

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)	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
63	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
Age 44	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
Group M40-49	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
Overall-Group	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
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

Time of Day: Time Entered the Aid Station
Time Cum: Total Running Time From Start
Time Delta: Time Between Each Aid Station
Pace Cum: Average Pace (Minutes/Mile) From Start
Pace Delta: Pace (Minutes/Mile) Delta From Previous Aid Station Data
Position: Position Overall -- Position Within Age Group

