

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
Tischer, Jason (NC) 254 Age 41 Group M40-49 Overall-Group	1 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
	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
	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
	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
	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
Overall-Group	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
<u>Jackson,</u> <u>Leigh (NC)</u> 5 Age 28 Group F20-29 Overall-Group	2 Time of Day	0:07:01	0:07:53	0:08:51	0:09:44	0:10:44	0:11:38	0:12:37	0:13:29	0:14:27	0:15:23	0:16:27	0:17:26	0:18:31	0:19:30	0:20:37	0:21:41:25
	Time Cum	01:01	01:53	02:51	03:44	04:44	05:38	06:37	07:29	08:27	09:23	10:27	11:26	12:31	13:30	14:37	15:41:25
	Time Delta	01:01	00:52	00:58	00:53	00:59	00:54	00:58	00:52	00:58	00:55	01:04	00:58	01:05	00:58	01:07	01:03:32
	Pace Cum	08:54	09:02	08:50	08:58	08:55	09:02	08:57	09:00	08:56	09:01	09:03	09:09	09:11	09:16	09:18	09:25
	Pace Delta	08:54	09:12	08:29	09:25	08:45	09:36	08:33	09:20	08:29	09:53	09:21	10:19	09:36	10:19	09:53	11:15
Overall-Group	Position	10-1	10-1	5-1	6-1	3-1	3-1	3-1	3-1	2-1	2-1	2-1	2-1	2-1	2-1	2-1	2-1
Kosla, Daniel (NC) 7 Age 34 Group M30-39 Overall-Group	3 Time of Day	0:06:59	0:07:50	0:08:45	0:09:36	0:10:34	0:11:31	0:12:33	0:13:29	0:14:34	0:15:34	0:16:45	0:17:47	0:18:59	0:20:00	0:21:13	0:22:15:36
	Time Cum	00:59	01:50	02:45	03:36	04:34	05:31	06:33	07:29	08:34	09:34	10:45	11:47	12:59	14:00	15:13	16:15:36
	Time Delta	00:59	00:51	00:55	00:50	00:58	00:56	01:02	00:56	01:04	00:59	01:10	01:01	01:12	01:00	01:12	01:02:36
	Pace Cum	08:37	08:48	08:33	08:38	08:37	08:50	08:52	09:00	09:03	09:11	09:18	09:26	09:31	09:36	09:41	09:45
	Pace Delta	08:37	09:02	08:05	08:58	08:32	10:04	09:04	09:58	09:27	10:37	10:21	10:58	10:33	10:47	10:35	11:05
Overall-Group	Position	5-3	3-2	3-2	3-2	2-1	2-1	2-1	2-1	3-1	3-1	3-1	3-1	3-1	3-1	3-1	3-1
Marshburn, Brian (NC) 163 Age 37 Group M30-39 Overall-Group	4 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
	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
	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
	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
Cassidy, Keith (VA) 60 Age 34 Group M30-39 Overall-Group	5 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
	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
	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
	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
	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>Richman,</u> <u>Whitney (VA)</u> 12 Age 35 Group F30-39 Overall-Group	6 Time of Day	0:07:01	0:07:54	0:08:54	0:09:49	0:10:51	0:11:47	0:12:50	0:13:53	0:15:50	0:16:52	0:17:59	0:18:58	0:20:02	0:21:08	0:22:13	0:23:13:21
	Time Cum	01:01	01:54	02:54	03:49	04:51	05:47	06:50	07:53	09:50	10:52	11:59	12:58	14:02	15:08	16:13	17:13:21
	Time Delta	01:01	00:53	00:59	00:54	01:01	00:56	01:02	01:03	01:57	01:01	01:06	00:59	01:04	01:05	01:05	00:59:48
	Pace Cum	08:54	09:12	09:01	09:11	09:09	09:17	09:15	09:28	10:24	10:26	10:22	10:23	10:18	10:23	10:19	10:20
	Pace Delta	08:54	09:33	08:42	09:44	09:00	10:02	09:04	11:16	17:07	10:50	09:47	10:27	09:27	11:31	09:34	10:35
Overall-Group	Position	10-1	15-1	13-1	11-1	9-1	8-1	4-1	7-1	15-2	11-2	10-2	9-1	8-1	7-1	7-1	6-1
Schneiderman, James (NC) 230 Age 41 Group M40-49 Overall-Group	7 Time of Day	0:07:08	0:08:04	0:09:06	0:10:04	0:11:08	0:12:03	0:13:07	0:14:08	0:15:10	0:16:13	0:17:32	0:18:38	0:19:45	0:20:51	0:22:11	0:23:15:25
	Time Cum	01:08	02:04	03:06	04:04	05:08	06:03	07:07	08:08	09:10	10:13	11:32	12:38	13:45	14:51	16:11	17:15:25
	Time Delta	01:08	00:56	01:01	00:58	01:03	00:55	01:03	01:00	01:01	01:02	01:19	01:05	01:07	01:05	01:19	01:04:18
	Pace Cum	09:56	09:57	09:37	09:46	09:40	09:42	09:39	09:46	09:41	09:49	09:59	10:06	10:05	10:11	10:18	10:21
	Pace Delta	09:56	10:00	09:01	10:17	09:18	09:53	09:19	10:47	09:02	11:09	11:33	11:36	09:50	11:38	11:40	11:23
Overall-Group	Position	41-9	34-7	25-6	24-6	19-5	13-2	11-2	12-2	8-2	7-2	7-2	7-2	6-2	6-2	6-2	7-2

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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)	8	Time of Day	0:06:59	0:07:52	0:08:52	0:09:51	0:10:58	0:11:51	0:12:52	0:13:50	0:15:02	0:16:14	0:17:34	0:18:44	0:20:21	0:21:35	0:23:13	1:00:26:12
		Time Cum	00:59	01:52	02:52	03:51	04:58	05:51	06:52	07:50	09:02	10:14	11:34	12:44	14:21	15:35	17:13	18:26:12
	1	Time Delta	00:59	00:53	00:59	00:58	01:07	00:52	01:01	00:58	01:11	01:12	01:19	01:10	01:37	01:14	01:37	01:13:02
Age 51		Pace Cum	08:37	09:01	08:54	09:15	09:22	09:18	09:25	09:32	09:50	10:01	10:12	10:31	10:42	10:57	11:04	
Group M50-59		Pace Delta	08:37	09:31	08:41	10:26	09:47	09:22	08:59	10:19	10:25	12:47	11:39	12:24	14:10	13:08	14:15	12:56
Overall-Group		Position	5-1	9-1	8-1	13-1	12-1	10-1	8-1	6-1	6-1	8-1	8-1	8-1	9-1	9-1	8-1	8-1
Sherfy, Robert (VA)	9	Time of Day	0:07:02	0:07:58	0:09:04	0:10:02	0:11:08	0:12:13	0:13:26	0:14:32	0:15:48	0:16:55	0:18:15	0:19:30	0:20:45	0:21:58	0:23:21	1:00:26:28
		Time Cum	01:02	01:58	03:04	04:02	05:08	06:13	07:26	08:32	09:48	10:55	12:15	13:30	14:45	15:58	17:21	18:26:28
	14	Time Delta	01:02	00:56	01:05	00:57	01:05	01:04	01:13	01:05	01:15	01:07	01:19	01:15	01:15	01:12	01:22	01:05:21
Age 28		Pace Cum	09:03	09:31	09:33	09:42	09:41	09:57	10:05	10:15	10:21	10:30	10:36	10:48	10:49	10:57	11:02	11:04
Group M20-29		Pace Delta	09:03	10:04	09:38	10:14	09:37	11:29	10:44	11:41	11:02	11:57	11:35	13:17	11:01	12:50	12:06	11:34
Overall-Group		Position	16-2	25-2	24-2	22-2	21-2	20-2	18-1	16-1	13-1	13-1	12-1	12-1	11-1	10-1	10-1	9-1
Shellhamer, Troy (KY)	10	Time of Day	0:07:01	0:07:54	0:08:54	0:09:49	0:10:53	0:11:48	0:12:50	0:13:47	0:14:53	0:15:50	0:17:03	0:18:12	0:19:52	0:21:19	0:23:15	1:00:36:48
		Time Cum	01:01	01:54	02:54	03:49	04:53	05:48	06:50	07:47	08:53	09:50	11:03	12:12	13:52	15:19	17:15	18:36:48
	6	Time Delta	01:01	00:53	01:00	00:54	01:04	00:55	01:01	00:57	01:05	00:57	01:12	01:09	01:40	01:26	01:55	01:21:24
Age 35		Pace Cum	08:54	09:08	09:02	09:10	09:12	09:18	09:15	09:21	09:23	09:27	09:34	09:46	10:10	10:30	10:58	11:10
Group M30-39		Pace Delta	08:54	09:24	08:51	09:36	09:23	09:52	08:55	10:14	09:31	10:13	10:33	12:19	14:37	15:21	16:56	14:24
Overall-Group		Position	10-5	12-5	14-4	10-6	10-6	9-5	4-2	4-2	4-2	4-2	4-2	4-2	7-4	8-4	9-4	10-4
<u>Halapin, Natalie (LA)</u>	11	Time of Day	0:07:02	0:07:56	0:09:00	0:09:58	0:11:07	0:12:10	0:13:26	0:14:32	0:15:53	0:17:04	0:18:26	0:19:38	0:21:04	0:22:21	1:00:11	1:01:42:42
		Time Cum	01:02	01:56	03:00	03:58	05:07	06:10	07:26	08:32	09:53	11:04	12:26	13:38	15:04	16:21	18:11	19:42:42
	17	Time Delta	01:02	00:54	01:04	00:57	01:08	01:03	01:16	01:05	01:21	01:11	01:21	01:12	01:25	01:17	01:50	01:30:56
Age 29		Pace Cum	09:03	09:18	09:20	09:32	09:39	09:53	10:05	10:15	10:26	10:38	10:46	10:55	11:03	11:13	11:34	11:50
Group F20-29		Pace Delta	09:03	09:36	09:23	10:15	10:02	11:12	11:10	11:37	11:50	12:37	11:52	12:51	12:33	13:38	16:04	16:06
Overall-Group		Position	16-2	16-2	19-2	16-2	16-2	18-2	17-2	15-2	16-2	17-2	15-2	15-2	14-2	14-2	13-2	11-2
<u>Jackson, Erin (VA)</u>	12	Time of Day	0:07:02	0:07:58	0:09:02	0:09:59	0:11:06	0:12:03	0:13:08	0:14:08	0:15:27	0:16:36	0:17:57	0:19:08	0:20:41	0:22:14	1:00:13	1:01:43:28
		Time Cum	01:02	01:58	03:02	03:59	05:06	06:03	07:08	08:08	09:27	10:36	11:57	13:08	14:41	16:14	18:13	19:43:28
	3	Time Delta	01:02	00:56	01:03	00:57	01:06	00:57	01:04	00:59	01:18	01:09	01:21	01:11	01:33	01:32	01:59	01:29:43
Age 35		Pace Cum	09:03	09:30	09:25	09:35	09:37	09:42	09:40	09:46	09:59	10:11	10:21	10:31	10:46	11:08	11:36	11:50
Group F30-39		Pace Delta	09:03	10:02	09:18	10:09	09:45	10:05	09:29	10:36	11:31	12:14	11:52	12:35	13:35	16:21	17:28	15:53
Overall-Group		Position	16-2	21-2	20-2	18-2	15-2	12-2	12-2	11-2	10-1	9-1	9-1	10-2	10-2	12-2	14-2	12-2
Stewart, Trevor (VA)	13	Time of Day	0:07:02	0:07:58	0:09:04	0:10:02	0:11:08	0:12:09	0:13:26	0:14:37	0:16:01	0:17:04	0:18:21	0:19:31	0:21:01	0:22:14	1:00:06	1:01:44:52
		Time Cum	01:02	01:58	03:04	04:02	05:08	06:09	07:26	08:37	10:01	11:04	12:21	13:31	15:01	16:14	18:06	19:44:52
	247	Time Delta	01:02	00:56	01:06	00:57	01:05	01:01	01:17	01:10	01:24	01:02	01:16	01:09	01:30	01:12	01:51	01:38:45
Age 43		Pace Cum	09:03	09:30	09:33	09:42	09:41	09:52	10:05	10:21	10:35	10:38	10:41	10:49	11:01	11:08	11:31	11:51
Group M40-49		Pace Delta	09:03	10:02	09:39	10:13	09:37	10:51	11:16	12:30	12:17	11:08	11:12	12:20	13:10	12:55	16:20	17:29
Overall-Group		Position	16-4	22-5	23-5	21-5	20-5	17-5	18-4	20-5	18-4	16-4	14-4	13-4	13-4	13-4	11-3	13-3
Flener, Karl (IL)	14	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
	93	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
Age 42		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
Group M40-49		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
Overall-Group		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

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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	
Bell, Ken (NC)	15	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	
		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	
		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	
		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
Wilson, James (MD)	16	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	
		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	
		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	
		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	28-3	25-3	27-3	27-3	26-3	25-3	20-3	17-2	16-2	
Aponte, Jean (LA)	17	Time of Day	0:07:12	0:08:19	0:09:33	0:10:38	0:11:54	0:13:01	0:14:19	0:15:29	0:16:56	0:18:09	0:19:35	0:20:44	0:22:07	0:23:27	1:01:05	1:02:20:23	
		Time Cum	01:12	02:19	03:33	04:38	05:54	07:01	08:19	09:29	10:56	12:09	13:35	14:44	16:07	17:27	19:05	20:20:23	
	34	Time Delta	01:12	01:07	01:14	01:04	01:16	01:06	01:18	01:09	01:27	01:13	01:25	01:09	01:22	01:19	01:37	01:15:09	
		Pace Cum	10:31	11:08	11:02	11:08	11:08	11:15	11:16	11:23	11:33	11:41	11:45	11:48	11:49	11:58	12:08	12:12	
		Pace Delta	10:31	11:53	10:53	11:29	11:08	11:51	11:24	12:20	12:44	12:56	12:29	12:21	12:06	14:07	14:16	13:18	
		Overall-Group	Position	65-21	87-24	78-24	67-22	57-20	51-19	48-18	42-18	37-17	33-15	31-15	29-14	24-10	21-7	21-7	17-5
Pierce, Nick (VA)	18	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	
	203	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	
		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	
		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
McCabe, Kevin (NC)	19	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	
	167	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	
		Overall-Group	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
Barker, Mae (FL)	20	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	
		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	
		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	
		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
Cissel, Shawn (MD)	21	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	
		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	
		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	
		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	
Woods, Randall (NC)	22	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
		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
		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
		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
		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
Pugh, Nathan (NC)	23	Time of Day	0:07:02	0:08:02	0:09:12	0:10:22	0:11:38	0:12:44	0:14:03	0:15:10	0:16:35	0:17:55	0:19:15	0:20:24	0:21:48	0:23:07	1:01:00	1:02:41:03
		Time Cum	01:02	02:02	03:12	04:22	05:38	06:44	08:03	09:10	10:35	11:55	13:15	14:24	15:48	17:07	19:00	20:41:03
		Time Delta	01:02	01:00	01:10	01:09	01:15	01:06	01:18	01:07	01:25	01:20	01:19	01:09	01:23	01:19	01:52	01:40:41
		Pace Cum	09:03	09:49	09:58	10:30	10:38	10:48	10:54	11:00	11:11	11:27	11:28	11:31	11:35	11:45	12:05	12:25
		Pace Delta	09:03	10:45	10:14	12:19	11:05	11:47	11:25	11:52	12:26	14:10	11:38	12:14	12:14	14:03	16:29	17:49
		Position	16-8	29-13	33-13	42-17	40-16	39-16	34-15	33-15	29-14	29-13	25-12	23-10	19-8	17-6	19-6	23-9
Nelson, Jim (CT)	24	Time of Day	0:07:09	0:08:07	0:09:13	0:10:12	0:11:19	0:12:22	0:13:30	0:14:34	0:15:47	0:16:57	0:18:19	0:19:35	0:21:21	0:22:54	1:00:56	1:02:44:22
		Time Cum	01:09	02:07	03:13	04:12	05:19	06:22	07:30	08:34	09:47	10:57	12:19	13:35	15:21	16:54	18:56	20:44:22
		Time Delta	01:09	00:58	01:05	00:59	01:07	01:02	01:08	01:03	01:13	01:09	01:22	01:15	01:46	01:33	02:01	01:47:33
		Pace Cum	10:04	10:11	09:59	10:05	10:02	10:11	10:10	10:17	10:20	10:31	10:40	10:52	11:16	11:36	12:03	12:27
		Pace Delta	10:04	10:19	09:36	10:27	09:53	11:02	10:02	11:13	10:44	12:22	12:01	13:19	15:35	16:29	17:48	19:02
		Position	44-6	40-6	34-5	28-2	25-2	23-2	20-2	18-2	12-2	14-2	13-2	14-2	15-2	16-2	18-3	24-3
Loney, Rhea (LA)	25	Time of Day	0:07:13	0:08:16	0:09:32	0:10:38	0:11:57	0:13:04	0:14:26	0:15:37	0:17:07	0:18:21	0:19:53	0:21:10	0:22:47	1:00:07	1:01:41	1:02:55:24
		Time Cum	01:13	02:16	03:32	04:38	05:57	07:04	08:26	09:37	11:07	12:21	13:53	15:10	16:47	18:07	19:41	20:55:24
		Time Delta	01:13	01:03	01:15	01:06	01:18	01:07	01:22	01:10	01:30	01:13	01:32	01:17	01:37	01:19	01:33	01:14:20
		Pace Cum	10:39	10:56	10:58	11:09	11:13	11:19	11:26	11:33	11:45	11:51	12:01	12:08	12:19	12:26	12:31	12:33
		Pace Delta	10:39	11:17	11:01	11:46	11:26	11:54	12:02	12:32	13:12	12:56	13:29	13:38	14:13	14:04	13:41	13:09
		Position	78-8	76-8	75-9	69-8	62-8	54-5	52-6	49-6	42-5	39-5	36-4	35-4	35-4	32-4	29-4	25-4
Moore, Meredith (NC)	26	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
		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
		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
		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
		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
Richie, Michael (GA)	27	Time of Day	0:07:05	0:08:01	0:09:06	0:10:04	0:11:19	0:12:20	0:13:35	0:14:43	0:16:08	0:17:21	0:19:00	0:20:19	0:22:04	0:23:32	1:01:29	1:03:04:44
		Time Cum	01:05	02:01	03:06	04:04	05:19	06:20	07:35	08:43	10:08	11:21	13:00	14:19	16:04	17:32	19:29	21:04:44
		Time Delta	01:05	00:56	01:05	00:58	01:14	01:01	01:15	01:07	01:25	01:13	01:38	01:19	01:44	01:28	01:56	01:35:30
		Pace Cum	09:29	09:42	09:38	09:48	10:01	10:08	10:17	10:28	10:42	10:54	11:15	11:28	11:47	12:02	12:24	12:39
		Pace Delta	09:29	09:58	09:31	10:20	10:50	10:48	11:04	11:57	12:26	12:57	14:25	14:02	15:15	15:36	17:04	16:54
		Position	30-12	28-12	26-11	25-11	24-10	22-9	21-8	21-8	20-8	20-8	21-9	20-8	22-9	23-9	25-10	27-10
Naquin, Wally (LA)	28	Time of Day	0:07:12	0:08:16	0:09:32	0:10:38	0:11:57	0:13:04	0:14:26	0:15:38	0:17:10	0:18:25	0:19:57	0:21:17	0:22:50	1:00:08	1:01:45	1:03:05:12
		Time Cum	01:12	02:16	03:32	04:38	05:57	07:04	08:26	09:38	11:10	12:25	13:57	15:17	16:50	18:08	19:45	21:05:12
		Time Delta	01:12	01:04	01:15	01:06	01:18	01:07	01:22	01:12	01:31	01:15	01:32	01:20	01:32	01:17	01:36	01:19:44
		Pace Cum	10:31	10:56	10:58	11:09	11:13	11:19	11:25	11:35	11:47	11:56	12:05	12:14	12:21	12:26	12:34	12:39
		Pace Delta	10:31	11:27	11:01	11:45	11:27	11:58	11:58	12:48	13:17	13:25	13:26	14:10	13:33	13:47	14:09	14:07
		Position	65-14	75-17	76-16	68-15	64-15	56-11	51-11	52-10	44-10	41-10	39-8	38-9	36-8	33-7	31-7	28-7

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
LeDoyen, Jason (NC)	29	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
		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
	147	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
Age	44	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
Group	M40-49	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
Overall-Group		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
Holmes, Shawn (AL)	30	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
		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
Jacomen, Royce (VA)	31	Time of Day	0:07:08	0:08:07	0:09:15	0:10:16	0:11:30	0:12:42	0:14:04	0:15:20	0:16:53	0:18:19	0:19:58	0:21:16	0:22:58	1:00:22	1:01:56	1:03:16:17
		Time Cum	01:08	02:07	03:15	04:16	05:30	06:42	08:04	09:20	10:53	12:19	13:58	15:16	16:58	18:22	19:56	21:16:17
	127	Time Delta	01:08	00:59	01:07	01:00	01:14	01:11	01:22	01:16	01:32	01:26	01:38	01:18	01:42	01:24	01:33	01:19:59
Age	41	Pace Cum	09:56	10:13	10:06	10:15	10:23	10:43	10:55	11:13	11:30	11:50	12:05	12:13	12:27	12:36	12:41	12:46
Group	M40-49	Pace Delta	09:56	10:35	09:54	10:46	10:53	12:35	12:01	13:32	13:31	15:18	14:21	13:50	14:57	14:52	13:39	14:09
Overall-Group		Position	41-9	42-9	36-8	33-7	31-7	36-8	35-8	37-8	36-8	37-8	40-10	36-8	37-9	38-11	33-9	31-10
Hanna, Zach (FL)	32	Time of Day	0:07:10	0:08:09	0:09:17	0:10:17	0:11:29	0:12:27	0:13:39	0:14:45	0:16:08	0:17:17	0:18:42	0:19:53	0:21:44	0:23:38	1:01:44	1:03:19:07
		Time Cum	01:10	02:09	03:17	04:17	05:29	06:27	07:39	08:45	10:08	11:17	12:42	13:53	15:44	17:38	19:44	21:19:07
	116	Time Delta	01:10	00:59	01:07	01:00	01:11	00:58	01:12	01:05	01:23	01:08	01:24	01:11	01:50	01:54	02:05	01:34:16
Age	39	Pace Cum	10:13	10:23	10:12	10:18	10:21	10:20	10:22	10:30	10:42	10:50	11:00	11:07	11:32	12:06	12:33	12:47
Group	M30-39	Pace Delta	10:13	10:35	09:51	10:42	10:29	10:19	10:31	11:35	12:10	12:10	12:24	12:36	16:09	20:19	18:23	16:41
Overall-Group		Position	54-19	48-17	41-17	36-14	29-12	27-11	23-9	22-9	20-8	19-7	16-5	16-5	18-7	25-10	30-12	32-11
Ramsdell, Michael (NC)	33	Time of Day	0:07:08	0:08:06	0:09:16	0:10:17	0:11:31	0:12:37	0:13:56	0:15:07	0:16:33	0:17:47	0:19:17	0:20:40	0:22:19	0:23:48	1:01:37	1:03:20:23
		Time Cum	01:08	02:06	03:16	04:17	05:31	06:37	07:56	09:07	10:33	11:47	13:17	14:40	16:19	17:48	19:37	21:20:23
	210	Time Delta	01:08	00:58	01:09	01:01	01:14	01:05	01:19	01:10	01:25	01:14	01:29	01:23	01:38	01:29	01:48	01:42:35
Age	35	Pace Cum	09:56	10:08	10:08	10:18	10:25	10:35	10:45	10:57	11:08	11:20	11:30	11:45	11:58	12:13	12:29	12:48
Group	M30-39	Pace Delta	09:56	10:23	10:08	10:52	10:51	11:34	11:35	12:33	12:31	13:15	13:01	14:48	14:22	15:52	15:54	18:09
Overall-Group		Position	41-16	38-15	38-15	35-14	34-14	33-14	31-13	30-13	27-12	26-12	26-13	27-13	27-13	28-14	28-11	33-12
Bailey, Jack (MA)	34	Time of Day	0:06:59	0:07:50	0:08:51	0:09:43	0:10:47	0:11:43	0:12:52	0:14:01	0:15:43	0:16:49	0:18:53	0:20:23	0:22:16	0:23:42	1:01:56	1:03:29:10
		Time Cum	00:59	01:50	02:51	03:43	04:47	05:43	06:52	08:01	09:43	10:49	12:53	14:23	16:16	17:42	19:56	21:29:10
	35	Time Delta	00:59	00:51	01:01	00:52	01:03	00:55	01:09	01:08	01:41	01:06	02:04	01:29	01:53	01:26	02:13	01:32:38
Age	37	Pace Cum	08:37	08:48	08:51	08:57	09:01	09:09	09:18	09:38	10:16	10:24	11:10	11:31	11:56	12:09	12:41	12:53
Group	M30-39	Pace Delta	08:37	09:02	08:57	09:17	09:18	09:53	10:09	12:11	14:53	11:45	18:07	15:52	16:32	15:14	19:31	16:24
Overall-Group		Position	5-3	3-2	6-3	5-3	5-2	4-2	8-4	10-5	11-5	10-5	20-8	22-9	26-12	27-13	34-13	34-13
Olson, Laurie (NC)	35	Time of Day	0:07:09	0:08:08	0:09:16	0:10:16	0:11:32	0:12:37	0:14:08	0:15:10	0:16:35	0:17:51	0:19:28	0:20:43	0:22:21	0:23:55	1:01:36	1:03:30:03
		Time Cum	01:09	02:08	03:16	04:16	05:32	06:37	08:08	09:10	10:35	11:51	13:28	14:43	16:21	17:55	19:36	21:30:03
	197	Time Delta	01:09	00:59	01:07	00:59	01:16	01:04	01:30	01:02	01:25	01:15	01:37	01:14	01:37	01:33	01:41	01:53:20
Age	51	Pace Cum	10:04	10:19	10:10	10:15	10:27	10:36	11:00	11:01	11:11	11:23	11:40	11:47	11:59	12:17	12:28	12:54
Group	F50-59	Pace Delta	10:04	10:36	09:55	10:33	11:08	11:25	13:16	11:03	12:27	13:20	14:16	13:13	14:17	16:33	14:50	20:04
Overall-Group		Position	44-2	45-1	40-1	34-1	35-1	34-1	36-1	34-1	30-1	28-1	28-1	28-1	28-1	30-1	27-1	35-1

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	
Burton, James (NC) 56	36	Time of Day	0:07:09	0:08:14	0:09:23	0:10:28	0:11:43	0:13:04	0:14:31	0:15:54	0:17:19	0:18:43	0:20:08	0:21:44	0:23:12	1:00:41	1:02:15	1:03:42:03
		Time Cum	01:09	02:14	03:23	04:28	05:43	07:04	08:31	09:54	11:19	12:43	14:08	15:44	17:12	18:41	20:15	21:42:03
		Time Delta	01:09	01:05	01:09	01:04	01:15	01:20	01:27	01:22	01:25	01:23	01:25	01:36	01:27	01:28	01:34	01:26:16
		Pace Cum	10:04	10:45	10:32	10:43	10:48	11:18	11:32	11:53	11:57	12:13	12:14	12:36	12:37	12:49	12:53	13:01
		Pace Delta	10:04	11:34	10:07	11:23	11:05	14:10	12:48	14:37	12:26	14:50	12:27	17:04	12:50	15:43	13:45	15:16
		Position	44-6	62-8	54-7	52-7	48-5	53-5	57-5	63-6	51-5	54-6	45-4	49-5	42-4	40-4	37-4	36-4
<u>Briggs,</u> <u>Holly (NC)</u> 51	37	Time of Day	0:07:14	0:08:19	0:09:35	0:10:51	0:12:13	0:13:26	0:14:53	0:16:10	0:17:42	0:18:57	0:20:22	0:21:35	0:23:17	1:00:45	1:02:31	1:03:52:53
		Time Cum	01:14	02:19	03:35	04:51	06:13	07:26	08:53	10:10	11:42	12:57	14:22	15:35	17:17	18:45	20:31	21:52:53
		Time Delta	01:14	01:05	01:16	01:16	01:21	01:12	01:26	01:17	01:32	01:14	01:24	01:12	01:42	01:28	01:46	01:20:55
		Pace Cum	10:48	11:09	11:08	11:40	11:43	11:54	12:01	12:13	12:22	12:27	12:26	12:28	12:41	12:52	13:03	13:08
		Pace Delta	10:48	11:34	11:06	13:31	11:55	12:52	12:42	13:46	13:27	13:16	12:22	12:55	14:53	15:39	15:29	14:19
		Position	82-6	89-5	81-4	94-4	87-4	83-4	78-4	79-4	70-3	64-2	52-2	44-2	43-2	39-2	37-2	37-2
Peruta, Adam (NY) 202	38	Time of Day	0:07:02	0:07:57	0:09:00	0:09:56	0:11:06	0:12:09	0:13:25	0:14:33	0:16:04	0:17:30	0:19:02	0:20:27	0:22:22	1:00:09	1:02:11	1:04:06:28
		Time Cum	01:02	01:57	03:00	03:56	05:06	06:09	07:25	08:33	10:04	11:30	13:02	14:27	16:22	18:09	20:11	22:06:28
		Time Delta	01:02	00:55	01:02	00:56	01:09	01:03	01:15	01:07	01:31	01:26	01:31	01:25	01:54	01:47	02:01	01:55:25
		Pace Cum	09:03	09:25	09:20	09:28	09:37	09:51	10:03	10:16	10:38	11:03	11:17	11:34	12:00	12:27	12:50	13:16
		Pace Delta	09:03	09:52	09:10	09:58	10:09	11:11	11:05	12:00	13:18	15:17	13:21	15:07	16:45	18:58	17:46	20:26
		Position	16-8	18-8	18-8	15-7	14-7	16-6	15-7	17-7	19-7	24-10	23-10	24-11	29-14	34-15	36-14	38-14
<u>Hopson,</u> <u>Jenica (OR)</u> 125	39	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
		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
		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
		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
		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
		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
Sheffield, Shawn (NC) 236	40	Time of Day	0:07:09	0:08:13	0:09:28	0:10:37	0:12:00	0:13:18	0:14:48	0:16:01	0:17:33	0:18:52	0:20:29	0:21:48	0:23:28	1:00:55	1:02:43	1:04:14:52
		Time Cum	01:09	02:13	03:28	04:37	06:00	07:18	08:48	10:01	11:33	12:52	14:29	15:48	17:28	18:55	20:43	22:14:52
		Time Delta	01:09	01:04	01:15	01:09	01:23	01:17	01:29	01:13	01:31	01:19	01:36	01:18	01:40	01:26	01:47	01:31:29
		Pace Cum	10:04	10:39	10:47	11:06	11:20	11:42	11:55	12:02	12:12	12:22	12:32	12:39	12:49	12:59	13:11	13:21
		Pace Delta	10:04	11:21	11:02	12:13	12:09	13:47	13:03	12:58	13:24	14:06	14:07	13:59	14:38	15:21	15:45	16:12
		Position	44-17	55-19	61-21	65-21	74-22	75-23	74-21	70-21	61-20	61-20	55-18	51-17	47-17	45-17	40-15	40-15
<u>Jo,</u> <u>Yoshiko (PA)</u> 130	41	Time of Day	0:07:12	0:08:13	0:09:24	0:10:29	0:11:48	0:12:58	0:14:30	0:16:06	0:17:40	0:19:19	0:20:56	0:22:17	0:23:50	1:01:14	1:02:57	1:04:17:57
		Time Cum	01:12	02:13	03:24	04:29	05:48	06:58	08:30	10:06	11:40	13:19	14:56	16:17	17:50	19:14	20:57	22:17:57
		Time Delta	01:12	01:01	01:11	01:05	01:18	01:10	01:31	01:35	01:34	01:38	01:37	01:20	01:32	01:24	01:42	01:20:51
		Pace Cum	10:31	10:40	10:34	10:48	10:56	11:10	11:31	12:08	12:20	12:47	12:56	13:02	13:04	13:12	13:19	13:23
		Pace Delta	10:31	10:52	10:24	11:33	11:27	12:30	13:22	16:59	13:47	17:27	14:12	14:15	13:34	14:58	14:56	14:19
		Position	65-4	60-3	55-3	54-3	51-3	47-3	55-3	75-3	69-2	76-3	72-3	66-3	54-3	49-3	45-3	41-3
<u>Scott,</u> <u>Amy (NC)</u> 231	42	Time of Day	0:07:06	0:08:07	0:09:21	0:10:27	0:11:44	0:12:49	0:14:08	0:15:17	0:16:50	0:18:12	0:19:51	0:21:16	0:23:08	1:00:42	1:02:45	1:04:22:33
		Time Cum	01:06	02:07	03:21	04:27	05:44	06:49	08:08	09:17	10:50	12:12	13:51	15:16	17:08	18:42	20:45	22:22:33
		Time Delta	01:06	01:01	01:13	01:06	01:16	01:04	01:19	01:09	01:32	01:21	01:39	01:25	01:52	01:33	02:02	01:37:31
		Pace Cum	09:38	10:13	10:24	10:42	10:48	10:55	11:00	11:10	11:26	11:43	11:59	12:13	12:34	12:49	13:12	13:26
		Pace Delta	09:38	10:55	10:45	11:44	11:11	11:29	11:33	12:21	13:28	14:30	14:28	15:05	16:26	16:29	17:57	17:16
		Position	36-2	41-2	50-2	50-2	49-2	41-2	37-2	36-2	33-2	35-2	35-2	37-2	40-2	41-2	41-3	42-3

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	
<u>McKnight</u>	43	Time of Day	0:07:17	0:08:25	0:09:43	0:10:56	0:12:17	0:13:30	0:15:01	0:16:21	0:18:01	0:19:20	0:20:52	0:22:08	0:23:47	1:01:14	1:02:58	1:04:23:07
<u>Erin (AZ)</u>		Time Cum	01:17	02:25	03:43	04:56	06:17	07:30	09:01	10:21	12:01	13:20	14:52	16:08	17:47	19:14	20:58	22:23:07
	175	Time Delta	01:17	01:08	01:18	01:12	01:20	01:13	01:30	01:19	01:39	01:19	01:31	01:16	01:38	01:26	01:44	01:24:41
Age	39	Pace Cum	11:14	11:40	11:34	11:52	11:51	12:01	12:12	12:25	12:41	12:49	12:52	12:55	13:03	13:12	13:20	13:26
Group	F30-39	Pace Delta	11:14	12:12	11:23	12:55	11:44	13:01	13:10	14:09	14:36	14:05	13:21	13:35	14:26	15:20	15:12	14:59
Overall-Group		Position	110-13	115-12	105-10	110-12	92-10	86-9	88-12	84-12	80-12	78-12	69-10	60-10	51-8	48-8	46-6	43-5
Murolo, Fred (CT)	44	Time of Day	0:07:15	0:08:18	0:09:38	0:10:53	0:12:09	0:13:20	0:14:45	0:16:00	0:17:27	0:18:49	0:20:30	0:21:58	0:23:57	1:01:33	1:03:09	1:04:28:23
		Time Cum	01:15	02:18	03:38	04:53	06:09	07:20	08:45	10:00	11:27	12:49	14:30	15:58	17:57	19:33	21:09	22:28:23
	10	Time Delta	01:15	01:03	01:19	01:15	01:16	01:10	01:25	01:14	01:27	01:21	01:41	01:28	01:58	01:36	01:36	01:18:30
Age	59	Pace Cum	10:57	11:06	11:16	11:45	11:37	11:45	11:51	12:00	12:06	12:19	12:33	12:47	13:10	13:25	13:28	13:29
Group	M50-59	Pace Delta	10:57	11:17	11:35	13:22	11:08	12:28	12:26	13:13	12:48	14:25	14:47	15:36	17:19	17:04	14:02	13:54
Overall-Group		Position	95-12	84-10	92-12	95-12	81-9	76-8	72-7	67-7	58-7	58-7	56-7	55-6	57-5	58-5	49-5	44-5
Alfrey, Travis (NC)	45	Time of Day	0:07:19	0:08:26	0:09:49	0:10:57	0:12:35	0:13:54	0:15:37	0:16:56	0:18:24	0:19:40	0:21:12	0:22:33	1:00:12	1:01:30	1:03:10	1:04:31:20
		Time Cum	01:19	02:26	03:49	04:57	06:35	07:54	09:37	10:56	12:24	13:40	15:12	16:33	18:12	19:30	21:10	22:31:20
	32	Time Delta	01:19	01:07	01:23	01:07	01:37	01:19	01:42	01:19	01:28	01:15	01:32	01:20	01:39	01:18	01:39	01:20:30
Age	41	Pace Cum	11:32	11:43	11:53	11:55	12:25	12:39	13:01	13:07	13:06	13:08	13:10	13:15	13:21	13:23	13:28	13:31
Group	M40-49	Pace Delta	11:32	11:57	12:10	12:02	14:14	14:02	14:58	13:59	12:57	13:23	13:31	14:12	14:28	13:56	14:35	14:15
Overall-Group		Position	122-27	120-25	125-28	114-25	119-26	118-26	123-26	116-27	91-21	82-18	77-18	76-17	66-16	56-13	50-12	45-11
Griffith, David (NC)	46	Time of Day	0:07:22	0:08:35	0:10:02	0:11:18	0:12:52	0:14:05	0:15:32	0:16:49	0:18:15	0:19:29	0:21:00	0:22:23	0:23:56	1:01:20	1:02:56	1:04:33:42
		Time Cum	01:22	02:35	04:02	05:18	06:52	08:05	09:32	10:49	12:15	13:29	15:00	16:23	17:56	19:20	20:56	22:33:42
	111	Time Delta	01:22	01:13	01:26	01:16	01:33	01:12	01:26	01:17	01:26	01:14	01:30	01:23	01:32	01:24	01:35	01:37:15
Age	37	Pace Cum	11:58	12:28	12:31	12:45	12:57	12:56	12:54	12:59	12:56	12:57	12:59	13:07	13:09	13:16	13:19	13:32
Group	M30-39	Pace Delta	11:58	13:04	12:38	13:33	13:38	12:53	12:41	13:39	12:34	13:10	13:15	14:43	13:31	15:01	13:56	17:13
Overall-Group		Position	145-33	149-32	151-33	150-32	144-31	134-31	116-27	111-27	84-23	79-22	75-21	71-21	56-18	51-18	44-16	46-16
Hamilton, Josh (NC)	47	Time of Day	0:07:09	0:08:13	0:09:28	0:10:38	0:12:03	0:13:17	0:14:45	0:15:56	0:17:36	0:19:01	0:20:53	0:22:18	1:00:06	1:01:34	1:03:19	1:04:35:15
		Time Cum	01:09	02:13	03:28	04:38	06:03	07:17	08:45	09:56	11:36	13:01	14:53	16:18	18:06	19:34	21:19	22:35:15
	115	Time Delta	01:09	01:04	01:14	01:10	01:25	01:13	01:27	01:11	01:40	01:24	01:52	01:25	01:48	01:27	01:45	01:16:02
Age	31	Pace Cum	10:04	10:42	10:46	11:08	11:26	11:39	11:50	11:56	12:15	12:30	12:53	13:03	13:17	13:25	13:33	13:33
Group	M30-39	Pace Delta	10:04	11:27	10:54	12:25	12:28	12:57	12:51	12:39	14:39	14:54	16:22	15:04	15:49	15:29	15:20	13:27
Overall-Group		Position	44-17	61-19	60-21	66-22	76-23	74-22	69-20	65-20	65-21	66-21	70-20	67-20	61-20	59-19	54-17	47-17
Cushma, John (GA)	48	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>Trappe</u> <u>Cari (FL)</u>	49	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
		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
	257	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
Age	30	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
Group	F30-39	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	57-7	53-7	50-8	47-7	45-6	46-6	43-5	49-6

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>Blue</u>	50	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
<u>Madelyn (KY)</u>		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
	13	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
Age	34	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
Group	F30-39	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
Overall-Group		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>Galope,</u>	51	Time of Day	0:07:06	0:08:04	0:09:14	0:10:20	0:11:40	0:12:49	0:14:11	0:15:26	0:16:51	0:18:08	0:19:41	0:21:04	0:22:43	1:00:19	1:02:49	1:04:48:09
<u>Joe (AZ)</u>		Time Cum	01:06	02:04	03:14	04:20	05:40	06:49	08:11	09:26	10:51	12:08	13:41	15:04	16:43	18:19	20:49	22:48:09
	102	Time Delta	01:06	00:58	01:09	01:06	01:19	01:09	01:22	01:14	01:25	01:16	01:33	01:22	01:39	01:36	02:29	01:58:53
Age	47	Pace Cum	09:38	09:59	10:02	10:25	10:42	10:56	11:05	11:19	11:28	11:39	11:51	12:03	12:15	12:34	13:14	13:41
Group	M40-49	Pace Delta	09:38	10:24	10:09	11:45	11:41	12:16	11:58	13:09	12:29	13:30	13:38	14:39	14:27	17:00	21:53	21:02
Overall-Group		Position	36-8	35-7	35-7	41-8	43-9	42-9	40-9	39-9	35-7	32-7	33-7	34-7	34-7	36-9	42-11	51-13
<u>Galope,</u>	52	Time of Day	0:07:17	0:08:25	0:09:43	0:10:56	0:12:17	0:13:29	0:14:51	0:16:01	0:17:28	0:18:48	0:20:24	0:21:54	0:23:47	1:01:34	1:03:19	1:04:48:39
<u>Megan (AZ)</u>		Time Cum	01:17	02:25	03:43	04:56	06:17	07:29	08:51	10:01	11:28	12:48	14:24	15:54	17:47	19:34	21:19	22:48:39
	103	Time Delta	01:17	01:08	01:17	01:12	01:20	01:12	01:22	01:09	01:27	01:20	01:35	01:30	01:53	01:46	01:44	01:29:37
Age	43	Pace Cum	11:14	11:41	11:34	11:52	11:51	11:59	12:00	12:01	12:06	12:18	12:28	12:44	13:03	13:25	13:33	13:41
Group	F40-49	Pace Delta	11:14	12:13	11:23	12:55	11:44	12:48	12:01	12:14	12:43	14:17	13:53	16:04	16:30	18:53	15:16	15:52
Overall-Group		Position	110-13	116-13	106-13	109-13	90-12	84-12	77-12	69-10	59-6	57-6	53-5	54-5	52-5	60-6	53-4	52-4
<u>Kraft,</u>	53	Time of Day	0:07:14	0:08:16	0:09:35	0:10:44	0:12:13	0:13:24	0:14:53	0:16:15	0:17:53	0:19:13	0:20:55	0:22:25	1:00:08	1:01:30	1:03:15	1:04:51:50
<u>Scott (NC)</u>		Time Cum	01:14	02:16	03:35	04:44	06:13	07:24	08:53	10:15	11:53	13:13	14:55	16:25	18:08	19:30	21:15	22:51:50
	141	Time Delta	01:14	01:02	01:18	01:09	01:28	01:11	01:28	01:22	01:37	01:19	01:42	01:29	01:43	01:21	01:45	01:35:53
Age	46	Pace Cum	10:48	10:57	11:08	11:23	11:43	11:51	12:01	12:19	12:33	12:41	12:55	13:08	13:18	13:23	13:31	13:43
Group	M40-49	Pace Delta	10:48	11:08	11:27	12:16	12:57	12:37	12:54	14:39	14:17	14:04	15:01	15:50	15:04	14:27	15:25	16:58
Overall-Group		Position	82-19	79-17	82-18	82-18	86-20	81-18	79-17	82-18	75-17	74-17	71-16	73-16	63-15	55-13	52-14	53-14
<u>Davenport,</u>	54	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
<u>Heather (FL)</u>		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	62-7	61-6	63-7	58-6	57-5	58-5	54-5
<u>Fletcher,</u>	55	Time of Day	0:07:15	0:08:25	0:09:43	0:10:57	0:12:19	0:13:32	0:14:55	0:16:12	0:17:37	0:18:56	0:20:33	0:21:52	0:23:34	1:01:10	1:03:09	1:04:58:03
<u>Kelly (DC)</u>		Time Cum	01:15	02:25	03:43	04:57	06:19	07:32	08:55	10:12	11:37	12:56	14:33	15:52	17:34	19:10	21:09	22:58:03
	94	Time Delta	01:15	01:10	01:18	01:13	01:22	01:12	01:22	01:16	01:25	01:19	01:36	01:19	01:41	01:36	01:58	01:48:44
Age	36	Pace Cum	10:57	11:38	11:33	11:53	11:55	12:04	12:04	12:14	12:16	12:26	12:35	12:42	12:53	13:09	13:27	13:47
Group	F30-39	Pace Delta	10:57	12:29	11:24	13:02	12:02	12:54	12:03	13:37	12:27	14:05	14:02	14:07	14:47	17:08	17:18	19:15
Overall-Group		Position	95-11	113-12	104-10	112-13	96-11	91-11	84-11	80-11	67-9	63-9	58-9	53-9	48-7	47-7	48-8	55-8
<u>Elliott,</u>	56	Time of Day	0:07:24	0:08:41	0:10:09	0:11:28	0:12:58	0:14:18	0:15:59	0:17:23	0:19:02	0:20:24	0:21:51	0:23:08	1:00:39	1:02:00	1:03:35	1:05:03:10
<u>Kim (CA)</u>		Time Cum	01:24	02:41	04:09	05:28	06:58	08:18	09:59	11:23	13:02	14:24	15:51	17:08	18:39	20:00	21:35	23:03:10
	84	Time Delta	01:24	01:17	01:28	01:18	01:30	01:19	01:41	01:24	01:39	01:22	01:26	01:16	01:30	01:21	01:34	01:28:07
Age	48	Pace Cum	12:16	12:54	12:54	13:08	13:09	13:17	13:31	13:40	13:46	13:50	13:43	13:43	13:41	13:43	13:44	13:50
Group	F40-49	Pace Delta	12:16	13:41	12:55	13:54	13:11	14:05	14:45	14:54	14:29	14:33	12:41	13:37	13:17	14:21	13:47	15:36
Overall-Group		Position	156-21	169-23	164-22	159-21	153-20	148-19	146-18	139-16	120-15	112-13	93-11	88-11	73-9	69-9	61-7	56-6

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>Jennings</u>	57	Time of Day	0:07:16	0:08:22	0:09:36	0:10:50	0:12:07	0:13:24	0:14:48	0:16:09	0:17:44	0:19:06	0:20:43	0:22:10	1:00:09	1:01:40	1:03:31	1:05:03:53
<u>Liane (TN)</u>		Time Cum	01:16	02:22	03:36	04:50	06:07	07:24	08:48	10:09	11:44	13:06	14:43	16:10	18:09	19:40	21:31	23:03:53
	129	Time Delta	01:16	01:06	01:13	01:13	01:17	01:16	01:23	01:21	01:34	01:21	01:37	01:27	01:58	01:30	01:51	01:32:03
Age	43	Pace Cum	11:06	11:25	11:12	11:36	11:33	11:51	11:55	12:12	12:24	12:35	12:44	12:57	13:18	13:29	13:42	13:50
Group	F40-49	Pace Delta	11:06	11:48	10:48	13:01	11:19	13:35	12:14	14:24	13:51	14:30	14:10	15:25	17:18	16:06	16:18	16:18
Overall-Group		Position	104-12	103-11	90-10	88-11	79-11	79-11	75-11	77-12	71-10	70-9	64-7	61-6	65-7	63-7	60-6	57-7
<u>Sullivan</u>	58	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
<u>Megan (NC)</u>		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
	251	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
Age	40	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
Group	F40-49	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
Overall-Group		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
Hartwell, Matt (MI)	59	Time of Day	0:07:14	0:08:16	0:09:28	0:10:31	0:11:47	0:12:52	0:14:16	0:15:33	0:17:08	0:18:29	0:20:11	0:21:45	0:23:44	1:01:27	1:03:23	1:05:05:52
		Time Cum	01:14	02:16	03:28	04:31	05:47	06:52	08:16	09:33	11:08	12:29	14:11	15:45	17:44	19:27	21:23	23:05:52
	119	Time Delta	01:14	01:02	01:12	01:02	01:15	01:05	01:23	01:17	01:34	01:21	01:42	01:33	01:59	01:42	01:55	01:42:48
Age	26	Pace Cum	10:48	10:55	10:48	10:52	10:54	11:00	11:12	11:28	11:46	12:00	12:17	12:36	13:00	13:21	13:36	13:52
Group	M20-29	Pace Delta	10:48	11:03	10:35	11:07	10:59	11:38	12:15	13:38	13:51	14:21	14:54	16:32	17:29	18:12	16:52	18:12
Overall-Group		Position	82-6	73-4	65-4	56-4	50-4	45-4	44-3	46-3	43-2	44-2	46-2	50-2	50-2	53-2	55-2	59-2
Dean, Scott (NC)	60	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>Jaremback</u> <u>Kristen (DC)</u>	61	Time of Day	0:07:04	0:08:04	0:09:17	0:10:26	0:11:43	0:13:07	0:14:40	0:16:00	0:17:23	0:18:45	0:20:14	0:21:50	0:23:54	1:01:29	1:03:23	1:05:08:34
		Time Cum	01:04	02:04	03:17	04:26	05:43	07:07	08:40	10:00	11:23	12:45	14:14	15:50	17:54	19:29	21:23	23:08:34
	16	Time Delta	01:04	01:00	01:12	01:09	01:17	01:23	01:33	01:20	01:23	01:22	01:29	01:36	02:03	01:35	01:54	01:44:35
Age	36	Pace Cum	09:21	09:59	10:12	10:39	10:48	11:23	11:44	12:00	12:01	12:15	12:20	12:41	13:08	13:22	13:37	13:53
Group	F30-39	Pace Delta	09:21	10:45	10:35	12:13	11:20	14:43	13:36	14:12	12:09	14:31	13:01	17:01	18:05	16:51	16:39	18:31
Overall-Group		Position	27-3	36-3	41-3	46-5	47-5	59-7	67-8	68-8	55-6	56-8	49-7	52-8	55-9	54-9	56-9	61-9
Miller, Matt (NC)	62	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
Glass, Brian (VA)	63	Time of Day	0:07:14	0:08:16	0:09:32	0:10:38	0:11:58	0:13:10	0:14:39	0:15:54	0:17:26	0:18:50	0:20:33	0:22:06	1:00:00	1:01:37	1:03:38	1:05:18:25
		Time Cum	01:14	02:16	03:32	04:38	05:58	07:10	08:39	09:54	11:26	12:50	14:33	16:06	18:00	19:37	21:38	23:18:25
	107	Time Delta	01:14	01:02	01:15	01:06	01:19	01:12	01:28	01:14	01:32	01:24	01:42	01:33	01:53	01:37	02:00	01:39:31
Age	32	Pace Cum	10:48	10:57	10:58	11:09	11:15	11:29	11:42	11:53	12:05	12:20	12:35	12:54	13:12	13:28	13:46	13:59
Group	M30-39	Pace Delta	10:48	11:07	10:59	11:50	11:36	12:46	12:56	13:15	13:32	14:53	14:54	16:38	16:36	17:13	17:39	17:37
Overall-Group		Position	82-24	78-21	74-23	72-22	66-21	66-21	65-19	62-19	56-19	59-19	58-19	58-18	59-19	62-20	63-18	63-18

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	
Oster, John (CO)	64	Time of Day	0:07:02	0:07:57	0:09:11	0:10:27	0:11:59	0:13:15	0:14:56	0:16:20	0:17:46	0:19:05	0:20:47	0:22:24	1:00:29	1:01:50	1:03:31	1:05:18:37
		Time Cum	01:02	01:57	03:11	04:27	05:59	07:15	08:56	10:20	11:46	13:05	14:47	16:24	18:29	19:50	21:31	23:18:37
	199	Time Delta	01:02	00:55	01:13	01:15	01:32	01:15	01:41	01:23	01:25	01:18	01:42	01:36	02:05	01:20	01:41	01:46:50
Age	51	Pace Cum	09:03	09:26	09:55	10:42	11:18	11:37	12:06	12:24	12:25	12:34	12:48	13:07	13:34	13:36	13:41	13:59
Group	M50-59	Pace Delta	09:03	09:54	10:48	13:23	13:28	13:24	14:45	14:50	12:32	13:56	14:56	17:07	18:23	14:12	14:49	18:55
Overall-Group		Position	16-2	19-2	29-2	49-6	68-6	71-6	85-9	83-9	72-9	69-9	65-9	72-9	71-9	66-6	59-6	64-6
<u>Matecki, Laurie (NC)</u>	65	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
	166	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
Age	33	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
Group	F30-39	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
Overall-Group		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
Nelson, Jeremiah (VA)	66	Time of Day	0:07:17	0:08:23	0:09:46	0:10:59	0:12:27	0:13:42	0:15:15	0:16:42	0:18:25	0:19:53	0:21:36	0:23:04	1:00:50	1:02:25	1:04:06	1:05:34:01
		Time Cum	01:17	02:23	03:46	04:59	06:27	07:42	09:15	10:42	12:25	13:53	15:36	17:04	18:50	20:25	22:06	23:34:01
	193	Time Delta	01:17	01:06	01:23	01:12	01:28	01:15	01:32	01:26	01:42	01:28	01:42	01:28	01:45	01:35	01:40	01:27:32
Age	37	Pace Cum	11:14	11:29	11:44	11:59	12:10	12:20	12:32	12:51	13:06	13:20	13:30	13:40	13:49	14:01	14:04	14:08
Group	M30-39	Pace Delta	11:14	11:47	12:10	12:50	12:51	13:20	13:33	15:19	15:02	15:40	14:58	15:41	15:27	16:53	14:41	15:30
Overall-Group		Position	110-28	105-28	121-28	117-29	105-27	101-27	98-26	101-25	92-25	92-25	86-24	85-23	81-22	76-21	69-19	66-19
Young, Steve (OH)	67	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
Evenson, Scott (NC)	68	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
	87	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
Age	50	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
Group	M50-59	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
Overall-Group		Position	122-17	129-19	107-15	100-13	94-13	99-13	99-13	95-11	93-11	86-11	83-11	83-11	79-10	74-9	67-8	68-8
Fogleman, Eric (NC)	69	Time of Day	0:07:19	0:08:27	0:09:49	0:11:03	0:12:35	0:13:54	0:15:37	0:16:56	0:18:34	0:19:58	0:22:06	0:23:36	1:01:19	1:02:46	1:04:16	1:05:39:24
		Time Cum	01:19	02:27	03:49	05:03	06:35	07:54	09:37	10:56	12:34	13:58	16:06	17:36	19:19	20:46	22:16	23:39:24
	98	Time Delta	01:19	01:08	01:22	01:13	01:31	01:19	01:42	01:19	01:38	01:24	02:08	01:29	01:43	01:27	01:29	01:22:45
Age	55	Pace Cum	11:32	11:47	11:53	12:09	12:25	12:39	13:01	13:07	13:16	13:25	13:57	14:05	14:10	14:15	14:10	14:12
Group	M50-59	Pace Delta	11:32	12:04	12:03	13:04	13:24	14:02	14:58	14:00	14:19	14:56	18:44	15:49	15:03	15:29	13:07	14:39
Overall-Group		Position	122-17	124-18	124-18	124-20	122-15	119-16	124-18	117-15	104-14	97-14	102-15	97-15	89-13	81-11	71-9	69-9
Gray, Rick (TN)	70	Time of Day	0:07:02	0:07:58	0:09:11	0:10:15	0:11:37	0:12:48	0:14:16	0:15:38	0:17:14	0:18:32	0:20:21	0:21:59	1:00:09	1:01:50	1:03:52	1:05:44:09
		Time Cum	01:02	01:58	03:11	04:15	05:37	06:48	08:16	09:38	11:14	12:32	14:21	15:59	18:09	19:50	21:52	23:44:09
	109	Time Delta	01:02	00:56	01:12	01:04	01:21	01:11	01:27	01:22	01:36	01:17	01:49	01:37	02:09	01:40	02:02	01:51:51
Age	55	Pace Cum	09:03	09:30	09:54	10:14	10:36	10:54	11:11	11:34	11:52	12:02	12:25	12:47	13:18	13:36	13:55	14:14
Group	M50-59	Pace Delta	09:03	10:03	10:37	11:24	11:55	12:38	12:45	14:32	14:05	13:42	15:57	17:19	18:58	17:51	17:51	19:48
Overall-Group		Position	16-2	24-3	28-2	31-3	39-4	40-4	43-4	50-4	47-4	45-4	51-6	56-7	64-6	65-6	65-7	70-10

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	
Smith, Mike (IN)	71	Time of Day	0:07:17	0:08:25	0:09:46	0:11:01	0:12:35	0:13:54	0:15:35	0:16:57	0:18:38	0:20:03	0:21:50	0:23:19	1:01:02	1:02:36	1:04:20	1:05:49:51
		Time Cum	01:17	02:25	03:46	05:01	06:35	07:54	09:35	10:57	12:38	14:03	15:50	17:19	19:02	20:36	22:20	23:49:51
	21	Time Delta	01:17	01:08	01:20	01:15	01:33	01:19	01:41	01:21	01:40	01:24	01:47	01:29	01:42	01:33	01:43	01:29:38
	Age 58	Pace Cum	11:14	11:38	11:41	12:05	12:25	12:40	12:59	13:09	13:20	13:29	13:42	13:52	13:58	14:08	14:12	14:18
	Group M50-59	Pace Delta	11:14	12:06	11:48	13:24	13:38	14:05	14:45	14:29	14:40	15:01	15:38	15:53	14:59	16:38	15:09	15:52
	Overall-Group	Position	110-15	111-15	117-16	121-17	121-15	120-16	122-16	119-16	107-15	102-15	92-14	90-13	83-11	79-10	75-11	71-11
Penzone, Peter (OH)	72	Time of Day	0:07:21	0:08:35	0:09:55	0:11:09	0:12:33	0:13:52	0:15:20	0:16:45	0:18:18	0:19:44	0:21:24	0:22:55	1:00:46	1:02:25	1:04:19	1:05:50:37
		Time Cum	01:21	02:35	03:55	05:09	06:33	07:52	09:20	10:45	12:18	13:44	15:24	16:55	18:46	20:25	22:19	23:50:37
	201	Time Delta	01:21	01:14	01:20	01:13	01:23	01:19	01:28	01:24	01:33	01:25	01:39	01:31	01:51	01:38	01:54	01:31:10
	Age 42	Pace Cum	11:49	12:27	12:10	12:22	12:20	12:35	12:39	12:54	13:00	13:11	13:20	13:33	13:46	14:00	14:12	14:18
	Group M40-49	Pace Delta	11:49	13:12	11:41	13:01	12:15	14:00	12:56	14:55	13:40	15:11	14:35	16:10	16:13	17:23	16:42	16:08
	Overall-Group	Position	141-32	148-34	136-30	133-30	114-24	113-25	104-23	106-23	86-20	85-19	80-19	79-19	78-17	75-17	73-17	72-17
<u>Rosenthal, Janet (OR)</u>	73	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
		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>Carter, Stephanie (NC)</u>	74	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
		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
Bates, Wayne (NY)	75	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
		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	01:28	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>Allen, Dana (NC)</u>	76	Time of Day	0:07:09	0:08:09	0:09:17	0:10:23	0:11:34	0:14:14	0:15:26	0:16:57	0:18:16	0:19:57	0:21:29	1:00:26	1:02:07	1:04:06	1:05:55:59	
		Time Cum	01:09	02:09	03:17	04:23	05:34	08:14	09:26	10:57	12:16	13:57	15:29	18:26	20:07	22:06	23:55:59	
	33	Time Delta	01:09	01:00	01:08	01:05	01:10	02:40	01:12	01:30	01:18	01:40	01:32	02:57	01:40	01:59	01:49:47	
	Age 30	Pace Cum	10:04	10:22	10:14	10:32	10:29	11:09	11:20	11:34	11:47	12:04	12:24	13:31	13:48	14:03	14:22	
	Group F30-39	Pace Delta	10:04	10:44	09:58	11:33	10:21	12:51	12:45	13:15	13:57	14:42	16:20	25:51	17:47	17:24	19:26	
	Overall-Group	Position	44-4	47-4	45-3	44-4	37-4	42-4	40-4	38-4	36-4	37-5	41-5	69-11	72-12	68-11	76-12	
Jones, Aaron (NC)	77	Time of Day	0:07:25	0:08:36	0:10:03	0:11:18	0:12:54	0:14:13	0:15:54	0:17:21	0:19:03	0:20:33	0:22:24	0:23:53	1:01:44	1:03:19	1:04:56	1:06:17:53
		Time Cum	01:25	02:36	04:03	05:18	06:54	08:13	09:54	11:21	13:03	14:33	16:24	17:53	19:44	21:19	22:56	24:17:53
	132	Time Delta	01:25	01:11	01:26	01:15	01:36	01:18	01:41	01:27	01:42	01:29	01:51	01:28	01:51	01:35	01:36	01:21:01
	Age 29	Pace Cum	12:25	12:30	12:34	12:44	13:02	13:09	13:25	13:38	13:47	13:58	14:12	14:19	14:29	14:38	14:36	14:35
	Group M20-29	Pace Delta	12:25	12:36	12:41	13:20	14:06	13:51	14:49	15:26	14:54	15:49	16:15	15:40	16:18	16:50	14:09	14:20
	Overall-Group	Position	163-8	152-8	153-8	149-8	147-8	142-8	139-7	137-7	123-6	117-6	107-5	103-5	97-3	90-3	80-3	77-3

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	
<u>Russell,</u>	78	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
<u>Erickson,</u>	79	Time of Day	0:07:17	0:08:25	0:09:44	0:10:55	0:12:27	0:13:47	0:15:28	0:16:37	0:18:17	0:19:52	0:21:40	0:23:14	1:01:24	1:03:08	1:05:07	1:06:35:39
<u>Beth (NC)</u>		Time Cum	01:17	02:25	03:44	04:55	06:27	07:47	09:28	10:37	12:17	13:52	15:40	17:14	19:24	21:08	23:07	24:35:39
85		Time Delta	01:17	01:08	01:18	01:11	01:32	01:19	01:40	01:08	01:39	01:35	01:48	01:33	02:10	01:43	01:58	01:28:31
Age 50		Pace Cum	11:14	11:38	11:36	11:49	12:10	12:28	12:49	12:45	12:58	13:19	13:34	13:47	14:14	14:30	14:42	14:45
Group F50-59		Pace Delta	11:14	12:06	11:32	12:35	13:28	14:07	14:42	12:12	14:35	16:53	15:49	16:33	19:01	18:21	17:22	15:40
Overall-Group		Position	110-8	112-8	110-8	101-7	106-6	104-6	111-6	94-5	85-4	90-4	89-4	89-4	92-4	88-4	82-4	79-4
<u>McFadden,</u>	80	Time of Day	0:07:24	0:08:37	0:10:05	0:11:22	0:12:53	0:14:13	0:15:49	0:17:11	0:18:48	0:20:18	0:22:01	0:23:25	1:01:07	1:02:49	1:05:05	1:06:49:16
<u>Lisa (NC)</u>		Time Cum	01:24	02:37	04:05	05:22	06:53	08:13	09:49	11:11	12:48	14:18	16:01	17:25	19:07	20:49	23:05	24:49:16
171		Time Delta	01:24	01:13	01:28	01:16	01:30	01:19	01:36	01:22	01:37	01:30	01:42	01:24	01:41	01:41	02:16	01:43:32
Age 42		Pace Cum	12:16	12:37	12:42	12:54	12:59	13:09	13:17	13:26	13:31	13:45	13:52	13:57	14:01	14:17	14:41	14:54
Group F40-49		Pace Delta	12:16	13:04	12:51	13:35	13:16	14:04	14:04	14:31	14:11	15:59	14:55	14:59	14:50	18:01	19:56	18:19
Overall-Group		Position	156-21	160-20	159-19	156-19	145-17	141-16	134-15	128-14	111-12	109-12	100-12	92-12	84-12	82-12	81-11	80-11
<u>Pieroni,</u>	81	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
<u>Stephen M (NC)</u>		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
28		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
<u>Lucarelli,</u>	82	Time of Day	0:07:28	0:08:42	0:10:11	0:11:38	0:13:08	0:14:31	0:16:09	0:17:32	0:19:08	0:20:40	0:22:40	1:00:18	1:02:12	1:03:46	1:05:45	1:07:10:00
<u>Elizabeth (NC)</u>		Time Cum	01:28	02:42	04:11	05:38	07:08	08:31	10:09	11:32	13:08	14:40	16:40	18:18	20:12	21:46	23:45	25:10:00
155		Time Delta	01:28	01:14	01:28	01:27	01:29	01:23	01:37	01:23	01:36	01:31	01:59	01:38	01:54	01:33	01:59	01:24:20
Age 33		Pace Cum	12:51	12:59	12:59	13:33	13:27	13:39	13:45	13:51	13:52	14:05	14:25	14:39	14:49	14:56	15:07	15:06
Group F30-39		Pace Delta	12:51	13:10	12:58	15:32	13:03	14:46	14:18	14:42	14:02	16:17	17:27	17:25	16:41	16:33	17:24	14:56
Overall-Group		Position	180-24	178-24	171-24	181-26	162-23	160-23	154-23	151-24	125-20	123-21	116-20	112-20	102-18	98-18	88-17	82-13
<u>Kuhlmann,</u>	83	Time of Day	0:07:24	0:08:36	0:10:00	0:11:21	0:12:49	0:14:09	0:15:42	0:17:04	0:18:58	0:20:21	0:21:58	0:23:25	1:01:15	1:02:58	1:05:07	1:07:10:41
<u>Kimberley (WA)</u>		Time Cum	01:24	02:36	04:00	05:21	06:49	08:09	09:42	11:04	12:58	14:21	15:58	17:25	19:15	20:58	23:07	25:10:41
143		Time Delta	01:24	01:12	01:24	01:20	01:27	01:20	01:33	01:21	01:53	01:23	01:37	01:27	01:49	01:43	02:08	02:03:23
Age 37		Pace Cum	12:16	12:33	12:27	12:52	12:51	13:04	13:09	13:17	13:41	13:47	13:49	13:57	14:07	14:23	14:42	15:06
Group F30-39		Pace Delta	12:16	12:53	12:17	14:18	12:47	14:15	13:36	14:26	16:35	14:45	14:10	15:26	16:02	18:15	18:48	21:50
Overall-Group		Position	156-22	155-20	150-20	154-21	141-20	139-18	129-19	122-18	116-17	110-17	98-16	91-14	88-15	86-16	83-14	83-14
<u>Moroch,</u>	84	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
<u>Chris (NC)</u>		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	
<u>Harvey</u>	85	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>Fennie</u>	86	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
<u>Karen (NY)</u>		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
	89	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
Age	56	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
Group	F50-59	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
Overall-Group		Position	207-15	204-15	198-16	192-15	176-11	164-10	161-10	153-9	128-8	125-7	112-7	107-5	98-5	97-5	91-5	86-5
<u>Stone</u>	87	Time of Day	0:07:25	0:08:42	0:10:15	0:11:39	0:13:17	0:14:38	0:16:18	0:17:43	0:19:27	0:20:53	0:22:43	1:00:26	1:02:16	1:04:03	1:06:07	1:07:33:00
<u>Francesca (CA)</u>		Time Cum	01:25	02:42	04:15	05:39	07:17	08:38	10:18	11:43	13:27	14:53	16:43	18:26	20:16	22:03	24:07	25:33:00
	248	Time Delta	01:25	01:17	01:33	01:23	01:38	01:20	01:40	01:24	01:43	01:26	01:49	01:42	01:49	01:46	02:04	01:25:59
Age	53	Pace Cum	12:25	12:58	13:13	13:35	13:45	13:50	13:57	14:04	14:12	14:18	14:28	14:45	14:52	15:07	15:20	15:20
Group	F50-59	Pace Delta	12:25	13:38	13:42	14:49	14:21	14:16	14:40	14:56	15:09	15:22	16:02	18:09	16:02	18:54	18:06	15:13
Overall-Group		Position	163-11	174-13	184-13	184-13	179-12	172-11	165-11	163-10	141-9	133-9	117-8	115-8	103-6	100-6	95-6	87-6
<u>Knowles</u>	88	Time of Day	0:07:16	0:08:22	0:09:45	0:10:55	0:12:27	0:13:42	0:15:21	0:16:44	0:18:26	0:20:00	0:21:57	0:23:31	1:01:11	1:02:46	1:05:18	1:07:34:17
<u>Carla (GA)</u>		Time Cum	01:16	02:22	03:45	04:55	06:27	07:42	09:21	10:44	12:26	14:00	15:57	17:31	19:11	20:46	23:18	25:34:17
	136	Time Delta	01:16	01:06	01:22	01:10	01:31	01:15	01:38	01:22	01:42	01:34	01:56	01:33	01:40	01:34	02:31	02:16:06
Age	33	Pace Cum	11:06	11:23	11:38	11:50	12:09	12:20	12:40	12:53	13:08	13:27	13:48	14:01	14:04	14:15	14:49	15:21
Group	F30-39	Pace Delta	11:06	11:44	12:05	12:30	13:20	13:23	14:26	14:38	14:59	16:39	17:00	16:38	14:39	16:44	22:10	24:05
Overall-Group		Position	104-12	102-10	113-13	104-10	104-14	100-13	105-14	104-15	94-14	100-15	97-15	96-16	87-14	80-13	84-15	88-16
<u>Koenigschofer</u>	89	Time of Day	0:07:12	0:08:13	0:09:28	0:10:39	0:12:01	0:13:14	0:14:44	0:16:04	0:17:48	0:19:09	0:20:56	0:22:31	1:00:50	1:02:55	1:05:26	1:07:37:23
<u>Jenna (NC)</u>		Time Cum	01:12	02:13	03:28	04:39	06:01	07:14	08:44	10:04	11:48	13:09	14:56	16:31	18:50	20:55	23:26	25:37:23
	137	Time Delta	01:12	01:01	01:15	01:10	01:21	01:13	01:30	01:20	01:43	01:20	01:47	01:34	02:18	02:05	02:31	02:10:56
Age	33	Pace Cum	10:31	10:40	10:48	11:12	11:20	11:35	11:50	12:06	12:28	12:38	12:56	13:14	13:49	14:21	14:54	15:22
Group	F30-39	Pace Delta	10:31	10:51	11:03	12:33	11:51	12:59	13:10	14:12	15:10	14:18	15:41	16:49	20:12	22:09	22:04	23:10
Overall-Group		Position	65-7	57-7	64-7	74-9	75-9	69-8	68-9	73-9	74-10	71-10	73-11	75-12	80-13	84-14	86-16	89-17
Burpee,	90	Time of Day	0:07:36	0:09:00	0:10:30	0:11:45	0:13:15	0:14:36	0:16:08	0:17:14	0:18:43	0:19:48	0:21:36	0:23:07	1:01:11	1:03:18	1:05:33	1:07:37:35
<u>Atlee (PA)</u>		Time Cum	01:36	03:00	04:30	05:45	07:15	08:36	10:08	11:14	12:43	13:48	15:36	17:07	19:11	21:18	23:33	25:37:35
	55	Time Delta	01:36	01:24	01:29	01:15	01:30	01:20	01:31	01:05	01:29	01:05	01:47	01:30	02:04	02:06	02:15	02:04:13
Age	59	Pace Cum	14:01	14:28	13:59	13:50	13:41	13:47	13:43	13:29	13:26	13:16	13:30	13:42	14:04	14:37	14:59	15:23
Group	M50-59	Pace Delta	14:01	15:02	13:07	13:17	13:10	14:20	13:23	11:36	13:05	11:32	15:42	16:05	18:09	22:23	19:44	21:59
Overall-Group		Position	229-32	226-32	209-32	193-30	177-27	169-27	153-25	130-20	109-17	87-12	87-12	87-12	86-12	89-13	87-13	90-13
Murray,	91	Time of Day	0:07:22	0:08:30	0:09:52	0:11:02	0:12:31	0:13:50	0:15:24	0:16:45	0:18:28	0:20:03	0:22:06	0:23:53	1:02:01	1:03:54	1:06:04	1:07:40:32
<u>Jay (NC)</u>		Time Cum	01:22	02:30	03:52	05:02	06:31	07:50	09:24	10:45	12:28	14:03	16:06	17:53	20:01	21:54	24:04	25:40:32
	189	Time Delta	01:22	01:08	01:21	01:10	01:28	01:19	01:33	01:20	01:43	01:34	02:02	01:46	02:08	01:52	02:10	01:35:51
Age	54	Pace Cum	11:58	12:03	11:59	12:07	12:17	12:33	12:44	12:54	13:10	13:30	13:56	14:19	14:41	15:01	15:19	15:24
Group	M50-59	Pace Delta	11:58	12:10	11:52	12:33	12:52	14:06	13:40	14:20	15:07	16:44	17:56	18:55	18:48	19:55	19:01	16:58
Overall-Group		Position	145-20	140-20	130-20	123-19	109-14	109-14	108-15	107-14	96-12	103-15	101-15	104-17	99-16	99-15	93-14	91-14

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>Powers,</u>	92	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
<u>Jenna (WA)</u>		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
	205	Time Delta	01:22	01:15	01:22	01:13	01:24	01:17	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		15:28
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		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		92-18
<u>Lefferts,</u>	93	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
<u>Stephanie (FL)</u>		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
	149	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
Age	27	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		15:29
Group	F20-29	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		19:52
Overall-Group		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		93-3
Smith,	94	Time of Day	0:07:02	0:08:02	0:09:19	0:10:26	0:11:54	0:13:07	0:14:45	0:16:05	0:17:46	0:19:10	0:21:10	0:22:54	1:01:21	1:03:30	1:06:04	1:07:51:02
Joe (SC)		Time Cum	01:02	02:02	03:19	04:26	05:54	07:07	08:45	10:05	11:46	13:10	15:10	16:54	19:21	21:30	24:04	25:51:02
	240	Time Delta	01:02	01:00	01:16	01:07	01:27	01:12	01:37	01:20	01:40	01:23	02:00	01:43	02:27	02:08	02:34	01:46:19
Age	47	Pace Cum	09:03	09:49	10:17	10:41	11:08	11:24	11:50	12:07	12:26	12:38	13:08	13:31	14:12	14:45		15:31
Group	M40-49	Pace Delta	09:03	10:45	11:08	12:01	12:46	12:55	14:16	14:15	14:43	14:48	17:37	18:20	21:32	22:45		18:49
Overall-Group		Position	16-4	30-6	47-11	48-11	56-11	60-13	69-16	74-16	73-16	72-16	76-17	77-18	90-19	93-18		94-19
Fox,	95	Time of Day	0:07:05	0:08:00	0:09:07	0:10:09	0:11:38	0:13:06	0:15:00	0:16:22	0:17:59	0:19:29	0:21:15	0:23:00	1:01:37	1:03:41	1:06:14	1:07:51:42
Derek (NC)		Time Cum	01:05	02:00	03:07	04:09	05:38	07:06	09:00	10:22	11:59	13:29	15:15	17:00	19:37	21:41	24:14	25:51:42
	99	Time Delta	01:05	00:55	01:07	01:02	01:28	01:28	01:54	01:21	01:37	01:30	01:46	01:44	02:37	02:03	02:32	01:37:25
Age	30	Pace Cum	09:29	09:36	09:41	10:00	10:38	11:23	12:12	12:27	12:39	12:57	13:12	13:36	14:23	14:52		15:31
Group	M30-39	Pace Delta	09:29	09:45	09:51	11:03	12:55	15:36	16:41	14:23	14:13	15:58	15:29	18:28	23:01	21:53		17:15
Overall-Group		Position	30-12	26-10	27-12	27-12	42-16	58-20	87-23	87-22	78-22	80-22	78-22	81-22	94-24	96-24		95-21
<u>Bennett,</u>	96	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
<u>Peter (UT)</u>		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
	274	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
Age	52	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		15:34
Group	F50-59	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		15:21
Overall-Group		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		96-7
McGonnell,	97	Time of Day	0:07:11	0:08:18	0:09:36	0:10:49	0:12:16	0:13:34	0:15:07	0:16:31	0:18:11	0:19:42	0:21:39	0:23:26	1:01:39	1:03:39	1:06:08	1:08:00:34
Jeff (NC)		Time Cum	01:11	02:18	03:36	04:49	06:16	07:34	09:07	10:31	12:11	13:42	15:39	17:26	19:39	21:39	24:08	26:00:34
	173	Time Delta	01:11	01:07	01:17	01:13	01:27	01:17	01:32	01:24	01:40	01:30	01:57	01:46	02:13	01:59	02:29	01:51:48
Age	55	Pace Cum	10:22	11:03	11:10	11:34	11:49	12:07	12:20	12:38	12:52	13:10	13:33	13:57	14:25	14:51		15:36
Group	M50-59	Pace Delta	10:22	11:53	11:23	12:58	12:45	13:47	13:33	14:58	14:36	16:04	17:08	18:51	19:26	21:08		19:47
Overall-Group		Position	59-9	83-10	86-10	87-10	88-12	93-11	92-11	93-10	82-10	84-10	88-13	93-14	95-15	94-14		97-15
Barnard,	98	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
Bob (VA)		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		15:37
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		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		98-20

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
<u>Lozano</u>	99	Time of Day	0:07:17	0:08:26	0:09:46	0:11:05	0:12:34	0:13:54	0:15:35	0:17:04	0:18:53	0:20:27	0:22:27	1:00:07	1:02:16	1:04:08	1:06:18	1:08:02:22
<u>Karen (CA)</u>		Time Cum	01:17	02:26	03:46	05:05	06:34	07:54	09:35	11:04	12:53	14:27	16:27	18:07	20:16	22:08	24:18	26:02:22
	154	Time Delta	01:17	01:09	01:20	01:19	01:28	01:20	01:41	01:29	01:49	01:33	01:59	01:40	02:09	01:51	02:10	01:43:37
Age	57	Pace Cum	11:14	11:41	11:42	12:13	12:22	12:39	12:58	13:17	13:37	13:53	14:14	14:30	14:52	15:11	15:28	15:37
Group	F50-59	Pace Delta	11:14	12:14	11:44	13:59	12:55	14:10	14:46	15:48	15:57	16:34	17:28	17:44	18:54	19:46	19:02	18:20
Overall-Group		Position	110-8	117-9	119-9	128-9	117-9	117-8	120-8	123-8	112-6	113-6	108-6	108-7	104-6	103-7	98-7	99-8
<u>Redman,</u>	100	Time of Day	0:07:16	0:08:25	0:09:44	0:10:57	0:12:25	0:13:41	0:15:15	0:16:39	0:18:32	0:20:08	0:22:07	0:23:52	1:02:07	1:04:03	1:06:22	1:08:05:44
<u>Christopher (AL)</u>		Time Cum	01:16	02:25	03:44	04:57	06:25	07:41	09:15	10:39	12:32	14:08	16:07	17:52	20:07	22:03	24:22	26:05:44
	214	Time Delta	01:16	01:09	01:18	01:13	01:27	01:15	01:34	01:23	01:53	01:36	01:58	01:45	02:15	01:56	02:18	01:43:00
Age	48	Pace Cum	11:06	11:40	11:36	11:55	12:06	12:18	12:32	12:47	13:14	13:34	13:57	14:18	14:45	15:08	15:30	15:39
Group	M40-49	Pace Delta	11:06	12:21	11:28	13:00	12:48	13:22	13:50	14:44	16:30	17:02	17:19	18:37	19:48	20:34	20:15	18:14
Overall-Group		Position	104-24	114-23	111-23	115-25	101-22	98-22	100-22	97-22	101-24	105-24	103-23	102-22	100-20	101-20	100-20	100-21
<u>Mowry,</u>	101	Time of Day	0:07:28	0:08:42	0:10:13	0:11:32	0:13:11	0:14:35	0:16:13	0:17:30	0:19:15	0:20:39	0:22:36	1:00:16	1:02:25	1:04:15	1:06:22	1:08:18:02
<u>Amanda (OH)</u>		Time Cum	01:28	02:42	04:13	05:32	07:11	08:35	10:13	11:30	13:15	14:39	16:36	18:16	20:25	22:15	24:22	26:18:02
	187	Time Delta	01:28	01:14	01:31	01:18	01:39	01:24	01:37	01:17	01:44	01:24	01:56	01:40	02:08	01:49	02:07	01:55:25
Age	38	Pace Cum	12:51	12:58	13:06	13:17	13:33	13:45	13:49	13:49	13:59	14:05	14:22	14:37	14:58	15:16	15:30	15:47
Group	F30-39	Pace Delta	12:51	13:07	13:21	13:54	14:32	14:54	14:12	13:47	15:13	14:58	17:03	17:43	18:50	19:25	18:35	20:26
Overall-Group		Position	180-24	175-24	179-25	169-24	169-25	165-24	163-25	150-23	130-21	122-20	114-19	111-19	107-19	105-19	99-19	101-19
<u>Gentry,</u>	102	Time of Day	0:07:28	0:08:41	0:10:10	0:11:29	0:13:05	0:14:25	0:16:10	0:17:36	0:19:20	0:20:46	0:22:53	1:00:41	1:02:58	1:04:35	1:06:49	1:08:18:34
<u>Bill (VA)</u>		Time Cum	01:28	02:41	04:10	05:29	07:05	08:25	10:10	11:36	13:20	14:46	16:53	18:41	20:58	22:35	24:49	26:18:34
	22	Time Delta	01:28	01:13	01:29	01:18	01:35	01:20	01:44	01:26	01:43	01:25	02:07	01:47	02:16	01:37	02:14	01:28:35
Age	54	Pace Cum	12:51	12:56	12:57	13:10	13:21	13:29	13:46	13:56	14:05	14:11	14:37	14:57	15:22	15:29	15:48	15:47
Group	M50-59	Pace Delta	12:51	13:01	13:00	13:55	14:00	14:15	15:19	15:16	15:11	15:06	18:38	19:06	19:54	17:13	19:40	15:41
Overall-Group		Position	180-28	171-26	168-25	162-24	157-25	151-24	157-26	156-26	134-22	127-20	121-19	122-19	118-18	112-16	106-16	102-16
<u>Willey,</u>	103	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
<u>Koplowitz,</u>	104	Time of Day	0:07:26	0:08:42	0:10:13	0:11:33	0:13:07	0:14:30	0:16:08	0:17:33	0:19:26	0:20:58	0:23:02	1:00:48	1:02:52	1:04:41	1:06:51	1:08:32:56
<u>Luana Pesco</u>		Time Cum	01:26	02:42	04:13	05:33	07:07	08:30	10:08	11:33	13:26	14:58	17:02	18:48	20:52	22:41	24:51	26:32:56
	139	Time Delta	01:26	01:16	01:30	01:20	01:34	01:22	01:38	01:25	01:52	01:32	02:03	01:46	02:03	01:49	02:10	01:41:06
Age	60	Pace Cum	12:33	13:00	13:05	13:19	13:26	13:37	13:43	13:52	14:11	14:22	14:44	15:03	15:18	15:33	15:49	15:56
Group	F60-69	Pace Delta	12:33	13:32	13:13	14:10	13:48	14:40	14:19	15:05	16:27	16:18	18:04	18:49	18:05	19:18	19:03	17:54
Overall-Group		Position	169-1	179-1	176-1	174-1	159-1	156-1	152-1	152-1	139-1	137-1	126-1	125-1	116-1	113-1	107-1	104-1
<u>Aistars,</u>	105	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 (IL)</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

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>Leshar-Thomas</u> ⁰⁶	Time of Day	0:07:10	0:08:13	0:09:23	0:10:27	0:11:50	0:12:59	0:14:23	0:15:35	0:17:12	0:18:33	0:20:12	0:21:40	0:23:34	1:01:16	1:07:12	1:08:38:22
<u>Mitzi (NC)</u>	Time Cum	01:10	02:13	03:23	04:27	05:50	06:59	08:23	09:35	11:12	12:33	14:12	15:40	17:34	19:16	25:12	26:38:22
150	Time Delta	01:10	01:03	01:10	01:04	01:22	01:08	01:24	01:11	01:37	01:21	01:39	01:27	01:53	01:41	05:56	01:26:11
Age 43	Pace Cum	10:13	10:39	10:31	10:43	11:00	11:10	11:21	11:30	11:50	12:03	12:18	12:32	12:53	13:13	16:02	15:59
Group F40-49	Pace Delta	10:13	11:11	10:17	11:23	12:03	12:08	12:21	12:38	14:12	14:23	14:28	15:34	16:36	18:01	51:59	15:15
Overall-Group	Position	54-4	56-4	53-3	51-2	52-3	48-3	50-4	48-5	45-4	48-4	47-4	48-4	49-4	50-4	113-13	106-13
Smith, Matt (VA)	Time of Day	0:07:14	0:08:16	0:09:33	0:10:45	0:12:00	0:13:14	0:14:50	0:16:12	0:18:00	0:19:32	0:21:43	0:23:44	1:02:11	1:04:26	1:06:40	1:08:43:31
241	Time Cum	01:14	02:16	03:33	04:45	06:00	07:14	08:50	10:12	12:00	13:32	15:43	17:44	20:11	22:26	24:40	26:43:31
Age 27	Time Delta	01:14	01:02	01:16	01:11	01:15	01:14	01:36	01:21	01:48	01:31	02:11	02:00	02:27	02:14	02:13	02:03:22
Group M20-29	Pace Cum	10:48	10:54	11:01	11:24	11:18	11:35	11:58	12:14	12:40	13:00	13:36	14:11	14:48	15:24	15:41	16:02
Overall-Group	Pace Delta	10:48	11:00	11:14	12:44	10:58	13:10	14:03	14:24	15:50	16:13	19:09	21:23	21:34	23:53	19:28	21:50
Overall-Group	Position	82-6	68-4	77-5	83-5	71-5	70-5	76-5	81-5	79-4	81-4	90-4	99-4	101-4	107-4	104-4	107-4
Dummar, Fred (NC)	Time of Day	0:07:26	0:08:41	0:10:10	0:11:29	0:13:05	0:14:25	0:16:10	0:17:36	0:19:20	0:20:51	0:22:45	1:00:24	1:02:31	1:04:27	1:06:45	1:08:45:54
9	Time Cum	01:26	02:41	04:10	05:29	07:05	08:25	10:10	11:36	13:20	14:51	16:45	18:24	20:31	22:27	24:45	26:45:54
Age 47	Time Delta	01:26	01:15	01:28	01:18	01:35	01:20	01:44	01:26	01:43	01:30	01:53	01:39	02:06	01:56	02:17	02:00:19
Group M40-49	Pace Cum	12:33	12:56	12:57	13:10	13:21	13:29	13:46	13:56	14:05	14:16	14:30	14:44	15:03	15:24	15:45	16:04
Overall-Group	Pace Delta	12:33	13:24	12:59	13:56	14:00	14:15	15:19	15:17	15:10	16:06	16:31	17:38	18:31	20:35	20:07	21:18
Overall-Group	Position	169-36	172-36	166-35	164-34	158-33	152-31	157-31	157-30	135-28	130-27	118-25	114-25	110-22	109-22	105-22	108-22
<u>Murray Wendy (NC)</u>	Time of Day	0:07:22	0:08:35	0:10:03	0:11:19	0:12:55	0:14:17	0:15:54	0:17:24	0:19:01	0:20:31	0:22:29	1:00:15	1:02:35	1:05:01	1:07:19	1:08:49:05
190	Time Cum	01:22	02:35	04:03	05:19	06:55	08:17	09:54	11:24	13:01	14:31	16:29	18:15	20:35	23:01	25:19	26:49:05
Age 42	Time Delta	01:22	01:13	01:27	01:16	01:36	01:22	01:36	01:30	01:36	01:29	01:58	01:45	02:20	02:25	02:17	01:29:56
Group F40-49	Pace Cum	11:58	12:28	12:34	12:46	13:02	13:16	13:25	13:42	13:45	13:57	14:16	14:37	15:06	15:47	16:06	16:05
Overall-Group	Pace Delta	11:58	13:04	12:44	13:27	14:03	14:35	14:09	15:59	14:08	15:54	17:17	18:43	20:29	25:46	20:05	15:55
Overall-Group	Position	145-18	149-19	155-18	151-18	149-18	145-17	139-16	143-17	118-14	116-14	109-13	110-13	114-13	117-15	114-14	109-14
Haigh, Chris (TX)	Time of Day	0:07:26	0:08:55	0:10:25	0:11:49	0:13:34	0:15:01	0:16:40	0:18:12	0:20:03	0:21:37	0:23:23	1:01:18	1:03:13	1:05:00	1:06:59	1:08:50:23
114	Time Cum	01:26	02:55	04:25	05:49	07:34	09:01	10:40	12:12	14:03	15:37	17:23	19:18	21:13	23:00	24:59	26:50:23
Age 50	Time Delta	01:26	01:29	01:30	01:23	01:45	01:26	01:38	01:31	01:51	01:33	01:46	01:55	01:54	01:46	01:59	01:50:45
Group M50-59	Pace Cum	12:33	14:00	13:44	13:59	14:17	14:26	14:26	14:39	14:51	15:00	15:03	15:27	15:34	15:47	15:54	16:06
Overall-Group	Pace Delta	12:33	15:46	13:15	14:48	15:21	15:21	14:25	16:16	16:18	16:37	15:28	20:24	16:46	18:53	17:25	19:36
Overall-Group	Position	169-25	216-31	199-31	201-31	196-32	193-31	178-29	174-29	148-24	146-24	130-22	129-21	123-19	116-17	110-17	110-17
Espulgar, Ryan (PA)	Time of Day	0:07:05	0:08:00	0:09:04	0:10:02	0:11:13	0:12:16	0:13:44	0:15:05	0:16:43	0:18:00	0:19:30	0:20:50	0:22:31	1:00:35	1:05:46	1:08:51:20
86	Time Cum	01:05	02:00	03:04	04:02	05:13	06:16	07:44	09:05	10:43	12:00	13:30	14:50	16:31	18:35	23:46	26:51:20
Age 33	Time Delta	01:05	00:55	01:04	00:58	01:10	01:03	01:27	01:21	01:37	01:17	01:30	01:19	01:41	02:04	05:11	03:04:24
Group M30-39	Pace Cum	09:29	09:38	09:33	09:43	09:50	10:03	10:28	10:55	11:19	11:32	11:41	11:52	12:07	12:45	15:07	16:07
Overall-Group	Pace Delta	09:29	09:48	09:23	10:19	10:15	11:15	12:45	14:26	14:14	13:44	13:08	14:06	14:45	21:59	45:27	32:38
Overall-Group	Position	30-12	27-10	22-10	23-10	23-9	21-8	26-11	29-12	32-15	31-14	29-14	30-15	32-16	39-16	89-21	111-22
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
79	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
Age 48	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
Group M40-49	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
Overall-Group	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

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
Jaikumar, 113	Time of Day		0:07:20	0:08:26	0:09:47	0:11:03	0:12:36	0:13:57	0:15:46	0:17:20	0:19:18	0:20:51	0:22:49	1:00:34	1:02:33	1:04:32	1:06:57	1:09:02:40
Sivakumar (NC)	Time Cum		01:20	02:26	03:47	05:03	06:36	07:57	09:46	11:20	13:18	14:51	16:49	18:34	20:33	22:32	24:57	27:02:40
128	Time Delta		01:20	01:06	01:21	01:15	01:33	01:21	01:48	01:34	01:57	01:33	01:57	01:45	01:58	01:58	02:25	02:04:42
Age 46	Pace Cum		11:41	11:43	11:47	12:09	12:27	12:44	13:13	13:37	14:03	14:16	14:34	14:52	15:04	15:27	15:53	16:14
Group M40-49	Pace Delta		11:41	11:47	11:53	13:24	13:36	14:20	15:49	16:47	17:12	16:30	17:12	18:35	17:22	21:01	21:14	22:04
Overall-Group	Position		140-31	121-25	122-27	124-27	125-27	126-28	131-28	134-28	133-27	131-27	120-26	120-26	113-24	111-24	108-23	113-24
<u>McHugh, 114</u>	Time of Day		0:07:22	0:08:36	0:10:03	0:11:21	0:12:55	0:14:18	0:15:54	0:17:24	0:19:01	0:20:31	0:22:29	1:00:14	1:02:30	1:04:29	1:07:02	1:09:12:43
<u>Andrea (VA)</u>	Time Cum		01:22	02:36	04:03	05:21	06:55	08:18	09:54	11:24	13:01	14:31	16:29	18:14	20:30	22:29	25:02	27:12:43
174	Time Delta		01:22	01:14	01:26	01:18	01:33	01:22	01:36	01:30	01:36	01:29	01:58	01:44	02:16	01:59	02:33	02:09:53
Age 35	Pace Cum		11:58	12:31	12:34	12:53	13:02	13:17	13:24	13:42	13:45	13:57	14:16	14:36	15:02	15:26	15:56	16:20
Group F30-39	Pace Delta		11:58	13:11	12:38	13:58	13:38	14:39	14:05	15:58	14:09	15:53	17:17	18:31	19:51	21:06	22:21	22:59
Overall-Group	Position		145-17	154-20	153-22	155-21	149-21	147-20	137-20	142-21	119-18	115-18	110-18	109-18	109-20	110-20	111-20	114-20
<u>Zheng, 115</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
<u>Bevi (UT)</u>	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
<u>Jeffries, 116</u>	Time of Day		0:07:19	0:08:33	0:09:58	0:11:13	0:12:45	0:14:02	0:15:48	0:17:13	0:19:00	0:20:34	0:22:40	1:00:28	1:02:56	1:04:59	1:07:21	1:09:14:44
<u>Steph (NC)</u>	Time Cum		01:19	02:33	03:58	05:13	06:45	08:02	09:48	11:13	13:00	14:34	16:40	18:28	20:56	22:59	25:21	27:14:44
100	Time Delta		01:19	01:14	01:24	01:14	01:32	01:17	01:45	01:24	01:46	01:34	02:05	01:48	02:28	02:03	02:22	01:53:16
Age 44	Pace Cum		11:32	12:19	12:19	12:31	12:43	12:52	13:16	13:28	13:43	14:00	14:25	14:47	15:21	15:46	16:08	16:21
Group F40-49	Pace Delta		11:32	13:16	12:19	13:13	13:28	13:43	15:28	15:00	15:35	16:44	18:17	19:09	21:37	21:47	20:45	20:03
Overall-Group	Position		122-15	145-18	146-17	139-17	134-14	132-14	132-14	129-15	117-13	119-15	115-14	117-14	117-15	115-14	115-15	116-15
Lang, 117	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
Andrew (OH)	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
146	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
Age 36	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
Group M30-39	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
Overall-Group	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
Maddieson, 118	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
Ian (NM)	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
Robinette, 119	Time of Day		0:07:16	0:08:22	0:09:35	0:10:43	0:12:10	0:13:34	0:15:12	0:16:40	0:18:56	0:20:33	0:22:48	1:00:33	1:03:02	1:05:08	1:07:30	1:09:30:14
Jeff (NC)	Time Cum		01:16	02:22	03:35	04:43	06:10	07:34	09:12	10:40	12:56	14:33	16:48	18:33	21:02	23:08	25:30	27:30:14
219	Time Delta		01:16	01:06	01:13	01:07	01:27	01:23	01:38	01:27	02:16	01:37	02:14	01:45	02:28	02:05	02:22	01:59:18
Age 32	Pace Cum		11:06	11:26	11:10	11:19	11:38	12:07	12:27	12:48	13:40	13:59	14:33	14:51	15:26	15:52	16:14	16:30
Group M30-39	Pace Delta		11:06	11:50	10:40	11:52	12:46	14:51	14:20	15:32	19:55	17:12	19:39	18:39	21:44	22:15	20:49	21:07
Overall-Group	Position		104-26	104-27	84-25	79-25	82-24	92-26	96-25	100-24	114-28	118-27	119-25	118-25	119-25	119-26	117-24	119-24

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
Rakes, Tommy (VA)	120	Time of Day	0:07:15	0:08:21	0:09:41	0:10:54	0:12:39	0:13:57	0:15:41	0:17:10	0:19:08	0:20:57	0:23:14	1:01:00	1:03:17	1:05:09	1:07:38	1:09:32:32
		Time Cum	01:15	02:21	03:41	04:54	06:39	07:57	09:41	11:10	13:08	14:57	17:14	19:00	21:17	23:09	25:38	27:32:32
	209	Time Delta	01:15	01:06	01:19	01:12	01:45	01:18	01:43	01:29	01:57	01:49	02:17	01:45	02:17	01:51	02:29	01:53:40
Age	59	Pace Cum	10:57	11:20	11:27	11:46	12:32	12:45	13:07	13:25	13:52	14:22	14:55	15:12	15:37	15:53	16:19	16:32
Group	M50-59	Pace Delta	10:57	11:49	11:38	12:52	15:21	13:55	15:07	15:49	17:07	19:23	20:01	18:44	20:04	19:42	21:51	20:07
Overall-Group		Position	95-12	96-13	98-13	97-13	127-19	127-19	127-19	127-19	124-19	136-22	129-21	128-20	124-20	120-18	118-18	120-18
Tursi, Steven (NJ)	121	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
		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
	261	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
Age	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
Group	M30-39	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
Bandfield, Stephen (NJ)	122	Time of Day	0:07:06	0:08:04	0:09:15	0:10:26	0:12:00	0:13:15	0:14:33	0:15:45	0:17:20	0:18:32	0:20:08	0:21:33	1:00:13	1:05:21	1:07:50	1:09:50:06
		Time Cum	01:06	02:04	03:15	04:26	06:00	07:15	08:33	09:45	11:20	12:32	14:08	15:33	18:13	23:21	25:50	27:50:06
	36	Time Delta	01:06	00:58	01:11	01:10	01:33	01:15	01:17	01:11	01:35	01:12	01:35	01:25	02:39	05:08	02:28	02:00:02
Age	52	Pace Cum	09:38	09:56	10:07	10:40	11:19	11:37	11:34	11:42	11:58	12:03	12:14	12:27	13:21	16:01	16:26	16:42
Group	M50-59	Pace Delta	09:38	10:17	10:28	12:33	13:39	13:24	11:16	12:44	13:54	12:50	13:53	15:06	23:20	54:38	21:38	21:15
Overall-Group		Position	36-5	32-4	37-6	47-5	72-7	72-6	59-6	55-5	53-6	46-4	43-4	43-4	67-7	121-19	121-19	122-19
Criner, Sherman (NC)	123	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
		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
Britton, Richard (MD)	124	Time of Day	0:07:44	0:09:12	0:11:01	0:12:32	0:14:13	0:15:39	0:17:26	0:18:54	0:20:38	0:22:13	1:00:13	1:01:56	1:04:02	1:05:59	1:08:20	1:10:19:05
		Time Cum	01:44	03:12	05:01	06:32	08:13	09:39	11:26	12:54	14:38	16:13	18:13	19:56	22:02	23:59	26:20	28:19:05
	52	Time Delta	01:44	01:28	01:48	01:31	01:40	01:25	01:47	01:28	01:43	01:35	01:59	01:43	02:06	01:56	02:21	01:58:35
Age	61	Pace Cum	15:11	15:25	15:34	15:43	15:29	15:26	15:28	15:30	15:27	15:35	15:46	15:57	16:10	16:27	16:45	16:59
Group	M60-69	Pace Delta	15:11	15:42	15:51	16:13	14:39	15:11	15:38	15:42	15:06	16:52	17:26	18:19	18:26	20:38	20:37	20:59
Overall-Group		Position	239-12	242-12	237-12	233-11	223-10	214-10	209-10	204-9	171-3	158-3	142-2	137-2	131-1	128-1	124-1	124-1
<u>Vanyo,</u> <u>Kim (MA)</u>	125	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
		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
Staffey, Bryan (NC)	126	Time of Day	0:07:12	0:08:17	0:09:23	0:10:28	0:11:38	0:12:52	0:14:10	0:15:27	0:17:06	0:18:33	0:20:24	0:22:11	1:00:41	1:03:28	1:08:48	1:10:25:37
		Time Cum	01:12	02:17	03:23	04:28	05:38	06:52	08:10	09:27	11:06	12:33	14:24	16:11	18:41	21:28	26:48	28:25:37
	244	Time Delta	01:12	01:05	01:06	01:05	01:09	01:13	01:17	01:16	01:39	01:26	01:50	01:47	02:30	02:46	05:19	01:37:24
Age	37	Pace Cum	10:31	10:58	10:31	10:45	10:38	11:00	11:03	11:20	11:44	12:03	12:28	12:57	13:42	14:44	17:03	17:03
Group	M30-39	Pace Delta	10:31	11:31	09:42	11:33	10:11	13:04	11:22	13:36	14:35	15:16	16:11	19:00	21:59	29:30	46:40	17:14
Overall-Group		Position	65-21	80-23	52-19	53-19	41-16	44-18	39-16	41-17	41-18	47-18	53-17	62-19	74-21	91-23	132-26	126-26

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
Jordan, Jeffrey Scott (TN)	127	Time of Day	0:07:11	0:08:17	0:09:29	0:10:38	0:12:06	0:13:20	0:15:03	0:16:39	0:18:31	0:20:08	0:22:31	1:00:34	1:03:46	1:05:54	1:08:28	1:10:32:25
		Time Cum	01:11	02:17	03:29	04:38	06:06	07:20	09:03	10:39	12:31	14:08	16:31	18:34	21:46	23:54	26:28	28:32:25
	133	Time Delta	01:11	01:06	01:11	01:09	01:27	01:13	01:43	01:35	01:52	01:37	02:22	02:02	03:12	02:07	02:33	02:04:16
Age	53	Pace Cum	10:22	11:01	10:49	11:09	11:31	11:45	12:15	12:47	13:13	13:35	14:18	14:51	15:58	16:24	16:50	17:07
Group	M50-59	Pace Delta	10:22	11:49	10:27	12:18	12:48	13:05	15:03	16:54	16:24	17:12	20:50	21:45	28:07	22:36	22:26	22:00
Overall-Group		Position	59-9	82-9	66-8	71-8	77-8	77-8	90-10	98-12	100-13	107-17	111-18	119-18	127-21	126-20	125-20	127-20
<u>Dummar,</u> <u>Susan (NC)</u>	128	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	0:22:08	1:00:23	1:02:23	1:04:55	1:06:43	1:08:45	1:10:33:21
		Time Cum	01:33	02:53	04:28	05:55	07:38	09:07	10:53	12:24	14:24	16:08	18:23	20:23	22:55	24:43	26:45	28:33:21
	81	Time Delta	01:33	01:20	01:34	01:27	01:43	01:28	01:46	01:30	01:59	01:44	02:15	01:59	02:31	01:47	02:02	01:47:26
Age	51	Pace Cum	13:35	13:54	13:53	14:14	14:24	14:36	14:45	14:53	15:12	15:29	15:55	16:19	16:48	16:57	17:01	17:08
Group	F50-59	Pace Delta	13:35	14:18	13:50	15:26	15:02	15:41	15:32	16:03	17:26	18:25	19:47	21:12	22:10	19:06	17:56	19:01
Overall-Group		Position	215-19	207-17	204-17	205-17	199-16	197-16	188-15	183-14	157-13	153-13	149-13	149-12	145-13	136-11	130-12	128-12
Swendsen, Vincent (NC)	129	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
		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
	25	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
Age	53	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
Group	M50-59	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
Overall-Group		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
<u>Brundige,</u> <u>Juliet (NC)</u>	130	Time of Day	0:07:27	0:08:47	0:10:23	0:11:49	0:13:29	0:14:59	0:16:43	0:18:25	0:20:35	0:22:10	1:00:16	1:02:11	1:04:30	1:06:30	1:08:42	1:10:33:44
		Time Cum	01:27	02:47	04:23	05:49	07:29	08:59	10:43	12:25	14:35	16:10	18:16	20:11	22:30	24:30	26:42	28:33:44
	54	Time Delta	01:27	01:20	01:36	01:25	01:40	01:29	01:44	01:41	02:09	01:35	02:05	01:54	02:18	01:59	02:12	01:50:56
Age	48	Pace Cum	12:42	13:24	13:37	13:59	14:07	14:23	14:31	14:55	15:24	15:32	15:49	16:09	16:30	16:48	16:59	17:08
Group	F40-49	Pace Delta	12:42	14:14	14:02	15:12	14:39	15:53	15:15	18:01	18:58	16:49	18:20	20:21	20:17	21:13	19:23	19:38
Overall-Group		Position	176-24	190-25	194-25	200-27	190-24	187-24	179-22	186-23	169-23	155-21	145-19	142-19	134-18	130-17	127-16	130-16
<u>Rogers,</u> <u>Betsy (WA)</u>	131	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
		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
Hagen, Matt (WA)	131	Time of Day	0:07:27	0:08:40	0:10:10	0:11:32	0:13:12	0:14:36	0:16:32	0:18:04	0:20:03	0:21:39	1:00:11	1:02:05	1:04:53	1:07:01	1:09:03	1:10:35:01
		Time Cum	01:27	02:40	04:10	05:32	07:12	08:36	10:32	12:04	14:03	15:39	18:11	20:05	22:53	25:01	27:03	28:35:01
	113	Time Delta	01:27	01:13	01:29	01:21	01:39	01:24	01:55	01:32	01:59	01:35	02:31	01:54	02:48	02:07	02:01	01:31:47
Age	45	Pace Cum	12:42	12:52	12:58	13:19	13:34	13:47	14:16	14:30	14:51	15:02	15:44	16:05	16:47	17:10	17:12	17:09
Group	M40-49	Pace Delta	12:42	13:05	13:08	14:30	14:31	14:59	16:54	16:20	17:22	16:59	22:10	20:13	24:33	22:36	17:45	16:15
Overall-Group		Position	176-37	168-35	169-35	172-37	170-36	168-35	175-35	169-34	149-31	147-30	139-29	141-27	144-28	147-27	139-26	131-26
Polleck, Ken (NC)	133	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
	204	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

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
Wannop, George (NC)	134	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
		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	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
Scott, Ricky (VA)	135	Time of Day	0:07:15	0:08:21	0:09:41	0:10:56	0:12:40	0:14:05	0:15:41	0:17:04	0:19:10	0:20:54	1:00:17	1:02:21	1:04:47	1:06:50	1:08:54	1:10:48:38
		Time Cum	01:15	02:21	03:41	04:56	06:40	08:05	09:41	11:04	13:10	14:54	18:17	20:21	22:47	24:50	26:54	28:48:38
	232	Time Delta	01:15	01:06	01:20	01:14	01:43	01:24	01:36	01:23	02:05	01:44	03:22	02:04	02:25	02:03	02:03	01:54:18
	Age 58	Pace Cum	10:57	11:21	11:28	11:52	12:35	12:56	13:06	13:18	13:55	14:19	15:49	16:17	16:42	17:02	17:07	17:17
	Group M50-59	Pace Delta	10:57	11:49	11:42	13:14	15:09	14:58	14:02	14:48	18:23	18:25	29:35	22:01	21:15	21:47	18:05	20:14
	Overall-Group	Position	95-12	97-13	102-13	108-15	128-20	133-20	126-19	124-18	126-20	134-21	146-24	146-25	137-23	138-24	133-23	135-24
<u>Mason, Louise (IL)</u>	136	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
	20	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
	Age 63	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	17:04	17:12	17:18
	Group F60-69	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
	Overall-Group	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
Sprouse, Tom (NC)	137	Time of Day	0:07:37	0:09:02	0:10:41	0:12:12	0:13:56	0:15:31	0:17:21	0:18:59	0:21:15	0:23:05	1:01:11	1:03:01	1:05:15	1:07:01	1:08:55	1:10:50:28
		Time Cum	01:37	03:02	04:41	06:12	07:56	09:31	11:21	12:59	15:15	17:05	19:11	21:01	23:15	25:01	26:55	28:50:28
	19	Time Delta	01:37	01:25	01:39	01:30	01:44	01:34	01:50	01:38	02:15	01:49	02:06	01:49	02:14	01:45	01:54	01:54:39
	Age 74	Pace Cum	14:10	14:35	14:33	14:53	14:58	15:14	15:22	15:36	16:06	16:24	16:36	16:49	17:03	17:09	17:08	17:18
	Group M70-79	Pace Delta	14:10	15:06	14:28	16:04	15:14	16:48	16:04	17:22	19:51	19:27	18:25	19:25	19:35	18:41	16:44	20:18
	Overall-Group	Position	231-3	228-2	214-2	219-2	209-2	212-3	206-2	207-2	178-2	176-2	160-2	157-2	152-2	146-2	134-2	137-2
<u>Murphy, Meredith (PA)</u>	138	Time of Day	0:07:29	0:08:46	0:10:23	0:11:48	0:13:29	0:14:59	0:16:53	0:18:23	0:20:23	0:22:10	1:00:24	1:02:30	1:04:57	1:07:02	1:09:07	1:10:55:09
		Time Cum	01:29	02:46	04:23	05:48	07:29	08:59	10:53	12:23	14:23	16:10	18:24	20:30	22:57	25:02	27:07	28:55:09
	188	Time Delta	01:29	01:17	01:37	01:24	01:41	01:29	01:53	01:30	01:59	01:47	02:13	02:06	02:27	02:05	02:05	01:47:23
	Age 37	Pace Cum	13:00	13:20	13:38	13:57	14:07	14:23	14:43	14:53	15:11	15:32	15:55	16:24	16:50	17:10	17:15	17:21
	Group F30-39	Pace Delta	13:00	13:45	14:11	15:02	14:45	15:51	16:36	16:03	17:24	19:06	19:26	22:20	21:29	22:08	18:18	19:00
	Overall-Group	Position	186-26	189-27	195-28	196-28	189-27	185-26	186-28	182-28	156-23	156-23	151-21	152-21	148-21	148-21	140-21	138-21
Edwards, K Mike (MD)	139	Time of Day	0:07:31	0:08:49	0:10:22	0:11:42	0:13:23	0:14:59	0:17:01	0:18:35	0:20:49	0:22:26	1:00:38	1:02:19	1:04:37	1:06:37	1:09:00	1:10:55:29
		Time Cum	01:31	02:49	04:22	05:42	07:23	08:59	11:01	12:35	14:49	16:26	18:38	20:19	22:37	24:37	27:00	28:55:29
	83	Time Delta	01:31	01:18	01:32	01:19	01:41	01:35	02:02	01:33	02:14	01:36	02:11	01:40	02:18	02:00	02:23	01:54:39
	Age 53	Pace Cum	13:17	13:35	13:33	13:41	13:56	14:23	14:55	15:07	15:39	15:47	16:08	16:15	16:35	16:53	17:11	17:21
	Group M50-59	Pace Delta	13:17	13:56	13:30	14:08	14:52	16:56	17:51	16:35	19:37	17:09	19:16	17:44	20:12	21:17	20:55	20:18
	Overall-Group	Position	197-31	199-29	190-29	186-29	184-30	188-30	194-32	192-31	172-27	169-26	154-26	143-24	135-22	131-22	135-24	139-25
Mandava, Vasu (NC)	140	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

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>Baxley</u>	141	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>Harrah,</u>	142	Time of Day	0:07:29	0:08:40	0:10:10	0:11:31	0:13:08	0:14:30	0:16:09	0:17:28	0:19:14	0:20:44	0:22:54	1:00:48	1:04:22	1:06:41	1:09:15	1:11:08:40
<u>Mitchell (NC)</u>		Time Cum	01:29	02:40	04:10	05:31	07:08	08:30	10:09	11:28	13:14	14:44	16:54	18:48	22:22	24:41	27:15	29:08:40
	118	Time Delta	01:29	01:11	01:29	01:21	01:36	01:22	01:39	01:18	01:45	01:29	02:10	01:53	03:33	02:19	02:33	01:53:29
Age	31	Pace Cum	13:00	12:51	12:56	13:16	13:27	13:37	13:45	13:47	13:58	14:09	14:38	15:03	16:24	16:56	17:20	17:29
Group	M30-39	Pace Delta	13:00	12:40	13:06	14:21	14:07	14:37	14:28	13:58	15:25	15:54	19:05	20:09	31:09	24:37	22:28	20:05
Overall-Group		Position	186-36	166-34	165-34	168-34	161-33	158-32	155-31	147-29	129-29	126-28	122-26	126-27	132-28	134-28	143-27	142-27
<u>Tolp,</u>	143	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
<u>Chris (NC)</u>		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
	256	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
Age	46	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
Group	M40-49	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
<u>Massie,</u>	144	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
<u>Tammy (MD)</u>		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
	165	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
Age	44	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
Group	F40-49	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
Overall-Group		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
<u>Khvasechko,</u>	145	Time of Day	0:07:15	0:08:23	0:09:52	0:11:09	0:12:55	0:14:17	0:15:54	0:17:24	0:19:25	0:21:23	0:23:31	1:01:34	1:03:59	1:06:17	1:08:42	1:11:14:38
<u>Julia (NY)</u>		Time Cum	01:15	02:23	03:52	05:09	06:55	08:17	09:54	11:24	13:25	15:23	17:31	19:34	21:59	24:17	26:42	29:14:38
	135	Time Delta	01:15	01:08	01:28	01:17	01:45	01:22	01:36	01:30	02:01	01:57	02:07	02:03	02:24	02:17	02:25	02:31:46
Age	41	Pace Cum	10:57	11:30	12:00	12:23	13:02	13:17	13:24	13:42	14:11	14:46	15:09	15:40	16:07	16:39	16:59	17:33
Group	F40-49	Pace Delta	10:57	12:09	12:56	13:42	15:25	14:37	14:07	15:58	17:41	20:47	18:38	21:55	21:09	24:21	21:14	26:52
Overall-Group		Position	95-11	106-12	131-15	134-15	148-18	146-17	138-16	141-17	138-17	142-18	131-16	131-17	129-16	129-16	128-16	145-18
<u>Scott,</u>	146	Time of Day	0:07:32	0:08:51	0:10:28	0:11:58	0:13:40	0:15:10	0:17:18	0:18:55	0:21:33	0:23:22	1:02:03	1:04:01	1:05:55	1:07:30	1:09:33	1:11:17:39
<u>Sharon (VA)</u>		Time Cum	01:32	02:51	04:28	05:58	07:40	09:10	11:18	12:55	15:33	17:22	20:03	22:01	23:55	25:30	27:33	29:17:39
	233	Time Delta	01:32	01:19	01:37	01:29	01:41	01:29	02:07	01:37	02:37	01:49	02:41	01:57	01:54	01:34	02:03	01:44:13
Age	55	Pace Cum	13:26	13:42	13:53	14:19	14:27	14:40	15:17	15:31	16:25	16:41	17:21	17:37	17:33	17:29	17:31	17:35
Group	F50-59	Pace Delta	13:26	14:01	14:13	15:50	14:53	15:56	18:41	17:19	22:59	19:20	23:30	20:52	16:43	16:40	18:01	18:27
Overall-Group		Position	207-15	202-15	206-17	208-19	202-18	200-18	205-19	206-19	184-19	181-19	171-20	170-20	159-17	154-15	151-15	146-15
<u>Gonzalez,</u>	147	Time of Day	0:07:34	0:08:56	0:10:39	0:12:11	0:14:03	0:15:42	0:17:39	0:19:18	0:21:28	0:23:22	1:01:24	1:03:14	1:05:35	1:07:22	1:09:23	1:11:18:50
<u>Lara (NY)</u>		Time Cum	01:34	02:56	04:39	06:11	08:03	09:42	11:39	13:18	15:28	17:22	19:24	21:14	23:35	25:22	27:23	29:18:50
	108	Time Delta	01:34	01:22	01:43	01:31	01:52	01:39	01:56	01:39	02:10	01:53	02:02	01:49	02:21	01:47	02:01	01:54:58
Age	41	Pace Cum	13:43	14:08	14:28	14:52	15:11	15:32	15:46	15:59	16:20	16:40	16:47	16:59	17:17	17:24	17:25	17:35
Group	F40-49	Pace Delta	13:43	14:37	15:05	16:13	16:22	17:34	17:01	17:37	18:59	20:02	17:50	19:26	20:36	19:01	17:43	20:21
Overall-Group		Position	220-30	217-29	213-27	217-28	215-28	216-28	213-27	214-27	182-25	179-25	164-24	160-24	155-23	152-22	150-21	147-19

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>Fromm,</u>	148	Time of Day	0:07:17	0:08:25	0:09:45	0:10:57	0:12:23	0:13:52	0:16:11	0:17:35	0:19:16	0:20:57	0:23:36	1:01:33	1:04:00	1:06:40	1:09:21	1:11:21:11
<u>Anita Marie (CO)</u>		Time Cum	01:17	02:25	03:45	04:57	06:23	07:52	10:11	11:35	13:16	14:57	17:36	19:33	22:00	24:40	27:21	29:21:11
	24	Time Delta	01:17	01:08	01:19	01:12	01:25	01:29	02:18	01:23	01:41	01:40	02:38	01:57	02:27	02:39	02:41	01:59:15
Age	44	Pace Cum	11:14	11:37	11:38	11:55	12:03	12:37	13:47	13:54	14:00	14:21	15:14	15:39	16:08	16:55	17:24	17:37
Group	F40-49	Pace Delta	11:14	12:05	11:39	12:55	12:31	15:48	20:12	14:49	14:46	17:51	23:11	20:44	21:33	28:12	23:38	21:06
Overall-Group		Position	110-13	109-13	113-14	116-14	100-13	115-13	160-19	154-19	131-16	135-16	133-17	130-16	130-17	133-18	147-20	148-20
<u>McFeeters,</u>	149	Time of Day	0:07:12	0:08:16	0:09:38	0:10:56	0:12:43	0:14:07	0:16:01	0:17:23	0:19:40	0:21:23	0:23:55	1:01:45	1:04:51	1:06:50	1:09:18	1:11:26:29
<u>Tanner (NC)</u>		Time Cum	01:12	02:16	03:38	04:56	06:43	08:07	10:01	11:23	13:40	15:23	17:55	19:45	22:51	24:50	27:18	29:26:29
	172	Time Delta	01:12	01:04	01:22	01:17	01:46	01:23	01:54	01:22	02:16	01:43	02:32	01:49	03:05	01:59	02:27	02:08:08
Age	22	Pace Cum	10:31	10:55	11:18	11:51	12:40	12:59	13:34	13:41	14:26	14:47	15:31	15:49	16:45	17:02	17:22	17:40
Group	M20-29	Pace Delta	10:31	11:24	12:02	13:44	15:36	14:51	16:42	14:33	19:56	18:17	22:12	19:27	27:04	21:12	21:32	22:41
Overall-Group		Position	65-4	72-4	95-6	107-6	133-7	135-7	150-8	140-8	143-7	143-7	136-7	135-7	141-6	139-6	146-5	149-5
<u>Silveira,</u>	150	Time of Day	0:07:39	0:09:03	0:10:46	0:12:15	0:14:21	0:16:03	0:17:59	0:19:46	0:22:10	1:00:08	1:02:29	1:04:19	1:06:07	1:07:35	1:09:41	1:11:27:03
<u>Marcelo (FL)</u>		Time Cum	01:39	03:03	04:46	06:15	08:21	10:03	11:59	13:46	16:10	18:08	20:29	22:19	24:07	25:35	27:41	29:27:03
	239	Time Delta	01:39	01:24	01:42	01:29	02:05	01:41	01:56	01:46	02:24	01:57	02:20	01:50	01:48	01:28	02:05	01:45:18
Age	49	Pace Cum	14:27	14:41	14:47	15:02	15:45	16:06	16:14	16:31	17:05	17:25	17:44	17:52	17:41	17:33	17:37	17:40
Group	M40-49	Pace Delta	14:27	14:58	14:58	15:55	18:23	17:59	16:57	18:51	21:08	20:50	20:34	19:30	15:46	15:36	18:23	18:38
Overall-Group		Position	234-43	231-43	224-43	225-43	227-42	228-42	222-40	223-40	192-37	187-37	173-33	171-33	162-30	157-30	153-30	150-29
<u>Johnson,</u>	151	Time of Day	0:07:15	0:08:25	0:09:44	0:11:04	0:12:54	0:14:27	0:16:23	0:18:05	0:19:48	0:21:29	1:00:07	1:02:19	1:04:50	1:07:03	1:09:22	1:11:30:48
<u>Charles (NC)</u>		Time Cum	01:15	02:25	03:44	05:04	06:54	08:27	10:23	12:05	13:48	15:29	18:07	20:19	22:50	25:03	27:22	29:30:48
	131	Time Delta	01:15	01:10	01:19	01:19	01:49	01:33	01:55	01:42	01:42	01:41	02:37	02:12	02:30	02:12	02:18	02:08:20
Age	46	Pace Cum	10:57	11:37	11:37	12:12	13:00	13:32	14:03	14:31	14:34	14:52	15:41	16:16	16:45	17:11	17:24	17:42
Group	M40-49	Pace Delta	10:57	12:25	11:39	14:09	15:58	16:33	16:53	18:08	14:57	17:57	23:03	23:25	22:01	23:32	20:15	22:43
Overall-Group		Position	95-21	108-23	112-23	127-28	146-32	155-32	169-34	171-35	145-29	144-29	137-27	145-28	140-27	149-28	149-28	151-30
<u>Nguyen,</u>	152	Time of Day	0:07:45	0:09:16	0:11:03	0:12:38	0:14:28	0:16:03	0:17:56	0:19:34	0:21:50	0:23:46	1:01:52	1:03:45	1:05:59	1:07:47	1:09:50	1:11:30:54
<u>Yen (UT)</u>		Time Cum	01:45	03:16	05:03	06:38	08:28	10:03	11:56	13:34	15:50	17:46	19:52	21:45	23:59	25:47	27:50	29:30:54
	275	Time Delta	01:45	01:31	01:46	01:35	01:50	01:35	01:52	01:37	02:15	01:56	02:05	01:52	02:14	01:48	02:03	01:39:56
Age	52	Pace Cum	15:20	15:45	15:40	15:56	15:59	16:06	16:10	16:17	16:43	17:04	17:12	17:24	17:35	17:41	17:43	17:43
Group	F50-59	Pace Delta	15:20	16:15	15:31	16:54	16:07	16:49	16:28	17:19	19:47	20:40	18:23	19:52	19:36	19:10	18:00	17:41
Overall-Group		Position	242-25	244-26	239-26	236-25	231-24	229-24	220-24	219-23	187-21	184-21	170-19	169-19	160-18	160-18	155-17	152-16
<u>DuBois,</u>	153	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
<u>Rachel (NC)</u>		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
<u>Florczak,</u>	154	Time of Day	0:07:33	0:08:49		0:11:43	0:13:27	0:14:59	0:16:53	0:18:23	0:20:12	0:21:57	1:00:23	1:02:21	1:04:51	1:06:55	1:09:33	1:11:31:59
<u>Annette (MA)</u>		Time Cum	01:33	02:49		05:43	07:27	08:59	10:53	12:23	14:12	15:57	18:23	20:21	22:51	24:55	27:33	29:31:59
	96	Time Delta	01:33	01:16		02:53	01:44	01:32	01:53	01:30	01:49	01:44	02:25	01:58	02:29	02:03	02:37	01:58:26
Age	42	Pace Cum	13:35	13:33		13:43	14:02	14:23	14:44	14:52	15:00	15:19	15:55	16:18	16:46	17:06	17:32	17:43
Group	F40-49	Pace Delta	13:35	13:31		13:54	15:13	16:17	16:38	15:57	16:00	18:32	21:16	21:00	21:52	21:57	23:02	20:58
Overall-Group		Position	215-29	196-26		190-25	187-23	184-24	187-23	180-22	152-19	151-20	148-20	147-20	142-20	143-20	152-22	154-22

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>Sheridan</u>	155	Time of Day	0:07:34	0:08:58	0:10:41	0:12:08	0:13:56	0:15:30	0:17:44	0:19:43	0:21:46	0:23:32	1:01:30	1:03:28	1:05:59	1:07:35	1:09:45	1:11:38:35
<u>Molly (NV)</u>		Time Cum	01:34	02:58	04:41	06:08	07:56	09:30	11:44	13:43	15:46	17:32	19:30	21:28	23:59	25:35	27:45	29:38:35
237		Time Delta	01:34	01:24	01:43	01:26	01:48	01:34	02:13	01:58	02:03	01:45	01:58	01:57	02:31	01:35	02:10	01:52:42
Age 59		Pace Cum	13:43	14:16	14:33	14:44	14:58	15:13	15:53	16:28	16:39	16:50	16:53	17:11	17:35	17:33	17:39	17:47
Group F50-59		Pace Delta	13:43	14:55	15:06	15:19	15:50	16:41	19:31	21:00	17:58	18:45	17:16	20:51	22:06	16:56	19:03	19:57
Overall-Group		Position	220-21	219-20	218-20	215-21	210-19	211-19	216-23	220-24	186-20	182-20	166-17	165-18	161-18	156-16	154-16	155-17
<u>Wong-Klinek</u>	156	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
<u>Dice</u>	157	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	
<u>Candy (FL)</u>		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	
McLamb, Justin (NC)	158	Time of Day	0:07:02	0:07:57	0:09:00	0:10:00	0:11:10	0:12:11	0:13:22	0:14:32	0:15:58	0:17:14	0:18:44	0:20:03	0:21:42	0:23:40		
177		Time Cum	01:02	01:57	03:00	04:00	05:10	06:11	07:22	08:32	09:58	11:14	12:44	14:03	15:42	17:40		
Age 33		Time Delta	01:02	00:55	01:02	01:00	01:09	01:00	01:11	01:09	01:26	01:16	01:30	01:18	01:39	01:57		
Group M30-39		Pace Cum	09:03	09:24	09:19	09:38	09:45	09:54	09:59	10:15	10:32	10:48	11:02	11:15	11:31	12:07		
Overall-Group		Pace Delta	09:03	09:50	09:09	10:41	10:10	10:47	10:26	12:19	12:34	13:29	13:11	13:51	14:28	20:52		
Overall-Group		Position	16-8	17-8	17-8	20-9	22-8	19-7	14-6	14-6	17-6	18-6	17-6	17-6	17-6	26-12		
Gaston, Grady (NC)	159	Time of Day	0:07:12	0:08:16	0:09:38	0:10:56	0:12:28	0:13:47	0:15:17	0:16:37	0:18:23	0:19:51	0:22:33	1:00:35	1:03:34	1:06:38		
105		Time Cum	01:12	02:16	03:38	04:56	06:28	07:47	09:17	10:37	12:23	13:51	16:33	18:35	21:34	24:38		
Age 26		Time Delta	01:12	01:04	01:22	01:17	01:31	01:19	01:30	01:20	01:45	01:28	02:41	02:02	02:58	03:04		
Group M20-29		Pace Cum	10:31	10:54	11:18	11:51	12:11	12:28	12:34	12:46	13:05	13:19	14:19	14:52	15:49	16:54		
Overall-Group		Pace Delta	10:31	11:23	12:02	13:43	13:25	14:01	13:10	14:13	15:26	15:37	23:33	21:36	26:06	32:36		
Overall-Group		Position	65-4	71-4	95-6	106-6	108-6	103-6	101-6	96-6	89-5	89-5	113-6	121-6	125-5	132-5		
Natoli, Tom (VA)	160	Time of Day	0:07:17	0:08:26	0:09:50	0:11:07	0:12:41	0:14:09	0:15:54	0:17:26	0:19:22	0:21:15	0:23:33	1:01:44	1:04:26	1:07:23		
192		Time Cum	01:17	02:26	03:50	05:07	06:41	08:09	09:54	11:26	13:22	15:15	17:33	19:44	22:26	25:23		
Age 61		Time Delta	01:17	01:09	01:23	01:17	01:33	01:27	01:45	01:31	01:56	01:52	02:18	02:10	02:42	02:57		
Group M60-69		Pace Cum	11:14	11:43	11:54	12:18	12:36	13:03	13:24	13:44	14:07	14:39	15:12	15:47	16:27	17:25		
Overall-Group		Pace Delta	11:14	12:18	12:13	13:42	13:41	15:31	15:23	16:17	17:00	20:00	20:09	23:03	23:42	31:23		
Overall-Group		Position	110-3	119-4	127-5	131-5	129-5	136-5	136-5	144-5	136-2	139-2	132-1	134-1	133-2	153-2		
Rea, James (NY)	161	Time of Day	0:07:24	0:08:37	0:10:05	0:11:20	0:12:58	0:14:18	0:15:55	0:17:20	0:19:12	0:20:40	0:23:07	1:02:03	1:05:01			
213		Time Cum	01:24	02:37	04:05	05:20	06:58	08:18	09:55	11:20	13:12	14:40	17:07	20:03	23:01			
Age 52		Time Delta	01:24	01:13	01:27	01:15	01:37	01:20	01:37	01:24	01:51	01:28	02:26	02:56	02:57			
Group M50-59		Pace Cum	12:16	12:37	12:41	12:50	13:07	13:17	13:26	13:36	13:56	14:06	14:49	16:03	16:53			
Overall-Group		Pace Delta	12:16	13:03	12:49	13:21	14:11	14:14	14:11	15:01	16:18	15:43	21:22	31:15	25:56			
Overall-Group		Position	156-21	159-23	157-23	153-23	152-23	149-23	142-22	133-22	127-21	124-19	127-20	139-23	150-25			

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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>Cooper,</u>	162	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>Gray,</u>	163	Time of Day	0:07:04	0:07:58	0:09:04	0:10:05	0:11:23	0:12:36	0:14:35	0:15:46	0:17:22	0:18:51	0:20:39	0:22:07			
<u>Zachary (GA)</u>		Time Cum	01:04	01:58	03:04	04:05	05:23	06:36	08:35	09:46	11:22	12:51	14:39	16:07			
110		Time Delta	01:04	00:54	01:05	01:01	01:17	01:12	01:58	01:11	01:35	01:29	01:47	01:28			
Age 26		Pace Cum	09:21	09:30	09:31	09:50	10:10	10:34	11:37	11:44	12:00	12:21	12:41	12:54			
Group M20-29		Pace Delta	09:21	09:41	09:32	10:55	11:22	12:51	17:21	12:41	13:56	15:47	15:45	15:40			
Overall-Group		Position	27-3	22-2	21-2	26-3	26-3	32-3	62-4	56-4	54-3	60-3	62-3	59-3			
<u>Hargrove,</u>	164	Time of Day	0:07:14	0:08:17	0:09:33	0:10:40	0:12:08	0:13:34	0:15:09	0:16:28	0:18:03	0:19:53	0:21:54	0:23:56			
<u>Michael (NC)</u>		Time Cum	01:14	02:17	03:33	04:40	06:08	07:34	09:09	10:28	12:03	13:53	15:54	17:56			
117		Time Delta	01:14	01:03	01:16	01:06	01:27	01:26	01:34	01:18	01:35	01:49	02:00	02:02			
Age 41		Pace Cum	10:48	10:58	11:03	11:13	11:34	12:07	12:23	12:34	12:44	13:20	13:46	14:21			
Group M40-49		Pace Delta	10:48	11:10	11:13	11:48	12:49	15:15	13:51	13:56	13:58	19:24	17:38	21:37			
Overall-Group		Position	82-19	81-20	79-17	78-17	80-18	94-21	94-21	90-20	81-18	91-20	94-21	105-23			
<u>Fernandez,</u>	165	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			
<u>Frank (WA)</u>		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			
90		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			
Age 54		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			
Group M50-59		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			
Overall-Group		Position	163-23	156-21	156-22	152-22	155-24	154-25	164-27	160-27	142-23	145-23	135-23	132-22			
<u>Rice,</u>	166	Time of Day	0:07:19	0:08:30	0:10:05	0:11:29	0:13:30	0:14:55	0:17:02	0:18:37	0:20:35	0:22:16	1:00:56	1:02:55			
<u>Rita (NC)</u>		Time Cum	01:19	02:30	04:05	05:29	07:30	08:55	11:02	12:37	14:35	16:16	18:56	20:55			
215		Time Delta	01:19	01:11	01:35	01:23	02:01	01:25	02:07	01:34	01:57	01:41	02:39	01:59			
Age 49		Pace Cum	11:32	12:02	12:41	13:10	14:09	14:17	14:57	15:09	15:23	15:38	16:23	16:44			
Group F40-49		Pace Delta	11:32	12:38	13:53	14:48	17:44	15:03	18:34	16:47	17:07	18:03	23:14	21:08			
Overall-Group		Position	122-15	135-16	157-19	161-22	191-25	183-23	196-25	196-25	167-23	164-23	157-23	156-23			
<u>Hile,</u>	167	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			
<u>Douglas (OH)</u>		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			
<u>Boelen,</u>	168	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			
<u>Filip (UT)</u>		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			
276		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			
Age 52		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			
Group F50-59		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			
Overall-Group		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			

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>	169	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>Flynn, John (NC)</u>	170	Time of Day	0:07:29	0:08:42	0:10:14	0:11:42	0:13:37	0:15:03	0:17:05	0:18:40	0:20:34	0:22:20	1:01:27	1:03:30				
97		Time Cum	01:29	02:42	04:14	05:42	07:37	09:03	11:05	12:40	14:34	16:20	19:27	21:30				
Age 40		Time Delta	01:29	01:13	01:32	01:28	01:54	01:26	02:01	01:34	01:54	01:45	03:06	02:02				
Group M40-49		Pace Cum	13:00	12:58	13:09	13:42	14:22	14:30	15:00	15:12	15:23	15:41	16:50	17:12				
Overall-Group		Pace Delta	13:00	12:56	13:28	15:38	16:46	15:15	17:48	16:47	16:44	18:43	27:16	21:45				
Overall-Group		Position	186-38	175-38	183-39	188-39	197-40	196-40	200-39	200-39	166-35	166-33	165-32	167-32				
<u>Fitzgerald, Amy (VA)</u>	171	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				
92		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				
Age 45		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				
Group F40-49		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				
Overall-Group		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				
Overall-Group		Position	186-25	205-27	215-28	224-30	220-30	217-29	219-28	216-28	185-26	183-26	169-25	168-25				
<u>Ho, Jean (CA)</u>	172	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				
123		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				
Age 48		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				
Group F40-49		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				
Overall-Group		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				
<u>Maas, Janette (GA)</u>	173	Time of Day	0:07:35	0:09:02	0:10:41	0:12:14	0:14:06	0:15:45	0:17:40	0:19:33	0:22:05	1:00:35	1:03:04	1:05:16				
156		Time Cum	01:35	03:02	04:41	06:14	08:06	09:45	11:40	13:33	16:05	18:35	21:04	23:16				
Age 56		Time Delta	01:35	01:27	01:39	01:33	01:51	01:39	01:55	01:52	02:31	02:29	02:28	02:12				
Group F50-59		Pace Cum	13:52	14:36	14:34	15:00	15:17	15:37	15:48	16:16	16:59	17:51	18:14	18:37				
Overall-Group		Pace Delta	13:52	15:29	14:31	16:28	16:18	17:33	16:49	19:54	22:10	26:32	21:43	23:27				
Overall-Group		Position	223-22	230-23	220-20	222-22	219-20	219-22	214-21	218-22	191-22	189-22	174-21	173-21				
<u>Untalan, Nellie (FL)</u>	174	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				
<u>Quaintance-Kramer</u>	175	Time of Day	0:07:29	0:08:54	0:10:43	0:12:18	0:14:19	0:16:00	0:18:00	0:19:45	0:21:59	1:00:05	1:04:13	1:08:33				
208		Time Cum	01:29	02:54	04:43	06:18	08:19	10:00	12:00	13:45	15:59	18:05	22:13	26:33				
Age 39		Time Delta	01:29	01:25	01:49	01:35	02:00	01:41	01:59	01:45	02:13	02:05	04:08	04:20				
Group F30-39		Pace Cum	13:00	13:57	14:40	15:09	15:41	16:01	16:15	16:31	16:53	17:22	19:14	21:15				
Overall-Group		Pace Delta	13:00	15:06	15:59	16:50	17:34	17:57	17:27	18:42	19:33	22:10	36:19	46:02				
Overall-Group		Position	186-26	213-30	222-30	228-30	225-30	225-29	223-30	221-30	189-25	186-25	175-22	175-23				

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
Krolewicz, Ray (SC)	176	Time of Day	0:07:29	0:08:54	0:10:43	0:12:19	0:14:19	0:16:01	0:18:00	0:19:46	0:22:00	1:00:13	1:04:13	1:08:34			
		Time Cum	01:29	02:54	04:43	06:19	08:19	10:01	12:00	13:46	16:00	18:13	22:13	26:34			
	142	Time Delta	01:29	01:25	01:49	01:35	02:00	01:41	01:59	01:46	02:13	02:13	04:00	04:20			
Age 61		Pace Cum	13:00	13:57	14:40	15:10	15:41	16:02	16:15	16:32	16:54	17:30	19:14	21:15			
Group M60-69		Pace Delta	13:00	15:07	15:59	16:50	17:36	18:01	17:22	18:49	19:31	23:37	35:04	46:01			
Overall-Group		Position	186-8	214-10	223-10	229-10	226-11	227-11	224-11	224-11	190-5	188-4	176-3	176-3			
Thomas, Steven (NH)	177	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				
		Time Cum	01:17	02:20	03:35	04:48	06:17	07:32	09:10	10:42	12:32	14:11	18:17				
	252	Time Delta	01:17	01:03	01:14	01:13	01:28	01:14	01:38	01:31	01:50	01:38	04:06				
Age 36		Pace Cum	11:14	11:17	11:08	11:33	11:51	12:03	12:25	12:51	13:14	13:37	15:50				
Group M30-39		Pace Delta	11:14	11:19	10:52	12:58	12:56	13:15	14:23	16:12	16:06	17:28	36:01				
Overall-Group		Position	110-28	93-25	83-25	85-26	91-25	89-24	95-24	102-25	102-27	108-26	147-29				
Roe, Kristen (NY)	178	Time of Day	0:07:01	0:07:54	0:08:52	0:09:45	0:10:47	0:11:45	0:12:50	0:13:55	0:15:19	0:17:00					
		Time Cum	01:01	01:54	02:52	03:45	04:47	05:45	06:50	07:55	09:19	11:00					
	221	Time Delta	01:01	00:53	00:58	00:53	01:01	00:57	01:05	01:04	01:24	01:41					
Age 47		Pace Cum	08:54	09:08	08:54	09:02	09:01	09:12	09:15	09:31	09:51	10:34					
Group F40-49		Pace Delta	08:54	09:24	08:29	09:30	08:58	10:14	09:33	11:30	12:17	17:54					
Overall-Group		Position	10-1	13-1	9-1	8-1	4-1	5-1	6-1	9-1	9-1	15-1					
Marshall, Tony (CA)	179	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					
Rolen, David (NC)	180	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					
		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					
Fawcett, Bruce (OH)	181	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					
	88	Time Delta	01:14	01:05	01:21	01:09	01:26	01:14	01:31	01:27	02:15	01:38					
Age 62		Pace Cum	10:48	11:10	11:26	11:37	11:50	12:02	12:14	12:36	13:27	13:49					
Group M60-69		Pace Delta	10:48	11:36	11:55	12:16	12:37	13:09	13:20	15:26	19:43	17:24					
Overall-Group		Position	82-2	92-2	97-2	90-2	89-2	87-2	89-2	92-2	110-1	111-1					
Senos, Jennifer (NC)	182	Time of Day	0:07:19	0:08:29	0:09:56	0:11:13	0:12:45	0:14:09	0:15:58	0:17:21	0:19:02	0:20:38					
		Time Cum	01:19	02:29	03:56	05:13	06:45	08:09	09:58	11:21	13:02	14:38					
	234	Time Delta	01:19	01:10	01:27	01:16	01:32	01:24	01:48	01:23	01:41	01:35					
Age 37		Pace Cum	11:32	11:58	12:14	12:32	12:44	13:03	13:29	13:38	13:46	14:03					
Group F30-39		Pace Delta	11:32	12:29	12:44	13:33	13:27	14:54	15:49	14:48	14:47	16:52					
Overall-Group		Position	122-14	132-15	139-17	140-17	137-18	137-18	144-21	135-20	121-19	120-19					

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
Richards, John (NC)	183	Time of Day	0:07:19	0:08:29	0:09:56	0:11:13	0:12:45	0:14:09	0:15:58	0:17:21	0:19:02	0:20:38					
		Time Cum	01:19	02:29	03:56	05:13	06:45	08:09	09:58	11:21	13:02	14:38					
	216	Time Delta	01:19	01:10	01:27	01:16	01:32	01:24	01:48	01:23	01:41	01:35					
Age	41	Pace Cum	11:32	11:58	12:14	12:32	12:44	13:04	13:29	13:38	13:46	14:03					
Group	M40-49	Pace Delta	11:32	12:30	12:43	13:35	13:27	14:54	15:49	14:48	14:47	16:53					
Overall-Group		Position	122-27	133-29	139-31	142-31	138-30	138-30	145-30	136-29	122-26	121-26					
<u>Carmichael, Francesca (WA)</u>	184	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					
		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>Comeaux, Ellen (GA)</u>	185	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					
		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					
Ray, Ashby (NC)	186	Time of Day	0:07:29	0:08:41	0:10:10	0:11:31	0:13:11	0:14:35	0:16:19	0:17:49	0:19:52	0:22:02					
		Time Cum	01:29	02:41	04:10	05:31	07:11	08:35	10:19	11:49	13:52	16:02					
	212	Time Delta	01:29	01:12	01:29	01:20	01:40	01:24	01:43	01:30	02:03	02:10					
Age	43	Pace Cum	13:00	12:55	12:57	13:15	13:33	13:45	13:58	14:11	14:39	15:24					
Group	M40-49	Pace Delta	13:00	12:48	13:01	14:16	14:39	14:55	15:05	15:58	17:58	23:02					
Overall-Group		Position	186-38	170-36	166-35	167-36	168-35	166-34	166-33	165-33	146-30	152-31					
Manz, Mark (NC)	187	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					
McCaslin, Mark (MI)	188	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					
	170	Time Delta	01:12	01:04	01:19	01:14	02:01	01:38	01:40	01:37	02:42	01:52					
Age	46	Pace Cum	10:31	10:55	11:10	11:37	12:56	13:37	13:47	14:10	15:20	15:44					
Group	M40-49	Pace Delta	10:31	11:24	11:37	13:11	17:45	17:27	14:39	17:17	23:46	19:52					
Overall-Group		Position	65-14	73-17	85-20	89-21	143-31	157-33	159-31	164-32	160-33	168-35					
<u>Lambert, Amy (NC)</u>	189	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					
		Time Cum	01:31	02:47	04:19	05:43	07:39	09:07	11:03	12:36	15:11	16:56					
	144	Time Delta	01:31	01:16	01:31	01:23	01:56	01:28	01:55	01:33	02:34	01:44					
Age	33	Pace Cum	13:17	13:26	13:25	13:44	14:26	14:37	14:57	15:08	16:02	16:16					
Group	F30-39	Pace Delta	13:17	13:38	13:23	14:48	17:00	15:36	16:50	16:31	22:36	18:34					
Overall-Group		Position	197-29	191-28	187-27	191-27	201-29	199-28	198-29	195-29	176-24	174-24					

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Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
McCarty, Eric (MD)	190	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					
	168	Time Delta	01:44	01:28	01:48	01:31	01:52	01:31	01:48	01:32	02:01	01:50					
Age 50		Pace Cum	15:11	15:24	15:34	15:43	15:52	15:55	15:54	15:57	16:10	16:29					
Group M50-59		Pace Delta	15:11	15:41	15:52	16:12	16:26	16:10	15:50	16:20	17:48	19:32					
Overall-Group		Position	239-34	241-35	237-34	232-34	230-34	223-34	218-34	211-33	180-28	178-27					
<u>Bowen,</u> <u>Maureen Ann</u>	191	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					
		Time Cum	01:37	02:59	04:43	06:05	08:18	09:44	11:41	13:28	17:25	19:31					
	47	Time Delta	01:37	01:22	01:44	01:22	02:13	01:25	01:56	01:47	03:56	02:06					
Age 51		Pace Cum	14:10	14:20	14:38	14:38	15:40	15:36	15:48	16:11	18:23	18:45					
Group F50-59		Pace Delta	14:10	14:32	15:12	14:37	19:26	15:12	16:59	19:06	34:30	22:23					
Overall-Group		Position	231-24	222-22	221-22	212-20	224-23	218-21	215-22	217-21	193-23	190-23					
Wolfgang, Jesse (NJ)	192	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						
		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						
Cockman, Dave (NC)	193	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						
		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						
Lefferts, Peter C (FL)	194	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						
		Time Cum	01:29	02:50	04:30	06:01	07:49	09:27	11:24	13:07	15:17						
	18	Time Delta	01:29	01:21	01:39	01:31	01:48	01:38	01:56	01:42	02:10						
Age 60		Pace Cum	13:00	13:37	13:57	14:27	14:45	15:09	15:26	15:44	16:08						
Group M60-69		Pace Delta	13:00	14:23	14:34	16:08	15:49	17:25	17:00	18:09	19:00						
Overall-Group		Position	186-8	201-8	207-9	211-9	208-9	208-9	208-9	209-10	179-4						
Saporito, Michael (MA)	195	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						
		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						
Schlereth, Joe (NC)	196	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							
		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							

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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
Purdeu, Brandon (NC)	197	Time of Day	0:06:58	0:07:50	0:08:49	0:09:43	0:10:53	0:11:56	0:13:36	0:14:48								
		Time Cum	00:58	01:50	02:49	03:43	04:53	05:56	07:36	08:48								
	8	Time Delta	00:58	00:52	00:59	00:53	01:10	01:03	01:39	01:11								
Age 28		Pace Cum	08:28	08:48	08:45	08:55	09:13	09:31	10:17	10:34								
Group M20-29		Pace Delta	08:28	09:12	08:41	09:29	10:17	11:15	14:31	12:41								
Overall-Group		Position	3-1	3-1	4-1	4-1	11-1	11-1	22-2	24-2								
Lenz, Dan (NC)	198	Time of Day	0:06:59	0:07:51	0:08:52	0:09:52	0:11:07	0:12:22	0:13:45	0:15:08								
		Time Cum	00:59	01:51	02:52	03:52	05:07	06:22	07:45	09:08								
	4	Time Delta	00:59	00:52	01:00	01:00	01:15	01:15	01:22	01:22								
Age 40		Pace Cum	08:37	08:54	08:54	09:17	09:39	10:12	10:30	10:58								
Group M40-49		Pace Delta	08:37	09:16	08:52	10:39	11:00	13:17	12:05	14:40								
Overall-Group		Position	5-2	7-2	7-2	14-3	17-3	24-6	27-6	32-6								
<u>Lee,</u> <u>Kathy (NC)</u>	199	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								
		Time Cum	01:06	02:08	03:19	04:24	05:41	06:50	08:13	09:30								
	148	Time Delta	01:06	01:02	01:11	01:05	01:16	01:09	01:22	01:17								
Age 52		Pace Cum	09:38	10:15	10:19	10:36	10:43	10:57	11:08	11:25								
Group F50-59		Pace Delta	09:38	10:59	10:27	11:32	11:08	12:21	12:06	13:39								
Overall-Group		Position	36-1	43-1	48-2	45-2	45-2	43-2	41-2	43-2								
<u>Heilig,</u> <u>Hilary (NC)</u>	200	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								
		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								
<u>Beasley,</u> <u>Kara (NC)</u>	201	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								
		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>Tiernan,</u> <u>Patti (NC)</u>	202	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								
		Time Cum	01:22	02:27	03:38	04:44	05:58	07:09	08:31	09:43								
	253	Time Delta	01:22	01:05	01:11	01:05	01:14	01:11	01:21	01:12								
Age 42		Pace Cum	11:58	11:47	11:18	11:22	11:16	11:28	11:31	11:40								
Group F40-49		Pace Delta	11:58	11:34	10:24	11:37	10:52	12:35	11:52	12:50								
Overall-Group		Position	145-18	125-15	94-11	80-10	67-7	64-6	56-6	54-6								
Lowe, Caryle (VA)	203	Time of Day	0:07:19	0:08:26	0:09:50	0:10:59	0:12:36	0:13:50	0:15:20	0:16:39								
		Time Cum	01:19	02:26	03:50	04:59	06:36	07:50	09:20	10:39								
	153	Time Delta	01:19	01:07	01:23	01:09	01:36	01:13	01:30	01:19								
Age 50		Pace Cum	11:32	11:44	11:54	12:00	12:27	12:32	12:38	12:48								
Group M50-59		Pace Delta	11:32	11:58	12:14	12:18	14:08	12:59	13:09	14:06								
Overall-Group		Position	122-17	122-17	128-19	119-16	124-18	106-14	103-14	99-12								

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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
Christopher, 204	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								
Charles (NC)	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								
Marsh, 205	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								
Ed (NC)	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								
Puente, 206	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								
Fernando R (NC)	Time Cum	01:19	02:25	03:41	04:51	06:21	07:50	09:26	11:08								
30	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								
<u>Triumph,</u> 207	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								
<u>Alexandra (NJ)</u>	Time Cum	01:28	02:45	04:13	05:34	07:10	08:32	09:59	11:16								
258	Time Delta	01:28	01:17	01:27	01:20	01:36	01:22	01:26	01:17								
Age 27	Pace Cum	12:51	13:16	13:05	13:22	13:31	13:40	13:31	13:32								
Group F20-29	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, 207	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								
Thomas (NC)	Time Cum	01:28	02:45	04:13	05:32	07:10	08:32	09:59	11:16								
259	Time Delta	01:28	01:17	01:27	01:19	01:37	01:22	01:26	01:17								
Age 58	Pace Cum	12:51	13:16	13:05	13:18	13:31	13:40	13:31	13:32								
Group M50-59	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								
<u>Gadbois,</u> 209	Time of Day	0:07:22	0:08:31	0:09:57	0:11:16	0:12:59	0:14:21	0:16:01	0:17:28								
<u>Sarah (NC)</u>	Time Cum	01:22	02:31	03:57	05:16	06:59	08:21	10:01	11:28								
101	Time Delta	01:22	01:09	01:26	01:19	01:42	01:22	01:39	01:27								
Age 36	Pace Cum	11:58	12:05	12:15	12:39	13:10	13:22	13:33	13:46								
Group F30-39	Pace Delta	11:58	12:14	12:33	14:01	15:01	14:33	14:34	15:28								
Overall-Group	Position	145-17	143-18	143-18	146-20	154-22	150-21	149-22	146-22								
Sullivan, 210	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								
Jerry (LA)	Time Cum	01:17	02:25	03:46	05:01	06:35	07:55	09:35	11:28								
249	Time Delta	01:17	01:08	01:20	01:15	01:33	01:19	01:40	01:52								
Age 54	Pace Cum	11:14	11:37	11:41	12:05	12:25	12:40	12:59	13:47								
Group M50-59	Pace Delta	11:14	12:05	11:49	13:24	13:38	14:07	14:44	20:00								
Overall-Group	Position	110-15	110-15	117-16	120-17	120-15	122-18	121-16	148-25								

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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
Flor, Andrew (VA)	211	Time of Day	0:07:16	0:08:21	0:09:41	0:10:54	0:12:33	0:13:53	0:15:45	0:17:37							
		Time Cum	01:16	02:21	03:41	04:54	06:33	07:53	09:45	11:37							
	95	Time Delta	01:16	01:05	01:19	01:13	01:38	01:20	01:52	01:52							
Age	39	Pace Cum	11:06	11:21	11:27	11:47	12:21	12:38	13:12	13:57							
Group	M30-39	Pace Delta	11:06	11:39	11:40	12:55	14:25	14:10	16:21	19:50							
Overall-Group		Position	104-26	98-26	101-27	98-27	115-28	116-29	130-29	158-32							
Weimer, Bill (SC)	212	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							
		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>Garrison-Kast</u> , <u>Alanna (NJ)</u>	213	Time of Day	0:07:19	0:08:28	0:09:53	0:11:10	0:13:08	0:14:26	0:16:10	0:17:40							
		Time Cum	01:19	02:28	03:53	05:10	07:08	08:26	10:10	11:40							
	104	Time Delta	01:19	01:09	01:24	01:17	01:57	01:18	01:43	01:30							
Age	39	Pace Cum	11:32	11:55	12:04	12:25	13:27	13:30	13:46	14:01							
Group	F30-39	Pace Delta	11:32	12:23	12:20	13:39	17:12	13:50	15:11	16:00							
Overall-Group		Position	122-14	131-14	134-15	137-16	163-23	153-22	156-24	161-25							
Sisk, David (SC)	214	Time of Day	0:07:05	0:08:09	0:09:36	0:10:51	0:12:27	0:13:50	0:15:51	0:17:42							
		Time Cum	01:05	02:09	03:36	04:51	06:27	07:50	09:51	11:42							
	198	Time Delta	01:05	01:04	01:26	01:15	01:36	01:22	02:00	01:51							
Age	47	Pace Cum	09:29	10:20	11:10	11:39	12:11	12:33	13:21	14:03							
Group	M40-49	Pace Delta	09:29	11:22	12:42	13:18	14:07	14:39	17:40	19:40							
Overall-Group		Position	30-7	46-11	88-20	92-22	107-23	109-23	135-29	162-31							
Cotuna, Theo (NC)	215	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							
		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							
Coberly, Theodore (NC)	216	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							
		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							
Brians, Obadiah (NC)	217	Time of Day	0:07:21	0:08:37	0:09:59	0:11:18	0:13:04	0:14:45	0:16:31	0:18:15							
		Time Cum	01:21	02:37	03:59	05:18	07:04	08:45	10:31	12:15							
	50	Time Delta	01:21	01:16	01:21	01:19	01:46	01:41	01:46	01:43							
Age	34	Pace Cum	11:49	12:36	12:21	12:44	13:20	14:01	14:15	14:42							
Group	M30-39	Pace Delta	11:49	13:31	11:55	14:00	15:34	17:53	15:29	18:15							
Overall-Group		Position	141-32	158-33	147-32	148-32	156-32	177-35	174-33	177-34							

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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>Ferris</u>	218	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							
<u>Sarah (NC)</u>		Time Cum	01:31	02:48	04:24	05:48	07:32	09:00	10:47	12:22							
91		Time Delta	01:31	01:17	01:35	01:24	01:43	01:28	01:47	01:34							
Age 38		Pace Cum	13:17	13:30	13:39	13:57	14:12	14:25	14:36	14:51							
Group F30-39		Pace Delta	13:17	13:47	13:56	14:59	15:05	15:40	15:37	16:45							
Overall-Group		Position	197-29	193-29	196-29	197-28	193-28	191-27	184-27	178-27							
<u>Puente</u>	219	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							
<u>Carol Yount (NC)</u>		Time Cum	01:33	02:54	04:30	05:52	07:47	09:14	10:58	12:27							
29		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							
Sullivan, Jim (FL)	220	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							
		Time Cum	01:35	02:53	04:28	05:55	07:41	09:10	11:02	12:38							
250		Time Delta	01:35	01:18	01:34	01:26	01:45	01:28	01:52	01:35							
Age 64		Pace Cum	13:52	13:54	13:53	14:13	14:29	14:40	14:57	15:10							
Group M60-69		Pace Delta	13:52	13:57	13:50	15:23	15:26	15:44	16:29	16:56							
Overall-Group		Position	223-10	208-9	205-8	204-8	203-8	200-8	197-8	197-7							
<u>Brazier</u>	221	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							
<u>Kit (CA)</u>		Time Cum	01:26	02:48	04:28	05:57	07:44	09:19	11:03	12:39							
48		Time Delta	01:26	01:22	01:40	01:29	01:47	01:34	01:44	01:36							
Age 63		Pace Cum	12:33	13:28	13:52	14:18	14:36	14:55	14:58	15:12							
Group F60-69		Pace Delta	12:33	14:34	14:36	15:47	15:39	16:44	15:13	17:00							
Overall-Group		Position	169-1	192-2	203-4	207-4	204-4	204-5	199-4	199-4							
Scheibe, Charles (CO)	222	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							
		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							
<u>Belilgne</u>	223	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							
Moore, James E (MD)	224	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							

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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>Sheridan,</u>	225	Time of Day	0:07:34	0:08:58	0:10:41	0:12:08	0:13:56	0:15:30	0:17:44	0:19:45							
<u>Taylor (NV)</u>		Time Cum	01:34	02:58	04:41	06:08	07:56	09:30	11:44	13:45							
238		Time Delta	01:34	01:24	01:43	01:26	01:48	01:34	02:13	02:01							
Age 24		Pace Cum	13:43	14:15	14:33	14:43	14:58	15:13	15:53	16:31							
Group F20-29		Pace Delta	13:43	14:53	15:07	15:18	15:51	16:39	19:33	21:28							
Overall-Group		Position	220-5	218-5	217-5	214-5	211-5	210-5	217-5	221-5							
<u>Hoyt,</u>	226	Time of Day	0:07:35	0:08:59	0:10:47	0:12:15	0:14:22	0:16:01	0:18:12	0:19:55							
<u>Astrid (VT)</u>		Time Cum	01:35	02:59	04:47	06:15	08:22	10:01	12:12	13:55							
126		Time Delta	01:35	01:24	01:48	01:27	02:06	01:39	02:11	01:43							
Age 42		Pace Cum	13:52	14:22	14:53	15:00	15:46	16:02	16:31	16:43							
Group F40-49		Pace Delta	13:52	14:58	15:49	15:26	18:32	17:34	19:11	18:15							
Overall-Group		Position	223-31	224-30	227-31	223-30	228-32	226-32	226-30	226-30							
Marsh,	227	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							
John (MD)		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							
Lancaster,	228	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							
Matthew (VA)		Time Cum	01:31	02:45	04:11	05:28	07:09	08:37	12:51	14:27							
145		Time Delta	01:31	01:14	01:26	01:16	01:40	01:28	04:14	01:36							
Age 41		Pace Cum	13:17	13:14	13:01	13:09	13:29	13:48	17:24	17:22							
Group M40-49		Pace Delta	13:17	13:09	12:38	13:36	14:40	15:40	37:06	17:00							
Overall-Group		Position	197-40	185-40	172-38	160-33	164-34	170-36	230-42	228-42							
Moore,	229	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							
Bill (TN)		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							
<u>Brewington,</u>	230	Time of Day	0:07:31	0:08:50	0:10:34	0:12:06	0:14:24	0:16:15	0:18:36	0:20:36							
<u>Carly (FL)</u>		Time Cum	01:31	02:50	04:34	06:06	08:24	10:15	12:36	14:36							
49		Time Delta	01:31	01:19	01:44	01:31	02:17	01:51	02:21	01:59							
Age 16		Pace Cum	13:17	13:37	14:13	14:40	15:49	16:24	17:04	17:31							
Group F<=19		Pace Delta	13:17	14:01	15:18	16:15	20:02	19:41	20:41	21:07							
Overall-Group		Position	197-1	200-1	211-1	213-1	229-1	230-1	228-1	230-1							
Green,	231	Time of Day	0:07:53	0:09:36	0:11:41	0:13:24	0:15:17	0:17:02	0:18:57	0:20:45							
Thomas (MD)		Time Cum	01:53	03:36	05:41	07:24	09:17	11:02	12:57	14:45							
26		Time Delta	01:53	01:43	02:05	01:42	01:52	01:44	01:54	01:47							
Age 65		Pace Cum	16:30	17:19	17:40	17:48	17:31	17:40	17:32	17:42							
Group M60-69		Pace Delta	16:30	18:19	18:19	18:14	16:29	18:31	16:46	19:05							
Overall-Group		Position	247-13	247-13	246-13	245-13	240-13	236-13	232-13	231-13							

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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
Morgan, Paul (FL)	232	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							
185		Time Cum	01:45	03:20	05:14	06:54	08:53	10:41	12:53	14:49							
		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							
<u>Bird,</u> <u>Courtney (TN)</u>	233	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							
		Time Delta	01:44	01:28	01:51	01:39	02:08	01:42	02:28	01:54							
Age 35		Pace Cum	15:11	15:23	15:42	16:08	16:41	16:55	17:39	17:57							
Group F30-39		Pace Delta	15:11	15:38	16:18	17:35	18:42	18:10	21:42	20:17							
Overall-Group		Position	239-32	240-32	240-32	240-31	234-31	233-30	233-31	233-31							
<u>Squier,</u> <u>Sally (NC)</u>	234	Time of Day	0:07:40	0:09:02	0:10:55	0:12:35	0:14:47	0:16:43	0:19:17	0:21:14							
242		Time Cum	01:40	03:02	04:55	06:35	08:47	10:43	13:17	15:14							
		Time Delta	01:40	01:22	01:52	01:40	02:12	01:55	02:34	01:56							
Age 73		Pace Cum	14:36	14:36	15:15	15:48	16:34	17:09	17:59	18:18							
Group F70-79		Pace Delta	14:36	14:35	16:26	17:42	19:20	20:27	22:35	20:42							
Overall-Group		Position	235-1	229-1	232-1	234-1	233-1	235-1	234-1	234-1							
<u>Choi,</u> <u>Jacqueline (NJ)</u>	235	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							
61		Time Cum	01:32	02:54	04:59	06:47	09:15	11:10	13:17	15:15							
		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>McCarty,</u> <u>Moca (MD)</u>	236	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							
169		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							
Age 45		Pace Cum	15:20	15:31	16:09	16:34	17:34	17:42	18:14	18:54							
Group F40-49		Pace Delta	15:20	15:45	17:19	17:56	21:13	18:30	21:05	24:13							
Overall-Group		Position	242-35	243-35	242-33	243-34	241-34	237-33	236-31	236-31							
<u>Haber,</u> <u>Melanie (NH)</u>	237	Time of Day	0:07:32	0:08:58	0:10:49	0:12:47	0:15:15	0:17:10	0:20:37	0:22:46							
112		Time Cum	01:32	02:58	04:49	06:47	09:15	11:10	14:37	16:46							
		Time Delta	01:32	01:26	01:50	01:58	02:28	01:54	03:27	02:09							
Age 59		Pace Cum	13:26	14:18	14:57	16:18	17:26	17:52	19:47	20:08							
Group F50-59		Pace Delta	13:26	15:21	16:09	20:53	21:36	20:20	30:16	22:50							
Overall-Group		Position	207-15	220-20	228-23	242-26	238-25	238-25	237-25	237-25							
Durr, Stephen (VA)	238	Time of Day	0:07:53	0:09:35	0:11:41	0:13:38	0:16:04	0:18:12	0:20:50	0:23:11							
82		Time Cum	01:53	03:35	05:41	07:38	10:04	12:12	14:50	17:11							
		Time Delta	01:53	01:42	02:06	01:56	02:25	02:07	02:38	02:20							
Age 49		Pace Cum	16:30	17:14	17:40	18:21	18:59	19:31	20:05	20:37							
Group M40-49		Pace Delta	16:30	18:08	18:28	20:39	21:18	22:35	23:08	24:53							
Overall-Group		Position	247-44	246-44	245-44	247-44	244-43	242-43	238-43	238-43							

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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
Miller, 239	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								
Dennis (SC)	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								
<u>Blizard-Harper</u> 240	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								
<u>Deborah (NC)</u>	Time Cum	01:40	03:09	05:39	07:30	11:14	13:18	23:35	26:13								
46	Time Delta	01:40	01:29	02:30	01:50	03:43	02:03	10:17	02:38								
Age 45	Pace Cum	14:36	15:10	17:33	18:01	21:10	21:17	31:55	31:29								
Group F40-49	Pace Delta	14:36	15:51	21:55	19:37	32:41	21:53	30:08	28:03								
Overall-Group	Position	235-34	237-34	244-34	246-35	245-35	244-35	240-32	240-32								
Hitechew, 241	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>Kolakovich</u> 242	Time of Day	0:07:14	0:08:21	0:09:41	0:10:55	0:12:51	0:14:30										
<u>Shirley (MI)</u>	Time Cum	01:14	02:21	03:41	04:55	06:51	08:30										
138	Time Delta	01:14	01:07	01:19	01:14	01:55	01:39										
Age 45	Pace Cum	10:48	11:21	11:27	11:50	12:54	13:37										
Group F40-49	Pace Delta	10:48	12:01	11:38	13:08	16:49	17:39										
Overall-Group	Position	82-9	100-10	100-12	105-12	142-16	158-20										
<u>Dahlberg</u> 243	Time of Day	0:07:25	0:08:40	0:10:17	0:11:40	0:14:04	0:15:58										
<u>Claudette (NC)</u>	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										
Squier, III, 244	Time of Day	0:07:32	0:09:02	0:10:55	0:12:39	0:15:00	0:17:20										
William C (NC)	Time Cum	01:32	03:02	04:55	06:39	09:00	11:20										
243	Time Delta	01:32	01:30	01:53	01:43	02:20	02:19										
Age 73	Pace Cum	13:26	14:34	15:17	15:59	16:58	18:08										
Group M70-79	Pace Delta	13:26	15:57	16:35	18:22	20:34	24:43										
Overall-Group	Position	207-1	227-2	234-4	237-4	236-5	240-5										
<u>Trujillo</u> 245	Time of Day	0:07:35	0:09:06	0:10:55	0:12:35	0:15:07	0:17:20										
<u>Kristen (NC)</u>	Time Cum	01:35	03:06	04:55	06:35	09:07	11:20										
260	Time Delta	01:35	01:31	01:48	01:40	02:31	02:12										
Age 45	Pace Cum	13:52	14:55	15:15	15:50	17:11	18:08										
Group F40-49	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										

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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
McKnight,	246	Time of Day	0:07:25	0:08:42	0:10:27	0:11:51	0:18:01	0:19:21									
Richard (AZ)		Time Cum	01:25	02:42	04:27	05:51	12:01	13:21									
176		Time Delta	01:25	01:17	01:44	01:23	06:09	01:20									
Age 47		Pace Cum	12:25	13:01	13:50	14:03	22:38	21:22									
Group M40-49		Pace Delta	12:25	13:45	15:19	14:49	53:58	14:10									
Overall-Group		Position	163-35	180-38	201-41	202-41	246-44	245-44									
<u>Chumak,</u>	247	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											
Price,	248	Time of Day	0:07:01	0:10:11													
Patrick (NC)		Time Cum	01:01	04:11													
206		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													