

2016 Umstead 50/100 Mile Endurance Run -- 04/02/2016

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>Barker,</u>	Time of Day	0:07:10	0:08:09	0:09:17	0:10:17	0:11:31	0:12:35	0:13:47	0:14:53	0:16:13	0:17:26	0:18:49	0:20:16	0:21:53	0:23:16	1:01:04	1:02:33:54
<u>Mae (FL)</u>	Time Cum	01:10	02:09	03:17	04:17	05:31	06:35	07:47	08:53	10:13	11:26	12:49	14:16	15:53	17:16	19:04	20:33:54
37	Time Delta	01:10	00:59	01:07	01:00	01:13	01:03	01:12	01:06	01:19	01:13	01:23	01:27	01:36	01:22	01:48	01:29:46
Age 38	Pace Cum	10:13	10:23	10:12	10:18	10:24	10:32	10:33	10:41	10:47	10:59	11:06	11:25	11:39	11:50	12:08	12:20
Group F30-39	Pace Delta	10:13	10:35	09:51	10:41	10:45	11:18	10:35	11:45	11:33	12:58	12:07	15:28	14:09	14:36	15:47	15:53
Overall-Group	Position	54-5	50-4	43-3	36-3	32-3	31-3	29-3	26-3	24-3	22-3	19-3	19-3	21-3	19-3	20-3	20-3
<u>Barnard,</u>	Time of Day	0:07:19	0:08:31	0:09:52	0:11:07	0:12:42	0:13:54	0:15:25	0:16:45	0:18:28	0:19:53	0:21:46	0:23:30	1:02:32	1:04:09	1:06:23	1:08:01:45
<u>Bob (VA)</u>	Time Cum	01:19	02:31	03:52	05:07	06:42	07:54	09:25	10:45	12:28	13:53	15:46	17:30	20:32	22:09	24:23	26:01:45
38	Time Delta	01:19	01:12	01:21	01:15	01:34	01:12	01:30	01:20	01:42	01:25	01:52	01:43	03:01	01:37	02:14	01:37:49
Age 49	Pace Cum	11:32	12:05	12:00	12:18	12:38	12:40	12:44	12:55	13:10	13:20	13:39	14:00	15:03	15:12	15:31	15:37
Group M40-49	Pace Delta	11:32	12:45	11:52	13:21	13:51	12:49	13:08	14:16	15:02	15:05	16:29	18:21	26:33	17:14	19:38	17:19
Overall-Group	Position	122-27	142-32	132-29	132-29	132-28	121-26	109-25	108-23	95-23	93-20	91-20	95-20	111-23	104-21	101-21	98-20
<u>Bates,</u>	Time of Day	0:07:14	0:08:18	0:09:37	0:10:49	0:12:11	0:13:24	0:14:47	0:16:10	0:17:39	0:18:59	0:20:39	0:22:19	1:00:28	1:02:00	1:04:17	1:05:54:39
<u>Wayne (NY)</u>	Time Cum	01:14	02:18	03:37	04:49	06:11	07:24	08:47	10:10	11:39	12:59	14:39	16:19	18:28	20:00	22:17	23:54:39
39	Time Delta	01:14	01:04	01:18	01:11	01:22	01:13	01:22	01:22	01:19	01:19	01:40	01:40	02:08	01:31	02:17	01:36:54
Age 57	Pace Cum	10:48	11:07	11:15	11:34	11:39	11:51	11:54	12:12	12:18	12:28	12:41	13:04	13:33	13:43	14:11	14:21
Group M50-59	Pace Delta	10:48	11:29	11:30	12:38	12:00	12:59	12:07	14:40	12:58	14:07	14:43	17:43	18:49	16:09	20:06	17:09
Overall-Group	Position	82-11	85-10	91-11	86-10	84-10	80-10	73-8	78-8	68-8	65-8	63-8	68-8	70-8	68-8	72-10	75-12
<u>Baxley,</u>	Time of Day	0:07:33	0:08:53	0:10:28	0:11:55	0:13:38	0:15:07	0:16:53	0:18:24	0:20:24	0:22:09	1:00:23	1:02:25	1:04:56	1:06:54	1:09:08	1:11:05:08
<u>Rosemary (NC)</u>	Time Cum	01:33	02:53	04:28	05:55	07:38	09:07	10:53	12:24	14:24	16:09	18:23	20:25	22:56	24:54	27:08	29:05:08
40	Time Delta	01:33	01:20	01:34	01:27	01:42	01:28	01:46	01:30	01:59	01:45	02:14	02:02	02:31	01:57	02:14	01:56:19
Age 53	Pace Cum	13:35	13:55	13:51	14:14	14:24	14:36	14:45	14:53	15:12	15:30	15:55	16:20	16:49	17:05	17:16	17:27
Group F50-59	Pace Delta	13:35	14:20	13:44	15:32	15:02	15:41	15:33	16:03	17:26	18:38	19:36	21:36	22:04	20:49	19:38	20:35
Overall-Group	Position	215-19	209-17	202-17	206-17	200-16	198-16	189-15	184-14	157-13	154-14	150-13	151-13	147-14	142-13	141-14	141-14
<u>Beasley,</u>	Time of Day	0:07:13	0:08:16	0:09:29	0:10:34	0:11:52	0:13:00	0:14:19	0:15:31								
<u>Kara (NC)</u>	Time Cum	01:13	02:16	03:29	04:34	05:52	07:00	08:19	09:31								
41	Time Delta	01:13	01:03	01:13	01:04	01:18	01:07	01:19	01:12								
Age 38	Pace Cum	10:39	10:53	10:51	10:58	11:04	11:12	11:16	11:26								
Group F30-39	Pace Delta	10:39	11:10	10:46	11:22	11:26	12:00	11:33	12:46								
Overall-Group	Position	78-8	67-8	69-8	59-7	54-6	50-4	46-5	45-5								
<u>Belilgne,</u>	Time of Day	0:07:26	0:08:49	0:10:27	0:11:58	0:13:38	0:15:14	0:17:11	0:18:55								
<u>Admas (NY)</u>	Time Cum	01:26	02:49	04:27	05:58	07:38	09:14	11:11	12:55								
42	Time Delta	01:26	01:23	01:37	01:31	01:39	01:36	01:57	01:43								
Age 63	Pace Cum	12:33	13:33	13:48	14:21	14:23	14:47	15:09	15:30								
Group F60-69	Pace Delta	12:33	14:46	14:15	16:16	14:30	17:01	17:08	18:20								
Overall-Group	Position	169-1	197-4	200-3	209-5	198-3	202-3	204-5	205-5								
<u>Bell,</u>	Time of Day	0:07:04	0:07:57	0:08:59	0:09:58	0:11:07	0:12:08	0:13:20	0:14:27	0:15:48	0:16:53	0:18:09	0:19:20	0:20:50	0:22:11	1:00:10	1:01:55:09
<u>Ken (NC)</u>	Time Cum	01:04	01:57	02:59	03:58	05:07	06:08	07:20	08:27	09:48	10:53	12:09	13:20	14:50	16:11	18:10	19:55:09
43	Time Delta	01:04	00:53	01:01	00:59	01:09	01:00	01:11	01:06	01:21	01:04	01:16	01:11	01:29	01:21	01:58	01:45:04
Age 45	Pace Cum	09:21	09:26	09:17	09:33	09:40	09:50	09:56	10:09	10:22	10:27	10:31	10:41	10:53	11:06	11:33	11:57
Group M40-49	Pace Delta	09:21	09:33	09:01	10:27	10:05	10:47	10:29	11:48	11:55	11:24	11:06	12:37	13:07	14:21	17:17	18:36
Overall-Group	Position	27-6	20-4	16-4	17-4	18-3	15-4	13-3	13-3	14-3	12-3	11-3	11-3	12-3	11-3	12-4	15-5

2016 Umstead 50/100 Mile Endurance Run -- 04/02/2016

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>Bennett,</u> <u>Peter (UT)</u>	Time of Day	0:07:32	0:08:54	0:10:23	0:11:47	0:13:25	0:14:52	0:16:28	0:17:54	0:19:54	0:21:13	0:22:56	1:00:27	1:02:26	1:04:08	1:06:30	1:07:56:41
274	Time Cum	01:32	02:54	04:23	05:47	07:25	08:52	10:28	11:54	13:54	15:13	16:56	18:27	20:26	22:08	24:30	25:56:41
Age 52	Time Delta	01:32	01:22	01:29	01:24	01:37	01:27	01:35	01:25	02:00	01:19	01:42	01:30	01:59	01:41	02:21	01:26:41
Group F50-59	Pace Cum	13:26	13:55	13:37	13:55	13:59	14:13	14:11	14:17	14:41	14:37	14:39	14:46	14:59	15:11	15:35	15:34
Overall-Group	Pace Delta	13:26	14:31	13:03	14:58	14:12	15:30	14:01	15:07	17:33	14:04	14:57	16:06	17:26	17:56	20:44	15:21
	Position	207-15	210-19	192-15	195-16	186-14	179-13	170-12	166-11	147-10	138-10	123-9	116-9	108-8	102-7	102-8	96-7
<u>Bird,</u> <u>Courtney (TN)</u>	Time of Day	0:07:44	0:09:12	0:11:03	0:12:43	0:14:51	0:16:34	0:19:02	0:20:57								
44	Time Cum	01:44	03:12	05:03	06:43	08:51	10:34	13:02	14:57								
Age 35	Time Delta	01:44	01:28	01:51	01:39	02:08	01:42	02:28	01:54								
Group F30-39	Pace Cum	15:11	15:23	15:42	16:08	16:41	16:55	17:39	17:57								
Overall-Group	Pace Delta	15:11	15:38	16:18	17:35	18:42	18:10	21:42	20:17								
	Position	239-32	240-32	240-32	240-31	234-31	233-30	233-31	233-31								
<u>Blizard-Harper,</u> <u>Deborah (NC)</u>	Time of Day	0:07:40	0:09:09	0:11:39	0:13:30	0:17:14	0:19:18	1:05:35	1:08:13								
46	Time Cum	01:40	03:09	05:39	07:30	11:14	13:18	23:35	26:13								
Age 45	Time Delta	01:40	01:29	02:30	01:50	03:43	02:03	10:17	02:38								
Group F40-49	Pace Cum	14:36	15:10	17:33	18:01	21:10	21:17	31:55	31:29								
Overall-Group	Pace Delta	14:36	15:51	21:55	19:37	32:41	21:53	30:08	28:03								
	Position	235-34	237-34	244-34	246-35	245-35	244-35	240-32	240-32								
<u>Blue,</u> <u>Madelyn (KY)</u>	Time of Day	0:07:22	0:08:30	0:09:51	0:11:02	0:12:22	0:13:31	0:14:53	0:16:04	0:17:28	0:18:35	0:20:13	0:21:37	0:23:17	1:00:52	1:03:07	1:04:40:21
13	Time Cum	01:22	02:30	03:51	05:02	06:22	07:31	08:53	10:04	11:28	12:35	14:13	15:37	17:17	18:52	21:07	22:40:21
Age 34	Time Delta	01:22	01:08	01:20	01:10	01:20	01:08	01:21	01:10	01:24	01:07	01:37	01:24	01:40	01:34	02:14	01:33:06
Group F30-39	Pace Cum	11:58	12:02	11:58	12:05	12:01	12:03	12:02	12:05	12:07	12:06	12:18	12:30	12:41	12:57	13:26	13:36
Overall-Group	Pace Delta	11:58	12:07	11:49	12:30	11:48	12:12	11:56	12:31	12:18	11:55	14:12	14:55	14:37	16:48	19:41	16:29
	Position	145-17	138-16	129-14	122-14	99-12	88-10	81-10	71-9	60-8	49-6	48-6	46-6	44-5	44-5	47-7	50-7
<u>Boelen,</u> <u>Filip (UT)</u>	Time of Day	0:07:11	0:08:19	0:09:36	0:10:51	0:12:31	0:13:57	0:15:49	0:18:08	0:21:21	0:23:03	1:01:33	1:03:27				
276	Time Cum	01:11	02:19	03:36	04:51	06:31	07:57	09:49	12:08	15:21	17:03	19:33	21:27				
Age 52	Time Delta	01:11	01:08	01:16	01:14	01:40	01:25	01:52	02:18	03:13	01:41	02:30	01:53				
Group F50-59	Pace Cum	10:22	11:09	11:11	11:38	12:18	12:44	13:17	14:34	16:13	16:22	16:55	17:10				
Overall-Group	Pace Delta	10:22	12:06	11:14	13:13	14:41	15:10	16:21	24:34	28:16	17:55	21:58	20:07				
	Position	59-3	90-5	89-5	91-4	110-7	125-9	133-9	172-13	181-18	175-18	167-18	164-17				
<u>Bowen,</u> <u>Maureen Ann</u>	Time of Day	0:07:37	0:08:59	0:10:43	0:12:05	0:14:18	0:15:44	0:17:41	0:19:28	0:23:25	1:01:31						
47	Time Cum	01:37	02:59	04:43	06:05	08:18	09:44	11:41	13:28	17:25	19:31						
Age 51	Time Delta	01:37	01:22	01:44	01:22	02:13	01:25	01:56	01:47	03:56	02:06						
Group F50-59	Pace Cum	14:10	14:20	14:38	14:38	15:40	15:36	15:48	16:11	18:23	18:45						
Overall-Group	Pace Delta	14:10	14:32	15:12	14:37	19:26	15:12	16:59	19:06	34:30	22:23						
	Position	231-24	222-22	221-22	212-20	224-23	218-21	215-22	217-21	193-23	190-23						
<u>Brazier,</u> <u>Kit (CA)</u>	Time of Day	0:07:26	0:08:48	0:10:28	0:11:57	0:13:44	0:15:19	0:17:03	0:18:39								
48	Time Cum	01:26	02:48	04:28	05:57	07:44	09:19	11:03	12:39								
Age 63	Time Delta	01:26	01:22	01:40	01:29	01:47	01:34	01:44	01:36								
Group F60-69	Pace Cum	12:33	13:28	13:52	14:18	14:36	14:55	14:58	15:12								
Overall-Group	Pace Delta	12:33	14:34	14:36	15:47	15:39	16:44	15:13	17:00								
	Position	169-1	192-2	203-4	207-4	204-4	204-5	199-4	199-4								

2016 Umstead 50/100 Mile Endurance Run -- 04/02/2016

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>Carmichael,</u>	Time of Day	0:07:14	0:08:21	0:09:43	0:10:57	0:12:31	0:13:51	0:15:30	0:17:01	0:18:57	0:20:49						
<u>Francesca (WA)</u>	Time Cum	01:14	02:21	03:43	04:57	06:31	07:51	09:30	11:01	12:57	14:49						
58	Time Delta	01:14	01:07	01:22	01:14	01:33	01:20	01:39	01:30	01:56	01:52						
Age 56	Pace Cum	10:48	11:19	11:33	11:54	12:18	12:35	12:52	13:14	13:41	14:14						
Group F50-59	Pace Delta	10:48	11:56	11:59	13:07	13:43	14:11	14:27	16:04	16:56	19:51						
Overall-Group	Position	82-6	94-7	103-7	113-8	110-7	112-7	112-7	120-7	115-7	128-8						
<u>Carter,</u>	Time of Day	0:07:19	0:08:30	0:09:53	0:11:05	0:12:32	0:13:50	0:15:31	0:16:47	0:18:35	0:20:01	0:21:59	0:23:29	1:01:23	1:02:55	1:04:28	1:05:52:25
<u>Stephanie (NC)</u>	Time Cum	01:19	02:30	03:53	05:05	06:32	07:50	09:31	10:47	12:35	14:01	15:59	17:29	19:23	20:55	22:28	23:52:25
59	Time Delta	01:19	01:11	01:23	01:12	01:26	01:18	01:40	01:16	01:48	01:25	01:58	01:29	01:54	01:31	01:32	01:24:15
Age 38	Pace Cum	11:32	12:02	12:05	12:14	12:19	12:33	12:53	12:57	13:18	13:28	13:50	13:59	14:13	14:21	14:17	14:19
Group F30-39	Pace Delta	11:32	12:38	12:09	12:47	12:37	13:51	14:41	13:30	15:51	15:06	17:14	15:54	16:41	16:16	13:34	14:55
Overall-Group	Position	122-14	136-16	135-15	129-15	112-15	108-14	113-16	109-16	106-16	101-16	99-17	94-15	91-16	83-14	78-13	74-11
<u>Cassidy,</u>	Time of Day	0:07:01	0:07:54	0:08:54	0:09:47	0:10:50	0:11:46	0:12:53	0:13:53	0:15:04	0:16:04	0:17:13	0:18:15	0:19:28	0:20:31	0:21:45	0:22:47:20
<u>Keith (VA)</u>	Time Cum	01:01	01:54	02:54	03:47	04:50	05:46	06:53	07:53	09:04	10:04	11:13	12:15	13:28	14:31	15:45	16:47:20
60	Time Delta	01:01	00:53	00:59	00:52	01:03	00:56	01:06	01:00	01:10	01:00	01:09	01:01	01:13	01:02	01:14	01:01:54
Age 34	Pace Cum	08:54	09:09	09:00	09:05	09:08	09:15	09:20	09:29	09:34	09:40	09:43	09:48	09:53	09:57	10:01	10:04
Group M30-39	Pace Delta	08:54	09:26	08:45	09:21	09:18	09:57	09:45	10:38	10:18	10:38	10:08	10:55	10:39	11:08	10:50	10:57
Overall-Group	Position	10-5	14-5	12-4	9-5	8-5	7-4	10-5	8-4	7-4	6-4	6-4	6-4	5-3	5-2	5-3	5-3
<u>Choi,</u>	Time of Day	0:07:32	0:08:54	0:10:59	0:12:47	0:15:15	0:17:10	0:19:17	0:21:15								
<u>Jacqueline (NJ)</u>	Time Cum	01:32	02:54	04:59	06:47	09:15	11:10	13:17	15:15								
61	Time Delta	01:32	01:22	02:05	01:47	02:28	01:54	02:07	01:57								
Age 35	Pace Cum	13:26	13:56	15:29	16:18	17:26	17:53	17:59	18:18								
Group F30-39	Pace Delta	13:26	14:32	18:20	19:02	21:38	20:21	18:36	20:49								
Overall-Group	Position	207-31	211-30	236-31	241-32	239-32	239-31	235-32	235-32								
<u>Christopher,</u>	Time of Day	0:07:19	0:08:31	0:09:58	0:11:15	0:12:42	0:14:00	0:15:38	0:16:55								
<u>Charles (NC)</u>	Time Cum	01:19	02:31	03:58	05:15	06:42	08:00	09:38	10:55								
62	Time Delta	01:19	01:12	01:26	01:17	01:26	01:18	01:37	01:16								
Age 41	Pace Cum	11:32	12:07	12:18	12:38	12:38	12:49	13:03	13:06								
Group M40-49	Pace Delta	11:32	12:50	12:38	13:47	12:38	13:51	14:17	13:36								
Overall-Group	Position	122-27	144-32	145-33	145-32	131-28	130-29	125-27	114-26								
<u>Chumak,</u>	Time of Day	0:07:17	0:08:26	0:09:49	0:11:12												
<u>Valentina (ONT)</u>	Time Cum	01:17	02:26	03:49	05:12												
63	Time Delta	01:17	01:09	01:23	01:23												
Age 50	Pace Cum	11:14	11:43	11:53	12:31												
Group F50-59	Pace Delta	11:14	12:18	12:10	14:43												
Overall-Group	Position	110-8	118-9	125-10	138-10												
<u>Cissel,</u>	Time of Day	0:07:12	0:08:10	0:09:21	0:10:22	0:11:30	0:12:32	0:13:47	0:14:52	0:16:12	0:17:26	0:18:47	0:20:03	0:21:31	0:22:53	1:00:39	1:02:36:11
<u>Shawn (MD)</u>	Time Cum	01:12	02:10	03:21	04:22	05:30	06:32	07:47	08:52	10:12	11:26	12:47	14:03	15:31	16:53	18:39	20:36:11
64	Time Delta	01:12	00:58	01:10	01:01	01:08	01:01	01:15	01:05	01:20	01:13	01:20	01:15	01:28	01:21	01:46	01:56:59
Age 30	Pace Cum	10:31	10:27	10:24	10:31	10:23	10:27	10:32	10:39	10:47	10:59	11:04	11:15	11:23	11:35	11:52	12:22
Group M30-39	Pace Delta	10:31	10:23	10:17	10:54	09:56	10:51	10:57	11:36	11:41	13:03	11:48	13:26	12:54	14:27	15:29	20:42
Overall-Group	Position	65-21	53-18	49-18	43-17	30-13	29-13	28-12	25-10	23-10	23-9	18-7	18-6	16-5	15-5	16-5	21-8

2016 Umstead 50/100 Mile Endurance Run -- 04/02/2016

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>Clark,</u>	Time of Day	0:07:31	0:08:48	0:10:24	0:11:48	0:13:32	0:15:00	0:16:47	0:18:22	0:20:33	0:22:27	1:01:16	1:03:30				
<u>Helen (NJ)</u>	Time Cum	01:31	02:48	04:24	05:48	07:32	09:00	10:47	12:22	14:33	16:27	19:16	21:30				
65	Time Delta	01:31	01:17	01:35	01:24	01:43	01:28	01:47	01:35	02:10	01:53	02:49	02:13				
Age 63	Pace Cum	13:17	13:31	13:39	13:57	14:12	14:25	14:36	14:51	15:22	15:48	16:41	17:12				
Group F60-69	Pace Delta	13:17	13:47	13:55	14:59	15:05	15:39	15:37	16:52	19:06	20:04	24:46	23:37				
Overall-Group	Position	197-4	194-2	197-2	197-2	193-2	190-2	183-2	179-2	163-2	170-2	162-2	166-3				
<u>Coberly,</u>	Time of Day	0:07:31	0:08:45	0:10:19	0:11:39	0:13:17	0:14:41	0:16:31	0:18:09								
<u>Theodore (NC)</u>	Time Cum	01:31	02:45	04:19	05:39	07:17	08:41	10:31	12:09								
66	Time Delta	01:31	01:14	01:33	01:20	01:38	01:24	01:50	01:38								
Age 38	Pace Cum	13:17	13:13	13:23	13:34	13:44	13:55	14:15	14:36								
Group M30-39	Pace Delta	13:17	13:08	13:43	14:10	14:20	14:57	16:05	17:22								
Overall-Group	Position	197-37	184-36	186-36	182-36	178-35	174-34	173-33	173-33								
<u>Cockman,</u>	Time of Day	0:07:09	0:08:11	0:09:29	0:10:40	0:12:11	0:13:35	0:15:14	0:17:27	0:20:21							
<u>Dave (NC)</u>	Time Cum	01:09	02:11	03:29	04:40	06:11	07:35	09:14	11:27	14:21							
67	Time Delta	01:09	01:02	01:18	01:11	01:31	01:23	01:39	02:13	02:54							
Age 58	Pace Cum	10:04	10:30	10:49	11:13	11:40	12:09	12:30	13:45	15:10							
Group M50-59	Pace Delta	10:04	11:01	11:25	12:35	13:18	14:50	14:30	23:34	25:24							
Overall-Group	Position	44-6	54-7	67-8	77-9	85-10	95-12	97-12	145-24	154-25							
<u>Comeaux,</u>	Time of Day	0:07:22	0:08:34	0:09:59	0:11:13	0:12:41	0:13:59	0:15:33	0:17:10	0:19:25	0:21:17						
<u>Ellen (GA)</u>	Time Cum	01:22	02:34	03:59	05:13	06:41	07:59	09:33	11:10	13:25	15:17						
68	Time Delta	01:22	01:12	01:24	01:14	01:28	01:17	01:34	01:36	02:15	01:51						
Age 38	Pace Cum	11:58	12:23	12:21	12:32	12:37	12:47	12:56	13:25	14:10	14:41						
Group F30-39	Pace Delta	11:58	12:53	12:19	13:09	12:56	13:41	13:48	17:08	19:43	19:49						
Overall-Group	Position	145-17	147-19	147-19	141-17	130-17	128-16	119-18	126-19	137-22	140-22						
<u>Cooper,</u>	Time of Day	0:07:47	0:09:12	0:10:53	0:12:21	0:14:09	0:15:46	0:17:38	0:19:11	0:21:00	0:22:46	1:00:58	1:03:12	1:05:48			
<u>Lauren (CA)</u>	Time Cum	01:47	03:12	04:53	06:21	08:09	09:46	11:38	13:11	15:00	16:46	18:58	21:12	23:48			
69	Time Delta	01:47	01:25	01:41	01:28	01:47	01:37	01:52	01:32	01:49	01:46	02:11	02:13	02:36			
Age 58	Pace Cum	15:37	15:23	15:11	15:16	15:21	15:39	15:46	15:49	15:51	16:07	16:25	16:58	17:27			
Group F50-59	Pace Delta	15:37	15:05	14:49	15:36	15:39	17:18	16:22	16:19	16:02	18:46	19:15	23:42	22:48			
Overall-Group	Position	246-26	239-25	231-25	230-23	221-22	220-23	212-20	210-20	175-17	173-17	158-15	159-15	158-16			
<u>Cotuna,</u>	Time of Day	0:07:25	0:08:42	0:10:06	0:11:29	0:13:15	0:14:36	0:16:21	0:17:57								
<u>Theo (NC)</u>	Time Cum	01:25	02:42	04:06	05:29	07:15	08:36	10:21	11:57								
71	Time Delta	01:25	01:17	01:24	01:22	01:45	01:20	01:45	01:35								
Age 52	Pace Cum	12:25	13:01	12:46	13:10	13:40	13:46	14:01	14:21								
Group M50-59	Pace Delta	12:25	13:46	12:17	14:34	15:27	14:20	15:22	16:58								
Overall-Group	Position	163-23	181-27	162-24	163-24	175-27	167-27	168-28	167-28								
<u>Criner,</u>	Time of Day	0:07:18	0:08:26	0:09:44	0:10:56	0:12:34	0:13:50	0:15:24	0:16:49	0:18:33	0:20:08	0:22:09	1:00:19	1:03:05	1:05:23	1:08:07	1:10:17:17
<u>Sherman (NC)</u>	Time Cum	01:18	02:26	03:44	04:56	06:34	07:50	09:24	10:49	12:33	14:08	16:09	18:19	21:05	23:23	26:07	28:17:17
72	Time Delta	01:18	01:08	01:17	01:12	01:37	01:16	01:34	01:25	01:43	01:34	02:01	02:10	02:46	02:17	02:43	02:10:11
Age 49	Pace Cum	11:23	11:45	11:35	11:53	12:22	12:32	12:43	13:00	13:15	13:34	13:59	14:40	15:28	16:03	16:37	16:58
Group M40-49	Pace Delta	11:23	12:11	11:16	12:55	14:10	13:27	13:44	15:11	15:08	16:44	17:44	23:03	24:16	24:23	23:51	23:02
Overall-Group	Position	121-26	123-25	108-23	111-24	116-25	105-23	107-24	112-25	103-25	104-24	104-24	113-24	121-25	122-25	123-25	123-25

2016 Umstead 50/100 Mile Endurance Run -- 04/02/2016

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
Cushman, John (GA)	Time of Day	0:07:09	0:08:09	0:09:17	0:10:20	0:11:41	0:12:53	0:14:19	0:15:39	0:17:18	0:18:45	0:20:31	0:22:01	0:23:49	1:01:26	1:03:14	1:04:35:19
	Time Cum	01:09	02:09	03:17	04:20	05:41	06:53	08:19	09:39	11:18	12:45	14:31	16:01	17:49	19:26	21:14	22:35:19
73	Time Delta	01:09	01:00	01:07	01:02	01:21	01:11	01:26	01:20	01:38	01:26	01:46	01:29	01:47	01:37	01:48	01:20:41
Age 42	Pace Cum	10:04	10:23	10:12	10:25	10:44	11:02	11:16	11:36	11:56	12:15	12:34	12:49	13:04	13:20	13:31	13:33
Group M40-49	Pace Delta	10:04	10:46	09:51	11:08	11:56	12:39	12:36	14:10	14:25	15:20	15:35	15:54	15:43	17:11	15:46	14:17
Overall-Group	Position	44-11	51-11	44-9	40-8	46-10	46-10	47-10	53-12	49-12	55-14	57-13	57-13	53-13	52-12	51-13	48-12
<u>Dahlberg,</u> <u>Claudette (NC)</u>	Time of Day	0:07:25	0:08:40	0:10:17	0:11:40	0:14:04	0:15:58										
	Time Cum	01:25	02:40	04:17	05:40	08:04	09:58										
74	Time Delta	01:25	01:15	01:37	01:22	02:24	01:53										
Age 42	Pace Cum	12:25	12:51	13:20	13:37	15:13	15:57										
Group F40-49	Pace Delta	12:25	13:22	14:13	14:35	21:05	20:06										
Overall-Group	Position	163-23	165-22	185-24	185-24	216-29	224-31										
<u>Davenport,</u> <u>Heather (FL)</u>	Time of Day	0:07:09	0:08:10	0:09:27	0:10:38	0:12:00	0:13:15	0:14:45	0:16:04	0:17:34	0:18:55	0:20:37	0:22:13	0:23:59	1:01:32	1:03:30	1:04:56:36
	Time Cum	01:09	02:10	03:27	04:38	06:00	07:15	08:45	10:04	11:34	12:55	14:37	16:13	17:59	19:32	21:30	22:56:36
75	Time Delta	01:09	01:01	01:17	01:10	01:22	01:15	01:29	01:19	01:29	01:20	01:42	01:35	01:46	01:32	01:57	01:26:34
Age 49	Pace Cum	10:04	10:27	10:44	11:09	11:20	11:38	11:50	12:06	12:13	12:24	12:39	12:58	13:11	13:24	13:40	13:46
Group F40-49	Pace Delta	10:04	10:55	11:15	12:34	11:59	13:19	13:01	14:05	13:05	14:18	15:00	16:52	15:29	16:27	17:13	15:19
Overall-Group	Position	44-3	52-3	57-4	69-7	73-10	73-10	69-10	72-11	62-7	61-6	63-7	58-6	57-5	58-5		54-5
Dean, Scott (NC)	Time of Day	0:07:12	0:08:14	0:09:29	0:10:34	0:11:56	0:13:07	0:14:31	0:15:48	0:17:19	0:18:38	0:20:33	0:22:13	1:00:46	1:02:08	1:03:40	1:05:06:34
	Time Cum	01:12	02:14	03:29	04:34	05:56	07:07	08:31	09:48	11:19	12:38	14:33	16:13	18:46	20:08	21:40	23:06:34
76	Time Delta	01:12	01:02	01:15	01:04	01:22	01:10	01:24	01:16	01:30	01:18	01:54	01:40	02:33	01:21	01:32	01:25:39
Age 48	Pace Cum	10:31	10:46	10:51	10:59	11:12	11:24	11:32	11:46	11:57	12:08	12:35	12:59	13:46	13:49	13:47	13:52
Group M40-49	Pace Delta	10:31	11:04	11:00	11:27	12:02	12:28	12:19	13:36	13:11	13:59	16:47	17:50	22:20	14:26	13:31	15:10
Overall-Group	Position	65-14	63-15	68-14	60-12	61-14	61-13	58-13	58-13	50-13	52-13	60-14	64-14	77-17	73-16	64-16	60-15
<u>Dice,</u> <u>Candy (FL)</u>	Time of Day	0:07:29	0:08:44	0:10:13	0:11:35	0:13:13	0:14:44	0:16:29	0:18:13	0:20:21	0:21:45	0:23:40	1:01:38	1:04:59	1:07:39	1:10:35	
	Time Cum	01:29	02:44	04:13	05:35	07:13	08:44	10:29	12:13	14:21	15:45	17:40	19:38	22:59	25:39	28:35	
78	Time Delta	01:29	01:15	01:29	01:21	01:37	01:31	01:44	01:44	02:07	01:23	01:55	01:58	03:20	02:39	02:55	
Age 45	Pace Cum	13:00	13:08	13:07	13:25	13:36	13:59	14:11	14:41	15:10	15:07	15:17	15:43	16:51	17:36	18:11	
Group F40-49	Pace Delta	13:00	13:19	13:04	14:28	14:15	16:08	15:18	18:34	18:41	14:44	16:49	20:56	29:20	28:17	25:41	
Overall-Group	Position	186-25	183-24	182-23	178-23	174-22	176-22	172-21	175-21	154-20	149-19	134-18	133-18	149-21	158-23	157-23	
Dorey, Ian	Time of Day	0:07:16	0:08:21	0:09:36	0:10:46	0:12:10	0:13:24	0:14:53	0:16:28	0:18:24	0:19:58	0:21:57	0:23:47	1:02:18	1:04:27	1:06:58	1:09:02:04
	Time Cum	01:16	02:21	03:36	04:46	06:10	07:24	08:53	10:28	12:24	13:58	15:57	17:47	20:18	22:27	24:58	27:02:04
79	Time Delta	01:16	01:05	01:14	01:10	01:23	01:13	01:28	01:35	01:56	01:34	01:58	01:50	02:30	02:09	02:31	02:03:34
Age 48	Pace Cum	11:06	11:21	11:10	11:29	11:39	11:52	12:01	12:34	13:06	13:25	13:48	14:14	14:53	15:24	15:53	16:13
Group M40-49	Pace Delta	11:06	11:40	10:49	12:33	12:15	13:05	12:53	16:54	16:56	16:41	17:16	19:34	21:58	22:52	22:05	21:52
Overall-Group	Position	104-24	99-22	86-20	84-20	83-19	82-18	79-17	91-20	90-21	98-22	96-22	100-21	106-21	108-22	109-24	112-23
<u>DuBois,</u> <u>Rachel (NC)</u>	Time of Day	0:07:32	0:08:51	0:10:23	0:11:46	0:13:33	0:15:01	0:16:54	0:18:34	0:20:33	0:22:14	1:00:31	1:02:23	1:04:47	1:06:52	1:09:17	1:11:30:56
	Time Cum	01:32	02:51	04:23	05:46	07:33	09:01	10:54	12:34	14:33	16:14	18:31	20:23	22:47	24:52	27:17	29:30:56
80	Time Delta	01:32	01:19	01:31	01:23	01:47	01:27	01:52	01:40	01:58	01:40	02:17	01:51	02:24	02:04	02:25	02:13:11
Age 48	Pace Cum	13:26	13:42	13:36	13:52	14:15	14:27	14:46	15:06	15:22	15:35	16:02	16:19	16:43	17:03	17:21	17:43
Group F40-49	Pace Delta	13:26	14:02	13:24	14:46	15:41	15:31	16:29	17:45	17:22	17:47	20:04	19:47	21:06	21:57	21:16	23:34
Overall-Group	Position	207-28	203-27	191-25	194-26	195-26	194-26	190-24	190-24	163-21	160-22	153-21	150-21	138-19	140-19	145-18	153-21

2016 Umstead 50/100 Mile Endurance Run -- 04/02/2016

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
Evenson, Scott (NC) 87 Age 50 Group M50-59 Overall-Group	Time of Day	0:07:19	0:08:28	0:09:43	0:10:54	0:12:17	0:13:41	0:15:15	0:16:37	0:18:25	0:19:46	0:21:31	0:23:00	1:00:48	1:02:15	1:03:57	1:05:37:45
	Time Cum	01:19	02:28	03:43	04:54	06:17	07:41	09:15	10:37	12:25	13:46	15:31	17:00	18:48	20:15	21:57	23:37:45
	Time Delta	01:19	01:09	01:15	01:10	01:22	01:24	01:33	01:21	01:47	01:20	01:44	01:29	01:47	01:27	01:41	01:40:21
	Pace Cum	11:32	11:53	11:34	11:47	11:51	12:19	12:32	12:45	13:07	13:13	13:26	13:36	13:47	13:54	13:58	14:11
	Pace Delta	11:32	12:19	11:00	12:32	12:06	14:53	13:43	14:30	15:45	14:19	15:18	15:49	15:42	15:30	14:51	17:46
Fawcett, Bruce (OH) 88 Age 62 Group M60-69 Overall-Group	Time of Day	0:07:14	0:08:19	0:09:41	0:10:50	0:12:16	0:13:31	0:15:02	0:16:29	0:18:44	0:20:23						
	Time Cum	01:14	02:19	03:41	04:50	06:16	07:31	09:02	10:29	12:44	14:23						
	Time Delta	01:14	01:05	01:21	01:09	01:26	01:14	01:31	01:27	02:15	01:38						
	Pace Cum	10:48	11:10	11:26	11:37	11:50	12:02	12:14	12:36	13:27	13:49						
	Pace Delta	10:48	11:36	11:55	12:16	12:37	13:09	13:20	15:26	19:43	17:24						
<u>Fennie,</u> <u>Karen (NY)</u> 89 Age 56 Group F50-59 Overall-Group	Time of Day	0:07:32	0:08:51	0:10:25	0:11:44	0:13:15	0:14:34	0:16:11	0:17:34	0:19:13	0:20:42	0:22:32	1:00:04	1:02:01	1:03:41	1:05:53	1:07:26:31
	Time Cum	01:32	02:51	04:25	05:44	07:15	08:34	10:11	11:34	13:13	14:42	16:32	18:04	20:01	21:41	23:53	25:26:31
	Time Delta	01:32	01:19	01:33	01:19	01:30	01:18	01:37	01:22	01:39	01:29	01:50	01:32	01:56	01:40	02:11	01:33:23
	Pace Cum	13:26	13:43	13:42	13:48	13:41	13:43	13:48	13:53	13:57	14:07	14:19	14:28	14:41	14:53	15:11	15:16
	Pace Delta	13:26	14:03	13:42	14:06	13:15	13:55	14:14	14:35	14:29	15:46	16:06	16:17	16:59	17:46	19:12	16:32
Fernandez, Frank (WA) 90 Age 54 Group M50-59 Overall-Group	Time of Day	0:07:25	0:08:36	0:10:04	0:11:19	0:13:02	0:14:27	0:16:16	0:17:39	0:19:36	0:21:30	0:23:44	1:01:35				
	Time Cum	01:25	02:36	04:04	05:19	07:02	08:27	10:16	11:39	13:36	15:30	17:44	19:35				
	Time Delta	01:25	01:11	01:27	01:15	01:42	01:25	01:48	01:23	01:56	01:54	02:13	01:51				
	Pace Cum	12:25	12:33	12:37	12:47	13:15	13:32	13:54	13:59	14:22	14:53	15:21	15:40				
	Pace Delta	12:25	12:43	12:44	13:24	14:56	15:08	15:51	14:43	17:04	20:11	19:34	19:41				
<u>Ferris,</u> <u>Sarah (NC)</u> 91 Age 38 Group F30-39 Overall-Group	Time of Day	0:07:31	0:08:48	0:10:24	0:11:48	0:13:32	0:15:00	0:16:47	0:18:22								
	Time Cum	01:31	02:48	04:24	05:48	07:32	09:00	10:47	12:22								
	Time Delta	01:31	01:17	01:35	01:24	01:43	01:28	01:47	01:34								
	Pace Cum	13:17	13:30	13:39	13:57	14:12	14:25	14:36	14:51								
	Pace Delta	13:17	13:47	13:56	14:59	15:05	15:40	15:37	16:45								
<u>Fitzgerald,</u> <u>Amy (VA)</u> 92 Age 45 Group F40-49 Overall-Group	Time of Day	0:07:29	0:08:51	0:10:41	0:12:15	0:14:07	0:15:44	0:17:47	0:19:24	0:21:41	0:23:41	1:01:49	1:03:41				
	Time Cum	01:29	02:51	04:41	06:15	08:07	09:44	11:47	13:24	15:41	17:41	19:49	21:41				
	Time Delta	01:29	01:22	01:49	01:34	01:51	01:36	02:02	01:37	02:16	02:00	02:07	01:52				
	Pace Cum	13:00	13:44	14:33	15:02	15:18	15:35	15:57	16:05	16:34	16:59	17:09	17:21				
	Pace Delta	13:00	14:38	16:02	16:41	16:19	17:08	17:55	17:16	19:59	21:16	18:38	19:52				
Flener, Karl (IL) 93 Age 42 Group M40-49 Overall-Group	Time of Day	0:06:59	0:07:51	0:08:52	0:09:49	0:11:00	0:12:06	0:13:26	0:14:35	0:16:09	0:17:26	0:19:00	0:20:21	0:21:52	0:23:08	1:00:35	1:01:53:02
	Time Cum	00:59	01:51	02:52	03:49	05:00	06:06	07:26	08:35	10:09	11:26	13:00	14:21	15:52	17:08	18:35	19:53:02
	Time Delta	00:59	00:52	01:00	00:57	01:11	01:05	01:19	01:09	01:33	01:17	01:34	01:21	01:30	01:15	01:27	01:17:15
	Pace Cum	08:37	08:57	08:55	09:11	09:27	09:46	10:03	10:19	10:43	10:59	11:15	11:29	11:38	11:45	11:50	11:56
	Pace Delta	08:37	09:22	08:51	10:06	10:24	11:35	11:39	12:20	13:36	13:40	13:47	14:22	13:16	13:21	12:48	13:40
Position	5-2	8-2	10-2	12-2	13-2	14-3	16-4	19-4	22-5	21-5	22-5	21-5	20-5	18-5	15-5	14-4	

2016 Umstead 50/100 Mile Endurance Run -- 04/02/2016

Runner Splits

	Aid Station Name	AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
	Aid Station Distance	6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
	Aid Station Delta	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<u>Harvey,</u>	Time of Day	0:07:14	0:08:22	0:09:44	0:10:55	0:12:26	0:13:40	0:15:06	0:16:26	0:17:57	0:19:17	0:20:59	0:22:21	1:00:07	1:01:45	1:04:20	1:07:21:35
<u>Mary (NY)</u>	Time Cum	01:14	02:22	03:44	04:55	06:26	07:40	09:06	10:26	11:57	13:17	14:59	16:21	18:07	19:45	22:20	25:21:35
120	Time Delta	01:14	01:08	01:21	01:11	01:31	01:14	01:25	01:20	01:30	01:20	01:41	01:21	01:46	01:38	02:34	03:01:29
Age 34	Pace Cum	10:48	11:22	11:35	11:49	12:09	12:17	12:20	12:32	12:37	12:46	12:58	13:05	13:17	13:33	14:12	15:13
Group F30-39	Pace Delta	10:48	12:03	11:58	12:39	13:20	13:06	12:32	14:13	13:12	14:14	14:48	14:30	15:33	17:23	22:31	32:07
Overall-Group	Position	82-10	101-10	109-12	102-10	103-13	97-12	91-13	89-13	77-11	75-11	74-12	69-11	62-10	64-10	74-12	85-15
<u>Heilig,</u>	Time of Day	0:07:13	0:08:16	0:09:29	0:10:34	0:11:52	0:13:00	0:14:19	0:15:31								
<u>Hilary (NC)</u>	Time Cum	01:13	02:16	03:29	04:34	05:52	07:00	08:19	09:31								
121	Time Delta	01:13	01:03	01:13	01:04	01:18	01:07	01:19	01:12								
Age 42	Pace Cum	10:39	10:53	10:51	10:58	11:04	11:12	11:16	11:26								
Group F40-49	Pace Delta	10:39	11:10	10:47	11:21	11:27	12:00	11:33	12:45								
Overall-Group	Position	78-7	66-6	70-7	58-4	53-4	49-4	45-3	44-3								
Hile,	Time of Day	0:07:21	0:08:30	0:10:02	0:11:30	0:13:23	0:15:01	0:16:54	0:18:34	0:20:37	0:22:42	1:01:03	1:03:11				
Douglas (OH)	Time Cum	01:21	02:30	04:02	05:30	07:23	09:01	10:54	12:34	14:37	16:42	19:03	21:11				
122	Time Delta	01:21	01:09	01:31	01:28	01:52	01:37	01:53	01:39	02:03	02:05	02:21	02:07				
Age 42	Pace Cum	11:49	12:04	12:32	13:14	13:56	14:26	14:46	15:05	15:26	16:02	16:30	16:57				
Group M40-49	Pace Delta	11:49	12:21	13:24	15:40	16:27	17:15	16:34	17:37	17:57	22:08	20:41	22:36				
Overall-Group	Position	141-32	141-31	152-34	166-35	183-38	192-39	191-38	189-38	170-36	172-36	159-31	158-31				
Hitechew,	Time of Day	0:06:56	0:07:42	0:08:36	0:09:32	0:10:47	0:12:22										
Matthew (NC)	Time Cum	00:56	01:42	02:36	03:32	04:47	06:22										
11	Time Delta	00:56	00:46	00:54	00:55	01:15	01:35										
Age 34	Pace Cum	08:11	08:10	08:06	08:29	09:02	10:13										
Group M30-39	Pace Delta	08:11	08:08	08:00	09:47	11:04	16:49										
Overall-Group	Position	1-1	1-1	1-1	2-1	6-2	25-10										
<u>Ho,</u>	Time of Day	0:07:31	0:09:00	0:10:46	0:12:18	0:14:09	0:15:56	0:18:02	0:19:50	0:21:55	0:23:49	1:02:15	1:04:36				
<u>Jean (CA)</u>	Time Cum	01:31	03:00	04:46	06:18	08:09	09:56	12:02	13:50	15:55	17:49	20:15	22:36				
123	Time Delta	01:31	01:29	01:46	01:32	01:50	01:46	02:05	01:48	02:04	01:54	02:25	02:21				
Age 48	Pace Cum	13:17	14:24	14:47	15:09	15:22	15:54	16:17	16:37	16:48	17:07	17:32	18:05				
Group F40-49	Pace Delta	13:17	15:46	15:29	16:24	16:10	18:56	18:22	19:12	18:12	20:14	21:16	24:59				
Overall-Group	Position	197-27	225-32	225-30	227-32	222-31	222-30	225-29	225-29	188-27	185-27	172-26	172-26				
Holmes,	Time of Day	0:07:12	0:08:15	0:09:31	0:10:39	0:11:57	0:13:04	0:14:26	0:15:38	0:17:05	0:18:20	0:19:59	0:21:21	0:22:59	1:00:21	1:01:59	1:03:15:06
Shawn (AL)	Time Cum	01:12	02:15	03:31	04:39	05:57	07:04	08:26	09:38	11:05	12:20	13:59	15:21	16:59	18:21	19:59	21:15:06
124	Time Delta	01:12	01:03	01:16	01:07	01:18	01:06	01:21	01:11	01:26	01:15	01:39	01:21	01:37	01:22	01:37	01:15:33
Age 43	Pace Cum	10:31	10:49	10:57	11:11	11:14	11:20	11:26	11:34	11:42	11:51	12:06	12:17	12:27	12:36	12:43	12:45
Group M40-49	Pace Delta	10:31	11:12	11:10	12:01	11:25	11:50	11:58	12:44	12:37	13:20	14:29	14:28	14:16	14:39	14:16	13:22
Overall-Group	Position	65-14	65-16	73-15	73-16	65-15	57-11	52-11	51-10	40-9	38-9	41-11	39-10	38-10	37-10	35-10	30-9
<u>Hopson,</u>	Time of Day	0:07:11	0:08:16	0:09:28	0:10:40	0:11:59	0:13:12	0:14:37	0:15:49	0:17:16	0:18:35	0:20:05	0:21:31	0:23:10	1:00:42	1:02:29	1:04:06:48
<u>Jenica (OR)</u>	Time Cum	01:11	02:16	03:28	04:40	05:59	07:12	08:37	09:49	11:16	12:35	14:05	15:31	17:10	18:42	20:29	22:06:48
125	Time Delta	01:11	01:05	01:12	01:11	01:19	01:12	01:25	01:11	01:26	01:19	01:29	01:26	01:38	01:32	01:47	01:36:50
Age 40	Pace Cum	10:22	10:54	10:47	11:13	11:18	11:32	11:41	11:48	11:54	12:06	12:11	12:26	12:35	12:50	13:02	13:16
Group F40-49	Pace Delta	10:22	11:33	10:35	12:41	11:37	12:50	12:28	12:43	12:39	14:04	13:04	15:20	14:19	16:21	15:43	17:08
Overall-Group	Position	59-5	69-6	63-5	76-8	69-8	68-8	63-7	59-7	48-5	50-5	42-3	42-3	41-3	42-2	38-2	39-2

2016 Umstead 50/100 Mile Endurance Run -- 04/02/2016

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	
<hr/>																	
<u>Koenigshofer,</u> <u>Jenna (NC)</u> 137 Age 33 Group F30-39 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:12 01:12 01:12 10:31 10:31 65-7	0:08:13 02:13 01:01 10:40 10:51 57-7	0:09:28 03:28 01:15 10:48 11:03 64-7	0:10:39 04:39 01:10 11:12 12:33 74-9	0:12:01 06:01 01:21 11:20 11:51 75-9	0:13:14 07:14 01:13 11:35 12:59 69-8	0:14:44 08:44 01:30 11:50 13:10 68-9	0:16:04 10:04 01:20 12:06 14:12 73-9	0:17:48 11:48 01:43 12:38 15:10 74-10	0:19:09 13:09 01:20 12:38 14:18 71-10	0:20:56 14:56 01:47 12:56 15:41 73-11	0:22:31 16:31 01:34 13:14 16:49 75-12	1:00:50 18:50 02:18 13:49 20:12 80-13	1:02:55 20:55 02:05 14:21 22:09 84-14	1:05:26 23:26 02:31 14:54 22:04 86-16	1:07:37:23 25:37:23 02:10:56 15:22 23:10 89-17
<hr/>																	
<u>Kolakovich,</u> <u>Shirley (MI)</u> 138 Age 45 Group F40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:14 01:14 01:14 10:48 10:48 82-9	0:08:21 02:21 01:07 11:21 12:01 100-10	0:09:41 03:41 01:19 11:27 11:38 100-12	0:10:55 04:55 01:14 11:50 13:08 105-12	0:12:51 06:51 01:39 12:54 16:49 142-16	0:14:30 08:30 01:37 13:37 17:39 158-20										
<hr/>																	
<u>Koplowitz,</u> <u>Luana Pesco</u> 139 Age 60 Group F60-69 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:26 01:26 01:26 12:33 12:33 169-1	0:08:42 02:42 01:16 13:00 13:32 179-1	0:10:13 04:13 01:30 13:05 13:13 176-1	0:11:33 05:33 01:20 13:19 14:10 174-1	0:13:07 07:07 01:34 13:26 13:48 159-1	0:14:30 08:30 01:22 13:37 14:40 156-1	0:16:08 10:08 01:38 13:43 14:19 152-1	0:17:33 11:33 01:25 13:52 15:05 152-1	0:19:26 13:26 01:52 14:11 16:27 139-1	0:20:58 14:58 01:32 14:22 16:18 137-1	0:23:02 17:02 02:03 14:44 18:04 126-1	1:00:48 18:48 01:46 15:03 18:49 116-1	1:02:52 20:52 02:03 15:18 19:05 113-1	1:04:41 22:41 01:49 15:33 19:18 107-1	1:06:51 24:51 02:10 15:49 19:03 107-1	1:08:32:56 26:32:56 01:41:06 15:56 17:54 104-1
<hr/>																	
<u>Kosla,</u> <u>Daniel (NC)</u> 7 Age 34 Group M30-39 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:06:59 00:59 00:59 08:37 08:37 5-3	0:07:50 01:50 00:51 08:48 09:02 3-2	0:08:45 02:45 00:55 08:33 08:05 3-2	0:09:36 03:36 00:50 08:38 08:58 3-2	0:10:34 04:34 00:58 08:37 08:32 2-1	0:11:31 05:31 00:56 08:50 10:04 2-1	0:12:33 06:33 01:02 09:00 09:04 2-1	0:13:29 07:29 00:56 09:03 09:58 2-1	0:14:34 08:34 01:04 09:11 09:27 3-1	0:15:34 09:34 00:59 09:18 10:37 3-1	0:16:45 10:45 01:10 09:18 10:58 3-1	0:17:47 11:47 01:01 09:26 10:33 3-1	0:18:59 12:59 01:12 09:31 10:33 3-1	0:20:00 14:00 01:00 09:36 10:47 3-1	0:21:13 15:13 01:12 09:41 10:35 3-1	0:22:15:36 16:15:36 01:02:36 09:45 11:05 3-1
<hr/>																	
<u>Kraft,</u> <u>Scott (NC)</u> 141 Age 46 Group M40-49 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:14 01:14 01:14 10:48 10:48 82-19	0:08:16 02:16 01:02 10:57 11:08 79-17	0:09:35 03:35 01:18 11:08 11:27 82-18	0:10:44 04:44 01:09 11:23 12:16 82-18	0:12:13 06:13 01:28 11:43 12:57 86-20	0:13:24 07:24 01:11 11:51 12:01 81-18	0:14:53 08:53 01:28 12:01 12:54 79-17	0:16:15 10:15 01:22 12:19 14:39 82-18	0:17:53 11:53 01:37 12:33 14:17 75-17	0:19:13 13:13 01:19 12:41 15:01 74-17	0:20:55 14:55 01:42 12:55 15:50 71-16	0:22:25 16:25 01:29 13:08 15:04 73-16	1:00:08 18:08 01:43 13:18 14:27 63-15	1:01:30 19:30 01:21 13:23 15:25 55-13	1:03:15 21:15 01:45 13:31 16:58 52-14	1:04:51:50 22:51:50 01:35:53 13:43 16:58 53-14
<hr/>																	
<u>Krolewicz,</u> <u>Ray (SC)</u> 142 Age 61 Group M60-69 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:29 01:29 01:29 13:00 13:00 186-8	0:08:54 02:54 01:25 13:57 15:07 214-10	0:10:43 04:43 01:49 14:40 15:59 223-10	0:12:19 06:19 01:35 15:10 16:50 229-10	0:14:19 08:19 02:00 15:41 17:36 226-11	0:16:01 10:01 01:41 16:02 18:01 227-11	0:18:00 12:00 01:59 16:15 17:22 224-11	0:19:46 13:46 01:46 16:32 18:49 224-11	0:22:00 16:00 02:13 16:54 19:31 190-5	1:00:13 18:13 02:13 17:30 23:37 188-4	1:04:13 22:13 04:00 19:14 35:04 176-3	1:08:34 26:34 04:20 21:15 46:01 176-3				
<hr/>																	
<u>Kuhlmann,</u> <u>Kimberley (WA)</u> 143 Age 37 Group F30-39 Overall-Group	Time of Day Time Cum Time Delta Pace Cum Pace Delta Position	0:07:24 01:24 01:24 12:16 12:16 156-22	0:08:36 02:36 01:12 12:33 12:53 155-20	0:10:00 04:00 01:24 12:27 12:17 150-20	0:11:21 05:21 01:20 12:52 14:18 154-21	0:12:49 06:49 01:27 12:51 12:47 141-20	0:14:09 08:09 01:20 13:04 14:15 139-18	0:15:42 09:42 01:33 13:09 13:36 129-19	0:17:04 11:04 01:21 13:17 14:26 122-18	0:18:58 12:58 01:53 13:41 16:35 116-17	0:20:21 14:21 01:23 13:47 14:45 110-17	0:21:58 15:58 01:37 13:49 15:26 98-16	0:23:25 17:25 01:27 13:57 16:02 91-14	1:01:15 19:15 01:49 14:07 18:15 88-15	1:02:58 20:58 01:43 14:23 18:48 86-16	1:05:07 23:07 02:08 14:42 18:48 83-14	1:07:10:41 25:10:41 02:03:23 15:06 21:50 83-14

2016 Umstead 50/100 Mile Endurance Run -- 04/02/2016

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>Lambert,</u> <u>Amy (NC)</u>	Time of Day	0:07:31	0:08:47	0:10:19	0:11:43	0:13:39	0:15:07	0:17:03	0:18:36	0:21:11	0:22:56						
144	Time Cum	01:31	02:47	04:19	05:43	07:39	09:07	11:03	12:36	15:11	16:56						
Age 33	Time Delta	01:31	01:16	01:31	01:23	01:56	01:28	01:55	01:33	02:34	01:44						
Group F30-39	Pace Cum	13:17	13:26	13:25	13:44	14:26	14:37	14:57	15:08	16:02	16:16						
Overall-Group	Pace Delta	13:17	13:38	13:23	14:48	17:00	15:36	16:50	16:31	22:36	18:34						
	Position	197-29	191-28	187-27	191-27	201-29	199-28	198-29	195-29	176-24	174-24						
Lancaster, Matthew (VA)	Time of Day	0:07:31	0:08:45	0:10:11	0:11:28	0:13:09	0:14:37	0:18:51	0:20:27								
145	Time Cum	01:31	02:45	04:11	05:28	07:09	08:37	12:51	14:27								
Age 41	Time Delta	01:31	01:14	01:26	01:16	01:40	01:28	04:14	01:36								
Group M40-49	Pace Cum	13:17	13:14	13:01	13:09	13:29	13:48	17:24	17:22								
Overall-Group	Pace Delta	13:17	13:09	12:38	13:36	14:40	15:40	37:06	17:00								
	Position	197-40	185-40	172-38	160-33	164-34	170-36	230-42	228-42								
Lang, Andrew (OH)	Time of Day	0:07:28	0:08:42	0:10:13	0:11:32	0:13:11	0:14:38	0:16:12	0:17:36	0:19:26	0:20:50	0:23:00	1:00:47	1:03:05	1:05:01	1:07:29	1:09:17:10
146	Time Cum	01:28	02:42	04:13	05:32	07:11	08:38	10:12	11:36	13:26	14:50	17:00	18:47	21:05	23:01	25:29	27:17:10
Age 36	Time Delta	01:28	01:14	01:31	01:19	01:38	01:26	01:34	01:24	01:50	01:24	02:09	01:47	02:18	01:55	02:27	01:48:02
Group M30-39	Pace Cum	12:51	12:59	13:06	13:19	13:33	13:49	13:48	13:55	14:11	14:15	14:42	15:02	15:28	15:47	16:12	16:22
Overall-Group	Pace Delta	12:51	13:09	13:19	14:02	14:25	15:19	13:43	14:53	16:06	14:53	18:54	19:00	20:11	20:32	21:32	19:07
	Position	180-35	177-35	180-35	173-35	167-34	171-33	162-32	155-31	140-31	129-29	125-28	124-26	120-26	118-25	116-23	117-23
LeDoyen, Jason (NC)	Time of Day	0:07:12	0:08:13	0:09:28	0:10:35	0:11:55	0:13:09	0:14:33	0:15:50	0:17:13	0:18:28	0:19:57	0:21:23	0:22:59	1:00:18	1:01:55	1:03:11:37
147	Time Cum	01:12	02:13	03:28	04:35	05:55	07:09	08:33	09:50	11:13	12:28	13:57	15:23	16:59	18:18	19:55	21:11:37
Age 44	Time Delta	01:12	01:01	01:14	01:07	01:19	01:13	01:24	01:16	01:22	01:15	01:29	01:25	01:36	01:18	01:36	01:16:05
Group M40-49	Pace Cum	10:31	10:40	10:46	11:02	11:10	11:26	11:35	11:49	11:51	11:58	12:05	12:19	12:28	12:33	12:40	12:43
Overall-Group	Pace Delta	10:31	10:51	10:57	11:57	11:39	12:59	12:23	13:36	12:04	13:17	13:01	15:11	14:06	13:58	14:08	13:28
	Position	65-14	59-13	59-13	61-13	59-12	62-15	60-14	60-14	46-11	43-11	38-8	40-11	39-10	35-8	32-8	29-8
<u>Lee,</u> <u>Kathy (NC)</u>	Time of Day	0:07:06	0:08:08	0:09:19	0:10:24	0:11:41	0:12:50	0:14:13	0:15:30								
148	Time Cum	01:06	02:08	03:19	04:24	05:41	06:50	08:13	09:30								
Age 52	Time Delta	01:06	01:02	01:11	01:05	01:16	01:09	01:22	01:17								
Group F50-59	Pace Cum	09:38	10:15	10:19	10:36	10:43	10:57	11:08	11:25								
Overall-Group	Pace Delta	09:38	10:59	10:27	11:32	11:08	12:21	12:06	13:39								
	Position	36-1	43-1	48-2	45-2	45-2	43-2	41-2	43-2								
Lefferts, Peter C (FL)	Time of Day	0:07:29	0:08:50	0:10:30	0:12:01	0:13:49	0:15:27	0:17:24	0:19:07	0:21:17							
18	Time Cum	01:29	02:50	04:30	06:01	07:49	09:27	11:24	13:07	15:17							
Age 60	Time Delta	01:29	01:21	01:39	01:31	01:48	01:38	01:56	01:42	02:10							
Group M60-69	Pace Cum	13:00	13:37	13:57	14:27	14:45	15:09	15:26	15:44	16:08							
Overall-Group	Pace Delta	13:00	14:23	14:34	16:08	15:49	17:25	17:00	18:09	19:00							
	Position	186-8	201-8	207-9	211-9	208-9	208-9	208-9	209-10	179-4							
<u>Lefferts,</u> <u>Stephanie (FL)</u>	Time of Day	0:07:15	0:08:21	0:09:45	0:10:59	0:12:25	0:13:40	0:15:07	0:16:26	0:17:55	0:19:20	0:21:16	0:23:04	1:01:08	1:03:07	1:05:56	1:07:48:40
149	Time Cum	01:15	02:21	03:45	04:59	06:25	07:40	09:07	10:26	11:55	13:20	15:16	17:04	19:08	21:07	23:56	25:48:40
Age 27	Time Delta	01:15	01:06	01:24	01:13	01:26	01:14	01:27	01:18	01:29	01:24	01:56	01:47	02:03	01:59	02:49	01:52:17
Group F20-29	Pace Cum	10:57	11:20	11:41	12:00	12:07	12:16	12:21	12:32	12:35	12:48	13:13	13:39	14:02	14:29	15:13	15:29
Overall-Group	Pace Delta	10:57	11:48	12:18	13:05	12:34	13:07	12:48	13:56	13:02	14:57	17:01	18:59	18:06	21:04	24:43	19:52
	Position	95-3	95-3	116-3	118-3	102-3	96-3	93-3	88-3	76-3	77-3	79-3	84-3	85-3	87-3	92-3	93-3

2016 Umstead 50/100 Mile Endurance Run -- 04/02/2016

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
Maddieson, Ian (NM)	Time of Day	0:07:43	0:09:09	0:10:53	0:12:18	0:13:58	0:15:27	0:17:10	0:18:39	0:20:35	0:22:16	1:00:14	1:01:57	1:03:56	1:05:46	1:07:58	1:09:30:11
	Time Cum	01:43	03:09	04:53	06:18	07:58	09:27	11:10	12:39	14:35	16:16	18:14	19:57	21:56	23:46	25:58	27:30:11
15	Time Delta	01:43	01:26	01:43	01:25	01:40	01:28	01:42	01:29	01:56	01:40	01:58	01:42	01:59	01:49	02:11	01:32:07
Age 73	Pace Cum	15:02	15:09	15:09	15:07	15:02	15:08	15:07	15:11	15:24	15:37	15:47	15:58	16:05	16:18	16:31	16:30
Group M70-79	Pace Delta	15:02	15:18	15:07	15:03	14:44	15:41	15:00	15:46	16:59	17:46	17:21	18:05	17:24	19:26	19:15	16:18
Overall-Group	Position	238-4	236-4	230-3	226-3	213-3	207-2	202-1	198-1	168-1	162-1	144-1	138-1	128-1	125-1	122-1	118-1
Mandava, Vasu (NC)	Time of Day	0:07:15	0:08:29	0:09:56	0:11:39	0:13:12	0:14:51	0:16:35	0:18:26	0:20:13	0:22:14	1:00:09	1:02:19	1:04:43	1:06:58	1:09:03	1:11:03:09
	Time Cum	01:15	02:29	03:56	05:39	07:12	08:51	10:35	12:26	14:13	16:14	18:09	20:19	22:43	24:58	27:03	29:03:09
158	Time Delta	01:15	01:14	01:26	01:43	01:33	01:39	01:43	01:50	01:47	02:00	01:55	02:10	02:23	02:15	02:04	02:00:04
Age 43	Pace Cum	10:57	11:59	12:13	13:35	13:35	14:11	14:20	14:56	15:01	15:35	15:42	16:16	16:39	17:07	17:12	17:26
Group M40-49	Pace Delta	10:57	13:15	12:39	18:14	13:38	17:32	15:10	19:37	15:38	21:19	16:47	23:05	20:58	23:55	18:13	21:15
Overall-Group	Position	95-21	134-29	138-31	183-38	173-36	178-37	177-36	187-37	153-32	159-32	138-28	144-28	136-26	144-26	137-26	140-27
Manz, Mark (NC)	Time of Day	0:06:58	0:07:50	0:08:59	0:09:59	0:15:19	0:16:27	0:17:57	0:19:17	0:20:59	0:22:21						
	Time Cum	00:58	01:50	02:59	03:59	09:19	10:27	11:57	13:17	14:59	16:21						
2	Time Delta	00:58	00:52	01:09	01:00	05:19	01:07	01:30	01:20	01:41	01:21						
Age 30	Pace Cum	08:28	08:48	09:16	09:36	17:34	16:43	16:11	15:58	15:49	15:42						
Group M30-39	Pace Delta	08:28	09:12	10:07	10:43	46:39	11:58	13:12	14:16	14:47	14:30						
Overall-Group	Position	3-2	3-2	15-7	19-8	242-36	231-36	221-35	212-35	174-32	167-31						
Marsh, Ed (NC)	Time of Day	0:07:19	0:08:27	0:09:48	0:11:03	0:12:32	0:13:51	0:15:31	0:16:56								
	Time Cum	01:19	02:27	03:48	05:03	06:32	07:51	09:31	10:56								
159	Time Delta	01:19	01:08	01:20	01:15	01:28	01:18	01:39	01:25								
Age 69	Pace Cum	11:32	11:49	11:48	12:09	12:19	12:34	12:53	13:07								
Group M60-69	Pace Delta	11:32	12:09	11:47	13:20	12:57	13:57	14:36	15:03								
Overall-Group	Position	122-4	126-5	123-4	126-4	113-4	111-4	114-4	117-3								
Marsh, John (MD)	Time of Day	0:07:31	0:08:52	0:10:38	0:12:12	0:14:06	0:15:55	0:18:17	0:20:26								
	Time Cum	01:31	02:52	04:38	06:12	08:06	09:55	12:17	14:26								
160	Time Delta	01:31	01:21	01:46	01:34	01:53	01:48	02:22	02:09								
Age 41	Pace Cum	13:17	13:47	14:23	14:54	15:16	15:52	16:38	17:20								
Group M40-49	Pace Delta	13:17	14:22	15:29	16:42	16:36	19:16	20:47	22:50								
Overall-Group	Position	197-40	206-42	212-42	220-42	218-41	221-41	227-41	227-41								
Marshall, Tony (CA)	Time of Day	0:07:05	0:08:03	0:09:12	0:10:14	0:11:24	0:12:28	0:13:42	0:14:53	0:16:33	0:18:25						
	Time Cum	01:05	02:03	03:12	04:14	05:24	06:28	07:42	08:53	10:33	12:25						
162	Time Delta	01:05	00:58	01:08	01:02	01:10	01:03	01:14	01:11	01:39	01:52						
Age 38	Pace Cum	09:29	09:55	09:56	10:11	10:12	10:22	10:26	10:41	11:09	11:56						
Group M30-39	Pace Delta	09:29	10:26	09:58	11:04	10:14	11:18	10:51	12:35	14:32	19:53						
Overall-Group	Position	30-12	31-14	30-13	30-13	28-11	28-12	25-10	27-11	28-12	42-17						
Marshburn, Brian (NC)	Time of Day	0:07:02	0:07:54	0:08:54	0:09:45	0:10:49	0:11:45	0:12:51	0:13:48	0:14:55	0:15:56	0:17:10	0:18:13	0:19:27	0:20:31	0:21:43	0:22:43:21
	Time Cum	01:02	01:54	02:54	03:45	04:49	05:45	06:51	07:48	08:55	09:56	11:10	12:13	13:27	14:31	15:43	16:43:21
163	Time Delta	01:02	00:52	01:00	00:51	01:03	00:56	01:06	00:56	01:07	01:00	01:14	01:03	01:13	01:03	01:12	00:59:57
Age 37	Pace Cum	09:03	09:08	09:00	09:02	09:05	09:12	09:17	09:22	09:25	09:33	09:40	09:47	09:52	09:57	10:00	10:02
Group M30-39	Pace Delta	09:03	09:13	08:47	09:07	09:15	09:56	09:44	09:57	09:52	10:45	10:50	11:10	10:46	11:15	10:33	10:37
Overall-Group	Position	16-8	11-5	11-4	7-4	7-4	6-3	7-3	5-3	5-3	5-3	5-3	5-3	4-2	4-2	4-2	4-2

2016 Umstead 50/100 Mile Endurance Run -- 04/02/2016

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/>																	
Mason, <u>Louise (IL)</u> 20 Age 63 Group F60-69 Overall-Group	Time of Day	0:07:35	0:08:58	0:10:41	0:12:12	0:13:58	0:15:28	0:17:22	0:19:00	0:21:14	0:23:09	1:01:22	1:03:16	1:05:16	1:06:53	1:09:02	1:10:50:26
	Time Cum	01:35	02:58	04:41	06:12	07:58	09:28	11:22	13:00	15:14	17:09	19:22	21:16	23:16	24:53	27:02	28:50:26
	Time Delta	01:35	01:23	01:42	01:31	01:45	01:30	01:54	01:37	02:13	01:55	02:13	01:54	02:00	01:37	02:09	01:47:32
	Pace Cum	13:52	14:19	14:33	14:54	15:01	15:10	15:24	15:36	16:05	16:28	16:46	17:01	17:04	17:12	17:12	17:18
	Pace Delta	13:52	14:52	14:58	16:08	15:25	16:00	16:41	17:15	19:31	20:21	19:27	20:15	17:32	17:12	18:50	19:02
	Position	223-6	221-6	216-6	221-6	212-6	209-6	207-6	208-6	177-3	177-3	163-3	161-2	153-2	141-2	136-2	136-2
<hr/>																	
Massie, <u>Tammy (MD)</u> 165 Age 44 Group F40-49 Overall-Group	Time of Day	0:07:35	0:08:59	0:10:41	0:12:12	0:13:48	0:15:19	0:17:05	0:18:42	0:20:34	0:22:16	1:00:46	1:02:37	1:05:04	1:06:59	1:09:17	1:11:13:36
	Time Cum	01:35	02:59	04:41	06:12	07:48	09:19	11:05	12:42	14:34	16:16	18:46	20:37	23:04	24:59	27:17	29:13:36
	Time Delta	01:35	01:24	01:42	01:30	01:36	01:31	01:45	01:37	01:52	01:41	02:30	01:50	02:26	01:55	02:17	01:56:34
	Pace Cum	13:52	14:21	14:34	14:53	14:42	14:56	15:00	15:15	15:23	15:38	16:15	16:30	16:55	17:08	17:21	17:32
	Pace Delta	13:52	14:55	14:58	15:59	14:01	16:14	15:26	17:11	16:23	18:01	21:57	19:36	21:23	20:29	20:01	20:38
	Position	223-31	223-30	219-28	218-29	206-27	205-27	201-26	202-26	165-22	163-23	155-22	153-22	151-22	145-21	144-18	144-17
<hr/>																	
Matecki, <u>Laurie (NC)</u> 166 Age 33 Group F30-39 Overall-Group	Time of Day	0:07:24	0:08:37	0:10:05	0:11:22	0:12:45	0:14:00	0:15:31	0:16:48	0:18:20	0:19:42	0:21:27	0:22:58	1:00:39	1:02:06	1:03:54	1:05:19:46
	Time Cum	01:24	02:37	04:05	05:22	06:45	08:00	09:31	10:48	12:20	13:42	15:27	16:58	18:39	20:06	21:54	23:19:46
	Time Delta	01:24	01:13	01:27	01:16	01:23	01:14	01:31	01:16	01:32	01:21	01:44	01:31	01:41	01:27	01:47	01:25:42
	Pace Cum	12:16	12:38	12:42	12:54	12:44	12:49	12:53	12:58	13:02	13:09	13:22	13:35	13:41	13:47	13:56	14:00
	Pace Delta	12:16	13:05	12:50	13:36	12:08	13:13	13:19	13:34	13:31	14:25	15:16	16:09	14:46	15:27	15:40	15:10
	Position	156-22	161-22	160-23	157-23	139-18	129-17	115-16	110-17	87-13	83-13	81-13	80-13	72-12	71-11	66-10	65-10
<hr/>																	
McCabe, <u>Kevin (NC)</u> 167 Age 35 Group M30-39 Overall-Group	Time of Day	0:07:10	0:08:07	0:09:16	0:10:19	0:11:33	0:12:44	0:14:10	0:15:21	0:16:50	0:18:10	0:19:40	0:20:57	0:22:26	0:23:38	1:01:16	1:02:33:26
	Time Cum	01:10	02:07	03:16	04:19	05:33	06:44	08:10	09:21	10:50	12:10	13:40	14:57	16:26	17:38	19:16	20:33:26
	Time Delta	01:10	00:57	01:09	01:02	01:14	01:10	01:25	01:11	01:28	01:20	01:29	01:16	01:29	01:11	01:37	01:17:25
	Pace Cum	10:13	10:10	10:09	10:22	10:29	10:47	11:03	11:14	11:26	11:41	11:50	11:58	12:03	12:06	12:15	12:20
	Pace Delta	10:13	10:05	10:08	11:05	10:53	12:32	12:30	12:41	12:57	14:11	13:07	13:35	13:05	12:40	14:18	13:42
	Position	54-19	39-16	39-15	38-16	36-15	38-16	38-16	38-16	34-16	34-16	32-16	32-16	30-15	24-10	23-9	19-7
<hr/>																	
McCarty, <u>Eric (MD)</u> 168 Age 50 Group M50-59 Overall-Group	Time of Day	0:07:44	0:09:12	0:11:01	0:12:32	0:14:25	0:15:56	0:17:45	0:19:17	0:21:19	0:23:09						
	Time Cum	01:44	03:12	05:01	06:32	08:25	09:56	11:45	13:17	15:19	17:09						
	Time Delta	01:44	01:28	01:48	01:31	01:52	01:31	01:48	01:32	02:01	01:50						
	Pace Cum	15:11	15:24	15:34	15:43	15:52	15:55	15:54	15:57	16:10	16:29						
	Pace Delta	15:11	15:41	15:52	16:12	16:26	16:10	15:50	16:20	17:48	19:32						
	Position	239-34	241-35	237-34	232-34	230-34	223-34	218-34	211-33	180-28	178-27						
<hr/>																	
McCarty, <u>Moca (MD)</u> 169 Age 45 Group F40-49 Overall-Group	Time of Day	0:07:45	0:09:14	0:11:12	0:12:53	0:15:19	0:17:03	0:19:28	0:21:45								
	Time Cum	01:45	03:14	05:12	06:53	09:19	11:03	13:28	15:45								
	Time Delta	01:45	01:29	01:58	01:41	02:25	01:44	02:24	02:16								
	Pace Cum	15:20	15:31	16:09	16:34	17:34	17:42	18:14	18:54								
	Pace Delta	15:20	15:45	17:19	17:56	21:13	18:30	21:05	24:13								
	Position	242-35	243-35	242-33	243-34	241-34	237-33	236-31	236-31								
<hr/>																	
McCaslin, <u>Mark (MI)</u> 170 Age 46 Group M40-49 Overall-Group	Time of Day	0:07:12	0:08:16	0:09:36	0:10:50	0:12:52	0:14:30	0:16:10	0:17:48	0:20:31	0:22:23						
	Time Cum	01:12	02:16	03:36	04:50	06:52	08:30	10:10	11:48	14:31	16:23						
	Time Delta	01:12	01:04	01:19	01:14	02:01	01:38	01:40	01:37	02:42	01:52						
	Pace Cum	10:31	10:55	11:10	11:37	12:56	13:37	13:47	14:10	15:20	15:44						
	Pace Delta	10:31	11:24	11:37	13:11	17:45	17:27	14:39	17:17	23:46	19:52						
	Position	65-14	73-17	85-20	89-21	143-31	157-33	159-31	164-32	160-33	168-35						

2016 Umstead 50/100 Mile Endurance Run -- 04/02/2016

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, Dennis (SC)	Time of Day	0:07:45	0:09:06	0:11:10	0:12:43	0:15:35	0:18:12	0:21:15	1:02:06								
	Time Cum	01:45	03:06	05:10	06:43	09:35	12:12	15:15	20:06								
179	Time Delta	01:45	01:21	02:03	01:32	02:52	02:36	03:03	04:51								
Age 55	Pace Cum	15:20	14:57	16:03	16:08	18:04	19:31	20:38	24:08								
Group M50-59	Pace Delta	15:20	14:30	18:02	16:25	25:09	27:44	26:45	51:34								
Overall-Group	Position	242-35	235-33	241-35	239-35	243-35	243-35	239-35	239-35								
Miller, Matt (NC)	Time of Day	0:07:21	0:08:27	0:09:45	0:10:54	0:12:17	0:13:30	0:14:54	0:16:06	0:17:37	0:19:03	0:20:49	0:22:14	1:00:03	1:01:35	1:03:27	1:05:09:02
	Time Cum	01:21	02:27	03:45	04:54	06:17	07:30	08:54	10:06	11:37	13:03	14:49	16:14	18:03	19:35	21:27	23:09:02
180	Time Delta	01:21	01:06	01:17	01:09	01:22	01:13	01:23	01:12	01:30	01:26	01:45	01:25	01:48	01:31	01:52	01:41:09
Age 43	Pace Cum	11:49	11:50	11:38	11:47	11:51	12:01	12:03	12:08	12:16	12:33	12:50	13:00	13:14	13:26	13:39	13:53
Group M40-49	Pace Delta	11:49	11:51	11:17	12:18	12:05	12:59	12:12	12:47	13:12	15:22	15:28	15:03	15:54	16:16	16:23	17:54
Overall-Group	Position	141-32	127-28	115-26	98-23	93-21	85-20	83-19	76-17	66-15	68-15	66-15	65-15	60-14	61-15	57-15	62-16
Moore, Bill (TN)	Time of Day	0:07:37	0:09:06	0:10:58	0:12:39	0:14:40	0:16:28	0:18:37	0:20:34								
	Time Cum	01:37	03:06	04:58	06:39	08:40	10:28	12:37	14:34								
182	Time Delta	01:37	01:29	01:51	01:41	02:00	01:48	02:08	01:57								
Age 61	Pace Cum	14:10	14:56	15:25	16:00	16:20	16:45	17:04	17:29								
Group M60-69	Pace Delta	14:10	15:52	16:19	17:58	17:33	19:10	18:48	20:43								
Overall-Group	Position	231-11	234-11	235-11	238-12	232-12	232-12	229-12	229-12								
Moore, James E (MD)	Time of Day	0:07:32	0:08:54	0:10:32	0:12:00	0:13:48	0:15:23	0:17:32	0:19:20								
	Time Cum	01:32	02:54	04:32	06:00	07:48	09:23	11:32	13:20								
183	Time Delta	01:32	01:22	01:38	01:27	01:47	01:35	02:09	01:47								
Age 71	Pace Cum	13:26	13:56	14:05	14:25	14:42	15:02	15:37	16:01								
Group M70-79	Pace Delta	13:26	14:33	14:20	15:34	15:45	16:53	18:53	19:03								
Overall-Group	Position	207-1	212-1	210-1	210-1	207-1	206-1	210-3	215-3								
<u>Moore, Meredith (NC)</u>	Time of Day	0:07:14	0:08:19	0:09:29	0:10:36	0:11:52	0:13:03	0:14:23	0:15:34	0:16:59	0:18:23	0:19:46	0:21:00	0:22:28	0:23:53	1:01:35	1:03:03:21
	Time Cum	01:14	02:19	03:29	04:36	05:52	07:03	08:23	09:34	10:59	12:23	13:46	15:00	16:28	17:53	19:35	21:03:21
184	Time Delta	01:14	01:05	01:10	01:06	01:16	01:10	01:19	01:11	01:24	01:24	01:22	01:13	01:28	01:25	01:41	01:28:19
Age 43	Pace Cum	10:48	11:09	10:51	11:03	11:05	11:18	11:21	11:29	11:36	11:54	11:55	12:00	12:05	12:16	12:27	12:38
Group F40-49	Pace Delta	10:48	11:33	10:19	11:44	11:11	12:32	11:35	12:34	12:24	15:02	12:03	13:03	12:55	15:04	14:46	15:38
Overall-Group	Position	82-9	88-9	72-7	63-5	55-4	52-5	49-4	47-4	39-3	40-3	34-1	33-1	31-1	29-1	26-1	26-1
Morgan, Paul (FL)	Time of Day	0:07:45	0:09:20	0:11:14	0:12:54	0:14:53	0:16:41	0:18:53	0:20:49								
	Time Cum	01:45	03:20	05:14	06:54	08:53	10:41	12:53	14:49								
185	Time Delta	01:45	01:35	01:54	01:39	01:59	01:47	02:12	01:55								
Age 74	Pace Cum	15:20	16:04	16:16	16:36	16:46	17:06	17:26	17:47								
Group M70-79	Pace Delta	15:20	16:58	16:39	17:41	17:23	19:00	19:17	20:30								
Overall-Group	Position	242-5	245-5	243-5	244-5	235-4	234-4	231-4	232-4								
Moroch, Chris (NC)	Time of Day	0:07:24	0:08:34	0:09:56	0:11:06	0:12:35	0:13:52	0:15:32	0:16:55	0:18:30	0:19:50	0:21:33	0:23:05	1:00:55	1:02:29	1:04:23	1:07:16:08
	Time Cum	01:24	02:34	03:56	05:06	06:35	07:52	09:32	10:55	12:30	13:50	15:33	17:05	18:55	20:29	22:23	25:16:08
186	Time Delta	01:24	01:10	01:21	01:10	01:28	01:16	01:40	01:22	01:35	01:20	01:43	01:31	01:50	01:33	01:54	02:52:43
Age 37	Pace Cum	12:16	12:22	12:12	12:17	12:25	12:36	12:55	13:07	13:12	13:17	13:28	13:40	13:53	14:03	14:14	15:10
Group M30-39	Pace Delta	12:16	12:29	11:55	12:31	12:56	13:38	14:39	14:38	13:53	14:10	15:05	16:13	16:05	16:31	16:41	30:34
Overall-Group	Position	156-34	146-31	137-31	130-30	123-30	114-28	117-27	115-28	98-26	88-24	84-23	86-24	82-23	77-22	76-20	84-20

2016 Umstead 50/100 Mile Endurance Run -- 04/02/2016

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
Pierce, Nick (VA)	Time of Day	0:07:14	0:08:16	0:09:27	0:10:30	0:11:40	0:12:42	0:14:02	0:15:07	0:16:32	0:17:43	0:19:11	0:20:28	0:22:07	0:23:27	1:01:07	1:02:25:19
	Time Cum	01:14	02:16	03:27	04:30	05:40	06:42	08:02	09:07	10:32	11:43	13:11	14:28	16:07	17:27	19:07	20:25:19
	Time Delta	01:14	01:02	01:11	01:02	01:10	01:01	01:19	01:05	01:24	01:10	01:28	01:16	01:39	01:20	01:39	01:17:51
Age 36	Pace Cum	10:48	10:56	10:44	10:49	10:42	10:44	10:53	10:57	11:07	11:15	11:25	11:34	11:49	11:58	12:10	12:15
Group M30-39	Pace Delta	10:48	11:07	10:22	11:03	10:18	10:58	11:38	11:36	12:19	12:32	12:52	13:36	14:30	14:14	14:33	13:47
Overall-Group	Position	82-24	77-21	58-20	55-20	44-19	37-15	32-14	31-13	26-11	25-11	24-11	25-12	23-10	22-7	22-8	18-6
Pieroni, Stephen M (NC)	Time of Day	0:07:11	0:08:13	0:09:26	0:10:35	0:11:55	0:13:09	0:14:33	0:15:50	0:17:19	0:18:37	0:20:08	0:21:36	0:23:28	1:03:30	1:05:20	1:06:54:46
	Time Cum	01:11	02:13	03:26	04:35	05:55	07:09	08:33	09:50	11:19	12:37	14:08	15:36	17:28	21:30	23:20	24:54:46
	Time Delta	01:11	01:02	01:12	01:09	01:19	01:13	01:24	01:17	01:28	01:18	01:30	01:28	01:52	04:01	01:50	01:34:09
Age 44	Pace Cum	10:22	10:40	10:39	11:02	11:10	11:26	11:35	11:49	11:57	12:08	12:14	12:29	12:49	14:45	14:51	14:57
Group M40-49	Pace Delta	10:22	11:02	10:37	12:21	11:39	12:59	12:22	13:39	12:56	13:52	13:14	15:35	16:23	42:44	16:07	16:40
Overall-Group	Position	59-13	58-13	56-12	61-13	58-12	63-15	60-14	61-14	51-13	51-12	44-12	45-12	46-12	92-18	85-18	81-18
Polleck, Ken (NC)	Time of Day	0:07:40	0:09:09	0:10:47	0:12:11	0:14:00	0:15:39	0:17:33	0:19:18	0:21:30	0:23:22	1:01:39	1:03:22	1:05:37	1:07:21	1:09:09	1:10:46:06
	Time Cum	01:40	03:09	04:47	06:11	08:00	09:39	11:33	13:18	15:30	17:22	19:39	21:22	23:37	25:21	27:09	28:46:06
	Time Delta	01:40	01:29	01:37	01:23	01:49	01:38	01:54	01:44	02:12	01:51	02:17	01:42	02:15	01:43	01:48	01:36:17
Age 54	Pace Cum	14:36	15:10	14:51	14:51	15:06	15:27	15:39	15:58	16:22	16:41	17:01	17:06	17:19	17:23	17:16	17:16
Group M50-59	Pace Delta	14:36	15:51	14:16	14:50	16:00	17:27	16:44	18:27	19:19	19:48	20:04	18:06	19:43	18:24	15:52	17:02
Overall-Group	Position	235-33	237-34	226-33	216-33	214-33	215-33	211-33	213-34	183-29	180-28	168-27	163-27	156-26	151-25	142-25	133-22
<u>Powers,</u> <u>Jenna (WA)</u>	Time of Day	0:07:22	0:08:37	0:10:00	0:11:13	0:12:38	0:13:55	0:15:22	0:16:42	0:18:29	0:19:59	0:21:54	0:23:41	1:01:40	1:03:40	1:05:49	1:07:46:22
	Time Cum	01:22	02:37	04:00	05:13	06:38	07:55	09:22	10:42	12:29	13:59	15:54	17:41	19:40	21:40	23:49	25:46:22
	Time Delta	01:22	01:15	01:22	01:13	01:24	01:17	01:27	01:20	01:47	01:29	01:54	01:46	01:59	02:00	02:09	01:56:36
Age 38	Pace Cum	11:58	12:34	12:24	12:32	12:30	12:41	12:41	12:51	13:12	13:26	13:46	14:09	14:25	14:52	15:09	15:28
Group F30-39	Pace Delta	11:58	13:18	12:06	13:01	12:21	13:41	12:45	14:12	15:38	15:51	16:46	18:53	17:26	21:18	18:50	20:38
Overall-Group	Position	145-17	157-22	149-20	143-17	126-16	124-15	106-15	103-14	97-15	99-14	94-14	98-17	96-17	95-17	90-18	92-18
Price, Patrick (NC)	Time of Day	0:07:01	0:10:11														
	Time Cum	01:01	04:11														
	Time Delta	01:01	03:10														
Age 37	Pace Cum	08:54	20:07														
Group M30-39	Pace Delta	08:54	33:42														
Overall-Group	Position	10-5	248-37														
<u>Puente,</u> <u>Carol Yount (NC)</u>	Time of Day	0:07:33	0:08:54	0:10:30	0:11:52	0:13:47	0:15:14	0:16:58	0:18:27								
	Time Cum	01:33	02:54	04:30	05:52	07:47	09:14	10:58	12:27								
	Time Delta	01:33	01:21	01:35	01:22	01:54	01:27	01:43	01:29								
Age 60	Pace Cum	13:35	13:57	13:58	14:07	14:41	14:48	14:51	14:57								
Group F60-69	Pace Delta	13:35	14:25	14:00	14:37	16:44	15:27	15:06	15:47								
Overall-Group	Position	215-5	215-5	208-5	203-3	205-5	203-3	193-3	188-3								
Puente, Fernando R (NC)	Time of Day	0:07:19	0:08:25	0:09:41	0:10:51	0:12:21	0:13:50	0:15:26	0:17:08								
	Time Cum	01:19	02:25	03:41	04:51	06:21	07:50	09:26	11:08								
	Time Delta	01:19	01:06	01:16	01:09	01:30	01:28	01:36	01:41								
Age 62	Pace Cum	11:32	11:36	11:27	11:39	11:59	12:33	12:47	13:22								
Group M60-69	Pace Delta	11:32	11:42	11:10	12:22	13:12	15:39	14:04	17:59								
Overall-Group	Position	122-4	107-3	99-2	93-3	98-3	107-3	110-3	125-4								

2016 Umstead 50/100 Mile Endurance Run -- 04/02/2016

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>Rogers,</u>	Time of Day	0:07:27	0:08:41	0:10:10	0:11:33	0:13:12	0:14:38	0:16:32	0:18:04	0:20:05	0:21:39	1:00:11	1:02:05	1:04:53	1:07:04	1:09:03	1:10:35:01
<u>Betsy (WA)</u>	Time Cum	01:27	02:41	04:10	05:33	07:12	08:38	10:32	12:04	14:05	15:39	18:11	20:05	22:53	25:04	27:03	28:35:01
222	Time Delta	01:27	01:14	01:28	01:22	01:38	01:26	01:53	01:32	02:00	01:34	02:31	01:54	02:48	02:10	01:58	01:31:48
Age 52	Pace Cum	12:42	12:57	12:58	13:20	13:34	13:50	14:16	14:30	14:52	15:02	15:44	16:05	16:47	17:12	17:12	17:09
Group F50-59	Pace Delta	12:42	13:16	12:59	14:36	14:26	15:19	16:37	16:21	17:31	16:47	22:09	20:12	24:33	23:06	17:21	16:15
Overall-Group	Position	176-13	173-12	169-11	175-11	171-10	173-11	176-13	170-12	150-11	148-11	140-10	140-11	143-12	150-14	138-13	131-13
Rolen,	Time of Day	0:07:15	0:08:19	0:09:35	0:10:44	0:12:06	0:13:21	0:14:54	0:16:22	0:18:13	0:19:58						
David (NC)	Time Cum	01:15	02:19	03:35	04:44	06:06	07:21	08:54	10:22	12:13	13:58						
223	Time Delta	01:15	01:04	01:15	01:09	01:22	01:14	01:33	01:28	01:51	01:45						
Age 43	Pace Cum	10:57	11:10	11:07	11:22	11:31	11:46	12:03	12:26	12:54	13:25						
Group M40-49	Pace Delta	10:57	11:25	11:01	12:16	12:00	13:10	13:35	15:35	16:12	18:39						
Overall-Group	Position	95-21	91-21	80-18	81-18	78-17	78-17	82-19	85-19	83-19	96-22						
<u>Rosenthal,</u>	Time of Day	0:07:11	0:08:16	0:09:28	0:10:40	0:11:59	0:13:12	0:14:38	0:15:56	0:17:36	0:19:10	0:20:51	0:22:21	1:00:16	1:01:59	1:04:07	1:05:51:22
<u>Janet (OR)</u>	Time Cum	01:11	02:16	03:28	04:40	05:59	07:12	08:38	09:56	11:36	13:10	14:51	16:21	18:16	19:59	22:07	23:51:22
224	Time Delta	01:11	01:05	01:12	01:11	01:19	01:12	01:26	01:17	01:40	01:33	01:40	01:30	01:55	01:43	02:07	01:44:21
Age 47	Pace Cum	10:22	10:54	10:47	11:13	11:18	11:32	11:42	11:56	12:15	12:39	12:51	13:05	13:24	13:43	14:04	14:19
Group F40-49	Pace Delta	10:22	11:33	10:35	12:40	11:38	12:49	12:34	13:48	14:37	16:34	14:42	15:59	16:48	18:17	18:35	18:28
Overall-Group	Position	59-5	69-6	62-5	75-8	69-8	67-8	64-8	64-8	64-9	73-10	68-9	70-8	68-8	67-8	70-9	73-9
<u>Russell,</u>	Time of Day	0:07:13	0:08:15	0:09:29	0:10:37	0:11:57	0:13:10	0:14:39	0:15:56	0:17:35	0:19:01	0:20:50	0:22:27	1:00:42	1:02:35	1:04:40	1:06:24:46
<u>Kimberly (SC)</u>	Time Cum	01:13	02:15	03:29	04:37	05:57	07:10	08:39	09:56	11:35	13:01	14:50	16:27	18:42	20:35	22:40	24:24:46
226	Time Delta	01:13	01:02	01:14	01:07	01:19	01:13	01:28	01:17	01:39	01:26	01:48	01:37	02:15	01:52	02:05	01:44:20
Age 49	Pace Cum	10:39	10:49	10:51	11:05	11:13	11:29	11:43	11:56	12:14	12:31	12:50	13:10	13:43	14:07	14:25	14:39
Group F40-49	Pace Delta	10:39	11:01	10:55	11:53	11:41	13:00	12:59	13:39	14:28	15:16	15:47	17:10	19:47	19:54	18:18	18:28
Overall-Group	Position	78-7	64-5	70-7	64-6	62-6	65-7	66-9	65-8	63-8	67-8	67-8	74-9	75-10	78-11	79-10	78-10
Saporito,	Time of Day	0:07:26	0:08:39	0:10:12	0:11:35	0:13:22	0:14:55	0:16:46	0:18:36	1:00:12							
Michael (MA)	Time Cum	01:26	02:39	04:12	05:35	07:22	08:55	10:46	12:36	18:12							
227	Time Delta	01:26	01:13	01:33	01:22	01:46	01:33	01:50	01:49	05:36							
Age 50	Pace Cum	12:33	12:46	13:04	13:26	13:53	14:17	14:34	15:07	19:13							
Group M50-59	Pace Delta	12:33	13:02	13:36	14:40	15:35	16:29	16:09	19:26	49:08							
Overall-Group	Position	169-25	163-24	175-26	180-28	182-29	181-29	182-31	194-32	195-30							
Scheibe,	Time of Day	0:07:22	0:08:36	0:10:09	0:11:32	0:13:19	0:14:55	0:16:55	0:18:46								
Charles (CO)	Time Cum	01:22	02:36	04:09	05:32	07:19	08:55	10:55	12:46								
228	Time Delta	01:22	01:14	01:33	01:23	01:46	01:35	01:59	01:51								
Age 61	Pace Cum	11:58	12:29	12:53	13:19	13:48	14:16	14:46	15:20								
Group M60-69	Pace Delta	11:58	13:06	13:36	14:47	15:34	16:58	17:30	19:41								
Overall-Group	Position	145-7	151-7	163-7	171-7	180-7	180-7	192-7	203-8								
Schlereth,	Time of Day	0:07:06	0:08:06	0:09:12	0:10:14	0:11:23	0:12:25	0:13:40	0:14:47								
Joe (NC)	Time Cum	01:06	02:06	03:12	04:14	05:23	06:25	07:40	08:47								
229	Time Delta	01:06	01:00	01:06	01:01	01:09	01:01	01:15	01:06								
Age 66	Pace Cum	09:38	10:07	09:58	10:11	10:10	10:17	10:23	10:33								
Group M60-69	Pace Delta	09:38	10:42	09:41	10:56	10:07	10:56	10:58	11:46								
Overall-Group	Position	36-1	37-1	32-1	29-1	27-1	26-1	24-1	23-1								

2016 Umstead 50/100 Mile Endurance Run -- 04/02/2016

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
Sullivan, Jerry (LA)	Time of Day	0:07:17	0:08:25	0:09:46	0:11:01	0:12:35	0:13:55	0:15:35	0:17:28								
249	Time Cum	01:17	02:25	03:46	05:01	06:35	07:55	09:35	11:28								
Age 54	Time Delta	01:17	01:08	01:20	01:15	01:33	01:19	01:40	01:52								
Group M50-59	Pace Cum	11:14	11:37	11:41	12:05	12:25	12:40	12:59	13:47								
Overall-Group	Pace Delta	11:14	12:05	11:49	13:24	13:38	14:07	14:44	20:00								
	Position	110-15	110-15	117-16	120-17	120-15	122-18	121-16	148-25								
Sullivan, Jim (FL)	Time of Day	0:07:35	0:08:53	0:10:28	0:11:55	0:13:41	0:15:10	0:17:02	0:18:38								
250	Time Cum	01:35	02:53	04:28	05:55	07:41	09:10	11:02	12:38								
Age 64	Time Delta	01:35	01:18	01:34	01:26	01:45	01:28	01:52	01:35								
Group M60-69	Pace Cum	13:52	13:54	13:53	14:13	14:29	14:40	14:57	15:10								
Overall-Group	Pace Delta	13:52	13:57	13:50	15:23	15:26	15:44	16:29	16:56								
	Position	223-10	208-9	205-8	204-8	203-8	200-8	197-8	197-7								
<u>Sullivan, Megan (NC)</u>	Time of Day	0:07:19	0:08:30	0:09:56	0:11:10	0:12:45	0:14:02	0:15:32	0:16:51	0:18:35	0:19:56	0:21:34	0:23:00	1:00:43	1:02:03	1:03:37	1:05:04:47
251	Time Cum	01:19	02:30	03:56	05:10	06:45	08:02	09:32	10:51	12:35	13:56	15:34	17:00	18:43	20:03	21:37	23:04:47
Age 40	Time Delta	01:19	01:11	01:26	01:13	01:34	01:17	01:30	01:18	01:43	01:21	01:37	01:26	01:42	01:19	01:34	01:26:58
Group F40-49	Pace Cum	11:32	12:03	12:14	12:25	12:43	12:52	12:55	13:02	13:17	13:23	13:28	13:36	13:43	13:45	13:45	13:51
Overall-Group	Pace Delta	11:32	12:41	12:34	13:01	13:51	13:41	13:12	13:58	15:06	14:23	14:15	15:15	15:01	14:09	13:50	15:24
	Position	122-15	139-16	141-16	135-16	134-14	131-14	118-13	113-13	105-11	94-11	85-10	82-10	76-11	70-10	62-8	58-8
Swendsen, Vincent (NC)	Time of Day	0:07:29	0:08:49	0:10:23	0:11:49	0:13:30	0:15:01	0:16:44	0:18:23	0:20:30	0:22:14	1:00:27	1:02:23	1:04:55	1:06:43	1:08:45	1:10:33:29
25	Time Cum	01:29	02:49	04:23	05:49	07:30	09:01	10:44	12:23	14:30	16:14	18:27	20:23	22:55	24:43	26:45	28:33:29
Age 53	Time Delta	01:29	01:20	01:33	01:25	01:41	01:30	01:43	01:38	02:06	01:44	02:13	01:55	02:32	01:47	02:02	01:47:32
Group M50-59	Pace Cum	13:00	13:34	13:37	13:58	14:10	14:27	14:32	14:52	15:19	15:35	15:58	16:18	16:48	16:57	17:01	17:08
Overall-Group	Pace Delta	13:00	14:15	13:43	15:11	14:51	16:04	15:03	17:31	18:29	18:25	19:26	20:26	22:16	19:00	17:56	19:02
	Position	186-30	198-29	193-30	199-31	192-31	195-31	180-30	181-30	159-26	161-25	152-25	148-26	146-24	135-23	131-22	129-21
Thomas, Steven (NH)	Time of Day	0:07:17	0:08:20	0:09:35	0:10:48	0:12:17	0:13:32	0:15:10	0:16:42	0:18:32	0:20:11	1:00:17					
252	Time Cum	01:17	02:20	03:35	04:48	06:17	07:32	09:10	10:42	12:32	14:11	18:17					
Age 36	Time Delta	01:17	01:03	01:14	01:13	01:28	01:14	01:38	01:31	01:50	01:38	04:06					
Group M30-39	Pace Cum	11:14	11:17	11:08	11:33	11:51	12:03	12:25	12:51	13:14	13:37	15:50					
Overall-Group	Pace Delta	11:14	11:19	10:52	12:58	12:56	13:15	14:23	16:12	16:06	17:28	36:01					
	Position	110-28	93-25	83-25	85-26	91-25	89-24	95-24	102-25	102-27	108-26	147-29					
<u>Tiernan, Patti (NC)</u>	Time of Day	0:07:22	0:08:27	0:09:38	0:10:44	0:11:58	0:13:09	0:14:31	0:15:43								
253	Time Cum	01:22	02:27	03:38	04:44	05:58	07:09	08:31	09:43								
Age 42	Time Delta	01:22	01:05	01:11	01:05	01:14	01:11	01:21	01:12								
Group F40-49	Pace Cum	11:58	11:47	11:18	11:22	11:16	11:28	11:31	11:40								
Overall-Group	Pace Delta	11:58	11:34	10:24	11:37	10:52	12:35	11:52	12:50								
	Position	145-18	125-15	94-11	80-10	67-7	64-6	56-6	54-6								
Tischer, Jason (NC)	Time of Day	0:06:56	0:07:42	0:08:36	0:09:26	0:10:21	0:11:11	0:12:11	0:13:07	0:14:10	0:15:08	0:16:11	0:17:09	0:18:15	0:19:18	0:20:28	0:21:30:12
254	Time Cum	00:56	01:42	02:36	03:26	04:21	05:11	06:11	07:07	08:10	09:08	10:11	11:09	12:15	13:18	14:28	15:30:12
Age 41	Time Delta	00:56	00:46	00:54	00:49	00:55	00:50	00:59	00:56	01:02	00:57	01:02	00:58	01:06	01:02	01:10	01:01:14
Group M40-49	Pace Cum	08:11	08:10	08:06	08:15	08:12	08:19	08:22	08:33	08:38	08:46	08:49	08:55	08:59	09:07	09:13	09:18
Overall-Group	Pace Delta	08:11	08:10	07:58	08:44	08:02	08:59	08:40	09:59	09:12	10:12	09:09	10:16	09:40	11:07	10:22	10:50
	Position	1-1	2-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1

2016 Umstead 50/100 Mile Endurance Run -- 04/02/2016

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	
Tolp, Chris (NC)		Time of Day	0:07:33	0:08:49	0:10:19	0:11:42	0:13:27	0:14:59	0:16:51	0:18:25	0:20:31	0:22:20	1:00:49	1:02:49	1:05:24	1:07:33	1:09:22	1:11:09:23
256		Time Cum	01:33	02:49	04:19	05:42	07:27	08:59	10:51	12:25	14:31	16:20	18:49	20:49	23:24	25:33	27:22	29:09:23
Age 46		Time Delta	01:33	01:16	01:30	01:22	01:44	01:31	01:51	01:34	02:06	01:49	02:29	01:59	02:35	02:09	01:48	01:47:04
Group M40-49		Pace Cum	13:35	13:33	13:26	13:43	14:03	14:23	14:41	14:54	15:20	15:41	16:18	16:39	17:09	17:31	17:24	17:30
Overall-Group		Pace Delta	13:35	13:30	13:14	14:41	15:15	16:17	16:18	16:41	18:25	19:19	21:47	21:06	22:39	22:52	15:54	18:57
Overall-Group		Position	215-42	195-41	188-40	189-39	188-39	186-38	185-37	185-36	161-33	165-33	156-30	155-30	154-29	155-29	148-28	143-28
Trappe, Cari (FL)		Time of Day	0:07:10	0:08:09	0:09:23	0:10:32	0:11:55	0:13:04	0:14:27	0:15:46	0:17:27	0:18:42	0:20:19	0:21:38	0:23:24	1:00:58	1:02:49	1:04:38:35
257		Time Cum	01:10	02:09	03:23	04:32	05:55	07:04	08:27	09:46	11:27	12:42	14:19	15:38	17:24	18:58	20:49	22:38:35
Age 30		Time Delta	01:10	00:59	01:13	01:08	01:23	01:08	01:23	01:19	01:40	01:15	01:36	01:19	01:45	01:34	01:50	01:49:10
Group F30-39		Pace Cum	10:13	10:23	10:31	10:53	11:10	11:19	11:27	11:44	12:05	12:12	12:24	12:31	12:45	13:01	13:15	13:35
Overall-Group		Pace Delta	10:13	10:35	10:45	12:11	12:13	12:07	12:10	14:02	14:38	13:25	14:07	14:01	15:22	16:45	16:09	19:19
Overall-Group		Position	54-5	48-4	51-6	57-6	60-7	55-5	54-7	57-7	53-7	50-8	47-7	45-6	46-6	43-5	49-6	
Triumph, Alexandra (NJ)		Time of Day	0:07:28	0:08:45	0:10:13	0:11:34	0:13:10	0:14:32	0:15:59	0:17:16								
258		Time Cum	01:28	02:45	04:13	05:34	07:10	08:32	09:59	11:16								
Age 27		Time Delta	01:28	01:17	01:27	01:20	01:36	01:22	01:26	01:17								
Group F20-29		Pace Cum	12:51	13:16	13:05	13:22	13:31	13:40	13:31	13:32								
Overall-Group		Pace Delta	12:51	13:47	12:45	14:18	14:04	14:35	12:38	13:39								
Overall-Group		Position	180-4	188-4	177-4	176-4	165-4	162-4	147-4	131-4								
Triumph, Thomas (NC)		Time of Day	0:07:28	0:08:45	0:10:13	0:11:32	0:13:10	0:14:32	0:15:59	0:17:16								
259		Time Cum	01:28	02:45	04:13	05:32	07:10	08:32	09:59	11:16								
Age 58		Time Delta	01:28	01:17	01:27	01:19	01:37	01:22	01:26	01:17								
Group M50-59		Pace Cum	12:51	13:16	13:05	13:18	13:31	13:40	13:31	13:32								
Overall-Group		Pace Delta	12:51	13:47	12:45	14:03	14:16	14:35	12:38	13:39								
Overall-Group		Position	180-28	187-28	177-28	170-27	166-26	163-26	148-24	131-21								
Trujillo, Kristen (NC)		Time of Day	0:07:35	0:09:06	0:10:55	0:12:35	0:15:07	0:17:20										
260		Time Cum	01:35	03:06	04:55	06:35	09:07	11:20										
Age 45		Time Delta	01:35	01:31	01:48	01:40	02:31	02:12										
Group F40-49		Pace Cum	13:52	14:55	15:15	15:50	17:11	18:08										
Overall-Group		Pace Delta	13:52	16:12	15:51	17:51	22:05	23:31										
Overall-Group		Position	223-31	233-33	233-32	235-33	237-33	241-34										
Tursi, Steven (NJ)		Time of Day	0:07:19	0:08:28	0:09:53	0:11:10	0:12:34	0:13:55	0:15:54	0:17:29	0:19:18	0:20:52	0:22:58	1:00:55	1:03:06	1:05:26	1:07:49	1:09:41:04
261		Time Cum	01:19	02:28	03:53	05:10	06:34	07:55	09:54	11:29	13:18	14:52	16:58	18:55	21:06	23:26	25:49	27:41:04
Age 39		Time Delta	01:19	01:09	01:24	01:17	01:24	01:20	01:59	01:35	01:48	01:34	02:05	01:57	02:11	02:19	02:23	01:51:17
Group M30-39		Pace Cum	11:32	11:55	12:04	12:25	12:24	12:41	13:25	13:48	14:02	14:17	14:41	15:09	15:29	16:04	16:26	16:37
Overall-Group		Pace Delta	11:32	12:22	12:21	13:39	12:19	14:14	17:27	16:50	15:47	16:47	18:21	20:44	19:08	24:43	20:55	19:42
Overall-Group		Position	122-30	130-29	133-30	136-31	118-29	123-30	141-30	149-30	132-30	132-30	124-27	127-28	122-27	124-27	120-25	121-25
Untalan, Nellie (FL)		Time of Day	0:07:29	0:08:44	0:10:13	0:11:35	0:13:12	0:14:44	0:16:28	0:18:14	0:23:39	1:01:38	1:04:59	1:07:39				
262		Time Cum	01:29	02:44	04:13	05:35	07:12	08:44	10:28	12:14	17:39	19:38	22:59	25:39				
Age 39		Time Delta	01:29	01:15	01:29	01:21	01:37	01:31	01:44	01:45	05:25	01:58	03:20	02:40				
Group F30-39		Pace Cum	13:00	13:08	13:06	13:25	13:35	13:59	14:11	14:41	18:38	18:51	19:53	20:32				
Overall-Group		Pace Delta	13:00	13:17	13:04	14:28	14:13	16:12	15:18	18:36	47:30	21:03	29:20	28:22				
Overall-Group		Position	186-26	182-26	180-25	177-25	172-26	175-25	171-26	176-26	194-26	191-26	177-23	174-22				

2016 Umstead 50/100 Mile Endurance Run -- 04/02/2016

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>Vanyo</u>	Time of Day	0:07:26	0:08:39	0:10:12	0:11:35	0:13:22	0:14:55	0:16:46	0:18:35	0:20:12	0:21:48	1:00:12	1:02:39	1:04:50	1:06:50	1:08:43	1:10:24:09
<u>Kim (MA)</u>	Time Cum	01:26	02:39	04:12	05:35	07:22	08:55	10:46	12:35	14:12	15:48	18:12	20:39	22:50	24:50	26:43	28:24:09
264	Time Delta	01:26	01:13	01:32	01:22	01:46	01:33	01:50	01:49	01:36	01:36	02:23	02:27	02:10	02:00	01:52	01:41:00
Age 52	Pace Cum	12:33	12:47	13:04	13:26	13:53	14:17	14:34	15:07	14:59	15:11	15:45	16:32	16:44	17:02	16:59	17:02
Group F50-59	Pace Delta	12:33	13:04	13:34	14:40	15:34	16:31	16:09	19:24	14:04	17:07	20:59	26:04	19:01	21:17	16:28	17:53
Overall-Group	Position	169-12	164-11	174-12	179-12	181-13	182-14	181-14	193-16	151-12	150-12	141-11	154-14	139-11	137-12	129-11	125-11
Wannop,	Time of Day	0:07:24	0:08:36	0:09:57	0:11:17	0:12:45	0:14:13	0:15:57	0:17:23	0:18:53	0:20:31	0:22:20	0:23:50	1:02:17	1:05:55	1:08:39	1:10:48:36
George (NC)	Time Cum	01:24	02:36	03:57	05:17	06:45	08:13	09:57	11:23	12:53	14:31	16:20	17:50	20:17	23:55	26:39	28:48:36
265	Time Delta	01:24	01:12	01:21	01:19	01:28	01:27	01:44	01:25	01:30	01:37	01:49	01:30	02:26	03:38	02:44	02:08:43
Age 52	Pace Cum	12:16	12:30	12:17	12:41	12:44	13:09	13:28	13:40	13:37	13:56	14:08	14:16	14:52	16:24	16:57	17:17
Group M50-59	Pace Delta	12:16	12:46	11:53	14:07	12:52	15:34	15:12	13:14	17:13	15:56	15:56	21:26	38:41	23:58	22:47	
Overall-Group	Position	156-21	152-21	144-21	147-21	136-21	143-22	143-23	138-23	113-18	114-18	106-17	101-16	105-17	127-21	126-21	134-23
Weimer,	Time of Day	0:07:19	0:08:30	0:09:57	0:11:15	0:12:46	0:14:13	0:16:04	0:17:38								
Bill (SC)	Time Cum	01:19	02:30	03:57	05:15	06:46	08:13	10:04	11:38								
266	Time Delta	01:19	01:11	01:26	01:18	01:31	01:26	01:50	01:34								
Age 60	Pace Cum	11:32	12:02	12:15	12:36	12:46	13:10	13:38	13:58								
Group M60-69	Pace Delta	11:32	12:38	12:39	13:50	13:21	15:22	16:11	16:38								
Overall-Group	Position	122-4	137-6	142-6	144-6	140-6	144-6	151-6	159-6								
<u>Willey</u>	Time of Day	0:07:22	0:08:38	0:10:06	0:11:27	0:13:08	0:14:32	0:16:20	0:17:57	0:19:45	0:21:18	0:23:10	1:00:47	1:02:40	1:04:23	1:06:32	1:08:19:13
<u>Jessica (NC)</u>	Time Cum	01:22	02:38	04:06	05:27	07:08	08:32	10:20	11:57	13:45	15:18	17:10	18:47	20:40	22:23	24:32	26:19:13
267	Time Delta	01:22	01:16	01:28	01:21	01:40	01:24	01:47	01:37	01:47	01:32	01:52	01:36	01:53	01:42	02:08	01:46:56
Age 40	Pace Cum	11:58	12:41	12:44	13:06	13:26	13:40	13:59	14:21	14:31	14:41	14:52	15:02	15:10	15:21	15:36	15:48
Group F40-49	Pace Delta	11:58	13:33	12:51	14:21	14:41	14:58	15:44	17:13	15:41	16:27	16:27	17:04	16:34	18:13	18:47	18:56
Overall-Group	Position	145-18	162-21	161-21	158-20	160-21	161-21	167-20	168-20	144-18	141-17	128-15	123-15	115-14	106-13	103-12	103-12
Wilson,	Time of Day	0:07:05	0:08:04	0:09:12	0:10:16	0:11:31	0:12:34	0:13:52	0:15:02	0:16:30	0:17:50	0:19:24	0:20:35	0:22:07	0:23:22	1:00:49	1:02:08:07
James (MD)	Time Cum	01:05	02:04	03:12	04:16	05:31	06:34	07:52	09:02	10:30	11:50	13:24	14:35	16:07	17:22	18:49	20:08:07
268	Time Delta	01:05	00:59	01:08	01:04	01:14	01:03	01:18	01:09	01:28	01:20	01:33	01:10	01:32	01:14	01:27	01:18:08
Age 54	Pace Cum	09:29	09:56	09:56	10:15	10:24	10:32	10:40	10:51	11:06	11:22	11:36	11:40	11:49	11:55	11:59	12:05
Group M50-59	Pace Delta	09:29	10:28	09:57	11:21	10:57	11:14	11:24	12:20	12:52	14:11	13:42	12:32	13:29	13:11	12:48	13:50
Overall-Group	Position	30-4	33-4	31-4	32-4	33-3	30-3	30-3	28-3	25-3	27-3	27-3	26-3	25-3	20-3	17-2	16-2
Wolfgang,	Time of Day	0:07:19	0:08:28	0:09:46	0:10:55	0:12:18	0:13:32	0:14:59	0:16:22	0:18:21							
Jesse (NJ)	Time Cum	01:19	02:28	03:46	04:55	06:18	07:32	08:59	10:22	12:21							
269	Time Delta	01:19	01:09	01:18	01:08	01:22	01:14	01:26	01:22	01:59							
Age 34	Pace Cum	11:32	11:52	11:43	11:49	11:52	12:04	12:10	12:27	13:02							
Group M30-39	Pace Delta	11:32	12:15	11:27	12:12	12:04	13:10	12:40	14:39	17:25							
Overall-Group	Position	122-30	128-29	120-28	103-28	95-26	90-24	86-22	86-22	88-24							
<u>Wong-Klinek</u>	Time of Day	0:07:31	0:08:45	0:10:22	0:11:42	0:13:25	0:14:59	0:17:01	0:18:35	0:20:51	0:22:41	1:01:15	1:03:16	1:05:43	1:07:39	1:09:53	1:11:46:30
<u>Cynthia (FL)</u>	Time Cum	01:31	02:45	04:22	05:42	07:25	08:59	11:01	12:35	14:51	16:41	19:15	21:16	23:43	25:39	27:53	29:46:30
270	Time Delta	01:31	01:14	01:36	01:19	01:43	01:34	02:02	01:33	02:15	01:50	02:33	02:01	02:26	01:56	02:14	01:52:34
Age 51	Pace Cum	13:17	13:14	13:33	13:41	13:59	14:23	14:55	15:07	15:41	16:02	16:39	17:01	17:23	17:36	17:45	17:52
Group F50-59	Pace Delta	13:17	13:10	14:08	14:08	15:04	16:43	17:51	16:34	19:49	19:34	22:23	21:33	21:24	20:34	19:38	19:55
Overall-Group	Position	197-14	186-14	189-14	186-14	185-14	189-15	195-17	191-16	173-16	171-16	161-16	162-16	157-15	159-17	156-18	156-18

2016 Umstead 50/100 Mile Endurance Run -- 04/02/2016

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/>																		
Woods, Randall (NC)	Time of Day	0:07:09	0:08:08	0:09:17	0:10:20	0:11:34	0:12:40	0:14:02	0:15:10	0:16:42	0:17:57	0:19:30	0:20:51	0:22:32	0:23:55	1:01:24	1:02:37:33	
	Time Cum	01:09	02:08	03:17	04:20	05:34	06:40	08:02	09:10	10:42	11:57	13:30	14:51	16:32	17:55	19:24	20:37:33	
271	Time Delta	01:09	00:59	01:09	01:02	01:14	01:06	01:22	01:08	01:31	01:14	01:33	01:20	01:40	01:23	01:29	01:12:45	
Age 44	Pace Cum	10:04	10:18	10:14	10:24	10:29	10:40	10:53	11:01	11:18	11:29	11:41	11:53	12:07	12:17	12:21	12:23	
Group M40-49	Pace Delta	10:04	10:35	10:05	11:00	10:49	11:41	12:02	12:05	13:23	13:14	13:38	14:13	14:44	14:43	13:05	12:53	
Overall-Group	Position	44-11	44-10	46-9	39-8	38-8	35-7	33-7	35-7	31-6	30-6	30-6	31-6	33-6	31-6	24-6	22-6	
<hr/>																		
Young, Steve (OH)	Time of Day	0:07:27	0:08:40	0:10:12	0:11:29	0:12:56	0:14:12	0:15:42	0:17:03	0:18:38	0:19:57	0:21:30	0:22:55	1:01:36	1:02:55	1:04:27	1:05:35:49	
	Time Cum	01:27	02:40	04:12	05:29	06:56	08:12	09:42	11:03	12:38	13:57	15:30	16:55	19:36	20:55	22:27	23:35:49	
272	Time Delta	01:27	01:13	01:31	01:17	01:26	01:16	01:29	01:21	01:34	01:19	01:32	01:25	02:40	01:19	01:31	01:08:48	
Age 50	Pace Cum	12:42	12:51	13:02	13:12	13:04	13:09	13:08	13:17	13:20	13:24	13:25	13:33	14:22	14:21	14:17	14:09	
Group M50-59	Pace Delta	12:42	13:02	13:21	13:45	12:37	13:33	13:03	14:26	13:48	14:06	13:26	15:09	23:27	14:03	13:20	12:11	
Overall-Group	Position	176-27	167-25	173-26	165-24	151-22	140-21	128-21	121-17	108-15	95-13	82-10	78-10	93-14	85-12	77-12	67-7	
<hr/>																		
<u>Zheng,</u> <u>Beiyi (UT)</u>	Time of Day	0:07:36	0:09:05	0:10:52	0:12:23	0:14:06	0:15:31	0:17:11	0:18:40	0:20:33	0:22:11	1:00:13	1:01:50	1:03:41	1:05:25	1:07:40	1:09:13:12	
	Time Cum	01:36	03:05	04:52	06:23	08:06	09:31	11:11	12:40	14:33	16:11	18:13	19:50	21:41	23:25	25:40	27:13:12	
273	Time Delta	01:36	01:29	01:47	01:30	01:43	01:25	01:39	01:29	01:52	01:38	02:02	01:36	01:51	01:44	02:15	01:32:34	
Age 52	Pace Cum	14:01	14:51	15:08	15:19	15:16	15:15	15:08	15:12	15:21	15:32	15:46	15:52	15:54	16:04	16:20	16:20	
Group F50-59	Pace Delta	14:01	15:51	15:41	15:57	15:02	15:12	14:30	15:46	16:26	17:24	17:49	17:08	16:15	18:24	19:44	16:23	
Overall-Group	Position	229-23	232-24	229-24	231-24	217-20	213-20	203-18	201-18	162-15	157-15	143-12	136-10	126-10	123-10	119-10	115-10	