

**Endless Mile 24 Hour**

<b>Name</b>	<b>Hometown</b>	<b>Gender</b>	<b>Type</b>	<b>Bib #</b>	<b>Time</b>	<b>Miles</b>	<b>Rate</b>	<b>Division Rank</b>
CHRIS DOLLAR	BIRMINGHAM, AL	M: 1	RUNNER	107	Laps: 121 23:40:37.99	107.3	11.17	Overall Male Runner: 1
<b><u>Split Description</u></b>		<b><u>Split Time</u></b>		<b><u>Pace</u></b>		<b><u>Speed</u></b>	<b><u>Cumulative</u></b>	
Lap 1 (0.9 miles)	00:08:26.38		09:31		6.3mph	00:08:26.38		
Lap 2 (1.8 miles)	00:08:11.48		09:14		6.5mph	00:16:37.86		
Lap 3 (2.7 miles)	00:08:04.14		09:05		6.6mph	00:24:41.99		
Lap 4 (3.5 miles)	00:08:10.88		09:13		6.5mph	00:32:52.87		
Lap 5 (4.4 miles)	00:07:54.20		08:54		6.7mph	00:40:47.06		
Lap 6 (5.3 miles)	00:08:13.86		09:16		6.5mph	00:49:00.92		
Lap 7 (6.2 miles)	00:11:17.11		12:43		4.7mph	01:00:18.03		
Lap 8 (7.1 miles)	00:08:08.62		09:11		6.5mph	01:08:26.65		
Lap 9 (8.0 miles)	00:08:16.44		09:19		6.4mph	01:16:43.09		
Lap 10 (8.9 miles)	00:09:23.69		10:35		5.7mph	01:26:06.77		
Lap 11 (9.8 miles)	00:09:33.97		10:47		5.6mph	01:35:40.74		
Lap 12 (10.6 miles)	00:08:15.71		09:19		6.4mph	01:43:56.45		
Lap 13 (11.5 miles)	00:10:43.48		12:05		5.0mph	01:54:39.92		
Lap 14 (12.4 miles)	00:13:53.19		15:39		3.8mph	02:08:33.11		
Lap 15 (13.3 miles)	00:08:18.45		09:22		6.4mph	02:16:51.55		
Lap 16 (14.2 miles)	00:08:45.45		09:52		6.1mph	02:25:36.99		
Lap 17 (15.1 miles)	00:08:24.98		09:29		6.3mph	02:34:01.96		
Lap 18 (16.0 miles)	00:08:47.21		09:54		6.1mph	02:42:49.17		
Lap 19 (16.8 miles)	00:16:17.26		18:22		3.3mph	02:59:06.43		
Lap 20 (17.7 miles)	00:08:25.70		09:30		6.3mph	03:07:32.12		
Lap 21 (18.6 miles)	00:08:17.15		09:20		6.4mph	03:15:49.27		
Lap 22 (19.5 miles)	00:10:10.14		11:28		5.2mph	03:25:59.40		
Lap 23 (20.4 miles)	00:08:21.51		09:25		6.4mph	03:34:20.90		
Lap 24 (21.3 miles)	00:08:11.62		09:14		6.5mph	03:42:32.51		
Lap 25 (22.2 miles)	00:17:27.15		19:40		3.0mph	03:59:59.66		
Lap 26 (23.1 miles)	00:08:55.00		10:03		6.0mph	04:08:54.65		
Lap 27 (23.9 miles)	00:09:04.26		10:13		5.9mph	04:17:58.90		
Lap 28 (24.8 miles)	00:11:49.44		13:20		4.5mph	04:29:48.34		
Lap 29 (25.7 miles)	00:09:55.55		11:11		5.4mph	04:39:43.89		
Lap 30 (26.6 miles)	00:09:01.16		10:10		5.9mph	04:48:45.04		
Lap 31 (27.5 miles)	00:19:17.68		21:45		2.8mph	05:08:02.72		
Lap 32 (28.4 miles)	00:08:52.03		10:00		6.0mph	05:16:54.75		
Lap 33 (29.3 miles)	00:09:52.10		11:07		5.4mph	05:26:46.84		
Lap 34 (30.1 miles)	00:12:25.51		14:00		4.3mph	05:39:12.34		
Lap 35 (31.0 miles)	00:08:40.43		09:46		6.1mph	05:47:52.77		
Lap 36 (31.9 miles)	00:09:35.91		10:49		5.5mph	05:57:28.67		
Lap 37 (32.8 miles)	00:23:59.21		27:03		2.2mph	06:21:27.88		
Lap 38 (33.7 miles)	00:09:55.45		11:11		5.4mph	06:31:23.32		
Lap 39 (34.6 miles)	00:16:44.48		18:52		3.2mph	06:48:07.79		
Lap 40 (35.5 miles)	00:08:28.64		09:33		6.3mph	06:56:36.43		
Lap 41 (36.4 miles)	00:09:45.92		11:00		5.4mph	07:06:22.34		
Lap 42 (37.2 miles)	00:18:10.70		20:30		2.9mph	07:24:33.04		
Lap 43 (38.1 miles)	00:08:34.77		09:40		6.2mph	07:33:07.81		
Lap 44 (39.0 miles)	00:09:04.52		10:14		5.9mph	07:42:12.33		
Lap 45 (39.9 miles)	00:15:08.28		17:04		3.5mph	07:57:20.60		
Lap 46 (40.8 miles)	00:21:12.10		23:54		2.5mph	08:18:32.70		
Lap 47 (41.7 miles)	00:12:19.72		13:54		4.3mph	08:30:52.41		
Lap 48 (42.6 miles)	00:12:36.65		14:13		4.2mph	08:43:29.05		
Lap 49 (43.4 miles)	00:22:17.14		25:07		2.4mph	09:05:46.19		
Lap 50 (44.3 miles)	00:09:27.15		10:39		5.6mph	09:15:13.34		

Lap 51 (45.2 miles)	00:09:17.03	10:28	5.7mph	09:24:30.36
Lap 52 (46.1 miles)	00:09:47.79	11:02	5.4mph	09:34:18.15
Lap 53 (47.0 miles)	00:22:00.93	24:49	2.4mph	09:56:19.07
Lap 54 (47.9 miles)	00:17:09.59	19:21	3.1mph	10:13:28.66
Lap 55 (48.8 miles)	00:13:52.67	15:39	3.8mph	10:27:21.32
Lap 56 (49.7 miles)	00:13:06.14	14:46	4.1mph	10:40:27.45
Lap 57 (50.5 miles)	00:21:16.33	23:59	2.5mph	11:01:43.77
Lap 58 (51.4 miles)	00:10:22.59	11:42	5.1mph	11:12:06.36
Lap 59 (52.3 miles)	00:14:24.94	16:15	3.7mph	11:26:31.29
Lap 60 (53.2 miles)	00:20:13.07	22:48	2.6mph	11:46:44.36
Lap 61 (54.1 miles)	00:09:28.47	10:41	5.6mph	11:56:12.83
Lap 62 (55.0 miles)	00:08:53.20	10:01	6.0mph	12:05:06.03
Lap 63 (55.9 miles)	00:10:20.19	11:39	5.1mph	12:15:26.22
Lap 64 (56.7 miles)	00:09:09.18	10:19	5.8mph	12:24:35.39
Lap 65 (57.6 miles)	00:09:09.45	10:19	5.8mph	12:33:44.83
Lap 66 (58.5 miles)	00:08:41.70	09:48	6.1mph	12:42:26.53
Lap 67 (59.4 miles)	00:11:11.23	12:36	4.8mph	12:53:37.76
Lap 68 (60.3 miles)	00:10:44.61	12:06	5.0mph	13:04:22.37
Lap 69 (61.2 miles)	00:10:17.92	11:36	5.2mph	13:14:40.29
Lap 70 (62.1 miles)	00:17:43.43	19:59	3.0mph	13:32:23.71
Lap 71 (63.0 miles)	00:08:31.15	09:36	6.2mph	13:40:54.86
Lap 72 (63.8 miles)	00:08:29.83	09:34	6.3mph	13:49:24.68
Lap 73 (64.7 miles)	00:09:09.03	10:19	5.8mph	13:58:33.70
Lap 74 (65.6 miles)	00:11:24.90	12:52	4.7mph	14:09:58.60
Lap 75 (66.5 miles)	00:09:45.89	11:00	5.4mph	14:19:44.49
Lap 76 (67.4 miles)	00:20:23.37	22:59	2.6mph	14:40:07.85
Lap 77 (68.3 miles)	00:11:45.77	13:15	4.5mph	14:51:53.62
Lap 78 (69.2 miles)	00:11:48.49	13:19	4.5mph	15:03:42.10
Lap 79 (70.0 miles)	00:14:36.76	16:28	3.6mph	15:18:18.86
Lap 80 (70.9 miles)	00:10:01.84	11:18	5.3mph	15:28:20.70
Lap 81 (71.8 miles)	00:10:05.43	11:22	5.3mph	15:38:26.12
Lap 82 (72.7 miles)	00:09:39.53	10:53	5.5mph	15:48:05.65
Lap 83 (73.6 miles)	00:10:55.63	12:19	4.9mph	15:59:01.28
Lap 84 (74.5 miles)	00:17:10.19	19:21	3.1mph	16:16:11.46
Lap 85 (75.4 miles)	00:10:33.34	11:54	5.0mph	16:26:44.80
Lap 86 (76.3 miles)	00:10:03.18	11:20	5.3mph	16:36:47.97
Lap 87 (77.1 miles)	00:10:16.95	11:35	5.2mph	16:47:04.92
Lap 88 (78.0 miles)	00:18:07.13	20:26	2.9mph	17:05:12.05
Lap 89 (78.9 miles)	00:10:49.85	12:12	4.9mph	17:16:01.89
Lap 90 (79.8 miles)	00:09:56.69	11:12	5.3mph	17:25:58.57
Lap 91 (80.7 miles)	00:09:48.75	11:03	5.4mph	17:35:47.32
Lap 92 (81.6 miles)	00:11:03.87	12:28	4.8mph	17:46:51.18
Lap 93 (82.5 miles)	00:14:37.50	16:29	3.6mph	18:01:28.68
Lap 94 (83.3 miles)	00:10:30.75	11:51	5.1mph	18:11:59.42
Lap 95 (84.2 miles)	00:12:03.56	13:36	4.4mph	18:24:02.97
Lap 96 (85.1 miles)	00:15:11.53	17:08	3.5mph	18:39:14.50
Lap 97 (86.0 miles)	00:10:20.37	11:39	5.1mph	18:49:34.87
Lap 98 (86.9 miles)	00:11:43.19	13:13	4.5mph	19:01:18.05
Lap 99 (87.8 miles)	00:16:44.79	18:53	3.2mph	19:18:02.84
Lap 100 (88.7 miles)	00:12:35.98	14:12	4.2mph	19:30:38.81
Lap 101 (89.6 miles)	00:10:07.60	11:25	5.3mph	19:40:46.41
Lap 102 (90.4 miles)	00:17:38.49	19:53	3.0mph	19:58:24.89
Lap 103 (91.3 miles)	00:12:31.21	14:07	4.2mph	20:10:56.10
Lap 104 (92.2 miles)	00:12:38.67	14:15	4.2mph	20:23:34.76
Lap 105 (93.1 miles)	00:13:27.41	15:10	4.0mph	20:37:02.17

Lap 106 (94.0 miles)	00:11:59.19	13:31	4.4mph	20:49:01.36
Lap 107 (94.9 miles)	00:11:30.20	12:58	4.6mph	21:00:31.56
Lap 108 (95.8 miles)	00:15:11.73	17:08	3.5mph	21:15:43.29
Lap 109 (96.7 miles)	00:11:54.10	13:25	4.5mph	21:27:37.38
Lap 110 (97.5 miles)	00:11:56.34	13:27	4.5mph	21:39:33.72
Lap 111 (98.4 miles)	00:12:01.60	13:33	4.4mph	21:51:35.31
Lap 112 (99.3 miles)	00:10:44.62	12:06	5.0mph	22:02:19.93
Lap 113 (100.2 miles)	00:09:28.32	10:40	5.6mph	22:11:48.25
Lap 114 (101.1 miles)	00:09:26.80	10:39	5.6mph	22:21:15.04
Lap 115 (102.0 miles)	00:08:43.44	09:50	6.1mph	22:29:58.48
Lap 116 (102.9 miles)	00:09:40.65	10:54	5.5mph	22:39:39.13
Lap 117 (103.7 miles)	00:10:11.64	11:29	5.2mph	22:49:50.76
Lap 118 (104.6 miles)	00:13:13.61	14:55	4.0mph	23:03:04.37
Lap 119 (105.5 miles)	00:10:02.57	11:19	5.3mph	23:13:06.94
Lap 120 (106.4 miles)	00:11:34.14	13:02	4.6mph	23:24:41.07
Lap 121 (107.3 miles)	00:15:56.92	17:59	3.3mph	23:40:37.99

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DANIEL CHEEK      ALABASTER, AL      M: 2      RUNNER      92      Laps: 117      103.7 J/      Overall Male Runner: 2  
23:53:22.68

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:08:37.76	09:43	6.2mph	00:08:37.76
Lap 2 (1.8 miles)	00:08:26.11	09:30	6.3mph	00:17:03.86
Lap 3 (2.7 miles)	00:08:24.75	09:29	6.3mph	00:25:28.60
Lap 4 (3.5 miles)	00:08:19.14	09:22	6.4mph	00:33:47.74
Lap 5 (4.4 miles)	00:08:24.81	09:29	6.3mph	00:42:12.54
Lap 6 (5.3 miles)	00:08:17.00	09:20	6.4mph	00:50:29.54
Lap 7 (6.2 miles)	00:08:16.94	09:20	6.4mph	00:58:46.47
Lap 8 (7.1 miles)	00:08:09.82	09:12	6.5mph	01:06:56.29
Lap 9 (8.0 miles)	00:08:48.32	09:55	6.0mph	01:15:44.60
Lap 10 (8.9 miles)	00:09:07.04	10:16	5.8mph	01:24:51.64
Lap 11 (9.8 miles)	00:08:20.51	09:24	6.4mph	01:33:12.14
Lap 12 (10.6 miles)	00:10:22.79	11:42	5.1mph	01:43:34.93
Lap 13 (11.5 miles)	00:08:45.12	09:52	6.1mph	01:52:20.04
Lap 14 (12.4 miles)	00:11:16.80	12:43	4.7mph	02:03:36.84
Lap 15 (13.3 miles)	00:08:47.93	09:55	6.0mph	02:12:24.76
Lap 16 (14.2 miles)	00:09:28.72	10:41	5.6mph	02:21:53.48
Lap 17 (15.1 miles)	00:09:38.76	10:52	5.5mph	02:31:32.24
Lap 18 (16.0 miles)	00:09:09.01	10:19	5.8mph	02:40:41.24
Lap 19 (16.8 miles)	00:09:06.17	10:15	5.8mph	02:49:47.41
Lap 20 (17.7 miles)	00:12:24.93	14:00	4.3mph	03:02:12.34
Lap 21 (18.6 miles)	00:09:47.21	11:02	5.4mph	03:11:59.55
Lap 22 (19.5 miles)	00:09:24.82	10:36	5.7mph	03:21:24.37
Lap 23 (20.4 miles)	00:09:52.27	11:07	5.4mph	03:31:16.63
Lap 24 (21.3 miles)	00:10:17.20	11:36	5.2mph	03:41:33.82
Lap 25 (22.2 miles)	00:12:15.22	13:49	4.3mph	03:53:49.04
Lap 26 (23.1 miles)	00:12:12.99	13:46	4.4mph	04:06:02.02
Lap 27 (23.9 miles)	00:10:57.32	12:21	4.9mph	04:16:59.34
Lap 28 (24.8 miles)	00:10:30.75	11:51	5.1mph	04:27:30.08
Lap 29 (25.7 miles)	00:15:17.27	17:14	3.5mph	04:42:47.34
Lap 30 (26.6 miles)	00:10:47.37	12:10	4.9mph	04:53:34.71
Lap 31 (27.5 miles)	00:10:54.97	12:18	4.9mph	05:04:29.67
Lap 32 (28.4 miles)	00:11:01.72	12:26	4.8mph	05:15:31.39
Lap 33 (29.3 miles)	00:11:42.66	13:12	4.5mph	05:27:14.04
Lap 34 (30.1 miles)	00:12:22.20	13:57	4.3mph	05:39:36.23

Lap 35 (31.0 miles)	00:10:51.03	12:14	4.9mph	05:50:27.26
Lap 36 (31.9 miles)	00:17:06.36	19:17	3.1mph	06:07:33.61
Lap 37 (32.8 miles)	00:10:17.25	11:36	5.2mph	06:17:50.86
Lap 38 (33.7 miles)	00:12:14.09	13:47	4.3mph	06:30:04.95
Lap 39 (34.6 miles)	00:18:16.94	20:37	2.9mph	06:48:21.88
Lap 40 (35.5 miles)	00:11:44.72	13:14	4.5mph	07:00:06.60
Lap 41 (36.4 miles)	00:11:40.11	13:09	4.6mph	07:11:46.71
Lap 42 (37.2 miles)	00:14:20.91	16:10	3.7mph	07:26:07.61
Lap 43 (38.1 miles)	00:10:22.25	11:41	5.1mph	07:36:29.86
Lap 44 (39.0 miles)	00:14:22.95	16:13	3.7mph	07:50:52.80
Lap 45 (39.9 miles)	00:11:43.92	13:13	4.5mph	08:02:36.72
Lap 46 (40.8 miles)	00:11:58.30	13:30	4.4mph	08:14:35.02
Lap 47 (41.7 miles)	00:10:27.46	11:47	5.1mph	08:25:02.47
Lap 48 (42.6 miles)	00:17:41.04	19:56	3.0mph	08:42:43.50
Lap 49 (43.4 miles)	00:10:02.17	11:19	5.3mph	08:52:45.67
Lap 50 (44.3 miles)	00:10:50.66	12:13	4.9mph	09:03:36.33
Lap 51 (45.2 miles)	00:12:17.83	13:52	4.3mph	09:15:54.15
Lap 52 (46.1 miles)	00:10:21.62	11:41	5.1mph	09:26:15.76
Lap 53 (47.0 miles)	00:12:27.98	14:03	4.3mph	09:38:43.74
Lap 54 (47.9 miles)	00:11:27.62	12:55	4.6mph	09:50:11.36
Lap 55 (48.8 miles)	00:11:21.13	12:48	4.7mph	10:01:32.48
Lap 56 (49.7 miles)	00:11:44.21	13:14	4.5mph	10:13:16.69
Lap 57 (50.5 miles)	00:11:26.16	12:53	4.7mph	10:24:42.84
Lap 58 (51.4 miles)	00:32:35.38	36:45	1.6mph	10:57:18.22
Lap 59 (52.3 miles)	00:11:31.73	13:00	4.6mph	11:08:49.95
Lap 60 (53.2 miles)	00:15:33.76	17:33	3.4mph	11:24:23.71
Lap 61 (54.1 miles)	00:12:01.22	13:33	4.4mph	11:36:24.92
Lap 62 (55.0 miles)	00:11:07.96	12:33	4.8mph	11:47:32.88
Lap 63 (55.9 miles)	00:11:20.66	12:47	4.7mph	11:58:53.54
Lap 64 (56.7 miles)	00:12:03.10	13:35	4.4mph	12:10:56.64
Lap 65 (57.6 miles)	00:13:09.99	14:50	4.0mph	12:24:06.62
Lap 66 (58.5 miles)	00:11:48.01	13:18	4.5mph	12:35:54.63
Lap 67 (59.4 miles)	00:11:49.94	13:20	4.5mph	12:47:44.56
Lap 68 (60.3 miles)	00:10:01.26	11:18	5.3mph	12:57:45.81
Lap 69 (61.2 miles)	00:10:14.39	11:32	5.2mph	13:08:00.20
Lap 70 (62.1 miles)	00:10:09.46	11:27	5.2mph	13:18:09.65
Lap 71 (63.0 miles)	00:10:19.54	11:38	5.2mph	13:28:29.18
Lap 72 (63.8 miles)	00:10:10.57	11:28	5.2mph	13:38:39.75
Lap 73 (64.7 miles)	00:11:00.40	12:24	4.8mph	13:49:40.14
Lap 74 (65.6 miles)	00:10:21.43	11:40	5.1mph	14:00:01.57
Lap 75 (66.5 miles)	00:15:13.24	17:09	3.5mph	14:15:14.81
Lap 76 (67.4 miles)	00:10:46.94	12:09	4.9mph	14:26:01.74
Lap 77 (68.3 miles)	00:11:12.09	12:37	4.7mph	14:37:13.83
Lap 78 (69.2 miles)	00:10:52.71	12:16	4.9mph	14:48:06.53
Lap 79 (70.0 miles)	00:10:54.89	12:18	4.9mph	14:59:01.42
Lap 80 (70.9 miles)	00:14:39.75	16:32	3.6mph	15:13:41.16
Lap 81 (71.8 miles)	00:11:03.41	12:28	4.8mph	15:24:44.57
Lap 82 (72.7 miles)	00:11:39.98	13:09	4.6mph	15:36:24.54
Lap 83 (73.6 miles)	00:18:24.54	20:45	2.9mph	15:54:49.07
Lap 84 (74.5 miles)	00:12:24.25	13:59	4.3mph	16:07:13.32
Lap 85 (75.4 miles)	00:11:24.62	12:52	4.7mph	16:18:37.93
Lap 86 (76.3 miles)	00:15:07.22	17:03	3.5mph	16:33:45.14
Lap 87 (77.1 miles)	00:13:47.06	15:32	3.9mph	16:47:32.19
Lap 88 (78.0 miles)	00:12:33.75	14:10	4.2mph	17:00:05.93
Lap 89 (78.9 miles)	00:12:29.76	14:05	4.3mph	17:12:35.69

Lap 90 (79.8 miles)	00:14:24.87	16:15	3.7mph	17:27:00.55
Lap 91 (80.7 miles)	00:12:43.76	14:21	4.2mph	17:39:44.30
Lap 92 (81.6 miles)	00:12:36.94	14:13	4.2mph	17:52:21.24
Lap 93 (82.5 miles)	00:18:39.07	21:02	2.9mph	18:11:00.31
Lap 94 (83.3 miles)	00:21:14.17	23:56	2.5mph	18:32:14.47
Lap 95 (84.2 miles)	00:12:21.68	13:56	4.3mph	18:44:36.15
Lap 96 (85.1 miles)	00:14:11.15	15:59	3.8mph	18:58:47.29
Lap 97 (86.0 miles)	00:13:17.85	14:59	4.0mph	19:12:05.14
Lap 98 (86.9 miles)	00:13:42.63	15:27	3.9mph	19:25:47.76
Lap 99 (87.8 miles)	00:13:24.56	15:07	4.0mph	19:39:12.31
Lap 100 (88.7 miles)	00:12:15.17	13:49	4.3mph	19:51:27.48
Lap 101 (89.6 miles)	00:12:23.39	13:58	4.3mph	20:03:50.87
Lap 102 (90.4 miles)	00:18:05.57	20:24	2.9mph	20:21:56.43
Lap 103 (91.3 miles)	00:18:00.91	20:19	3.0mph	20:39:57.33
Lap 104 (92.2 miles)	00:11:56.68	13:28	4.5mph	20:51:54.01
Lap 105 (93.1 miles)	00:13:15.41	14:57	4.0mph	21:05:09.42
Lap 106 (94.0 miles)	00:12:29.55	14:05	4.3mph	21:17:38.96
Lap 107 (94.9 miles)	00:13:14.34	14:55	4.0mph	21:30:53.30
Lap 108 (95.8 miles)	00:10:17.68	11:36	5.2mph	21:41:10.98
Lap 109 (96.7 miles)	00:10:51.31	12:14	4.9mph	21:52:02.29
Lap 110 (97.5 miles)	00:11:53.68	13:24	4.5mph	22:03:55.97
Lap 111 (98.4 miles)	00:11:23.51	12:50	4.7mph	22:15:19.48
Lap 112 (99.3 miles)	00:08:49.90	09:57	6.0mph	22:24:09.37
Lap 113 (100.2 miles)	00:07:16.72	08:12	7.3mph	22:31:26.09
Lap 114 (101.1 miles)	00:22:15.64	25:06	2.4mph	22:53:41.72
Lap 115 (102.0 miles)	00:24:48.23	27:58	2.1mph	23:18:29.94
Lap 116 (102.9 miles)	00:16:57.79	19:07	3.1mph	23:35:27.73
Lap 117 (103.7 miles)	00:17:54.96	20:12	3.0mph	23:53:22.68

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DAVID FORSYTH      HAGERSTOWN, MD    M: 3    RUNNER    108    Laps: 113    100.2 J/    Overall Male Runner: 3  
23:13:27.24

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:08:16.48	09:19	6.4mph	00:08:16.48
Lap 2 (1.8 miles)	00:09:19.59	10:31	5.7mph	00:17:36.06
Lap 3 (2.7 miles)	00:08:35.50	09:41	6.2mph	00:26:11.56
Lap 4 (3.5 miles)	00:09:21.64	10:33	5.7mph	00:35:33.20
Lap 5 (4.4 miles)	00:09:41.15	10:55	5.5mph	00:45:14.35
Lap 6 (5.3 miles)	00:10:26.71	11:46	5.1mph	00:55:41.05
Lap 7 (6.2 miles)	00:10:34.69	11:55	5.0mph	01:06:15.74
Lap 8 (7.1 miles)	00:09:59.15	11:15	5.3mph	01:16:14.88
Lap 9 (8.0 miles)	00:10:36.11	11:57	5.0mph	01:26:50.99
Lap 10 (8.9 miles)	00:09:48.21	11:03	5.4mph	01:36:39.19
Lap 11 (9.8 miles)	00:09:27.99	10:40	5.6mph	01:46:07.17
Lap 12 (10.6 miles)	00:10:20.41	11:39	5.1mph	01:56:27.58
Lap 13 (11.5 miles)	00:09:05.90	10:15	5.8mph	02:05:33.48
Lap 14 (12.4 miles)	00:10:03.44	11:20	5.3mph	02:15:36.91
Lap 15 (13.3 miles)	00:09:09.10	10:19	5.8mph	02:24:46.01
Lap 16 (14.2 miles)	00:11:03.88	12:28	4.8mph	02:35:49.89
Lap 17 (15.1 miles)	00:10:16.21	11:34	5.2mph	02:46:06.09
Lap 18 (16.0 miles)	00:11:38.80	13:08	4.6mph	02:57:44.89
Lap 19 (16.8 miles)	00:15:40.29	17:40	3.4mph	03:13:25.17
Lap 20 (17.7 miles)	00:12:24.72	13:59	4.3mph	03:25:49.89
Lap 21 (18.6 miles)	00:19:56.00	22:28	2.7mph	03:45:45.88
Lap 22 (19.5 miles)	00:11:36.37	13:05	4.6mph	03:57:22.25

Lap 23 (20.4 miles)	00:11:37.53	13:06	4.6mph	04:08:59.78
Lap 24 (21.3 miles)	00:12:07.27	13:40	4.4mph	04:21:07.04
Lap 25 (22.2 miles)	00:11:42.65	13:12	4.5mph	04:32:49.69
Lap 26 (23.1 miles)	00:11:57.05	13:28	4.5mph	04:44:46.74
Lap 27 (23.9 miles)	00:11:43.67	13:13	4.5mph	04:56:30.40
Lap 28 (24.8 miles)	00:12:14.60	13:48	4.3mph	05:08:45.00
Lap 29 (25.7 miles)	00:12:50.00	14:28	4.1mph	05:21:35.00
Lap 30 (26.6 miles)	00:19:28.75	21:58	2.7mph	05:41:03.75
Lap 31 (27.5 miles)	00:12:20.18	13:54	4.3mph	05:53:23.92
Lap 32 (28.4 miles)	00:11:25.52	12:53	4.7mph	06:04:49.43
Lap 33 (29.3 miles)	00:10:30.11	11:50	5.1mph	06:15:19.54
Lap 34 (30.1 miles)	00:12:07.17	13:40	4.4mph	06:27:26.71
Lap 35 (31.0 miles)	00:12:39.42	14:16	4.2mph	06:40:06.13
Lap 36 (31.9 miles)	00:11:34.07	13:02	4.6mph	06:51:40.19
Lap 37 (32.8 miles)	00:11:43.72	13:13	4.5mph	07:03:23.91
Lap 38 (33.7 miles)	00:10:46.30	12:08	4.9mph	07:14:10.20
Lap 39 (34.6 miles)	00:12:18.42	13:52	4.3mph	07:26:28.62
Lap 40 (35.5 miles)	00:10:45.99	12:08	4.9mph	07:37:14.60
Lap 41 (36.4 miles)	00:10:22.49	11:42	5.1mph	07:47:37.09
Lap 42 (37.2 miles)	00:11:24.85	12:52	4.7mph	07:59:01.94
Lap 43 (38.1 miles)	00:18:29.60	20:51	2.9mph	08:17:31.54
Lap 44 (39.0 miles)	00:12:28.64	14:04	4.3mph	08:30:00.17
Lap 45 (39.9 miles)	00:11:46.24	13:16	4.5mph	08:41:46.41
Lap 46 (40.8 miles)	00:12:05.90	13:38	4.4mph	08:53:52.30
Lap 47 (41.7 miles)	00:11:14.68	12:40	4.7mph	09:05:06.97
Lap 48 (42.6 miles)	00:11:29.47	12:57	4.6mph	09:16:36.44
Lap 49 (43.4 miles)	00:10:46.93	12:09	4.9mph	09:27:23.37
Lap 50 (44.3 miles)	00:12:14.96	13:48	4.3mph	09:39:38.33
Lap 51 (45.2 miles)	00:11:32.99	13:01	4.6mph	09:51:11.32
Lap 52 (46.1 miles)	00:12:44.45	14:22	4.2mph	10:03:55.76
Lap 53 (47.0 miles)	00:10:53.82	12:17	4.9mph	10:14:49.57
Lap 54 (47.9 miles)	00:11:23.79	12:51	4.7mph	10:26:13.36
Lap 55 (48.8 miles)	00:10:16.58	11:35	5.2mph	10:36:29.93
Lap 56 (49.7 miles)	00:11:43.05	13:12	4.5mph	10:48:12.98
Lap 57 (50.5 miles)	00:10:54.26	12:17	4.9mph	10:59:07.24
Lap 58 (51.4 miles)	00:10:41.08	12:02	5.0mph	11:09:48.32
Lap 59 (52.3 miles)	00:12:01.59	13:33	4.4mph	11:21:49.90
Lap 60 (53.2 miles)	00:12:57.14	14:36	4.1mph	11:34:47.04
Lap 61 (54.1 miles)	00:12:04.51	13:37	4.4mph	11:46:51.54
Lap 62 (55.0 miles)	00:11:51.71	13:22	4.5mph	11:58:43.25
Lap 63 (55.9 miles)	00:12:30.60	14:06	4.3mph	12:11:13.85
Lap 64 (56.7 miles)	00:12:43.18	14:20	4.2mph	12:23:57.02
Lap 65 (57.6 miles)	00:12:02.19	13:34	4.4mph	12:35:59.20
Lap 66 (58.5 miles)	00:12:50.05	14:28	4.1mph	12:48:49.25
Lap 67 (59.4 miles)	00:12:57.77	14:37	4.1mph	13:01:47.01
Lap 68 (60.3 miles)	00:21:58.48	24:46	2.4mph	13:23:45.49
Lap 69 (61.2 miles)	00:12:51.41	14:29	4.1mph	13:36:36.90
Lap 70 (62.1 miles)	00:11:28.58	12:56	4.6mph	13:48:05.48
Lap 71 (63.0 miles)	00:11:13.74	12:39	4.7mph	13:59:19.21
Lap 72 (63.8 miles)	00:12:16.72	13:50	4.3mph	14:11:35.93
Lap 73 (64.7 miles)	00:12:16.72	13:50	4.3mph	14:23:52.65
Lap 74 (65.6 miles)	00:12:34.38	14:10	4.2mph	14:36:27.02
Lap 75 (66.5 miles)	00:11:49.87	13:20	4.5mph	14:48:16.89
Lap 76 (67.4 miles)	00:12:57.56	14:36	4.1mph	15:01:14.45
Lap 77 (68.3 miles)	00:13:27.97	15:11	4.0mph	15:14:42.41

Lap 78 (69.2 miles)	00:19:24.72	21:53	2.7mph	15:34:07.13
Lap 79 (70.0 miles)	00:13:08.34	14:49	4.0mph	15:47:15.47
Lap 80 (70.9 miles)	00:11:53.44	13:24	4.5mph	15:59:08.90
Lap 81 (71.8 miles)	00:12:45.18	14:22	4.2mph	16:11:54.08
Lap 82 (72.7 miles)	00:12:24.97	14:00	4.3mph	16:24:19.04
Lap 83 (73.6 miles)	00:12:57.87	14:37	4.1mph	16:37:16.90
Lap 84 (74.5 miles)	00:11:36.37	13:05	4.6mph	16:48:53.27
Lap 85 (75.4 miles)	00:11:34.22	13:02	4.6mph	17:00:27.48
Lap 86 (76.3 miles)	00:12:42.22	14:19	4.2mph	17:13:09.69
Lap 87 (77.1 miles)	00:13:15.32	14:56	4.0mph	17:26:25.01
Lap 88 (78.0 miles)	00:13:22.79	15:05	4.0mph	17:39:47.80
Lap 89 (78.9 miles)	00:14:37.82	16:29	3.6mph	17:54:25.61
Lap 90 (79.8 miles)	00:12:52.03	14:30	4.1mph	18:07:17.64
Lap 91 (80.7 miles)	00:12:16.69	13:50	4.3mph	18:19:34.33
Lap 92 (81.6 miles)	00:11:43.13	13:12	4.5mph	18:31:17.45
Lap 93 (82.5 miles)	00:11:09.48	12:35	4.8mph	18:42:26.93
Lap 94 (83.3 miles)	00:13:53.98	15:40	3.8mph	18:56:20.91
Lap 95 (84.2 miles)	00:11:38.50	13:07	4.6mph	19:07:59.41
Lap 96 (85.1 miles)	00:19:54.00	22:26	2.7mph	19:27:53.40
Lap 97 (86.0 miles)	00:13:03.88	14:44	4.1mph	19:40:57.28
Lap 98 (86.9 miles)	00:12:06.29	13:39	4.4mph	19:53:03.56
Lap 99 (87.8 miles)	00:12:16.33	13:50	4.3mph	20:05:19.89
Lap 100 (88.7 miles)	00:12:49.72	14:28	4.1mph	20:18:09.60
Lap 101 (89.6 miles)	00:19:30.80	22:00	2.7mph	20:37:40.39
Lap 102 (90.4 miles)	00:12:26.80	14:02	4.3mph	20:50:07.19
Lap 103 (91.3 miles)	00:14:38.90	16:31	3.6mph	21:04:46.09
Lap 104 (92.2 miles)	00:13:14.30	14:55	4.0mph	21:18:00.38
Lap 105 (93.1 miles)	00:13:28.26	15:11	3.9mph	21:31:28.64
Lap 106 (94.0 miles)	00:13:37.35	15:21	3.9mph	21:45:05.99
Lap 107 (94.9 miles)	00:12:35.69	14:12	4.2mph	21:57:41.67
Lap 108 (95.8 miles)	00:15:10.80	17:07	3.5mph	22:12:52.47
Lap 109 (96.7 miles)	00:11:17.92	12:44	4.7mph	22:24:10.39
Lap 110 (97.5 miles)	00:12:10.00	13:43	4.4mph	22:36:20.38
Lap 111 (98.4 miles)	00:12:32.55	14:08	4.2mph	22:48:52.93
Lap 112 (99.3 miles)	00:12:49.87	14:28	4.1mph	23:01:42.79
Lap 113 (100.2 miles)	00:11:44.45	13:14	4.5mph	23:13:27.24

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ROBERT WALLER      DAPHNE, AL      RUNNER      100      Laps: 113      100.2 J/A

23:29:59.89

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:08:35.79	09:41	6.2mph	00:08:35.79
Lap 2 (1.8 miles)	00:08:26.04	09:30	6.3mph	00:17:01.83
Lap 3 (2.7 miles)	00:08:29.63	09:34	6.3mph	00:25:31.45
Lap 4 (3.5 miles)	00:08:40.34	09:46	6.1mph	00:34:11.78
Lap 5 (4.4 miles)	00:08:47.28	09:54	6.1mph	00:42:59.05
Lap 6 (5.3 miles)	00:08:54.84	10:03	6.0mph	00:51:53.89
Lap 7 (6.2 miles)	00:08:59.15	10:08	5.9mph	01:00:53.04
Lap 8 (7.1 miles)	00:09:00.81	10:09	5.9mph	01:09:53.85
Lap 9 (8.0 miles)	00:08:59.05	10:07	5.9mph	01:18:52.89
Lap 10 (8.9 miles)	00:09:05.66	10:15	5.9mph	01:27:58.55
Lap 11 (9.8 miles)	00:10:47.60	12:10	4.9mph	01:38:46.14
Lap 12 (10.6 miles)	00:09:14.76	10:25	5.8mph	01:48:00.90
Lap 13 (11.5 miles)	00:09:15.23	10:26	5.7mph	01:57:16.12
Lap 14 (12.4 miles)	00:09:24.21	10:36	5.7mph	02:06:40.33

Lap 15 (13.3 miles)	00:09:34.02	10:47	5.6mph	02:16:14.34
Lap 16 (14.2 miles)	00:09:21.97	10:33	5.7mph	02:25:36.30
Lap 17 (15.1 miles)	00:09:28.29	10:40	5.6mph	02:35:04.59
Lap 18 (16.0 miles)	00:09:33.28	10:46	5.6mph	02:44:37.87
Lap 19 (16.8 miles)	00:09:35.59	10:49	5.5mph	02:54:13.45
Lap 20 (17.7 miles)	00:13:46.90	15:32	3.9mph	03:08:00.35
Lap 21 (18.6 miles)	00:09:40.89	10:55	5.5mph	03:17:41.23
Lap 22 (19.5 miles)	00:09:40.83	10:55	5.5mph	03:27:22.05
Lap 23 (20.4 miles)	00:09:47.39	11:02	5.4mph	03:37:09.44
Lap 24 (21.3 miles)	00:09:55.86	11:11	5.4mph	03:47:05.29
Lap 25 (22.2 miles)	00:10:23.30	11:42	5.1mph	03:57:28.59
Lap 26 (23.1 miles)	00:10:39.89	12:01	5.0mph	04:08:08.48
Lap 27 (23.9 miles)	00:11:01.56	12:26	4.8mph	04:19:10.03
Lap 28 (24.8 miles)	00:10:52.01	12:15	4.9mph	04:30:02.03
Lap 29 (25.7 miles)	00:10:49.10	12:12	4.9mph	04:40:51.13
Lap 30 (26.6 miles)	00:12:14.53	13:48	4.3mph	04:53:05.66
Lap 31 (27.5 miles)	00:11:53.72	13:24	4.5mph	05:04:59.37
Lap 32 (28.4 miles)	00:12:20.93	13:55	4.3mph	05:17:20.29
Lap 33 (29.3 miles)	00:12:09.26	13:42	4.4mph	05:29:29.55
Lap 34 (30.1 miles)	00:11:20.35	12:47	4.7mph	05:40:49.89
Lap 35 (31.0 miles)	00:11:27.23	12:55	4.6mph	05:52:17.11
Lap 36 (31.9 miles)	00:10:59.56	12:23	4.8mph	06:03:16.66
Lap 37 (32.8 miles)	00:18:27.17	20:48	2.9mph	06:21:43.83
Lap 38 (33.7 miles)	00:10:41.03	12:02	5.0mph	06:32:24.86
Lap 39 (34.6 miles)	00:12:45.27	14:23	4.2mph	06:45:10.12
Lap 40 (35.5 miles)	00:12:07.72	13:40	4.4mph	06:57:17.83
Lap 41 (36.4 miles)	00:15:59.64	18:02	3.3mph	07:13:17.47
Lap 42 (37.2 miles)	00:17:22.08	19:35	3.1mph	07:30:39.54
Lap 43 (38.1 miles)	00:11:06.76	12:31	4.8mph	07:41:46.30
Lap 44 (39.0 miles)	00:11:31.19	12:59	4.6mph	07:53:17.49
Lap 45 (39.9 miles)	00:11:41.38	13:10	4.6mph	08:04:58.86
Lap 46 (40.8 miles)	00:10:57.03	12:20	4.9mph	08:15:55.89
Lap 47 (41.7 miles)	00:12:17.74	13:52	4.3mph	08:28:13.62
Lap 48 (42.6 miles)	00:11:15.83	12:42	4.7mph	08:39:29.45
Lap 49 (43.4 miles)	00:12:06.34	13:39	4.4mph	08:51:35.78
Lap 50 (44.3 miles)	00:11:25.58	12:53	4.7mph	09:03:01.36
Lap 51 (45.2 miles)	00:15:20.70	17:18	3.5mph	09:18:22.05
Lap 52 (46.1 miles)	00:12:14.56	13:48	4.3mph	09:30:36.61
Lap 53 (47.0 miles)	00:12:18.68	13:53	4.3mph	09:42:55.28
Lap 54 (47.9 miles)	00:11:40.50	13:10	4.6mph	09:54:35.78
Lap 55 (48.8 miles)	00:12:03.19	13:35	4.4mph	10:06:38.96
Lap 56 (49.7 miles)	00:11:59.49	13:31	4.4mph	10:18:38.45
Lap 57 (50.5 miles)	00:34:42.72	39:08	1.5mph	10:53:21.17
Lap 58 (51.4 miles)	00:11:56.82	13:28	4.5mph	11:05:17.98
Lap 59 (52.3 miles)	00:11:04.98	12:29	4.8mph	11:16:22.95
Lap 60 (53.2 miles)	00:10:55.58	12:19	4.9mph	11:27:18.53
Lap 61 (54.1 miles)	00:11:05.82	12:30	4.8mph	11:38:24.35
Lap 62 (55.0 miles)	00:12:33.62	14:09	4.2mph	11:50:57.97
Lap 63 (55.9 miles)	00:11:06.50	12:31	4.8mph	12:02:04.46
Lap 64 (56.7 miles)	00:14:44.98	16:38	3.6mph	12:16:49.44
Lap 65 (57.6 miles)	00:10:57.66	12:21	4.9mph	12:27:47.09
Lap 66 (58.5 miles)	00:14:13.01	16:02	3.7mph	12:42:00.10
Lap 67 (59.4 miles)	00:13:57.06	15:44	3.8mph	12:55:57.15
Lap 68 (60.3 miles)	00:12:21.67	13:56	4.3mph	13:08:18.82
Lap 69 (61.2 miles)	00:11:37.76	13:06	4.6mph	13:19:56.57



Lap 70 (62.1 miles)	00:23:12.20	26:10	2.3mph	13:43:08.77
Lap 71 (63.0 miles)	00:18:03.75	20:22	2.9mph	14:01:12.52
Lap 72 (63.8 miles)	00:13:05.17	14:45	4.1mph	14:14:17.68
Lap 73 (64.7 miles)	00:12:28.27	14:03	4.3mph	14:26:45.94
Lap 74 (65.6 miles)	00:12:50.77	14:29	4.1mph	14:39:36.71
Lap 75 (66.5 miles)	00:12:35.75	14:12	4.2mph	14:52:12.46
Lap 76 (67.4 miles)	00:12:31.81	14:07	4.2mph	15:04:44.26
Lap 77 (68.3 miles)	00:12:36.45	14:13	4.2mph	15:17:20.70
Lap 78 (69.2 miles)	00:13:09.57	14:50	4.0mph	15:30:30.27
Lap 79 (70.0 miles)	00:20:23.96	23:00	2.6mph	15:50:54.23
Lap 80 (70.9 miles)	00:12:50.35	14:28	4.1mph	16:03:44.57
Lap 81 (71.8 miles)	00:12:49.66	14:28	4.1mph	16:16:34.23
Lap 82 (72.7 miles)	00:12:18.03	13:52	4.3mph	16:28:52.26
Lap 83 (73.6 miles)	00:13:36.18	15:20	3.9mph	16:42:28.43
Lap 84 (74.5 miles)	00:12:39.03	14:16	4.2mph	16:55:07.45
Lap 85 (75.4 miles)	00:12:54.69	14:33	4.1mph	17:08:02.14
Lap 86 (76.3 miles)	00:12:53.21	14:32	4.1mph	17:20:55.34
Lap 87 (77.1 miles)	00:12:42.29	14:19	4.2mph	17:33:37.62
Lap 88 (78.0 miles)	00:14:12.33	16:01	3.7mph	17:47:49.95
Lap 89 (78.9 miles)	00:20:18.70	22:54	2.6mph	18:08:08.65
Lap 90 (79.8 miles)	00:12:36.20	14:12	4.2mph	18:20:44.85
Lap 91 (80.7 miles)	00:12:33.69	14:09	4.2mph	18:33:18.53
Lap 92 (81.6 miles)	00:12:50.97	14:29	4.1mph	18:46:09.50
Lap 93 (82.5 miles)	00:12:53.82	14:32	4.1mph	18:59:03.31
Lap 94 (83.3 miles)	00:13:06.69	14:47	4.1mph	19:12:09.99
Lap 95 (84.2 miles)	00:14:13.97	16:03	3.7mph	19:26:23.95
Lap 96 (85.1 miles)	00:12:51.51	14:30	4.1mph	19:39:15.46
Lap 97 (86.0 miles)	00:12:12.07	13:45	4.4mph	19:51:27.52
Lap 98 (86.9 miles)	00:12:23.62	13:58	4.3mph	20:03:51.14
Lap 99 (87.8 miles)	00:12:43.13	14:20	4.2mph	20:16:34.27
Lap 100 (88.7 miles)	00:15:30.24	17:29	3.4mph	20:32:04.50
Lap 101 (89.6 miles)	00:14:26.80	16:17	3.7mph	20:46:31.30
Lap 102 (90.4 miles)	00:13:13.35	14:54	4.0mph	20:59:44.65
Lap 103 (91.3 miles)	00:13:17.50	14:59	4.0mph	21:13:02.14
Lap 104 (92.2 miles)	00:12:57.82	14:37	4.1mph	21:25:59.96
Lap 105 (93.1 miles)	00:13:05.64	14:46	4.1mph	21:39:05.59
Lap 106 (94.0 miles)	00:16:02.37	18:05	3.3mph	21:55:07.96
Lap 107 (94.9 miles)	00:13:12.37	14:53	4.0mph	22:08:20.32
Lap 108 (95.8 miles)	00:13:33.76	15:17	3.9mph	22:21:54.08
Lap 109 (96.7 miles)	00:12:37.34	14:14	4.2mph	22:34:31.42
Lap 110 (97.5 miles)	00:13:58.33	15:45	3.8mph	22:48:29.75
Lap 111 (98.4 miles)	00:12:53.59	14:32	4.1mph	23:01:23.33
Lap 112 (99.3 miles)	00:13:15.95	14:57	4.0mph	23:14:39.27
Lap 113 (100.2 miles)	00:15:20.62	17:18	3.5mph	23:29:59.89

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SUDIP GHIMIRE

VESTAVIA HILLS, AL

RUNNER

94

Laps: 113

100.2 J/A

48:12:59.79

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	01:11:47.97	20:58	0.7mph	01:11:47.97
Lap 2 (1.8 miles)	00:05:16.12	05:56	10.1mph	01:17:04.09
Lap 3 (2.7 miles)	00:01:56.53	02:11	27.4mph	01:19:00.61
Lap 4 (3.5 miles)	00:00:00.97	00:01	3290.8m	01:19:01.58
Lap 5 (4.4 miles)	00:00:01.91	00:02	1671.3m	01:19:03.49
Lap 6 (5.3 miles)	00:00:01.33	00:01	2400.1m	01:19:04.82

Lap 7 (6.2 miles)	00:08:10.57	09:13	6.5mph	01:27:15.39
Lap 8 (7.1 miles)	00:10:11.48	11:29	5.2mph	01:37:26.87
Lap 9 (8.0 miles)	00:10:09.13	11:26	5.2mph	01:47:36.00
Lap 10 (8.9 miles)	00:11:03.85	12:28	4.8mph	01:58:39.84
Lap 11 (9.8 miles)	00:14:44.34	16:37	3.6mph	02:13:24.17
Lap 12 (10.6 miles)	00:10:05.41	11:22	5.3mph	02:23:29.58
Lap 13 (11.5 miles)	00:10:28.71	11:49	5.1mph	02:33:58.28
Lap 14 (12.4 miles)	00:11:04.41	12:29	4.8mph	02:45:02.69
Lap 15 (13.3 miles)	00:10:41.94	12:03	5.0mph	02:55:44.63
Lap 16 (14.2 miles)	00:10:50.57	12:13	4.9mph	03:06:35.20
Lap 17 (15.1 miles)	00:11:02.50	12:27	4.8mph	03:17:37.69
Lap 18 (16.0 miles)	00:10:53.74	12:17	4.9mph	03:28:31.43
Lap 19 (16.8 miles)	00:11:20.05	12:46	4.7mph	03:39:51.48
Lap 20 (17.7 miles)	00:11:12.46	12:38	4.7mph	03:51:03.93
Lap 21 (18.6 miles)	00:11:39.58	13:08	4.6mph	04:02:43.51
Lap 22 (19.5 miles)	00:11:02.20	12:26	4.8mph	04:13:45.70
Lap 23 (20.4 miles)	00:12:07.95	13:40	4.4mph	04:25:53.65
Lap 24 (21.3 miles)	00:12:09.77	13:43	4.4mph	04:38:03.42
Lap 25 (22.2 miles)	00:11:26.70	12:54	4.6mph	04:49:30.11
Lap 26 (23.1 miles)	00:11:33.06	13:01	4.6mph	05:01:03.17
Lap 27 (23.9 miles)	00:12:02.59	13:34	4.4mph	05:13:05.75
Lap 28 (24.8 miles)	00:13:00.87	14:40	4.1mph	05:26:06.61
Lap 29 (25.7 miles)	00:52:52.07	59:37	1.0mph	06:18:58.67
Lap 30 (26.6 miles)	00:03:58.78	04:29	13.4mph	06:22:57.45
Lap 31 (27.5 miles)	00:00:00.22	00:00	14510.0r	06:22:57.67
Lap 32 (28.4 miles)	00:10:23.96	11:43	5.1mph	06:33:21.63
Lap 33 (29.3 miles)	00:08:39.86	09:46	6.1mph	06:42:01.48
Lap 34 (30.1 miles)	00:00:29.14	00:32	109.5mp	06:42:30.62
Lap 35 (31.0 miles)	00:03:04.11	03:27	17.3mph	06:45:34.73
Lap 36 (31.9 miles)	00:12:14.13	13:47	4.3mph	06:57:48.85
Lap 37 (32.8 miles)	00:03:26.31	03:52	15.5mph	07:01:15.15
Lap 38 (33.7 miles)	00:08:55.37	10:03	6.0mph	07:10:10.52
Lap 39 (34.6 miles)	00:14:32.14	16:23	3.7mph	07:24:42.66
Lap 40 (35.5 miles)	00:13:56.10	15:42	3.8mph	07:38:38.75
Lap 41 (36.4 miles)	00:14:51.25	16:45	3.6mph	07:53:30.00
Lap 42 (37.2 miles)	00:12:44.19	14:21	4.2mph	08:06:14.18
Lap 43 (38.1 miles)	00:13:32.82	15:16	3.9mph	08:19:47.00
Lap 44 (39.0 miles)	00:12:58.09	14:37	4.1mph	08:32:45.09
Lap 45 (39.9 miles)	00:14:49.46	16:43	3.6mph	08:47:34.54
Lap 46 (40.8 miles)	00:21:41.09	24:27	2.5mph	09:09:15.63
Lap 47 (41.7 miles)	00:12:44.33	14:21	4.2mph	09:21:59.95
Lap 48 (42.6 miles)	00:13:20.20	15:02	4.0mph	09:35:20.15
Lap 49 (43.4 miles)	00:13:42.11	15:27	3.9mph	09:49:02.26
Lap 50 (44.3 miles)	00:13:24.65	15:07	4.0mph	10:02:26.91
Lap 51 (45.2 miles)	00:12:56.33	14:35	4.1mph	10:15:23.23
Lap 52 (46.1 miles)	00:12:58.00	14:37	4.1mph	10:28:21.23
Lap 53 (47.0 miles)	00:12:54.42	14:33	4.1mph	10:41:15.64
Lap 54 (47.9 miles)	00:13:32.71	15:16	3.9mph	10:54:48.34
Lap 55 (48.8 miles)	00:12:59.94	14:39	4.1mph	11:07:48.28
Lap 56 (49.7 miles)	00:12:44.39	14:22	4.2mph	11:20:32.67
Lap 57 (50.5 miles)	00:13:01.57	14:41	4.1mph	11:33:34.23
Lap 58 (51.4 miles)	00:13:58.27	15:45	3.8mph	11:47:32.50
Lap 59 (52.3 miles)	00:13:30.59	15:14	3.9mph	12:01:03.08
Lap 60 (53.2 miles)	00:12:54.70	14:33	4.1mph	12:13:57.78
Lap 61 (54.1 miles)	00:12:58.02	14:37	4.1mph	12:26:55.79

Lap 62 (55.0 miles)	00:18:08.78	20:27	2.9mph	12:45:04.56
Lap 63 (55.9 miles)	00:12:32.79	14:08	4.2mph	12:57:37.35
Lap 64 (56.7 miles)	00:12:16.41	13:50	4.3mph	13:09:53.75
Lap 65 (57.6 miles)	00:13:39.87	15:24	3.9mph	13:23:33.62
Lap 66 (58.5 miles)	00:14:48.44	16:41	3.6mph	13:38:22.06
Lap 67 (59.4 miles)	00:14:27.50	16:18	3.7mph	13:52:49.56
Lap 68 (60.3 miles)	00:14:03.02	15:50	3.8mph	14:06:52.57
Lap 69 (61.2 miles)	00:13:30.10	15:13	3.9mph	14:20:22.67
Lap 70 (62.1 miles)	00:13:37.30	15:21	3.9mph	14:33:59.96
Lap 71 (63.0 miles)	00:13:03.16	14:43	4.1mph	14:47:03.12
Lap 72 (63.8 miles)	00:12:57.50	14:36	4.1mph	15:00:00.62
Lap 73 (64.7 miles)	00:14:28.71	16:19	3.7mph	15:14:29.32
Lap 74 (65.6 miles)	00:12:23.68	13:58	4.3mph	15:26:53.00
Lap 75 (66.5 miles)	00:13:00.51	14:40	4.1mph	15:39:53.50
Lap 76 (67.4 miles)	00:12:27.57	14:03	4.3mph	15:52:21.07
Lap 77 (68.3 miles)	00:12:53.43	14:32	4.1mph	16:05:14.49
Lap 78 (69.2 miles)	00:12:37.88	14:14	4.2mph	16:17:52.37
Lap 79 (70.0 miles)	00:13:59.31	15:46	3.8mph	16:31:51.67
Lap 80 (70.9 miles)	00:12:36.66	14:13	4.2mph	16:44:28.33
Lap 81 (71.8 miles)	00:12:20.81	13:55	4.3mph	16:56:49.13
Lap 82 (72.7 miles)	00:12:28.46	14:04	4.3mph	17:09:17.59
Lap 83 (73.6 miles)	00:13:01.20	14:41	4.1mph	17:22:18.78
Lap 84 (74.5 miles)	00:13:27.55	15:10	4.0mph	17:35:46.33
Lap 85 (75.4 miles)	00:13:15.73	14:57	4.0mph	17:49:02.06
Lap 86 (76.3 miles)	00:13:04.38	14:44	4.1mph	18:02:06.43
Lap 87 (77.1 miles)	00:13:43.81	15:29	3.9mph	18:15:50.23
Lap 88 (78.0 miles)	00:12:27.86	14:03	4.3mph	18:28:18.09
Lap 89 (78.9 miles)	00:12:30.99	14:06	4.3mph	18:40:49.08
Lap 90 (79.8 miles)	00:13:10.95	14:52	4.0mph	18:54:00.02
Lap 91 (80.7 miles)	00:12:42.10	14:19	4.2mph	19:06:42.12
Lap 92 (81.6 miles)	00:12:53.48	14:32	4.1mph	19:19:35.59
Lap 93 (82.5 miles)	00:13:19.14	15:01	4.0mph	19:32:54.72
Lap 94 (83.3 miles)	00:13:43.47	15:28	3.9mph	19:46:38.19
Lap 95 (84.2 miles)	00:13:31.51	15:15	3.9mph	20:00:09.70
Lap 96 (85.1 miles)	00:13:20.91	15:03	4.0mph	20:13:30.60
Lap 97 (86.0 miles)	00:13:46.61	15:32	3.9mph	20:27:17.21
Lap 98 (86.9 miles)	00:12:45.36	14:23	4.2mph	20:40:02.57
Lap 99 (87.8 miles)	00:13:02.82	14:42	4.1mph	20:53:05.38
Lap 100 (88.7 miles)	00:13:00.62	14:40	4.1mph	21:06:06.00
Lap 101 (89.6 miles)	00:13:33.38	15:17	3.9mph	21:19:39.37
Lap 102 (90.4 miles)	00:13:14.07	14:55	4.0mph	21:32:53.44
Lap 103 (91.3 miles)	00:13:20.77	15:03	4.0mph	21:46:14.20
Lap 104 (92.2 miles)	00:13:34.74	15:18	3.9mph	21:59:48.93
Lap 105 (93.1 miles)	00:13:17.84	14:59	4.0mph	22:13:06.77
Lap 106 (94.0 miles)	00:13:24.31	15:07	4.0mph	22:26:31.08
Lap 107 (94.9 miles)	00:14:09.77	15:58	3.8mph	22:40:40.85
Lap 108 (95.8 miles)	00:12:37.51	14:14	4.2mph	22:53:18.35
Lap 109 (96.7 miles)	00:13:26.55	15:09	4.0mph	23:06:44.90
Lap 110 (97.5 miles)	00:13:50.03	15:36	3.8mph	23:20:34.93
Lap 111 (98.4 miles)	00:14:18.75	16:08	3.7mph	23:34:53.68
Lap 112 (99.3 miles)	00:15:27.86	17:26	3.4mph	23:50:21.54
Lap 113 (100.2 miles)	24:22:38.26	29:31	0.0mph	48:12:59.79

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:08:43.80	09:50	6.1mph	00:08:43.80
Lap 2 (1.8 miles)	00:08:52.15	10:00	6.0mph	00:17:35.95
Lap 3 (2.7 miles)	00:08:13.05	09:16	6.5mph	00:25:49.00
Lap 4 (3.5 miles)	00:08:20.50	09:24	6.4mph	00:34:09.49
Lap 5 (4.4 miles)	00:09:08.16	10:18	5.8mph	00:43:17.65
Lap 6 (5.3 miles)	00:11:47.80	13:18	4.5mph	00:55:05.45
Lap 7 (6.2 miles)	00:08:33.14	09:38	6.2mph	01:03:38.59
Lap 8 (7.1 miles)	00:08:29.77	09:34	6.3mph	01:12:08.35
Lap 9 (8.0 miles)	00:08:41.70	09:48	6.1mph	01:20:50.05
Lap 10 (8.9 miles)	00:08:19.93	09:23	6.4mph	01:29:09.98
Lap 11 (9.8 miles)	00:09:14.01	10:24	5.8mph	01:38:23.99
Lap 12 (10.6 miles)	00:12:23.77	13:58	4.3mph	01:50:47.75
Lap 13 (11.5 miles)	00:08:42.50	09:49	6.1mph	01:59:30.25
Lap 14 (12.4 miles)	00:08:37.00	09:43	6.2mph	02:08:07.24
Lap 15 (13.3 miles)	00:14:36.75	16:28	3.6mph	02:22:43.99
Lap 16 (14.2 miles)	00:09:48.43	11:03	5.4mph	02:32:32.42
Lap 17 (15.1 miles)	00:08:53.57	10:01	6.0mph	02:41:25.98
Lap 18 (16.0 miles)	00:09:48.90	11:04	5.4mph	02:51:14.88
Lap 19 (16.8 miles)	00:09:25.91	10:38	5.6mph	03:00:40.79
Lap 20 (17.7 miles)	00:10:37.16	11:58	5.0mph	03:11:17.95
Lap 21 (18.6 miles)	00:13:41.38	15:26	3.9mph	03:24:59.32
Lap 22 (19.5 miles)	00:12:19.16	13:53	4.3mph	03:37:18.47
Lap 23 (20.4 miles)	00:11:11.86	12:37	4.8mph	03:48:30.33
Lap 24 (21.3 miles)	00:13:18.29	15:00	4.0mph	04:01:48.62
Lap 25 (22.2 miles)	00:11:04.25	12:29	4.8mph	04:12:52.86
Lap 26 (23.1 miles)	00:12:10.07	13:43	4.4mph	04:25:02.93
Lap 27 (23.9 miles)	00:17:17.27	19:29	3.1mph	04:42:20.19
Lap 28 (24.8 miles)	00:12:39.67	14:16	4.2mph	04:54:59.86
Lap 29 (25.7 miles)	00:13:22.25	15:04	4.0mph	05:08:22.10
Lap 30 (26.6 miles)	00:10:48.95	12:11	4.9mph	05:19:11.05
Lap 31 (27.5 miles)	00:14:51.12	16:44	3.6mph	05:34:02.16
Lap 32 (28.4 miles)	00:13:28.77	15:12	3.9mph	05:47:30.92
Lap 33 (29.3 miles)	00:13:19.03	15:01	4.0mph	06:00:49.95
Lap 34 (30.1 miles)	00:20:12.11	22:46	2.6mph	06:21:02.06
Lap 35 (31.0 miles)	00:11:51.83	13:22	4.5mph	06:32:53.88
Lap 36 (31.9 miles)	00:11:32.57	13:01	4.6mph	06:44:26.45
Lap 37 (32.8 miles)	00:14:48.80	16:42	3.6mph	06:59:15.25
Lap 38 (33.7 miles)	00:12:13.21	13:46	4.4mph	07:11:28.46
Lap 39 (34.6 miles)	00:11:55.43	13:26	4.5mph	07:23:23.88
Lap 40 (35.5 miles)	00:12:04.43	13:36	4.4mph	07:35:28.31
Lap 41 (36.4 miles)	00:13:52.73	15:39	3.8mph	07:49:21.03
Lap 42 (37.2 miles)	00:22:32.12	25:24	2.4mph	08:11:53.15
Lap 43 (38.1 miles)	00:12:47.42	14:25	4.2mph	08:24:40.56
Lap 44 (39.0 miles)	00:11:30.96	12:59	4.6mph	08:36:11.52
Lap 45 (39.9 miles)	00:14:26.49	16:17	3.7mph	08:50:38.00
Lap 46 (40.8 miles)	00:13:46.93	15:32	3.9mph	09:04:24.93
Lap 47 (41.7 miles)	00:21:32.60	24:17	2.5mph	09:25:57.52
Lap 48 (42.6 miles)	00:12:31.25	14:07	4.2mph	09:38:28.76
Lap 49 (43.4 miles)	00:13:25.01	15:07	4.0mph	09:51:53.77
Lap 50 (44.3 miles)	00:13:17.40	14:59	4.0mph	10:05:11.17
Lap 51 (45.2 miles)	00:23:17.92	26:16	2.3mph	10:28:29.09
Lap 52 (46.1 miles)	00:13:45.76	15:31	3.9mph	10:42:14.85
Lap 53 (47.0 miles)	00:12:57.36	14:36	4.1mph	10:55:12.20

Lap 54 (47.9 miles)	00:13:44.35	15:29	3.9mph	11:08:56.54
Lap 55 (48.8 miles)	00:15:40.84	17:41	3.4mph	11:24:37.38
Lap 56 (49.7 miles)	00:16:52.44	19:01	3.2mph	11:41:29.82
Lap 57 (50.5 miles)	00:13:58.11	15:45	3.8mph	11:55:27.92
Lap 58 (51.4 miles)	00:08:36.17	09:42	6.2mph	12:04:04.09
Lap 59 (52.3 miles)	00:13:23.75	15:06	4.0mph	12:17:27.83
Lap 60 (53.2 miles)	00:12:52.67	14:31	4.1mph	12:30:20.49
Lap 61 (54.1 miles)	00:11:42.09	13:11	4.5mph	12:42:02.58
Lap 62 (55.0 miles)	00:12:33.66	14:09	4.2mph	12:54:36.23
Lap 63 (55.9 miles)	00:11:51.40	13:22	4.5mph	13:06:27.63
Lap 64 (56.7 miles)	00:12:57.57	14:36	4.1mph	13:19:25.19
Lap 65 (57.6 miles)	00:14:52.09	16:46	3.6mph	13:34:17.28
Lap 66 (58.5 miles)	00:14:19.00	16:08	3.7mph	13:48:36.28
Lap 67 (59.4 miles)	00:14:28.35	16:19	3.7mph	14:03:04.63
Lap 68 (60.3 miles)	00:16:37.42	18:44	3.2mph	14:19:42.05
Lap 69 (61.2 miles)	00:17:45.73	20:01	3.0mph	14:37:27.77
Lap 70 (62.1 miles)	00:16:19.50	18:24	3.3mph	14:53:47.26
Lap 71 (63.0 miles)	00:17:56.69	20:14	3.0mph	15:11:43.95
Lap 72 (63.8 miles)	00:16:14.82	18:19	3.3mph	15:27:58.76
Lap 73 (64.7 miles)	00:49:56.47	56:19	1.1mph	16:17:55.22
Lap 74 (65.6 miles)	00:11:16.12	12:42	4.7mph	16:29:11.33
Lap 75 (66.5 miles)	00:13:31.85	15:15	3.9mph	16:42:43.18
Lap 76 (67.4 miles)	00:14:44.69	16:37	3.6mph	16:57:27.86
Lap 77 (68.3 miles)	00:17:06.34	19:17	3.1mph	17:14:34.19
Lap 78 (69.2 miles)	00:19:03.73	21:29	2.8mph	17:33:37.92
Lap 79 (70.0 miles)	00:30:08.24	33:59	1.8mph	18:03:46.15
Lap 80 (70.9 miles)	00:16:29.97	18:36	3.2mph	18:20:16.11
Lap 81 (71.8 miles)	00:17:20.81	19:33	3.1mph	18:37:36.92
Lap 82 (72.7 miles)	00:18:47.40	21:11	2.8mph	18:56:24.32
Lap 83 (73.6 miles)	00:44:49.82	50:33	1.2mph	19:41:14.13
Lap 84 (74.5 miles)	00:20:01.56	22:35	2.7mph	20:01:15.69
Lap 85 (75.4 miles)	00:19:38.32	22:08	2.7mph	20:20:54.00
Lap 86 (76.3 miles)	00:30:08.22	33:59	1.8mph	20:51:02.21
Lap 87 (77.1 miles)	00:20:06.01	22:40	2.6mph	21:11:08.22
Lap 88 (78.0 miles)	00:17:36.20	19:51	3.0mph	21:28:44.41
Lap 89 (78.9 miles)	00:18:17.60	20:37	2.9mph	21:47:02.01
Lap 90 (79.8 miles)	00:18:58.80	21:24	2.8mph	22:06:00.80
Lap 91 (80.7 miles)	00:16:08.34	18:12	3.3mph	22:22:09.14
Lap 92 (81.6 miles)	00:16:35.04	18:42	3.2mph	22:38:44.18
Lap 93 (82.5 miles)	00:16:16.98	18:21	3.3mph	22:55:01.15
Lap 94 (83.3 miles)	00:17:42.71	19:58	3.0mph	23:12:43.86
Lap 95 (84.2 miles)	00:18:19.09	20:39	2.9mph	23:31:02.94
Lap 96 (85.1 miles)	00:17:45.85	20:02	3.0mph	23:48:48.79

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DAKOTA CHURCHILL SAN DIEGO, CA F: 1 RUNNER 93 Laps: 90 79.8 J/, Overall Female Runner: 1  
23:52:55.50

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:13:41.07	15:25	3.9mph	00:13:41.07
Lap 2 (1.8 miles)	00:13:44.85	15:30	3.9mph	00:27:25.92
Lap 3 (2.7 miles)	00:14:08.47	15:56	3.8mph	00:41:34.39
Lap 4 (3.5 miles)	00:13:22.13	15:04	4.0mph	00:54:56.51
Lap 5 (4.4 miles)	00:11:54.80	13:26	4.5mph	01:06:51.30
Lap 6 (5.3 miles)	00:12:47.56	14:25	4.2mph	01:19:38.86
Lap 7 (6.2 miles)	00:12:40.72	14:17	4.2mph	01:32:19.58

Lap 8 (7.1 miles)	00:13:16.17	14:57	4.0mph	01:45:35.74
Lap 9 (8.0 miles)	00:12:50.49	14:28	4.1mph	01:58:26.22
Lap 10 (8.9 miles)	00:17:22.79	19:36	3.1mph	02:15:49.01
Lap 11 (9.8 miles)	00:14:00.71	15:48	3.8mph	02:29:49.72
Lap 12 (10.6 miles)	00:13:52.06	15:38	3.8mph	02:43:41.77
Lap 13 (11.5 miles)	00:14:02.45	15:50	3.8mph	02:57:44.22
Lap 14 (12.4 miles)	00:12:53.74	14:32	4.1mph	03:10:37.95
Lap 15 (13.3 miles)	00:15:32.08	17:31	3.4mph	03:26:10.03
Lap 16 (14.2 miles)	00:12:18.21	13:52	4.3mph	03:38:28.24
Lap 17 (15.1 miles)	00:12:18.52	13:52	4.3mph	03:50:46.75
Lap 18 (16.0 miles)	00:11:45.39	13:15	4.5mph	04:02:32.14
Lap 19 (16.8 miles)	00:11:37.26	13:06	4.6mph	04:14:09.40
Lap 20 (17.7 miles)	00:10:48.23	12:11	4.9mph	04:24:57.63
Lap 21 (18.6 miles)	00:10:55.92	12:19	4.9mph	04:35:53.54
Lap 22 (19.5 miles)	00:10:42.60	12:04	5.0mph	04:46:36.14
Lap 23 (20.4 miles)	00:12:20.55	13:55	4.3mph	04:58:56.69
Lap 24 (21.3 miles)	00:12:29.77	14:05	4.3mph	05:11:26.46
Lap 25 (22.2 miles)	00:12:27.99	14:03	4.3mph	05:23:54.44
Lap 26 (23.1 miles)	00:12:28.53	14:04	4.3mph	05:36:22.96
Lap 27 (23.9 miles)	00:10:28.64	11:48	5.1mph	05:46:51.60
Lap 28 (24.8 miles)	00:10:41.77	12:03	5.0mph	05:57:33.37
Lap 29 (25.7 miles)	00:11:08.08	12:33	4.8mph	06:08:41.44
Lap 30 (26.6 miles)	00:12:46.57	14:24	4.2mph	06:21:28.01
Lap 31 (27.5 miles)	00:11:25.16	12:52	4.7mph	06:32:53.16
Lap 32 (28.4 miles)	00:14:52.16	16:46	3.6mph	06:47:45.32
Lap 33 (29.3 miles)	00:10:48.17	12:10	4.9mph	06:58:33.49
Lap 34 (30.1 miles)	00:11:50.61	13:21	4.5mph	07:10:24.09
Lap 35 (31.0 miles)	00:23:08.24	26:05	2.3mph	07:33:32.33
Lap 36 (31.9 miles)	00:13:56.56	15:43	3.8mph	07:47:28.89
Lap 37 (32.8 miles)	00:16:01.61	18:04	3.3mph	08:03:30.50
Lap 38 (33.7 miles)	00:13:08.25	14:48	4.0mph	08:16:38.75
Lap 39 (34.6 miles)	00:13:57.85	15:44	3.8mph	08:30:36.59
Lap 40 (35.5 miles)	00:12:54.11	14:33	4.1mph	08:43:30.69
Lap 41 (36.4 miles)	00:10:16.57	11:35	5.2mph	08:53:47.26
Lap 42 (37.2 miles)	00:12:07.54	13:40	4.4mph	09:05:54.79
Lap 43 (38.1 miles)	00:15:06.90	17:02	3.5mph	09:21:01.69
Lap 44 (39.0 miles)	00:12:46.11	14:23	4.2mph	09:33:47.79
Lap 45 (39.9 miles)	00:16:31.07	18:37	3.2mph	09:50:18.85
Lap 46 (40.8 miles)	00:14:24.78	16:15	3.7mph	10:04:43.63
Lap 47 (41.7 miles)	00:18:09.30	20:28	2.9mph	10:22:52.93
Lap 48 (42.6 miles)	00:17:20.31	19:33	3.1mph	10:40:13.23
Lap 49 (43.4 miles)	00:21:20.78	24:04	2.5mph	11:01:34.01
Lap 50 (44.3 miles)	00:16:40.06	18:47	3.2mph	11:18:14.06
Lap 51 (45.2 miles)	00:13:42.28	15:27	3.9mph	11:31:56.34
Lap 52 (46.1 miles)	00:17:37.37	19:52	3.0mph	11:49:33.70
Lap 53 (47.0 miles)	00:14:31.98	16:23	3.7mph	12:04:05.67
Lap 54 (47.9 miles)	00:20:32.47	23:09	2.6mph	12:24:38.14
Lap 55 (48.8 miles)	00:14:39.47	16:31	3.6mph	12:39:17.60
Lap 56 (49.7 miles)	00:20:11.67	22:46	2.6mph	12:59:29.27
Lap 57 (50.5 miles)	00:14:48.33	16:41	3.6mph	13:14:17.60
Lap 58 (51.4 miles)	00:14:46.78	16:40	3.6mph	13:29:04.37
Lap 59 (52.3 miles)	00:13:53.46	15:39	3.8mph	13:42:57.83
Lap 60 (53.2 miles)	00:16:58.60	19:08	3.1mph	13:59:56.43
Lap 61 (54.1 miles)	00:19:31.81	22:01	2.7mph	14:19:28.23
Lap 62 (55.0 miles)	00:18:27.18	20:48	2.9mph	14:37:55.41

Lap 63 (55.9 miles)	00:18:02.62	20:20	2.9mph	14:55:58.02
Lap 64 (56.7 miles)	00:22:31.42	25:24	2.4mph	15:18:29.44
Lap 65 (57.6 miles)	00:37:25.37	42:12	1.4mph	15:55:54.80
Lap 66 (58.5 miles)	00:17:53.33	20:10	3.0mph	16:13:48.13
Lap 67 (59.4 miles)	00:15:36.50	17:36	3.4mph	16:29:24.63
Lap 68 (60.3 miles)	00:15:37.52	17:37	3.4mph	16:45:02.15
Lap 69 (61.2 miles)	00:17:11.46	19:23	3.1mph	17:02:13.60
Lap 70 (62.1 miles)	00:15:09.27	17:05	3.5mph	17:17:22.87
Lap 71 (63.0 miles)	00:14:51.23	16:45	3.6mph	17:32:14.09
Lap 72 (63.8 miles)	00:20:06.47	22:40	2.6mph	17:52:20.56
Lap 73 (64.7 miles)	00:21:36.26	24:21	2.5mph	18:13:56.81
Lap 74 (65.6 miles)	00:19:24.31	21:53	2.7mph	18:33:21.12
Lap 75 (66.5 miles)	00:23:05.39	26:02	2.3mph	18:56:26.51
Lap 76 (67.4 miles)	00:20:32.39	23:09	2.6mph	19:16:58.89
Lap 77 (68.3 miles)	00:18:54.77	21:19	2.8mph	19:35:53.66
Lap 78 (69.2 miles)	00:16:36.77	18:44	3.2mph	19:52:30.43
Lap 79 (70.0 miles)	00:24:46.32	27:56	2.1mph	20:17:16.74
Lap 80 (70.9 miles)	00:17:13.52	19:25	3.1mph	20:34:30.25
Lap 81 (71.8 miles)	00:19:44.82	22:16	2.7mph	20:54:15.07
Lap 82 (72.7 miles)	00:16:21.80	18:27	3.3mph	21:10:36.86
Lap 83 (73.6 miles)	00:16:31.28	18:37	3.2mph	21:27:08.14
Lap 84 (74.5 miles)	00:21:04.58	23:46	2.5mph	21:48:12.71
Lap 85 (75.4 miles)	00:23:28.56	26:28	2.3mph	22:11:41.27
Lap 86 (76.3 miles)	00:23:55.26	26:58	2.2mph	22:35:36.52
Lap 87 (77.1 miles)	00:29:38.41	33:25	1.8mph	23:05:14.92
Lap 88 (78.0 miles)	00:17:00.00	19:10	3.1mph	23:22:14.92
Lap 89 (78.9 miles)	00:16:30.18	18:36	3.2mph	23:38:45.10
Lap 90 (79.8 miles)	00:14:10.41	15:59	3.8mph	23:52:55.50

TAYLOR MAY

HELENA, AL

RUNNER

97

Laps: 75

66.5 J/A

23:32:06.46

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:09:40.89	10:55	5.5mph	00:09:40.89
Lap 2 (1.8 miles)	00:09:11.46	10:21	5.8mph	00:18:52.34
Lap 3 (2.7 miles)	00:09:22.34	10:34	5.7mph	00:28:14.68
Lap 4 (3.5 miles)	00:09:37.46	10:51	5.5mph	00:37:52.13
Lap 5 (4.4 miles)	00:15:43.97	17:44	3.4mph	00:53:36.09
Lap 6 (5.3 miles)	00:09:12.55	10:23	5.8mph	01:02:48.64
Lap 7 (6.2 miles)	00:09:40.56	10:54	5.5mph	01:12:29.20
Lap 8 (7.1 miles)	00:09:05.02	10:14	5.9mph	01:21:34.22
Lap 9 (8.0 miles)	00:09:08.06	10:18	5.8mph	01:30:42.27
Lap 10 (8.9 miles)	00:16:11.22	18:15	3.3mph	01:46:53.49
Lap 11 (9.8 miles)	00:09:07.31	10:17	5.8mph	01:56:00.80
Lap 12 (10.6 miles)	00:09:23.02	10:34	5.7mph	02:05:23.81
Lap 13 (11.5 miles)	00:09:14.54	10:25	5.8mph	02:14:38.35
Lap 14 (12.4 miles)	00:09:11.35	10:21	5.8mph	02:23:49.69
Lap 15 (13.3 miles)	00:18:33.60	20:55	2.9mph	02:42:23.29
Lap 16 (14.2 miles)	00:09:16.13	10:27	5.7mph	02:51:39.41
Lap 17 (15.1 miles)	00:10:09.92	11:27	5.2mph	03:01:49.33
Lap 18 (16.0 miles)	00:10:10.77	11:28	5.2mph	03:12:00.09
Lap 19 (16.8 miles)	00:17:49.25	20:05	3.0mph	03:29:49.34
Lap 20 (17.7 miles)	00:15:08.28	17:04	3.5mph	03:44:57.61
Lap 21 (18.6 miles)	00:10:18.75	11:37	5.2mph	03:55:16.36
Lap 22 (19.5 miles)	00:11:30.34	12:58	4.6mph	04:06:46.70

Lap 23 (20.4 miles)	00:17:34.74	19:49	3.0mph	04:24:21.44
Lap 24 (21.3 miles)	00:14:43.89	16:36	3.6mph	04:39:05.32
Lap 25 (22.2 miles)	00:14:22.61	16:12	3.7mph	04:53:27.93
Lap 26 (23.1 miles)	00:13:55.41	15:42	3.8mph	05:07:23.33
Lap 27 (23.9 miles)	00:13:35.08	15:19	3.9mph	05:20:58.41
Lap 28 (24.8 miles)	00:14:56.42	16:50	3.6mph	05:35:54.83
Lap 29 (25.7 miles)	00:25:12.38	28:25	2.1mph	06:01:07.20
Lap 30 (26.6 miles)	00:13:38.23	15:22	3.9mph	06:14:45.42
Lap 31 (27.5 miles)	00:14:54.54	16:48	3.6mph	06:29:39.96
Lap 32 (28.4 miles)	00:12:47.54	14:25	4.2mph	06:42:27.49
Lap 33 (29.3 miles)	00:13:28.37	15:11	3.9mph	06:55:55.86
Lap 34 (30.1 miles)	00:12:41.67	14:18	4.2mph	07:08:37.52
Lap 35 (31.0 miles)	00:14:23.20	16:13	3.7mph	07:23:00.72
Lap 36 (31.9 miles)	00:13:12.77	14:54	4.0mph	07:36:13.48
Lap 37 (32.8 miles)	00:12:43.47	14:21	4.2mph	07:48:56.94
Lap 38 (33.7 miles)	00:16:34.71	18:41	3.2mph	08:05:31.65
Lap 39 (34.6 miles)	00:15:12.24	17:08	3.5mph	08:20:43.88
Lap 40 (35.5 miles)	00:32:17.29	36:24	1.6mph	08:53:01.17
Lap 41 (36.4 miles)	00:18:35.76	20:58	2.9mph	09:11:36.92
Lap 42 (37.2 miles)	00:14:20.74	16:10	3.7mph	09:25:57.65
Lap 43 (38.1 miles)	00:13:44.43	15:29	3.9mph	09:39:42.08
Lap 44 (39.0 miles)	00:13:14.80	14:56	4.0mph	09:52:56.87
Lap 45 (39.9 miles)	00:14:45.76	16:38	3.6mph	10:07:42.63
Lap 46 (40.8 miles)	00:16:58.51	19:08	3.1mph	10:24:41.13
Lap 47 (41.7 miles)	00:16:40.13	18:47	3.2mph	10:41:21.26
Lap 48 (42.6 miles)	00:19:29.50	21:58	2.7mph	11:00:50.75
Lap 49 (43.4 miles)	00:18:12.39	20:31	2.9mph	11:19:03.13
Lap 50 (44.3 miles)	00:17:31.92	19:46	3.0mph	11:36:35.05
Lap 51 (45.2 miles)	00:26:01.36	29:20	2.0mph	12:02:36.40
Lap 52 (46.1 miles)	01:21:20.16	31:43	0.7mph	13:23:56.56
Lap 53 (47.0 miles)	00:15:55.09	17:57	3.3mph	13:39:51.64
Lap 54 (47.9 miles)	00:21:07.71	23:49	2.5mph	14:00:59.35
Lap 55 (48.8 miles)	00:18:13.01	20:32	2.9mph	14:19:12.35
Lap 56 (49.7 miles)	00:18:12.39	20:31	2.9mph	14:37:24.73
Lap 57 (50.5 miles)	00:21:11.61	23:54	2.5mph	14:58:36.34
Lap 58 (51.4 miles)	01:25:22.23	36:16	0.6mph	16:23:58.57
Lap 59 (52.3 miles)	00:24:11.87	27:17	2.2mph	16:48:10.43
Lap 60 (53.2 miles)	00:21:49.64	24:36	2.4mph	17:10:00.07
Lap 61 (54.1 miles)	00:18:58.73	21:24	2.8mph	17:28:58.79
Lap 62 (55.0 miles)	00:18:47.48	21:11	2.8mph	17:47:46.27
Lap 63 (55.9 miles)	00:20:25.62	23:02	2.6mph	18:08:11.89
Lap 64 (56.7 miles)	00:19:04.87	21:31	2.8mph	18:27:16.75
Lap 65 (57.6 miles)	00:18:45.28	21:09	2.8mph	18:46:02.03
Lap 66 (58.5 miles)	00:24:57.84	28:09	2.1mph	19:10:59.86
Lap 67 (59.4 miles)	00:38:20.01	43:13	1.4mph	19:49:19.87
Lap 68 (60.3 miles)	00:25:30.22	28:45	2.1mph	20:14:50.08
Lap 69 (61.2 miles)	00:26:03.60	29:23	2.0mph	20:40:53.68
Lap 70 (62.1 miles)	00:28:05.50	31:40	1.9mph	21:08:59.18
Lap 71 (63.0 miles)	00:29:26.81	33:12	1.8mph	21:38:25.98
Lap 72 (63.8 miles)	00:30:07.90	33:58	1.8mph	22:08:33.88
Lap 73 (64.7 miles)	00:30:02.00	33:52	1.8mph	22:38:35.87
Lap 74 (65.6 miles)	00:24:57.99	28:09	2.1mph	23:03:33.86
Lap 75 (66.5 miles)	00:28:32.61	32:11	1.9mph	23:32:06.46



13:39:45.38

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:08:09.53	09:12	6.5mph	00:08:09.53
Lap 2 (1.8 miles)	00:08:13.28	09:16	6.5mph	00:16:22.81
Lap 3 (2.7 miles)	00:08:06.92	09:09	6.6mph	00:24:29.72
Lap 4 (3.5 miles)	00:08:14.67	09:17	6.5mph	00:32:44.39
Lap 5 (4.4 miles)	00:08:19.03	09:22	6.4mph	00:41:03.41
Lap 6 (5.3 miles)	00:09:40.07	10:54	5.5mph	00:50:43.48
Lap 7 (6.2 miles)	00:09:27.06	10:39	5.6mph	01:00:10.53
Lap 8 (7.1 miles)	00:08:53.37	10:01	6.0mph	01:09:03.89
Lap 9 (8.0 miles)	00:09:42.26	10:56	5.5mph	01:18:46.15
Lap 10 (8.9 miles)	00:09:36.87	10:50	5.5mph	01:28:23.02
Lap 11 (9.8 miles)	00:10:16.03	11:34	5.2mph	01:38:39.05
Lap 12 (10.6 miles)	00:09:33.94	10:47	5.6mph	01:48:12.99
Lap 13 (11.5 miles)	00:11:14.53	12:40	4.7mph	01:59:27.51
Lap 14 (12.4 miles)	00:08:36.86	09:42	6.2mph	02:08:04.37
Lap 15 (13.3 miles)	00:09:45.08	10:59	5.5mph	02:17:49.44
Lap 16 (14.2 miles)	00:09:48.91	11:04	5.4mph	02:27:38.35
Lap 17 (15.1 miles)	00:11:24.87	12:52	4.7mph	02:39:03.22
Lap 18 (16.0 miles)	00:10:58.23	12:22	4.8mph	02:50:01.44
Lap 19 (16.8 miles)	00:08:31.64	09:37	6.2mph	02:58:33.08
Lap 20 (17.7 miles)	00:10:09.57	11:27	5.2mph	03:08:42.65
Lap 21 (18.6 miles)	00:09:19.01	10:30	5.7mph	03:18:01.65
Lap 22 (19.5 miles)	00:09:08.37	10:18	5.8mph	03:27:10.02
Lap 23 (20.4 miles)	00:09:42.59	10:57	5.5mph	03:36:52.60
Lap 24 (21.3 miles)	00:09:35.24	10:48	5.5mph	03:46:27.84
Lap 25 (22.2 miles)	00:09:57.88	11:14	5.3mph	03:56:25.71
Lap 26 (23.1 miles)	00:08:31.43	09:36	6.2mph	04:04:57.14
Lap 27 (23.9 miles)	00:09:30.87	10:43	5.6mph	04:14:28.00
Lap 28 (24.8 miles)	00:12:42.87	14:20	4.2mph	04:27:10.86
Lap 29 (25.7 miles)	00:09:20.47	10:32	5.7mph	04:36:31.32
Lap 30 (26.6 miles)	00:10:57.16	12:21	4.9mph	04:47:28.48
Lap 31 (27.5 miles)	00:09:59.99	11:16	5.3mph	04:57:28.46
Lap 32 (28.4 miles)	00:08:36.39	09:42	6.2mph	05:06:04.85
Lap 33 (29.3 miles)	00:11:41.47	13:11	4.6mph	05:17:46.32
Lap 34 (30.1 miles)	00:11:31.21	12:59	4.6mph	05:29:17.52
Lap 35 (31.0 miles)	00:09:44.74	10:59	5.5mph	05:39:02.26
Lap 36 (31.9 miles)	00:12:16.47	13:50	4.3mph	05:51:18.72
Lap 37 (32.8 miles)	00:11:05.98	12:31	4.8mph	06:02:24.70
Lap 38 (33.7 miles)	00:09:27.51	10:40	5.6mph	06:11:52.20
Lap 39 (34.6 miles)	00:10:44.60	12:06	5.0mph	06:22:36.80
Lap 40 (35.5 miles)	00:10:42.34	12:04	5.0mph	06:33:19.13
Lap 41 (36.4 miles)	00:09:26.86	10:39	5.6mph	06:42:45.99
Lap 42 (37.2 miles)	00:11:36.67	13:05	4.6mph	06:54:22.65
Lap 43 (38.1 miles)	00:11:35.37	13:04	4.6mph	07:05:58.01
Lap 44 (39.0 miles)	00:09:38.23	10:52	5.5mph	07:15:36.24
Lap 45 (39.9 miles)	00:08:56.39	10:04	6.0mph	07:24:32.62
Lap 46 (40.8 miles)	00:08:39.43	09:45	6.1mph	07:33:12.05
Lap 47 (41.7 miles)	00:08:59.42	10:08	5.9mph	07:42:11.46
Lap 48 (42.6 miles)	00:10:38.90	12:00	5.0mph	07:52:50.36
Lap 49 (43.4 miles)	00:12:46.24	14:24	4.2mph	08:05:36.59
Lap 50 (44.3 miles)	00:16:09.39	18:13	3.3mph	08:21:45.97
Lap 51 (45.2 miles)	00:09:41.34	10:55	5.5mph	08:31:27.31
Lap 52 (46.1 miles)	00:13:19.73	15:01	4.0mph	08:44:47.03

Lap 53 (47.0 miles)	00:16:40.11	18:47	3.2mph	09:01:27.14
Lap 54 (47.9 miles)	00:13:16.47	14:58	4.0mph	09:14:43.61
Lap 55 (48.8 miles)	00:12:06.26	13:39	4.4mph	09:26:49.86
Lap 56 (49.7 miles)	00:18:52.62	21:17	2.8mph	09:45:42.48
Lap 57 (50.5 miles)	00:13:14.51	14:56	4.0mph	09:58:56.98
Lap 58 (51.4 miles)	00:12:26.39	14:01	4.3mph	10:11:23.36
Lap 59 (52.3 miles)	00:10:13.65	11:32	5.2mph	10:21:37.01
Lap 60 (53.2 miles)	00:10:54.79	12:18	4.9mph	10:32:31.79
Lap 61 (54.1 miles)	00:16:32.77	18:39	3.2mph	10:49:04.55
Lap 62 (55.0 miles)	00:12:05.27	13:37	4.4mph	11:01:09.81
Lap 63 (55.9 miles)	00:12:26.02	14:01	4.3mph	11:13:35.83
Lap 64 (56.7 miles)	00:13:30.75	15:14	3.9mph	11:27:06.58
Lap 65 (57.6 miles)	00:11:15.67	12:42	4.7mph	11:38:22.24
Lap 66 (58.5 miles)	00:10:12.01	11:30	5.2mph	11:48:34.25
Lap 67 (59.4 miles)	00:08:27.15	09:31	6.3mph	11:57:01.39
Lap 68 (60.3 miles)	00:14:31.14	16:22	3.7mph	12:11:32.53
Lap 69 (61.2 miles)	00:18:48.65	21:12	2.8mph	12:30:21.17
Lap 70 (62.1 miles)	00:24:04.54	27:09	2.2mph	12:54:25.71
Lap 71 (63.0 miles)	00:14:06.06	15:54	3.8mph	13:08:31.77
Lap 72 (63.8 miles)	00:13:18.75	15:00	4.0mph	13:21:50.51
Lap 73 (64.7 miles)	00:17:54.87	20:12	3.0mph	13:39:45.38

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CALEB KILPATRICK    HOPE HULL, AL    RUNNER    114 Laps: 73    64.7 J/A

23:20:20.51

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:10:09.92	11:27	5.2mph	00:10:09.92
Lap 2 (1.8 miles)	00:12:53.41	14:32	4.1mph	00:23:03.32
Lap 3 (2.7 miles)	00:10:30.33	11:50	5.1mph	00:33:33.64
Lap 4 (3.5 miles)	00:11:29.98	12:58	4.6mph	00:45:03.62
Lap 5 (4.4 miles)	00:10:51.88	12:15	4.9mph	00:55:55.49
Lap 6 (5.3 miles)	00:15:09.80	17:06	3.5mph	01:11:05.28
Lap 7 (6.2 miles)	00:11:17.57	12:44	4.7mph	01:22:22.85
Lap 8 (7.1 miles)	00:11:22.10	12:49	4.7mph	01:33:44.94
Lap 9 (8.0 miles)	00:13:05.82	14:46	4.1mph	01:46:50.76
Lap 10 (8.9 miles)	00:11:33.73	13:02	4.6mph	01:58:24.49
Lap 11 (9.8 miles)	00:13:49.81	15:35	3.8mph	02:12:14.30
Lap 12 (10.6 miles)	00:12:17.98	13:52	4.3mph	02:24:32.27
Lap 13 (11.5 miles)	00:12:37.27	14:14	4.2mph	02:37:09.54
Lap 14 (12.4 miles)	00:12:56.26	14:35	4.1mph	02:50:05.80
Lap 15 (13.3 miles)	00:14:31.87	16:23	3.7mph	03:04:37.66
Lap 16 (14.2 miles)	00:17:31.36	19:45	3.0mph	03:22:09.02
Lap 17 (15.1 miles)	00:11:54.96	13:26	4.5mph	03:34:03.97
Lap 18 (16.0 miles)	00:12:20.80	13:55	4.3mph	03:46:24.77
Lap 19 (16.8 miles)	00:11:48.83	13:19	4.5mph	03:58:13.60
Lap 20 (17.7 miles)	00:15:01.70	16:56	3.5mph	04:13:15.29
Lap 21 (18.6 miles)	00:14:21.02	16:11	3.7mph	04:27:36.31
Lap 22 (19.5 miles)	00:13:41.08	15:25	3.9mph	04:41:17.38
Lap 23 (20.4 miles)	00:12:38.61	14:15	4.2mph	04:53:55.98
Lap 24 (21.3 miles)	00:15:55.10	17:57	3.3mph	05:09:51.08
Lap 25 (22.2 miles)	00:14:07.85	15:56	3.8mph	05:23:58.92
Lap 26 (23.1 miles)	00:14:01.95	15:49	3.8mph	05:38:00.87
Lap 27 (23.9 miles)	00:14:24.40	16:14	3.7mph	05:52:25.27
Lap 28 (24.8 miles)	00:15:16.02	17:13	3.5mph	06:07:41.28
Lap 29 (25.7 miles)	00:16:51.09	19:00	3.2mph	06:24:32.37

Lap 30 (26.6 miles)	00:17:42.89	19:58	3.0mph	06:42:15.26
Lap 31 (27.5 miles)	00:17:59.26	20:17	3.0mph	07:00:14.51
Lap 32 (28.4 miles)	00:14:00.43	15:47	3.8mph	07:14:14.94
Lap 33 (29.3 miles)	00:14:47.40	16:40	3.6mph	07:29:02.33
Lap 34 (30.1 miles)	01:18:34.23	28:36	0.7mph	08:47:36.56
Lap 35 (31.0 miles)	00:18:24.56	20:45	2.9mph	09:06:01.11
Lap 36 (31.9 miles)	00:15:31.42	17:30	3.4mph	09:21:32.53
Lap 37 (32.8 miles)	00:13:59.05	15:46	3.8mph	09:35:31.57
Lap 38 (33.7 miles)	00:12:55.19	14:34	4.1mph	09:48:26.76
Lap 39 (34.6 miles)	00:13:25.81	15:08	4.0mph	10:01:52.57
Lap 40 (35.5 miles)	00:17:57.63	20:15	3.0mph	10:19:50.19
Lap 41 (36.4 miles)	00:33:25.51	37:41	1.6mph	10:53:15.70
Lap 42 (37.2 miles)	00:17:57.38	20:15	3.0mph	11:11:13.08
Lap 43 (38.1 miles)	00:13:25.32	15:08	4.0mph	11:24:38.40
Lap 44 (39.0 miles)	00:12:38.43	14:15	4.2mph	11:37:16.82
Lap 45 (39.9 miles)	00:27:10.15	30:38	2.0mph	12:04:26.97
Lap 46 (40.8 miles)	01:40:57.20	53:51	0.5mph	13:45:24.17
Lap 47 (41.7 miles)	00:14:31.30	16:22	3.7mph	13:59:55.47
Lap 48 (42.6 miles)	00:13:29.83	15:13	3.9mph	14:13:25.30
Lap 49 (43.4 miles)	00:11:55.29	13:26	4.5mph	14:25:20.59
Lap 50 (44.3 miles)	00:11:50.95	13:21	4.5mph	14:37:11.53
Lap 51 (45.2 miles)	00:14:55.83	16:50	3.6mph	14:52:07.35
Lap 52 (46.1 miles)	00:14:17.12	16:06	3.7mph	15:06:24.47
Lap 53 (47.0 miles)	00:14:47.63	16:41	3.6mph	15:21:12.09
Lap 54 (47.9 miles)	00:14:09.98	15:58	3.8mph	15:35:22.06
Lap 55 (48.8 miles)	00:14:32.28	16:23	3.7mph	15:49:54.33
Lap 56 (49.7 miles)	00:54:16.25	01:12	1.0mph	16:44:10.58
Lap 57 (50.5 miles)	00:15:19.06	17:16	3.5mph	16:59:29.64
Lap 58 (51.4 miles)	00:27:53.89	31:27	1.9mph	17:27:23.52
Lap 59 (52.3 miles)	00:14:40.52	16:33	3.6mph	17:42:04.03
Lap 60 (53.2 miles)	00:14:53.68	16:47	3.6mph	17:56:57.71
Lap 61 (54.1 miles)	00:15:29.02	17:27	3.4mph	18:12:26.72
Lap 62 (55.0 miles)	00:56:12.48	03:23	0.9mph	19:08:39.20
Lap 63 (55.9 miles)	00:19:58.25	22:31	2.7mph	19:28:37.45
Lap 64 (56.7 miles)	00:17:51.98	20:08	3.0mph	19:46:29.43
Lap 65 (57.6 miles)	00:15:46.39	17:47	3.4mph	20:02:15.81
Lap 66 (58.5 miles)	00:16:03.57	18:06	3.3mph	20:18:19.38
Lap 67 (59.4 miles)	00:40:32.56	45:43	1.3mph	20:58:51.93
Lap 68 (60.3 miles)	00:18:23.34	20:44	2.9mph	21:17:15.27
Lap 69 (61.2 miles)	00:16:19.00	18:24	3.3mph	21:33:34.27
Lap 70 (62.1 miles)	00:16:55.04	19:04	3.1mph	21:50:29.31
Lap 71 (63.0 miles)	00:51:55.40	58:33	1.0mph	22:42:24.70
Lap 72 (63.8 miles)	00:20:46.40	23:25	2.6mph	23:03:11.09
Lap 73 (64.7 miles)	00:17:09.42	19:20	3.1mph	23:20:20.51

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LINDA SCAVARDA    MADISON, AL    F: 2    RUNNER    119    Laps: 72    63.8    √,    Overall Female Runner: 2  
14:24:27.84

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:08:08.34	09:10	6.5mph	00:08:08.34
Lap 2 (1.8 miles)	00:08:13.35	09:16	6.5mph	00:16:21.69
Lap 3 (2.7 miles)	00:08:12.29	09:15	6.5mph	00:24:33.98
Lap 4 (3.5 miles)	00:08:16.14	09:19	6.4mph	00:32:50.11
Lap 5 (4.4 miles)	00:08:16.00	09:19	6.4mph	00:41:06.11
Lap 6 (5.3 miles)	00:09:11.20	10:21	5.8mph	00:50:17.30

Lap 7 (6.2 miles)	00:08:10.94	09:13	6.5mph	00:58:28.24
Lap 8 (7.1 miles)	00:08:26.38	09:31	6.3mph	01:06:54.62
Lap 9 (8.0 miles)	00:08:25.74	09:30	6.3mph	01:15:20.36
Lap 10 (8.9 miles)	00:08:22.12	09:26	6.4mph	01:23:42.47
Lap 11 (9.8 miles)	00:08:41.88	09:48	6.1mph	01:32:24.35
Lap 12 (10.6 miles)	00:08:49.17	09:56	6.0mph	01:41:13.51
Lap 13 (11.5 miles)	00:08:52.40	10:00	6.0mph	01:50:05.91
Lap 14 (12.4 miles)	00:09:19.96	10:31	5.7mph	01:59:25.87
Lap 15 (13.3 miles)	00:09:32.62	10:45	5.6mph	02:08:58.48
Lap 16 (14.2 miles)	00:10:06.65	11:24	5.3mph	02:19:05.13
Lap 17 (15.1 miles)	00:10:43.03	12:05	5.0mph	02:29:48.15
Lap 18 (16.0 miles)	00:11:05.63	12:30	4.8mph	02:40:53.78
Lap 19 (16.8 miles)	00:10:14.60	11:33	5.2mph	02:51:08.38
Lap 20 (17.7 miles)	00:11:29.70	12:57	4.6mph	03:02:38.08
Lap 21 (18.6 miles)	00:10:05.24	11:22	5.3mph	03:12:43.31
Lap 22 (19.5 miles)	00:09:57.87	11:14	5.3mph	03:22:41.17
Lap 23 (20.4 miles)	00:09:32.94	10:46	5.6mph	03:32:14.11
Lap 24 (21.3 miles)	00:09:37.41	10:51	5.5mph	03:41:51.52
Lap 25 (22.2 miles)	00:10:14.50	11:33	5.2mph	03:52:06.02
Lap 26 (23.1 miles)	00:10:46.31	12:08	4.9mph	04:02:52.32
Lap 27 (23.9 miles)	00:11:09.87	12:35	4.8mph	04:14:02.19
Lap 28 (24.8 miles)	00:11:11.03	12:36	4.8mph	04:25:13.21
Lap 29 (25.7 miles)	00:14:14.77	16:03	3.7mph	04:39:27.98
Lap 30 (26.6 miles)	00:16:01.77	18:04	3.3mph	04:55:29.74
Lap 31 (27.5 miles)	00:11:39.99	13:09	4.6mph	05:07:09.73
Lap 32 (28.4 miles)	00:10:24.22	11:43	5.1mph	05:17:33.95
Lap 33 (29.3 miles)	00:23:18.17	26:16	2.3mph	05:40:52.11
Lap 34 (30.1 miles)	00:14:20.14	16:10	3.7mph	05:55:12.25
Lap 35 (31.0 miles)	00:13:24.84	15:07	4.0mph	06:08:37.08
Lap 36 (31.9 miles)	00:28:12.06	31:48	1.9mph	06:36:49.13
Lap 37 (32.8 miles)	00:11:21.53	12:48	4.7mph	06:48:10.66
Lap 38 (33.7 miles)	00:11:18.97	12:45	4.7mph	06:59:29.63
Lap 39 (34.6 miles)	00:10:49.08	12:12	4.9mph	07:10:18.71
Lap 40 (35.5 miles)	00:12:32.07	14:08	4.2mph	07:22:50.77
Lap 41 (36.4 miles)	00:10:18.51	11:37	5.2mph	07:33:09.28
Lap 42 (37.2 miles)	00:10:08.51	11:26	5.2mph	07:43:17.78
Lap 43 (38.1 miles)	00:10:07.47	11:25	5.3mph	07:53:25.24
Lap 44 (39.0 miles)	00:10:00.30	11:17	5.3mph	08:03:25.54
Lap 45 (39.9 miles)	00:12:47.12	14:25	4.2mph	08:16:12.65
Lap 46 (40.8 miles)	00:11:20.78	12:47	4.7mph	08:27:33.43
Lap 47 (41.7 miles)	00:10:46.21	12:08	4.9mph	08:38:19.63
Lap 48 (42.6 miles)	00:15:18.77	17:16	3.5mph	08:53:38.40
Lap 49 (43.4 miles)	00:12:14.19	13:48	4.3mph	09:05:52.58
Lap 50 (44.3 miles)	00:11:46.55	13:16	4.5mph	09:17:39.13
Lap 51 (45.2 miles)	00:11:46.98	13:17	4.5mph	09:29:26.10
Lap 52 (46.1 miles)	00:12:58.80	14:38	4.1mph	09:42:24.90
Lap 53 (47.0 miles)	00:11:39.08	13:08	4.6mph	09:54:03.98
Lap 54 (47.9 miles)	00:10:42.59	12:04	5.0mph	10:04:46.57
Lap 55 (48.8 miles)	00:10:22.34	11:41	5.1mph	10:15:08.90
Lap 56 (49.7 miles)	00:10:20.13	11:39	5.1mph	10:25:29.03
Lap 57 (50.5 miles)	00:11:05.88	12:30	4.8mph	10:36:34.91
Lap 58 (51.4 miles)	00:34:41.23	39:07	1.5mph	11:11:16.14
Lap 59 (52.3 miles)	00:10:17.35	11:36	5.2mph	11:21:33.49
Lap 60 (53.2 miles)	00:10:16.03	11:34	5.2mph	11:31:49.51
Lap 61 (54.1 miles)	00:16:15.73	18:20	3.3mph	11:48:05.24

Lap 62 (55.0 miles)	00:11:34.00	13:02	4.6mph	11:59:39.23
Lap 63 (55.9 miles)	00:10:23.14	11:42	5.1mph	12:10:02.37
Lap 64 (56.7 miles)	00:13:10.58	14:51	4.0mph	12:23:12.95
Lap 65 (57.6 miles)	00:17:15.48	19:27	3.1mph	12:40:28.43
Lap 66 (58.5 miles)	00:09:52.97	11:08	5.4mph	12:50:21.39
Lap 67 (59.4 miles)	00:09:43.88	10:58	5.5mph	13:00:05.26
Lap 68 (60.3 miles)	00:09:41.34	10:55	5.5mph	13:09:46.59
Lap 69 (61.2 miles)	00:27:31.74	31:02	1.9mph	13:37:18.33
Lap 70 (62.1 miles)	00:15:06.47	17:02	3.5mph	13:52:24.80
Lap 71 (63.0 miles)	00:14:25.93	16:16	3.7mph	14:06:50.72
Lap 72 (63.8 miles)	00:17:37.12	19:52	3.0mph	14:24:27.84

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ANDON BRIGGS      TRUSSVILLE, AL      M: 4      RUNNER      91      Laps: 69      61.2 ↓/      Overall Male Runner: 4  
14:00:25.08

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:08:00.15	09:01	6.6mph	00:08:00.15
Lap 2 (1.8 miles)	00:07:46.64	08:46	6.8mph	00:15:46.79
Lap 3 (2.7 miles)	00:07:47.14	08:46	6.8mph	00:23:33.93
Lap 4 (3.5 miles)	00:07:52.25	08:52	6.8mph	00:31:26.18
Lap 5 (4.4 miles)	00:08:00.04	09:01	6.6mph	00:39:26.21
Lap 6 (5.3 miles)	00:08:48.66	09:56	6.0mph	00:48:14.86
Lap 7 (6.2 miles)	00:08:06.41	09:08	6.6mph	00:56:21.27
Lap 8 (7.1 miles)	00:08:07.06	09:09	6.6mph	01:04:28.32
Lap 9 (8.0 miles)	00:08:10.03	09:12	6.5mph	01:12:38.35
Lap 10 (8.9 miles)	00:08:23.29	09:27	6.3mph	01:21:01.64
Lap 11 (9.8 miles)	00:08:25.83	09:30	6.3mph	01:29:27.47
Lap 12 (10.6 miles)	00:09:23.04	10:34	5.7mph	01:38:50.50
Lap 13 (11.5 miles)	00:08:35.27	09:41	6.2mph	01:47:25.77
Lap 14 (12.4 miles)	00:10:43.57	12:05	5.0mph	01:58:09.34
Lap 15 (13.3 miles)	00:10:03.80	11:20	5.3mph	02:08:13.13
Lap 16 (14.2 miles)	00:08:30.74	09:35	6.3mph	02:16:43.86
Lap 17 (15.1 miles)	00:09:04.64	10:14	5.9mph	02:25:48.49
Lap 18 (16.0 miles)	00:08:59.04	10:07	5.9mph	02:34:47.53
Lap 19 (16.8 miles)	00:08:54.02	10:02	6.0mph	02:43:41.54
Lap 20 (17.7 miles)	00:09:29.68	10:42	5.6mph	02:53:11.21
Lap 21 (18.6 miles)	00:10:37.43	11:58	5.0mph	03:03:48.64
Lap 22 (19.5 miles)	00:11:21.72	12:48	4.7mph	03:15:10.36
Lap 23 (20.4 miles)	00:09:20.95	10:32	5.7mph	03:24:31.31
Lap 24 (21.3 miles)	00:10:48.79	12:11	4.9mph	03:35:20.09
Lap 25 (22.2 miles)	00:09:26.95	10:39	5.6mph	03:44:47.03
Lap 26 (23.1 miles)	00:11:33.76	13:02	4.6mph	03:56:20.79
Lap 27 (23.9 miles)	00:11:04.07	12:28	4.8mph	04:07:24.85
Lap 28 (24.8 miles)	00:11:26.70	12:54	4.6mph	04:18:51.54
Lap 29 (25.7 miles)	00:11:35.86	13:04	4.6mph	04:30:27.40
Lap 30 (26.6 miles)	00:11:17.84	12:44	4.7mph	04:41:45.23
Lap 31 (27.5 miles)	00:12:27.87	14:03	4.3mph	04:54:13.10
Lap 32 (28.4 miles)	00:13:15.43	14:57	4.0mph	05:07:28.52
Lap 33 (29.3 miles)	00:13:14.81	14:56	4.0mph	05:20:43.32
Lap 34 (30.1 miles)	00:14:45.10	16:38	3.6mph	05:35:28.42
Lap 35 (31.0 miles)	00:14:32.54	16:24	3.7mph	05:50:00.95
Lap 36 (31.9 miles)	00:14:21.32	16:11	3.7mph	06:04:22.27
Lap 37 (32.8 miles)	00:12:20.39	13:54	4.3mph	06:16:42.65
Lap 38 (33.7 miles)	00:15:14.70	17:11	3.5mph	06:31:57.34
Lap 39 (34.6 miles)	00:11:15.83	12:42	4.7mph	06:43:13.17

Lap 40 (35.5 miles)	00:11:42.21	13:11	4.5mph	06:54:55.37
Lap 41 (36.4 miles)	00:10:54.10	12:17	4.9mph	07:05:49.46
Lap 42 (37.2 miles)	00:10:58.02	12:22	4.9mph	07:16:47.48
Lap 43 (38.1 miles)	00:14:37.87	16:30	3.6mph	07:31:25.35
Lap 44 (39.0 miles)	00:11:20.42	12:47	4.7mph	07:42:45.77
Lap 45 (39.9 miles)	00:11:33.09	13:01	4.6mph	07:54:18.85
Lap 46 (40.8 miles)	00:11:51.02	13:21	4.5mph	08:06:09.87
Lap 47 (41.7 miles)	00:05:48.93	06:33	9.1mph	08:11:58.79
Lap 48 (42.6 miles)	00:07:26.22	08:23	7.2mph	08:19:25.01
Lap 49 (43.4 miles)	00:11:20.80	12:47	4.7mph	08:30:45.81
Lap 50 (44.3 miles)	00:11:07.53	12:32	4.8mph	08:41:53.33
Lap 51 (45.2 miles)	00:14:36.14	16:28	3.6mph	08:56:29.47
Lap 52 (46.1 miles)	00:11:21.18	12:48	4.7mph	09:07:50.64
Lap 53 (47.0 miles)	00:12:50.47	14:28	4.1mph	09:20:41.10
Lap 54 (47.9 miles)	00:11:37.04	13:06	4.6mph	09:32:18.14
Lap 55 (48.8 miles)	00:14:35.97	16:27	3.6mph	09:46:54.11
Lap 56 (49.7 miles)	00:11:09.91	12:35	4.8mph	09:58:04.01
Lap 57 (50.5 miles)	00:15:15.62	17:12	3.5mph	10:13:19.63
Lap 58 (51.4 miles)	00:11:51.88	13:22	4.5mph	10:25:11.51
Lap 59 (52.3 miles)	00:12:19.14	13:53	4.3mph	10:37:30.64
Lap 60 (53.2 miles)	00:13:07.44	14:48	4.1mph	10:50:38.08
Lap 61 (54.1 miles)	00:27:32.25	31:03	1.9mph	11:18:10.33
Lap 62 (55.0 miles)	00:18:32.52	20:54	2.9mph	11:36:42.84
Lap 63 (55.9 miles)	00:18:09.91	20:29	2.9mph	11:54:52.75
Lap 64 (56.7 miles)	00:18:23.30	20:44	2.9mph	12:13:16.04
Lap 65 (57.6 miles)	00:28:56.11	32:37	1.8mph	12:42:12.14
Lap 66 (58.5 miles)	00:16:40.76	18:48	3.2mph	12:58:52.90
Lap 67 (59.4 miles)	00:25:58.12	29:17	2.0mph	13:24:51.01
Lap 68 (60.3 miles)	00:17:17.10	19:29	3.1mph	13:42:08.11
Lap 69 (61.2 miles)	00:18:16.97	20:37	2.9mph	14:00:25.08

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MATTHEW BASS      PELHAM, AL      M: 5      RUNNER      90      Laps: 66      58.5 ↓/      Overall Male Runner: 5  
23:46:05.93

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:08:47.47	09:54	6.1mph	00:08:47.47
Lap 2 (1.8 miles)	00:08:21.18	09:25	6.4mph	00:17:08.65
Lap 3 (2.7 miles)	00:08:20.43	09:24	6.4mph	00:25:29.08
Lap 4 (3.5 miles)	00:08:19.25	09:23	6.4mph	00:33:48.32
Lap 5 (4.4 miles)	00:08:23.01	09:27	6.3mph	00:42:11.32
Lap 6 (5.3 miles)	00:08:16.98	09:20	6.4mph	00:50:28.30
Lap 7 (6.2 miles)	00:09:15.26	10:26	5.7mph	00:59:43.56
Lap 8 (7.1 miles)	00:13:14.84	14:56	4.0mph	01:12:58.40
Lap 9 (8.0 miles)	00:10:30.30	11:50	5.1mph	01:23:28.69
Lap 10 (8.9 miles)	00:11:10.54	12:36	4.8mph	01:34:39.23
Lap 11 (9.8 miles)	00:11:19.63	12:46	4.7mph	01:45:58.86
Lap 12 (10.6 miles)	00:09:58.87	11:15	5.3mph	01:55:57.72
Lap 13 (11.5 miles)	00:11:21.38	12:48	4.7mph	02:07:19.10
Lap 14 (12.4 miles)	00:14:23.78	16:14	3.7mph	02:21:42.87
Lap 15 (13.3 miles)	00:11:54.17	13:25	4.5mph	02:33:37.04
Lap 16 (14.2 miles)	00:13:30.77	15:14	3.9mph	02:47:07.80
Lap 17 (15.1 miles)	00:30:11.80	34:03	1.8mph	03:17:19.60
Lap 18 (16.0 miles)	00:13:29.15	15:12	3.9mph	03:30:48.74
Lap 19 (16.8 miles)	00:12:57.14	14:36	4.1mph	03:43:45.88
Lap 20 (17.7 miles)	00:14:30.95	16:22	3.7mph	03:58:16.83

Lap 21 (18.6 miles)	00:15:27.96	17:26	3.4mph	04:13:44.78
Lap 22 (19.5 miles)	00:15:06.38	17:02	3.5mph	04:28:51.15
Lap 23 (20.4 miles)	00:14:51.78	16:45	3.6mph	04:43:42.92
Lap 24 (21.3 miles)	00:26:57.46	30:24	2.0mph	05:10:40.38
Lap 25 (22.2 miles)	00:14:03.70	15:51	3.8mph	05:24:44.07
Lap 26 (23.1 miles)	00:14:01.01	15:48	3.8mph	05:38:45.08
Lap 27 (23.9 miles)	00:15:07.95	17:03	3.5mph	05:53:53.03
Lap 28 (24.8 miles)	00:16:01.44	18:04	3.3mph	06:09:54.46
Lap 29 (25.7 miles)	00:59:07.68	06:40	0.9mph	07:09:02.13
Lap 30 (26.6 miles)	00:17:32.52	19:46	3.0mph	07:26:34.64
Lap 31 (27.5 miles)	00:16:47.67	18:56	3.2mph	07:43:22.31
Lap 32 (28.4 miles)	00:16:08.69	18:12	3.3mph	07:59:31.00
Lap 33 (29.3 miles)	00:28:23.93	32:01	1.9mph	08:27:54.93
Lap 34 (30.1 miles)	00:17:27.87	19:41	3.0mph	08:45:22.79
Lap 35 (31.0 miles)	00:30:48.36	34:44	1.7mph	09:16:11.15
Lap 36 (31.9 miles)	00:17:04.13	19:14	3.1mph	09:33:15.28
Lap 37 (32.8 miles)	00:16:21.97	18:27	3.3mph	09:49:37.25
Lap 38 (33.7 miles)	00:55:38.26	02:44	1.0mph	10:45:15.50
Lap 39 (34.6 miles)	00:16:45.10	18:53	3.2mph	11:02:00.60
Lap 40 (35.5 miles)	00:13:28.11	15:11	4.0mph	11:15:28.71
Lap 41 (36.4 miles)	00:17:25.43	19:39	3.1mph	11:32:54.13
Lap 42 (37.2 miles)	00:14:56.61	16:51	3.6mph	11:47:50.74
Lap 43 (38.1 miles)	00:24:30.59	27:38	2.2mph	12:12:21.32
Lap 44 (39.0 miles)	00:16:28.54	18:34	3.2mph	12:28:49.86
Lap 45 (39.9 miles)	00:59:21.16	06:56	0.9mph	13:28:11.02
Lap 46 (40.8 miles)	00:23:34.58	26:35	2.3mph	13:51:45.59
Lap 47 (41.7 miles)	00:28:57.42	32:39	1.8mph	14:20:43.01
Lap 48 (42.6 miles)	00:24:53.36	28:04	2.1mph	14:45:36.36
Lap 49 (43.4 miles)	00:22:02.94	24:51	2.4mph	15:07:39.29
Lap 50 (44.3 miles)	00:20:36.48	23:14	2.6mph	15:28:15.77
Lap 51 (45.2 miles)	00:26:42.00	30:06	2.0mph	15:54:57.77
Lap 52 (46.1 miles)	00:21:24.04	24:08	2.5mph	16:16:21.81
Lap 53 (47.0 miles)	01:15:37.27	25:17	0.7mph	17:31:59.08
Lap 54 (47.9 miles)	00:22:41.80	25:35	2.3mph	17:54:40.87
Lap 55 (48.8 miles)	00:22:46.78	25:41	2.3mph	18:17:27.65
Lap 56 (49.7 miles)	00:27:49.90	31:23	1.9mph	18:45:17.54
Lap 57 (50.5 miles)	00:23:42.79	26:44	2.2mph	19:09:00.33
Lap 58 (51.4 miles)	00:58:38.56	06:08	0.9mph	20:07:38.88
Lap 59 (52.3 miles)	00:27:53.33	31:27	1.9mph	20:35:32.21
Lap 60 (53.2 miles)	00:34:20.55	38:43	1.5mph	21:09:52.75
Lap 61 (54.1 miles)	00:59:04.48	06:37	0.9mph	22:08:57.23
Lap 62 (55.0 miles)	00:19:35.83	22:06	2.7mph	22:28:33.05
Lap 63 (55.9 miles)	00:20:35.75	23:13	2.6mph	22:49:08.79
Lap 64 (56.7 miles)	00:21:48.60	24:35	2.4mph	23:10:57.39
Lap 65 (57.6 miles)	00:19:55.46	22:28	2.7mph	23:30:52.84
Lap 66 (58.5 miles)	00:15:13.10	17:09	3.5mph	23:46:05.93

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ARIAN JACK      MOODY, AL      M: 7      RUNNER      113      Laps: 64      56.7 J/      Overall Male Runner: 7  
23:51:27.38

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:08:11.46	09:14	6.5mph	00:08:11.46
Lap 2 (1.8 miles)	00:08:12.92	09:15	6.5mph	00:16:24.37
Lap 3 (2.7 miles)	00:08:06.75	09:08	6.6mph	00:24:31.12
Lap 4 (3.5 miles)	00:08:12.13	09:15	6.5mph	00:32:43.25

Lap 5 (4.4 miles)	00:08:17.79	09:21	6.4mph	00:41:01.03
Lap 6 (5.3 miles)	00:08:19.94	09:23	6.4mph	00:49:20.96
Lap 7 (6.2 miles)	00:08:18.52	09:22	6.4mph	00:57:39.48
Lap 8 (7.1 miles)	00:08:47.49	09:54	6.1mph	01:06:26.97
Lap 9 (8.0 miles)	00:08:20.06	09:23	6.4mph	01:14:47.02
Lap 10 (8.9 miles)	00:08:36.15	09:42	6.2mph	01:23:23.16
Lap 11 (9.8 miles)	00:09:52.50	11:08	5.4mph	01:33:15.65
Lap 12 (10.6 miles)	00:09:05.43	10:15	5.9mph	01:42:21.08
Lap 13 (11.5 miles)	00:08:44.63	09:51	6.1mph	01:51:05.70
Lap 14 (12.4 miles)	00:12:35.11	14:11	4.2mph	02:03:40.81
Lap 15 (13.3 miles)	00:09:53.15	11:08	5.4mph	02:13:33.95
Lap 16 (14.2 miles)	00:10:34.85	11:55	5.0mph	02:24:08.80
Lap 17 (15.1 miles)	00:27:34.93	31:06	1.9mph	02:51:43.72
Lap 18 (16.0 miles)	00:09:32.55	10:45	5.6mph	03:01:16.27
Lap 19 (16.8 miles)	00:13:06.73	14:47	4.1mph	03:14:23.00
Lap 20 (17.7 miles)	00:22:57.38	25:53	2.3mph	03:37:20.37
Lap 21 (18.6 miles)	00:11:16.02	12:42	4.7mph	03:48:36.38
Lap 22 (19.5 miles)	00:15:36.25	17:35	3.4mph	04:04:12.63
Lap 23 (20.4 miles)	00:11:33.29	13:01	4.6mph	04:15:45.92
Lap 24 (21.3 miles)	01:25:37.44	36:33	0.6mph	05:41:23.36
Lap 25 (22.2 miles)	00:10:10.68	11:28	5.2mph	05:51:34.04
Lap 26 (23.1 miles)	00:25:31.65	28:47	2.1mph	06:17:05.68
Lap 27 (23.9 miles)	00:08:30.59	09:35	6.3mph	06:25:36.26
Lap 28 (24.8 miles)	00:11:24.20	12:51	4.7mph	06:37:00.46
Lap 29 (25.7 miles)	00:14:56.62	16:51	3.6mph	06:51:57.07
Lap 30 (26.6 miles)	00:32:01.93	36:07	1.7mph	07:23:59.00
Lap 31 (27.5 miles)	00:09:58.92	11:15	5.3mph	07:33:57.91
Lap 32 (28.4 miles)	00:12:48.98	14:27	4.2mph	07:46:46.88
Lap 33 (29.3 miles)	00:21:59.84	24:48	2.4mph	08:08:46.72
Lap 34 (30.1 miles)	00:51:16.52	57:49	1.0mph	09:00:03.24
Lap 35 (31.0 miles)	00:16:55.04	19:04	3.1mph	09:16:58.28
Lap 36 (31.9 miles)	00:09:34.28	10:47	5.6mph	09:26:32.56
Lap 37 (32.8 miles)	01:00:33.23	08:17	0.9mph	10:27:05.78
Lap 38 (33.7 miles)	00:12:08.88	13:42	4.4mph	10:39:14.66
Lap 39 (34.6 miles)	00:10:33.25	11:54	5.0mph	10:49:47.91
Lap 40 (35.5 miles)	00:10:52.24	12:15	4.9mph	11:00:40.14
Lap 41 (36.4 miles)	00:11:41.47	13:11	4.6mph	11:12:21.60
Lap 42 (37.2 miles)	00:14:49.05	16:42	3.6mph	11:27:10.65
Lap 43 (38.1 miles)	00:18:25.85	20:47	2.9mph	11:45:36.49
Lap 44 (39.0 miles)	00:17:47.64	20:04	3.0mph	12:03:24.13
Lap 45 (39.9 miles)	00:06:19.40	07:07	8.4mph	12:09:43.52
Lap 46 (40.8 miles)	00:53:17.85	00:06	1.0mph	13:03:01.37
Lap 47 (41.7 miles)	00:14:03.06	15:50	3.8mph	13:17:04.42
Lap 48 (42.6 miles)	00:19:16.16	21:43	2.8mph	13:36:20.58
Lap 49 (43.4 miles)	00:17:22.76	19:36	3.1mph	13:53:43.33
Lap 50 (44.3 miles)	00:58:15.52	05:42	0.9mph	14:51:58.85
Lap 51 (45.2 miles)	00:19:31.71	22:01	2.7mph	15:11:30.55
Lap 52 (46.1 miles)	03:46:25.60	15:21	0.2mph	18:57:56.15
Lap 53 (47.0 miles)	00:26:51.51	30:17	2.0mph	19:24:47.66
Lap 54 (47.9 miles)	00:18:59.18	21:24	2.8mph	19:43:46.83
Lap 55 (48.8 miles)	00:17:31.55	19:45	3.0mph	20:01:18.38
Lap 56 (49.7 miles)	00:10:22.75	11:42	5.1mph	20:11:41.12
Lap 57 (50.5 miles)	00:11:06.23	12:31	4.8mph	20:22:47.35
Lap 58 (51.4 miles)	00:32:53.37	37:05	1.6mph	20:55:40.72
Lap 59 (52.3 miles)	00:36:08.83	40:45	1.5mph	21:31:49.54



Lap 60 (53.2 miles)	00:22:11.91	25:02	2.4mph	21:54:01.45
Lap 61 (54.1 miles)	00:33:42.64	38:01	1.6mph	22:27:44.09
Lap 62 (55.0 miles)	00:27:13.13	30:41	2.0mph	22:54:57.21
Lap 63 (55.9 miles)	00:26:00.71	29:20	2.0mph	23:20:57.92
Lap 64 (56.7 miles)	00:30:29.47	34:23	1.7mph	23:51:27.38

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COURTNEY HARDY    PELHAM, AL    M: 8    RUNNER    110    Laps: 64    56.7 J/    Overall Male Runner: 8  
23:55:45.70

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:10:31.17	11:51	5.1mph	00:10:31.17
Lap 2 (1.8 miles)	00:09:47.84	11:02	5.4mph	00:20:19.01
Lap 3 (2.7 miles)	00:09:40.91	10:55	5.5mph	00:29:59.92
Lap 4 (3.5 miles)	00:09:34.77	10:48	5.6mph	00:39:34.69
Lap 5 (4.4 miles)	00:09:31.84	10:44	5.6mph	00:49:06.52
Lap 6 (5.3 miles)	00:09:53.96	11:09	5.4mph	00:59:00.47
Lap 7 (6.2 miles)	00:11:00.28	12:24	4.8mph	01:10:00.75
Lap 8 (7.1 miles)	00:09:40.99	10:55	5.5mph	01:19:41.73
Lap 9 (8.0 miles)	00:09:35.79	10:49	5.5mph	01:29:17.51
Lap 10 (8.9 miles)	00:09:12.80	10:23	5.8mph	01:38:30.31
Lap 11 (9.8 miles)	00:11:15.85	12:42	4.7mph	01:49:46.15
Lap 12 (10.6 miles)	00:10:04.69	11:21	5.3mph	01:59:50.83
Lap 13 (11.5 miles)	00:10:10.92	11:28	5.2mph	02:10:01.75
Lap 14 (12.4 miles)	00:12:30.92	14:06	4.3mph	02:22:32.67
Lap 15 (13.3 miles)	00:10:35.23	11:56	5.0mph	02:33:07.90
Lap 16 (14.2 miles)	00:18:42.22	21:05	2.8mph	02:51:50.11
Lap 17 (15.1 miles)	00:15:58.76	18:01	3.3mph	03:07:48.87
Lap 18 (16.0 miles)	00:14:00.26	15:47	3.8mph	03:21:49.12
Lap 19 (16.8 miles)	00:13:35.03	15:19	3.9mph	03:35:24.15
Lap 20 (17.7 miles)	00:16:36.89	18:44	3.2mph	03:52:01.04
Lap 21 (18.6 miles)	00:13:03.75	14:43	4.1mph	04:05:04.79
Lap 22 (19.5 miles)	00:16:52.67	19:02	3.2mph	04:21:57.45
Lap 23 (20.4 miles)	00:10:41.27	12:03	5.0mph	04:32:38.72
Lap 24 (21.3 miles)	00:14:58.40	16:53	3.6mph	04:47:37.12
Lap 25 (22.2 miles)	00:19:39.97	22:10	2.7mph	05:07:17.09
Lap 26 (23.1 miles)	00:15:16.05	17:13	3.5mph	05:22:33.13
Lap 27 (23.9 miles)	00:17:50.72	20:07	3.0mph	05:40:23.85
Lap 28 (24.8 miles)	00:15:56.83	17:59	3.3mph	05:56:20.67
Lap 29 (25.7 miles)	00:17:22.88	19:36	3.1mph	06:13:43.55
Lap 30 (26.6 miles)	00:17:33.47	19:48	3.0mph	06:31:17.01
Lap 31 (27.5 miles)	00:16:11.64	18:15	3.3mph	06:47:28.65
Lap 32 (28.4 miles)	00:21:07.08	23:48	2.5mph	07:08:35.73
Lap 33 (29.3 miles)	00:15:07.61	17:03	3.5mph	07:23:43.33
Lap 34 (30.1 miles)	00:30:21.57	34:14	1.8mph	07:54:04.90
Lap 35 (31.0 miles)	00:15:52.49	17:54	3.4mph	08:09:57.38
Lap 36 (31.9 miles)	00:16:51.40	19:00	3.2mph	08:26:48.78
Lap 37 (32.8 miles)	00:19:29.87	21:59	2.7mph	08:46:18.65
Lap 38 (33.7 miles)	00:17:53.71	20:10	3.0mph	09:04:12.36
Lap 39 (34.6 miles)	00:31:47.27	35:50	1.7mph	09:35:59.62
Lap 40 (35.5 miles)	00:11:15.15	12:41	4.7mph	09:47:14.77
Lap 41 (36.4 miles)	00:12:53.51	14:32	4.1mph	10:00:08.27
Lap 42 (37.2 miles)	00:13:05.76	14:46	4.1mph	10:13:14.03
Lap 43 (38.1 miles)	00:13:49.85	15:35	3.8mph	10:27:03.87
Lap 44 (39.0 miles)	00:14:23.71	16:14	3.7mph	10:41:27.58
Lap 45 (39.9 miles)	00:15:19.49	17:16	3.5mph	10:56:47.07

Lap 46 (40.8 miles)	00:11:57.15	13:28	4.5mph	11:08:44.21
Lap 47 (41.7 miles)	00:14:26.79	16:17	3.7mph	11:23:11.00
Lap 48 (42.6 miles)	00:15:53.00	17:54	3.3mph	11:39:04.00
Lap 49 (43.4 miles)	00:26:24.00	29:46	2.0mph	12:05:28.00
Lap 50 (44.3 miles)	00:20:13.73	22:48	2.6mph	12:25:41.73
Lap 51 (45.2 miles)	00:17:50.94	20:07	3.0mph	12:43:32.66
Lap 52 (46.1 miles)	00:23:32.10	26:32	2.3mph	13:07:04.76
Lap 53 (47.0 miles)	00:17:25.13	19:38	3.1mph	13:24:29.88
Lap 54 (47.9 miles)	00:17:39.01	19:54	3.0mph	13:42:08.89
Lap 55 (48.8 miles)	00:11:55.53	13:26	4.5mph	13:54:04.41
Lap 56 (49.7 miles)	00:08:39.35	09:45	6.1mph	14:02:43.75
Lap 57 (50.5 miles)	00:09:03.42	10:12	5.9mph	14:11:47.17
Lap 58 (51.4 miles)	08:12:40.40	15:37	0.1mph	22:24:27.57
Lap 59 (52.3 miles)	00:19:01.38	21:27	2.8mph	22:43:28.94
Lap 60 (53.2 miles)	00:18:54.03	21:18	2.8mph	23:02:22.97
Lap 61 (54.1 miles)	00:18:27.81	20:49	2.9mph	23:20:50.78
Lap 62 (55.0 miles)	00:17:54.21	20:11	3.0mph	23:38:44.98
Lap 63 (55.9 miles)	00:09:44.08	10:58	5.5mph	23:48:29.05
Lap 64 (56.7 miles)	00:07:16.65	08:12	7.3mph	23:55:45.70

JUSTICE WHITE

MONTGOMERY, AL M: 6 RUNNER 101 Laps: 61 54.1 J/, Overall Male Runner: 6  
16:34:16.43

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:13:03.18	14:43	4.1mph	00:13:03.18
Lap 2 (1.8 miles)	00:07:48.22	08:48	6.8mph	00:20:51.40
Lap 3 (2.7 miles)	00:09:06.39	10:16	5.8mph	00:29:57.78
Lap 4 (3.5 miles)	00:08:34.64	09:40	6.2mph	00:38:32.42
Lap 5 (4.4 miles)	00:07:56.41	08:57	6.7mph	00:46:28.83
Lap 6 (5.3 miles)	00:08:27.52	09:32	6.3mph	00:54:56.34
Lap 7 (6.2 miles)	00:09:00.89	10:09	5.9mph	01:03:57.22
Lap 8 (7.1 miles)	00:09:26.06	10:38	5.6mph	01:13:23.28
Lap 9 (8.0 miles)	00:09:17.64	10:28	5.7mph	01:22:40.91
Lap 10 (8.9 miles)	00:11:21.13	12:48	4.7mph	01:34:02.04
Lap 11 (9.8 miles)	00:10:40.22	12:02	5.0mph	01:44:42.25
Lap 12 (10.6 miles)	00:10:48.81	12:11	4.9mph	01:55:31.05
Lap 13 (11.5 miles)	00:13:07.14	14:47	4.1mph	02:08:38.19
Lap 14 (12.4 miles)	00:17:49.47	20:06	3.0mph	02:26:27.65
Lap 15 (13.3 miles)	00:11:18.03	12:44	4.7mph	02:37:45.68
Lap 16 (14.2 miles)	00:12:38.66	14:15	4.2mph	02:50:24.34
Lap 17 (15.1 miles)	00:22:03.74	24:52	2.4mph	03:12:28.07
Lap 18 (16.0 miles)	00:11:57.37	13:29	4.4mph	03:24:25.44
Lap 19 (16.8 miles)	00:11:48.58	13:19	4.5mph	03:36:14.01
Lap 20 (17.7 miles)	00:11:58.52	13:30	4.4mph	03:48:12.53
Lap 21 (18.6 miles)	00:11:46.93	13:17	4.5mph	03:59:59.45
Lap 22 (19.5 miles)	00:11:51.46	13:22	4.5mph	04:11:50.91
Lap 23 (20.4 miles)	00:31:09.50	35:08	1.7mph	04:43:00.41
Lap 24 (21.3 miles)	00:10:47.52	12:10	4.9mph	04:53:47.92
Lap 25 (22.2 miles)	00:13:02.80	14:42	4.1mph	05:06:50.72
Lap 26 (23.1 miles)	00:14:36.31	16:28	3.6mph	05:21:27.03
Lap 27 (23.9 miles)	00:45:18.21	51:05	1.2mph	06:06:45.23
Lap 28 (24.8 miles)	00:11:43.52	13:13	4.5mph	06:18:28.75
Lap 29 (25.7 miles)	00:12:51.91	14:30	4.1mph	06:31:20.65
Lap 30 (26.6 miles)	00:21:35.96	24:21	2.5mph	06:52:56.61
Lap 31 (27.5 miles)	00:11:12.71	12:38	4.7mph	07:04:09.32

Lap 32 (28.4 miles)	00:31:43.56	35:46	1.7mph	07:35:52.87
Lap 33 (29.3 miles)	00:12:25.41	14:00	4.3mph	07:48:18.28
Lap 34 (30.1 miles)	00:29:32.22	33:18	1.8mph	08:17:50.49
Lap 35 (31.0 miles)	00:19:43.69	22:14	2.7mph	08:37:34.18
Lap 36 (31.9 miles)	00:13:01.81	14:41	4.1mph	08:50:35.99
Lap 37 (32.8 miles)	00:15:56.73	17:58	3.3mph	09:06:32.71
Lap 38 (33.7 miles)	00:11:16.60	12:43	4.7mph	09:17:49.31
Lap 39 (34.6 miles)	00:11:47.49	13:17	4.5mph	09:29:36.79
Lap 40 (35.5 miles)	00:09:46.34	11:01	5.4mph	09:39:23.12
Lap 41 (36.4 miles)	00:17:02.63	19:13	3.1mph	09:56:25.75
Lap 42 (37.2 miles)	00:15:34.62	17:34	3.4mph	10:12:00.36
Lap 43 (38.1 miles)	00:40:29.67	45:40	1.3mph	10:52:30.03
Lap 44 (39.0 miles)	00:16:12.29	18:16	3.3mph	11:08:42.32
Lap 45 (39.9 miles)	00:31:20.26	35:20	1.7mph	11:40:02.58
Lap 46 (40.8 miles)	00:13:18.16	15:00	4.0mph	11:53:20.74
Lap 47 (41.7 miles)	00:11:29.21	12:57	4.6mph	12:04:49.95
Lap 48 (42.6 miles)	00:11:45.32	13:15	4.5mph	12:16:35.26
Lap 49 (43.4 miles)	00:13:10.55	14:51	4.0mph	12:29:45.81
Lap 50 (44.3 miles)	00:14:07.76	15:56	3.8mph	12:43:53.57
Lap 51 (45.2 miles)	00:13:01.72	14:41	4.1mph	12:56:55.28
Lap 52 (46.1 miles)	00:13:31.50	15:15	3.9mph	13:10:26.78
Lap 53 (47.0 miles)	00:28:57.28	32:39	1.8mph	13:39:24.06
Lap 54 (47.9 miles)	00:11:10.15	12:35	4.8mph	13:50:34.20
Lap 55 (48.8 miles)	00:12:57.40	14:36	4.1mph	14:03:31.60
Lap 56 (49.7 miles)	00:12:53.83	14:32	4.1mph	14:16:25.42
Lap 57 (50.5 miles)	00:20:07.03	22:41	2.6mph	14:36:32.44
Lap 58 (51.4 miles)	00:15:40.07	17:40	3.4mph	14:52:12.51
Lap 59 (52.3 miles)	00:14:04.63	15:52	3.8mph	15:06:17.14
Lap 60 (53.2 miles)	00:56:36.11	03:50	0.9mph	16:02:53.25
Lap 61 (54.1 miles)	00:31:23.19	35:23	1.7mph	16:34:16.43

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MICHAEL CAMPBELL   HOMEWOOD, AL   M: 9   RUNNER   104   Laps: 58   51.4 ↓/   Overall Male Runner: 9  
11:53:50.80

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:09:52.80	11:08	5.4mph	00:09:52.80
Lap 2 (1.8 miles)	00:10:23.47	11:43	5.1mph	00:20:16.26
Lap 3 (2.7 miles)	00:10:07.60	11:25	5.3mph	00:30:23.86
Lap 4 (3.5 miles)	00:10:15.84	11:34	5.2mph	00:40:39.69
Lap 5 (4.4 miles)	00:10:10.28	11:28	5.2mph	00:50:49.97
Lap 6 (5.3 miles)	00:10:08.94	11:26	5.2mph	01:00:58.90
Lap 7 (6.2 miles)	00:10:51.75	12:15	4.9mph	01:11:50.65
Lap 8 (7.1 miles)	00:09:48.92	11:04	5.4mph	01:21:39.56
Lap 9 (8.0 miles)	00:09:44.99	10:59	5.5mph	01:31:24.55
Lap 10 (8.9 miles)	00:09:46.16	11:01	5.4mph	01:41:10.70
Lap 11 (9.8 miles)	00:10:09.81	11:27	5.2mph	01:51:20.51
Lap 12 (10.6 miles)	00:09:59.28	11:15	5.3mph	02:01:19.78
Lap 13 (11.5 miles)	00:11:13.72	12:39	4.7mph	02:12:33.50
Lap 14 (12.4 miles)	00:09:56.08	11:12	5.4mph	02:22:29.57
Lap 15 (13.3 miles)	00:10:01.56	11:18	5.3mph	02:32:31.12
Lap 16 (14.2 miles)	00:09:41.20	10:55	5.5mph	02:42:12.32
Lap 17 (15.1 miles)	00:09:34.83	10:48	5.6mph	02:51:47.15
Lap 18 (16.0 miles)	00:09:48.30	11:03	5.4mph	03:01:35.45
Lap 19 (16.8 miles)	00:12:16.54	13:50	4.3mph	03:13:51.98
Lap 20 (17.7 miles)	00:09:17.18	10:28	5.7mph	03:23:09.15

Lap 21 (18.6 miles)	00:10:11.68	11:29	5.2mph	03:33:20.83
Lap 22 (19.5 miles)	00:10:32.54	11:53	5.0mph	03:43:53.36
Lap 23 (20.4 miles)	00:10:39.52	12:01	5.0mph	03:54:32.88
Lap 24 (21.3 miles)	00:11:39.96	13:09	4.6mph	04:06:12.84
Lap 25 (22.2 miles)	00:17:09.45	19:20	3.1mph	04:23:22.28
Lap 26 (23.1 miles)	00:12:52.87	14:31	4.1mph	04:36:15.14
Lap 27 (23.9 miles)	00:13:54.20	15:40	3.8mph	04:50:09.34
Lap 28 (24.8 miles)	00:13:02.29	14:42	4.1mph	05:03:11.63
Lap 29 (25.7 miles)	00:14:24.73	16:15	3.7mph	05:17:36.36
Lap 30 (26.6 miles)	00:17:38.44	19:53	3.0mph	05:35:14.79
Lap 31 (27.5 miles)	00:14:02.86	15:50	3.8mph	05:49:17.65
Lap 32 (28.4 miles)	00:12:38.97	14:15	4.2mph	06:01:56.61
Lap 33 (29.3 miles)	00:15:22.27	17:20	3.5mph	06:17:18.88
Lap 34 (30.1 miles)	00:15:29.01	17:27	3.4mph	06:32:47.89
Lap 35 (31.0 miles)	00:12:53.36	14:32	4.1mph	06:45:41.25
Lap 36 (31.9 miles)	00:13:21.45	15:03	4.0mph	06:59:02.70
Lap 37 (32.8 miles)	00:12:41.32	14:18	4.2mph	07:11:44.01
Lap 38 (33.7 miles)	00:12:36.51	14:13	4.2mph	07:24:20.51
Lap 39 (34.6 miles)	00:13:01.55	14:41	4.1mph	07:37:22.05
Lap 40 (35.5 miles)	00:10:45.16	12:07	4.9mph	07:48:07.21
Lap 41 (36.4 miles)	00:17:44.86	20:00	3.0mph	08:05:52.06
Lap 42 (37.2 miles)	00:14:16.44	16:05	3.7mph	08:20:08.50
Lap 43 (38.1 miles)	00:11:49.23	13:19	4.5mph	08:31:57.72
Lap 44 (39.0 miles)	00:11:18.14	12:44	4.7mph	08:43:15.86
Lap 45 (39.9 miles)	00:15:44.18	17:44	3.4mph	08:59:00.03
Lap 46 (40.8 miles)	00:12:24.94	14:00	4.3mph	09:11:24.97
Lap 47 (41.7 miles)	00:16:27.79	18:34	3.2mph	09:27:52.76
Lap 48 (42.6 miles)	00:14:20.85	16:10	3.7mph	09:42:13.61
Lap 49 (43.4 miles)	00:16:28.02	18:34	3.2mph	09:58:41.62
Lap 50 (44.3 miles)	00:16:16.31	18:21	3.3mph	10:14:57.92
Lap 51 (45.2 miles)	00:14:58.42	16:53	3.6mph	10:29:56.34
Lap 52 (46.1 miles)	00:12:58.86	14:38	4.1mph	10:42:55.19
Lap 53 (47.0 miles)	00:12:17.56	13:51	4.3mph	10:55:12.75
Lap 54 (47.9 miles)	00:15:06.99	17:02	3.5mph	11:10:19.74
Lap 55 (48.8 miles)	00:13:46.69	15:32	3.9mph	11:24:06.42
Lap 56 (49.7 miles)	00:09:56.02	11:12	5.4mph	11:34:02.44
Lap 57 (50.5 miles)	00:09:26.15	10:38	5.6mph	11:43:28.58
Lap 58 (51.4 miles)	00:10:22.23	11:41	5.1mph	11:53:50.80

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HAYDEN MAPLES      CULLMAN, AL      M: 10      RUNNER      116 Laps: 57      50.5 ↓/      Overall Male Runner: 10  
12:34:43.31

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:00:02.91	00:03	1096.9m	00:00:02.91
Lap 2 (1.8 miles)	00:11:05.51	12:30	4.8mph	00:11:08.42
Lap 3 (2.7 miles)	00:11:18.52	12:45	4.7mph	00:22:26.94
Lap 4 (3.5 miles)	00:10:50.33	12:13	4.9mph	00:33:17.27
Lap 5 (4.4 miles)	00:12:40.40	14:17	4.2mph	00:45:57.66
Lap 6 (5.3 miles)	00:11:09.84	12:35	4.8mph	00:57:07.49
Lap 7 (6.2 miles)	00:10:55.81	12:19	4.9mph	01:08:03.30
Lap 8 (7.1 miles)	00:12:41.17	14:18	4.2mph	01:20:44.46
Lap 9 (8.0 miles)	00:12:10.88	13:44	4.4mph	01:32:55.33
Lap 10 (8.9 miles)	00:12:12.44	13:46	4.4mph	01:45:07.77
Lap 11 (9.8 miles)	00:11:47.99	13:18	4.5mph	01:56:55.75
Lap 12 (10.6 miles)	00:12:36.81	14:13	4.2mph	02:09:32.56

Lap 13 (11.5 miles)	00:15:07.72	17:03	3.5mph	02:24:40.27
Lap 14 (12.4 miles)	00:12:43.47	14:21	4.2mph	02:37:23.74
Lap 15 (13.3 miles)	00:12:46.44	14:24	4.2mph	02:50:10.18
Lap 16 (14.2 miles)	00:16:06.91	18:10	3.3mph	03:06:17.08
Lap 17 (15.1 miles)	00:11:16.15	12:42	4.7mph	03:17:33.23
Lap 18 (16.0 miles)	00:12:36.80	14:13	4.2mph	03:30:10.03
Lap 19 (16.8 miles)	00:14:35.51	16:27	3.6mph	03:44:45.53
Lap 20 (17.7 miles)	00:12:36.72	14:13	4.2mph	03:57:22.25
Lap 21 (18.6 miles)	00:13:42.22	15:27	3.9mph	04:11:04.46
Lap 22 (19.5 miles)	00:12:08.13	13:41	4.4mph	04:23:12.59
Lap 23 (20.4 miles)	00:14:25.59	16:16	3.7mph	04:37:38.17
Lap 24 (21.3 miles)	00:12:41.98	14:19	4.2mph	04:50:20.15
Lap 25 (22.2 miles)	00:13:09.77	14:50	4.0mph	05:03:29.92
Lap 26 (23.1 miles)	00:11:01.34	12:25	4.8mph	05:14:31.25
Lap 27 (23.9 miles)	00:11:45.16	13:15	4.5mph	05:26:16.40
Lap 28 (24.8 miles)	00:13:11.47	14:52	4.0mph	05:39:27.87
Lap 29 (25.7 miles)	00:15:49.03	17:50	3.4mph	05:55:16.90
Lap 30 (26.6 miles)	00:16:29.09	18:35	3.2mph	06:11:45.98
Lap 31 (27.5 miles)	00:11:23.43	12:50	4.7mph	06:23:09.41
Lap 32 (28.4 miles)	00:13:17.52	14:59	4.0mph	06:36:26.92
Lap 33 (29.3 miles)	00:13:38.41	15:22	3.9mph	06:50:05.33
Lap 34 (30.1 miles)	00:14:43.80	16:36	3.6mph	07:04:49.13
Lap 35 (31.0 miles)	00:13:42.51	15:27	3.9mph	07:18:31.64
Lap 36 (31.9 miles)	00:26:53.31	30:19	2.0mph	07:45:24.95
Lap 37 (32.8 miles)	00:12:47.33	14:25	4.2mph	07:58:12.27
Lap 38 (33.7 miles)	00:12:21.30	13:56	4.3mph	08:10:33.56
Lap 39 (34.6 miles)	00:12:18.39	13:52	4.3mph	08:22:51.95
Lap 40 (35.5 miles)	00:12:34.16	14:10	4.2mph	08:35:26.10
Lap 41 (36.4 miles)	00:13:05.59	14:45	4.1mph	08:48:31.69
Lap 42 (37.2 miles)	00:12:37.92	14:14	4.2mph	09:01:09.61
Lap 43 (38.1 miles)	00:15:46.02	17:46	3.4mph	09:16:55.62
Lap 44 (39.0 miles)	00:15:10.15	17:06	3.5mph	09:32:05.76
Lap 45 (39.9 miles)	00:12:44.75	14:22	4.2mph	09:44:50.50
Lap 46 (40.8 miles)	00:13:06.36	14:46	4.1mph	09:57:56.85
Lap 47 (41.7 miles)	00:12:32.95	14:09	4.2mph	10:10:29.80
Lap 48 (42.6 miles)	00:13:34.25	15:18	3.9mph	10:24:04.04
Lap 49 (43.4 miles)	00:13:09.87	14:50	4.0mph	10:37:13.91
Lap 50 (44.3 miles)	00:12:41.38	14:18	4.2mph	10:49:55.29
Lap 51 (45.2 miles)	00:13:46.70	15:32	3.9mph	11:03:41.98
Lap 52 (46.1 miles)	00:20:10.47	22:45	2.6mph	11:23:52.45
Lap 53 (47.0 miles)	00:14:35.14	16:26	3.6mph	11:38:27.58
Lap 54 (47.9 miles)	00:13:20.94	15:03	4.0mph	11:51:48.51
Lap 55 (48.8 miles)	00:15:59.53	18:02	3.3mph	12:07:48.04
Lap 56 (49.7 miles)	00:13:30.34	15:13	3.9mph	12:21:18.37
Lap 57 (50.5 miles)	00:13:24.94	15:07	4.0mph	12:34:43.31

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HARRISON CHAMBLISS HOMEWOOD, AL F: 3 RUNNER 105 Laps: 57 50.5  $\downarrow$ / Overall Female Runner: 3  
12:34:43.36

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:11:08.16	12:33	4.8mph	00:11:08.16
Lap 2 (1.8 miles)	00:11:18.85	12:45	4.7mph	00:22:27.00
Lap 3 (2.7 miles)	00:10:49.65	12:12	4.9mph	00:33:16.65
Lap 4 (3.5 miles)	00:12:40.72	14:17	4.2mph	00:45:57.37
Lap 5 (4.4 miles)	00:11:09.93	12:35	4.8mph	00:57:07.29

Lap 6 (5.3 miles)	00:10:56.34	12:20	4.9mph	01:08:03.63
Lap 7 (6.2 miles)	00:12:40.47	14:17	4.2mph	01:20:44.10
Lap 8 (7.1 miles)	00:12:10.87	13:44	4.4mph	01:32:54.96
Lap 9 (8.0 miles)	00:12:12.56	13:46	4.4mph	01:45:07.52
Lap 10 (8.9 miles)	00:11:48.23	13:18	4.5mph	01:56:55.74
Lap 11 (9.8 miles)	00:11:47.99	13:18	4.5mph	01:56:55.75
Lap 12 (10.6 miles)	00:12:36.69	14:13	4.2mph	02:09:32.75
Lap 13 (11.5 miles)	00:15:07.63	17:03	3.5mph	02:24:40.37
Lap 14 (12.4 miles)	00:12:43.13	14:20	4.2mph	02:37:23.49
Lap 15 (13.3 miles)	00:12:46.59	14:24	4.2mph	02:50:10.08
Lap 16 (14.2 miles)	00:16:06.80	18:10	3.3mph	03:06:16.88
Lap 17 (15.1 miles)	00:11:16.00	12:42	4.7mph	03:17:32.87
Lap 18 (16.0 miles)	00:12:37.39	14:14	4.2mph	03:30:10.25
Lap 19 (16.8 miles)	00:14:35.44	16:27	3.6mph	03:44:45.69
Lap 20 (17.7 miles)	00:12:36.01	14:12	4.2mph	03:57:21.70
Lap 21 (18.6 miles)	00:13:42.69	15:27	3.9mph	04:11:04.39
Lap 22 (19.5 miles)	00:12:08.25	13:41	4.4mph	04:23:12.63
Lap 23 (20.4 miles)	00:14:25.00	16:15	3.7mph	04:37:37.63
Lap 24 (21.3 miles)	00:12:42.88	14:20	4.2mph	04:50:20.51
Lap 25 (22.2 miles)	00:13:09.57	14:50	4.0mph	05:03:30.07
Lap 26 (23.1 miles)	00:11:01.08	12:25	4.8mph	05:14:31.15
Lap 27 (23.9 miles)	00:11:45.68	13:15	4.5mph	05:26:16.83
Lap 28 (24.8 miles)	00:13:11.57	14:52	4.0mph	05:39:28.40
Lap 29 (25.7 miles)	00:15:48.72	17:49	3.4mph	05:55:17.12
Lap 30 (26.6 miles)	00:16:31.28	18:37	3.2mph	06:11:48.39
Lap 31 (27.5 miles)	00:11:21.47	12:48	4.7mph	06:23:09.86
Lap 32 (28.4 miles)	00:13:16.85	14:58	4.0mph	06:36:26.71
Lap 33 (29.3 miles)	00:13:38.75	15:23	3.9mph	06:50:05.45
Lap 34 (30.1 miles)	00:14:43.92	16:36	3.6mph	07:04:49.37
Lap 35 (31.0 miles)	00:13:42.20	15:27	3.9mph	07:18:31.56
Lap 36 (31.9 miles)	00:26:53.98	30:20	2.0mph	07:45:25.54
Lap 37 (32.8 miles)	00:12:46.44	14:24	4.2mph	07:58:11.98
Lap 38 (33.7 miles)	00:12:21.32	13:56	4.3mph	08:10:33.30
Lap 39 (34.6 miles)	00:12:18.77	13:53	4.3mph	08:22:52.06
Lap 40 (35.5 miles)	00:12:34.11	14:10	4.2mph	08:35:26.16
Lap 41 (36.4 miles)	00:13:05.40	14:45	4.1mph	08:48:31.56
Lap 42 (37.2 miles)	00:12:38.29	14:15	4.2mph	09:01:09.84
Lap 43 (38.1 miles)	00:15:45.91	17:46	3.4mph	09:16:55.75
Lap 44 (39.0 miles)	00:15:10.17	17:06	3.5mph	09:32:05.92
Lap 45 (39.9 miles)	00:12:44.85	14:22	4.2mph	09:44:50.76
Lap 46 (40.8 miles)	00:13:06.15	14:46	4.1mph	09:57:56.90
Lap 47 (41.7 miles)	00:12:33.01	14:09	4.2mph	10:10:29.91
Lap 48 (42.6 miles)	00:13:34.20	15:18	3.9mph	10:24:04.10
Lap 49 (43.4 miles)	00:13:10.07	14:51	4.0mph	10:37:14.17
Lap 50 (44.3 miles)	00:12:41.87	14:19	4.2mph	10:49:56.03
Lap 51 (45.2 miles)	00:13:45.84	15:31	3.9mph	11:03:41.87
Lap 52 (46.1 miles)	00:20:02.11	22:35	2.7mph	11:23:43.98
Lap 53 (47.0 miles)	00:14:43.38	16:36	3.6mph	11:38:27.35
Lap 54 (47.9 miles)	00:13:21.28	15:03	4.0mph	11:51:48.63
Lap 55 (48.8 miles)	00:15:59.93	18:02	3.3mph	12:07:48.55
Lap 56 (49.7 miles)	00:13:30.03	15:13	3.9mph	12:21:18.58
Lap 57 (50.5 miles)	00:13:24.94	15:07	4.0mph	12:34:43.31

17:11:10.09

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:10:32.79	11:53	5.0mph	00:10:32.79
Lap 2 (1.8 miles)	00:10:21.76	11:41	5.1mph	00:20:54.55
Lap 3 (2.7 miles)	00:11:32.93	13:01	4.6mph	00:32:27.48
Lap 4 (3.5 miles)	00:13:32.95	15:16	3.9mph	00:46:00.43
Lap 5 (4.4 miles)	00:09:59.56	11:16	5.3mph	00:55:59.99
Lap 6 (5.3 miles)	00:09:48.86	11:04	5.4mph	01:05:48.84
Lap 7 (6.2 miles)	00:11:14.32	12:40	4.7mph	01:17:03.16
Lap 8 (7.1 miles)	00:10:31.34	11:52	5.1mph	01:27:34.49
Lap 9 (8.0 miles)	00:11:52.87	13:23	4.5mph	01:39:27.35
Lap 10 (8.9 miles)	00:12:45.52	14:23	4.2mph	01:52:12.87
Lap 11 (9.8 miles)	00:14:54.78	16:49	3.6mph	02:07:07.64
Lap 12 (10.6 miles)	00:13:44.17	15:29	3.9mph	02:20:51.81
Lap 13 (11.5 miles)	00:13:28.40	15:11	3.9mph	02:34:20.20
Lap 14 (12.4 miles)	00:10:33.82	11:54	5.0mph	02:44:54.02
Lap 15 (13.3 miles)	00:10:54.35	12:17	4.9mph	02:55:48.37
Lap 16 (14.2 miles)	00:13:36.33	15:20	3.9mph	03:09:24.70
Lap 17 (15.1 miles)	00:56:35.81	03:49	0.9mph	04:06:00.51
Lap 18 (16.0 miles)	00:12:39.51	14:16	4.2mph	04:18:40.01
Lap 19 (16.8 miles)	00:17:27.27	19:41	3.0mph	04:36:07.27
Lap 20 (17.7 miles)	00:56:51.42	04:07	0.9mph	05:32:58.69
Lap 21 (18.6 miles)	00:13:29.86	15:13	3.9mph	05:46:28.54
Lap 22 (19.5 miles)	00:29:40.31	33:27	1.8mph	06:16:08.85
Lap 23 (20.4 miles)	00:58:57.87	06:29	0.9mph	07:15:06.71
Lap 24 (21.3 miles)	00:13:50.71	15:36	3.8mph	07:28:57.42
Lap 25 (22.2 miles)	00:14:36.70	16:28	3.6mph	07:43:34.11
Lap 26 (23.1 miles)	00:19:02.93	21:28	2.8mph	08:02:37.04
Lap 27 (23.9 miles)	00:10:32.01	11:52	5.1mph	08:13:09.04
Lap 28 (24.8 miles)	00:14:56.16	16:50	3.6mph	08:28:05.19
Lap 29 (25.7 miles)	00:46:45.72	52:44	1.1mph	09:14:50.91
Lap 30 (26.6 miles)	00:16:01.71	18:04	3.3mph	09:30:52.61
Lap 31 (27.5 miles)	00:20:30.36	23:07	2.6mph	09:51:22.96
Lap 32 (28.4 miles)	00:37:44.47	42:33	1.4mph	10:29:07.43
Lap 33 (29.3 miles)	00:18:12.39	20:31	2.9mph	10:47:19.82
Lap 34 (30.1 miles)	00:26:35.45	29:59	2.0mph	11:13:55.26
Lap 35 (31.0 miles)	00:15:41.16	17:41	3.4mph	11:29:36.42
Lap 36 (31.9 miles)	00:27:01.43	30:28	2.0mph	11:56:37.84
Lap 37 (32.8 miles)	00:15:16.52	17:13	3.5mph	12:11:54.35
Lap 38 (33.7 miles)	00:27:05.98	30:33	2.0mph	12:39:00.32
Lap 39 (34.6 miles)	00:14:27.67	16:18	3.7mph	12:53:27.99
Lap 40 (35.5 miles)	00:09:56.38	11:12	5.4mph	13:03:24.36
Lap 41 (36.4 miles)	00:09:10.77	10:21	5.8mph	13:12:35.13
Lap 42 (37.2 miles)	00:09:14.42	10:25	5.8mph	13:21:49.54
Lap 43 (38.1 miles)	00:11:03.04	12:27	4.8mph	13:32:52.57
Lap 44 (39.0 miles)	00:15:02.21	16:57	3.5mph	13:47:54.77
Lap 45 (39.9 miles)	00:16:08.61	18:12	3.3mph	14:04:03.38
Lap 46 (40.8 miles)	00:25:24.81	28:39	2.1mph	14:29:28.18
Lap 47 (41.7 miles)	00:19:19.37	21:47	2.8mph	14:48:47.55
Lap 48 (42.6 miles)	00:10:45.27	12:07	4.9mph	14:59:32.81
Lap 49 (43.4 miles)	00:10:44.56	12:06	5.0mph	15:10:17.37
Lap 50 (44.3 miles)	00:13:36.84	15:21	3.9mph	15:23:54.21
Lap 51 (45.2 miles)	00:14:01.13	15:48	3.8mph	15:37:55.33
Lap 52 (46.1 miles)	00:11:38.94	13:08	4.6mph	15:49:34.27
Lap 53 (47.0 miles)	00:12:26.07	14:01	4.3mph	16:02:00.33

Lap 54 (47.9 miles)	00:14:26.78	16:17	3.7mph	16:16:27.11
Lap 55 (48.8 miles)	00:12:49.33	14:27	4.1mph	16:29:16.43
Lap 56 (49.7 miles)	00:23:33.11	26:33	2.3mph	16:52:49.54
Lap 57 (50.5 miles)	00:18:20.56	20:41	2.9mph	17:11:10.09

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ALAN HARGRAVE	HOOVER, AL	M: 11	RUNNER	111	Laps: 57	50.5 ↓/	Overall Male Runner: 11
17:35:37.92							

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:10:31.08	11:51	5.1mph	00:10:31.08
Lap 2 (1.8 miles)	00:09:48.13	11:03	5.4mph	00:20:19.21
Lap 3 (2.7 miles)	00:09:40.36	10:54	5.5mph	00:29:59.57
Lap 4 (3.5 miles)	00:09:34.81	10:48	5.6mph	00:39:34.37
Lap 5 (4.4 miles)	00:11:14.29	12:40	4.7mph	00:50:48.65
Lap 6 (5.3 miles)	00:09:32.66	10:45	5.6mph	01:00:21.31
Lap 7 (6.2 miles)	00:09:39.25	10:53	5.5mph	01:10:00.56
Lap 8 (7.1 miles)	00:09:40.64	10:54	5.5mph	01:19:41.19
Lap 9 (8.0 miles)	00:11:41.13	13:10	4.6mph	01:31:22.32
Lap 10 (8.9 miles)	00:09:53.51	11:09	5.4mph	01:41:15.83
Lap 11 (9.8 miles)	00:10:15.42	11:34	5.2mph	01:51:31.24
Lap 12 (10.6 miles)	00:14:35.32	16:27	3.6mph	02:06:06.56
Lap 13 (11.5 miles)	00:13:00.42	14:40	4.1mph	02:19:06.97
Lap 14 (12.4 miles)	00:17:59.23	20:17	3.0mph	02:37:06.20
Lap 15 (13.3 miles)	00:15:14.36	17:11	3.5mph	02:52:20.56
Lap 16 (14.2 miles)	00:15:27.43	17:25	3.4mph	03:07:47.98
Lap 17 (15.1 miles)	00:14:01.58	15:49	3.8mph	03:21:49.56
Lap 18 (16.0 miles)	00:16:28.22	18:34	3.2mph	03:38:17.77
Lap 19 (16.8 miles)	00:13:14.00	14:55	4.0mph	03:51:31.77
Lap 20 (17.7 miles)	00:13:31.50	15:15	3.9mph	04:05:03.26
Lap 21 (18.6 miles)	00:14:00.97	15:48	3.8mph	04:19:04.22
Lap 22 (19.5 miles)	00:31:47.25	35:50	1.7mph	04:50:51.46
Lap 23 (20.4 miles)	00:16:25.85	18:31	3.2mph	05:07:17.31
Lap 24 (21.3 miles)	00:15:18.37	17:15	3.5mph	05:22:35.68
Lap 25 (22.2 miles)	00:16:49.95	18:58	3.2mph	05:39:25.63
Lap 26 (23.1 miles)	00:17:26.50	19:40	3.1mph	05:56:52.12
Lap 27 (23.9 miles)	00:16:48.27	18:57	3.2mph	06:13:40.39
Lap 28 (24.8 miles)	00:16:38.99	18:46	3.2mph	06:30:19.38
Lap 29 (25.7 miles)	00:15:40.57	17:40	3.4mph	06:45:59.94
Lap 30 (26.6 miles)	00:18:57.02	21:22	2.8mph	07:04:56.96
Lap 31 (27.5 miles)	00:18:46.10	21:09	2.8mph	07:23:43.06
Lap 32 (28.4 miles)	01:02:19.41	10:17	0.9mph	08:26:02.46
Lap 33 (29.3 miles)	00:13:24.03	15:06	4.0mph	08:39:26.49
Lap 34 (30.1 miles)	00:17:33.33	19:47	3.0mph	08:56:59.82
Lap 35 (31.0 miles)	00:14:54.07	16:48	3.6mph	09:11:53.89
Lap 36 (31.9 miles)	00:14:46.47	16:39	3.6mph	09:26:40.35
Lap 37 (32.8 miles)	00:18:50.96	21:15	2.8mph	09:45:31.31
Lap 38 (33.7 miles)	00:14:01.16	15:48	3.8mph	09:59:32.47
Lap 39 (34.6 miles)	00:13:40.57	15:25	3.9mph	10:13:13.03
Lap 40 (35.5 miles)	00:13:49.00	15:34	3.9mph	10:27:02.02
Lap 41 (36.4 miles)	00:13:46.14	15:31	3.9mph	10:40:48.16
Lap 42 (37.2 miles)	00:17:15.11	19:27	3.1mph	10:58:03.26
Lap 43 (38.1 miles)	00:13:07.13	14:47	4.1mph	11:11:10.39
Lap 44 (39.0 miles)	00:13:38.77	15:23	3.9mph	11:24:49.16
Lap 45 (39.9 miles)	00:14:04.47	15:52	3.8mph	11:38:53.62
Lap 46 (40.8 miles)	00:17:46.91	20:03	3.0mph	11:56:40.53



Lap 47 (41.7 miles)	02:25:51.60	44:29	0.4mph	14:22:32.13
Lap 48 (42.6 miles)	00:14:13.68	16:02	3.7mph	14:36:45.81
Lap 49 (43.4 miles)	00:12:41.26	14:18	4.2mph	14:49:27.06
Lap 50 (44.3 miles)	00:16:12.26	18:16	3.3mph	15:05:39.32
Lap 51 (45.2 miles)	00:24:00.20	27:04	2.2mph	15:29:39.51
Lap 52 (46.1 miles)	00:17:24.92	19:38	3.1mph	15:47:04.43
Lap 53 (47.0 miles)	00:17:19.35	19:32	3.1mph	16:04:23.78
Lap 54 (47.9 miles)	00:29:25.82	33:11	1.8mph	16:33:49.59
Lap 55 (48.8 miles)	00:17:52.90	20:09	3.0mph	16:51:42.49
Lap 56 (49.7 miles)	00:17:01.32	19:11	3.1mph	17:08:43.81
Lap 57 (50.5 miles)	00:26:54.12	30:20	2.0mph	17:35:37.92

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DAVID MIRAGLIA      MIDDLETOWN, MD   M: 12    RUNNER   124   Laps: 55      48.8 ↓/   Overall Male Runner: 12  
23:09:37.91

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:08:49.44	09:57	6.0mph	00:08:49.44
Lap 2 (1.8 miles)	00:08:56.34	10:04	6.0mph	00:17:45.78
Lap 3 (2.7 miles)	00:09:04.53	10:14	5.9mph	00:26:50.30
Lap 4 (3.5 miles)	00:09:09.45	10:19	5.8mph	00:35:59.75
Lap 5 (4.4 miles)	00:08:58.76	10:07	5.9mph	00:44:58.50
Lap 6 (5.3 miles)	00:09:46.11	11:00	5.4mph	00:54:44.60
Lap 7 (6.2 miles)	00:14:17.53	16:07	3.7mph	01:09:02.13
Lap 8 (7.1 miles)	00:15:28.75	17:27	3.4mph	01:24:30.87
Lap 9 (8.0 miles)	00:10:14.20	11:32	5.2mph	01:34:45.07
Lap 10 (8.9 miles)	00:12:02.90	13:35	4.4mph	01:46:47.97
Lap 11 (9.8 miles)	00:15:04.93	17:00	3.5mph	02:01:52.89
Lap 12 (10.6 miles)	00:12:34.37	14:10	4.2mph	02:14:27.26
Lap 13 (11.5 miles)	00:15:54.41	17:56	3.3mph	02:30:21.67
Lap 14 (12.4 miles)	00:18:07.12	20:26	2.9mph	02:48:28.79
Lap 15 (13.3 miles)	00:23:23.73	26:23	2.3mph	03:11:52.51
Lap 16 (14.2 miles)	00:27:52.30	31:25	1.9mph	03:39:44.80
Lap 17 (15.1 miles)	00:11:16.78	12:43	4.7mph	03:51:01.57
Lap 18 (16.0 miles)	00:12:07.89	13:40	4.4mph	04:03:09.46
Lap 19 (16.8 miles)	00:55:43.75	02:51	1.0mph	04:58:53.21
Lap 20 (17.7 miles)	00:11:12.35	12:38	4.7mph	05:10:05.56
Lap 21 (18.6 miles)	00:11:29.36	12:57	4.6mph	05:21:34.92
Lap 22 (19.5 miles)	00:19:29.32	21:58	2.7mph	05:41:04.23
Lap 23 (20.4 miles)	00:15:59.10	18:01	3.3mph	05:57:03.33
Lap 24 (21.3 miles)	00:17:50.80	20:07	3.0mph	06:14:54.12
Lap 25 (22.2 miles)	00:14:30.24	16:21	3.7mph	06:29:24.35
Lap 26 (23.1 miles)	00:11:06.43	12:31	4.8mph	06:40:30.78
Lap 27 (23.9 miles)	00:12:26.33	14:01	4.3mph	06:52:57.10
Lap 28 (24.8 miles)	00:12:43.71	14:21	4.2mph	07:05:40.81
Lap 29 (25.7 miles)	00:27:27.05	30:57	1.9mph	07:33:07.85
Lap 30 (26.6 miles)	00:12:13.06	13:46	4.4mph	07:45:20.91
Lap 31 (27.5 miles)	00:12:26.97	14:02	4.3mph	07:57:47.88
Lap 32 (28.4 miles)	00:19:22.93	21:51	2.7mph	08:17:10.81
Lap 33 (29.3 miles)	00:15:39.70	17:39	3.4mph	08:32:50.50
Lap 34 (30.1 miles)	00:15:02.34	16:57	3.5mph	08:47:52.84
Lap 35 (31.0 miles)	00:14:16.82	16:06	3.7mph	09:02:09.66
Lap 36 (31.9 miles)	00:16:21.67	18:27	3.3mph	09:18:31.32
Lap 37 (32.8 miles)	00:16:30.24	18:36	3.2mph	09:35:01.56
Lap 38 (33.7 miles)	00:17:03.61	19:14	3.1mph	09:52:05.17
Lap 39 (34.6 miles)	00:17:10.13	19:21	3.1mph	10:09:15.30

Lap 40 (35.5 miles)	00:18:06.32	20:25	2.9mph	10:27:21.62
Lap 41 (36.4 miles)	01:54:57.58	09:38	0.5mph	12:22:19.19
Lap 42 (37.2 miles)	00:20:06.17	22:40	2.6mph	12:42:25.35
Lap 43 (38.1 miles)	00:20:23.64	22:59	2.6mph	13:02:48.98
Lap 44 (39.0 miles)	00:19:43.51	22:14	2.7mph	13:22:32.49
Lap 45 (39.9 miles)	00:20:54.52	23:34	2.5mph	13:43:27.00
Lap 46 (40.8 miles)	00:25:34.10	28:50	2.1mph	14:09:01.10
Lap 47 (41.7 miles)	03:08:46.50	32:53	0.3mph	17:17:47.59
Lap 48 (42.6 miles)	00:26:15.80	29:37	2.0mph	17:44:03.38
Lap 49 (43.4 miles)	00:24:03.94	27:08	2.2mph	18:08:07.32
Lap 50 (44.3 miles)	00:31:28.51	35:29	1.7mph	18:39:35.82
Lap 51 (45.2 miles)	00:24:53.83	28:04	2.1mph	19:04:29.64
Lap 52 (46.1 miles)	03:04:55.14	28:32	0.3mph	22:09:24.78
Lap 53 (47.0 miles)	00:19:59.67	22:32	2.7mph	22:29:24.45
Lap 54 (47.9 miles)	00:19:39.70	22:10	2.7mph	22:49:04.14
Lap 55 (48.8 miles)	00:20:33.78	23:11	2.6mph	23:09:37.91

MICHELLE REGN

HONOLULU, HI

RUNNER

98

Laps: 50

44.3 J/A

23:52:35.95

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:15:08.62	17:04	3.5mph	00:15:08.62
Lap 2 (1.8 miles)	00:14:59.99	16:54	3.5mph	00:30:08.61
Lap 3 (2.7 miles)	00:14:53.88	16:48	3.6mph	00:45:02.49
Lap 4 (3.5 miles)	00:13:58.12	15:45	3.8mph	00:59:00.60
Lap 5 (4.4 miles)	00:15:14.60	17:11	3.5mph	01:14:15.20
Lap 6 (5.3 miles)	00:14:20.68	16:10	3.7mph	01:28:35.87
Lap 7 (6.2 miles)	00:19:20.06	21:48	2.8mph	01:47:55.93
Lap 8 (7.1 miles)	00:15:27.89	17:26	3.4mph	02:03:23.82
Lap 9 (8.0 miles)	00:13:56.28	15:43	3.8mph	02:17:20.09
Lap 10 (8.9 miles)	00:13:32.19	15:15	3.9mph	02:30:52.27
Lap 11 (9.8 miles)	00:14:16.93	16:06	3.7mph	02:45:09.20
Lap 12 (10.6 miles)	00:13:46.62	15:32	3.9mph	02:58:55.81
Lap 13 (11.5 miles)	00:39:34.29	44:37	1.3mph	03:38:30.10
Lap 14 (12.4 miles)	00:12:01.22	13:33	4.4mph	03:50:31.32
Lap 15 (13.3 miles)	00:13:11.98	14:53	4.0mph	04:03:43.29
Lap 16 (14.2 miles)	00:13:10.13	14:51	4.0mph	04:16:53.42
Lap 17 (15.1 miles)	00:14:08.92	15:57	3.8mph	04:31:02.33
Lap 18 (16.0 miles)	00:17:01.21	19:11	3.1mph	04:48:03.54
Lap 19 (16.8 miles)	00:15:48.65	17:49	3.4mph	05:03:52.18
Lap 20 (17.7 miles)	00:14:19.56	16:09	3.7mph	05:18:11.74
Lap 21 (18.6 miles)	00:16:55.82	19:05	3.1mph	05:35:07.56
Lap 22 (19.5 miles)	00:15:44.51	17:45	3.4mph	05:50:52.06
Lap 23 (20.4 miles)	00:16:08.48	18:12	3.3mph	06:07:00.53
Lap 24 (21.3 miles)	00:45:29.89	51:18	1.2mph	06:52:30.42
Lap 25 (22.2 miles)	00:15:46.19	17:47	3.4mph	07:08:16.60
Lap 26 (23.1 miles)	00:14:25.23	16:15	3.7mph	07:22:41.83
Lap 27 (23.9 miles)	00:22:25.55	25:17	2.4mph	07:45:07.38
Lap 28 (24.8 miles)	00:17:52.37	20:09	3.0mph	08:02:59.74
Lap 29 (25.7 miles)	00:47:20.84	53:23	1.1mph	08:50:20.57
Lap 30 (26.6 miles)	00:16:42.02	18:50	3.2mph	09:07:02.59
Lap 31 (27.5 miles)	00:16:55.98	19:05	3.1mph	09:23:58.56
Lap 32 (28.4 miles)	00:16:06.39	18:09	3.3mph	09:40:04.94
Lap 33 (29.3 miles)	00:16:06.94	18:10	3.3mph	09:56:11.88
Lap 34 (30.1 miles)	00:15:33.38	17:32	3.4mph	10:11:45.25

Lap 35 (31.0 miles)	00:15:35.85	17:35	3.4mph	10:27:21.09
Lap 36 (31.9 miles)	00:17:24.75	19:38	3.1mph	10:44:45.84
Lap 37 (32.8 miles)	01:19:33.64	29:43	0.7mph	12:04:19.47
Lap 38 (33.7 miles)	00:22:39.40	25:33	2.3mph	12:26:58.87
Lap 39 (34.6 miles)	00:20:28.39	23:05	2.6mph	12:47:27.26
Lap 40 (35.5 miles)	08:26:47.06	31:32	0.1mph	21:14:14.32
Lap 41 (36.4 miles)	00:16:40.66	18:48	3.2mph	21:30:54.97
Lap 42 (37.2 miles)	00:17:04.56	19:15	3.1mph	21:47:59.52
Lap 43 (38.1 miles)	00:15:50.39	17:51	3.4mph	22:03:49.91
Lap 44 (39.0 miles)	00:15:42.42	17:42	3.4mph	22:19:32.33
Lap 45 (39.9 miles)	00:15:50.88	17:52	3.4mph	22:35:23.21
Lap 46 (40.8 miles)	00:16:08.27	18:11	3.3mph	22:51:31.47
Lap 47 (41.7 miles)	00:15:47.62	17:48	3.4mph	23:07:19.09
Lap 48 (42.6 miles)	00:15:35.20	17:34	3.4mph	23:22:54.29
Lap 49 (43.4 miles)	00:15:24.31	17:22	3.5mph	23:38:18.59
Lap 50 (44.3 miles)	00:14:17.36	16:06	3.7mph	23:52:35.95

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RYAN STAFFORD      PELHAM, AL      M: 13      RUNNER      151      Laps: 44      39 J/      Overall Male Runner: 13  
12:16:17.98

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:09:28.59	10:41	5.6mph	00:09:28.59
Lap 2 (1.8 miles)	00:09:12.43	10:23	5.8mph	00:18:41.02
Lap 3 (2.7 miles)	00:09:10.89	10:21	5.8mph	00:27:51.91
Lap 4 (3.5 miles)	00:09:05.58	10:15	5.9mph	00:36:57.48
Lap 5 (4.4 miles)	00:10:03.21	11:20	5.3mph	00:47:00.68
Lap 6 (5.3 miles)	00:11:40.07	13:09	4.6mph	00:58:40.75
Lap 7 (6.2 miles)	00:09:36.05	10:49	5.5mph	01:08:16.79
Lap 8 (7.1 miles)	00:10:29.59	11:50	5.1mph	01:18:46.38
Lap 9 (8.0 miles)	00:09:36.86	10:50	5.5mph	01:28:23.23
Lap 10 (8.9 miles)	00:12:53.35	14:32	4.1mph	01:41:16.57
Lap 11 (9.8 miles)	00:10:15.99	11:34	5.2mph	01:51:32.56
Lap 12 (10.6 miles)	00:10:26.19	11:46	5.1mph	02:01:58.74
Lap 13 (11.5 miles)	00:11:06.74	12:31	4.8mph	02:13:05.48
Lap 14 (12.4 miles)	00:21:01.09	23:42	2.5mph	02:34:06.57
Lap 15 (13.3 miles)	00:14:01.95	15:49	3.8mph	02:48:08.52
Lap 16 (14.2 miles)	00:10:53.16	12:16	4.9mph	02:59:01.68
Lap 17 (15.1 miles)	00:16:39.28	18:46	3.2mph	03:15:40.95
Lap 18 (16.0 miles)	00:14:08.77	15:57	3.8mph	03:29:49.71
Lap 19 (16.8 miles)	00:13:40.78	15:25	3.9mph	03:43:30.49
Lap 20 (17.7 miles)	00:13:42.98	15:28	3.9mph	03:57:13.46
Lap 21 (18.6 miles)	00:15:44.22	17:44	3.4mph	04:12:57.67
Lap 22 (19.5 miles)	00:16:55.06	19:04	3.1mph	04:29:52.72
Lap 23 (20.4 miles)	00:15:23.77	17:21	3.5mph	04:45:16.49
Lap 24 (21.3 miles)	00:13:52.51	15:38	3.8mph	04:59:08.99
Lap 25 (22.2 miles)	00:17:43.64	19:59	3.0mph	05:16:52.63
Lap 26 (23.1 miles)	00:20:52.39	23:32	2.5mph	05:37:45.01
Lap 27 (23.9 miles)	00:15:09.59	17:05	3.5mph	05:52:54.60
Lap 28 (24.8 miles)	00:21:15.90	23:58	2.5mph	06:14:10.50
Lap 29 (25.7 miles)	00:42:27.10	47:52	1.3mph	06:56:37.59
Lap 30 (26.6 miles)	00:14:52.85	16:46	3.6mph	07:11:30.44
Lap 31 (27.5 miles)	00:14:52.09	16:46	3.6mph	07:26:22.53
Lap 32 (28.4 miles)	00:16:15.49	18:20	3.3mph	07:42:38.02
Lap 33 (29.3 miles)	00:17:04.50	19:15	3.1mph	07:59:42.51
Lap 34 (30.1 miles)	00:17:26.71	19:40	3.0mph	08:17:09.21

Lap 35 (31.0 miles)	00:19:23.84	21:52	2.7mph	08:36:33.05
Lap 36 (31.9 miles)	00:18:22.79	20:43	2.9mph	08:54:55.83
Lap 37 (32.8 miles)	00:20:04.58	22:38	2.6mph	09:15:00.41
Lap 38 (33.7 miles)	00:48:18.74	54:29	1.1mph	10:03:19.15
Lap 39 (34.6 miles)	00:19:27.26	21:56	2.7mph	10:22:46.40
Lap 40 (35.5 miles)	00:19:42.86	22:13	2.7mph	10:42:29.25
Lap 41 (36.4 miles)	00:19:42.86	22:13	2.7mph	11:02:12.11
Lap 42 (37.2 miles)	00:20:48.18	23:27	2.6mph	11:23:00.28
Lap 43 (38.1 miles)	00:37:13.87	41:59	1.4mph	12:00:14.15
Lap 44 (39.0 miles)	00:16:03.84	18:06	3.3mph	12:16:17.98

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EDMUND LOY      HONOLULU, HI      M: 14      RUNNER      115      Laps: 40      35.5 ↓/      Overall Male Runner: 14  
21:24:23.26

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:19:50.80	22:22	2.7mph	00:19:50.80
Lap 2 (1.8 miles)	00:20:41.03	23:19	2.6mph	00:40:31.82
Lap 3 (2.7 miles)	00:20:39.71	23:18	2.6mph	01:01:11.53
Lap 4 (3.5 miles)	00:19:10.69	21:37	2.8mph	01:20:22.22
Lap 5 (4.4 miles)	00:20:59.20	23:40	2.5mph	01:41:21.41
Lap 6 (5.3 miles)	00:20:08.93	22:43	2.6mph	02:01:30.33
Lap 7 (6.2 miles)	00:20:02.99	22:36	2.7mph	02:21:33.32
Lap 8 (7.1 miles)	00:19:47.31	22:19	2.7mph	02:41:20.62
Lap 9 (8.0 miles)	00:20:46.64	23:25	2.6mph	03:02:07.26
Lap 10 (8.9 miles)	00:20:29.16	23:06	2.6mph	03:22:36.41
Lap 11 (9.8 miles)	00:18:41.28	21:04	2.8mph	03:41:17.69
Lap 12 (10.6 miles)	00:21:16.24	23:59	2.5mph	04:02:33.93
Lap 13 (11.5 miles)	00:22:27.60	25:19	2.4mph	04:25:01.53
Lap 14 (12.4 miles)	00:22:41.43	25:35	2.3mph	04:47:42.95
Lap 15 (13.3 miles)	00:22:59.52	25:55	2.3mph	05:10:42.47
Lap 16 (14.2 miles)	00:19:13.54	21:40	2.8mph	05:29:56.01
Lap 17 (15.1 miles)	00:18:58.16	21:23	2.8mph	05:48:54.16
Lap 18 (16.0 miles)	00:27:15.12	30:44	2.0mph	06:16:09.27
Lap 19 (16.8 miles)	00:33:52.39	38:12	1.6mph	06:50:01.66
Lap 20 (17.7 miles)	00:17:51.21	20:08	3.0mph	07:07:52.86
Lap 21 (18.6 miles)	00:18:49.36	21:13	2.8mph	07:26:42.22
Lap 22 (19.5 miles)	00:17:58.41	20:16	3.0mph	07:44:40.63
Lap 23 (20.4 miles)	00:29:56.72	33:46	1.8mph	08:14:37.34
Lap 24 (21.3 miles)	00:19:30.18	21:59	2.7mph	08:34:07.52
Lap 25 (22.2 miles)	00:21:37.07	24:22	2.5mph	08:55:44.59
Lap 26 (23.1 miles)	00:26:15.59	29:36	2.0mph	09:22:00.17
Lap 27 (23.9 miles)	00:21:27.51	24:12	2.5mph	09:43:27.68
Lap 28 (24.8 miles)	00:22:48.01	25:42	2.3mph	10:06:15.68
Lap 29 (25.7 miles)	00:28:30.89	32:09	1.9mph	10:34:46.56
Lap 30 (26.6 miles)	00:37:22.40	42:08	1.4mph	11:12:08.96
Lap 31 (27.5 miles)	00:19:10.76	21:37	2.8mph	11:31:19.72
Lap 32 (28.4 miles)	00:28:53.14	32:34	1.8mph	12:00:12.86
Lap 33 (29.3 miles)	00:26:54.30	30:20	2.0mph	12:27:07.15
Lap 34 (30.1 miles)	00:29:23.69	33:09	1.8mph	12:56:30.83
Lap 35 (31.0 miles)	00:34:19.26	38:42	1.6mph	13:30:50.08
Lap 36 (31.9 miles)	01:43:32.09	56:45	0.5mph	15:14:22.17
Lap 37 (32.8 miles)	00:52:26.22	59:08	1.0mph	16:06:48.39
Lap 38 (33.7 miles)	04:24:50.01	58:40	0.2mph	20:31:38.39
Lap 39 (34.6 miles)	00:27:26.29	30:56	1.9mph	20:59:04.68
Lap 40 (35.5 miles)	00:25:18.59	28:32	2.1mph	21:24:23.26

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JASON PRIECKO      BIRMINGHAM, AL      M: 15      RUNNER      118      Laps: 37      32.8 ↓/,      Overall Male Runner: 15

23:16:10.59

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:11:19.66	12:46	4.7mph	00:11:19.66
Lap 2 (1.8 miles)	00:12:28.76	14:04	4.3mph	00:23:48.41
Lap 3 (2.7 miles)	00:13:05.30	14:45	4.1mph	00:36:53.70
Lap 4 (3.5 miles)	00:14:13.58	16:02	3.7mph	00:51:07.27
Lap 5 (4.4 miles)	00:15:07.34	17:03	3.5mph	01:06:14.61
Lap 6 (5.3 miles)	00:15:12.17	17:08	3.5mph	01:21:26.77
Lap 7 (6.2 miles)	00:16:31.14	18:37	3.2mph	01:37:57.91
Lap 8 (7.1 miles)	00:18:53.44	21:18	2.8mph	01:56:51.34
Lap 9 (8.0 miles)	00:17:36.14	19:51	3.0mph	02:14:27.48
Lap 10 (8.9 miles)	00:15:54.43	17:56	3.3mph	02:30:21.90
Lap 11 (9.8 miles)	00:18:07.02	20:25	2.9mph	02:48:28.92
Lap 12 (10.6 miles)	00:23:23.33	26:22	2.3mph	03:11:52.24
Lap 13 (11.5 miles)	00:32:33.37	36:42	1.6mph	03:44:25.61
Lap 14 (12.4 miles)	00:18:36.06	20:58	2.9mph	04:03:01.67
Lap 15 (13.3 miles)	00:18:14.04	20:33	2.9mph	04:21:15.71
Lap 16 (14.2 miles)	00:17:14.85	19:27	3.1mph	04:38:30.56
Lap 17 (15.1 miles)	00:17:59.20	20:17	3.0mph	04:56:29.75
Lap 18 (16.0 miles)	00:54:28.95	01:26	1.0mph	05:50:58.70
Lap 19 (16.8 miles)	00:18:07.79	20:26	2.9mph	06:09:06.48
Lap 20 (17.7 miles)	00:18:02.78	20:21	2.9mph	06:27:09.26
Lap 21 (18.6 miles)	00:17:54.74	20:12	3.0mph	06:45:03.99
Lap 22 (19.5 miles)	00:18:01.97	20:20	3.0mph	07:03:05.95
Lap 23 (20.4 miles)	01:33:40.04	45:38	0.6mph	08:36:45.99
Lap 24 (21.3 miles)	00:17:27.72	19:41	3.0mph	08:54:13.70
Lap 25 (22.2 miles)	00:21:30.61	24:15	2.5mph	09:15:44.31
Lap 26 (23.1 miles)	00:36:21.17	40:59	1.5mph	09:52:05.47
Lap 27 (23.9 miles)	00:17:10.53	19:22	3.1mph	10:09:16.00
Lap 28 (24.8 miles)	00:18:06.63	20:25	2.9mph	10:27:22.62
Lap 29 (25.7 miles)	00:47:25.30	53:28	1.1mph	11:14:47.92
Lap 30 (26.6 miles)	00:36:22.28	41:01	1.5mph	11:51:10.19
Lap 31 (27.5 miles)	00:20:10.48	22:45	2.6mph	12:11:20.67
Lap 32 (28.4 miles)	00:22:40.38	25:34	2.3mph	12:34:01.04
Lap 33 (29.3 miles)	00:45:20.14	51:07	1.2mph	13:19:21.18
Lap 34 (30.1 miles)	00:50:54.50	57:24	1.0mph	14:10:15.67
Lap 35 (31.0 miles)	00:20:05.95	22:40	2.6mph	14:30:21.62
Lap 36 (31.9 miles)	07:31:01.22	28:39	0.1mph	22:01:22.83
Lap 37 (32.8 miles)	01:14:47.76	24:21	0.7mph	23:16:10.59

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BROCK HARDY      HOOVER, AL      M: 16      RUNNER      109      Laps: 36      31.9 ↓/,      Overall Male Runner: 16

22:06:36.87

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:09:37.81	10:51	5.5mph	00:09:37.81
Lap 2 (1.8 miles)	00:09:38.09	10:51	5.5mph	00:19:15.90
Lap 3 (2.7 miles)	00:09:26.56	10:38	5.6mph	00:28:42.46
Lap 4 (3.5 miles)	00:09:48.22	11:03	5.4mph	00:38:30.67
Lap 5 (4.4 miles)	00:31:33.13	35:35	1.7mph	01:10:03.79
Lap 6 (5.3 miles)	00:09:40.78	10:54	5.5mph	01:19:44.57
Lap 7 (6.2 miles)	00:09:50.72	11:06	5.4mph	01:29:35.29
Lap 8 (7.1 miles)	00:10:08.44	11:26	5.2mph	01:39:43.73

Lap 9 (8.0 miles)	00:12:29.20	14:04	4.3mph	01:52:12.92
Lap 10 (8.9 miles)	00:27:37.83	31:09	1.9mph	02:19:50.74
Lap 11 (9.8 miles)	00:10:27.11	11:47	5.1mph	02:30:17.84
Lap 12 (10.6 miles)	00:23:15.30	26:13	2.3mph	02:53:33.13
Lap 13 (11.5 miles)	00:25:12.93	28:26	2.1mph	03:18:46.06
Lap 14 (12.4 miles)	00:11:09.76	12:35	4.8mph	03:29:55.82
Lap 15 (13.3 miles)	00:46:52.45	52:51	1.1mph	04:16:48.26
Lap 16 (14.2 miles)	00:12:04.64	13:37	4.4mph	04:28:52.90
Lap 17 (15.1 miles)	00:11:47.54	13:17	4.5mph	04:40:40.43
Lap 18 (16.0 miles)	00:29:19.49	33:04	1.8mph	05:09:59.92
Lap 19 (16.8 miles)	00:16:20.84	18:26	3.3mph	05:26:20.75
Lap 20 (17.7 miles)	00:33:16.16	37:31	1.6mph	05:59:36.90
Lap 21 (18.6 miles)	00:15:53.14	17:54	3.3mph	06:15:30.03
Lap 22 (19.5 miles)	00:16:05.17	18:08	3.3mph	06:31:35.20
Lap 23 (20.4 miles)	00:17:10.01	19:21	3.1mph	06:48:45.20
Lap 24 (21.3 miles)	00:18:00.53	20:18	3.0mph	07:06:45.73
Lap 25 (22.2 miles)	00:20:35.85	23:13	2.6mph	07:27:21.58
Lap 26 (23.1 miles)	01:10:03.63	19:00	0.8mph	08:37:25.20
Lap 27 (23.9 miles)	00:24:22.69	27:29	2.2mph	09:01:47.89
Lap 28 (24.8 miles)	00:23:55.60	26:59	2.2mph	09:25:43.48
Lap 29 (25.7 miles)	01:17:11.35	27:03	0.7mph	10:42:54.83
Lap 30 (26.6 miles)	00:18:12.74	20:32	2.9mph	11:01:07.56
Lap 31 (27.5 miles)	00:18:10.86	20:30	2.9mph	11:19:18.42
Lap 32 (28.4 miles)	01:40:29.64	53:20	0.5mph	12:59:48.05
Lap 33 (29.3 miles)	00:06:17.39	07:05	8.5mph	13:06:05.44
Lap 34 (30.1 miles)	02:47:59.36	09:27	0.3mph	15:54:04.80
Lap 35 (31.0 miles)	00:39:18.04	44:19	1.4mph	16:33:22.83
Lap 36 (31.9 miles)	05:33:14.05	15:48	0.2mph	22:06:36.87

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LOGAN BREHM      TUSCALOOSA, AL    M: 17    RUNNER    103    Laps: 33    29.3 J/,    Overall Male Runner: 17  
13:14:56.93

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:13:48.08	15:33	3.9mph	00:13:48.08
Lap 2 (1.8 miles)	00:15:40.06	17:40	3.4mph	00:29:28.13
Lap 3 (2.7 miles)	00:15:23.23	17:21	3.5mph	00:44:51.35
Lap 4 (3.5 miles)	00:19:01.02	21:26	2.8mph	01:03:52.37
Lap 5 (4.4 miles)	00:15:47.29	17:48	3.4mph	01:19:39.65
Lap 6 (5.3 miles)	00:15:31.55	17:30	3.4mph	01:35:11.20
Lap 7 (6.2 miles)	00:17:34.17	19:48	3.0mph	01:52:45.36
Lap 8 (7.1 miles)	00:16:42.11	18:50	3.2mph	02:09:27.46
Lap 9 (8.0 miles)	00:15:49.44	17:50	3.4mph	02:25:16.90
Lap 10 (8.9 miles)	00:27:43.02	31:15	1.9mph	02:52:59.92
Lap 11 (9.8 miles)	00:16:58.91	19:09	3.1mph	03:09:58.82
Lap 12 (10.6 miles)	00:19:43.36	22:14	2.7mph	03:29:42.18
Lap 13 (11.5 miles)	00:17:40.05	19:55	3.0mph	03:47:22.22
Lap 14 (12.4 miles)	00:17:33.18	19:47	3.0mph	04:04:55.40
Lap 15 (13.3 miles)	00:16:49.27	18:58	3.2mph	04:21:44.67
Lap 16 (14.2 miles)	00:17:33.18	19:47	3.0mph	04:39:17.84
Lap 17 (15.1 miles)	00:26:39.08	30:03	2.0mph	05:05:56.92
Lap 18 (16.0 miles)	00:17:00.89	19:11	3.1mph	05:22:57.81
Lap 19 (16.8 miles)	00:17:52.82	20:09	3.0mph	05:40:50.62
Lap 20 (17.7 miles)	00:28:50.15	32:31	1.8mph	06:09:40.77
Lap 21 (18.6 miles)	00:21:54.31	24:42	2.4mph	06:31:35.08
Lap 22 (19.5 miles)	00:17:34.37	19:49	3.0mph	06:49:09.45

Lap 23 (20.4 miles)	00:48:01.82	54:10	1.1mph	07:37:11.27
Lap 24 (21.3 miles)	00:23:34.84	26:35	2.3mph	08:00:46.11
Lap 25 (22.2 miles)	01:16:06.69	25:50	0.7mph	09:16:52.79
Lap 26 (23.1 miles)	00:17:32.25	19:46	3.0mph	09:34:25.03
Lap 27 (23.9 miles)	00:22:26.88	25:18	2.4mph	09:56:51.91
Lap 28 (24.8 miles)	00:25:50.00	29:08	2.1mph	10:22:41.90
Lap 29 (25.7 miles)	00:20:15.49	22:50	2.6mph	10:42:57.39
Lap 30 (26.6 miles)	01:12:11.27	21:24	0.7mph	11:55:08.65
Lap 31 (27.5 miles)	00:28:47.74	32:28	1.8mph	12:23:56.39
Lap 32 (28.4 miles)	00:25:54.48	29:13	2.1mph	12:49:50.86
Lap 33 (29.3 miles)	00:25:06.07	28:18	2.1mph	13:14:56.93

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AMELIA HAYDEN      BIRMINGHAM, AL      F: 3      RUNNER      122      Laps: 31      27.5 J/, Overall Female Runner: 3  
23:59:16.79

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:09:07.10	10:17	5.8mph	00:09:07.10
Lap 2 (1.8 miles)	00:20:36.19	23:14	2.6mph	00:29:43.28
Lap 3 (2.7 miles)	00:53:50.81	00:43	1.0mph	01:23:34.09
Lap 4 (3.5 miles)	00:25:36.16	28:52	2.1mph	01:49:10.25
Lap 5 (4.4 miles)	00:22:46.90	25:41	2.3mph	02:11:57.15
Lap 6 (5.3 miles)	00:47:11.48	53:13	1.1mph	02:59:08.62
Lap 7 (6.2 miles)	00:58:51.69	06:22	0.9mph	03:58:00.30
Lap 8 (7.1 miles)	00:35:02.46	39:31	1.5mph	04:33:02.76
Lap 9 (8.0 miles)	00:24:22.75	27:29	2.2mph	04:57:25.50
Lap 10 (8.9 miles)	00:49:19.96	55:38	1.1mph	05:46:45.45
Lap 11 (9.8 miles)	01:34:18.56	46:21	0.6mph	07:21:04.01
Lap 12 (10.6 miles)	00:14:13.70	16:02	3.7mph	07:35:17.70
Lap 13 (11.5 miles)	00:29:53.93	33:43	1.8mph	08:05:11.62
Lap 14 (12.4 miles)	00:13:35.01	15:19	3.9mph	08:18:46.62
Lap 15 (13.3 miles)	00:17:23.85	19:37	3.1mph	08:36:10.47
Lap 16 (14.2 miles)	01:03:22.27	11:28	0.8mph	09:39:32.73
Lap 17 (15.1 miles)	00:20:28.95	23:05	2.6mph	10:00:01.67
Lap 18 (16.0 miles)	00:18:10.39	20:29	2.9mph	10:18:12.06
Lap 19 (16.8 miles)	00:24:22.99	27:29	2.2mph	10:42:35.05
Lap 20 (17.7 miles)	00:16:12.86	18:17	3.3mph	10:58:47.90
Lap 21 (18.6 miles)	00:18:53.58	21:18	2.8mph	11:17:41.48
Lap 22 (19.5 miles)	09:18:08.42	29:27	0.1mph	20:35:49.89
Lap 23 (20.4 miles)	00:26:45.58	30:10	2.0mph	21:02:35.47
Lap 24 (21.3 miles)	00:21:05.68	23:47	2.5mph	21:23:41.15
Lap 25 (22.2 miles)	00:20:46.42	23:25	2.6mph	21:44:27.57
Lap 26 (23.1 miles)	00:23:14.61	26:12	2.3mph	22:07:42.17
Lap 27 (23.9 miles)	00:25:21.45	28:35	2.1mph	22:33:03.62
Lap 28 (24.8 miles)	00:29:27.85	33:13	1.8mph	23:02:31.46
Lap 29 (25.7 miles)	00:21:14.79	23:57	2.5mph	23:23:46.25
Lap 30 (26.6 miles)	00:22:39.20	25:32	2.3mph	23:46:25.45
Lap 31 (27.5 miles)	00:12:51.35	14:29	4.1mph	23:59:16.79

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OLIVIA HAYDEN      BIRMINGHAM, AL      F: 4      RUNNER      123      Laps: 24      21.3 J/, Overall Female Runner: 4  
23:46:30.20

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:09:24.91	10:37	5.7mph	00:09:24.91
Lap 2 (1.8 miles)	00:21:29.31	24:14	2.5mph	00:30:54.22
Lap 3 (2.7 miles)	01:18:24.02	28:25	0.7mph	01:49:18.23

Lap 4 (3.5 miles)	02:37:22.93	57:29	0.3mph	04:26:41.16
Lap 5 (4.4 miles)	01:25:20.67	36:14	0.6mph	05:52:01.82
Lap 6 (5.3 miles)	00:07:12.63	08:07	7.4mph	05:59:14.45
Lap 7 (6.2 miles)	00:17:45.69	20:01	3.0mph	06:17:00.14
Lap 8 (7.1 miles)	01:00:01.68	07:41	0.9mph	07:17:01.81
Lap 9 (8.0 miles)	00:17:13.72	19:25	3.1mph	07:34:15.52
Lap 10 (8.9 miles)	00:30:21.79	34:14	1.8mph	08:04:37.31
Lap 11 (9.8 miles)	00:14:08.62	15:57	3.8mph	08:18:45.92
Lap 12 (10.6 miles)	00:17:23.74	19:37	3.1mph	08:36:09.66
Lap 13 (11.5 miles)	00:21:34.21	24:19	2.5mph	08:57:43.86
Lap 14 (12.4 miles)	00:31:07.13	35:05	1.7mph	09:28:50.99
Lap 15 (13.3 miles)	00:49:09.46	55:26	1.1mph	10:18:00.44
Lap 16 (14.2 miles)	00:18:28.42	20:50	2.9mph	10:36:28.86
Lap 17 (15.1 miles)	10:03:28.93	20:35	0.1mph	20:39:57.79
Lap 18 (16.0 miles)	00:18:54.67	21:19	2.8mph	20:58:52.46
Lap 19 (16.8 miles)	00:23:17.62	26:16	2.3mph	21:22:10.07
Lap 20 (17.7 miles)	00:17:56.67	20:14	3.0mph	21:40:06.74
Lap 21 (18.6 miles)	00:20:21.75	22:57	2.6mph	22:00:28.48
Lap 22 (19.5 miles)	01:08:57.22	17:45	0.8mph	23:09:25.69
Lap 23 (20.4 miles)	00:15:11.36	17:07	3.5mph	23:24:37.04
Lap 24 (21.3 miles)	00:21:53.16	24:40	2.4mph	23:46:30.20























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