

Endless Mile 12 Hour

Name	Hometown	Gender	Type	Bib #	Time	Miles	Division Rank
BRYAN BECKER	VESTAVIA, AL	M: 1	RUNNER	136	Laps: 62 11:53:12.37	55	Overall Male Runner: 1

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:09:31.70	10:44	5.6mph	00:09:31.70
Lap 2 (1.8 miles)	00:09:32.29	10:45	5.6mph	00:19:03.99
Lap 3 (2.7 miles)	00:09:45.96	11:00	5.4mph	00:28:49.94
Lap 4 (3.5 miles)	00:10:06.15	11:23	5.3mph	00:38:56.09
Lap 5 (4.4 miles)	00:10:10.60	11:28	5.2mph	00:49:06.68
Lap 6 (5.3 miles)	00:09:49.12	11:04	5.4mph	00:58:55.80
Lap 7 (6.2 miles)	00:09:28.60	10:41	5.6mph	01:08:24.40
Lap 8 (7.1 miles)	00:11:16.45	12:42	4.7mph	01:19:40.85
Lap 9 (8.0 miles)	00:09:36.13	10:49	5.5mph	01:29:16.98
Lap 10 (8.9 miles)	00:09:13.50	10:24	5.8mph	01:38:30.47
Lap 11 (9.8 miles)	00:11:15.18	12:41	4.7mph	01:49:45.65
Lap 12 (10.6 miles)	00:09:37.05	10:50	5.5mph	01:59:22.69
Lap 13 (11.5 miles)	00:13:27.45	15:10	4.0mph	02:12:50.14
Lap 14 (12.4 miles)	00:10:08.41	11:26	5.2mph	02:22:58.54
Lap 15 (13.3 miles)	00:10:00.28	11:16	5.3mph	02:32:58.82
Lap 16 (14.2 miles)	00:14:52.65	16:46	3.6mph	02:47:51.47
Lap 17 (15.1 miles)	00:13:44.31	15:29	3.9mph	03:01:35.78
Lap 18 (16.0 miles)	00:13:46.42	15:32	3.9mph	03:15:22.19
Lap 19 (16.8 miles)	00:09:39.52	10:53	5.5mph	03:25:01.71
Lap 20 (17.7 miles)	00:09:59.13	11:15	5.3mph	03:35:00.83
Lap 21 (18.6 miles)	00:13:51.93	15:38	3.8mph	03:48:52.76
Lap 22 (19.5 miles)	00:13:06.35	14:46	4.1mph	04:01:59.10
Lap 23 (20.4 miles)	00:11:56.71	13:28	4.5mph	04:13:55.81
Lap 24 (21.3 miles)	00:13:57.72	15:44	3.8mph	04:27:53.53
Lap 25 (22.2 miles)	00:09:11.58	10:22	5.8mph	04:37:05.11
Lap 26 (23.1 miles)	00:13:56.51	15:43	3.8mph	04:51:01.61
Lap 27 (23.9 miles)	00:16:13.34	18:17	3.3mph	05:07:14.95
Lap 28 (24.8 miles)	00:11:14.96	12:41	4.7mph	05:18:29.90
Lap 29 (25.7 miles)	00:09:15.40	10:26	5.7mph	05:27:45.30
Lap 30 (26.6 miles)	00:11:52.44	13:23	4.5mph	05:39:37.74
Lap 31 (27.5 miles)	00:12:12.66	13:46	4.4mph	05:51:50.40
Lap 32 (28.4 miles)	00:11:33.29	13:01	4.6mph	06:03:23.68
Lap 33 (29.3 miles)	00:11:30.70	12:58	4.6mph	06:14:54.37
Lap 34 (30.1 miles)	00:13:23.40	15:06	4.0mph	06:28:17.77
Lap 35 (31.0 miles)	00:15:27.01	17:25	3.4mph	06:43:44.78
Lap 36 (31.9 miles)	00:10:15.10	11:33	5.2mph	06:53:59.88
Lap 37 (32.8 miles)	00:11:25.18	12:52	4.7mph	07:05:25.06
Lap 38 (33.7 miles)	00:13:57.91	15:44	3.8mph	07:19:22.96
Lap 39 (34.6 miles)	00:13:54.15	15:40	3.8mph	07:33:17.11
Lap 40 (35.5 miles)	00:09:14.29	10:25	5.8mph	07:42:31.40
Lap 41 (36.4 miles)	00:09:43.04	10:57	5.5mph	07:52:14.43
Lap 42 (37.2 miles)	00:16:12.18	18:16	3.3mph	08:08:26.61
Lap 43 (38.1 miles)	00:11:49.54	13:20	4.5mph	08:20:16.14
Lap 44 (39.0 miles)	00:10:38.12	11:59	5.0mph	08:30:54.26
Lap 45 (39.9 miles)	00:12:55.98	14:35	4.1mph	08:43:50.24
Lap 46 (40.8 miles)	00:10:16.89	11:35	5.2mph	08:54:07.12
Lap 47 (41.7 miles)	00:16:55.50	19:05	3.1mph	09:11:02.62
Lap 48 (42.6 miles)	00:11:03.10	12:27	4.8mph	09:22:05.72
Lap 49 (43.4 miles)	00:10:48.33	12:11	4.9mph	09:32:54.04
Lap 50 (44.3 miles)	00:13:20.79	15:03	4.0mph	09:46:14.82

Lap 51 (45.2 miles)	00:12:06.85	13:39	4.4mph	09:58:21.67
Lap 52 (46.1 miles)	00:09:45.94	11:00	5.4mph	10:08:07.61
Lap 53 (47.0 miles)	00:10:11.48	11:29	5.2mph	10:18:19.08
Lap 54 (47.9 miles)	00:09:51.95	11:07	5.4mph	10:28:11.03
Lap 55 (48.8 miles)	00:10:31.47	11:52	5.1mph	10:38:42.49
Lap 56 (49.7 miles)	00:13:33.35	15:17	3.9mph	10:52:15.84
Lap 57 (50.5 miles)	00:10:23.00	11:42	5.1mph	11:02:38.83
Lap 58 (51.4 miles)	00:09:28.44	10:41	5.6mph	11:12:07.27
Lap 59 (52.3 miles)	00:11:02.85	12:27	4.8mph	11:23:10.11
Lap 60 (53.2 miles)	00:10:00.06	11:16	5.3mph	11:33:10.17
Lap 61 (54.1 miles)	00:09:45.46	11:00	5.5mph	11:42:55.62
Lap 62 (55.0 miles)	00:10:16.76	11:35	5.2mph	11:53:12.37

ALAN WINFIELD SARALAND, AL M: 2 RUNNER 155 Laps: 61 54.1 N/A Overall Male Runner: 2
11:53:51.26

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:09:18.25	10:29	5.7mph	00:09:18.25
Lap 2 (1.8 miles)	00:09:24.66	10:36	5.7mph	00:18:42.90
Lap 3 (2.7 miles)	00:09:37.87	10:51	5.5mph	00:28:20.76
Lap 4 (3.5 miles)	00:09:53.31	11:09	5.4mph	00:38:14.07
Lap 5 (4.4 miles)	00:09:57.50	11:13	5.3mph	00:48:11.57
Lap 6 (5.3 miles)	00:09:51.76	11:07	5.4mph	00:58:03.32
Lap 7 (6.2 miles)	00:10:26.75	11:46	5.1mph	01:08:30.07
Lap 8 (7.1 miles)	00:10:09.50	11:27	5.2mph	01:18:39.56
Lap 9 (8.0 miles)	00:10:20.19	11:39	5.1mph	01:28:59.75
Lap 10 (8.9 miles)	00:10:24.74	11:44	5.1mph	01:39:24.48
Lap 11 (9.8 miles)	00:10:26.43	11:46	5.1mph	01:49:50.90
Lap 12 (10.6 miles)	00:10:29.49	11:49	5.1mph	02:00:20.39
Lap 13 (11.5 miles)	00:11:24.13	12:51	4.7mph	02:11:44.51
Lap 14 (12.4 miles)	00:10:24.82	11:44	5.1mph	02:22:09.33
Lap 15 (13.3 miles)	00:10:51.31	12:14	4.9mph	02:33:00.64
Lap 16 (14.2 miles)	00:10:41.42	12:03	5.0mph	02:43:42.06
Lap 17 (15.1 miles)	00:10:43.63	12:05	5.0mph	02:54:25.68
Lap 18 (16.0 miles)	00:10:37.96	11:59	5.0mph	03:05:03.64
Lap 19 (16.8 miles)	00:12:42.11	14:19	4.2mph	03:17:45.75
Lap 20 (17.7 miles)	00:11:52.19	13:23	4.5mph	03:29:37.93
Lap 21 (18.6 miles)	00:10:40.87	12:02	5.0mph	03:40:18.80
Lap 22 (19.5 miles)	00:11:01.31	12:25	4.8mph	03:51:20.10
Lap 23 (20.4 miles)	00:11:13.50	12:39	4.7mph	04:02:33.60
Lap 24 (21.3 miles)	00:11:35.77	13:04	4.6mph	04:14:09.36
Lap 25 (22.2 miles)	00:10:56.89	12:20	4.9mph	04:25:06.25
Lap 26 (23.1 miles)	00:10:57.21	12:21	4.9mph	04:36:03.45
Lap 27 (23.9 miles)	00:11:47.85	13:18	4.5mph	04:47:51.30
Lap 28 (24.8 miles)	00:12:14.55	13:48	4.3mph	05:00:05.85
Lap 29 (25.7 miles)	00:11:20.99	12:47	4.7mph	05:11:26.83
Lap 30 (26.6 miles)	00:11:14.33	12:40	4.7mph	05:22:41.15
Lap 31 (27.5 miles)	00:12:57.36	14:36	4.1mph	05:35:38.51
Lap 32 (28.4 miles)	00:13:29.67	15:13	3.9mph	05:49:08.17
Lap 33 (29.3 miles)	00:12:05.68	13:38	4.4mph	06:01:13.85
Lap 34 (30.1 miles)	00:15:24.03	17:22	3.5mph	06:16:37.88
Lap 35 (31.0 miles)	00:13:06.32	14:46	4.1mph	06:29:44.20
Lap 36 (31.9 miles)	00:11:59.07	13:30	4.4mph	06:41:43.26
Lap 37 (32.8 miles)	00:13:18.65	15:00	4.0mph	06:55:01.91
Lap 38 (33.7 miles)	00:13:28.59	15:11	3.9mph	07:08:30.49

Lap 39 (34.6 miles)	00:12:24.77	13:59	4.3mph	07:20:55.26
Lap 40 (35.5 miles)	00:12:40.55	14:17	4.2mph	07:33:35.81
Lap 41 (36.4 miles)	00:12:20.36	13:54	4.3mph	07:45:56.17
Lap 42 (37.2 miles)	00:12:08.07	13:41	4.4mph	07:58:04.23
Lap 43 (38.1 miles)	00:12:36.91	14:13	4.2mph	08:10:41.14
Lap 44 (39.0 miles)	00:12:22.12	13:56	4.3mph	08:23:03.25
Lap 45 (39.9 miles)	00:12:36.99	14:13	4.2mph	08:35:40.24
Lap 46 (40.8 miles)	00:12:25.07	14:00	4.3mph	08:48:05.30
Lap 47 (41.7 miles)	00:16:00.66	18:03	3.3mph	09:04:05.95
Lap 48 (42.6 miles)	00:11:47.15	13:17	4.5mph	09:15:53.10
Lap 49 (43.4 miles)	00:12:59.86	14:39	4.1mph	09:28:52.95
Lap 50 (44.3 miles)	00:12:22.40	13:57	4.3mph	09:41:15.34
Lap 51 (45.2 miles)	00:12:30.07	14:05	4.3mph	09:53:45.40
Lap 52 (46.1 miles)	00:12:21.55	13:56	4.3mph	10:06:06.95
Lap 53 (47.0 miles)	00:12:10.65	13:44	4.4mph	10:18:17.60
Lap 54 (47.9 miles)	00:12:00.77	13:32	4.4mph	10:30:18.36
Lap 55 (48.8 miles)	00:11:58.53	13:30	4.4mph	10:42:16.89
Lap 56 (49.7 miles)	00:12:07.45	13:40	4.4mph	10:54:24.33
Lap 57 (50.5 miles)	00:11:48.84	13:19	4.5mph	11:06:13.17
Lap 58 (51.4 miles)	00:11:59.19	13:31	4.4mph	11:18:12.35
Lap 59 (52.3 miles)	00:11:41.39	13:11	4.6mph	11:29:53.74
Lap 60 (53.2 miles)	00:12:03.78	13:36	4.4mph	11:41:57.52
Lap 61 (54.1 miles)	00:11:53.75	13:24	4.5mph	11:53:51.26

MELLODY HUGHES DEFUNIAK SPRIN F: 1 RUNNER 127 Laps: 46 40.8 √/∆ Overall Female Runner: 1
FL 11:57:49.95

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:13:28.60	15:11	3.9mph	00:13:28.60
Lap 2 (1.8 miles)	00:13:26.34	15:09	4.0mph	00:26:54.94
Lap 3 (2.7 miles)	00:14:08.23	15:56	3.8mph	00:41:03.16
Lap 4 (3.5 miles)	00:13:49.77	15:35	3.8mph	00:54:52.92
Lap 5 (4.4 miles)	00:26:01.64	29:21	2.0mph	01:20:54.55
Lap 6 (5.3 miles)	00:13:50.58	15:36	3.8mph	01:34:45.13
Lap 7 (6.2 miles)	00:13:55.32	15:42	3.8mph	01:48:40.44
Lap 8 (7.1 miles)	00:16:09.27	18:13	3.3mph	02:04:49.70
Lap 9 (8.0 miles)	00:14:18.90	16:08	3.7mph	02:19:08.59
Lap 10 (8.9 miles)	00:13:51.85	15:38	3.8mph	02:33:00.44
Lap 11 (9.8 miles)	00:15:46.31	17:47	3.4mph	02:48:46.74
Lap 12 (10.6 miles)	00:14:21.81	16:11	3.7mph	03:03:08.55
Lap 13 (11.5 miles)	00:16:18.00	18:22	3.3mph	03:19:26.55
Lap 14 (12.4 miles)	00:16:11.12	18:15	3.3mph	03:35:37.67
Lap 15 (13.3 miles)	00:14:51.74	16:45	3.6mph	03:50:29.40
Lap 16 (14.2 miles)	00:13:49.98	15:36	3.8mph	04:04:19.38
Lap 17 (15.1 miles)	00:13:49.89	15:35	3.8mph	04:18:09.27
Lap 18 (16.0 miles)	00:14:46.61	16:39	3.6mph	04:32:55.87
Lap 19 (16.8 miles)	00:13:06.16	14:46	4.1mph	04:46:02.03
Lap 20 (17.7 miles)	00:14:55.87	16:50	3.6mph	05:00:57.89
Lap 21 (18.6 miles)	00:14:03.97	15:51	3.8mph	05:15:01.86
Lap 22 (19.5 miles)	00:16:08.56	18:12	3.3mph	05:31:10.42
Lap 23 (20.4 miles)	00:14:17.19	16:06	3.7mph	05:45:27.61
Lap 24 (21.3 miles)	00:14:31.48	16:22	3.7mph	05:59:59.09
Lap 25 (22.2 miles)	00:24:45.65	27:55	2.1mph	06:24:44.73
Lap 26 (23.1 miles)	00:17:35.13	19:49	3.0mph	06:42:19.85
Lap 27 (23.9 miles)	00:14:11.10	15:59	3.8mph	06:56:30.95

Lap 28 (24.8 miles)	00:14:25.98	16:16	3.7mph	07:10:56.92
Lap 29 (25.7 miles)	00:14:58.74	16:53	3.6mph	07:25:55.65
Lap 30 (26.6 miles)	00:14:26.59	16:17	3.7mph	07:40:22.24
Lap 31 (27.5 miles)	00:14:22.55	16:12	3.7mph	07:54:44.79
Lap 32 (28.4 miles)	00:20:35.70	23:13	2.6mph	08:15:20.48
Lap 33 (29.3 miles)	00:13:38.36	15:22	3.9mph	08:28:58.84
Lap 34 (30.1 miles)	00:14:12.55	16:01	3.7mph	08:43:11.39
Lap 35 (31.0 miles)	00:14:04.51	15:52	3.8mph	08:57:15.89
Lap 36 (31.9 miles)	00:23:29.48	26:29	2.3mph	09:20:45.37
Lap 37 (32.8 miles)	00:16:39.50	18:47	3.2mph	09:37:24.86
Lap 38 (33.7 miles)	00:17:17.07	19:29	3.1mph	09:54:41.92
Lap 39 (34.6 miles)	00:15:56.34	17:58	3.3mph	10:10:38.25
Lap 40 (35.5 miles)	00:18:02.03	20:20	3.0mph	10:28:40.28
Lap 41 (36.4 miles)	00:15:55.08	17:57	3.3mph	10:44:35.35
Lap 42 (37.2 miles)	00:14:41.80	16:34	3.6mph	10:59:17.15
Lap 43 (38.1 miles)	00:14:29.26	16:20	3.7mph	11:13:46.40
Lap 44 (39.0 miles)	00:14:43.74	16:36	3.6mph	11:28:30.14
Lap 45 (39.9 miles)	00:14:38.07	16:30	3.6mph	11:43:08.20
Lap 46 (40.8 miles)	00:14:41.76	16:34	3.6mph	11:57:49.95

BRYSON BARRETT CLANTON, AL M: 3 RUNNER 135 Laps: 45 39.9 N/A Overall Male Runner: 3
11:46:52.51

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:08:03.72	09:05	6.6mph	00:08:03.72
Lap 2 (1.8 miles)	00:08:07.59	09:09	6.5mph	00:16:11.30
Lap 3 (2.7 miles)	00:08:12.37	09:15	6.5mph	00:24:23.67
Lap 4 (3.5 miles)	00:08:38.92	09:45	6.2mph	00:33:02.58
Lap 5 (4.4 miles)	00:11:19.04	12:45	4.7mph	00:44:21.61
Lap 6 (5.3 miles)	00:09:00.97	10:10	5.9mph	00:53:22.58
Lap 7 (6.2 miles)	00:10:20.51	11:39	5.1mph	01:03:43.08
Lap 8 (7.1 miles)	00:08:11.14	09:13	6.5mph	01:11:54.21
Lap 9 (8.0 miles)	00:10:10.87	11:28	5.2mph	01:22:05.08
Lap 10 (8.9 miles)	00:10:53.03	12:16	4.9mph	01:32:58.10
Lap 11 (9.8 miles)	00:09:07.20	10:17	5.8mph	01:42:05.30
Lap 12 (10.6 miles)	00:11:26.40	12:54	4.7mph	01:53:31.69
Lap 13 (11.5 miles)	00:10:10.34	11:28	5.2mph	02:03:42.03
Lap 14 (12.4 miles)	00:12:37.96	14:14	4.2mph	02:16:19.99
Lap 15 (13.3 miles)	00:10:09.44	11:27	5.2mph	02:26:29.42
Lap 16 (14.2 miles)	00:12:39.76	14:16	4.2mph	02:39:09.17
Lap 17 (15.1 miles)	00:16:56.95	19:06	3.1mph	02:56:06.12
Lap 18 (16.0 miles)	00:08:17.18	09:20	6.4mph	03:04:23.30
Lap 19 (16.8 miles)	00:17:22.54	19:35	3.1mph	03:21:45.84
Lap 20 (17.7 miles)	00:09:50.39	11:05	5.4mph	03:31:36.22
Lap 21 (18.6 miles)	00:15:36.55	17:36	3.4mph	03:47:12.77
Lap 22 (19.5 miles)	00:09:38.01	10:51	5.5mph	03:56:50.77
Lap 23 (20.4 miles)	00:08:41.58	09:48	6.1mph	04:05:32.35
Lap 24 (21.3 miles)	00:19:40.51	22:11	2.7mph	04:25:12.85
Lap 25 (22.2 miles)	00:10:28.18	11:48	5.1mph	04:35:41.03
Lap 26 (23.1 miles)	00:16:51.32	19:00	3.2mph	04:52:32.34
Lap 27 (23.9 miles)	00:11:50.88	13:21	4.5mph	05:04:23.21
Lap 28 (24.8 miles)	00:22:07.99	24:57	2.4mph	05:26:31.20
Lap 29 (25.7 miles)	00:11:52.84	13:23	4.5mph	05:38:24.03
Lap 30 (26.6 miles)	00:18:58.87	21:24	2.8mph	05:57:22.90
Lap 31 (27.5 miles)	00:33:45.23	38:04	1.6mph	06:31:08.12

Lap 32 (28.4 miles)	00:12:57.07	14:36	4.1mph	06:44:05.19
Lap 33 (29.3 miles)	00:24:14.66	27:20	2.2mph	07:08:19.84
Lap 34 (30.1 miles)	00:10:13.28	11:31	5.2mph	07:18:33.12
Lap 35 (31.0 miles)	00:24:44.60	27:54	2.2mph	07:43:17.71
Lap 36 (31.9 miles)	00:11:49.75	13:20	4.5mph	07:55:07.46
Lap 37 (32.8 miles)	00:36:16.05	40:54	1.5mph	08:31:23.50
Lap 38 (33.7 miles)	00:13:45.88	15:31	3.9mph	08:45:09.37
Lap 39 (34.6 miles)	00:31:17.52	35:17	1.7mph	09:16:26.89
Lap 40 (35.5 miles)	00:11:38.79	13:08	4.6mph	09:28:05.67
Lap 41 (36.4 miles)	00:28:39.74	32:19	1.9mph	09:56:45.41
Lap 42 (37.2 miles)	00:15:04.56	17:00	3.5mph	10:11:49.96
Lap 43 (38.1 miles)	00:21:59.38	24:47	2.4mph	10:33:49.34
Lap 44 (39.0 miles)	00:16:23.39	18:29	3.2mph	10:50:12.73
Lap 45 (39.9 miles)	00:56:39.79	03:54	0.9mph	11:46:52.51

JOSHUA BARTLETT TUSCALOOSA, AL RUNNER 125 Laps: 45 39.9 N/A

11:54:25.34

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:10:40.08	12:01	5.0mph	00:10:40.08
Lap 2 (1.8 miles)	00:11:16.63	12:43	4.7mph	00:21:56.70
Lap 3 (2.7 miles)	00:11:25.33	12:52	4.7mph	00:33:22.02
Lap 4 (3.5 miles)	00:12:42.73	14:20	4.2mph	00:46:04.75
Lap 5 (4.4 miles)	00:14:02.34	15:49	3.8mph	01:00:07.08
Lap 6 (5.3 miles)	00:12:34.65	14:11	4.2mph	01:12:41.73
Lap 7 (6.2 miles)	00:12:32.71	14:08	4.2mph	01:25:14.43
Lap 8 (7.1 miles)	00:14:43.00	16:35	3.6mph	01:39:57.43
Lap 9 (8.0 miles)	00:12:50.62	14:29	4.1mph	01:52:48.04
Lap 10 (8.9 miles)	00:15:41.51	17:41	3.4mph	02:08:29.54
Lap 11 (9.8 miles)	00:13:25.64	15:08	4.0mph	02:21:55.18
Lap 12 (10.6 miles)	00:17:40.15	19:55	3.0mph	02:39:35.32
Lap 13 (11.5 miles)	00:13:32.47	15:16	3.9mph	02:53:07.79
Lap 14 (12.4 miles)	00:13:59.28	15:46	3.8mph	03:07:07.07
Lap 15 (13.3 miles)	00:17:40.46	19:55	3.0mph	03:24:47.52
Lap 16 (14.2 miles)	00:12:53.87	14:32	4.1mph	03:37:41.39
Lap 17 (15.1 miles)	00:13:48.92	15:34	3.9mph	03:51:30.31
Lap 18 (16.0 miles)	00:21:05.00	23:46	2.5mph	04:12:35.30
Lap 19 (16.8 miles)	00:16:42.17	18:50	3.2mph	04:29:17.47
Lap 20 (17.7 miles)	00:18:35.43	20:57	2.9mph	04:47:52.90
Lap 21 (18.6 miles)	00:13:19.57	15:01	4.0mph	05:01:12.46
Lap 22 (19.5 miles)	00:16:01.37	18:04	3.3mph	05:17:13.83
Lap 23 (20.4 miles)	00:21:03.33	23:44	2.5mph	05:38:17.15
Lap 24 (21.3 miles)	00:15:14.42	17:11	3.5mph	05:53:31.57
Lap 25 (22.2 miles)	00:12:49.68	14:28	4.1mph	06:06:21.25
Lap 26 (23.1 miles)	00:16:57.75	19:07	3.1mph	06:23:18.99
Lap 27 (23.9 miles)	00:21:40.39	24:26	2.5mph	06:44:59.38
Lap 28 (24.8 miles)	00:14:25.28	16:15	3.7mph	06:59:24.65
Lap 29 (25.7 miles)	00:15:37.23	17:36	3.4mph	07:15:01.87
Lap 30 (26.6 miles)	00:15:01.72	16:56	3.5mph	07:30:03.59
Lap 31 (27.5 miles)	00:24:28.85	27:36	2.2mph	07:54:32.43
Lap 32 (28.4 miles)	00:16:59.72	19:10	3.1mph	08:11:32.15
Lap 33 (29.3 miles)	00:12:55.77	14:34	4.1mph	08:24:27.91
Lap 34 (30.1 miles)	00:15:10.26	17:06	3.5mph	08:39:38.17
Lap 35 (31.0 miles)	00:27:42.08	31:14	1.9mph	09:07:20.24
Lap 36 (31.9 miles)	00:21:09.48	23:51	2.5mph	09:28:29.72

Lap 37 (32.8 miles)	00:14:48.28	16:41	3.6mph	09:43:18.00
Lap 38 (33.7 miles)	00:16:23.56	18:29	3.2mph	09:59:41.55
Lap 39 (34.6 miles)	00:20:40.69	23:19	2.6mph	10:20:22.23
Lap 40 (35.5 miles)	00:16:24.41	18:30	3.2mph	10:36:46.64
Lap 41 (36.4 miles)	00:15:59.54	18:02	3.3mph	10:52:46.18
Lap 42 (37.2 miles)	00:14:18.00	16:07	3.7mph	11:07:04.18
Lap 43 (38.1 miles)	00:14:56.95	16:51	3.6mph	11:22:01.13
Lap 44 (39.0 miles)	00:16:13.37	18:17	3.3mph	11:38:14.50
Lap 45 (39.9 miles)	00:16:10.85	18:14	3.3mph	11:54:25.34

GLENDA PARKER TALLASSEE, AL F: 2 RUNNER 150 Laps: 44 39 N/A Overall Female Runner: 2
 11:44:02.58

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:09:54.03	11:09	5.4mph	00:09:54.03
Lap 2 (1.8 miles)	00:09:42.81	10:57	5.5mph	00:19:36.83
Lap 3 (2.7 miles)	00:09:47.61	11:02	5.4mph	00:29:24.44
Lap 4 (3.5 miles)	00:10:32.76	11:53	5.0mph	00:39:57.20
Lap 5 (4.4 miles)	00:12:21.84	13:56	4.3mph	00:52:19.04
Lap 6 (5.3 miles)	00:10:46.43	12:09	4.9mph	01:03:05.46
Lap 7 (6.2 miles)	00:11:30.32	12:58	4.6mph	01:14:35.78
Lap 8 (7.1 miles)	00:10:17.26	11:36	5.2mph	01:24:53.03
Lap 9 (8.0 miles)	00:12:06.75	13:39	4.4mph	01:36:59.78
Lap 10 (8.9 miles)	00:11:21.08	12:48	4.7mph	01:48:20.85
Lap 11 (9.8 miles)	00:12:23.98	13:59	4.3mph	02:00:44.83
Lap 12 (10.6 miles)	00:10:48.95	12:11	4.9mph	02:11:33.78
Lap 13 (11.5 miles)	00:17:34.34	19:49	3.0mph	02:29:08.11
Lap 14 (12.4 miles)	00:36:23.46	41:02	1.5mph	03:05:31.56
Lap 15 (13.3 miles)	00:13:11.34	14:52	4.0mph	03:18:42.90
Lap 16 (14.2 miles)	00:12:06.84	13:39	4.4mph	03:30:49.74
Lap 17 (15.1 miles)	00:13:32.96	15:16	3.9mph	03:44:22.69
Lap 18 (16.0 miles)	00:15:53.75	17:55	3.3mph	04:00:16.44
Lap 19 (16.8 miles)	00:19:40.81	22:11	2.7mph	04:19:57.25
Lap 20 (17.7 miles)	00:13:12.25	14:53	4.0mph	04:33:09.49
Lap 21 (18.6 miles)	00:14:45.09	16:38	3.6mph	04:47:54.58
Lap 22 (19.5 miles)	00:12:57.81	14:37	4.1mph	05:00:52.38
Lap 23 (20.4 miles)	00:17:39.46	19:54	3.0mph	05:18:31.84
Lap 24 (21.3 miles)	00:13:55.60	15:42	3.8mph	05:32:27.44
Lap 25 (22.2 miles)	00:24:50.30	28:00	2.1mph	05:57:17.74
Lap 26 (23.1 miles)	00:15:57.30	17:59	3.3mph	06:13:15.03
Lap 27 (23.9 miles)	00:14:16.24	16:05	3.7mph	06:27:31.27
Lap 28 (24.8 miles)	01:09:56.68	18:52	0.8mph	07:37:27.94
Lap 29 (25.7 miles)	00:12:56.85	14:36	4.1mph	07:50:24.79
Lap 30 (26.6 miles)	00:17:18.29	19:30	3.1mph	08:07:43.08
Lap 31 (27.5 miles)	00:13:09.48	14:50	4.0mph	08:20:52.56
Lap 32 (28.4 miles)	00:15:23.45	17:21	3.5mph	08:36:16.00
Lap 33 (29.3 miles)	00:18:58.09	21:23	2.8mph	08:55:14.09
Lap 34 (30.1 miles)	00:12:15.57	13:49	4.3mph	09:07:29.66
Lap 35 (31.0 miles)	00:14:04.38	15:52	3.8mph	09:21:34.03
Lap 36 (31.9 miles)	00:11:17.96	12:44	4.7mph	09:32:51.99
Lap 37 (32.8 miles)	00:12:24.72	13:59	4.3mph	09:45:16.70
Lap 38 (33.7 miles)	00:17:44.46	20:00	3.0mph	10:03:01.16
Lap 39 (34.6 miles)	00:12:12.47	13:46	4.4mph	10:15:13.62
Lap 40 (35.5 miles)	00:13:38.56	15:23	3.9mph	10:28:52.18
Lap 41 (36.4 miles)	00:16:13.04	18:17	3.3mph	10:45:05.22

Lap 42 (37.2 miles)	00:34:57.34	39:25	1.5mph	11:20:02.56
Lap 43 (38.1 miles)	00:12:17.08	13:51	4.3mph	11:32:19.64
Lap 44 (39.0 miles)	00:11:42.95	13:12	4.5mph	11:44:02.58

MARSHA WHITE	TALLAHASSEE, FL	F: 3	RUNNER	132	Laps: 43	38.1	N/A	Overall Female Runner: 3
11:47:02.34								

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:13:28.54	15:11	3.9mph	00:13:28.54
Lap 2 (1.8 miles)	00:13:26.83	15:09	4.0mph	00:26:55.37
Lap 3 (2.7 miles)	00:13:41.94	15:26	3.9mph	00:40:37.30
Lap 4 (3.5 miles)	00:16:29.31	18:35	3.2mph	00:57:06.61
Lap 5 (4.4 miles)	00:14:34.00	16:25	3.7mph	01:11:40.61
Lap 6 (5.3 miles)	00:14:48.22	16:41	3.6mph	01:26:28.82
Lap 7 (6.2 miles)	00:14:58.99	16:53	3.6mph	01:41:27.81
Lap 8 (7.1 miles)	00:14:56.36	16:50	3.6mph	01:56:24.16
Lap 9 (8.0 miles)	00:14:57.09	16:51	3.6mph	02:11:21.24
Lap 10 (8.9 miles)	00:15:12.04	17:08	3.5mph	02:26:33.28
Lap 11 (9.8 miles)	00:14:38.84	16:31	3.6mph	02:41:12.12
Lap 12 (10.6 miles)	00:14:32.77	16:24	3.7mph	02:55:44.88
Lap 13 (11.5 miles)	00:17:08.73	19:20	3.1mph	03:12:53.61
Lap 14 (12.4 miles)	00:15:11.11	17:07	3.5mph	03:28:04.71
Lap 15 (13.3 miles)	00:15:14.87	17:11	3.5mph	03:43:19.58
Lap 16 (14.2 miles)	00:15:18.52	17:15	3.5mph	03:58:38.09
Lap 17 (15.1 miles)	00:15:38.58	17:38	3.4mph	04:14:16.67
Lap 18 (16.0 miles)	00:15:34.80	17:34	3.4mph	04:29:51.46
Lap 19 (16.8 miles)	00:16:08.53	18:12	3.3mph	04:45:59.98
Lap 20 (17.7 miles)	00:14:57.86	16:52	3.6mph	05:00:57.84
Lap 21 (18.6 miles)	00:29:07.69	32:50	1.8mph	05:30:05.52
Lap 22 (19.5 miles)	00:15:22.04	17:19	3.5mph	05:45:27.56
Lap 23 (20.4 miles)	00:14:31.47	16:22	3.7mph	05:59:59.02
Lap 24 (21.3 miles)	00:15:07.22	17:03	3.5mph	06:15:06.24
Lap 25 (22.2 miles)	00:16:20.65	18:25	3.3mph	06:31:26.89
Lap 26 (23.1 miles)	00:15:46.44	17:47	3.4mph	06:47:13.33
Lap 27 (23.9 miles)	00:15:22.57	17:20	3.5mph	07:02:35.89
Lap 28 (24.8 miles)	00:16:04.70	18:07	3.3mph	07:18:40.58
Lap 29 (25.7 miles)	00:16:23.68	18:29	3.2mph	07:35:04.26
Lap 30 (26.6 miles)	00:16:32.34	18:39	3.2mph	07:51:36.59
Lap 31 (27.5 miles)	00:19:02.85	21:28	2.8mph	08:10:39.43
Lap 32 (28.4 miles)	00:16:25.94	18:31	3.2mph	08:27:05.37
Lap 33 (29.3 miles)	00:16:13.69	18:18	3.3mph	08:43:19.05
Lap 34 (30.1 miles)	00:16:38.27	18:45	3.2mph	08:59:57.31
Lap 35 (31.0 miles)	00:16:39.47	18:47	3.2mph	09:16:36.78
Lap 36 (31.9 miles)	00:19:52.75	22:25	2.7mph	09:36:29.53
Lap 37 (32.8 miles)	00:18:38.91	21:01	2.9mph	09:55:08.44
Lap 38 (33.7 miles)	00:17:33.62	19:48	3.0mph	10:12:42.05
Lap 39 (34.6 miles)	00:17:22.61	19:35	3.1mph	10:30:04.65
Lap 40 (35.5 miles)	00:18:28.75	20:50	2.9mph	10:48:33.40
Lap 41 (36.4 miles)	00:19:57.11	22:30	2.7mph	11:08:30.50
Lap 42 (37.2 miles)	00:20:51.95	23:31	2.5mph	11:29:22.44
Lap 43 (38.1 miles)	00:17:39.90	19:55	3.0mph	11:47:02.34

JOHN MCDOWELL	COLUMBIANA, AL		RUNNER	128	Laps: 43	38.1	N/A
11:53:20.23							

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:10:41.09	12:02	5.0mph	00:10:41.09
Lap 2 (1.8 miles)	00:11:16.40	12:42	4.7mph	00:21:57.48
Lap 3 (2.7 miles)	00:11:24.70	12:52	4.7mph	00:33:22.18
Lap 4 (3.5 miles)	00:11:30.49	12:58	4.6mph	00:44:52.66
Lap 5 (4.4 miles)	00:12:24.48	13:59	4.3mph	00:57:17.13
Lap 6 (5.3 miles)	00:10:22.80	11:42	5.1mph	01:07:39.93
Lap 7 (6.2 miles)	00:11:36.23	13:05	4.6mph	01:19:16.16
Lap 8 (7.1 miles)	00:12:17.52	13:51	4.3mph	01:31:33.67
Lap 9 (8.0 miles)	00:11:31.22	12:59	4.6mph	01:43:04.89
Lap 10 (8.9 miles)	00:10:34.06	11:55	5.0mph	01:53:38.95
Lap 11 (9.8 miles)	00:11:13.80	12:39	4.7mph	02:04:52.75
Lap 12 (10.6 miles)	00:12:06.41	13:39	4.4mph	02:16:59.15
Lap 13 (11.5 miles)	00:13:28.99	15:12	3.9mph	02:30:28.14
Lap 14 (12.4 miles)	00:12:36.92	14:13	4.2mph	02:43:05.05
Lap 15 (13.3 miles)	00:14:07.45	15:55	3.8mph	02:57:12.49
Lap 16 (14.2 miles)	00:13:42.59	15:27	3.9mph	03:10:55.08
Lap 17 (15.1 miles)	00:14:29.93	16:21	3.7mph	03:25:25.01
Lap 18 (16.0 miles)	00:14:09.61	15:58	3.8mph	03:39:34.61
Lap 19 (16.8 miles)	00:17:42.46	19:58	3.0mph	03:57:17.07
Lap 20 (17.7 miles)	00:15:18.18	17:15	3.5mph	04:12:35.24
Lap 21 (18.6 miles)	00:15:23.39	17:21	3.5mph	04:27:58.63
Lap 22 (19.5 miles)	00:16:46.40	18:54	3.2mph	04:44:45.03
Lap 23 (20.4 miles)	00:20:33.97	23:11	2.6mph	05:05:19.00
Lap 24 (21.3 miles)	00:15:47.43	17:48	3.4mph	05:21:06.42
Lap 25 (22.2 miles)	00:27:58.28	31:32	1.9mph	05:49:04.69
Lap 26 (23.1 miles)	00:15:49.47	17:50	3.4mph	06:04:54.16
Lap 27 (23.9 miles)	00:15:52.00	17:53	3.4mph	06:20:46.15
Lap 28 (24.8 miles)	00:17:33.09	19:47	3.0mph	06:38:19.24
Lap 29 (25.7 miles)	00:30:05.35	33:56	1.8mph	07:08:24.59
Lap 30 (26.6 miles)	00:15:45.42	17:46	3.4mph	07:24:10.01
Lap 31 (27.5 miles)	00:19:20.52	21:48	2.8mph	07:43:30.52
Lap 32 (28.4 miles)	00:21:00.23	23:41	2.5mph	08:04:30.75
Lap 33 (29.3 miles)	00:16:04.59	18:07	3.3mph	08:20:35.34
Lap 34 (30.1 miles)	00:25:24.69	28:39	2.1mph	08:46:00.03
Lap 35 (31.0 miles)	00:17:31.53	19:45	3.0mph	09:03:31.56
Lap 36 (31.9 miles)	00:22:30.05	25:22	2.4mph	09:26:01.60
Lap 37 (32.8 miles)	00:18:33.25	20:55	2.9mph	09:44:34.85
Lap 38 (33.7 miles)	00:30:05.14	33:55	1.8mph	10:14:39.99
Lap 39 (34.6 miles)	00:16:32.97	18:39	3.2mph	10:31:12.95
Lap 40 (35.5 miles)	00:21:32.74	24:17	2.5mph	10:52:45.68
Lap 41 (36.4 miles)	00:16:36.83	18:44	3.2mph	11:09:22.51
Lap 42 (37.2 miles)	00:25:39.81	28:56	2.1mph	11:35:02.31
Lap 43 (38.1 miles)	00:18:17.92	20:38	2.9mph	11:53:20.23

MARCUS KITTRELL MONTEVALLO, AL RUNNER 95 Laps: 41 36.4 \N/A
11:47:26.54

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:16:15.62	18:20	3.3mph	00:16:15.62
Lap 2 (1.8 miles)	00:15:48.58	17:49	3.4mph	00:32:04.19
Lap 3 (2.7 miles)	00:15:50.29	17:51	3.4mph	00:47:54.48
Lap 4 (3.5 miles)	00:16:02.89	18:05	3.3mph	01:03:57.37
Lap 5 (4.4 miles)	00:15:58.98	18:01	3.3mph	01:19:56.35
Lap 6 (5.3 miles)	00:16:00.59	18:03	3.3mph	01:35:56.93

Lap 7 (6.2 miles)	00:16:45.58	18:54	3.2mph	01:52:42.51
Lap 8 (7.1 miles)	00:16:02.25	18:05	3.3mph	02:08:44.75
Lap 9 (8.0 miles)	00:16:49.45	18:58	3.2mph	02:25:34.19
Lap 10 (8.9 miles)	00:16:17.00	18:21	3.3mph	02:41:51.19
Lap 11 (9.8 miles)	00:16:09.09	18:12	3.3mph	02:58:00.28
Lap 12 (10.6 miles)	00:16:21.10	18:26	3.3mph	03:14:21.37
Lap 13 (11.5 miles)	00:16:05.97	18:09	3.3mph	03:30:27.33
Lap 14 (12.4 miles)	00:16:40.48	18:48	3.2mph	03:47:07.80
Lap 15 (13.3 miles)	00:17:58.48	20:16	3.0mph	04:05:06.28
Lap 16 (14.2 miles)	00:16:54.77	19:04	3.1mph	04:22:01.05
Lap 17 (15.1 miles)	00:16:43.61	18:51	3.2mph	04:38:44.66
Lap 18 (16.0 miles)	00:17:40.83	19:56	3.0mph	04:56:25.48
Lap 19 (16.8 miles)	00:16:44.61	18:52	3.2mph	05:13:10.08
Lap 20 (17.7 miles)	00:16:04.47	18:07	3.3mph	05:29:14.54
Lap 21 (18.6 miles)	00:16:12.09	18:16	3.3mph	05:45:26.63
Lap 22 (19.5 miles)	00:16:45.04	18:53	3.2mph	06:02:11.66
Lap 23 (20.4 miles)	00:35:13.03	39:43	1.5mph	06:37:24.69
Lap 24 (21.3 miles)	00:18:16.42	20:36	2.9mph	06:55:41.10
Lap 25 (22.2 miles)	00:17:33.14	19:47	3.0mph	07:13:14.24
Lap 26 (23.1 miles)	00:18:47.99	21:12	2.8mph	07:32:02.22
Lap 27 (23.9 miles)	00:17:07.90	19:19	3.1mph	07:49:10.12
Lap 28 (24.8 miles)	00:17:56.15	20:13	3.0mph	08:07:06.27
Lap 29 (25.7 miles)	00:06:17.70	07:05	8.5mph	08:13:23.96
Lap 30 (26.6 miles)	00:11:01.71	12:26	4.8mph	08:24:25.67
Lap 31 (27.5 miles)	00:17:00.83	19:11	3.1mph	08:41:26.50
Lap 32 (28.4 miles)	00:17:54.16	20:11	3.0mph	08:59:20.66
Lap 33 (29.3 miles)	00:16:20.41	18:25	3.3mph	09:15:41.07
Lap 34 (30.1 miles)	00:17:27.52	19:41	3.0mph	09:33:08.58
Lap 35 (31.0 miles)	00:16:14.61	18:19	3.3mph	09:49:23.19
Lap 36 (31.9 miles)	00:34:34.83	38:59	1.5mph	10:23:58.01
Lap 37 (32.8 miles)	00:16:05.19	18:08	3.3mph	10:40:03.20
Lap 38 (33.7 miles)	00:16:36.64	18:43	3.2mph	10:56:39.83
Lap 39 (34.6 miles)	00:16:07.35	18:10	3.3mph	11:12:47.18
Lap 40 (35.5 miles)	00:16:23.38	18:29	3.2mph	11:29:10.55
Lap 41 (36.4 miles)	00:18:15.99	20:36	2.9mph	11:47:26.54

LISA SEIDEL

KENT, WA

RUNNER

129 Laps: 40

35.5 N/A

11:01:26.51

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:15:37.80	17:37	3.4mph	00:15:37.80
Lap 2 (1.8 miles)	00:15:32.86	17:32	3.4mph	00:31:10.65
Lap 3 (2.7 miles)	00:15:33.39	17:32	3.4mph	00:46:44.04
Lap 4 (3.5 miles)	00:15:46.79	17:47	3.4mph	01:02:30.82
Lap 5 (4.4 miles)	00:15:39.28	17:39	3.4mph	01:18:10.09
Lap 6 (5.3 miles)	00:15:59.01	18:01	3.3mph	01:34:09.10
Lap 7 (6.2 miles)	00:16:19.21	18:24	3.3mph	01:50:28.30
Lap 8 (7.1 miles)	00:16:17.93	18:22	3.3mph	02:06:46.23
Lap 9 (8.0 miles)	00:16:25.83	18:31	3.2mph	02:23:12.06
Lap 10 (8.9 miles)	00:16:28.98	18:35	3.2mph	02:39:41.04
Lap 11 (9.8 miles)	00:16:22.07	18:27	3.3mph	02:56:03.11
Lap 12 (10.6 miles)	00:16:20.28	18:25	3.3mph	03:12:23.39
Lap 13 (11.5 miles)	00:17:00.67	19:11	3.1mph	03:29:24.05
Lap 14 (12.4 miles)	00:16:40.37	18:48	3.2mph	03:46:04.42
Lap 15 (13.3 miles)	00:12:42.85	14:20	4.2mph	03:58:47.27

Lap 16 (14.2 miles)	00:11:09.14	12:34	4.8mph	04:09:56.40
Lap 17 (15.1 miles)	00:13:05.14	14:45	4.1mph	04:23:01.54
Lap 18 (16.0 miles)	00:12:58.82	14:38	4.1mph	04:36:00.35
Lap 19 (16.8 miles)	00:21:20.45	24:04	2.5mph	04:57:20.80
Lap 20 (17.7 miles)	00:14:57.33	16:51	3.6mph	05:12:18.12
Lap 21 (18.6 miles)	00:16:23.30	18:28	3.2mph	05:28:41.42
Lap 22 (19.5 miles)	00:26:23.29	29:45	2.0mph	05:55:04.71
Lap 23 (20.4 miles)	00:14:38.36	16:30	3.6mph	06:09:43.07
Lap 24 (21.3 miles)	00:15:18.87	17:16	3.5mph	06:25:01.93
Lap 25 (22.2 miles)	00:12:17.06	13:51	4.3mph	06:37:18.98
Lap 26 (23.1 miles)	00:16:16.56	18:21	3.3mph	06:53:35.54
Lap 27 (23.9 miles)	00:14:40.94	16:33	3.6mph	07:08:16.47
Lap 28 (24.8 miles)	00:15:32.72	17:31	3.4mph	07:23:49.19
Lap 29 (25.7 miles)	00:14:06.86	15:55	3.8mph	07:37:56.04
Lap 30 (26.6 miles)	00:13:33.82	15:17	3.9mph	07:51:29.86
Lap 31 (27.5 miles)	00:18:41.88	21:05	2.8mph	08:10:11.73
Lap 32 (28.4 miles)	00:15:50.36	17:51	3.4mph	08:26:02.09
Lap 33 (29.3 miles)	00:30:25.68	34:18	1.7mph	08:56:27.76
Lap 34 (30.1 miles)	00:18:29.32	20:51	2.9mph	09:14:57.07
Lap 35 (31.0 miles)	00:22:49.92	25:44	2.3mph	09:37:46.99
Lap 36 (31.9 miles)	00:18:43.83	21:07	2.8mph	09:56:30.81
Lap 37 (32.8 miles)	00:15:14.74	17:11	3.5mph	10:11:45.55
Lap 38 (33.7 miles)	00:15:18.32	17:15	3.5mph	10:27:03.87
Lap 39 (34.6 miles)	00:14:51.86	16:45	3.6mph	10:41:55.73
Lap 40 (35.5 miles)	00:19:30.79	22:00	2.7mph	11:01:26.51

TREY WHITT

BIRMINGHAM, AL

RUNNER

154 Laps: 40

35.5 N/A

11:12:06.77

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:09:41.48	10:55	5.5mph	00:09:41.48
Lap 2 (1.8 miles)	00:09:37.02	10:50	5.5mph	00:19:18.49
Lap 3 (2.7 miles)	00:09:57.55	11:13	5.3mph	00:29:16.04
Lap 4 (3.5 miles)	00:10:31.83	11:52	5.1mph	00:39:47.87
Lap 5 (4.4 miles)	00:10:38.84	12:00	5.0mph	00:50:26.71
Lap 6 (5.3 miles)	00:10:53.14	12:16	4.9mph	01:01:19.84
Lap 7 (6.2 miles)	00:10:18.53	11:37	5.2mph	01:11:38.36
Lap 8 (7.1 miles)	00:10:10.85	11:28	5.2mph	01:21:49.21
Lap 9 (8.0 miles)	00:11:49.09	13:19	4.5mph	01:33:38.30
Lap 10 (8.9 miles)	00:10:35.71	11:56	5.0mph	01:44:14.01
Lap 11 (9.8 miles)	00:10:29.19	11:49	5.1mph	01:54:43.20
Lap 12 (10.6 miles)	00:10:28.22	11:48	5.1mph	02:05:11.41
Lap 13 (11.5 miles)	00:10:54.58	12:18	4.9mph	02:16:05.98
Lap 14 (12.4 miles)	00:12:06.17	13:38	4.4mph	02:28:12.15
Lap 15 (13.3 miles)	00:10:34.24	11:55	5.0mph	02:38:46.39
Lap 16 (14.2 miles)	00:12:01.05	13:33	4.4mph	02:50:47.44
Lap 17 (15.1 miles)	00:11:08.70	12:34	4.8mph	03:01:56.13
Lap 18 (16.0 miles)	00:13:53.31	15:39	3.8mph	03:15:49.44
Lap 19 (16.8 miles)	00:12:53.26	14:32	4.1mph	03:28:42.70
Lap 20 (17.7 miles)	00:12:09.17	13:42	4.4mph	03:40:51.87
Lap 21 (18.6 miles)	00:12:44.06	14:21	4.2mph	03:53:35.92
Lap 22 (19.5 miles)	00:14:48.17	16:41	3.6mph	04:08:24.08
Lap 23 (20.4 miles)	00:12:39.57	14:16	4.2mph	04:21:03.64
Lap 24 (21.3 miles)	00:48:34.68	54:47	1.1mph	05:09:38.32
Lap 25 (22.2 miles)	00:10:33.69	11:54	5.0mph	05:20:12.01

Lap 26 (23.1 miles)	00:13:52.86	15:39	3.8mph	05:34:04.87
Lap 27 (23.9 miles)	00:14:30.69	16:21	3.7mph	05:48:35.55
Lap 28 (24.8 miles)	00:18:44.85	21:08	2.8mph	06:07:20.40
Lap 29 (25.7 miles)	00:14:38.34	16:30	3.6mph	06:21:58.73
Lap 30 (26.6 miles)	00:14:33.91	16:25	3.7mph	06:36:32.63
Lap 31 (27.5 miles)	00:23:40.70	26:42	2.2mph	07:00:13.33
Lap 32 (28.4 miles)	00:14:26.55	16:17	3.7mph	07:14:39.87
Lap 33 (29.3 miles)	00:17:23.92	19:37	3.1mph	07:32:03.79
Lap 34 (30.1 miles)	00:37:51.64	42:41	1.4mph	08:09:55.42
Lap 35 (31.0 miles)	00:16:38.45	18:46	3.2mph	08:26:33.87
Lap 36 (31.9 miles)	00:15:10.22	17:06	3.5mph	08:41:44.09
Lap 37 (32.8 miles)	00:17:14.25	19:26	3.1mph	08:58:58.34
Lap 38 (33.7 miles)	00:17:53.68	20:10	3.0mph	09:16:52.02
Lap 39 (34.6 miles)	01:47:37.75	01:22	0.5mph	11:04:29.76
Lap 40 (35.5 miles)	00:07:37.02	08:35	7.0mph	11:12:06.77

DAVID DEHAYE

HUNTSVILLE, AL

RUNNER

145 Laps: 36

31.9 N/A

08:22:15.62

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:08:55.20	10:03	6.0mph	00:08:55.20
Lap 2 (1.8 miles)	00:09:26.00	10:38	5.6mph	00:18:21.20
Lap 3 (2.7 miles)	00:09:47.24	11:02	5.4mph	00:28:08.44
Lap 4 (3.5 miles)	00:09:58.93	11:15	5.3mph	00:38:07.37
Lap 5 (4.4 miles)	00:10:02.67	11:19	5.3mph	00:48:10.04
Lap 6 (5.3 miles)	00:09:48.19	11:03	5.4mph	00:57:58.22
Lap 7 (6.2 miles)	00:10:25.40	11:45	5.1mph	01:08:23.62
Lap 8 (7.1 miles)	00:10:12.68	11:30	5.2mph	01:18:36.30
Lap 9 (8.0 miles)	00:10:57.88	12:21	4.9mph	01:29:34.17
Lap 10 (8.9 miles)	00:10:26.14	11:46	5.1mph	01:40:00.30
Lap 11 (9.8 miles)	00:10:29.14	11:49	5.1mph	01:50:29.44
Lap 12 (10.6 miles)	00:10:32.28	11:53	5.0mph	02:01:01.71
Lap 13 (11.5 miles)	00:12:25.74	14:01	4.3mph	02:13:27.44
Lap 14 (12.4 miles)	00:11:20.85	12:47	4.7mph	02:24:48.28
Lap 15 (13.3 miles)	00:17:46.14	20:02	3.0mph	02:42:34.42
Lap 16 (14.2 miles)	00:16:16.98	18:21	3.3mph	02:58:51.40
Lap 17 (15.1 miles)	00:16:18.57	18:23	3.3mph	03:15:09.97
Lap 18 (16.0 miles)	00:17:03.80	19:14	3.1mph	03:32:13.76
Lap 19 (16.8 miles)	00:10:48.81	12:11	4.9mph	03:43:02.57
Lap 20 (17.7 miles)	00:11:18.82	12:45	4.7mph	03:54:21.38
Lap 21 (18.6 miles)	00:16:40.92	18:48	3.2mph	04:11:02.30
Lap 22 (19.5 miles)	00:22:52.38	25:47	2.3mph	04:33:54.68
Lap 23 (20.4 miles)	00:16:55.21	19:04	3.1mph	04:50:49.89
Lap 24 (21.3 miles)	00:11:28.44	12:56	4.6mph	05:02:18.33
Lap 25 (22.2 miles)	00:10:38.58	12:00	5.0mph	05:12:56.90
Lap 26 (23.1 miles)	00:11:11.55	12:37	4.8mph	05:24:08.44
Lap 27 (23.9 miles)	00:15:11.56	17:08	3.5mph	05:39:20.00
Lap 28 (24.8 miles)	00:11:26.49	12:54	4.6mph	05:50:46.49
Lap 29 (25.7 miles)	00:13:34.29	15:18	3.9mph	06:04:20.78
Lap 30 (26.6 miles)	00:28:08.85	31:44	1.9mph	06:32:29.62
Lap 31 (27.5 miles)	00:17:55.09	20:12	3.0mph	06:50:24.71
Lap 32 (28.4 miles)	00:15:04.30	16:59	3.5mph	07:05:29.00
Lap 33 (29.3 miles)	00:17:20.57	19:33	3.1mph	07:22:49.56
Lap 34 (30.1 miles)	00:14:19.42	16:09	3.7mph	07:37:08.98
Lap 35 (31.0 miles)	00:26:09.86	29:30	2.0mph	08:03:18.84

Lap 36 (31.9 miles) 00:18:56.79 21:22 2.8mph 08:22:15.62

SETH HARBISON ATHENS, AL RUNNER 147 Laps: 36 31.9 N/A
10:23:44.25

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:12:00.71	13:32	4.4mph	00:12:00.71
Lap 2 (1.8 miles)	00:14:59.63	16:54	3.5mph	00:27:00.33
Lap 3 (2.7 miles)	00:11:39.35	13:08	4.6mph	00:38:39.67
Lap 4 (3.5 miles)	00:15:31.50	17:30	3.4mph	00:54:11.17
Lap 5 (4.4 miles)	00:13:53.41	15:39	3.8mph	01:08:04.57
Lap 6 (5.3 miles)	00:15:40.15	17:40	3.4mph	01:23:44.72
Lap 7 (6.2 miles)	00:14:21.61	16:11	3.7mph	01:38:06.32
Lap 8 (7.1 miles)	00:15:35.30	17:34	3.4mph	01:53:41.61
Lap 9 (8.0 miles)	00:13:27.72	15:10	4.0mph	02:07:09.32
Lap 10 (8.9 miles)	00:15:55.93	17:58	3.3mph	02:23:05.24
Lap 11 (9.8 miles)	00:22:04.99	24:54	2.4mph	02:45:10.23
Lap 12 (10.6 miles)	00:15:34.58	17:33	3.4mph	03:00:44.80
Lap 13 (11.5 miles)	00:19:53.61	22:26	2.7mph	03:20:38.41
Lap 14 (12.4 miles)	00:14:35.22	16:27	3.6mph	03:35:13.63
Lap 15 (13.3 miles)	00:19:23.12	21:51	2.7mph	03:54:36.74
Lap 16 (14.2 miles)	00:16:48.91	18:57	3.2mph	04:11:25.65
Lap 17 (15.1 miles)	00:13:47.03	15:32	3.9mph	04:25:12.67
Lap 18 (16.0 miles)	00:40:55.47	46:09	1.3mph	05:06:08.14
Lap 19 (16.8 miles)	00:13:57.78	15:44	3.8mph	05:20:05.92
Lap 20 (17.7 miles)	00:18:17.09	20:37	2.9mph	05:38:23.01
Lap 21 (18.6 miles)	00:17:57.81	20:15	3.0mph	05:56:20.82
Lap 22 (19.5 miles)	00:14:46.38	16:39	3.6mph	06:11:07.19
Lap 23 (20.4 miles)	00:19:54.23	22:26	2.7mph	06:31:01.41
Lap 24 (21.3 miles)	00:15:05.45	17:01	3.5mph	06:46:06.86
Lap 25 (22.2 miles)	00:26:33.41	29:57	2.0mph	07:12:40.27
Lap 26 (23.1 miles)	00:14:08.61	15:57	3.8mph	07:26:48.87
Lap 27 (23.9 miles)	00:19:50.74	22:22	2.7mph	07:46:39.61
Lap 28 (24.8 miles)	00:22:42.22	25:36	2.3mph	08:09:21.82
Lap 29 (25.7 miles)	00:13:59.31	15:46	3.8mph	08:23:21.13
Lap 30 (26.6 miles)	00:20:57.08	23:37	2.5mph	08:44:18.20
Lap 31 (27.5 miles)	00:15:16.55	17:13	3.5mph	08:59:34.75
Lap 32 (28.4 miles)	00:14:19.31	16:09	3.7mph	09:13:54.05
Lap 33 (29.3 miles)	00:17:04.89	19:15	3.1mph	09:30:58.94
Lap 34 (30.1 miles)	00:15:36.46	17:36	3.4mph	09:46:35.39
Lap 35 (31.0 miles)	00:20:48.61	23:28	2.6mph	10:07:23.99
Lap 36 (31.9 miles)	00:16:20.26	18:25	3.3mph	10:23:44.25

MOLLIE WATERS GREENVILLE, AL RUNNER 131 Laps: 36 31.9 N/A
10:27:20.84

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:13:58.50	15:45	3.8mph	00:13:58.50
Lap 2 (1.8 miles)	00:14:21.60	16:11	3.7mph	00:28:20.09
Lap 3 (2.7 miles)	00:14:26.89	16:17	3.7mph	00:42:46.98
Lap 4 (3.5 miles)	00:14:04.73	15:52	3.8mph	00:56:51.70
Lap 5 (4.4 miles)	00:14:54.26	16:48	3.6mph	01:11:45.96
Lap 6 (5.3 miles)	00:14:02.40	15:50	3.8mph	01:25:48.36
Lap 7 (6.2 miles)	00:15:40.23	17:40	3.4mph	01:41:28.58
Lap 8 (7.1 miles)	00:14:50.19	16:43	3.6mph	01:56:18.77

Lap 9 (8.0 miles)	00:14:59.60	16:54	3.5mph	02:11:18.36
Lap 10 (8.9 miles)	00:16:46.74	18:55	3.2mph	02:28:05.10
Lap 11 (9.8 miles)	00:17:29.98	19:44	3.0mph	02:45:35.08
Lap 12 (10.6 miles)	00:17:15.97	19:28	3.1mph	03:02:51.05
Lap 13 (11.5 miles)	00:15:24.24	17:22	3.5mph	03:18:15.29
Lap 14 (12.4 miles)	00:17:27.21	19:41	3.0mph	03:35:42.49
Lap 15 (13.3 miles)	00:16:16.08	18:20	3.3mph	03:51:58.57
Lap 16 (14.2 miles)	00:15:34.33	17:33	3.4mph	04:07:32.90
Lap 17 (15.1 miles)	00:17:14.63	19:26	3.1mph	04:24:47.53
Lap 18 (16.0 miles)	00:46:47.60	52:46	1.1mph	05:11:35.12
Lap 19 (16.8 miles)	00:20:51.88	23:31	2.5mph	05:32:27.00
Lap 20 (17.7 miles)	00:16:05.77	18:09	3.3mph	05:48:32.77
Lap 21 (18.6 miles)	00:15:11.09	17:07	3.5mph	06:03:43.85
Lap 22 (19.5 miles)	00:20:19.09	22:54	2.6mph	06:24:02.94
Lap 23 (20.4 miles)	00:24:24.51	27:31	2.2mph	06:48:27.44
Lap 24 (21.3 miles)	00:15:53.74	17:55	3.3mph	07:04:21.17
Lap 25 (22.2 miles)	00:16:31.08	18:37	3.2mph	07:20:52.24
Lap 26 (23.1 miles)	00:21:20.18	24:03	2.5mph	07:42:12.42
Lap 27 (23.9 miles)	00:15:38.92	17:38	3.4mph	07:57:51.33
Lap 28 (24.8 miles)	00:15:30.03	17:28	3.4mph	08:13:21.35
Lap 29 (25.7 miles)	00:17:51.88	20:08	3.0mph	08:31:13.23
Lap 30 (26.6 miles)	00:18:15.89	20:35	2.9mph	08:49:29.12
Lap 31 (27.5 miles)	00:17:33.74	19:48	3.0mph	09:07:02.85
Lap 32 (28.4 miles)	00:16:55.59	19:05	3.1mph	09:23:58.44
Lap 33 (29.3 miles)	00:16:06.27	18:09	3.3mph	09:40:04.71
Lap 34 (30.1 miles)	00:16:07.71	18:11	3.3mph	09:56:12.41
Lap 35 (31.0 miles)	00:15:35.08	17:34	3.4mph	10:11:47.48
Lap 36 (31.9 miles)	00:15:33.36	17:32	3.4mph	10:27:20.84

TERESA CHANDLER BIRMINGHAM, AL RUNNER 142 Laps: 36 31.9 N/A

10:36:00.93

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:13:17.12	14:58	4.0mph	00:13:17.12
Lap 2 (1.8 miles)	00:14:00.21	15:47	3.8mph	00:27:17.32
Lap 3 (2.7 miles)	00:13:45.23	15:30	3.9mph	00:41:02.54
Lap 4 (3.5 miles)	00:13:55.07	15:41	3.8mph	00:54:57.61
Lap 5 (4.4 miles)	00:13:50.18	15:36	3.8mph	01:08:47.79
Lap 6 (5.3 miles)	00:14:15.64	16:04	3.7mph	01:23:03.42
Lap 7 (6.2 miles)	00:20:55.73	23:36	2.5mph	01:43:59.14
Lap 8 (7.1 miles)	00:17:50.04	20:06	3.0mph	02:01:49.17
Lap 9 (8.0 miles)	00:18:28.32	20:49	2.9mph	02:20:17.49
Lap 10 (8.9 miles)	00:14:48.08	16:41	3.6mph	02:35:05.56
Lap 11 (9.8 miles)	00:14:00.19	15:47	3.8mph	02:49:05.75
Lap 12 (10.6 miles)	00:17:16.41	19:28	3.1mph	03:06:22.15
Lap 13 (11.5 miles)	00:14:44.05	16:37	3.6mph	03:21:06.20
Lap 14 (12.4 miles)	00:21:57.41	24:45	2.4mph	03:43:03.61
Lap 15 (13.3 miles)	00:14:38.25	16:30	3.6mph	03:57:41.86
Lap 16 (14.2 miles)	00:16:02.01	18:04	3.3mph	04:13:43.86
Lap 17 (15.1 miles)	00:25:41.82	28:58	2.1mph	04:39:25.68
Lap 18 (16.0 miles)	00:26:06.14	29:26	2.0mph	05:05:31.82
Lap 19 (16.8 miles)	00:14:10.55	15:59	3.8mph	05:19:42.36
Lap 20 (17.7 miles)	00:21:04.63	23:46	2.5mph	05:40:46.99
Lap 21 (18.6 miles)	00:18:16.00	20:36	2.9mph	05:59:02.99
Lap 22 (19.5 miles)	00:16:53.40	19:02	3.1mph	06:15:56.38

Lap 23 (20.4 miles)	00:27:52.99	31:26	1.9mph	06:43:49.36
Lap 24 (21.3 miles)	00:16:13.20	18:17	3.3mph	07:00:02.56
Lap 25 (22.2 miles)	00:18:50.13	21:14	2.8mph	07:18:52.68
Lap 26 (23.1 miles)	00:18:59.40	21:24	2.8mph	07:37:52.08
Lap 27 (23.9 miles)	00:15:16.06	17:13	3.5mph	07:53:08.13
Lap 28 (24.8 miles)	00:21:58.25	24:46	2.4mph	08:15:06.37
Lap 29 (25.7 miles)	00:16:55.03	19:04	3.1mph	08:32:01.40
Lap 30 (26.6 miles)	00:18:59.15	21:24	2.8mph	08:51:00.55
Lap 31 (27.5 miles)	00:15:57.67	18:00	3.3mph	09:06:58.21
Lap 32 (28.4 miles)	00:18:25.06	20:46	2.9mph	09:25:23.27
Lap 33 (29.3 miles)	00:17:20.21	19:33	3.1mph	09:42:43.48
Lap 34 (30.1 miles)	00:17:23.65	19:37	3.1mph	10:00:07.13
Lap 35 (31.0 miles)	00:18:48.69	21:12	2.8mph	10:18:55.82
Lap 36 (31.9 miles)	00:17:05.12	19:16	3.1mph	10:36:00.93

SUSAN COLPACK

BIRMINGHAM, AL

RUNNER

143 Laps: 36

31.9 N/A

10:36:02.82

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:13:17.66	14:59	4.0mph	00:13:17.66
Lap 2 (1.8 miles)	00:13:59.32	15:46	3.8mph	00:27:16.98
Lap 3 (2.7 miles)	00:13:46.59	15:32	3.9mph	00:41:03.57
Lap 4 (3.5 miles)	00:13:53.84	15:40	3.8mph	00:54:57.41
Lap 5 (4.4 miles)	00:13:51.46	15:37	3.8mph	01:08:48.87
Lap 6 (5.3 miles)	00:14:14.68	16:03	3.7mph	01:23:03.54
Lap 7 (6.2 miles)	00:20:56.41	23:36	2.5mph	01:43:59.95
Lap 8 (7.1 miles)	00:17:50.46	20:07	3.0mph	02:01:50.41
Lap 9 (8.0 miles)	00:18:27.30	20:48	2.9mph	02:20:17.70
Lap 10 (8.9 miles)	00:14:47.32	16:40	3.6mph	02:35:05.02
Lap 11 (9.8 miles)	00:14:01.35	15:48	3.8mph	02:49:06.36
Lap 12 (10.6 miles)	00:17:15.39	19:27	3.1mph	03:06:21.75
Lap 13 (11.5 miles)	00:14:43.56	16:36	3.6mph	03:21:05.31
Lap 14 (12.4 miles)	00:21:59.14	24:47	2.4mph	03:43:04.44
Lap 15 (13.3 miles)	00:14:39.04	16:31	3.6mph	03:57:43.48
Lap 16 (14.2 miles)	00:16:00.82	18:03	3.3mph	04:13:44.29
Lap 17 (15.1 miles)	00:25:42.28	28:59	2.1mph	04:39:26.57
Lap 18 (16.0 miles)	00:26:05.39	29:25	2.0mph	05:05:31.96
Lap 19 (16.8 miles)	00:14:10.72	15:59	3.8mph	05:19:42.68
Lap 20 (17.7 miles)	00:21:03.98	23:45	2.5mph	05:40:46.65
Lap 21 (18.6 miles)	00:18:16.52	20:36	2.9mph	05:59:03.17
Lap 22 (19.5 miles)	00:16:53.34	19:02	3.2mph	06:15:56.51
Lap 23 (20.4 miles)	00:27:53.66	31:27	1.9mph	06:43:50.16
Lap 24 (21.3 miles)	00:16:12.03	18:16	3.3mph	07:00:02.19
Lap 25 (22.2 miles)	00:18:50.55	21:15	2.8mph	07:18:52.73
Lap 26 (23.1 miles)	00:18:59.29	21:24	2.8mph	07:37:52.02
Lap 27 (23.9 miles)	00:15:15.61	17:12	3.5mph	07:53:07.62
Lap 28 (24.8 miles)	00:21:57.13	24:45	2.4mph	08:15:04.75
Lap 29 (25.7 miles)	00:16:56.56	19:06	3.1mph	08:32:01.30
Lap 30 (26.6 miles)	00:18:58.79	21:24	2.8mph	08:51:00.09
Lap 31 (27.5 miles)	00:15:58.03	18:00	3.3mph	09:06:58.12
Lap 32 (28.4 miles)	00:18:24.80	20:45	2.9mph	09:25:22.92
Lap 33 (29.3 miles)	00:17:20.17	19:33	3.1mph	09:42:43.08
Lap 34 (30.1 miles)	00:17:23.52	19:36	3.1mph	10:00:06.60
Lap 35 (31.0 miles)	00:18:48.80	21:13	2.8mph	10:18:55.39
Lap 36 (31.9 miles)	00:17:07.44	19:18	3.1mph	10:36:02.82

GRANT BENKO

MADISON, AL

RUNNER

138 Laps: 34

30.1 N/A

05:52:55.09

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:08:54.19	10:02	6.0mph	00:08:54.19
Lap 2 (1.8 miles)	00:09:38.22	10:52	5.5mph	00:18:32.40
Lap 3 (2.7 miles)	00:09:11.71	10:22	5.8mph	00:27:44.10
Lap 4 (3.5 miles)	00:08:57.87	10:06	5.9mph	00:36:41.97
Lap 5 (4.4 miles)	00:08:59.54	10:08	5.9mph	00:45:41.50
Lap 6 (5.3 miles)	00:08:47.69	09:55	6.0mph	00:54:29.19
Lap 7 (6.2 miles)	00:09:02.42	10:11	5.9mph	01:03:31.60
Lap 8 (7.1 miles)	00:08:26.00	09:30	6.3mph	01:11:57.60
Lap 9 (8.0 miles)	00:08:38.56	09:44	6.2mph	01:20:36.16
Lap 10 (8.9 miles)	00:08:41.21	09:47	6.1mph	01:29:17.36
Lap 11 (9.8 miles)	00:09:06.51	10:16	5.8mph	01:38:23.87
Lap 12 (10.6 miles)	00:08:47.73	09:55	6.0mph	01:47:11.60
Lap 13 (11.5 miles)	00:08:56.56	10:05	5.9mph	01:56:08.15
Lap 14 (12.4 miles)	00:08:41.90	09:48	6.1mph	02:04:50.05
Lap 15 (13.3 miles)	00:08:51.02	09:58	6.0mph	02:13:41.06
Lap 16 (14.2 miles)	00:08:57.31	10:05	5.9mph	02:22:38.37
Lap 17 (15.1 miles)	00:18:50.34	21:14	2.8mph	02:41:28.71
Lap 18 (16.0 miles)	00:13:19.57	15:01	4.0mph	02:54:48.28
Lap 19 (16.8 miles)	00:15:04.83	17:00	3.5mph	03:09:53.10
Lap 20 (17.7 miles)	00:12:50.18	14:28	4.1mph	03:22:43.27
Lap 21 (18.6 miles)	00:10:38.54	12:00	5.0mph	03:33:21.81
Lap 22 (19.5 miles)	00:10:16.65	11:35	5.2mph	03:43:38.45
Lap 23 (20.4 miles)	00:09:39.49	10:53	5.5mph	03:53:17.94
Lap 24 (21.3 miles)	00:10:21.10	11:40	5.1mph	04:03:39.03
Lap 25 (22.2 miles)	00:09:59.48	11:16	5.3mph	04:13:38.51
Lap 26 (23.1 miles)	00:11:08.35	12:33	4.8mph	04:24:46.85
Lap 27 (23.9 miles)	00:10:55.61	12:19	4.9mph	04:35:42.45
Lap 28 (24.8 miles)	00:11:27.77	12:55	4.6mph	04:47:10.22
Lap 29 (25.7 miles)	00:12:54.92	14:33	4.1mph	05:00:05.14
Lap 30 (26.6 miles)	00:10:22.37	11:41	5.1mph	05:10:27.50
Lap 31 (27.5 miles)	00:10:47.68	12:10	4.9mph	05:21:15.18
Lap 32 (28.4 miles)	00:10:05.46	11:22	5.3mph	05:31:20.64
Lap 33 (29.3 miles)	00:10:47.40	12:10	4.9mph	05:42:08.04
Lap 34 (30.1 miles)	00:10:47.06	12:09	4.9mph	05:52:55.09

MARY BOATWRIGHT

TALLASSEE, AL

RUNNER

140 Laps: 30

26.6 N/A

10:45:05.39

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:13:34.73	15:18	3.9mph	00:13:34.73
Lap 2 (1.8 miles)	00:14:29.06	16:20	3.7mph	00:28:03.79
Lap 3 (2.7 miles)	00:13:34.88	15:19	3.9mph	00:41:38.67
Lap 4 (3.5 miles)	00:13:40.47	15:25	3.9mph	00:55:19.14
Lap 5 (4.4 miles)	00:18:34.71	20:57	2.9mph	01:13:53.84
Lap 6 (5.3 miles)	00:13:54.28	15:40	3.8mph	01:27:48.12
Lap 7 (6.2 miles)	00:15:29.57	17:28	3.4mph	01:43:17.69
Lap 8 (7.1 miles)	00:23:29.65	26:29	2.3mph	02:06:47.33
Lap 9 (8.0 miles)	00:15:34.30	17:33	3.4mph	02:22:21.63
Lap 10 (8.9 miles)	00:15:22.90	17:20	3.5mph	02:37:44.52
Lap 11 (9.8 miles)	00:26:17.51	29:39	2.0mph	03:04:02.02

Lap 12 (10.6 miles)	00:15:29.64	17:28	3.4mph	03:19:31.66
Lap 13 (11.5 miles)	00:22:07.16	24:56	2.4mph	03:41:38.81
Lap 14 (12.4 miles)	00:18:38.01	21:00	2.9mph	04:00:16.82
Lap 15 (13.3 miles)	00:21:10.88	23:53	2.5mph	04:21:27.70
Lap 16 (14.2 miles)	00:16:32.25	18:39	3.2mph	04:37:59.94
Lap 17 (15.1 miles)	00:32:19.97	36:27	1.6mph	05:10:19.91
Lap 18 (16.0 miles)	00:16:08.43	18:12	3.3mph	05:26:28.34
Lap 19 (16.8 miles)	00:18:11.31	20:30	2.9mph	05:44:39.65
Lap 20 (17.7 miles)	00:36:17.93	40:56	1.5mph	06:20:57.57
Lap 21 (18.6 miles)	00:59:41.08	07:18	0.9mph	07:20:38.64
Lap 22 (19.5 miles)	00:18:21.69	20:42	2.9mph	07:39:00.32
Lap 23 (20.4 miles)	00:38:32.17	43:27	1.4mph	08:17:32.48
Lap 24 (21.3 miles)	00:21:01.64	23:42	2.5mph	08:38:34.12
Lap 25 (22.2 miles)	00:30:47.65	34:43	1.7mph	09:09:21.77
Lap 26 (23.1 miles)	00:19:27.63	21:56	2.7mph	09:28:49.39
Lap 27 (23.9 miles)	00:20:24.43	23:00	2.6mph	09:49:13.81
Lap 28 (24.8 miles)	00:18:54.95	21:19	2.8mph	10:08:08.75
Lap 29 (25.7 miles)	00:18:36.46	20:59	2.9mph	10:26:45.21
Lap 30 (26.6 miles)	00:18:20.19	20:40	2.9mph	10:45:05.39

SANJAY MOHANTA BRAMPTON, ON RUNNER 149 Laps: 30 26.6 N/A
54:32:47.35

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:13:51.48	15:37	3.8mph	00:13:51.48
Lap 2 (1.8 miles)	00:16:07.78	18:11	3.3mph	00:29:59.26
Lap 3 (2.7 miles)	00:16:01.14	18:03	3.3mph	00:46:00.39
Lap 4 (3.5 miles)	00:15:32.29	17:31	3.4mph	01:01:32.68
Lap 5 (4.4 miles)	00:16:42.44	18:50	3.2mph	01:18:15.11
Lap 6 (5.3 miles)	00:17:13.89	19:25	3.1mph	01:35:28.99
Lap 7 (6.2 miles)	00:17:34.08	19:48	3.0mph	01:53:03.07
Lap 8 (7.1 miles)	00:18:05.37	20:24	2.9mph	02:11:08.43
Lap 9 (8.0 miles)	00:18:49.29	21:13	2.8mph	02:29:57.72
Lap 10 (8.9 miles)	00:17:42.25	19:57	3.0mph	02:47:39.97
Lap 11 (9.8 miles)	00:17:48.94	20:05	3.0mph	03:05:28.90
Lap 12 (10.6 miles)	00:17:50.79	20:07	3.0mph	03:23:19.69
Lap 13 (11.5 miles)	00:17:54.72	20:12	3.0mph	03:41:14.40
Lap 14 (12.4 miles)	00:18:32.39	20:54	2.9mph	03:59:46.79
Lap 15 (13.3 miles)	00:18:52.00	21:16	2.8mph	04:18:38.79
Lap 16 (14.2 miles)	00:18:21.01	20:41	2.9mph	04:36:59.80
Lap 17 (15.1 miles)	00:19:17.62	21:45	2.8mph	04:56:17.42
Lap 18 (16.0 miles)	00:18:58.31	21:23	2.8mph	05:15:15.72
Lap 19 (16.8 miles)	00:18:26.37	20:47	2.9mph	05:33:42.09
Lap 20 (17.7 miles)	00:18:31.64	20:53	2.9mph	05:52:13.72
Lap 21 (18.6 miles)	00:18:35.80	20:58	2.9mph	06:10:49.51
Lap 22 (19.5 miles)	00:21:10.53	23:52	2.5mph	06:32:00.04
Lap 23 (20.4 miles)	00:20:56.83	23:37	2.5mph	06:52:56.86
Lap 24 (21.3 miles)	00:00:44.05	00:49	72.5mph	06:53:40.90
Lap 25 (22.2 miles)	00:18:25.16	20:46	2.9mph	07:12:06.06
Lap 26 (23.1 miles)	00:19:56.12	22:28	2.7mph	07:32:02.18
Lap 27 (23.9 miles)	00:19:50.18	22:22	2.7mph	07:51:52.36
Lap 28 (24.8 miles)	00:19:28.49	21:57	2.7mph	08:11:20.85
Lap 29 (25.7 miles)	00:20:01.83	22:35	2.7mph	08:31:22.67
Lap 30 (26.6 miles)	46:01:24.69	54:15	0.0mph	54:32:47.35

TEAGAN BENKO MADISON, AL RUNNER 139 Laps: 29 25.7 N/A

05:51:23.62

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:08:54.49	10:02	6.0mph	00:08:54.49
Lap 2 (1.8 miles)	00:09:56.37	11:12	5.4mph	00:18:50.86
Lap 3 (2.7 miles)	00:10:09.42	11:27	5.2mph	00:29:00.27
Lap 4 (3.5 miles)	00:10:04.67	11:21	5.3mph	00:39:04.93
Lap 5 (4.4 miles)	00:10:45.03	12:07	4.9mph	00:49:49.96
Lap 6 (5.3 miles)	00:10:19.05	11:38	5.2mph	01:00:09.01
Lap 7 (6.2 miles)	00:09:55.50	11:11	5.4mph	01:10:04.50
Lap 8 (7.1 miles)	00:10:43.87	12:06	5.0mph	01:20:48.37
Lap 9 (8.0 miles)	00:10:32.31	11:53	5.0mph	01:31:20.68
Lap 10 (8.9 miles)	00:10:42.70	12:04	5.0mph	01:42:03.38
Lap 11 (9.8 miles)	00:10:55.51	12:19	4.9mph	01:52:58.89
Lap 12 (10.6 miles)	00:11:14.04	12:40	4.7mph	02:04:12.92
Lap 13 (11.5 miles)	00:12:34.69	14:11	4.2mph	02:16:47.61
Lap 14 (12.4 miles)	00:20:31.17	23:08	2.6mph	02:37:18.78
Lap 15 (13.3 miles)	00:21:12.86	23:55	2.5mph	02:58:31.63
Lap 16 (14.2 miles)	00:17:02.80	19:13	3.1mph	03:15:34.43
Lap 17 (15.1 miles)	00:17:23.48	19:36	3.1mph	03:32:57.91
Lap 18 (16.0 miles)	00:18:32.03	20:54	2.9mph	03:51:29.94
Lap 19 (16.8 miles)	00:12:15.99	13:50	4.3mph	04:03:45.92
Lap 20 (17.7 miles)	00:11:24.90	12:52	4.7mph	04:15:10.82
Lap 21 (18.6 miles)	00:10:40.46	12:02	5.0mph	04:25:51.28
Lap 22 (19.5 miles)	00:11:07.57	12:32	4.8mph	04:36:58.85
Lap 23 (20.4 miles)	00:10:16.15	11:34	5.2mph	04:47:14.99
Lap 24 (21.3 miles)	00:11:01.46	12:25	4.8mph	04:58:16.45
Lap 25 (22.2 miles)	00:10:16.96	11:35	5.2mph	05:08:33.40
Lap 26 (23.1 miles)	00:10:10.25	11:28	5.2mph	05:18:43.64
Lap 27 (23.9 miles)	00:11:15.85	12:42	4.7mph	05:29:59.49
Lap 28 (24.8 miles)	00:10:59.52	12:23	4.8mph	05:40:59.01
Lap 29 (25.7 miles)	00:10:24.62	11:44	5.1mph	05:51:23.62

KATRINA WHITE VICK HOOVER, AL F: 6 RUNNER 153 Laps: 22 19.5 N/A Overall Female Runner: 6

04:35:16.59

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:10:51.70	12:14	4.9mph	00:10:51.70
Lap 2 (1.8 miles)	00:10:37.64	11:59	5.0mph	00:21:29.34
Lap 3 (2.7 miles)	00:10:41.92	12:03	5.0mph	00:32:11.25
Lap 4 (3.5 miles)	00:11:04.94	12:29	4.8mph	00:43:16.19
Lap 5 (4.4 miles)	00:10:55.39	12:19	4.9mph	00:54:11.58
Lap 6 (5.3 miles)	00:10:53.36	12:16	4.9mph	01:05:04.93
Lap 7 (6.2 miles)	00:11:00.97	12:25	4.8mph	01:16:05.90
Lap 8 (7.1 miles)	00:10:54.40	12:18	4.9mph	01:27:00.30
Lap 9 (8.0 miles)	00:10:52.03	12:15	4.9mph	01:37:52.33
Lap 10 (8.9 miles)	00:11:37.66	13:06	4.6mph	01:49:29.98
Lap 11 (9.8 miles)	00:11:39.52	13:08	4.6mph	02:01:09.50
Lap 12 (10.6 miles)	00:12:57.14	14:36	4.1mph	02:14:06.63
Lap 13 (11.5 miles)	00:14:14.24	16:03	3.7mph	02:28:20.87
Lap 14 (12.4 miles)	00:14:23.18	16:13	3.7mph	02:42:44.04
Lap 15 (13.3 miles)	00:14:11.41	16:00	3.7mph	02:56:55.44
Lap 16 (14.2 miles)	00:14:04.41	15:52	3.8mph	03:10:59.85
Lap 17 (15.1 miles)	00:14:35.99	16:27	3.6mph	03:25:35.84

Lap 18 (16.0 miles)	00:13:06.15	14:46	4.1mph	03:38:41.99
Lap 19 (16.8 miles)	00:14:58.84	16:53	3.6mph	03:53:40.82
Lap 20 (17.7 miles)	00:13:59.65	15:46	3.8mph	04:07:40.47
Lap 21 (18.6 miles)	00:14:03.81	15:51	3.8mph	04:21:44.27
Lap 22 (19.5 miles)	00:13:32.32	15:16	3.9mph	04:35:16.59

ETHAN BENKO MADISON, AL M: 9 RUNNER 137 Laps: 17 15.1 N/A Overall Male Runner: 9
05:51:23.32

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:08:55.70	10:04	6.0mph	00:08:55.70
Lap 2 (1.8 miles)	00:18:49.50	21:13	2.8mph	00:27:45.20
Lap 3 (2.7 miles)	00:17:56.69	20:14	3.0mph	00:45:41.89
Lap 4 (3.5 miles)	00:17:49.93	20:06	3.0mph	01:03:31.81
Lap 5 (4.4 miles)	00:34:52.60	39:19	1.5mph	01:38:24.41
Lap 6 (5.3 miles)	00:17:44.35	20:00	3.0mph	01:56:08.76
Lap 7 (6.2 miles)	00:20:38.96	23:17	2.6mph	02:16:47.72
Lap 8 (7.1 miles)	00:23:43.52	26:45	2.2mph	02:40:31.23
Lap 9 (8.0 miles)	00:26:56.93	30:23	2.0mph	03:07:28.15
Lap 10 (8.9 miles)	00:25:29.28	28:44	2.1mph	03:32:57.43
Lap 11 (9.8 miles)	00:30:41.96	34:37	1.7mph	04:03:39.38
Lap 12 (10.6 miles)	00:22:19.90	25:11	2.4mph	04:25:59.28
Lap 13 (11.5 miles)	00:32:15.77	36:23	1.6mph	04:58:15.05
Lap 14 (12.4 miles)	00:12:12.26	13:45	4.4mph	05:10:27.30
Lap 15 (13.3 miles)	00:19:33.36	22:03	2.7mph	05:30:00.66
Lap 16 (14.2 miles)	00:10:58.61	12:22	4.8mph	05:40:59.27
Lap 17 (15.1 miles)	00:10:24.06	11:43	5.1mph	05:51:23.32

RUTH DAGNAN VESTAVIA HILLS, F: 7 RUNNER 144 Laps: 11 9.8 N/A Overall Female Runner: 7
07:12:10.81

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:18:49.81	21:14	2.8mph	00:18:49.81
Lap 2 (1.8 miles)	00:18:55.39	21:20	2.8mph	00:37:45.20
Lap 3 (2.7 miles)	00:18:36.32	20:58	2.9mph	00:56:21.51
Lap 4 (3.5 miles)	00:32:45.14	36:56	1.6mph	01:29:06.64
Lap 5 (4.4 miles)	00:24:09.40	27:14	2.2mph	01:53:16.04
Lap 6 (5.3 miles)	00:24:35.34	27:43	2.2mph	02:17:51.37
Lap 7 (6.2 miles)	00:57:07.51	04:25	0.9mph	03:14:58.87
Lap 8 (7.1 miles)	00:38:52.06	43:50	1.4mph	03:53:50.92
Lap 9 (8.0 miles)	00:54:42.86	01:42	1.0mph	04:48:33.77
Lap 10 (8.9 miles)	01:54:53.17	09:33	0.5mph	06:43:26.94
Lap 11 (9.8 miles)	00:28:43.87	32:24	1.9mph	07:12:10.81