

2015 Umstead 50/100 Mile Endurance Run -- 03/28/2015

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>Abbata</u>	Time of Day	0:07:29	0:08:47	0:10:24	0:11:48	0:13:40	0:15:12	0:16:55	0:18:30	0:21:24	0:23:43	1:01:58	1:04:08	1:06:11	1:08:54		
<u>Christine (NC)</u>	Time Cum	01:29	02:47	04:24	05:48	07:40	09:12	10:55	12:30	15:24	17:43	19:58	22:08	24:11	26:54		
57	Time Delta	01:29	01:17	01:36	01:24	01:51	01:32	01:42	01:35	02:54	02:18	02:15	02:09	02:03	02:42		
Age 33	Pace Cum	13:02	13:22	13:39	13:56	14:27	14:44	14:46	15:01	16:16	17:01	17:17	17:43	17:44	18:27		
Group F30-39	Pace Delta	13:02	13:47	14:09	14:54	16:19	16:24	14:56	16:54	25:28	24:33	19:42	22:58	18:01	28:45		
Overall-Group	Position	225-27	221-28	224-28	222-27	227-26	225-25	211-24	209-24	180-18	181-18	172-18	167-18	154-17	153-17		
<u>Aistars</u>	Time of Day	0:07:10	0:08:14	0:09:33	0:10:43	0:12:06	0:13:20	0:14:44	0:16:02	0:17:49	0:19:26	0:21:40	0:23:17	1:01:21	1:03:03	1:05:24	1:07:01:23
<u>Juli (IL)</u>	Time Cum	01:10	02:14	03:33	04:43	06:06	07:20	08:44	10:02	11:49	13:26	15:40	17:17	19:21	21:03	23:24	25:01:23
29	Time Delta	01:10	01:03	01:19	01:10	01:22	01:13	01:24	01:18	01:46	01:37	02:13	01:37	02:03	01:41	02:20	01:37:23
Age 56	Pace Cum	10:17	10:43	11:03	11:21	11:31	11:44	11:50	12:04	12:29	12:55	13:33	13:50	14:11	14:26	14:53	15:01
Group F50-59	Pace Delta	10:17	11:15	11:38	12:26	12:04	13:01	12:22	13:51	15:33	17:14	19:27	17:19	18:02	18:00	20:35	17:14
Overall-Group	Position	72-3	82-4	89-3	98-3	99-2	96-2	88-2	90-2	80-3	88-4	101-5	100-4	96-3	93-3	91-3	88-3
<u>Andrychowski</u>	Time of Day	0:07:05	0:08:00	0:09:05	0:10:06	0:11:18	0:12:23	0:13:39	0:14:47	0:16:18	0:17:31	0:19:07	0:20:33	0:22:28	1:00:04	1:01:59	1:03:26:42
<u>Anastasia (IL)</u>	Time Cum	01:05	02:00	03:05	04:06	05:18	06:23	07:39	08:47	10:18	11:31	13:07	14:33	16:28	18:04	19:59	21:26:42
58	Time Delta	01:05	00:54	01:05	01:00	01:12	01:04	01:15	01:07	01:30	01:13	01:36	01:25	01:55	01:35	01:55	01:27:25
Age 35	Pace Cum	09:31	09:37	09:36	09:51	10:00	10:13	10:21	10:33	10:52	11:04	11:21	11:39	12:05	12:23	12:43	12:52
Group F30-39	Pace Delta	09:31	09:44	09:35	10:42	10:34	11:26	11:05	12:02	13:16	12:58	14:03	15:08	16:52	16:54	16:48	15:28
Overall-Group	Position	26-2	27-3	29-4	28-3	31-3	31-3	32-4	32-4	30-5	32-5	34-6	37-6	38-6	39-6	36-5	35-5
<u>Antonucci</u>	Time of Day	0:07:36	0:08:58	0:10:36	0:12:00	0:13:39	0:15:01	0:16:41	0:18:07	0:20:07	0:21:50	0:23:58	1:01:56	1:04:39	1:06:35	1:08:46	1:10:26:14
<u>Courtney (GA)</u>	Time Cum	01:36	02:58	04:36	06:00	07:39	09:01	10:41	12:07	14:07	15:50	17:58	19:56	22:39	24:35	26:46	28:26:14
61	Time Delta	01:36	01:22	01:37	01:24	01:39	01:21	01:39	01:26	01:59	01:43	02:07	01:58	02:42	01:56	02:11	01:39:18
Age 45	Pace Cum	14:01	14:18	14:17	14:25	14:26	14:26	14:28	14:33	14:54	15:13	15:33	15:57	16:36	16:51	17:02	17:04
Group F40-49	Pace Delta	14:01	14:39	14:14	14:55	14:29	14:28	14:35	15:17	17:26	18:19	18:35	21:01	23:41	20:32	19:15	17:35
Overall-Group	Position	241-26	241-26	238-25	236-24	225-24	212-24	199-21	199-21	165-18	163-18	154-17	153-17	145-18	137-16	131-15	127-15
Balmer, James (PA)	Time of Day	0:07:00	0:07:52	0:08:53	0:09:44	0:10:45	0:11:40	0:12:46	0:13:48	0:15:02	0:16:07	0:17:27	0:18:33	0:19:47	0:20:57	0:22:20	0:23:27:18
30	Time Cum	01:00	01:52	02:53	03:44	04:45	05:40	06:46	07:48	09:02	10:07	11:27	12:33	13:47	14:57	16:20	17:27:18
Age 45	Time Delta	01:00	00:51	01:01	00:51	01:01	00:54	01:06	01:01	01:14	01:04	01:19	01:06	01:14	01:09	01:23	01:06:48
Group M40-49	Pace Cum	08:52	08:59	08:58	08:59	08:58	09:05	09:10	09:22	09:33	09:43	09:54	10:03	10:07	10:15	10:24	10:28
Overall-Group	Pace Delta	08:52	09:07	08:55	09:03	08:56	09:40	09:42	10:55	10:52	11:28	11:35	11:46	10:51	12:16	12:10	11:49
Overall-Group	Position	16-3	15-4	15-4	12-3	11-2	11-2	11-2	11-2	11-3	13-4	14-5	13-5	13-5	13-5	13-5	13-5
Bandfield, Stephen (NJ)	Time of Day	0:07:10	0:08:10	0:09:21	0:10:23	0:11:44	0:12:54	0:14:18	0:15:32	0:17:00	0:18:16	0:19:58	0:21:24	0:23:56	1:03:13	1:09:00	1:11:19:15
62	Time Cum	01:10	02:10	03:21	04:23	05:44	06:54	08:18	09:32	11:00	12:16	13:58	15:24	17:56	21:13	27:00	29:19:15
Age 51	Time Delta	01:10	01:00	01:10	01:02	01:21	01:10	01:23	01:14	01:28	01:15	01:42	01:25	02:32	03:17	05:46	02:19:15
Group M50-59	Pace Cum	10:20	10:28	10:23	10:31	10:48	11:04	11:14	11:26	11:37	11:47	12:06	12:19	13:09	14:33	17:10	17:36
Overall-Group	Pace Delta	10:20	10:39	10:14	11:00	11:50	12:31	12:08	13:06	12:52	13:27	14:58	15:09	22:14	34:54	50:34	24:39
Overall-Group	Position	76-10	67-6	64-6	61-6	65-6	65-6	65-6	66-6	52-5	52-5	49-5	47-5	59-6	96-12	136-20	139-20
Banks, Darryl (NC)	Time of Day	0:07:20	0:08:27	0:09:46	0:10:59	0:12:29	0:13:46	0:15:18	0:16:40	0:18:11	0:19:29	0:21:12	0:22:36	1:00:21	1:02:01	1:04:11	1:05:32:45
31	Time Cum	01:20	02:27	03:46	04:59	06:29	07:46	09:18	10:40	12:11	13:29	15:12	16:36	18:21	20:01	22:11	23:32:45
Age 48	Time Delta	01:20	01:06	01:19	01:12	01:30	01:17	01:31	01:21	01:30	01:17	01:42	01:24	01:44	01:40	02:09	01:21:28
Group M40-49	Pace Cum	11:46	11:46	11:43	11:58	12:14	12:27	12:36	12:49	12:52	12:57	13:09	13:17	13:27	13:44	14:07	14:08
Overall-Group	Pace Delta	11:46	11:48	11:36	12:49	13:15	13:38	13:26	14:30	13:15	13:45	15:00	14:56	15:17	17:51	18:53	14:25
Overall-Group	Position	160-44	143-41	132-41	132-42	133-42	132-42	123-40	125-40	94-33	91-33	85-30	81-29	75-28	72-28	77-32	70-27

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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>Barry</u>	Time of Day	0:07:07	0:08:04	0:09:09	0:10:11	0:11:27	0:12:37	0:14:01	0:15:13								
<u>Stephanie (NC)</u>	Time Cum	01:07	02:04	03:09	04:11	05:27	06:37	08:01	09:13								
63	Time Delta	01:07	00:56	01:04	01:02	01:15	01:09	01:24	01:11								
Age 28	Pace Cum	09:54	09:58	09:46	10:05	10:18	10:36	10:52	11:04								
Group F20-29	Pace Delta	09:54	10:02	09:25	11:08	11:05	12:18	12:20	12:41								
Overall-Group	Position	49-1	43-1	30-1	38-1	47-1	47-1	49-1	53-1								
<u>Baum,</u>	Time of Day	0:07:21	0:08:29	0:09:53	0:11:06	0:12:35	0:13:52	0:15:29	0:16:49	0:18:31	0:19:54	0:21:39	0:23:08	1:01:00	1:02:36	1:04:36	1:06:25:22
<u>Gary (NC)</u>	Time Cum	01:21	02:29	03:53	05:06	06:35	07:52	09:29	10:49	12:31	13:54	15:39	17:08	19:00	20:36	22:36	24:25:22
64	Time Delta	01:21	01:08	01:23	01:13	01:29	01:17	01:36	01:20	01:42	01:22	01:44	01:29	01:51	01:36	01:59	01:49:18
Age 65	Pace Cum	11:50	11:57	12:02	12:15	12:25	12:37	12:50	13:00	13:14	13:21	13:33	13:43	13:56	14:08	14:22	14:39
Group M60-69	Pace Delta	11:50	12:06	12:13	12:59	13:02	13:39	14:06	14:12	14:55	14:37	15:17	15:47	16:19	17:07	17:25	19:21
Overall-Group	Position	168-6	156-6	152-6	152-6	145-6	143-5	142-5	136-4	111-2	109-2	98-2	95-2	94-3	87-3	85-2	84-2
<u>Beasley,</u>	Time of Day	0:07:17	0:08:23	0:09:46	0:10:56	0:12:19	0:13:35	0:15:14	0:16:34	0:18:14	0:19:38	0:21:30	0:22:55	1:00:36	1:02:09	1:03:54	1:05:23:27
<u>Andrea (NC)</u>	Time Cum	01:17	02:23	03:46	04:56	06:19	07:35	09:14	10:34	12:14	13:38	15:30	16:55	18:36	20:09	21:54	23:23:27
65	Time Delta	01:17	01:05	01:23	01:09	01:23	01:15	01:38	01:20	01:40	01:24	01:51	01:24	01:41	01:33	01:44	01:29:10
Age 37	Pace Cum	11:16	11:27	11:42	11:51	11:56	12:10	12:29	12:41	12:55	13:06	13:25	13:32	13:38	13:49	13:56	14:02
Group F30-39	Pace Delta	11:16	11:40	12:09	12:22	12:13	13:27	14:19	14:10	14:40	14:55	16:19	14:58	14:45	16:31	15:18	15:47
Overall-Group	Position	128-15	121-14	130-14	126-14	114-12	117-15	116-16	116-16	98-12	96-11	94-11	90-10	79-10	77-10	69-10	65-10
<u>Bellane,</u>	Time of Day	0:07:22	0:08:41	0:10:15	0:11:40	0:13:26	0:14:58	0:16:51	0:18:30								
<u>Admas (NY)</u>	Time Cum	01:22	02:41	04:15	05:40	07:26	08:58	10:51	12:30								
66	Time Delta	01:22	01:18	01:34	01:24	01:46	01:31	01:53	01:38								
Age 62	Pace Cum	12:04	12:54	13:13	13:37	14:02	14:21	14:41	15:01								
Group F60-69	Pace Delta	12:04	13:55	13:48	14:56	15:34	16:10	16:33	17:30								
Overall-Group	Position	180-1	199-1	201-1	204-1	210-1	210-1	208-1	208-1								
<u>Belin,</u>	Time of Day	0:07:23	0:08:34	0:10:00	0:11:10	0:12:44	0:14:04	0:15:51	0:17:06								
<u>Josh (NC)</u>	Time Cum	01:23	02:34	04:00	05:10	06:44	08:04	09:51	11:06								
67	Time Delta	01:23	01:11	01:25	01:10	01:33	01:20	01:46	01:15								
Age 23	Pace Cum	12:07	12:22	12:24	12:25	12:41	12:55	13:20	13:20								
Group M20-29	Pace Delta	12:07	12:39	12:29	12:26	13:41	14:11	15:36	13:20								
Overall-Group	Position	182-6	182-6	171-6	157-6	159-6	156-5	165-5	154-5								
<u>Bennett,</u>	Time of Day	0:07:32	0:08:50	0:10:37	0:12:05	0:14:00	0:15:34	0:17:25	0:19:00								
<u>Peter (TX)</u>	Time Cum	01:32	02:50	04:37	06:05	08:00	09:34	11:25	13:00								
59	Time Delta	01:32	01:17	01:47	01:28	01:54	01:34	01:51	01:35								
Age 40	Pace Cum	13:31	13:37	14:21	14:38	15:04	15:19	15:27	15:37								
Group M40-49	Pace Delta	13:31	13:44	15:41	15:37	16:39	16:41	16:14	16:50								
Overall-Group	Position	235-56	228-57	240-56	239-56	241-56	238-56	223-56	221-56								
<u>Bird,</u>	Time of Day	0:07:13	0:08:16	0:09:35	0:10:46	0:12:13	0:13:28	0:15:01	0:16:20	0:18:05	0:19:30	0:21:15	0:22:49	1:00:41	1:02:06	1:03:58	1:05:28:09
<u>Robert (FL)</u>	Time Cum	01:13	02:16	03:35	04:46	06:13	07:28	09:01	10:20	12:05	13:30	15:15	16:49	18:41	20:06	21:58	23:28:09
68	Time Delta	01:13	01:03	01:19	01:10	01:26	01:15	01:32	01:19	01:44	01:25	01:44	01:33	01:52	01:24	01:52	01:29:38
Age 48	Pace Cum	10:40	10:53	11:08	11:27	11:43	11:57	12:12	12:25	12:46	12:58	13:12	13:27	13:42	13:47	13:58	14:05
Group M40-49	Pace Delta	10:40	11:10	11:34	12:34	12:39	13:20	13:34	14:01	15:20	15:07	15:16	16:34	16:24	15:02	16:23	15:52
Overall-Group	Position	90-28	94-29	97-31	105-38	106-39	105-38	107-39	106-38	89-31	93-34	87-32	87-33	84-31	75-30	71-27	67-26

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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
Blackford, Darris (OH)	Time of Day	0:07:16	0:08:20	0:09:35	0:10:40	0:12:09	0:13:38										
	Time Cum	01:16	02:20	03:35	04:40	06:09	07:38										
15	Time Delta	01:16	01:04	01:14	01:05	01:29	01:29										
Age 51	Pace Cum	11:08	11:16	11:07	11:13	11:36	12:14										
Group M50-59	Pace Delta	11:08	11:27	10:50	11:32	13:00	15:49										
Overall-Group	Position	116-12	112-12	96-10	90-9	102-11	119-14										
<u>Blackford,</u> <u>Starshine (OH)</u>	Time of Day	0:07:16	0:08:20	0:09:35	0:10:40	0:11:57	0:12:58	0:14:13	0:15:16	0:16:29	0:17:39	0:18:56	0:20:08	0:21:24	0:22:34	1:00:01	1:01:13:22
	Time Cum	01:16	02:20	03:35	04:40	05:57	06:58	08:13	09:16	10:29	11:39	12:56	14:08	15:24	16:34	18:01	19:13:22
6	Time Delta	01:16	01:04	01:14	01:05	01:16	01:01	01:14	01:03	01:12	01:10	01:16	01:12	01:15	01:10	01:26	01:12:22
Age 39	Pace Cum	11:06	11:13	11:07	11:14	11:13	11:09	11:07	11:07	11:04	11:11	11:11	11:19	11:17	11:22	11:27	11:32
Group F30-39	Pace Delta	11:06	11:22	10:55	11:40	11:06	10:52	10:54	11:11	10:38	12:28	11:11	12:52	11:00	12:28	12:39	12:48
Overall-Group	Position	114-13	108-13	94-12	94-11	79-10	72-8	62-7	58-7	38-6	36-6	27-5	27-4	23-4	20-3	19-3	19-3
Boers, Peter (FL)	Time of Day	0:07:20	0:08:28	0:09:49	0:11:03	0:12:39	0:14:22	0:16:51	0:18:53								
	Time Cum	01:20	02:28	03:49	05:03	06:39	08:22	10:51	12:53								
69	Time Delta	01:20	01:08	01:21	01:13	01:36	01:43	02:28	02:02								
Age 51	Pace Cum	11:43	11:52	11:52	12:08	12:33	13:24	14:41	15:28								
Group M50-59	Pace Delta	11:43	12:04	11:51	13:04	14:04	18:15	21:39	21:38								
Overall-Group	Position	155-21	154-21	145-21	148-22	155-22	183-27	207-31	217-32								
Bornhorst, Joshua (AR)	Time of Day	0:07:25	0:08:40	0:10:04	0:11:16	0:12:45	0:13:59	0:15:25	0:16:47	0:18:21	0:19:48	0:21:24	0:22:52	1:00:46	1:02:17	1:04:05	1:05:26:47
	Time Cum	01:25	02:40	04:04	05:16	06:45	07:59	09:25	10:47	12:21	13:48	15:24	16:52	18:46	20:17	22:05	23:26:47
70	Time Delta	01:25	01:15	01:24	01:11	01:29	01:13	01:25	01:22	01:33	01:27	01:35	01:28	01:53	01:31	01:48	01:21:03
Age 40	Pace Cum	12:26	12:51	12:39	12:39	12:45	12:48	12:45	12:57	13:02	13:16	13:19	13:30	13:46	13:55	14:03	14:04
Group M40-49	Pace Delta	12:26	13:22	12:16	12:39	13:07	13:04	12:29	14:38	13:36	15:31	13:55	15:44	16:34	16:09	15:48	14:21
Overall-Group	Position	195-50	196-50	184-49	169-48	160-48	152-47	131-41	134-43	102-35	103-35	91-34	89-34	86-32	80-32	75-30	66-25
<u>Botwick,</u> <u>Sally (NC)</u>	Time of Day	0:07:11	0:08:14	0:09:29	0:10:38	0:11:57	0:13:10	0:14:31	0:15:44	0:17:10	0:18:40	0:20:32	0:22:15	1:00:36	1:02:40	1:04:59	1:06:58:56
	Time Cum	01:11	02:14	03:29	04:38	05:57	07:10	08:31	09:44	11:10	12:40	14:32	16:15	18:36	20:40	22:59	24:58:56
71	Time Delta	01:11	01:02	01:14	01:08	01:19	01:12	01:21	01:12	01:26	01:29	01:51	01:43	02:21	02:04	02:18	01:59:29
Age 43	Pace Cum	10:29	10:47	10:49	11:08	11:14	11:28	11:32	11:41	11:48	12:10	12:35	13:00	13:38	14:11	14:37	14:59
Group F40-49	Pace Delta	10:29	11:09	10:54	12:10	11:38	12:46	11:52	12:53	12:39	15:52	16:19	18:14	20:38	22:01	20:14	21:09
Overall-Group	Position	82-6	87-7	78-6	82-7	85-7	83-7	78-7	76-7	59-4	64-5	63-5	67-6	80-7	89-7	87-8	87-8
Brewington, David (FL)	Time of Day	0:07:41	0:09:06	0:10:51	0:12:17	0:14:07	0:15:38	0:17:34	0:19:10	0:21:14	0:23:08	1:01:28	1:03:32				
	Time Cum	01:41	03:06	04:51	06:17	08:07	09:38	11:34	13:10	15:14	17:08	19:28	21:32				
46	Time Delta	01:41	01:24	01:44	01:25	01:49	01:31	01:55	01:35	02:04	01:54	02:19	02:03				
Age 65	Pace Cum	14:53	14:57	15:05	15:06	15:17	15:26	15:40	15:48	16:06	16:28	16:51	17:14				
Group M60-69	Pace Delta	14:53	15:02	15:19	15:10	15:59	16:16	16:52	16:58	18:11	20:11	20:21	21:54				
Overall-Group	Position	251-12	246-12	247-12	244-12	244-12	244-12	228-12	225-12	178-7	177-7	169-7	165-7				
<u>Briggs,</u> <u>Holly (NC)</u>	Time of Day	0:07:25	0:08:45	0:10:21	0:11:48	0:13:30	0:14:56	0:16:41	0:18:10	0:19:51	0:21:23	0:23:30	1:01:07	1:03:07	1:04:56	1:07:08	1:08:41:04
	Time Cum	01:25	02:45	04:21	05:48	07:30	08:56	10:41	12:10	13:51	15:23	17:30	19:07	21:07	22:56	25:08	26:41:04
72	Time Delta	01:25	01:20	01:36	01:26	01:42	01:26	01:45	01:28	01:40	01:32	02:07	01:37	02:00	01:48	02:11	01:33:04
Age 49	Pace Cum	12:28	13:14	13:32	13:55	14:08	14:18	14:28	14:36	14:37	14:46	15:09	15:18	15:29	15:44	15:59	16:01
Group F40-49	Pace Delta	12:28	14:10	14:05	15:14	14:56	15:14	15:20	15:42	14:44	16:17	18:34	17:11	17:33	19:13	19:16	16:28
Overall-Group	Position	199-16	214-20	217-20	221-23	214-22	209-22	200-21	200-22	154-15	152-15	145-14	133-14	122-14	113-12	106-12	101-11

2015 Umstead 50/100 Mile Endurance Run -- 03/28/2015

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
Bright, Darrin (OH)	Time of Day	0:07:16	0:08:20	0:09:30	0:10:32	0:11:48	0:12:55	0:14:20	0:15:51								
	Time Cum	01:16	02:20	03:30	04:32	05:48	06:55	08:20	09:51								
37	Time Delta	01:16	01:03	01:10	01:01	01:15	01:06	01:25	01:31								
Age 43	Pace Cum	11:08	11:13	10:54	10:54	10:56	11:04	11:17	11:50								
Group M40-49	Pace Delta	11:08	11:19	10:19	10:55	11:03	11:50	12:27	16:11								
Overall-Group	Position	117-37	107-37	85-29	72-27	70-25	67-23	71-26	82-30								
Brown, Will (NC)	Time of Day	0:07:55	0:09:31	0:11:33	0:13:17	0:15:34	0:17:30	0:20:04	0:22:29								
	Time Cum	01:55	03:31	05:33	07:17	09:34	11:30	14:04	16:29								
39	Time Delta	01:55	01:36	02:01	01:44	02:17	01:55	02:33	02:25								
Age 68	Pace Cum	16:48	16:58	17:13	17:31	18:03	18:25	19:02	19:47								
Group M60-69	Pace Delta	16:48	17:09	17:42	18:30	20:02	20:26	22:26	25:46								
Overall-Group	Position	257-13	257-13	255-13	254-13	252-13	248-13	246-13									
Brucker, Ben (PA)	Time of Day	0:06:57	0:07:49	0:08:52	0:09:52	0:11:09	0:12:13	0:13:34	0:14:48	0:16:26	0:17:37	0:19:14	0:20:27	0:22:13	0:23:54	1:02:15	1:03:53:04
	Time Cum	00:57	01:49	02:52	03:52	05:09	06:13	07:34	08:48	10:26	11:37	13:14	14:27	16:13	17:54	20:15	21:53:04
291	Time Delta	00:57	00:51	01:03	00:59	01:16	01:03	01:21	01:14	01:37	01:10	01:37	01:12	01:45	01:40	02:21	01:37:11
Age 37	Pace Cum	08:25	08:43	08:55	09:18	09:42	09:57	10:15	10:35	11:01	11:09	11:27	11:34	11:53	12:16	12:53	13:08
Group M30-39	Pace Delta	08:25	09:05	09:16	10:36	11:11	11:19	11:55	13:09	14:15	12:31	14:11	12:54	15:27	17:52	20:42	17:12
Overall-Group	Position	11-6	12-6	13-6	16-6	21-7	21-7	26-8	33-9	35-13	35-13	35-13	34-13	35-13	36-13	39-13	39-13
<u>Brundige, Juliet (NC)</u>	Time of Day	0:07:26	0:08:42	0:10:15	0:11:39	0:13:23	0:14:53	0:16:46	0:18:19	0:20:33	0:22:12	1:00:27	1:02:25	1:04:53	1:07:00	1:09:31	1:11:29:15
	Time Cum	01:26	02:42	04:15	05:39	07:23	08:53	10:46	12:19	14:33	16:12	18:27	20:25	22:53	25:00	27:31	29:29:15
73	Time Delta	01:26	01:16	01:32	01:24	01:43	01:30	01:53	01:33	02:13	01:39	02:15	01:57	02:28	02:07	02:30	01:57:37
Age 47	Pace Cum	12:37	13:01	13:12	13:35	13:55	14:14	14:35	14:48	15:21	15:34	15:58	16:20	16:47	17:09	17:30	17:42
Group F40-49	Pace Delta	12:37	13:30	13:33	14:55	15:04	16:01	16:31	16:30	19:27	17:37	19:45	20:50	21:36	22:30	22:02	20:49
Overall-Group	Position	205-21	203-19	200-19	202-20	202-21	204-21	203-24	204-24	169-20	168-20	163-20	159-20	149-19	145-18	140-18	140-18
Burch, Greg (DE)	Time of Day	0:07:15	0:08:19	0:09:42	0:10:51	0:12:27	0:13:42	0:15:40	0:17:09	0:19:51	0:22:10	1:00:27	1:04:15				
	Time Cum	01:15	02:19	03:42	04:51	06:27	07:42	09:40	11:09	13:51	16:10	18:27	22:15				
100	Time Delta	01:15	01:04	01:22	01:08	01:36	01:15	01:57	01:29	02:41	02:19	02:16	03:48				
Age 43	Pace Cum	10:59	11:12	11:31	11:39	12:09	12:20	13:05	13:24	14:37	15:32	15:58	17:49				
Group M40-49	Pace Delta	10:59	11:27	12:05	12:06	14:01	13:24	17:08	15:54	23:32	24:40	19:56	40:28				
Overall-Group	Position	106-32	106-32	118-39	111-40	126-41	124-41	154-49	159-49	155-46	167-48	161-45	169-46				
Butler, Jeffrey (NY)	Time of Day	0:07:19	0:08:29	0:10:04	0:11:31	0:13:26	0:15:02	0:17:21	0:19:16								
	Time Cum	01:19	02:29	04:04	05:31	07:26	09:02	11:21	13:16								
74	Time Delta	01:19	01:10	01:34	01:27	01:54	01:35	02:18	01:54								
Age 55	Pace Cum	11:33	11:58	12:38	13:16	14:01	14:28	15:22	15:55								
Group M50-59	Pace Delta	11:33	12:29	13:51	15:27	16:45	16:56	20:17	20:21								
Overall-Group	Position	147-19	159-23	183-27	190-31	209-35	215-34	222-33	226-33								
<u>Carmichael, Francesca (WA)</u>	Time of Day	0:07:08	0:08:09	0:09:27	0:10:41	0:12:13	0:13:23	0:14:52	0:16:07	0:17:52	0:19:20	0:21:24	0:22:59	1:00:57	1:02:28	1:04:29	1:06:02:00
	Time Cum	01:08	02:09	03:27	04:41	06:13	07:23	08:52	10:07	11:52	13:20	15:24	16:59	18:57	20:28	22:29	24:02:00
75	Time Delta	01:08	01:01	01:18	01:13	01:32	01:10	01:28	01:15	01:44	01:27	02:03	01:35	01:57	01:31	02:00	01:33:00
Age 55	Pace Cum	09:56	10:21	10:44	11:14	11:44	11:50	12:00	12:10	12:32	12:48	13:19	13:36	13:53	14:03	14:18	14:25
Group F50-59	Pace Delta	09:56	10:52	11:28	12:57	13:33	12:23	12:53	13:27	15:15	15:33	18:04	16:56	17:08	16:17	17:31	16:28
Overall-Group	Position	51-1	58-2	75-2	95-2	108-4	100-3	98-4	98-3	81-4	84-3	91-3	91-2	92-2	85-2	82-1	82-1

2015 Umstead 50/100 Mile Endurance Run -- 03/28/2015

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>Carreon,</u>	Time of Day	0:07:21	0:08:32	0:09:51	0:11:01	0:12:20	0:13:29	0:14:53	0:16:06	0:17:35	0:18:48	0:20:33	0:22:12	1:00:19	1:02:11	1:04:17	1:05:50:09
<u>Veronica (NC)</u>	Time Cum	01:21	02:32	03:51	05:01	06:20	07:29	08:53	10:06	11:35	12:48	14:33	16:12	18:19	20:11	22:17	23:50:09
76	Time Delta	01:21	01:11	01:19	01:09	01:18	01:09	01:23	01:13	01:28	01:13	01:45	01:39	02:06	01:52	02:05	01:33:06
Age 41	Pace Cum	11:53	12:12	11:59	12:04	11:56	11:59	12:02	12:08	12:14	12:18	12:36	12:58	13:26	13:51	14:10	14:18
Group F40-49	Pace Delta	11:53	12:34	11:36	12:22	11:26	12:17	12:15	12:57	12:55	12:57	15:25	17:31	18:31	19:52	18:16	16:29
Overall-Group	Position	175-15	172-15	151-12	142-12	115-11	109-11	100-9	95-9	70-6	65-6	65-6	65-5	73-5	78-5	80-6	80-6
<u>Choi,</u>	Time of Day	0:07:18	0:08:25	0:09:47	0:10:55	0:12:20	0:13:32	0:15:03	0:16:23	0:17:58	0:19:14	0:20:52	0:22:17	1:00:05	1:01:30	1:03:10	1:04:41:36
<u>Jacqueline (NJ)</u>	Time Cum	01:18	02:25	03:47	04:55	06:20	07:32	09:03	10:23	11:58	13:14	14:52	16:17	18:05	19:30	21:10	22:41:36
77	Time Delta	01:18	01:06	01:22	01:08	01:25	01:11	01:30	01:20	01:35	01:16	01:37	01:25	01:48	01:24	01:40	01:30:53
Age 34	Pace Cum	11:25	11:37	11:45	11:49	11:57	12:04	12:15	12:28	12:38	12:43	12:52	13:02	13:16	13:23	13:28	13:37
Group F30-39	Pace Delta	11:25	11:50	11:59	12:06	12:26	12:44	13:15	14:11	13:52	13:27	14:16	15:03	15:49	15:02	14:36	16:05
Overall-Group	Position	137-17	133-18	134-17	123-12	117-14	114-12	110-12	111-13	85-8	81-8	75-8	69-8	66-8	60-8	52-8	52-8
Choi,	Time of Day	0:07:05	0:08:03	0:09:09	0:10:06	0:11:23	0:12:26	0:13:45	0:15:12								
Sung Ho (FL)	Time Cum	01:05	02:03	03:09	04:06	05:23	06:26	07:45	09:12								
9	Time Delta	01:05	00:57	01:05	00:57	01:16	01:03	01:18	01:27								
Age 39	Pace Cum	09:33	09:52	09:47	09:52	10:09	10:19	10:29	11:04								
Group M30-39	Pace Delta	09:33	10:16	09:37	10:09	11:09	11:17	11:25	15:33								
Overall-Group	Position	29-8	34-9	31-9	29-9	39-9	38-10	39-10	50-14								
<u>Cline,</u>	Time of Day	0:07:20	0:08:31	0:09:54	0:11:10	0:12:36	0:13:52	0:15:24	0:16:41	0:18:17	0:19:41	0:21:23	0:22:39	1:00:15	1:01:49	1:03:23	1:04:37:21
<u>Genno (NC)</u>	Time Cum	01:20	02:31	03:54	05:10	06:36	07:52	09:24	10:41	12:17	13:41	15:23	16:39	18:15	19:49	21:23	22:37:21
78	Time Delta	01:20	01:10	01:22	01:16	01:26	01:15	01:32	01:16	01:36	01:23	01:41	01:15	01:35	01:34	01:33	01:14:13
Age 42	Pace Cum	11:47	12:07	12:06	12:26	12:27	12:36	12:44	12:50	12:59	13:09	13:19	13:19	13:23	13:36	13:36	13:34
Group F40-49	Pace Delta	11:47	12:31	12:03	13:34	12:34	13:24	13:31	13:34	14:01	14:51	14:51	13:26	13:59	16:44	13:39	13:08
Overall-Group	Position	165-14	164-14	155-13	158-13	148-13	141-13	130-12	128-12	100-9	99-9	90-8	84-8	70-4	65-4	58-4	48-3
Clouston,	Time of Day	0:07:16	0:08:25	0:09:48	0:11:00	0:12:25	0:13:42	0:15:22	0:16:38	0:18:17	0:19:36	0:21:30	0:23:32	1:02:37	1:04:40	1:06:47	1:08:23:51
Bob (VA)	Time Cum	01:16	02:25	03:48	05:00	06:25	07:42	09:22	10:38	12:17	13:36	15:30	17:32	20:37	22:40	24:47	26:23:51
79	Time Delta	01:16	01:08	01:23	01:12	01:24	01:17	01:39	01:15	01:39	01:19	01:53	02:02	03:05	02:03	02:06	01:36:05
Age 53	Pace Cum	11:09	11:38	11:49	12:01	12:06	12:20	12:41	12:46	12:58	13:04	13:25	14:02	15:07	15:33	15:46	15:50
Group M50-59	Pace Delta	11:09	12:12	12:09	12:45	12:21	13:42	14:35	13:23	14:27	14:06	16:34	21:38	27:01	21:47	18:32	17:00
Overall-Group	Position	119-12	135-17	140-20	141-21	123-16	123-16	127-16	119-14	99-14	95-13	93-12	106-14	113-15	110-14	101-13	98-13
Cockman,	Time of Day	0:07:27	0:08:43	0:10:21	0:11:43	0:13:15	0:14:32	0:16:15	0:17:52								
Dave (NC)	Time Cum	01:27	02:43	04:21	05:43	07:15	08:32	10:15	11:52								
49	Time Delta	01:27	01:16	01:37	01:22	01:31	01:16	01:42	01:37								
Age 57	Pace Cum	12:47	13:06	13:29	13:44	13:40	13:40	13:52	14:15								
Group M50-59	Pace Delta	12:47	13:30	14:12	14:36	13:26	13:35	15:02	17:17								
Overall-Group	Position	212-34	208-35	208-34	210-36	193-31	189-29	182-27	190-28								
Combs,	Time of Day	0:07:18	0:08:29	0:09:57	0:11:18	0:13:04	0:15:01										
Jay (GA)	Time Cum	01:18	02:29	03:57	05:18	07:04	09:01										
80	Time Delta	01:18	01:10	01:28	01:21	01:45	01:56										
Age 51	Pace Cum	11:30	11:56	12:17	12:45	13:20	14:26										
Group M50-59	Pace Delta	11:30	12:27	12:56	14:22	15:26	20:39										
Overall-Group	Position	139-18	155-23	164-24	175-25	186-29	211-33										

2015 Umstead 50/100 Mile Endurance Run -- 03/28/2015

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>Cook,</u> <u>Amy (MD)</u>	Time of Day	0:07:16	0:08:21	0:09:42	0:10:54	0:12:27	0:13:45	0:15:28	0:17:00	0:18:55	0:20:41	0:22:53	1:00:47	1:03:23	1:05:45		
82	Time Cum	01:16	02:21	03:42	04:54	06:27	07:45	09:28	11:00	12:55	14:41	16:53	18:47	21:23	23:45		
Age 52	Time Delta	01:16	01:04	01:21	01:11	01:32	01:18	01:43	01:31	01:54	01:46	02:12	01:53	02:35	02:22		
Group F50-59	Pace Cum	11:14	11:20	11:31	11:47	12:09	12:25	12:50	13:13	13:38	14:06	14:37	15:02	15:41	16:17		
Overall-Group	Pace Delta	11:14	11:26	11:52	12:40	13:31	13:56	15:04	16:14	16:41	18:46	19:22	20:06	22:45	25:13		
	Position	123-7	113-7	119-7	121-8	124-7	129-7	140-9	149-10	126-8	129-8	129-10	127-10	125-9	128-9		
<u>Cook,</u> <u>Ethel (PA)</u>	Time of Day	0:07:27	0:08:45	0:10:21	0:11:47	0:13:38	0:15:21	0:17:48	0:20:44								
81	Time Cum	01:27	02:45	04:21	05:47	07:38	09:21	11:48	14:44								
Age 50	Time Delta	01:27	01:18	01:35	01:26	01:50	01:42	02:27	02:56								
Group F50-59	Pace Cum	12:42	13:16	13:31	13:55	14:24	14:58	15:58	17:42								
Overall-Group	Pace Delta	12:42	13:56	13:58	15:18	16:09	18:09	21:28	31:15								
	Position	208-21	217-22	213-23	218-21	224-23	229-23	234-23	240-24								
<u>Coombes,</u> <u>Drew (NC)</u>	Time of Day	0:07:12	0:08:13	0:09:29	0:10:38	0:11:56	0:13:04	0:14:32	0:15:55	0:17:43	0:18:54	0:20:46	0:22:50				
83	Time Cum	01:12	02:13	03:29	04:38	05:56	07:04	08:32	09:55	11:43	12:54	14:46	16:50				
Age 31	Time Delta	01:12	01:00	01:16	01:08	01:18	01:08	01:27	01:23	01:47	01:11	01:52	02:03				
Group M30-39	Pace Cum	10:35	10:40	10:50	11:08	11:11	11:19	11:33	11:55	12:22	12:23	12:47	13:28				
Overall-Group	Pace Delta	10:35	10:47	11:07	12:09	11:24	12:05	12:49	14:44	15:41	12:36	16:25	21:55				
	Position	86-19	79-21	82-20	84-21	78-22	79-22	80-21	84-21	77-20	71-20	72-19	88-20				
<u>Cooper,</u> <u>Craig (SC)</u>	Time of Day	0:07:05	0:08:02	0:09:10	0:10:12	0:11:22	0:12:24	0:13:38	0:14:43								
84	Time Cum	01:05	02:02	03:10	04:12	05:22	06:24	07:38	08:43								
Age 49	Time Delta	01:05	00:57	01:07	01:02	01:10	01:01	01:13	01:05								
Group M40-49	Pace Cum	09:33	09:50	09:51	10:06	10:08	10:15	10:20	10:28								
Overall-Group	Pace Delta	09:33	10:10	09:52	10:59	10:15	10:56	10:48	11:31								
	Position	29-8	32-11	36-10	43-14	34-13	34-14	30-12	29-12								
<u>Corriveau,</u> <u>Anthony (NC)</u>	Time of Day	0:07:16	0:08:40														
85	Time Cum	01:16	02:40														
Age 44	Time Delta	01:16	01:24														
Group M40-49	Pace Cum	11:06	12:51														
Overall-Group	Pace Delta	11:06	15:00														
	Position	114-37	197-50														
<u>Cotuna,</u> <u>Theo (NC)</u>	Time of Day	0:07:28	0:08:48	0:10:21	0:11:38	0:13:17	0:14:38	0:16:15	0:17:40	0:19:22	0:20:51	0:22:36	0:23:58	1:01:37	1:03:06	1:05:06	1:06:56:07
86	Time Cum	01:28	02:48	04:21	05:38	07:17	08:38	10:15	11:40	13:22	14:51	16:36	17:58	19:37	21:06	23:06	24:56:07
Age 51	Time Delta	01:28	01:20	01:33	01:17	01:38	01:21	01:37	01:25	01:41	01:29	01:44	01:21	01:39	01:29	01:59	01:49:52
Group M50-59	Pace Cum	12:51	13:27	13:30	13:33	13:43	13:50	13:53	14:01	14:07	14:16	14:22	14:23	14:23	14:29	14:42	14:58
Overall-Group	Pace Delta	12:51	14:10	13:35	13:45	14:21	14:24	14:10	15:07	14:48	15:52	15:15	14:29	14:27	15:53	17:25	19:27
	Position	218-35	224-37	211-34	200-32	196-32	193-30	183-27	181-27	141-19	138-17	120-15	111-15	100-12	94-11	88-11	86-11
<u>Cowan,</u> <u>Travis (SC)</u>	Time of Day	0:07:28	0:08:48	0:10:24	0:11:43	0:13:29	0:15:02	0:17:40	0:19:25								
87	Time Cum	01:28	02:48	04:24	05:43	07:29	09:02	11:40	13:25								
Age 51	Time Delta	01:28	01:20	01:36	01:18	01:45	01:33	02:38	01:44								
Group M50-59	Pace Cum	12:51	13:27	13:39	13:44	14:06	14:27	15:47	16:06								
Overall-Group	Pace Delta	12:51	14:10	14:03	13:57	15:28	16:28	23:06	18:34								
	Position	217-35	223-37	225-38	208-36	212-36	214-34	231-36	230-36								

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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
Cushma, John (GA)	Time of Day	0:07:15	0:08:15	0:09:22	0:10:26	0:11:44	0:12:55	0:14:18	0:15:35	0:17:07	0:18:30	0:20:12	0:21:36	0:23:29	1:01:08	1:03:12	1:05:13:13
	Time Cum	01:15	02:15	03:22	04:26	05:44	06:55	08:18	09:35	11:07	12:30	14:12	15:36	17:29	19:08	21:12	23:13:13
88	Time Delta	01:15	01:00	01:06	01:04	01:17	01:11	01:22	01:16	01:32	01:22	01:42	01:24	01:52	01:38	02:04	02:01:07
Age 41	Pace Cum	10:57	10:51	10:28	10:40	10:48	11:05	11:14	11:30	11:45	12:00	12:18	12:29	12:49	13:07	13:29	13:56
Group M40-49	Pace Delta	10:57	10:44	09:45	11:20	11:21	12:39	12:04	13:36	13:29	14:37	14:58	14:52	16:25	17:31	18:07	21:26
Overall-Group	Position	101-32	93-28	69-25	68-24	66-23	69-23	67-22	69-25	55-19	56-20	53-18	52-19	48-18	51-19	53-18	61-22
Daigeaun, Michael (PA)	Time of Day	0:06:50	0:07:32	0:08:21	0:09:03	0:09:54	0:10:40	0:11:52	0:12:49	0:13:51	0:14:45	0:15:43	0:16:36	0:17:40	0:18:35	0:19:36	0:20:35:34
	Time Cum	00:50	01:32	02:21	03:03	03:54	04:40	05:52	06:49	07:51	08:45	09:43	10:36	11:40	12:35	13:36	14:35:34
89	Time Delta	00:50	00:41	00:49	00:42	00:50	00:45	01:12	00:57	01:01	00:54	00:57	00:53	01:03	00:54	01:01	00:58:58
Age 35	Pace Cum	07:26	07:24	07:19	07:21	07:21	07:28	07:57	08:11	08:17	08:25	08:25	08:29	08:33	08:38	08:39	08:45
Group M30-39	Pace Delta	07:26	07:21	07:11	07:28	07:21	08:07	10:33	10:07	09:02	09:41	08:23	09:23	09:19	09:42	08:59	10:26
Overall-Group	Position	2-1	2-1	2-1	2-1	2-1	2-1	3-2	3-2	2-2	1-1	1-1	1-1	1-1	1-1	1-1	1-1
Dailey, John (NC)	Time of Day	0:07:15	0:08:19	0:09:37	0:10:45	0:12:05	0:13:19	0:14:45	0:16:01	0:17:35	0:18:54	0:20:32	0:21:54	0:23:49	1:01:23	1:03:13	1:04:39:55
	Time Cum	01:15	02:19	03:37	04:45	06:05	07:19	08:45	10:01	11:35	12:54	14:32	15:54	17:49	19:23	21:13	22:39:55
90	Time Delta	01:15	01:03	01:17	01:08	01:20	01:13	01:25	01:16	01:33	01:18	01:38	01:21	01:55	01:33	01:50	01:26:04
Age 45	Pace Cum	11:04	11:11	11:14	11:26	11:29	11:43	11:50	12:02	12:14	12:23	12:35	12:43	13:04	13:18	13:30	13:36
Group M40-49	Pace Delta	11:04	11:19	11:20	12:06	11:42	12:58	12:33	13:34	13:41	13:56	14:24	14:24	16:52	16:30	16:11	15:14
Overall-Group	Position	113-32	105-32	105-36	104-36	97-37	95-37	90-32	88-32	71-26	69-25	64-23	59-22	58-21	57-22	55-20	49-16
<u>Davidson,</u> <u>Sara (DC)</u>	Time of Day	0:07:19	0:08:27	0:09:48	0:10:59	0:12:27	0:13:39	0:15:04	0:16:18	0:17:58	0:19:17	0:21:00	0:22:25	1:00:14	1:01:47	1:03:33	1:05:08:18
	Time Cum	01:19	02:27	03:48	04:59	06:27	07:39	09:04	10:18	11:58	13:17	15:00	16:25	18:14	19:47	21:33	23:08:18
91	Time Delta	01:19	01:07	01:21	01:11	01:27	01:12	01:25	01:13	01:40	01:19	01:43	01:24	01:49	01:32	01:46	01:34:49
Age 32	Pace Cum	11:37	11:46	11:49	11:59	12:09	12:15	12:16	12:22	12:38	12:45	12:59	13:08	13:22	13:34	13:43	13:53
Group F30-39	Pace Delta	11:37	11:56	11:55	12:35	12:45	12:46	12:26	13:02	14:36	14:02	15:05	15:01	15:55	16:24	15:31	16:47
Overall-Group	Position	151-19	141-20	141-20	136-17	124-16	120-16	111-14	103-11	84-8	82-9	77-9	75-9	69-9	64-9	65-9	59-9
Daylor, Shaun (MA)	Time of Day	0:07:14	0:08:17	0:09:33	0:10:37	0:11:54	0:12:58	0:14:15	0:15:19	0:16:37	0:17:41	0:19:00	0:20:07	0:21:32	0:22:42	1:00:05	1:01:15:07
	Time Cum	01:14	02:17	03:33	04:37	05:54	06:58	08:15	09:19	10:37	11:41	13:00	14:07	15:32	16:42	18:05	19:15:07
92	Time Delta	01:14	01:02	01:16	01:04	01:16	01:04	01:16	01:04	01:17	01:04	01:18	01:07	01:24	01:10	01:23	01:09:34
Age 36	Pace Cum	10:53	10:59	11:02	11:07	11:07	11:10	11:10	11:12	11:12	11:14	11:15	11:18	11:23	11:27	11:30	11:33
Group M30-39	Pace Delta	10:53	11:05	11:09	11:22	11:07	11:26	11:14	11:22	11:16	11:26	11:30	11:52	12:20	12:27	12:09	12:19
Overall-Group	Position	97-22	98-23	88-22	81-20	74-20	73-20	64-17	62-15	42-14	37-14	32-11	25-8	26-9	25-8	22-7	20-7
Dellert, Mike (MD)	Time of Day	0:07:03	0:07:54	0:09:01	0:09:59	0:11:16	0:12:24	0:13:48	0:15:00	0:16:27	0:17:42	0:19:23	0:20:55	0:23:06	1:00:58	1:03:27	1:05:34:08
	Time Cum	01:03	01:54	03:01	03:59	05:16	06:24	07:48	09:00	10:27	11:42	13:23	14:55	17:06	18:58	21:27	23:34:08
93	Time Delta	01:03	00:51	01:06	00:58	01:17	01:08	01:23	01:11	01:26	01:15	01:40	01:32	02:11	01:51	02:29	02:06:12
Age 42	Pace Cum	09:12	09:10	09:21	09:36	09:57	10:16	10:34	10:48	11:02	11:15	11:35	11:56	12:33	13:01	13:39	14:08
Group M40-49	Pace Delta	09:12	09:08	09:41	10:25	11:14	12:02	12:13	12:43	12:40	13:23	14:39	16:18	19:14	19:48	21:46	22:20
Overall-Group	Position	20-6	17-6	20-8	23-9	25-9	35-14	42-14	43-15	36-11	38-10	39-12	39-12	45-16	47-17	60-23	71-28
Demarse, Neil (NC)	Time of Day	0:07:07	0:08:03	0:09:12	0:10:15	0:11:38	0:12:47	0:14:13	0:15:27	0:17:08	0:18:37	0:20:34	0:22:05	1:02:37	1:04:50	1:08:14	1:10:25:14
	Time Cum	01:07	02:03	03:12	04:15	05:38	06:47	08:13	09:27	11:08	12:37	14:34	16:05	20:37	22:50	26:14	28:25:14
94	Time Delta	01:07	00:55	01:09	01:03	01:22	01:09	01:25	01:14	01:40	01:28	01:57	01:30	04:31	02:13	03:24	02:10:24
Age 39	Pace Cum	09:54	09:53	09:58	10:14	10:37	10:52	11:07	11:21	11:46	12:07	12:37	12:53	15:07	15:40	16:41	17:03
Group M30-39	Pace Delta	09:54	09:53	10:05	11:11	12:00	12:18	12:30	13:13	14:44	15:43	17:09	16:06	39:35	23:40	29:48	23:05
Overall-Group	Position	48-14	37-9	44-11	48-13	59-15	60-16	63-16	64-17	57-16	61-17	67-17	64-17	112-21	112-20	122-23	126-23

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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
Detrick, Mike (NC)	Time of Day	0:07:10	0:08:10	0:09:29	0:10:38	0:12:10	0:13:28	0:15:19	0:17:08								
95	Time Cum	01:10	02:10	03:29	04:38	06:10	07:28	09:19	11:08								
Age 34	Time Delta	01:10	01:00	01:18	01:09	01:31	01:18	01:51	01:48								
Group M30-39	Pace Cum	10:16	10:28	10:48	11:09	11:37	11:57	12:37	13:22								
Overall-Group	Pace Delta	10:16	10:42	11:25	12:19	13:22	13:49	16:16	19:11								
	Position	69-17	65-17	77-20	86-21	103-23	104-25	125-27	157-32								
<u>Didrich,</u> <u>Kim (NY)</u>	Time of Day	0:07:22	0:08:33	0:10:00	0:11:11	0:12:38	0:13:55	0:15:28	0:16:44	0:18:26	0:19:45	0:22:34	1:00:30	1:03:31	1:05:37	1:08:21	1:10:39:10
97	Time Cum	01:22	02:33	04:00	05:11	06:38	07:55	09:28	10:44	12:26	13:45	16:34	18:30	21:31	23:37	26:21	28:39:10
Age 34	Time Delta	01:22	01:11	01:27	01:10	01:27	01:16	01:32	01:16	01:41	01:18	02:49	01:56	03:00	02:06	02:43	02:17:59
Group F30-39	Pace Cum	12:02	12:17	12:27	12:28	12:32	12:41	12:49	12:54	13:08	13:12	14:20	14:49	15:47	16:12	16:46	17:11
Overall-Group	Pace Delta	12:02	12:35	12:45	12:31	12:45	13:35	13:30	13:33	14:52	13:55	24:43	20:34	26:25	22:20	23:51	24:25
	Position	178-23	177-23	173-22	162-20	153-19	149-19	139-19	131-19	108-14	100-13	117-14	121-15	127-15	125-14	124-15	131-15
Dines, Tim (TN)	Time of Day	0:07:11	0:08:10	0:09:20	0:10:21	0:11:39	0:12:46	0:14:09	0:15:21	0:16:51	0:18:09	0:19:54	0:21:24	0:23:18	1:00:45	1:02:35	1:04:06:56
98	Time Cum	01:11	02:10	03:20	04:21	05:39	06:46	08:09	09:21	10:51	12:09	13:54	15:24	17:18	18:45	20:35	22:06:56
Age 35	Time Delta	01:11	00:58	01:10	01:00	01:17	01:07	01:22	01:11	01:30	01:17	01:45	01:29	01:53	01:27	01:50	01:31:15
Group M30-39	Pace Cum	10:23	10:24	10:22	10:27	10:39	10:51	11:02	11:13	11:27	11:40	12:02	12:20	12:41	12:52	13:06	13:16
Overall-Group	Pace Delta	10:23	10:26	10:17	10:47	11:23	11:57	12:05	12:39	13:09	13:47	15:26	15:55	16:35	15:27	16:04	16:09
	Position	78-18	64-17	61-17	57-17	61-16	59-15	60-15	63-16	50-15	49-15	47-14	48-14	47-14	44-14	42-14	42-14
Dodge, Tim (NC)	Time of Day	0:07:10	0:08:10	0:09:20	0:10:22	0:11:35	0:12:44	0:14:04	0:15:15								
99	Time Cum	01:10	02:10	03:20	04:22	05:35	06:44	08:04	09:15								
Age 41	Time Delta	01:10	01:00	01:09	01:01	01:12	01:08	01:19	01:11								
Group M40-49	Pace Cum	10:20	10:29	10:23	10:30	10:32	10:46	10:55	11:07								
Overall-Group	Pace Delta	10:20	10:40	10:12	10:56	10:35	12:10	11:40	12:44								
	Position	75-19	68-23	63-21	60-19	54-19	57-20	51-17	57-19								
Domont, Noah (NC)	Time of Day	0:07:20	0:08:32	0:09:59	0:11:16	0:12:55	0:14:12	0:15:50	0:17:15	0:19:11	0:20:47	0:23:14	1:01:25	1:04:37	1:07:08	1:09:34	1:11:29:38
101	Time Cum	01:20	02:32	03:59	05:16	06:55	08:12	09:50	11:15	13:11	14:47	17:14	19:25	22:37	25:08	27:34	29:29:38
Age 41	Time Delta	01:20	01:11	01:27	01:16	01:39	01:16	01:38	01:24	01:56	01:35	02:27	02:10	03:12	02:30	02:25	01:55:38
Group M40-49	Pace Cum	11:49	12:12	12:23	12:39	13:03	13:08	13:19	13:30	13:56	14:12	14:55	15:32	16:35	17:14	17:32	17:42
Overall-Group	Pace Delta	11:49	12:41	12:42	13:33	14:30	13:37	14:19	14:59	17:03	16:58	21:28	23:04	28:05	26:41	21:16	20:28
	Position	166-44	174-47	170-48	170-48	172-50	168-50	164-50	163-51	134-44	133-44	136-42	142-43	144-43	146-43	141-41	141-41
<u>DuBois,</u> <u>Rachel (NC)</u>	Time of Day	0:07:33	0:08:51	0:10:21	0:11:36	0:13:03	0:14:23	0:15:50	0:17:03								
102	Time Cum	01:33	02:51	04:21	05:36	07:03	08:23	09:50	11:03								
Age 47	Time Delta	01:33	01:18	01:29	01:15	01:27	01:19	01:27	01:13								
Group F40-49	Pace Cum	13:35	13:44	13:29	13:28	13:18	13:25	13:18	13:16								
Overall-Group	Pace Delta	13:35	13:56	13:02	13:21	12:45	14:01	12:42	13:01								
	Position	238-25	232-24	209-20	196-19	183-18	184-18	163-15	151-15								
Duggan, Daniel (PA)	Time of Day	0:07:24	0:08:37	0:10:07	0:11:27	0:13:02	0:14:22	0:16:05	0:17:32	0:19:31	0:21:08	0:23:29	1:01:22	1:04:12	1:06:21	1:08:52	1:10:50:55
103	Time Cum	01:24	02:37	04:07	05:27	07:02	08:22	10:05	11:32	13:31	15:08	17:29	19:22	22:12	24:21	26:52	28:50:55
Age 36	Time Delta	01:24	01:12	01:29	01:20	01:34	01:19	01:42	01:27	01:58	01:36	02:21	01:52	02:50	02:08	02:31	01:58:00
Group M30-39	Pace Cum	12:21	12:34	12:46	13:06	13:15	13:23	13:39	13:51	14:16	14:32	15:08	15:30	16:17	16:42	17:06	17:19
Overall-Group	Pace Delta	12:21	12:50	13:08	14:12	13:51	14:09	15:01	15:28	17:21	17:07	20:38	19:56	24:53	22:48	22:08	20:53
	Position	188-37	186-37	189-37	188-37	179-35	180-37	178-37	179-37	144-32	147-32	144-29	140-27	137-24	134-24	133-24	132-24

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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	
<hr/>																		
<u>Dummar,</u>	Time of Day	0:07:29	0:08:52	0:10:24	0:11:50													
<u>Susan (NC)</u>	Time Cum	01:29	02:52	04:24	05:50													
50	Time Delta	01:29	01:23	01:32	01:25													
Age 50	Pace Cum	13:00	13:46	13:41	14:01													
Group F50-59	Pace Delta	13:00	14:42	13:31	15:08													
Overall-Group	Position	224-23	236-24	229-24	225-24													
<hr/>																		
Durr,	Time of Day	0:07:45	0:09:21	0:11:20	0:13:05	0:15:29	0:17:23	0:19:46	0:21:56									
Stephen (VA)	Time Cum	01:45	03:21	05:20	07:05	09:29	11:23	13:46	15:56									
104	Time Delta	01:45	01:35	01:58	01:45	02:23	01:53	02:23	02:10									
Age 48	Pace Cum	15:28	16:07	16:33	17:02	17:53	18:13	18:38	19:08									
Group M40-49	Pace Delta	15:28	16:55	17:18	18:43	21:00	20:06	20:53	23:05									
Overall-Group	Position	256-59	255-59	254-58	253-58	251-58	250-58	246-58	244-58									
<hr/>																		
<u>Edwards,</u>	Time of Day	0:07:05	0:07:59	0:09:03	0:09:57	0:11:01	0:11:56	0:13:02	0:14:03	0:15:12	0:16:12	0:17:21	0:18:21	0:19:33	0:20:39	0:22:07	0:23:24:16	
<u>Jennifer (WA)</u>	Time Cum	01:05	01:59	03:03	03:57	05:01	05:56	07:02	08:03	09:12	10:12	11:21	12:21	13:33	14:39	16:07	17:24:16	
2	Time Delta	01:05	00:53	01:04	00:53	01:03	00:55	01:06	01:00	01:09	01:00	01:08	00:59	01:11	01:06	01:27	01:17:02	
Age 39	Pace Cum	09:37	09:32	09:30	09:30	09:28	09:30	09:32	09:40	09:43	09:48	09:50	09:53	09:56	10:03	10:15	10:27	
Group F30-39	Pace Delta	09:37	09:27	09:26	09:32	09:19	09:45	09:40	10:42	10:08	10:38	10:03	10:33	10:30	11:47	12:47	13:38	
Overall-Group	Position	39-2	23-2	24-2	19-1	18-1	17-1	18-1	17-1	15-1	15-1	11-1	11-1	11-1	12-1	12-1	12-1	
<hr/>																		
Edwards,	Time of Day	0:07:17	0:08:23	0:09:37	0:10:42	0:12:04	0:13:16	0:14:44	0:16:04	0:17:57	0:19:12	0:20:48	0:22:24	1:00:26	1:02:08	1:04:13	1:05:49:11	
K Mike (MD)	Time Cum	01:17	02:23	03:37	04:42	06:04	07:16	08:44	10:04	11:57	13:12	14:48	16:24	18:26	20:08	22:13	23:49:11	
60	Time Delta	01:17	01:05	01:14	01:05	01:21	01:12	01:27	01:19	01:53	01:15	01:35	01:36	02:01	01:42	02:04	01:35:59	
Age 52	Pace Cum	11:19	11:27	11:15	11:19	11:26	11:39	11:49	12:05	12:37	12:41	12:49	13:08	13:31	13:49	14:08	14:18	
Group M50-59	Pace Delta	11:19	11:36	10:52	11:33	11:53	12:49	12:47	14:09	16:32	13:18	14:01	17:04	17:42	18:07	18:13	16:59	
Overall-Group	Position	133-15	120-14	106-12	96-11	94-9	92-9	87-8	91-9	82-10	80-10	73-10	74-10	76-11	76-10	78-9	79-10	
<hr/>																		
Ellick,	Time of Day	0:07:15	0:08:19	0:09:37	0:10:40	0:11:55	0:12:57	0:14:07	0:15:06	0:16:23	0:17:25	0:18:54	0:20:08	0:21:29	0:22:43	1:00:12	1:01:27:03	
Todd (VA)	Time Cum	01:15	02:19	03:37	04:40	05:55	06:57	08:07	09:06	10:23	11:25	12:54	14:08	15:29	16:43	18:12	19:27:03	
105	Time Delta	01:15	01:03	01:18	01:02	01:15	01:01	01:10	00:59	01:16	01:02	01:29	01:13	01:21	01:14	01:28	01:14:38	
Age 31	Pace Cum	11:03	11:08	11:15	11:13	11:10	11:07	10:59	10:56	10:58	10:58	11:10	11:19	11:21	11:28	11:35	11:40	
Group M30-39	Pace Delta	11:03	11:15	11:26	11:07	11:00	10:52	10:16	10:31	11:10	11:02	13:02	13:02	11:51	13:08	12:56	13:13	
Overall-Group	Position	111-24	101-24	108-24	91-23	75-21	71-19	57-14	45-13	34-11	27-9	26-8	26-9	24-8	26-9	24-8	24-8	
<hr/>																		
Esser,	Time of Day	0:07:42	0:09:11	0:11:02	0:12:38	0:14:33	0:16:13	0:18:11	0:19:50									
Walt (NC)	Time Cum	01:42	03:11	05:02	06:38	08:33	10:13	12:11	13:50									
42	Time Delta	01:42	01:28	01:51	01:35	01:54	01:39	01:58	01:38									
Age 76	Pace Cum	14:57	15:18	15:39	15:57	16:08	16:21	16:30	16:37									
Group M70-79	Pace Delta	14:57	15:43	16:19	16:59	16:44	17:39	17:19	17:30									
Overall-Group	Position	253-7	253-7	252-7	250-7	246-7	246-7	239-7	233-6									
<hr/>																		
Eveland,	Time of Day	0:06:56	0:07:45	0:08:44	0:09:35	0:10:38	0:11:34	0:12:42	0:13:37	0:14:47	0:15:44	0:16:52	0:17:51	0:18:59	0:19:58	0:21:06	0:21:59:32	
Christopher (OH)	Time Cum	00:56	01:45	02:44	03:35	04:38	05:34	06:42	07:37	08:47	09:44	10:52	11:51	12:59	13:58	15:06	15:59:32	
106	Time Delta	00:56	00:48	00:58	00:51	01:02	00:56	01:07	00:55	01:09	00:57	01:07	00:58	01:07	00:58	01:08	00:52:48	
Age 40	Pace Cum	08:18	08:25	08:29	08:37	08:44	08:56	09:04	09:09	09:17	09:22	09:25	09:29	09:31	09:35	09:37	09:36	
Group M40-49	Pace Delta	08:18	08:33	08:36	09:05	09:10	10:03	09:48	09:52	10:10	10:11	09:53	10:24	09:54	10:25	10:02	09:21	
Overall-Group	Position	9-1	10-2	11-2	10-1	10-1	10-1	10-1	9-1	8-1	8-1	7-1	7-1	6-1	6-1	6-1	6-1	

2015 Umstead 50/100 Mile Endurance Run -- 03/28/2015

Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Evenson, Scott (NC) 107 Age 49 Group M40-49 Overall-Group	Time of Day	0:07:22	0:08:32	0:09:54	0:11:06	0:12:32	0:13:50	0:15:26	0:16:51	0:18:45	0:20:17	0:22:07	0:23:58	1:02:19	1:04:34	1:07:15	1:09:09:55
	Time Cum	01:22	02:32	03:54	05:06	06:32	07:50	09:26	10:51	12:45	14:17	16:07	17:58	20:19	22:34	25:15	27:09:55
	Time Delta	01:22	01:10	01:21	01:12	01:26	01:18	01:35	01:25	01:54	01:31	01:50	01:50	02:21	02:15	02:41	01:54:07
	Pace Cum	11:59	12:12	12:06	12:16	12:20	12:33	12:46	13:02	13:28	13:43	13:57	14:22	14:54	15:29	16:04	16:18
	Pace Delta	11:59	12:27	11:55	12:50	12:34	13:50	13:54	15:10	16:40	16:09	16:09	19:32	20:35	24:01	23:31	20:12
Farrell, Patrick (OH) 109 Age 50 Group M50-59 Overall-Group	Time of Day	0:07:08	0:08:11	0:09:29	0:10:38	0:11:59	0:13:14	0:14:45	0:16:00	0:17:32	0:18:50	0:20:30	0:21:59	1:00:11	1:01:54	1:03:55	1:05:37:59
	Time Cum	01:08	02:11	03:29	04:38	05:59	07:14	08:45	10:00	11:32	12:50	14:30	15:59	18:11	19:54	21:55	23:37:59
	Time Delta	01:08	01:03	01:17	01:08	01:20	01:15	01:31	01:14	01:31	01:18	01:39	01:28	02:12	01:42	02:01	01:42:44
	Pace Cum	10:03	10:33	10:50	11:08	11:16	11:35	11:51	12:00	12:10	12:20	12:33	12:47	13:20	13:39	13:56	14:11
	Pace Delta	10:03	11:10	11:20	12:09	11:47	13:17	13:22	13:11	13:25	13:58	14:30	15:43	19:19	18:09	17:42	18:11
Feder, Adam (GA) 110 Age 48 Group M40-49 Overall-Group	Time of Day	0:07:27	0:08:42	0:10:21	0:11:39	0:13:18	0:14:36	0:16:17	0:17:41	0:19:36	0:21:14	0:23:28	1:01:10	1:03:46	1:05:40	1:08:15	1:09:50:11
	Time Cum	01:27	02:42	04:21	05:39	07:18	08:36	10:17	11:41	13:36	15:14	17:28	19:10	21:46	23:40	26:15	27:50:11
	Time Delta	01:27	01:15	01:38	01:18	01:38	01:18	01:40	01:24	01:54	01:38	02:14	01:41	02:35	01:54	02:34	01:35:10
	Pace Cum	12:42	13:00	13:30	13:35	13:45	13:47	13:55	14:02	14:21	14:38	15:08	15:21	15:58	16:14	16:42	16:42
	Pace Delta	12:42	13:22	14:24	13:56	14:20	13:55	14:39	14:57	16:43	17:22	19:41	18:02	22:43	20:12	22:32	16:51
<u>Fejles,</u> <u>Erika (OH)</u> 111 Age 35 Group F30-39 Overall-Group	Time of Day	0:07:26	0:08:43	0:10:20	0:11:43	0:13:27	0:14:54	0:16:31	0:17:51								
	Time Cum	01:26	02:43	04:20	05:43	07:27	08:54	10:31	11:51								
	Time Delta	01:26	01:17	01:36	01:23	01:43	01:27	01:36	01:20								
	Pace Cum	12:33	13:03	13:26	13:45	14:02	14:15	14:14	14:13								
	Pace Delta	12:33	13:38	14:09	14:50	15:04	15:25	14:09	14:11								
Fisher, Casey (MD) 112 Age 32 Group M30-39 Overall-Group	Time of Day	0:07:25	0:08:32	0:09:56	0:11:02	0:12:23	0:13:31	0:14:55	0:16:04	0:17:32	0:18:48	0:20:31	0:21:54	0:23:35	1:01:02	1:02:56	1:04:32:36
	Time Cum	01:25	02:32	03:56	05:02	06:23	07:31	08:55	10:04	11:32	12:48	14:31	15:54	17:35	19:02	20:56	22:32:36
	Time Delta	01:25	01:07	01:23	01:06	01:21	01:08	01:23	01:08	01:28	01:16	01:42	01:23	01:40	01:27	01:53	01:36:29
	Pace Cum	12:25	12:11	12:12	12:07	12:03	12:03	12:05	12:05	12:11	12:18	12:34	12:44	12:54	13:03	13:19	13:32
	Pace Delta	12:25	11:54	12:14	11:48	11:50	12:02	12:13	12:11	12:52	13:28	14:57	14:48	14:41	15:24	16:37	17:05
<u>Fitzgerald,</u> <u>Amy (VA)</u> 113 Age 44 Group F40-49 Overall-Group	Time of Day	0:07:25	0:08:45	0:10:29	0:12:05	0:13:47	0:15:19	0:17:05	0:18:33	0:20:47	0:22:43	1:01:01	1:02:48	1:05:18	1:07:30	1:09:39	1:11:36:06
	Time Cum	01:25	02:45	04:29	06:05	07:47	09:19	11:05	12:33	14:47	16:43	19:01	20:48	23:18	25:30	27:39	29:36:06
	Time Delta	01:25	01:19	01:43	01:36	01:42	01:31	01:46	01:27	02:14	01:56	02:17	01:46	02:29	02:12	02:09	01:56:10
	Pace Cum	12:27	13:13	13:54	14:38	14:41	14:55	15:00	15:04	15:37	16:03	16:27	16:39	17:05	17:29	17:36	17:46
	Pace Delta	12:27	14:09	15:10	17:06	14:55	16:08	15:31	15:34	19:34	20:32	20:08	18:56	21:52	23:23	18:57	20:34
Flener, Karl (IL) 114 Age 41 Group M40-49 Overall-Group	Time of Day	0:07:10	0:08:13	0:09:17	0:10:16	0:11:30	0:12:37	0:14:05	0:15:14	0:16:43	0:17:57	0:19:35	0:21:05	0:23:05	1:00:59	1:03:12	1:04:42:32
	Time Cum	01:10	02:13	03:17	04:16	05:30	06:37	08:05	09:14	10:43	11:57	13:35	15:05	17:05	18:59	21:12	22:42:32
	Time Delta	01:10	01:03	01:03	00:58	01:13	01:07	01:27	01:09	01:28	01:13	01:38	01:30	01:59	01:53	02:13	01:30:04
	Pace Cum	10:16	10:42	10:13	10:16	10:22	10:36	10:57	11:06	11:19	11:29	11:46	12:05	12:32	13:01	13:29	13:38
	Pace Delta	10:16	11:14	09:20	10:26	10:44	11:56	12:48	12:17	12:56	13:06	14:23	15:56	17:26	20:08	19:27	15:56

2015 Umstead 50/100 Mile Endurance Run -- 03/28/2015

Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<hr/>																	
Fletcher, Jonathan (NC)	Time of Day	0:07:26	0:08:51	0:10:30	0:11:59	0:13:58	0:15:37	0:17:45	0:19:35	0:23:16							
115	Time Cum	01:26	02:51	04:30	05:59	07:58	09:37	11:45	13:35	17:16							
Age 31	Time Delta	01:26	01:24	01:38	01:29	01:58	01:39	02:08	01:49	03:41							
Group M30-39	Pace Cum	12:42	13:44	13:57	14:22	15:01	15:24	15:55	16:18	18:14							
Overall-Group	Pace Delta	12:42	14:59	14:22	15:47	17:22	17:39	18:43	19:21	32:20							
	Position	207-39	231-38	236-38	235-38	237-38	243-38	232-38	231-38	183-33							
<hr/>																	
<u>Fromm,</u> <u>Anita Marie (CO)</u>	Time of Day	0:07:12	0:08:13	0:09:34	0:10:44	0:12:06	0:13:23	0:14:59	0:16:19	0:17:57	0:19:40	0:22:46	1:00:27	1:02:55	1:04:59	1:07:34	1:09:27:04
36	Time Cum	01:12	02:13	03:34	04:44	06:06	07:23	08:59	10:19	11:57	13:40	16:46	18:27	20:55	22:59	25:34	27:27:04
Age 43	Time Delta	01:12	01:01	01:20	01:10	01:21	01:16	01:35	01:20	01:38	01:42	03:05	01:40	02:28	02:03	02:35	01:52:21
Group F40-49	Pace Cum	10:31	10:42	11:05	11:24	11:30	11:49	12:09	12:23	12:38	13:08	14:31	14:46	15:21	15:46	16:16	16:28
Overall-Group	Pace Delta	10:31	10:55	11:48	12:27	11:54	13:33	14:01	14:12	14:24	18:13	27:04	17:52	21:41	21:56	22:38	19:53
	Position	84-8	80-6	92-9	101-9	98-9	99-9	106-11	104-11	83-8	98-8	126-12	120-12	118-13	115-13	111-13	110-13
<hr/>																	
Garcia, Nick (FL)	Time of Day	0:07:14	0:08:14	0:09:29	0:10:35	0:12:03	0:13:17	0:14:53	0:16:19	0:18:25	0:19:53	0:21:43	0:23:16	1:01:29	1:03:40	1:06:13	1:08:19:59
117	Time Cum	01:14	02:14	03:29	04:35	06:03	07:17	08:53	10:19	12:25	13:53	15:43	17:16	19:29	21:40	24:13	26:19:59
Age 40	Time Delta	01:14	00:59	01:15	01:05	01:27	01:14	01:36	01:25	02:05	01:28	01:49	01:33	02:13	02:11	02:32	02:06:47
Group M40-49	Pace Cum	10:51	10:43	10:50	11:00	11:24	11:39	12:02	12:23	13:06	13:20	13:36	13:49	14:17	14:52	15:24	15:48
Overall-Group	Pace Delta	10:51	10:34	11:02	11:37	12:50	13:06	14:08	15:08	18:20	15:40	16:00	16:29	19:28	23:12	22:16	22:26
	Position	95-29	83-27	80-27	78-29	93-35	94-36	101-37	105-37	107-37	106-36	105-37	99-37	99-37	98-36	94-34	95-34
<hr/>																	
<u>Garen,</u> <u>Helen (OH)</u>	Time of Day	0:07:17	0:08:25	0:09:43	0:10:53	0:12:14	0:13:26	0:14:50	0:16:07	0:17:40	0:18:59	0:20:41	0:22:20	1:00:36	1:02:25	1:04:33	1:06:48:29
118	Time Cum	01:17	02:25	03:43	04:53	06:14	07:26	08:50	10:07	11:40	12:59	14:41	16:20	18:36	20:25	22:33	24:48:29
Age 50	Time Delta	01:17	01:08	01:17	01:10	01:20	01:12	01:24	01:16	01:32	01:19	01:42	01:39	02:15	01:48	02:07	02:15:06
Group F50-59	Pace Cum	11:17	11:38	11:31	11:45	11:45	11:54	11:58	12:09	12:19	12:28	12:43	13:05	13:39	14:00	14:21	14:53
Overall-Group	Pace Delta	11:17	12:04	11:20	12:29	11:45	12:50	12:19	13:32	13:31	14:00	15:00	17:33	19:49	19:16	18:39	23:55
	Position	130-9	136-9	120-8	120-7	110-5	102-4	97-3	97-3	74-2	72-2	69-2	71-1	81-1	84-1	84-2	85-2
<hr/>																	
George, Clint (NC)	Time of Day	0:07:14	0:08:08	0:09:14	0:10:15	0:11:39	0:12:55	0:14:21	0:15:41	0:17:25	0:18:49	0:20:34	0:22:13	1:00:41	1:02:57	1:05:17	1:07:17:42
119	Time Cum	01:14	02:08	03:14	04:15	05:39	06:55	08:21	09:41	11:25	12:49	14:34	16:13	18:41	20:57	23:17	25:17:42
Age 38	Time Delta	01:14	00:54	01:05	01:01	01:23	01:15	01:25	01:19	01:44	01:23	01:45	01:38	02:28	02:15	02:19	02:00:33
Group M30-39	Pace Cum	10:50	10:17	10:02	10:14	10:40	11:05	11:18	11:37	12:04	12:19	12:37	12:59	13:42	14:22	14:48	15:11
Overall-Group	Pace Delta	10:50	09:38	09:35	10:55	12:13	13:25	12:32	14:08	15:15	14:50	15:21	17:30	21:38	24:03	20:24	21:20
	Position	94-22	57-16	47-13	49-13	62-16	68-18	72-18	75-19	65-18	67-19	66-17	66-18	85-18	91-19	90-19	91-19
<hr/>																	
<u>Gernand,</u> <u>Carolyn (LA)</u>	Time of Day	0:07:37	0:09:07	0:10:59	0:12:42	0:15:03	0:17:23	0:19:59	0:22:29								
120	Time Cum	01:37	03:07	04:59	06:42	09:03	11:23	13:59	16:29								
Age 66	Time Delta	01:37	01:29	01:51	01:43	02:21	02:19	02:36	02:29								
Group F60-69	Pace Cum	14:14	14:59	15:27	16:05	17:05	18:13	18:56	19:47								
Overall-Group	Pace Delta	14:14	15:53	16:19	18:14	20:42	24:38	22:54	26:29								
	Position	245-4	248-4	251-4	251-4	249-4	249-4	247-4	246-4								
<hr/>																	
Gibbs, Sam (NC)	Time of Day	0:07:05	0:08:06	0:09:20	0:10:30	0:11:57	0:13:11	0:14:48	0:16:04	0:17:36	0:18:59	0:21:05	0:22:35	1:00:48	1:02:59		
121	Time Cum	01:05	02:06	03:20	04:30	05:57	07:11	08:48	10:04	11:36	12:59	15:05	16:35	18:48	20:59		
Age 43	Time Delta	01:05	01:01	01:13	01:09	01:26	01:14	01:36	01:16	01:31	01:23	02:05	01:29	02:13	02:11		
Group M40-49	Pace Cum	09:34	10:08	10:22	10:49	11:13	11:30	11:54	12:05	12:15	12:28	13:03	13:16	13:47	14:24		
Overall-Group	Pace Delta	09:34	10:50	10:47	12:23	12:39	13:07	14:08	13:30	13:25	14:45	18:21	15:55	19:27	23:12		
	Position	34-8	51-13	61-21	70-25	82-28	86-32	93-34	93-34	73-28	75-27	81-29	80-28	88-34	92-35		

2015 Umstead 50/100 Mile Endurance Run -- 03/28/2015

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>Giroux,</u>	Time of Day	0:07:26	0:08:38	0:10:06	0:11:22	0:13:00	0:14:21	0:16:08	0:17:28	0:19:12	0:20:41	0:22:47	1:00:23	1:02:32	1:04:20	1:06:54	1:08:35:18
<u>Karen (MA)</u>	Time Cum	01:26	02:38	04:06	05:22	07:00	08:21	10:08	11:28	13:12	14:41	16:47	18:23	20:32	22:20	24:54	26:35:18
122	Time Delta	01:26	01:11	01:28	01:16	01:37	01:21	01:47	01:20	01:43	01:29	02:05	01:35	02:09	01:48	02:33	01:41:02
Age 49	Pace Cum	12:42	12:41	12:45	12:55	13:11	13:22	13:43	13:47	13:56	14:06	14:32	14:42	15:03	15:19	15:50	15:57
Group F40-49	Pace Delta	12:42	12:40	12:52	13:28	14:12	14:20	15:38	14:17	15:06	15:48	18:23	16:55	18:52	19:12	22:25	17:53
Overall-Group	Position	206-21	188-16	188-17	180-17	176-17	179-17	180-18	177-18	136-12	131-12	127-13	119-11	109-11	104-10	104-10	99-10
<u>Goodwin,</u>	Time of Day	0:07:05	0:08:00	0:09:03	0:10:00	0:11:15	0:12:18	0:13:45	0:14:53	0:16:29	0:17:52	0:19:36	0:21:14	1:00:37			
<u>Dee (GA)</u>	Time Cum	01:05	02:00	03:03	04:00	05:15	06:18	07:45	08:53	10:29	11:52	13:36	15:14	18:37			
123	Time Delta	01:05	00:54	01:03	00:56	01:15	01:02	01:27	01:08	01:35	01:23	01:43	01:38	03:23			
Age 47	Pace Cum	09:34	09:37	09:30	09:37	09:55	10:05	10:29	10:41	11:04	11:24	11:46	12:11	13:39			
Group F40-49	Pace Delta	09:34	09:41	09:19	09:59	10:59	11:02	12:43	12:10	13:55	14:45	15:07	17:22	29:40			
Overall-Group	Position	36-3	27-3	25-1	24-1	23-1	25-1	40-4	39-3	39-3	43-3	41-3	45-3	82-8			
Gray,	Time of Day	0:07:06	0:08:03	0:09:10	0:10:12	0:11:23	0:12:27	0:13:42	0:14:49	0:16:08	0:17:17	0:18:48	0:20:07	0:22:04	0:23:35	1:01:19	1:02:44:07
Rick (TN)	Time Cum	01:06	02:03	03:10	04:12	05:23	06:27	07:42	08:49	10:08	11:17	12:48	14:07	16:04	17:35	19:19	20:44:07
124	Time Delta	01:06	00:57	01:06	01:02	01:10	01:04	01:15	01:06	01:19	01:09	01:30	01:19	01:56	01:31	01:43	01:25:07
Age 54	Pace Cum	09:38	09:55	09:49	10:06	10:09	10:20	10:26	10:35	10:42	10:51	11:05	11:18	11:47	12:04	12:17	12:26
Group M50-59	Pace Delta	09:38	10:16	09:38	11:04	10:17	11:22	11:02	11:45	11:32	12:18	13:15	13:59	17:00	16:08	15:10	15:04
Overall-Group	Position	40-4	39-4	34-4	42-4	37-4	39-4	37-4	36-4	26-3	26-3	23-3	24-3	31-3	32-3	31-3	30-3
Green,	Time of Day	0:07:32	0:08:51	0:10:29	0:11:52	0:13:36	0:15:01	0:16:52	0:18:26								
Thomas (MD)	Time Cum	01:32	02:51	04:29	05:52	07:36	09:01	10:52	12:26								
32	Time Delta	01:32	01:19	01:37	01:23	01:44	01:24	01:51	01:33								
Age 64	Pace Cum	13:31	13:45	13:54	14:06	14:21	14:27	14:43	14:55								
Group M60-69	Pace Delta	13:31	14:03	14:11	14:47	15:14	15:00	16:12	16:33								
Overall-Group	Position	235-9	235-9	232-11	229-11	219-10	213-9	210-9	207-10								
<u>Greening,</u>	Time of Day	0:07:25	0:08:45	0:10:22	0:11:47	0:13:30	0:14:56	0:16:41	0:18:10	0:20:01	0:21:38	0:23:43	1:01:28	1:03:44	1:05:45	1:07:59	1:09:40:07
<u>Cara (NC)</u>	Time Cum	01:25	02:45	04:22	05:47	07:30	08:56	10:41	12:10	14:01	15:38	17:43	19:28	21:44	23:45	25:59	27:40:07
125	Time Delta	01:25	01:20	01:36	01:25	01:42	01:25	01:45	01:28	01:51	01:36	02:05	01:44	02:15	02:01	02:13	01:40:44
Age 49	Pace Cum	12:28	13:15	13:33	13:55	14:08	14:18	14:28	14:36	14:48	15:01	15:20	15:35	15:56	16:18	16:32	16:36
Group F40-49	Pace Delta	12:28	14:11	14:06	15:11	14:57	15:12	15:22	15:43	16:14	17:09	18:20	18:34	19:45	21:33	19:30	17:50
Overall-Group	Position	199-16	215-20	219-23	219-22	214-22	208-22	200-21	201-22	163-17	159-17	152-15	143-15	129-15	129-14	118-14	113-14
Grossweiler,	Time of Day	0:07:05	0:07:57	0:09:02	0:09:58	0:11:13	0:12:21	0:13:39	0:14:45	0:16:13	0:17:28	0:18:58	0:20:22	0:22:18	0:23:55	1:02:06	1:03:52:20
David (VA)	Time Cum	01:05	01:57	03:02	03:58	05:13	06:21	07:39	08:45	10:13	11:28	12:58	14:22	16:18	17:55	20:06	21:52:20
127	Time Delta	01:05	00:52	01:04	00:56	01:14	01:08	01:18	01:06	01:27	01:14	01:30	01:23	01:56	01:37	02:11	01:45:41
Age 46	Pace Cum	09:29	09:23	09:24	09:31	09:50	10:11	10:22	10:31	10:48	11:01	11:14	11:30	11:57	12:17	12:47	13:07
Group M40-49	Pace Delta	09:29	09:14	09:28	09:55	10:56	12:09	11:25	11:41	12:49	13:14	13:09	14:45	16:57	17:11	19:11	18:42
Overall-Group	Position	23-8	20-8	22-9	20-7	22-8	28-10	33-13	30-13	28-9	29-9	30-9	33-9	37-11	37-11	38-11	38-11
Guidi,	Time of Day	0:07:15	0:08:24	0:09:58	0:11:18	0:13:03	0:14:19	0:15:59	0:17:21	0:19:13	0:20:52	0:23:18	1:01:31	1:04:15	1:06:35	1:09:00	1:11:14:30
Will (NC)	Time Cum	01:15	02:24	03:58	05:18	07:03	08:19	09:59	11:21	13:13	14:52	17:18	19:31	22:15	24:35	27:00	29:14:30
128	Time Delta	01:15	01:09	01:33	01:19	01:45	01:16	01:40	01:22	01:51	01:39	02:25	02:12	02:43	02:20	02:25	02:13:45
Age 31	Pace Cum	10:59	11:33	12:19	12:43	13:18	13:19	13:31	13:38	13:57	14:17	14:58	15:37	16:19	16:52	17:11	17:33
Group M30-39	Pace Delta	10:59	12:13	13:43	14:07	15:23	13:30	14:38	14:32	16:13	17:35	21:18	23:30	23:56	24:51	21:13	23:40
Overall-Group	Position	108-24	128-26	167-35	174-36	181-36	175-34	172-34	171-34	137-30	139-30	138-28	144-28	139-26	139-25	137-25	138-25

2015 Umstead 50/100 Mile Endurance Run -- 03/28/2015

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>Gury,</u>	Time of Day	0:07:19	0:08:27	0:09:50	0:11:03	0:12:42	0:14:09	0:15:46	0:17:12	0:19:08	0:20:50	0:22:55	1:00:41	1:03:10	1:05:10	1:07:55	1:09:53:14
<u>Sue (MD)</u>	Time Cum	01:19	02:27	03:50	05:03	06:42	08:09	09:46	11:12	13:08	14:50	16:55	18:41	21:10	23:10	25:55	27:53:14
129	Time Delta	01:19	01:07	01:23	01:13	01:38	01:27	01:36	01:26	01:55	01:42	02:04	01:46	02:28	01:59	02:45	01:57:29
Age 51	Pace Cum	11:38	11:47	11:55	12:09	12:37	13:03	13:13	13:27	13:52	14:15	14:38	14:57	15:31	15:53	16:29	16:44
Group F50-59	Pace Delta	11:38	11:58	12:09	12:56	14:22	15:29	14:05	15:20	16:51	18:07	18:12	18:52	21:44	21:10	24:11	20:48
Overall-Group	Position	152-11	145-10	146-11	149-10	157-10	163-11	157-11	161-11	131-10	136-10	130-11	125-8	123-8	118-8	117-8	119-8
Hagen,	Time of Day	0:07:18	0:08:20	0:09:35	0:10:39	0:11:57	0:13:03	0:14:26	0:15:34	0:16:59	0:18:03	0:19:22	0:20:31	0:22:04	0:23:30	1:01:19	1:02:45:51
Matt (WA)	Time Cum	01:18	02:20	03:35	04:39	05:57	07:03	08:26	09:34	10:59	12:03	13:22	14:31	16:04	17:30	19:19	20:45:51
131	Time Delta	01:18	01:01	01:15	01:03	01:17	01:06	01:22	01:07	01:24	01:04	01:18	01:08	01:33	01:25	01:48	01:26:50
Age 44	Pace Cum	11:30	11:16	11:09	11:11	11:13	11:18	11:25	11:29	11:36	11:34	11:34	11:37	11:47	12:01	12:17	12:28
Group M40-49	Pace Delta	11:30	10:58	10:57	11:18	11:18	11:50	12:04	12:00	12:22	11:23	11:32	12:10	13:41	15:12	15:48	15:22
Overall-Group	Position	140-40	111-37	99-31	88-31	80-28	77-27	75-27	68-24	51-17	46-16	38-11	36-10	33-9	31-9	32-9	31-8
Haigh,	Time of Day	0:07:28	0:08:44	0:10:20	0:11:43	0:13:23	0:14:48	0:16:29	0:17:55	0:19:53	0:21:24	0:23:13	1:00:48	1:02:41	1:04:24	1:06:45	1:08:54:50
Chris (TX)	Time Cum	01:28	02:44	04:20	05:43	07:23	08:48	10:29	11:55	13:53	15:24	17:13	18:48	20:41	22:24	24:45	26:54:50
132	Time Delta	01:28	01:16	01:35	01:23	01:40	01:25	01:40	01:25	01:58	01:31	01:48	01:35	01:53	01:42	02:21	02:08:58
Age 49	Pace Cum	12:54	13:10	13:26	13:44	13:55	14:06	14:11	14:18	14:39	14:47	14:54	15:03	15:10	15:22	15:45	16:09
Group M40-49	Pace Delta	12:54	13:29	13:57	14:43	14:37	15:05	14:43	15:10	17:16	16:08	15:53	16:50	16:33	18:14	20:36	22:50
Overall-Group	Position	222-54	209-53	207-52	209-54	204-54	200-54	191-53	191-53	157-47	153-46	135-41	128-41	114-40	105-37	100-35	107-35
<u>Hall,</u>	Time of Day	0:07:18	0:08:28	0:09:48	0:11:03	0:12:33	0:13:49	0:15:27	0:16:53	0:18:57	0:20:49	0:22:39	1:01:01	1:04:11	1:06:08	1:08:39	1:10:26:27
<u>Lisa (AL)</u>	Time Cum	01:18	02:28	03:48	05:03	06:33	07:49	09:27	10:53	12:57	14:49	16:39	19:01	22:11	24:08	26:39	28:26:27
133	Time Delta	01:18	01:09	01:20	01:14	01:29	01:16	01:37	01:26	02:03	01:52	01:50	02:21	03:10	01:57	02:30	01:46:51
Age 53	Pace Cum	11:31	11:52	11:48	12:07	12:20	12:31	12:47	13:04	13:40	14:14	14:25	15:13	16:16	16:34	16:57	17:04
Group F50-59	Pace Delta	11:31	12:16	11:42	13:12	13:08	13:33	14:13	15:18	18:02	19:51	16:09	25:02	27:47	20:46	22:00	18:55
Overall-Group	Position	143-10	152-11	139-10	147-10	140-9	136-9	134-8	142-8	127-9	134-9	122-8	131-11	136-10	132-10	127-9	128-10
Hamrick,	Time of Day	0:07:15	0:08:27	0:09:51	0:11:02	0:12:37	0:14:03	0:15:29	0:16:49	0:18:29	0:19:59	0:21:39	0:23:04	1:00:57	1:02:40	1:05:07	1:07:08:08
Philip (CO)	Time Cum	01:15	02:27	03:51	05:02	06:37	08:03	09:29	10:49	12:29	13:59	15:39	17:04	18:57	20:40	23:07	25:08:08
134	Time Delta	01:15	01:12	01:23	01:11	01:35	01:25	01:26	01:20	01:39	01:29	01:39	01:25	01:52	01:43	02:26	02:00:44
Age 35	Pace Cum	10:59	11:49	11:58	12:07	12:30	12:53	12:50	12:59	13:11	13:26	13:33	13:40	13:54	14:11	14:42	15:05
Group M30-39	Pace Delta	10:59	12:50	12:14	12:37	13:53	15:03	12:33	14:14	14:35	15:55	14:36	15:09	16:25	18:18	21:25	21:22
Overall-Group	Position	106-24	150-32	149-29	146-30	151-32	154-32	141-29	135-29	109-22	113-23	99-21	92-21	93-19	88-18	89-18	89-18
<u>Harvey,</u>	Time of Day	0:07:18	0:08:25	0:09:47	0:10:55	0:12:20	0:13:33	0:15:03	0:16:23	0:18:05	0:19:31	0:21:22	0:23:27	1:02:45			
<u>Mary (NY)</u>	Time Cum	01:18	02:25	03:47	04:55	06:20	07:33	09:03	10:23	12:05	13:31	15:22	17:27	20:45			
136	Time Delta	01:18	01:07	01:21	01:08	01:25	01:12	01:30	01:19	01:41	01:26	01:50	02:05	03:17			
Age 33	Pace Cum	11:25	11:37	11:44	11:49	11:57	12:05	12:15	12:28	12:45	12:59	13:18	13:58	15:13			
Group F30-39	Pace Delta	11:25	11:52	11:58	12:06	12:26	12:52	13:09	14:07	14:52	15:17	16:12	22:09	28:53			
Overall-Group	Position	136-17	134-18	133-17	122-12	116-14	115-14	109-12	110-13	88-10	94-10	89-10	105-12	115-14			
<u>Hazlett,</u>	Time of Day	0:07:05	0:08:03	0:09:10	0:10:12	0:11:23	0:12:27	0:13:42	0:14:49	0:16:08	0:17:17	0:18:52	0:20:12	0:22:08	0:23:46	1:02:00	1:03:49:30
<u>Lisa (TN)</u>	Time Cum	01:05	02:03	03:10	04:12	05:23	06:27	07:42	08:49	10:08	11:17	12:52	14:12	16:08	17:46	20:00	21:49:30
137	Time Delta	01:05	00:58	01:06	01:01	01:10	01:04	01:15	01:06	01:19	01:08	01:35	01:19	01:56	01:38	02:13	01:48:41
Age 37	Pace Cum	09:33	09:55	09:51	10:06	10:09	10:20	10:26	10:35	10:42	10:50	11:08	11:22	11:50	12:12	12:44	13:06
Group F30-39	Pace Delta	09:33	10:21	09:44	10:56	10:18	11:22	11:01	11:45	11:33	12:10	13:56	14:09	16:58	17:24	19:33	19:14
Overall-Group	Position	32-2	39-6	39-5	40-5	38-4	40-5	36-5	34-5	25-4	25-4	25-4	29-5	34-5	35-5	37-6	37-6

2015 Umstead 50/100 Mile Endurance Run -- 03/28/2015

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
Hearn, Bob (CA)	Time of Day	0:07:06	0:08:03	0:09:10	0:10:07	0:11:17	0:12:16	0:13:25	0:14:27	0:15:42	0:16:45	0:18:02	0:19:11	0:20:36	0:21:50	0:23:18	1:00:31:10
	Time Cum	01:06	02:03	03:10	04:07	05:17	06:16	07:25	08:27	09:42	10:45	12:02	13:11	14:36	15:50	17:18	18:31:10
138	Time Delta	01:06	00:57	01:06	00:57	01:09	00:59	01:09	01:01	01:14	01:03	01:16	01:08	01:25	01:14	01:27	01:12:39
Age 49	Pace Cum	09:38	09:54	09:50	09:55	09:58	10:02	10:03	10:09	10:14	10:20	10:25	10:33	10:43	10:52	11:00	11:07
Group M40-49	Pace Delta	09:38	10:12	09:43	10:13	10:08	10:27	10:08	10:55	10:55	11:11	11:12	12:12	12:29	13:07	12:49	12:52
Overall-Group	Position	42-13	38-12	35-10	31-10	26-10	23-9	20-8	20-8	17-6	17-6	16-6	16-6	16-6	17-6	17-6	18-6
<u>Ho, Jean (CA)</u>	Time of Day	0:07:37	0:09:04	0:10:50	0:12:18	0:14:04	0:15:35	0:17:27	0:18:56	0:20:53	0:23:07	1:01:45	1:04:08	1:06:44			
	Time Cum	01:37	03:04	04:50	06:18	08:04	09:35	11:27	12:56	14:53	17:07	19:45	22:08	24:44			
139	Time Delta	01:37	01:26	01:46	01:27	01:46	01:30	01:52	01:29	01:56	02:14	02:37	02:23	02:35			
Age 47	Pace Cum	14:14	14:44	15:00	15:08	15:12	15:20	15:30	15:32	15:43	16:27	17:06	17:43	18:08			
Group F40-49	Pace Delta	14:14	15:20	15:31	15:32	15:12	16:02	16:22	15:51	17:03	23:48	22:59	25:23	22:41			
Overall-Group	Position	246-27	245-27	246-27	245-27	243-27	241-26	225-26	219-26	172-22	176-22	170-22	168-22	158-23			
<u>Hollifield-Smith, Kimberly (NC)</u>	Time of Day	0:07:17	0:08:24	0:09:46	0:10:56	0:12:19	0:13:32	0:15:13	0:16:33	0:18:12	0:19:40	0:21:40	0:23:13	1:01:28	1:03:35	1:06:18	1:08:37:12
	Time Cum	01:17	02:24	03:46	04:56	06:19	07:32	09:13	10:33	12:12	13:40	15:40	17:13	19:28	21:35	24:18	26:37:12
140	Time Delta	01:17	01:07	01:22	01:09	01:23	01:12	01:41	01:19	01:39	01:27	01:59	01:33	02:14	02:06	02:43	02:18:15
Age 36	Pace Cum	11:16	11:33	11:42	11:51	11:56	12:04	12:29	12:40	12:53	13:07	13:33	13:47	14:17	14:48	15:28	15:58
Group F30-39	Pace Delta	11:16	11:53	11:59	12:22	12:13	12:50	14:49	14:04	14:29	15:30	17:29	16:37	19:41	22:26	23:52	24:28
Overall-Group	Position	127-15	130-16	129-14	125-14	113-12	113-12	115-15	115-15	95-11	97-12	102-12	97-11	98-11	97-11	97-12	100-12
Holtry, Matthew (NC)	Time of Day	0:07:04	0:08:12	0:09:36	0:10:51	0:12:16	0:13:26	0:14:50	0:15:57								
	Time Cum	01:04	02:12	03:36	04:51	06:16	07:26	08:50	09:57								
141	Time Delta	01:04	01:08	01:23	01:15	01:24	01:10	01:23	01:07								
Age 36	Pace Cum	09:21	10:36	11:10	11:39	11:48	11:54	11:57	11:57								
Group M30-39	Pace Delta	09:21	12:07	12:12	13:17	12:24	12:28	12:12	12:00								
Overall-Group	Position	22-7	75-20	101-23	110-25	112-25	101-24	94-23	86-22								
Honeycutt, Jason (NC)	Time of Day	0:07:15	0:08:29	0:09:51	0:11:02	0:12:36	0:13:51	0:15:24	0:16:45	0:18:48	0:20:31	0:23:38					
	Time Cum	01:15	02:29	03:51	05:02	06:36	07:51	09:24	10:45	12:48	14:31	17:38					
142	Time Delta	01:15	01:14	01:22	01:11	01:33	01:14	01:33	01:21	02:02	01:43	03:06					
Age 33	Pace Cum	10:59	11:57	11:58	12:07	12:27	12:34	12:44	12:55	13:31	13:57	15:15					
Group M30-39	Pace Delta	10:59	13:08	11:59	12:36	13:43	13:12	13:36	14:22	17:57	18:18	27:10					
Overall-Group	Position	110-24	157-34	149-29	144-30	148-31	139-29	128-28	132-27	123-26	125-27	147-30					
Hopkins, Lee (NC)	Time of Day	0:07:18	0:08:24	0:09:42	0:10:51	0:12:28	0:13:45	0:15:36	0:16:58	0:19:05	0:20:40						
	Time Cum	01:18	02:24	03:42	04:51	06:28	07:45	09:36	10:58	13:05	14:40						
290	Time Delta	01:18	01:05	01:18	01:09	01:36	01:17	01:50	01:22	02:07	01:34						
Age 30	Pace Cum	11:30	11:32	11:29	11:40	12:11	12:25	12:59	13:10	13:49	14:06						
Group M30-39	Pace Delta	11:30	11:35	11:23	12:17	14:06	13:43	16:06	14:37	18:35	16:48						
Overall-Group	Position	140-31	126-26	114-26	114-25	130-27	128-28	150-32	147-31	130-27	128-28						
Hosner, Tom (CA)	Time of Day	0:07:28	0:08:46	0:10:23	0:11:49	0:13:30	0:15:03	0:16:52	0:18:23								
	Time Cum	01:28	02:46	04:23	05:49	07:30	09:03	10:52	12:23								
143	Time Delta	01:28	01:18	01:37	01:25	01:41	01:33	01:48	01:31								
Age 64	Pace Cum	12:53	13:19	13:38	13:59	14:09	14:30	14:43	14:52								
Group M60-69	Pace Delta	12:53	13:52	14:12	15:09	14:48	16:28	15:52	16:07								
Overall-Group	Position	221-7	220-8	223-8	223-8	216-9	216-10	209-9	206-9								

2015 Umstead 50/100 Mile Endurance Run -- 03/28/2015

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>Hudson,</u> <u>Jill (WA)</u>	Time of Day	0:07:16	0:08:23	0:09:47	0:11:00	0:12:27	0:13:47	0:15:17	0:16:37	0:18:22	0:19:47	0:21:38	0:23:14	1:01:21	1:03:12	1:05:34	1:07:29:05
144	Time Cum	01:16	02:23	03:47	05:00	06:27	07:47	09:17	10:37	12:22	13:47	15:38	17:14	19:21	21:12	23:34	25:29:05
Age 53	Time Delta	01:16	01:07	01:23	01:12	01:27	01:19	01:29	01:20	01:45	01:24	01:50	01:36	02:07	01:50	02:21	01:54:47
Group F50-59	Pace Cum	11:13	11:30	11:45	12:01	12:11	12:28	12:34	12:45	13:04	13:14	13:32	13:47	14:12	14:33	14:59	15:17
Overall-Group	Pace Delta	11:13	11:52	12:11	12:55	12:48	14:08	13:03	14:13	15:21	14:59	16:11	17:01	18:37	19:36	20:42	20:19
	Position	121-7	125-8	135-9	139-9	128-7	134-8	119-7	118-7	104-5	102-5	97-4	98-3	97-3	95-4	92-4	92-4
Huss, David (MA)	Time of Day	0:07:05	0:07:59	0:09:00	0:09:53	0:10:56	0:11:51	0:13:01	0:14:00	0:15:06	0:16:02	0:16:56	0:18:10	0:19:19	0:20:21	0:21:35	0:22:41:59
12	Time Cum	01:05	01:59	03:00	03:53	04:56	05:51	07:01	08:00	09:06	10:02	10:56	12:10	13:19	14:21	15:35	16:41:59
Age 31	Time Delta	01:05	00:54	01:00	00:53	01:02	00:55	01:09	00:59	01:05	00:56	00:54	01:14	01:08	01:02	01:13	01:06:59
Group M30-39	Pace Cum	09:29	09:33	09:18	09:21	09:18	09:22	09:30	09:37	09:36	09:38	09:28	09:44	09:46	09:51	09:55	10:01
Overall-Group	Pace Delta	09:29	09:37	08:51	09:32	09:04	09:49	10:09	10:36	09:31	09:55	07:53	13:09	10:01	11:07	10:41	11:51
	Position	23-8	24-7	18-7	17-7	16-6	16-6	16-6	15-6	12-6	11-6	8-4	9-4	8-4	9-4	7-4	8-4
Jaikumar, Sivakumar (NC)	Time of Day	0:07:18	0:08:23	0:09:48	0:11:04	0:12:34	0:13:55	0:15:32	0:16:56	0:18:41	0:20:14	0:22:07	1:00:07				
146	Time Cum	01:18	02:23	03:48	05:04	06:34	07:55	09:32	10:56	12:41	14:14	16:07	18:07				
Age 45	Time Delta	01:18	01:04	01:25	01:16	01:30	01:20	01:36	01:24	01:44	01:33	01:53	01:59				
Group M40-49	Pace Cum	11:26	11:28	11:48	12:10	12:23	12:40	12:54	13:08	13:23	13:40	13:57	14:30				
Overall-Group	Pace Delta	11:26	11:30	12:25	13:28	13:11	14:15	14:09	14:58	15:14	16:32	16:32	21:07				
	Position	138-40	123-40	138-42	150-44	142-44	148-45	144-46	145-46	115-40	119-42	111-38	112-39				
<u>Jaremback,</u> <u>Kristen (DC)</u>	Time of Day	0:07:10	0:08:16	0:09:43	0:11:32												
147	Time Cum	01:10	02:16	03:43	05:32												
Age 35	Time Delta	01:10	01:06	01:27	01:48												
Group F30-39	Pace Cum	10:17	10:56	11:34	13:17												
Overall-Group	Pace Delta	10:17	11:43	12:44	19:12												
	Position	71-10	96-11	123-13	191-23												
<u>Johnstone,</u> <u>Shannon (NC)</u>	Time of Day	0:07:02	0:07:58	0:09:03	0:10:02	0:11:18	0:12:28	0:13:42	0:14:53								
148	Time Cum	01:02	01:58	03:03	04:02	05:18	06:28	07:42	08:53								
Age 41	Time Delta	01:02	00:56	01:04	00:59	01:15	01:10	01:13	01:11								
Group F40-49	Pace Cum	09:03	09:30	09:27	09:43	09:59	10:21	10:25	10:40								
Overall-Group	Pace Delta	09:03	10:02	09:23	10:37	10:57	12:25	10:47	12:37								
	Position	17-1	21-1	23-1	27-2	29-3	43-4	34-2	38-3								
Jones, Ryan (PA)	Time of Day	0:06:53	0:07:40	0:08:37	0:09:26	0:10:25	0:11:15	0:12:18	0:13:12	0:14:15	0:15:10	0:16:15	0:17:12	0:18:22	0:19:18	0:20:29	0:21:26:09
7	Time Cum	00:53	01:40	02:37	03:26	04:25	05:15	06:18	07:12	08:15	09:10	10:15	11:12	12:22	13:18	14:29	15:26:09
Age 35	Time Delta	00:53	00:46	00:57	00:48	00:59	00:50	01:02	00:53	01:03	00:54	01:04	00:57	01:09	00:56	01:10	00:57:09
Group M30-39	Pace Cum	07:47	08:01	08:08	08:15	08:20	08:26	08:33	08:39	08:43	08:48	08:52	08:58	09:04	09:07	09:13	09:16
Overall-Group	Pace Delta	07:47	08:19	08:21	08:36	08:42	08:54	09:11	09:26	09:17	09:41	09:25	10:09	10:10	09:57	10:20	10:07
	Position	7-3	6-3	6-3	7-4	7-4	7-4	7-4	7-4	5-4	4-3	4-3	4-3	4-3	4-3	4-3	4-3
Jordan, Jeffrey Scott (TN)	Time of Day	0:07:08	0:08:15	0:09:27	0:10:32	0:11:57	0:13:14	0:14:38	0:15:57	0:17:29	0:18:59	0:20:44	0:22:21	1:00:02	1:01:55	1:04:13	1:05:43:49
149	Time Cum	01:08	02:15	03:27	04:32	05:57	07:14	08:38	09:57	11:29	12:59	14:44	16:21	18:02	19:55	22:13	23:43:49
Age 52	Time Delta	01:08	01:06	01:12	01:04	01:24	01:16	01:24	01:19	01:31	01:29	01:44	01:37	01:41	01:52	02:17	01:30:31
Group M50-59	Pace Cum	10:03	10:48	10:45	10:54	11:13	11:34	11:41	11:57	12:08	12:28	12:45	13:05	13:14	13:40	14:08	14:14
Overall-Group	Pace Delta	10:03	11:43	10:39	11:26	12:23	13:33	12:19	14:01	13:25	15:54	15:19	17:11	14:47	19:58	20:07	16:01
	Position	52-6	90-10	76-7	73-7	83-7	88-7	85-7	85-7	67-6	74-7	71-9	72-9	65-8	69-9	79-9	78-9

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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
Keene, Allen (NC)	Time of Day	0:07:20	0:08:32	0:10:11	0:11:40	0:13:45	0:15:23	0:17:48	0:19:35								
	Time Cum	01:20	02:32	04:11	05:40	07:45	09:23	11:48	13:35								
150	Time Delta	01:20	01:11	01:38	01:28	02:04	01:38	02:24	01:47								
Age 59	Pace Cum	11:49	12:14	13:01	13:37	14:36	15:02	15:58	16:18								
Group M50-59	Pace Delta	11:49	12:44	14:26	15:41	18:11	17:27	21:04	19:01								
Overall-Group	Position	167-21	175-26	194-32	205-34	231-38	231-38	233-37	232-37								
<u>Klinner, Barbara (WI)</u>	Time of Day	0:07:21	0:08:31	0:09:59	0:11:15	0:12:51	0:14:17										
	Time Cum	01:21	02:31	03:59	05:15	06:51	08:17										
151	Time Delta	01:21	01:10	01:27	01:16	01:36	01:26										
Age 56	Pace Cum	11:50	12:08	12:21	12:36	12:55	13:16										
Group F50-59	Pace Delta	11:50	12:30	12:45	13:28	14:03	15:17										
Overall-Group	Position	169-16	167-12	169-12	164-12	167-11	170-12										
Knull, Terry (IL)	Time of Day	0:07:11	0:08:16	0:09:35	0:10:46	0:12:04	0:13:15	0:14:50	0:16:09	0:17:59	0:19:23	0:21:13	0:22:41	1:00:55			
	Time Cum	01:11	02:16	03:35	04:46	06:04	07:15	08:50	10:09	11:59	13:23	15:13	16:41	18:55			
153	Time Delta	01:11	01:05	01:19	01:11	01:17	01:10	01:35	01:19	01:49	01:24	01:50	01:27	02:14			
Age 46	Pace Cum	10:27	10:56	11:09	11:29	11:27	11:36	11:58	12:12	12:39	12:51	13:11	13:21	13:53			
Group M40-49	Pace Delta	10:27	11:32	11:33	12:35	11:19	12:30	13:55	14:04	15:57	14:55	16:09	15:33	19:34			
Overall-Group	Position	80-24	97-29	100-31	106-38	95-36	90-34	96-35	101-35	86-30	86-31	86-31	85-31	90-35			
<u>Koenigshofer, Jenna (NC)</u>	Time of Day	0:07:08	0:08:09	0:09:22	0:10:34	0:12:02	0:13:16	0:14:47	0:16:22								
	Time Cum	01:08	02:09	03:22	04:34	06:02	07:16	08:47	10:22								
154	Time Delta	01:08	01:00	01:12	01:12	01:27	01:14	01:30	01:35								
Age 32	Pace Cum	10:04	10:22	10:26	10:59	11:22	11:38	11:53	12:27								
Group F30-39	Pace Delta	10:04	10:44	10:34	12:49	12:47	13:11	13:13	16:56								
Overall-Group	Position	54-8	61-8	67-9	76-8	92-11	91-11	92-11	109-12								
Koerner, Hal (OR)	Time of Day	0:06:50	0:07:33	0:08:23	0:09:06	0:09:57	0:10:41	0:11:35	0:12:28	0:13:27	0:15:34						
	Time Cum	00:50	01:33	02:23	03:06	03:57	04:41	05:35	06:28	07:27	09:34						
1	Time Delta	00:50	00:42	00:49	00:43	00:50	00:43	00:53	00:53	00:59	02:06						
Age 39	Pace Cum	07:26	07:29	07:25	07:29	07:27	07:30	07:33	07:46	07:53	09:11						
Group M30-39	Pace Delta	07:26	07:32	07:17	07:42	07:20	07:47	07:53	09:24	08:43	22:25						
Overall-Group	Position	4-1	3-2	3-2	3-2	3-2	3-2	2-1	2-1	1-1	7-4						
<u>Kosmicki, Cindy (NE)</u>	Time of Day	0:07:32	0:08:45	0:10:12	0:11:26	0:13:02	0:14:22	0:15:58	0:17:22	0:19:17	0:20:49	0:22:36	1:00:16	1:02:22	1:04:04	1:06:08	1:07:50:29
	Time Cum	01:32	02:45	04:12	05:26	07:02	08:22	09:58	11:22	13:17	14:49	16:36	18:16	20:22	22:04	24:08	25:50:29
155	Time Delta	01:32	01:12	01:26	01:14	01:35	01:19	01:35	01:23	01:55	01:32	01:46	01:40	02:05	01:42	02:03	01:42:20
Age 37	Pace Cum	13:31	13:15	13:02	13:04	13:16	13:24	13:29	13:38	14:01	14:14	14:22	14:37	14:56	15:08	15:21	15:30
Group F30-39	Pace Delta	13:31	12:55	12:39	13:12	14:00	14:07	14:00	14:49	16:47	16:20	15:36	17:47	18:20	18:09	18:01	18:07
Overall-Group	Position	237-28	216-26	195-24	186-22	180-21	182-21	169-21	172-21	140-15	135-15	119-15	113-14	107-13	102-13	93-11	93-11
Labrecque, Scott (NC)	Time of Day	0:07:25	0:08:45	0:10:21	0:11:47	0:13:30	0:14:52	0:16:35	0:18:04	0:19:57	0:21:33	0:23:39	1:01:47	1:03:51	1:05:31	1:07:43	1:09:30:40
	Time Cum	01:25	02:45	04:21	05:47	07:30	08:52	10:35	12:04	13:57	15:33	17:39	19:47	21:51	23:31	25:43	27:30:40
156	Time Delta	01:25	01:20	01:36	01:25	01:42	01:21	01:43	01:28	01:53	01:36	02:05	02:07	02:04	01:39	02:12	01:47:17
Age 41	Pace Cum	12:28	13:14	13:32	13:54	14:08	14:11	14:20	14:29	14:44	14:56	15:16	15:50	16:01	16:08	16:21	16:30
Group M40-49	Pace Delta	12:28	14:10	14:06	15:10	14:58	14:28	15:09	15:39	16:35	17:00	18:19	22:38	18:10	17:36	19:19	18:59
Overall-Group	Position	198-50	213-54	218-53	216-55	213-55	203-55	197-55	198-55	161-48	157-47	149-44	149-44	132-42	123-40	114-38	112-38

2015 Umstead 50/100 Mile Endurance Run -- 03/28/2015

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
LaCorte, Matt (MD)	Time of Day	0:07:05	0:08:03	0:09:09	0:10:10	0:11:26	0:12:41	0:14:25	0:15:45								
157	Time Cum	01:05	02:03	03:09	04:10	05:26	06:41	08:25	09:45								
Age 35	Time Delta	01:05	00:58	01:06	01:00	01:16	01:14	01:43	01:20								
Group M30-39	Pace Cum	09:32	09:52	09:48	10:00	10:15	10:42	11:24	11:43								
Overall-Group	Pace Delta	09:32	10:17	09:39	10:43	11:11	13:15	15:10	14:12								
	Position	27-8	33-9	33-9	33-10	46-12	51-13	74-20	77-20								
<u>Lambert,</u> <u>Amy (NC)</u>	Time of Day	0:07:27	0:08:42	0:10:15	0:11:38	0:13:19	0:15:10	0:17:09									
158	Time Cum	01:27	02:42	04:15	05:38	07:19	09:10	11:09									
Age 32	Time Delta	01:27	01:15	01:32	01:22	01:41	01:50	01:59									
Group F30-39	Pace Cum	12:48	13:01	13:12	13:31	13:48	14:40	15:06									
Overall-Group	Pace Delta	12:48	13:17	13:31	14:39	14:47	19:36	17:26									
	Position	215-25	205-24	198-25	199-24	200-23	219-24	218-25									
Lance, Benjamin (TN)	Time of Day	0:07:07	0:08:04	0:09:12	0:10:12	0:11:23	0:12:30	0:14:04	0:15:12	0:16:46	0:18:05	0:19:42	0:21:10	0:22:48	1:00:26	1:03:08	1:05:15:26
159	Time Cum	01:07	02:04	03:12	04:12	05:23	06:30	08:04	09:12	10:46	12:05	13:42	15:10	16:48	18:26	21:08	23:15:26
Age 26	Time Delta	01:07	00:57	01:07	01:00	01:10	01:07	01:33	01:08	01:33	01:19	01:36	01:28	01:37	01:38	02:41	02:07:26
Group M20-29	Pace Cum	09:47	09:58	09:55	10:05	10:08	10:24	10:55	11:04	11:22	11:36	11:51	12:08	12:19	12:39	13:26	13:57
Overall-Group	Pace Delta	09:47	10:12	09:50	10:40	10:20	11:53	13:42	12:12	13:35	14:00	14:09	15:37	14:16	17:25	23:36	22:33
	Position	44-3	44-3	41-3	39-3	36-3	44-3	51-4	50-3	47-4	47-4	45-4	44-4	40-4	42-4	51-4	62-4
Lawler, Jon R (TN)	Time of Day	0:06:48	0:07:29	0:08:17	0:08:58	0:09:48	0:10:31	0:11:23	0:12:11								
10	Time Cum	00:48	01:29	02:17	02:58	03:48	04:31	05:23	06:11								
Age 51	Time Delta	00:48	00:40	00:48	00:41	00:49	00:42	00:51	00:48								
Group M50-59	Pace Cum	07:06	07:08	07:08	07:09	07:11	07:15	07:18	07:26								
Overall-Group	Pace Delta	07:06	07:11	07:07	07:15	07:17	07:35	07:34	08:31								
	Position	1-1	1-1	1-1	1-1	1-1	1-1	1-1	1-1								
Layne, Paul (NC)	Time of Day	0:07:12	0:08:11	0:09:22	0:10:24	0:11:47	0:12:55	0:14:18	0:15:27	0:17:08	0:18:31	0:20:24	0:21:50	1:00:00	1:02:23		
160	Time Cum	01:12	02:11	03:22	04:24	05:47	06:55	08:18	09:27	11:08	12:31	14:24	15:50	18:00	20:23		
Age 44	Time Delta	01:12	00:59	01:10	01:02	01:23	01:07	01:22	01:09	01:40	01:22	01:53	01:26	02:09	02:23		
Group M40-49	Pace Cum	10:33	10:33	10:26	10:36	10:55	11:05	11:14	11:21	11:46	12:01	12:28	12:41	13:12	13:59		
Overall-Group	Pace Delta	10:33	10:33	10:14	11:07	12:07	12:02	12:02	12:19	14:42	14:36	16:30	15:22	18:54	25:24		
	Position	85-27	72-24	68-25	66-22	69-24	70-23	66-22	65-22	56-20	57-21	58-21	57-21	63-25	82-33		
LeDoyen, Jason (NC)	Time of Day	0:07:15	0:08:19	0:09:37	0:10:45	0:12:05	0:13:16	0:14:45	0:16:01	0:17:35	0:18:54	0:20:32	0:21:54	0:23:49	1:01:19	1:03:03	1:04:40:06
19	Time Cum	01:15	02:19	03:37	04:45	06:05	07:16	08:45	10:01	11:35	12:54	14:32	15:54	17:49	19:19	21:03	22:40:06
Age 43	Time Delta	01:15	01:04	01:17	01:08	01:19	01:11	01:28	01:16	01:33	01:18	01:37	01:22	01:54	01:30	01:43	01:36:52
Group M40-49	Pace Cum	10:57	11:09	11:13	11:25	11:28	11:39	11:50	12:02	12:14	12:23	12:34	12:43	13:04	13:15	13:23	13:36
Overall-Group	Pace Delta	10:57	11:24	11:20	12:04	11:39	12:41	12:54	13:36	13:41	13:56	14:16	14:33	16:45	15:05	15:05	17:09
	Position	99-32	103-32	104-36	103-36	96-37	93-35	89-32	88-32	72-26	70-25	62-23	58-22	57-21	56-21	47-16	51-18
Lee, John J (GA)	Time of Day	0:07:21	0:08:31	0:09:54	0:11:07	0:12:38	0:14:01	0:15:38	0:16:57	0:18:37	0:19:54	0:21:35	0:23:07	1:00:56	1:02:25	1:04:07	1:05:34:17
162	Time Cum	01:21	02:31	03:54	05:07	06:38	08:01	09:38	10:57	12:37	13:54	15:35	17:07	18:56	20:25	22:07	23:34:17
Age 44	Time Delta	01:21	01:10	01:22	01:13	01:30	01:22	01:37	01:18	01:40	01:16	01:41	01:31	01:49	01:29	01:41	01:27:11
Group M40-49	Pace Cum	11:52	12:08	12:06	12:19	12:31	12:50	13:03	13:09	13:20	13:21	13:30	13:42	13:53	14:00	14:04	14:09
Overall-Group	Pace Delta	11:52	12:26	12:02	13:05	13:13	14:39	14:15	13:54	14:38	13:36	14:48	16:09	15:56	15:45	14:52	15:26
	Position	173-47	166-46	158-45	156-46	152-46	153-49	152-48	146-47	114-39	108-38	96-35	94-36	91-36	83-34	76-31	72-29

2015 Umstead 50/100 Mile Endurance Run -- 03/28/2015

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>Lee,</u>	Time of Day	0:07:10	0:08:15	0:09:33	0:10:45	0:12:10	0:13:28	0:15:13	0:16:31								
<u>Kathy (NC)</u>	Time Cum	01:10	02:15	03:33	04:45	06:10	07:28	09:13	10:31								
27	Time Delta	01:10	01:04	01:18	01:11	01:25	01:17	01:44	01:18								
Age 51	Pace Cum	10:19	10:50	11:04	11:24	11:39	11:58	12:29	12:38								
Group F50-59	Pace Delta	10:19	11:28	11:28	12:36	12:30	13:48	15:16	13:50								
Overall-Group	Position	74-3	91-5	90-3	102-4	104-3	107-5	114-5	113-5								
Lee,	Time of Day	0:07:09	0:08:06	0:09:12	0:10:10	0:11:20	0:12:23	0:13:48	0:14:59	0:16:32	0:17:45	0:19:38	0:21:03	0:22:48	1:00:19	1:02:19	1:03:56:42
Scott (VA)	Time Cum	01:09	02:06	03:12	04:10	05:20	06:23	07:48	08:59	10:32	11:45	13:38	15:03	16:48	18:19	20:19	21:56:42
161	Time Delta	01:09	00:56	01:06	00:58	01:09	01:03	01:25	01:10	01:32	01:13	01:53	01:25	01:44	01:30	02:00	01:37:06
Age 44	Pace Cum	10:12	10:05	09:57	10:02	10:03	10:13	10:34	10:48	11:07	11:17	11:48	12:03	12:19	12:34	12:56	13:10
Group M40-49	Pace Delta	10:12	09:57	09:43	10:18	10:08	11:11	12:29	12:31	13:32	12:58	16:30	15:04	15:14	16:06	17:34	17:11
Overall-Group	Position	62-16	47-13	43-13	35-11	33-12	32-13	43-14	42-14	40-12	40-11	44-15	41-13	41-12	40-12	41-13	41-13
Lefferts,	Time of Day	0:07:24	0:08:43	0:10:22	0:11:52	0:13:40	0:15:12	0:17:04	0:18:45	0:21:02	0:23:06	1:01:47	1:03:55	1:06:16	1:07:56	1:10:06	1:11:50:57
Peter C (FL)	Time Cum	01:24	02:43	04:22	05:52	07:40	09:12	11:04	12:45	15:02	17:06	19:47	21:55	24:16	25:56	28:06	29:50:57
35	Time Delta	01:24	01:18	01:39	01:29	01:47	01:32	01:52	01:40	02:17	02:03	02:41	02:07	02:20	01:40	02:10	01:44:22
Age 59	Pace Cum	12:22	13:04	13:35	14:05	14:27	14:44	14:59	15:19	15:53	16:26	17:08	17:32	17:48	17:47	17:53	17:55
Group M50-59	Pace Delta	12:22	13:54	14:33	15:49	15:44	16:21	16:25	17:50	20:03	21:54	23:32	22:33	20:35	17:43	19:01	18:28
Overall-Group	Position	189-29	207-35	220-37	228-38	228-37	224-37	214-32	214-31	175-23	175-23	171-23	166-23	156-22	151-22	145-21	146-21
<u>Legg,</u>	Time of Day	0:07:13	0:08:19	0:09:40	0:10:52	0:12:21	0:13:39	0:15:14	0:16:35	0:18:23	0:19:56	0:21:57	0:23:53				
<u>Debbi (GA)</u>	Time Cum	01:13	02:19	03:40	04:52	06:21	07:39	09:14	10:35	12:23	13:56	15:57	17:53				
163	Time Delta	01:13	01:06	01:20	01:11	01:28	01:18	01:35	01:20	01:47	01:33	02:00	01:55				
Age 50	Pace Cum	10:40	11:11	11:23	11:41	11:58	12:15	12:31	12:43	13:04	13:23	13:49	14:19				
Group F50-59	Pace Delta	10:40	11:48	11:47	12:43	12:57	13:55	13:55	14:20	15:38	16:35	17:39	20:30				
Overall-Group	Position	89-5	104-6	110-5	116-6	119-6	122-6	117-6	117-6	105-6	111-6	108-6	108-5				
Lenz,	Time of Day	0:06:56	0:07:44	0:08:39	0:09:25	0:10:19	0:11:07	0:12:05	0:12:58	0:14:01	0:14:52	0:15:54	0:16:50	0:18:03	0:19:03	0:20:14	0:21:13:42
Dan (NC)	Time Cum	00:56	01:44	02:39	03:25	04:19	05:07	06:05	06:58	08:01	08:52	09:54	10:50	12:03	13:03	14:14	15:13:42
164	Time Delta	00:56	00:47	00:54	00:46	00:53	00:47	00:58	00:52	01:03	00:50	01:01	00:56	01:12	01:00	01:10	00:59:16
Age 39	Pace Cum	08:19	08:21	08:14	08:14	08:09	08:12	08:15	08:22	08:28	08:31	08:34	08:41	08:50	08:57	09:03	09:08
Group M30-39	Pace Delta	08:19	08:24	08:00	08:14	07:52	08:29	08:31	09:19	09:14	08:57	09:00	10:04	10:36	10:41	10:19	10:29
Overall-Group	Position	10-5	9-5	7-4	6-3	5-3	5-3	4-3	4-3	3-3	2-2	2-2	2-2	2-2	2-2	2-2	2-2
Ligon,	Time of Day	0:07:28	0:08:40	0:10:04	0:11:21	0:12:58	0:14:19	0:15:56	0:17:17								
Guy (NC)	Time Cum	01:28	02:40	04:04	05:21	06:58	08:19	09:56	11:17								
165	Time Delta	01:28	01:12	01:23	01:17	01:37	01:20	01:37	01:20								
Age 50	Pace Cum	12:52	12:49	12:37	12:51	13:09	13:19	13:27	13:33								
Group M50-59	Pace Delta	12:52	12:46	12:13	13:39	14:14	14:19	14:11	14:19								
Overall-Group	Position	220-35	195-30	181-27	178-26	174-25	173-25	168-24	166-21								
Listermann,	Time of Day	0:07:29	0:08:57	0:10:43	0:12:18	0:14:34	0:16:19	0:18:53	0:21:09								
Dominic (GA)	Time Cum	01:29	02:57	04:43	06:18	08:34	10:19	12:53	15:09								
168	Time Delta	01:29	01:28	01:46	01:35	02:15	01:45	02:34	02:15								
Age 45	Pace Cum	13:00	14:10	14:39	15:09	16:09	16:31	17:27	18:11								
Group M40-49	Pace Delta	13:00	15:36	15:32	16:51	19:46	18:39	22:30	24:01								
Overall-Group	Position	223-55	239-58	244-57	246-57	247-57	247-57	243-57	241-57								

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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>Lockrem,</u>	Time of Day	0:07:13	0:08:10	0:09:17	0:10:16	0:11:24	0:12:25	0:13:35	0:14:40	0:15:55	0:16:58	0:18:20	0:19:27	0:20:50	0:22:00	0:23:18	1:00:27:06
<u>Jennifer (FL)</u>	Time Cum	01:13	02:10	03:17	04:16	05:24	06:25	07:35	08:40	09:55	10:58	12:20	13:27	14:50	16:00	17:18	18:27:06
169	Time Delta	01:13	00:57	01:06	00:59	01:08	01:00	01:10	01:05	01:14	01:02	01:21	01:07	01:22	01:10	01:17	01:09:01
Age 38	Pace Cum	10:40	10:28	10:12	10:15	10:11	10:16	10:16	10:25	10:28	10:32	10:40	10:46	10:52	10:58	11:00	11:04
Group F30-39	Pace Delta	10:40	10:14	09:41	10:28	09:58	10:42	10:17	11:33	10:53	11:09	11:56	11:53	12:06	12:25	11:23	12:13
Overall-Group	Position	90-11	66-9	55-8	50-7	43-6	36-4	28-3	27-3	21-2	20-2	18-2	18-2	18-2	18-2	16-2	16-2
Maddieson,	Time of Day	0:07:41	0:09:02	0:10:31	0:11:46	0:13:16	0:14:38	0:16:15	0:17:43	0:19:32	0:21:12	0:23:22	1:01:05	1:03:24	1:05:12	1:07:17	1:08:49:43
Ian (NM)	Time Cum	01:41	03:02	04:31	05:46	07:16	08:38	10:15	11:43	13:32	15:12	17:22	19:05	21:24	23:12	25:17	26:49:43
16	Time Delta	01:41	01:20	01:28	01:15	01:29	01:21	01:37	01:28	01:48	01:40	02:09	01:43	02:18	01:47	02:05	01:31:59
Age 72	Pace Cum	14:53	14:37	14:00	13:53	13:43	13:49	13:53	14:04	14:17	14:36	15:02	15:17	15:42	15:55	16:05	16:06
Group M70-79	Pace Delta	14:53	14:18	12:54	13:27	13:05	14:26	14:12	15:35	15:52	17:47	18:55	18:20	20:17	19:05	18:16	16:17
Overall-Group	Position	252-6	244-5	237-4	214-2	195-2	192-2	183-2	186-2	145-2	149-2	140-2	132-1	126-1	119-1	108-1	103-1
Manz,	Time of Day	0:06:50	0:07:33	0:08:27	0:09:17	0:10:30	0:11:23	0:12:29	0:13:22	0:14:28	0:15:24	0:16:30	0:17:24	0:18:27	0:19:32	0:20:45	0:21:40:54
Mark (NC)	Time Cum	00:50	01:33	02:27	03:17	04:30	05:23	06:29	07:22	08:28	09:24	10:30	11:24	12:27	13:32	14:45	15:40:54
3	Time Delta	00:50	00:42	00:53	00:50	01:12	00:53	01:06	00:52	01:05	00:56	01:05	00:54	01:03	01:04	01:13	00:55:30
Age 29	Pace Cum	07:26	07:30	07:36	07:54	08:29	08:37	08:47	08:51	08:56	09:02	09:05	09:08	09:08	09:17	09:23	09:25
Group M20-29	Pace Delta	07:26	07:35	07:46	08:56	10:37	09:24	09:39	09:21	09:38	10:00	09:35	09:39	09:13	11:21	10:42	09:49
Overall-Group	Position	3-1	4-1	4-1	5-1	8-2	8-2	8-2	8-2	7-2	6-2	5-1	5-1	5-1	5-1	5-1	5-1
Martula,	Time of Day	0:07:23	0:08:37	0:10:02	0:11:15	0:12:47	0:14:05	0:15:46	0:17:07	0:18:49	0:20:30	0:22:50	1:01:08				
David (MA)	Time Cum	01:23	02:37	04:02	05:15	06:47	08:05	09:46	11:07	12:49	14:30	16:50	19:08				
171	Time Delta	01:23	01:14	01:25	01:13	01:31	01:18	01:40	01:21	01:42	01:41	02:20	02:17				
Age 70	Pace Cum	12:07	12:34	12:32	12:38	12:47	12:57	13:13	13:21	13:32	13:56	14:35	15:19				
Group M70-79	Pace Delta	12:07	13:07	12:29	12:59	13:19	13:55	14:39	14:22	14:54	17:53	20:31	24:25				
Overall-Group	Position	184-1	185-1	174-1	168-1	164-1	158-1	158-1	156-1	124-1	124-1	128-1	134-2				
<u>Mason,</u>	Time of Day	0:07:30	0:08:50	0:10:29	0:11:58	0:13:39	0:15:11	0:17:01	0:18:33	0:20:38	0:22:24	1:00:36	1:02:34	1:04:43	1:06:35	1:08:40	1:10:19:05
<u>Louise (IL)</u>	Time Cum	01:30	02:50	04:29	05:58	07:39	09:11	11:01	12:33	14:38	16:24	18:36	20:34	22:43	24:35	26:40	28:19:05
48	Time Delta	01:30	01:19	01:38	01:28	01:41	01:31	01:49	01:32	02:04	01:45	02:12	01:57	02:08	01:51	02:05	01:38:15
Age 61	Pace Cum	13:13	13:37	13:54	14:19	14:26	14:43	14:54	15:05	15:27	15:45	16:06	16:28	16:39	16:52	16:58	16:59
Group F60-69	Pace Delta	13:13	14:05	14:26	15:44	14:52	16:16	15:57	16:25	18:13	18:44	19:16	20:53	18:49	19:48	18:20	17:23
Overall-Group	Position	228-3	227-3	233-3	233-3	226-3	222-3	213-2	212-2	170-1	169-1	165-1	160-1	146-1	138-1	128-1	125-1
<u>Massie,</u>	Time of Day	0:07:27	0:08:45	0:10:21	0:11:41	0:13:17	0:14:44	0:16:30	0:17:55	0:19:52	0:21:35	1:00:10	1:02:14	1:04:37	1:06:43	1:09:12	1:11:12:56
<u>Tammy (MD)</u>	Time Cum	01:27	02:45	04:21	05:41	07:17	08:44	10:30	11:55	13:52	15:35	18:10	20:14	22:37	24:43	27:12	29:12:56
43	Time Delta	01:27	01:17	01:36	01:20	01:36	01:26	01:46	01:25	01:57	01:42	02:35	02:03	02:23	02:05	02:29	02:00:35
Age 43	Pace Cum	12:47	13:13	13:30	13:39	13:45	13:59	14:13	14:18	14:39	14:58	15:44	16:11	16:35	16:57	17:18	17:32
Group F40-49	Pace Delta	12:47	13:44	14:02	14:10	14:06	15:18	15:29	15:03	17:09	18:07	22:44	21:47	20:57	22:16	21:46	21:21
Overall-Group	Position	214-23	211-20	212-20	206-21	198-20	198-19	192-20	193-19	156-16	158-16	159-19	156-19	143-17	143-17	138-17	137-17
Maughan,	Time of Day	0:06:52	0:07:34	0:08:28	0:09:15	0:10:14	0:11:05	0:12:08	0:13:05	0:14:10	0:15:05	0:16:11	0:17:07	0:18:15	0:19:13	0:20:18	0:21:16:01
Grant (NSW)	Time Cum	00:52	01:34	02:28	03:15	04:14	05:05	06:08	07:05	08:10	09:05	10:11	11:07	12:15	13:13	14:18	15:16:01
4	Time Delta	00:52	00:42	00:53	00:47	00:59	00:50	01:03	00:56	01:04	00:55	01:05	00:56	01:07	00:58	01:05	00:57:32
Age 50	Pace Cum	07:35	07:34	07:39	07:49	08:00	08:08	08:19	08:30	08:37	08:44	08:49	08:54	08:59	09:04	09:06	09:10
Group M50-59	Pace Delta	07:35	07:32	07:48	08:24	08:38	08:57	09:15	10:00	09:29	09:53	09:31	09:57	09:53	10:20	09:31	10:11
Overall-Group	Position	5-2	5-2	5-2	4-2	4-2	4-2	5-2	5-2	4-1	3-1	3-1	3-1	3-1	3-1	3-1	3-1

2015 Umstead 50/100 Mile Endurance Run -- 03/28/2015

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
McBride, Nathan (MA)	Time of Day	0:07:09	0:08:07	0:09:15	0:10:13	0:11:23	0:12:22	0:13:33	0:14:32	0:16:15	0:17:45						
	Time Cum	01:09	02:07	03:15	04:13	05:23	06:22	07:33	08:32	10:15	11:45						
172	Time Delta	01:09	00:57	01:07	00:57	01:10	00:59	01:10	00:59	01:42	01:30						
Age 41	Pace Cum	10:13	10:14	10:06	10:07	10:09	10:13	10:13	10:15	10:49	11:17						
Group M40-49	Pace Delta	10:13	10:15	09:52	10:12	10:14	10:35	10:15	10:30	15:01	15:58						
Overall-Group	Position	64-16	54-18	48-15	45-16	41-15	30-11	25-11	22-9	29-10	39-11						
<u>McCafferty, Cherie (NC)</u>	Time of Day	0:07:15	0:08:25	0:09:58	0:11:15	0:12:52	0:14:10	0:16:03	0:17:24	0:19:34	0:21:04	0:22:42	1:00:17	1:02:21	1:04:07	1:06:41	1:08:22:16
	Time Cum	01:15	02:25	03:58	05:15	06:52	08:10	10:03	11:24	13:34	15:04	16:42	18:17	20:21	22:07	24:41	26:22:16
173	Time Delta	01:15	01:10	01:32	01:16	01:37	01:17	01:53	01:21	02:09	01:29	01:38	01:34	02:04	01:45	02:34	01:41:11
Age 47	Pace Cum	10:58	11:40	12:20	12:37	12:57	13:04	13:36	13:41	14:19	14:28	14:28	14:38	14:56	15:10	15:42	15:49
Group F40-49	Pace Delta	10:58	12:30	13:33	13:34	14:13	13:43	16:32	14:21	18:56	15:55	14:24	16:47	18:08	18:38	22:29	17:55
Overall-Group	Position	102-9	137-12	168-14	166-14	171-15	165-15	176-16	174-16	148-13	143-14	123-10	114-10	106-10	103-9	99-9	97-9
<u>McClain, Carol (NC)</u>	Time of Day	0:07:24	0:08:33	0:10:02	0:11:16	0:12:51	0:14:08	0:15:40	0:16:59	0:18:45	0:20:19	0:22:18	0:23:54	1:02:03	1:03:50	1:06:17	1:08:44:00
	Time Cum	01:24	02:33	04:02	05:16	06:51	08:08	09:40	10:59	12:45	14:19	16:18	17:54	20:03	21:50	24:17	26:44:00
174	Time Delta	01:24	01:08	01:29	01:13	01:34	01:17	01:31	01:19	01:45	01:33	01:59	01:35	02:09	01:47	02:26	02:26:27
Age 59	Pace Cum	12:23	12:16	12:33	12:39	12:55	13:02	13:05	13:12	13:28	13:45	14:07	14:20	14:42	14:59	15:27	16:02
Group F50-59	Pace Delta	12:23	12:08	13:02	13:02	13:52	13:40	13:22	14:08	15:27	16:33	17:27	16:56	18:50	19:00	21:26	25:55
Overall-Group	Position	190-19	176-16	175-14	171-13	168-11	162-10	153-10	148-9	120-7	121-7	113-7	109-6	103-5	100-5	96-5	102-6
<u>McFadden, Lisa (NC)</u>	Time of Day	0:07:25	0:08:39	0:10:05	0:11:19	0:12:47	0:14:04	0:15:34	0:16:49	0:18:24	0:19:54	0:21:52	0:23:17	1:01:15	1:02:51	1:04:39	1:06:17:24
	Time Cum	01:25	02:39	04:05	05:19	06:47	08:04	09:34	10:49	12:24	13:54	15:52	17:17	19:15	20:51	22:39	24:17:24
175	Time Delta	01:25	01:13	01:25	01:14	01:28	01:17	01:30	01:15	01:34	01:29	01:58	01:25	01:57	01:36	01:48	01:37:43
Age 41	Pace Cum	12:32	12:46	12:40	12:46	12:47	12:55	12:58	13:00	13:06	13:21	13:44	13:50	14:07	14:18	14:25	14:34
Group F40-49	Pace Delta	12:32	13:04	12:29	13:07	12:52	13:39	13:11	13:19	13:50	15:52	17:17	15:04	17:07	17:02	15:49	17:18
Overall-Group	Position	202-16	190-17	185-16	176-16	165-14	157-14	149-14	137-13	106-10	107-10	107-9	101-9	95-9	90-8	86-7	83-7
McGonnell, Jeff (NC)	Time of Day	0:07:09	0:08:12	0:09:35	0:10:44	0:12:09	0:13:29	0:15:06	0:16:29	0:18:11	0:19:30	0:21:35	0:23:21	1:01:44	1:03:48	1:06:14	1:08:21:22
	Time Cum	01:09	02:12	03:35	04:44	06:09	07:29	09:06	10:29	12:11	13:30	15:35	17:21	19:44	21:48	24:14	26:21:22
176	Time Delta	01:09	01:03	01:22	01:09	01:24	01:20	01:37	01:22	01:41	01:19	02:04	01:46	02:22	02:04	02:25	02:07:22
Age 54	Pace Cum	10:04	10:38	11:07	11:23	11:35	11:59	12:20	12:35	12:52	12:58	13:29	13:53	14:28	14:57	15:25	15:49
Group M50-59	Pace Delta	10:04	11:19	11:59	12:18	12:20	14:13	14:13	14:37	14:51	14:01	18:14	18:51	20:48	22:00	21:16	22:33
Overall-Group	Position	55-8	78-8	94-10	99-12	101-11	108-12	112-12	112-12	91-11	92-12	95-13	103-13	101-13	99-13	95-12	96-12
McLamb, Justin (NC)	Time of Day	0:07:06	0:08:04	0:09:12	0:10:14	0:11:25	0:12:30	0:13:48	0:14:56	0:16:23	0:17:31	0:19:01	0:20:16	0:22:04	0:23:35	1:01:22	1:02:53:27
	Time Cum	01:06	02:04	03:12	04:14	05:25	06:30	07:48	08:56	10:23	11:31	13:01	14:16	16:04	17:35	19:22	20:53:27
177	Time Delta	01:06	00:57	01:08	01:01	01:11	01:05	01:17	01:08	01:26	01:08	01:30	01:14	01:47	01:31	01:46	01:31:09
Age 32	Pace Cum	09:45	09:57	09:57	10:10	10:14	10:26	10:33	10:44	10:58	11:04	11:16	11:25	11:47	12:04	12:19	12:32
Group M30-39	Pace Delta	09:45	10:13	09:58	10:52	10:29	11:32	11:17	12:08	12:36	12:08	13:09	13:13	15:42	16:13	15:34	16:08
Overall-Group	Position	43-13	42-13	42-11	46-11	45-10	45-11	41-11	40-10	33-11	33-11	33-12	32-12	32-12	33-12	33-12	33-12
<u>Meads, Jill (VA)</u>	Time of Day	0:07:20	0:08:32	0:10:03	0:11:32	0:13:32	0:15:08	0:17:13	0:19:00								
	Time Cum	01:20	02:32	04:03	05:32	07:32	09:08	11:13	13:00								
178	Time Delta	01:20	01:11	01:30	01:29	01:59	01:36	02:04	01:46								
Age 57	Pace Cum	11:44	12:10	12:33	13:18	14:12	14:37	15:11	15:36								
Group F50-59	Pace Delta	11:44	12:42	13:16	15:51	17:29	16:59	18:14	18:56								
Overall-Group	Position	156-12	170-14	177-15	193-18	217-21	218-21	219-20	220-20								

2015 Umstead 50/100 Mile Endurance Run -- 03/28/2015

Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Miller, Dennis (SC)	Time of Day	0:07:34	0:08:54	0:10:25	0:11:41	0:13:23	0:14:51	0:16:50	0:18:31	0:23:00	1:02:39						
	Time Cum	01:34	02:54	04:25	05:41	07:23	08:51	10:50	12:31	17:00	20:39						
180	Time Delta	01:34	01:20	01:30	01:16	01:42	01:28	01:58	01:41	04:28	03:38						
Age 54	Pace Cum	13:50	14:00	13:43	13:40	13:56	14:11	14:40	15:02	17:57	19:50						
Group M50-59	Pace Delta	13:50	14:11	13:13	13:28	14:56	15:35	17:21	17:55	39:15	38:41						
Overall-Group	Position	240-39	238-39	230-39	207-35	205-33	202-31	205-29	210-30	182-25	182-25						
Miller, Thomas E (NC)	Time of Day	0:07:27	0:08:39	0:10:04	0:11:17	0:12:47	0:13:59	0:15:28	0:16:40	0:18:08	0:19:22	0:21:03	0:22:23	1:00:00	1:01:23	1:03:14	1:04:39:58
	Time Cum	01:27	02:39	04:04	05:17	06:47	07:59	09:28	10:40	12:08	13:22	15:03	16:23	18:00	19:23	21:14	22:39:58
179	Time Delta	01:27	01:12	01:24	01:13	01:29	01:12	01:28	01:12	01:27	01:14	01:40	01:19	01:36	01:23	01:50	01:25:58
Age 48	Pace Cum	12:43	12:45	12:37	12:42	12:47	12:48	12:48	12:48	12:48	12:50	13:01	13:06	13:12	13:18	13:30	13:36
Group M40-49	Pace Delta	12:43	12:47	12:22	13:02	13:03	12:52	12:53	12:46	12:50	13:10	14:43	14:08	14:09	14:47	16:08	15:13
Overall-Group	Position	210-52	189-49	181-49	172-50	162-49	151-47	136-44	122-40	90-32	85-30	80-28	73-26	62-25	58-22	56-21	50-17
<u>Milne,</u> <u>Cheri (GA)</u>	Time of Day	0:07:25	0:08:39	0:10:11	0:11:32	0:13:16	0:14:44	0:16:29	0:18:00	0:20:07	0:21:52	1:00:01	1:02:03	1:06:01	1:07:49	1:09:55	1:11:44:22
	Time Cum	01:25	02:39	04:11	05:32	07:16	08:44	10:29	12:00	14:07	15:52	18:01	20:03	24:01	25:49	27:55	29:44:22
181	Time Delta	01:25	01:14	01:31	01:21	01:43	01:28	01:45	01:31	02:06	01:45	02:08	02:02	03:58	01:47	02:05	01:48:45
Age 44	Pace Cum	12:25	12:48	12:58	13:17	13:41	13:58	14:11	14:24	14:54	15:15	15:35	16:02	17:37	17:43	17:46	17:51
Group F40-49	Pace Delta	12:25	13:16	13:17	14:23	15:08	15:35	15:20	16:10	18:29	18:45	18:42	21:37	34:51	19:06	18:23	19:15
Overall-Group	Position	192-16	192-17	193-18	191-18	194-19	196-19	190-19	195-20	164-18	164-19	156-18	154-18	153-21	149-20	144-20	144-20
<u>Minnick,</u> <u>Elizabeth (VA)</u>	Time of Day	0:07:06	0:08:04	0:09:10	0:10:12	0:11:23	0:12:27	0:13:42	0:14:49	0:16:07	0:17:16	0:18:39	0:19:50	0:21:19	0:22:41	1:00:28	1:02:09:12
	Time Cum	01:06	02:04	03:10	04:12	05:23	06:27	07:42	08:49	10:07	11:16	12:39	13:50	15:19	16:41	18:28	20:09:12
182	Time Delta	01:06	00:57	01:06	01:01	01:10	01:04	01:15	01:06	01:18	01:09	01:23	01:10	01:29	01:21	01:47	01:40:36
Age 34	Pace Cum	09:38	09:55	09:51	10:06	10:09	10:20	10:26	10:35	10:41	10:50	10:58	11:04	11:14	11:27	11:45	12:06
Group F30-39	Pace Delta	09:38	10:16	09:44	10:57	10:18	11:22	11:02	11:44	11:26	12:17	12:08	12:28	13:03	14:29	15:38	17:48
Overall-Group	Position	41-7	41-7	39-5	41-5	39-4	41-5	38-5	35-5	24-3	24-3	22-3	22-3	21-3	24-4	25-4	27-4
Moore, James E (MD)	Time of Day	0:07:30	0:08:50	0:10:29	0:11:58	0:13:48	0:15:26	0:17:36	0:19:18	0:21:43	0:23:43						
	Time Cum	01:30	02:50	04:29	05:58	07:48	09:26	11:36	13:18	15:43	17:43						
51	Time Delta	01:30	01:20	01:38	01:28	01:49	01:38	02:09	01:42	02:25	02:00						
Age 70	Pace Cum	13:08	13:39	13:55	14:19	14:42	15:06	15:42	15:58	16:36	17:01						
Group M70-79	Pace Delta	13:08	14:17	14:23	15:44	16:03	17:22	18:58	18:08	21:10	21:15						
Overall-Group	Position	227-3	229-3	235-3	234-4	233-4	233-5	229-5	228-5	181-5	180-5						
<u>Moore,</u> <u>Meredith (NC)</u>	Time of Day	0:07:09	0:08:10	0:09:21	0:10:24	0:11:39	0:12:45	0:14:08	0:15:18								
	Time Cum	01:09	02:10	03:21	04:24	05:39	06:45	08:08	09:18								
183	Time Delta	01:09	01:00	01:10	01:03	01:14	01:06	01:22	01:10								
Age 41	Pace Cum	10:10	10:24	10:23	10:34	10:39	10:49	11:01	11:10								
Group F40-49	Pace Delta	10:10	10:41	10:21	11:12	10:56	11:46	12:05	12:24								
Overall-Group	Position	59-5	63-5	65-5	63-5	60-5	58-5	59-6	60-6								
Morgan, Paul (FL)	Time of Day	0:07:45	0:09:18	0:11:12	0:12:56	0:15:02	0:16:58	0:19:22	0:21:36								
	Time Cum	01:45	03:18	05:12	06:56	09:02	10:58	13:22	15:36								
184	Time Delta	01:45	01:33	01:53	01:44	02:05	01:56	02:23	02:14								
Age 73	Pace Cum	15:20	15:55	16:09	16:40	17:01	17:34	18:05	18:44								
Group M70-79	Pace Delta	15:20	16:38	16:35	18:25	18:18	20:41	20:54	23:53								
Overall-Group	Position	254-8	254-8	253-8	252-8	248-8	248-8	244-8	243-8								

2015 Umstead 50/100 Mile Endurance Run -- 03/28/2015

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>Morken,</u>	Time of Day	0:07:16	0:08:20	0:09:40	0:10:51	0:12:24	0:13:43	0:15:27	0:16:51	0:18:51	0:20:34	0:22:44	1:00:40	1:02:47	1:04:36	1:07:04	1:08:50:34
<u>Jocelyn (VA)</u>	Time Cum	01:16	02:20	03:40	04:51	06:24	07:43	09:27	10:51	12:51	14:34	16:44	18:40	20:47	22:36	25:04	26:50:34
185	Time Delta	01:16	01:04	01:19	01:10	01:32	01:18	01:44	01:23	01:59	01:43	02:09	01:55	02:07	01:49	02:27	01:46:22
Age 45	Pace Cum	11:09	11:14	11:23	11:39	12:04	12:21	12:48	13:02	13:34	14:00	14:29	14:56	15:14	15:30	15:57	16:06
Group F40-49	Pace Delta	11:09	11:21	11:40	12:34	13:34	13:56	15:19	14:50	17:31	18:15	18:56	20:28	18:33	19:22	21:32	18:50
Overall-Group	Position	118-12	110-10	111-10	112-10	121-12	125-12	135-13	141-14	125-11	126-11	124-11	124-13	116-12	109-11	105-11	104-12
Morton,	Time of Day	0:07:28	0:08:44	0:10:18	0:11:36	0:13:17	0:14:44	0:16:26	0:17:52	0:20:13	0:21:54	1:00:06	1:01:54				
Alex (NC)	Time Cum	01:28	02:44	04:18	05:36	07:17	08:44	10:26	11:52	14:13	15:54	18:06	19:54				
186	Time Delta	01:28	01:16	01:33	01:17	01:41	01:26	01:42	01:25	02:21	01:40	02:12	01:47				
Age 65	Pace Cum	12:51	13:10	13:21	13:27	13:45	13:59	14:08	14:15	15:01	15:16	15:40	15:55				
Group M60-69	Pace Delta	12:51	13:34	13:41	13:47	14:49	15:19	14:56	15:10	20:38	17:49	19:18	19:07				
Overall-Group	Position	216-7	210-7	204-7	195-7	197-7	197-7	189-7	189-7	166-6	165-6	157-5	151-5				
<u>Mosley,</u>	Time of Day	0:07:02	0:07:58	0:09:04	0:10:02	0:11:17	0:12:27	0:13:42	0:14:52								
<u>Layna (NC)</u>	Time Cum	01:02	01:58	03:04	04:02	05:17	06:27	07:42	08:52								
188	Time Delta	01:02	00:56	01:05	00:58	01:15	01:09	01:14	01:09								
Age 43	Pace Cum	09:07	09:30	09:31	09:43	09:59	10:21	10:25	10:39								
Group F40-49	Pace Delta	09:07	09:57	09:33	10:25	10:57	12:23	10:52	12:23								
Overall-Group	Position	18-1	21-1	26-3	26-2	28-2	42-3	35-2	37-2								
Motsch,	Time of Day	0:07:05	0:07:59	0:09:00	0:09:58	0:11:01	0:11:56	0:13:01	0:14:01	0:15:07	0:16:04	0:17:12	0:18:12	0:19:23	0:20:27	0:21:45	0:22:49:15
Kevin (OH)	Time Cum	01:05	01:59	03:00	03:58	05:01	05:56	07:01	08:01	09:07	10:04	11:12	12:12	13:23	14:27	15:45	16:49:15
21	Time Delta	01:05	00:54	01:00	00:58	01:02	00:55	01:04	01:00	01:05	00:57	01:07	01:00	01:10	01:04	01:17	01:04:15
Age 42	Pace Cum	09:29	09:34	09:18	09:32	09:27	09:31	09:30	09:37	09:37	09:41	09:41	09:46	09:49	09:55	10:01	10:06
Group M40-49	Pace Delta	09:29	09:39	08:49	10:18	09:10	09:50	09:24	10:38	09:38	10:14	09:48	10:44	10:16	11:26	11:18	11:22
Overall-Group	Position	23-8	25-9	18-7	21-7	17-7	18-7	16-7	16-6	13-4	12-3	10-3	10-3	10-3	10-3	9-3	9-3
Mueller,	Time of Day	0:07:45	0:09:07	0:10:45	0:12:06	0:13:52	0:15:26	0:17:27	0:19:24								
Thomas (NC)	Time Cum	01:45	03:07	04:45	06:06	07:52	09:26	11:27	13:24								
189	Time Delta	01:45	01:22	01:38	01:20	01:46	01:34	02:00	01:57								
Age 58	Pace Cum	15:20	14:58	14:44	14:39	14:49	15:07	15:30	16:05								
Group M50-59	Pace Delta	15:20	14:31	14:20	14:19	15:29	16:44	17:36	20:43								
Overall-Group	Position	254-42	247-40	245-40	240-40	235-39	234-39	226-34	229-35								
Murolo,	Time of Day	0:07:17	0:08:23	0:09:40	0:10:53	0:12:27	0:13:49	0:15:40	0:17:26	0:19:42	0:21:40	1:00:09	1:01:56	1:04:32	1:06:37	1:08:35	1:09:57:44
Fred (CT)	Time Cum	01:17	02:23	03:40	04:53	06:27	07:49	09:40	11:26	13:42	15:40	18:09	19:56	22:32	24:37	26:35	27:57:44
47	Time Delta	01:17	01:05	01:17	01:12	01:34	01:21	01:51	01:45	02:15	01:58	02:28	01:46	02:36	02:04	01:58	01:21:56
Age 58	Pace Cum	11:19	11:27	11:24	11:44	12:11	12:31	13:06	13:44	14:28	15:03	15:43	15:57	16:32	16:53	16:55	16:47
Group M50-59	Pace Delta	11:19	11:36	11:18	12:53	13:49	14:27	16:14	18:43	19:50	21:00	21:42	18:54	22:50	22:02	17:19	14:30
Overall-Group	Position	132-15	119-14	112-13	119-15	127-17	135-19	155-19	176-25	152-22	160-22	158-22	152-22	142-21	142-21	126-18	121-16
<u>Murphy,</u>	Time of Day	0:07:27	0:08:45	0:10:21	0:11:47	0:13:38	0:15:24	0:17:58	0:20:44								
<u>Meredith (PA)</u>	Time Cum	01:27	02:45	04:21	05:47	07:38	09:24	11:58	14:44								
190	Time Delta	01:27	01:18	01:35	01:26	01:50	01:46	02:34	02:45								
Age 36	Pace Cum	12:46	13:16	13:31	13:55	14:24	15:03	16:12	17:41								
Group F30-39	Pace Delta	12:46	13:52	13:58	15:17	16:09	18:48	22:31	29:20								
Overall-Group	Position	211-25	218-26	213-27	217-26	223-25	232-26	237-26	239-25								

2015 Umstead 50/100 Mile Endurance Run -- 03/28/2015

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>Murphy,</u>	Time of Day	0:07:29	0:08:49	0:10:24	0:11:51	0:13:38	0:15:10	0:17:07	0:18:48								
<u>Nancy (NC)</u>	Time Cum	01:29	02:49	04:24	05:51	07:38	09:10	11:07	12:48								
191	Time Delta	01:29	01:19	01:35	01:27	01:46	01:32	01:56	01:40								
Age 69	Pace Cum	13:04	13:32	13:40	14:04	14:23	14:41	15:03	15:22								
Group F60-69	Pace Delta	13:04	14:05	13:54	15:27	15:32	16:25	17:03	17:48								
Overall-Group	Position	226-2	226-2	226-2	227-2	221-2	220-2	216-3	215-3								
Murray,	Time of Day	0:07:21	0:08:28	0:09:46	0:10:51	0:12:13	0:13:28	0:14:56	0:16:08	0:17:40	0:18:59	0:20:35	0:21:56	0:23:41	1:01:13	1:03:01	1:04:30:35
Jay (NC)	Time Cum	01:21	02:28	03:46	04:51	06:13	07:28	08:56	10:08	11:40	12:59	14:35	15:56	17:41	19:13	21:01	22:30:35
28	Time Delta	01:21	01:07	01:17	01:05	01:21	01:15	01:28	01:11	01:32	01:18	01:36	01:21	01:45	01:31	01:47	01:29:29
Age 53	Pace Cum	11:50	11:52	11:41	11:40	11:43	11:58	12:06	12:10	12:20	12:28	12:37	12:45	12:58	13:11	13:22	13:30
Group M50-59	Pace Delta	11:50	11:54	11:22	11:35	11:55	13:19	12:52	12:43	13:28	13:54	14:02	14:21	15:22	16:13	15:45	15:50
Overall-Group	Position	169-24	153-21	128-18	113-13	107-13	106-11	104-11	99-11	75-8	73-7	68-7	61-6	54-5	53-5	46-5	44-5
Nagy,	Time of Day	0:07:07	0:08:06	0:09:18	0:10:19	0:11:32	0:12:37	0:13:55	0:14:58	0:16:22	0:17:29	0:18:58	0:20:14	0:21:56	0:23:12	1:00:40	1:02:05:30
J (NC)	Time Cum	01:07	02:06	03:18	04:19	05:32	06:37	07:55	08:58	10:22	11:29	12:58	14:14	15:56	17:12	18:40	20:05:30
193	Time Delta	01:07	00:58	01:11	01:00	01:13	01:04	01:17	01:03	01:23	01:07	01:28	01:15	01:42	01:16	01:27	01:25:04
Age 37	Pace Cum	09:53	10:07	10:15	10:22	10:26	10:35	10:43	10:46	10:56	11:02	11:13	11:23	11:41	11:48	11:53	12:03
Group M30-39	Pace Delta	09:53	10:25	10:28	10:46	10:44	11:26	11:22	11:16	12:10	12:01	12:54	13:26	14:57	13:29	12:48	15:03
Overall-Group	Position	46-14	49-14	57-16	53-15	49-13	46-12	44-12	41-11	31-9	30-10	29-9	31-11	29-11	28-11	27-10	25-9
Nasuta,	Time of Day	0:07:25	0:08:40	0:10:09	0:11:26	0:13:01	0:14:19	0:15:48	0:17:07	0:19:01	0:20:37	0:22:38	1:00:21	1:02:56	1:04:47	1:07:29	1:09:29:50
Tom (MD)	Time Cum	01:25	02:40	04:09	05:26	07:01	08:19	09:48	11:07	13:01	14:37	16:38	18:21	20:56	22:47	25:29	27:29:50
194	Time Delta	01:25	01:15	01:28	01:17	01:34	01:18	01:29	01:18	01:54	01:35	02:01	01:43	02:34	01:51	02:41	02:00:47
Age 59	Pace Cum	12:25	12:48	12:52	13:04	13:13	13:19	13:16	13:21	13:45	14:02	14:24	14:41	15:21	15:38	16:12	16:30
Group M50-59	Pace Delta	12:25	13:17	12:59	13:47	13:45	13:54	13:00	13:55	16:42	16:56	17:40	18:16	22:33	19:47	23:33	21:23
Overall-Group	Position	192-31	193-30	191-30	187-29	178-28	174-25	161-22	155-19	128-15	127-15	121-16	116-16	119-16	111-15	110-14	111-14
Natoli,	Time of Day	0:07:17	0:08:22	0:09:45	0:10:57	0:12:31	0:13:51	0:15:32	0:16:54	0:18:45	0:20:23	0:22:30	1:00:22	1:03:04	1:05:09	1:07:49	1:09:42:16
Tom (VA)	Time Cum	01:17	02:22	03:45	04:57	06:31	07:51	09:32	10:54	12:45	14:23	16:30	18:22	21:04	23:09	25:49	27:42:16
195	Time Delta	01:17	01:05	01:22	01:12	01:33	01:19	01:41	01:21	01:51	01:37	02:07	01:51	02:42	02:04	02:40	01:52:31
Age 60	Pace Cum	11:18	11:26	11:39	11:55	12:17	12:34	12:54	13:05	13:28	13:49	14:17	14:42	15:27	15:53	16:26	16:37
Group M60-69	Pace Delta	11:18	11:37	12:03	12:47	13:38	14:09	14:48	14:28	16:15	17:16	18:37	19:44	23:43	22:03	23:27	19:55
Overall-Group	Position	131-3	118-4	124-4	127-4	135-4	138-4	147-6	143-5	119-4	122-4	115-4	117-4	121-4	117-4	115-3	115-3
Nelson,	Time of Day	0:07:19	0:08:24	0:09:48	0:10:59	0:12:32	0:13:52	0:15:30	0:16:50	0:18:32	0:20:01	0:22:33	1:00:36				
Jeremiah (VA)	Time Cum	01:19	02:24	03:48	04:59	06:32	07:52	09:30	10:50	12:32	14:01	16:33	18:36				
196	Time Delta	01:19	01:05	01:23	01:10	01:32	01:20	01:37	01:20	01:41	01:28	02:32	02:02				
Age 36	Pace Cum	11:36	11:35	11:49	11:59	12:19	12:37	12:52	13:01	13:14	13:28	14:20	14:54				
Group M30-39	Pace Delta	11:36	11:34	12:15	12:33	13:29	14:19	14:14	14:14	14:52	15:45	22:15	21:46				
Overall-Group	Position	150-33	132-26	142-28	135-28	137-29	144-30	143-30	139-30	112-24	114-24	116-25	123-24				
Netherton,	Time of Day	0:07:07	0:08:06	0:09:16	0:10:16	0:11:34	0:12:41	0:14:04	0:15:15	0:16:43	0:17:57	0:19:36	0:21:07	0:22:52	1:00:30	1:02:41	1:04:31:06
Rob (MD)	Time Cum	01:07	02:06	03:16	04:16	05:34	06:41	08:04	09:15	10:43	11:57	13:36	15:07	16:52	18:30	20:41	22:31:06
197	Time Delta	01:07	00:58	01:10	00:59	01:18	01:06	01:22	01:11	01:27	01:14	01:38	01:31	01:45	01:37	02:10	01:49:39
Age 46	Pace Cum	09:55	10:08	10:11	10:16	10:31	10:42	10:55	11:06	11:19	11:28	11:46	12:06	12:22	12:42	13:09	13:31
Group M40-49	Pace Delta	09:55	10:23	10:16	10:33	11:26	11:49	12:02	12:37	12:48	13:07	14:26	16:08	15:26	17:18	19:06	19:24
Overall-Group	Position	50-14	50-13	51-16	51-17	52-18	52-18	54-17	56-19	45-15	44-14	42-14	43-15	42-13	43-14	43-14	45-15

2015 Umstead 50/100 Mile Endurance Run -- 03/28/2015

Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<hr/>																	
<u>Nguyen,</u>	Time of Day	0:07:36	0:09:00	0:10:38	0:12:07	0:13:59	0:15:34	0:17:25	0:19:01								
<u>Yen (TX)</u>	Time Cum	01:36	03:00	04:38	06:07	07:59	09:34	11:25	13:01								
199	Time Delta	01:36	01:24	01:37	01:28	01:51	01:35	01:51	01:35								
Age 51	Pace Cum	14:01	14:28	14:24	14:41	15:02	15:19	15:28	15:37								
Group F50-59	Pace Delta	14:01	15:00	14:17	15:41	16:19	16:56	16:14	16:53								
Overall-Group	Position	242-25	243-26	241-26	241-26	239-25	239-25	224-22	222-21								
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Nicolaides,	Time of Day	0:07:24	0:08:34	0:10:03	0:11:22	0:13:00	0:14:24	0:16:08	0:17:36	0:19:32	0:21:16	0:23:24	1:01:11	1:03:59	1:05:49	1:08:09	1:10:14:46
Michael (VA)	Time Cum	01:24	02:34	04:03	05:22	07:00	08:24	10:08	11:36	13:32	15:16	17:24	19:11	21:59	23:49	26:09	28:14:46
200	Time Delta	01:24	01:10	01:28	01:19	01:38	01:23	01:43	01:28	01:56	01:43	02:07	01:47	02:47	01:50	02:20	02:04:49
Age 52	Pace Cum	12:17	12:22	12:33	12:54	13:12	13:27	13:43	13:56	14:18	14:40	15:03	15:21	16:07	16:20	16:38	16:57
Group M50-59	Pace Delta	12:17	12:28	12:54	14:04	14:19	14:51	15:08	15:36	17:02	18:18	18:39	18:59	24:30	19:34	20:28	22:05
Overall-Group	Position	187-29	183-28	177-26	179-27	177-27	185-28	179-26	180-26	146-20	151-21	142-19	136-19	133-18	130-18	121-16	123-17
<hr/>																	
Nictakis,	Time of Day	0:07:21	0:08:33	0:10:02	0:11:15	0:12:47	0:14:05	0:15:44	0:17:06	0:19:05	0:20:41	0:23:02	1:00:56				
Bill (AZ)	Time Cum	01:21	02:33	04:02	05:15	06:47	08:05	09:44	11:06	13:05	14:41	17:02	18:56				
25	Time Delta	01:21	01:12	01:28	01:12	01:31	01:18	01:38	01:21	01:59	01:36	02:20	01:54				
Age 55	Pace Cum	11:50	12:18	12:33	12:36	12:47	12:57	13:11	13:20	13:49	14:06	14:44	15:09				
Group M50-59	Pace Delta	11:50	12:52	12:59	12:48	13:25	13:58	14:26	14:25	17:23	17:01	20:33	20:13				
Overall-Group	Position	171-24	178-27	176-25	164-24	163-24	159-22	156-20	153-18	129-16	132-16	132-18	130-18				
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<u>Olson,</u>	Time of Day	0:07:09	0:08:06	0:09:13	0:10:10	0:11:19	0:12:20	0:13:36	0:14:42	0:16:10	0:17:27	0:19:36					
<u>Laurie (NC)</u>	Time Cum	01:09	02:06	03:13	04:10	05:19	06:20	07:36	08:42	10:10	11:27	13:36					
202	Time Delta	01:09	00:56	01:07	00:56	01:09	01:00	01:16	01:06	01:27	01:16	02:09					
Age 50	Pace Cum	10:13	10:05	10:01	10:00	10:02	10:08	10:18	10:28	10:44	11:00	11:46					
Group F50-59	Pace Delta	10:13	09:55	09:53	09:59	10:08	10:44	11:10	11:45	12:47	13:34	18:53					
Overall-Group	Position	63-2	45-1	46-1	32-1	32-1	26-1	29-1	28-1	27-1	28-1	43-1					
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<u>Padilla,</u>	Time of Day	0:07:15	0:08:16	0:09:30	0:10:35	0:11:56	0:13:07	0:14:34	0:15:49								
<u>Sunshine (NC)</u>	Time Cum	01:15	02:16	03:30	04:35	05:56	07:07	08:34	09:49								
203	Time Delta	01:15	01:00	01:14	01:04	01:20	01:11	01:27	01:15								
Age 38	Pace Cum	10:59	10:54	10:52	11:01	11:11	11:24	11:36	11:47								
Group F30-39	Pace Delta	10:59	10:48	10:49	11:30	11:49	12:36	12:42	13:18								
Overall-Group	Position	104-12	95-11	84-11	79-10	77-9	81-10	82-10	81-10								
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Palmisano,	Time of Day	0:07:10	0:08:09	0:09:19	0:10:22	0:11:41	0:12:51	0:14:18	0:15:33	0:17:11	0:18:38	0:20:30	0:22:01	0:23:59	1:01:32	1:03:48	1:05:41:02
Donald (GA)	Time Cum	01:10	02:09	03:19	04:22	05:41	06:51	08:18	09:33	11:11	12:38	14:30	16:01	17:59	19:32	21:48	23:41:02
204	Time Delta	01:10	00:59	01:10	01:03	01:18	01:10	01:26	01:15	01:38	01:26	01:52	01:30	01:58	01:32	02:15	01:52:25
Age 41	Pace Cum	10:13	10:22	10:19	10:30	10:43	10:59	11:14	11:28	11:49	12:08	12:33	12:49	13:12	13:24	13:52	14:13
Group M40-49	Pace Delta	10:13	10:33	10:14	11:09	11:29	12:28	12:39	13:20	14:19	15:19	16:25	15:59	17:20	16:27	19:50	19:54
Overall-Group	Position	65-19	59-20	59-19	59-19	63-21	62-21	68-22	67-23	60-21	62-23	60-22	63-24	61-24	61-25	67-26	76-31
<hr/>																	
Pardue,	Time of Day	0:06:56	0:07:45	0:08:40	0:09:29	0:10:23	0:11:12	0:12:10	0:13:07	0:14:17	0:15:19	0:16:36	0:17:45	0:19:05	0:20:15	0:21:45	0:23:02:05
Duran (NC)	Time Cum	00:56	01:45	02:40	03:29	04:23	05:12	06:10	07:07	08:17	09:19	10:36	11:45	13:05	14:15	15:45	17:02:05
8	Time Delta	00:56	00:49	00:54	00:48	00:54	00:49	00:57	00:56	01:10	01:01	01:17	01:09	01:19	01:10	01:29	01:16:48
Age 27	Pace Cum	08:11	08:27	08:18	08:22	08:16	08:20	08:22	08:33	08:45	08:57	09:10	09:25	09:36	09:47	10:01	10:13
Group M20-29	Pace Delta	08:11	08:46	08:00	08:35	07:55	08:46	08:27	10:02	10:17	10:51	11:15	12:18	11:37	12:26	13:06	13:36
Overall-Group	Position	8-2	11-2	9-2	8-2	6-1	6-1	6-1	6-1	6-1	5-1	6-2	6-2	7-2	7-2	10-2	11-2

2015 Umstead 50/100 Mile Endurance Run -- 03/28/2015

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>Pasion,</u>	Time of Day	0:07:20	0:08:31	0:09:54	0:11:10	0:12:36	0:13:52	0:15:24	0:16:41	0:18:14	0:19:28	0:21:06	0:22:32	1:00:13	1:01:50	1:03:31	1:05:02:25
<u>Niki (NC)</u>	Time Cum	01:20	02:31	03:54	05:10	06:36	07:52	09:24	10:41	12:14	13:28	15:06	16:32	18:13	19:50	21:31	23:02:25
206	Time Delta	01:20	01:10	01:22	01:16	01:25	01:15	01:32	01:16	01:32	01:14	01:38	01:26	01:40	01:36	01:40	01:30:58
Age 29	Pace Cum	11:47	12:07	12:06	12:26	12:27	12:36	12:44	12:50	12:55	12:56	13:04	13:14	13:22	13:36	13:41	13:49
Group F20-29	Pace Delta	11:47	12:32	12:04	13:34	12:33	13:25	13:29	13:35	13:29	13:07	14:20	15:19	14:42	17:10	14:44	16:06
Overall-Group	Position	164-2	165-2	159-2	160-3	147-2	142-2	129-2	127-2	96-1	89-1	83-1	78-1	68-1	66-1	63-1	58-1
<u>Pasquale,</u>	Time of Day	0:07:20	0:08:27	0:09:46	0:10:58	0:12:29	0:13:46	0:15:18	0:16:40								
<u>Dana (NC)</u>	Time Cum	01:20	02:27	03:46	04:58	06:29	07:46	09:18	10:40								
38	Time Delta	01:20	01:06	01:18	01:12	01:30	01:16	01:32	01:21								
Age 37	Pace Cum	11:46	11:46	11:41	11:57	12:14	12:26	12:36	12:49								
Group F30-39	Pace Delta	11:46	11:47	11:31	12:54	13:16	13:34	13:30	14:27								
Overall-Group	Position	160-21	142-20	127-14	131-16	132-18	131-18	124-17	124-18								
Peck,	Time of Day	0:07:02	0:07:57	0:09:01	0:09:56	0:11:02	0:12:00	0:13:10	0:14:12	0:15:29	0:16:36	0:17:57	0:19:07	0:20:34	0:21:49	0:23:18	1:00:30:56
Henry (MD)	Time Cum	01:02	01:57	03:01	03:56	05:02	06:00	07:10	08:12	09:29	10:36	11:57	13:07	14:34	15:49	17:18	18:30:56
208	Time Delta	01:02	00:54	01:04	00:55	01:06	00:57	01:10	01:01	01:17	01:07	01:20	01:09	01:27	01:14	01:29	01:12:04
Age 58	Pace Cum	09:12	09:22	09:22	09:27	09:30	09:36	09:42	09:51	10:01	10:11	10:21	10:30	10:41	10:51	11:01	11:07
Group M50-59	Pace Delta	09:12	09:34	09:22	09:46	09:39	10:12	10:14	10:58	11:18	11:53	11:49	12:15	12:48	13:15	13:02	12:45
Overall-Group	Position	19-3	19-3	21-3	18-3	19-3	19-3	19-3	19-3	16-2	16-2	15-2	15-2	15-2	16-2	18-2	17-2
Penzone,	Time of Day	0:07:17	0:08:27	0:09:49	0:10:58	0:12:20	0:13:35	0:14:58	0:16:14	0:17:44	0:19:09	0:21:01	0:22:38	1:00:29	1:01:59	1:03:59	1:05:41:57
Peter (OH)	Time Cum	01:17	02:27	03:49	04:58	06:20	07:35	08:58	10:14	11:44	13:09	15:01	16:38	18:29	19:59	21:59	23:41:57
209	Time Delta	01:17	01:09	01:21	01:09	01:22	01:14	01:23	01:15	01:30	01:24	01:51	01:36	01:51	01:30	02:00	01:42:04
Age 41	Pace Cum	11:21	11:48	11:51	11:56	11:58	12:09	12:09	12:17	12:24	12:38	13:00	13:18	13:33	13:43	13:59	14:13
Group M40-49	Pace Delta	11:21	12:21	11:56	12:15	12:02	13:11	12:07	13:26	13:13	14:56	16:19	17:10	16:14	15:58	17:34	18:04
Overall-Group	Position	134-39	147-41	144-43	130-41	118-40	116-39	105-38	102-36	79-29	79-29	78-26	83-30	77-29	71-27	72-28	77-32
Pepper,	Time of Day	0:07:14	0:08:19	0:09:34	0:10:43	0:11:59	0:13:11	0:14:33	0:15:54	0:17:27	0:19:01	0:20:49	0:22:27	1:00:16	1:01:58	1:04:31	1:07:08:57
Robert (FL)	Time Cum	01:14	02:19	03:34	04:43	05:59	07:11	08:33	09:54	11:27	13:01	14:49	16:27	18:16	19:58	22:31	25:08:57
210	Time Delta	01:14	01:04	01:15	01:09	01:15	01:12	01:21	01:21	01:33	01:33	01:47	01:38	01:49	01:41	02:33	02:37:38
Age 49	Pace Cum	10:53	11:08	11:05	11:21	11:16	11:30	11:34	11:53	12:06	12:30	12:49	13:10	13:24	13:42	14:19	15:05
Group M40-49	Pace Delta	10:53	11:26	11:01	12:15	11:00	12:48	11:58	14:21	13:37	16:37	15:41	17:21	16:02	17:57	22:21	27:54
Overall-Group	Position	96-29	100-32	93-30	97-34	88-33	87-32	81-30	83-31	66-25	76-28	74-25	77-27	71-27	70-26	83-33	90-33
<u>Percy,</u>	Time of Day	0:07:23	0:08:34	0:10:00	0:11:19	0:12:55	0:14:20	0:16:09	0:17:46	0:19:47	0:21:44	0:23:59	1:02:03	1:04:19	1:06:36	1:09:13	1:11:04:59
<u>Maureen (NC)</u>	Time Cum	01:23	02:34	04:00	05:19	06:55	08:20	10:09	11:46	13:47	15:44	17:59	20:03	22:19	24:36	27:13	29:04:59
211	Time Delta	01:23	01:11	01:26	01:18	01:36	01:24	01:49	01:36	02:00	01:57	02:15	02:04	02:15	02:17	02:37	01:51:14
Age 53	Pace Cum	12:08	12:21	12:26	12:47	13:03	13:20	13:44	14:07	14:33	15:06	15:34	16:03	16:22	16:52	17:19	17:27
Group F50-59	Pace Delta	12:08	12:37	12:34	13:58	14:02	14:58	15:56	17:10	17:38	20:44	19:45	21:57	19:50	24:17	22:57	19:41
Overall-Group	Position	185-17	181-18	172-13	177-14	172-13	178-13	181-12	187-15	153-12	162-15	155-15	155-14	140-11	141-11	139-11	135-11
Perkins,	Time of Day	0:07:32	0:08:47	0:10:18	0:11:36	0:13:19	0:14:42	0:16:31	0:18:02	0:20:21	0:22:10	1:00:27	1:02:44	1:04:50	1:06:27	1:08:43	1:10:55:34
Steve (NC)	Time Cum	01:32	02:47	04:18	05:36	07:19	08:42	10:31	12:02	14:21	16:10	18:27	20:44	22:50	24:27	26:43	28:55:34
212	Time Delta	01:32	01:15	01:30	01:18	01:43	01:22	01:48	01:31	02:18	01:49	02:16	02:17	02:05	01:37	02:15	02:12:26
Age 48	Pace Cum	13:28	13:26	13:20	13:29	13:49	13:55	14:14	14:27	15:09	15:31	15:58	16:35	16:44	16:46	16:59	17:21
Group M40-49	Pace Delta	13:28	13:25	13:08	13:58	15:02	14:33	15:53	16:09	20:15	19:21	19:58	24:16	18:23	17:15	19:48	23:26
Overall-Group	Position	233-56	222-55	203-51	197-51	201-53	195-53	194-54	197-54	167-49	166-48	161-45	162-45	148-44	135-42	129-40	134-40

2015 Umstead 50/100 Mile Endurance Run -- 03/28/2015

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
Peterson, Tyler (FL)	Time of Day	0:07:05	0:08:00	0:09:05	0:10:02	0:11:15	0:12:16	0:13:30	0:14:30	0:15:47	0:16:51	0:18:12	0:19:16	0:20:37	0:21:44	0:23:10	1:00:17:09
213	Time Cum	01:05	02:00	03:05	04:02	05:15	06:16	07:30	08:30	09:47	10:51	12:12	13:16	14:37	15:44	17:10	18:17:09
Age 32	Time Delta	01:05	00:54	01:05	00:57	01:12	01:00	01:13	01:00	01:16	01:03	01:20	01:03	01:21	01:06	01:26	01:06:14
Group M30-39	Pace Cum	09:33	09:36	09:34	09:43	09:55	10:03	10:09	10:13	10:20	10:26	10:34	10:37	10:44	10:48	10:56	10:58
Overall-Group	Pace Delta	09:33	09:41	09:29	10:13	10:39	10:47	10:43	10:46	11:12	11:18	11:48	11:19	11:55	11:47	12:37	11:43
	Position	28-8	26-8	28-8	25-8	24-8	24-8	23-7	21-7	19-7	18-7	17-6	17-6	17-6	15-6	15-6	15-6
Pieroni, Dan (AK)	Time of Day	0:07:24	0:08:41	0:10:23	0:11:53	0:13:43	0:15:18	0:17:09	0:18:48	0:20:56	0:22:49						
24	Time Cum	01:24	02:41	04:23	05:53	07:43	09:18	11:09	12:48	14:56	16:49						
Age 74	Time Delta	01:24	01:17	01:41	01:30	01:50	01:34	01:51	01:39	02:08	01:52						
Group M70-79	Pace Cum	12:24	12:58	13:37	14:09	14:34	14:53	15:05	15:22	15:47	16:09						
Overall-Group	Pace Delta	12:24	13:38	14:49	15:59	16:05	16:39	16:13	17:37	18:44	19:50						
	Position	191-2	200-2	222-2	231-3	230-3	227-3	217-3	216-3	173-3	173-3						
Pieroni, Stephen (NC)	Time of Day	0:07:09	0:08:08	0:09:20	0:10:30	0:11:52	0:13:06	0:14:31	0:15:46	0:17:20	0:18:39	0:20:10	0:21:31	0:23:16	1:00:54	1:02:43	1:04:07:27
23	Time Cum	01:09	02:08	03:20	04:30	05:52	07:06	08:31	09:46	11:20	12:39	14:10	15:31	17:16	18:54	20:43	22:07:27
Age 43	Time Delta	01:09	00:58	01:11	01:10	01:21	01:14	01:25	01:14	01:33	01:19	01:30	01:21	01:44	01:38	01:48	01:24:27
Group M40-49	Pace Cum	10:11	10:14	10:20	10:50	11:03	11:22	11:32	11:44	11:58	12:09	12:15	12:25	12:39	12:58	13:10	13:16
Overall-Group	Pace Delta	10:11	10:19	10:31	12:31	11:52	13:07	12:31	13:16	13:37	14:01	13:15	14:21	15:19	17:30	15:47	14:57
	Position	60-16	55-19	60-21	71-25	72-26	80-29	79-29	79-28	62-23	63-24	52-17	50-17	46-17	45-15	44-15	43-14
Polleck, Ken (NC)	Time of Day	0:07:13	0:08:15	0:09:42	0:10:58	0:12:37	0:14:10	0:15:49	0:17:20	0:19:16	0:20:59	0:23:24	1:01:23	1:04:02	1:06:12	1:08:32	1:10:51:38
217	Time Cum	01:13	02:15	03:42	04:58	06:37	08:10	09:49	11:20	13:16	14:59	17:24	19:23	22:02	24:12	26:32	28:51:38
Age 53	Time Delta	01:13	01:01	01:27	01:15	01:38	01:33	01:38	01:31	01:56	01:43	02:24	01:59	02:39	02:09	02:20	02:18:51
Group M50-59	Pace Cum	10:45	10:48	11:29	11:55	12:28	13:05	13:17	13:36	14:01	14:24	15:03	15:31	16:10	16:36	16:53	17:19
Overall-Group	Pace Delta	10:45	10:51	12:44	13:25	14:27	16:32	14:24	16:07	17:03	18:15	21:02	21:08	23:17	22:54	20:31	24:35
	Position	93-11	89-10	117-14	128-17	150-21	166-23	162-23	168-23	139-18	141-18	141-19	141-20	134-19	133-19	125-17	133-18
Portera, Anthony (NY)	Time of Day	0:07:05	0:08:01	0:09:10	0:10:11	0:11:22	0:12:22	0:13:31	0:14:32	0:15:44	0:16:54	0:18:28	0:19:45	0:21:17	0:22:37	1:00:06	1:01:24:52
17	Time Cum	01:05	02:01	03:10	04:11	05:22	06:22	07:31	08:32	09:44	10:54	12:28	13:45	15:17	16:37	18:06	19:24:52
Age 44	Time Delta	01:05	00:55	01:09	01:00	01:11	00:59	01:09	01:00	01:11	01:10	01:34	01:16	01:32	01:19	01:29	01:18:17
Group M40-49	Pace Cum	09:34	09:43	09:51	10:03	10:08	10:12	10:11	10:15	10:17	10:29	10:48	11:00	11:13	11:24	11:31	11:39
Overall-Group	Pace Delta	09:34	09:54	10:06	10:45	10:26	10:34	10:08	10:47	10:28	12:25	13:43	13:29	13:31	14:09	13:00	13:51
	Position	34-8	30-10	38-10	37-13	35-13	29-11	24-10	23-9	18-7	19-7	20-7	20-7	20-7	22-7	23-7	22-7
Prather, Antoinette (NC)	Time of Day	0:07:11	0:08:14	0:09:31	0:10:39	0:12:01	0:13:10	0:14:35	0:15:48	0:17:20	0:18:35	0:20:20	0:21:49	0:23:46	1:01:12	1:03:05	1:04:51:03
218	Time Cum	01:11	02:14	03:31	04:39	06:01	07:10	08:35	09:48	11:20	12:35	14:20	15:49	17:46	19:12	21:05	22:51:03
Age 45	Time Delta	01:11	01:03	01:17	01:07	01:22	01:08	01:25	01:12	01:31	01:15	01:44	01:29	01:57	01:26	01:52	01:46:02
Group F40-49	Pace Cum	10:25	10:45	10:57	11:12	11:22	11:29	11:38	11:46	11:58	12:06	12:24	12:39	13:02	13:11	13:24	13:43
Overall-Group	Pace Delta	10:25	11:10	11:19	12:01	12:00	12:09	12:25	12:52	13:23	13:24	15:14	15:47	17:07	15:17	16:22	18:46
	Position	79-6	85-7	87-8	89-8	91-8	85-7	84-8	80-8	63-5	58-4	56-4	56-4	56-3	52-3	48-3	55-4
Preble, Timothy (NC)	Time of Day	0:07:32	0:08:48	0:10:21	0:11:37	0:13:03	0:14:19	0:16:00	0:17:11	0:18:41	0:19:53	0:21:20	0:22:44	1:00:39	1:02:02	1:03:47	1:05:22:55
219	Time Cum	01:32	02:48	04:21	05:37	07:03	08:19	10:00	11:11	12:41	13:53	15:20	16:44	18:39	20:02	21:47	23:22:55
Age 41	Time Delta	01:32	01:16	01:32	01:15	01:26	01:15	01:40	01:11	01:30	01:11	01:27	01:23	01:54	01:22	01:44	01:35:55
Group M40-49	Pace Cum	13:28	13:30	13:31	13:29	13:18	13:19	13:32	13:25	13:24	13:20	13:17	13:24	13:41	13:44	13:51	14:02
Overall-Group	Pace Delta	13:28	13:33	13:32	13:22	12:40	13:20	14:43	12:36	13:15	12:40	12:44	14:52	16:44	14:39	15:19	16:59
	Position	232-56	225-56	215-53	198-52	185-51	172-51	173-51	160-50	118-40	105-36	88-33	86-32	83-30	73-29	66-25	64-24

2015 Umstead 50/100 Mile Endurance Run -- 03/28/2015

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
Puente, Fernando (NC)	Time of Day	0:07:18	0:08:20	0:09:34	0:10:35	0:11:58	0:13:30	0:15:16	0:16:44								
53	Time Cum	01:18	02:20	03:34	04:35	05:58	07:30	09:16	10:44								
Age 61	Time Delta	01:18	01:02	01:13	01:01	01:22	01:32	01:45	01:28								
Group M60-69	Pace Cum	11:24	11:14	11:04	11:02	11:16	12:01	12:33	12:54								
Overall-Group	Pace Delta	11:24	11:02	10:44	10:56	12:05	16:18	15:27	15:37								
	Position	135-5	109-3	91-3	80-3	87-3	110-3	118-3	130-3								
<u>Quaintance-Kramer,</u>	Time of Day	0:07:20	0:08:30	0:10:08	0:11:23	0:13:03	0:14:22	0:16:03	0:17:23	0:19:27	0:21:04	0:23:34	1:01:46	1:06:15	1:07:55	1:10:06	1:11:51:31
220	Time Cum	01:20	02:30	04:08	05:23	07:03	08:22	10:03	11:23	13:27	15:04	17:34	19:46	24:15	25:55	28:06	29:51:31
Age 38	Time Delta	01:20	01:10	01:38	01:14	01:40	01:18	01:41	01:20	02:03	01:37	02:30	02:11	04:28	01:40	02:10	01:44:55
Group F30-39	Pace Cum	11:42	12:04	12:52	12:56	13:18	13:24	13:36	13:40	14:12	14:28	15:12	15:49	17:47	17:47	17:53	17:55
Overall-Group	Pace Delta	11:42	12:29	14:20	13:08	14:41	13:53	14:46	14:11	18:02	17:14	21:54	23:21	39:13	17:47	19:07	18:34
	Position	154-21	163-22	190-23	181-21	183-22	181-21	177-22	173-22	143-17	144-17	146-17	148-17	155-18	150-16	146-16	147-16
Quintanar, Rogelio (GA)	Time of Day	0:07:07	0:08:06	0:09:13	0:10:10	0:11:17	0:12:15	0:13:28	0:14:36	0:16:03	0:17:11	0:18:50	0:20:11	0:21:50	0:23:20	1:01:18	1:02:51:45
221	Time Cum	01:07	02:06	03:13	04:10	05:17	06:15	07:28	08:36	10:03	11:11	12:50	14:11	15:50	17:20	19:18	20:51:45
Age 44	Time Delta	01:07	00:58	01:07	00:56	01:07	00:57	01:13	01:07	01:27	01:08	01:38	01:21	01:38	01:30	01:57	01:33:38
Group M40-49	Pace Cum	09:53	10:05	10:01	10:00	09:58	10:01	10:07	10:19	10:37	10:45	11:06	11:21	11:36	11:54	12:16	12:31
Overall-Group	Pace Delta	09:53	10:19	09:53	09:59	09:52	10:13	10:40	11:58	12:45	12:04	14:22	14:24	14:24	16:04	17:07	16:34
	Position	47-14	46-13	45-14	34-11	27-10	22-8	22-9	25-11	22-8	23-8	24-8	28-8	28-8	30-8	30-8	32-9
Ramey, Matt (NC)	Time of Day	0:07:05	0:08:03	0:09:16	0:10:19	0:11:45	0:13:01	0:14:43	0:16:06								
222	Time Cum	01:05	02:03	03:16	04:19	05:45	07:01	08:43	10:06								
Age 37	Time Delta	01:05	00:57	01:12	01:03	01:25	01:15	01:42	01:22								
Group M30-39	Pace Cum	09:34	09:52	10:09	10:23	10:51	11:14	11:48	12:08								
Overall-Group	Pace Delta	09:34	10:15	10:38	11:12	12:33	13:24	14:57	14:40								
	Position	36-8	35-9	49-14	55-15	68-18	75-21	86-22	94-24								
Randolph, Chad (NC)	Time of Day	0:07:10	0:08:09	0:09:21	0:10:25	0:11:43	0:12:54	0:14:18	0:15:38								
20	Time Cum	01:10	02:09	03:21	04:25	05:43	06:54	08:18	09:38								
Age 49	Time Delta	01:10	00:59	01:11	01:03	01:18	01:11	01:23	01:19								
Group M40-49	Pace Cum	10:16	10:23	10:24	10:36	10:46	11:04	11:14	11:34								
Overall-Group	Pace Delta	10:16	10:31	10:26	11:19	11:24	12:43	12:12	14:09								
	Position	68-19	62-20	66-24	67-23	64-22	66-22	69-22	73-27								
Reese, Trey (GA)	Time of Day	0:07:10	0:08:09	0:09:19	0:10:22	0:11:36	0:12:42	0:14:04	0:15:11	0:16:34	0:17:46	0:19:17	0:20:34	0:22:14	0:23:43	1:01:49	1:03:45:19
224	Time Cum	01:10	02:09	03:19	04:22	05:36	06:42	08:04	09:11	10:34	11:46	13:17	14:34	16:14	17:43	19:49	21:45:19
Age 44	Time Delta	01:10	00:59	01:10	01:02	01:14	01:05	01:22	01:06	01:23	01:11	01:31	01:17	01:40	01:28	02:05	01:56:07
Group M40-49	Pace Cum	10:13	10:22	10:19	10:30	10:34	10:43	10:55	11:01	11:10	11:18	11:30	11:40	11:55	12:09	12:36	13:03
Overall-Group	Pace Delta	10:13	10:33	10:13	11:08	10:49	11:36	12:02	11:46	12:11	12:42	13:19	13:39	14:38	15:43	18:20	20:33
	Position	65-19	59-20	58-19	58-19	55-20	54-19	55-17	48-17	41-13	41-13	36-10	38-11	36-10	34-10	35-10	36-10
Reitzig, Jim (NY)	Time of Day	0:07:19	0:08:29	0:09:42	0:10:44	0:12:01	0:13:10	0:14:35	0:15:46	0:17:21	0:18:36	0:20:19	0:21:46	0:23:39	1:01:16	1:03:32	1:05:16:42
225	Time Cum	01:19	02:29	03:42	04:44	06:01	07:10	08:35	09:46	11:21	12:36	14:19	15:46	17:39	19:16	21:32	23:16:42
Age 40	Time Delta	01:19	01:10	01:12	01:02	01:16	01:08	01:25	01:10	01:34	01:15	01:43	01:27	01:53	01:37	02:15	01:44:21
Group M40-49	Pace Cum	11:33	11:58	11:29	11:24	11:22	11:28	11:38	11:44	11:59	12:06	12:24	12:37	12:57	13:13	13:42	13:58
Overall-Group	Pace Delta	11:33	12:28	10:37	11:05	11:14	12:05	12:30	12:33	13:48	13:19	15:02	15:25	16:30	17:10	19:48	18:28
	Position	146-43	158-44	116-39	100-35	90-34	84-31	83-31	78-28	64-24	60-22	55-19	55-20	53-20	54-20	64-24	63-23

2015 Umstead 50/100 Mile Endurance Run -- 03/28/2015

Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS	
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00	
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	
<hr/>																		
<u>Rhine,</u>	Time of Day	0:07:23	0:08:33	0:09:54	0:11:07	0:12:48	0:14:11	0:15:53	0:17:13									
<u>Candice (MD)</u>	Time Cum	01:23	02:33	03:54	05:07	06:48	08:11	09:53	11:13									
226	Time Delta	01:23	01:10	01:20	01:13	01:40	01:23	01:41	01:20									
Age 26	Pace Cum	12:08	12:19	12:06	12:18	12:49	13:07	13:22	13:28									
Group F20-29	Pace Delta	12:08	12:32	11:41	13:02	14:39	14:49	14:47	14:13									
Overall-Group	Position	186-3	179-3	155-2	154-2	166-3	167-3	166-3	162-3									
<hr/>																		
<u>Rice,</u>	Time of Day	0:07:20	0:08:31	0:10:03	0:11:23	0:13:07	0:14:31	0:16:16	0:17:42	0:19:56	0:21:33	0:23:43	1:01:42					
<u>Maggie (VA)</u>	Time Cum	01:20	02:31	04:03	05:23	07:07	08:31	10:16	11:42	13:56	15:33	17:43	19:42					
228	Time Delta	01:20	01:11	01:31	01:20	01:44	01:24	01:44	01:26	02:13	01:37	02:09	01:59					
Age 52	Pace Cum	11:44	12:10	12:33	12:56	13:26	13:39	13:53	14:04	14:43	14:56	15:20	15:46					
Group F50-59	Pace Delta	11:44	12:41	13:17	14:15	15:14	14:52	15:13	15:23	19:29	17:12	18:58	21:05					
Overall-Group	Position	156-12	168-12	177-15	182-15	187-14	187-15	186-13	184-13	159-14	155-13	150-13	146-12					
<hr/>																		
<u>Rice,</u>	Time of Day	0:07:15	0:08:25	0:09:58	0:11:15	0:12:52	0:14:10	0:16:03	0:17:24	0:19:34	0:21:03	0:23:53	1:01:31	1:04:05	1:05:53	1:08:55	1:10:38:52	
<u>Rita (NC)</u>	Time Cum	01:15	02:25	03:58	05:15	06:52	08:10	10:03	11:24	13:34	15:03	17:53	19:31	22:05	23:53	26:55	28:38:52	
227	Time Delta	01:15	01:10	01:32	01:17	01:36	01:18	01:52	01:21	02:09	01:29	02:49	01:38	02:33	01:48	03:01	01:43:52	
Age 48	Pace Cum	10:59	11:40	12:18	12:37	12:56	13:04	13:36	13:41	14:19	14:28	15:28	15:37	16:11	16:23	17:07	17:11	
Group F40-49	Pace Delta	10:59	12:29	13:28	13:40	14:07	13:49	16:29	14:25	18:55	15:54	24:42	17:23	22:27	19:11	26:31	18:23	
Overall-Group	Position	104-9	137-12	165-14	166-14	170-15	164-15	175-16	175-16	147-13	142-13	153-16	145-16	135-16	131-15	134-16	130-16	
<hr/>																		
Ricks,	Time of Day	0:07:15																
Christopher (NC)	Time Cum	01:15																
229	Time Delta	01:15																
Age 37	Pace Cum	10:58																
Group M30-39	Pace Delta	10:58																
Overall-Group	Position	102-24																
<hr/>																		
Rivera,	Time of Day	0:07:03	0:07:55	0:08:56	0:09:49	0:10:53	0:11:48	0:12:55	0:13:53	0:15:07	0:16:09	0:17:21	0:18:21	0:19:39	0:20:37	0:21:56	0:22:56:38	
Will (KY)	Time Cum	01:03	01:55	02:56	03:49	04:53	05:48	06:55	07:53	09:07	10:09	11:21	12:21	13:39	14:37	15:56	16:56:38	
230	Time Delta	01:03	00:52	01:00	00:52	01:04	00:54	01:07	00:58	01:13	01:02	01:12	00:59	01:18	00:58	01:19	00:59:56	
Age 44	Pace Cum	09:16	09:15	09:07	09:10	09:12	09:17	09:22	09:29	09:38	09:45	09:50	09:53	10:01	10:02	10:08	10:10	
Group M40-49	Pace Delta	09:16	09:15	08:52	09:21	09:21	09:42	09:53	10:17	10:45	10:59	10:33	10:31	11:24	10:17	11:35	10:36	
Overall-Group	Position	21-6	18-7	16-6	15-6	14-5	15-6	14-3	14-5	14-4	14-5	12-4	12-4	12-4	11-4	11-4	10-4	
<hr/>																		
Robinette,	Time of Day	0:07:19	0:08:27	0:09:54	0:11:13	0:12:51	0:14:19	0:15:59	0:17:29	0:19:12	0:20:41	0:23:06	1:01:20	1:04:13				
Jeff (NC)	Time Cum	01:19	02:27	03:54	05:13	06:51	08:19	09:59	11:29	13:12	14:41	17:06	19:20	22:13				
231	Time Delta	01:19	01:08	01:26	01:19	01:38	01:28	01:39	01:30	01:42	01:28	02:25	02:14	02:52				
Age 31	Pace Cum	11:34	11:50	12:06	12:32	12:55	13:19	13:30	13:47	13:56	14:06	14:48	15:29	16:18				
Group M30-39	Pace Delta	11:34	12:09	12:34	14:02	14:19	15:38	14:30	15:58	15:02	15:45	21:15	23:45	25:13				
Overall-Group	Position	149-33	151-32	155-33	163-34	169-34	176-34	170-34	178-36	135-29	130-29	133-26	138-26	138-25				
<hr/>																		
Robinson,	Time of Day	0:07:14	0:08:17	0:09:35	0:10:39	0:11:57	0:13:03	0:14:27	0:15:35	0:17:01	0:18:18	0:19:57	0:21:16	0:22:59	1:00:25	1:02:18	1:03:55:34	
John (NC)	Time Cum	01:14	02:17	03:35	04:39	05:57	07:03	08:27	09:35	11:01	12:18	13:57	15:16	16:59	18:25	20:18	21:55:34	
232	Time Delta	01:14	01:03	01:17	01:03	01:18	01:06	01:23	01:08	01:25	01:17	01:38	01:18	01:42	01:26	01:53	01:37:14	
Age 46	Pace Cum	10:56	11:02	11:09	11:10	11:13	11:18	11:27	11:31	11:38	11:49	12:04	12:13	12:27	12:38	12:55	13:09	
Group M40-49	Pace Delta	10:56	11:10	11:21	11:15	11:24	11:46	12:13	12:04	12:28	13:45	14:23	13:59	15:00	15:13	16:32	17:13	
Overall-Group	Position	98-29	99-31	98-31	87-31	83-28	78-27	76-28	71-25	53-18	53-18	48-16	46-16	43-14	41-13	40-12	40-12	

2015 Umstead 50/100 Mile Endurance Run -- 03/28/2015

Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<u>Rogers,</u>	Time of Day	0:07:27	0:08:42	0:10:14	0:11:33	0:13:11	0:14:33	0:16:16	0:17:41	0:19:53	0:21:26	0:23:12	1:00:44	1:02:55	1:04:36	1:06:28	1:07:54:34
<u>Betsy (WA)</u>	Time Cum	01:27	02:42	04:14	05:33	07:11	08:33	10:16	11:41	13:53	15:26	17:12	18:44	20:55	22:36	24:28	25:54:34
233	Time Delta	01:27	01:15	01:31	01:19	01:38	01:22	01:42	01:25	02:12	01:32	01:46	01:31	02:10	01:40	01:52	01:25:48
Age 51	Pace Cum	12:47	13:01	13:08	13:20	13:33	13:42	13:53	14:02	14:10	14:50	14:54	15:00	15:20	15:30	15:34	15:33
Group F50-59	Pace Delta	12:47	13:17	13:21	14:02	14:19	14:32	14:57	15:08	19:18	16:27	15:31	16:12	19:06	17:52	16:26	15:11
Overall-Group	Position	213-21	202-21	196-19	194-19	190-16	190-17	185-13	183-12	158-13	154-12	134-12	126-9	117-7	108-7	98-6	94-5
Rousseau,	Time of Day	0:07:15	0:08:19	0:09:37	0:10:40	0:11:55	0:12:59	0:14:12	0:15:18	0:16:37	0:18:11						
Charles (DC)	Time Cum	01:15	02:19	03:37	04:40	05:55	06:59	08:12	09:18	10:37	12:11						
234	Time Delta	01:15	01:03	01:18	01:02	01:15	01:03	01:13	01:06	01:18	01:33						
Age 44	Pace Cum	11:03	11:08	11:15	11:13	11:10	11:11	11:06	11:11	11:13	11:42						
Group M40-49	Pace Delta	11:03	11:15	11:26	11:08	11:00	11:14	10:41	11:44	11:32	16:33						
Overall-Group	Position	111-32	101-32	107-36	92-33	76-27	74-26	61-21	61-21	43-14	50-17						
Rundle,	Time of Day	0:07:17	0:08:21	0:09:43	0:10:52	0:12:15	0:13:30	0:15:08	0:16:32	0:18:14	0:19:46	0:21:41	0:23:20	1:02:18	1:04:56		
Paul (CO)	Time Cum	01:17	02:21	03:43	04:52	06:15	07:30	09:08	10:32	12:14	13:46	15:41	17:20	20:18	22:56		
235	Time Delta	01:17	01:04	01:21	01:09	01:23	01:14	01:37	01:24	01:41	01:32	01:54	01:39	02:57	02:38		
Age 50	Pace Cum	11:16	11:21	11:31	11:43	11:48	12:01	12:21	12:39	12:55	13:13	13:34	13:53	14:53	15:44		
Group M50-59	Pace Delta	11:16	11:28	11:50	12:21	12:09	13:15	14:11	14:53	14:52	16:17	16:47	17:41	25:53	27:59		
Overall-Group	Position	125-15	115-13	120-15	118-14	111-14	111-13	113-13	114-13	96-13	101-14	103-14	102-12	104-14	114-16		
Russell,	Time of Day	0:07:22	0:08:26	0:09:53	0:10:59	0:12:31	0:13:45	0:15:32	0:17:09	0:19:35	0:21:07	0:22:58	1:00:48	1:03:18	1:05:21	1:07:39	1:09:43:17
Jeff (CA)	Time Cum	01:22	02:26	03:53	04:59	06:31	07:45	09:32	11:09	13:35	15:07	16:58	18:48	21:18	23:21	25:39	27:43:17
236	Time Delta	01:22	01:04	01:26	01:06	01:31	01:14	01:46	01:37	02:26	01:31	01:51	01:49	02:30	02:02	02:18	02:03:30
Age 55	Pace Cum	12:00	11:44	12:04	11:59	12:17	12:26	12:54	13:23	14:21	14:31	14:41	15:03	15:38	16:01	16:19	16:38
Group M50-59	Pace Delta	12:00	11:24	12:41	11:41	13:22	13:14	15:30	17:11	21:25	16:14	16:14	19:25	21:58	21:37	20:15	21:52
Overall-Group	Position	177-27	140-18	153-22	134-19	136-19	130-17	145-17	158-20	149-21	146-19	131-17	129-17	124-17	122-17	112-15	116-15
<u>Rust,</u>	Time of Day	0:07:23	0:08:33	0:10:05	0:11:25	0:13:15	0:14:41	0:16:43	0:18:15	0:20:31	0:22:31	1:00:35	1:02:22	1:04:48	1:06:47	1:09:36	1:11:30:32
<u>Linda (TX)</u>	Time Cum	01:23	02:33	04:05	05:25	07:15	08:41	10:43	12:15	14:31	16:31	18:35	20:22	22:48	24:47	27:36	29:30:32
237	Time Delta	01:23	01:10	01:31	01:19	01:50	01:26	02:01	01:32	02:16	01:59	02:03	01:46	02:26	01:59	02:48	01:53:42
Age 55	Pace Cum	12:07	12:19	12:41	13:00	13:40	13:54	14:30	14:42	15:20	15:52	16:05	16:18	16:43	17:00	17:34	17:42
Group F50-59	Pace Delta	12:07	12:33	13:23	14:05	16:06	15:13	17:45	16:19	19:53	21:14	18:06	18:53	21:22	21:08	24:40	20:07
Overall-Group	Position	182-17	179-16	186-18	185-17	192-18	194-18	202-18	202-18	168-16	171-17	164-16	158-15	147-12	144-13	142-12	142-12
Ryan,	Time of Day	0:07:17	0:08:27	0:09:51	0:11:05	0:12:34	0:13:53	0:15:28	0:16:55	0:18:41	0:20:04	0:21:39	0:23:12	1:00:51	1:02:29	1:04:17	1:05:58:13
Mark (FL)	Time Cum	01:17	02:27	03:51	05:05	06:34	07:53	09:28	10:55	12:41	14:04	15:39	17:12	18:51	20:29	22:17	23:58:13
238	Time Delta	01:17	01:10	01:23	01:14	01:28	01:18	01:35	01:27	01:45	01:23	01:35	01:32	01:39	01:38	01:47	01:40:45
Age 63	Pace Cum	11:16	11:49	11:58	12:14	12:23	12:37	12:48	13:06	13:23	13:30	13:33	13:46	13:50	14:03	14:11	14:23
Group M60-69	Pace Delta	11:16	12:28	12:14	13:10	12:58	13:52	13:52	15:26	15:28	14:42	13:57	16:25	14:29	17:24	15:41	17:50
Overall-Group	Position	128-3	149-5	147-5	151-5	142-5	145-6	136-4	144-6	116-3	116-3	100-2	96-3	89-2	86-2	81-1	81-1
<u>Sandoz,</u>	Time of Day	0:07:31	0:08:51	0:10:39	0:12:08	0:14:02	0:15:37	0:17:28	0:19:05	0:21:23	0:23:25	1:02:25	1:04:22	1:06:25	1:08:15	1:10:13	1:11:49:50
<u>Joy (GA)</u>	Time Cum	01:31	02:51	04:39	06:08	08:02	09:37	11:28	13:05	15:23	17:25	20:25	22:22	24:25	26:15	28:13	29:49:50
239	Time Delta	01:31	01:20	01:47	01:28	01:54	01:35	01:51	01:37	02:17	02:02	03:00	01:56	02:03	01:50	01:57	01:36:11
Age 43	Pace Cum	13:22	13:45	14:27	14:43	15:08	15:24	15:32	15:43	16:14	16:44	17:40	17:54	17:54	18:01	17:57	17:54
Group F40-49	Pace Delta	13:22	14:13	15:44	15:38	16:40	16:52	16:14	17:12	20:04	21:41	26:17	20:37	17:58	19:34	17:12	17:01
Overall-Group	Position	230-24	234-24	242-26	242-26	242-26	242-27	227-27	223-27	179-23	178-23	173-23	170-23	157-22	152-21	147-21	145-21

2015 Umstead 50/100 Mile Endurance Run -- 03/28/2015

Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
<hr/>																	
Santa Teresa, JC (NY)	Time of Day	0:07:41	0:09:09	0:10:54	0:12:20	0:13:58	0:15:31	0:17:55	0:20:01								
	Time Cum	01:41	03:09	04:54	06:20	07:58	09:31	11:55	14:01								
241	Time Delta	01:41	01:27	01:45	01:26	01:38	01:32	02:24	02:05								
Age 51	Pace Cum	14:49	15:08	15:12	15:13	15:02	15:14	16:08	16:49								
Group M50-59	Pace Delta	14:49	15:30	15:21	15:14	14:24	16:20	21:03	22:14								
Overall-Group	Position	249-40	250-41	250-41	247-41	238-41	236-40	235-38	235-38								
<hr/>																	
Savage, Jonathan (NC)	Time of Day	0:07:00	0:07:51	0:08:51	0:09:45	0:10:46	0:11:44	0:12:57	0:14:07								
	Time Cum	01:00	01:51	02:51	03:45	04:46	05:44	06:57	08:07								
5	Time Delta	01:00	00:51	00:59	00:54	01:00	00:58	01:12	01:10								
Age 48	Pace Cum	08:46	08:55	08:50	09:00	08:59	09:11	09:24	09:45								
Group M40-49	Pace Delta	08:46	09:07	08:41	09:34	08:54	10:18	10:38	12:24								
Overall-Group	Position	13-3	13-3	12-3	13-4	12-3	12-3	15-6	18-7								
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Schlereth, Joe (NC)	Time of Day	0:07:10	0:08:14	0:09:26	0:10:24	0:11:36	0:12:39	0:13:59	0:15:08								
	Time Cum	01:10	02:14	03:26	04:24	05:36	06:39	07:59	09:08								
26	Time Delta	01:10	01:04	01:11	00:58	01:12	01:03	01:19	01:09								
Age 65	Pace Cum	10:18	10:48	10:39	10:35	10:35	10:40	10:49	10:59								
Group M60-69	Pace Delta	10:18	11:24	10:24	10:22	10:31	11:10	11:37	12:16								
Overall-Group	Position	73-1	88-2	72-2	65-1	56-1	49-1	47-1	46-1								
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<u>Scott</u>	Time of Day	0:07:13	0:08:11	0:09:41	0:10:48	0:13:11	0:14:24	0:16:41	0:18:00	0:20:58	0:22:29	1:00:55	1:02:39	1:04:57	1:06:36	1:08:44	1:10:08:37
<u>Mary Theresa</u>	Time Cum	01:13	02:11	03:41	04:48	07:11	08:24	10:41	12:00	14:58	16:29	18:55	20:39	22:57	24:36	26:44	28:08:37
242	Time Delta	01:13	00:58	01:29	01:07	02:22	01:13	02:16	01:19	02:57	01:31	02:26	01:43	02:17	01:38	02:08	01:24:33
Age 50	Pace Cum	10:45	10:33	11:28	11:33	13:32	13:27	14:28	14:25	15:48	15:50	16:23	16:32	16:50	16:52	17:00	16:53
Group F50-59	Pace Delta	10:45	10:18	13:08	11:53	20:47	12:59	19:57	14:02	25:57	16:09	21:19	18:23	20:08	17:27	18:42	14:58
Overall-Group	Position	92-5	70-3	113-6	107-5	189-16	186-14	198-17	196-17	174-17	170-16	166-17	161-16	150-13	140-11	130-10	122-9
<hr/>																	
Sechler, BD (NC)	Time of Day	0:07:20	0:08:27	0:09:46	0:10:59	0:12:29	0:13:46	0:15:18	0:16:40	0:18:11	0:19:29	0:21:11	0:22:36	1:00:21	1:01:45	1:03:28	1:04:54:26
	Time Cum	01:20	02:27	03:46	04:59	06:29	07:46	09:18	10:40	12:11	13:29	15:11	16:36	18:21	19:45	21:28	22:54:26
22	Time Delta	01:20	01:06	01:19	01:12	01:30	01:17	01:31	01:22	01:30	01:17	01:42	01:24	01:44	01:43	01:43	01:25:29
Age 52	Pace Cum	11:45	11:47	11:43	11:58	12:14	12:27	12:36	12:49	12:52	12:57	13:09	13:17	13:27	13:33	13:40	13:45
Group M50-59	Pace Delta	11:45	11:48	11:35	12:50	13:15	13:38	13:25	14:32	13:14	13:45	14:58	15:02	15:14	15:01	15:03	15:08
Overall-Group	Position	159-21	144-19	131-18	132-19	133-18	132-18	122-15	126-16	93-11	90-11	84-11	82-11	74-10	63-7	61-7	57-6
<hr/>																	
<u>Sha</u>	Time of Day	0:07:15	0:08:15	0:09:29	0:10:34	0:11:51	0:12:52	0:14:07	0:15:12	0:16:28	0:17:33	0:19:00	0:20:07	0:21:30	0:22:40	1:00:05	1:01:19:41
<u>Di (GA)</u>	Time Cum	01:15	02:15	03:29	04:34	05:51	06:52	08:07	09:12	10:28	11:33	13:00	14:07	15:30	16:40	18:05	19:19:41
243	Time Delta	01:15	01:00	01:13	01:05	01:16	01:01	01:14	01:05	01:16	01:04	01:26	01:07	01:22	01:10	01:24	01:14:29
Age 40	Pace Cum	10:57	10:51	10:50	10:59	11:02	11:01	10:59	11:03	11:03	11:06	11:15	11:18	11:22	11:26	11:30	11:36
Group F40-49	Pace Delta	10:57	10:44	10:47	11:33	11:12	10:53	10:52	11:30	11:07	11:28	12:39	11:55	12:05	12:26	12:23	13:11
Overall-Group	Position	99-9	92-9	79-6	77-6	71-6	64-6	58-5	49-5	37-2	34-2	31-2	23-2	25-2	23-2	21-2	21-1
<hr/>																	
<u>Shepard</u>	Time of Day	0:07:20	0:08:36	0:10:14	0:11:53	0:13:42	0:15:31	0:18:18	0:20:22								
<u>Jo</u>	Time Cum	01:20	02:36	04:14	05:53	07:42	09:31	12:18	14:22								
245	Time Delta	01:20	01:15	01:38	01:38	01:49	01:48	02:47	02:03								
Age 50	Pace Cum	11:46	12:30	13:10	14:07	14:31	15:14	16:40	17:15								
Group F50-59	Pace Delta	11:46	13:23	14:24	17:23	15:58	19:13	24:29	21:52								
Overall-Group	Position	162-12	184-19	197-19	230-25	229-24	235-24	240-24	237-23								

2015 Umstead 50/100 Mile Endurance Run -- 03/28/2015

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
Shepherd, Steve (NC)	Time of Day	0:06:57	0:07:43	0:08:43	0:09:37	0:10:48	0:11:46	0:12:55	0:13:50								
	Time Cum	00:57	01:43	02:43	03:37	04:48	05:46	06:55	07:50								
246	Time Delta	00:57	00:46	00:59	00:53	01:11	00:57	01:08	00:55								
Age 46	Pace Cum	08:27	08:19	08:28	08:41	09:04	09:14	09:22	09:25								
Group M40-49	Pace Delta	08:27	08:10	08:43	09:29	10:24	10:14	10:04	09:51								
Overall-Group	Position	12-2	8-1	10-1	11-2	13-4	13-4	13-3	12-3								
Sherfy, Robert (VA)	Time of Day	0:07:10	0:08:08	0:09:17	0:10:21	0:11:34	0:12:41	0:14:01	0:15:13	0:16:43	0:17:50	0:19:19	0:20:28	0:22:00	0:23:18	1:00:55	1:02:12:49
	Time Cum	01:10	02:08	03:17	04:21	05:34	06:41	08:01	09:13	10:43	11:50	13:19	14:28	16:00	17:18	18:55	20:12:49
14	Time Delta	01:10	00:57	01:09	01:03	01:13	01:06	01:20	01:11	01:29	01:07	01:29	01:09	01:31	01:18	01:37	01:17:08
Age 27	Pace Cum	10:15	10:15	10:12	10:27	10:31	10:42	10:51	11:04	11:19	11:22	11:32	11:35	11:44	11:52	12:02	12:08
Group M20-29	Pace Delta	10:15	10:15	10:06	11:19	10:45	11:43	11:44	12:42	13:07	11:54	13:00	12:13	13:23	13:55	14:10	13:39
Overall-Group	Position	67-5	56-4	54-4	56-4	52-4	50-4	48-3	52-4	44-3	42-3	37-3	35-3	30-3	29-3	29-3	28-3
Slopek, Steve (NC)	Time of Day	0:07:07	0:08:06	0:09:16	0:10:19	0:11:34	0:12:41	0:14:04	0:15:16	0:16:51	0:18:12	0:19:44	0:21:00	0:22:31	1:00:00	1:01:46	1:03:16:11
	Time Cum	01:07	02:06	03:16	04:19	05:34	06:41	08:04	09:16	10:51	12:12	13:44	15:00	16:31	18:00	19:46	21:16:11
247	Time Delta	01:07	00:59	01:10	01:02	01:14	01:07	01:22	01:12	01:34	01:21	01:32	01:16	01:30	01:28	01:46	01:29:16
Age 56	Pace Cum	09:47	10:09	10:11	10:23	10:29	10:43	10:55	11:07	11:27	11:43	11:53	12:01	12:07	12:21	12:35	12:46
Group M50-59	Pace Delta	09:47	10:35	10:14	11:03	10:54	11:58	12:01	12:47	13:50	14:20	13:29	13:34	13:15	15:42	15:33	15:48
Overall-Group	Position	44-5	52-5	51-5	54-5	51-5	53-5	51-5	59-5	49-4	51-4	46-4	40-4	39-4	38-4	34-4	34-4
Smith, Mike (IN)	Time of Day	0:07:09	0:08:14	0:09:31	0:10:40	0:12:08	0:13:20	0:14:50	0:16:07	0:17:41	0:19:02	0:20:43	0:22:18	1:00:01	1:01:39	1:03:26	1:05:10:42
	Time Cum	01:09	02:14	03:31	04:40	06:08	07:20	08:50	10:07	11:41	13:02	14:43	16:18	18:01	19:39	21:26	23:10:42
18	Time Delta	01:09	01:05	01:16	01:09	01:27	01:12	01:29	01:17	01:33	01:21	01:40	01:35	01:42	01:38	01:47	01:43:59
Age 57	Pace Cum	10:06	10:44	10:55	11:13	11:33	11:44	11:57	12:09	12:20	12:31	12:44	13:03	13:12	13:29	13:38	13:54
Group M50-59	Pace Delta	10:06	11:31	11:14	12:17	12:46	12:47	13:07	13:41	13:41	14:22	14:45	16:53	14:56	17:23	15:41	18:24
Overall-Group	Position	56-8	84-9	86-9	93-9	100-10	97-10	95-10	96-10	76-9	77-9	70-8	70-8	64-7	62-6	59-6	60-7
Solarek, Paul (NC)	Time of Day	0:07:18	0:08:24	0:09:42	0:10:52	0:12:32	0:13:54	0:15:32	0:16:46	0:18:41	0:20:03	0:22:06	0:23:53	1:02:30	1:05:16	1:08:02	1:10:18:04
	Time Cum	01:18	02:24	03:42	04:52	06:32	07:54	09:32	10:46	12:41	14:03	16:06	17:53	20:30	23:16	26:02	28:18:04
249	Time Delta	01:18	01:05	01:17	01:10	01:39	01:22	01:37	01:14	01:54	01:22	02:03	01:46	02:37	02:46	02:45	02:15:58
Age 34	Pace Cum	11:30	11:33	11:29	11:41	12:19	12:40	12:54	12:56	13:23	13:30	13:57	14:19	15:02	15:58	16:33	16:59
Group M30-39	Pace Delta	11:30	11:36	11:22	12:24	14:35	14:37	14:15	13:08	16:45	14:37	17:58	18:50	22:58	29:26	24:07	24:04
Overall-Group	Position	140-31	128-26	114-26	117-27	138-29	147-31	146-31	133-28	117-25	115-25	109-22	107-22	108-20	121-22	120-22	124-22
Southgate, Henry (WI)	Time of Day	0:06:53	0:07:43	0:08:39	0:09:31	0:10:31	0:11:25	0:12:32	0:13:44	0:14:58	0:16:01	0:17:23	0:18:35	0:19:59	0:21:09	0:22:27	0:23:30:55
	Time Cum	00:53	01:43	02:39	03:31	04:31	05:25	06:32	07:44	08:58	10:01	11:23	12:35	13:59	15:09	16:27	17:30:55
13	Time Delta	00:53	00:50	00:55	00:51	00:59	00:54	01:07	01:11	01:13	01:02	01:21	01:12	01:23	01:10	01:17	01:03:55
Age 33	Pace Cum	07:44	08:18	08:15	08:27	08:31	08:40	08:51	09:17	09:28	09:37	09:51	10:05	10:15	10:24	10:28	10:31
Group M30-39	Pace Delta	07:44	08:59	08:10	09:06	08:45	09:34	09:52	12:44	10:48	11:04	11:57	12:54	12:08	12:29	11:18	11:19
Overall-Group	Position	6-3	7-4	8-4	9-5	9-5	9-5	9-5	10-5	9-5	10-5	13-5	14-5	14-5	14-5	14-5	14-5
Sprouse, Tom (NC)	Time of Day	0:07:36	0:08:59	0:10:37	0:12:05	0:13:50	0:15:22	0:17:17	0:18:53	0:21:04	0:22:55	1:01:12	1:03:11	1:05:26	1:07:11	1:08:56	1:10:36:02
	Time Cum	01:36	02:59	04:37	06:05	07:50	09:22	11:17	12:53	15:04	16:55	19:12	21:11	23:26	25:11	26:56	28:36:02
34	Time Delta	01:36	01:22	01:37	01:28	01:44	01:32	01:55	01:35	02:11	01:50	02:16	01:59	02:14	01:44	01:45	01:39:29
Age 73	Pace Cum	14:06	14:21	14:20	14:38	14:46	15:00	15:17	15:28	15:55	16:15	16:37	16:58	17:11	17:16	17:08	17:10
Group M70-79	Pace Delta	14:06	14:39	14:18	15:39	15:15	16:21	16:47	16:55	19:13	19:32	19:58	21:13	19:37	18:34	15:22	17:36
Overall-Group	Position	244-4	242-4	239-5	238-5	234-5	230-4	220-4	217-4	176-4	174-4	168-3	164-3	152-2	147-2	135-2	129-2

2015 Umstead 50/100 Mile Endurance Run -- 03/28/2015

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
Spry, Jonathan (AL)	Time of Day	0:07:09	0:08:06	0:09:17	0:10:14	0:11:25	0:12:23	0:13:39	0:14:46	0:16:07	0:17:11	0:18:37	0:19:47	0:21:20	0:22:36	1:00:29	1:02:31:42
	Time Cum	01:09	02:06	03:17	04:14	05:25	06:23	07:39	08:46	10:07	11:11	12:37	13:47	15:20	16:36	18:29	20:31:42
251	Time Delta	01:09	00:57	01:10	00:57	01:10	00:58	01:15	01:07	01:20	01:04	01:26	01:10	01:32	01:16	01:52	02:02:42
Age 31	Pace Cum	10:11	10:09	10:11	10:12	10:12	10:14	10:21	10:32	10:41	10:44	10:56	11:02	11:14	11:23	11:45	12:19
Group M30-39	Pace Delta	10:11	10:06	10:15	10:15	10:14	10:23	11:01	11:55	11:46	11:21	12:39	12:24	13:28	13:34	16:24	21:43
Overall-Group	Position	60-16	53-14	53-15	47-11	44-10	33-9	31-9	31-8	23-8	22-8	21-7	21-7	22-7	21-7	26-9	29-11
Squier, III, William C (NC)	Time of Day	0:07:39	0:09:07	0:10:43	0:12:13	0:14:11	0:15:51	0:18:06	0:20:00								
	Time Cum	01:39	03:07	04:43	06:13	08:11	09:51	12:06	14:00								
44	Time Delta	01:39	01:28	01:35	01:30	01:57	01:40	02:14	01:53								
Age 72	Pace Cum	14:32	15:00	14:39	14:57	15:26	15:47	16:23	16:48								
Group M70-79	Pace Delta	14:32	15:35	14:00	16:00	17:13	17:44	19:41	20:04								
Overall-Group	Position	247-5	249-6	243-6	243-6	245-6	245-6	238-6	234-7								
<u>Squier,</u> <u>Sally (NC)</u>	Time of Day	0:07:30	0:08:45	0:10:23	0:11:46	0:13:38	0:15:16	0:18:42	0:21:23								
	Time Cum	01:30	02:45	04:23	05:46	07:38	09:16	12:42	15:23								
45	Time Delta	01:30	01:15	01:37	01:23	01:51	01:38	03:26	02:40								
Age 72	Pace Cum	13:14	13:16	13:36	13:51	14:23	14:51	17:12	18:29								
Group F70-79	Pace Delta	13:14	13:19	14:13	14:43	16:19	17:27	30:05	28:29								
Overall-Group	Position	229-1	219-1	221-1	213-1	222-1	226-1	242-1	242-1								
Stacy, Adam (MO)	Time of Day	0:07:19	0:08:26	0:09:53	0:11:07	0:12:46	0:14:07	0:15:53	0:17:16	0:19:08	0:20:25	0:22:20	1:00:34	1:03:00	1:05:12	1:07:42	1:09:41:36
	Time Cum	01:19	02:26	03:53	05:07	06:46	08:07	09:53	11:16	13:08	14:25	16:20	18:34	21:00	23:12	25:42	27:41:36
252	Time Delta	01:19	01:07	01:27	01:13	01:38	01:20	01:46	01:22	01:51	01:17	01:55	02:14	02:25	02:12	02:29	01:59:25
Age 36	Pace Cum	11:33	11:42	12:05	12:18	12:46	13:00	13:23	13:32	13:52	13:50	14:08	14:52	15:24	15:55	16:21	16:37
Group M30-39	Pace Delta	11:33	11:52	12:48	13:05	14:26	14:16	15:34	14:38	16:16	13:38	16:49	23:45	21:16	23:30	21:47	21:08
Overall-Group	Position	147-33	139-31	154-32	155-33	161-33	161-33	167-33	164-33	132-28	123-26	114-24	122-23	120-22	120-21	113-20	114-20
Starling, Paul (NC)	Time of Day	0:07:20	0:08:29	0:09:55	0:11:10	0:12:39	0:13:56	0:15:25	0:16:50	0:18:33	0:19:58	0:21:41	0:23:06	1:00:47	1:02:16	1:04:01	1:05:34:18
	Time Cum	01:20	02:29	03:55	05:10	06:39	07:56	09:25	10:50	12:33	13:58	15:41	17:06	18:47	20:16	22:01	23:34:18
255	Time Delta	01:20	01:09	01:25	01:15	01:28	01:17	01:29	01:24	01:43	01:25	01:42	01:24	01:41	01:28	01:45	01:32:56
Age 47	Pace Cum	11:46	11:59	12:09	12:26	12:32	12:42	12:45	13:00	13:15	13:25	13:35	13:41	13:47	13:54	14:00	14:09
Group M40-49	Pace Delta	11:46	12:14	12:27	13:23	12:54	13:38	13:05	14:55	15:03	15:08	15:02	15:00	14:47	15:40	15:22	16:27
Overall-Group	Position	162-44	161-44	162-47	159-47	154-47	150-46	132-41	138-44	113-38	112-39	104-36	93-35	87-33	79-31	73-29	73-30
Stewart, Trevor (VA)	Time of Day	0:07:11	0:08:12	0:09:29	0:10:33	0:11:58	0:13:36	0:15:28	0:16:40	0:18:11	0:19:26	0:21:01	0:22:16	0:23:57	1:01:26	1:03:19	1:04:51:03
	Time Cum	01:11	02:12	03:29	04:33	05:58	07:36	09:28	10:40	12:11	13:26	15:01	16:16	17:57	19:26	21:19	22:51:03
256	Time Delta	01:11	01:00	01:17	01:03	01:24	01:38	01:51	01:12	01:30	01:14	01:35	01:14	01:41	01:29	01:52	01:31:50
Age 42	Pace Cum	10:22	10:34	10:50	10:56	11:15	12:11	12:49	12:48	12:52	12:54	13:00	13:01	13:10	13:20	13:33	13:43
Group M40-49	Pace Delta	10:22	10:48	11:20	11:18	12:24	17:24	16:16	12:48	13:17	13:15	13:55	13:11	14:50	15:45	16:25	16:15
Overall-Group	Position	77-24	74-25	82-27	74-28	86-32	118-40	138-44	123-40	92-33	87-32	79-26	68-25	60-23	59-24	57-22	55-21
<u>Stone,</u> <u>Francesca (CA)</u>	Time of Day	0:07:36	0:08:58	0:10:28	0:11:47	0:13:24	0:14:48	0:16:30	0:17:55	0:19:38	0:21:04	0:22:45	1:00:22	1:02:37	1:04:28	1:06:53	1:08:51:08
	Time Cum	01:36	02:58	04:28	05:47	07:24	08:48	10:30	11:55	13:38	15:04	16:45	18:22	20:37	22:28	24:53	26:51:08
257	Time Delta	01:36	01:22	01:29	01:19	01:37	01:23	01:41	01:24	01:42	01:26	01:40	01:37	02:14	01:51	02:24	01:58:08
Age 52	Pace Cum	14:03	14:18	13:52	13:55	13:58	14:06	14:13	14:18	14:23	14:28	14:30	14:42	15:07	15:25	15:49	16:07
Group F50-59	Pace Delta	14:03	14:36	13:05	14:04	14:10	14:49	14:51	15:02	15:01	15:18	14:40	17:18	19:35	19:42	21:08	20:55
Overall-Group	Position	243-25	240-25	231-25	219-21	206-19	201-19	193-16	192-16	151-11	145-11	125-9	118-7	111-6	106-6	102-7	105-7

2015 Umstead 50/100 Mile Endurance Run -- 03/28/2015

Runner Splits

Aid Station Name		AID1	LAP1	AID2	LAP2	AID3	LAP3	AID4	LAP4	AID5	LAP5	AID6	LAP6	AID7	LAP7	AID8	FINS
Aid Station Distance		6.85	12.50	19.35	25.00	31.85	37.50	44.35	50.00	56.85	62.50	69.35	75.00	81.85	87.50	94.35	100.00
Aid Station Delta		6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65	6.85	5.65
Sullivan, Jerry (LA)	Time of Day	0:07:22	0:08:27	0:09:45	0:10:55	0:12:24	0:13:39	0:15:17	0:16:38								
56	Time Cum	01:22	02:27	03:45	04:55	06:24	07:39	09:17	10:38								
Age 53	Time Delta	01:22	01:04	01:18	01:09	01:28	01:14	01:38	01:20								
Group M50-59	Pace Cum	12:05	11:48	11:40	11:50	12:04	12:15	12:34	12:46								
Overall-Group	Pace Delta	12:05	11:27	11:26	12:22	12:57	13:13	14:23	14:16								
	Position	181-27	146-19	126-16	124-16	122-15	120-15	120-14	120-14								
Sullivan, Jim (FL)	Time of Day	0:07:32	0:08:52	0:10:24	0:11:50	0:13:38	0:15:10	0:16:58	0:18:36								
55	Time Cum	01:32	02:52	04:24	05:50	07:38	09:10	10:58	12:36								
Age 63	Time Delta	01:32	01:20	01:32	01:25	01:47	01:32	01:47	01:38								
Group M60-69	Pace Cum	13:26	13:46	13:41	14:01	14:23	14:41	14:51	15:08								
Overall-Group	Pace Delta	13:26	14:11	13:31	15:08	15:44	16:26	15:41	17:21								
	Position	231-9	236-11	228-9	225-9	220-11	221-11	212-11	213-11								
Swendsen, Vincent (NC)	Time of Day	0:07:26	0:08:42	0:10:15	0:11:39	0:13:23	0:14:53	0:16:50	0:18:20	0:21:12	0:23:30						
33	Time Cum	01:26	02:42	04:15	05:39	07:23	08:53	10:50	12:20	15:12	17:30						
Age 52	Time Delta	01:26	01:16	01:32	01:24	01:43	01:30	01:57	01:29	02:52	02:18						
Group M50-59	Pace Cum	12:37	13:01	13:12	13:35	13:55	14:14	14:41	14:48	16:03	16:49						
Overall-Group	Pace Delta	12:37	13:30	13:33	14:55	15:05	16:01	17:08	15:48	25:09	24:28						
	Position	204-33	203-34	199-33	201-33	203-33	204-32	206-29	205-29	177-24	179-24						
Szymanski, Christopher (NC)	Time of Day	0:07:15	0:08:24	0:09:58	0:11:17	0:13:03	0:14:19	0:15:59	0:17:21	0:19:13	0:20:53	0:23:15	1:01:15	1:03:33	1:05:35	1:07:53	1:09:43:21
259	Time Cum	01:15	02:24	03:58	05:17	07:03	08:19	09:59	11:21	13:13	14:53	17:15	19:15	21:33	23:35	25:53	27:43:21
Age 30	Time Delta	01:15	01:09	01:33	01:19	01:45	01:16	01:40	01:22	01:51	01:40	02:21	02:00	02:17	02:02	02:18	01:50:21
Group M30-39	Pace Cum	10:59	11:33	12:19	12:43	13:18	13:20	13:31	13:38	13:57	14:18	14:55	15:25	15:48	16:10	16:28	16:38
Overall-Group	Pace Delta	10:59	12:13	13:42	14:07	15:23	13:31	14:37	14:32	16:14	17:45	20:41	21:22	20:02	21:36	20:09	19:32
	Position	108-24	127-26	166-35	173-35	181-36	177-34	171-34	170-34	138-30	140-31	137-27	137-25	128-23	124-23	116-21	117-21
Thomas, Charles (NY)	Time of Day	0:07:25	0:08:40	0:10:21	0:11:55	0:13:53	0:15:34	0:17:38	0:19:16								
260	Time Cum	01:25	02:40	04:21	05:55	07:53	09:34	11:38	13:16								
Age 51	Time Delta	01:25	01:15	01:40	01:33	01:58	01:40	02:03	01:37								
Group M50-59	Pace Cum	12:27	12:52	13:32	14:12	14:53	15:20	15:45	15:55								
Overall-Group	Pace Delta	12:27	13:23	14:44	16:32	17:21	17:51	18:02	17:18								
	Position	197-31	198-30	216-34	232-39	236-40	240-42	230-35	226-33								
Thorne, Martin (NC)	Time of Day	0:07:00	0:07:52	0:08:53	0:09:46	0:10:53	0:11:47	0:12:55	0:13:52	0:15:01	0:15:56	0:17:05	0:18:03	0:19:19	0:20:17	0:21:36	0:22:37:25
261	Time Cum	01:00	01:52	02:53	03:46	04:53	05:47	06:55	07:52	09:01	09:56	11:05	12:03	13:19	14:17	15:36	16:37:25
Age 49	Time Delta	01:00	00:51	01:01	00:52	01:07	00:53	01:07	00:57	01:09	00:55	01:08	00:58	01:15	00:58	01:18	01:01:01
Group M40-49	Pace Cum	08:52	08:59	08:57	09:03	09:13	09:16	09:22	09:27	09:32	09:33	09:36	09:39	09:46	09:48	09:55	09:58
Overall-Group	Pace Delta	08:52	09:07	08:55	09:21	09:50	09:31	09:55	10:08	10:05	09:46	09:59	10:20	11:06	10:16	11:30	10:48
	Position	15-3	14-4	14-4	14-5	15-5	14-5	12-3	13-4	10-2	9-2	9-2	8-2	9-2	8-2	8-2	7-2
<u>Thran,</u> <u>Amy (TN)</u>	Time of Day	0:07:16	0:08:23	0:09:47	0:11:00	0:12:28	0:13:43	0:15:21	0:16:38	0:18:20	0:19:49	0:21:44	0:23:27	1:01:59	1:04:00	1:06:53	1:08:54:40
262	Time Cum	01:16	02:23	03:47	05:00	06:28	07:43	09:21	10:38	12:20	13:49	15:44	17:27	19:59	22:00	24:53	26:54:40
Age 37	Time Delta	01:16	01:07	01:23	01:12	01:27	01:15	01:37	01:17	01:41	01:29	01:54	01:42	02:31	02:01	02:53	02:01:01
Group F30-39	Pace Cum	11:12	11:30	11:45	12:00	12:11	12:22	12:40	12:47	13:01	13:17	13:37	13:58	14:39	15:05	15:50	16:09
Overall-Group	Pace Delta	11:12	11:52	12:11	12:53	12:50	13:24	14:16	13:41	14:48	15:52	16:44	18:13	22:08	21:27	25:19	21:25
	Position	120-13	124-14	136-17	138-18	129-17	126-17	126-18	121-17	101-13	104-14	106-13	104-12	102-12	101-12	103-13	106-13

2015 Umstead 50/100 Mile Endurance Run -- 03/28/2015

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>Torres,</u>	Time of Day	0:07:05	0:08:03	0:09:09	0:10:07	0:11:18	0:12:21	0:13:34	0:14:39	0:15:53	0:17:00	0:18:22	0:19:38	0:21:08	0:22:28	1:00:01	1:01:25:23
<u>Eileen (GA)</u>	Time Cum	01:05	02:03	03:09	04:07	05:18	06:21	07:34	08:39	09:53	11:00	12:22	13:38	15:08	16:28	18:01	19:25:23
263	Time Delta	01:05	00:58	01:05	00:58	01:10	01:03	01:13	01:04	01:13	01:07	01:22	01:15	01:29	01:20	01:33	01:23:44
Age 44	Pace Cum	09:33	09:53	09:47	09:54	09:59	10:10	10:15	10:23	10:26	10:34	10:43	10:55	11:06	11:18	11:28	11:39
Group F40-49	Pace Delta	09:33	10:17	09:36	10:18	10:18	11:12	10:42	11:26	10:47	11:54	12:01	13:23	13:05	14:15	13:35	14:49
Overall-Group	Position	29-3	36-4	32-4	30-4	30-3	27-2	27-1	26-1	20-1	21-1	19-1	19-1	19-1	19-1	20-1	23-2
Triumph,	Time of Day	0:07:19	0:08:37	0:10:06	0:11:25	0:12:59	0:14:17	0:16:00	0:17:17								
Thomas (NJ)	Time Cum	01:19	02:37	04:06	05:25	06:59	08:17	10:00	11:17								
54	Time Delta	01:19	01:17	01:28	01:19	01:34	01:17	01:42	01:17								
Age 56	Pace Cum	11:39	12:35	12:43	13:00	13:11	13:16	13:32	13:33								
Group M50-59	Pace Delta	11:39	13:43	12:57	14:00	13:49	13:44	15:00	13:39								
Overall-Group	Position	153-19	187-29	187-29	184-28	175-26	169-24	173-25	165-21								
<u>Trujillo,</u>	Time of Day	0:07:41	0:09:10	0:10:54	0:12:34	0:15:06	0:17:29	0:19:46	0:21:56								
<u>Kristen (NC)</u>	Time Cum	01:41	03:10	04:54	06:34	09:06	11:29	13:46	15:56								
264	Time Delta	01:41	01:29	01:43	01:40	02:31	02:23	02:16	02:10								
Age 44	Pace Cum	14:45	15:13	15:12	15:46	17:09	18:24	18:37	19:08								
Group F40-49	Pace Delta	14:45	15:47	15:09	17:42	22:11	25:28	19:52	23:10								
Overall-Group	Position	248-28	252-28	248-28	249-28	250-28	251-28	245-28	245-28								
<u>Tsang,</u>	Time of Day	0:07:00	0:07:54	0:08:57													
<u>Phyllis (NC)</u>	Time Cum	01:00	01:54	02:57													
265	Time Delta	01:00	00:54	01:03													
Age 33	Pace Cum	08:51	09:10	09:12													
Group F30-39	Pace Delta	08:51	09:34	09:14													
Overall-Group	Position	14-1	16-1	17-1													
Turner,	Time of Day	0:07:12	0:08:11	0:09:23	0:10:24	0:11:37	0:12:42	0:13:57	0:15:02	0:16:22	0:17:31	0:18:58	0:20:13	0:21:46	0:23:03	1:00:43	1:02:08:20
Jimmy (NC)	Time Cum	01:12	02:11	03:23	04:24	05:37	06:42	07:57	09:02	10:22	11:31	12:58	14:13	15:46	17:03	18:43	20:08:20
266	Time Delta	01:12	00:59	01:11	01:01	01:12	01:05	01:14	01:05	01:19	01:09	01:26	01:15	01:32	01:17	01:39	01:25:04
Age 37	Pace Cum	10:31	10:32	10:29	10:34	10:35	10:44	10:45	10:51	10:56	11:03	11:13	11:23	11:34	11:42	11:54	12:05
Group M30-39	Pace Delta	10:31	10:35	10:24	10:49	10:39	11:33	10:55	11:33	11:38	12:14	12:41	13:27	13:29	13:38	14:35	15:03
Overall-Group	Position	83-19	69-19	70-18	62-18	57-14	55-14	45-13	44-12	31-9	31-11	28-9	30-10	27-10	27-10	28-11	26-10
Tursi,	Time of Day	0:07:17	0:08:22	0:09:39	0:10:50	0:12:12	0:13:22	0:15:02	0:16:21	0:18:00	0:19:18	0:20:57	0:22:26	1:00:19	1:01:53	1:03:53	1:05:38:37
Steven (NJ)	Time Cum	01:17	02:22	03:39	04:50	06:12	07:22	09:02	10:21	12:00	13:18	14:57	16:26	18:19	19:53	21:53	23:38:37
267	Time Delta	01:17	01:05	01:16	01:11	01:21	01:10	01:40	01:19	01:38	01:18	01:38	01:29	01:52	01:34	02:00	01:45:04
Age 38	Pace Cum	11:14	11:25	11:19	11:36	11:41	11:48	12:14	12:26	12:40	12:47	12:56	13:09	13:26	13:38	13:55	14:11
Group M30-39	Pace Delta	11:14	11:38	11:08	12:34	11:58	12:26	14:41	13:59	14:19	13:58	14:19	15:54	16:22	16:39	17:35	18:36
Overall-Group	Position	124-30	117-25	109-25	108-24	105-24	98-23	108-25	108-25	87-21	83-21	76-20	76-19	72-17	67-17	68-17	75-17
Tynan,	Time of Day	0:07:09	0:08:12	0:09:36	0:10:50	0:12:34	0:14:17										
Joe (NC)	Time Cum	01:09	02:12	03:36	04:50	06:34	08:17										
268	Time Delta	01:09	01:02	01:24	01:14	01:44	01:43										
Age 29	Pace Cum	10:09	10:36	11:12	11:38	12:24	13:17										
Group M20-29	Pace Delta	10:09	11:08	12:18	13:06	15:13	18:14										
Overall-Group	Position	57-4	76-5	103-5	109-5	144-5	171-6										

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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>Untalan,</u>		Time of Day	0:07:19	0:08:24	0:09:48	0:11:00	0:12:43	0:14:06	0:15:47	0:17:19	0:19:23	0:20:50	0:23:19	1:01:21	1:03:49	1:05:39	1:08:02	1:09:56:01
<u>Nellie (FL)</u>		Time Cum	01:19	02:24	03:48	05:00	06:43	08:06	09:47	11:19	13:23	14:50	17:19	19:21	21:49	23:39	26:02	27:56:01
269		Time Delta	01:19	01:05	01:23	01:12	01:42	01:23	01:41	01:32	02:03	01:27	02:28	02:02	02:27	01:50	02:22	01:54:01
Age	38	Pace Cum	11:32	11:34	11:47	12:01	12:39	12:58	13:14	13:36	14:07	14:15	14:59	15:29	16:00	16:13	16:33	16:46
Group	F30-39	Pace Delta	11:32	11:37	12:10	12:47	15:00	14:41	14:45	16:23	18:01	15:31	21:40	21:38	21:34	19:30	20:51	20:11
Overall-Group	Position	145-19	131-16	137-20	139-18	158-20	160-20	160-20	167-20	142-16	137-16	139-16	139-16	131-16	126-15	119-14	120-14	
<u>Valocsik,</u>		Time of Day	0:07:05	0:08:00	0:09:04	0:09:58	0:11:05	0:12:04	0:13:27	0:14:33								
<u>Erin (VA)</u>		Time Cum	01:05	02:00	03:04	03:58	05:05	06:04	07:27	08:33								
270		Time Delta	01:05	00:55	01:03	00:54	01:06	00:58	01:22	01:05								
Age	34	Pace Cum	09:35	09:40	09:32	09:33	09:36	09:44	10:06	10:16								
Group	F30-39	Pace Delta	09:35	09:47	09:18	09:38	09:47	10:26	12:05	11:39								
Overall-Group	Position	38-2	29-3	27-3	22-2	20-2	20-2	21-2	24-2									
Vega,		Time of Day	0:07:41	0:09:09	0:10:54	0:12:20	0:13:59	0:15:31	0:17:55	0:20:01								
Edward (NC)		Time Cum	01:41	03:09	04:54	06:20	07:59	09:31	11:55	14:01								
271		Time Delta	01:41	01:27	01:45	01:26	01:38	01:32	02:23	02:05								
Age	55	Pace Cum	14:49	15:08	15:12	15:13	15:03	15:15	16:08	16:50								
Group	M50-59	Pace Delta	14:49	15:30	15:21	15:16	14:24	16:24	21:00	22:15								
Overall-Group	Position	250-40	251-41	249-41	248-41	240-42	237-40	236-38	236-38									
<u>Vogt,</u>		Time of Day	0:07:09	0:08:11	0:09:27	0:10:34	0:11:53	0:13:03	0:14:28	0:15:37	0:17:03	0:18:19	0:20:04	0:21:28	0:23:31	1:01:04	1:03:07	1:04:33:25
<u>Glynetta (TN)</u>		Time Cum	01:09	02:11	03:27	04:34	05:53	07:03	08:28	09:37	11:03	12:19	14:04	15:28	17:31	19:04	21:07	22:33:25
273		Time Delta	01:09	01:02	01:15	01:06	01:19	01:10	01:25	01:09	01:26	01:15	01:45	01:24	02:02	01:33	02:03	01:25:52
Age	39	Pace Cum	10:10	10:33	10:42	10:58	11:05	11:17	11:28	11:33	11:41	11:50	12:11	12:23	12:51	13:05	13:26	13:32
Group	F30-39	Pace Delta	10:10	11:01	10:58	11:51	11:33	12:25	12:28	12:13	12:35	13:20	15:21	14:56	17:54	16:28	17:59	15:12
Overall-Group	Position	58-9	70-10	74-10	75-8	73-8	76-9	77-9	72-8	54-7	54-7	51-7	49-7	49-7	50-7	50-7	47-7	
<u>Waggett,</u>		Time of Day	0:07:17	0:08:21	0:09:43	0:10:51	0:12:13	0:13:27	0:14:56	0:16:08	0:17:43	0:19:08	0:21:05	0:22:33	1:00:34	1:02:21	1:04:03	1:05:32:10
<u>Samantha (CO)</u>		Time Cum	01:17	02:21	03:43	04:51	06:13	07:27	08:56	10:08	11:43	13:08	15:05	16:33	18:34	20:21	22:03	23:32:10
274		Time Delta	01:17	01:04	01:21	01:08	01:22	01:14	01:28	01:11	01:35	01:24	01:57	01:28	02:00	01:47	01:41	01:28:53
Age	49	Pace Cum	11:16	11:21	11:32	11:40	11:44	11:57	12:06	12:10	12:23	12:37	13:04	13:15	13:37	13:58	14:02	14:07
Group	F40-49	Pace Delta	11:16	11:27	11:52	12:09	11:58	13:07	12:56	12:44	13:56	14:59	17:07	15:35	17:33	19:05	14:49	15:44
Overall-Group	Position	126-13	115-11	122-11	115-10	109-10	103-10	103-10	100-10	78-7	78-7	82-7	79-7	78-6	81-6	74-5	69-5	
Warner,		Time of Day	0:07:12	0:08:12	0:09:23	0:10:24	0:11:37	0:12:42	0:14:03	0:15:13	0:16:49	0:18:09	0:20:02	0:21:41	0:23:44	1:02:04		
Bill (NC)		Time Cum	01:12	02:12	03:23	04:24	05:37	06:42	08:03	09:13	10:49	12:09	14:02	15:41	17:44	20:04		
275		Time Delta	01:12	00:59	01:10	01:01	01:13	01:05	01:20	01:10	01:35	01:20	01:53	01:39	02:02	02:20		
Age	61	Pace Cum	10:35	10:36	10:30	10:35	10:36	10:45	10:53	11:05	11:25	11:40	12:09	12:33	13:00	13:46		
Group	M60-69	Pace Delta	10:35	10:37	10:18	10:51	10:41	11:33	11:42	12:33	13:53	14:10	16:30	17:37	17:57	24:48		
Overall-Group	Position	87-2	77-1	71-1	64-1	58-2	56-2	50-2	54-2	48-1	48-1	50-1	53-1	55-1	74-1			
Weidensaul,		Time of Day	0:07:13	0:08:14	0:09:27	0:10:30	0:11:45	0:12:52	0:14:22	0:15:35	0:17:10	0:18:35	0:20:17	0:21:42	0:23:36	1:01:19	1:03:29	1:05:31:28
Dan (VA)		Time Cum	01:13	02:14	03:27	04:30	05:45	06:52	08:22	09:35	11:10	12:35	14:17	15:42	17:36	19:19	21:29	23:31:28
278		Time Delta	01:13	01:01	01:12	01:03	01:14	01:07	01:29	01:13	01:34	01:25	01:41	01:25	01:53	01:43	02:09	02:02:28
Age	37	Pace Cum	10:39	10:46	10:42	10:48	10:50	10:59	11:19	11:31	11:47	12:06	12:21	12:34	12:54	13:15	13:40	14:07
Group	M30-39	Pace Delta	10:39	10:55	10:33	11:11	10:55	11:53	13:07	13:00	13:48	15:12	14:46	15:06	16:38	18:16	18:55	21:41
Overall-Group	Position	88-21	86-22	73-19	69-19	67-18	63-17	73-19	70-18	58-17	59-16	54-15	54-15	51-16	55-16	62-16	68-16	

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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
Weimer, Bill (SC) 279	Time of Day	0:07:16	0:08:23	0:09:45	0:10:58	0:12:33	0:13:51	0:15:34	0:17:01								
	Time Cum	01:16	02:23	03:45	04:58	06:33	07:51	09:34	11:01								
	Time Delta	01:16	01:06	01:22	01:12	01:35	01:17	01:43	01:26								
Age 59	Pace Cum	11:14	11:27	11:39	11:56	12:22	12:34	12:57	13:13								
Group M50-59	Pace Delta	11:14	11:44	12:02	12:51	13:56	13:46	15:04	15:17								
Overall-Group	Position	122-12	122-14	125-16	129-17	141-20	140-20	148-18	150-17								
Wheeler, Bobby (NC) 280	Time of Day	0:07:11	0:08:06	0:09:16	0:10:12	0:11:24	0:12:26	0:13:58	0:15:09	0:17:15	0:18:24	0:20:22	0:21:35	0:23:36	1:00:56	1:03:06	1:04:42:50
	Time Cum	01:11	02:06	03:16	04:12	05:24	06:26	07:58	09:09	11:15	12:24	14:22	15:35	17:36	18:56	21:06	22:42:50
	Time Delta	01:11	00:54	01:10	00:56	01:11	01:02	01:31	01:10	02:06	01:08	01:58	01:13	02:00	01:19	02:10	01:36:04
Age 47	Pace Cum	10:27	10:06	10:09	10:06	10:11	10:18	10:47	10:59	11:53	11:54	12:26	12:29	12:55	12:59	13:26	13:38
Group M40-49	Pace Delta	10:27	09:39	10:15	09:56	10:29	10:59	13:24	12:32	18:29	12:06	17:20	12:56	17:38	14:05	19:03	17:00
Overall-Group	Position	81-24	48-13	50-16	44-14	42-16	37-16	46-16	47-16	61-22	55-19	57-20	51-18	52-19	46-16	49-17	54-20
<u>White,</u> <u>Angela A (NC)</u> 281	Time of Day	0:07:33	0:08:51	0:10:20	0:11:43	0:13:25	0:14:54	0:16:48	0:18:18								
	Time Cum	01:33	02:51	04:20	05:43	07:25	08:54	10:48	12:18								
	Time Delta	01:33	01:18	01:28	01:23	01:41	01:29	01:53	01:30								
Age 53	Pace Cum	13:35	13:44	13:26	13:45	13:58	14:16	14:37	14:46								
Group F50-59	Pace Delta	13:35	13:56	12:53	14:48	14:48	15:53	16:32	16:00								
Overall-Group	Position	238-24	232-23	205-22	211-20	207-20	207-20	204-19	203-19								
<u>Williamson,</u> <u>Carole (MD)</u> 282	Time of Day	0:07:25	0:08:39	0:10:17	0:11:47	0:13:35	0:15:12	0:17:21	0:19:08								
	Time Cum	01:25	02:39	04:17	05:47	07:35	09:12	11:21	13:08								
	Time Delta	01:25	01:14	01:37	01:29	01:48	01:36	02:08	01:47								
Age 53	Pace Cum	12:29	12:47	13:18	13:53	14:18	14:44	15:21	15:47								
Group F50-59	Pace Delta	12:29	13:09	14:15	15:54	15:50	17:05	18:48	19:05								
Overall-Group	Position	201-20	191-20	202-21	215-21	218-22	223-22	221-21	224-22								
Wilson, Brandon (NC) 41	Time of Day	0:07:55	0:09:31	0:11:46													
	Time Cum	01:55	03:31	05:46													
	Time Delta	01:55	01:35	02:14													
Age 41	Pace Cum	16:53	16:53	17:53													
Group M40-49	Pace Delta	16:53	16:54	19:42													
Overall-Group	Position	258-60	256-60	256-59													
Wilson, Hugh (MD) 283	Time of Day	0:07:28	0:08:40	0:10:09	0:11:27	0:13:11	0:15:04	0:18:39	0:20:23								
	Time Cum	01:28	02:40	04:09	05:27	07:11	09:04	12:39	14:23								
	Time Delta	01:28	01:12	01:29	01:18	01:44	01:52	03:35	01:44								
Age 57	Pace Cum	12:52	12:49	12:54	13:06	13:34	14:31	17:08	17:17								
Group M50-59	Pace Delta	12:52	12:45	13:03	13:50	15:13	19:54	31:29	18:24								
Overall-Group	Position	219-35	194-30	192-30	189-30	191-30	217-36	241-40	238-40								
Wingfield, Scott (NC) 284	Time of Day	0:07:21	0:08:27	0:09:49	0:11:02	0:12:36	0:13:53	0:15:36	0:17:04	0:18:45	0:20:12	0:22:35	1:00:18	1:02:34	1:05:00	1:07:19	1:08:59:13
	Time Cum	01:21	02:27	03:49	05:02	06:36	07:53	09:36	11:04	12:45	14:12	16:35	18:18	20:34	23:00	25:19	26:59:13
	Time Delta	01:21	01:06	01:21	01:12	01:33	01:17	01:42	01:28	01:41	01:27	02:22	01:43	02:16	02:25	02:18	01:40:08
Age 43	Pace Cum	11:52	11:48	11:51	12:05	12:26	12:38	12:59	13:17	13:28	13:39	14:21	14:39	15:05	15:47	16:06	16:12
Group M40-49	Pace Delta	11:52	11:43	11:56	12:55	13:41	13:44	14:58	15:37	14:49	15:24	20:48	18:14	19:54	25:49	20:13	17:43
Overall-Group	Position	173-47	148-41	143-43	143-43	146-45	146-44	151-47	152-48	122-42	118-41	118-40	115-40	110-39	116-39	109-37	108-36

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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
Wolfgang, Jesse (NJ)	Time of Day	0:07:22	0:08:29	0:09:51	0:10:59	0:12:28	0:13:43	0:15:18	0:16:44	0:18:29	0:19:55	0:22:07					
	Time Cum	01:22	02:29	03:51	04:59	06:28	07:43	09:18	10:44	12:29	13:55	16:07					
285	Time Delta	01:22	01:07	01:21	01:08	01:28	01:15	01:34	01:25	01:45	01:25	02:12					
Age 33	Pace Cum	12:03	11:58	11:58	12:00	12:11	12:22	12:35	12:53	13:11	13:22	13:57					
Group M30-39	Pace Delta	12:03	11:53	11:57	12:05	12:55	13:22	13:49	15:12	15:21	15:09	19:20					
Overall-Group	Position	179-36	160-34	148-29	137-28	131-27	127-27	121-26	129-26	110-22	110-22	110-23					
<u>Wood, Judy F (VA)</u>	Time of Day	0:07:20	0:08:32	0:10:03	0:11:23	0:13:07	0:14:31	0:16:16	0:17:43	0:19:56	0:21:33	0:23:43	1:01:42				
	Time Cum	01:20	02:32	04:03	05:23	07:07	08:31	10:16	11:43	13:56	15:33	17:43	19:42				
286	Time Delta	01:20	01:11	01:30	01:20	01:44	01:24	01:44	01:26	02:13	01:37	02:10	01:59				
Age 57	Pace Cum	11:44	12:10	12:33	12:56	13:26	13:39	13:54	14:04	14:43	14:56	15:20	15:46				
Group F50-59	Pace Delta	11:44	12:41	13:17	14:15	15:13	14:52	15:14	15:22	19:29	17:11	18:59	21:04				
Overall-Group	Position	158-12	169-14	177-15	183-15	187-14	188-15	187-13	185-14	160-14	155-13	151-13	146-12				
Wyatt, Jacob (CO)	Time of Day	0:07:18	0:08:21	0:09:36	0:10:38	0:11:57	0:13:09	0:14:52	0:16:20	0:18:21	0:20:10						
	Time Cum	01:18	02:21	03:36	04:38	05:57	07:09	08:52	10:20	12:21	14:10						
287	Time Delta	01:18	01:02	01:14	01:02	01:18	01:12	01:43	01:28	02:00	01:49						
Age 46	Pace Cum	11:32	11:20	11:10	11:08	11:13	11:27	12:00	12:25	13:02	13:37						
Group M40-49	Pace Delta	11:32	11:06	10:51	11:01	11:29	12:48	15:03	15:37	17:36	19:22						
Overall-Group	Position	144-40	114-39	102-35	85-30	80-28	82-30	99-36	107-38	103-35	117-40						
Yancey, David (FL)	Time of Day	0:07:21	0:08:30	0:09:54	0:11:11	0:12:41	0:14:03	0:15:46	0:17:21	0:19:11	0:21:10	0:23:38	1:01:47	1:04:20	1:06:34	1:08:52	1:11:05:24
	Time Cum	01:21	02:30	03:54	05:11	06:41	08:03	09:46	11:21	13:11	15:10	17:38	19:47	22:20	24:34	26:52	29:05:24
288	Time Delta	01:21	01:09	01:24	01:16	01:30	01:22	01:42	01:35	01:50	01:58	02:28	02:08	02:32	02:14	02:17	02:12:41
Age 51	Pace Cum	11:51	12:01	12:08	12:27	12:37	12:54	13:13	13:38	13:55	14:34	15:16	15:50	16:22	16:51	17:06	17:27
Group M50-59	Pace Delta	11:51	12:13	12:22	13:32	13:13	14:31	14:58	16:50	16:05	20:58	21:42	22:43	22:19	23:51	20:09	23:29
Overall-Group	Position	172-24	162-25	161-23	161-23	156-23	155-21	159-21	169-24	133-17	148-20	148-21	150-21	141-20	136-20	132-19	136-19
<u>Yanek, Cheryl (NY)</u>	Time of Day	0:07:05	0:08:01	0:09:10	0:10:11	0:11:33	0:12:51	0:14:18	0:15:38								
	Time Cum	01:05	02:01	03:10	04:11	05:33	06:51	08:18	09:38								
11	Time Delta	01:05	00:55	01:09	01:00	01:22	01:17	01:27	01:20								
Age 35	Pace Cum	09:33	09:43	09:51	10:03	10:29	10:58	11:15	11:34								
Group F30-39	Pace Delta	09:33	09:54	10:06	10:45	12:03	13:43	12:44	14:10								
Overall-Group	Position	32-2	30-5	37-5	36-4	50-7	61-7	70-8	74-9								
Zimmermann, Mark (MD)	Time of Day	0:07:32	0:08:51	0:10:24	0:11:50	0:13:25	0:14:48	0:16:33	0:17:59	0:19:58	0:21:41	1:00:15	1:02:20				
	Time Cum	01:32	02:51	04:24	05:50	07:25	08:48	10:33	11:59	13:58	15:41	18:15	20:20				
289	Time Delta	01:32	01:19	01:32	01:25	01:35	01:22	01:45	01:25	01:58	01:43	02:34	02:05				
Age 62	Pace Cum	13:28	13:44	13:40	14:00	14:00	14:05	14:17	14:23	14:44	15:04	15:48	16:16				
Group M60-69	Pace Delta	13:28	14:02	13:33	15:09	14:00	14:33	15:20	15:12	17:21	18:18	22:30	22:07				
Overall-Group	Position	234-9	230-9	227-9	224-9	208-8	199-8	196-8	194-8	162-5	161-5	160-6	157-6				