

# 2006 Vermont 100 Mile Endurance Run -- 07/15/2006

## Runner Splits

Aid Station Name		AS 4	AS 6	AS 9	AS10	AS12	AS14	AS16	AS18	AS19	AS20	AS22	AS23	AS24	AS25	AS26	AS28	AS29	AS31	FINS
Aid Station Distance		12.70	18.50	28.20	31.30	36.60	41.10	44.70	49.20	52.20	55.40	60.50	63.30	68.70	73.20	76.70	84.40	89.20	95.30	100.00
Aid Station Delta		12.70	5.80	9.70	3.10	5.30	4.50	3.60	4.50	3.00	3.20	5.10	2.80	5.40	4.50	3.50	7.70	4.80	6.10	4.70
Abbs,	Time of Day	05:45	06:39	08:07	08:41	09:35		11:04	11:55	12:31	12:59	14:04	14:47	15:34	16:40	17:15	18:36	19:40	21:30	22:45:12
Alan (CA)	Time Cum	01:45	02:39	04:07	04:41	05:35		07:04	07:55	08:31	08:59	10:04	10:47	11:34	12:40	13:15	14:36	15:40	17:30	18:45:12
3	Time Delta	01:45	00:54	01:28	00:34	00:54		01:29	00:51	00:36	00:28	01:05	00:43	00:47	01:06	00:35	01:21	01:04	01:50	01:15:12
Age 36	Pace Cum	08:16	08:36	08:46	08:59	09:09		09:29	09:39	09:47	09:44	09:59	10:13	10:06	10:23	10:22	10:23	10:32	11:01	11:15
Group M30-39	Pace Delta	08:16	09:19	09:04	10:58	10:11		10:59	11:20	12:00	08:45	12:45	15:21	08:42	14:40	10:00	10:31	13:20	18:02	16:00
Overall-Group	Position	4-3	4-3	6-3	5-3	6-3		6-3	6-3	6-3	6-3	6-3	7-3	7-3	7-3	7-3	5-2	6-2	7-2	7-3

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

