

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>Aistars.</u>	Time of Day	0:07:12	0:08:18	0:09:38	0:10:53	0:12:21	0:13:42	0:15:18	0:16:44	0:18:31	0:20:08	0:22:15	1:00:04	1:02:32	1:04:49	1:07:04	1:08:33:45
<u>Juli (LL)</u>	Time Cum	01:12	02:18	03:38	04:53	06:21	07:42	09:18	10:44	12:31	14:08	16:15	18:04	20:32	22:49	25:04	26:33:45
31	Time Delta	01:12	01:06	01:19	01:15	01:27	01:21	01:35	01:26	01:46	01:37	02:07	01:48	02:27	02:17	02:15	01:28:50
Age 57	Pace Cum	10:31	11:07	11:16	11:45	11:58	12:20	12:35	12:54	13:13	13:34	14:04	14:28	15:03	15:39	15:57	15:56
Group F50-59	Pace Delta	10:31	11:51	11:34	13:23	12:46	14:27	13:54	15:23	15:30	17:13	18:37	19:15	21:32	24:17	19:47	15:43
Overall-Group	Position	65-4	86-4	93-6	96-6	97-5	101-5	102-5	105-6	99-5	106-5	105-5	106-5	112-9	114-9	112-9	105-9

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

