				
David (OH)		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				
Bright,	151	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>Wright,</u>	152	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				
Ng,	153	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				
Hung-Kwong (FL)		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				
Sackaroff,	154	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				
Jeff (NC)		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				

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
Howell, David G (NC)	155	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				
Bisnette, Dennis (MS)	156	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				
<u>Coker,</u> <u>Jennifer (GA)</u>	157	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				
		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				
	83	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				
Age 36		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				
Group F30-39		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				
Overall-Group		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>Bowden-Miller</u> <u>Julie (OH)</u>	158	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				
		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				
Larsen, Jim (FL)	159	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				
		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				
	170	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				
Age 42		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				
Group M40-49		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				
Overall-Group		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				
Ring, Robert R (VA)	160	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				
Wei, Jim (NC)	161	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				
		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				

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>Foerster,</u>	162	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>Cook,</u>	163	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			
<u>Ethel (PA)</u>		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			
84		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			
Age 46		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			
Group F40-49		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			
Overall-Group		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			
House,	164	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				
David (FL)		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				
<u>Harvey,</u>	165	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				
<u>Linda (MA)</u>		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				
<u>Yanello,</u>	166	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				
Lawler,	167	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					
Jon R (TN)		Time Cum	00:50	01:32	02:22	03:16	03:53	04:35	05:26	06:11	07:08	07:59					
25		Time Delta	00:50	00:42	00:49	00:54	00:36	00:42	00:50	00:45	00:56	00:51					
Age 47		Pace Cum	07:18	07:23	07:20	07:51	07:19	07:21	07:21	07:26	07:32	07:41					
Group M40-49		Pace Delta	07:18	07:28	07:16	09:34	05:23	07:29	07:24	08:04	08:14	09:12					
Overall-Group		Position	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1					
Schwab,	168	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					
Steve (FL)		Time Cum	01:03	01:58	03:03	04:00	05:12	06:17	07:44	09:04	10:52	12:30					
238		Time Delta	01:03	00:55	01:04	00:57	01:11	01:05	01:26	01:20	01:47	01:38					
Age 44		Pace Cum	09:12	09:28	09:27	09:38	09:48	10:05	10:28	10:53	11:28	12:01					
Group M40-49		Pace Delta	09:12	09:48	09:26	10:14	10:24	11:41	12:33	14:11	15:45	17:28					
Overall-Group		Position	27-11	28-10	28-10	29-10	29-11	29-10	32-12	41-18	42-15	51-16					

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
Sampson, 169	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						
Shane T (OH)	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						
<u>Hayter,</u> 170	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						
<u>Curcio,</u> 171	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						
<u>Margaret A (GA)</u>	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						
Maguire, 172	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						
Frank (NC)	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						
Cotuna, 173	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						
Theo (NC)	Time Cum	01:23	02:34	03:59	05:08	06:44	08:03	09:48	11:10	13:02	14:30						
86	Time Delta	01:23	01:11	01:24	01:09	01:35	01:19	01:44	01:22	01:51	01:28						
Age 47	Pace Cum	12:07	12:22	12:21	12:20	12:41	12:54	13:15	13:25	13:45	13:56						
Group M40-49	Pace Delta	12:07	12:41	12:19	12:15	13:59	14:08	15:12	14:41	16:13	15:44						
Overall-Group	Position	165-38	169-41	152-39	134-37	142-38	137-39	143-40	144-40	122-34	115-33						
<u>Wilkins,</u> 174	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						
<u>Prescott,</u> 175	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						
<u>Kendel (GA)</u>	Time Cum	01:26	02:42	04:08	05:23	06:53	08:14	09:55	11:30	13:25	15:05						
219	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						

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
Lilly, Stephen (NC)	176	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					
<u>Paraska,</u> <u>Susan (GA)</u>	177	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					
		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					
Grace, Steve (NC)	178	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					
		Time Cum	01:13	02:24	03:46	05:00	06:29	07:48	09:36	11:28	13:35	16:38					
	124	Time Delta	01:13	01:11	01:22	01:14	01:28	01:19	01:47	01:52	02:06	03:03					
Age 35		Pace Cum	10:39	11:31	11:41	12:02	12:13	12:30	12:59	13:46	14:20	15:59					
Group M30-39		Pace Delta	10:39	12:34	11:58	13:16	12:51	14:06	15:40	19:55	18:27	32:29					
Overall-Group		Position	80-15	114-23	112-22	121-22	120-22	125-22	130-21	154-27	136-23	168-25					
Butler, Jeffrey (NY)	179	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)	180	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					
<u>Richard,</u> <u>Denise (AL)</u>	181	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					
	194	Time Delta	01:32	01:23	01:37	01:27	01:51	01:34	02:02	01:47	02:05	01:57					
Age 44		Pace Cum	13:26	14:02	14:07	14:26	14:49	15:06	15:32	15:56	16:13	16:38					
Group F40-49		Pace Delta	13:26	14:47	14:14	15:32	16:15	16:43	17:53	19:01	18:20	20:45					
Overall-Group		Position	215-28	220-25	222-29	229-30	231-30	232-29	226-26	227-26	178-15	177-14					
Herbst, Tom (NC)	182	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					

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>Jensen</u>	183	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						
<u>Jennifer L (TN)</u>		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						
<u>Bays</u>	184	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						
<u>Donna (TN)</u>		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						
Rozanski, III, John J (IL)	185	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						
Lilley, Frank (NC)	186	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						
<u>Smith, Betty H (MD)</u>	187	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						
Harvey, David (MA)	188	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>Tiu, Kat (NC)</u>	189	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							
		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							

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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>Foy</u>	190	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								
Sechler, BD (NC)	191	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							
		Time Cum	01:09	02:05	03:11	04:09	05:18	06:20	07:39	08:45							
39		Time Delta	01:09	00:56	01:05	00:58	01:08	01:02	01:18	01:06							
Age 48		Pace Cum	10:04	10:04	09:52	09:59	09:59	10:09	10:21	10:31							
Group M40-49		Pace Delta	10:04	10:03	09:31	10:24	09:58	11:02	11:29	11:51							
Overall-Group		Position	52-16	46-14	40-14	38-14	35-14	33-12	29-10	29-10							
Talbert, Dan (NC)	192	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							
		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							
Bell, Ken (NC)	193	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							
Krajewski, Kevin (CO)	194	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							
		Time Cum	01:07	02:04	03:10	04:14	05:33	06:40	07:52	08:52							
166		Time Delta	01:07	00:57	01:05	01:04	01:18	01:07	01:11	01:00							
Age 38		Pace Cum	09:47	09:55	09:49	10:10	10:27	10:41	10:39	10:39							
Group M30-39		Pace Delta	09:47	10:06	09:38	11:22	11:30	11:58	10:26	10:40							
Overall-Group		Position	43-12	41-11	39-11	40-11	43-11	45-11	35-9	32-9							
Galope, Joe (AZ)	195	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							
<u>Lafontaine, Jackie (GA)</u>	196	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							
		Time Cum	01:07	02:02	03:08	04:10	05:27	06:37	08:00	09:16							
169		Time Delta	01:07	00:55	01:05	01:02	01:16	01:10	01:22	01:16							
Age 41		Pace Cum	09:47	09:50	09:43	10:01	10:16	10:35	10:49	11:08							
Group F40-49		Pace Delta	09:47	09:54	09:30	11:03	11:11	12:25	12:05	13:38							
Overall-Group		Position	43-2	39-2	37-2	39-2	38-2	39-2	46-3	46-3							

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
Perhac, Stephen (VT)	197	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							
214		Time Cum	01:10	02:10	03:23	04:25	05:48	06:53	08:18	09:25							
		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							
<u>Ambruso,</u> <u>Frances (CT)</u>	198	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							
89		Time Cum	01:10	02:12	03:21	04:24	05:36	06:45	08:08	09:41							
		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	12:21	12:00	16:30							
Overall-Group		Position	62-4	64-4	55-4	53-3	47-3	54-3	50-3	57-4							
Watkins, Jeffrey (SC)	199	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							
277		Time Cum	01:13	02:13	03:32	04:39	06:07	07:14	08:34	09:41							
		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							
Layne, Paul (NC)	199	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							
171		Time Cum	01:13	02:13	03:32	04:39	06:07	07:14	08:34	09:41							
		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							
Dukes, Bryant (NC)	201	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							
37		Time Cum	01:16	02:23	03:44	04:55	06:14	07:17	08:33	09:42							
		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							
<u>Ebright,</u> <u>Erika (MD)</u>	202	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							
98		Time Cum	01:08	02:07	03:19	04:24	05:51	07:04	08:32	09:46							
		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							
<u>Lee,</u> <u>Kathy (NC)</u>	203	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							
172		Time Cum	01:09	02:12	03:29	04:36	06:00	07:12	08:40	09:55							
		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							

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>Thompson,</u>	204	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>Presson,</u>	205	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							
<u>Jesse (SC)</u>		Time Cum	01:15	02:17	03:30	04:33	05:49	07:06	08:45	10:26							
221		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							
<u>Varney,</u>	206	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							
<u>Kevin (TN)</u>		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							
<u>Christine,</u>	207	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							
<u>Sandra (NC)</u>		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							
<u>Pasquale,</u>	208	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							
<u>McCaslin,</u>	209	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							
<u>Mark (MI)</u>		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>Howard,</u>	210	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							
<u>Bill (MA)</u>		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							

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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
Plant, James (NC)	211	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							
	217	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							
Nictakis, Bill (NC)	212	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>Percy,</u> <u>Maureen (NC)</u>	213	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							
		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							
King, David (NC)	214	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							
Cox, Lee (NC)	215	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>Belilgne,</u> <u>Admas K (NY)</u>	216	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							
Rizk, Sam (NC)	217	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							

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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
Peeks, Aaron (NC)	218	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							
		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							
<u>Haber, Melanie (NH)</u>	219	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							
Tursi, Steven (NY)	220	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							
		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							
<u>Carr, Danette (NC)</u>	221	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							
Wilson, Hugh (MD)	222	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							
		Time Cum	01:22	02:32	04:02	05:18	07:14	08:47	10:38	12:25							
	283	Time Delta	01:22	01:10	01:29	01:16	01:55	01:33	01:50	01:47							
Age 53		Pace Cum	11:58	12:10	12:30	12:45	13:38	14:04	14:23	14:55							
Group M50-59		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							
Ambruso, Seth (CT)	223	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							
Velazco, Andy (GA)	224	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							
		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							

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
Dorsey, Rico L (GA)	225	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							
		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							
<u>Lewis,</u> <u>Marie (NC)</u>	226	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							
Green, Thomas (MD)	227	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							
Keene, Allen (NC)	228	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							
<u>Hynek,</u> <u>Beth (NC)</u>	229	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							
Hansley, William (NC)	230	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							
<u>Evans,</u> <u>Rosemary (KY)</u>	231	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							
		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							

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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
Bennett, Peter (TX)	232	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							
64		Time Cum	01:39	03:16	04:51	06:16	08:04	09:40	11:25	13:01							
		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							
Morgan, Paul (FL)	233	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							
196		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							
Age 69		Pace Cum	14:27	15:41	14:50	15:02	15:12	15:26	15:39	15:53							
Group M60-69		Pace Delta	14:27	17:11	13:16	15:45	15:46	16:48	16:48	17:40							
Overall-Group		Position	240-15	241-12	239-14	239-13	238-13	236-13	228-13	225-13							
Haigh, Chris (TX)	234	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							
132		Time Cum	01:24	02:43	04:15	05:42	07:42	09:21	11:28	13:15							
		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							
Sacco, Steven (NY)	235	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							
232		Time Cum	01:29	02:55	04:28	05:51	07:36	09:20	11:25	13:20							
		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							
<u>Banks,</u> <u>Linda (NC)</u>	236	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							
59		Time Cum	01:28	02:46	04:22	05:48	07:39	09:16	11:46	13:42							
		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							
Rodarte, Matthew (NC)	237	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							
230		Time Cum	01:21	02:33	04:04	05:19	06:57	08:49	11:55	13:43							
		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							
<u>White,</u> <u>Angela A (NC)</u>	238	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							
281		Time Cum	01:23	02:33	03:55	05:07	06:43	08:17	11:46	13:44							
		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							

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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
Stansbury, 239	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								
Joey (NC)	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								
O'Connor, 240	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								
Rory (SC)	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>Valentine,</u> 241	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								
<u>Leland,</u> 242	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								
<u>June (FL)</u>	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								
Brown, 243	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								
Demoney, 244	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								
Ed (VA)	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								
Velasco, 245	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								

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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
Jones, Louis (VA)	246	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							
157		Time Cum	01:43	03:17	05:17	07:05	09:23	11:19	13:57	16:07							
		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	244-17	245-17								
Granger, Christopher R	247	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									
		Time Delta	00:56	00:49	00:57	00:55	01:16	01:01									
Age 37		Pace Cum	08:11	08:27	08:25	08:44	09:16	09:31									
Group M30-39		Pace Delta	08:11	08:46	08:23	09:48	11:12	10:54									
Overall-Group		Position	12-3	14-4	12-4	15-4	19-6	19-6									
Bates, Wayne (NY)	248	Time of Day	0:07:17	0:08:22	0:09:46	0:11:00	0:12:38	0:14:05									
60		Time Cum	01:17	02:22	03:46	05:00	06:38	08:05									
		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>Ascari, Marge (NJ)</u>	249	Time of Day	0:07:11	0:08:15	0:09:30	0:10:36	0:12:16	0:14:31									
54		Time Cum	01:11	02:15	03:30	04:36	06:16	08:31									
		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									
Brewington, David (FL)	250	Time of Day	0:07:56	0:09:36	0:12:11	0:14:17	0:17:01	0:19:33									
69		Time Cum	01:56	03:36	06:11	08:17	11:01	13:33									
		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									
<u>Wargo, Victoria (PA)</u>	251	Time of Day	0:07:48	0:09:30	0:11:26	0:13:09											
275		Time Cum	01:48	03:30	05:26	07:09											
		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											