

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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
Adamof, John (NC)	Time of Day	0:07:05	0:08:04	0:09:13	0:10:22	0:11:38	0:12:53	0:14:13	0:15:31	0:17:00	0:18:15	0:20:05	0:21:39	0:23:25	1:00:58	1:03:01	1:04:53:16
	Time Cum	01:05	02:04	03:13	04:22	05:38	06:53	08:13	09:31	11:00	12:15	14:05	15:39	17:25	18:58	21:01	22:53:16
63	Time Delta	01:05	00:59	01:08	01:09	01:15	01:15	01:19	01:18	01:28	01:15	01:49	01:34	01:45	01:33	02:02	01:52:16
Age 44	Pace Cum	09:29	09:56	09:58	10:29	10:37	11:01	11:07	11:25	11:37	11:46	12:11	12:31	12:46	13:01	13:22	13:44
Group M40-49	Pace Delta	09:29	10:27	10:04	12:15	11:04	13:17	11:41	13:50	12:58	13:17	16:03	16:39	15:28	16:36	17:50	19:52
Overall-Group	Position	40-11	54-17	60-17	73-21	66-18	74-19	70-20	71-19	57-16	54-13	53-13	54-13	50-13	52-14	55-15	61-15
<u>Aistars,</u>	Time of Day	0:07:10	0:08:12	0:09:28	0:10:36	0:12:01	0:13:17	0:15:00	0:16:30	0:18:19	0:19:39	0:21:37	0:23:11	1:01:19	1:03:17	1:05:58	1:07:37:26
<u>Juli (IL)</u>	Time Cum	01:10	02:12	03:28	04:36	06:01	07:17	09:00	10:30	12:19	13:39	15:37	17:11	19:19	21:17	23:58	25:37:26
25	Time Delta	01:10	01:02	01:15	01:08	01:24	01:16	01:42	01:30	01:48	01:20	01:57	01:34	02:07	01:58	02:40	01:39:26
Age 54	Pace Cum	10:13	10:36	10:45	11:03	11:20	11:40	12:11	12:36	13:00	13:07	13:31	13:45	14:10	14:36	15:14	15:22
Group F50-59	Pace Delta	10:13	11:04	11:01	12:04	12:23	13:30	15:00	15:59	15:52	14:15	17:09	16:39	18:40	20:56	23:28	17:36
Overall-Group	Position	90-2	98-2	97-2	98-2	97-2	99-2	115-4	127-4	111-4	106-4	103-4	98-4	101-4	104-5	104-5	103-5
Aldous, Jay (UT)	Time of Day	0:06:50	0:07:34	0:08:27	0:09:13	0:10:09	0:10:57	0:11:54	0:12:45								
	Time Cum	00:50	01:34	02:27	03:13	04:09	04:57	05:54	06:45								
7	Time Delta	00:50	00:44	00:52	00:46	00:55	00:48	00:57	00:51								
Age 51	Pace Cum	07:18	07:36	07:36	07:45	07:49	07:55	07:59	08:06								
Group M50-59	Pace Delta	07:18	07:58	07:36	08:18	08:03	08:30	08:19	09:05								
Overall-Group	Position	2-1	3-1	3-1	3-1	2-1	2-1	2-1	2-1								
<u>Allen,</u>	Time of Day	0:07:26	0:08:44	0:10:26	0:11:45	0:13:26	0:14:45	0:16:36	0:18:02	0:20:04	0:21:45	1:00:01	1:01:47	1:04:09	1:06:13	1:08:36	1:10:22:33
<u>Lisa (MA)</u>	Time Cum	01:26	02:44	04:26	05:45	07:26	08:45	10:36	12:02	14:04	15:45	18:01	19:47	22:09	24:13	26:36	28:22:33
66	Time Delta	01:26	01:18	01:41	01:19	01:40	01:19	01:50	01:26	02:01	01:41	02:15	01:46	02:21	02:04	02:22	01:46:33
Age 49	Pace Cum	12:33	13:09	13:45	13:48	14:00	14:01	14:20	14:27	14:51	15:08	15:35	15:50	16:14	16:37	16:55	17:02
Group F40-49	Pace Delta	12:33	13:53	14:49	14:00	14:44	14:07	16:06	15:20	17:43	17:57	19:47	18:54	20:37	22:00	20:50	18:52
Overall-Group	Position	208-18	222-21	236-24	231-23	226-21	208-20	204-19	193-18	171-14	165-14	155-14	152-13	140-14	144-15	141-13	139-13
Amaro, Jorge (IL)	Time of Day	0:07:26	0:08:45	0:10:17	0:11:43	0:13:21	0:14:54	0:16:33	0:17:59								
	Time Cum	01:26	02:45	04:17	05:43	07:21	08:54	10:33	11:59								
67	Time Delta	01:26	01:19	01:31	01:26	01:37	01:33	01:38	01:26								
Age 66	Pace Cum	12:33	13:13	13:17	13:44	13:51	14:14	14:16	14:23								
Group M60-69	Pace Delta	12:33	14:01	13:24	15:15	14:17	16:28	14:27	15:16								
Overall-Group	Position	208-8	224-9	226-9	229-10	218-8	220-10	196-8	190-8								
<u>Ambruso,</u>	Time of Day	0:07:20	0:08:28	0:09:46	0:10:53	0:12:14	0:13:23	0:14:44	0:15:55	0:17:30	0:18:51						
<u>Frances (CT)</u>	Time Cum	01:20	02:28	03:46	04:53	06:14	07:23	08:44	09:55	11:30	12:51						
35	Time Delta	01:20	01:08	01:17	01:07	01:20	01:09	01:20	01:11	01:34	01:21						
Age 34	Pace Cum	11:41	11:53	11:41	11:45	11:45	11:49	11:49	11:55	12:08	12:21						
Group F30-39	Pace Delta	11:41	12:08	11:19	11:58	11:44	12:15	11:48	12:44	13:44	14:29						
Overall-Group	Position	168-12	159-10	143-9	138-8	124-6	108-5	91-4	89-4	77-3	77-3						
<u>Anderson,</u>	Time of Day	0:07:38	0:09:06	0:10:29	0:13:35	0:15:19	0:16:45	0:18:48	0:20:44								
<u>Missy (NC)</u>	Time Cum	01:38	03:06	04:29	07:35	09:19	10:45	12:48	14:44								
69	Time Delta	01:38	01:28	01:23	03:06	01:43	01:26	02:02	01:56								
Age 47	Pace Cum	14:18	14:53	13:54	18:14	17:33	17:12	17:19	17:41								
Group F40-49	Pace Delta	14:18	15:35	12:07	33:02	15:05	15:15	17:56	20:36								
Overall-Group	Position	256-26	256-26	241-25	261-26	257-26	254-26	250-26	250-26								

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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	0:06:56	0:07:45	0:08:41	0:09:35	0:10:39	0:11:42	0:12:48	0:13:51	0:15:00	0:15:56	0:17:08	0:18:18	0:19:46	0:20:59	0:22:17	0:23:24:25
	Time Cum	00:56	01:45	02:41	03:35	04:39	05:42	06:48	07:51	09:00	09:56	11:08	12:18	13:46	14:59	16:17	17:24:25
1	Time Delta	00:56	00:49	00:55	00:54	01:03	01:03	01:05	01:03	01:08	00:56	01:11	01:10	01:27	01:13	01:17	01:07:25
Age 48	Pace Cum	08:11	08:27	08:19	08:37	08:46	09:07	09:12	09:25	09:30	09:32	09:38	09:51	10:05	10:17	10:21	10:27
Group M40-49	Pace Delta	08:11	08:47	08:05	09:39	09:16	11:11	09:36	11:11	10:03	09:56	10:29	12:29	12:46	13:02	11:17	11:56
Overall-Group	Position	8-3	15-3	11-3	14-3	15-3	17-3	16-3	22-5	16-4	10-3	8-2	10-2	12-3	13-3	11-3	11-3
<u>Armagost,</u> <u>Jeannie S (NC)</u>	Time of Day	0:07:33	0:08:56	0:10:33	0:12:05	0:14:07	0:15:52	0:18:06	0:19:51	0:22:13	1:00:32						
	Time Cum	01:33	02:56	04:33	06:05	08:07	09:52	12:06	13:51	16:13	18:32						
70	Time Delta	01:33	01:23	01:36	01:32	02:01	01:45	02:13	01:45	02:21	02:19						
Age 58	Pace Cum	13:35	14:07	14:07	14:37	15:17	15:48	16:22	16:38	17:07	17:48						
Group F50-59	Pace Delta	13:35	14:45	14:06	16:23	17:44	18:44	19:27	18:38	20:42	24:37						
Overall-Group	Position	245-16	250-17	246-16	244-16	247-16	246-17	242-16	240-16	203-15	202-15						
<u>Arnold,</u> <u>Lisa (NC)</u>	Time of Day	0:07:07	0:08:09	0:09:25	0:10:35	0:12:10	0:13:28	0:15:00	0:16:18								
	Time Cum	01:07	02:09	03:25	04:35	06:10	07:28	09:00	10:18								
71	Time Delta	01:07	01:02	01:15	01:10	01:34	01:18	01:31	01:18								
Age 43	Pace Cum	09:47	10:23	10:36	11:01	11:37	11:58	12:11	12:22								
Group F40-49	Pace Delta	09:47	11:07	10:58	12:30	13:47	13:55	13:20	13:50								
Overall-Group	Position	60-4	88-7	94-8	96-8	112-10	125-10	115-9	112-8								
Austin, James (MI)	Time of Day	0:07:17	0:08:24	0:09:49	0:11:05	0:12:41	0:14:04	0:15:50	0:17:16	0:19:10	0:20:53	0:23:06	1:00:46	1:02:54	1:04:43	1:07:14	1:09:03:20
	Time Cum	01:17	02:24	03:49	05:05	06:41	08:04	09:50	11:16	13:10	14:53	17:06	18:46	20:54	22:43	25:14	27:03:20
72	Time Delta	01:17	01:07	01:24	01:16	01:35	01:23	01:45	01:26	01:53	01:43	02:12	01:40	02:07	01:49	02:30	01:49:20
Age 62	Pace Cum	11:14	11:32	11:50	12:12	12:35	12:55	13:18	13:32	13:54	14:18	14:48	15:01	15:19	15:35	16:03	16:14
Group M60-69	Pace Delta	11:14	11:52	12:24	13:27	14:01	14:47	15:24	15:23	16:30	18:21	19:19	17:46	18:38	19:23	21:58	19:21
Overall-Group	Position	145-6	142-4	155-5	156-5	160-5	162-5	170-5	166-4	149-4	147-4	140-4	136-4	123-4	118-4	116-4	119-4
Baldwin, Johnath (WV)	Time of Day	0:07:18	0:08:23	0:09:40	0:10:48	0:12:11	0:13:26	0:14:49	0:16:00	0:17:32	0:18:50	0:20:29	0:22:04	1:00:01	1:01:36	1:03:25	1:04:57:02
	Time Cum	01:18	02:23	03:40	04:48	06:11	07:26	08:49	10:00	11:32	12:50	14:29	16:04	18:01	19:36	21:25	22:57:02
73	Time Delta	01:18	01:05	01:16	01:08	01:22	01:15	01:22	01:11	01:31	01:18	01:38	01:35	01:56	01:35	01:48	01:32:02
Age 33	Pace Cum	11:23	11:27	11:22	11:33	11:39	11:54	11:56	12:00	12:10	12:20	12:32	12:51	13:12	13:27	13:37	13:46
Group M30-39	Pace Delta	11:23	11:32	11:13	12:08	12:02	13:18	12:06	12:34	13:26	13:57	14:20	16:49	17:04	16:59	15:46	16:17
Overall-Group	Position	154-42	136-41	129-40	128-38	115-37	119-38	99-33	92-31	79-26	76-26	67-24	71-25	74-25	72-24	65-22	63-21
Ball, Kevin (OH)	Time of Day	0:07:06	0:08:05	0:09:12	0:10:10	0:11:24	0:12:23	0:13:42	0:14:43	0:16:17	0:17:31	0:19:21	0:21:03	0:23:28	1:01:30	1:04:12	1:06:36:54
	Time Cum	01:06	02:05	03:12	04:10	05:24	06:23	07:42	08:43	10:17	11:31	13:21	15:03	17:28	19:30	22:12	24:36:54
74	Time Delta	01:06	00:59	01:06	00:58	01:13	00:59	01:18	01:01	01:33	01:14	01:49	01:42	02:24	02:02	02:41	02:24:54
Age 54	Pace Cum	09:38	10:00	09:55	10:02	10:10	10:14	10:25	10:28	10:51	11:04	11:33	12:03	12:48	13:23	14:07	14:46
Group M50-59	Pace Delta	09:38	10:27	09:46	10:23	10:42	10:36	11:25	10:56	13:37	13:15	15:56	18:07	21:07	21:45	23:32	25:39
Overall-Group	Position	45-6	62-9	56-9	53-8	50-9	45-5	45-7	41-6	39-6	35-5	38-5	42-6	51-7	68-10	80-11	83-12
Bartholomew, David (SC)	Time of Day	0:06:53	0:07:40	0:08:35	0:09:23	0:10:24	0:11:18	0:12:24	0:13:27	0:14:48	0:15:59						
	Time Cum	00:53	01:40	02:35	03:23	04:24	05:18	06:24	07:27	08:48	09:59						
20	Time Delta	00:53	00:47	00:54	00:48	01:00	00:54	01:05	01:03	01:20	01:11						
Age 50	Pace Cum	07:44	08:01	08:01	08:09	08:17	08:29	08:40	08:57	09:17	09:36						
Group M50-59	Pace Delta	07:44	08:21	08:01	08:39	08:47	09:37	09:35	11:13	11:46	12:40						
Overall-Group	Position	6-2	6-2	6-2	9-2	10-2	9-2	9-2	9-2	7-1	11-2						

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Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Baum, Todd (NY)	Time of Day	0:07:13	0:08:14	0:09:26	0:10:28	0:11:42	0:12:48	0:14:08	0:15:22	0:16:45	0:18:00	0:19:31	0:20:49	0:22:18	0:23:34	1:00:53	1:01:53:04
75	Time Cum	01:13	02:14	03:26	04:28	05:42	06:48	08:08	09:22	10:45	12:00	13:31	14:49	16:18	17:34	18:53	19:53:04
Age 55	Time Delta	01:13	01:01	01:11	01:02	01:13	01:06	01:19	01:14	01:22	01:15	01:30	01:18	01:28	01:16	01:18	01:00:04
Group M50-59	Pace Cum	10:39	10:45	10:39	10:44	10:44	10:54	11:00	11:15	11:21	11:32	11:42	11:51	11:57	12:03	12:01	11:56
Overall-Group	Pace Delta	10:39	10:52	10:27	11:00	10:47	11:48	11:35	13:13	12:01	13:26	13:09	13:52	12:57	13:31	11:28	10:38
Overall-Group	Position	110-15	102-15	96-14	87-10	70-10	67-10	60-10	63-10	47-7	45-7	40-6	38-5	32-4	29-4	26-4	24-4
Beene, Thomas (PA)	Time of Day	0:07:22	0:08:31	0:10:00	0:11:11	0:12:39	0:13:53	0:15:27	0:16:46	0:18:42	0:20:02	0:22:02	0:23:37	1:02:28	1:04:34	1:06:44	1:08:22:03
76	Time Cum	01:22	02:31	04:00	05:11	06:39	07:53	09:27	10:46	12:42	14:02	16:02	17:37	20:28	22:34	24:44	26:22:03
Age 46	Time Delta	01:22	01:09	01:28	01:11	01:27	01:14	01:33	01:19	01:55	01:20	01:59	01:35	02:50	02:06	02:09	01:38:03
Group M40-49	Pace Cum	11:58	12:06	12:24	12:28	12:32	12:38	12:47	12:56	13:24	13:29	13:52	14:06	15:00	15:29	15:44	15:49
Overall-Group	Pace Delta	11:58	12:15	12:58	12:41	12:45	13:15	13:36	14:02	16:54	14:14	17:27	16:56	24:52	22:24	18:54	17:21
Overall-Group	Position	182-47	168-43	166-42	164-42	156-38	151-38	142-36	137-36	130-34	122-31	117-30	114-30	116-29	117-30	113-29	108-29
Bell, Ken (NC)	Time of Day	0:07:06	0:08:02	0:09:07	0:10:06	0:11:15	0:12:14	0:13:27	0:14:30	0:15:51							
77	Time Cum	01:06	02:02	03:07	04:06	05:15	06:14	07:27	08:30	09:51							
Age 42	Time Delta	01:06	00:56	01:04	00:59	01:08	00:59	01:12	01:03	01:20							
Group M40-49	Pace Cum	09:38	09:48	09:40	09:52	09:53	09:59	10:05	10:12	10:24							
Overall-Group	Pace Delta	09:38	10:00	09:25	10:32	10:00	10:32	10:35	11:11	11:48							
Overall-Group	Position	45-13	49-13	44-12	44-11	37-11	36-11	34-10	32-8	26-6							
Bennett, Peter (TX)	Time of Day	0:07:22	0:08:34	0:10:10	0:11:33	0:13:17	0:14:45	0:16:28	0:18:01								
79	Time Cum	01:22	02:34	04:10	05:33	07:17	08:45	10:28	12:01								
Age 38	Time Delta	01:22	01:12	01:35	01:23	01:43	01:28	01:42	01:33								
Group M30-39	Pace Cum	11:58	12:20	12:55	13:20	13:43	14:00	14:10	14:26								
Overall-Group	Pace Delta	11:58	12:47	13:59	14:44	15:09	15:35	15:01	16:36								
Overall-Group	Position	182-45	180-45	200-47	210-49	208-48	204-49	188-45	191-46								
Boudreau, David (NH)	Time of Day	0:07:14	0:08:12	0:09:21	0:10:19	0:11:27	0:12:24	0:13:37	0:14:38	0:15:54	0:17:03	0:18:42					
82	Time Cum	01:14	02:12	03:21	04:19	05:27	06:24	07:37	08:38	09:54	11:03	12:42					
Age 41	Time Delta	01:14	00:58	01:08	00:58	01:07	00:57	01:12	01:01	01:15	01:09	01:39					
Group M40-49	Pace Cum	10:48	10:35	10:23	10:23	10:16	10:16	10:18	10:22	10:27	10:36	10:59					
Overall-Group	Pace Delta	10:48	10:19	10:02	10:23	09:50	10:14	10:32	10:56	10:59	12:13	14:27					
Overall-Group	Position	120-32	97-27	78-23	66-19	53-14	46-12	42-12	38-11	28-8	29-6	28-6					
Bovaird, Ray (OH)	Time of Day	0:07:05	0:08:02	0:09:19	0:10:29	0:11:59	0:13:20	0:14:56	0:16:20	0:17:56	0:19:18	0:21:16	0:22:59	1:01:25	1:03:06	1:05:19	1:07:22:16
83	Time Cum	01:05	02:02	03:19	04:29	05:59	07:20	08:56	10:20	11:56	13:18	15:16	16:59	19:25	21:06	23:19	25:22:16
Age 46	Time Delta	01:05	00:57	01:16	01:10	01:29	01:21	01:35	01:24	01:35	01:22	01:57	01:43	02:25	01:41	02:12	02:03:16
Group M40-49	Pace Cum	09:29	09:47	10:17	10:47	11:16	11:45	12:05	12:24	12:36	12:47	13:13	13:35	14:14	14:29	14:50	15:13
Overall-Group	Pace Delta	09:29	10:08	11:13	12:30	13:03	14:25	13:57	14:52	14:01	14:37	17:08	18:16	21:17	18:02	19:18	21:49
Overall-Group	Position	40-11	46-13	69-21	90-27	94-26	105-28	108-26	116-27	97-24	94-23	90-22	92-21	100-25	97-25	90-24	96-25
Bowman, Ronald (MD)	Time of Day	0:07:29	0:08:50	0:10:30	0:12:23	0:14:41	0:16:25	0:18:28	0:20:22								
84	Time Cum	01:29	02:50	04:30	06:23	08:41	10:25	12:28	14:22								
Age 63	Time Delta	01:29	01:21	01:39	01:53	02:17	01:44	02:02	01:54								
Group M60-69	Pace Cum	13:00	13:38	13:57	15:19	16:21	16:41	16:52	17:15								
Overall-Group	Pace Delta	13:00	14:24	14:33	20:00	20:08	18:33	17:50	20:12								
Overall-Group	Position	226-9	237-11	244-11	253-12	253-13	253-13	246-12	246-12								

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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
Boyd, Kevin (KY)	Time of Day	0:07:10	0:08:12	0:09:24	0:10:31	0:11:44	0:12:50	0:14:20	0:15:37	0:17:22	0:18:45	0:20:17	0:21:46	0:23:30	1:01:03	1:02:50	1:04:30:20
	Time Cum	01:10	02:12	03:24	04:31	05:44	06:50	08:20	09:37	11:22	12:45	14:17	15:46	17:30	19:03	20:50	22:30:20
85	Time Delta	01:10	01:02	01:11	01:07	01:12	01:06	01:29	01:17	01:44	01:23	01:31	01:29	01:43	01:33	01:46	01:40:20
Age 51	Pace Cum	10:13	10:36	10:33	10:52	10:48	10:57	11:16	11:33	12:00	12:15	12:21	12:37	12:50	13:04	13:15	13:30
Group M50-59	Pace Delta	10:13	11:04	10:26	11:59	10:33	11:49	13:02	13:39	15:19	14:48	13:20	15:48	15:08	16:33	15:33	17:45
Overall-Group	Position	90-13	99-14	92-12	93-11	76-11	71-11	76-11	77-11	66-10	73-10	61-8	58-8	53-8	55-8	49-7	50-9
Brewington, David (FL)	Time of Day	0:07:49	0:09:23	0:11:20	0:12:59	0:15:10	0:16:49	0:19:00	0:21:06								
	Time Cum	01:49	03:23	05:20	06:59	09:10	10:49	13:00	15:06								
64	Time Delta	01:49	01:34	01:56	01:39	02:10	01:39	02:10	02:06								
Age 64	Pace Cum	15:55	16:18	16:32	16:47	17:16	17:20	17:35	18:08								
Group M60-69	Pace Delta	15:55	16:47	16:58	17:39	19:01	17:41	19:00	22:21								
Overall-Group	Position	261-14	261-14	261-14	258-14	254-14	256-14	252-14	253-14								
Brown, Will (NC)	Time of Day	0:07:36	0:09:02	0:10:53	0:12:27	0:14:34	0:16:17	0:18:29	0:20:28								
	Time Cum	01:36	03:02	04:53	06:27	08:34	10:17	12:29	14:28								
32	Time Delta	01:36	01:26	01:50	01:34	02:06	01:43	02:11	01:59								
Age 66	Pace Cum	14:01	14:38	15:09	15:29	16:08	16:29	16:53	17:22								
Group M60-69	Pace Delta	14:01	15:23	16:04	16:41	18:30	18:23	19:09	21:07								
Overall-Group	Position	253-13	254-13	258-13	256-13	252-12	252-12	248-13	248-13								
Brumer, John (NC)	Time of Day	0:07:25	0:08:37	0:10:11	0:11:30	0:13:19	0:14:46	0:16:53	0:18:30								
	Time Cum	01:25	02:37	04:11	05:30	07:19	08:46	10:53	12:30								
86	Time Delta	01:25	01:12	01:33	01:19	01:48	01:27	02:06	01:37								
Age 25	Pace Cum	12:25	12:36	12:58	13:14	13:47	14:02	14:43	15:01								
Group M20-29	Pace Delta	12:25	12:50	13:39	14:08	15:47	15:29	18:28	17:16								
Overall-Group	Position	198-11	197-11	204-11	203-11	215-11	211-11	219-11	219-11								
<u>Brundige, Juliet (NC)</u>	Time of Day	0:07:19	0:08:32	0:10:04	0:11:34	0:13:34	0:15:15	0:17:43	0:19:34								
	Time Cum	01:19	02:32	04:04	05:34	07:34	09:15	11:43	13:34								
87	Time Delta	01:19	01:13	01:31	01:30	01:59	01:41	02:27	01:51								
Age 45	Pace Cum	11:32	12:14	12:37	13:22	14:15	14:49	15:51	16:18								
Group F40-49	Pace Delta	11:32	13:06	13:17	15:59	17:29	17:59	21:31	19:48								
Overall-Group	Position	162-12	174-12	180-14	211-19	229-22	233-23	239-25	239-25								
<u>Bruno, Kelly (NC)</u>	Time of Day	0:07:16	0:08:28	0:09:47	0:10:55	0:12:17	0:13:32	0:14:59	0:16:14	0:17:50	0:19:20	0:21:04	0:22:47	1:00:41	1:02:12	1:03:38	1:04:55:24
	Time Cum	01:16	02:28	03:47	04:55	06:17	07:32	08:59	10:14	11:50	13:20	15:04	16:47	18:41	20:12	21:38	22:55:24
88	Time Delta	01:16	01:12	01:18	01:08	01:21	01:15	01:26	01:15	01:35	01:30	01:43	01:43	01:53	01:31	01:25	01:17:24
Age 29	Pace Cum	11:06	11:53	11:44	11:50	11:50	12:03	12:09	12:18	12:29	12:49	13:02	13:26	13:42	13:52	13:45	13:45
Group F20-29	Pace Delta	11:06	12:50	11:27	12:12	11:50	13:17	12:41	13:24	13:54	16:02	15:06	18:24	16:30	16:14	12:27	13:42
Overall-Group	Position	133-3	159-3	148-4	143-3	129-3	130-4	113-4	108-4	94-3	96-3	87-3	88-3	82-3	80-3	69-3	62-3
<u>Burnet, Caroline (GA)</u>	Time of Day	0:07:22	0:08:33	0:10:00	0:11:10	0:12:37	0:13:57	0:15:30	0:16:50	0:18:29	0:20:03	0:22:10	1:00:08	1:02:59	1:05:12	1:07:47	1:09:52:30
	Time Cum	01:22	02:33	04:00	05:10	06:37	07:57	09:30	10:50	12:29	14:03	16:10	18:08	20:59	23:12	25:47	27:52:30
89	Time Delta	01:22	01:11	01:26	01:10	01:26	01:20	01:32	01:20	01:38	01:34	02:06	01:58	02:50	02:13	02:34	02:05:30
Age 32	Pace Cum	11:58	12:16	12:24	12:26	12:28	12:44	12:51	13:01	13:11	13:30	13:59	14:31	15:23	15:55	16:24	16:44
Group F30-39	Pace Delta	11:58	12:37	12:39	12:31	12:35	14:16	13:29	14:15	14:23	16:48	18:25	20:59	24:53	23:41	22:31	22:13
Overall-Group	Position	182-14	176-11	166-11	160-11	153-11	154-12	149-10	142-10	121-8	123-9	121-9	125-9	124-8	126-8	126-8	134-9

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Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Burns, William (NC)	Time of Day	0:07:08	0:08:06	0:09:17	0:10:21	0:11:34	0:12:37	0:13:49	0:14:55	0:16:09	0:17:19	0:18:46	0:19:59	0:21:44	0:23:14	1:01:15	1:02:38:51
	Time Cum	01:08	02:06	03:17	04:21	05:34	06:37	07:49	08:55	10:09	11:19	12:46	13:59	15:44	17:14	19:15	20:38:51
16	Time Delta	01:08	00:58	01:10	01:04	01:12	01:03	01:11	01:06	01:13	01:10	01:26	01:13	01:44	01:30	02:00	01:23:51
Age 43	Pace Cum	09:56	10:08	10:11	10:27	10:29	10:36	10:34	10:42	10:43	10:52	11:03	11:12	11:32	11:50	12:14	12:23
Group M40-49	Pace Delta	09:56	10:22	10:17	11:22	10:38	11:16	10:25	11:43	10:46	12:27	12:39	12:59	15:16	16:06	17:32	14:50
Overall-Group	Position	75-24	71-21	65-20	69-20	59-15	57-15	47-13	46-13	34-10	32-8	29-7	28-6	28-6	27-6	29-6	26-5
Butler, Jeffrey (NY)	Time of Day	0:07:21	0:08:30	0:10:02	0:11:20	0:13:08	0:14:57	0:17:51	0:19:51								
	Time Cum	01:21	02:30	04:02	05:20	07:08	08:57	11:51	13:51								
90	Time Delta	01:21	01:09	01:31	01:18	01:47	01:49	02:53	02:00								
Age 53	Pace Cum	11:49	12:03	12:30	12:49	13:26	14:20	16:02	16:38								
Group M50-59	Pace Delta	11:49	12:19	13:20	13:53	15:42	19:22	25:21	21:23								
Overall-Group	Position	171-30	166-29	171-30	178-31	192-33	223-35	240-41	241-41								
Calabria, Robert D (NC)	Time of Day	0:07:35	0:08:55	0:10:39	0:12:07	0:14:00	0:15:37	0:17:28	0:19:14								
	Time Cum	01:35	02:55	04:39	06:07	08:00	09:37	11:28	13:14								
39	Time Delta	01:35	01:20	01:43	01:28	01:52	01:37	01:50	01:46								
Age 72	Pace Cum	13:52	14:01	14:25	14:41	15:04	15:24	15:31	15:54								
Group M70-79	Pace Delta	13:52	14:12	15:09	15:37	16:27	17:18	16:06	18:56								
Overall-Group	Position	251-4	246-4	251-4	247-4	244-4	244-4	232-4	236-5								
Campbell, Robert (MA)	Time of Day	0:07:20	0:08:30	0:09:51	0:11:09	0:12:40	0:14:01	0:15:42	0:17:08	0:18:52	0:20:20	0:22:39	1:00:14	1:02:49	1:04:56	1:07:26	1:09:14:56
	Time Cum	01:20	02:30	03:51	05:09	06:40	08:01	09:42	11:08	12:52	14:20	16:39	18:14	20:49	22:56	25:26	27:14:56
91	Time Delta	01:20	01:10	01:20	01:18	01:30	01:21	01:40	01:26	01:43	01:28	02:18	01:35	02:34	02:07	02:29	01:48:56
Age 40	Pace Cum	11:41	12:03	11:56	12:22	12:34	12:50	13:07	13:22	13:35	13:46	14:24	14:36	15:16	15:44	16:10	16:21
Group M40-49	Pace Delta	11:41	12:30	11:44	13:49	13:16	14:21	14:44	15:18	15:07	15:36	20:16	16:56	22:31	22:32	21:51	19:17
Overall-Group	Position	168-43	164-41	156-40	159-41	158-39	159-39	159-38	161-41	141-37	133-34	133-33	127-31	122-31	121-32	119-32	121-32
Carlton, Mel (PA)	Time of Day	0:07:33	0:08:50	0:10:28	0:11:54	0:14:01	0:16:01	0:18:18	0:20:18								
	Time Cum	01:33	02:50	04:28	05:54	08:01	10:01	12:18	14:18								
92	Time Delta	01:33	01:17	01:37	01:26	02:06	02:00	02:16	02:00								
Age 57	Pace Cum	13:35	13:38	13:51	14:11	15:06	16:03	16:38	17:10								
Group M50-59	Pace Delta	13:35	13:43	14:14	15:18	18:29	21:22	19:54	21:17								
Overall-Group	Position	245-39	238-39	239-38	240-38	245-42	249-42	244-42	244-42								
<u>Carter,</u> <u>Stephanie (NC)</u>	Time of Day	0:07:25	0:08:35	0:10:00	0:11:11	0:12:38	0:13:51	0:15:23	0:16:32	0:18:08	0:19:26	0:21:28	0:22:57	1:01:00	1:03:03	1:05:24	1:06:55:55
	Time Cum	01:25	02:35	04:00	05:11	06:38	07:51	09:23	10:32	12:08	13:26	15:28	16:57	19:00	21:03	23:24	24:55:55
93	Time Delta	01:25	01:10	01:24	01:11	01:26	01:13	01:31	01:09	01:35	01:18	02:01	01:29	02:02	02:03	02:20	01:31:55
Age 35	Pace Cum	12:25	12:26	12:24	12:28	12:30	12:35	12:42	12:38	12:48	12:54	13:23	13:34	13:56	14:26	14:53	14:58
Group F30-39	Pace Delta	12:25	12:28	12:21	12:40	12:37	13:05	13:18	12:13	14:00	13:56	17:42	15:52	17:51	21:50	20:32	16:16
Overall-Group	Position	198-17	187-14	166-11	161-12	155-12	150-10	137-9	130-8	105-6	101-6	96-5	91-4	89-4	94-5	91-5	87-4
Cawood, Robert (MD)	Time of Day	0:07:00	0:07:51	0:08:50	0:09:42	0:10:46	0:11:43	0:12:50	0:13:50	0:14:57	0:15:54	0:17:01	0:18:06	0:19:19	0:20:28	0:21:44	0:22:54:44
	Time Cum	01:00	01:51	02:50	03:42	04:46	05:43	06:50	07:50	08:57	09:54	11:01	12:06	13:19	14:28	15:44	16:54:44
94	Time Delta	01:00	00:51	00:58	00:52	01:03	00:57	01:06	01:00	01:06	00:57	01:06	01:05	01:12	01:09	01:15	01:10:44
Age 44	Pace Cum	08:46	08:53	08:47	08:54	08:59	09:10	09:15	09:25	09:27	09:31	09:32	09:42	09:46	09:56	10:00	10:09
Group M40-49	Pace Delta	08:46	09:02	08:36	09:18	09:16	10:12	09:42	10:42	09:43	10:09	09:44	11:41	10:31	12:18	11:01	12:31
Overall-Group	Position	22-6	20-6	18-4	20-4	19-4	20-5	20-5	21-4	12-2	8-2	7-1	7-1	7-1	6-1	5-1	5-1

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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
Cervero, Robert (CA)	Time of Day	0:07:10	0:08:13	0:09:34	0:10:46	0:12:21	0:13:48	0:15:39	0:17:18	0:19:18	0:20:58	0:23:06	1:00:56	1:03:23	1:05:32	1:07:48	1:09:23:40
	Time Cum	01:10	02:13	03:34	04:46	06:21	07:48	09:39	11:18	13:18	14:58	17:06	18:56	21:23	23:32	25:48	27:23:40
95	Time Delta	01:10	01:03	01:20	01:12	01:34	01:27	01:50	01:39	01:59	01:40	02:07	01:50	02:26	02:09	02:15	01:35:40
Age 61	Pace Cum	10:13	10:39	11:04	11:28	11:58	12:29	13:03	13:35	14:02	14:23	14:48	15:09	15:41	16:08	16:24	16:26
Group M60-69	Pace Delta	10:13	11:11	11:48	12:53	13:45	15:28	16:08	17:39	17:24	17:50	18:34	19:34	21:23	22:52	19:49	16:56
Overall-Group	Position	90-3	100-2	111-3	120-3	137-3	144-3	156-3	167-5	152-5	149-5	140-4	139-5	129-5	130-5	127-5	123-5
Chichester, Leon (VA)	Time of Day	0:07:12	0:08:15	0:09:30	0:10:35	0:11:58	0:13:16	0:14:57	0:16:23	0:18:13	0:19:53	0:22:04	1:00:16				
	Time Cum	01:12	02:15	03:30	04:35	05:58	07:16	08:57	10:23	12:13	13:53	16:04	18:16				
97	Time Delta	01:12	01:03	01:14	01:05	01:22	01:18	01:40	01:26	01:49	01:40	02:10	02:12				
Age 48	Pace Cum	10:31	10:50	10:51	11:02	11:14	11:39	12:06	12:28	12:54	13:20	13:54	14:37				
Group M40-49	Pace Delta	10:31	11:14	10:53	11:38	12:01	13:56	14:39	15:20	15:58	17:44	19:05	23:30				
Overall-Group	Position	100-28	106-28	99-28	97-28	92-25	96-26	110-27	120-28	108-26	118-30	119-31	129-32				
<u>Choi,</u> <u>Jacqueline (NJ)</u>	Time of Day	0:07:15	0:08:21	0:09:46	0:10:58	0:12:29	0:13:51	0:15:32	0:16:57	0:18:31	0:19:49	0:21:49	0:23:17	1:01:10	1:02:42	1:05:02	1:07:00:57
	Time Cum	01:15	02:21	03:46	04:58	06:29	07:51	09:32	10:57	12:31	13:49	15:49	17:17	19:10	20:42	23:02	25:00:57
98	Time Delta	01:15	01:06	01:24	01:12	01:30	01:22	01:40	01:25	01:33	01:18	01:59	01:28	01:52	01:32	02:19	01:58:57
Age 32	Pace Cum	10:57	11:21	11:41	11:57	12:13	12:34	12:54	13:09	13:13	13:16	13:41	13:50	14:03	14:12	14:39	15:01
Group F30-39	Pace Delta	10:57	11:51	12:16	12:52	13:11	14:37	14:40	15:11	13:36	13:54	17:26	15:41	16:25	16:21	20:23	21:03
Overall-Group	Position	126-7	129-7	143-9	149-10	147-10	149-10	150-11	150-11	124-9	113-8	108-7	100-5	95-5	88-4	88-4	88-5
Choi, Sung Ho (FL)	Time of Day	0:06:56	0:07:45	0:08:43	0:09:34	0:10:36	0:11:30	0:12:34	0:13:30	0:14:35	0:15:37	0:16:47	0:17:55	0:19:12	0:20:23	0:21:58	0:23:12:54
	Time Cum	00:56	01:45	02:43	03:34	04:36	05:30	06:34	07:30	08:35	09:37	10:47	11:55	13:12	14:23	15:58	17:12:54
13	Time Delta	00:56	00:49	00:57	00:51	01:01	00:54	01:03	00:56	01:04	01:02	01:09	01:08	01:16	01:11	01:34	01:14:54
Age 37	Pace Cum	08:11	08:26	08:25	08:36	08:40	08:48	08:53	09:01	09:04	09:14	09:20	09:33	09:41	09:52	10:09	10:20
Group M30-39	Pace Delta	08:11	08:45	08:24	09:10	08:56	09:36	09:19	09:59	09:26	10:59	10:13	12:10	11:08	12:41	13:47	13:15
Overall-Group	Position	8-4	13-7	13-7	12-7	12-7	12-7	11-6	11-6	5-4	5-4	5-4	5-4	6-4	5-3	7-4	9-5
<u>Christine,</u> <u>Sandra (NC)</u>	Time of Day	0:07:25	0:08:40	0:10:11	0:11:28	0:13:06	0:14:34	0:16:19	0:17:49	0:19:58	0:21:53	1:00:37	1:02:53	1:05:41	1:07:40		
	Time Cum	01:25	02:40	04:11	05:28	07:06	08:34	10:19	11:49	13:58	15:53	18:37	20:53	23:41	25:40		
99	Time Delta	01:25	01:15	01:30	01:17	01:37	01:28	01:44	01:30	02:08	01:55	02:43	02:16	02:47	01:59		
Age 51	Pace Cum	12:25	12:51	12:58	13:09	13:23	13:43	13:57	14:11	14:44	15:15	16:06	16:43	17:22	17:36		
Group F50-59	Pace Delta	12:25	13:24	13:11	13:47	14:11	15:37	15:18	16:01	18:46	20:22	23:56	24:06	24:30	21:11		
Overall-Group	Position	198-10	208-11	204-10	197-10	188-10	189-9	182-8	182-8	167-9	172-10	172-11	173-12	166-11	166-11		
Christopher, CH (NC)	Time of Day	0:07:15	0:08:19	0:09:37	0:10:43	0:12:06	0:13:19	0:14:53	0:16:07	0:17:43	0:19:06	0:20:55	0:22:25	1:00:23	1:01:59	1:04:00	1:05:43:15
	Time Cum	01:15	02:19	03:37	04:43	06:06	07:19	08:53	10:07	11:43	13:06	14:55	16:25	18:23	19:59	22:00	23:43:15
102	Time Delta	01:15	01:04	01:17	01:06	01:22	01:13	01:33	01:14	01:35	01:23	01:48	01:30	01:57	01:36	02:00	01:43:15
Age 38	Pace Cum	10:57	11:08	11:13	11:20	11:29	11:44	12:01	12:09	12:22	12:35	12:54	13:09	13:29	13:42	13:59	14:14
Group M30-39	Pace Delta	10:57	11:21	11:22	11:43	12:05	13:03	13:37	13:14	13:54	14:51	15:47	16:04	17:07	17:04	17:36	18:16
Overall-Group	Position	126-39	122-37	121-36	112-35	102-34	104-34	106-34	104-35	87-31	87-31	82-29	82-29	76-26	76-26	75-25	77-25
Clark, Brian R (NC)	Time of Day	0:07:19	0:08:27	0:09:48	0:10:57	0:12:29	0:13:50	0:15:28	0:16:55	0:18:42	0:20:15	0:22:13	1:00:00	1:02:08	1:04:07	1:06:36	1:08:33:39
	Time Cum	01:19	02:27	03:48	04:57	06:29	07:50	09:28	10:55	12:42	14:15	16:13	18:00	20:08	22:07	24:36	26:33:39
53	Time Delta	01:19	01:08	01:20	01:09	01:31	01:21	01:37	01:27	01:46	01:33	01:57	01:47	02:07	01:59	02:28	01:57:39
Age 59	Pace Cum	11:32	11:48	11:47	11:54	12:13	12:33	12:48	13:07	13:24	13:41	14:02	14:24	14:46	15:10	15:39	15:56
Group M50-59	Pace Delta	11:32	12:08	11:45	12:18	13:22	14:26	14:13	15:32	15:31	16:29	17:13	18:57	18:40	21:07	21:42	20:49
Overall-Group	Position	162-27	156-28	152-27	144-24	147-26	148-26	144-25	148-24	130-20	132-20	122-18	122-18	112-18	111-19	109-18	111-19

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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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Clausen, Chris D (NY)	Time of Day	0:07:20	0:08:30	0:10:02	0:11:20	0:13:07	0:14:25	0:16:17	0:17:46								
	Time Cum	01:20	02:30	04:02	05:20	07:07	08:25	10:17	11:46								
103	Time Delta	01:20	01:10	01:31	01:18	01:46	01:18	01:51	01:29								
Age 54	Pace Cum	11:41	12:03	12:30	12:49	13:24	13:29	13:55	14:08								
Group M50-59	Pace Delta	11:41	12:30	13:20	13:51	15:35	13:57	16:14	15:53								
Overall-Group	Position	168-29	165-29	171-30	177-31	189-32	177-29	180-30	180-30								
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<u>Clay,</u> <u>Emily (MD)</u>	Time of Day	0:07:21	0:08:28	0:09:46	0:10:58	0:12:21	0:13:29	0:14:52	0:16:06	0:17:37	0:18:57	0:20:42	0:22:07	0:23:53	1:01:29	1:03:21	1:04:47:42
	Time Cum	01:21	02:28	03:46	04:58	06:21	07:29	08:52	10:06	11:37	12:57	14:42	16:07	17:53	19:29	21:21	22:47:42
105	Time Delta	01:21	01:07	01:17	01:12	01:22	01:08	01:22	01:14	01:30	01:20	01:44	01:25	01:45	01:36	01:51	01:26:42
Age 23	Pace Cum	11:49	11:55	11:41	11:55	11:58	11:59	12:00	12:07	12:16	12:27	12:43	12:54	13:07	13:22	13:35	13:41
Group F20-29	Pace Delta	11:49	12:01	11:15	12:45	12:07	12:04	12:06	13:07	13:16	14:19	15:12	15:04	15:28	17:01	16:20	15:21
Overall-Group	Position	171-4	163-3	143-3	146-4	137-4	127-3	105-3	100-3	82-2	79-2	78-2	74-2	66-2	65-2	62-2	59-2
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<u>Clinard,</u> <u>Valerie (NC)</u>	Time of Day	0:07:25	0:08:40	0:10:09	0:11:25	0:13:07	0:14:32	0:16:20	0:17:45	0:19:44	0:21:22	0:23:33	1:01:26	1:03:51	1:05:59	1:07:58	1:09:16:26
	Time Cum	01:25	02:40	04:09	05:25	07:07	08:32	10:20	11:45	13:44	15:22	17:33	19:26	21:51	23:59	25:58	27:16:26
106	Time Delta	01:25	01:15	01:28	01:16	01:41	01:25	01:47	01:25	01:58	01:38	02:10	01:53	02:24	02:08	01:58	01:18:26
Age 37	Pace Cum	12:25	12:52	12:52	13:02	13:24	13:40	13:59	14:07	14:30	14:45	15:11	15:33	16:01	16:27	16:31	16:22
Group F30-39	Pace Delta	12:25	13:25	12:53	13:37	14:45	15:07	15:43	15:12	17:14	17:22	19:07	20:08	21:03	22:45	17:17	13:53
Overall-Group	Position	198-17	210-18	196-17	192-15	189-14	187-14	183-14	178-14	161-12	159-12	151-11	147-11	135-9	136-9	130-9	122-7
<hr/>																	
Cockman, Dave (NC)	Time of Day	0:07:15	0:08:22	0:09:47	0:10:51	0:12:14	0:13:22	0:15:02	0:16:17	0:18:07	0:19:38	0:21:57	0:23:21	1:01:19	1:02:53	1:04:41	1:06:44:35
	Time Cum	01:15	02:22	03:47	04:51	06:14	07:22	09:02	10:17	12:07	13:38	15:57	17:21	19:19	20:53	22:41	24:44:35
107	Time Delta	01:15	01:07	01:24	01:04	01:22	01:08	01:39	01:15	01:49	01:31	02:18	01:24	01:57	01:34	01:47	02:03:35
Age 55	Pace Cum	10:57	11:25	11:44	11:40	11:45	11:48	12:13	12:21	12:47	13:05	13:48	13:53	14:10	14:19	14:26	14:51
Group M50-59	Pace Delta	10:57	11:59	12:18	11:27	12:01	12:04	14:34	13:24	15:58	16:08	20:16	14:53	17:13	16:41	15:44	21:52
Overall-Group	Position	126-22	135-22	148-25	135-23	124-20	106-15	123-19	110-15	103-15	105-16	114-17	102-15	98-15	89-13	84-13	85-13
<hr/>																	
Coleman, Kevin (NC)	Time of Day	0:07:17	0:08:22	0:09:37	0:10:46	0:12:11	0:13:26	0:15:06	0:16:28	0:18:19	0:19:44	0:21:27	0:22:59	1:01:05	1:03:03	1:05:33	1:07:44:09
	Time Cum	01:17	02:22	03:37	04:46	06:11	07:26	09:06	10:28	12:19	13:44	15:27	16:59	19:05	21:03	23:33	25:44:09
108	Time Delta	01:17	01:05	01:14	01:09	01:24	01:15	01:39	01:22	01:50	01:25	01:42	01:32	02:05	01:58	02:29	02:11:09
Age 40	Pace Cum	11:14	11:22	11:13	11:29	11:39	11:54	12:19	12:35	13:00	13:11	13:22	13:36	13:59	14:26	14:59	15:26
Group M40-49	Pace Delta	11:14	11:32	10:55	12:22	12:17	13:18	14:35	14:41	16:04	15:07	14:59	16:23	18:19	20:58	21:50	23:13
Overall-Group	Position	145-34	133-33	121-32	122-31	115-30	118-31	126-31	125-30	111-28	110-25	95-23	94-21	93-23	95-24	98-26	104-28
<hr/>																	
<u>Coll,</u> <u>Elizabeth (IL)</u>	Time of Day	0:07:26	0:08:37	0:10:02	0:11:17	0:12:42	0:13:59	0:15:36	0:17:02	0:18:47	0:20:23	0:22:19	1:00:15				
	Time Cum	01:26	02:37	04:02	05:17	06:42	07:59	09:36	11:02	12:47	14:23	16:19	18:15				
109	Time Delta	01:26	01:11	01:24	01:15	01:24	01:17	01:36	01:26	01:44	01:36	01:55	01:56				
Age 50	Pace Cum	12:33	12:35	12:30	12:42	12:37	12:46	12:59	13:15	13:29	13:49	14:07	14:37				
Group F50-59	Pace Delta	12:33	12:37	12:22	13:22	12:20	13:38	14:09	15:21	15:13	17:08	16:49	20:42				
Overall-Group	Position	208-11	196-10	171-9	173-8	162-7	156-7	153-6	155-6	136-6	136-6	125-6	128-6				
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<u>Cooper,</u> <u>Nancy (MD)</u>	Time of Day	0:07:12	0:08:16	0:09:34	0:10:45	0:12:09	0:13:24	0:14:50	0:16:07	0:17:40	0:19:00	0:20:36	0:22:06	0:23:57	1:01:36	1:03:43	1:05:23:29
	Time Cum	01:12	02:16	03:34	04:45	06:09	07:24	08:50	10:07	11:40	13:00	14:36	16:06	17:57	19:36	21:43	23:23:29
110	Time Delta	01:12	01:04	01:17	01:11	01:23	01:15	01:25	01:17	01:32	01:20	01:35	01:30	01:50	01:39	02:06	01:40:29
Age 52	Pace Cum	10:31	10:55	11:04	11:25	11:35	11:51	11:57	12:09	12:19	12:29	12:38	12:53	13:09	13:27	13:49	14:02
Group F50-59	Pace Delta	10:31	11:25	11:19	12:41	12:10	13:18	12:32	13:39	13:33	14:16	13:56	16:00	16:08	17:39	18:26	17:47
Overall-Group	Position	100-3	113-3	111-3	117-3	107-3	113-4	100-3	103-3	85-3	81-3	71-3	73-3	70-3	71-3	71-3	72-3

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Stationt Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<u>Corbett,</u>	Time of Day	0:07:00	0:07:54	0:09:02	0:10:05	0:11:23	0:12:31	0:13:55	0:15:12	0:16:49	0:18:08	0:19:52	0:21:19	0:23:23	1:01:09	1:03:19	1:05:11:26
<u>Catra (CA)</u>	Time Cum	01:00	01:54	03:02	04:05	05:23	06:31	07:55	09:12	10:49	12:08	13:52	15:19	17:23	19:09	21:19	23:11:26
26	Time Delta	01:00	00:54	01:07	01:03	01:17	01:08	01:23	01:17	01:36	01:19	01:43	01:27	02:03	01:46	02:09	01:52:26
Age 48	Pace Cum	08:46	09:10	09:24	09:50	10:08	10:26	10:43	11:03	11:25	11:40	12:00	12:15	12:45	13:09	13:33	13:55
Group F40-49	Pace Delta	08:46	09:39	09:51	11:18	11:16	12:06	12:13	13:39	14:08	14:09	15:03	15:25	18:05	18:56	18:50	19:54
Overall-Group	Position	22-2	28-2	33-2	42-2	47-2	51-2	50-3	54-3	48-2	49-2	47-2	46-2	49-2	58-3	61-3	66-4
Cotuna,	Time of Day	0:07:18	0:08:41	0:10:02	0:11:13	0:12:41	0:14:06	0:15:45	0:17:03	0:18:48	0:20:21	0:22:04	0:23:27	1:01:45	1:03:12	1:04:59	1:06:46:07
Theo (NC)	Time Cum	01:18	02:41	04:02	05:13	06:41	08:06	09:45	11:03	12:48	14:21	16:04	17:27	19:45	21:12	22:59	24:46:07
111	Time Delta	01:18	01:23	01:20	01:11	01:27	01:25	01:38	01:18	01:44	01:33	01:42	01:23	02:17	01:27	01:46	01:47:07
Age 49	Pace Cum	11:23	12:54	12:30	12:33	12:35	12:59	13:11	13:17	13:31	13:47	13:54	13:58	14:29	14:33	14:37	14:52
Group M40-49	Pace Delta	11:23	14:43	11:48	12:41	12:45	15:12	14:20	13:57	15:13	16:34	14:57	14:50	20:01	15:31	15:32	18:58
Overall-Group	Position	154-40	212-54	171-43	166-43	160-41	164-41	165-42	156-39	138-36	134-35	119-31	106-26	106-28	98-26	87-23	86-23
<u>Cover,</u>	Time of Day	0:07:23	0:08:37	0:10:09	0:11:28	0:13:02	0:14:27	0:16:10	0:17:36	0:19:19	0:20:55	0:23:09	1:01:13	1:03:29	1:05:36		
<u>Rene' (MD)</u>	Time Cum	01:23	02:37	04:09	05:28	07:02	08:27	10:10	11:36	13:19	14:55	17:09	19:13	21:29	23:36		
112	Time Delta	01:23	01:14	01:31	01:19	01:33	01:25	01:42	01:26	01:42	01:36	02:13	02:04	02:15	02:07		
Age 42	Pace Cum	12:07	12:38	12:52	13:08	13:15	13:31	13:45	13:56	14:03	14:20	14:50	15:23	15:45	16:11		
Group F40-49	Pace Delta	12:07	13:16	13:18	14:01	13:42	15:03	15:02	15:20	14:57	17:09	19:26	22:00	19:48	22:35		
Overall-Group	Position	193-15	200-15	196-15	194-14	182-15	179-15	175-15	177-15	153-11	148-12	142-11	141-10	132-11	131-12		
Cowan,	Time of Day	0:07:19	0:08:32	0:09:51	0:11:03	0:12:40	0:14:01	0:15:55	0:17:30								
Travis (SC)	Time Cum	01:19	02:32	03:51	05:03	06:40	08:01	09:55	11:30								
113	Time Delta	01:19	01:13	01:18	01:12	01:36	01:21	01:53	01:35								
Age 49	Pace Cum	11:32	12:11	11:56	12:09	12:34	12:50	13:25	13:48								
Group M40-49	Pace Delta	11:32	12:58	11:30	12:54	14:02	14:25	16:34	16:52								
Overall-Group	Position	162-42	172-44	156-40	155-40	158-39	160-39	171-44	173-44								
<u>Cowher,</u>	Time of Day	0:07:29	0:08:45	0:10:21	0:11:46	0:13:37	0:15:16	0:17:15	0:18:52	0:21:07	0:22:35	1:00:39	1:02:26	1:04:39	1:06:18	1:08:39	1:10:25:33
<u>Karen (VA)</u>	Time Cum	01:29	02:45	04:21	05:46	07:37	09:16	11:15	12:52	15:07	16:35	18:39	20:26	22:39	24:18	26:39	28:25:33
114	Time Delta	01:29	01:16	01:35	01:25	01:50	01:39	01:58	01:37	02:14	01:28	02:03	01:47	02:12	01:39	02:20	01:46:33
Age 47	Pace Cum	13:00	13:13	13:29	13:51	14:21	14:51	15:13	15:27	15:57	15:56	16:08	16:21	16:36	16:40	16:57	17:03
Group F40-49	Pace Delta	13:00	13:30	13:59	15:04	16:11	17:42	17:14	17:18	19:36	15:38	18:03	18:59	19:22	17:40	20:28	18:52
Overall-Group	Position	226-23	225-22	231-23	233-24	234-24	234-24	228-23	226-23	196-19	185-18	174-18	168-17	155-16	147-16	144-14	140-14
Crawford,	Time of Day	0:07:17	0:08:25	0:09:48	0:10:58	0:12:26	0:13:43	0:15:17	0:16:34	0:18:19	0:19:46	0:21:35	0:23:01	1:01:05	1:02:39	1:04:43	1:06:42:37
Lindsay (TN)	Time Cum	01:17	02:25	03:48	04:58	06:26	07:43	09:17	10:34	12:19	13:46	15:35	17:01	19:05	20:39	22:43	24:42:37
115	Time Delta	01:17	01:08	01:22	01:10	01:27	01:17	01:33	01:17	01:44	01:27	01:48	01:26	02:03	01:34	02:03	01:59:37
Age 40	Pace Cum	11:14	11:37	11:47	11:56	12:07	12:21	12:34	12:42	13:00	13:14	13:29	13:37	13:59	14:10	14:27	14:50
Group M40-49	Pace Delta	11:14	12:05	12:05	12:27	12:48	13:39	13:42	13:46	15:13	15:34	15:47	15:22	17:59	16:39	18:05	21:10
Overall-Group	Position	145-34	150-38	152-38	148-38	142-36	138-36	134-35	132-33	111-28	112-27	101-25	97-24	93-23	87-22	85-22	84-22
Crowder,	Time of Day	0:06:58	0:07:48	0:08:50	0:09:42	0:10:49	0:11:46	0:12:55	0:13:52								
Mike (IN)	Time Cum	00:58	01:48	02:50	03:42	04:49	05:46	06:55	07:52								
116	Time Delta	00:58	00:50	01:01	00:52	01:06	00:57	01:08	00:57								
Age 48	Pace Cum	08:28	08:41	08:47	08:53	09:04	09:14	09:21	09:27								
Group M40-49	Pace Delta	08:28	08:56	08:59	09:15	09:45	10:11	10:00	10:12								
Overall-Group	Position	17-4	17-4	18-4	19-4	22-6	23-6	23-6	23-6								

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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>Curry</u>	Time of Day	0:07:17	0:08:24	0:09:44	0:10:54	0:12:19	0:13:33	0:15:01	0:16:19	0:17:57	0:19:26	0:21:19					
<u>Rhonda (KY)</u>	Time Cum	01:17	02:24	03:44	04:54	06:19	07:33	09:01	10:19	11:57	13:26	15:19					
117	Time Delta	01:17	01:07	01:19	01:10	01:24	01:14	01:27	01:18	01:37	01:29	01:52					
Age 42	Pace Cum	11:14	11:32	11:35	11:47	11:54	12:05	12:12	12:24	12:37	12:54	13:15					
Group F40-49	Pace Delta	11:14	11:53	11:39	12:28	12:21	13:07	12:50	13:55	14:13	15:49	16:26					
Overall-Group	Position	145-11	143-11	136-11	141-11	133-11	132-11	119-10	114-9	98-6	100-6	91-6					
Dalton, Mike (NC)	Time of Day	0:07:38	0:09:06	0:10:29	0:13:35	0:15:18	0:16:45	0:18:48	0:20:44								
118	Time Cum	01:38	03:06	04:29	07:35	09:18	10:45	12:48	14:44								
Age 58	Time Delta	01:38	01:28	01:23	03:06	01:42	01:27	02:02	01:56								
Group M50-59	Pace Cum	14:18	14:53	13:54	18:14	17:31	17:12	17:19	17:41								
Overall-Group	Pace Delta	14:18	15:35	12:07	33:02	14:56	15:26	17:55	20:37								
Overall-Group	Position	256-43	256-43	241-39	261-43	256-43	255-43	250-43	251-43								
Davis, Matt (NC)	Time of Day	0:07:06	0:08:01	0:09:05	0:09:59	0:11:05	0:12:04	0:13:23	0:14:30	0:15:53	0:17:03	0:18:32	0:19:41	0:21:17	0:22:40	1:00:35	1:05:13:07
119	Time Cum	01:06	02:01	03:05	03:59	05:05	06:04	07:23	08:30	09:53	11:03	12:32	13:41	15:17	16:40	18:35	23:13:07
Age 46	Time Delta	01:06	00:55	01:03	00:54	01:05	00:59	01:18	01:07	01:22	01:10	01:28	01:09	01:35	01:23	01:54	04:38:07
Group M40-49	Pace Cum	09:38	09:43	09:34	09:35	09:35	09:43	09:59	10:13	10:26	10:37	10:51	10:58	11:12	11:26	11:49	13:56
Overall-Group	Pace Delta	09:38	09:49	09:16	09:38	09:34	10:29	11:30	11:58	12:01	12:29	12:55	12:23	13:53	14:43	16:46	49:13
Overall-Group	Position	45-13	43-12	40-11	36-9	32-9	33-9	31-8	33-8	27-7	30-6	27-5	27-5	24-5	24-5	24-5	67-16
<u>Dawson</u> <u>Heidi (NC)</u>	Time of Day	0:07:11	0:08:16	0:09:34	0:10:45	0:12:11	0:13:29	0:15:07	0:16:23	0:18:02	0:19:22	0:21:30	0:23:32				
120	Time Cum	01:11	02:16	03:34	04:45	06:11	07:29	09:07	10:23	12:02	13:22	15:30	17:32				
Age 30	Time Delta	01:11	01:05	01:17	01:11	01:25	01:18	01:37	01:16	01:38	01:20	02:07	02:02				
Group F30-39	Pace Cum	10:22	10:54	11:04	11:26	11:39	11:58	12:20	12:29	12:42	12:51	13:25	14:02				
Overall-Group	Pace Delta	10:22	11:32	11:22	12:41	12:27	13:49	14:18	13:37	14:19	14:19	18:34	21:36				
Overall-Group	Position	97-4	109-5	111-4	118-5	115-5	126-6	128-7	121-7	101-5	98-5	97-6	109-7				
DeFreitas, Michael John	Time of Day	0:07:14	0:08:17	0:09:33	0:10:41	0:12:19	0:13:43	0:15:29	0:17:00	0:19:10	0:21:04	0:23:27	1:01:29	1:04:12	1:06:17	1:08:43	1:10:46:34
121	Time Cum	01:14	02:17	03:33	04:41	06:19	07:43	09:29	11:00	13:10	15:04	17:27	19:29	22:12	24:17	26:43	28:46:34
Age 54	Time Delta	01:14	01:03	01:15	01:08	01:37	01:24	01:45	01:31	02:09	01:54	02:22	02:02	02:42	02:05	02:25	02:03:34
Group M50-59	Pace Cum	10:48	11:00	11:00	11:16	11:54	12:21	12:50	13:13	13:54	14:28	15:06	15:36	16:16	16:40	16:59	17:16
Overall-Group	Pace Delta	10:48	11:15	11:00	12:08	14:13	14:55	15:26	16:13	18:53	20:17	20:48	21:41	23:43	22:18	21:11	21:52
Overall-Group	Position	120-20	117-18	107-18	108-15	133-22	139-23	147-26	153-25	149-24	154-25	149-25	148-25	144-24	146-23	146-23	146-23
Delph, Daniel (KY)	Time of Day	0:07:01	0:07:55	0:08:58	0:09:54	0:10:58	0:12:02	0:13:33	0:14:53	0:16:23	0:17:42	0:19:15	0:20:28	0:22:23	1:00:25		
122	Time Cum	01:01	01:55	02:58	03:54	04:58	06:02	07:33	08:53	10:23	11:42	13:15	14:28	16:23	18:25		
Age 36	Time Delta	01:01	00:54	01:02	00:56	01:03	01:04	01:30	01:20	01:29	01:19	01:32	01:13	01:54	02:02		
Group M30-39	Pace Cum	08:54	09:13	09:12	09:22	09:21	09:40	10:13	10:40	10:58	11:15	11:28	11:35	12:01	12:38		
Overall-Group	Pace Delta	08:54	09:36	09:09	09:57	09:19	11:28	13:11	14:11	13:07	14:06	13:29	13:01	16:42	21:42		
Overall-Group	Position	29-13	29-12	28-12	27-11	26-10	31-14	36-15	45-16	40-15	41-15	36-15	34-15	33-14	41-17		
Dorsey, Rico L (GA)	Time of Day	0:07:17	0:08:24	0:09:44	0:10:51	0:12:10	0:13:25	0:15:04	0:16:39	0:18:28	0:21:52						
124	Time Cum	01:17	02:24	03:44	04:51	06:10	07:25	09:04	10:39	12:28	15:52						
Age 47	Time Delta	01:17	01:07	01:19	01:07	01:18	01:15	01:38	01:35	01:48	03:24						
Group M40-49	Pace Cum	11:14	11:35	11:35	11:39	11:37	11:53	12:16	12:47	13:09	15:14						
Overall-Group	Pace Delta	11:14	12:00	11:34	11:53	11:31	13:26	14:19	16:52	15:52	36:10						
Overall-Group	Position	145-34	146-36	136-34	133-35	112-29	116-29	124-30	134-35	118-32	170-40						

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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
Dover, Gary (GA)	Time of Day	0:07:17	0:08:25	0:09:44	0:10:58	0:12:28	0:13:49	0:15:26	0:16:52	0:18:25	0:19:50	0:21:31	0:22:59	1:00:48	1:02:20	1:04:09	1:06:10:12
125	Time Cum	01:17	02:25	03:44	04:58	06:28	07:49	09:26	10:52	12:25	13:50	15:31	16:59	18:48	20:20	22:09	24:10:12
Age 52	Time Delta	01:17	01:08	01:18	01:14	01:29	01:21	01:36	01:26	01:32	01:25	01:40	01:28	01:48	01:32	01:49	02:01:12
Group M50-59	Pace Cum	11:14	11:38	11:35	11:57	12:11	12:31	12:46	13:02	13:06	13:17	13:25	13:36	13:47	13:57	14:05	14:30
Overall-Group	Pace Delta	11:14	12:06	11:29	13:14	13:02	14:22	14:08	15:13	13:34	15:07	14:41	15:43	15:48	16:17	15:55	21:27
	Position	145-24	152-26	136-23	151-26	145-25	145-25	139-22	144-22	117-18	116-18	99-14	95-14	84-12	82-11	79-10	81-10
Drautz, Marc (FL)	Time of Day	0:07:06	0:08:06	0:09:22	0:10:28	0:11:50	0:12:58	0:14:10	0:15:17	0:16:35	0:17:42	0:19:11	0:20:24	0:22:00	0:23:46	1:02:00	1:03:45:46
126	Time Cum	01:06	02:06	03:22	04:28	05:50	06:58	08:10	09:17	10:35	11:42	13:11	14:24	16:00	17:46	20:00	21:45:46
Age 40	Time Delta	01:06	01:00	01:15	01:06	01:21	01:08	01:11	01:07	01:17	01:07	01:28	01:13	01:35	01:46	02:13	01:45:46
Group M40-49	Pace Cum	09:38	10:07	10:26	10:44	10:59	11:10	11:03	11:09	11:10	11:14	11:24	11:32	11:44	12:11	12:43	13:03
Overall-Group	Pace Delta	09:38	10:43	11:01	11:43	11:57	12:07	12:10	12:11	11:15	11:57	12:55	13:04	13:54	18:46	19:33	18:43
	Position	45-13	69-21	84-25	88-25	86-24	83-22	61-16	59-15	42-12	40-11	34-9	32-7	30-7	30-7	36-8	38-7
Dummar, Fred (PA)	Time of Day	0:07:25	0:08:38	0:10:08	0:11:22	0:12:52	0:14:10	0:15:44	0:17:09	0:18:46	0:20:10	0:22:00	0:23:35	1:01:35	1:03:16	1:05:36	1:07:28:50
27	Time Cum	01:25	02:38	04:08	05:22	06:52	08:10	09:44	11:09	12:46	14:10	16:00	17:35	19:35	21:16	23:36	25:28:50
Age 44	Time Delta	01:25	01:13	01:29	01:14	01:29	01:18	01:33	01:25	01:36	01:24	01:49	01:35	01:59	01:41	02:19	01:52:50
Group M40-49	Pace Cum	12:25	12:39	12:49	12:53	12:56	13:04	13:10	13:24	13:28	13:36	13:51	14:04	14:21	14:36	15:00	15:17
Overall-Group	Pace Delta	12:25	12:56	13:07	13:08	13:06	13:50	13:42	15:09	14:04	14:53	16:03	16:50	17:30	18:03	20:18	19:58
	Position	198-53	202-52	195-53	183-48	168-43	169-43	162-40	162-42	135-35	127-33	115-28	112-28	104-27	100-27	99-27	98-26
<u>Dummar,</u> <u>Susan (PA)</u>	Time of Day	0:07:29	0:08:43	0:10:15	0:11:37	0:13:21	0:14:52	0:16:47	0:18:23	0:20:08	0:21:46	1:00:08	1:01:35	1:03:47	1:05:27	1:07:27	1:08:48:35
28	Time Cum	01:29	02:43	04:15	05:37	07:21	08:52	10:47	12:23	14:08	15:46	18:08	19:35	21:47	23:27	25:27	26:48:35
Age 48	Time Delta	01:29	01:14	01:31	01:22	01:43	01:31	01:54	01:36	01:44	01:38	02:22	01:27	02:11	01:40	01:59	01:21:35
Group F40-49	Pace Cum	13:00	13:05	13:11	13:29	13:51	14:11	14:35	14:52	14:55	15:08	15:41	15:41	15:58	16:05	16:11	16:05
Overall-Group	Pace Delta	13:00	13:11	13:21	14:33	15:09	16:08	16:46	17:06	15:14	17:21	20:44	15:31	19:10	17:46	17:28	14:26
	Position	226-23	219-19	215-20	218-21	218-20	218-21	211-21	213-21	174-15	166-15	160-16	149-12	134-12	129-11	120-10	116-9
Durr, Stephen (VA)	Time of Day	0:07:43	0:09:13	0:11:11	0:12:59	0:15:30	0:17:39	0:20:20	0:22:35								
127	Time Cum	01:43	03:13	05:11	06:59	09:30	11:39	14:20	16:35								
Age 46	Time Delta	01:43	01:30	01:57	01:48	02:30	02:09	02:40	02:15								
Group M40-49	Pace Cum	15:02	15:30	16:04	16:48	17:54	18:40	19:23	19:54								
Overall-Group	Pace Delta	15:02	16:03	17:07	19:17	21:54	22:59	23:23	23:55								
	Position	259-58	260-58	260-58	259-58	258-55	258-55	254-52	254-52								
Dwyer, Seth (NC)	Time of Day	0:06:58	0:07:53	0:09:06	0:10:11	0:11:32	0:12:44	0:14:20	0:15:44	0:17:35	0:19:03	0:20:40	0:22:17	1:00:24	1:02:56		
54	Time Cum	00:58	01:53	03:06	04:11	05:32	06:44	08:20	09:44	11:35	13:03	14:40	16:17	18:24	20:56		
Age 33	Time Delta	00:58	00:55	01:12	01:05	01:20	01:12	01:35	01:24	01:50	01:28	01:36	01:37	02:06	02:32		
Group M30-39	Pace Cum	08:28	09:04	09:37	10:03	10:25	10:47	11:16	11:41	12:14	12:32	12:41	13:02	13:29	14:22		
Overall-Group	Pace Delta	08:28	09:47	10:37	11:34	11:47	12:51	13:56	14:57	16:08	15:36	14:09	17:20	18:24	26:58		
	Position	17-10	26-11	42-18	54-20	57-21	62-22	76-25	83-28	81-28	85-30	76-27	80-28	78-28	92-28		
Eaton, Marty (AL)	Time of Day	0:07:25	0:08:42	0:10:12	0:11:36	0:13:19	0:14:52	0:16:55	0:18:39	0:20:49	0:22:48	1:01:37	1:03:46				
128	Time Cum	01:25	02:42	04:12	05:36	07:19	08:52	10:55	12:39	14:49	16:48	19:37	21:46				
Age 54	Time Delta	01:25	01:17	01:29	01:24	01:42	01:33	02:02	01:44	02:09	01:59	02:48	02:09				
Group M50-59	Pace Cum	12:25	13:02	13:01	13:27	13:47	14:12	14:46	15:11	15:38	16:08	16:58	17:25				
Overall-Group	Pace Delta	12:25	13:48	13:00	14:53	15:02	16:30	17:55	18:26	18:57	21:06	24:39	22:58				
	Position	198-34	215-35	209-34	216-34	215-35	219-34	223-36	222-36	190-31	191-31	181-28	182-29				

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Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Edmondson, Marshall (TN) 129 Age 35 Group M30-39 Overall-Group	Time of Day	0:07:06	0:07:59	0:09:02	0:09:55	0:11:06	0:12:02	0:13:15	0:14:18	0:15:46	0:16:57	0:18:19	0:19:24	0:20:53	0:22:04	0:23:24	1:00:32:47
	Time Cum	01:06	01:59	03:02	03:55	05:06	06:02	07:15	08:18	09:46	10:57	12:19	13:24	14:53	16:04	17:24	18:32:47
	Time Delta	01:06	00:53	01:02	00:53	01:10	00:56	01:12	01:03	01:27	01:11	01:21	01:05	01:28	01:11	01:19	01:08:47
	Pace Cum	09:38	09:32	09:24	09:24	09:36	09:41	09:49	09:58	10:18	10:31	10:39	10:43	10:55	11:01	11:04	11:08
	Pace Delta	09:38	09:25	09:10	09:24	10:21	10:05	10:31	11:16	12:45	12:40	11:54	11:31	12:59	12:38	11:37	12:10
Overall-Group	Position	45-18	39-16	33-14	28-12	33-15	32-14	29-13	29-13	24-12	25-13	20-11	19-11	18-10	17-9	17-9	17-9
Esty, Miles (CT) 130 Age 50 Group M50-59 Overall-Group	Time of Day	0:07:14	0:08:18	0:09:33	0:10:41	0:12:09	0:13:25	0:14:59	0:16:20	0:18:09	0:19:41	0:21:42	0:23:28	1:01:25	1:03:19	1:05:29	1:07:17:25
	Time Cum	01:14	02:18	03:33	04:41	06:09	07:25	08:59	10:20	12:09	13:41	15:42	17:28	19:25	21:19	23:29	25:17:25
	Time Delta	01:14	01:04	01:14	01:08	01:27	01:16	01:33	01:21	01:48	01:32	02:00	01:46	01:56	01:54	02:09	01:48:25
	Pace Cum	10:48	11:03	11:00	11:16	11:35	11:53	12:09	12:24	12:49	13:09	13:35	13:59	14:14	14:37	14:56	15:10
	Pace Delta	10:48	11:22	10:55	12:09	12:45	13:37	13:35	14:24	15:52	16:26	17:33	18:47	17:03	20:14	18:56	19:11
Overall-Group	Position	120-20	121-20	107-18	109-15	107-15	117-16	113-15	117-18	106-16	108-17	104-15	107-16	100-16	102-15	96-14	94-15
<u>Evans,</u> <u>Rosemary (KY)</u> 38 Age 59 Group F50-59 Overall-Group	Time of Day	0:07:30	0:08:54	0:10:40	0:12:16	0:14:11	0:15:51	0:18:07	0:20:17								
	Time Cum	01:30	02:54	04:40	06:16	08:11	09:51	12:07	14:17								
	Time Delta	01:30	01:24	01:45	01:36	01:54	01:40	02:15	02:10								
	Pace Cum	13:08	13:57	14:28	15:04	15:25	15:47	16:24	17:08								
	Pace Delta	13:08	14:56	15:25	17:05	16:42	17:51	19:44	23:01								
Overall-Group	Position	236-14	244-16	253-17	252-17	249-17	245-16	243-17	243-17								
Evenson, Scott (NC) 131 Age 47 Group M40-49 Overall-Group	Time of Day	0:07:21	0:08:32	0:10:04	0:11:21	0:12:50	0:14:08	0:15:42	0:17:06	0:19:08	0:21:05	0:23:20	1:01:24	1:03:58	1:07:00		
	Time Cum	01:21	02:32	04:04	05:21	06:50	08:08	09:42	11:06	13:08	15:05	17:20	19:24	21:58	25:00		
	Time Delta	01:21	01:11	01:31	01:17	01:28	01:18	01:33	01:24	02:01	01:57	02:14	02:04	02:33	03:02		
	Pace Cum	11:49	12:11	12:37	12:52	12:52	13:01	13:07	13:19	13:52	14:29	15:00	15:32	16:06	17:09		
	Pace Delta	11:49	12:36	13:24	13:44	12:55	13:52	13:41	14:55	17:47	20:43	19:42	22:05	22:22	32:16		
Overall-Group	Position	171-44	171-44	180-46	180-47	165-42	165-42	159-38	159-40	148-39	155-38	147-36	145-34	136-33	157-36		
Fabiszak, Dennis (NY) 132 Age 43 Group M40-49 Overall-Group	Time of Day	0:07:06	0:08:06	0:09:21	0:10:28	0:11:49	0:12:58	0:22:00	0:23:45								
	Time Cum	01:06	02:06	03:21	04:28	05:49	06:58	16:00	17:45								
	Time Delta	01:06	01:00	01:14	01:07	01:20	01:09	09:01	01:45								
	Pace Cum	09:38	10:07	10:23	10:44	10:57	11:10	21:39	21:19								
	Pace Delta	09:38	10:43	10:52	11:53	11:48	12:18	19:04	18:45								
Overall-Group	Position	45-13	69-21	78-23	88-25	85-23	82-22	258-53	258-53								
Fales, Jonathan (NY) 133 Age 42 Group M40-49 Overall-Group	Time of Day	0:07:13	0:08:17	0:09:34	0:10:42	0:12:06	0:13:16	0:14:41	0:15:54	0:17:22	0:18:35	0:20:12	0:21:48	0:23:31	1:00:57	1:02:49	1:04:36:07
	Time Cum	01:13	02:17	03:34	04:42	06:06	07:16	08:41	09:54	11:22	12:35	14:12	15:48	17:31	18:57	20:49	22:36:07
	Time Delta	01:13	01:04	01:16	01:08	01:23	01:10	01:24	01:13	01:27	01:13	01:36	01:36	01:43	01:26	01:51	01:47:07
	Pace Cum	10:39	11:02	11:04	11:18	11:29	11:39	11:45	11:54	12:00	12:05	12:17	12:38	12:50	13:00	13:14	13:34
	Pace Delta	10:39	11:28	11:07	12:08	12:11	12:33	12:17	13:02	12:45	12:58	14:07	16:59	15:02	15:17	16:18	18:58
Overall-Group	Position	110-30	120-31	111-30	111-30	102-28	98-26	89-23	86-22	66-18	63-17	57-15	61-16	54-15	50-13	48-12	52-12
Farr, Jason (VA) 134 Age 35 Group M30-39 Overall-Group	Time of Day	0:07:12	0:08:15	0:09:32	0:10:36	0:12:02	0:13:18	0:15:07	0:16:30	0:18:28	0:20:14	0:22:13	0:23:51	1:02:04	1:03:48	1:05:51	1:07:46:06
	Time Cum	01:12	02:15	03:32	04:36	06:02	07:18	09:07	10:30	12:28	14:14	16:13	17:51	20:04	21:48	23:51	25:46:06
	Time Delta	01:12	01:03	01:16	01:04	01:25	01:16	01:48	01:23	01:57	01:46	01:58	01:38	02:12	01:44	02:03	01:55:06
	Pace Cum	10:31	10:50	10:57	11:03	11:22	11:42	12:20	12:37	13:09	13:40	14:02	14:17	14:43	14:57	15:10	15:28
	Pace Delta	10:31	11:13	11:11	11:23	12:31	13:34	15:49	14:48	17:08	18:46	17:22	17:26	19:21	18:24	17:57	20:22
Overall-Group	Position	100-31	103-32	101-31	99-32	99-32	102-33	128-38	128-38	118-35	131-40	122-37	118-37	110-32	106-30	103-28	105-28

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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>Ferner,</u>	Time of Day	0:07:12	0:08:15	0:09:35	0:10:44	0:12:09	0:13:22	0:14:50	0:16:06	0:17:40	0:19:00	0:20:36	0:22:06	0:23:57	1:01:33	1:03:43	1:05:23:30
<u>Erin (MD)</u>	Time Cum	01:12	02:15	03:35	04:44	06:09	07:22	08:50	10:06	11:40	13:00	14:36	16:06	17:57	19:33	21:43	23:23:30
135	Time Delta	01:12	01:03	01:19	01:09	01:24	01:13	01:27	01:16	01:33	01:20	01:35	01:30	01:50	01:36	02:09	01:40:30
Age 33	Pace Cum	10:31	10:50	11:07	11:23	11:35	11:49	11:57	12:08	12:19	12:29	12:38	12:53	13:09	13:25	13:49	14:02
Group F30-39	Pace Delta	10:31	11:13	11:37	12:17	12:21	13:05	12:42	13:36	13:36	14:16	13:56	15:58	16:11	17:05	18:54	17:47
Overall-Group	Position	100-5	104-4	120-5	115-4	107-4	107-4	100-5	102-5	85-4	81-4	71-3	72-3	70-3	69-3	71-3	73-3
Fine,	Time of Day	0:07:06	0:08:05	0:09:14	0:10:16	0:11:38	0:12:53	0:14:35	0:16:00	0:17:44	0:19:19	0:21:14	0:22:51	1:00:59	1:02:56	1:05:25	1:07:18:48
Mark (GA)	Time Cum	01:06	02:05	03:14	04:16	05:38	06:53	08:35	10:00	11:44	13:19	15:14	16:51	18:59	20:56	23:25	25:18:48
136	Time Delta	01:06	00:59	01:08	01:02	01:21	01:15	01:41	01:25	01:43	01:35	01:54	01:37	02:07	01:57	02:28	01:53:48
Age 47	Pace Cum	09:38	10:01	10:02	10:16	10:37	11:02	11:37	12:01	12:23	12:47	13:11	13:29	13:55	14:21	14:53	15:11
Group M40-49	Pace Delta	09:38	10:28	10:03	11:05	11:52	13:25	14:46	15:07	15:07	16:50	16:46	17:19	18:34	20:46	21:42	20:08
Overall-Group	Position	45-13	63-20	62-19	61-17	66-18	75-19	85-22	93-24	89-22	95-24	89-21	90-20	88-20	91-23	92-25	95-24
Fisher,	Time of Day	0:06:56	0:07:45	0:08:45	0:09:39	0:10:45	0:11:44	0:12:55	0:13:58	0:15:13	0:16:22	0:17:41	0:18:54	0:20:24	0:21:40	0:23:13	1:00:25:01
Chris (CO)	Time Cum	00:56	01:45	02:45	03:39	04:45	05:44	06:55	07:58	09:13	10:22	11:41	12:54	14:24	15:40	17:13	18:25:01
15	Time Delta	00:56	00:49	00:59	00:54	01:05	00:59	01:10	01:03	01:14	01:09	01:18	01:13	01:29	01:16	01:32	01:12:01
Age 38	Pace Cum	08:11	08:26	08:32	08:48	08:57	09:12	09:21	09:34	09:44	09:58	10:06	10:20	10:33	10:45	10:57	11:03
Group M30-39	Pace Delta	08:11	08:45	08:42	09:42	09:31	10:34	10:16	11:16	10:51	12:23	11:24	13:05	13:00	13:27	13:34	12:45
Overall-Group	Position	8-4	12-7	15-9	17-9	17-9	22-9	23-10	25-10	21-10	21-10	18-10	18-10	17-9	16-8	16-8	16-8
Fisher,	Time of Day	0:07:04	0:08:00	0:09:07	0:10:07	0:11:25	0:12:35	0:14:05	0:15:21	0:16:57	0:18:19	0:19:56	0:21:23	0:23:13	1:00:45	1:02:46	1:04:27:57
Douglas (NC)	Time Cum	01:04	02:00	03:07	04:07	05:25	06:35	08:05	09:21	10:57	12:19	13:56	15:23	17:13	18:45	20:46	22:27:57
137	Time Delta	01:04	00:56	01:06	01:00	01:17	01:10	01:29	01:16	01:35	01:22	01:36	01:27	01:49	01:32	02:00	01:41:57
Age 46	Pace Cum	09:21	09:41	09:40	09:55	10:12	10:32	10:56	11:14	11:33	11:50	12:03	12:19	12:37	12:52	13:12	13:29
Group M40-49	Pace Delta	09:21	10:05	09:39	10:45	11:16	12:25	13:07	13:35	13:55	14:33	14:08	15:26	16:02	16:25	17:33	18:03
Overall-Group	Position	37-10	42-11	44-12	48-12	52-13	54-14	57-15	61-16	54-14	56-15	49-12	50-11	48-12	46-11	45-11	48-11
Flannery,	Time of Day	0:07:12	0:08:16	0:09:40	0:11:00	0:12:37	0:13:56	0:15:29	0:16:54	0:18:42	0:20:13	0:22:03	0:23:46	1:02:41	1:05:11	1:07:42	1:09:38:39
Sean (NC)	Time Cum	01:12	02:16	03:40	05:00	06:37	07:56	09:29	10:54	12:42	14:13	16:03	17:46	20:41	23:11	25:42	27:38:39
138	Time Delta	01:12	01:04	01:23	01:20	01:36	01:19	01:32	01:25	01:47	01:31	01:49	01:43	02:54	02:30	02:30	01:56:39
Age 39	Pace Cum	10:31	10:55	11:22	12:02	12:28	12:42	12:50	13:05	13:24	13:40	13:53	14:14	15:10	15:54	16:21	16:35
Group M30-39	Pace Delta	10:31	11:24	12:12	14:20	14:01	14:03	13:32	15:08	15:41	16:16	15:55	18:24	25:25	26:37	21:59	20:39
Overall-Group	Position	100-31	111-33	129-40	153-42	153-42	153-43	147-43	147-44	130-40	130-39	118-36	117-36	119-34	125-33	124-31	129-31
<u>Fontana,</u>	Time of Day	0:07:16	0:08:24	0:09:51	0:11:05	0:12:36	0:13:58	0:15:45	0:17:20	0:19:13	0:20:59	0:23:19	1:01:08	1:03:31	1:05:26	1:07:54	1:09:49:30
<u>Joni (MD)</u>	Time Cum	01:16	02:24	03:51	05:05	06:36	07:58	09:45	11:20	13:13	14:59	17:19	19:08	21:31	23:26	25:54	27:49:30
139	Time Delta	01:16	01:08	01:26	01:14	01:30	01:22	01:46	01:35	01:52	01:46	02:19	01:49	02:22	01:55	02:27	01:55:30
Age 51	Pace Cum	11:06	11:36	11:56	12:13	12:26	12:46	13:11	13:36	13:57	14:24	14:59	15:19	15:46	16:04	16:28	16:42
Group F50-59	Pace Delta	11:06	12:12	12:34	13:10	13:14	14:41	15:29	16:51	16:28	18:52	20:21	19:27	20:45	20:24	21:34	20:27
Overall-Group	Position	133-5	148-6	156-6	157-6	152-6	155-6	165-7	168-7	151-7	146-7	140-7	133-6	128-6	128-6	132-7	
Fouls,	Time of Day	0:07:08	0:08:07	0:09:22	0:10:26	0:12:00	0:13:15	0:15:00	0:16:20	0:18:07	0:19:25	0:21:08	0:22:41	1:01:02	1:02:57	1:05:28	1:07:28:50
Bill (VA)	Time Cum	01:08	02:07	03:22	04:26	06:00	07:15	09:00	10:20	12:07	13:25	15:08	16:41	19:02	20:57	23:28	25:28:50
140	Time Delta	01:08	00:59	01:14	01:04	01:33	01:15	01:44	01:20	01:46	01:18	01:42	01:33	02:20	01:55	02:30	02:00:50
Age 36	Pace Cum	09:56	10:12	10:26	10:40	11:18	11:36	12:11	12:25	12:47	12:53	13:06	13:22	13:57	14:22	14:55	15:17
Group M30-39	Pace Delta	09:56	10:32	10:53	11:29	13:36	13:19	15:17	14:17	15:31	13:52	14:59	16:38	20:26	20:21	22:02	21:23
Overall-Group	Position	75-22	74-25	84-28	84-29	96-31	94-30	115-37	118-37	103-34	99-34	88-31	85-31	92-30	93-29	95-27	98-27

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

Runner Splits

Aid Station Name	AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS	
Aid Station Distance	6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00	
Aid Station Delta	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	
<u>Foy,</u> <u>Missy (NC)</u>	Time of Day	0:06:56	0:07:43	0:08:41	0:09:29	0:10:28	0:11:18	0:12:25	0:13:20								
9	Time Cum	00:56	01:43	02:41	03:29	04:28	05:18	06:25	07:20								
Age 48	Time Delta	00:56	00:47	00:57	00:48	00:58	00:50	01:06	00:55								
Group F40-49	Pace Cum	08:11	08:15	08:19	08:22	08:25	08:30	08:41	08:48								
Overall-Group	Pace Delta	08:11	08:21	08:27	08:32	08:35	08:56	09:43	09:46								
	Position	8-1	9-1	11-1	11-1	11-1	11-1	10-1	7-1								
<u>Frahm,</u> <u>Jennifer (TX)</u>	Time of Day	0:07:18	0:08:33	0:10:06	0:11:28	0:13:14	0:14:51	0:18:27	0:20:19								
29	Time Cum	01:18	02:33	04:06	05:28	07:14	08:51	12:27	14:19								
Age 33	Time Delta	01:18	01:15	01:32	01:22	01:45	01:37	03:35	01:52								
Group F30-39	Pace Cum	11:23	12:19	12:43	13:08	13:38	14:11	16:51	17:12								
Overall-Group	Pace Delta	11:23	13:26	13:27	14:33	15:27	17:16	31:27	19:59								
	Position	154-10	179-11	186-15	195-17	203-18	216-19	245-21	245-21								
Frank, Ted (NC)	Time of Day	0:07:07	0:08:04	0:09:11	0:10:12												
141	Time Cum	01:07	02:04	03:11	04:12												
Age 48	Time Delta	01:07	00:57	01:06	01:01												
Group M40-49	Pace Cum	09:47	09:57	09:52	10:07												
Overall-Group	Pace Delta	09:47	10:10	09:43	10:58												
	Position	60-20	59-17	54-15	56-14												
<u>Fromm,</u> <u>Anita Marie (CO)</u>	Time of Day	0:07:05	0:08:02	0:09:17	0:10:19	0:11:36	0:12:46	0:14:11	0:15:29	0:17:07	0:18:28	0:20:14	0:21:46	0:23:59	1:01:51	1:04:51	1:07:04:03
41	Time Cum	01:05	02:02	03:17	04:19	05:36	06:46	08:11	09:29	11:07	12:28	14:14	15:46	17:59	19:51	22:51	25:04:03
Age 41	Time Delta	01:05	00:57	01:14	01:02	01:16	01:10	01:24	01:18	01:37	01:21	01:45	01:32	02:12	01:52	02:59	02:13:03
Group F40-49	Pace Cum	09:29	09:46	10:11	10:23	10:33	10:50	11:04	11:23	11:44	11:58	12:19	12:37	13:11	13:37	14:32	15:02
Overall-Group	Pace Delta	09:29	10:07	10:56	11:05	11:09	12:24	12:24	13:50	14:17	14:22	15:27	16:21	19:22	19:55	26:12	23:33
	Position	40-3	45-3	65-4	65-4	64-4	64-4	64-5	68-5	63-3	62-3	59-3	59-3	73-5	75-5	86-5	90-5
Gardner, Anthony (KY)	Time of Day	0:07:15	0:08:30	0:10:12	0:11:47	0:13:45	0:15:25										
142	Time Cum	01:15	02:30	04:12	05:47	07:45	09:25										
Age 49	Time Delta	01:15	01:15	01:41	01:35	01:57	01:40										
Group M40-49	Pace Cum	10:57	12:04	13:01	13:53	14:36	15:05										
Overall-Group	Pace Delta	10:57	13:26	14:46	16:52	17:11	17:51										
	Position	126-33	167-41	209-54	236-55	236-53	238-53										
Gaspari, Jamie (NC)	Time of Day	0:07:07	0:08:09	0:09:22	0:10:27	0:11:44	0:12:54	0:14:22	0:15:32	0:16:57	0:18:09	0:19:36	0:21:17	0:22:48	1:00:10	1:01:44	1:03:04:33
143	Time Cum	01:07	02:09	03:22	04:27	05:44	06:54	08:22	09:32	10:57	12:09	13:36	15:17	16:48	18:10	19:44	21:04:33
Age 37	Time Delta	01:07	01:02	01:12	01:05	01:16	01:10	01:27	01:10	01:24	01:12	01:26	01:41	01:30	01:22	01:33	01:20:33
Group M30-39	Pace Cum	09:47	10:22	10:26	10:42	10:48	11:04	11:19	11:27	11:33	11:41	11:46	12:14	12:19	12:28	12:33	12:39
Overall-Group	Pace Delta	09:47	11:04	10:34	11:34	11:11	12:34	12:42	12:30	12:19	12:53	12:35	18:01	13:11	14:35	13:40	14:15
	Position	60-21	82-26	84-28	86-30	76-26	78-26	78-26	72-24	54-21	50-19	44-18	45-19	42-18	36-14	32-13	30-13
Geigle, Joe (NC)	Time of Day	0:07:24	0:08:34	0:09:59	0:11:11	0:12:39	0:13:54	0:15:28	0:16:50	0:18:29	0:20:01	0:21:51	0:23:23	1:01:42	1:03:54	1:06:30	1:08:36:28
144	Time Cum	01:24	02:34	03:59	05:11	06:39	07:54	09:28	10:50	12:29	14:01	15:51	17:23	19:42	21:54	24:30	26:36:28
Age 36	Time Delta	01:24	01:10	01:24	01:12	01:27	01:15	01:33	01:22	01:38	01:32	01:49	01:32	02:18	02:12	02:35	02:06:28
Group M30-39	Pace Cum	12:16	12:21	12:21	12:28	12:32	12:39	12:48	13:01	13:11	13:27	13:43	13:55	14:26	15:01	15:35	15:58
Overall-Group	Pace Delta	12:16	12:28	12:21	12:50	12:46	13:23	13:38	14:36	14:23	16:17	16:03	16:26	20:10	23:22	22:46	22:23
	Position	197-46	183-45	164-44	161-43	156-43	152-42	144-41	141-42	121-36	120-37	110-34	103-33	105-31	108-31	108-30	112-30

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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>Godwin,</u>	Time of Day	0:07:36	0:08:58	0:10:40	0:12:06	0:13:56	0:15:30	0:17:32	0:19:18	0:21:33	0:23:37						
<u>Marcia (NC)</u>	Time Cum	01:36	02:58	04:40	06:06	07:56	09:30	11:32	13:18	15:33	17:37						
146	Time Delta	01:36	01:22	01:41	01:26	01:49	01:34	02:01	01:46	02:14	02:04						
Age 68	Pace Cum	14:01	14:18	14:28	14:40	14:57	15:12	15:36	15:58	16:25	16:55						
Group F60-69	Pace Delta	14:01	14:39	14:47	15:21	15:57	16:41	17:47	18:46	19:42	21:59						
Overall-Group	Position	253-3	252-3	253-3	246-3	241-3	239-3	235-3	237-3	201-3	198-3						
<u>Gosselin,</u>	Time of Day	0:06:58	0:07:49	0:08:45	0:09:36	0:10:36	0:11:30	0:12:34	0:13:31	0:14:39	0:15:38	0:16:45	0:17:43	0:18:51	0:19:49	0:20:59	0:22:08:29
<u>Michelle (CT)</u>	Time Cum	00:58	01:49	02:45	03:36	04:36	05:30	06:34	07:31	08:39	09:38	10:45	11:43	12:51	13:49	14:59	16:08:29
147	Time Delta	00:58	00:51	00:55	00:51	00:59	00:54	01:03	00:57	01:07	00:59	01:06	00:58	01:07	00:58	01:10	01:09:29
Age 27	Pace Cum	08:28	08:43	08:32	08:41	08:40	08:49	08:53	09:02	09:08	09:15	09:18	09:23	09:25	09:28	09:32	09:41
Group F20-29	Pace Delta	08:28	09:02	08:10	09:12	08:37	09:39	09:16	10:11	09:51	10:33	09:41	10:22	09:50	10:16	10:13	12:18
Overall-Group	Position	17-1	18-1	15-1	15-1	12-1	13-1	11-1	12-1	6-1	6-1	4-1	4-1	3-1	3-1	3-1	3-1
<u>Grant,</u>	Time of Day	0:07:28	0:08:43	0:10:11	0:11:31	0:12:58	0:14:19	0:15:47	0:17:06	0:18:47	0:20:13	0:22:21	1:00:00	1:02:06	1:04:11	1:06:36	1:08:38:11
<u>Susan (NJ)</u>	Time Cum	01:28	02:43	04:11	05:31	06:58	08:19	09:47	11:06	12:47	14:13	16:21	18:00	20:06	22:11	24:36	26:38:11
148	Time Delta	01:28	01:15	01:27	01:20	01:26	01:21	01:27	01:19	01:40	01:26	02:07	01:39	02:05	02:05	02:24	02:02:11
Age 46	Pace Cum	12:51	13:04	12:58	13:16	13:07	13:19	13:14	13:20	13:29	13:40	14:09	14:25	14:44	15:13	15:39	15:59
Group F40-49	Pace Delta	12:51	13:21	12:47	14:16	12:37	14:27	12:45	14:02	14:42	15:21	18:34	17:42	18:15	22:08	21:10	21:38
Overall-Group	Position	222-22	218-19	204-17	206-17	176-14	175-14	167-14	160-13	136-8	129-8	127-10	123-8	111-7	112-7	109-7	113-8
<u>Grassi,</u>	Time of Day	0:07:22	0:08:33	0:10:03	0:11:17	0:12:45	0:14:04	0:15:41	0:17:04	0:18:53	0:20:23	0:22:19	1:00:02	1:02:22	1:04:18	1:06:41	1:08:29:05
<u>Cherry (VA)</u>	Time Cum	01:22	02:33	04:03	05:17	06:45	08:04	09:41	11:04	12:53	14:23	16:19	18:02	20:22	22:18	24:41	26:29:05
149	Time Delta	01:22	01:11	01:29	01:14	01:27	01:19	01:36	01:23	01:48	01:30	01:55	01:43	02:19	01:56	02:22	01:48:05
Age 40	Pace Cum	11:58	12:18	12:33	12:41	12:43	12:55	13:06	13:18	13:36	13:49	14:07	14:26	14:56	15:18	15:42	15:53
Group F40-49	Pace Delta	11:58	12:41	13:02	13:08	12:49	14:04	14:06	14:50	15:47	15:56	16:56	18:17	20:24	20:34	20:51	19:08
Overall-Group	Position	182-14	178-13	175-12	172-12	163-12	161-12	158-12	158-12	142-10	135-9	125-9	124-9	115-8	114-8	112-8	109-7
Gray,	Time of Day	0:07:02	0:07:56	0:09:02	0:10:03	0:11:17	0:12:23	0:13:38	0:14:49	0:16:16	0:17:35	0:19:19	0:20:48	0:22:38	1:00:12	1:02:09	1:03:46:37
Rick (TN)	Time Cum	01:02	01:56	03:02	04:03	05:17	06:23	07:38	08:49	10:16	11:35	13:19	14:48	16:38	18:12	20:09	21:46:37
55	Time Delta	01:02	00:54	01:05	01:01	01:13	01:06	01:14	01:11	01:26	01:19	01:43	01:29	01:49	01:34	01:56	01:37:37
Age 52	Pace Cum	09:03	09:19	09:24	09:43	09:57	10:14	10:20	10:35	10:50	11:08	11:31	11:51	12:12	12:29	12:49	13:04
Group M50-59	Pace Delta	09:03	09:39	09:34	10:48	10:48	11:48	10:51	12:37	12:40	14:07	15:04	15:53	15:57	16:44	17:00	17:17
Overall-Group	Position	31-5	31-5	33-5	39-5	44-5	43-5	43-6	44-7	38-5	37-6	37-4	36-4	37-5	37-5	39-6	41-6
Green,	Time of Day	0:07:19	0:08:33	0:10:04	0:11:30	0:13:02	0:14:19	0:16:00	0:17:34	0:19:19	0:21:04						
Thomas (MD)	Time Cum	01:19	02:33	04:04	05:30	07:02	08:19	10:00	11:34	13:19	15:04						
62	Time Delta	01:19	01:14	01:30	01:26	01:31	01:17	01:40	01:34	01:44	01:45						
Age 62	Pace Cum	11:32	12:17	12:37	13:14	13:15	13:20	13:32	13:54	14:03	14:28						
Group M60-69	Pace Delta	11:32	13:13	13:12	15:21	13:20	13:45	14:38	16:49	15:11	18:35						
Overall-Group	Position	162-7	177-7	180-7	202-7	182-6	176-6	172-6	175-6	153-6	153-6						
Grund,	Time of Day	0:07:09	0:08:06	0:09:19	0:10:23	0:11:54	0:13:17	0:14:56	0:16:08	0:17:39	0:18:55	0:20:34	0:22:00	0:23:56	1:01:27	1:03:24	1:05:01:46
Matthew (GA)	Time Cum	01:09	02:06	03:19	04:23	05:54	07:17	08:56	10:08	11:39	12:55	14:34	16:00	17:56	19:27	21:24	23:01:46
151	Time Delta	01:09	00:57	01:12	01:04	01:30	01:23	01:38	01:12	01:30	01:16	01:38	01:26	01:55	01:31	01:56	01:37:46
Age 36	Pace Cum	10:04	10:08	10:17	10:32	11:07	11:41	12:05	12:10	12:18	12:24	12:36	12:48	13:09	13:21	13:37	13:49
Group M30-39	Pace Delta	10:04	10:13	10:33	11:25	13:13	14:51	14:19	12:45	13:17	13:33	14:23	15:14	16:56	16:13	17:00	17:18
Overall-Group	Position	85-25	72-23	69-24	75-27	89-29	100-32	108-36	105-36	84-30	78-27	68-25	67-24	69-24	63-22	64-21	65-22

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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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Gulseth, Kyle (MN)	Time of Day	0:06:50	0:07:32	0:08:23	0:09:10	0:10:12	0:11:10	0:12:21	0:13:24	0:14:58	0:16:18						
18	Time Cum	00:50	01:32	02:23	03:10	04:12	05:10	06:21	07:24	08:58	10:18						
Age 33	Time Delta	00:50	00:42	00:50	00:47	01:01	00:58	01:10	01:03	01:33	01:20						
Group M30-39	Pace Cum	07:18	07:26	07:23	07:38	07:55	08:17	08:35	08:53	09:28	09:54						
Overall-Group	Pace Delta	07:18	07:35	07:19	08:29	08:55	10:22	10:17	11:15	13:39	14:14						
	Position	2-1	2-1	2-1	2-1	3-1	6-3	7-4	8-4	13-8	20-9						
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Guralnick, Daniel (NY)	Time of Day	0:07:14	0:08:21	0:09:34	0:10:40	0:12:07	0:13:27	0:15:24	0:16:47	0:18:45	0:20:31	0:23:00	1:00:52	1:03:25	1:05:51		
152	Time Cum	01:14	02:21	03:34	04:40	06:07	07:27	09:24	10:47	12:45	14:31	17:00	18:52	21:25	23:51		
Age 37	Time Delta	01:14	01:07	01:12	01:06	01:26	01:20	01:56	01:23	01:57	01:46	02:28	01:52	02:32	02:26		
Group M30-39	Pace Cum	10:48	11:22	11:04	11:12	11:31	11:56	12:43	12:57	13:27	13:56	14:42	15:06	15:42	16:22		
Overall-Group	Pace Delta	10:48	12:02	10:31	11:42	12:41	14:18	16:58	14:44	17:11	18:46	21:45	19:52	22:18	25:59		
	Position	120-37	131-40	111-34	102-33	104-35	123-39	138-40	139-41	134-41	141-41	138-39	137-39	130-35	133-34		
<hr/>																	
Gustafson, Carl (MA)	Time of Day	0:07:32	0:08:47	0:10:23	0:11:46	0:13:28	0:15:05	0:17:01	0:18:53								
153	Time Cum	01:32	02:47	04:23	05:46	07:28	09:05	11:01	12:53								
Age 52	Time Delta	01:32	01:15	01:35	01:23	01:41	01:37	01:55	01:52								
Group M50-59	Pace Cum	13:26	13:24	13:36	13:50	14:04	14:32	14:54	15:28								
Overall-Group	Pace Delta	13:26	13:22	13:56	14:42	14:53	17:12	16:54	19:54								
	Position	240-38	235-37	234-37	232-37	227-36	229-37	224-37	229-37								
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<u>Haber, Melanie (NH)</u>	Time of Day	0:07:22	0:08:31	0:09:59	0:11:17	0:13:03	0:14:37	0:16:29	0:17:49								
154	Time Cum	01:22	02:31	03:59	05:17	07:03	08:37	10:29	11:49								
Age 56	Time Delta	01:22	01:09	01:27	01:18	01:45	01:34	01:51	01:20								
Group F50-59	Pace Cum	11:58	12:09	12:21	12:42	13:17	13:48	14:11	14:11								
Overall-Group	Pace Delta	11:58	12:21	12:44	13:55	15:23	16:40	16:19	14:10								
	Position	182-9	170-8	164-8	174-8	185-9	192-10	189-9	181-8								
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Haigh, Chris (TX)	Time of Day	0:07:28	0:08:45	0:10:16	0:12:08												
156	Time Cum	01:28	02:45	04:16	06:08												
Age 47	Time Delta	01:28	01:17	01:30	01:52												
Group M40-49	Pace Cum	12:51	13:16	13:14	14:43												
Overall-Group	Pace Delta	12:51	13:47	13:10	19:49												
	Position	222-56	230-56	219-56	249-57												
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Hale, Jack (TX)	Time of Day	0:07:16	0:08:20	0:09:40	0:10:48	0:12:11	0:13:23	0:14:50	0:16:04	0:17:45	0:19:06	0:20:46	0:22:10	0:23:55	1:01:29	1:03:31	1:05:30:23
157	Time Cum	01:16	02:20	03:40	04:48	06:11	07:23	08:50	10:04	11:45	13:06	14:46	16:10	17:55	19:29	21:31	23:30:23
Age 25	Time Delta	01:16	01:04	01:19	01:08	01:22	01:12	01:26	01:14	01:40	01:21	01:39	01:24	01:44	01:34	02:01	01:59:23
Group M20-29	Pace Cum	11:06	11:13	11:22	11:33	11:39	11:49	11:57	12:06	12:24	12:35	12:47	12:57	13:08	13:22	13:41	14:06
Overall-Group	Pace Delta	11:06	11:22	11:39	12:11	12:00	12:48	12:39	13:14	14:38	14:30	14:27	15:02	15:11	16:40	17:47	21:08
	Position	133-9	124-9	129-9	129-9	115-9	111-9	100-9	97-9	90-9	89-9	79-8	77-8	67-7	66-8	68-8	74-8
<hr/>																	
Halovatch, Michael (NY)	Time of Day	0:07:03	0:07:57	0:09:02	0:09:57	0:11:03	0:12:01	0:13:12	0:14:14	0:15:25	0:16:26	0:17:39	0:18:42	0:20:00	0:21:09	0:22:31	0:23:38:37
158	Time Cum	01:03	01:57	03:02	03:57	05:03	06:01	07:12	08:14	09:25	10:26	11:39	12:42	14:00	15:09	16:31	17:38:37
Age 34	Time Delta	01:03	00:54	01:04	00:55	01:05	00:58	01:10	01:02	01:10	01:01	01:12	01:03	01:17	01:09	01:21	01:07:37
Group M30-39	Pace Cum	09:12	09:25	09:24	09:30	09:31	09:39	09:44	09:53	09:56	10:02	10:05	10:10	10:16	10:23	10:30	10:35
Overall-Group	Pace Delta	09:12	09:41	09:23	09:51	09:32	10:24	10:15	11:05	10:17	10:57	10:32	11:16	11:17	12:15	11:56	11:58
	Position	33-14	36-14	33-14	31-14	31-14	30-12	28-12	28-12	22-11	22-11	17-9	16-8	16-8	15-7	14-6	14-6

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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>Hardee,</u>	Time of Day	0:07:27	0:08:46	0:10:20	0:11:42	0:13:36	0:15:11	0:17:07	0:18:32	0:20:41	0:23:30						
<u>Tamara (NC)</u>	Time Cum	01:27	02:46	04:20	05:42	07:36	09:11	11:07	12:32	14:41	17:30						
160	Time Delta	01:27	01:19	01:33	01:22	01:53	01:35	01:55	01:25	02:08	02:49						
Age 43	Pace Cum	12:42	13:18	13:26	13:43	14:19	14:42	15:02	15:03	15:30	16:49						
Group F40-49	Pace Delta	12:42	14:01	13:41	14:40	16:31	16:53	16:53	15:06	18:47	30:02						
Overall-Group	Position	216-20	233-24	229-22	228-22	233-23	232-22	226-22	221-22	188-18	197-20						
Harrison,	Time of Day	0:07:29	0:08:49	0:10:29	0:11:54	0:13:34	0:15:01	0:16:47	0:18:10	0:19:44	0:21:12	0:22:58	1:00:26	1:02:16	1:04:03	1:06:36	1:08:32:25
Jim (VA)	Time Cum	01:29	02:49	04:29	05:54	07:34	09:01	10:47	12:10	13:44	15:12	16:58	18:26	20:16	22:03	24:36	26:32:25
161	Time Delta	01:29	01:20	01:39	01:25	01:40	01:27	01:45	01:23	01:33	01:28	01:45	01:28	01:49	01:47	02:32	01:56:25
Age 55	Pace Cum	13:00	13:33	13:54	14:10	14:15	14:26	14:35	14:36	14:30	14:36	14:41	14:45	14:51	15:08	15:39	15:55
Group M50-59	Pace Delta	13:00	14:14	14:32	15:03	14:36	15:28	15:25	14:43	13:42	15:36	15:27	15:40	15:59	19:05	22:13	20:36
Overall-Group	Position	226-36	236-38	241-39	239-38	229-37	228-36	211-34	202-34	161-27	157-26	136-23	132-21	113-19	109-17	109-18	110-18
<u>Hatcher,</u>	Time of Day	0:07:25	0:08:39	0:10:11	0:11:29	0:13:11	0:14:44	0:16:42	0:18:19	0:20:20	0:22:08	1:00:17	1:02:16	1:04:50	1:06:47	1:09:13	1:11:33:19
<u>Jennifer (OH)</u>	Time Cum	01:25	02:39	04:11	05:29	07:11	08:44	10:42	12:19	14:20	16:08	18:17	20:16	22:50	24:47	27:13	29:33:19
162	Time Delta	01:25	01:14	01:32	01:18	01:41	01:33	01:57	01:37	02:00	01:48	02:08	01:59	02:33	01:57	02:26	02:20:19
Age 45	Pace Cum	12:25	12:43	12:58	13:12	13:32	13:59	14:29	14:48	15:08	15:29	15:49	16:13	16:44	17:00	17:18	17:44
Group F40-49	Pace Delta	12:25	13:06	13:26	13:58	14:45	16:31	17:11	17:20	17:32	19:09	18:48	21:05	22:27	20:42	21:19	24:50
Overall-Group	Position	198-17	204-17	204-17	200-16	198-18	202-19	207-20	209-20	181-17	178-17	163-17	164-16	159-17	153-17	153-16	156-16
Head,	Time of Day	0:07:16	0:08:20	0:09:39	0:10:47	0:12:12	0:13:19	0:14:47	0:16:05	0:17:51	0:19:22	0:21:35	0:23:27				
Timothy (NJ)	Time Cum	01:16	02:20	03:39	04:47	06:12	07:19	08:47	10:05	11:51	13:22	15:35	17:27				
163	Time Delta	01:16	01:04	01:18	01:08	01:24	01:07	01:27	01:18	01:45	01:31	02:12	01:52				
Age 32	Pace Cum	11:06	11:13	11:19	11:31	11:41	11:43	11:53	12:06	12:30	12:51	13:29	13:58				
Group M30-39	Pace Delta	11:06	11:22	11:30	12:12	12:16	11:58	12:45	13:50	15:27	16:15	19:18	19:56				
Overall-Group	Position	133-40	124-38	125-38	126-37	121-39	103-34	97-32	99-34	95-33	97-33	101-32	105-34				
Heisey,	Time of Day	0:07:08	0:08:04	0:09:16	0:10:17	0:11:38	0:12:46	0:14:13	0:15:28	0:17:05	0:18:25	0:20:09	0:21:32	0:23:32	1:00:53	1:02:52	1:04:33:10
Matthew (NC)	Time Cum	01:08	02:04	03:16	04:17	05:38	06:46	08:13	09:28	11:05	12:25	14:09	15:32	17:32	18:53	20:52	22:33:10
164	Time Delta	01:08	00:56	01:11	01:01	01:20	01:08	01:26	01:15	01:36	01:20	01:43	01:23	01:59	01:21	01:58	01:41:10
Age 30	Pace Cum	09:56	10:00	10:08	10:17	10:37	10:51	11:07	11:22	11:42	11:56	12:15	12:26	12:51	12:58	13:16	13:32
Group M30-39	Pace Delta	09:56	10:05	10:22	10:50	11:48	12:12	12:34	13:18	14:08	14:15	15:07	14:52	17:23	14:30	17:14	17:54
Overall-Group	Position	75-22	61-20	63-22	62-23	66-23	65-23	70-23	67-23	60-22	61-23	55-22	51-20	55-19	48-19	51-18	51-17
Henderson,	Time of Day	0:07:01	0:07:52	0:08:52	0:09:44	0:10:47	0:11:42	0:12:49	0:13:47	0:14:59	0:16:02	0:17:17	0:18:19	0:19:36	0:20:42	0:22:09	0:23:21:15
Timothy (NY)	Time Cum	01:01	01:52	02:52	03:44	04:47	05:42	06:49	07:47	08:59	10:02	11:17	12:19	13:36	14:42	16:09	17:21:15
165	Time Delta	01:01	00:51	00:59	00:52	01:02	00:55	01:06	00:58	01:11	01:03	01:14	01:02	01:16	01:06	01:26	01:12:15
Age 43	Pace Cum	08:54	09:00	08:53	08:59	09:01	09:08	09:13	09:22	09:29	09:38	09:46	09:52	09:58	10:05	10:16	10:25
Group M40-49	Pace Delta	08:54	09:08	08:40	09:21	09:05	09:52	09:40	10:26	10:22	11:15	10:52	11:08	11:06	11:47	12:37	12:47
Overall-Group	Position	29-8	23-7	21-6	21-6	21-5	18-3	17-4	19-3	14-3	15-4	11-3	12-3	10-2	9-2	10-2	10-2
Henry,	Time of Day	0:07:04	0:07:57	0:09:00	0:09:58	0:11:15	0:12:28	0:14:11	0:15:42	0:18:28							
Dylan (GA)	Time Cum	01:04	01:57	03:00	03:58	05:15	06:28	08:11	09:42	12:28							
166	Time Delta	01:04	00:53	01:02	00:58	01:16	01:13	01:42	01:31	02:45							
Age 18	Pace Cum	09:21	09:26	09:18	09:33	09:53	10:22	11:04	11:38	13:09							
Group M<=19	Pace Delta	09:21	09:33	09:03	10:25	11:07	13:00	14:58	16:07	24:13							
Overall-Group	Position	37-1	37-1	31-1	33-1	37-1	47-1	64-1	82-1	118-1							

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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
Hesseltine, Wally (CA) 167 Age 69 Group M60-69 Overall-Group	Time of Day	0:07:08	0:08:13	0:09:32	0:10:41	0:12:01	0:13:13	0:14:44	0:16:06	0:17:49	0:19:17	0:21:03	0:22:29	1:00:18	1:01:50	1:03:45	1:05:13:37
	Time Cum	01:08	02:13	03:32	04:41	06:01	07:13	08:44	10:06	11:49	13:17	15:03	16:29	18:18	19:50	21:45	23:13:37
	Time Delta	01:08	01:05	01:18	01:09	01:19	01:12	01:30	01:22	01:42	01:28	01:45	01:26	01:48	01:32	01:54	01:28:37
	Pace Cum	09:56	10:40	10:57	11:15	11:20	11:34	11:49	12:08	12:28	12:45	13:01	13:11	13:25	13:36	13:50	13:56
	Pace Delta	09:56	11:33	11:29	12:16	11:38	12:49	13:13	14:36	14:58	15:37	15:26	15:14	15:54	16:18	16:47	15:41
Overall-Group	Position	75-2	101-2	101-2	106-2	97-2	90-2	91-2	101-2	93-2	93-2	86-2	84-2	75-2	73-2	73-2	68-2
Hines, Keith (NC) 168 Age 49 Group M40-49 Overall-Group	Time of Day	0:07:27	0:08:42	0:10:15	0:11:32	0:13:12	0:14:39	0:16:23	0:17:53								
	Time Cum	01:27	02:42	04:15	05:32	07:12	08:39	10:23	11:53								
	Time Delta	01:27	01:15	01:32	01:17	01:39	01:27	01:43	01:30								
	Pace Cum	12:42	13:02	13:11	13:17	13:34	13:51	14:03	14:16								
	Pace Delta	12:42	13:27	13:26	13:41	14:33	15:27	15:08	16:02								
Overall-Group	Position	216-55	216-55	215-55	207-54	200-51	194-49	184-47	183-46								
Hodell, Michael (GA) 169 Age 47 Group M40-49 Overall-Group	Time of Day	0:07:21	0:08:36	0:10:03	0:11:17	0:12:54	0:14:13	0:15:49	0:17:16								
	Time Cum	01:21	02:36	04:03	05:17	06:54	08:13	09:49	11:16								
	Time Delta	01:21	01:15	01:26	01:14	01:36	01:19	01:35	01:27								
	Pace Cum	11:49	12:29	12:33	12:42	13:00	13:10	13:17	13:31								
	Pace Delta	11:49	13:17	12:41	13:12	14:04	14:04	13:56	15:25								
Overall-Group	Position	171-44	191-50	175-44	175-45	174-46	171-46	168-43	165-43								
Hojnacki, Bryan (NC) 170 Age 42 Group M40-49 Overall-Group	Time of Day	0:07:12	0:08:16	0:09:39	0:10:47	0:12:17	0:13:27	0:15:06	0:16:25	0:18:23	0:19:50	0:21:50	0:23:31	1:02:41	1:04:25	1:06:56	1:08:46:15
	Time Cum	01:12	02:16	03:39	04:47	06:17	07:27	09:06	10:25	12:23	13:50	15:50	17:31	20:41	22:25	24:56	26:46:15
	Time Delta	01:12	01:04	01:22	01:08	01:29	01:10	01:38	01:19	01:57	01:27	01:59	01:41	03:09	01:44	02:30	01:50:15
	Pace Cum	10:31	10:55	11:19	11:30	11:50	11:56	12:19	12:31	13:04	13:17	13:42	14:01	15:10	15:23	15:51	16:04
	Pace Delta	10:31	11:25	12:03	12:05	13:06	12:30	14:22	14:04	17:09	15:28	17:28	17:55	27:42	18:29	21:59	19:31
Overall-Group	Position	100-28	112-30	125-33	124-32	129-34	122-33	126-31	123-29	115-30	117-28	109-27	108-27	119-30	115-29	114-30	114-30
Holliday, David (AL) 172 Age 50 Group M50-59 Overall-Group	Time of Day	0:07:18	0:08:20	0:09:34	0:10:46	0:12:13	0:13:28	0:15:01	0:16:19	0:18:15	0:19:36	0:21:19	0:22:47	1:01:10			
	Time Cum	01:18	02:20	03:34	04:46	06:13	07:28	09:01	10:19	12:15	13:36	15:19	16:47	19:10			
	Time Delta	01:18	01:02	01:14	01:12	01:26	01:15	01:32	01:18	01:55	01:21	01:42	01:28	02:22			
	Pace Cum	11:23	11:12	11:04	11:27	11:43	11:57	12:12	12:23	12:56	13:04	13:15	13:26	14:03			
	Pace Delta	11:23	10:58	10:48	12:47	12:40	13:17	13:34	13:53	16:52	14:27	14:57	15:42	20:46			
Overall-Group	Position	154-25	123-21	111-20	119-22	122-18	124-18	119-17	113-17	109-17	104-15	91-12	87-12	95-14			
<u>Hollifield-Smith,</u> <u>Kimberly (NC)</u> 173 Age 34 Group F30-39 Overall-Group	Time of Day	0:07:16	0:08:22	0:09:42	0:10:53	0:12:26	0:13:43	0:15:32	0:16:59	0:18:51	0:20:28	0:22:31	1:00:20	1:02:42	1:04:50	1:07:30	1:09:29:22
	Time Cum	01:16	02:22	03:42	04:53	06:26	07:43	09:32	10:59	12:51	14:28	16:31	18:20	20:42	22:50	25:30	27:29:22
	Time Delta	01:16	01:06	01:19	01:11	01:32	01:17	01:48	01:27	01:51	01:37	02:02	01:49	02:21	02:08	02:39	01:59:22
	Pace Cum	11:06	11:23	11:28	11:45	12:07	12:21	12:54	13:11	13:34	13:53	14:17	14:41	15:10	15:40	16:13	16:30
	Pace Delta	11:06	11:43	11:39	12:41	13:29	13:41	15:52	15:30	16:16	17:12	17:56	19:27	20:36	22:48	23:14	21:08
Overall-Group	Position	133-8	134-8	134-8	139-8	142-9	140-9	150-11	152-12	140-11	139-11	131-10	130-10	121-7	120-7	121-7	124-8
Hulbert, Peter (MN) 174 Age 33 Group M30-39 Overall-Group	Time of Day	0:07:12	0:08:17	0:09:32	0:10:41	0:12:03	0:13:23	0:14:45	0:16:00	0:17:33	0:19:02	0:20:41	0:22:09	0:23:51	1:01:26	1:03:28	1:05:22:36
	Time Cum	01:12	02:17	03:32	04:41	06:03	07:23	08:45	10:00	11:33	13:02	14:41	16:09	17:51	19:26	21:28	23:22:36
	Time Delta	01:12	01:05	01:14	01:09	01:21	01:20	01:21	01:15	01:32	01:29	01:38	01:28	01:41	01:35	02:01	01:54:36
	Pace Cum	10:31	11:00	10:57	11:16	11:24	11:49	11:50	12:01	12:11	12:31	12:42	12:56	13:05	13:20	13:39	14:02
	Pace Delta	10:31	11:36	10:52	12:18	11:54	14:12	11:56	13:26	13:27	15:48	14:25	15:42	14:48	16:55	17:43	20:17
Overall-Group	Position	100-31	116-35	101-31	107-34	100-33	110-36	94-31	94-31	80-27	84-29	77-28	76-27	63-21	62-21	67-23	71-23

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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>Jackson,</u>	Time of Day	0:07:05	0:07:56	0:08:56	0:09:48	0:10:52	0:11:52	0:12:57	0:13:52								
<u>Leigh (NC)</u>	Time Cum	01:05	01:56	02:56	03:48	04:52	05:52	06:57	07:52								
175	Time Delta	01:05	00:51	00:59	00:52	01:03	01:00	01:04	00:55								
Age 25	Pace Cum	09:29	09:19	09:08	09:08	09:10	09:08	09:24	09:27								
Group F20-29	Pace Delta	09:29	09:07	08:41	09:14	09:19	10:44	09:24	09:52								
Overall-Group	Position	40-2	31-2	24-2	23-2	24-2	25-2	25-2	24-2								
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Jones,	Time of Day	0:07:10	0:08:05	0:09:19	0:10:21	0:11:48	0:12:56	0:14:26	0:15:37	0:17:22	0:18:43	0:20:35	0:21:59	1:00:55	1:02:30	1:05:13	1:07:09:42
Gregory (VA)	Time Cum	01:10	02:05	03:19	04:21	05:48	06:56	08:26	09:37	11:22	12:43	14:35	15:59	18:55	20:30	23:13	25:09:42
176	Time Delta	01:10	00:55	01:13	01:02	01:26	01:08	01:29	01:11	01:44	01:21	01:51	01:24	02:55	01:35	02:42	01:56:42
Age 28	Pace Cum	10:13	10:01	10:17	10:27	10:56	11:06	11:25	11:33	12:00	12:13	12:37	12:48	13:52	14:04	14:46	15:06
Group M20-29	Pace Delta	10:13	09:47	10:46	11:00	12:41	12:05	13:06	12:35	15:19	14:24	16:18	14:59	25:36	16:59	23:39	20:39
Overall-Group	Position	90-7	64-6	69-7	68-7	82-8	80-8	81-8	76-8	66-8	70-8	69-7	66-7	86-9	85-9	89-9	91-9
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Jones,	Time of Day	0:07:51	0:09:33	0:11:33	0:13:22	0:15:42	0:17:46	0:20:25	0:22:45								
Louis (VA)	Time Cum	01:51	03:33	05:33	07:22	09:42	11:46	14:25	16:45								
68	Time Delta	01:51	01:42	01:59	01:49	02:19	02:04	02:38	02:20								
Age 68	Pace Cum	16:12	17:04	17:13	17:43	18:16	18:50	19:30	20:06								
Group M60-69	Pace Delta	16:12	18:07	17:28	19:27	20:19	22:01	23:09	24:51								
Overall-Group	Position	262-15	262-15	262-15	260-15	259-15	259-15	256-15	256-15								
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Kamp,	Time of Day	0:07:07	0:08:04	0:09:10	0:10:07	0:11:15	0:12:19	0:13:34	0:14:38	0:15:55	0:17:01	0:18:23	0:19:32	0:21:01	0:22:32	1:00:56	1:02:45:02
Ryan (SC)	Time Cum	01:07	02:04	03:10	04:07	05:15	06:19	07:34	08:38	09:55	11:01	12:23	13:32	15:01	16:32	18:56	20:45:02
177	Time Delta	01:07	00:57	01:05	00:57	01:07	01:04	01:14	01:04	01:16	01:06	01:21	01:09	01:28	01:31	02:23	01:49:02
Age 27	Pace Cum	09:47	09:57	09:49	09:53	09:53	10:07	10:14	10:22	10:28	10:35	10:43	10:50	11:00	11:20	12:02	12:27
Group M20-29	Pace Delta	09:47	10:09	09:35	10:05	09:55	11:22	10:55	11:22	11:12	11:45	11:54	12:14	12:59	16:10	20:58	19:18
Overall-Group	Position	60-3	55-3	47-3	45-4	37-4	38-4	38-4	35-4	29-4	26-4	23-4	22-4	20-3	22-5	27-6	27-6
<hr/>																	
Keene,	Time of Day	0:07:22	0:08:37	0:10:13	0:11:42	0:13:34	0:15:23	0:17:36	0:19:29	0:22:16	1:00:27						
Allen (NC)	Time Cum	01:22	02:37	04:13	05:42	07:34	09:23	11:36	13:29	16:16	18:27						
178	Time Delta	01:22	01:15	01:35	01:29	01:51	01:49	02:12	01:53	02:46	02:11						
Age 57	Pace Cum	11:58	12:37	13:04	13:41	14:15	15:02	15:42	16:11	17:10	17:43						
Group M50-59	Pace Delta	11:58	13:25	13:54	15:47	16:19	19:23	19:21	20:05	24:19	23:18						
Overall-Group	Position	182-33	199-33	214-35	226-36	229-37	237-40	237-39	238-40	204-35	201-35						
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Kinoshita,	Time of Day	0:07:30	0:08:51	0:10:28	0:11:48	0:13:35	0:15:05	0:16:49	0:17:53	0:19:32	0:21:08	0:23:26	1:01:16	1:03:59	1:06:20	1:08:37	1:10:47:31
Hideki (NJ)	Time Cum	01:30	02:51	04:28	05:48	07:35	09:05	10:49	11:53	13:32	15:08	17:26	19:16	21:59	24:20	26:37	28:47:31
180	Time Delta	01:30	01:21	01:36	01:20	01:46	01:30	01:43	01:04	01:38	01:36	02:17	01:50	02:42	02:21	02:16	02:10:31
Age 34	Pace Cum	13:08	13:44	13:51	13:56	14:17	14:33	14:38	14:17	14:17	14:32	15:05	15:25	16:07	16:42	16:56	17:17
Group M30-39	Pace Delta	13:08	14:28	14:03	14:13	15:35	16:03	15:05	11:28	14:20	17:02	20:07	19:30	23:46	25:05	19:54	23:06
Overall-Group	Position	236-51	243-52	239-52	237-52	232-52	230-52	216-49	185-45	159-42	156-42	148-40	143-40	137-36	148-37	142-32	147-33
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Kitchen,	Time of Day	0:07:23	0:08:36	0:10:05	0:11:24	0:13:01	0:14:27	0:16:16	0:17:57	0:19:56	0:21:45	1:00:02	1:01:59	1:04:11	1:06:04	1:08:27	1:10:39:33
Jim (NC)	Time Cum	01:23	02:36	04:05	05:24	07:01	08:27	10:16	11:57	13:56	15:45	18:02	19:59	22:11	24:04	26:27	28:39:33
181	Time Delta	01:23	01:13	01:28	01:19	01:36	01:26	01:48	01:41	01:58	01:49	02:16	01:57	02:11	01:53	02:22	02:12:33
Age 48	Pace Cum	12:07	12:30	12:40	12:58	13:13	13:32	13:53	14:20	14:42	15:07	15:36	16:00	16:16	16:31	16:49	17:12
Group M40-49	Pace Delta	12:07	12:57	12:58	14:00	14:09	15:20	15:49	17:53	17:22	19:20	19:58	20:50	19:10	20:06	20:48	23:28
Overall-Group	Position	193-52	193-50	185-48	186-52	180-47	181-47	179-46	188-47	166-41	164-39	157-37	156-36	142-35	137-34	136-34	143-34

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Krolewicz, Ray (SC) 58 Age 58 Group M50-59 Overall-Group	Time of Day	0:07:13	0:08:23	0:09:44	0:10:58	0:12:29	0:13:59	0:15:42	0:17:21	0:19:22	0:20:59	0:23:14	1:03:26	1:05:36	1:07:29	1:10:00	1:11:58:13
	Time Cum	01:13	02:23	03:44	04:58	06:29	07:59	09:42	11:21	13:22	14:59	17:14	21:26	23:36	25:29	28:00	29:58:13
	Time Delta	01:13	01:10	01:20	01:14	01:30	01:30	01:42	01:39	02:00	01:37	02:14	04:12	02:09	01:53	02:30	01:58:13
	Pace Cum	10:39	11:29	11:35	11:57	12:13	12:47	13:07	13:37	14:06	14:23	14:55	17:09	17:18	17:29	17:48	17:59
	Pace Delta	10:39	12:28	11:45	13:14	13:11	16:01	14:58	17:32	17:40	17:13	19:40	44:37	18:58	20:06	21:58	20:55
	Position	110-15	138-23	136-23	150-26	147-26	157-27	159-27	169-27	157-25	150-24	143-24	178-27	165-25	164-25	162-26	162-26
	Overall-Group	Position	110-15	138-23	136-23	150-26	147-26	157-27	159-27	169-27	157-25	150-24	143-24	178-27	165-25	164-25	162-26
Kugler, Kyle (FL) 183 Age 27 Group M20-29 Overall-Group	Time of Day	0:07:07	0:08:04	0:09:10	0:10:07	0:11:15	0:12:19	0:13:34	0:14:38	0:15:55	0:17:01	0:18:23	0:19:32	0:21:01	0:22:16	0:23:51	1:01:13:20
	Time Cum	01:07	02:04	03:10	04:07	05:15	06:19	07:34	08:38	09:55	11:01	12:23	13:32	15:01	16:16	17:51	19:13:20
	Time Delta	01:07	00:57	01:05	00:57	01:07	01:04	01:14	01:04	01:16	01:06	01:21	01:09	01:28	01:15	01:34	01:22:20
	Pace Cum	09:47	09:57	09:49	09:53	09:53	10:07	10:14	10:22	10:28	10:35	10:43	10:50	11:00	11:10	11:21	11:32
	Pace Delta	09:47	10:09	09:35	10:06	09:55	11:22	10:55	11:23	11:12	11:46	11:54	12:14	12:59	13:23	13:47	14:34
	Position	60-3	55-3	47-3	47-4	37-4	38-4	38-4	36-4	29-4	27-4	23-4	22-4	20-3	19-3	20-3	20-3
	Overall-Group	Position	60-3	55-3	47-3	47-4	37-4	38-4	36-4	29-4	27-4	23-4	22-4	20-3	19-3	20-3	20-3
<u>Lack,</u> <u>Bernadette (NC)</u> 185 Age 32 Group F30-39 Overall-Group	Time of Day	0:07:21	0:08:35	0:10:06	0:11:31	0:13:18	0:14:54	0:16:54	0:18:47								
	Time Cum	01:21	02:35	04:06	05:31	07:18	08:54	10:54	12:47								
	Time Delta	01:21	01:14	01:30	01:25	01:46	01:36	01:59	01:53								
	Pace Cum	11:49	12:28	12:43	13:16	13:45	14:15	14:45	15:20								
	Pace Delta	11:49	13:14	13:10	15:09	15:32	17:03	17:28	20:01								
	Position	171-13	188-14	186-15	205-18	211-19	222-20	222-20	224-19								
	Overall-Group	Position	171-13	188-14	186-15	205-18	211-19	222-20	224-19								
LaCorte, Matt (MD) 186 Age 33 Group M30-39 Overall-Group	Time of Day	0:07:04	0:08:03	0:09:12	0:10:13	0:11:27	0:12:29	0:13:47	0:14:59	0:16:25	0:17:44	0:19:25	0:20:51	0:22:36	1:00:15	1:02:46	1:04:43:38
	Time Cum	01:04	02:03	03:12	04:13	05:27	06:29	07:47	08:59	10:25	11:44	13:25	14:51	16:36	18:15	20:46	22:43:38
	Time Delta	01:04	00:59	01:08	01:01	01:13	01:02	01:17	01:12	01:25	01:19	01:40	01:26	01:44	01:39	02:30	01:57:38
	Pace Cum	09:21	09:53	09:55	10:08	10:16	10:24	10:32	10:47	11:00	11:16	11:36	11:53	12:10	12:32	13:12	13:38
	Pace Delta	09:21	10:32	10:00	10:53	10:44	11:08	11:16	12:45	12:33	14:01	14:43	15:18	15:16	17:42	21:54	20:49
	Position	37-16	52-19	56-20	57-21	53-19	48-17	46-17	47-17	41-16	43-17	39-16	39-16	36-15	38-15	45-17	58-20
	Overall-Group	Position	37-16	52-19	56-20	57-21	53-19	48-17	46-17	47-17	41-16	43-17	39-16	39-16	36-15	38-15	45-17
<u>Laduke,</u> <u>Kristen (NC)</u> 187 Age 30 Group F30-39 Overall-Group	Time of Day	0:07:25	0:08:43	0:10:16	0:11:37	0:13:21	0:14:54	0:16:53	0:18:32	0:20:49	0:22:37	1:00:57	1:02:46	1:04:57	1:06:48	1:08:54	1:10:33:24
	Time Cum	01:25	02:43	04:16	05:37	07:21	08:54	10:53	12:32	14:49	16:37	18:57	20:46	22:57	24:48	26:54	28:33:24
	Time Delta	01:25	01:18	01:32	01:21	01:43	01:33	01:58	01:39	02:16	01:48	02:19	01:49	02:10	01:51	02:05	01:39:24
	Pace Cum	12:25	13:05	13:14	13:31	13:51	14:15	14:43	15:03	15:38	15:57	16:24	16:37	16:49	17:01	17:06	17:08
	Pace Delta	12:25	13:55	13:29	14:29	15:03	16:30	17:20	17:33	19:59	19:09	20:24	19:19	19:06	19:45	18:18	17:36
	Position	198-17	221-21	219-20	222-20	218-21	221-20	219-19	220-18	190-16	187-16	178-15	172-15	160-12	154-11	148-11	142-10
	Overall-Group	Position	198-17	221-21	219-20	222-20	218-21	221-20	219-19	220-18	190-16	187-16	178-15	172-15	160-12	154-11	148-11
Lam, Otto (NJ) 188 Age 39 Group M30-39 Overall-Group	Time of Day	0:07:03	0:07:57	0:08:59	0:09:53	0:10:59	0:12:01	0:13:17	0:14:22	0:15:46	0:16:52	0:18:22	0:19:38	0:21:21	0:22:39	1:00:13	1:01:43:58
	Time Cum	01:03	01:57	02:59	03:53	04:59	06:01	07:17	08:22	09:46	10:52	12:22	13:38	15:21	16:39	18:13	19:43:58
	Time Delta	01:03	00:54	01:01	00:54	01:05	01:02	01:15	01:05	01:23	01:06	01:29	01:16	01:42	01:18	01:33	01:30:58
	Pace Cum	09:12	09:22	09:15	09:19	09:23	09:38	09:51	10:03	10:18	10:27	10:42	10:55	11:15	11:25	11:35	11:50
	Pace Delta	09:12	09:35	09:02	09:34	09:37	11:02	11:03	11:39	12:08	11:49	13:02	13:30	15:00	13:50	13:42	16:06
	Position	33-14	34-14	30-13	26-10	28-12	29-12	30-14	30-14	24-12	23-12	21-12	26-12	26-11	23-10	22-10	22-10
	Overall-Group	Position	33-14	34-14	30-13	26-10	28-12	29-12	30-14	30-14	24-12	23-12	21-12	26-12	26-11	23-10	22-10
Large, Timothy (FL) 190 Age 46 Group M40-49 Overall-Group	Time of Day	0:07:17	0:08:24	0:09:48	0:10:58	0:12:28	0:13:49	0:15:27	0:16:54	0:18:53	0:20:43	0:23:18	1:01:25	1:04:02	1:05:57	1:08:35	1:10:42:43
	Time Cum	01:17	02:24	03:48	04:58	06:28	07:49	09:27	10:54	12:53	14:43	17:18	19:25	22:02	23:57	26:35	28:42:43
	Time Delta	01:17	01:07	01:23	01:10	01:29	01:21	01:37	01:27	01:58	01:50	02:34	02:07	02:36	01:55	02:37	02:07:43
	Pace Cum	11:14	11:35	11:47	11:57	12:11	12:31	12:47	13:05	13:36	14:08	14:58	15:32	16:09	16:26	16:54	17:14
	Pace Delta	11:14	12:00	12:09	12:32	13:01	14:26	14:13	15:25	17:22	19:29	22:37	22:33	22:51	20:31	22:56	22:36
	Position	145-34	147-36	152-38	152-38	145-37	147-37	142-36	146-37	142-38	144-36	145-35	146-35	139-34	134-33	140-35	145-35
	Overall-Group	Position	145-34	147-36	152-38	152-38	145-37	147-37	142-36	146-37	142-38	144-36	145-35	146-35	139-34	134-33	140-35

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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
Lawler, Jon R (TN)	Time of Day	0:06:49	0:07:29	0:08:19	0:09:00	0:09:49	0:10:34	0:11:32	0:12:25								
12	Time Cum	00:49	01:29	02:19	03:00	03:49	04:34	05:32	06:25								
	Time Delta	00:49	00:40	00:49	00:41	00:48	00:45	00:57	00:53								
Age 49	Pace Cum	07:09	07:10	07:11	07:13	07:11	07:19	07:29	07:43								
Group M40-49	Pace Delta	07:09	07:11	07:13	07:18	07:07	08:02	08:25	09:30								
Overall-Group	Position	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1								
Le, Tho (WA)	Time of Day	0:07:00	0:07:52	0:08:57	0:09:55	0:11:10	0:12:14	0:13:33	0:14:43	0:16:09	0:17:27	0:18:58	0:20:14	0:21:58	0:23:26	1:01:11	1:03:03:19
191	Time Cum	01:00	01:52	02:57	03:55	05:10	06:14	07:33	08:43	10:09	11:27	12:58	14:14	15:58	17:26	19:11	21:03:19
	Time Delta	01:00	00:52	01:04	00:58	01:14	01:04	01:18	01:10	01:25	01:18	01:30	01:16	01:43	01:28	01:44	01:52:19
Age 32	Pace Cum	08:46	08:59	09:09	09:24	09:44	10:00	10:13	10:29	10:43	11:00	11:13	11:24	11:42	11:57	12:12	12:38
Group M30-39	Pace Delta	08:46	09:15	09:27	10:18	10:55	11:29	11:24	12:32	12:26	13:53	13:13	13:33	15:06	15:37	15:17	19:53
Overall-Group	Position	22-11	22-10	26-10	29-12	36-16	37-16	36-15	42-15	34-14	34-14	30-13	30-14	29-13	28-12	28-12	29-12
LeDoyen, Jason (NC)	Time of Day	0:07:13	0:08:17	0:09:34	0:10:48	0:12:16	0:13:36	0:15:15	0:16:38	0:18:23	0:19:50	0:21:43	0:23:15	1:01:00	1:02:24	1:04:00	1:05:17:57
192	Time Cum	01:13	02:17	03:34	04:48	06:16	07:36	09:15	10:38	12:23	13:50	15:43	17:15	19:00	20:24	22:00	23:17:57
	Time Delta	01:13	01:04	01:16	01:14	01:28	01:20	01:38	01:23	01:44	01:27	01:52	01:32	01:44	01:24	01:35	01:17:57
Age 41	Pace Cum	10:39	11:01	11:04	11:31	11:48	12:10	12:31	12:46	13:04	13:17	13:36	13:49	13:56	13:59	13:59	13:59
Group M40-49	Pace Delta	10:39	11:26	11:09	13:06	12:51	14:15	14:22	14:42	15:19	15:24	16:29	16:25	15:13	14:53	14:00	13:48
Overall-Group	Position	110-30	118-31	111-30	127-33	128-33	135-34	133-34	133-34	115-30	115-28	105-26	99-25	89-21	84-21	75-18	70-18
<u>Lee</u> <u>Kathy (NC)</u>	Time of Day	0:07:07	0:08:12	0:09:30	0:10:39	0:12:07	0:13:25	0:15:04	0:16:31								
33	Time Cum	01:07	02:12	03:30	04:39	06:07	07:25	09:04	10:31								
	Time Delta	01:07	01:05	01:17	01:09	01:27	01:18	01:38	01:27								
Age 49	Pace Cum	09:47	10:35	10:51	11:10	11:31	11:53	12:16	12:37								
Group F40-49	Pace Delta	09:47	11:33	11:21	12:16	12:48	13:58	14:20	15:25								
Overall-Group	Position	60-4	96-9	99-9	101-9	104-9	115-9	124-11	129-11								
Leehman, Nathan (NC)	Time of Day	0:06:56	0:07:41	0:08:35	0:09:21	0:10:20	0:11:11	0:12:18	0:13:16	0:14:26	0:15:24	0:16:34	0:17:33	0:18:42	0:19:44	0:20:49	0:21:45:05
193	Time Cum	00:56	01:41	02:35	03:21	04:20	05:11	06:18	07:16	08:26	09:24	10:34	11:33	12:42	13:44	14:49	15:45:05
	Time Delta	00:56	00:45	00:53	00:46	00:58	00:51	01:06	00:58	01:09	00:58	01:09	00:59	01:08	01:02	01:04	00:56:05
Age 39	Pace Cum	08:11	08:08	08:01	08:04	08:10	08:19	08:31	08:44	08:54	09:02	09:09	09:14	09:19	09:25	09:25	09:27
Group M30-39	Pace Delta	08:11	08:05	07:47	08:17	08:30	09:08	09:41	10:26	10:05	10:21	10:09	10:28	10:03	10:59	09:29	09:56
Overall-Group	Position	8-4	8-4	6-3	6-3	7-4	7-4	6-3	6-3	4-3	4-3	3-3	3-3	2-2	2-2	2-2	2-2
Lefferts, Peter C (FL)	Time of Day	0:07:33	0:08:55	0:10:37	0:12:03	0:13:53	0:15:34	0:17:36	0:19:14	0:21:27	0:23:23	1:01:40	1:03:35	1:06:00	1:07:52	1:09:56	1:11:42:41
57	Time Cum	01:33	02:55	04:37	06:03	07:53	09:34	11:36	13:14	15:27	17:23	19:40	21:35	24:00	25:52	27:56	29:42:41
	Time Delta	01:33	01:22	01:41	01:26	01:49	01:41	02:01	01:38	02:12	01:56	02:16	01:55	02:24	01:52	02:03	01:46:41
Age 57	Pace Cum	13:35	14:04	14:19	14:31	14:51	15:19	15:42	15:54	16:18	16:42	17:01	17:16	17:36	17:45	17:46	17:50
Group M50-59	Pace Delta	13:35	14:39	14:46	15:14	16:03	17:58	17:44	17:29	19:18	20:36	19:56	20:24	21:08	19:55	18:01	18:53
Overall-Group	Position	245-39	248-40	247-41	242-40	240-41	241-41	237-39	235-39	199-34	195-33	182-29	180-28	169-26	168-26	160-25	159-25
Lowery, Chris (GA)	Time of Day	0:07:21	0:08:36	0:10:03	0:11:17	0:12:54	0:14:13	0:15:49	0:17:21								
101	Time Cum	01:21	02:36	04:03	05:17	06:54	08:13	09:49	11:21								
	Time Delta	01:21	01:15	01:26	01:14	01:36	01:19	01:35	01:32								
Age 51	Pace Cum	11:49	12:29	12:33	12:43	13:00	13:10	13:17	13:38								
Group M50-59	Pace Delta	11:49	13:17	12:41	13:13	14:03	14:04	13:56	16:23								
Overall-Group	Position	171-30	192-32	175-32	176-30	174-29	171-28	168-28	170-27								

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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
Luckett, Brian (GA)	Time of Day	0:07:18	0:08:27	0:09:44	0:10:50	0:12:15	0:13:26	0:14:57	0:16:09	0:17:54	0:19:09	0:20:52	0:22:15	1:00:25	1:02:05	1:04:18	1:05:33:37
	Time Cum	01:18	02:27	03:44	04:50	06:15	07:26	08:57	10:09	11:54	13:09	14:52	16:15	18:25	20:05	22:18	23:33:37
195	Time Delta	01:18	01:09	01:16	01:06	01:24	01:11	01:30	01:12	01:44	01:15	01:42	01:23	02:09	01:40	02:12	01:15:37
Age 48	Pace Cum	11:23	11:47	11:35	11:38	11:46	11:54	12:06	12:12	12:34	12:38	12:52	13:00	13:30	13:47	14:11	14:08
Group M40-49	Pace Delta	11:23	12:16	11:12	11:48	12:19	12:39	13:13	12:55	15:11	13:23	14:56	14:44	18:56	17:50	19:18	13:23
Overall-Group	Position	154-40	155-39	136-34	132-34	127-32	120-31	110-27	106-25	96-23	91-21	81-19	79-18	79-17	79-18	81-20	75-19
<u>Macklow,</u> <u>Barbara (WA)</u>	Time of Day	0:07:32	0:08:55	0:10:37	0:12:10	0:14:09	0:15:58	0:18:02	0:19:55	0:22:04	0:23:57	1:02:35	1:04:32				
78	Time Cum	01:32	02:55	04:37	06:10	08:09	09:58	12:02	13:55	16:04	17:57	20:35	22:32				
Age 78	Time Delta	01:32	01:23	01:41	01:33	01:58	01:49	02:03	01:53	02:08	01:53	02:37	01:57				
Group F70-79	Pace Cum	13:26	14:04	14:19	14:50	15:21	15:57	16:17	16:42	16:57	17:14	17:48	18:02				
Overall-Group	Pace Delta	13:26	14:49	14:47	16:38	17:14	19:21	18:04	20:02	18:49	20:03	23:02	20:51				
Overall-Group	Position	240-2	247-2	247-2	250-2	248-2	247-2	241-2	242-2	202-2	200-2	185-2	183-2				
<u>Mancinelli,</u> <u>Robin (PA)</u>	Time of Day	0:07:15	0:08:21	0:09:46	0:10:58	0:12:29	0:13:49	0:15:32	0:16:57	0:18:42	0:20:08	0:21:56	0:23:40	1:01:48	1:03:43	1:05:46	1:07:29:54
196	Time Cum	01:15	02:21	03:46	04:58	06:29	07:49	09:32	10:57	12:42	14:08	15:56	17:40	19:48	21:43	23:46	25:29:54
Age 51	Time Delta	01:15	01:06	01:24	01:12	01:30	01:20	01:42	01:25	01:44	01:26	01:48	01:44	02:07	01:55	02:02	01:43:54
Group F50-59	Pace Cum	10:57	11:21	11:41	11:55	12:13	12:31	12:54	13:09	13:24	13:34	13:47	14:08	14:31	14:54	15:07	15:18
Overall-Group	Pace Delta	10:57	11:51	12:16	12:45	13:17	14:12	15:01	15:11	15:13	15:13	15:46	18:31	18:36	20:27	17:52	18:23
Overall-Group	Position	126-4	129-4	143-5	146-5	147-5	145-5	150-5	149-5	130-5	125-5	112-5	116-5	108-5	105-5	102-4	101-4
<u>Mason,</u> <u>Louise (IL)</u>	Time of Day	0:07:27	0:08:42	0:10:16	0:11:38	0:13:17	0:14:45	0:16:30	0:18:03	0:20:04	0:21:52	1:00:08	1:02:07	1:04:20	1:06:09	1:08:13	1:09:49:48
40	Time Cum	01:27	02:42	04:16	05:38	07:17	08:45	10:30	12:03	14:04	15:52	18:08	20:07	22:20	24:09	26:13	27:49:48
Age 60	Time Delta	01:27	01:15	01:33	01:22	01:38	01:28	01:44	01:33	02:00	01:48	02:15	01:59	02:12	01:49	02:03	01:36:48
Group F60-69	Pace Cum	12:42	13:02	13:14	13:33	13:43	14:00	14:12	14:28	14:51	15:15	15:41	16:06	16:22	16:34	16:40	16:42
Overall-Group	Pace Delta	12:42	13:26	13:36	14:37	14:22	15:37	15:18	16:33	17:36	19:16	19:44	21:11	19:19	19:27	17:58	17:08
Overall-Group	Position	216-2	214-2	219-2	224-2	208-2	206-2	191-2	195-2	171-2	171-2	160-2	159-2	148-2	142-2	134-2	133-2
<u>Massie,</u> <u>Tammy (MD)</u>	Time of Day	0:07:27	0:08:45	0:10:15	0:11:35	0:13:08	0:14:35	0:16:18	0:17:53	0:19:53	0:21:44	1:00:05	1:01:52	1:04:22	1:06:07	1:08:54	1:10:47:32
42	Time Cum	01:27	02:45	04:15	05:35	07:08	08:35	10:18	11:53	13:53	15:44	18:05	19:52	22:22	24:07	26:54	28:47:32
Age 41	Time Delta	01:27	01:18	01:29	01:20	01:32	01:27	01:42	01:35	01:59	01:51	02:20	01:47	02:29	01:45	02:46	01:53:32
Group F40-49	Pace Cum	12:42	13:16	13:11	13:24	13:26	13:44	13:56	14:16	14:39	15:06	15:39	15:54	16:24	16:33	17:06	17:17
Overall-Group	Pace Delta	12:42	13:57	13:01	14:10	13:34	15:25	15:02	16:55	17:26	19:40	20:34	19:00	21:51	18:40	24:19	20:06
Overall-Group	Position	216-20	229-22	215-20	212-20	192-17	190-17	181-17	183-17	164-13	162-13	159-15	154-15	149-15	139-14	148-15	148-15
McBride, Nathan (MA)	Time of Day	0:07:13	0:08:16	0:09:37	0:10:46	0:12:11	0:13:23	0:14:54	0:16:02	0:17:30	0:18:40	0:20:22	0:21:49	0:23:34	1:00:51	1:02:20	1:03:38:50
198	Time Cum	01:13	02:16	03:37	04:46	06:11	07:23	08:54	10:02	11:30	12:40	14:22	15:49	17:34	18:51	20:20	21:38:50
Age 39	Time Delta	01:13	01:03	01:20	01:09	01:24	01:12	01:30	01:08	01:27	01:10	01:41	01:27	01:44	01:17	01:28	01:18:50
Group M30-39	Pace Cum	10:39	10:56	11:13	11:28	11:39	11:49	12:02	12:04	12:08	12:10	12:26	12:40	12:53	12:56	12:56	12:59
Overall-Group	Pace Delta	10:39	11:16	11:44	12:21	12:17	12:47	13:15	12:12	12:42	12:26	14:51	15:33	15:13	13:42	12:56	13:57
Overall-Group	Position	110-34	114-33	121-36	121-36	115-37	109-36	107-35	96-33	77-25	64-24	63-23	62-23	57-20	47-18	42-16	36-15
McClintock, Jeffrey D (NC)	Time of Day	0:07:07	0:08:09	0:09:22	0:10:27	0:11:44	0:12:55	0:14:46	0:16:28								
199	Time Cum	01:07	02:09	03:22	04:27	05:44	06:55	08:46	10:28								
Age 41	Time Delta	01:07	01:02	01:12	01:05	01:16	01:11	01:50	01:42								
Group M40-49	Pace Cum	09:47	10:22	10:26	10:41	10:48	11:04	11:52	12:35								
Overall-Group	Pace Delta	09:47	11:04	10:35	11:33	11:12	12:34	16:12	18:12								
Overall-Group	Position	60-20	81-25	84-25	85-24	76-21	79-21	96-25	124-30								

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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
McDowell, Gregory (NC)	Time of Day	0:07:36	0:09:01	0:10:40	0:12:03	0:13:50	0:15:20	0:17:17	0:18:53	0:21:03	0:23:06						
200	Time Cum	01:36	03:01	04:40	06:03	07:50	09:20	11:17	12:53	15:03	17:06						
Age 55	Time Delta	01:36	01:25	01:38	01:23	01:46	01:30	01:56	01:36	02:09	02:03						
Group M50-59	Pace Cum	14:01	14:31	14:28	14:32	14:45	14:57	15:16	15:28	15:53	16:25						
Overall-Group	Pace Delta	14:01	15:07	14:24	14:43	15:36	16:06	16:57	17:01	18:58	21:46						
	Position	253-42	253-42	253-43	243-40	238-40	236-39	230-38	228-37	195-33	192-32						
<u>McFadden, Lisa (NC)</u>	Time of Day	0:07:22	0:08:36	0:10:00	0:11:16	0:12:46	0:14:05	0:15:38	0:16:59	0:18:38	0:20:07	0:21:52	0:23:24	1:01:14	1:03:04	1:05:25	1:07:03:23
201	Time Cum	01:22	02:36	04:00	05:16	06:46	08:05	09:38	10:59	12:38	14:07	15:52	17:24	19:14	21:04	23:25	25:03:23
Age 39	Time Delta	01:22	01:14	01:23	01:16	01:29	01:19	01:32	01:21	01:38	01:29	01:44	01:32	01:49	01:50	02:20	01:38:23
Group F30-39	Pace Cum	11:58	12:29	12:24	12:40	12:45	12:56	13:02	13:11	13:20	13:34	13:44	13:55	14:06	14:27	14:53	15:02
Overall-Group	Pace Delta	11:58	13:06	12:15	13:34	13:02	13:59	13:34	14:21	14:26	15:50	15:16	16:20	16:01	19:37	20:28	17:25
	Position	182-14	190-16	166-11	170-13	164-13	163-13	155-13	151-12	128-10	124-10	111-8	104-6	97-6	96-6	92-6	89-6
McGonnell, Jeff (NC)	Time of Day	0:07:06	0:08:10	0:09:28	0:10:44	0:12:13	0:13:36	0:15:22	0:16:50	0:18:36	0:20:10	0:22:22	1:00:12	1:02:35	1:04:32	1:07:07	1:08:47:13
52	Time Cum	01:06	02:10	03:28	04:44	06:13	07:36	09:22	10:50	12:36	14:10	16:22	18:12	20:35	22:32	25:07	26:47:13
Age 52	Time Delta	01:06	01:04	01:17	01:16	01:28	01:23	01:45	01:28	01:45	01:34	02:11	01:50	02:22	01:57	02:34	01:40:13
Group M50-59	Pace Cum	09:38	10:24	10:45	11:22	11:43	12:10	12:40	13:00	13:18	13:36	14:10	14:34	15:05	15:27	15:58	16:04
Overall-Group	Pace Delta	09:38	11:20	11:23	13:30	12:57	14:46	15:25	15:35	15:28	16:43	19:12	19:29	20:52	20:49	22:32	17:44
	Position	45-6	89-12	97-15	114-19	122-18	134-21	135-21	140-21	127-19	128-19	129-19	126-19	117-21	116-20	115-20	115-20
Meade, Eugene (NC)	Time of Day	0:07:22	0:08:33	0:10:06	0:11:28	0:13:14	0:14:35	0:16:11	0:17:30	0:19:21	0:20:51	0:22:58	1:00:45	1:03:01	1:04:49	1:07:15	1:08:55:18
202	Time Cum	01:22	02:33	04:06	05:28	07:14	08:35	10:11	11:30	13:21	14:51	16:58	18:45	21:01	22:49	25:15	26:55:18
Age 49	Time Delta	01:22	01:11	01:33	01:22	01:45	01:21	01:35	01:19	01:50	01:30	02:06	01:47	02:15	01:48	02:25	01:40:18
Group M40-49	Pace Cum	11:58	12:14	12:43	13:08	13:38	13:44	13:47	13:48	14:05	14:15	14:41	15:00	15:24	15:39	16:03	16:09
Overall-Group	Pace Delta	11:58	12:34	13:35	14:33	15:26	14:23	13:59	14:02	16:10	15:56	18:32	19:00	19:48	19:14	21:13	17:45
	Position	182-47	175-47	186-49	196-53	203-52	191-48	177-45	172-44	156-40	145-37	136-34	135-33	125-32	119-31	117-31	118-31
Migotsky, Christopher (IL)	Time of Day	0:07:17	0:08:23	0:09:45	0:10:55	0:12:21	0:13:37	0:15:12	0:16:30	0:18:18	0:19:44	0:21:30	0:22:59	1:00:49	1:02:18	1:04:23	1:05:56:14
203	Time Cum	01:17	02:23	03:45	04:55	06:21	07:37	09:12	10:30	12:18	13:44	15:30	16:59	18:49	20:18	22:23	23:56:14
Age 47	Time Delta	01:17	01:06	01:21	01:10	01:25	01:16	01:34	01:18	01:47	01:26	01:45	01:29	01:49	01:29	02:04	01:33:14
Group M40-49	Pace Cum	11:14	11:30	11:38	11:50	11:58	12:12	12:27	12:36	12:59	13:11	13:25	13:36	13:48	13:55	14:14	14:22
Overall-Group	Pace Delta	11:14	11:49	11:51	12:33	12:25	13:34	13:46	13:51	15:44	15:18	15:25	15:51	15:59	15:49	18:12	16:30
	Position	145-34	140-34	142-36	142-37	137-35	136-35	131-33	126-32	110-27	110-25	97-24	93-21	85-19	81-19	82-21	80-21
<u>Milewicz, Cheryl (AL)</u>	Time of Day	0:07:16	0:08:22	0:09:41	0:10:47	0:12:18	0:13:34	0:15:12	0:16:34	0:18:19	0:19:42	0:21:25	0:23:34				
204	Time Cum	01:16	02:22	03:41	04:47	06:18	07:34	09:12	10:34	12:19	13:42	15:25	17:34				
Age 34	Time Delta	01:16	01:06	01:18	01:06	01:30	01:16	01:37	01:22	01:44	01:23	01:42	02:09				
Group F30-39	Pace Cum	11:06	11:22	11:25	11:29	11:52	12:07	12:27	12:41	13:00	13:09	13:20	14:04				
Overall-Group	Pace Delta	11:06	11:42	11:31	11:44	13:15	13:31	14:15	14:33	15:18	14:45	14:59	22:55				
	Position	133-8	132-8	133-7	123-6	131-7	133-8	131-8	131-9	111-7	109-7	94-4	111-8				
Miller, Dennis (SC)	Time of Day	0:07:19	0:08:26	0:09:51	0:11:08	0:12:58	0:14:30	0:16:38	0:18:09	0:20:35	0:22:09						
205	Time Cum	01:19	02:26	03:51	05:08	06:58	08:30	10:38	12:09	14:35	16:09						
Age 52	Time Delta	01:19	01:07	01:24	01:17	01:49	01:32	02:07	01:31	02:25	01:34						
Group M50-59	Pace Cum	11:32	11:45	11:56	12:21	13:07	13:37	14:23	14:36	15:23	15:31						
Overall-Group	Pace Delta	11:32	12:01	12:16	13:44	15:58	16:26	18:34	16:13	21:13	16:47						
	Position	162-27	154-27	156-28	158-28	176-30	186-32	206-33	201-33	186-30	179-29						

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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
Miller, Thomas E (NC)	Time of Day	0:07:22	0:08:34	0:10:07	0:11:22	0:12:52	0:14:10	0:15:44	0:17:01	0:18:38	0:20:02	0:22:00	0:23:35	1:01:34	1:03:16	1:05:36	1:07:29:25
	Time Cum	01:22	02:34	04:07	05:22	06:52	08:10	09:44	11:01	12:38	14:02	16:00	17:35	19:34	21:16	23:36	25:29:25
206	Time Delta	01:22	01:12	01:32	01:15	01:29	01:18	01:33	01:17	01:36	01:24	01:58	01:35	01:58	01:42	02:19	01:53:25
Age 46	Pace Cum	11:58	12:23	12:46	12:54	12:56	13:04	13:10	13:14	13:20	13:28	13:51	14:04	14:21	14:36	15:00	15:18
Group M40-49	Pace Delta	11:58	12:54	13:27	13:20	13:06	13:49	13:43	13:42	14:06	14:52	17:14	16:51	17:20	18:13	20:18	20:04
Overall-Group	Position	182-47	186-48	193-51	184-48	168-43	166-43	162-40	154-38	128-33	121-31	115-28	113-28	103-26	99-27	99-27	100-27
<u>Mish, Lara (MD)</u>	Time of Day	0:07:23	0:08:37	0:10:09	0:11:28	0:13:02	0:14:27	0:16:10	0:17:36	0:19:19	0:20:53	0:23:15	1:01:15	1:03:27	1:05:14	1:07:37	1:09:37:25
	Time Cum	01:23	02:37	04:09	05:28	07:02	08:27	10:10	11:36	13:19	14:53	17:15	19:15	21:27	23:14	25:37	27:37:25
207	Time Delta	01:23	01:14	01:31	01:19	01:33	01:25	01:42	01:26	01:42	01:34	02:21	02:00	02:11	01:47	02:22	02:00:25
Age 40	Pace Cum	12:07	12:38	12:52	13:08	13:15	13:31	13:45	13:56	14:03	14:18	14:55	15:24	15:43	15:56	16:17	16:34
Group F40-49	Pace Delta	12:07	13:16	13:18	14:00	13:42	15:04	15:01	15:19	14:58	16:44	20:39	21:16	19:15	19:04	20:47	21:19
Overall-Group	Position	193-15	200-15	196-15	193-14	182-15	180-15	175-15	176-15	153-11	146-11	144-12	142-11	131-10	127-10	123-11	126-12
<u>Montgomery, Kathleen (VA)</u>	Time of Day	0:07:21	0:08:34	0:10:12	0:11:33	0:13:15	0:14:42	0:16:33	0:18:07	0:20:12	0:21:49	0:23:56	1:01:47	1:04:01	1:05:48	1:07:56	1:09:29:27
	Time Cum	01:21	02:34	04:12	05:33	07:15	08:42	10:33	12:07	14:12	15:49	17:56	19:47	22:01	23:48	25:56	27:29:27
208	Time Delta	01:21	01:13	01:37	01:21	01:41	01:27	01:50	01:34	02:04	01:37	02:06	01:51	02:13	01:47	02:07	01:33:27
Age 43	Pace Cum	11:49	12:23	13:01	13:20	13:39	13:56	14:16	14:32	14:59	15:11	15:31	15:50	16:08	16:20	16:30	16:30
Group F40-49	Pace Delta	11:49	13:03	14:12	14:22	14:52	15:32	16:06	16:39	18:15	17:15	18:28	19:40	19:32	19:03	18:36	16:32
Overall-Group	Position	171-13	185-14	209-19	209-18	206-19	198-18	196-18	197-19	175-16	168-16	153-13	151-13	138-13	132-13	129-12	125-11
Morgan, Paul (FL)	Time of Day	0:07:39	0:09:03	0:10:46	0:12:13	0:14:01	0:15:37	0:17:33	0:19:13								
	Time Cum	01:39	03:03	04:46	06:13	08:01	09:37	11:33	13:13								
209	Time Delta	01:39	01:24	01:42	01:27	01:47	01:36	01:55	01:40								
Age 72	Pace Cum	14:27	14:41	14:47	14:56	15:06	15:23	15:38	15:53								
Group M70-79	Pace Delta	14:27	14:58	14:58	15:26	15:45	17:00	16:55	17:52								
Overall-Group	Position	258-5	255-5	256-5	251-5	245-5	243-4	236-5	234-4								
Morris, Jim (NY)	Time of Day	0:07:06	0:08:02	0:09:10	0:10:08	0:11:20	0:12:23	0:13:36	0:14:40	0:15:55	0:17:03	0:18:29	0:19:37	0:21:07	0:22:17	0:23:41	1:00:47:53
	Time Cum	01:06	02:02	03:10	04:08	05:20	06:23	07:36	08:40	09:55	11:03	12:29	13:37	15:07	16:17	17:41	18:47:53
210	Time Delta	01:06	00:56	01:07	00:58	01:11	01:03	01:12	01:04	01:14	01:08	01:25	01:08	01:29	01:10	01:23	01:06:53
Age 51	Pace Cum	09:38	09:48	09:49	09:56	10:03	10:14	10:17	10:24	10:28	10:37	10:48	10:54	11:05	11:10	11:15	11:17
Group M50-59	Pace Delta	09:38	10:00	09:52	10:21	10:27	11:16	10:34	11:22	10:55	12:09	12:27	12:07	13:04	12:32	12:09	11:50
Overall-Group	Position	45-6	47-6	47-6	49-6	45-6	42-5	41-5	39-5	29-4	31-4	26-3	25-3	23-3	21-3	19-3	19-3
Mueller, Thomas (NC)	Time of Day	0:07:35	0:08:58	0:10:38	0:12:05	0:13:46	0:15:08	0:16:48	0:18:20	0:20:18	0:22:07						
	Time Cum	01:35	02:58	04:38	06:05	07:46	09:08	10:48	12:20	14:18	16:07						
211	Time Delta	01:35	01:23	01:39	01:27	01:40	01:22	01:39	01:32	01:57	01:49						
Age 56	Pace Cum	13:52	14:18	14:22	14:37	14:38	14:38	14:37	14:49	15:06	15:29						
Group M50-59	Pace Delta	13:52	14:49	14:29	15:30	14:40	14:41	14:28	16:27	17:06	19:24						
Overall-Group	Position	251-41	251-41	250-42	245-42	237-39	231-38	214-35	210-35	179-29	177-28						
Murolo, Fred (CT)	Time of Day	0:07:15	0:08:23	0:09:38	0:10:42	0:12:09	0:13:30	0:15:07	0:16:44	0:18:56	0:20:39	0:22:43	1:00:27	1:02:16	1:04:04	1:06:02	1:07:15:20
	Time Cum	01:15	02:23	03:38	04:42	06:09	07:30	09:07	10:44	12:56	14:39	16:43	18:27	20:16	22:04	24:02	25:15:20
56	Time Delta	01:15	01:08	01:14	01:04	01:26	01:21	01:36	01:37	02:11	01:43	02:03	01:44	01:48	01:48	01:57	01:13:20
Age 56	Pace Cum	10:57	11:29	11:16	11:18	11:35	12:01	12:20	12:53	13:39	14:05	14:28	14:46	14:51	15:08	15:17	15:09
Group M50-59	Pace Delta	10:57	12:08	10:52	11:24	12:38	14:26	14:05	17:11	19:15	18:21	18:00	18:32	15:48	19:13	17:09	12:59
Overall-Group	Position	126-22	139-23	124-22	110-18	107-15	128-19	128-20	135-20	145-22	143-23	134-21	133-22	113-19	110-18	106-17	92-14

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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
<u>Murphy,</u>	Time of Day	0:07:08	0:08:07	0:09:17	0:10:21	0:11:37	0:12:43	0:14:06	0:15:17	0:16:53	0:18:12	0:19:53	0:21:21	0:23:10	1:00:39	1:02:35	1:04:08:37
<u>Karen (NC)</u>	Time Cum	01:08	02:07	03:17	04:21	05:37	06:43	08:06	09:17	10:53	12:12	13:53	15:21	17:10	18:39	20:35	22:08:37
60	Time Delta	01:08	00:59	01:09	01:04	01:15	01:06	01:22	01:11	01:35	01:19	01:40	01:28	01:48	01:29	01:55	01:33:37
Age 34	Pace Cum	09:56	10:12	10:11	10:28	10:35	10:45	10:57	11:09	11:29	11:43	12:01	12:17	12:35	12:48	13:05	13:17
Group F30-39	Pace Delta	09:56	10:31	10:09	11:27	10:59	11:41	12:07	12:41	13:55	14:04	14:40	15:37	15:53	15:49	16:53	16:34
Overall-Group	Position	75-3	73-3	65-3	70-3	65-3	60-2	58-2	58-2	52-2	53-2	48-2	47-2	47-2	45-2	43-2	42-2
<u>Murphy,</u>	Time of Day	0:07:26	0:08:41	0:10:16	0:11:40	0:13:18	0:14:45	0:16:34	0:18:09	0:20:07	0:22:04	1:00:29	1:02:32	1:05:07	1:07:04	1:09:28	1:11:34:12
<u>Meredith (PA)</u>	Time Cum	01:26	02:41	04:16	05:40	07:18	08:45	10:34	12:09	14:07	16:04	18:29	20:32	23:07	25:04	27:28	29:34:12
212	Time Delta	01:26	01:15	01:34	01:24	01:37	01:27	01:48	01:35	01:57	01:57	02:24	02:03	02:34	01:57	02:23	02:06:12
Age 34	Pace Cum	12:33	12:55	13:14	13:37	13:45	14:01	14:18	14:35	14:54	15:25	15:59	16:26	16:57	17:12	17:28	17:45
Group F30-39	Pace Delta	12:33	13:20	13:49	14:57	14:14	15:33	15:47	16:50	17:13	20:43	21:10	21:56	22:29	20:49	20:56	22:20
Overall-Group	Position	208-21	213-19	219-20	225-21	211-19	209-17	200-16	200-16	173-14	175-15	168-14	170-14	161-13	159-13	157-13	157-13
Murray,	Time of Day	0:07:13	0:08:17	0:09:32	0:10:37	0:11:55	0:13:02	0:14:26	0:15:41	0:17:19	0:18:42	0:20:35	0:22:03	0:23:43	1:01:09	1:02:51	1:04:11:18
Jay (NC)	Time Cum	01:13	02:17	03:32	04:37	05:55	07:02	08:26	09:41	11:19	12:42	14:35	16:03	17:43	19:09	20:51	22:11:18
51	Time Delta	01:13	01:04	01:14	01:05	01:17	01:07	01:23	01:15	01:37	01:23	01:52	01:28	01:39	01:26	01:41	01:20:18
Age 51	Pace Cum	10:39	11:01	10:57	11:06	11:09	11:16	11:25	11:38	11:57	12:12	12:37	12:51	12:59	13:08	13:16	13:19
Group M50-59	Pace Delta	10:39	11:28	10:50	11:37	11:17	11:55	12:13	13:27	14:10	14:47	16:25	15:42	14:29	15:21	14:47	14:13
Overall-Group	Position	110-15	119-18	101-16	100-14	91-13	88-13	81-13	81-13	64-9	68-9	69-9	70-10	60-10	57-9	50-8	43-7
Murray,	Time of Day	0:07:21	0:08:31	0:09:57	0:11:11	0:12:53	0:14:28	0:16:31	0:18:07	0:20:58	0:23:41						
Michael (NC)	Time Cum	01:21	02:31	03:57	05:11	06:53	08:28	10:31	12:07	14:58	17:41						
213	Time Delta	01:21	01:10	01:25	01:14	01:41	01:35	02:02	01:36	02:50	02:43						
Age 55	Pace Cum	11:49	12:06	12:15	12:28	12:58	13:34	14:14	14:33	15:48	16:59						
Group M50-59	Pace Delta	11:49	12:26	12:31	13:12	14:48	16:57	17:50	17:01	24:56	29:01						
Overall-Group	Position	171-30	168-31	163-29	163-29	171-28	182-31	193-32	199-32	193-32	199-34						
Natoli,	Time of Day	0:07:12	0:08:16	0:09:34	0:10:44	0:12:10	0:13:27	0:15:01	0:16:25	0:18:02	0:19:27	0:21:19	0:22:50	1:00:44	1:02:55	1:05:41	1:07:48:53
Tom (VA)	Time Cum	01:12	02:16	03:34	04:44	06:10	07:27	09:01	10:25	12:02	13:27	15:19	16:50	18:44	20:55	23:41	25:48:53
214	Time Delta	01:12	01:04	01:17	01:10	01:26	01:17	01:33	01:24	01:36	01:25	01:51	01:31	01:53	02:11	02:45	02:07:53
Age 58	Pace Cum	10:31	10:54	11:04	11:22	11:37	11:56	12:12	12:30	12:42	12:55	13:15	13:28	13:44	14:21	15:04	15:29
Group M50-59	Pace Delta	10:31	11:23	11:21	12:23	12:33	13:40	13:41	14:56	14:06	15:03	16:20	16:07	16:38	23:17	24:09	22:38
Overall-Group	Position	100-14	110-17	111-20	113-19	112-17	121-17	119-17	122-19	101-14	102-13	91-12	89-13	83-11	90-14	101-16	107-17
Nayak,	Time of Day	0:06:58	0:07:51	0:08:50	0:09:40	0:10:45	0:11:41	0:12:51	0:13:46	0:15:05	0:16:13	0:18:00	0:19:25	0:21:17	0:22:48	1:00:43	1:02:15:15
Vinay (NC)	Time Cum	00:58	01:51	02:50	03:40	04:45	05:41	06:51	07:46	09:05	10:13	12:00	13:25	15:17	16:48	18:43	20:15:15
215	Time Delta	00:58	00:53	00:58	00:50	01:04	00:56	01:09	00:55	01:18	01:08	01:46	01:25	01:51	01:31	01:54	01:32:15
Age 29	Pace Cum	08:28	08:55	08:47	08:50	08:57	09:06	09:16	09:20	09:35	09:49	10:23	10:44	11:12	11:31	11:54	12:09
Group M20-29	Pace Delta	08:28	09:28	08:33	08:59	09:23	09:55	10:13	09:53	11:25	12:11	15:30	15:08	16:17	16:10	16:44	16:20
Overall-Group	Position	17-1	21-1	18-1	18-1	17-1	16-1	21-2	15-1	18-2	19-2	19-2	20-2	24-6	25-6	25-5	25-5
<u>Newnam,</u>	Time of Day	0:07:32	0:09:06	0:10:58	0:12:47	0:15:13	0:17:39	0:20:20	0:22:39								
<u>Shawnie (NC)</u>	Time Cum	01:32	03:06	04:58	06:47	09:13	11:39	14:20	16:39								
216	Time Delta	01:32	01:34	01:51	01:49	02:25	02:26	02:40	02:19								
Age 34	Pace Cum	13:26	14:54	15:24	16:17	17:22	18:40	19:23	19:59								
Group F30-39	Pace Delta	13:26	16:41	16:18	19:19	21:17	25:58	23:24	24:38								
Overall-Group	Position	240-23	258-23	259-23	257-23	255-23	257-23	254-23	255-23								

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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>Nguyen, Yen (TX)</u>	Time of Day	0:07:27	0:08:45	0:10:15	0:11:37	0:13:18	0:14:45	0:16:29	0:18:03	0:19:54	0:21:44	1:00:04	1:02:11	1:04:22	1:06:10	1:08:05	1:09:38:35
	Time Cum	01:27	02:45	04:15	05:37	07:18	08:45	10:29	12:03	13:54	15:44	18:04	20:11	22:22	24:10	26:05	27:38:35
50	Time Delta	01:27	01:18	01:29	01:22	01:40	01:27	01:43	01:34	01:50	01:50	02:19	02:07	02:10	01:48	01:54	01:33:35
Age 49	Pace Cum	12:42	13:16	13:11	13:30	13:45	14:00	14:11	14:28	14:40	15:07	15:38	16:09	16:24	16:35	16:35	16:35
Group F50-59	Pace Delta	12:42	13:58	13:00	14:37	14:39	15:26	15:09	16:46	16:06	19:34	20:22	22:34	19:03	19:11	16:44	16:34
Overall-Group	Position	216-12	231-12	215-12	220-12	211-12	205-12	189-9	196-11	165-8	163-8	158-9	160-9	149-7	143-7	131-7	128-6
Nictakis, Bill (NC)	Time of Day	0:07:26	0:08:40	0:10:10	0:11:28	0:13:04	0:14:26	0:16:04	0:17:23	0:19:07	0:20:28	0:22:32	1:00:24				
	Time Cum	01:26	02:40	04:10	05:28	07:04	08:26	10:04	11:23	13:07	14:28	16:32	18:24				
21	Time Delta	01:26	01:14	01:29	01:18	01:35	01:22	01:37	01:19	01:43	01:21	02:03	01:52				
Age 53	Pace Cum	12:33	12:51	12:55	13:09	13:19	13:31	13:37	13:40	13:51	13:54	14:18	14:43				
Group M50-59	Pace Delta	12:33	13:13	13:02	13:58	13:53	14:38	14:12	14:06	15:05	14:24	18:03	19:50				
Overall-Group	Position	208-35	206-34	200-33	198-33	187-31	178-30	174-29	171-29	147-23	140-22	132-20	131-20				
Niebauer, Micah A (NC)	Time of Day	0:07:25	0:08:37	0:10:11	0:11:30	0:13:19	0:14:46	0:16:53	0:18:30								
	Time Cum	01:25	02:37	04:11	05:30	07:19	08:46	10:53	12:30								
217	Time Delta	01:25	01:12	01:33	01:19	01:48	01:27	02:06	01:37								
Age 32	Pace Cum	12:25	12:36	12:58	13:14	13:47	14:02	14:43	15:01								
Group M30-39	Pace Delta	12:25	12:50	13:39	14:08	15:47	15:29	18:28	17:15								
Overall-Group	Position	198-47	198-48	204-49	204-47	215-50	210-50	219-50	218-50								
Nunes, Valmir (PA)	Time of Day	0:06:51	0:07:35	0:08:30	0:09:16	0:10:12	0:11:00	0:11:57	0:12:47	0:13:48	0:14:55						
	Time Cum	00:51	01:35	02:30	03:16	04:12	05:00	05:57	06:47	07:48	08:55						
3	Time Delta	00:51	00:44	00:54	00:46	00:55	00:48	00:56	00:50	01:00	01:07						
Age 49	Pace Cum	07:27	07:38	07:45	07:52	07:55	08:01	08:03	08:09	08:14	08:34						
Group M40-49	Pace Delta	07:27	07:52	07:58	08:17	08:04	08:37	08:13	08:53	08:52	11:56						
Overall-Group	Position	4-2	4-2	5-2	5-2	3-2	4-2	3-2	4-2	2-1	2-1						
O'Dell, Charles (FL)	Time of Day	0:07:16	0:08:20	0:09:40	0:10:48	0:12:11	0:13:23	0:14:50	0:16:04	0:17:45	0:19:07	0:20:46	0:22:11	0:23:55	1:01:28	1:03:10	1:04:28:14
	Time Cum	01:16	02:20	03:40	04:48	06:11	07:23	08:50	10:04	11:45	13:07	14:46	16:11	17:55	19:28	21:10	22:28:14
218	Time Delta	01:16	01:04	01:19	01:08	01:22	01:12	01:26	01:14	01:40	01:22	01:38	01:25	01:43	01:33	01:41	01:18:14
Age 25	Pace Cum	11:06	11:13	11:22	11:33	11:39	11:49	11:57	12:06	12:24	12:36	12:47	12:57	13:08	13:21	13:28	13:29
Group M20-29	Pace Delta	11:06	11:22	11:39	12:11	12:00	12:48	12:39	13:14	14:38	14:31	14:27	15:04	15:10	16:32	14:50	13:51
Overall-Group	Position	133-9	126-9	129-9	131-9	115-9	111-9	100-9	98-9	90-9	90-10	79-8	78-9	67-7	64-7	57-7	49-7
<u>O'Hear, Carol (TN)</u>	Time of Day	0:07:03	0:07:58	0:09:06	0:10:05	0:11:32	0:12:45	0:14:13	0:15:30								
	Time Cum	01:03	01:58	03:06	04:05	05:32	06:45	08:13	09:30								
4	Time Delta	01:03	00:55	01:07	00:59	01:26	01:13	01:27	01:17								
Age 38	Pace Cum	09:12	09:30	09:37	09:50	10:25	10:49	11:07	11:25								
Group F30-39	Pace Delta	09:12	09:51	09:50	10:37	12:34	13:00	12:47	13:48								
Overall-Group	Position	33-2	38-2	42-2	43-2	57-2	63-3	70-3	69-3								
Pacheco, Glenn (MA)	Time of Day	0:07:32	0:08:50	0:10:23	0:11:47	0:13:57	0:15:58	0:19:39	0:21:03								
	Time Cum	01:32	02:50	04:23	05:47	07:57	09:58	13:39	15:03								
219	Time Delta	01:32	01:18	01:32	01:24	02:09	02:01	03:40	01:24								
Age 49	Pace Cum	13:26	13:38	13:36	13:53	14:59	15:57	18:28	18:04								
Group M40-49	Pace Delta	13:26	13:54	13:30	14:52	18:59	21:28	32:13	14:59								
Overall-Group	Position	240-57	239-57	234-57	235-55	242-54	248-54	253-51	252-51								

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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
Paige, Daniel (NC)	Time of Day	0:07:09	0:08:09	0:09:19	0:10:22	0:11:43	0:12:51	0:14:10	0:15:14	0:16:35	0:17:42	0:19:04	0:20:13	0:21:43	0:22:55	1:00:31	1:01:44:24
	Time Cum	01:09	02:09	03:19	04:22	05:43	06:51	08:10	09:14	10:35	11:42	13:04	14:13	15:43	16:55	18:31	19:44:24
220	Time Delta	01:09	01:00	01:09	01:03	01:20	01:08	01:18	01:04	01:20	01:07	01:21	01:09	01:29	01:12	01:35	01:13:24
Age 33	Pace Cum	10:04	10:22	10:17	10:29	10:46	10:59	11:03	11:06	11:10	11:14	11:18	11:23	11:31	11:36	11:47	11:51
Group M30-39	Pace Delta	10:04	10:44	10:08	11:10	11:49	12:09	11:26	11:30	11:41	11:53	11:57	12:22	13:01	12:50	13:57	12:59
Overall-Group	Position	85-25	85-26	69-24	71-25	74-25	72-25	61-21	55-19	42-17	39-15	32-14	29-13	27-12	26-11	23-11	23-11
Pardue, Duran (NC)	Time of Day	0:07:03	0:07:56	0:08:56	0:09:48	0:10:50	0:11:43	0:12:49	0:13:47	0:15:02	0:16:04	0:17:20	0:18:27	0:19:47	0:20:56	0:22:20	0:23:28:02
	Time Cum	01:03	01:56	02:56	03:48	04:50	05:43	06:49	07:47	09:02	10:04	11:20	12:27	13:47	14:56	16:20	17:28:02
221	Time Delta	01:03	00:53	00:59	00:52	01:01	00:53	01:05	00:58	01:14	01:02	01:15	01:07	01:19	01:09	01:23	01:08:02
Age 25	Pace Cum	09:12	09:20	09:06	09:08	09:06	09:10	09:13	09:21	09:32	09:40	09:48	09:58	10:06	10:14	10:23	10:29
Group M20-29	Pace Delta	09:12	09:30	08:40	09:14	09:02	09:31	09:31	10:22	10:52	11:02	11:03	11:54	11:39	12:13	12:15	12:02
Overall-Group	Position	33-2	33-2	24-2	24-2	23-2	21-2	17-1	16-2	17-1	16-1	13-1	13-1	13-1	11-1	12-1	12-1
Pastore, Mike (SC)	Time of Day	0:07:07	0:08:04	0:09:11	0:10:12	0:11:23	0:12:29	0:14:01	0:15:21	0:17:29	0:19:01	0:20:59	0:22:46	1:00:56	1:02:33	1:04:34	1:06:18:06
	Time Cum	01:07	02:04	03:11	04:12	05:23	06:29	08:01	09:21	11:29	13:01	14:59	16:46	18:56	20:33	22:34	24:18:06
222	Time Delta	01:07	00:57	01:06	01:01	01:10	01:06	01:31	01:20	02:07	01:32	01:57	01:47	02:09	01:37	02:00	01:44:06
Age 57	Pace Cum	09:47	09:57	09:52	10:05	10:08	10:24	10:51	11:14	12:07	12:30	12:58	13:25	13:53	14:06	14:21	14:35
Group M50-59	Pace Delta	09:47	10:09	09:44	10:49	10:21	11:50	13:18	14:20	18:33	16:25	17:07	19:01	18:55	17:17	17:34	18:25
Overall-Group	Position	60-10	58-8	54-8	55-9	47-8	49-9	55-9	62-9	76-11	83-11	85-11	86-11	87-13	86-12	83-12	82-11
<u>Paulos, Lisa (IA)</u>	Time of Day	0:07:16	0:08:24	0:09:51	0:11:12	0:12:58	0:14:30	0:16:31	0:18:23	0:20:32	0:22:16	1:00:18	1:02:15	1:04:26	1:06:24	1:08:29	1:10:22:28
	Time Cum	01:16	02:24	03:51	05:12	06:58	08:30	10:31	12:23	14:32	16:16	18:18	20:15	22:26	24:24	26:29	28:22:28
223	Time Delta	01:16	01:08	01:26	01:21	01:45	01:32	02:00	01:52	02:08	01:44	02:01	01:57	02:10	01:58	02:04	01:53:28
Age 53	Pace Cum	11:06	11:35	11:56	12:29	13:07	13:37	14:14	14:52	15:20	15:37	15:50	16:12	16:27	16:44	16:50	17:01
Group F50-59	Pace Delta	11:06	12:10	12:36	14:21	15:27	16:23	17:35	19:54	18:46	18:25	17:48	20:48	19:03	20:58	18:11	20:05
Overall-Group	Position	133-5	145-6	156-6	165-7	176-8	185-8	193-11	211-13	184-12	182-12	164-10	162-10	151-8	149-8	137-8	138-9
Peterson, Darryl E (NC)	Time of Day	0:07:11	0:08:12	0:09:34	0:10:51	0:12:27	0:13:47	0:15:22	0:16:51								
	Time Cum	01:11	02:12	03:34	04:51	06:27	07:47	09:22	10:51								
224	Time Delta	01:11	01:01	01:21	01:17	01:35	01:20	01:34	01:29								
Age 34	Pace Cum	10:22	10:35	11:04	11:41	12:09	12:28	12:40	13:01								
Group M30-39	Pace Delta	10:22	10:50	11:56	13:48	13:53	14:13	13:49	15:45								
Overall-Group	Position	97-30	95-31	111-34	136-39	144-41	143-41	135-39	143-43								
Pieron, Dan (AK)	Time of Day	0:07:16	0:08:26	0:09:53	0:11:14	0:12:51	0:14:15	0:16:00	0:17:32	0:19:22	0:21:01	0:23:05	1:00:55	1:03:13	1:05:01	1:07:46	1:09:39:10
	Time Cum	01:16	02:26	03:53	05:14	06:51	08:15	10:00	11:32	13:22	15:01	17:05	18:55	21:13	23:01	25:46	27:39:10
23	Time Delta	01:16	01:10	01:26	01:21	01:36	01:24	01:44	01:32	01:49	01:39	02:03	01:50	02:17	01:48	02:44	01:53:10
Age 72	Pace Cum	11:06	11:41	12:02	12:35	12:54	13:12	13:32	13:50	14:06	14:26	14:47	15:08	15:33	15:48	16:23	16:35
Group M70-79	Pace Delta	11:06	12:24	12:42	14:27	14:04	14:54	15:18	16:18	16:03	17:38	18:01	19:30	20:08	19:16	23:58	20:02
Overall-Group	Position	133-1	153-1	161-1	167-1	167-1	174-1	172-1	174-1	157-1	152-1	139-1	138-1	128-1	123-1	125-1	130-2
Pieron, Stephen M (NC)	Time of Day	0:07:06	0:08:04	0:09:12	0:10:17	0:11:35	0:12:49	0:14:12	0:15:31	0:17:00	0:18:15	0:19:49	0:21:14	0:23:09	1:00:55	1:02:55	1:04:36:54
	Time Cum	01:06	02:04	03:12	04:17	05:35	06:49	08:12	09:31	11:00	12:15	13:49	15:14	17:09	18:55	20:55	22:36:54
22	Time Delta	01:06	00:58	01:07	01:05	01:17	01:14	01:22	01:19	01:28	01:15	01:33	01:25	01:54	01:46	01:59	01:41:54
Age 41	Pace Cum	09:38	09:57	09:55	10:17	10:31	10:55	11:06	11:25	11:37	11:46	11:57	12:12	12:34	12:59	13:18	13:34
Group M40-49	Pace Delta	09:38	10:21	09:52	11:33	11:21	13:11	12:03	14:00	12:59	13:19	13:41	15:09	16:42	18:56	17:22	18:02
Overall-Group	Position	45-13	60-17	56-16	63-18	62-17	68-17	67-18	70-19	57-16	55-13	46-11	44-10	45-10	49-12	54-14	53-13

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Plant, James (NC)	Time of Day	0:07:26	0:08:38	0:10:07	0:11:22	0:12:53	0:14:10	0:16:46	0:18:23								
225	Time Cum	01:26	02:38	04:07	05:22	06:53	08:10	10:46	12:23								
Age 48	Time Delta	01:26	01:12	01:28	01:15	01:30	01:17	02:35	01:37								
Group M40-49	Pace Cum	12:33	12:39	12:46	12:53	12:58	13:04	14:34	14:52								
Overall-Group	Pace Delta	12:33	12:46	12:59	13:19	13:15	13:38	22:46	17:17								
Overall-Group	Position	208-54	202-52	193-51	182-48	171-45	167-43	210-49	214-49								
Portera, Anthony (NY)	Time of Day	0:07:08	0:08:10	0:09:22	0:10:25	0:11:42	0:12:49	0:14:12	0:15:24	0:16:49	0:18:01	0:19:32	0:20:56	0:22:45	1:00:20	1:02:14	1:03:46:08
226	Time Cum	01:08	02:10	03:22	04:25	05:42	06:49	08:12	09:24	10:49	12:01	13:32	14:56	16:45	18:20	20:14	21:46:08
Age 42	Time Delta	01:08	01:02	01:11	01:03	01:16	01:07	01:22	01:12	01:24	01:12	01:30	01:24	01:48	01:35	01:53	01:32:08
Group M40-49	Pace Cum	09:56	10:25	10:26	10:37	10:44	10:56	11:06	11:17	11:25	11:33	11:43	11:58	12:17	12:34	12:52	13:04
Overall-Group	Pace Delta	09:56	11:01	10:28	11:14	11:11	12:02	11:59	12:49	12:21	12:55	13:08	15:02	15:46	16:51	16:37	16:18
Overall-Group	Position	75-24	90-26	84-25	80-23	70-20	69-17	67-18	64-17	48-13	46-12	41-10	40-9	39-9	39-9	40-9	39-8
Prather, Antonette (NC)	Time of Day	0:07:07	0:08:07	0:09:21	0:10:30	0:11:53	0:13:14	0:14:45	0:16:02	0:17:26	0:18:44	0:20:18	0:21:47	0:23:36	1:01:02	1:02:46	1:04:22:34
227	Time Cum	01:07	02:07	03:21	04:30	05:53	07:14	08:45	10:02	11:26	12:44	14:18	15:47	17:36	19:02	20:46	22:22:34
Age 43	Time Delta	01:07	01:00	01:13	01:09	01:22	01:21	01:30	01:17	01:23	01:18	01:33	01:29	01:49	01:26	01:43	01:36:34
Group F40-49	Pace Cum	09:47	10:14	10:23	10:49	11:05	11:35	11:50	12:03	12:04	12:14	12:22	12:38	12:54	13:04	13:12	13:26
Overall-Group	Pace Delta	09:47	10:47	10:40	12:17	12:04	14:23	13:15	13:39	12:15	13:57	13:36	15:45	15:55	15:24	15:02	17:05
Overall-Group	Position	60-4	77-5	78-6	91-7	88-7	93-7	94-7	95-7	71-4	72-4	62-4	60-4	58-3	54-2	45-2	46-2
Preble, Timothy (NC)	Time of Day	0:07:29	0:08:36	0:10:06	0:11:16	0:12:50	0:14:10	0:17:23	0:19:00	0:21:18	0:23:11	1:01:40	1:03:27	1:05:26	1:07:06	1:09:16	1:10:58:10
228	Time Cum	01:29	02:36	04:06	05:16	06:50	08:10	11:23	13:00	15:18	17:11	19:40	21:27	23:26	25:06	27:16	28:58:10
Age 39	Time Delta	01:29	01:07	01:29	01:10	01:33	01:20	03:12	01:37	02:17	01:53	02:28	01:47	01:58	01:40	02:09	01:42:10
Group M30-39	Pace Cum	13:00	12:33	12:43	12:39	12:52	13:04	15:24	15:36	16:09	16:31	17:01	17:10	17:11	17:13	17:20	17:23
Overall-Group	Pace Delta	13:00	12:01	13:01	12:27	13:41	14:10	28:10	17:12	20:07	20:09	21:38	18:58	17:21	17:48	18:53	18:05
Overall-Group	Position	226-49	194-47	186-45	169-44	165-44	168-44	231-52	230-52	198-46	194-46	182-44	179-44	164-40	160-39	154-36	152-36
Prescott, Walt (GA)	Time of Day	0:07:07	0:08:09	0:09:22	0:10:31	0:11:58	0:13:16	0:14:51	0:16:16	0:18:01	0:19:33	0:21:46	0:23:32	1:01:26	1:03:22	1:05:32	1:07:23:08
59	Time Cum	01:07	02:09	03:22	04:31	05:58	07:16	08:51	10:16	12:01	13:33	15:46	17:32	19:26	21:22	23:32	25:23:08
Age 59	Time Delta	01:07	01:02	01:12	01:09	01:26	01:18	01:34	01:25	01:44	01:32	02:12	01:46	01:53	01:56	02:09	01:51:08
Group M50-59	Pace Cum	09:47	10:21	10:26	10:52	11:14	11:39	11:58	12:20	12:41	13:01	13:38	14:02	14:15	14:40	14:58	15:14
Overall-Group	Pace Delta	09:47	11:02	10:37	12:21	12:35	13:58	13:45	15:07	15:16	16:21	19:21	18:46	16:38	20:42	18:51	19:40
Overall-Group	Position	60-10	79-10	84-10	94-11	92-14	97-14	104-14	109-14	100-13	103-14	106-16	110-17	102-17	103-16	97-15	97-16
Quarles, Georganna (FL)	Time of Day	0:07:06	0:08:09	0:09:19	0:10:25	0:11:44	0:12:54	0:14:17	0:15:35	0:17:21	0:18:42	0:20:23	0:21:51	0:23:45	1:01:15	1:03:08	1:04:42:40
229	Time Cum	01:06	02:09	03:19	04:25	05:44	06:54	08:17	09:35	11:21	12:42	14:23	15:51	17:45	19:15	21:08	22:42:40
Age 59	Time Delta	01:06	01:03	01:09	01:06	01:18	01:10	01:22	01:18	01:45	01:21	01:40	01:28	01:53	01:30	01:52	01:34:40
Group F50-59	Pace Cum	09:38	10:22	10:17	10:37	10:48	11:03	11:12	11:31	11:59	12:12	12:27	12:41	13:01	13:12	13:26	13:38
Overall-Group	Pace Delta	09:38	11:14	10:09	11:45	11:29	12:31	12:01	13:55	15:23	14:29	14:38	15:39	16:35	16:01	16:25	16:45
Overall-Group	Position	45-1	80-1	69-1	79-1	76-1	77-1	73-1	75-1	65-1	69-1	64-1	64-1	62-2	59-1	56-1	57-1
Quarterman, Carolyn (NC)	Time of Day	0:07:33	0:08:56	0:10:37	0:12:07	0:13:59	0:15:34	0:17:29	0:19:09	0:21:28	0:23:27	1:01:55	1:03:36	1:05:59	1:07:48	1:09:59	1:11:45:32
230	Time Cum	01:33	02:56	04:37	06:07	07:59	09:34	11:29	13:09	15:28	17:27	19:55	21:36	23:59	25:48	27:59	29:45:32
Age 48	Time Delta	01:33	01:23	01:40	01:30	01:51	01:35	01:54	01:40	02:18	01:59	02:27	01:41	02:22	01:49	02:10	01:46:32
Group F40-49	Pace Cum	13:35	14:05	14:19	14:42	15:02	15:20	15:32	15:47	16:19	16:46	17:14	17:17	17:35	17:42	17:48	17:51
Overall-Group	Pace Delta	13:35	14:42	14:45	16:02	16:15	16:58	16:40	17:48	20:13	21:12	21:29	18:01	20:46	19:26	19:00	18:51
Overall-Group	Position	245-25	249-25	247-26	248-25	243-25	242-25	233-24	231-24	200-20	196-19	184-19	181-18	168-18	167-18	161-17	160-17

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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
Ramey, Matt (NC)	Time of Day	0:07:10	0:08:05	0:09:19	0:10:22	0:11:47	0:13:00	0:14:29	0:15:46	0:17:22	0:18:43	0:20:37	0:22:08				
	Time Cum	01:10	02:05	03:19	04:22	05:47	07:00	08:29	09:46	11:22	12:43	14:37	16:08				
231	Time Delta	01:10	00:55	01:13	01:03	01:24	01:13	01:28	01:17	01:35	01:21	01:53	01:31				
Age 35	Pace Cum	10:13	10:02	10:17	10:30	10:54	11:13	11:29	11:43	12:00	12:13	12:39	12:54				
Group M30-39	Pace Delta	10:13	09:48	10:45	11:16	12:19	13:01	12:55	13:39	13:59	14:26	16:34	16:07				
Overall-Group	Position	90-28	65-22	69-24	74-25	80-27	84-27	83-28	84-29	66-24	71-25	75-26	75-26				
Ramsey, Chris (GA)	Time of Day	0:06:57	0:07:43	0:08:38	0:09:25	0:10:23	0:11:13	0:12:23	0:13:29	0:14:49	0:16:00	0:17:29	0:18:43				
	Time Cum	00:57	01:43	02:38	03:25	04:23	05:13	06:23	07:29	08:49	10:00	11:29	12:43				
8	Time Delta	00:57	00:46	00:54	00:47	00:57	00:50	01:09	01:06	01:19	01:11	01:28	01:14				
Age 32	Pace Cum	08:19	08:16	08:10	08:13	08:15	08:21	08:38	09:00	09:18	09:36	09:56	10:11				
Group M30-39	Pace Delta	08:19	08:11	08:00	08:25	08:24	08:53	10:11	11:50	11:33	12:35	12:58	13:10				
Overall-Group	Position	14-8	10-5	9-5	10-6	9-6	8-5	8-5	10-5	8-5	12-6	16-8	17-9				
<u>Rapp,</u> <u>Kimberly (NY)</u>	Time of Day	0:07:26	0:08:39	0:10:03	0:11:22	0:12:52	0:14:13	0:15:44	0:17:12	0:18:50	0:20:24	0:22:15	0:23:57	1:01:57	1:03:51	1:06:01	1:07:35:57
	Time Cum	01:26	02:39	04:03	05:22	06:52	08:13	09:44	11:12	12:50	14:24	16:15	17:57	19:57	21:51	24:01	25:35:57
232	Time Delta	01:26	01:13	01:23	01:19	01:29	01:21	01:30	01:28	01:37	01:34	01:50	01:42	01:59	01:54	02:09	01:34:57
Age 48	Pace Cum	12:33	12:44	12:33	12:54	12:56	13:10	13:10	13:27	13:33	13:50	14:04	14:22	14:37	14:59	15:16	15:22
Group F40-49	Pace Delta	12:33	12:57	12:14	14:05	13:04	14:31	13:08	15:43	14:12	16:45	16:07	18:08	17:27	20:18	18:52	16:48
Overall-Group	Position	208-18	205-17	175-12	185-13	168-13	173-13	162-13	164-14	139-9	137-10	124-8	121-7	109-6	107-6	105-6	102-6
Ray, Ashby (NC)	Time of Day	0:07:11	0:08:15	0:09:33	0:10:40	0:12:04	0:13:13	0:14:44	0:15:57	0:17:26	0:18:40	0:20:09	0:21:33	0:23:09	1:00:30	1:02:41	1:04:13:04
	Time Cum	01:11	02:15	03:33	04:40	06:04	07:13	08:44	09:57	11:26	12:40	14:09	15:33	17:09	18:30	20:41	22:13:04
233	Time Delta	01:11	01:04	01:17	01:07	01:23	01:09	01:30	01:13	01:28	01:14	01:28	01:24	01:35	01:21	02:10	01:32:04
Age 40	Pace Cum	10:22	10:51	11:00	11:14	11:26	11:34	11:49	11:58	12:04	12:10	12:15	12:27	12:34	12:41	13:09	13:20
Group M40-49	Pace Delta	10:22	11:27	11:18	12:02	12:07	12:22	13:09	13:05	12:52	13:10	12:56	14:56	13:58	14:22	19:06	16:18
Overall-Group	Position	97-27	107-28	107-29	104-29	101-27	91-25	91-24	90-23	71-20	65-18	55-14	52-12	45-10	44-10	44-10	44-9
Recore, Brian (CA)	Time of Day	0:07:08	0:08:10	0:09:22	0:10:25	0:11:42	0:12:50	0:14:12	0:15:24	0:16:49	0:18:02	0:19:32	0:20:57	0:22:45	1:00:20	1:02:14	1:03:42:00
	Time Cum	01:08	02:10	03:22	04:25	05:42	06:50	08:12	09:24	10:49	12:02	13:32	14:57	16:45	18:20	20:14	21:42:00
234	Time Delta	01:08	01:02	01:11	01:03	01:16	01:08	01:22	01:12	01:24	01:13	01:29	01:25	01:47	01:35	01:53	01:28:00
Age 37	Pace Cum	09:56	10:25	10:26	10:37	10:44	10:56	11:06	11:17	11:25	11:33	11:43	11:58	12:17	12:34	12:52	13:01
Group M30-39	Pace Delta	09:56	11:02	10:28	11:14	11:10	12:02	11:58	12:49	12:21	12:56	13:08	15:07	15:42	16:52	16:36	15:35
Overall-Group	Position	75-22	91-30	84-28	81-28	70-24	70-24	67-22	64-22	48-18	47-18	41-17	41-17	39-16	40-16	40-15	37-16
Reedy, Kevin (NY)	Time of Day	0:07:19	0:08:28	0:09:44	0:10:52	0:12:07	0:13:15	0:14:40	0:15:59	0:17:43	0:19:06	0:20:55	0:22:25	1:00:23	1:01:59	1:04:00	1:05:43:18
	Time Cum	01:19	02:28	03:44	04:52	06:07	07:15	08:40	09:59	11:43	13:06	14:55	16:25	18:23	19:59	22:00	23:43:18
235	Time Delta	01:19	01:09	01:15	01:08	01:14	01:08	01:24	01:19	01:43	01:23	01:48	01:30	01:57	01:36	02:00	01:43:18
Age 37	Pace Cum	11:32	11:51	11:35	11:43	11:31	11:37	11:43	11:59	12:22	12:35	12:54	13:08	13:29	13:42	13:59	14:14
Group M30-39	Pace Delta	11:32	12:15	11:04	12:11	10:50	12:10	12:18	14:02	15:08	14:51	15:47	15:57	17:12	17:04	17:36	18:17
Overall-Group	Position	162-44	157-43	136-42	137-41	104-35	95-30	87-30	91-30	87-31	88-31	82-29	81-29	76-26	77-26	75-25	78-26
<u>Renouf,</u> <u>Gay (SK)</u>	Time of Day	0:07:16	0:08:23	0:09:42	0:10:48	0:12:09	0:13:18	0:14:40	0:15:55	0:17:26	0:18:46	0:20:24	0:21:51	0:23:43	1:01:18	1:03:13	1:04:51:38
	Time Cum	01:16	02:23	03:42	04:48	06:09	07:18	08:40	09:55	11:26	12:46	14:24	15:51	17:43	19:18	21:13	22:51:38
236	Time Delta	01:16	01:07	01:18	01:06	01:20	01:09	01:21	01:15	01:30	01:20	01:37	01:27	01:51	01:35	01:54	01:38:38
Age 52	Pace Cum	11:06	11:27	11:28	11:33	11:35	11:41	11:43	11:54	12:04	12:16	12:28	12:41	12:59	13:14	13:30	13:43
Group F50-59	Pace Delta	11:06	11:53	11:30	11:49	11:42	12:13	11:58	13:17	13:17	14:12	14:16	15:27	16:18	16:55	16:42	17:27
Overall-Group	Position	133-5	137-5	134-4	129-4	107-3	101-3	87-2	88-2	71-2	75-2	65-2	63-1	60-1	60-2	58-2	60-2

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Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<u>Rice,</u>	Time of Day	0:07:08	0:08:07	0:09:21	0:10:26	0:11:47	0:12:58	0:14:47	0:16:20	0:18:12	0:19:39	0:21:32	0:23:19	1:03:07	1:04:56	1:07:17	1:08:52:27
<u>Rita (NC)</u>	Time Cum	01:08	02:07	03:21	04:26	05:47	06:58	08:47	10:20	12:12	13:39	15:32	17:19	21:07	22:56	25:17	26:52:27
237	Time Delta	01:08	00:59	01:13	01:05	01:20	01:11	01:48	01:33	01:51	01:27	01:52	01:47	03:47	01:49	02:20	01:35:27
Age 46	Pace Cum	09:56	10:14	10:23	10:40	10:54	11:09	11:53	12:25	12:53	13:07	13:26	13:51	15:29	15:44	16:05	16:07
Group F40-49	Pace Delta	09:56	10:36	10:40	11:37	11:44	12:34	15:55	16:37	16:13	15:29	16:26	18:58	33:16	19:23	20:31	16:54
Overall-Group	Position	75-7	76-5	78-6	83-6	80-6	81-6	97-8	119-10	107-7	107-7	100-7	101-6	126-9	122-9	118-9	117-10
Rich,	Time of Day	0:07:29	0:08:46	0:10:20	0:11:42	0:13:21	0:14:48	0:16:35	0:18:19	0:20:34	0:22:28	1:00:32	1:02:28	1:04:47	1:06:51	1:09:07	1:11:11:12
Jerry (SC)	Time Cum	01:29	02:46	04:20	05:42	07:21	08:48	10:35	12:19	14:34	16:28	18:32	20:28	22:47	24:51	27:07	29:11:12
238	Time Delta	01:29	01:17	01:33	01:22	01:38	01:27	01:46	01:44	02:14	01:54	02:03	01:56	02:18	02:04	02:15	02:04:12
Age 60	Pace Cum	13:00	13:18	13:26	13:42	13:51	14:05	14:19	14:47	15:22	15:49	16:02	16:23	16:42	17:03	17:15	17:31
Group M60-69	Pace Delta	13:00	13:40	13:41	14:35	14:24	15:27	15:35	18:26	19:41	20:14	18:03	20:39	20:12	22:05	19:45	21:59
Overall-Group	Position	226-9	234-10	229-10	227-9	218-8	214-8	201-9	206-9	185-7	184-7	169-6	169-6	157-6	155-6	151-6	155-6
Riopel,	Time of Day	0:07:05	0:08:00	0:09:03	0:09:58	0:11:02	0:11:56	0:13:02	0:13:58	0:15:07	0:16:06	0:17:16	0:18:14	0:19:29	0:20:37	0:21:51	0:22:55:45
Rich (NJ)	Time Cum	01:05	02:00	03:03	03:58	05:02	05:56	07:02	07:58	09:07	10:06	11:16	12:14	13:29	14:37	15:51	16:55:45
239	Time Delta	01:05	00:55	01:02	00:55	01:03	00:54	01:05	00:56	01:08	00:59	01:09	00:58	01:14	01:08	01:13	01:04:45
Age 39	Pace Cum	09:29	09:36	09:27	09:33	09:29	09:31	09:31	09:34	09:37	09:42	09:45	09:47	09:53	10:01	10:05	10:09
Group M30-39	Pace Delta	09:29	09:44	09:12	09:54	09:12	09:41	09:32	10:02	09:58	10:33	10:07	10:18	10:55	12:03	10:48	11:28
Overall-Group	Position	40-17	41-17	39-16	34-16	29-13	26-11	26-11	26-10	19-9	17-8	10-6	8-5	8-5	7-4	6-3	6-3
Ripmaster,	Time of Day	0:07:10	0:08:09	0:09:21	0:10:19	0:11:34	0:12:41	0:14:04	0:15:17	0:16:53	0:18:12	0:19:47	0:21:09	0:22:47	1:00:08	1:01:55	1:03:24:32
Peter (NC)	Time Cum	01:10	02:09	03:21	04:19	05:34	06:41	08:04	09:17	10:53	12:12	13:47	15:09	16:47	18:08	19:55	21:24:32
240	Time Delta	01:10	00:59	01:11	00:58	01:14	01:07	01:22	01:13	01:35	01:19	01:34	01:22	01:37	01:21	01:46	01:29:32
Age 36	Pace Cum	10:13	10:23	10:23	10:23	10:29	10:42	10:55	11:09	11:29	11:43	11:56	12:07	12:18	12:27	12:40	12:51
Group M30-39	Pace Delta	10:13	10:35	10:24	10:24	10:50	11:52	12:07	12:57	13:59	14:00	13:52	14:31	14:18	14:28	15:31	15:51
Overall-Group	Position	90-28	87-26	78-27	67-24	59-22	58-21	56-19	57-20	52-20	52-21	45-19	43-18	41-17	35-13	34-14	34-14
Roehlk,	Time of Day	0:07:15	0:08:28	0:10:01	0:11:24	0:13:03	0:14:29	0:16:14	0:17:46								
Thomas (FL)	Time Cum	01:15	02:28	04:01	05:24	07:03	08:29	10:14	11:46								
241	Time Delta	01:15	01:13	01:32	01:23	01:38	01:26	01:44	01:32								
Age 62	Pace Cum	10:57	11:53	12:27	13:00	13:17	13:34	13:51	14:08								
Group M60-69	Pace Delta	10:57	13:00	13:31	14:51	14:19	15:14	15:19	16:23								
Overall-Group	Position	126-4	158-6	170-6	187-6	185-7	183-7	178-7	179-7								
Rogers,	Time of Day	0:07:22	0:08:34	0:10:04	0:11:16	0:13:08	0:14:59										
Jason (GA)	Time Cum	01:22	02:34	04:04	05:16	07:08	08:59										
242	Time Delta	01:22	01:12	01:29	01:12	01:51	01:51										
Age 41	Pace Cum	11:58	12:21	12:37	12:40	13:26	14:23										
Group M40-49	Pace Delta	11:58	12:49	13:05	12:52	16:15	19:40										
Overall-Group	Position	182-47	182-48	180-46	171-44	192-48	225-52										
Roman,	Time of Day	0:07:07	0:07:59	0:09:02	0:09:56	0:11:02	0:11:58	0:13:04	0:14:03	0:15:11	0:16:11	0:17:24	0:18:30	0:19:50	0:21:02	0:22:24	0:23:37:35
Chris (FL)	Time Cum	01:07	01:59	03:02	03:56	05:02	05:58	07:04	08:03	09:11	10:11	11:24	12:30	13:50	15:02	16:24	17:37:35
243	Time Delta	01:07	00:52	01:02	00:54	01:05	00:56	01:05	00:59	01:07	01:00	01:12	01:06	01:19	01:12	01:21	01:13:35
Age 43	Pace Cum	09:47	09:36	09:24	09:29	09:29	09:34	09:34	09:40	09:42	09:47	09:52	10:01	10:08	10:19	10:26	10:35
Group M40-49	Pace Delta	09:47	09:22	09:04	09:43	09:30	10:01	09:33	10:31	09:52	10:44	10:34	11:50	11:33	12:45	11:58	13:01
Overall-Group	Position	60-20	40-10	33-9	30-8	29-8	27-7	27-7	27-7	20-5	18-5	14-4	14-4	15-4	14-4	13-4	13-4

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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
Rosa, John (NY)	Time of Day	0:07:06	0:08:02	0:09:10	0:10:08	0:11:20	0:12:23	0:13:53	0:15:07								
244	Time Cum	01:06	02:02	03:10	04:08	05:20	06:23	07:53	09:07								
	Time Delta	01:06	00:56	01:07	00:58	01:11	01:03	01:29	01:14								
Age 52	Pace Cum	09:38	09:48	09:49	09:56	10:03	10:14	10:40	10:57								
Group M50-59	Pace Delta	09:38	10:00	09:52	10:21	10:26	11:16	13:02	13:10								
Overall-Group	Position	45-6	47-6	47-6	50-6	45-6	43-5	48-8	50-8								
Rozanski, III, John J (IL)	Time of Day	0:07:59	0:09:44	0:11:48	0:13:45	0:16:03	0:18:06	0:20:38	0:22:52								
45	Time Cum	01:59	03:44	05:48	07:45	10:03	12:06	14:38	16:52								
	Time Delta	01:59	01:45	02:03	01:57	02:17	02:03	02:31	02:14								
Age 65	Pace Cum	17:22	17:57	17:59	18:37	18:56	19:23	19:48	20:15								
Group M60-69	Pace Delta	17:22	18:39	18:03	20:45	20:07	21:54	22:05	23:45								
Overall-Group	Position	263-16	263-16	263-16	263-16	260-16	260-16	257-16	257-16								
<u>Rozanski, Susan (IL)</u>	Time of Day	0:07:43	0:09:09	0:10:52	0:12:24	0:14:25	0:16:15	0:18:33	0:20:24	0:22:46	1:01:14						
44	Time Cum	01:43	03:09	04:52	06:24	08:25	10:15	12:33	14:24	16:46	19:14						
	Time Delta	01:43	01:26	01:42	01:32	02:00	01:50	02:17	01:51	02:21	02:28						
Age 59	Pace Cum	15:02	15:12	15:05	15:22	15:51	16:24	16:59	17:17	17:42	18:29						
Group F50-59	Pace Delta	15:02	15:23	14:54	16:20	17:37	19:29	20:08	19:41	20:42	26:22						
Overall-Group	Position	259-18	259-18	257-18	255-18	250-18	251-18	249-18	247-18	205-16	203-16						
Ryan, JR, Stephen (NC)	Time of Day	0:06:57	0:07:47	0:08:48	0:09:38	0:10:42	0:11:37	0:12:47	0:13:42	0:14:50	0:15:48	0:16:59	0:17:59	0:19:09	0:20:09	0:21:33	0:22:46:37
245	Time Cum	00:57	01:47	02:48	03:38	04:42	05:37	06:47	07:42	08:50	09:48	10:59	11:59	13:09	14:09	15:33	16:46:37
	Time Delta	00:57	00:50	01:00	00:50	01:03	00:55	01:09	00:55	01:07	00:58	01:10	01:00	01:09	01:00	01:23	01:13:37
Age 55	Pace Cum	08:19	08:38	08:41	08:44	08:51	09:00	09:11	09:16	09:19	09:25	09:30	09:36	09:38	09:43	09:53	10:04
Group M50-59	Pace Delta	08:19	09:00	08:47	08:53	09:19	09:47	10:11	09:54	09:48	10:25	10:14	10:44	10:08	10:42	12:11	13:02
Overall-Group	Position	14-3	16-3	17-3	16-3	16-3	15-3	15-3	14-3	10-2	7-1	6-1	6-1	5-1	4-1	4-1	4-1
Sauerbrey, Joe (NC)	Time of Day	0:07:00	0:07:56	0:08:57	0:09:59	0:11:15	0:12:31	0:14:07	0:15:21								
247	Time Cum	01:00	01:56	02:57	03:59	05:15	06:31	08:07	09:21								
	Time Delta	01:00	00:56	01:00	01:02	01:15	01:16	01:35	01:14								
Age 33	Pace Cum	08:46	09:17	09:09	09:36	09:53	10:27	10:59	11:13								
Group M30-39	Pace Delta	08:46	09:55	08:54	11:07	10:58	13:33	13:56	13:06								
Overall-Group	Position	22-11	30-13	26-10	37-17	37-17	52-18	59-20	60-21								
Savage, Jonathan (NC)	Time of Day	0:07:02	0:07:57	0:09:00	0:10:00	0:11:09	0:12:13	0:13:28	0:14:37	0:16:01	0:17:32						
11	Time Cum	01:02	01:57	03:00	04:00	05:09	06:13	07:28	08:37	10:01	11:32						
	Time Delta	01:02	00:55	01:02	01:00	01:08	01:04	01:14	01:09	01:23	01:31						
Age 46	Pace Cum	09:03	09:24	09:18	09:37	09:42	09:58	10:06	10:21	10:34	11:05						
Group M40-49	Pace Delta	09:03	09:50	09:07	10:43	10:00	11:26	10:51	12:22	12:08	16:15						
Overall-Group	Position	31-9	35-9	31-8	38-10	34-10	35-10	35-11	34-10	33-9	36-9						
Schactman, Brian (NJ)	Time of Day	0:07:08	0:08:03	0:09:08	0:10:09	0:11:23	0:12:32	0:13:58	0:15:08	0:17:27	0:18:42	0:20:36	0:22:01	1:01:01	1:02:23	1:03:51	1:05:14:00
248	Time Cum	01:08	02:03	03:08	04:09	05:23	06:32	07:58	09:08	11:27	12:42	14:36	16:01	19:01	20:23	21:51	23:14:00
	Time Delta	01:08	00:55	01:04	01:01	01:13	01:09	01:25	01:10	02:18	01:15	01:53	01:25	02:59	01:22	01:27	01:23:00
Age 44	Pace Cum	09:56	09:53	09:43	10:00	10:08	10:28	10:47	10:58	12:05	12:12	12:38	12:49	13:56	13:59	13:54	13:56
Group M40-49	Pace Delta	09:56	09:49	09:25	10:57	10:40	12:21	12:27	12:30	20:12	13:19	16:36	15:11	26:10	14:35	12:47	14:41
Overall-Group	Position	75-24	51-15	46-14	51-13	47-12	53-13	52-14	51-14	74-21	67-20	71-18	69-17	91-22	83-20	74-17	69-17

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Schlereth, Joe (NC) 34 Age 63 Group M60-69 Overall-Group	Time of Day	0:07:07	0:08:11	0:09:25	0:10:26	0:11:39	0:12:41	0:13:56	0:14:59	0:16:38	0:17:50	0:19:34	0:20:48	0:22:34	0:23:52	1:01:42	1:03:07:41
	Time Cum	01:07	02:11	03:25	04:26	05:39	06:41	07:56	08:59	10:38	11:50	13:34	14:48	16:34	17:52	19:42	21:07:41
	Time Delta	01:07	01:04	01:13	01:01	01:12	01:02	01:14	01:03	01:38	01:12	01:43	01:14	01:45	01:18	01:49	01:25:41
	Pace Cum	09:47	10:32	10:36	10:40	10:39	10:42	10:44	10:48	11:13	11:22	11:44	11:51	12:09	12:15	12:32	12:41
	Pace Delta	09:47	11:27	10:42	10:54	10:34	10:59	10:56	11:18	14:19	12:49	15:08	13:14	15:22	13:48	16:03	15:10
	Position	60-1	94-1	94-1	82-1	69-1	59-1	51-1	48-1	46-1	44-1	43-1	37-1	35-1	32-1	31-1	32-1
	Overall-Group	Position	60-1	94-1	94-1	82-1	69-1	59-1	51-1	48-1	46-1	44-1	43-1	37-1	35-1	32-1	31-1
Scott, Jesse (MI) 249 Age 25 Group M20-29 Overall-Group	Time of Day	0:07:12	0:08:10	0:09:19	0:10:23	0:11:35	0:12:47	0:14:00	0:15:10	0:16:37	0:18:08						
	Time Cum	01:12	02:10	03:19	04:23	05:35	06:47	08:00	09:10	10:37	12:08						
	Time Delta	01:12	00:58	01:08	01:04	01:11	01:12	01:12	01:10	01:26	01:31						
	Pace Cum	10:31	10:27	10:17	10:33	10:31	10:52	10:49	11:01	11:12	11:40						
	Pace Delta	10:31	10:23	09:58	11:29	10:23	12:53	10:33	12:29	12:38	16:16						
	Position	100-8	92-8	69-7	77-8	62-7	66-7	54-7	52-7	45-7	48-7						
	Overall-Group	Position	100-8	92-8	69-7	77-8	62-7	66-7	54-7	52-7	45-7	48-7					
Scott, Ricky (VA) 250 Age 55 Group M50-59 Overall-Group	Time of Day	0:07:13	0:08:11	0:09:24	0:10:41	0:12:19	0:13:46	0:15:26	0:17:04	0:19:34	0:21:14	0:23:31	1:01:16	1:04:11	1:06:06	1:08:10	1:09:49:02
	Time Cum	01:13	02:11	03:24	04:41	06:19	07:46	09:26	11:04	13:34	15:14	17:31	19:16	22:11	24:06	26:10	27:49:02
	Time Delta	01:13	00:58	01:12	01:17	01:37	01:27	01:39	01:38	02:29	01:40	02:16	01:45	02:54	01:55	02:03	01:39:02
	Pace Cum	10:39	10:30	10:33	11:15	11:54	12:26	12:46	13:18	14:19	14:38	15:09	15:25	16:16	16:32	16:38	16:41
	Pace Delta	10:39	10:20	10:36	13:38	14:18	15:24	14:36	17:29	21:47	17:48	19:55	18:42	25:27	20:26	18:02	17:32
	Position	110-15	93-13	92-12	105-15	133-22	142-24	139-22	157-26	160-26	158-27	150-26	144-24	142-23	138-22	133-22	131-22
	Overall-Group	Position	110-15	93-13	92-12	105-15	133-22	142-24	139-22	157-26	160-26	158-27	150-26	144-24	142-23	138-22	133-22
Scott, Robert (CT) 252 Age 58 Group M50-59 Overall-Group	Time of Day	0:07:13	0:08:15	0:09:32	0:10:44	0:12:21	0:13:42	0:15:26	0:16:52	0:18:55	0:20:27	0:22:48	1:00:42	1:03:07	1:05:08	1:07:31	1:09:07:56
	Time Cum	01:13	02:15	03:32	04:44	06:21	07:42	09:26	10:52	12:55	14:27	16:48	18:42	21:07	23:08	25:31	27:07:56
	Time Delta	01:13	01:02	01:16	01:12	01:36	01:21	01:43	01:26	02:02	01:32	02:20	01:54	02:24	02:01	02:22	01:36:56
	Pace Cum	10:39	10:51	10:57	11:24	11:58	12:20	12:46	13:03	13:38	13:53	14:32	14:58	15:29	15:52	16:14	16:17
	Pace Delta	10:39	11:06	11:08	12:54	14:02	14:27	15:05	15:19	17:53	16:27	20:27	20:18	21:04	21:27	20:51	17:09
	Position	110-15	108-16	101-16	116-19	137-24	137-22	139-22	145-22	144-21	138-21	135-22	134-23	126-22	124-21	122-21	120-21
	Overall-Group	Position	110-15	108-16	101-16	116-19	137-24	137-22	139-22	145-22	144-21	138-21	135-22	134-23	126-22	124-21	122-21
<u>Scott,</u> <u>Sharon (VA)</u> 251 Age 52 Group F50-59 Overall-Group	Time of Day	0:07:29	0:08:45	0:10:22	0:11:46	0:13:37	0:15:17	0:17:15	0:18:52	0:20:55	0:22:35	1:00:37	1:02:22	1:04:42	1:06:43	1:08:34	1:09:55:18
	Time Cum	01:29	02:45	04:22	05:46	07:37	09:17	11:15	12:52	14:55	16:35	18:37	20:22	22:42	24:43	26:34	27:55:18
	Time Delta	01:29	01:16	01:36	01:24	01:50	01:40	01:57	01:37	02:02	01:40	02:01	01:45	02:19	02:01	01:50	01:21:18
	Pace Cum	13:00	13:14	13:32	13:51	14:21	14:51	15:13	15:28	15:45	15:56	16:06	16:18	16:38	16:57	16:54	16:45
	Pace Delta	13:00	13:31	14:07	14:53	16:11	17:43	17:13	17:21	17:49	17:52	17:40	18:38	20:24	21:34	16:05	14:23
	Position	226-13	226-12	233-13	234-14	234-15	235-15	228-15	227-15	192-14	186-13	172-11	166-11	156-9	152-9	138-9	135-8
	Overall-Group	Position	226-13	226-12	233-13	234-14	234-15	235-15	228-15	227-15	192-14	186-13	172-11	166-11	156-9	152-9	138-9
Self, John (NC) 253 Age 38 Group M30-39 Overall-Group	Time of Day	0:07:29	0:08:42	0:10:21	0:11:37	0:13:23	0:15:01	0:17:10	0:18:44	0:21:00	0:22:41	1:00:39	1:02:22	1:04:49	1:07:02	1:09:01	1:10:52:24
	Time Cum	01:29	02:42	04:21	05:37	07:23	09:01	11:10	12:44	15:00	16:41	18:39	20:22	22:49	25:02	27:01	28:52:24
	Time Delta	01:29	01:13	01:38	01:16	01:45	01:38	02:08	01:34	02:15	01:41	01:57	01:43	02:26	02:13	01:58	01:51:24
	Pace Cum	13:00	13:02	13:29	13:31	13:55	14:26	15:06	15:17	15:50	16:02	16:08	16:18	16:44	17:10	17:11	17:19
	Pace Delta	13:00	13:06	14:19	13:37	15:20	17:22	18:49	16:39	19:51	18:01	17:06	18:17	21:25	23:36	17:20	19:43
	Position	226-49	217-50	231-51	223-51	224-51	227-51	227-51	223-51	194-45	190-45	174-43	167-43	158-39	158-38	150-35	150-34
	Overall-Group	Position	226-49	217-50	231-51	223-51	224-51	227-51	227-51	223-51	194-45	190-45	174-43	167-43	158-39	158-38	150-35
<u>Sergeant,</u> <u>Kimberley A (TX)</u> 10 Age 54 Group F50-59 Overall-Group	Time of Day	0:07:32	0:08:50	0:10:26	0:11:48	0:13:29	0:15:01	0:16:49	0:18:26	0:20:44	0:22:41	1:00:55	1:02:55	1:05:18	1:07:09	1:09:20	1:11:10:47
	Time Cum	01:32	02:50	04:26	05:48	07:29	09:01	10:49	12:26	14:44	16:41	18:55	20:55	23:18	25:09	27:20	29:10:47
	Time Delta	01:32	01:18	01:35	01:22	01:40	01:32	01:47	01:37	02:17	01:57	02:13	02:00	02:22	01:51	02:10	01:50:47
	Pace Cum	13:26	13:39	13:45	13:57	14:06	14:26	14:38	14:56	15:33	16:01	16:22	16:44	17:05	17:15	17:23	17:30
	Pace Delta	13:26	13:54	13:56	14:38	14:39	16:18	15:45	17:19	20:01	20:46	19:31	21:16	20:51	19:43	19:04	19:36
	Position	240-15	240-14	236-14	238-15	228-14	226-14	216-14	216-14	189-13	189-14	177-14	175-14	163-10	161-10	155-10	154-10
	Overall-Group	Position	240-15	240-14	236-14	238-15	228-14	226-14	216-14	216-14	189-13	189-14	177-14	175-14	163-10	161-10	155-10

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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>Seymour</u>	Time of Day	0:07:21	0:08:35	0:10:06	0:11:29	0:13:14	0:14:57	0:17:04	0:19:10								
<u>Margaret (VA)</u>	Time Cum	01:21	02:35	04:06	05:29	07:14	08:57	11:04	13:10								
254	Time Delta	01:21	01:14	01:30	01:23	01:44	01:43	02:06	02:06								
Age 26	Pace Cum	11:49	12:28	12:43	13:10	13:38	14:20	14:58	15:49								
Group F20-29	Pace Delta	11:49	13:14	13:10	14:43	15:19	18:20	18:28	22:25								
Overall-Group	Position	171-4	188-5	186-5	199-5	203-5	224-5	225-5	233-5								
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Sharp,	Time of Day	0:07:13	0:08:09	0:09:17	0:10:14	0:11:50	0:13:01	0:14:36	0:15:40	0:18:35	0:20:08	0:22:25	0:23:57	1:02:37	1:04:13	1:06:22	1:07:47:36
Jason (VA)	Time Cum	01:13	02:09	03:17	04:14	05:50	07:01	08:36	09:40	12:35	14:08	16:25	17:57	20:37	22:13	24:22	25:47:36
255	Time Delta	01:13	00:56	01:07	00:57	01:35	01:11	01:34	01:04	02:54	01:33	02:16	01:32	02:39	01:36	02:08	01:25:36
Age 33	Pace Cum	10:39	10:22	10:11	10:12	10:59	11:15	11:38	11:37	13:17	13:34	14:12	14:22	15:07	15:15	15:30	15:29
Group M30-39	Pace Delta	10:39	10:01	09:50	10:16	13:52	12:42	13:45	11:29	25:25	16:32	19:56	16:21	23:18	17:09	18:42	15:09
Overall-Group	Position	110-34	84-26	65-23	59-22	86-28	86-28	86-29	80-27	126-39	126-38	130-38	120-38	118-33	113-32	107-29	106-29
<hr/>																	
Shellhamer,	Time of Day	0:06:56	0:07:45	0:08:44	0:09:34	0:10:37	0:11:31	0:12:34	0:13:32	0:14:49	0:15:55	0:17:11	0:18:19	0:19:41	0:20:56	0:22:31	0:23:45:04
Troy (KY)	Time Cum	00:56	01:45	02:44	03:34	04:37	05:31	06:34	07:32	08:49	09:55	11:11	12:19	13:41	14:56	16:31	17:45:04
6	Time Delta	00:56	00:49	00:58	00:50	01:02	00:54	01:02	00:58	01:16	01:06	01:15	01:08	01:21	01:15	01:34	01:14:04
Age 32	Pace Cum	08:11	08:27	08:29	08:36	08:42	08:50	08:53	09:03	09:18	09:32	09:41	09:51	10:02	10:15	10:30	10:39
Group M30-39	Pace Delta	08:11	08:46	08:32	09:00	09:05	09:38	09:08	10:19	11:12	11:48	11:00	12:05	11:56	13:20	13:49	13:07
Overall-Group	Position	8-4	14-7	14-8	13-7	14-8	14-8	11-6	13-7	8-5	9-5	9-5	11-6	11-6	12-6	14-6	15-7
<hr/>																	
<u>Shepherd</u>	Time of Day	0:07:25	0:08:41	0:10:09	0:11:25	0:13:07	0:14:41	0:16:35	0:18:47								
<u>Stephanie (NC)</u>	Time Cum	01:25	02:41	04:09	05:25	07:07	08:41	10:35	12:47								
256	Time Delta	01:25	01:16	01:27	01:16	01:41	01:34	01:53	02:12								
Age 38	Pace Cum	12:25	12:53	12:52	13:02	13:24	13:55	14:19	15:21								
Group F30-39	Pace Delta	12:25	13:28	12:50	13:37	14:45	16:48	16:31	23:25								
Overall-Group	Position	198-17	211-19	196-17	191-15	189-14	197-15	201-17	225-19								
<hr/>																	
Shepherd,	Time of Day	0:07:00	0:07:52	0:09:02	0:10:14												
Steve (NC)	Time Cum	01:00	01:52	03:02	04:14												
257	Time Delta	01:00	00:52	01:09	01:12												
Age 44	Pace Cum	08:46	09:01	09:24	10:12												
Group M40-49	Pace Delta	08:46	09:19	10:08	12:54												
Overall-Group	Position	22-6	25-7	33-9	58-15												
<hr/>																	
<u>Shields</u>	Time of Day	0:07:09	0:08:09	0:09:21	0:10:25	0:11:43	0:12:53	0:14:19	0:15:33	0:17:04	0:18:21	0:19:59	0:21:21	0:23:03	1:00:26	1:02:07	1:03:32:17
<u>Maria (MD)</u>	Time Cum	01:09	02:09	03:21	04:25	05:43	06:53	08:19	09:33	11:04	12:21	13:59	15:21	17:03	18:26	20:07	21:32:17
258	Time Delta	01:09	01:00	01:11	01:04	01:17	01:10	01:25	01:14	01:30	01:17	01:37	01:22	01:41	01:23	01:40	01:25:17
Age 62	Pace Cum	10:04	10:22	10:23	10:37	10:46	11:02	11:15	11:28	11:41	11:51	12:06	12:17	12:30	12:39	12:48	12:55
Group F60-69	Pace Delta	10:04	10:43	10:26	11:23	11:21	12:34	12:25	13:06	13:17	13:38	14:18	14:34	14:51	14:43	14:43	15:06
Overall-Group	Position	85-1	83-1	78-1	78-1	74-1	76-1	74-1	74-1	59-1	58-1	51-1	48-1	44-1	43-1	38-1	35-1
<hr/>																	
Shuping,	Time of Day	0:07:28	0:08:40	0:10:10	0:11:25	0:12:53	0:14:13	0:15:36	0:16:45	0:18:29	0:19:58	0:21:56	0:23:38				
Ryan (NC)	Time Cum	01:28	02:40	04:10	05:25	06:53	08:13	09:36	10:45	12:29	13:58	15:56	17:38				
260	Time Delta	01:28	01:12	01:29	01:15	01:27	01:20	01:22	01:09	01:43	01:29	01:57	01:42				
Age 33	Pace Cum	12:51	12:51	12:55	13:02	12:58	13:09	12:59	12:55	13:11	13:25	13:47	14:07				
Group M30-39	Pace Delta	12:51	12:52	13:02	13:24	12:45	14:14	12:04	12:21	15:04	15:52	17:08	18:08				
Overall-Group	Position	222-48	206-49	200-47	190-46	171-45	170-45	153-44	136-39	121-36	119-36	112-35	115-35				

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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>Siegel,</u> <u>Mary (GA)</u>	Time of Day	0:07:10	0:08:09	0:09:19	0:10:22	0:11:42	0:12:51	0:14:10	0:15:15	0:16:35	0:17:43	0:19:05	0:20:22	0:22:27	1:00:04	1:02:00	1:03:46:20
261	Time Cum	01:10	02:09	03:19	04:22	05:42	06:51	08:10	09:15	10:35	11:43	13:05	14:22	16:27	18:04	20:00	21:46:20
Age 41	Time Delta	01:10	00:59	01:09	01:03	01:19	01:09	01:18	01:05	01:19	01:08	01:21	01:17	02:04	01:37	01:55	01:46:20
Group F40-49	Pace Cum	10:13	10:22	10:17	10:29	10:44	10:59	11:03	11:06	11:10	11:15	11:19	11:30	12:04	12:23	12:43	13:04
Overall-Group	Pace Delta	10:13	10:34	10:07	11:11	11:39	12:20	11:26	11:30	11:41	12:08	11:53	13:40	18:13	17:12	16:54	18:49
	Position	90-9	86-7	69-5	72-5	70-5	73-5	61-4	56-4	42-1	42-1	33-1	31-1	34-1	34-1	36-1	40-1
<u>Simmons,</u> <u>Dane (SC)</u>	Time of Day	0:07:07	0:08:04	0:09:10	0:10:07	0:11:15	0:12:19	0:13:34	0:14:38	0:15:55	0:17:01	0:18:23	0:19:32	0:21:01	0:22:16	0:23:51	1:01:13:22
262	Time Cum	01:07	02:04	03:10	04:07	05:15	06:19	07:34	08:38	09:55	11:01	12:23	13:32	15:01	16:16	17:51	19:13:22
Age 27	Time Delta	01:07	00:57	01:05	00:57	01:07	01:04	01:14	01:04	01:16	01:06	01:21	01:09	01:28	01:15	01:34	01:22:22
Group M20-29	Pace Cum	09:47	09:57	09:49	09:53	09:53	10:07	10:14	10:22	10:28	10:35	10:43	10:50	11:00	11:10	11:21	11:32
Overall-Group	Pace Delta	09:47	10:09	09:35	10:06	09:55	11:22	10:55	11:23	11:12	11:47	11:54	12:14	12:59	13:26	13:44	14:35
	Position	60-3	57-3	47-3	46-4	37-4	40-4	38-4	37-4	29-4	28-4	23-4	22-4	20-3	20-3	20-3	21-4
<u>Sisk,</u> <u>Rebecca (NC)</u>	Time of Day	0:07:26	0:08:37	0:10:12	0:11:35	0:13:10	0:14:48	0:16:36	0:18:19	0:20:16	0:21:59	1:00:28	1:02:15	1:04:17	1:06:08	1:08:34	1:10:42:29
263	Time Cum	01:26	02:37	04:12	05:35	07:10	08:48	10:36	12:19	14:16	15:59	18:28	20:15	22:17	24:08	26:34	28:42:29
Age 39	Time Delta	01:26	01:11	01:34	01:23	01:34	01:38	01:47	01:43	01:56	01:43	02:28	01:47	02:01	01:51	02:25	02:08:29
Group F30-39	Pace Cum	12:33	12:35	13:01	13:24	13:30	14:05	14:20	14:48	15:03	15:22	15:59	16:13	16:20	16:33	16:54	17:13
Overall-Group	Pace Delta	12:33	12:36	13:50	14:43	13:51	17:22	15:45	18:20	16:59	18:24	21:36	19:04	17:42	19:41	21:17	22:44
	Position	208-21	195-17	209-19	213-19	196-16	213-18	204-18	207-17	178-15	174-14	167-13	163-13	146-10	140-10	138-10	144-11
<u>Skara,</u> <u>Mike (NJ)</u>	Time of Day	0:07:17	0:08:23	0:09:46	0:10:54	0:12:14	0:13:25	0:15:01	0:16:19	0:17:57	0:19:12	0:20:57	0:22:27	1:00:28	1:02:04	1:04:05	1:05:48:53
264	Time Cum	01:17	02:23	03:46	04:54	06:14	07:25	09:01	10:19	11:57	13:12	14:57	16:27	18:28	20:04	22:05	23:48:53
Age 41	Time Delta	01:17	01:06	01:22	01:08	01:19	01:11	01:35	01:18	01:37	01:15	01:44	01:30	02:00	01:36	02:00	01:43:53
Group M40-49	Pace Cum	11:14	11:31	11:41	11:47	11:45	11:53	12:12	12:24	12:37	12:41	12:56	13:10	13:32	13:46	14:03	14:17
Overall-Group	Pace Delta	11:14	11:51	11:59	12:06	11:37	12:42	13:54	13:56	14:12	13:25	15:12	16:05	17:32	17:03	17:37	18:23
	Position	145-34	141-34	143-37	140-36	124-31	114-29	119-29	115-26	98-25	92-22	84-20	83-19	80-18	78-17	78-19	79-20
<u>Smith,</u> <u>Mike (IN)</u>	Time of Day	0:07:07	0:08:09	0:09:22	0:10:31	0:11:48	0:13:01	0:14:24	0:15:37	0:17:06	0:18:21	0:19:56	0:21:23	0:23:01	1:00:25	1:01:47	1:02:54:52
36	Time Cum	01:07	02:09	03:22	04:31	05:48	07:01	08:24	09:37	11:06	12:21	13:56	15:23	17:01	18:25	19:47	20:54:52
Age 55	Time Delta	01:07	01:02	01:12	01:09	01:16	01:13	01:22	01:13	01:28	01:15	01:34	01:27	01:37	01:24	01:21	01:07:52
Group M50-59	Pace Cum	09:47	10:21	10:26	10:52	10:56	11:14	11:22	11:33	11:43	11:52	12:03	12:19	12:28	12:38	12:35	12:33
Overall-Group	Pace Delta	09:47	11:01	10:37	12:20	11:08	13:01	12:02	13:04	12:53	13:21	13:48	15:26	14:17	15:01	11:51	12:01
	Position	60-10	78-10	84-10	92-11	82-12	85-12	79-12	78-11	61-8	59-8	49-7	49-7	43-6	42-6	33-5	28-5
<u>Smith,</u> <u>Vince (NC)</u>	Time of Day	0:07:13	0:08:20	0:09:39	0:10:51	0:12:23	0:13:44	0:15:28	0:16:46	0:18:32	0:19:49	0:21:46	0:23:00	1:00:38	1:01:50	1:03:23	1:04:38:42
265	Time Cum	01:13	02:20	03:39	04:51	06:23	07:44	09:28	10:46	12:32	13:49	15:46	17:00	18:38	19:50	21:23	22:38:42
Age 34	Time Delta	01:13	01:07	01:18	01:12	01:31	01:21	01:43	01:18	01:45	01:17	01:56	01:14	01:37	01:12	01:32	01:15:42
Group M30-39	Pace Cum	10:39	11:15	11:19	11:40	12:02	12:23	12:48	12:56	13:14	13:16	13:38	13:36	13:40	13:37	13:36	13:35
Overall-Group	Pace Delta	10:39	11:58	11:26	12:52	13:20	14:21	15:10	13:54	15:24	13:44	16:59	13:09	14:16	12:53	13:28	13:24
	Position	110-34	128-38	125-38	134-39	141-40	141-40	144-41	138-40	125-38	114-35	106-33	96-32	81-29	74-25	63-20	54-18
<u>Southgate,</u> <u>Henry (WI)</u>	Time of Day	0:06:52	0:07:37	0:08:29	0:09:15	0:10:12	0:11:00	0:11:59	0:12:52	0:14:08	0:15:11	0:16:25	0:17:28	0:18:51			
46	Time Cum	00:52	01:37	02:29	03:15	04:12	05:00	05:59	06:52	08:08	09:11	10:25	11:28	12:51			
Age 31	Time Delta	00:52	00:45	00:51	00:46	00:56	00:48	00:58	00:53	01:15	01:03	01:13	01:03	01:22			
Group M30-39	Pace Cum	07:35	07:47	07:42	07:50	07:55	08:01	08:06	08:15	08:35	08:50	09:01	09:11	09:25			
Overall-Group	Pace Delta	07:35	08:02	07:32	08:16	08:13	08:34	08:33	09:26	11:03	11:16	10:43	11:19	11:59			
	Position	5-2	5-2	4-2	4-2	3-1	3-1	4-1	5-2	3-2	3-2	2-2	2-2	3-3			

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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) 266 Age 42 Group M40-49 Overall-Group	Time of Day	0:07:06	0:08:03	0:09:13	0:10:15	0:11:34	0:12:43	0:14:11	0:15:25	0:16:58	0:18:21	0:20:13	0:21:41	0:23:28	1:00:58	1:02:53	1:04:25:06
	Time Cum	01:06	02:03	03:13	04:15	05:34	06:43	08:11	09:25	10:58	12:21	14:13	15:41	17:28	18:58	20:53	22:25:06
	Time Delta	01:06	00:57	01:09	01:02	01:18	01:09	01:27	01:14	01:32	01:23	01:51	01:28	01:46	01:30	01:54	01:32:06
	Pace Cum	09:38	09:53	09:58	10:14	10:29	10:46	11:04	11:18	11:34	11:52	12:18	12:33	12:48	13:01	13:17	13:27
	Pace Delta	09:38	10:10	10:09	11:07	11:25	12:21	12:44	13:09	13:32	14:48	16:16	15:35	15:36	16:02	16:42	16:18
	Position	45-13	50-15	60-17	60-16	59-15	61-16	64-17	66-18	56-15	60-16	58-16	56-15	51-14	51-14	53-13	47-10
	<hr/>																
Spencer, Jeffrey (MD) 267 Age 38 Group M30-39 Overall-Group	Time of Day	0:06:54	0:07:40	0:08:36	0:09:22	0:10:21	0:11:18	0:12:42	0:13:47								
	Time Cum	00:54	01:40	02:36	03:22	04:21	05:18	06:42	07:47								
	Time Delta	00:54	00:46	00:55	00:46	00:58	00:57	01:23	01:05								
	Pace Cum	07:53	08:02	08:04	08:07	08:12	08:29	09:04	09:21								
	Pace Delta	07:53	08:14	08:06	08:17	08:30	10:09	12:13	11:38								
	Position	7-3	7-3	8-4	7-4	8-5	10-6	14-8	17-8								
	<hr/>																
Sprouse, Tom (NC) 43 Age 71 Group M70-79 Overall-Group	Time of Day	0:07:30	0:08:45	0:10:17	0:11:35	0:13:12	0:14:39	0:16:27	0:17:55	0:20:03	0:21:42	1:00:14	1:02:01	1:04:10	1:05:58	1:08:06	1:09:37:28
	Time Cum	01:30	02:45	04:17	05:35	07:12	08:39	10:27	11:55	14:03	15:42	18:14	20:01	22:10	23:58	26:06	27:37:28
	Time Delta	01:30	01:15	01:31	01:18	01:36	01:27	01:47	01:28	02:07	01:39	02:31	01:47	02:08	01:48	02:07	01:31:28
	Pace Cum	13:08	13:16	13:17	13:26	13:34	13:51	14:08	14:19	14:50	15:05	15:47	16:01	16:15	16:26	16:36	16:34
	Pace Delta	13:08	13:25	13:19	13:56	14:03	15:25	15:45	15:45	18:33	17:41	22:04	19:03	18:45	19:11	18:38	16:11
	Position	236-3	227-3	226-3	215-2	200-2	193-2	186-2	187-2	169-2	161-2	162-2	157-2	141-2	135-2	132-2	127-1
	<hr/>																
Squier, III, William C (NC) 31 Age 70 Group M70-79 Overall-Group	Time of Day	0:07:27	0:08:44	0:10:16	0:11:37	0:13:21	0:14:51	0:16:43	0:18:17	0:20:14	0:21:59	1:00:26	1:02:20	1:04:30	1:06:31	1:08:37	1:10:19:32
	Time Cum	01:27	02:44	04:16	05:37	07:21	08:51	10:43	12:17	14:14	15:59	18:26	20:20	22:30	24:31	26:37	28:19:32
	Time Delta	01:27	01:17	01:31	01:21	01:43	01:30	01:51	01:34	01:56	01:45	02:26	01:54	02:09	02:01	02:05	01:42:32
	Pace Cum	12:42	13:10	13:14	13:31	13:51	14:10	14:30	14:45	15:01	15:21	15:57	16:16	16:30	16:49	16:56	17:00
	Pace Delta	12:42	13:45	13:20	14:29	15:04	15:57	16:20	16:41	17:02	18:41	21:23	20:15	18:55	21:25	18:24	18:09
	Position	216-2	223-2	219-2	221-3	218-3	215-3	208-3	204-3	177-3	173-3	165-3	165-3	152-3	151-3	142-3	137-3
	<hr/>																
<u>Squier,</u> <u>Sally (NC)</u> 30 Age 70 Group F70-79 Overall-Group	Time of Day	0:07:28	0:08:40	0:10:10	0:11:25	0:13:17	0:14:47	0:16:48	0:18:28	0:20:18	0:22:10	1:00:35	1:02:40	1:05:08	1:07:16	1:09:43	1:11:52:00
	Time Cum	01:28	02:40	04:10	05:25	07:17	08:47	10:48	12:28	14:18	16:10	18:35	20:40	23:08	25:16	27:43	29:52:00
	Time Delta	01:28	01:12	01:29	01:15	01:51	01:30	02:00	01:40	01:49	01:52	02:24	02:05	02:27	02:08	02:26	02:09:00
	Pace Cum	12:51	12:52	12:55	13:01	13:43	14:03	14:37	14:58	15:06	15:32	16:05	16:32	16:57	17:20	17:38	17:55
	Pace Delta	12:51	12:53	13:02	13:23	16:16	15:56	17:40	17:45	16:01	19:54	21:06	22:08	21:36	22:44	21:24	22:50
	Position	222-1	209-1	200-1	189-1	208-1	212-1	214-1	217-1	179-1	180-1	171-1	171-1	162-1	162-1	159-1	161-1
	<hr/>																
Squires, Chris (NC) 100 Age 47 Group M40-49 Overall-Group	Time of Day	0:06:58	0:07:49	0:08:52	0:09:48	0:10:57	0:12:01	0:13:23	0:14:45	0:16:09	0:17:37	0:19:03	0:20:26	0:22:17	0:23:48	1:01:30	1:03:04:57
	Time Cum	00:58	01:49	02:52	03:48	04:57	06:01	07:23	08:45	10:09	11:37	13:03	14:26	16:17	17:48	19:30	21:04:57
	Time Delta	00:58	00:51	01:02	00:56	01:08	01:04	01:21	01:22	01:23	01:28	01:25	01:23	01:50	01:31	01:41	01:34:57
	Pace Cum	08:28	08:47	08:53	09:09	09:19	09:38	09:59	10:31	10:43	11:09	11:17	11:33	11:56	12:13	12:24	12:39
	Pace Delta	08:28	09:10	09:05	10:01	09:59	11:22	11:56	14:40	12:08	15:35	12:33	14:49	16:06	16:13	14:48	16:48
	Position	17-4	19-5	21-6	25-7	25-7	28-8	31-8	43-12	34-10	38-10	31-8	33-8	31-8	31-8	30-7	31-6
	<hr/>																
Stanley, Aaron (PA) 268 Age 30 Group M30-39 Overall-Group	Time of Day	0:07:18	0:08:25	0:09:54	0:11:16	0:13:00	0:14:33	0:16:35	0:18:18	0:20:30	0:22:11	1:00:27	1:02:06	1:04:19	1:06:09	1:08:40	1:10:33:22
	Time Cum	01:18	02:25	03:54	05:16	07:00	08:33	10:35	12:18	14:30	16:11	18:27	20:06	22:19	24:09	26:40	28:33:22
	Time Delta	01:18	01:07	01:29	01:22	01:43	01:33	02:01	01:43	02:11	01:41	02:15	01:39	02:12	01:50	02:30	01:53:22
	Pace Cum	11:23	11:36	12:06	12:38	13:11	13:42	14:19	14:46	15:18	15:33	15:58	16:05	16:22	16:34	16:57	17:08
	Pace Delta	11:23	11:52	13:00	14:31	15:11	16:38	17:40	18:21	19:10	18:00	19:45	17:36	19:21	19:36	21:56	20:04
	Position	154-42	149-42	162-43	168-44	179-46	188-47	201-48	205-49	183-44	181-44	166-42	158-42	147-38	141-35	145-33	141-32
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2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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
Sroupe, Matthew (AZ) 269 Age 41 Group M40-49 Overall-Group	Time of Day	0:07:21	0:08:28	0:10:03	0:11:22	0:13:11	0:14:40	0:16:51	0:18:25	0:20:38	0:22:20	1:00:34	1:02:15	1:04:37	1:06:27	1:08:25	1:10:00:27
	Time Cum	01:21	02:28	04:03	05:22	07:11	08:40	10:51	12:25	14:38	16:20	18:34	20:15	22:37	24:27	26:25	28:00:27
	Time Delta	01:21	01:07	01:34	01:19	01:48	01:29	02:10	01:34	02:12	01:42	02:13	01:41	02:21	01:50	01:57	01:35:27
	Pace Cum	11:49	11:54	12:33	12:53	13:32	13:53	14:41	14:55	15:27	15:41	16:04	16:12	16:35	16:47	16:48	16:48
	Pace Delta	11:49	12:00	13:45	14:00	15:54	15:51	19:02	16:47	19:18	18:07	19:31	17:54	20:43	19:37	17:06	16:54
Overall-Group	Position	171-44	162-40	175-44	181-48	198-50	196-50	218-50	215-50	187-42	183-41	170-38	161-37	154-36	150-35	135-33	136-33
<u>Studer,</u> <u>Joanne (VA)</u> 270 Age 55 Group F50-59 Overall-Group	Time of Day	0:07:21	0:08:34	0:10:12	0:11:33	0:13:15	0:14:42	0:16:33	0:18:07	0:20:12	0:21:49	0:23:56	1:01:53				
	Time Cum	01:21	02:34	04:12	05:33	07:15	08:42	10:33	12:07	14:12	15:49	17:56	19:53				
	Time Delta	01:21	01:13	01:37	01:21	01:41	01:27	01:50	01:34	02:04	01:37	02:06	01:57				
	Pace Cum	11:49	12:22	13:01	13:19	13:39	13:56	14:16	14:32	14:59	15:11	15:31	15:55				
	Pace Delta	11:49	13:02	14:12	14:21	14:52	15:32	16:05	16:39	18:15	17:15	18:28	20:45				
Overall-Group	Position	171-8	184-9	209-11	208-11	206-11	199-11	196-13	197-12	175-10	168-9	153-8					
<u>Stypula,</u> <u>Elaine (MI)</u> 271 Age 47 Group F40-49 Overall-Group	Time of Day	0:07:12	0:08:15	0:09:32	0:10:40	0:11:59	0:13:14	0:14:41	0:15:54	0:17:27	0:18:45	0:20:28	0:22:01	0:23:57	1:01:34	1:03:26	1:05:00:36
	Time Cum	01:12	02:15	03:32	04:40	05:59	07:14	08:41	09:54	11:27	12:45	14:28	16:01	17:57	19:34	21:26	23:00:36
	Time Delta	01:12	01:03	01:16	01:08	01:18	01:15	01:26	01:13	01:32	01:18	01:42	01:33	01:55	01:37	01:51	01:34:36
	Pace Cum	10:31	10:50	10:57	11:13	11:16	11:35	11:45	11:54	12:05	12:15	12:31	12:49	13:09	13:25	13:38	13:48
	Pace Delta	10:31	11:13	11:11	12:08	11:27	13:19	12:40	13:04	13:27	13:56	14:56	16:32	16:52	17:17	16:15	16:45
Overall-Group	Position	100-10	104-10	101-10	103-10	94-8	92-7	89-6	87-6	74-5	74-5	66-5	68-5	70-4	70-4	66-4	64-3
Sullivan, Jim (FL) 61 Age 61 Group M60-69 Overall-Group	Time of Day	0:07:29	0:08:43	0:10:16	0:11:37	0:13:21	0:14:52	0:16:47	0:18:23								
	Time Cum	01:29	02:43	04:16	05:37	07:21	08:52	10:47	12:23								
	Time Delta	01:29	01:14	01:32	01:21	01:43	01:31	01:54	01:36								
	Pace Cum	13:00	13:05	13:14	13:29	13:51	14:11	14:35	14:52								
	Pace Delta	13:00	13:12	13:30	14:22	15:09	16:07	16:46	17:06								
Overall-Group	Position	226-9	220-8	219-8	218-8	218-8	217-9	211-10	212-10								
Sweeney, Jim (NY) 5 Age 31 Group M30-39 Overall-Group	Time of Day	0:06:57	0:07:43	0:08:38	0:09:23	0:10:17	0:11:04	0:11:59	0:12:45	0:13:42	0:14:30	0:15:30	0:16:26	0:17:53	0:19:11	0:20:17	0:21:21:00
	Time Cum	00:57	01:43	02:38	03:23	04:17	05:04	05:59	06:45	07:42	08:30	09:30	10:26	11:53	13:11	14:17	15:21:00
	Time Delta	00:57	00:46	00:54	00:45	00:54	00:47	00:54	00:46	00:56	00:48	00:59	00:56	01:26	01:18	01:05	01:04:00
	Pace Cum	08:19	08:16	08:10	08:07	08:04	08:08	08:06	08:07	08:08	08:10	08:13	08:21	08:43	09:03	09:05	09:13
	Pace Delta	08:19	08:11	07:59	07:58	07:53	08:28	07:55	08:14	08:15	08:33	08:43	10:02	12:36	13:55	09:32	11:20
Overall-Group	Position	14-8	11-5	9-5	8-5	6-3	5-2	4-1	3-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1
Swendsen, Vincent (NC) 47 Age 50 Group M50-59 Overall-Group	Time of Day	0:07:29	0:08:45	0:10:16	0:11:37	0:13:12	0:14:39	0:16:27	0:17:57	0:20:03	0:22:41	1:01:02	1:03:16	1:06:04	1:07:28	1:09:21	1:10:51:41
	Time Cum	01:29	02:45	04:16	05:37	07:12	08:39	10:27	11:57	14:03	16:41	19:02	21:16	24:04	25:28	27:21	28:51:41
	Time Delta	01:29	01:16	01:30	01:21	01:34	01:27	01:47	01:30	02:05	02:38	02:20	02:14	02:47	01:24	01:52	01:30:41
	Pace Cum	13:00	13:17	13:14	13:29	13:34	13:51	14:08	14:21	14:50	16:01	16:28	17:01	17:39	17:28	17:24	17:19
	Pace Delta	13:00	13:37	13:09	14:20	13:52	15:30	15:41	15:58	18:22	28:01	20:32	23:48	24:27	14:53	16:29	16:03
Overall-Group	Position	226-36	232-36	219-36	217-35	200-34	195-33	186-31	189-31	169-28	188-30	179-27	176-26	170-27	163-24	156-24	149-24
<u>Taylor,</u> <u>Meredith (NC)</u> 272 Age 33 Group F30-39 Overall-Group	Time of Day	0:07:14	0:08:20	0:09:39	0:10:47	0:12:19	0:13:31	0:14:57	0:16:10								
	Time Cum	01:14	02:20	03:39	04:47	06:19	07:31	08:57	10:10								
	Time Delta	01:14	01:06	01:18	01:08	01:31	01:12	01:25	01:13								
	Pace Cum	10:48	11:14	11:19	11:30	11:54	12:02	12:06	12:13								
	Pace Delta	10:48	11:45	11:28	12:06	13:23	12:49	12:30	13:05								
Overall-Group	Position	120-6	127-6	125-6	125-6	133-8	129-7	110-6	107-6								

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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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Thomas, Charles (NY)	Time of Day	0:07:22	0:08:32	0:10:06	0:11:20	0:13:08	0:14:42	0:16:43	0:18:19								
273	Time Cum	01:22	02:32	04:06	05:20	07:08	08:42	10:43	12:19								
Age 49	Time Delta	01:22	01:10	01:33	01:14	01:47	01:34	02:00	01:36								
Group M40-49	Pace Cum	11:58	12:13	12:43	12:49	13:26	13:56	14:30	14:48								
Overall-Group	Pace Delta	11:58	12:30	13:38	13:11	15:42	16:47	17:33	17:08								
	Position	182-47	173-44	186-49	179-46	192-48	200-51	208-48	208-48								
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Thompson, Blake (AL)	Time of Day	0:07:09	0:08:06	0:09:10	0:10:05	0:11:29	0:12:37	0:14:19	0:15:39	0:17:38	0:18:59						
14	Time Cum	01:09	02:06	03:10	04:05	05:29	06:37	08:19	09:39	11:38	12:59						
Age 32	Time Delta	01:09	00:57	01:03	00:55	01:23	01:08	01:41	01:20	01:58	01:21						
Group M30-39	Pace Cum	10:04	10:07	09:49	09:49	10:20	10:35	11:15	11:35	12:17	12:28						
Overall-Group	Pace Delta	10:04	10:09	09:17	09:47	12:13	12:03	14:53	14:10	17:22	14:26						
	Position	85-25	67-23	47-19	41-18	55-20	56-20	74-24	79-26	83-29	80-28						
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<u>Tiska, Dale (NC)</u>	Time of Day	0:07:08	0:08:06	0:09:16	0:10:17	0:11:31	0:12:35	0:13:53	0:15:01								
49	Time Cum	01:08	02:06	03:16	04:17	05:31	06:35	07:53	09:01								
Age 49	Time Delta	01:08	00:58	01:09	01:01	01:13	01:04	01:17	01:08								
Group F40-49	Pace Cum	09:56	10:05	10:08	10:18	10:24	10:32	10:40	10:50								
Overall-Group	Pace Delta	09:56	10:17	10:12	10:53	10:44	11:23	11:21	12:10								
	Position	75-7	66-4	63-3	64-3	56-3	55-3	48-2	49-2								
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Triumph, Thomas (NJ)	Time of Day	0:07:18	0:08:24	0:09:47	0:10:57	0:12:18	0:13:32	0:15:00	0:16:17	0:17:46	0:19:03	0:20:36	0:21:57	0:23:36	1:00:59	1:02:52	1:04:16:22
48	Time Cum	01:18	02:24	03:47	04:57	06:18	07:32	09:00	10:17	11:46	13:03	14:36	15:57	17:36	18:59	20:52	22:16:22
Age 55	Time Delta	01:18	01:06	01:22	01:10	01:20	01:14	01:27	01:17	01:28	01:17	01:32	01:21	01:38	01:23	01:52	01:24:22
Group M50-59	Pace Cum	11:23	11:33	11:44	11:55	11:52	12:04	12:11	12:21	12:25	12:32	12:38	12:46	12:54	13:01	13:16	13:22
Overall-Group	Pace Delta	11:23	11:45	12:04	12:31	11:43	13:10	12:48	13:45	12:53	13:43	13:30	14:27	14:21	14:43	16:28	14:56
	Position	154-25	144-25	148-25	145-24	131-21	131-20	115-16	111-15	92-12	86-12	71-10	65-9	58-9	53-7	51-9	45-8
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<u>Tuite, Mandi (NC)</u>	Time of Day	0:07:00	0:07:53	0:08:58	0:09:59	0:11:15	0:12:20	0:13:39	0:14:43	0:16:09	0:17:22	0:19:11	0:20:33	0:22:38	1:00:01	1:01:55	1:03:16:20
274	Time Cum	01:00	01:53	02:58	03:59	05:15	06:20	07:39	08:43	10:09	11:22	13:11	14:33	16:38	18:01	19:55	21:16:20
Age 32	Time Delta	01:00	00:53	01:04	01:01	01:15	01:05	01:18	01:04	01:25	01:13	01:48	01:22	02:04	01:23	01:53	01:21:20
Group F30-39	Pace Cum	08:46	09:04	09:12	09:34	09:53	10:09	10:21	10:28	10:43	10:55	11:24	11:39	12:12	12:22	12:40	12:46
Overall-Group	Pace Delta	08:46	09:26	09:27	10:49	11:05	11:36	11:28	11:25	12:29	12:59	15:52	14:38	18:09	14:48	16:33	14:24
	Position	22-1	27-1	28-1	35-1	37-1	41-1	44-1	40-1	34-1	33-1	34-1	35-1	37-1	33-1	34-1	33-1
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Udis, Andy (NY)	Time of Day	0:07:16	0:08:25	0:09:47	0:11:02	0:12:35	0:14:00	0:15:40	0:17:11	0:19:03	0:20:32	0:22:21	0:23:56	1:01:47	1:03:28	1:05:26	1:07:16:10
275	Time Cum	01:16	02:25	03:47	05:02	06:35	08:00	09:40	11:11	13:03	14:32	16:21	17:56	19:47	21:28	23:26	25:16:10
Age 62	Time Delta	01:16	01:09	01:21	01:15	01:32	01:25	01:39	01:31	01:51	01:29	01:48	01:35	01:50	01:41	01:57	01:50:10
Group M60-69	Pace Cum	11:06	11:37	11:44	12:06	12:24	12:48	13:05	13:26	13:46	13:58	14:09	14:22	14:30	14:43	14:54	15:10
Overall-Group	Pace Delta	11:06	12:16	11:56	13:23	13:29	15:03	14:35	16:14	16:15	15:55	15:47	16:59	16:04	17:54	17:12	19:30
	Position	133-5	151-5	148-4	154-4	151-4	158-4	157-4	163-3	146-3	142-3	127-3	119-3	107-3	104-3	94-3	93-3
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Verma, Vishal (VA)	Time of Day	0:07:07	0:08:07	0:09:20	0:10:23	0:11:48	0:13:05	0:14:32	0:15:53	0:17:24	0:18:41	0:20:14	0:21:40	0:23:32	1:01:07	1:03:13	1:04:39:57
276	Time Cum	01:07	02:07	03:20	04:23	05:48	07:05	08:32	09:53	11:24	12:41	14:14	15:40	17:32	19:07	21:13	22:39:57
Age 41	Time Delta	01:07	01:00	01:12	01:03	01:24	01:17	01:26	01:21	01:30	01:17	01:32	01:26	01:51	01:35	02:05	01:26:57
Group M40-49	Pace Cum	09:47	10:14	10:20	10:33	10:56	11:21	11:33	11:52	12:02	12:11	12:19	12:33	12:51	13:07	13:30	13:36
Overall-Group	Pace Delta	09:47	10:47	10:32	11:17	12:18	13:47	12:34	14:26	13:13	13:45	13:28	15:23	16:13	16:59	18:15	15:23
	Position	60-20	75-24	77-22	76-22	82-22	89-24	84-21	85-21	70-19	66-19	59-17	55-14	55-16	56-16	58-16	55-14

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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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Viada, Alexander (NC)	Time of Day	0:07:16	0:08:28	0:10:06	0:11:30	0:13:01	0:14:29	0:16:30	0:18:16								
277	Time Cum	01:16	02:28	04:06	05:30	07:01	08:29	10:30	12:16								
	Time Delta	01:16	01:12	01:37	01:24	01:30	01:28	02:00	01:46								
Age 32	Pace Cum	11:06	11:53	12:43	13:12	13:13	13:34	14:12	14:44								
Group M30-39	Pace Delta	11:06	12:50	14:14	14:53	13:16	15:35	17:39	18:54								
Overall-Group	Position	133-40	159-43	186-45	201-47	180-47	184-46	191-46	203-48								
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Wahula, Ron (NC)	Time of Day	0:07:33	0:08:54	0:10:30	0:11:58	0:13:50	0:15:33	0:17:31	0:19:09	0:21:15	0:23:07	1:01:31	1:03:21	1:05:42	1:07:33	1:09:36	1:11:36:24
278	Time Cum	01:33	02:54	04:30	05:58	07:50	09:33	11:31	13:09	15:15	17:07	19:31	21:21	23:42	25:33	27:36	29:36:24
	Time Delta	01:33	01:21	01:35	01:28	01:51	01:43	01:57	01:38	02:05	01:52	02:23	01:50	02:20	01:51	02:02	02:00:24
Age 61	Pace Cum	13:35	13:59	13:57	14:20	14:45	15:18	15:35	15:47	16:06	16:26	16:53	17:05	17:22	17:32	17:33	17:46
Group M60-69	Pace Delta	13:35	14:30	13:53	15:39	16:18	18:22	17:07	17:27	18:19	19:54	20:58	19:32	20:32	19:48	17:50	21:19
Overall-Group	Position	245-12	245-12	244-11	241-11	238-11	240-11	234-11	232-11	197-8	193-8	180-7	177-7	167-7	165-7	158-7	158-7
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Warner, Jonathan (NY)	Time of Day	0:07:09	0:08:06	0:09:10	0:10:04	0:11:09	0:12:10	0:13:24	0:14:26	0:15:44	0:16:53	0:18:22	0:19:26	0:20:57	0:22:09	0:23:34	1:00:38:38
279	Time Cum	01:09	02:06	03:10	04:04	05:09	06:10	07:24	08:26	09:44	10:53	12:22	13:26	14:57	16:09	17:34	18:38:38
	Time Delta	01:09	00:57	01:03	00:54	01:04	01:01	01:13	01:02	01:17	01:09	01:28	01:04	01:30	01:12	01:24	01:04:38
Age 26	Pace Cum	10:04	10:07	09:49	09:47	09:42	09:53	10:01	10:07	10:16	10:28	10:42	10:45	10:58	11:05	11:10	11:11
Group M20-29	Pace Delta	10:04	10:09	09:17	09:39	09:24	10:53	10:44	10:59	11:23	12:21	12:53	11:28	13:10	12:49	12:21	11:26
Overall-Group	Position	85-6	67-7	47-3	40-3	34-3	34-3	33-3	31-3	23-3	24-3	21-3	21-3	19-2	18-2	18-2	18-2
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<u>Weaver, Caitlin (NC)</u>	Time of Day	0:07:23	0:08:50	0:10:39	0:12:23	0:14:30	0:16:14	0:18:28	0:20:36								
280	Time Cum	01:23	02:50	04:39	06:23	08:30	10:14	12:28	14:36								
	Time Delta	01:23	01:27	01:48	01:44	02:06	01:44	02:13	02:08								
Age 30	Pace Cum	12:07	13:39	14:25	15:21	16:01	16:24	16:52	17:32								
Group F30-39	Pace Delta	12:07	15:32	15:48	18:33	18:26	18:33	19:27	22:42								
Overall-Group	Position	193-16	241-22	251-22	254-22	251-22	250-22	246-22	249-22								
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Weidensaul, Dan (VA)	Time of Day	0:07:14	0:08:17	0:09:33	0:10:34	0:11:54	0:13:01	0:14:24	0:15:32	0:17:06	0:18:19	0:20:03	0:21:34	0:23:52	1:01:19	1:03:14	1:04:40:22
281	Time Cum	01:14	02:17	03:33	04:34	05:54	07:01	08:24	09:32	11:06	12:19	14:03	15:34	17:52	19:19	21:14	22:40:22
	Time Delta	01:14	01:03	01:15	01:01	01:19	01:07	01:22	01:08	01:33	01:13	01:43	01:31	02:17	01:27	01:54	01:26:22
Age 35	Pace Cum	10:48	11:00	11:00	10:59	11:07	11:15	11:22	11:27	11:43	11:50	12:09	12:28	13:06	13:15	13:30	13:36
Group M30-39	Pace Delta	10:48	11:14	11:01	10:56	11:34	12:00	12:00	12:12	13:35	13:05	15:03	16:13	20:03	15:29	16:43	15:17
Overall-Group	Position	120-37	115-35	107-33	95-31	89-29	87-28	79-27	73-24	61-23	57-22	52-20	53-21	64-22	61-20	60-19	56-19
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Welterlin, Sebastien (NM)	Time of Day	0:07:06	0:08:01	0:09:05	0:09:57	0:10:58	0:11:52	0:12:53	0:13:48	0:14:56	0:16:00	0:17:26	0:18:37	0:19:49	0:20:52	0:22:02	0:22:59:20
282	Time Cum	01:06	02:01	03:05	03:57	04:58	05:52	06:53	07:48	08:56	10:00	11:26	12:37	13:49	14:52	16:02	16:59:20
	Time Delta	01:06	00:55	01:03	00:52	01:00	00:54	01:00	00:55	01:07	01:04	01:25	01:11	01:11	01:03	01:09	00:57:20
Age 35	Pace Cum	09:38	09:45	09:34	09:31	09:21	09:24	09:19	09:22	09:26	09:37	09:54	10:06	10:08	10:12	10:12	10:12
Group M30-39	Pace Delta	09:38	09:52	09:14	09:22	08:46	09:39	08:50	09:48	09:53	11:28	12:26	12:37	10:28	11:17	10:06	10:09
Overall-Group	Position	45-18	44-18	40-17	32-14	26-10	24-10	22-9	20-9	11-7	13-6	15-7	15-7	14-7	10-5	9-5	7-4
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<u>White, Stephany (GA)</u>	Time of Day	0:07:33	0:08:51	0:10:26	0:11:44	0:13:23	0:14:45	0:16:32	0:18:02	0:20:27	0:22:06	1:00:48	1:02:53				
283	Time Cum	01:33	02:51	04:26	05:44	07:23	08:45	10:32	12:02	14:27	16:06	18:48	20:53				
	Time Delta	01:33	01:18	01:34	01:18	01:38	01:22	01:46	01:30	02:24	01:39	02:41	02:05				
Age 57	Pace Cum	13:35	13:41	13:45	13:48	13:55	14:01	14:15	14:28	15:15	15:28	16:16	16:43				
Group F50-59	Pace Delta	13:35	13:49	13:51	13:58	14:19	14:35	15:34	16:06	21:02	17:36	23:35	22:16				
Overall-Group	Position	245-16	242-15	236-14	230-13	224-13	207-12	195-12	194-10	182-11	176-11	176-13	174-12				

2013 Umstead 50/100 Mile Endurance Run -- 04/06/2013

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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Willimon, Charles (NC)	Time of Day	0:07:06	0:08:04	0:09:12	0:10:10	0:11:24	0:12:31	0:13:58	0:15:10	0:16:50	0:18:10	0:20:05	0:21:45	0:23:52	1:01:29	1:03:41	1:05:36:05
	Time Cum	01:06	02:04	03:12	04:10	05:24	06:31	07:58	09:10	10:50	12:10	14:05	15:45	17:52	19:29	21:41	23:36:05
285	Time Delta	01:06	00:58	01:07	00:58	01:13	01:07	01:26	01:12	01:39	01:20	01:54	01:40	02:06	01:37	02:11	01:55:05
Age 32	Pace Cum	09:38	09:55	09:55	10:01	10:10	10:26	10:47	11:01	11:26	11:41	12:11	12:37	13:06	13:22	13:47	14:10
Group M30-39	Pace Delta	09:38	10:16	09:55	10:21	10:44	11:54	12:40	12:55	14:27	14:13	16:44	17:52	18:24	17:17	19:11	20:22
Overall-Group	Position	45-18	53-20	56-20	52-19	50-18	50-18	52-18	53-18	51-19	51-20	53-21	57-22	64-22	67-23	70-24	76-24
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Worth, George (NY)	Time of Day	0:07:00	0:07:52	0:08:53	0:09:44	0:10:46	0:11:42	0:12:49	0:13:47	0:14:59	0:16:02	0:17:17	0:18:15	0:19:30	0:20:42	0:21:59	0:23:12:10
	Time Cum	01:00	01:52	02:53	03:44	04:46	05:42	06:49	07:47	08:59	10:02	11:17	12:15	13:30	14:42	15:59	17:12:10
24	Time Delta	01:00	00:52	01:00	00:51	01:01	00:56	01:06	00:58	01:11	01:03	01:14	00:58	01:14	01:12	01:16	01:13:10
Age 50	Pace Cum	08:46	09:00	08:56	08:59	08:59	09:08	09:13	09:22	09:29	09:38	09:46	09:49	09:54	10:05	10:10	10:19
Group M50-59	Pace Delta	08:46	09:19	08:49	09:10	08:56	10:02	09:40	10:26	10:22	11:15	10:52	10:24	10:50	12:50	11:10	12:57
Overall-Group	Position	22-4	24-4	23-4	21-4	19-4	18-4	17-4	18-4	14-3	14-3	11-2	9-2	9-2	8-2	8-2	8-2
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Wyatt, Doug (GA)	Time of Day	0:07:31	0:08:45	0:10:17	0:11:35	0:13:18	0:14:44	0:16:33	0:18:02	0:20:00	0:21:46	1:00:01	1:01:49	1:04:14	1:06:15	1:08:46	1:10:57:52
	Time Cum	01:31	02:45	04:17	05:35	07:18	08:44	10:33	12:02	14:00	15:46	18:01	19:49	22:14	24:15	26:46	28:57:52
287	Time Delta	01:31	01:14	01:31	01:18	01:42	01:26	01:48	01:29	01:57	01:46	02:14	01:48	02:24	02:01	02:30	02:11:52
Age 38	Pace Cum	13:17	13:16	13:17	13:25	13:45	13:59	14:16	14:27	14:47	15:08	15:35	15:52	16:18	16:38	17:01	17:23
Group M30-39	Pace Delta	13:17	13:14	13:19	13:53	14:58	15:20	15:49	15:48	17:11	18:48	19:40	19:11	21:06	21:26	22:01	23:20
Overall-Group	Position	239-52	227-51	226-50	214-50	211-49	203-48	196-47	192-47	168-43	167-43	155-41	153-41	145-37	145-36	147-34	151-35
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<u>Zakrzewski, Brandi (FL)</u>	Time of Day	0:07:18	0:08:34	0:10:04	0:11:24	0:13:10	0:14:43	0:16:24	0:17:55	0:19:52	0:21:32	0:23:45	1:01:44	1:04:30	1:06:59	1:09:09	1:11:02:01
	Time Cum	01:18	02:34	04:04	05:24	07:10	08:43	10:24	11:55	13:52	15:32	17:45	19:44	22:30	24:59	27:09	29:02:01
288	Time Delta	01:18	01:16	01:29	01:20	01:45	01:33	01:40	01:31	01:56	01:40	02:12	01:59	02:45	02:29	02:09	01:53:01
Age 34	Pace Cum	11:23	12:21	12:37	13:00	13:30	13:57	14:04	14:18	14:38	14:55	15:21	15:48	16:30	17:08	17:16	17:25
Group F30-39	Pace Delta	11:23	13:31	13:05	14:20	15:20	16:28	14:45	16:08	17:03	17:47	19:21	21:12	24:07	26:27	18:55	20:00
Overall-Group	Position	154-10	181-13	180-14	188-14	196-16	201-16	185-15	186-15	163-13	160-13	152-12	150-12	152-11	156-12	152-12	153-12