

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

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
Aistars,	Time of Day	0:07:17	0:08:20	0:09:43	0:11:02	0:12:38	0:14:07	0:15:47	0:17:12	0:19:07	0:20:35	0:22:56	1:01:07	1:03:46	1:06:10	1:08:17	1:09:44:20
Juli (IL)	Time Cum	01:17	02:20	03:43	05:02	06:38	08:07	09:47	11:12	13:07	14:35	16:56	19:07	21:46	24:10	26:17	27:44:20
50	Time Delta	01:17	01:03	01:22	01:19	01:35	01:29	01:39	01:25	01:54	01:28	02:20	02:11	02:38	02:24	02:06	01:27:20
Age 53	Pace Cum	11:14	11:15	11:31	12:07	12:30	13:00	13:14	13:27	13:51	14:01	14:39	15:18	15:57	16:34	16:43	16:39
Group F50-59	Pace Delta	11:14	11:16	12:01	14:08	13:53	15:52	14:31	15:05	16:45	15:40	20:30	23:17	23:08	25:32	18:30	15:27
Overall-Group	Position	105-4	94-3	107-5	127-6	130-6	141-7	134-7	134-7	117-8	121-7	121-8	122-8	117-7	125-7	115-7	110-6
Akers,	Time of Day	0:07:13	0:08:16	0:09:34	0:10:46	0:12:15	0:13:32	0:15:02	0:16:12	0:17:41	0:19:03	0:20:49	0:22:12	1:00:00	1:01:26	1:03:24	1:05:12:12
Charles (NC)	Time Cum	01:13	02:16	03:34	04:46	06:15	07:32	09:02	10:12	11:41	13:03	14:49	16:12	18:00	19:26	21:24	23:12:12
51	Time Delta	01:13	01:03	01:17	01:12	01:28	01:17	01:29	01:10	01:28	01:22	01:45	01:23	01:47	01:26	01:57	01:48:12
Age 32	Pace Cum	10:39	10:55	11:04	11:27	11:46	12:04	12:13	12:15	12:20	12:32	12:49	12:58	13:12	13:20	13:37	13:55
Group M30-39	Pace Delta	10:39	11:13	11:20	12:47	12:58	13:41	13:06	12:27	12:57	14:32	15:28	14:48	15:40	15:15	17:13	19:09
Overall-Group	Position	75-17	74-17	74-17	84-19	91-22	93-22	88-21	80-19	63-16	65-17	61-16	59-16	52-14	46-13	46-13	47-14
Allen,	Time of Day	0:06:54	0:07:39	0:08:32	0:09:17	0:10:11	0:11:04	0:12:05	0:13:03	0:14:08	0:15:07	0:16:15	0:17:16	0:18:21	0:19:18	0:20:22	0:21:19:53
Jonathan (SC)	Time Cum	00:54	01:39	02:32	03:17	04:11	05:04	06:05	07:03	08:08	09:07	10:15	11:16	12:21	13:18	14:22	15:19:53
52	Time Delta	00:54	00:45	00:52	00:45	00:53	00:53	01:00	00:58	01:04	00:59	01:07	01:01	01:04	00:57	01:03	00:57:53
Age 33	Pace Cum	07:53	07:58	07:51	07:54	07:53	08:07	08:14	08:29	08:35	08:46	08:52	09:01	09:03	09:07	09:08	09:12
Group M30-39	Pace Delta	07:53	08:05	07:39	08:01	07:50	09:26	08:52	10:24	09:23	10:35	09:49	10:50	09:28	10:06	09:20	10:15
Overall-Group	Position	5-3	5-3	5-3	5-2	4-2	5-2	6-3	7-4	7-4	7-4	5-2	5-2	5-2	4-2	4-2	4-2
Allen,	Time of Day	0:07:09	0:08:07	0:09:19	0:10:21	0:11:41	0:12:52	0:14:21	0:15:32	0:17:06	0:18:31	0:20:16	0:21:44	0:23:42	1:01:49	1:05:14	1:07:21:01
Susan (GA)	Time Cum	01:09	02:07	03:19	04:21	05:41	06:52	08:21	09:32	11:06	12:31	14:16	15:44	17:42	19:49	23:14	25:21:01
54	Time Delta	01:09	00:58	01:11	01:02	01:19	01:11	01:28	01:11	01:33	01:25	01:44	01:28	01:57	02:07	03:24	02:07:01
Age 41	Pace Cum	10:04	10:11	10:17	10:28	10:42	10:59	11:18	11:27	11:43	12:01	12:21	12:36	12:58	13:35	14:46	15:13
Group F40-49	Pace Delta	10:04	10:18	10:29	11:05	11:35	12:34	12:59	12:41	13:38	15:04	15:19	15:44	17:06	22:30	29:54	22:29
Overall-Group	Position	47-6	43-4	48-5	45-5	44-5	46-5	46-5	45-5	37-5	44-5	45-5	46-5	46-5	55-5	79-8	80-8
Ambrose,	Time of Day	0:06:57	0:07:45	0:08:45	0:09:38	0:10:55	0:11:58	0:13:18	0:14:30	0:16:08	0:17:27	0:19:11	0:20:39	0:22:25	0:23:58	1:01:58	1:03:37:10
Michael (NJ)	Time Cum	00:57	01:45	02:45	03:38	04:55	05:58	07:18	08:30	10:08	11:27	13:11	14:39	16:25	17:58	19:58	21:37:10
55	Time Delta	00:57	00:48	00:59	00:53	01:16	01:03	01:19	01:12	01:37	01:19	01:43	01:28	01:45	01:33	01:59	01:39:10
Age 24	Pace Cum	08:19	08:26	08:32	08:43	09:16	09:34	09:53	10:13	10:42	11:00	11:24	11:43	12:02	12:20	12:42	12:58
Group M20-29	Pace Delta	08:19	08:34	08:42	09:24	11:14	11:16	11:35	12:51	14:13	14:06	15:05	15:36	15:27	16:35	17:25	17:33
Overall-Group	Position	9-2	12-2	13-2	14-2	17-2	17-2	17-2	19-3	22-3	26-3	26-3	28-3	29-3	27-3	28-2	29-2
Ambruso,	Time of Day	0:07:22	0:08:34	0:09:54	0:11:10	0:12:35	0:13:51	0:15:19	0:16:46	0:18:21	0:19:42	0:21:20	0:22:52	1:00:41	1:02:39	1:04:49	1:06:38:19
Frances (CT)	Time Cum	01:22	02:34	03:54	05:10	06:35	07:51	09:19	10:46	12:21	13:42	15:20	16:52	18:41	20:39	22:49	24:38:19
109	Time Delta	01:22	01:12	01:19	01:16	01:24	01:16	01:27	01:27	01:34	01:21	01:37	01:32	01:48	01:58	02:09	01:49:19
Age 33	Pace Cum	11:58	12:21	12:06	12:24	12:24	12:35	12:36	12:56	13:02	13:09	13:16	13:30	13:42	14:10	14:31	14:47
Group F30-39	Pace Delta	11:58	12:49	11:37	13:28	12:24	13:35	12:44	15:28	13:49	14:21	14:17	16:27	15:47	20:54	18:58	19:21
Overall-Group	Position	148-13	158-16	138-13	140-12	124-9	121-9	105-8	107-8	90-5	89-6	77-6	77-6	67-7	72-7	72-8	73-8
Anderson,	Time of Day	0:07:15	0:08:16	0:09:31	0:10:39	0:12:01	0:13:15	0:14:42	0:16:02	0:17:38	0:19:08	0:20:59	0:22:54	1:00:55	1:03:02	1:05:44	1:07:52:52
Joey (NC)	Time Cum	01:15	02:16	03:31	04:39	06:01	07:15	08:42	10:02	11:38	13:08	14:59	16:54	18:55	21:02	23:44	25:52:52
57	Time Delta	01:15	01:01	01:14	01:08	01:21	01:14	01:26	01:20	01:35	01:30	01:50	01:55	02:00	02:07	02:41	02:08:52
Age 56	Pace Cum	10:57	10:56	10:54	11:10	11:20	11:37	11:46	12:03	12:17	12:37	12:58	13:32	13:52	14:25	15:06	15:32
Group M50-59	Pace Delta	10:57	10:56	10:50	12:06	11:55	13:15	12:35	14:16	13:56	16:03	16:06	20:28	17:34	22:29	23:39	22:48
Overall-Group	Position	86-9	75-7	69-6	68-6	70-7	72-7	69-6	73-6	59-5	68-7	68-7	79-9	73-9	79-11	83-12	88-14

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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
Arbona, Serge (MD)	Time of Day	0:06:48	0:07:31	0:08:22	0:09:05	0:09:56	0:10:42	0:11:39	0:12:24	0:13:18	0:14:05	0:15:06	0:16:04	0:17:45			
	Time Cum	00:48	01:31	02:22	03:05	03:56	04:42	05:39	06:24	07:18	08:05	09:06	10:04	11:45			
1	Time Delta	00:48	00:43	00:50	00:43	00:50	00:46	00:56	00:45	00:53	00:47	01:00	00:58	01:40			
Age 47	Pace Cum	07:00	07:19	07:20	07:25	07:25	07:32	07:39	07:41	07:42	07:46	07:52	08:04	08:37			
Group M40-49	Pace Delta	07:00	07:41	07:23	07:40	07:24	08:11	08:17	07:59	07:52	08:27	08:48	10:20	14:41			
Overall-Group	Position	2-2	2-2	2-2	2-2	2-2	3-2	3-2	3-2	3-2	3-2	2-2	2-2	4-2			
<u>Armagost, Jeannie S (NC)</u>	Time of Day	0:07:34	0:08:59	0:10:48	0:12:32	0:14:52	0:16:59	0:19:19	0:21:30								
	Time Cum	01:34	02:59	04:48	06:32	08:52	10:59	13:19	15:30								
58	Time Delta	01:34	01:25	01:48	01:44	02:19	02:07	02:19	02:11								
Age 57	Pace Cum	13:43	14:20	14:53	15:41	16:42	17:36	18:01	18:37								
Group F50-59	Pace Delta	13:43	15:04	15:54	18:27	20:25	22:38	20:19	23:18								
Overall-Group	Position	226-16	233-16	242-20	244-20	243-20	243-20	239-20	239-20								
Armstrong, Nelson (TN)	Time of Day	0:07:07	0:08:07	0:09:13	0:10:12	0:11:18	0:12:17	0:13:22	0:14:21	0:15:24	0:16:23	0:17:37	0:18:45	0:19:52	0:20:56	0:22:29	0:23:48:03
	Time Cum	01:07	02:07	03:13	04:12	05:18	06:17	07:22	08:21	09:24	10:23	11:37	12:45	13:52	14:56	16:29	17:48:03
17	Time Delta	01:07	01:00	01:05	00:59	01:05	00:59	01:04	00:59	01:02	00:59	01:13	01:08	01:06	01:04	01:32	01:19:03
Age 38	Pace Cum	09:47	10:10	09:58	10:05	09:59	10:04	09:58	10:01	09:55	09:58	10:03	10:13	10:10	10:15	10:29	10:41
Group M30-39	Pace Delta	09:47	10:38	09:37	10:29	09:36	10:33	09:24	10:27	09:12	10:28	10:47	12:09	09:41	11:22	13:33	13:59
Overall-Group	Position	32-10	40-14	33-11	31-11	24-10	20-10	19-9	17-9	14-7	13-7	12-6	12-6	10-5	9-5	9-5	9-5
<u>Arnold, Lisa (NC)</u>	Time of Day	0:07:10	0:08:10	0:09:22	0:10:30	0:11:53	0:13:05	0:14:27	0:15:40	0:17:20	0:18:39	0:20:22	0:22:11				
	Time Cum	01:10	02:10	03:22	04:30	05:53	07:05	08:27	09:40	11:20	12:39	14:22	16:11				
59	Time Delta	01:10	01:00	01:11	01:08	01:22	01:12	01:21	01:13	01:39	01:19	01:42	01:49				
Age 42	Pace Cum	10:13	10:27	10:26	10:49	11:05	11:20	11:26	11:36	11:58	12:09	12:26	12:57				
Group F40-49	Pace Delta	10:13	10:45	10:24	12:05	12:04	12:48	11:56	12:58	14:34	14:02	14:59	19:23				
Overall-Group	Position	56-9	58-9	52-7	57-7	55-7	58-9	51-8	50-8	44-6	46-6	48-6	58-6				
<u>Aurilio, Antonia (VA)</u>	Time of Day		0:08:31	0:10:00	0:11:22	0:13:04	0:14:20	0:15:57	0:17:19	0:19:09	0:20:36	0:22:26	0:23:48	1:01:29	1:02:58	1:04:39	1:05:57:17
	Time Cum		02:31	04:00	05:22	07:04	08:20	09:57	11:19	13:09	14:36	16:26	17:48	19:29	20:58	22:39	23:57:17
60	Time Delta		02:31	01:28	01:22	01:41	01:16	01:36	01:22	01:49	01:27	01:49	01:22	01:40	01:29	01:40	01:18:17
Age 37	Pace Cum		12:09	12:24	12:54	13:19	13:20	13:28	13:35	13:53	14:02	14:13	14:15	14:17	14:23	14:24	14:22
Group F30-39	Pace Delta		12:09	12:52	14:35	14:50	13:29	14:08	14:33	16:02	15:33	15:56	14:38	14:39	15:46	14:44	13:51
Overall-Group	Position		150-15	154-18	171-18	174-17	162-17	148-13	143-12	118-9	122-10	111-10	102-10	84-10	78-10	71-7	68-7
<u>Baqdasarian, Tammy (VA)</u>	Time of Day	0:07:23	0:08:35	0:10:05	0:11:25	0:13:04	0:14:26	0:16:27	0:17:51	0:20:01	0:21:40	0:23:43	1:01:30	1:03:58	1:06:12	1:08:27	1:10:27:16
	Time Cum	01:23	02:35	04:05	05:25	07:04	08:26	10:27	11:51	14:01	15:40	17:43	19:30	21:58	24:12	26:27	28:27:16
61	Time Delta	01:23	01:12	01:29	01:20	01:38	01:22	02:00	01:24	02:09	01:39	02:02	01:47	02:27	02:14	02:14	02:00:16
Age 44	Pace Cum	12:07	12:25	12:40	13:00	13:19	13:31	14:08	14:14	14:48	15:03	15:20	15:37	16:06	16:36	16:49	17:04
Group F40-49	Pace Delta	12:07	12:48	13:06	14:10	14:27	14:40	17:32	15:01	18:51	17:39	17:51	19:03	21:31	23:50	19:37	21:17
Overall-Group	Position	152-21	163-22	174-23	175-23	174-23	169-21	177-24	172-23	151-20	153-19	139-19	135-18	124-16	127-16	120-14	123-16
Banks, Darryl (NC)	Time of Day	0:07:23	0:08:35	0:10:01	0:11:17	0:12:50	0:14:09	0:15:54	0:17:16	0:18:54	0:20:20	0:22:14	0:23:52	1:02:19	1:04:10	1:06:22	1:08:05:01
	Time Cum	01:23	02:35	04:01	05:17	06:50	08:09	09:54	11:16	12:54	14:20	16:14	17:52	20:19	22:10	24:22	26:05:01
62	Time Delta	01:23	01:12	01:25	01:16	01:32	01:19	01:44	01:22	01:37	01:26	01:53	01:38	02:26	01:51	02:11	01:43:01
Age 45	Pace Cum	12:07	12:26	12:27	12:42	12:52	13:03	13:24	13:31	13:37	13:46	14:03	14:18	14:54	15:12	15:30	15:39
Group M40-49	Pace Delta	12:07	12:49	12:30	13:33	13:30	14:02	15:18	14:31	14:18	15:22	16:32	17:26	21:23	19:46	19:10	18:14
Overall-Group	Position	152-41	164-42	162-44	153-41	153-42	146-40	145-39	137-37	111-29	115-31	104-28	104-28	94-26	93-25	90-24	90-24

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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>Banks,</u>	Time of Day	0:07:31	0:08:52	0:10:29	0:11:55	0:13:46	0:15:08	0:16:52	0:18:23	0:20:45	0:22:26	1:00:54	1:02:59	1:05:37	1:07:27	1:09:44	1:11:39:26
<u>Linda (NC)</u>	Time Cum	01:31	02:52	04:29	05:55	07:46	09:08	10:52	12:23	14:45	16:26	18:54	20:59	23:37	25:27	27:44	29:39:26
63	Time Delta	01:31	01:21	01:36	01:26	01:50	01:22	01:43	01:31	02:21	01:41	02:27	02:05	02:37	01:50	02:16	01:55:26
Age 48	Pace Cum	13:17	13:47	13:54	14:14	14:38	14:38	14:42	14:52	15:34	15:47	16:21	16:48	17:19	17:28	17:38	17:48
Group F40-49	Pace Delta	13:17	14:24	14:07	15:21	16:06	14:36	15:07	16:13	20:38	17:53	21:36	22:17	22:56	19:35	19:54	20:26
Overall-Group	Position	212-32	219-32	220-32	221-31	217-33	213-33	198-29	193-29	169-25	168-25	160-24	160-24	146-20	145-20	146-20	147-20
<u>Banzhaf,</u>	Time of Day	0:07:25	0:08:35	0:09:59	0:11:25	0:13:18	0:14:59	0:16:47	0:18:22	0:20:35	0:22:44						
<u>Tonya (OH)</u>	Time Cum	01:25	02:35	03:59	05:25	07:18	08:59	10:47	12:22	14:35	16:44						
64	Time Delta	01:25	01:10	01:23	01:26	01:52	01:41	01:47	01:35	02:12	02:09						
Age 38	Pace Cum	12:25	12:27	12:21	13:02	13:45	14:23	14:35	14:51	15:23	16:04						
Group F30-39	Pace Delta	12:25	12:31	12:09	15:23	16:22	17:59	15:40	16:52	19:22	22:52						
Overall-Group	Position	168-18	167-18	148-16	179-21	190-21	206-24	193-21	191-20	165-17	172-18						
<u>Basso,</u>	Time of Day	0:07:21	0:08:30	0:10:02	0:11:22	0:13:02	0:14:27	0:16:14	0:17:43	0:19:40	0:21:26	0:23:40	1:01:56	1:04:03	1:05:45	1:07:54	1:09:23:26
<u>Denise (CA)</u>	Time Cum	01:21	02:30	04:02	05:22	07:02	08:27	10:14	11:43	13:40	15:26	17:40	19:56	22:03	23:45	25:54	27:23:26
65	Time Delta	01:21	01:09	01:31	01:20	01:39	01:25	01:46	01:29	01:56	01:46	02:13	02:16	02:06	01:42	02:08	01:29:26
Age 62	Pace Cum	11:49	12:05	12:30	12:53	13:15	13:32	13:51	14:04	14:25	14:49	15:17	15:57	16:10	16:17	16:28	16:26
Group F60-69	Pace Delta	11:49	12:23	13:17	14:13	14:33	15:08	15:33	15:48	17:03	18:50	19:30	24:07	18:30	18:06	18:48	15:50
Overall-Group	Position	143-2	146-2	164-2	169-2	166-2	171-2	169-2	163-2	139-2	143-2	136-2	140-2	125-2	116-2	112-2	105-2
<u>Bauer,</u>	Time of Day	0:07:11	0:08:13	0:09:31	0:10:41	0:12:04	0:13:16	0:14:44	0:16:00	0:17:34	0:18:52	0:20:32	0:22:02	0:23:48	1:01:18	1:03:06	1:04:29:46
<u>Liz (GA)</u>	Time Cum	01:11	02:13	03:31	04:41	06:04	07:16	08:44	10:00	11:34	12:52	14:32	16:02	17:48	19:18	21:06	22:29:46
13	Time Delta	01:11	01:02	01:17	01:10	01:22	01:12	01:27	01:16	01:33	01:18	01:39	01:30	01:45	01:30	01:47	01:23:46
Age 52	Pace Cum	10:22	10:42	10:54	11:15	11:26	11:38	11:49	12:01	12:12	12:22	12:34	12:50	13:03	13:14	13:25	13:30
Group F50-59	Pace Delta	10:22	11:05	11:17	12:26	12:05	12:47	12:49	13:34	13:37	13:53	14:32	16:05	15:21	15:59	15:43	14:50
Overall-Group	Position	59-2	64-2	69-2	70-2	75-3	73-3	72-3	70-3	54-2	54-2	52-2	52-3	48-3	43-3	38-3	35-3
Bennett, Peter (TX)	Time of Day	0:07:12	0:08:16	0:09:41	0:10:55	0:12:36	0:14:00	0:15:43	0:17:01	0:18:42	0:20:08	0:22:20	1:00:30				
66	Time Cum	01:12	02:16	03:41	04:55	06:36	08:00	09:43	11:01	12:42	14:08	16:20	18:30				
Age 37	Time Delta	01:12	01:04	01:24	01:14	01:40	01:24	01:42	01:18	01:40	01:26	02:11	02:10				
Group M30-39	Pace Cum	10:31	10:57	11:25	11:49	12:26	12:49	13:09	13:14	13:24	13:35	14:08	14:48				
Overall-Group	Pace Delta	10:31	11:29	12:17	13:08	14:42	14:57	14:58	13:54	14:40	15:21	19:10	23:01				
Overall-Group	Position	68-15	76-17	103-22	110-24	125-28	134-30	129-29	127-29	107-25	106-24	108-23	115-22				
Bisnette, Dennis (MS)	Time of Day	0:07:20	0:08:29	0:09:49	0:11:00	0:12:34	0:13:53	0:15:30	0:16:51	0:18:40	0:20:10	0:22:20	1:00:10	1:02:41	1:04:59		
67	Time Cum	01:20	02:29	03:49	05:00	06:34	07:53	09:30	10:51	12:40	14:10	16:20	18:10	20:41	22:59		
Age 51	Time Delta	01:20	01:09	01:19	01:11	01:33	01:19	01:36	01:21	01:48	01:30	02:09	01:50	02:30	02:18		
Group M50-59	Pace Cum	11:41	11:56	11:50	12:02	12:22	12:38	12:51	13:01	13:22	13:36	14:08	14:32	15:10	15:46		
Overall-Group	Pace Delta	11:41	12:15	11:39	12:43	13:36	14:09	14:01	14:21	15:54	15:59	18:56	19:30	22:01	24:36		
Overall-Group	Position	127-16	132-17	120-14	122-13	120-16	123-16	118-17	118-18	102-16	109-16	108-17	110-19	102-17	106-19		
Blutstein, Jeffrey (CT)	Time of Day	0:07:25	0:08:35	0:10:04	0:11:20	0:12:56	0:14:18	0:15:57	0:17:22	0:19:20	0:20:58	0:23:12	1:01:12	1:03:28	1:05:25	1:06:53	1:09:51:41
68	Time Cum	01:25	02:35	04:04	05:20	06:56	08:18	09:57	11:22	13:20	14:58	17:12	19:12	21:28	23:25	24:53	27:51:41
Age 59	Time Delta	01:25	01:10	01:28	01:16	01:35	01:22	01:38	01:25	01:57	01:38	02:13	02:00	02:15	01:57	01:27	02:58:41
Group M50-59	Pace Cum	12:25	12:28	12:37	12:49	13:04	13:18	13:28	13:39	14:04	14:22	14:53	15:22	15:44	16:04	15:49	16:43
Overall-Group	Pace Delta	12:25	12:32	12:53	13:32	13:57	14:38	14:21	15:06	17:11	17:24	19:31	21:18	19:48	20:45	12:49	31:38
Overall-Group	Position	168-26	169-25	173-24	161-24	161-22	160-22	148-22	149-21	126-20	129-21	124-21	125-21	114-20	112-20	96-16	115-20

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
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Boas, Darren (MD)	Time of Day	0:07:29	0:08:41	0:10:13	0:11:37	0:13:19	0:14:52	0:16:53	0:18:39								
69	Time Cum	01:29	02:41	04:13	05:37	07:19	08:52	10:53	12:39								
Age 51	Time Delta	01:29	01:12	01:31	01:24	01:41	01:33	02:00	01:46								
Group M50-59	Pace Cum	13:00	12:57	13:04	13:29	13:47	14:12	14:43	15:12								
Overall-Group	Pace Delta	13:00	12:53	13:19	14:53	14:52	16:30	17:38	18:56								
	Position	200-30	194-30	201-29	204-30	193-27	201-28	199-27	201-27								
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Boers, Peter (FL)	Time of Day	0:07:20	0:08:29	0:09:48	0:10:59	0:12:26	0:13:46	0:15:21	0:16:48	0:18:36	0:20:07	0:22:18	0:23:52	1:02:22	1:04:29	1:07:25	1:09:33:32
70	Time Cum	01:20	02:29	03:48	04:59	06:26	07:46	09:21	10:48	12:36	14:07	16:18	17:52	20:22	22:29	25:25	27:33:32
Age 48	Time Delta	01:20	01:09	01:18	01:11	01:26	01:20	01:34	01:27	01:47	01:31	02:10	01:34	02:29	02:07	02:55	02:08:32
Group M40-49	Pace Cum	11:41	11:58	11:47	11:58	12:07	12:26	12:39	12:58	13:18	13:33	14:06	14:18	14:56	15:25	16:10	16:32
Overall-Group	Pace Delta	11:41	12:20	11:26	12:38	12:39	14:15	13:48	15:27	15:44	16:10	19:04	16:43	21:50	22:34	25:37	22:45
	Position	127-35	136-36	117-33	117-33	109-32	110-32	108-30	112-30	98-26	104-29	106-30	103-28	96-28	99-28	103-31	107-32
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<u>Botkin, Deborah (GA)</u>	Time of Day	0:07:43	0:09:11	0:11:01	0:12:35	0:14:23	0:16:02	0:18:07	0:19:52								
71	Time Cum	01:43	03:11	05:01	06:35	08:23	10:02	12:07	13:52								
Age 40	Time Delta	01:43	01:28	01:49	01:34	01:47	01:39	02:04	01:45								
Group F40-49	Pace Cum	15:02	15:17	15:33	15:49	15:48	16:03	16:24	16:39								
Overall-Group	Pace Delta	15:02	15:36	16:02	16:42	15:43	17:32	18:14	18:39								
	Position	240-36	244-36	245-36	245-36	238-35	237-34	232-33	230-32								
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Botwick, Seth (NC)	Time of Day	0:07:15	0:08:16	0:09:34	0:10:42	0:12:03	0:13:20	0:15:03	0:16:27	0:18:00	0:19:34	0:21:35	0:23:29	1:02:01	1:04:21	1:07:07	1:09:12:15
72	Time Cum	01:15	02:16	03:34	04:42	06:03	07:20	09:03	10:27	12:00	13:34	15:35	17:29	20:01	22:21	25:07	27:12:15
Age 41	Time Delta	01:15	01:01	01:17	01:08	01:20	01:17	01:42	01:24	01:32	01:34	02:00	01:54	02:31	02:20	02:45	02:05:15
Group M40-49	Pace Cum	10:57	10:54	11:04	11:19	11:24	11:44	12:15	12:34	12:40	13:02	13:29	14:00	14:40	15:20	15:58	16:19
Overall-Group	Pace Delta	10:57	10:51	11:20	12:11	11:42	13:39	15:01	15:02	13:26	16:48	17:31	20:20	22:04	24:47	24:14	22:10
	Position	86-25	71-23	74-24	77-24	74-25	75-24	90-26	98-27	76-22	84-24	88-25	94-27	89-24	95-27	101-29	103-31
<hr/>																	
Bovaird, Ray (OH)	Time of Day	0:07:25	0:08:35	0:09:59	0:11:25	0:13:14	0:14:59	0:16:47	0:18:22	0:20:35	0:22:24	1:00:03	1:01:40	1:03:46	1:05:34	1:07:41	1:09:04:15
73	Time Cum	01:25	02:35	03:59	05:25	07:14	08:59	10:47	12:22	14:35	16:24	18:03	19:40	21:46	23:34	25:41	27:04:15
Age 45	Time Delta	01:25	01:10	01:23	01:26	01:48	01:45	01:47	01:35	02:12	01:49	01:38	01:37	02:05	01:48	02:06	01:23:15
Group M40-49	Pace Cum	12:25	12:27	12:21	13:02	13:38	14:23	14:35	14:51	15:23	15:45	15:37	15:44	15:57	16:10	16:20	16:15
Overall-Group	Pace Delta	12:25	12:31	12:09	15:23	15:47	18:42	15:40	16:52	19:22	19:25	14:21	17:15	18:20	19:16	18:25	14:44
	Position	168-45	167-42	148-40	178-47	186-49	205-50	193-48	192-48	165-40	167-41	144-35	138-35	117-34	114-33	108-32	102-30
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<u>Bowen-Miller, Julie (OH)</u>	Time of Day	0:07:35	0:08:55	0:10:32	0:11:55	0:13:30	0:14:50	0:16:37	0:18:04	0:20:00	0:21:44						
74	Time Cum	01:35	02:55	04:32	05:55	07:30	08:50	10:37	12:04	14:00	15:44						
Age 48	Time Delta	01:35	01:20	01:36	01:23	01:34	01:20	01:46	01:27	01:55	01:44						
Group F40-49	Pace Cum	13:52	14:03	14:03	14:12	14:08	14:09	14:22	14:30	14:47	15:06						
Overall-Group	Pace Delta	13:52	14:16	14:05	14:43	13:51	14:19	15:30	15:34	16:48	18:26						
	Position	232-35	226-34	226-34	219-31	206-31	198-29	187-25	178-25	150-19	154-20						
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Brewington, David (FL)	Time of Day	0:07:58	0:09:35	0:11:49	0:13:41	0:16:16	0:18:27	0:21:30	1:00:10								
37	Time Cum	01:58	03:35	05:49	07:41	10:16	12:27	15:30	18:10								
Age 62	Time Delta	01:58	01:37	02:13	01:52	02:34	02:11	03:02	02:40								
Group M60-69	Pace Cum	17:14	17:13	18:02	18:28	19:20	19:56	20:58	21:49								
Overall-Group	Pace Delta	17:14	17:13	19:31	19:55	22:33	23:20	26:36	28:27								
	Position	247-19	251-19	251-19	251-19	246-19	246-19	241-18	241-19								

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

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>Brower,</u>	Time of Day	0:07:28	0:08:41	0:10:08	0:11:21	0:12:51	0:14:10	0:15:40	0:16:55	0:18:27	0:19:50	0:21:26	0:22:52	1:00:40	1:02:14	1:04:04	1:05:35:26
<u>Bev (MS)</u>	Time Cum	01:28	02:41	04:08	05:21	06:51	08:10	09:40	10:55	12:27	13:50	15:26	16:52	18:40	20:14	22:04	23:35:26
75	Time Delta	01:28	01:13	01:26	01:13	01:29	01:19	01:29	01:15	01:31	01:23	01:35	01:26	01:47	01:34	01:49	01:31:26
Age 30	Pace Cum	12:51	12:57	12:49	12:51	12:54	13:05	13:05	13:07	13:08	13:17	13:21	13:30	13:41	13:53	14:02	14:09
Group F30-39	Pace Delta	12:51	13:05	12:34	12:59	13:05	14:02	13:05	13:23	13:21	14:42	14:00	15:20	15:41	16:48	15:55	16:11
Overall-Group	Position	199-22	195-23	181-21	166-17	155-15	149-14	127-11	121-10	93-6	95-7	84-7	75-6	66-6	67-6	63-6	59-5
<u>Brower,</u>	Time of Day	0:06:59	0:07:49	0:08:49	0:09:40	0:10:46	0:11:47	0:12:58	0:14:10	0:15:34	0:16:43	0:18:11	0:19:28	0:21:00	0:22:19	0:23:50	1:00:57:44
<u>John (MS)</u>	Time Cum	00:59	01:49	02:49	03:40	04:46	05:47	06:58	08:10	09:34	10:43	12:11	13:28	15:00	16:19	17:50	18:57:44
26	Time Delta	00:59	00:50	00:59	00:51	01:05	01:01	01:10	01:12	01:23	01:09	01:27	01:17	01:31	01:19	01:30	01:07:44
Age 36	Pace Cum	08:37	08:48	08:44	08:48	08:59	09:16	09:26	09:48	10:06	10:18	10:32	10:47	11:00	11:12	11:20	11:23
Group M30-39	Pace Delta	08:37	09:01	08:38	09:02	09:38	10:51	10:19	12:48	12:13	12:23	12:42	13:45	13:20	14:09	13:08	11:59
Overall-Group	Position	16-8	16-8	16-8	15-8	14-8	15-8	14-7	16-8	15-8	15-8	14-7	14-7	15-7	15-7	14-7	13-7
<u>Brown,</u>	Time of Day	0:07:44	0:09:16	0:11:05	0:12:37	0:14:39	0:16:18	0:18:29	0:20:29								
<u>Will (NC)</u>	Time Cum	01:44	03:16	05:05	06:37	08:39	10:18	12:29	14:29								
34	Time Delta	01:44	01:32	01:48	01:32	02:01	01:39	02:10	02:00								
Age 65	Pace Cum	15:11	15:42	15:46	15:55	16:18	16:30	16:53	17:24								
Group M60-69	Pace Delta	15:11	16:20	15:52	16:26	17:41	17:41	18:59	21:23								
Overall-Group	Position	243-17	250-18	246-17	246-17	241-17	240-17	234-16	236-17								
<u>Brunazzi,</u>	Time of Day	0:07:31	0:08:48	0:10:22	0:11:41	0:13:38	0:15:07	0:17:19	0:18:58	0:22:11							
<u>Sara (PA)</u>	Time Cum	01:31	02:48	04:22	05:41	07:38	09:07	11:19	12:58	16:11							
76	Time Delta	01:31	01:17	01:33	01:19	01:56	01:29	02:11	01:39	03:12							
Age 27	Pace Cum	13:17	13:26	13:32	13:40	14:23	14:35	15:19	15:34	17:05							
Group F20-29	Pace Delta	13:17	13:38	13:43	14:07	16:58	15:46	19:16	17:39	28:04							
Overall-Group	Position	212-3	211-3	215-3	211-3	213-3	212-3	212-3	210-3	192-3							
<u>Bruno,</u>	Time of Day	0:07:09	0:08:16	0:09:31	0:10:40	0:12:02	0:13:11	0:14:35	0:15:52	0:17:35	0:19:00	0:20:54	0:22:42	1:01:07	1:03:20	1:06:21	1:08:25:24
<u>Kelly (NC)</u>	Time Cum	01:09	02:16	03:31	04:40	06:02	07:11	08:35	09:52	11:35	13:00	14:54	16:42	19:07	21:20	24:21	26:25:24
77	Time Delta	01:09	01:07	01:14	01:09	01:21	01:09	01:23	01:17	01:42	01:25	01:53	01:48	02:24	02:13	03:00	02:04:24
Age 28	Pace Cum	10:04	10:54	10:54	11:14	11:22	11:30	11:37	11:51	12:14	12:29	12:53	13:22	14:01	14:38	15:29	15:51
Group F20-29	Pace Delta	10:04	11:55	10:54	12:21	11:51	12:15	12:14	13:42	14:59	15:03	16:38	19:11	21:07	23:35	26:24	22:01
Overall-Group	Position	47-1	71-1	69-1	69-1	72-1	69-1	59-1	63-1	55-1	61-1	63-2	69-2	80-2	83-2	89-2	92-2
<u>Burns,</u>	Time of Day	0:07:11	0:08:09	0:09:17	0:10:19	0:11:31	0:12:33	0:13:46	0:14:50	0:16:14	0:17:18	0:18:45	0:19:58	0:21:29	0:22:50	1:00:43	1:02:19:51
<u>William (NC)</u>	Time Cum	01:11	02:09	03:17	04:19	05:31	06:33	07:46	08:50	10:14	11:18	12:45	13:58	15:29	16:50	18:43	20:19:51
27	Time Delta	01:11	00:58	01:07	01:02	01:11	01:02	01:12	01:04	01:23	01:04	01:26	01:13	01:30	01:21	01:52	01:36:51
Age 42	Pace Cum	10:22	10:23	10:11	10:22	10:24	10:29	10:30	10:36	10:48	10:51	11:02	11:11	11:21	11:33	11:54	12:12
Group M40-49	Pace Delta	10:22	10:24	09:49	11:01	10:29	11:02	10:37	11:23	12:13	11:26	12:37	13:03	13:11	14:29	16:22	17:08
Overall-Group	Position	59-18	55-17	42-15	42-14	34-12	34-11	29-10	27-10	24-9	22-8	19-8	19-8	18-7	18-6	20-8	21-8
<u>Butler,</u>	Time of Day	0:07:23	0:08:33	0:10:09	0:11:37	0:13:55	0:15:21	0:17:35	0:19:34								
<u>Jeffrey (NY)</u>	Time Cum	01:23	02:33	04:09	05:37	07:55	09:21	11:35	13:34								
78	Time Delta	01:23	01:10	01:35	01:28	02:17	01:26	02:13	01:59								
Age 52	Pace Cum	12:07	12:19	12:52	13:29	14:55	14:58	15:40	16:17								
Group M50-59	Pace Delta	12:07	12:33	13:53	15:37	20:07	15:14	19:33	21:06								
Overall-Group	Position	152-23	157-23	184-27	205-30	223-32	220-32	219-32	227-34								

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

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
Calabria, Robert D (NC)	Time of Day	0:07:30	0:08:51	0:10:36	0:12:09	0:14:01	0:15:38	0:17:33	0:19:13	0:21:20	0:23:07	1:01:17	1:03:09	1:05:34	1:07:31	1:09:35	1:11:29:54
40	Time Cum	01:30	02:51	04:36	06:09	08:01	09:38	11:33	13:13	15:20	17:07	19:17	21:09	23:34	25:31	27:35	29:29:54
Age 71	Time Delta	01:30	01:21	01:44	01:33	01:51	01:37	01:54	01:40	02:06	01:47	02:09	01:52	02:24	01:57	02:03	01:54:54
Group M70-79	Pace Cum	13:08	13:45	14:16	14:47	15:06	15:26	15:38	15:53	16:11	16:27	16:41	16:56	17:17	17:30	17:32	17:42
Overall-Group	Pace Delta	13:08	14:29	15:13	16:35	16:15	17:20	16:39	17:52	18:25	19:03	18:53	19:55	21:05	20:47	18:02	20:20
Overall-Group	Position	205-4	218-4	232-5	233-5	226-5	225-5	217-5	215-5	181-4	183-4	166-3	162-4	145-4	146-4	145-4	144-4
<u>Cameron, Laurie (NC)</u>	Time of Day	0:07:25	0:08:39	0:10:11	0:11:33	0:13:16	0:14:45	0:16:31	0:17:58	0:19:48	0:21:23	0:23:26	1:01:11	1:03:17	1:05:12	1:07:43	1:09:46:57
79	Time Cum	01:25	02:39	04:11	05:33	07:16	08:45	10:31	11:58	13:48	15:23	17:26	19:11	21:17	23:12	25:43	27:46:57
Age 57	Time Delta	01:25	01:14	01:31	01:22	01:42	01:29	01:45	01:27	01:50	01:35	02:02	01:45	02:05	01:55	02:30	02:03:57
Group F50-59	Pace Cum	12:25	12:48	12:58	13:21	13:41	14:01	14:14	14:22	14:34	14:46	15:05	15:21	15:36	15:55	16:21	16:40
Overall-Group	Pace Delta	12:25	13:16	13:17	14:39	14:55	15:52	15:23	15:24	16:04	16:50	17:56	18:38	18:21	20:30	21:55	21:56
Overall-Group	Position	168-8	189-8	199-12	197-12	188-10	193-11	182-10	175-10	143-9	142-9	130-9	124-9	109-6	107-6	110-6	111-7
<u>Carpenter, Pamela L (NC)</u>	Time of Day	0:07:30	0:08:48	0:10:19	0:11:38	0:13:20	0:14:43	0:16:37	0:18:09	0:20:14	0:22:01	1:00:16	1:02:10	1:04:34	1:06:35	1:08:50	1:10:22:02
80	Time Cum	01:30	02:48	04:19	05:38	07:20	08:43	10:37	12:09	14:14	16:01	18:16	20:10	22:34	24:35	26:50	28:22:02
Age 42	Time Delta	01:30	01:18	01:30	01:19	01:41	01:23	01:53	01:32	02:04	01:47	02:14	01:54	02:23	02:01	02:14	01:32:02
Group F40-49	Pace Cum	13:08	13:29	13:23	13:32	13:49	13:58	14:22	14:36	15:01	15:23	15:48	16:09	16:33	16:52	17:04	17:01
Overall-Group	Pace Delta	13:08	13:54	13:12	14:02	14:51	14:48	16:33	16:24	18:09	19:00	19:40	20:18	20:55	21:35	19:34	16:17
Overall-Group	Position	205-31	214-31	211-30	207-29	197-28	188-28	187-25	183-26	154-22	158-23	148-21	145-20	133-18	130-17	127-17	122-15
<u>Carr, Danette (NC)</u>	Time of Day	0:07:20	0:08:31	0:10:00	0:11:22	0:13:06	0:14:30	0:16:25	0:18:01	0:20:16	0:21:53	1:00:20	1:02:41	1:05:52	1:07:56	1:10:20	1:12:02:38
81	Time Cum	01:20	02:31	04:00	05:22	07:06	08:30	10:25	12:01	14:16	15:53	18:20	20:41	23:52	25:56	28:20	30:02:38
Age 43	Time Delta	01:20	01:11	01:28	01:22	01:43	01:24	01:54	01:36	02:14	01:37	02:26	02:21	03:10	02:04	02:23	01:42:38
Group F40-49	Pace Cum	11:41	12:09	12:24	12:54	13:23	13:38	14:06	14:26	15:03	15:15	15:52	16:33	17:30	17:47	18:01	18:02
Overall-Group	Pace Delta	11:41	12:44	12:52	14:35	15:07	15:02	16:39	17:07	19:36	17:13	21:25	25:05	27:47	22:01	20:58	18:10
Overall-Group	Position	127-18	151-17	154-18	172-21	179-26	178-25	174-23	177-24	157-23	156-22	149-22	155-23	148-22	151-22	149-21	150-21
Carrington, Paul (FL)	Time of Day	0:07:20	0:08:26	0:09:52	0:11:02	0:12:38	0:13:55	0:15:30	0:16:53	0:18:40	0:20:04	0:21:49	0:23:24	1:01:22	1:03:06	1:05:06	1:06:54:16
82	Time Cum	01:20	02:26	03:52	05:02	06:38	07:55	09:30	10:53	12:40	14:04	15:49	17:24	19:22	21:06	23:06	24:54:16
Age 43	Time Delta	01:20	01:06	01:25	01:10	01:35	01:17	01:34	01:23	01:46	01:24	01:44	01:35	01:57	01:44	01:59	01:48:16
Group M40-49	Pace Cum	11:41	11:44	11:59	12:06	12:30	12:40	12:51	13:04	13:22	13:31	13:41	13:55	14:12	14:29	14:41	14:57
Overall-Group	Pace Delta	11:41	11:47	12:28	12:27	13:58	13:38	13:52	14:48	15:32	14:59	15:14	16:50	17:13	18:32	17:25	19:10
Overall-Group	Position	127-35	122-34	130-35	125-35	130-37	126-35	118-33	120-32	102-27	102-28	95-26	90-25	82-22	81-20	76-21	75-20
Castrillon, Carlos (MD)	Time of Day	0:07:16	0:08:24	0:09:43	0:10:50	0:12:11	0:13:21	0:14:56	0:16:22	0:18:08	0:20:13						
83	Time Cum	01:16	02:24	03:43	04:50	06:11	07:21	08:56	10:22	12:08	14:13						
Age 34	Time Delta	01:16	01:08	01:18	01:07	01:20	01:10	01:34	01:26	01:45	02:05						
Group M30-39	Pace Cum	11:06	11:35	11:31	11:38	11:39	11:46	12:05	12:27	12:48	13:40						
Overall-Group	Pace Delta	11:06	12:10	11:25	11:59	11:43	12:25	13:51	15:21	15:22	22:17						
Overall-Group	Position	98-22	113-23	107-23	96-23	82-21	79-19	80-19	91-25	81-23	113-25						
<u>Choi, Jacqueline (NJ)</u>	Time of Day	0:07:23	0:08:36	0:09:59	0:11:13	0:12:48	0:14:09	0:15:57	0:17:21	0:18:56	0:20:08	0:21:44	0:23:08	1:01:05	1:02:44	1:05:27	1:07:29:39
84	Time Cum	01:23	02:36	03:59	05:13	06:48	08:09	09:57	11:21	12:56	14:08	15:44	17:08	19:05	20:44	23:27	25:29:39
Age 31	Time Delta	01:23	01:13	01:22	01:14	01:34	01:21	01:47	01:24	01:34	01:12	01:35	01:24	01:56	01:39	02:42	02:02:39
Group F30-39	Pace Cum	12:07	12:31	12:21	12:32	12:49	13:03	13:28	13:38	13:39	13:35	13:37	13:43	13:59	14:14	14:55	15:18
Overall-Group	Pace Delta	12:07	13:00	12:03	13:12	13:47	14:21	15:45	14:59	13:47	12:53	13:54	15:02	16:56	17:41	23:40	21:42
Overall-Group	Position	152-15	172-20	148-16	146-15	145-13	145-11	148-13	146-13	112-8	107-9	91-8	87-8	79-8	74-8	82-10	82-10

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

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
Ciarlante, James (NJ) 85 Age 38 Group M30-39 Overall-Group	Time of Day	0:07:21	0:08:30	0:09:54	0:11:05	0:12:34	0:13:44	0:15:08	0:16:20	0:17:58	0:19:17	0:20:56	0:22:25	1:00:09	1:01:41	1:03:40	1:05:29:23
	Time Cum	01:21	02:30	03:54	05:05	06:34	07:44	09:08	10:20	11:58	13:17	14:56	16:25	18:09	19:41	21:40	23:29:23
	Time Delta	01:21	01:09	01:23	01:11	01:28	01:10	01:23	01:12	01:37	01:19	01:38	01:29	01:43	01:32	01:58	01:49:23
	Pace Cum	11:49	12:02	12:06	12:14	12:22	12:22	12:21	12:25	12:38	12:46	12:55	13:09	13:18	13:30	13:47	14:06
	Pace Delta	11:49	12:17	12:12	12:42	12:53	12:24	12:15	12:53	14:12	14:03	14:24	15:52	15:05	16:25	17:15	19:22
Clark, Robert (TX) 86 Age 38 Group M30-39 Overall-Group	Time of Day	0:07:07	0:08:03	0:09:18	0:10:19	0:11:32	0:12:33	0:14:05	0:15:15	0:16:50	0:18:02	0:20:10	0:21:37	0:23:27	1:00:57	1:03:08	1:04:48:42
	Time Cum	01:07	02:03	03:18	04:19	05:32	06:33	08:05	09:15	10:50	12:02	14:10	15:37	17:27	18:57	21:08	22:48:42
	Time Delta	01:07	00:56	01:14	01:01	01:12	01:01	01:31	01:10	01:34	01:12	02:07	01:27	01:49	01:30	02:10	01:40:42
	Pace Cum	09:47	09:54	10:14	10:22	10:25	10:29	10:56	11:07	11:26	11:33	12:15	12:30	12:48	13:00	13:26	13:41
	Pace Delta	09:47	10:10	10:51	10:50	10:38	10:52	13:22	12:31	13:46	12:46	18:40	15:34	15:55	16:06	18:59	17:49
<u>Clark-Osborne,</u> <u>Deloris (MI)</u> 87 Age 32 Group F30-39 Overall-Group	Time of Day	0:07:10	0:08:10	0:09:29	0:10:42	0:12:12	0:13:33	0:15:23	0:17:07								
	Time Cum	01:10	02:10	03:29	04:42	06:12	07:33	09:23	11:07								
	Time Delta	01:10	01:00	01:18	01:13	01:29	01:21	01:49	01:44								
	Pace Cum	10:13	10:27	10:48	11:17	11:41	12:06	12:42	13:21								
	Pace Delta	10:13	10:45	11:26	12:57	13:07	14:28	15:57	18:26								
Clausen, Chris D (NY) 88 Age 53 Group M50-59 Overall-Group	Time of Day	0:07:23	0:08:33	0:10:09	0:11:36	0:13:55	0:15:20	0:17:23	0:19:15								
	Time Cum	01:23	02:33	04:09	05:36	07:55	09:20	11:23	13:15								
	Time Delta	01:23	01:10	01:35	01:27	02:18	01:25	02:02	01:52								
	Pace Cum	12:07	12:18	12:52	13:29	14:55	14:58	15:24	15:54								
	Pace Delta	12:07	12:32	13:54	15:34	20:09	15:13	17:49	19:52								
Cleary, Joe (ONT) 89 Age 71 Group M70-79 Overall-Group	Time of Day	0:07:39	0:09:01	0:10:33	0:11:55	0:13:37	0:15:06	0:17:08	0:18:49	0:21:16	0:22:55	1:01:19	1:03:06	1:05:10	1:07:03	1:09:24	1:11:18:32
	Time Cum	01:39	03:01	04:33	05:55	07:37	09:06	11:08	12:49	15:16	16:55	19:19	21:06	23:10	25:03	27:24	29:18:32
	Time Delta	01:39	01:22	01:31	01:22	01:41	01:29	02:01	01:41	02:26	01:39	02:23	01:47	02:03	01:53	02:21	01:54:32
	Pace Cum	14:27	14:32	14:07	14:13	14:21	14:34	15:04	15:24	16:07	16:14	16:43	16:53	16:59	17:11	17:25	17:35
	Pace Delta	14:27	14:38	13:20	14:36	14:49	15:50	17:45	17:59	21:22	17:32	21:00	18:58	18:05	20:00	20:35	20:16
<u>Clinard,</u> <u>Valerie (NC)</u> 90 Age 36 Group F30-39 Overall-Group	Time of Day	0:07:25	0:08:37	0:10:10	0:11:26	0:13:07	0:14:30	0:16:22	0:17:55	0:19:58	0:21:36	0:23:43	1:01:32	1:03:42	1:05:55	1:08:26	1:10:06:38
	Time Cum	01:25	02:37	04:10	05:26	07:07	08:30	10:22	11:55	13:58	15:36	17:43	19:32	21:42	23:55	26:26	28:06:38
	Time Delta	01:25	01:12	01:32	01:16	01:40	01:23	01:51	01:33	02:02	01:38	02:06	01:49	02:09	02:13	02:30	01:40:38
	Pace Cum	12:25	12:38	12:55	13:03	13:24	13:37	14:01	14:18	14:44	14:59	15:20	15:38	15:54	16:24	16:49	16:52
	Pace Delta	12:25	12:55	13:26	13:31	14:42	14:45	16:18	16:28	17:57	17:27	18:27	19:27	18:51	23:36	21:59	17:49
Cockman, Dave (NC) 91 Age 54 Group M50-59 Overall-Group	Time of Day	0:07:34	0:08:49	0:10:24	0:11:47	0:13:32	0:14:52	0:16:27	0:17:50	0:19:57	0:21:32	0:23:37	1:01:36	1:04:41	1:06:41	1:09:19	1:10:47:53
	Time Cum	01:34	02:49	04:24	05:47	07:32	08:52	10:27	11:50	13:57	15:32	17:37	19:36	22:41	24:41	27:19	28:47:53
	Time Delta	01:34	01:15	01:34	01:23	01:44	01:20	01:34	01:23	02:06	01:35	02:04	01:59	03:04	02:00	02:38	01:28:53
	Pace Cum	13:43	13:34	13:39	13:55	14:11	14:12	14:08	14:12	14:43	14:55	15:14	15:41	16:38	16:56	17:22	17:17
	Pace Delta	13:43	13:22	13:47	14:49	15:13	14:16	13:47	14:43	18:31	16:56	18:09	21:13	26:53	21:14	23:04	15:44

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

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
Coffey, David (LA)	Time of Day	0:07:17	0:08:21	0:09:39	0:10:50	0:12:12	0:13:23	0:14:52	0:16:01	0:17:40	0:18:53	0:20:21	0:21:37	0:23:30	1:00:52	1:02:46	1:04:28:02
	Time Cum	01:17	02:21	03:39	04:50	06:12	07:23	08:52	10:01	11:40	12:53	14:21	15:37	17:30	18:52	20:46	22:28:02
92	Time Delta	01:17	01:04	01:17	01:11	01:21	01:11	01:28	01:09	01:38	01:13	01:27	01:16	01:53	01:22	01:53	01:42:02
Age 53	Pace Cum	11:14	11:20	11:19	11:37	11:41	11:49	12:00	12:02	12:19	12:22	12:25	12:30	12:50	12:57	13:12	13:29
Group M50-59	Pace Delta	11:14	11:28	11:16	12:39	11:54	12:38	12:56	12:19	14:22	12:57	12:49	13:27	16:30	14:39	16:32	18:04
Overall-Group	Position	105-11	104-10	91-10	94-10	84-9	81-8	77-8	72-5	61-6	55-4	47-4	41-4	41-4	35-3	34-3	34-3
<u>Cohen,</u> <u>Catherine (MD)</u>	Time of Day	0:07:26	0:08:42	0:10:11	0:11:32	0:13:05	0:14:29	0:16:13	0:17:45	0:19:32	0:21:20	0:23:17	1:01:14	1:03:56	1:06:07	1:08:32	1:10:20:03
	Time Cum	01:26	02:42	04:11	05:32	07:05	08:29	10:13	11:45	13:32	15:20	17:17	19:14	21:56	24:07	26:32	28:20:03
93	Time Delta	01:26	01:16	01:28	01:21	01:32	01:24	01:43	01:32	01:46	01:48	01:56	01:57	02:41	02:11	02:24	01:48:03
Age 43	Pace Cum	12:33	12:59	12:58	13:17	13:21	13:35	13:49	14:06	14:17	14:44	14:57	15:24	16:05	16:33	16:52	17:00
Group F40-49	Pace Delta	12:33	13:30	12:57	14:23	13:32	14:54	15:09	16:17	15:37	19:17	16:57	20:52	23:31	23:18	21:04	19:07
Overall-Group	Position	181-24	197-26	199-27	193-27	178-25	174-24	168-21	166-22	132-16	140-18	126-17	126-16	123-15	123-15	122-15	120-14
<u>Coker,</u> <u>Jennifer (GA)</u>	Time of Day	0:07:20	0:08:28	0:09:52	0:11:05	0:12:40	0:13:54	0:15:30	0:16:47	0:18:33	0:19:58	0:21:46	0:23:14	1:01:09	1:02:50	1:05:13	1:06:54:20
	Time Cum	01:20	02:28	03:52	05:05	06:40	07:54	09:30	10:47	12:33	13:58	15:46	17:14	19:09	20:50	23:13	24:54:20
94	Time Delta	01:20	01:08	01:23	01:13	01:34	01:14	01:35	01:17	01:45	01:25	01:47	01:28	01:54	01:41	02:22	01:41:20
Age 37	Pace Cum	11:41	11:54	11:59	12:13	12:34	12:40	12:51	12:57	13:15	13:25	13:38	13:48	14:02	14:17	14:46	14:57
Group F30-39	Pace Delta	11:41	12:09	12:10	13:00	13:48	13:16	13:53	13:46	15:22	15:09	15:41	15:42	16:41	17:56	20:50	17:56
Overall-Group	Position	127-12	129-12	130-10	130-10	134-10	124-10	118-10	108-9	95-7	99-8	92-9	89-9	81-9	76-9	78-9	76-9
Connell, Owen (WA)	Time of Day	0:07:09	0:08:07	0:09:16	0:10:17	0:11:31	0:12:31	0:13:44	0:14:47	0:16:04	0:17:10	0:18:29	0:19:38	0:21:12	0:22:25	0:23:55	1:01:18:44
	Time Cum	01:09	02:07	03:16	04:17	05:31	06:31	07:44	08:47	10:04	11:10	12:29	13:38	15:12	16:25	17:55	19:18:44
95	Time Delta	01:09	00:58	01:08	01:01	01:13	01:00	01:12	01:03	01:16	01:06	01:18	01:09	01:33	01:13	01:29	01:23:44
Age 48	Pace Cum	10:04	10:10	10:08	10:18	10:24	10:26	10:28	10:33	10:37	10:44	10:48	10:55	11:09	11:16	11:24	11:35
Group M40-49	Pace Delta	10:04	10:18	10:03	10:52	10:45	10:42	10:35	11:17	11:08	11:45	11:28	12:16	13:41	13:02	13:03	14:49
Overall-Group	Position	47-17	41-14	38-13	39-13	34-12	29-10	26-9	25-9	18-6	17-6	16-6	16-6	17-6	16-5	15-4	15-4
Conrad, Will (FL)	Time of Day	0:07:17	0:08:24	0:09:44	0:10:54	0:12:22	0:13:40	0:15:16	0:16:44		0:19:51	0:21:51	0:23:27	1:01:45	1:03:54	1:06:29	1:08:30:07
	Time Cum	01:17	02:24	03:44	04:54	06:22	07:40	09:16	10:44		13:51	15:51	17:27	19:45	21:54	24:29	26:30:07
96	Time Delta	01:17	01:07	01:19	01:10	01:27	01:18	01:36	01:28		03:06	01:59	01:36	02:17	02:09	02:34	02:01:07
Age 41	Pace Cum	11:14	11:33	11:35	11:46	12:00	12:16	12:32	12:53		13:18	13:43	13:58	14:29	15:01	15:34	15:54
Group M40-49	Pace Delta	11:14	11:56	11:37	12:27	12:48	13:48	14:01	15:40		14:55	17:30	17:09	20:01	22:52	22:36	21:26
Overall-Group	Position	105-32	111-31	112-32	107-30	106-31	104-30	102-28	106-29		96-27	96-27	93-26	86-23	89-23	92-25	93-26
<u>Cook,</u> <u>Ethel (PA)</u>	Time of Day	0:07:26	0:08:43	0:10:18	0:11:43	0:13:21	0:14:51	0:16:42	0:18:22	0:20:25	0:22:13	1:00:23	1:02:29	1:04:59	1:06:59	1:09:03	1:10:44:44
	Time Cum	01:26	02:43	04:18	05:43	07:21	08:51	10:42	12:22	14:25	16:13	18:23	20:29	22:59	24:59	27:03	28:44:44
98	Time Delta	01:26	01:17	01:34	01:25	01:37	01:30	01:50	01:40	02:02	01:48	02:09	02:06	02:29	02:00	02:03	01:41:44
Age 47	Pace Cum	12:33	13:03	13:20	13:44	13:51	14:10	14:29	14:51	15:13	15:35	15:54	16:23	16:51	17:09	17:12	17:15
Group F40-49	Pace Delta	12:33	13:38	13:52	15:07	14:15	15:58	16:10	17:45	17:55	19:14	18:53	22:21	21:51	21:24	17:58	18:00
Overall-Group	Position	181-24	201-28	210-29	214-30	199-29	199-30	191-28	190-28	159-24	164-24	151-23	150-22	137-19	136-19	132-18	131-18
Cotuna, Theo (NC)	Time of Day	0:07:23	0:08:35	0:10:03	0:11:21	0:12:55	0:14:14	0:16:03	0:17:31	0:19:22	0:20:55						
	Time Cum	01:23	02:35	04:03	05:21	06:55	08:14	10:03	11:31	13:22	14:55						
99	Time Delta	01:23	01:12	01:27	01:18	01:33	01:19	01:48	01:28	01:50	01:33						
Age 48	Pace Cum	12:07	12:27	12:33	12:51	13:02	13:12	13:36	13:50	14:06	14:20						
Group M40-49	Pace Delta	12:07	12:50	12:46	13:52	13:40	14:08	15:47	15:41	16:07	16:33						
Overall-Group	Position	152-41	165-42	170-47	165-45	157-44	158-43	156-42	155-42	129-34	128-35						

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

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>Cowher,</u>	Time of Day	0:07:32	0:08:52	0:10:31	0:11:58	0:14:02	0:16:18	0:19:11	0:20:39								
<u>Karen (VA)</u>	Time Cum	01:32	02:52	04:31	05:58	08:02	10:18	13:11	14:39								
104	Time Delta	01:32	01:20	01:38	01:27	02:03	02:16	02:52	01:28								
Age 46	Pace Cum	13:26	13:48	14:00	14:21	15:08	16:29	17:50	17:35								
Group F40-49	Pace Delta	13:26	14:15	14:22	15:34	17:58	24:09	25:12	15:37								
Overall-Group	Position	219-33	221-32	224-33	225-34	229-34	238-35	238-35	237-35								
Cox,	Time of Day	0:07:26	0:08:38	0:10:07	0:11:26	0:13:10	0:14:35	0:16:25	0:18:05								
Lee (NC)	Time Cum	01:26	02:38	04:07	05:26	07:10	08:35	10:25	12:05								
35	Time Delta	01:26	01:12	01:28	01:19	01:43	01:25	01:49	01:40								
Age 51	Pace Cum	12:33	12:42	12:46	13:04	13:30	13:46	14:06	14:31								
Group M50-59	Pace Delta	12:33	12:52	12:54	14:05	15:06	15:13	15:55	17:49								
Overall-Group	Position	181-27	183-27	179-25	182-25	183-24	180-24	174-23	179-24								
<u>Crumley,</u>	Time of Day	0:07:26	0:08:39	0:10:10	0:11:29	0:13:17	0:14:38	0:16:36	0:18:16	0:20:28	0:22:10	1:00:30	1:02:30	1:05:16	1:07:08	1:09:06	1:11:07:01
<u>Ginny (GA)</u>	Time Cum	01:26	02:39	04:10	05:29	07:17	08:38	10:36	12:16	14:28	16:10	18:30	20:30	23:16	25:08	27:06	29:07:01
105	Time Delta	01:26	01:13	01:30	01:19	01:47	01:21	01:57	01:40	02:11	01:42	02:19	02:00	02:45	01:52	01:57	02:01:01
Age 53	Pace Cum	12:33	12:45	12:55	13:11	13:43	13:49	14:20	14:43	15:16	15:31	16:00	16:25	17:03	17:14	17:14	17:28
Group F50-59	Pace Delta	12:33	13:00	13:13	14:04	15:42	14:21	17:13	17:44	19:14	18:04	20:26	21:24	24:06	19:51	17:12	21:25
Overall-Group	Position	181-10	185-8	190-10	189-11	189-11	182-10	185-12	186-12	162-11	160-10	153-11	152-10	140-9	140-9	133-8	137-9
Curran,	Time of Day	0:07:22	0:08:30	0:09:54	0:11:09	0:12:37	0:13:58	0:15:57	0:17:16								
Finian (NC)	Time Cum	01:22	02:30	03:54	05:09	06:37	07:58	09:57	11:16								
106	Time Delta	01:22	01:08	01:23	01:15	01:27	01:21	01:58	01:19								
Age 42	Pace Cum	11:58	12:01	12:06	12:22	12:28	12:45	13:28	13:32								
Group M40-49	Pace Delta	11:58	12:03	12:15	13:18	12:49	14:24	17:19	14:03								
Overall-Group	Position	148-39	137-37	138-38	135-37	127-35	132-37	148-40	138-37								
<u>Curtis,</u>	Time of Day	0:07:13	0:08:17	0:09:38	0:10:46	0:12:12	0:13:20	0:14:50	0:16:01	0:17:40	0:19:02	0:20:42	0:22:05	0:23:57	1:01:45	1:03:41	1:05:15:51
<u>Leah (IL)</u>	Time Cum	01:13	02:17	03:38	04:46	06:12	07:20	08:50	10:01	11:40	13:02	14:42	16:05	17:57	19:45	21:41	23:15:51
107	Time Delta	01:13	01:04	01:20	01:08	01:25	01:08	01:29	01:11	01:38	01:22	01:39	01:23	01:51	01:48	01:55	01:34:51
Age 29	Pace Cum	10:39	11:01	11:16	11:28	11:41	11:45	11:57	12:01	12:19	12:31	12:43	12:53	13:09	13:33	13:47	13:58
Group F20-29	Pace Delta	10:39	11:27	11:44	12:08	12:28	12:08	13:04	12:36	14:25	14:34	14:33	14:48	16:15	19:08	16:55	16:47
Overall-Group	Position	75-2	79-2	88-2	88-2	84-2	77-2	75-2	71-2	61-2	64-2	56-1	54-1	50-1	52-1	51-1	48-1
<u>Czeiszperger,</u>	Time of Day	0:07:22	0:08:30	0:09:54	0:11:10	0:12:48	0:14:11	0:16:06	0:17:32	0:19:47	0:21:28	0:23:40	1:01:54	1:04:20	1:06:37	1:09:15	1:11:16:14
<u>Angela (MI)</u>	Time Cum	01:22	02:30	03:54	05:10	06:48	08:11	10:06	11:32	13:47	15:28	17:40	19:54	22:20	24:37	27:15	29:16:14
108	Time Delta	01:22	01:08	01:23	01:16	01:37	01:23	01:54	01:26	02:14	01:41	02:11	02:14	02:25	02:17	02:37	02:01:14
Age 34	Pace Cum	11:58	12:02	12:06	12:25	12:49	13:06	13:40	13:51	14:33	14:51	15:17	15:56	16:22	16:53	17:20	17:34
Group F30-39	Pace Delta	11:58	12:06	12:12	13:30	14:16	14:46	16:44	15:16	19:40	17:59	19:11	23:49	21:14	24:25	22:55	21:27
Overall-Group	Position	148-13	141-13	138-13	142-12	145-13	151-15	160-17	156-17	142-11	147-14	136-12	139-13	128-13	132-14	138-16	142-16
Demoney,	Time of Day	0:07:43	0:09:14	0:11:19	0:12:55	0:15:07	0:16:53	0:19:07	0:20:54								
Ed (VA)	Time Cum	01:43	03:14	05:19	06:55	09:07	10:53	13:07	14:54								
44	Time Delta	01:43	01:31	02:04	01:36	02:11	01:46	02:13	01:47								
Age 78	Pace Cum	15:02	15:32	16:29	16:38	17:10	17:25	17:45	17:54								
Group M70-79	Pace Delta	15:02	16:08	18:13	17:06	19:11	18:48	19:32	19:03								
Overall-Group	Position	240-7	249-7	250-7	249-7	244-7	242-7	237-7	238-7								

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

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 (MD)	Time of Day	0:06:50	0:07:32	0:08:23	0:09:05	0:09:57	0:10:40	0:11:34	0:12:20	0:13:16	0:14:05						
	Time Cum	00:50	01:32	02:23	03:05	03:57	04:40	05:34	06:20	07:16	08:05						
5	Time Delta	00:50	00:42	00:50	00:42	00:51	00:43	00:53	00:46	00:55	00:49						
Age 31	Pace Cum	07:18	07:24	07:23	07:25	07:26	07:29	07:32	07:37	07:40	07:46						
Group M30-39	Pace Delta	07:18	07:32	07:21	07:30	07:33	07:46	07:46	08:13	08:07	08:48						
Overall-Group	Position	3-1	3-1	3-1	3-1	3-1	2-1	2-1	2-1	2-1	2-1						
Dukes, Bryant (NC)	Time of Day	0:07:25	0:08:36	0:10:03	0:11:20	0:12:43	0:13:49	0:15:08	0:16:21	0:18:00	0:19:34	0:22:10					
	Time Cum	01:25	02:36	04:03	05:20	06:43	07:49	09:08	10:21	12:00	13:34	16:10					
38	Time Delta	01:25	01:11	01:26	01:17	01:22	01:06	01:18	01:13	01:38	01:34	02:35					
Age 38	Pace Cum	12:25	12:31	12:33	12:50	12:39	12:31	12:21	12:26	12:40	13:02	13:59					
Group M30-39	Pace Delta	12:25	12:39	12:38	13:47	11:59	11:47	11:27	13:03	14:21	16:42	22:43					
Overall-Group	Position	168-31	174-33	170-32	163-32	135-30	114-27	98-23	89-24	76-21	83-23	103-22					
<u>Dummar,</u> <u>Susan (NC)</u>	Time of Day	0:07:26	0:08:39	0:10:10	0:11:30	0:13:04	0:14:28	0:16:15	0:17:44	0:19:33	0:21:05	0:23:16	1:01:01	1:03:24	1:05:16	1:07:45	1:09:43:38
	Time Cum	01:26	02:39	04:10	05:30	07:04	08:28	10:15	11:44	13:33	15:05	17:16	19:01	21:24	23:16	25:45	27:43:38
36	Time Delta	01:26	01:13	01:30	01:20	01:33	01:24	01:46	01:29	01:48	01:32	02:10	01:45	02:22	01:52	02:28	01:58:38
Age 47	Pace Cum	12:33	12:48	12:55	13:13	13:19	13:33	13:52	14:06	14:18	14:30	14:56	15:13	15:41	15:57	16:23	16:38
Group F40-49	Pace Delta	12:33	13:05	13:09	14:13	13:40	14:55	15:35	15:52	15:49	16:25	19:01	18:37	20:51	19:50	21:45	21:00
Overall-Group	Position	181-24	188-25	190-26	191-26	174-23	172-23	170-22	165-21	134-17	133-16	125-16	120-14	112-14	109-12	111-12	109-12
Durr, Stephen (VA)	Time of Day	0:07:43	0:09:11	0:11:12	0:13:03												
	Time Cum	01:43	03:11	05:12	07:03												
112	Time Delta	01:43	01:28	02:00	01:51												
Age 45	Pace Cum	15:02	15:17	16:07	16:56												
Group M40-49	Pace Delta	15:02	15:36	17:39	19:44												
Overall-Group	Position	240-52	245-53	249-53	250-53												
Dwyer, Seth (NC)	Time of Day	0:07:12	0:08:12	0:09:21	0:10:26	0:11:49	0:13:08	0:14:40	0:15:56								
	Time Cum	01:12	02:12	03:21	04:26	05:49	07:08	08:40	09:56								
47	Time Delta	01:12	01:00	01:08	01:05	01:22	01:19	01:31	01:16								
Age 32	Pace Cum	10:31	10:37	10:23	10:39	10:57	11:25	11:43	11:56								
Group M30-39	Pace Delta	10:31	10:45	09:58	11:32	12:06	14:02	13:23	13:35								
Overall-Group	Position	68-15	61-15	51-15	50-15	51-15	62-16	66-17	65-17								
Eldred, Jeffro (NC)	Time of Day	0:07:16	0:08:20	0:09:38	0:10:45	0:12:14	0:13:24	0:14:52	0:16:10	0:17:50	0:19:11	0:21:16	0:22:42	1:00:32	1:02:08	1:03:54	1:05:17:13
	Time Cum	01:16	02:20	03:38	04:45	06:14	07:24	08:52	10:10	11:50	13:11	15:16	16:42	18:32	20:08	21:54	23:17:13
114	Time Delta	01:16	01:04	01:17	01:07	01:28	01:10	01:27	01:18	01:39	01:21	02:04	01:26	01:49	01:36	01:45	01:23:13
Age 40	Pace Cum	11:06	11:14	11:16	11:26	11:45	11:51	12:00	12:12	12:29	12:40	13:13	13:22	13:35	13:49	13:56	13:58
Group M40-49	Pace Delta	11:06	11:24	11:20	12:02	12:51	12:29	12:46	13:51	14:34	14:29	18:08	15:18	16:00	17:03	15:26	14:44
Overall-Group	Position	98-29	93-27	88-26	81-26	87-27	84-26	77-24	78-23	69-21	71-21	75-21	70-21	64-19	62-17	57-16	49-14
Engle, Cliff (AZ)	Time of Day	0:07:30	0:08:42	0:10:08	0:11:25	0:13:02	0:14:23	0:16:08	0:17:45	0:19:56							
	Time Cum	01:30	02:42	04:08	05:25	07:02	08:23	10:08	11:45	13:56							
115	Time Delta	01:30	01:12	01:25	01:17	01:36	01:21	01:44	01:37	02:10							
Age 41	Pace Cum	13:08	13:02	12:49	13:01	13:15	13:26	13:43	14:06	14:42							
Group M40-49	Pace Delta	13:08	12:53	12:26	13:41	14:07	14:28	15:13	17:14	19:04							
Overall-Group	Position	205-48	200-48	181-48	176-47	166-46	165-45	162-44	168-43	147-37							

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

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>Erickson,</u>	Time of Day	0:07:20	0:08:34	0:10:00	0:11:17	0:12:49	0:14:12	0:15:48	0:17:17	0:19:19	0:20:49	0:22:48	1:00:26	1:02:32	1:04:28	1:06:50	1:08:51:50
<u>Suzanne (AL)</u>	Time Cum	01:20	02:34	04:00	05:17	06:49	08:12	09:48	11:17	13:19	14:49	16:48	18:26	20:32	22:28	24:50	26:51:50
116	Time Delta	01:20	01:14	01:25	01:17	01:31	01:23	01:35	01:29	02:01	01:30	01:58	01:38	02:05	01:56	02:21	02:01:50
Age 46	Pace Cum	11:41	12:23	12:24	12:42	12:50	13:07	13:15	13:33	14:03	14:14	14:32	14:45	15:03	15:25	15:48	16:07
Group F40-49	Pace Delta	11:41	13:13	12:27	13:45	13:20	14:43	14:00	15:48	17:47	16:01	17:18	17:22	18:22	20:37	20:40	21:34
Overall-Group	Position	127-18	160-21	154-18	154-18	151-18	155-18	138-17	139-17	124-14	125-13	117-12	113-12	100-10	98-10	95-10	98-10
<u>Evenson,</u>	Time of Day	0:07:23	0:08:30	0:09:51	0:10:59	0:12:37	0:14:02	0:15:38	0:17:00								
<u>Scott (NC)</u>	Time Cum	01:23	02:30	03:51	04:59	06:37	08:02	09:38	11:00								
117	Time Delta	01:23	01:07	01:20	01:08	01:37	01:25	01:35	01:22								
Age 46	Pace Cum	12:07	12:03	11:56	11:59	12:28	12:51	13:02	13:12								
Group M40-49	Pace Delta	12:07	11:58	11:44	12:08	14:14	15:04	13:59	14:31								
Overall-Group	Position	152-41	143-37	127-34	118-33	127-35	136-38	126-35	126-35								
<u>Fabiszak,</u>	Time of Day	0:07:07	0:08:09	0:09:22	0:10:27	0:11:48	0:12:59	0:14:36	0:15:51	0:17:31	0:18:58	0:21:22	0:23:08				
<u>Dennis (NY)</u>	Time Cum	01:07	02:09	03:22	04:27	05:48	06:59	08:36	09:51	11:31	12:58	15:22	17:08				
118	Time Delta	01:07	01:02	01:12	01:05	01:20	01:11	01:36	01:15	01:39	01:27	02:24	01:46				
Age 42	Pace Cum	09:47	10:22	10:26	10:42	10:56	11:11	11:38	11:50	12:09	12:27	13:18	13:43				
Group M40-49	Pace Delta	09:47	11:05	10:34	11:37	11:44	12:37	14:07	13:23	14:31	15:24	21:01	18:54				
Overall-Group	Position	32-13	54-17	52-17	53-18	49-19	48-18	61-20	59-20	52-18	58-20	80-23	86-23				
<u>Falbo,</u>	Time of Day	0:06:57	0:07:48	0:08:46	0:09:38	0:10:39	0:11:35	0:12:44	0:13:43	0:14:53	0:16:00	0:17:11	0:18:19	0:19:29	0:20:36	0:21:53	0:23:02:39
<u>Traci (IN)</u>	Time Cum	00:57	01:48	02:46	03:38	04:39	05:35	06:44	07:43	08:53	10:00	11:11	12:19	13:29	14:36	15:53	17:02:39
119	Time Delta	00:57	00:51	00:57	00:52	01:00	00:56	01:08	00:59	01:09	01:07	01:10	01:08	01:09	01:07	01:16	01:09:39
Age 40	Pace Cum	08:19	08:42	08:35	08:43	08:46	08:56	09:07	09:16	09:23	09:37	09:41	09:51	09:53	10:01	10:06	10:14
Group F40-49	Pace Delta	08:19	09:10	08:21	09:13	08:54	09:55	10:04	10:30	10:10	12:01	10:14	12:03	10:12	11:57	11:10	12:20
Overall-Group	Position	9-1	15-1	15-1	13-1	11-1	12-1	11-1	10-1	9-1	9-1	8-1	8-1	8-1	7-1	8-1	8-1
<u>Feign,</u>	Time of Day	0:07:13	0:08:21	0:09:36	0:10:46	0:12:10	0:13:27	0:14:57	0:16:19	0:18:06	0:19:33	0:21:43	0:23:42	1:02:24	1:04:38	1:07:29	1:09:49:06
<u>Cory (IL)</u>	Time Cum	01:13	02:21	03:36	04:46	06:10	07:27	08:57	10:19	12:06	13:33	15:43	17:42	20:24	22:38	25:29	27:49:06
120	Time Delta	01:13	01:08	01:14	01:10	01:23	01:17	01:29	01:22	01:46	01:27	02:09	01:59	02:41	02:14	02:50	02:20:06
Age 35	Pace Cum	10:39	11:19	11:10	11:26	11:37	11:55	12:06	12:24	12:46	13:01	13:36	14:10	14:57	15:32	16:12	16:41
Group M30-39	Pace Delta	10:39	12:08	10:52	12:24	12:16	13:39	13:07	14:41	15:29	15:33	18:51	21:07	23:36	23:53	24:50	24:48
Overall-Group	Position	75-17	101-22	83-20	82-19	79-20	88-20	82-20	84-20	79-22	81-22	90-21	100-21	97-19	102-19	104-19	113-20
<u>Ferrari,</u>	Time of Day	0:07:11	0:08:13	0:09:31	0:11:04												
<u>Guido (NC)</u>	Time Cum	01:11	02:13	03:31	05:04												
25	Time Delta	01:11	01:02	01:17	01:33												
Age 51	Pace Cum	10:22	10:42	10:54	12:12												
Group M50-59	Pace Delta	10:22	11:06	11:17	16:38												
Overall-Group	Position	59-4	65-4	69-6	129-18												
<u>Findley,</u>	Time of Day	0:07:08	0:08:05	0:09:16	0:10:21	0:11:39	0:12:47	0:14:10	0:15:22	0:16:56	0:18:16	0:20:09	0:21:42	0:23:40	1:01:23	1:03:19	1:05:24:59
<u>Candy (GA)</u>	Time Cum	01:08	02:05	03:16	04:21	05:39	06:47	08:10	09:22	10:56	12:16	14:09	15:42	17:40	19:23	21:19	23:24:59
121	Time Delta	01:08	00:57	01:10	01:05	01:17	01:08	01:22	01:12	01:33	01:20	01:52	01:33	01:57	01:43	01:55	02:05:59
Age 39	Pace Cum	09:56	10:03	10:08	10:28	10:39	10:51	11:03	11:15	11:32	11:47	12:15	12:34	12:57	13:18	13:33	14:03
Group F30-39	Pace Delta	09:56	10:13	10:16	11:38	11:17	12:04	12:06	12:51	13:38	14:16	16:25	16:38	17:05	18:15	16:55	22:18
Overall-Group	Position	44-3	39-3	38-3	46-4	42-3	44-3	42-3	41-3	36-2	38-3	40-3	45-4	45-4	45-4	44-4	51-4

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

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
Fletcher, Jonathan (NC)	Time of Day	0:07:34	0:08:55	0:10:34	0:12:03	0:14:00	0:15:49	0:18:13	0:20:11	0:22:20	1:00:32	1:04:35					
	Time Cum	01:34	02:55	04:34	06:03	08:00	09:49	12:13	14:11	16:20	18:32	22:35					
122	Time Delta	01:34	01:21	01:38	01:29	01:56	01:49	02:23	01:58	02:08	02:12	04:02					
Age 28	Pace Cum	13:43	14:03	14:10	14:33	15:04	15:43	16:32	17:02	17:14	17:48	19:32					
Group M20-29	Pace Delta	13:43	14:27	14:22	15:54	16:57	19:23	20:57	20:59	18:45	23:24	35:27					
Overall-Group	Position	226-10	227-10	228-10	231-10	225-10	233-10	233-10	233-10	193-10	193-10	178-9					
<u>Fletcher, Laura (NC)</u>	Time of Day	0:07:34	0:08:56	0:10:34	0:12:00	0:13:50	0:15:23	0:17:29	0:19:16	0:21:36	1:00:02	1:03:50	1:07:34				
	Time Cum	01:34	02:56	04:34	06:00	07:50	09:23	11:29	13:16	15:36	18:02	21:50	25:34				
123	Time Delta	01:34	01:22	01:37	01:26	01:50	01:33	02:05	01:47	02:19	02:26	03:47	03:44				
Age 51	Pace Cum	13:43	14:08	14:10	14:24	14:45	15:01	15:32	15:56	16:28	17:20	18:53	20:27				
Group F50-59	Pace Delta	13:43	14:37	14:13	15:13	16:04	16:28	18:23	19:07	20:18	26:01	33:09	39:42				
Overall-Group	Position	226-16	228-14	228-15	229-15	220-14	221-14	216-14	219-15	187-15	191-15	177-16	175-16				
Flowe, Keith (NC)	Time of Day	0:07:22	0:08:31	0:09:52	0:11:05	0:12:32	0:13:50	0:15:24	0:16:42	0:18:18	0:19:38	0:21:22	0:22:55	1:01:04	1:03:09	1:05:03	1:07:24:41
	Time Cum	01:22	02:31	03:52	05:05	06:32	07:50	09:24	10:42	12:18	13:38	15:22	16:55	19:04	21:09	23:03	25:24:41
124	Time Delta	01:22	01:09	01:20	01:13	01:26	01:18	01:33	01:18	01:35	01:20	01:43	01:33	02:08	02:05	01:53	02:21:41
Age 43	Pace Cum	11:58	12:09	11:59	12:14	12:18	12:33	12:43	12:51	12:59	13:06	13:18	13:32	13:59	14:30	14:39	15:15
Group M40-49	Pace Delta	11:58	12:23	11:41	13:02	12:36	13:54	13:39	13:53	13:57	14:19	15:03	16:33	18:45	22:12	16:35	25:05
Overall-Group	Position	148-39	153-40	130-35	131-36	117-34	116-34	113-31	105-28	86-24	86-25	80-23	80-22	77-21	82-21	75-20	81-21
<u>Fontana, Joni (MD)</u>	Time of Day	0:07:25	0:08:38	0:10:06	0:11:27	0:13:19	0:14:45	0:16:32	0:18:09	0:20:18	0:22:12	1:00:21	1:02:33	1:05:01	1:07:03	1:09:08	1:10:54:10
	Time Cum	01:25	02:38	04:06	05:27	07:19	08:45	10:32	12:09	14:18	16:12	18:21	20:33	23:01	25:03	27:08	28:54:10
125	Time Delta	01:25	01:13	01:27	01:21	01:51	01:26	01:46	01:37	02:08	01:54	02:08	02:12	02:27	02:02	02:05	01:46:10
Age 50	Pace Cum	12:25	12:42	12:43	13:07	13:47	14:01	14:15	14:35	15:06	15:33	15:53	16:27	16:52	17:11	17:15	17:21
Group F50-59	Pace Delta	12:25	13:04	12:44	14:28	16:14	15:17	15:34	17:14	18:46	20:11	18:50	23:29	21:30	21:36	18:15	18:47
Overall-Group	Position	168-8	184-7	175-8	186-9	193-12	191-11	184-11	182-11	158-10	163-11	150-10	153-11	138-8	137-8	135-9	134-8
<u>Garrison-Kast, Alanna (NJ)</u>	Time of Day		0:08:34	0:10:02	0:11:24	0:13:21	0:14:55	0:17:19	0:18:58	0:21:05	0:22:47	1:02:08	1:04:04	1:06:14	1:07:49	1:09:53	1:11:32:33
	Time Cum		02:34	04:02	05:24	07:21	08:55	11:19	12:58	15:05	16:47	20:08	22:04	24:14	25:49	27:53	29:32:33
127	Time Delta		02:34	01:27	01:22	01:56	01:34	02:23	01:39	02:06	01:42	03:20	01:56	02:09	01:35	02:03	01:39:33
Age 35	Pace Cum		12:23	12:30	12:58	13:51	14:17	15:19	15:34	15:55	16:07	17:25	17:40	17:46	17:42	17:44	17:44
Group F30-39	Pace Delta		12:23	12:44	14:32	17:04	16:43	20:57	17:38	18:27	18:09	29:16	20:42	18:50	16:53	18:03	17:37
Overall-Group	Position		161-16	164-20	173-20	199-22	203-22	212-24	209-24	176-19	173-19	172-19	169-19	152-17	150-17	147-17	145-17
Gazzia, Antonio (NC)	Time of Day	0:07:12	0:08:18	0:09:36	0:10:48	0:12:14	0:13:23	0:14:57	0:16:25	0:18:25	0:19:56	0:22:40	1:00:59				
	Time Cum	01:12	02:18	03:36	04:48	06:14	07:23	08:57	10:25	12:25	13:56	16:40	18:59				
128	Time Delta	01:12	01:06	01:17	01:12	01:25	01:09	01:33	01:28	01:59	01:31	02:43	02:19				
Age 59	Pace Cum	10:31	11:04	11:10	11:32	11:45	11:50	12:06	12:30	13:06	13:23	14:25	15:12				
Group M50-59	Pace Delta	10:31	11:44	11:21	12:48	12:30	12:21	13:36	15:37	17:29	16:16	23:48	24:46				
Overall-Group	Position	68-5	85-9	83-9	90-9	87-10	82-8	82-9	93-9	92-13	98-13	115-20	119-20				
Geigle, Joe (NC)	Time of Day	0:07:25	0:08:33	0:09:58	0:11:13	0:12:47	0:14:07	0:15:47	0:17:03	0:19:45							
	Time Cum	01:25	02:33	03:58	05:13	06:47	08:07	09:47	11:03	13:45							
129	Time Delta	01:25	01:08	01:24	01:15	01:33	01:20	01:39	01:16	02:41							
Age 35	Pace Cum	12:25	12:18	12:18	12:33	12:47	13:00	13:14	13:16	14:31							
Group M30-39	Pace Delta	12:25	12:11	12:17	13:26	13:36	14:18	14:29	13:30	23:37							
Overall-Group	Position	168-31	155-31	147-29	147-30	144-31	142-31	134-30	129-30	141-29							

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

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
Gentry, Bill (VA)	Time of Day	0:07:44	0:09:12	0:10:57	0:12:26	0:14:14	0:15:50	0:17:43	0:19:19	0:21:03	0:22:43	1:00:43	1:02:19	1:04:24	1:05:57	1:07:42	1:09:02:53
	Time Cum	01:44	03:12	04:57	06:26	08:14	09:50	11:43	13:19	15:03	16:43	18:43	20:19	22:24	23:57	25:42	27:02:53
29	Time Delta	01:44	01:28	01:44	01:29	01:47	01:36	01:52	01:36	01:43	01:40	01:59	01:36	02:04	01:33	01:44	01:20:53
Age 50	Pace Cum	15:11	15:23	15:21	15:27	15:31	15:44	15:51	15:59	15:53	16:03	16:12	16:15	16:25	16:26	16:21	16:14
Group M50-59	Pace Delta	15:11	15:38	15:17	15:49	15:42	17:00	16:29	17:01	15:09	17:45	17:29	17:02	18:12	16:33	15:15	14:19
Overall-Group	Position	243-35	247-35	243-35	242-35	236-34	235-34	225-34	221-32	175-24	171-24	156-24	147-23	129-21	120-21	109-20	101-18
Gerds, James (NC)	Time of Day	0:07:16	0:08:17	0:09:34	0:10:43	0:11:58	0:13:10	0:14:32	0:15:44	0:17:23	0:19:15	0:20:53	0:22:33	1:00:21	1:02:03	1:03:59	1:05:27:58
	Time Cum	01:16	02:17	03:34	04:43	05:58	07:10	08:32	09:44	11:23	13:15	14:53	16:33	18:21	20:03	21:59	23:27:58
130	Time Delta	01:16	01:01	01:16	01:09	01:14	01:12	01:21	01:12	01:38	01:52	01:37	01:40	01:47	01:42	01:55	01:28:58
Age 39	Pace Cum	11:06	11:02	11:04	11:19	11:14	11:29	11:33	11:41	12:01	12:43	12:53	13:15	13:27	13:45	13:59	14:05
Group M30-39	Pace Delta	11:06	10:58	11:06	12:14	10:56	12:52	11:52	12:48	14:24	19:51	14:17	17:51	15:39	18:10	16:50	15:45
Overall-Group	Position	98-22	81-19	74-17	78-17	64-17	68-17	55-15	52-15	48-14	75-20	62-17	66-18	62-17	61-17	60-17	53-16
Gerdy, Greg (NJ)	Time of Day	0:07:31	0:08:55	0:10:34	0:11:59	0:13:48	0:15:19	0:17:13	0:18:46	0:21:09	0:23:02	1:01:44	1:03:53	1:07:27	1:09:48		
	Time Cum	01:31	02:55	04:34	05:59	07:48	09:19	11:13	12:46	15:09	17:02	19:44	21:53	25:27	27:48		
131	Time Delta	01:31	01:24	01:38	01:25	01:48	01:31	01:53	01:33	02:22	01:53	02:41	02:09	03:33	02:21		
Age 60	Pace Cum	13:17	14:00	14:10	14:24	14:42	14:55	15:10	15:20	15:59	16:21	17:04	17:31	18:39	19:04		
Group M60-69	Pace Delta	13:17	14:53	14:26	15:13	15:47	16:12	16:34	16:36	20:45	20:04	23:36	22:59	31:07	25:02		
Overall-Group	Position	212-11	225-12	228-12	228-11	219-11	218-11	209-10	205-10	177-7	180-7	170-7	168-7	155-7	154-7		
Gill, III, J Russell (VA)	Time of Day	0:07:02	0:07:52	0:08:57	0:09:55	0:11:07	0:12:20										
	Time Cum	01:02	01:52	02:57	03:55	05:07	06:20										
132	Time Delta	01:02	00:50	01:04	00:58	01:11	01:13										
Age 48	Pace Cum	09:03	09:00	09:09	09:24	09:38	10:09										
Group M40-49	Pace Delta	09:03	08:57	09:24	10:18	10:29	13:02										
Overall-Group	Position	17-5	17-5	19-6	20-7	19-7	23-7										
<u>Ginsburg, Jeri (CA)</u>	Time of Day	0:07:02	0:08:00	0:09:10	0:10:15	0:11:26	0:12:36	0:13:55	0:15:10	0:16:28	0:17:46	0:19:18	0:20:35	0:22:05	0:23:21	1:00:52	1:02:10:21
	Time Cum	01:02	02:00	03:10	04:15	05:26	06:36	07:55	09:10	10:28	11:46	13:18	14:35	16:05	17:21	18:52	20:10:21
133	Time Delta	01:02	00:58	01:09	01:05	01:10	01:10	01:18	01:15	01:17	01:18	01:31	01:17	01:29	01:16	01:30	01:18:21
Age 53	Pace Cum	09:03	09:41	09:49	10:12	10:14	10:35	10:43	11:01	11:03	11:18	11:30	11:40	11:47	11:54	12:00	12:06
Group F50-59	Pace Delta	09:03	10:26	10:05	11:31	10:21	12:31	11:26	13:23	11:18	13:50	13:24	13:39	13:07	13:32	13:13	13:52
Overall-Group	Position	17-1	27-1	28-1	34-1	27-1	37-1	33-1	34-1	29-1	30-1	28-1	27-1	24-1	22-1	21-1	19-1
Glazer, Josh (VA)	Time of Day	0:07:15	0:08:17	0:09:38	0:10:44	0:12:08	0:13:19	0:14:42	0:15:58	0:17:41	0:18:59	0:20:30	0:21:42	0:23:11	1:00:24	1:01:43	1:02:43:27
	Time Cum	01:15	02:17	03:38	04:44	06:08	07:19	08:42	09:58	11:41	12:59	14:30	15:42	17:11	18:24	19:43	20:43:27
134	Time Delta	01:15	01:02	01:20	01:06	01:23	01:11	01:22	01:16	01:42	01:18	01:30	01:12	01:28	01:13	01:18	01:00:27
Age 35	Pace Cum	10:57	11:01	11:16	11:24	11:33	11:44	11:46	11:59	12:20	12:28	12:33	12:34	12:36	12:37	12:32	12:26
Group M30-39	Pace Delta	10:57	11:05	11:44	11:50	12:08	12:44	11:59	13:37	14:54	13:52	13:14	12:45	12:59	13:00	11:28	10:42
Overall-Group	Position	86-20	78-19	88-21	80-18	77-18	74-18	69-18	68-18	63-16	59-15	51-12	44-12	35-10	32-9	26-9	23-9
Goonen, Denis (NC)	Time of Day		0:08:30	0:10:06	0:11:28	0:13:22	0:14:49	0:17:07	0:18:50	0:20:58	0:22:39	1:00:50	1:02:50	1:05:53	1:07:42	1:09:54	1:11:51:58
	Time Cum		02:30	04:06	05:28	07:22	08:49	11:07	12:50	14:58	16:39	18:50	20:50	23:53	25:42	27:54	29:51:58
135	Time Delta		02:30	01:35	01:22	01:53	01:27	02:17	01:43	02:07	01:41	02:10	02:00	03:02	01:49	02:11	01:57:58
Age 35	Pace Cum		12:01	12:43	13:08	13:53	14:07	15:02	15:25	15:48	15:59	16:18	16:40	17:30	17:37	17:45	17:55
Group M30-39	Pace Delta		12:01	13:59	14:33	16:37	15:26	20:07	18:20	18:36	17:54	19:06	21:19	26:39	19:19	19:15	20:53
Overall-Group	Position		140-28	175-33	188-34	203-35	196-35	207-36	207-35	172-31	170-31	159-27	157-26	149-23	149-23	148-23	149-23

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Gray, Rick (TN)	Time of Day	0:07:06	0:08:03	0:09:12	0:10:15	0:11:26	0:12:31	0:13:51	0:15:04	0:16:34	0:17:55	0:19:39	0:21:20	0:23:22	1:01:11	1:03:14	1:05:05:58
	Time Cum	01:06	02:03	03:12	04:15	05:26	06:31	07:51	09:04	10:34	11:55	13:39	15:20	17:22	19:11	21:14	23:05:58
136	Time Delta	01:06	00:57	01:08	01:03	01:10	01:05	01:19	01:13	01:29	01:21	01:43	01:41	02:01	01:49	02:02	01:51:58
Age 51	Pace Cum	09:38	09:54	09:55	10:14	10:14	10:27	10:37	10:53	11:09	11:27	11:49	12:16	12:44	13:10	13:30	13:52
Group M50-59	Pace Delta	09:38	10:14	09:57	11:17	10:15	11:38	11:35	12:57	13:07	14:22	15:09	17:59	17:44	19:27	17:49	19:49
Overall-Group	Position	26-1	33-1	30-1	36-2	27-2	30-2	31-2	33-2	30-2	33-2	33-2	35-2	37-3	41-4	42-4	46-4
Grossman, Steven (NM)	Time of Day	0:07:24	0:08:38	0:10:03	0:11:19	0:12:55	0:14:13	0:15:50	0:17:11	0:18:49	0:20:12	0:22:00	0:23:31	1:01:40	1:03:25	1:05:26	1:07:10:18
	Time Cum	01:24	02:38	04:03	05:19	06:55	08:13	09:50	11:11	12:49	14:12	16:00	17:31	19:40	21:25	23:26	25:10:18
138	Time Delta	01:24	01:14	01:24	01:16	01:35	01:18	01:36	01:21	01:37	01:23	01:47	01:31	02:08	01:45	02:00	01:44:18
Age 51	Pace Cum	12:16	12:41	12:33	12:47	13:02	13:10	13:18	13:25	13:32	13:39	13:51	14:01	14:25	14:41	14:54	15:06
Group M50-59	Pace Delta	12:16	13:12	12:20	13:32	13:57	13:56	14:03	14:21	14:18	14:50	15:39	16:10	18:47	18:37	17:38	18:28
Overall-Group	Position	163-25	182-27	170-23	159-23	157-21	157-21	142-20	133-19	110-19	112-19	99-14	95-12	85-12	84-12	81-11	78-11
<u>Gury,</u> <u>Sue (MD)</u>	Time of Day	0:07:26	0:08:42	0:10:09	0:11:25	0:13:00	0:14:19	0:16:06	0:17:36	0:19:34	0:21:15	0:23:24	1:01:04	1:03:14	1:05:12	1:07:35	1:09:37:03
	Time Cum	01:26	02:42	04:09	05:25	07:00	08:19	10:06	11:36	13:34	15:15	17:24	19:04	21:14	23:12	25:35	27:37:03
139	Time Delta	01:26	01:16	01:26	01:16	01:34	01:19	01:46	01:30	01:57	01:41	02:08	01:40	02:09	01:58	02:22	02:02:03
Age 48	Pace Cum	12:33	12:59	12:52	13:01	13:11	13:20	13:40	13:55	14:19	14:39	15:03	15:15	15:34	15:55	16:16	16:34
Group F40-49	Pace Delta	12:33	13:30	12:40	13:31	13:49	14:08	15:29	15:57	17:13	17:59	18:45	17:45	18:56	21:03	20:44	21:36
Overall-Group	Position	181-24	196-26	184-24	177-23	165-21	161-20	160-20	159-20	135-18	139-17	127-18	121-15	108-11	108-11	107-11	108-11
<u>Haber,</u> <u>Melanie (NH)</u>	Time of Day	0:07:26	0:08:43	0:10:16	0:11:42	0:13:53	0:15:59	0:18:33	0:20:17								
	Time Cum	01:26	02:43	04:16	05:42	07:53	09:59	12:33	14:17								
140	Time Delta	01:26	01:17	01:32	01:26	02:10	02:06	02:33	01:44								
Age 55	Pace Cum	12:33	13:07	13:14	13:42	14:51	16:00	16:59	17:09								
Group F50-59	Pace Delta	12:33	13:47	13:27	15:16	19:05	22:27	22:21	18:33								
Overall-Group	Position	181-10	204-11	204-13	212-13	221-15	236-19	236-19	235-19								
Hall, Alex (VA)	Time of Day	0:07:02	0:07:55	0:08:58	0:09:53	0:11:08	0:12:08	0:13:35	0:14:43	0:16:13	0:17:19	0:18:58	0:20:12				
	Time Cum	01:02	01:55	02:58	03:53	05:08	06:08	07:35	08:43	10:13	11:19	12:58	14:12				
141	Time Delta	01:02	00:53	01:02	00:55	01:14	01:00	01:26	01:08	01:29	01:06	01:38	01:14				
Age 31	Pace Cum	09:03	09:12	09:12	09:20	09:40	09:50	10:16	10:28	10:47	10:53	11:13	11:22				
Group M30-39	Pace Delta	09:03	09:23	09:11	09:49	10:53	10:42	12:38	12:04	13:07	11:48	14:21	13:15				
Overall-Group	Position	17-9	21-9	21-9	19-9	20-9	19-9	21-10	22-10	23-9	25-11	23-9	22-8				
Harold, Eric (IL)	Time of Day	0:07:16	0:08:19	0:09:39	0:10:51	0:12:29	0:13:58	0:15:47	0:17:19	0:19:15	0:21:07	0:23:52	1:02:05				
	Time Cum	01:16	02:19	03:39	04:51	06:29	07:58	09:47	11:19	13:15	15:07	17:52	20:05				
143	Time Delta	01:16	01:03	01:19	01:12	01:37	01:29	01:48	01:32	01:55	01:52	02:44	02:13				
Age 29	Pace Cum	11:06	11:08	11:19	11:40	12:13	12:46	13:14	13:36	13:59	14:31	15:27	16:04				
Group M20-29	Pace Delta	11:06	11:11	11:39	12:51	14:13	15:52	15:49	16:27	16:47	19:53	24:03	23:38				
Overall-Group	Position	98-8	90-6	91-8	98-8	114-8	133-8	134-9	145-9	119-9	135-9	141-8	144-8				
Harvey, David (MA)	Time of Day	0:07:17	0:08:25	0:09:54	0:11:22	0:13:10	0:14:45	0:16:48	0:18:30	0:20:40	0:23:01	1:01:09	1:03:48				
	Time Cum	01:17	02:25	03:54	05:22	07:10	08:45	10:48	12:30	14:40	17:01	19:09	21:48				
144	Time Delta	01:17	01:08	01:28	01:28	01:47	01:35	02:02	01:42	02:09	02:21	02:07	02:39				
Age 40	Pace Cum	11:14	11:38	12:06	12:53	13:30	14:01	14:37	15:00	15:29	16:21	16:34	17:26				
Group M40-49	Pace Delta	11:14	12:07	12:56	15:36	15:45	16:54	17:53	18:04	18:58	25:02	18:37	28:09				
Overall-Group	Position	105-32	117-33	138-38	168-46	183-48	192-49	195-49	196-49	167-41	179-43	162-38	166-38				

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

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>Harvey</u>	Time of Day	0:07:17	0:08:25	0:09:54	0:11:22	0:13:10	0:14:44	0:16:48	0:18:29	0:20:40	0:22:58	1:01:09	1:03:48				
<u>Linda (MA)</u>	Time Cum	01:17	02:25	03:54	05:22	07:10	08:44	10:48	12:29	14:40	16:58	19:09	21:48				
145	Time Delta	01:17	01:08	01:28	01:28	01:47	01:34	02:03	01:41	02:10	02:18	02:10	02:39				
Age 39	Pace Cum	11:14	11:38	12:06	12:53	13:30	14:00	14:37	15:00	15:29	16:17	16:34	17:26				
Group F30-39	Pace Delta	11:14	12:07	12:56	15:35	15:45	16:48	17:58	18:03	18:59	24:28	19:06	28:10				
Overall-Group	Position	105-9	118-9	138-13	167-18	183-20	190-20	195-22	195-22	167-18	177-20	162-18	167-18				
<u>Hesseltine</u>	Time of Day	0:07:11	0:08:17	0:09:39	0:10:50	0:12:27	0:13:51	0:15:26	0:16:48	0:18:38	0:20:07	0:21:51	0:23:25	1:01:26	1:03:04	1:05:24	1:07:17:49
<u>Wally (CA)</u>	Time Cum	01:11	02:17	03:39	04:50	06:27	07:51	09:26	10:48	12:38	14:07	15:51	17:25	19:26	21:04	23:24	25:17:49
146	Time Delta	01:11	01:06	01:21	01:11	01:36	01:24	01:34	01:22	01:50	01:29	01:43	01:34	02:00	01:38	02:19	01:53:49
Age 68	Pace Cum	10:22	11:01	11:19	11:38	12:09	12:34	12:46	12:58	13:20	13:34	13:43	13:56	14:15	14:27	14:53	15:11
Group M60-69	Pace Delta	10:22	11:49	11:51	12:44	14:01	14:52	13:52	14:31	16:04	15:55	15:03	16:41	17:38	17:26	20:22	20:09
Overall-Group	Position	59-3	80-2	91-3	97-3	112-5	118-4	115-4	111-3	101-3	105-3	96-3	91-3	83-3	80-3	80-3	79-3
<u>Hofschulte</u>	Time of Day	0:07:18	0:08:21	0:09:45	0:11:01	0:12:37	0:13:55	0:15:43	0:17:07	0:19:02	0:20:29	0:22:49	1:01:30				
<u>Jean (TX)</u>	Time Cum	01:18	02:21	03:45	05:01	06:37	07:55	09:43	11:07	13:02	14:29	16:49	19:30				
148	Time Delta	01:18	01:03	01:23	01:16	01:35	01:18	01:47	01:24	01:54	01:27	02:19	02:41				
Age 45	Pace Cum	11:23	11:19	11:38	12:02	12:28	12:41	13:09	13:21	13:45	13:55	14:33	15:36				
Group F40-49	Pace Delta	11:23	11:13	12:12	13:27	14:01	13:53	15:42	15:00	16:41	15:30	20:21	28:32				
Overall-Group	Position	116-15	98-13	115-15	124-16	127-16	127-15	129-16	132-16	116-12	119-12	118-13	133-18				
<u>Holden</u>	Time of Day	0:07:23	0:09:01	0:10:01	0:11:18	0:12:50	0:14:09	0:15:54	0:17:15	0:18:59	0:20:35	0:22:35	1:00:28	1:02:37	1:04:27	1:07:31	1:09:28:08
<u>Judy (NC)</u>	Time Cum	01:23	03:01	04:01	05:18	06:50	08:09	09:54	11:15	12:59	14:35	16:35	18:28	20:37	22:27	25:31	27:28:08
149	Time Delta	01:23	01:38	00:59	01:17	01:31	01:19	01:44	01:21	01:43	01:36	01:59	01:53	02:08	01:50	03:03	01:57:08
Age 50	Pace Cum	12:07	14:33	12:27	12:46	12:52	13:03	13:24	13:30	13:42	14:00	14:21	14:47	15:07	15:24	16:14	16:29
Group F50-59	Pace Delta	12:07	17:29	08:38	13:48	13:17	14:02	15:17	14:24	15:08	17:00	17:31	20:07	18:44	19:33	26:47	20:44
Overall-Group	Position	152-7	239-19	162-7	157-7	153-8	147-8	145-8	136-8	114-7	120-7	114-7	114-7	101-5	96-5	106-5	106-5
<u>Holliday</u>	Time of Day	0:07:20	0:08:34	0:10:00	0:11:17	0:12:48	0:14:12	0:15:48	0:17:17	0:19:18	0:20:49	0:22:51	1:00:52	1:03:27	1:05:28	1:08:25	1:10:21:14
<u>David (AL)</u>	Time Cum	01:20	02:34	04:00	05:17	06:48	08:12	09:48	11:17	13:18	14:49	16:51	18:52	21:27	23:28	26:25	28:21:14
150	Time Delta	01:20	01:14	01:25	01:17	01:30	01:24	01:35	01:29	02:00	01:31	02:01	02:01	02:34	02:01	02:56	01:56:14
Age 49	Pace Cum	11:41	12:22	12:24	12:42	12:49	13:07	13:15	13:33	14:02	14:14	14:35	15:06	15:43	16:06	16:48	17:01
Group M40-49	Pace Delta	11:41	13:13	12:28	13:45	13:11	14:53	14:00	15:50	17:36	16:12	17:44	21:32	22:32	21:31	25:45	20:34
Overall-Group	Position	127-35	159-41	154-42	155-41	145-39	154-42	138-37	140-39	122-32	126-34	120-33	116-33	113-33	113-32	118-33	121-33
<u>Holmes</u>	Time of Day	0:07:08	0:08:03	0:09:09	0:10:09	0:11:26	0:12:32	0:14:00	0:15:23	0:17:12	0:18:40	0:20:33	0:22:02	0:23:55	1:01:34	1:03:46	1:05:36:11
<u>Joshua (TN)</u>	Time Cum	01:08	02:03	03:09	04:09	05:26	06:32	08:00	09:23	11:12	12:40	14:33	16:02	17:55	19:34	21:46	23:36:11
151	Time Delta	01:08	00:55	01:05	01:00	01:16	01:06	01:27	01:23	01:48	01:28	01:52	01:29	01:52	01:39	02:11	01:50:11
Age 34	Pace Cum	09:56	09:51	09:46	09:59	10:14	10:28	10:49	11:16	11:49	12:10	12:35	12:50	13:08	13:26	13:51	14:10
Group M30-39	Pace Delta	09:56	09:45	09:38	10:43	11:10	11:44	12:48	14:47	15:51	15:36	16:29	15:55	16:21	17:40	19:09	19:30
Overall-Group	Position	44-13	31-10	27-10	27-10	27-11	31-12	35-12	42-13	42-13	47-13	54-14	53-14	49-13	50-14	54-16	61-18
<u>Huffman</u>	Time of Day	0:07:26	0:08:35	0:09:59	0:11:10	0:12:38	0:13:54	0:15:22	0:16:37	0:18:20	0:19:44	0:21:22	0:22:47	1:00:39	1:02:18	1:04:14	1:05:43:41
<u>Larry (VA)</u>	Time Cum	01:26	02:35	03:59	05:10	06:38	07:54	09:22	10:37	12:20	13:44	15:22	16:47	18:39	20:18	22:14	23:43:41
152	Time Delta	01:26	01:09	01:23	01:11	01:27	01:16	01:27	01:15	01:42	01:24	01:37	01:25	01:51	01:39	01:55	01:29:41
Age 51	Pace Cum	12:33	12:28	12:21	12:25	12:30	12:40	12:40	12:45	13:01	13:11	13:18	13:26	13:40	13:55	14:08	14:14
Group M50-59	Pace Delta	12:33	12:22	12:08	12:37	12:48	13:37	12:42	13:22	14:57	14:54	14:17	15:06	16:18	17:34	16:54	15:52
Overall-Group	Position	181-27	170-25	148-22	141-21	130-19	125-18	110-14	102-13	89-11	93-11	80-9	72-7	65-7	68-8	67-8	65-8

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

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
Jessup, Danny (NC)	Time of Day	0:07:21	0:08:30	0:09:59	0:11:20	0:12:56	0:14:20	0:16:04	0:17:28	0:19:19	0:20:46	0:22:42	1:00:22	1:02:26	1:04:09	1:06:17	1:07:50:48
	Time Cum	01:21	02:30	03:59	05:20	06:56	08:20	10:04	11:28	13:19	14:46	16:42	18:22	20:26	22:09	24:17	25:50:48
153	Time Delta	01:21	01:09	01:28	01:21	01:35	01:24	01:43	01:24	01:50	01:27	01:55	01:40	02:03	01:43	02:07	01:33:48
Age 49	Pace Cum	11:49	12:03	12:21	12:48	13:04	13:20	13:37	13:47	14:03	14:11	14:27	14:42	14:59	15:12	15:27	15:30
Group M40-49	Pace Delta	11:49	12:20	12:54	14:21	14:00	14:54	15:09	15:02	16:04	15:31	16:50	17:47	18:02	18:24	18:33	16:36
Overall-Group	Position	143-38	145-37	148-40	160-44	161-45	163-44	157-43	153-41	124-33	123-33	116-32	112-32	99-29	92-24	88-23	87-23
Johnson, Eric (NC)	Time of Day	0:07:32	0:08:54	0:10:29	0:11:53	0:13:46	0:15:12	0:17:04	0:18:42	0:20:52							
	Time Cum	01:32	02:54	04:29	05:53	07:46	09:12	11:04	12:42	14:52							
154	Time Delta	01:32	01:22	01:34	01:24	01:52	01:26	01:51	01:38	02:09							
Age 43	Pace Cum	13:26	13:57	13:54	14:09	14:38	14:45	14:58	15:14	15:41							
Group M40-49	Pace Delta	13:26	14:35	13:49	14:59	16:24	15:23	16:13	17:22	18:58							
Overall-Group	Position	219-51	224-51	220-52	218-52	217-52	214-52	205-51	204-51	171-43							
<u>Johnson,</u> <u>LaRee (NC)</u>	Time of Day	0:07:24	0:08:31	0:09:57	0:11:09	0:12:43	0:13:56	0:15:41	0:17:01	0:18:48	0:20:12	0:22:04	0:23:38	1:01:48	1:03:46	1:05:55	1:07:38:01
	Time Cum	01:24	02:31	03:57	05:09	06:43	07:56	09:41	11:01	12:48	14:12	16:04	17:38	19:48	21:46	23:55	25:38:01
155	Time Delta	01:24	01:07	01:25	01:12	01:33	01:13	01:44	01:20	01:46	01:24	01:51	01:34	02:09	01:58	02:08	01:43:01
Age 40	Pace Cum	12:16	12:09	12:15	12:24	12:39	12:43	13:06	13:14	13:31	13:38	13:54	14:07	14:31	14:56	15:13	15:23
Group F40-49	Pace Delta	12:16	12:02	12:25	12:54	13:35	13:03	15:13	14:18	15:30	14:58	16:16	16:48	18:51	20:58	18:46	18:14
Overall-Group	Position	163-22	152-17	144-17	139-17	135-17	129-16	128-15	109-11	111-11	101-11	98-11	88-9	86-9	84-9	86-9	86-9
<u>Johnstone,</u> <u>Shannon (NC)</u>	Time of Day	0:07:11	0:08:09	0:09:18	0:10:17	0:11:31	0:12:29	0:13:44	0:14:57	0:16:43	0:17:58	0:19:42	0:21:15	0:23:03	1:00:14	1:02:20	1:03:48:32
	Time Cum	01:11	02:09	03:18	04:17	05:31	06:29	07:44	08:57	10:43	11:58	13:42	15:15	17:03	18:14	20:20	21:48:32
156	Time Delta	01:11	00:58	01:08	00:59	01:13	00:58	01:14	01:13	01:45	01:15	01:43	01:33	01:47	01:11	02:05	01:28:32
Age 38	Pace Cum	10:22	10:22	10:14	10:17	10:24	10:23	10:28	10:44	11:19	11:30	11:51	12:13	12:30	12:31	12:56	13:05
Group F30-39	Pace Delta	10:22	10:22	10:00	10:29	10:46	10:18	10:56	12:56	15:28	13:26	15:03	16:35	15:40	12:44	18:15	15:40
Overall-Group	Position	59-6	53-4	44-4	38-3	34-1	27-1	26-1	29-1	31-1	34-2	34-2	33-2	32-2	29-2	32-3	31-2
Jones, Chris (KY)	Time of Day	0:07:25	0:08:40	0:10:06	0:11:33	0:13:26	0:15:03	0:17:01	0:18:40								
	Time Cum	01:25	02:40	04:06	05:33	07:26	09:03	11:01	12:40								
157	Time Delta	01:25	01:15	01:25	01:27	01:53	01:37	01:57	01:39								
Age 35	Pace Cum	12:25	12:48	12:43	13:19	14:00	14:30	14:54	15:12								
Group M30-39	Pace Delta	12:25	13:17	12:33	15:24	16:30	17:20	17:06	17:33								
Overall-Group	Position	168-31	191-35	175-33	195-36	204-36	207-36	203-35	202-34								
Jones, Gregory (NC)	Time of Day	0:07:09	0:08:13	0:09:25	0:10:30	0:11:54	0:13:03	0:14:30	0:15:43	0:17:43	0:19:13						
	Time Cum	01:09	02:13	03:25	04:30	05:54	07:03	08:30	09:43	11:43	13:13						
158	Time Delta	01:09	01:04	01:11	01:05	01:23	01:09	01:26	01:13	01:59	01:30						
Age 27	Pace Cum	10:04	10:39	10:36	10:49	11:07	11:18	11:30	11:41	12:22	12:42						
Group M20-29	Pace Delta	10:04	11:20	10:30	11:35	12:12	12:20	12:36	13:05	17:23	16:02						
Overall-Group	Position	47-5	62-5	56-5	58-5	60-5	53-5	52-5	51-5	66-6	74-6						
Jordan, Jeffrey Scott (TN)	Time of Day	0:08:00	0:09:03	0:10:16	0:11:34	0:13:02	0:14:41	0:16:10	0:17:45	0:19:17	0:20:59	0:22:59	1:00:59	1:02:52	1:04:36	1:07:02	1:08:37:25
	Time Cum	02:00	03:03	04:16	05:34	07:02	08:41	10:10	11:45	13:17	14:59	16:59	18:59	20:52	22:36	25:02	26:37:25
159	Time Delta	02:00	01:03	01:12	01:18	01:27	01:39	01:28	01:35	01:31	01:42	01:59	02:00	01:52	01:44	02:25	01:35:25
Age 49	Pace Cum	17:31	14:39	13:14	13:22	13:15	13:54	13:45	14:06	14:01	14:23	14:42	15:11	15:18	15:30	15:55	15:58
Group M40-49	Pace Delta	17:31	11:11	10:38	13:49	12:50	17:35	12:57	16:52	13:24	18:05	17:29	21:16	16:28	18:34	21:11	16:53
Overall-Group	Position	248-53	242-52	204-49	199-49	166-46	186-47	163-45	167-43	121-31	130-36	122-34	118-34	106-31	101-30	99-28	97-29

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

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
Keene, Allen (NC)	Time of Day	0:07:20	0:08:32	0:10:08	0:11:35	0:13:37	0:15:19	0:17:40	0:19:31	0:22:21	1:00:35						
	Time Cum	01:20	02:32	04:08	05:35	07:37	09:19	11:40	13:31	16:21	18:35						
160	Time Delta	01:20	01:12	01:35	01:27	02:01	01:42	02:20	01:51	02:49	02:14						
Age 56	Pace Cum	11:41	12:12	12:49	13:25	14:21	14:55	15:47	16:14	17:15	17:51						
Group M50-59	Pace Delta	11:41	12:49	13:57	15:28	17:46	18:05	20:34	19:48	24:41	23:53						
Overall-Group	Position	127-16	154-22	181-26	201-28	211-30	217-30	223-33	226-33	194-28	194-28						
Kinoshita, Hideki (NJ)	Time of Day	0:07:24	0:08:36	0:10:02	0:11:16	0:12:48	0:14:21	0:16:26	0:18:22								
	Time Cum	01:24	02:36	04:02	05:16	06:48	08:21	10:26	12:22								
161	Time Delta	01:24	01:12	01:25	01:14	01:31	01:33	02:04	01:56								
Age 32	Pace Cum	12:16	12:32	12:30	12:39	12:49	13:23	14:07	14:51								
Group M30-39	Pace Delta	12:16	12:53	12:27	13:07	13:25	16:34	18:09	20:33								
Overall-Group	Position	163-30	176-33	164-31	150-31	145-32	164-33	176-34	189-33								
<u>Kokesh,</u> <u>Susan (OR)</u>	Time of Day	0:07:14	0:08:19	0:09:39	0:10:52	0:12:18	0:13:35	0:15:07	0:16:37	0:18:16	0:19:42	0:21:28	0:22:59	1:00:58	1:02:44	1:04:55	1:06:32:44
	Time Cum	01:14	02:19	03:39	04:52	06:18	07:35	09:07	10:37	12:16	13:42	15:28	16:59	18:58	20:44	22:55	24:32:44
162	Time Delta	01:14	01:05	01:19	01:13	01:25	01:17	01:31	01:30	01:38	01:26	01:45	01:31	01:58	01:46	02:10	01:37:44
Age 45	Pace Cum	10:48	11:12	11:19	11:41	11:52	12:08	12:20	12:44	12:57	13:10	13:23	13:36	13:54	14:13	14:34	14:44
Group F40-49	Pace Delta	10:48	11:40	11:33	12:57	12:32	13:41	13:23	15:56	14:27	15:22	15:21	16:11	17:18	18:49	19:05	17:18
Overall-Group	Position	81-12	91-12	91-12	100-13	96-12	99-12	95-12	101-12	85-9	90-10	85-10	81-10	76-8	73-8	73-7	72-7
<u>Lallathin,</u> <u>Darcy (OH)</u>	Time of Day	0:07:17	0:08:23	0:09:40	0:10:54	0:12:15	0:13:28	0:14:53	0:16:14	0:17:50	0:19:13	0:20:59	0:22:36	1:00:16	1:01:58	1:03:50	1:05:28:39
	Time Cum	01:17	02:23	03:40	04:54	06:15	07:28	08:53	10:14	11:50	13:13	14:59	16:36	18:16	19:58	21:50	23:28:39
163	Time Delta	01:17	01:06	01:16	01:14	01:20	01:13	01:24	01:21	01:35	01:23	01:45	01:37	01:39	01:42	01:51	01:38:39
Age 41	Pace Cum	11:14	11:29	11:22	11:46	11:46	11:58	12:01	12:18	12:29	12:41	12:58	13:18	13:23	13:42	13:53	14:05
Group F40-49	Pace Delta	11:14	11:46	11:10	13:08	11:48	13:03	12:18	14:29	13:53	14:43	15:27	17:20	14:27	18:04	16:21	17:28
Overall-Group	Position	105-13	107-15	102-14	105-14	91-11	89-11	79-10	81-10	69-7	73-7	68-7	68-7	59-6	58-6	55-5	54-5
Lancaster, Matthew (VA)	Time of Day	0:07:26	0:08:35	0:10:09	0:11:34												
	Time Cum	01:26	02:35	04:09	05:34												
164	Time Delta	01:26	01:09	01:33	01:25												
Age 37	Pace Cum	12:33	12:29	12:52	13:23												
Group M30-39	Pace Delta	12:33	12:23	13:35	15:07												
Overall-Group	Position	181-34	171-32	184-35	200-37												
Laskey, Joseph E (CT)	Time of Day	0:07:03	0:07:56	0:09:01	0:09:59	0:11:14	0:12:36	0:14:00	0:15:21	0:17:08	0:18:30	0:20:09	0:21:40	0:23:33	1:01:13	1:03:16	1:04:57:11
	Time Cum	01:03	01:56	03:01	03:59	05:14	06:36	08:00	09:21	11:08	12:30	14:09	15:40	17:33	19:13	21:16	22:57:11
165	Time Delta	01:03	00:53	01:04	00:58	01:14	01:22	01:23	01:21	01:46	01:22	01:38	01:31	01:52	01:40	02:02	01:41:11
Age 47	Pace Cum	09:12	09:19	09:21	09:34	09:52	10:34	10:49	11:14	11:45	12:01	12:15	12:32	12:52	13:11	13:31	13:46
Group M40-49	Pace Delta	09:12	09:28	09:25	10:18	10:55	14:35	12:13	14:23	15:35	14:37	14:22	16:08	16:28	17:49	17:52	17:55
Overall-Group	Position	20-6	22-8	22-8	23-9	21-8	36-12	35-12	40-15	38-13	43-16	40-16	43-15	42-15	42-13	43-13	44-13
Lassiter, Richard (NC)	Time of Day	0:07:30	0:08:48	0:10:19	0:11:38	0:13:20	0:14:41	0:16:37	0:18:08	0:20:14	0:22:01						
	Time Cum	01:30	02:48	04:19	05:38	07:20	08:41	10:37	12:08	14:14	16:01						
166	Time Delta	01:30	01:18	01:30	01:19	01:41	01:21	01:55	01:31	02:05	01:47						
Age 46	Pace Cum	13:08	13:27	13:23	13:32	13:49	13:55	14:22	14:34	15:01	15:23						
Group M40-49	Pace Delta	13:08	13:49	13:16	14:02	14:51	14:31	16:47	16:14	18:18	19:01						
Overall-Group	Position	205-48	212-50	211-50	208-50	197-50	187-47	187-47	181-46	154-38	159-40						

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
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LeDoyen, Jason (NC)	Time of Day	0:07:15	0:08:17	0:09:34	0:10:46	0:12:15	0:13:32	0:15:07	0:16:26	0:18:19	0:19:42						
167	Time Cum	01:15	02:17	03:34	04:46	06:15	07:32	09:07	10:26	12:19	13:42						
Age 40	Time Delta	01:15	01:02	01:16	01:12	01:28	01:17	01:34	01:19	01:52	01:23						
Group M40-49	Pace Cum	10:57	11:02	11:04	11:27	11:46	12:04	12:20	12:32	13:00	13:10						
Overall-Group	Pace Delta	10:57	11:09	11:06	12:48	12:56	13:42	13:49	14:05	16:25	14:51						
	Position	86-25	82-25	74-24	85-27	91-29	94-29	95-27	96-26	87-25	91-26						
<hr/>																	
<u>Lee,</u> <u>Kathy (NC)</u>	Time of Day	0:07:07	0:08:08	0:09:25	0:10:30	0:11:52	0:13:04	0:14:33	0:15:51								
31	Time Cum	01:07	02:08	03:25	04:30	05:52	07:04	08:33	09:51								
Age 48	Time Delta	01:07	01:01	01:16	01:05	01:21	01:12	01:28	01:18								
Group F40-49	Pace Cum	09:47	10:17	10:36	10:50	11:03	11:19	11:34	11:50								
Overall-Group	Pace Delta	09:47	10:53	11:10	11:39	11:51	12:46	12:58	13:59								
	Position	32-2	51-7	56-8	60-7	53-6	56-7	57-9	62-9								
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Lee, Steven (NY)	Time of Day	0:07:13	0:08:16	0:09:27	0:10:27	0:11:41	0:12:43	0:14:05	0:15:15	0:16:50	0:18:02	0:19:38	0:21:12	0:22:52	1:00:18	1:02:14	1:03:40:46
168	Time Cum	01:13	02:16	03:27	04:27	05:41	06:43	08:05	09:15	10:50	12:02	13:38	15:12	16:52	18:18	20:14	21:40:46
Age 40	Time Delta	01:13	01:03	01:10	01:00	01:13	01:02	01:21	01:10	01:34	01:12	01:36	01:34	01:39	01:26	01:55	01:26:46
Group M40-49	Pace Cum	10:39	10:55	10:42	10:41	10:42	10:45	10:56	11:07	11:26	11:33	11:48	12:10	12:22	12:33	12:52	13:00
Overall-Group	Pace Delta	10:39	11:13	10:19	10:38	10:47	11:01	11:56	12:31	13:46	12:45	14:01	16:40	14:34	15:14	16:55	15:21
	Position	75-22	73-23	62-22	52-18	44-16	43-16	38-13	36-13	32-10	35-11	32-11	32-11	30-11	30-10	31-10	30-10
<hr/>																	
Lefferts, Peter C (FL)	Time of Day	0:07:31	0:08:53	0:10:29	0:11:58	0:13:44	0:15:23	0:17:13	0:19:07	0:21:12	0:23:03	1:01:10	1:02:58	1:05:18	1:07:11	1:09:27	1:11:12:39
14	Time Cum	01:31	02:53	04:29	05:58	07:44	09:23	11:13	13:07	15:12	17:03	19:10	20:58	23:18	25:11	27:27	29:12:39
Age 56	Time Delta	01:31	01:22	01:35	01:29	01:45	01:39	01:49	01:54	02:04	01:51	02:06	01:48	02:19	01:53	02:15	01:45:39
Group M50-59	Pace Cum	13:17	13:53	13:54	14:21	14:34	15:02	15:10	15:45	16:03	16:22	16:35	16:47	17:05	17:16	17:27	17:32
Overall-Group	Pace Delta	13:17	14:37	13:56	15:54	15:21	17:39	15:57	20:18	18:09	19:43	18:29	19:11	20:23	20:01	19:51	18:42
	Position	212-32	222-34	220-34	224-34	215-31	222-33	209-29	212-30	178-25	181-26	164-25	159-25	142-23	141-23	142-22	141-22
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<u>Leftwich,</u> <u>Debbie (AZ)</u>	Time of Day	0:07:21	0:08:27	0:09:44	0:10:56	0:12:19	0:13:35	0:15:02	0:16:20	0:17:50	0:19:04	0:20:39	0:22:00	0:23:38	1:01:03	1:02:47	1:04:15:53
169	Time Cum	01:21	02:27	03:44	04:56	06:19	07:35	09:02	10:20	11:50	13:04	14:39	16:00	17:38	19:03	20:47	22:15:53
Age 58	Time Delta	01:21	01:06	01:16	01:12	01:22	01:16	01:26	01:18	01:29	01:14	01:34	01:21	01:37	01:25	01:43	01:28:53
Group F50-59	Pace Cum	11:49	11:46	11:35	11:52	11:54	12:09	12:13	12:24	12:29	12:33	12:40	12:48	12:56	13:04	13:13	13:22
Overall-Group	Pace Delta	11:49	11:42	11:14	12:50	12:03	13:34	12:36	13:50	13:07	13:08	13:51	14:25	14:14	15:13	15:02	15:44
	Position	143-6	124-6	112-6	112-5	99-5	100-5	88-4	87-4	69-4	66-3	55-3	50-2	43-2	38-2	35-2	32-2
<hr/>																	
Lemke, Kyle (OH)	Time of Day	0:07:15	0:08:20	0:09:34	0:10:41	0:11:59	0:13:09	0:14:31	0:15:48	0:17:22	0:18:40	0:20:16	0:21:47	0:23:57	1:01:49	1:03:56	1:05:37:53
170	Time Cum	01:15	02:20	03:34	04:41	05:59	07:09	08:31	09:48	11:22	12:40	14:16	15:47	17:57	19:49	21:56	23:37:53
Age 22	Time Delta	01:15	01:05	01:13	01:07	01:17	01:10	01:21	01:17	01:33	01:18	01:35	01:31	02:09	01:52	02:06	01:41:53
Group M20-29	Pace Cum	10:57	11:15	11:04	11:16	11:16	11:27	11:31	11:46	12:00	12:10	12:21	12:38	13:09	13:36	13:57	14:11
Overall-Group	Pace Delta	10:57	11:38	10:42	11:58	11:18	12:25	11:57	13:44	13:38	13:50	13:59	16:15	18:52	19:59	18:25	18:02
	Position	86-6	95-7	74-6	71-6	67-6	65-6	53-6	56-6	45-5	48-5	45-5	49-5	50-4	56-4	58-4	63-5
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<u>Lemke,</u> <u>Terri (OH)</u>	Time of Day	0:07:15	0:08:20	0:09:34	0:10:41	0:11:59	0:13:08	0:14:31	0:15:51	0:17:38	0:19:17	0:21:23	0:23:33				
171	Time Cum	01:15	02:20	03:34	04:41	05:59	07:08	08:31	09:51	11:38	13:17	15:23	17:33				
Age 51	Time Delta	01:15	01:05	01:13	01:07	01:17	01:09	01:22	01:20	01:46	01:39	02:05	02:10				
Group F50-59	Pace Cum	10:57	11:16	11:04	11:16	11:16	11:25	11:31	11:50	12:17	12:46	13:19	14:03				
Overall-Group	Pace Delta	10:57	11:38	10:42	11:59	11:17	12:17	12:03	14:17	15:31	17:38	18:18	23:06				
	Position	86-3	96-3	74-3	73-2	67-2	63-2	53-2	61-2	59-3	78-4	83-5	96-6				

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

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
Levine, David (NC)	Time of Day	0:07:12	0:08:15	0:09:27	0:10:31	0:11:53	0:13:03	0:14:36	0:15:46	0:17:22	0:18:42	0:20:28	0:22:11	1:00:13	1:02:11	1:04:22	1:06:14:38
	Time Cum	01:12	02:15	03:27	04:31	05:53	07:03	08:36	09:46	11:22	12:42	14:28	16:11	18:13	20:11	22:22	24:14:38
172	Time Delta	01:12	01:03	01:11	01:04	01:21	01:10	01:32	01:10	01:35	01:20	01:45	01:43	02:01	01:58	02:10	01:52:38
Age 43	Pace Cum	10:31	10:50	10:42	10:52	11:05	11:18	11:38	11:43	12:00	12:12	12:31	12:57	13:21	13:51	14:13	14:33
Group M40-49	Pace Delta	10:31	11:13	10:27	11:27	11:52	12:30	13:29	12:25	14:00	14:19	15:21	18:16	17:47	20:59	19:03	19:56
Overall-Group	Position	68-21	68-22	62-22	61-22	55-22	52-21	61-20	55-19	45-16	52-18	50-17	57-17	56-16	65-18	68-19	69-18
Lieb, Daniel (NC)	Time of Day	0:07:18	0:08:24	0:09:48	0:10:58	0:12:27	0:13:44	0:15:18	0:16:41	0:18:36	0:20:23						
	Time Cum	01:18	02:24	03:48	04:58	06:27	07:44	09:18	10:41	12:36	14:23						
173	Time Delta	01:18	01:06	01:23	01:10	01:28	01:17	01:33	01:23	01:54	01:47						
Age 37	Pace Cum	11:23	11:36	11:47	11:57	12:09	12:23	12:35	12:50	13:18	13:49						
Group M30-39	Pace Delta	11:23	11:51	12:08	12:32	12:52	13:42	13:40	14:52	16:39	18:59						
Overall-Group	Position	116-24	114-23	117-25	115-25	112-24	109-25	104-26	104-26	98-24	117-27						
Lilly, Stephen (NC)	Time of Day	0:07:29	0:08:47	0:10:17	0:11:37	0:13:19	0:14:44	0:17:16	0:18:59								
	Time Cum	01:29	02:47	04:17	05:37	07:19	08:44	11:16	12:59								
174	Time Delta	01:29	01:18	01:29	01:20	01:41	01:25	02:31	01:43								
Age 57	Pace Cum	13:00	13:26	13:17	13:29	13:47	14:00	15:15	15:36								
Group M50-59	Pace Delta	13:00	13:57	13:01	14:11	14:52	15:12	22:04	18:24								
Overall-Group	Position	200-30	210-31	208-31	203-30	193-27	189-26	211-30	211-29								
<u>Lively</u> <u>Consuela (FL)</u>	Time of Day	0:07:09	0:08:07	0:09:20	0:10:29	0:12:18	0:14:10										
	Time Cum	01:09	02:07	03:20	04:29	06:18	08:10										
175	Time Delta	01:09	00:58	01:12	01:09	01:48	01:52										
Age 40	Pace Cum	10:04	10:14	10:20	10:47	11:52	13:05										
Group F40-49	Pace Delta	10:04	10:25	10:32	12:19	15:49	19:53										
Overall-Group	Position	47-6	48-4	49-6	56-6	96-12	150-17										
Lively, Trung (FL)	Time of Day	0:07:11	0:08:11	0:09:26	0:10:33	0:11:53	0:13:02	0:14:23	0:15:45	0:17:18	0:18:28	0:20:03	0:21:29	0:23:27	1:01:00	1:03:07	1:04:53:53
	Time Cum	01:11	02:11	03:26	04:33	05:53	07:02	08:23	09:45	11:18	12:28	14:03	15:29	17:27	19:00	21:07	22:53:53
176	Time Delta	01:11	01:00	01:14	01:07	01:19	01:09	01:20	01:22	01:32	01:10	01:34	01:26	01:57	01:33	02:06	01:46:53
Age 43	Pace Cum	10:22	10:32	10:39	10:57	11:05	11:16	11:20	11:42	11:56	11:59	12:09	12:24	12:48	13:02	13:26	13:44
Group M40-49	Pace Delta	10:22	10:44	10:51	11:57	11:36	12:19	11:44	14:31	13:34	12:33	13:45	15:22	17:07	16:38	18:24	18:55
Overall-Group	Position	59-18	59-20	60-21	64-23	55-22	51-20	47-17	54-18	43-15	42-15	38-14	39-14	39-14	37-12	39-12	43-12
Long, Kimani (NC)	Time of Day	0:07:09	0:08:05	0:09:13	0:10:14	0:11:31	0:12:40	0:14:10	0:15:24	0:17:10	0:18:41	0:20:32	0:22:07	1:00:13	1:01:48	1:03:36	1:04:58:27
	Time Cum	01:09	02:05	03:13	04:14	05:31	06:40	08:10	09:24	11:10	12:41	14:32	16:07	18:13	19:48	21:36	22:58:27
177	Time Delta	01:09	00:56	01:07	01:01	01:16	01:09	01:29	01:14	01:45	01:31	01:50	01:35	02:05	01:35	01:47	01:22:27
Age 38	Pace Cum	10:04	10:00	09:58	10:11	10:24	10:40	11:03	11:17	11:47	12:11	12:34	12:54	13:21	13:35	13:44	13:47
Group M30-39	Pace Delta	10:04	09:55	09:55	10:55	11:09	12:13	13:08	13:08	15:26	16:12	16:08	16:53	18:21	16:57	15:39	14:36
Overall-Group	Position	47-14	36-12	33-11	33-13	34-13	41-14	42-14	43-14	39-12	50-14	52-13	55-15	56-16	54-16	48-14	45-13
Lowery, Chris (GA)	Time of Day	0:07:20	0:08:30	0:09:49	0:10:55	0:12:19	0:13:33	0:14:59	0:16:26	0:18:19	0:19:43	0:21:33	0:23:12	1:01:04	1:02:50	1:04:56	1:06:40:30
	Time Cum	01:20	02:30	03:49	04:55	06:19	07:33	08:59	10:26	12:19	13:43	15:33	17:12	19:04	20:50	22:56	24:40:30
101	Time Delta	01:20	01:10	01:18	01:06	01:23	01:14	01:25	01:27	01:52	01:24	01:49	01:39	01:51	01:46	02:05	01:44:30
Age 50	Pace Cum	11:41	12:01	11:50	11:50	11:54	12:06	12:09	12:32	13:00	13:11	13:27	13:46	13:59	14:17	14:35	14:48
Group M50-59	Pace Delta	11:41	12:26	11:30	11:51	12:08	13:13	12:28	15:32	16:24	15:02	15:56	17:39	16:15	18:49	18:21	18:30
Overall-Group	Position	127-16	139-21	120-14	111-12	99-11	97-11	85-10	97-10	87-10	92-10	87-11	88-11	77-11	77-10	74-9	74-9

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

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
Lynch, Jamie (FL)	Time of Day	0:07:15	0:08:23	0:09:42	0:10:54	0:12:20	0:13:41	0:15:19	0:16:56								
178	Time Cum	01:15	02:23	03:42	04:54	06:20	07:41	09:19	10:56								
Age 48	Time Delta	01:15	01:08	01:18	01:12	01:25	01:21	01:37	01:37								
Group M40-49	Pace Cum	10:57	11:27	11:28	11:47	11:56	12:18	12:36	13:07								
Overall-Group	Pace Delta	10:57	12:04	11:31	12:49	12:30	14:24	14:15	17:11								
	Position	86-25	105-30	105-29	108-30	104-30	106-31	105-29	123-33								
<u>Maas,</u> <u>Janette (GA)</u>	Time of Day	0:07:35	0:09:00	0:10:45	0:12:14	0:14:05	0:15:40	0:17:38	0:19:22	0:21:28	0:23:14	1:01:24	1:03:13	1:05:26	1:07:18	1:09:32	1:11:33:32
179	Time Cum	01:35	03:00	04:45	06:14	08:05	09:40	11:38	13:22	15:28	17:14	19:24	21:13	23:26	25:18	27:32	29:33:32
Age 52	Time Delta	01:35	01:25	01:44	01:29	01:50	01:35	01:57	01:44	02:05	01:46	02:09	01:49	02:12	01:52	02:13	02:01:32
Group F50-59	Pace Cum	13:52	14:28	14:44	14:59	15:14	15:29	15:44	16:03	16:19	16:33	16:47	16:59	17:11	17:21	17:31	17:44
Overall-Group	Pace Delta	13:52	15:11	15:13	15:51	16:07	16:57	17:07	18:30	18:19	18:51	18:55	19:19	19:23	19:55	19:29	21:31
	Position	232-18	235-17	238-19	236-18	230-17	228-16	221-16	222-16	184-13	184-13	169-13	164-12	143-10	143-10	144-11	146-11
Malinowski, Joseph (NC)	Time of Day	0:07:32	0:09:00	0:10:47	0:12:17	0:14:08	0:15:49	0:17:58	0:19:46								
180	Time Cum	01:32	03:00	04:47	06:17	08:08	09:49	11:58	13:46								
Age 64	Time Delta	01:32	01:28	01:46	01:30	01:50	01:41	02:08	01:48								
Group M60-69	Pace Cum	13:26	14:29	14:50	15:06	15:19	15:43	16:11	16:32								
Overall-Group	Pace Delta	13:26	15:45	15:29	16:02	16:07	17:55	18:48	19:14								
	Position	219-12	236-14	239-13	239-13	233-13	232-14	230-14	229-15								
Manz, Mark (NC)	Time of Day	0:06:56	0:07:41	0:08:35	0:09:21	0:10:15	0:11:00	0:11:58	0:12:45	0:13:43	0:14:31	0:15:34	0:16:26	0:17:29	0:18:22	0:19:25	0:20:16:25
181	Time Cum	00:56	01:41	02:35	03:21	04:15	05:00	05:58	06:45	07:43	08:31	09:34	10:26	11:29	12:22	13:25	14:16:25
Age 26	Time Delta	00:56	00:45	00:53	00:46	00:53	00:45	00:57	00:47	00:57	00:48	01:02	00:52	01:02	00:53	01:02	00:51:25
Group M20-29	Pace Cum	08:11	08:05	08:01	08:03	08:00	08:01	08:04	08:07	08:09	08:11	08:17	08:21	08:25	08:29	08:32	08:34
Overall-Group	Pace Delta	08:11	07:58	07:53	08:10	07:52	08:08	08:20	08:27	08:21	08:38	09:05	09:18	09:07	09:33	09:04	09:06
	Position	7-1	7-1	6-1	6-1	5-1	4-1	4-1	5-1	5-1	5-1	4-1	3-1	3-1	3-1	3-1	3-1
Marsh, Ed (NC)	Time of Day	0:07:14	0:08:23	0:09:39	0:10:54	0:12:19	0:13:39	0:15:17	0:16:49								
182	Time Cum	01:14	02:23	03:39	04:54	06:19	07:39	09:17	10:49								
Age 65	Time Delta	01:14	01:09	01:15	01:15	01:24	01:20	01:37	01:32								
Group M60-69	Pace Cum	10:48	11:29	11:19	11:47	11:54	12:16	12:34	12:59								
Overall-Group	Pace Delta	10:48	12:18	11:01	13:24	12:19	14:18	14:11	16:21								
	Position	81-4	108-5	91-3	109-5	99-2	103-3	103-3	115-4								
Marshall, Tony (CA)	Time of Day	0:07:07	0:08:05	0:09:13	0:10:12	0:11:26	0:12:30	0:13:41	0:14:43	0:17:18	0:18:51	0:20:15	0:21:47	0:23:09	1:00:52	1:02:30:24	
183	Time Cum	01:07	02:05	03:13	04:12	05:26	06:30	07:41	08:43	11:18	12:51	14:15	15:47	17:09	18:52	20:30:24	
Age 34	Time Delta	01:07	00:58	01:07	00:59	01:13	01:04	01:10	01:02	02:34	01:32	01:24	01:31	01:22	01:42	01:38:24	
Group M30-39	Pace Cum	09:47	10:01	09:58	10:05	10:14	10:24	10:24	10:28	10:52	11:07	11:25	11:34	11:46	12:00	12:18	
Overall-Group	Pace Delta	09:47	10:18	09:54	10:28	10:47	11:21	10:21	11:06	12:24	13:29	14:59	13:20	14:35	14:59	17:25	
	Position	32-10	37-12	33-11	30-11	27-11	28-11	24-11	24-10	24-9	21-8	23-9	22-8	21-8	21-8	22-8	
<u>Mason,</u> <u>Louise (IL)</u>	Time of Day	0:07:30	0:08:51	0:10:36	0:12:09	0:14:01	0:15:36	0:17:33	0:19:14	0:21:35	0:23:26	1:01:48	1:04:05	1:06:38	1:08:19	1:10:21	1:11:48:51
46	Time Cum	01:30	02:51	04:36	06:09	08:01	09:36	11:33	13:14	15:35	17:26	19:48	22:05	24:38	26:19	28:21	29:48:51
Age 58	Time Delta	01:30	01:21	01:44	01:33	01:51	01:35	01:56	01:41	02:20	01:51	02:21	02:17	02:32	01:41	02:01	01:27:51
Group F50-59	Pace Cum	13:08	13:44	14:16	14:46	15:06	15:22	15:38	15:53	16:27	16:44	17:08	17:40	18:03	18:03	18:02	17:53
Overall-Group	Pace Delta	13:08	14:28	15:13	16:32	16:18	16:53	17:01	17:53	20:34	19:42	20:41	24:18	22:17	17:55	17:47	15:33
	Position	205-12	217-12	232-16	232-16	226-16	223-15	217-15	216-14	186-14	185-14	171-14	170-14	153-12	152-12	150-12	148-12

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<u>Massie</u>	Time of Day	0:07:26	0:08:43	0:10:13	0:11:27	0:12:59	0:14:27	0:16:04	0:17:33	0:19:16	0:20:52	0:22:50	1:00:58	1:03:20	1:05:16	1:08:02	1:10:00:43
<u>Tammy (MD)</u>	Time Cum	01:26	02:43	04:13	05:27	06:59	08:27	10:04	11:33	13:16	14:52	16:50	18:58	21:20	23:16	26:02	28:00:43
184	Time Delta	01:26	01:17	01:29	01:14	01:31	01:28	01:36	01:29	01:43	01:36	01:57	02:08	02:21	01:56	02:45	01:58:43
Age 40	Pace Cum	12:33	13:03	13:04	13:05	13:09	13:31	13:37	13:52	14:00	14:16	14:34	15:11	15:38	15:58	16:33	16:48
Group F40-49	Pace Delta	12:33	13:39	13:07	13:07	13:25	15:36	14:08	15:45	15:02	17:00	17:13	22:45	20:39	20:36	24:11	21:01
Overall-Group	Position	181-24	202-28	201-28	184-25	164-20	170-22	157-19	157-19	120-13	127-14	119-14	117-13	110-12	110-12	114-13	116-13
McArthur, Matt (NC)	Time of Day	0:07:05	0:07:54	0:08:56	0:09:48	0:11:02	0:12:00	0:13:18	0:14:27	0:16:02	0:17:18	0:18:52	0:20:27				
	Time Cum	01:05	01:54	02:56	03:48	05:02	06:00	07:18	08:27	10:02	11:18	12:52	14:27				
185	Time Delta	01:05	00:49	01:01	00:52	01:13	00:58	01:17	01:09	01:34	01:16	01:33	01:35				
Age 27	Pace Cum	09:29	09:10	09:06	09:09	09:29	09:37	09:53	10:09	10:35	10:51	11:08	11:34				
Group M20-29	Pace Delta	09:29	08:45	08:59	09:22	10:40	10:23	11:17	12:21	13:46	13:31	13:40	16:52				
Overall-Group	Position	25-3	20-3	18-3	17-3	18-3	18-3	17-2	18-2	17-2	21-2	22-2	25-2				
McCasin, Mark (MI)	Time of Day	0:07:06	0:08:01	0:09:07	0:10:07	0:11:42	0:13:25	0:15:57	0:17:47								
	Time Cum	01:06	02:01	03:07	04:07	05:42	07:25	09:57	11:47								
186	Time Delta	01:06	00:55	01:05	01:00	01:34	01:43	02:31	01:50								
Age 42	Pace Cum	09:38	09:42	09:40	09:53	10:44	11:53	13:28	14:09								
Group M40-49	Pace Delta	09:38	09:46	09:36	10:39	13:51	18:21	22:05	19:35								
Overall-Group	Position	26-11	28-12	26-12	25-12	46-17	85-28	148-40	169-45								
<u>McCurdy</u>	Time of Day	0:07:07	0:08:02	0:09:10	0:10:10	0:11:20	0:12:20	0:13:31	0:14:35	0:15:49	0:16:54	0:18:16	0:19:33	0:20:59	0:22:18	0:23:48	1:01:11:28
<u>Beth (GA)</u>	Time Cum	01:07	02:02	03:10	04:10	05:20	06:20	07:31	08:35	09:49	10:54	12:16	13:33	14:59	16:18	17:48	19:11:28
23	Time Delta	01:07	00:55	01:07	01:00	01:09	01:00	01:10	01:04	01:13	01:05	01:21	01:17	01:25	01:19	01:29	01:23:28
Age 42	Pace Cum	09:47	09:48	09:49	10:02	10:03	10:09	10:10	10:19	10:22	10:28	10:37	10:51	10:59	11:11	11:19	11:31
Group F40-49	Pace Delta	09:47	09:50	09:51	10:47	10:05	10:41	10:19	11:28	10:42	11:33	11:56	13:41	12:31	14:08	13:01	14:46
Overall-Group	Position	32-2	30-2	28-2	29-2	26-2	21-2	20-2	20-2	16-2	16-2	15-2	15-2	14-2	14-3	13-3	14-3
McDowell, Gregory (NC)	Time of Day	0:07:32	0:08:48	0:10:17	0:11:33	0:13:14	0:14:36	0:16:27	0:18:12	0:20:26	0:22:10	1:00:33	1:02:56				
	Time Cum	01:32	02:48	04:17	05:33	07:14	08:36	10:27	12:12	14:26	16:10	18:33	20:56				
187	Time Delta	01:32	01:16	01:28	01:16	01:40	01:22	01:50	01:45	02:13	01:44	02:22	02:23				
Age 54	Pace Cum	13:26	13:27	13:17	13:19	13:38	13:47	14:08	14:39	15:14	15:32	16:03	16:45				
Group M50-59	Pace Delta	13:26	13:29	12:58	13:28	14:44	14:39	16:05	18:38	19:32	18:31	20:47	25:20				
Overall-Group	Position	219-33	213-32	208-31	196-27	186-25	181-25	177-24	184-25	161-23	162-23	155-23	158-24				
McDuffie, Michael (MA)	Time of Day	0:07:15	0:08:21	0:09:34	0:10:41	0:12:02	0:13:10	0:14:40	0:16:05	0:18:06	0:19:33	0:22:01	1:00:10	1:02:07	1:04:01	1:06:59	1:08:57:14
	Time Cum	01:15	02:21	03:34	04:41	06:02	07:10	08:40	10:05	12:06	13:33	16:01	18:10	20:07	22:01	24:59	26:57:14
188	Time Delta	01:15	01:06	01:12	01:07	01:20	01:08	01:29	01:25	02:00	01:27	02:27	02:09	01:56	01:54	02:57	01:58:14
Age 28	Pace Cum	10:57	11:20	11:04	11:17	11:22	11:28	11:43	12:06	12:46	13:01	13:51	14:32	14:45	15:06	15:53	16:10
Group M20-29	Pace Delta	10:57	11:49	10:33	12:01	11:41	12:05	13:06	15:07	17:36	15:33	21:29	22:52	17:03	20:19	25:52	20:56
Overall-Group	Position	86-6	103-8	74-6	74-6	72-7	67-7	66-7	74-7	79-7	81-7	100-7	111-7	90-6	90-6	98-6	99-6
McGonnell, Jeff (NC)	Time of Day	0:07:14	0:08:15	0:09:27	0:10:32	0:11:58	0:13:10	0:14:45	0:16:07	0:17:55	0:19:17	0:21:14	0:22:52	1:00:57	1:02:45	1:05:08	1:06:55:26
	Time Cum	01:14	02:15	03:27	04:32	05:58	07:10	08:45	10:07	11:55	13:17	15:14	16:52	18:57	20:45	23:08	24:55:26
189	Time Delta	01:14	01:01	01:11	01:05	01:25	01:12	01:34	01:22	01:47	01:22	01:56	01:38	02:04	01:48	02:22	01:47:26
Age 51	Pace Cum	10:48	10:51	10:42	10:54	11:14	11:28	11:50	12:08	12:35	12:45	13:11	13:30	13:53	14:14	14:43	14:57
Group M50-59	Pace Delta	10:48	10:53	10:26	11:37	12:27	12:47	13:50	14:31	15:46	14:32	17:04	17:29	18:08	19:11	20:49	19:01
Overall-Group	Position	81-8	69-6	62-4	63-4	64-4	66-5	74-7	75-7	73-8	76-8	74-8	76-8	75-10	75-9	77-10	77-10

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

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>McNeill,</u>	Time of Day	0:07:13	0:08:18	0:09:36	0:10:48	0:12:19	0:13:36	0:15:21	0:16:47	0:18:27	0:19:40	0:21:19	0:22:49				
<u>Jennifer C (NC)</u>	Time Cum	01:13	02:18	03:36	04:48	06:19	07:36	09:21	10:47	12:27	13:40	15:19	16:49				
190	Time Delta	01:13	01:05	01:17	01:12	01:30	01:17	01:44	01:26	01:39	01:13	01:38	01:30				
Age 43	Pace Cum	10:39	11:02	11:10	11:33	11:54	12:10	12:39	12:57	13:08	13:08	13:15	13:27				
Group F40-49	Pace Delta	10:39	11:30	11:23	12:50	13:12	13:42	15:16	15:23	14:28	13:00	14:23	15:58				
Overall-Group	Position	75-11	84-11	83-11	91-12	99-14	102-13	108-13	110-13	93-10	88-9	76-9	73-9				
<u>Michard,</u>	Time of Day	0:07:26	0:08:37	0:10:09	0:11:33	0:13:26	0:15:05	0:17:20	0:19:13	0:21:29	0:23:35	1:02:16	1:04:33	1:06:53	1:08:43		
<u>Denise (AL)</u>	Time Cum	01:26	02:37	04:09	05:33	07:26	09:05	11:20	13:13	15:29	17:35	20:16	22:33	24:53	26:43		
100	Time Delta	01:26	01:11	01:31	01:24	01:52	01:39	02:14	01:53	02:15	02:06	02:40	02:17	02:19	01:50		
Age 45	Pace Cum	12:33	12:36	12:52	13:21	14:00	14:33	15:20	15:52	16:20	16:53	17:32	18:03	18:14	18:19		
Group F40-49	Pace Delta	12:33	12:39	13:22	15:01	16:22	17:40	19:36	20:01	19:51	22:20	23:28	24:19	20:23	19:32		
Overall-Group	Position	181-24	178-24	184-24	198-28	204-30	209-31	214-31	214-31	185-27	187-27	173-26	171-26	154-23	153-23		
<u>Middleton,</u>	Time of Day	0:07:11	0:08:09	0:09:20	0:10:24	0:11:47	0:12:54	0:14:20	0:15:35								
<u>Melissa (MI)</u>	Time Cum	01:11	02:09	03:20	04:24	05:47	06:54	08:20	09:35								
284	Time Delta	01:11	00:58	01:10	01:04	01:22	01:07	01:25	01:15								
Age 34	Pace Cum	10:22	10:23	10:20	10:36	10:54	11:04	11:16	11:31								
Group F30-39	Pace Delta	10:22	10:24	10:15	11:30	11:58	12:00	12:26	13:21								
Overall-Group	Position	59-6	56-4	49-5	48-5	48-4	47-4	45-4	49-4								
<u>Milner,</u>	Time of Day	0:07:25	0:08:36	0:10:02	0:11:18	0:12:55	0:14:12	0:15:49	0:17:17	0:19:29	0:21:01	0:23:07	1:01:19	1:03:22	1:05:22		
<u>Alicia (GA)</u>	Time Cum	01:25	02:36	04:02	05:18	06:55	08:12	09:49	11:17	13:29	15:01	17:07	19:19	21:22	23:22		
192	Time Delta	01:25	01:11	01:25	01:16	01:36	01:17	01:37	01:28	02:11	01:32	02:05	02:12	02:02	02:00		
Age 44	Pace Cum	12:25	12:32	12:30	12:44	13:02	13:07	13:17	13:33	14:14	14:26	14:49	15:28	15:40	16:02		
Group F40-49	Pace Delta	12:25	12:40	12:28	13:31	14:06	13:38	14:10	15:41	19:11	16:25	18:17	23:30	17:50	21:21		
Overall-Group	Position	168-23	175-23	164-22	156-19	157-19	153-18	141-18	141-17	131-15	131-15	123-15	128-17	111-13	111-14		
Mires,	Time of Day	0:07:03	0:07:54	0:08:52	0:09:41	0:10:46	0:11:39	0:12:52	0:13:50	0:15:01	0:16:02	0:17:25	0:18:32	0:20:18	0:21:58	1:00:20	1:02:13:54
Jeff (IN)	Time Cum	01:03	01:54	02:52	03:41	04:46	05:39	06:52	07:50	09:01	10:02	11:25	12:32	14:18	15:58	18:20	20:13:54
193	Time Delta	01:03	00:51	00:57	00:49	01:04	00:53	01:12	00:58	01:10	01:01	01:22	01:07	01:45	01:40	02:21	01:53:54
Age 48	Pace Cum	09:12	09:08	08:53	08:52	08:59	09:03	09:17	09:24	09:31	09:38	09:53	10:02	10:29	10:58	11:40	12:08
Group M40-49	Pace Delta	09:12	09:03	08:27	08:48	09:23	09:26	10:37	10:20	10:19	10:48	12:06	12:01	15:21	17:52	20:36	20:10
Overall-Group	Position	20-6	18-6	17-5	16-5	14-5	13-4	12-4	12-4	10-3	10-3	10-4	10-4	12-4	12-4	18-7	20-7
<u>Moore,</u>	Time of Day	0:07:09	0:08:07	0:09:17	0:10:17	0:11:31	0:12:32	0:13:44	0:14:48	0:16:04	0:17:10	0:18:29	0:19:38	0:21:06	0:22:15	0:23:37	1:00:45:02
<u>Allison (WA)</u>	Time Cum	01:09	02:07	03:17	04:17	05:31	06:32	07:44	08:48	10:04	11:10	12:29	13:38	15:06	16:15	17:37	18:45:02
194	Time Delta	01:09	00:58	01:09	01:00	01:13	01:01	01:11	01:04	01:15	01:06	01:18	01:09	01:27	01:09	01:21	01:08:02
Age 42	Pace Cum	10:04	10:10	10:11	10:18	10:24	10:28	10:28	10:34	10:37	10:44	10:48	10:55	11:04	11:09	11:12	11:15
Group F40-49	Pace Delta	10:04	10:18	10:12	10:42	10:45	10:51	10:28	11:20	11:06	11:47	11:27	12:16	12:48	12:19	11:53	12:02
Overall-Group	Position	47-6	42-4	42-4	40-4	34-4	32-3	26-3	26-3	18-3	18-3	16-3	17-3	16-3	13-2	12-2	12-2
Moore,	Time of Day	0:07:19	0:08:25	0:09:43	0:10:54	0:12:21	0:13:49	0:15:22	0:16:49	0:18:37	0:20:05	0:21:52	0:23:35	1:01:45	1:03:45	1:05:58	1:07:36:34
David (NC)	Time Cum	01:19	02:25	03:43	04:54	06:21	07:49	09:22	10:49	12:37	14:05	15:52	17:35	19:45	21:45	23:58	25:36:34
195	Time Delta	01:19	01:06	01:17	01:11	01:26	01:28	01:32	01:27	01:47	01:28	01:46	01:43	02:09	02:00	02:12	01:38:34
Age 54	Pace Cum	11:32	11:40	11:31	11:46	11:58	12:32	12:40	13:00	13:19	13:31	13:44	14:04	14:29	14:55	15:14	15:22
Group M50-59	Pace Delta	11:32	11:50	11:16	12:35	12:41	15:44	13:26	15:31	15:40	15:36	15:36	18:16	18:56	21:20	19:21	17:27
Overall-Group	Position	122-14	119-13	107-12	104-11	105-12	115-15	110-14	116-16	100-15	103-15	98-13	97-13	86-13	85-13	85-13	85-13

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

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
Moore, James E (MD)	Time of Day	0:07:33	0:09:00	0:10:47	0:12:17	0:14:08	0:15:49	0:17:58	0:19:42	0:21:58	0:23:52						
	Time Cum	01:33	03:00	04:47	06:17	08:08	09:49	11:58	13:42	15:58	17:52						
45	Time Delta	01:33	01:27	01:46	01:30	01:50	01:41	02:08	01:44	02:15	01:54						
Age 67	Pace Cum	13:35	14:29	14:50	15:06	15:19	15:43	16:11	16:27	16:51	17:09						
Group M60-69	Pace Delta	13:35	15:34	15:29	16:02	16:07	17:54	18:48	18:30	19:46	20:11						
Overall-Group	Position	224-13	237-14	239-13	239-13	233-13	231-14	230-14	228-14	190-10	189-10						
Morgan, Paul (FL)	Time of Day	0:07:39	0:09:02	0:10:44	0:12:10	0:14:01	0:15:39	0:17:35	0:19:14								
	Time Cum	01:39	03:02	04:44	06:10	08:01	09:39	11:35	13:14								
196	Time Delta	01:39	01:23	01:41	01:26	01:50	01:38	01:55	01:39								
Age 70	Pace Cum	14:27	14:36	14:41	14:49	15:06	15:27	15:40	15:53								
Group M70-79	Pace Delta	14:27	14:46	14:49	15:18	16:08	17:23	16:54	17:33								
Overall-Group	Position	238-5	240-6	237-6	234-6	226-5	226-6	219-6	217-6								
Morton, Alex (NC)	Time of Day	0:07:34	0:08:46	0:10:16	0:11:39	0:13:21	0:14:47	0:16:31	0:18:00	0:20:08	0:21:38	0:23:42	1:01:30	1:04:14	1:06:10	1:08:24	1:10:19:35
	Time Cum	01:34	02:46	04:16	05:39	07:21	08:47	10:31	12:00	14:08	15:38	17:42	19:30	22:14	24:10	26:24	28:19:35
198	Time Delta	01:34	01:12	01:29	01:23	01:41	01:26	01:43	01:29	02:07	01:30	02:03	01:48	02:43	01:56	02:13	01:55:35
Age 62	Pace Cum	13:43	13:19	13:14	13:34	13:51	14:04	14:14	14:24	14:55	15:01	15:19	15:36	16:18	16:35	16:47	17:00
Group M60-69	Pace Delta	13:43	12:49	13:05	14:43	14:52	15:21	15:04	15:49	18:38	16:03	18:00	19:10	23:54	20:38	19:28	20:27
Overall-Group	Position	226-15	208-10	204-10	209-9	199-9	195-9	182-8	176-8	153-5	152-5	138-5	134-5	127-5	126-5	117-5	119-5
Morton, Mike (FL)	Time of Day	0:06:46	0:07:24	0:08:10	0:08:49	0:09:39	0:10:26	0:11:20	0:12:08	0:13:03	0:13:52	0:14:48	0:15:36	0:16:39	0:17:30	0:18:24	0:19:11:40
	Time Cum	00:46	01:24	02:10	02:49	03:39	04:26	05:20	06:08	07:03	07:52	08:48	09:36	10:39	11:30	12:24	13:11:40
3	Time Delta	00:46	00:38	00:45	00:39	00:49	00:47	00:53	00:48	00:54	00:49	00:55	00:48	01:02	00:51	00:53	00:47:40
Age 40	Pace Cum	06:43	06:45	06:43	06:46	06:53	07:06	07:13	07:22	07:26	07:34	07:37	07:42	07:48	07:54	07:53	07:55
Group M40-49	Pace Delta	06:43	06:47	06:40	06:58	07:15	08:20	07:52	08:35	07:57	08:46	08:06	08:39	09:04	09:09	07:47	08:26
Overall-Group	Position	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1
Munoz, Ric (CA)	Time of Day	0:07:26	0:08:39	0:10:13	0:11:32	0:13:18	0:14:47	0:17:01	0:18:56	0:21:25	0:23:47						
	Time Cum	01:26	02:39	04:13	05:32	07:18	08:47	11:01	12:56	15:25	17:47						
199	Time Delta	01:26	01:13	01:33	01:19	01:45	01:29	02:13	01:55	02:28	02:22						
Age 54	Pace Cum	12:33	12:48	13:04	13:18	13:45	14:03	14:54	15:31	16:16	17:05						
Group M50-59	Pace Delta	12:33	13:06	13:35	14:05	15:23	15:45	19:33	20:21	21:45	25:18						
Overall-Group	Position	181-27	190-29	201-29	194-26	190-26	194-27	203-28	208-28	183-27	188-27						
Murolo, Fred (CT)	Time of Day	0:07:17	0:08:23	0:09:43	0:11:02	0:12:24	0:13:36	0:15:08	0:16:30	0:18:33	0:20:04	0:22:08	0:23:45	1:02:10	1:03:53	1:06:01	1:07:30:16
	Time Cum	01:17	02:23	03:43	05:02	06:24	07:36	09:08	10:30	12:33	14:04	16:08	17:45	20:10	21:53	24:01	25:30:16
200	Time Delta	01:17	01:06	01:19	01:19	01:21	01:12	01:31	01:22	02:02	01:31	02:03	01:37	02:24	01:43	02:07	01:29:16
Age 55	Pace Cum	11:14	11:28	11:31	12:07	12:03	12:10	12:21	12:37	13:15	13:31	13:57	14:12	14:47	15:01	15:16	15:18
Group M50-59	Pace Delta	11:14	11:45	11:37	14:09	11:50	12:48	13:23	14:39	17:51	16:13	18:00	17:13	21:07	18:19	18:37	15:48
Overall-Group	Position	105-11	106-12	107-12	128-17	107-13	101-12	98-12	100-12	95-14	101-14	102-15	101-15	92-14	88-14	87-14	84-12
<u>Murphy,</u> <u>Meredith (PA)</u>	Time of Day	0:07:27	0:08:43	0:10:19	0:11:42	0:13:21	0:14:51	0:16:42	0:18:24	0:20:25	0:22:14	1:00:25	1:02:24	1:04:51	1:06:47	1:09:00	1:10:49:22
	Time Cum	01:27	02:43	04:19	05:42	07:21	08:51	10:42	12:24	14:25	16:14	18:25	20:24	22:51	24:47	27:00	28:49:22
201	Time Delta	01:27	01:16	01:35	01:23	01:38	01:30	01:50	01:42	02:00	01:49	02:10	01:59	02:26	01:56	02:12	01:49:22
Age 33	Pace Cum	12:42	13:03	13:23	13:42	13:51	14:10	14:29	14:54	15:13	15:36	15:56	16:19	16:45	17:00	17:10	17:18
Group F30-39	Pace Delta	12:42	13:29	13:59	14:48	14:22	15:58	16:10	18:10	17:34	19:24	19:02	21:07	21:25	20:38	19:20	19:21
Overall-Group	Position	198-21	203-24	211-24	213-24	199-22	200-21	191-20	194-21	159-15	165-16	152-16	149-16	136-15	135-15	130-14	133-15

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

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)	Time of Day	0:07:12	0:08:17	0:09:34	0:10:41	0:11:59	0:13:08	0:14:32	0:15:44	0:17:11	0:18:27	0:20:01	0:21:23	0:23:08	1:00:31	1:02:07	1:03:21:20
	Time Cum	01:12	02:17	03:34	04:41	05:59	07:08	08:32	09:44	11:11	12:27	14:01	15:23	17:08	18:31	20:07	21:21:20
202	Time Delta	01:12	01:05	01:16	01:07	01:17	01:09	01:23	01:12	01:26	01:16	01:33	01:22	01:44	01:23	01:35	01:14:20
Age 50	Pace Cum	10:31	11:00	11:04	11:17	11:16	11:26	11:33	11:41	11:48	11:57	12:08	12:19	12:34	12:42	12:48	12:49
Group M50-59	Pace Delta	10:31	11:36	11:09	12:02	11:15	12:22	12:08	12:48	12:39	13:28	13:43	14:34	15:17	14:48	13:55	13:09
Overall-Group	Position	68-5	77-8	74-8	75-7	67-6	64-4	55-3	52-3	40-3	40-3	36-3	38-3	34-2	33-2	30-2	28-2
Natoli, Tom (VA)	Time of Day	0:07:18	0:08:21	0:09:39	0:10:46	0:12:10	0:13:25	0:15:04	0:16:26	0:18:13	0:19:40	0:21:48	0:23:40	1:02:25	1:04:27	1:07:29	1:09:22:08
	Time Cum	01:18	02:21	03:39	04:46	06:10	07:25	09:04	10:26	12:13	13:40	15:48	17:40	20:25	22:27	25:29	27:22:08
203	Time Delta	01:18	01:03	01:17	01:07	01:23	01:15	01:38	01:22	01:46	01:27	02:07	01:52	02:44	02:02	03:01	01:53:08
Age 57	Pace Cum	11:23	11:19	11:19	11:27	11:37	11:54	12:16	12:31	12:54	13:07	13:40	14:08	14:58	15:24	16:12	16:25
Group M50-59	Pace Delta	11:23	11:14	11:19	11:52	12:15	13:27	14:19	14:32	15:36	15:26	18:40	19:55	24:01	21:44	26:27	20:01
Overall-Group	Position	116-13	99-10	91-10	83-8	79-8	86-10	93-11	95-10	84-9	87-9	94-12	99-14	98-16	97-16	104-19	104-19
<u>Nguyen, Yen (TX)</u>	Time of Day	0:07:19	0:08:31	0:10:00	0:11:20	0:13:02	0:14:39	0:16:39	0:18:13	0:20:03	0:21:51	1:00:10	1:02:12	1:04:33	1:06:37	1:08:45	1:10:30:22
	Time Cum	01:19	02:31	04:00	05:20	07:02	08:39	10:39	12:13	14:03	15:51	18:10	20:12	22:33	24:37	26:45	28:30:22
204	Time Delta	01:19	01:12	01:29	01:20	01:41	01:37	01:59	01:34	01:49	01:48	02:18	02:02	02:20	02:04	02:07	01:45:22
Age 48	Pace Cum	11:32	12:05	12:24	12:49	13:15	13:51	14:24	14:41	14:50	15:14	15:43	16:10	16:32	16:53	17:01	17:06
Group F40-49	Pace Delta	11:32	12:45	13:00	14:16	14:48	17:16	17:27	16:47	15:56	19:14	20:12	21:40	20:31	22:06	18:34	18:39
Overall-Group	Position	122-17	147-17	154-18	162-20	166-22	184-27	190-27	185-27	152-21	155-21	147-20	146-21	132-17	131-18	125-16	125-17
<u>Nichols, Jennifer (VA)</u>	Time of Day	0:07:06	0:08:03	0:09:12	0:10:15	0:11:31	0:12:39	0:14:00	0:15:15		0:17:51	0:19:18	0:20:33	0:22:05	0:23:39	1:02:04	1:04:23:13
	Time Cum	01:06	02:03	03:12	04:15	05:31	06:39	08:00	09:15		11:51	13:18	14:33	16:05	17:39	20:04	22:23:13
205	Time Delta	01:06	00:57	01:08	01:03	01:15	01:08	01:20	01:15		02:35	01:26	01:15	01:31	01:34	02:24	02:19:13
Age 33	Pace Cum	09:38	09:55	09:55	10:14	10:24	10:39	10:49	11:07		11:23	11:30	11:39	11:47	12:06	12:46	13:26
Group F30-39	Pace Delta	09:38	10:15	09:57	11:17	10:59	12:08	11:44	13:24		12:25	12:42	13:26	13:18	16:42	21:07	24:38
Overall-Group	Position	26-2	34-2	30-2	35-2	34-1	39-2	35-2	38-2		31-1	28-1	26-1	24-1	23-1	29-2	33-3
Nictakis, Bill (NC)	Time of Day	0:07:19	0:08:26	0:09:53	0:11:08	0:12:45	0:14:05	0:15:56	0:17:35								
	Time Cum	01:19	02:26	03:53	05:08	06:45	08:05	09:56	11:35								
32	Time Delta	01:19	01:07	01:26	01:15	01:36	01:20	01:50	01:39								
Age 52	Pace Cum	11:32	11:44	12:02	12:20	12:43	12:57	13:26	13:54								
Group M50-59	Pace Delta	11:32	11:58	12:37	13:21	14:06	14:19	16:04	17:34								
Overall-Group	Position	122-14	122-15	134-20	134-20	141-20	139-20	147-21	158-22								
<u>Nussbaumer, Anji (NC)</u>	Time of Day	0:07:09	0:08:13	0:09:31	0:10:41	0:12:07	0:13:20	0:14:44	0:15:57	0:17:26	0:18:40	0:20:15	0:21:31	0:23:05	1:00:20	1:01:53	1:02:58:19
	Time Cum	01:09	02:13	03:31	04:41	06:07	07:20	08:44	09:57	11:26	12:40	14:15	15:31	17:05	18:20	19:53	20:58:19
28	Time Delta	01:09	01:04	01:17	01:10	01:25	01:13	01:23	01:13	01:28	01:14	01:34	01:16	01:33	01:15	01:32	01:05:19
Age 32	Pace Cum	10:04	10:41	10:54	11:16	11:31	11:45	11:49	11:57	12:04	12:10	12:20	12:25	12:31	12:35	12:39	12:35
Group F30-39	Pace Delta	10:04	11:25	11:19	12:30	12:28	12:59	12:13	12:58	12:58	13:12	13:47	13:33	13:38	13:21	13:31	11:34
Overall-Group	Position	47-4	63-7	69-7	72-6	76-5	76-5	72-6	66-6	51-4	49-4	44-4	40-3	33-3	31-3	27-1	26-1
Parquet, Bill (NC)	Time of Day	0:07:07	0:08:07	0:09:16	0:10:22	0:11:42	0:13:04	0:14:35	0:15:58								
	Time Cum	01:07	02:07	03:16	04:22	05:42	07:04	08:35	09:58								
207	Time Delta	01:07	01:00	01:08	01:06	01:19	01:22	01:31	01:23								
Age 40	Pace Cum	09:47	10:13	10:08	10:30	10:44	11:18	11:37	11:58								
Group M40-49	Pace Delta	09:47	10:44	09:59	11:44	11:38	14:31	13:17	14:49								
Overall-Group	Position	32-13	45-14	38-13	47-17	46-17	55-22	59-19	67-22								

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<hr/>																	
<u>Pasquale,</u>	Time of Day	0:07:23	0:08:30	0:09:47	0:10:56	0:12:24	0:13:40	0:15:07	0:16:17								
<u>Dana (NC)</u>	Time Cum	01:23	02:30	03:47	04:56	06:24	07:40	09:07	10:17								
208	Time Delta	01:23	01:07	01:16	01:09	01:27	01:16	01:26	01:10								
Age 34	Pace Cum	12:07	12:01	11:44	11:52	12:03	12:17	12:20	12:21								
Group F30-39	Pace Delta	12:07	11:53	11:13	12:18	12:46	13:34	12:36	12:28								
Overall-Group	Position	152-15	138-13	116-9	113-9	107-8	105-8	95-7	82-7								
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Pastore,	Time of Day	0:07:09	0:08:07	0:09:13	0:10:08	0:11:18	0:12:23	0:13:42	0:14:53	0:16:21	0:17:43	0:19:17	0:20:42	0:22:22	0:23:50	1:01:35	1:02:57:25
Mike (SC)	Time Cum	01:09	02:07	03:13	04:08	05:18	06:23	07:42	08:53	10:21	11:43	13:17	14:42	16:22	17:50	19:35	20:57:25
210	Time Delta	01:09	00:58	01:05	00:55	01:09	01:05	01:18	01:11	01:27	01:22	01:33	01:25	01:39	01:28	01:44	01:22:25
Age 56	Pace Cum	10:04	10:13	09:58	09:57	09:59	10:13	10:25	10:40	10:55	11:15	11:30	11:46	12:00	12:14	12:27	12:34
Group M50-59	Pace Delta	10:04	10:24	09:32	09:52	10:06	11:33	11:30	12:35	12:50	14:32	13:42	15:04	14:35	15:42	15:13	14:35
Overall-Group	Position	47-3	46-2	33-2	26-1	24-1	25-1	25-1	28-1	25-1	28-1	27-1	30-1	27-1	24-1	23-1	25-1
<hr/>																	
Pearsall,	Time of Day	0:07:16	0:08:24	0:09:43	0:10:50	0:12:11	0:13:20	0:14:56	0:16:18	0:18:08	0:19:24	0:21:01	0:22:27	1:00:43	1:02:11	1:04:04	1:05:48:20
Todd (MD)	Time Cum	01:16	02:24	03:43	04:50	06:11	07:20	08:56	10:18	12:08	13:24	15:01	16:27	18:43	20:11	22:04	23:48:20
211	Time Delta	01:16	01:08	01:18	01:07	01:20	01:09	01:35	01:22	01:49	01:16	01:36	01:26	02:15	01:28	01:52	01:44:20
Age 43	Pace Cum	11:06	11:35	11:31	11:38	11:39	11:46	12:05	12:23	12:48	12:53	13:00	13:10	13:43	13:51	14:02	14:17
Group M40-49	Pace Delta	11:06	12:10	11:26	11:59	11:43	12:23	13:52	14:39	15:56	13:37	14:01	15:22	19:44	15:40	16:26	18:28
Overall-Group	Position	98-29	112-31	107-31	95-28	82-26	78-24	80-25	83-25	81-23	79-23	71-20	64-19	69-20	64-18	63-18	66-17
<hr/>																	
Peeks,	Time of Day	0:07:26	0:08:40	0:10:09	0:11:24	0:12:56	0:14:11	0:16:10	0:17:30	0:19:38	0:21:14	1:00:03	1:01:56	1:04:24	1:06:25	1:08:31	1:09:48:56
Aaron (NC)	Time Cum	01:26	02:40	04:09	05:24	06:56	08:11	10:10	11:30	13:38	15:14	18:03	19:56	22:24	24:25	26:31	27:48:56
212	Time Delta	01:26	01:14	01:28	01:15	01:31	01:15	01:58	01:20	02:07	01:36	02:48	01:53	02:27	02:01	02:05	01:17:56
Age 36	Pace Cum	12:33	12:49	12:52	12:59	13:04	13:06	13:45	13:49	14:23	14:37	15:37	15:57	16:25	16:45	16:52	16:41
Group M30-39	Pace Delta	12:33	13:08	12:58	13:21	13:22	13:22	17:18	14:14	18:37	17:00	24:40	20:06	21:32	21:35	18:15	13:48
Overall-Group	Position	181-34	193-35	184-35	174-33	161-33	152-32	163-32	154-31	138-28	137-29	144-26	141-25	129-22	128-22	121-20	112-19
<hr/>																	
<u>Penzone,</u>	Time of Day	0:07:34	0:08:56	0:10:34	0:11:57	0:13:38	0:15:06	0:16:54	0:18:32	0:21:00	0:22:59	1:01:06	1:03:10	1:05:39	1:07:33	1:09:23	1:10:54:24
<u>Kim (OH)</u>	Time Cum	01:34	02:56	04:34	05:57	07:38	09:06	10:54	12:32	15:00	16:59	19:06	21:10	23:39	25:33	27:23	28:54:24
213	Time Delta	01:34	01:22	01:37	01:23	01:40	01:28	01:47	01:38	02:27	01:59	02:06	02:04	02:28	01:54	01:49	01:31:24
Age 41	Pace Cum	13:43	14:08	14:10	14:19	14:23	14:34	14:45	15:03	15:50	16:19	16:31	16:56	17:20	17:32	17:25	17:21
Group F40-49	Pace Delta	13:43	14:37	14:13	14:50	14:38	15:39	15:42	17:28	21:31	21:12	18:26	21:59	21:43	20:21	15:55	16:11
Overall-Group	Position	226-34	228-35	228-35	223-33	213-32	210-32	200-30	197-30	173-26	178-26	161-25	163-25	147-21	147-21	140-19	135-19
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Penzone,	Time of Day	0:07:14	0:08:15	0:09:30	0:10:34	0:11:54	0:13:06	0:14:36	0:15:54	0:17:36	0:19:05	0:21:00	0:22:59				
Peter (OH)	Time Cum	01:14	02:15	03:30	04:34	05:54	07:06	08:36	09:54	11:36	13:05	15:00	16:59				
214	Time Delta	01:14	01:01	01:14	01:04	01:19	01:12	01:29	01:18	01:41	01:29	01:54	01:59				
Age 38	Pace Cum	10:48	10:51	10:51	10:58	11:07	11:22	11:38	11:53	12:15	12:34	12:59	13:36				
Group M30-39	Pace Delta	10:48	10:54	10:52	11:20	11:40	12:47	13:06	13:49	14:53	15:52	16:41	21:10				
Overall-Group	Position	81-19	70-16	67-16	66-16	60-16	60-15	61-16	64-16	58-15	67-18	70-19	82-20				
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Petersen,	Time of Day	0:07:26	0:08:44	0:10:16	0:11:37	0:13:19	0:14:50	0:16:50	0:18:41								
Chuck (FL)	Time Cum	01:26	02:44	04:16	05:37	07:19	08:50	10:50	12:41								
42	Time Delta	01:26	01:18	01:31	01:21	01:41	01:31	01:59	01:51								
Age 71	Pace Cum	12:33	13:09	13:14	13:30	13:47	14:09	14:39	15:13								
Group M70-79	Pace Delta	12:33	13:51	13:23	14:24	14:50	16:14	17:25	19:41								
Overall-Group	Position	181-2	206-3	204-3	206-3	193-3	197-3	197-3	203-3								

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

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
Peterson, Garth (GA)	Time of Day	0:06:58	0:07:45	0:08:44	0:09:37	0:10:44	0:11:41	0:12:54	0:13:57	0:15:12	0:16:12	0:17:23	0:18:24	0:19:34	0:20:36	0:21:48	0:22:48:01
	Time Cum	00:58	01:45	02:44	03:37	04:44	05:41	06:54	07:57	09:12	10:12	11:23	12:24	13:34	14:36	15:48	16:48:01
12	Time Delta	00:58	00:47	00:58	00:53	01:06	00:57	01:12	01:03	01:14	01:00	01:11	01:01	01:09	01:02	01:11	01:00:01
Age 49	Pace Cum	08:28	08:26	08:29	08:43	08:55	09:07	09:20	09:33	09:43	09:48	09:51	09:56	09:57	10:01	10:03	10:05
Group M40-49	Pace Delta	08:28	08:24	08:33	09:31	09:40	10:16	10:31	11:15	10:52	10:37	10:22	10:56	10:06	11:08	10:22	10:37
Overall-Group	Position	15-4	13-3	11-4	12-4	13-4	14-5	13-5	14-5	12-4	11-4	9-3	9-3	9-3	8-2	7-2	7-2
Pieroni, Dan (NC)	Time of Day	0:07:15	0:08:23	0:09:50	0:11:09	0:12:48	0:14:17	0:16:05	0:17:37	0:19:40	0:21:22	0:23:36	1:01:28	1:03:51	1:05:44	1:07:56	1:09:49:07
	Time Cum	01:15	02:23	03:50	05:09	06:48	08:17	10:05	11:37	13:40	15:22	17:36	19:28	21:51	23:44	25:56	27:49:07
215	Time Delta	01:15	01:08	01:26	01:19	01:38	01:29	01:47	01:32	02:02	01:42	02:13	01:52	02:22	01:53	02:11	01:53:07
Age 71	Pace Cum	10:57	11:30	11:53	12:23	12:49	13:16	13:38	13:57	14:25	14:45	15:14	15:35	16:01	16:17	16:30	16:41
Group M70-79	Pace Delta	10:57	12:11	12:35	14:03	14:24	15:33	15:39	16:18	17:56	18:06	19:32	19:57	20:46	20:08	19:09	20:01
Overall-Group	Position	86-1	109-1	126-1	137-1	145-1	159-1	159-1	160-1	139-2	141-2	133-2	132-2	121-1	115-1	113-1	114-1
Pieroni, Stephen M (NC)	Time of Day	0:07:13	0:08:14	0:09:25	0:10:30	0:11:49	0:12:51	0:14:15	0:15:32	0:17:11	0:18:27	0:20:01	0:21:23	1:02:55	1:04:32	1:06:44	1:08:21:25
	Time Cum	01:13	02:14	03:25	04:30	05:49	06:51	08:15	09:32	11:11	12:27	14:01	15:23	20:55	22:32	24:44	26:21:25
48	Time Delta	01:13	01:01	01:10	01:05	01:18	01:02	01:23	01:17	01:38	01:16	01:33	01:22	05:31	01:37	02:11	01:37:25
Age 40	Pace Cum	10:39	10:44	10:36	10:49	10:57	10:58	11:10	11:27	11:48	11:57	12:08	12:19	15:20	15:27	15:44	15:49
Group M40-49	Pace Delta	10:39	10:50	10:20	11:35	11:28	10:59	12:15	13:46	14:20	13:28	13:43	14:33	48:26	17:14	19:13	17:15
Overall-Group	Position	75-22	66-21	56-20	59-21	51-21	45-17	44-16	47-16	40-14	41-14	36-13	37-13	107-32	100-29	94-27	91-25
Plant, James (NC)	Time of Day	0:07:23	0:08:40	0:10:02	0:11:19	0:12:43	0:13:56	0:15:27	0:16:48	0:19:34	0:21:35						
	Time Cum	01:23	02:40	04:02	05:19	06:43	07:56	09:27	10:48	13:34	15:35						
216	Time Delta	01:23	01:17	01:21	01:17	01:23	01:13	01:30	01:21	02:45	02:01						
Age 47	Pace Cum	12:07	12:49	12:30	12:46	12:39	12:43	12:47	12:59	14:19	14:58						
Group M40-49	Pace Delta	12:07	13:40	11:57	13:41	12:13	13:04	13:10	14:28	24:07	21:30						
Overall-Group	Position	152-41	192-47	164-45	158-43	135-38	130-36	116-32	114-30	135-35	150-38						
Ploskonka, David (MD)	Time of Day	0:06:51	0:07:36	0:08:31	0:09:17	0:10:18	0:11:19	0:13:00	0:13:52	0:16:22	0:17:18	0:19:10	0:20:16	0:21:51	1:01:06	1:03:09	1:04:46:12
	Time Cum	00:51	01:36	02:31	03:17	04:18	05:19	07:00	07:52	10:22	11:18	13:10	14:16	15:51	19:06	21:09	22:46:12
8	Time Delta	00:51	00:45	00:54	00:46	01:00	01:01	01:40	00:52	02:29	00:56	01:51	01:06	01:34	03:15	02:02	01:37:12
Age 30	Pace Cum	07:27	07:44	07:48	07:54	08:06	08:31	09:28	09:27	10:56	10:51	11:23	11:25	11:37	13:06	13:27	13:40
Group M30-39	Pace Delta	07:27	08:06	07:55	08:12	08:52	10:55	14:39	09:16	21:51	09:55	16:21	11:45	13:49	34:38	17:52	17:12
Overall-Group	Position	4-2	4-2	4-2	4-2	6-3	8-5	15-8	13-7	26-10	20-9	25-10	24-10	23-9	39-11	41-12	39-11
Portera, Anthony (NY)	Time of Day	0:07:04	0:07:57	0:09:01	0:09:58	0:11:14	0:12:20	0:13:36	0:14:43	0:16:07	0:17:18	0:18:45	0:20:00	0:21:32	0:22:54	1:00:18	1:01:41:00
	Time Cum	01:04	01:57	03:01	03:58	05:14	06:20	07:36	08:43	10:07	11:18	12:45	14:00	15:32	16:54	18:18	19:41:00
217	Time Delta	01:04	00:53	01:03	00:57	01:15	01:06	01:15	01:07	01:23	01:11	01:26	01:15	01:31	01:22	01:23	01:23:00
Age 41	Pace Cum	09:21	09:22	09:21	09:33	09:52	10:09	10:17	10:28	10:41	10:52	11:02	11:12	11:23	11:35	11:38	11:49
Group M40-49	Pace Delta	09:21	09:24	09:20	10:15	10:58	11:45	11:02	11:52	12:15	12:41	12:36	13:17	13:26	14:32	12:15	14:41
Overall-Group	Position	23-9	24-10	22-8	21-8	21-8	22-7	23-8	21-7	21-8	23-8	19-8	20-9	20-9	20-8	16-5	18-6
<u>Possick,</u> <u>Cathi (MA)</u>	Time of Day	0:07:20	0:08:31	0:10:00	0:11:22	0:13:08	0:14:38	0:17:39	0:19:53								
	Time Cum	01:20	02:31	04:00	05:22	07:08	08:38	11:39	13:53								
218	Time Delta	01:20	01:11	01:28	01:22	01:45	01:30	03:00	02:14								
Age 43	Pace Cum	11:41	12:09	12:24	12:54	13:26	13:49	15:46	16:40								
Group F40-49	Pace Delta	11:41	12:43	12:52	14:34	15:26	15:58	26:24	23:49								
Overall-Group	Position	127-18	149-17	154-18	170-21	182-27	183-26	222-32	232-33								

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

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
Ramsey, Chris (GA)	Time of Day	0:06:57	0:07:44	0:08:38	0:09:24	0:10:19	0:11:07	0:12:05	0:12:58	0:14:05	0:15:03	0:16:15	0:17:22	0:18:37	0:19:32	0:20:39	0:21:35:58
	Time Cum	00:57	01:44	02:38	03:24	04:19	05:07	06:05	06:58	08:05	09:03	10:15	11:22	12:37	13:32	14:39	15:35:58
219	Time Delta	00:57	00:47	00:53	00:46	00:54	00:48	00:57	00:53	01:06	00:58	01:11	01:07	01:14	00:55	01:06	00:56:58
Age 31	Pace Cum	08:19	08:20	08:10	08:11	08:08	08:11	08:14	08:23	08:32	08:42	08:52	09:06	09:15	09:17	09:19	09:22
Group M30-39	Pace Delta	08:19	08:22	07:51	08:13	07:58	08:31	08:27	09:33	09:39	10:20	10:28	11:57	10:52	09:44	09:47	10:05
Overall-Group	Position	9-6	9-6	8-5	8-5	7-4	7-4	6-3	6-3	6-3	6-3	5-2	7-4	7-4	6-4	6-4	6-4
Redente, Edward (CO)	Time of Day	0:07:20	0:08:31	0:09:57	0:11:09	0:12:44	0:14:04	0:15:50	0:17:27	0:19:25	0:21:04	0:23:25	1:01:26	1:03:49	1:06:01	1:08:19	1:10:17:40
	Time Cum	01:20	02:31	03:57	05:09	06:44	08:04	09:50	11:27	13:25	15:04	17:25	19:26	21:49	24:01	26:19	28:17:40
220	Time Delta	01:20	01:11	01:25	01:12	01:34	01:20	01:45	01:37	01:57	01:39	02:20	02:01	02:22	02:12	02:17	01:58:40
Age 61	Pace Cum	11:41	12:06	12:15	12:23	12:41	12:56	13:18	13:45	14:10	14:29	15:04	15:33	16:00	16:29	16:44	16:59
Group M60-69	Pace Delta	11:41	12:37	12:31	12:53	13:45	14:18	15:21	17:19	17:06	17:39	20:29	21:33	20:46	23:29	20:03	21:00
Overall-Group	Position	127-6	148-6	144-6	138-6	139-6	138-6	142-6	152-6	130-4	132-4	129-4	129-4	120-4	121-4	116-4	118-4
Reedy, Kevin (NY)	Time of Day	0:07:19	0:08:28	0:09:44	0:10:49	0:12:08	0:13:31	0:15:59									
	Time Cum	01:19	02:28	03:44	04:49	06:08	07:31	09:59									
221	Time Delta	01:19	01:09	01:15	01:05	01:18	01:23	02:27									
Age 36	Pace Cum	11:32	11:51	11:35	11:36	11:33	12:02	13:30									
Group M30-39	Pace Delta	11:32	12:13	11:05	11:40	11:24	14:42	21:36									
Overall-Group	Position	122-25	127-25	112-24	93-22	77-18	92-21	153-31									
Ring, Robert R (VA)	Time of Day	0:07:45	0:09:12	0:10:57	0:12:26	0:14:10	0:15:49	0:17:43	0:19:19	0:21:17	0:23:04						
	Time Cum	01:45	03:12	04:57	06:26	08:10	09:49	11:43	13:19	15:17	17:04						
222	Time Delta	01:45	01:27	01:44	01:29	01:43	01:39	01:53	01:36	01:57	01:47						
Age 63	Pace Cum	15:20	15:23	15:21	15:27	15:23	15:43	15:51	15:59	16:08	16:24						
Group M60-69	Pace Delta	15:20	15:27	15:17	15:50	15:07	17:37	16:34	17:01	17:12	19:07						
Overall-Group	Position	246-18	248-17	243-16	243-16	235-15	234-14	225-11	220-12	180-8	182-8						
Robinson, Ken (GA)	Time of Day	0:07:26	0:08:39	0:10:10	0:11:29	0:13:18	0:14:41	0:16:36	0:18:16	0:20:28	0:22:10	1:00:30	1:02:30	1:05:16	1:07:08	1:09:06	1:11:07:02
	Time Cum	01:26	02:39	04:10	05:29	07:18	08:41	10:36	12:16	14:28	16:10	18:30	20:30	23:16	25:08	27:06	29:07:02
223	Time Delta	01:26	01:13	01:30	01:19	01:48	01:23	01:54	01:40	02:11	01:42	02:19	02:00	02:45	01:52	01:57	02:01:02
Age 62	Pace Cum	12:33	12:45	12:55	13:11	13:45	13:54	14:20	14:44	15:16	15:31	16:00	16:25	17:03	17:14	17:14	17:28
Group M60-69	Pace Delta	12:33	13:00	13:13	14:05	15:50	14:44	16:46	17:52	19:08	18:05	20:25	21:23	24:07	19:51	17:12	21:25
Overall-Group	Position	181-8	186-8	190-7	190-7	190-8	185-8	185-9	187-9	162-6	161-6	153-6	151-6	140-6	139-6	133-6	138-6
Rogers, Raymond (VA)	Time of Day	0:07:23	0:08:29	0:09:52	0:10:59	0:12:29	0:13:43	0:15:08	0:16:20	0:17:46	0:19:00	0:20:42	0:22:01	0:23:39	1:01:07	1:03:03	1:04:34:35
	Time Cum	01:23	02:29	03:52	04:59	06:29	07:43	09:08	10:20	11:46	13:00	14:42	16:01	17:39	19:07	21:03	22:34:35
224	Time Delta	01:23	01:06	01:22	01:07	01:29	01:14	01:24	01:12	01:25	01:14	01:41	01:19	01:37	01:28	01:55	01:31:35
Age 31	Pace Cum	12:07	11:58	11:59	11:58	12:13	12:21	12:21	12:24	12:25	12:30	12:43	12:49	12:56	13:07	13:23	13:33
Group M30-39	Pace Delta	12:07	11:46	12:02	11:54	13:06	13:08	12:23	12:46	12:32	13:15	14:46	14:00	14:17	15:41	16:51	16:13
Overall-Group	Position	152-29	135-27	130-27	116-26	114-25	107-24	98-23	86-21	68-18	62-16	56-15	51-13	44-12	40-12	37-10	36-10
Rolnick, Wesley (MN)	Time of Day	0:07:17	0:08:24	0:09:49	0:11:02	0:12:44	0:14:03	0:15:43	0:17:06	0:18:40	0:19:55	0:21:40	0:23:05	1:00:48	1:02:11	1:03:59	1:05:34:13
	Time Cum	01:17	02:24	03:49	05:02	06:44	08:03	09:43	11:06	12:40	13:55	15:40	17:05	18:48	20:11	21:59	23:34:13
225	Time Delta	01:17	01:07	01:24	01:13	01:41	01:19	01:39	01:23	01:33	01:15	01:45	01:25	01:42	01:23	01:47	01:35:13
Age 24	Pace Cum	11:14	11:36	11:50	12:06	12:41	12:54	13:09	13:20	13:22	13:22	13:33	13:40	13:47	13:50	13:59	14:09
Group M20-29	Pace Delta	11:14	12:01	12:16	13:01	14:49	14:05	14:31	14:47	13:39	13:16	15:20	15:05	15:00	14:42	15:46	16:51
Overall-Group	Position	105-9	115-9	120-9	126-9	139-9	137-9	129-8	130-8	102-8	97-8	89-6	84-6	71-5	63-5	60-5	57-4

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

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
Rosenbloom, Trent (TN)	Time of Day	0:07:25	0:08:36	0:10:02	0:11:16	0:12:48	0:14:06	0:15:48	0:17:19	0:19:37	0:21:29						
	Time Cum	01:25	02:36	04:02	05:16	06:48	08:06	09:48	11:19	13:37	15:29						
226	Time Delta	01:25	01:11	01:25	01:14	01:31	01:18	01:41	01:31	02:17	01:52						
Age 42	Pace Cum	12:25	12:31	12:30	12:39	12:49	12:59	13:15	13:36	14:22	14:53						
Group M40-49	Pace Delta	12:25	12:39	12:29	13:10	13:23	13:55	14:48	16:16	20:00	19:59						
Overall-Group	Position	168-45	173-46	164-45	151-40	145-39	140-39	138-37	144-40	137-36	148-37						
Rothschild, Ben (GA)	Time of Day	0:07:06	0:08:00	0:09:16	0:10:25	0:11:56	0:13:14	0:15:03	0:16:28								
	Time Cum	01:06	02:00	03:16	04:25	05:56	07:14	09:03	10:28								
227	Time Delta	01:06	00:54	01:15	01:09	01:30	01:18	01:48	01:25								
Age 16	Pace Cum	09:38	09:38	10:08	10:37	11:11	11:35	12:15	12:34								
Group M<=19	Pace Delta	09:38	09:39	11:01	12:16	13:15	13:50	15:54	15:03								
Overall-Group	Position	26-1	26-1	38-1	49-1	63-1	71-1	90-1	99-1								
Rozanski, III, John J (IL)	Time of Day	0:07:36	0:09:06	0:11:05	0:12:51	0:15:07	0:17:13	0:19:40	0:21:34								
	Time Cum	01:36	03:06	05:05	06:51	09:07	11:13	13:40	15:34								
43	Time Delta	01:36	01:30	01:58	01:46	02:15	02:06	02:26	01:54								
Age 64	Pace Cum	14:01	14:58	15:46	16:28	17:10	17:58	18:29	18:42								
Group M60-69	Pace Delta	14:01	16:06	17:14	18:52	19:46	22:28	21:19	20:20								
Overall-Group	Position	235-16	243-16	246-17	248-18	244-18	245-18	240-17	240-18								
<u>Rozanski, Susan (IL)</u>	Time of Day	0:07:36	0:09:00	0:10:42	0:12:14	0:14:05	0:15:42	0:17:44	0:19:28	0:22:01	1:00:02	1:02:56	1:05:58				
	Time Cum	01:36	03:00	04:42	06:14	08:05	09:42	11:44	13:28	16:01	18:02	20:56	23:58				
41	Time Delta	01:36	01:24	01:41	01:32	01:50	01:37	02:01	01:44	02:32	02:01	02:53	03:02				
Age 58	Pace Cum	14:01	14:26	14:34	15:00	15:14	15:32	15:52	16:10	16:54	17:19	18:07	19:11				
Group F50-59	Pace Delta	14:01	14:56	14:50	16:26	16:05	17:18	17:42	18:26	22:19	21:27	25:22	32:18				
Overall-Group	Position	235-20	234-17	235-18	237-18	230-17	230-18	227-18	224-18	191-17	190-15	175-15	173-15				
Sacco, Steven (NY)	Time of Day	0:07:36	0:08:53	0:10:28	0:11:59												
	Time Cum	01:36	02:53	04:28	05:59												
228	Time Delta	01:36	01:17	01:34	01:31												
Age 32	Pace Cum	14:01	13:55	13:51	14:24												
Group M30-39	Pace Delta	14:01	13:47	13:45	16:15												
Overall-Group	Position	235-37	223-38	219-38	227-38												
Sackaroff, Jeff (NC)	Time of Day	0:07:15	0:08:18	0:09:34	0:10:46	0:12:15	0:13:32	0:15:04	0:16:20	0:17:50	0:19:08	0:21:05	0:22:49	1:00:48	1:02:19	1:04:04	1:05:27:30
	Time Cum	01:15	02:18	03:34	04:46	06:15	07:32	09:04	10:20	11:50	13:08	15:05	16:49	18:48	20:19	22:04	23:27:30
229	Time Delta	01:15	01:03	01:16	01:12	01:28	01:17	01:31	01:16	01:29	01:18	01:56	01:44	01:58	01:31	01:44	01:23:30
Age 38	Pace Cum	10:57	11:02	11:04	11:27	11:46	12:04	12:16	12:24	12:29	12:37	13:03	13:28	13:47	13:56	14:02	14:04
Group M30-39	Pace Delta	10:57	11:09	11:06	12:49	12:56	13:43	13:22	13:28	13:08	13:57	16:58	18:29	17:18	16:12	15:15	14:47
Overall-Group	Position	86-20	83-21	74-17	87-19	91-22	95-22	93-22	85-21	69-19	69-19	72-20	74-19	71-18	69-18	63-18	52-15
Salvesen, Greg (CO)	Time of Day	0:07:06	0:08:02	0:09:12	0:10:10	0:11:26	0:12:28	0:13:48	0:14:58	0:16:26	0:17:44	0:19:20	0:20:40	0:22:19	0:23:56	1:02:35	1:04:38:19
	Time Cum	01:06	02:02	03:12	04:10	05:26	06:28	07:48	08:58	10:26	11:44	13:20	14:40	16:19	17:56	20:35	22:38:19
230	Time Delta	01:06	00:56	01:09	00:58	01:15	01:02	01:19	01:10	01:27	01:18	01:35	01:20	01:38	01:37	02:38	02:03:19
Age 25	Pace Cum	09:38	09:47	09:55	10:02	10:14	10:21	10:33	10:46	11:01	11:16	11:32	11:44	11:58	12:18	13:05	13:35
Group M20-29	Pace Delta	09:38	09:58	10:11	10:24	10:59	11:02	11:37	12:24	12:50	13:50	14:00	14:10	14:26	17:13	23:11	21:50
Overall-Group	Position	26-4	29-4	30-4	28-4	27-4	26-4	30-4	30-4	28-4	29-4	30-4	29-4	26-2	25-2	33-3	37-3

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Sandstrom, Rich (NY) 231 Age 43 Group M40-49 Overall-Group	Time of Day	0:07:07	0:08:07	0:09:23	0:10:27	0:11:48	0:12:59	0:14:36	0:15:51	0:17:31	0:18:57	0:21:21	0:23:08	1:02:48	1:04:49	1:07:23	1:08:37:08
	Time Cum	01:07	02:07	03:23	04:27	05:48	06:59	08:36	09:51	11:31	12:57	15:21	17:08	20:48	22:49	25:23	26:37:08
	Time Delta	01:07	01:00	01:15	01:04	01:20	01:11	01:36	01:15	01:39	01:26	02:23	01:47	03:39	02:01	02:33	01:14:08
	Pace Cum	09:47	10:12	10:29	10:42	10:56	11:11	11:38	11:50	12:09	12:27	13:17	13:43	15:15	15:39	16:09	15:58
	Pace Delta	09:47	10:42	11:02	11:27	11:44	12:37	14:07	13:23	14:31	15:21	20:55	19:04	32:01	21:33	22:22	13:07
Overall-Group	Position	32-13	44-14	54-18	54-18	49-19	48-18	61-20	59-20	52-18	57-19	78-22	85-23	104-30	104-31	102-30	95-28
<u>Sandvig,</u> <u>Emily (VA)</u> 232 Age 32 Group F30-39 Overall-Group	Time of Day	0:07:18	0:08:27	0:09:53	0:11:09	0:12:43	0:14:09	0:15:51	0:17:23	0:19:18	0:21:15	0:23:54	1:02:23				
	Time Cum	01:18	02:27	03:53	05:09	06:43	08:09	09:51	11:23	13:18	15:15	17:54	20:23				
	Time Delta	01:18	01:09	01:25	01:16	01:33	01:26	01:41	01:32	01:54	01:57	02:38	02:29				
	Pace Cum	11:23	11:48	12:02	12:22	12:39	13:04	13:20	13:40	14:02	14:39	15:29	16:19				
	Pace Delta	11:23	12:17	12:30	13:30	13:41	15:22	14:46	16:24	16:42	20:48	23:08	26:32				
Overall-Group	Position	116-10	125-11	134-11	136-11	135-11	148-11	144-12	150-15	122-10	138-11	142-14	148-15				
Savage, Jonathan (NC) 4 Age 45 Group M40-49 Overall-Group	Time of Day	0:06:57	0:07:45	0:08:42	0:09:34	0:10:35	0:11:25	0:12:24	0:13:12								
	Time Cum	00:57	01:45	02:42	03:34	04:35	05:25	06:24	07:12								
	Time Delta	00:57	00:48	00:56	00:52	01:00	00:50	00:58	00:48								
	Pace Cum	08:19	08:27	08:22	08:34	08:38	08:41	08:40	08:39								
	Pace Delta	08:19	08:37	08:14	09:16	08:52	08:55	08:33	08:33								
Overall-Group	Position	9-3	14-3	10-3	10-3	10-3	9-3	8-3	8-3								
Saxon, Randy (MS) 233 Age 51 Group M50-59 Overall-Group	Time of Day	0:07:20	0:08:29	0:09:49	0:11:00	0:12:34	0:13:53	0:15:30	0:16:50	0:18:40	0:20:10	0:22:19	1:00:05	1:02:41	1:04:57	1:07:02	1:08:37:24
	Time Cum	01:20	02:29	03:49	05:00	06:34	07:53	09:30	10:50	12:40	14:10	16:19	18:05	20:41	22:57	25:02	26:37:24
	Time Delta	01:20	01:09	01:19	01:11	01:33	01:19	01:36	01:20	01:49	01:30	02:08	01:46	02:35	02:16	02:04	01:35:24
	Pace Cum	11:41	11:56	11:50	12:02	12:22	12:38	12:51	13:01	13:22	13:36	14:07	14:28	15:10	15:44	15:55	15:58
	Pace Delta	11:41	12:14	11:39	12:42	13:37	14:09	14:02	14:19	15:55	15:58	18:48	18:50	22:42	24:08	18:12	16:53
Overall-Group	Position	127-16	131-17	120-14	121-13	120-16	122-16	118-17	117-17	102-16	108-16	107-16	109-17	102-17	105-18	99-18	96-16
<u>Saylor,</u> <u>Cathy (GA)</u> 234 Age 49 Group F40-49 Overall-Group	Time of Day	0:07:29	0:08:44	0:10:26	0:12:00	0:14:23	0:16:34										
	Time Cum	01:29	02:44	04:26	06:00	08:23	10:34										
	Time Delta	01:29	01:15	01:41	01:34	02:22	02:11										
	Pace Cum	13:00	13:08	13:45	14:25	15:48	16:56										
	Pace Delta	13:00	13:17	14:53	16:41	20:50	23:22										
Overall-Group	Position	200-30	205-30	218-31	230-35	238-35	241-37										
Schlereth, Joe (NC) 9 Age 62 Group M60-69 Overall-Group	Time of Day	0:07:07	0:08:08	0:09:25	0:10:29	0:11:52	0:13:03	0:14:33	0:15:51	0:17:25	0:18:34	0:20:10	0:21:22	0:22:53	1:00:04	1:01:40	1:02:54:45
	Time Cum	01:07	02:08	03:25	04:29	05:52	07:03	08:33	09:51	11:25	12:34	14:10	15:22	16:53	18:04	19:40	20:54:45
	Time Delta	01:07	01:01	01:16	01:04	01:22	01:11	01:29	01:18	01:33	01:09	01:35	01:12	01:30	01:11	01:35	01:14:45
	Pace Cum	09:47	10:16	10:36	10:47	11:03	11:18	11:34	11:50	12:03	12:04	12:15	12:18	12:23	12:23	12:30	12:33
	Pace Delta	09:47	10:52	11:11	11:24	12:03	12:44	13:00	13:54	13:38	12:19	13:55	12:46	13:16	12:35	14:00	13:14
Overall-Group	Position	32-1	49-1	56-1	55-1	53-1	54-1	57-1	58-1	50-1	45-1	42-1	36-1	31-1	28-1	24-1	24-1
<u>Scott,</u> <u>Amy (NC)</u> 235 Age 37 Group F30-39 Overall-Group	Time of Day	0:07:12	0:08:18	0:09:37	0:10:48	0:12:14	0:13:21	0:14:42	0:15:51	0:17:22	0:18:44	0:20:27	0:21:47	0:23:46	1:01:30	1:03:51	1:05:38:57
	Time Cum	01:12	02:18	03:37	04:48	06:14	07:21	08:42	09:51	11:22	12:44	14:27	15:47	17:46	19:30	21:51	23:38:57
	Time Delta	01:12	01:06	01:18	01:11	01:25	01:07	01:20	01:09	01:30	01:22	01:42	01:20	01:58	01:44	02:20	01:47:57
	Pace Cum	10:31	11:04	11:13	11:32	11:45	11:46	11:46	11:50	12:00	12:14	12:30	12:38	13:01	13:23	13:54	14:11
	Pace Delta	10:31	11:44	11:29	12:38	12:30	11:57	11:45	12:16	13:14	14:38	14:56	14:16	17:17	18:29	20:31	19:06
Overall-Group	Position	68-8	85-8	87-8	89-8	87-7	80-6	69-5	57-5	45-3	53-5	49-5	48-5	47-5	48-5	56-5	64-6

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

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
Scott, Ricky (VA)	Time of Day	0:07:16	0:08:25	0:09:57	0:11:17	0:13:03	0:14:31	0:16:30	0:18:18	0:21:21	0:22:49	1:01:14					
236	Time Cum	01:16	02:25	03:57	05:17	07:03	08:31	10:30	12:18	15:21	16:49	19:14					
Age 54	Time Delta	01:16	01:09	01:31	01:20	01:45	01:28	01:58	01:48	03:02	01:28	02:24					
Group M50-59	Pace Cum	11:06	11:37	12:15	12:42	13:17	13:39	14:12	14:46	16:12	16:09	16:38					
Overall-Group	Pace Delta	11:06	12:16	13:24	14:15	15:24	15:43	17:15	19:14	26:37	15:36	21:09					
	Position	98-10	116-13	144-21	152-22	171-23	179-23	181-26	188-26	182-26	174-25	165-26					
<u>Scott,</u> <u>Sharon (VA)</u>	Time of Day	0:07:32	0:08:51	0:10:29	0:11:56	0:13:44	0:15:14	0:16:59	0:18:39	0:21:01	0:22:49	1:01:22	1:03:29	1:05:58	1:07:36	1:09:29	1:11:08:17
237	Time Cum	01:32	02:51	04:29	05:56	07:44	09:14	10:59	12:39	15:01	16:49	19:22	21:29	23:58	25:36	27:29	29:08:17
Age 51	Time Delta	01:32	01:19	01:37	01:27	01:47	01:30	01:44	01:40	02:21	01:48	02:32	02:07	02:28	01:38	01:52	01:39:17
Group F50-59	Pace Cum	13:26	13:43	13:54	14:16	14:34	14:48	14:52	15:11	15:51	16:09	16:45	17:12	17:34	17:33	17:29	17:29
Overall-Group	Pace Delta	13:26	14:03	14:15	15:33	15:38	16:03	15:13	17:47	20:40	19:14	22:14	22:33	21:42	17:21	16:29	17:34
	Position	219-15	216-12	220-14	222-14	215-13	215-13	201-13	200-13	174-12	175-12	168-12	165-13	151-11	148-11	143-10	140-10
<u>Sergeant,</u> <u>Kimberley A (TX)</u>	Time of Day	0:07:35	0:08:56	0:10:39	0:12:10	0:14:07	0:15:41	0:17:40	0:19:23	0:21:41							
10	Time Cum	01:35	02:56	04:39	06:10	08:07	09:41	11:40	13:23	15:41							
Age 53	Time Delta	01:35	01:21	01:42	01:31	01:56	01:34	01:58	01:43	02:17							
Group F50-59	Pace Cum	13:52	14:10	14:25	14:49	15:17	15:31	15:47	16:04	16:33							
Overall-Group	Pace Delta	13:52	14:31	14:54	16:12	17:00	16:45	17:17	18:16	20:07							
	Position	232-18	230-14	234-17	235-17	232-19	229-17	223-17	223-17	188-16							
Shellhamer, Troy (KY)	Time of Day	0:06:55	0:07:43	0:08:45	0:09:37	0:10:40	0:11:31	0:12:31	0:13:23	0:14:25	0:15:18	0:16:22	0:17:18	0:18:25	0:19:23	0:20:30	0:21:27:50
6	Time Cum	00:55	01:43	02:45	03:37	04:40	05:31	06:31	07:23	08:25	09:18	10:22	11:18	12:25	13:23	14:30	15:27:50
Age 31	Time Delta	00:55	00:48	01:01	00:52	01:02	00:51	00:59	00:52	01:01	00:53	01:03	00:56	01:06	00:58	01:06	00:57:50
Group M30-39	Pace Cum	08:02	08:16	08:32	08:42	08:47	08:50	08:49	08:53	08:53	08:56	08:58	09:03	09:06	09:11	09:13	09:17
Overall-Group	Pace Delta	08:02	08:33	09:00	09:19	09:06	09:05	08:43	09:22	08:55	09:28	09:16	10:01	09:42	10:19	09:45	10:14
	Position	6-4	8-5	13-7	11-7	12-7	11-6	9-5	9-5	8-5	8-5	7-4	6-3	6-3	5-3	5-3	5-3
<u>Shepherd,</u> <u>Stephanie (NC)</u>	Time of Day	0:07:24	0:08:37	0:10:10	0:11:26	0:13:07	0:14:30	0:16:22	0:17:55	0:19:51	0:21:27	0:23:39	1:01:28	1:04:05	1:06:06	1:08:45	1:10:35:45
240	Time Cum	01:24	02:37	04:10	05:26	07:07	08:30	10:22	11:55	13:51	15:27	17:39	19:28	22:05	24:06	26:45	28:35:45
Age 37	Time Delta	01:24	01:13	01:32	01:16	01:40	01:23	01:51	01:33	01:55	01:36	02:11	01:49	02:36	02:01	02:38	01:50:45
Group F30-39	Pace Cum	12:16	12:38	12:55	13:03	13:24	13:37	14:01	14:18	14:37	14:50	15:16	15:35	16:11	16:32	17:01	17:09
Overall-Group	Pace Delta	12:16	13:06	13:26	13:31	14:41	14:45	16:18	16:28	16:56	17:06	19:11	19:23	22:51	21:27	23:11	19:36
	Position	163-17	180-21	190-22	181-22	180-18	176-18	172-18	173-18	146-13	146-13	135-11	131-11	126-12	122-12	125-12	127-13
<u>Shields,</u> <u>Maria (MD)</u>	Time of Day	0:07:17	0:08:20	0:09:39	0:10:51	0:12:18	0:13:30	0:14:57	0:16:09	0:17:35	0:18:55	0:20:42	0:22:09	1:00:01	1:01:31	1:03:30	1:04:52:06
241	Time Cum	01:17	02:20	03:39	04:51	06:18	07:30	08:57	10:09	11:35	12:55	14:42	16:09	18:01	19:31	21:30	22:52:06
Age 61	Time Delta	01:17	01:03	01:18	01:12	01:26	01:12	01:26	01:12	01:25	01:20	01:46	01:27	01:51	01:30	01:58	01:22:06
Group F60-69	Pace Cum	11:14	11:16	11:19	11:40	11:52	12:01	12:06	12:12	12:14	12:24	12:43	12:56	13:12	13:24	13:40	13:43
Overall-Group	Pace Delta	11:14	11:19	11:24	12:52	12:36	12:50	12:38	12:52	12:27	14:14	15:33	15:34	16:13	16:05	17:15	14:32
	Position	105-1	97-1	91-1	99-1	96-1	91-1	82-1	77-1	55-1	56-1	56-1	56-1	53-1	49-1	47-1	42-1
<u>Shingleton,</u> <u>Amber (NC)</u>	Time of Day	0:07:31	0:08:57	0:10:42	0:12:15	0:14:38	0:17:08										
242	Time Cum	01:31	02:57	04:42	06:15	08:38	11:08										
Age 35	Time Delta	01:31	01:26	01:44	01:33	02:22	02:30										
Group F30-39	Pace Cum	13:17	14:12	14:34	15:00	16:16	17:49										
Overall-Group	Pace Delta	13:17	15:18	15:16	16:29	20:52	26:36										
	Position	212-23	231-26	235-26	238-26	240-25	244-25										

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

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>Shook,</u>	Time of Day	0:07:11	0:08:11	0:09:27	0:10:33	0:11:53	0:13:04	0:14:23	0:15:32								
<u>Cherie (FL)</u>	Time Cum	01:11	02:11	03:27	04:33	05:53	07:04	08:23	09:32								
243	Time Delta	01:11	01:00	01:15	01:06	01:19	01:11	01:18	01:09								
Age 42	Pace Cum	10:22	10:32	10:42	10:57	11:05	11:20	11:20	11:26								
Group F40-49	Pace Delta	10:22	10:45	10:59	11:50	11:34	12:44	11:24	12:13								
Overall-Group	Position	59-10	60-10	62-10	65-10	55-7	57-7	47-6	44-5								
Shuping,	Time of Day	0:07:21	0:08:30	0:09:59	0:11:11	0:12:38	0:13:55	0:15:30	0:16:55	0:18:56	0:20:22						
Ryan (NC)	Time Cum	01:21	02:30	03:59	05:11	06:38	07:55	09:30	10:55	12:56	14:22						
244	Time Delta	01:21	01:09	01:28	01:12	01:26	01:17	01:34	01:25	02:00	01:26						
Age 32	Pace Cum	11:49	12:03	12:21	12:27	12:30	12:41	12:51	13:07	13:39	13:48						
Group M30-39	Pace Delta	11:49	12:20	12:54	12:48	12:39	13:43	13:48	15:11	17:33	15:13						
Overall-Group	Position	143-27	143-28	148-30	145-29	130-29	127-29	118-27	122-27	112-26	116-26						
Sites,	Time of Day	0:07:07	0:08:07	0:09:18	0:10:26	0:11:53	0:13:06	0:14:39	0:16:07	0:17:42	0:18:59	0:20:58	0:22:35	1:00:27	1:02:03	1:04:00	1:05:35:47
Bob (NC)	Time Cum	01:07	02:07	03:18	04:26	05:53	07:06	08:39	10:07	11:42	12:59	14:58	16:35	18:27	20:03	22:00	23:35:47
245	Time Delta	01:07	01:00	01:10	01:08	01:26	01:13	01:32	01:28	01:34	01:17	01:58	01:37	01:51	01:36	01:56	01:35:47
Age 58	Pace Cum	09:47	10:13	10:14	10:40	11:05	11:23	11:42	12:09	12:21	12:28	12:57	13:16	13:31	13:45	13:59	14:09
Group M50-59	Pace Delta	09:47	10:45	10:15	12:11	12:35	13:02	13:29	15:42	13:46	13:43	17:18	17:12	16:19	17:04	17:01	16:57
Overall-Group	Position	32-2	47-2	44-3	51-3	55-3	61-3	65-4	76-7	65-7	60-5	67-6	67-6	63-6	59-6	62-6	60-7
Slone,	Time of Day	0:07:07	0:08:04	0:09:24	0:10:20	0:11:39	0:12:40	0:14:05	0:15:20	0:16:53	0:18:10	0:19:46	0:21:16	0:23:12	1:00:44	1:03:00	1:04:39:14
Craig (OH)	Time Cum	01:07	02:04	03:24	04:20	05:39	06:40	08:05	09:20	10:53	12:10	13:46	15:16	17:12	18:44	21:00	22:39:14
246	Time Delta	01:07	00:57	01:19	00:56	01:18	01:01	01:24	01:15	01:32	01:17	01:35	01:30	01:55	01:32	02:15	01:39:14
Age 48	Pace Cum	09:47	09:57	10:33	10:25	10:39	10:40	10:56	11:12	11:29	11:41	11:55	12:13	12:37	12:51	13:21	13:36
Group M40-49	Pace Delta	09:47	10:09	11:38	09:59	11:28	10:49	12:23	13:20	13:32	13:43	13:57	16:02	16:51	16:27	19:43	17:34
Overall-Group	Position	32-13	35-13	55-19	44-15	42-15	42-14	38-13	39-14	35-12	37-12	35-12	34-12	36-12	34-11	36-11	38-11
Smith,	Time of Day	0:06:56	0:07:40	0:08:36	0:09:27	0:10:29	0:11:31	0:12:41	0:13:48	0:15:02	0:16:12	0:17:35	0:18:44	0:20:05	0:21:21	0:22:53	1:00:25:27
Darian (NC)	Time Cum	00:56	01:40	02:36	03:27	04:29	05:31	06:41	07:48	09:02	10:12	11:35	12:44	14:05	15:21	16:53	18:25:27
247	Time Delta	00:56	00:44	00:55	00:51	01:01	01:02	01:09	01:07	01:13	01:10	01:22	01:09	01:20	01:16	01:31	01:32:27
Age 31	Pace Cum	08:11	08:00	08:04	08:17	08:27	08:50	09:03	09:22	09:32	09:48	10:01	10:12	10:19	10:32	10:44	11:03
Group M30-39	Pace Delta	08:11	07:48	08:10	09:02	09:03	11:00	10:12	11:59	10:42	12:28	12:03	12:18	11:45	13:29	13:25	16:22
Overall-Group	Position	7-5	6-4	7-4	9-6	9-6	10-6	10-6	11-6	11-6	12-6	11-5	11-5	11-6	10-6	10-6	10-6
Smith,	Time of Day	0:07:20	0:08:29	0:09:49	0:11:00	0:12:32	0:13:47	0:15:20	0:16:40	0:18:21	0:19:45	0:21:32	0:23:00	1:00:46	1:02:14	1:04:06	1:05:19:27
Mike (IN)	Time Cum	01:20	02:29	03:49	05:00	06:32	07:47	09:20	10:40	12:21	13:45	15:32	17:00	18:46	20:14	22:06	23:19:27
248	Time Delta	01:20	01:09	01:19	01:11	01:31	01:15	01:32	01:20	01:40	01:24	01:46	01:28	01:45	01:28	01:51	01:13:27
Age 54	Pace Cum	11:41	11:57	11:50	12:02	12:18	12:28	12:38	12:49	13:02	13:12	13:26	13:36	13:45	13:53	14:03	14:00
Group M50-59	Pace Delta	11:41	12:17	11:38	12:44	13:18	13:25	13:28	14:17	14:38	14:54	15:35	15:36	15:27	15:39	16:17	13:00
Overall-Group	Position	127-16	134-17	120-14	123-13	117-14	112-13	107-13	103-14	90-12	94-12	86-10	83-10	70-8	66-7	66-7	50-5
Sowers,	Time of Day	0:07:06	0:08:00	0:09:02	0:10:06	0:11:26	0:12:39	0:14:05	0:15:14	0:16:50	0:18:18	0:20:08	0:21:46	0:23:24	1:01:20	1:03:38	1:06:28:56
Thomas (CO)	Time Cum	01:06	02:00	03:02	04:06	05:26	06:39	08:05	09:14	10:50	12:18	14:08	15:46	17:24	19:20	21:38	24:28:56
250	Time Delta	01:06	00:54	01:01	01:04	01:19	01:13	01:25	01:09	01:35	01:28	01:49	01:38	01:37	01:56	02:17	02:50:56
Age 41	Pace Cum	09:38	09:38	09:24	09:52	10:14	10:39	10:56	11:05	11:26	11:49	12:14	12:37	12:45	13:16	13:45	14:41
Group M40-49	Pace Delta	09:38	09:38	08:59	11:26	11:35	13:01	12:29	12:16	13:58	15:35	16:03	17:29	14:12	20:40	20:02	30:15
Overall-Group	Position	26-11	25-11	25-11	24-11	27-11	38-13	38-13	35-12	32-10	39-13	39-15	47-16	38-13	44-14	49-14	71-19

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

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
Spadie, Jay (NC) 251 Age 41 Group M40-49 Overall-Group	Time of Day	0:07:11	0:08:09	0:09:18	0:10:20	0:11:34	0:12:40	0:13:55	0:15:01		0:17:54	0:19:23	0:20:42	0:22:23	0:23:57	1:01:42	1:03:10:35
	Time Cum	01:11	02:09	03:18	04:20	05:34	06:40	07:55	09:01		11:54	13:23	14:42	16:23	17:57	19:42	21:10:35
	Time Delta	01:11	00:58	01:08	01:02	01:13	01:06	01:14	01:06		02:52	01:29	01:19	01:40	01:34	01:44	01:28:35
	Pace Cum	10:22	10:20	10:14	10:25	10:29	10:40	10:43	10:50		11:25	11:35	11:46	12:01	12:19	12:32	12:42
	Pace Delta	10:22	10:18	10:03	11:02	10:45	11:41	10:57	11:48		13:47	13:00	14:04	14:41	16:42	15:17	15:41
	Position	59-18	52-17	44-16	43-15	41-14	40-14	33-11	32-11		32-10	31-10	31-10	28-10	26-9	25-9	27-9
Spannuth, John (MD) 252 Age 42 Group M40-49 Overall-Group	Time of Day	0:07:04	0:07:56	0:09:01	0:09:59	0:11:14	0:12:20	0:13:35	0:14:43	0:16:04	0:17:12	0:18:38	0:19:53	0:21:31	0:22:50	1:00:18	1:01:26:24
	Time Cum	01:04	01:56	03:01	03:59	05:14	06:20	07:35	08:43	10:04	11:12	12:38	13:53	15:31	16:50	18:18	19:26:24
	Time Delta	01:04	00:52	01:04	00:58	01:14	01:06	01:14	01:08	01:20	01:08	01:25	01:15	01:37	01:19	01:27	01:08:24
	Pace Cum	09:21	09:19	09:21	09:34	09:52	10:09	10:16	10:28	10:37	10:46	10:56	11:07	11:22	11:33	11:38	11:40
	Pace Delta	09:21	09:18	09:25	10:18	10:55	11:47	10:52	12:05	11:47	12:07	12:29	13:21	14:15	14:04	12:46	12:06
	Position	23-9	23-8	22-8	22-9	21-8	24-7	21-7	23-7	18-6	19-7	18-7	18-7	19-8	17-6	16-5	16-5
Sprouse, Tom (NC) 30 Age 70 Group M70-79 Overall-Group	Time of Day	0:07:26	0:08:37	0:10:06	0:11:27	0:13:03	0:14:28	0:16:11	0:17:40	0:19:32	0:21:11	0:23:30	1:01:27	1:03:53	1:06:09	1:08:56	1:10:41:49
	Time Cum	01:26	02:37	04:06	05:27	07:03	08:28	10:11	11:40	13:32	15:11	17:30	19:27	21:53	24:09	26:56	28:41:49
	Time Delta	01:26	01:11	01:28	01:21	01:35	01:25	01:42	01:29	01:51	01:39	02:18	01:57	02:25	02:16	02:46	01:45:49
	Pace Cum	12:33	12:36	12:43	13:05	13:17	13:33	13:47	14:00	14:17	14:35	15:08	15:34	16:02	16:34	17:08	17:13
	Pace Delta	12:33	12:40	12:55	14:21	14:00	15:07	14:59	15:45	16:21	17:41	20:10	20:43	21:19	24:11	24:17	18:44
	Position	181-2	179-2	175-2	183-2	171-2	173-2	167-2	161-2	132-1	136-1	132-1	130-1	122-2	124-2	129-2	129-2
Squier, III, William C (NC) 33 Age 69 Group M60-69 Overall-Group	Time of Day	0:07:29	0:08:47	0:10:31	0:11:59	0:13:53	0:15:38	0:17:54	0:19:52								
	Time Cum	01:29	02:47	04:31	05:59	07:53	09:38	11:54	13:52								
	Time Delta	01:29	01:18	01:43	01:28	01:53	01:45	02:15	01:58								
	Pace Cum	13:00	13:23	14:00	14:23	14:51	15:26	16:06	16:39								
	Pace Delta	13:00	13:50	15:09	15:39	16:35	18:41	19:47	20:58								
	Position	200-10	209-11	224-11	226-11	221-12	224-12	229-13	231-16								
Stansbury, Joey (NC) 254 Age 40 Group M40-49 Overall-Group	Time of Day	0:07:30	0:08:46	0:10:19	0:11:43	0:13:33	0:15:05	0:16:59	0:18:39	0:20:50	0:22:30	1:00:47	1:02:46	1:05:57	1:07:23	1:09:12	1:11:00:46
	Time Cum	01:30	02:46	04:19	05:43	07:33	09:05	10:59	12:39	14:50	16:30	18:47	20:46	23:57	25:23	27:12	29:00:46
	Time Delta	01:30	01:16	01:32	01:24	01:49	01:32	01:53	01:40	02:11	01:40	02:16	01:59	03:10	01:26	01:48	01:48:46
	Pace Cum	13:08	13:18	13:23	13:45	14:13	14:33	14:52	15:11	15:39	15:51	16:15	16:37	17:33	17:25	17:18	17:24
	Pace Delta	13:08	13:30	13:32	15:00	15:57	16:25	16:32	17:42	19:07	17:46	19:56	21:10	27:47	15:19	15:50	19:15
	Position	205-48	207-49	211-50	215-51	209-51	208-51	201-50	199-50	170-42	169-42	158-37	156-37	150-36	144-35	137-35	136-34
<u>Stocker,</u> <u>Emmy (CT)</u> 255 Age 53 Group F50-59 Overall-Group	Time of Day	0:07:17	0:08:23	0:09:41	0:10:52	0:12:16	0:13:33	0:15:03	0:16:22	0:18:08	0:19:36	0:21:21	0:22:52	1:00:55	1:02:30	1:04:22	1:05:48:24
	Time Cum	01:17	02:23	03:41	04:52	06:16	07:33	09:03	10:22	12:08	13:36	15:21	16:52	18:55	20:30	22:22	23:48:24
	Time Delta	01:17	01:06	01:17	01:11	01:23	01:17	01:29	01:19	01:45	01:28	01:45	01:31	02:02	01:35	01:51	01:26:24
	Pace Cum	11:14	11:31	11:25	11:43	11:48	12:05	12:15	12:27	12:48	13:03	13:17	13:30	13:52	14:04	14:13	14:17
	Pace Delta	11:14	11:50	11:16	12:43	12:08	13:40	13:07	14:06	15:23	15:35	15:20	16:17	17:49	16:55	16:16	15:18
	Position	105-4	110-5	103-4	102-4	95-4	96-4	90-5	90-5	81-5	85-5	78-4	78-4	73-4	71-4	68-4	67-4
<u>Stone,</u> <u>Francesca (CA)</u> 256 Age 49 Group F40-49 Overall-Group	Time of Day	0:07:18	0:08:26	0:09:48	0:10:58	0:12:29	0:13:50	0:15:27	0:16:48								
	Time Cum	01:18	02:26	03:48	04:58	06:29	07:50	09:27	10:48								
	Time Delta	01:18	01:08	01:21	01:10	01:30	01:21	01:36	01:21								
	Pace Cum	11:23	11:43	11:47	11:56	12:13	12:33	12:47	12:58								
	Pace Delta	11:23	12:08	11:54	12:27	13:14	14:30	14:02	14:26								
	Position	116-15	121-16	117-16	114-15	114-15	117-14	116-14	113-14								

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
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Srithehoff, Nelson (MD)	Time of Day	0:07:10	0:08:18	0:09:36	0:10:49	0:12:26	0:13:51	0:15:43	0:17:21								
	Time Cum	01:10	02:18	03:36	04:49	06:26	07:51	09:43	11:21								
257	Time Delta	01:10	01:08	01:17	01:13	01:36	01:25	01:51	01:38								
Age 60	Pace Cum	10:13	11:05	11:10	11:34	12:07	12:35	13:09	13:38								
Group M60-69	Pace Delta	10:13	12:07	11:19	12:58	14:07	15:09	16:16	17:28								
Overall-Group	Position	56-2	88-3	83-2	92-2	109-4	120-4	129-5	147-5								
<hr/>																	
Sullivan, Jerry (LA)	Time of Day	0:07:20	0:08:29	0:09:49	0:11:00	0:12:33	0:13:47	0:15:24	0:16:47	0:18:40	0:20:10	0:22:20	1:00:02	1:02:15	1:04:07	1:06:23	1:07:58:11
	Time Cum	01:20	02:29	03:49	05:00	06:33	07:47	09:24	10:47	12:40	14:10	16:20	18:02	20:15	22:07	24:23	25:58:11
103	Time Delta	01:20	01:09	01:19	01:11	01:32	01:14	01:36	01:23	01:52	01:30	02:09	01:42	02:12	01:52	02:15	01:35:11
Age 50	Pace Cum	11:41	11:56	11:50	12:02	12:20	12:29	12:43	12:57	13:22	13:36	14:08	14:26	14:51	15:10	15:30	15:35
Group M50-59	Pace Delta	11:41	12:15	11:39	12:41	13:28	13:15	14:02	14:51	16:22	16:01	18:54	18:12	19:18	19:50	19:51	16:51
Overall-Group	Position	127-16	132-17	120-14	120-13	119-15	113-13	113-16	109-15	102-16	110-16	108-17	107-16	93-15	91-15	91-15	89-15
<hr/>																	
Sullivan, Jim (FL)	Time of Day	0:07:26	0:08:39	0:10:10	0:11:30	0:13:04	0:14:30	0:16:15	0:17:44								
	Time Cum	01:26	02:39	04:10	05:30	07:04	08:30	10:15	11:44								
102	Time Delta	01:26	01:13	01:30	01:20	01:33	01:26	01:44	01:29								
Age 60	Pace Cum	12:33	12:48	12:55	13:13	13:19	13:37	13:52	14:06								
Group M60-69	Pace Delta	12:33	13:05	13:09	14:13	13:40	15:18	15:15	15:51								
Overall-Group	Position	181-8	187-8	190-7	191-8	174-7	177-7	170-7	164-7								
<hr/>																	
<u>Sundermeier, Ronda (OR)</u>	Time of Day	0:07:07	0:08:05	0:09:14	0:10:15	0:11:28	0:12:32	0:13:51	0:15:00	0:16:25	0:17:38	0:18:58	0:20:08	0:21:39	0:22:53	1:00:21	1:01:37:36
	Time Cum	01:07	02:05	03:14	04:15	05:28	06:32	07:51	09:00	10:25	11:38	12:58	14:08	15:39	16:53	18:21	19:37:36
258	Time Delta	01:07	00:58	01:08	01:01	01:12	01:04	01:18	01:09	01:24	01:13	01:19	01:10	01:30	01:14	01:27	01:16:36
Age 45	Pace Cum	09:47	10:02	10:02	10:14	10:18	10:28	10:37	10:49	11:00	11:10	11:13	11:19	11:28	11:35	11:40	11:47
Group F40-49	Pace Delta	09:47	10:20	10:01	10:58	10:31	11:24	11:28	12:19	12:20	12:59	11:37	12:32	13:10	13:08	12:49	13:33
Overall-Group	Position	32-2	38-3	37-3	37-3	33-3	33-3	31-4	31-4	27-4	27-4	23-4	21-4	21-4	19-4	19-4	17-4
<hr/>																	
<u>Surrette, Amy (NC)</u>	Time of Day	0:07:25	0:08:35	0:10:00	0:11:14	0:12:55	0:14:13	0:15:59	0:17:22	0:19:48	0:21:26	0:23:55	1:01:58	1:04:24	1:06:31	1:08:50	1:10:43:17
	Time Cum	01:25	02:35	04:00	05:14	06:55	08:13	09:59	11:22	13:48	15:26	17:55	19:58	22:24	24:31	26:50	28:43:17
259	Time Delta	01:25	01:10	01:24	01:14	01:40	01:18	01:45	01:23	02:25	01:38	02:28	02:03	02:25	02:07	02:18	01:53:17
Age 38	Pace Cum	12:25	12:27	12:24	12:34	13:02	13:09	13:30	13:38	14:34	14:50	15:30	15:59	16:25	16:49	17:04	17:14
Group F30-39	Pace Delta	12:25	12:30	12:19	13:10	14:41	13:53	15:25	14:42	21:18	17:29	21:38	21:50	21:16	22:37	20:11	20:03
Overall-Group	Position	168-18	166-18	154-18	148-16	157-16	156-16	153-15	148-14	143-12	144-12	143-15	142-14	129-14	129-13	127-13	130-14
<hr/>																	
Sweeney, Jim (NY)	Time of Day	0:06:57	0:07:44	0:08:38	0:09:23	0:10:19	0:11:04	0:11:58	0:12:44	0:13:40	0:14:30	0:15:32	0:16:27	0:17:27	0:18:19	0:19:21	0:20:14:25
	Time Cum	00:57	01:44	02:38	03:23	04:19	05:04	05:58	06:44	07:40	08:30	09:32	10:27	11:27	12:19	13:21	14:14:25
20	Time Delta	00:57	00:47	00:53	00:45	00:55	00:45	00:53	00:46	00:55	00:50	01:01	00:55	01:00	00:52	01:01	00:53:25
Age 30	Pace Cum	08:19	08:21	08:10	08:09	08:08	08:07	08:04	08:05	08:05	08:11	08:15	08:22	08:24	08:27	08:29	08:33
Group M30-39	Pace Delta	08:19	08:22	07:50	08:07	08:03	08:04	07:48	08:13	08:07	09:01	08:55	09:44	08:46	09:22	08:55	09:27
Overall-Group	Position	9-6	10-6	8-5	7-4	7-4	6-2	4-2	4-2	4-2	4-2	3-1	4-1	2-1	2-1	2-1	2-1
<hr/>																	
Swendsen, Vincent (NC)	Time of Day	0:07:25	0:08:35	0:10:00	0:11:14	0:12:49	0:14:09	0:15:46	0:17:15	0:18:59	0:20:28	0:22:28	0:23:59	1:02:09	1:03:53	1:05:59	1:07:30:15
	Time Cum	01:25	02:35	04:00	05:14	06:49	08:09	09:46	11:15	12:59	14:28	16:28	17:59	20:09	21:53	23:59	25:30:15
49	Time Delta	01:25	01:10	01:24	01:14	01:34	01:20	01:36	01:29	01:43	01:29	01:59	01:31	02:09	01:44	02:05	01:31:15
Age 49	Pace Cum	12:25	12:25	12:24	12:36	12:50	13:03	13:13	13:30	13:42	13:54	14:15	14:24	14:46	15:01	15:15	15:18
Group M40-49	Pace Delta	12:25	12:25	12:23	13:15	13:45	14:10	14:09	15:45	15:11	15:52	17:25	16:14	18:52	18:29	18:20	16:09
Overall-Group	Position	168-45	162-42	154-42	149-39	151-41	143-40	133-36	135-36	114-30	118-32	112-31	106-31	91-25	87-22	86-22	83-22

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

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>Tartick,</u>	Time of Day	0:07:30	0:09:02	0:10:07	0:11:21	0:12:45	0:14:02	0:15:31	0:16:52	0:18:33	0:19:58	0:21:46	0:23:26				
<u>Karen (NC)</u>	Time Cum	01:30	03:02	04:07	05:21	06:45	08:02	09:31	10:52	12:33	13:58	15:46	17:26				
260	Time Delta	01:30	01:32	01:04	01:14	01:23	01:17	01:28	01:21	01:40	01:25	01:47	01:40				
Age 50	Pace Cum	13:08	14:37	12:46	12:51	12:43	12:51	12:52	13:03	13:15	13:25	13:38	13:57				
Group F50-59	Pace Delta	13:08	16:24	09:24	13:10	12:13	13:38	12:59	14:27	14:39	15:09	15:40	17:51				
Overall-Group	Position	205-12	241-20	179-9	164-8	141-7	135-6	123-6	119-6	95-6	100-6	92-6	92-5				
<u>Tegroen,</u>	Time of Day	0:07:12	0:08:14	0:09:30	0:10:38	0:11:58	0:13:11	0:14:41	0:16:00	0:17:35	0:19:00	0:20:46	0:22:18	1:00:17	1:01:48	1:03:44	1:05:34:50
<u>Peter (VA)</u>	Time Cum	01:12	02:14	03:30	04:38	05:58	07:11	08:41	10:00	11:35	13:00	14:46	16:18	18:17	19:48	21:44	23:34:50
261	Time Delta	01:12	01:02	01:15	01:08	01:19	01:13	01:29	01:19	01:34	01:25	01:45	01:32	01:58	01:31	01:55	01:50:50
Age 57	Pace Cum	10:31	10:44	10:51	11:08	11:14	11:30	11:45	12:00	12:14	12:30	12:47	13:02	13:24	13:35	13:49	14:09
Group M50-59	Pace Delta	10:31	11:00	11:04	12:04	11:39	12:59	13:05	14:00	13:52	15:13	15:20	16:17	17:22	16:13	16:51	19:37
Overall-Group	Position	68-5	66-5	67-5	67-5	64-4	70-6	68-5	69-4	55-4	63-6	60-5	61-5	60-5	53-5	52-5	58-6
<u>Tiska,</u>	Time of Day	0:07:08	0:08:08	0:09:26	0:10:32	0:11:54	0:13:00	0:14:23	0:15:32								
<u>Dale (NC)</u>	Time Cum	01:08	02:08	03:26	04:32	05:54	07:00	08:23	09:32								
39	Time Delta	01:08	01:00	01:17	01:06	01:21	01:06	01:22	01:09								
Age 48	Pace Cum	09:56	10:17	10:39	10:53	11:07	11:12	11:20	11:27								
Group F40-49	Pace Delta	09:56	10:42	11:19	11:43	11:56	11:41	12:07	12:20								
Overall-Group	Position	44-5	50-7	60-9	62-9	60-9	50-6	47-6	46-5								
<u>Travisano,</u>	Time of Day	0:07:17	0:08:21	0:09:39	0:10:46	0:12:10	0:13:26	0:15:00	0:16:25	0:18:03	0:19:26	0:21:08	0:22:46	1:00:41	1:02:27	1:04:24	1:06:19:30
<u>Laura (MD)</u>	Time Cum	01:17	02:21	03:39	04:46	06:10	07:26	09:00	10:25	12:03	13:26	15:08	16:46	18:41	20:27	22:24	24:19:30
264	Time Delta	01:17	01:04	01:17	01:07	01:23	01:16	01:33	01:25	01:37	01:23	01:41	01:38	01:54	01:46	01:56	01:55:30
Age 45	Pace Cum	11:14	11:19	11:19	11:27	11:37	11:54	12:11	12:31	12:43	12:54	13:06	13:25	13:42	14:02	14:15	14:36
Group F40-49	Pace Delta	11:14	11:25	11:19	11:55	12:13	13:30	13:41	15:10	14:12	14:45	14:51	17:27	16:42	18:53	16:59	20:27
Overall-Group	Position	105-13	100-13	91-12	85-11	79-10	87-10	86-11	94-11	78-8	80-8	73-8	71-8	67-7	70-7	70-6	70-6
<u>Triumph,</u>	Time of Day	0:07:20	0:08:28	0:09:51	0:11:05	0:12:36	0:13:57	0:15:47	0:17:18	0:19:20	0:20:46	0:22:34	1:00:05	1:02:50	1:04:39	1:06:57	1:08:57:17
<u>Thomas (FL)</u>	Time Cum	01:20	02:28	03:51	05:05	06:36	07:57	09:47	11:18	13:20	14:46	16:34	18:05	20:50	22:39	24:57	26:57:17
265	Time Delta	01:20	01:08	01:22	01:14	01:30	01:21	01:49	01:31	02:01	01:26	01:47	01:31	02:44	01:49	02:17	02:00:17
Age 53	Pace Cum	11:41	11:55	11:56	12:14	12:26	12:45	13:14	13:35	14:04	14:11	14:20	14:28	15:16	15:32	15:52	16:10
Group M50-59	Pace Delta	11:41	12:11	11:59	13:16	13:09	14:29	15:56	16:17	17:40	15:24	15:38	16:11	24:02	19:25	20:02	21:17
Overall-Group	Position	127-16	130-16	127-19	133-19	125-18	131-19	134-19	142-20	126-20	124-20	113-19	108-17	105-19	103-17	97-17	100-17
<u>Tursi,</u>	Time of Day	0:07:29	0:08:42	0:10:10	0:11:28	0:13:03	0:14:24	0:16:10	0:17:48	0:19:49	0:21:27	0:23:26	1:01:08	1:03:33	1:05:48	1:08:34	1:10:39:22
<u>Steven (NY)</u>	Time Cum	01:29	02:42	04:10	05:28	07:03	08:24	10:10	11:48	13:49	15:27	17:26	19:08	21:33	23:48	26:34	28:39:22
266	Time Delta	01:29	01:13	01:27	01:18	01:35	01:21	01:45	01:38	02:00	01:38	01:58	01:42	02:24	02:15	02:45	02:05:22
Age 35	Pace Cum	13:00	13:00	12:55	13:07	13:17	13:27	13:45	14:10	14:35	14:50	15:05	15:19	15:48	16:20	16:54	17:12
Group M30-39	Pace Delta	13:00	12:59	12:47	13:48	13:52	14:22	15:27	17:27	17:35	17:24	17:20	18:05	21:09	23:59	24:09	22:11
Overall-Group	Position	200-36	198-37	190-37	187-34	171-34	166-34	163-32	170-32	145-30	145-30	130-25	123-23	115-20	117-20	124-22	128-22
<u>Van Ekris,</u>	Time of Day	0:07:16	0:08:18	0:09:39	0:10:43	0:12:01	0:13:05	0:14:26	0:15:34	0:17:23	0:18:41	0:20:43	0:22:17	1:00:19	1:02:03	1:03:57	1:05:36:55
<u>John (PE)</u>	Time Cum	01:16	02:18	03:39	04:43	06:01	07:05	08:26	09:34	11:23	12:41	14:43	16:17	18:19	20:03	21:57	23:36:55
267	Time Delta	01:16	01:02	01:20	01:04	01:17	01:04	01:20	01:08	01:48	01:18	02:01	01:34	02:01	01:44	01:53	01:39:55
Age 46	Pace Cum	11:06	11:04	11:19	11:21	11:20	11:21	11:25	11:30	12:01	12:11	12:44	13:02	13:26	13:45	13:58	14:10
Group M40-49	Pace Delta	11:06	11:02	11:46	11:26	11:18	11:23	11:47	12:10	15:48	13:55	17:44	16:44	17:44	18:30	16:34	17:41
Overall-Group	Position	98-29	87-26	91-27	79-25	70-24	59-23	50-18	48-17	48-17	51-17	59-18	60-18	61-18	60-16	59-17	62-16

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
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Vieyra, Jeffrey (CA)	Time of Day	0:07:24	0:08:37	0:10:10	0:11:39	0:13:36	0:15:17		0:19:10								
270	Time Cum	01:24	02:37	04:10	05:39	07:36	09:17		13:10								
Age 65	Time Delta	01:24	01:13	01:32	01:29	01:56	01:41		03:53								
Group M60-69	Pace Cum	12:16	12:34	12:55	13:35	14:19	14:52		15:49								
Overall-Group	Pace Delta	12:16	12:57	13:33	15:52	16:59	17:58		18:40								
	Position	163-7	177-7	190-7	210-9	210-10	216-10		213-11								
<hr/>																	
<u>Vogel, Jennifer (FL)</u>	Time of Day	0:06:57	0:07:44	0:08:44	0:10:12												
16	Time Cum	00:57	01:44	02:44	04:12												
Age 30	Time Delta	00:57	00:47	00:59	01:28												
Group F30-39	Pace Cum	08:19	08:21	08:29	10:06												
Overall-Group	Pace Delta	08:19	08:24	08:42	15:38												
	Position	9-1	11-1	11-1	32-1												
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Wagner, Robert (TN)	Time of Day	0:07:19	0:08:28	0:09:53	0:11:10	0:12:52	0:14:24	0:16:28	0:18:08	0:20:14	0:22:00	1:00:09	1:02:05	1:04:41	1:06:41	1:09:11	1:11:07:47
271	Time Cum	01:19	02:28	03:53	05:10	06:52	08:24	10:28	12:08	14:14	16:00	18:09	20:05	22:41	24:41	27:11	29:07:47
Age 42	Time Delta	01:19	01:09	01:24	01:17	01:41	01:32	02:03	01:40	02:05	01:46	02:08	01:56	02:35	02:00	02:29	01:56:47
Group M40-49	Pace Cum	11:32	11:51	12:02	12:26	12:56	13:28	14:10	14:34	15:01	15:22	15:42	16:04	16:38	16:56	17:17	17:29
Overall-Group	Pace Delta	11:32	12:15	12:23	13:46	14:47	16:26	17:59	17:45	18:21	18:47	18:49	20:35	22:44	21:15	21:54	20:40
	Position	122-34	128-35	134-37	144-38	156-43	167-46	180-46	180-46	154-38	157-39	146-36	143-36	134-35	134-34	136-34	139-35
<hr/>																	
Wahula, Ron (NC)	Time of Day	0:07:33	0:08:59	0:10:47	0:12:25	0:14:14	0:15:40	0:17:50	0:19:30	0:21:41	0:23:27	1:02:36	1:04:43				
272	Time Cum	01:33	02:59	04:47	06:25	08:14	09:40	11:50	13:30	15:41	17:27	20:36	22:43				
Age 60	Time Delta	01:33	01:26	01:47	01:38	01:48	01:26	02:09	01:40	02:10	01:46	03:08	02:07				
Group M60-69	Pace Cum	13:35	14:19	14:50	15:26	15:31	15:28	16:01	16:13	16:33	16:46	17:49	18:10				
Overall-Group	Pace Delta	13:35	15:13	15:46	17:30	15:47	15:16	18:57	17:47	19:03	18:55	27:28	22:29				
	Position	224-13	232-13	239-13	241-15	236-16	227-13	228-12	225-13	188-9	186-9	174-8	172-8				
<hr/>																	
<u>Wei, Jade (NC)</u>	Time of Day	0:07:44	0:09:11	0:11:07	0:12:45	0:14:43	0:16:18	0:18:31	0:20:12	0:22:34	1:00:29	1:03:36	1:06:10				
273	Time Cum	01:44	03:11	05:07	06:45	08:43	10:18	12:31	14:12	16:34	18:29	21:36	24:10				
Age 40	Time Delta	01:44	01:27	01:55	01:38	01:57	01:35	02:12	01:41	02:21	01:55	03:06	02:34				
Group F40-49	Pace Cum	15:11	15:20	15:52	16:14	16:25	16:30	16:56	17:03	17:29	17:45	18:41	19:21				
Overall-Group	Pace Delta	15:11	15:31	16:50	17:29	17:06	16:54	19:21	18:02	20:36	20:22	27:18	27:24				
	Position	243-37	246-36	248-37	247-37	242-37	239-35	235-34	234-34	195-28	192-28	176-27	174-27				
<hr/>																	
<u>White, Angela A (NC)</u>	Time of Day	0:07:31	0:08:42	0:10:10	0:11:27	0:13:02	0:14:25	0:16:10	0:17:40								
275	Time Cum	01:31	02:42	04:10	05:27	07:02	08:25	10:10	11:40								
Age 50	Time Delta	01:31	01:11	01:27	01:17	01:34	01:23	01:44	01:30								
Group F50-59	Pace Cum	13:17	13:01	12:55	13:06	13:15	13:29	13:45	14:01								
Overall-Group	Pace Delta	13:17	12:41	12:45	13:45	13:46	14:49	15:14	16:02								
	Position	212-14	199-10	190-10	185-9	166-9	168-9	163-9	162-9								
<hr/>																	
White, Jim (KY)	Time of Day	0:07:14	0:08:20	0:09:39	0:10:52	0:12:14	0:13:24	0:14:50	0:16:10	0:17:44	0:19:11	0:20:56	0:22:27	1:00:15	1:01:56	1:03:45	1:05:31:49
276	Time Cum	01:14	02:20	03:39	04:52	06:14	07:24	08:50	10:10	11:44	13:11	14:56	16:27	18:15	19:56	21:45	23:31:49
Age 47	Time Delta	01:14	01:06	01:18	01:13	01:21	01:10	01:25	01:20	01:33	01:27	01:44	01:31	01:47	01:41	01:48	01:46:49
Group M40-49	Pace Cum	10:48	11:12	11:19	11:42	11:45	11:51	11:57	12:12	12:23	12:40	12:55	13:10	13:23	13:41	13:50	14:07
Overall-Group	Pace Delta	10:48	11:42	11:31	13:00	11:54	12:26	12:31	14:13	13:41	15:27	15:17	16:15	15:39	18:01	15:48	18:54
	Position	81-24	92-27	91-27	101-29	87-27	83-26	75-23	79-23	67-20	70-21	64-19	64-19	58-17	57-15	53-15	56-15

2012 Umstead 50/100 Mile Endurance Run -- 03/31/2012

Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<u>Wilkins</u>	Time of Day	0:07:31	0:08:52	0:10:22	0:11:48	0:13:32	0:14:58	0:17:06	0:18:36	0:20:33	0:22:17	1:00:44	1:02:41	1:05:30	1:07:11	1:09:02	1:10:29:57
<u>Lauren (NC)</u>	Time Cum	01:31	02:52	04:22	05:48	07:32	08:58	11:06	12:36	14:33	16:17	18:44	20:41	23:30	25:11	27:02	28:29:57
277	Time Delta	01:31	01:21	01:29	01:26	01:43	01:26	02:07	01:30	01:56	01:44	02:26	01:57	02:48	01:41	01:50	01:27:57
Age 31	Pace Cum	13:17	13:48	13:32	13:56	14:11	14:22	15:01	15:08	15:21	15:39	16:12	16:33	17:14	17:16	17:11	17:06
Group F30-39	Pace Delta	13:17	14:25	13:04	15:18	15:07	15:19	18:37	15:59	17:02	18:32	21:21	20:49	24:35	17:58	16:07	15:34
Overall-Group	Position	212-23	220-25	215-25	217-25	207-24	204-23	206-23	198-23	164-16	166-17	157-17	154-17	144-16	142-16	131-15	124-12
<u>Willis</u>	Time of Day	0:07:18	0:08:25	0:09:53	0:11:10	0:12:46	0:14:09	0:15:59	0:17:26								
<u>Susanne (NC)</u>	Time Cum	01:18	02:25	03:53	05:10	06:46	08:09	09:59	11:26								
278	Time Delta	01:18	01:07	01:27	01:17	01:35	01:23	01:49	01:27								
Age 38	Pace Cum	11:23	11:41	12:02	12:26	12:45	13:03	13:30	13:44								
Group F30-39	Pace Delta	11:23	12:02	12:42	13:45	13:55	14:42	16:03	15:32								
Overall-Group	Position	116-10	120-9	134-11	143-12	143-12	144-11	153-15	151-16								
Wohlpert, Alfred (FL)	Time of Day	0:07:15	0:08:21	0:09:42	0:10:54	0:12:26	0:13:46	0:15:34	0:16:58	0:18:45	0:20:14	0:22:16	0:23:57	1:02:20	1:04:13	1:06:40	1:08:36:41
280	Time Cum	01:15	02:21	03:42	04:54	06:26	07:46	09:34	10:58	12:45	14:14	16:16	17:57	20:20	22:13	24:40	26:36:41
Age 48	Time Delta	01:15	01:06	01:20	01:12	01:31	01:20	01:47	01:24	01:46	01:29	02:01	01:41	02:22	01:53	02:26	01:56:41
Group M40-49	Pace Cum	10:57	11:20	11:28	11:46	12:07	12:26	12:57	13:10	13:27	13:40	14:04	14:22	14:54	15:14	15:41	15:58
Overall-Group	Pace Delta	10:57	11:48	11:43	12:47	13:24	14:15	15:41	14:54	15:36	15:47	17:47	18:03	20:44	20:05	21:24	20:39
Overall-Group	Position	86-25	102-29	105-29	106-30	109-32	111-32	124-34	125-34	108-28	114-30	105-29	105-30	95-27	94-26	93-26	94-27
Worl, Chris (SC)	Time of Day	0:07:20	0:08:28	0:09:51	0:11:00	0:12:34	0:13:51	0:15:37	0:16:58	0:19:21	0:21:05	0:23:24	1:01:17	1:03:47	1:05:55	1:08:32	1:10:35:06
281	Time Cum	01:20	02:28	03:51	05:00	06:34	07:51	09:37	10:58	13:21	15:05	17:24	19:17	21:47	23:55	26:32	28:35:06
Age 35	Time Delta	01:20	01:08	01:22	01:09	01:33	01:17	01:45	01:21	02:22	01:44	02:18	01:53	02:29	02:08	02:36	02:03:06
Group M30-39	Pace Cum	11:41	11:50	11:56	12:01	12:22	12:34	13:01	13:10	14:05	14:30	15:03	15:26	15:58	16:25	16:52	17:09
Overall-Group	Pace Delta	11:41	12:02	12:07	12:19	13:38	13:38	15:28	14:21	20:52	18:33	20:11	20:08	21:47	22:47	22:49	21:47
Overall-Group	Position	127-26	126-25	127-26	119-27	120-26	119-28	125-28	124-28	128-27	134-28	127-24	127-24	119-21	119-21	122-21	126-21
Zani, Paul (MS)	Time of Day	0:07:03	0:07:54	0:08:57	0:09:49	0:10:54	0:11:47	0:13:02	0:14:02	0:15:22	0:16:31	0:17:59	0:19:01	0:20:35	0:21:56	0:23:28	1:00:39:03
282	Time Cum	01:03	01:54	02:57	03:49	04:54	05:47	07:02	08:02	09:22	10:31	11:59	13:01	14:35	15:56	17:28	18:39:03
Age 44	Time Delta	01:03	00:51	01:02	00:52	01:04	00:53	01:14	01:00	01:19	01:09	01:27	01:02	01:33	01:21	01:31	01:11:03
Group M40-49	Pace Cum	09:12	09:08	09:09	09:11	09:14	09:16	09:31	09:39	09:53	10:07	10:22	10:25	10:41	10:56	11:06	11:11
Overall-Group	Pace Delta	09:12	09:03	09:11	09:19	09:24	09:31	10:50	10:43	11:36	12:21	12:44	11:05	13:38	14:26	13:21	12:35
Overall-Group	Position	20-6	18-6	19-6	18-6	16-6	16-6	16-6	15-6	13-5	14-5	13-5	13-5	13-5	11-3	11-3	11-3
Zellars, Ken (PA)	Time of Day	0:07:15	0:08:18	0:09:39	0:10:52	0:12:19	0:13:30	0:15:00	0:16:23	0:17:59	0:19:12	0:20:56	0:22:18	1:00:01	1:01:28	1:03:20	1:04:48:58
283	Time Cum	01:15	02:18	03:39	04:52	06:19	07:30	09:00	10:23	11:59	13:12	14:56	16:18	18:01	19:28	21:20	22:48:58
Age 63	Time Delta	01:15	01:03	01:20	01:13	01:26	01:11	01:29	01:23	01:35	01:13	01:43	01:22	01:42	01:27	01:51	01:28:58
Group M60-69	Pace Cum	10:57	11:06	11:19	11:43	11:54	12:00	12:11	12:28	12:39	12:41	12:55	13:03	13:12	13:21	13:34	13:41
Overall-Group	Pace Delta	10:57	11:18	11:42	13:05	12:34	12:36	13:06	14:49	13:55	12:59	15:08	14:33	15:01	15:30	16:16	15:45
Overall-Group	Position	86-5	89-3	91-3	103-4	99-2	90-2	86-2	92-2	75-2	72-2	64-2	62-2	53-2	47-2	45-2	41-2