



Lap 9 (8.0 miles)	00:08:32.67	09:38	6.2mph	01:16:20.74
Lap 10 (8.9 miles)	00:08:43.70	09:50	6.1mph	01:25:04.43
Lap 11 (9.8 miles)	00:08:32.32	09:37	6.2mph	01:33:36.74
Lap 12 (10.6 miles)	00:08:45.31	09:52	6.1mph	01:42:22.05
Lap 13 (11.5 miles)	00:09:28.77	10:41	5.6mph	01:51:50.81
Lap 14 (12.4 miles)	00:08:47.41	09:54	6.1mph	02:00:38.22
Lap 15 (13.3 miles)	00:09:12.94	10:23	5.8mph	02:09:51.15
Lap 16 (14.2 miles)	00:08:51.33	09:59	6.0mph	02:18:42.48
Lap 17 (15.1 miles)	00:09:09.24	10:19	5.8mph	02:27:51.71
Lap 18 (16.0 miles)	00:08:55.47	10:03	6.0mph	02:36:47.18
Lap 19 (16.8 miles)	00:09:54.86	11:10	5.4mph	02:46:42.04
Lap 20 (17.7 miles)	00:09:42.58	10:57	5.5mph	02:56:24.61
Lap 21 (18.6 miles)	00:09:25.08	10:37	5.6mph	03:05:49.69
Lap 22 (19.5 miles)	00:09:53.52	11:09	5.4mph	03:15:43.20
Lap 23 (20.4 miles)	00:13:45.84	15:31	3.9mph	03:29:29.04
Lap 24 (21.3 miles)	00:13:04.98	14:45	4.1mph	03:42:34.01
Lap 25 (22.2 miles)	00:10:09.95	11:27	5.2mph	03:52:43.95
Lap 26 (23.1 miles)	00:13:20.53	15:02	4.0mph	04:06:04.48
Lap 27 (23.9 miles)	00:20:40.87	23:19	2.6mph	04:26:45.34
Lap 28 (24.8 miles)	00:09:46.72	11:01	5.4mph	04:36:32.06
Lap 29 (25.7 miles)	00:09:44.92	10:59	5.5mph	04:46:16.98
Lap 30 (26.6 miles)	00:09:21.57	10:33	5.7mph	04:55:38.54
Lap 31 (27.5 miles)	00:13:40.03	15:24	3.9mph	05:09:18.56
Lap 32 (28.4 miles)	00:09:57.39	11:13	5.3mph	05:19:15.95
Lap 33 (29.3 miles)	00:10:27.06	11:47	5.1mph	05:29:43.01
Lap 34 (30.1 miles)	00:09:47.25	11:02	5.4mph	05:39:30.25
Lap 35 (31.0 miles)	00:09:43.89	10:58	5.5mph	05:49:14.14
Lap 36 (31.9 miles)	00:08:56.11	10:04	6.0mph	05:58:10.24

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PAUL SMITH      PENSACOLA, FL      M: 3      RUNNER      183      Laps: 35      31      N/A      Overall Male Runner: 3  
05:54:19.23

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:08:21.07	09:25	6.4mph	00:08:21.07
Lap 2 (1.8 miles)	00:08:19.08	09:22	6.4mph	00:16:40.14
Lap 3 (2.7 miles)	00:08:26.87	09:31	6.3mph	00:25:07.01
Lap 4 (3.5 miles)	00:08:29.54	09:34	6.3mph	00:33:36.54
Lap 5 (4.4 miles)	00:08:41.03	09:47	6.1mph	00:42:17.57
Lap 6 (5.3 miles)	00:08:47.74	09:55	6.0mph	00:51:05.31
Lap 7 (6.2 miles)	00:08:59.88	10:08	5.9mph	01:00:05.18
Lap 8 (7.1 miles)	00:08:44.90	09:51	6.1mph	01:08:50.08
Lap 9 (8.0 miles)	00:09:06.43	10:16	5.8mph	01:17:56.50
Lap 10 (8.9 miles)	00:09:00.37	10:09	5.9mph	01:26:56.87
Lap 11 (9.8 miles)	00:09:00.91	10:10	5.9mph	01:35:57.77
Lap 12 (10.6 miles)	00:08:49.50	09:57	6.0mph	01:44:47.27
Lap 13 (11.5 miles)	00:11:19.45	12:46	4.7mph	01:56:06.72
Lap 14 (12.4 miles)	00:08:53.83	10:02	6.0mph	02:05:00.54
Lap 15 (13.3 miles)	00:09:18.54	10:29	5.7mph	02:14:19.08
Lap 16 (14.2 miles)	00:09:35.91	10:49	5.5mph	02:23:54.99
Lap 17 (15.1 miles)	00:10:01.48	11:18	5.3mph	02:33:56.46
Lap 18 (16.0 miles)	00:10:14.14	11:32	5.2mph	02:44:10.60
Lap 19 (16.8 miles)	00:10:02.90	11:19	5.3mph	02:54:13.49
Lap 20 (17.7 miles)	00:10:49.07	12:11	4.9mph	03:05:02.55
Lap 21 (18.6 miles)	00:10:14.19	11:32	5.2mph	03:15:16.74
Lap 22 (19.5 miles)	00:10:24.70	11:44	5.1mph	03:25:41.43

Lap 23 (20.4 miles)	00:10:37.59	11:59	5.0mph	03:36:19.02
Lap 24 (21.3 miles)	00:11:15.21	12:41	4.7mph	03:47:34.22
Lap 25 (22.2 miles)	00:10:54.88	12:18	4.9mph	03:58:29.09
Lap 26 (23.1 miles)	00:11:20.75	12:47	4.7mph	04:09:49.84
Lap 27 (23.9 miles)	00:10:50.58	12:13	4.9mph	04:20:40.41
Lap 28 (24.8 miles)	00:11:38.60	13:07	4.6mph	04:32:19.00
Lap 29 (25.7 miles)	00:11:41.47	13:11	4.6mph	04:44:00.47
Lap 30 (26.6 miles)	00:12:11.96	13:45	4.4mph	04:56:12.43
Lap 31 (27.5 miles)	00:10:57.67	12:21	4.9mph	05:07:10.09
Lap 32 (28.4 miles)	00:11:19.14	12:45	4.7mph	05:18:29.23
Lap 33 (29.3 miles)	00:11:13.76	12:39	4.7mph	05:29:42.98
Lap 34 (30.1 miles)	00:11:42.75	13:12	4.5mph	05:41:25.73
Lap 35 (31.0 miles)	00:12:53.51	14:32	4.1mph	05:54:19.23

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JEANIA NORTON IIL CAMPBELL, AL F: 1 RUNNER 182 Laps: 33 29.3 N/A Overall Female Runner: 1  
05:51:07.08

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:10:05.83	11:23	5.3mph	00:10:05.83
Lap 2 (1.8 miles)	00:08:28.76	09:33	6.3mph	00:18:34.58
Lap 3 (2.7 miles)	00:08:36.51	09:42	6.2mph	00:27:11.09
Lap 4 (3.5 miles)	00:08:49.73	09:57	6.0mph	00:36:00.82
Lap 5 (4.4 miles)	00:08:52.44	10:00	6.0mph	00:44:53.25
Lap 6 (5.3 miles)	00:09:00.44	10:09	5.9mph	00:53:53.68
Lap 7 (6.2 miles)	00:08:56.74	10:05	5.9mph	01:02:50.42
Lap 8 (7.1 miles)	00:09:30.96	10:43	5.6mph	01:12:21.37
Lap 9 (8.0 miles)	00:09:06.63	10:16	5.8mph	01:21:28.00
Lap 10 (8.9 miles)	00:09:31.95	10:45	5.6mph	01:30:59.95
Lap 11 (9.8 miles)	00:09:00.05	10:09	5.9mph	01:39:59.99
Lap 12 (10.6 miles)	00:09:29.26	10:41	5.6mph	01:49:29.25
Lap 13 (11.5 miles)	00:14:37.72	16:29	3.6mph	02:04:06.97
Lap 14 (12.4 miles)	00:09:21.72	10:33	5.7mph	02:13:28.69
Lap 15 (13.3 miles)	00:09:43.37	10:57	5.5mph	02:23:12.05
Lap 16 (14.2 miles)	00:19:02.06	21:27	2.8mph	02:42:14.11
Lap 17 (15.1 miles)	00:11:01.28	12:25	4.8mph	02:53:15.39
Lap 18 (16.0 miles)	00:10:07.15	11:24	5.3mph	03:03:22.54
Lap 19 (16.8 miles)	00:11:02.99	12:27	4.8mph	03:14:25.52
Lap 20 (17.7 miles)	00:11:56.17	13:27	4.5mph	03:26:21.68
Lap 21 (18.6 miles)	00:11:04.10	12:28	4.8mph	03:37:25.78
Lap 22 (19.5 miles)	00:12:37.93	14:14	4.2mph	03:50:03.71
Lap 23 (20.4 miles)	00:11:12.29	12:38	4.7mph	04:01:15.99
Lap 24 (21.3 miles)	00:10:35.50	11:56	5.0mph	04:11:51.49
Lap 25 (22.2 miles)	00:10:33.70	11:54	5.0mph	04:22:25.18
Lap 26 (23.1 miles)	00:11:03.21	12:27	4.8mph	04:33:28.38
Lap 27 (23.9 miles)	00:11:47.87	13:18	4.5mph	04:45:16.25
Lap 28 (24.8 miles)	00:10:39.57	12:01	5.0mph	04:55:55.81
Lap 29 (25.7 miles)	00:10:47.94	12:10	4.9mph	05:06:43.75
Lap 30 (26.6 miles)	00:10:27.48	11:47	5.1mph	05:17:11.23
Lap 31 (27.5 miles)	00:11:07.44	12:32	4.8mph	05:28:18.67
Lap 32 (28.4 miles)	00:11:18.01	12:44	4.7mph	05:39:36.67
Lap 33 (29.3 miles)	00:11:30.41	12:58	4.6mph	05:51:07.08

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CHRISTIAN KUENZLI IATTANOOGA, TN M: 4 RUNNER 179 Laps: 33 29.3 N/A Overall Male Runner: 4  
05:51:10.28

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:08:31.21	09:36	6.2mph	00:08:31.21
Lap 2 (1.8 miles)	00:08:59.07	10:07	5.9mph	00:17:30.27
Lap 3 (2.7 miles)	00:09:04.39	10:13	5.9mph	00:26:34.65
Lap 4 (3.5 miles)	00:09:30.71	10:43	5.6mph	00:36:05.36
Lap 5 (4.4 miles)	00:08:57.45	10:06	5.9mph	00:45:02.81
Lap 6 (5.3 miles)	00:10:24.91	11:44	5.1mph	00:55:27.72
Lap 7 (6.2 miles)	00:09:09.89	10:20	5.8mph	01:04:37.61
Lap 8 (7.1 miles)	00:09:05.92	10:15	5.8mph	01:13:43.53
Lap 9 (8.0 miles)	00:09:07.69	10:17	5.8mph	01:22:51.21
Lap 10 (8.9 miles)	00:17:16.32	19:28	3.1mph	01:40:07.53
Lap 11 (9.8 miles)	00:09:10.10	10:20	5.8mph	01:49:17.62
Lap 12 (10.6 miles)	00:09:33.19	10:46	5.6mph	01:58:50.81
Lap 13 (11.5 miles)	00:09:50.22	11:05	5.4mph	02:08:41.03
Lap 14 (12.4 miles)	00:10:15.05	11:33	5.2mph	02:18:56.08
Lap 15 (13.3 miles)	00:10:13.90	11:32	5.2mph	02:29:09.97
Lap 16 (14.2 miles)	00:11:10.44	12:36	4.8mph	02:40:20.41
Lap 17 (15.1 miles)	00:10:03.81	11:20	5.3mph	02:50:24.21
Lap 18 (16.0 miles)	00:09:37.02	10:50	5.5mph	03:00:01.23
Lap 19 (16.8 miles)	00:10:10.08	11:28	5.2mph	03:10:11.30
Lap 20 (17.7 miles)	00:19:37.98	22:08	2.7mph	03:29:49.28
Lap 21 (18.6 miles)	00:13:40.56	15:25	3.9mph	03:43:29.83
Lap 22 (19.5 miles)	00:13:43.02	15:28	3.9mph	03:57:12.84
Lap 23 (20.4 miles)	00:09:36.03	10:49	5.5mph	04:06:48.87
Lap 24 (21.3 miles)	00:10:58.40	12:22	4.8mph	04:17:47.27
Lap 25 (22.2 miles)	00:12:09.58	13:42	4.4mph	04:29:56.84
Lap 26 (23.1 miles)	00:09:45.35	11:00	5.5mph	04:39:42.19
Lap 27 (23.9 miles)	00:09:30.33	10:43	5.6mph	04:49:12.51
Lap 28 (24.8 miles)	00:09:46.68	11:01	5.4mph	04:58:59.18
Lap 29 (25.7 miles)	00:09:45.56	11:00	5.5mph	05:08:44.74
Lap 30 (26.6 miles)	00:09:53.28	11:09	5.4mph	05:18:38.02
Lap 31 (27.5 miles)	00:10:42.83	12:04	5.0mph	05:29:20.84
Lap 32 (28.4 miles)	00:10:27.13	11:47	5.1mph	05:39:47.97
Lap 33 (29.3 miles)	00:11:22.32	12:49	4.7mph	05:51:10.28

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KRISTEN MELTON    TUSCUMBIA, AL    F: 2    RUNNER    181    Laps: 30    26.6    N/A    Overall Female Runner: 2  
05:42:34.43

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:09:08.93	10:19	5.8mph	00:09:08.93
Lap 2 (1.8 miles)	00:09:02.84	10:12	5.9mph	00:18:11.77
Lap 3 (2.7 miles)	00:08:58.79	10:07	5.9mph	00:27:10.55
Lap 4 (3.5 miles)	00:08:47.66	09:55	6.0mph	00:35:58.21
Lap 5 (4.4 miles)	00:08:55.21	10:03	6.0mph	00:44:53.42
Lap 6 (5.3 miles)	00:08:53.34	10:01	6.0mph	00:53:46.75
Lap 7 (6.2 miles)	00:08:56.48	10:05	6.0mph	01:02:43.23
Lap 8 (7.1 miles)	00:08:38.41	09:44	6.2mph	01:11:21.64
Lap 9 (8.0 miles)	00:08:50.38	09:58	6.0mph	01:20:12.01
Lap 10 (8.9 miles)	00:09:29.17	10:41	5.6mph	01:29:41.18
Lap 11 (9.8 miles)	00:08:53.63	10:01	6.0mph	01:38:34.81
Lap 12 (10.6 miles)	00:09:22.74	10:34	5.7mph	01:47:57.54
Lap 13 (11.5 miles)	00:09:19.62	10:31	5.7mph	01:57:17.16
Lap 14 (12.4 miles)	00:10:02.81	11:19	5.3mph	02:07:19.97
Lap 15 (13.3 miles)	00:10:18.86	11:37	5.2mph	02:17:38.82
Lap 16 (14.2 miles)	00:10:25.19	11:45	5.1mph	02:28:04.00

Lap 17 (15.1 miles)	00:10:45.26	12:07	4.9mph	02:38:49.26
Lap 18 (16.0 miles)	00:10:28.18	11:48	5.1mph	02:49:17.43
Lap 19 (16.8 miles)	00:11:28.63	12:56	4.6mph	03:00:46.06
Lap 20 (17.7 miles)	00:13:57.18	15:44	3.8mph	03:14:43.24
Lap 21 (18.6 miles)	00:11:57.98	13:29	4.4mph	03:26:41.22
Lap 22 (19.5 miles)	00:11:44.53	13:14	4.5mph	03:38:25.75
Lap 23 (20.4 miles)	00:11:36.02	13:04	4.6mph	03:50:01.77
Lap 24 (21.3 miles)	00:13:53.84	15:40	3.8mph	04:03:55.61
Lap 25 (22.2 miles)	00:12:26.87	14:02	4.3mph	04:16:22.47
Lap 26 (23.1 miles)	00:12:22.94	13:57	4.3mph	04:28:45.40
Lap 27 (23.9 miles)	00:15:14.53	17:11	3.5mph	04:43:59.93
Lap 28 (24.8 miles)	00:17:50.41	20:07	3.0mph	05:01:50.33
Lap 29 (25.7 miles)	00:18:55.48	21:20	2.8mph	05:20:45.81
Lap 30 (26.6 miles)	00:21:48.63	24:35	2.4mph	05:42:34.43

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STEVE EGGERS    BIRMINGHAM, AL    M: 5    RUNNER    176 Laps: 30    26.6    N/A    Overall Male Runner: 5  
05:50:42.89

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:09:58.43	11:14	5.3mph	00:09:58.43
Lap 2 (1.8 miles)	00:08:49.63	09:57	6.0mph	00:18:48.06
Lap 3 (2.7 miles)	00:08:53.41	10:01	6.0mph	00:27:41.46
Lap 4 (3.5 miles)	00:08:52.61	10:00	6.0mph	00:36:34.07
Lap 5 (4.4 miles)	00:08:58.89	10:07	5.9mph	00:45:32.95
Lap 6 (5.3 miles)	00:08:49.97	09:57	6.0mph	00:54:22.92
Lap 7 (6.2 miles)	00:08:43.99	09:50	6.1mph	01:03:06.90
Lap 8 (7.1 miles)	00:08:45.68	09:52	6.1mph	01:11:52.58
Lap 9 (8.0 miles)	00:09:01.33	10:10	5.9mph	01:20:53.90
Lap 10 (8.9 miles)	00:10:36.12	11:57	5.0mph	01:31:30.02
Lap 11 (9.8 miles)	00:14:10.81	15:59	3.8mph	01:45:40.82
Lap 12 (10.6 miles)	00:09:12.00	10:22	5.8mph	01:54:52.82
Lap 13 (11.5 miles)	00:09:13.50	10:24	5.8mph	02:04:06.31
Lap 14 (12.4 miles)	00:12:10.64	13:43	4.4mph	02:16:16.95
Lap 15 (13.3 miles)	00:11:59.51	13:31	4.4mph	02:28:16.46
Lap 16 (14.2 miles)	00:15:19.41	17:16	3.5mph	02:43:35.86
Lap 17 (15.1 miles)	00:12:27.83	14:03	4.3mph	02:56:03.68
Lap 18 (16.0 miles)	00:11:40.07	13:09	4.6mph	03:07:43.75
Lap 19 (16.8 miles)	00:12:28.74	14:04	4.3mph	03:20:12.48
Lap 20 (17.7 miles)	00:15:47.06	17:48	3.4mph	03:35:59.54
Lap 21 (18.6 miles)	00:13:48.26	15:34	3.9mph	03:49:47.80
Lap 22 (19.5 miles)	00:10:49.57	12:12	4.9mph	04:00:37.36
Lap 23 (20.4 miles)	00:12:23.57	13:58	4.3mph	04:13:00.93
Lap 24 (21.3 miles)	00:12:41.47	14:18	4.2mph	04:25:42.39
Lap 25 (22.2 miles)	00:12:28.55	14:04	4.3mph	04:38:10.94
Lap 26 (23.1 miles)	00:15:09.01	17:05	3.5mph	04:53:19.94
Lap 27 (23.9 miles)	00:13:09.48	14:50	4.0mph	05:06:29.41
Lap 28 (24.8 miles)	00:12:41.76	14:19	4.2mph	05:19:11.17
Lap 29 (25.7 miles)	00:15:17.17	17:14	3.5mph	05:34:28.33
Lap 30 (26.6 miles)	00:16:14.57	18:19	3.3mph	05:50:42.89

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RACHEL CALLAHAN    BIRMINGHAM, AL    F: 3    RUNNER    175 Laps: 30    26.6    N/A    Overall Female Runner: 3  
05:53:28.74

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:09:40.73	10:54	5.5mph	00:09:40.73

Lap 2 (1.8 miles)	00:09:58.99	11:15	5.3mph	00:19:39.72
Lap 3 (2.7 miles)	00:09:51.85	11:07	5.4mph	00:29:31.56
Lap 4 (3.5 miles)	00:10:00.52	11:17	5.3mph	00:39:32.08
Lap 5 (4.4 miles)	00:09:45.61	11:00	5.5mph	00:49:17.68
Lap 6 (5.3 miles)	00:09:52.85	11:08	5.4mph	00:59:10.52
Lap 7 (6.2 miles)	00:12:19.04	13:53	4.3mph	01:11:29.56
Lap 8 (7.1 miles)	00:10:12.56	11:30	5.2mph	01:21:42.11
Lap 9 (8.0 miles)	00:10:21.58	11:41	5.1mph	01:32:03.69
Lap 10 (8.9 miles)	00:11:46.55	13:16	4.5mph	01:43:50.24
Lap 11 (9.8 miles)	00:11:01.12	12:25	4.8mph	01:54:51.36
Lap 12 (10.6 miles)	00:10:11.75	11:29	5.2mph	02:05:03.10
Lap 13 (11.5 miles)	00:13:33.37	15:17	3.9mph	02:18:36.46
Lap 14 (12.4 miles)	00:11:55.57	13:26	4.5mph	02:30:32.03
Lap 15 (13.3 miles)	00:12:20.32	13:54	4.3mph	02:42:52.34
Lap 16 (14.2 miles)	00:10:34.66	11:55	5.0mph	02:53:27.00
Lap 17 (15.1 miles)	00:19:06.61	21:33	2.8mph	03:12:33.60
Lap 18 (16.0 miles)	00:17:54.49	20:11	3.0mph	03:30:28.09
Lap 19 (16.8 miles)	00:12:07.95	13:40	4.4mph	03:42:36.03
Lap 20 (17.7 miles)	00:11:44.05	13:14	4.5mph	03:54:20.07
Lap 21 (18.6 miles)	00:13:20.08	15:02	4.0mph	04:07:40.15
Lap 22 (19.5 miles)	00:12:11.80	13:45	4.4mph	04:19:51.95
Lap 23 (20.4 miles)	00:11:38.27	13:07	4.6mph	04:31:30.21
Lap 24 (21.3 miles)	00:10:09.64	11:27	5.2mph	04:41:39.85
Lap 25 (22.2 miles)	00:11:08.22	12:33	4.8mph	04:52:48.06
Lap 26 (23.1 miles)	00:10:56.79	12:20	4.9mph	05:03:44.84
Lap 27 (23.9 miles)	00:11:34.59	13:03	4.6mph	05:15:19.43
Lap 28 (24.8 miles)	00:11:51.52	13:22	4.5mph	05:27:10.95
Lap 29 (25.7 miles)	00:12:31.26	14:07	4.2mph	05:39:42.20
Lap 30 (26.6 miles)	00:13:46.55	15:32	3.9mph	05:53:28.74

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RUSS WALKER      BIRMINGHAM, AL      RUNNER    185 Laps: 29    25.7    N/A

05:57:21.33

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:10:03.86	11:21	5.3mph	00:10:03.86
Lap 2 (1.8 miles)	00:09:55.31	11:11	5.4mph	00:19:59.16
Lap 3 (2.7 miles)	00:10:02.10	11:19	5.3mph	00:30:01.26
Lap 4 (3.5 miles)	00:10:03.79	11:20	5.3mph	00:40:05.05
Lap 5 (4.4 miles)	00:10:02.29	11:19	5.3mph	00:50:07.34
Lap 6 (5.3 miles)	00:09:48.87	11:04	5.4mph	00:59:56.20
Lap 7 (6.2 miles)	00:10:31.80	11:52	5.1mph	01:10:28.00
Lap 8 (7.1 miles)	00:09:28.65	10:41	5.6mph	01:19:56.64
Lap 9 (8.0 miles)	00:09:32.65	10:45	5.6mph	01:29:29.29
Lap 10 (8.9 miles)	00:09:48.28	11:03	5.4mph	01:39:17.56
Lap 11 (9.8 miles)	00:09:48.60	11:03	5.4mph	01:49:06.16
Lap 12 (10.6 miles)	00:09:42.68	10:57	5.5mph	01:58:48.84
Lap 13 (11.5 miles)	00:15:59.08	18:01	3.3mph	02:14:47.92
Lap 14 (12.4 miles)	00:10:15.05	11:33	5.2mph	02:25:02.96
Lap 15 (13.3 miles)	00:15:27.51	17:26	3.4mph	02:40:30.46
Lap 16 (14.2 miles)	00:10:14.20	11:32	5.2mph	02:50:44.66
Lap 17 (15.1 miles)	00:18:52.49	21:17	2.8mph	03:09:37.14
Lap 18 (16.0 miles)	00:13:11.80	14:52	4.0mph	03:22:48.94
Lap 19 (16.8 miles)	00:14:28.02	16:18	3.7mph	03:37:16.96
Lap 20 (17.7 miles)	00:15:42.60	17:43	3.4mph	03:52:59.55
Lap 21 (18.6 miles)	00:12:43.19	14:20	4.2mph	04:05:42.74

Lap 22 (19.5 miles)	00:12:44.48	14:22	4.2mph	04:18:27.21
Lap 23 (20.4 miles)	00:15:50.03	17:51	3.4mph	04:34:17.24
Lap 24 (21.3 miles)	00:16:13.65	18:18	3.3mph	04:50:30.88
Lap 25 (22.2 miles)	00:13:26.25	15:09	4.0mph	05:03:57.13
Lap 26 (23.1 miles)	00:13:08.93	14:49	4.0mph	05:17:06.05
Lap 27 (23.9 miles)	00:15:04.25	16:59	3.5mph	05:32:10.30
Lap 28 (24.8 miles)	00:12:23.57	13:58	4.3mph	05:44:33.86
Lap 29 (25.7 miles)	00:12:47.47	14:25	4.2mph	05:57:21.33

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RUTH VANZANDT      ARAB, AL      F: 4      RUNNER      130      Laps: 27      23.9      N/A      Overall Female Runner: 4  
05:53:07.99

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:11:32.48	13:00	4.6mph	00:11:32.48
Lap 2 (1.8 miles)	00:10:27.12	11:47	5.1mph	00:21:59.60
Lap 3 (2.7 miles)	00:11:51.99	13:22	4.5mph	00:33:51.59
Lap 4 (3.5 miles)	00:11:08.26	12:33	4.8mph	00:44:59.84
Lap 5 (4.4 miles)	00:10:57.54	12:21	4.9mph	00:55:57.38
Lap 6 (5.3 miles)	00:11:52.18	13:23	4.5mph	01:07:49.56
Lap 7 (6.2 miles)	00:11:44.60	13:14	4.5mph	01:19:34.16
Lap 8 (7.1 miles)	00:11:24.07	12:51	4.7mph	01:30:58.22
Lap 9 (8.0 miles)	00:12:42.13	14:19	4.2mph	01:43:40.34
Lap 10 (8.9 miles)	00:12:47.66	14:25	4.2mph	01:56:28.00
Lap 11 (9.8 miles)	00:13:09.92	14:50	4.0mph	02:09:37.92
Lap 12 (10.6 miles)	00:14:23.05	16:13	3.7mph	02:24:00.97
Lap 13 (11.5 miles)	00:12:18.25	13:52	4.3mph	02:36:19.21
Lap 14 (12.4 miles)	00:12:49.40	14:27	4.1mph	02:49:08.61
Lap 15 (13.3 miles)	00:12:13.69	13:47	4.4mph	03:01:22.30
Lap 16 (14.2 miles)	00:14:35.95	16:27	3.6mph	03:15:58.25
Lap 17 (15.1 miles)	00:14:39.54	16:31	3.6mph	03:30:37.78
Lap 18 (16.0 miles)	00:13:16.21	14:57	4.0mph	03:43:53.99
Lap 19 (16.8 miles)	00:12:57.76	14:37	4.1mph	03:56:51.74
Lap 20 (17.7 miles)	00:13:04.20	14:44	4.1mph	04:09:55.94
Lap 21 (18.6 miles)	00:12:50.43	14:28	4.1mph	04:22:46.36
Lap 22 (19.5 miles)	00:13:50.90	15:37	3.8mph	04:36:37.26
Lap 23 (20.4 miles)	00:14:15.09	16:04	3.7mph	04:50:52.34
Lap 24 (21.3 miles)	00:14:58.58	16:53	3.6mph	05:05:50.92
Lap 25 (22.2 miles)	00:16:43.77	18:52	3.2mph	05:22:34.69
Lap 26 (23.1 miles)	00:15:57.44	17:59	3.3mph	05:38:32.13
Lap 27 (23.9 miles)	00:14:35.87	16:27	3.6mph	05:53:07.99

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AMANDA LANG      IRONDALE, AL      F: 5      RUNNER      180      Laps: 23      20.4      N/A      Overall Female Runner:5  
05:54:52.93

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:12:13.80	13:47	4.4mph	00:12:13.80
Lap 2 (1.8 miles)	00:11:23.85	12:51	4.7mph	00:23:37.65
Lap 3 (2.7 miles)	00:15:21.71	17:19	3.5mph	00:38:59.35
Lap 4 (3.5 miles)	00:17:40.37	19:55	3.0mph	00:56:39.71
Lap 5 (4.4 miles)	00:12:08.65	13:41	4.4mph	01:08:48.36
Lap 6 (5.3 miles)	00:16:48.76	18:57	3.2mph	01:25:37.11
Lap 7 (6.2 miles)	00:15:41.93	17:42	3.4mph	01:41:19.04
Lap 8 (7.1 miles)	00:14:53.16	16:47	3.6mph	01:56:12.20
Lap 9 (8.0 miles)	00:13:25.06	15:07	4.0mph	02:09:37.25
Lap 10 (8.9 miles)	00:26:22.76	29:45	2.0mph	02:36:00.01

Lap 11 (9.8 miles)	00:14:00.36	15:47	3.8mph	02:50:00.36
Lap 12 (10.6 miles)	00:13:08.37	14:49	4.0mph	03:03:08.72
Lap 13 (11.5 miles)	00:16:07.94	18:11	3.3mph	03:19:16.66
Lap 14 (12.4 miles)	00:17:18.79	19:31	3.1mph	03:36:35.44
Lap 15 (13.3 miles)	00:14:27.37	16:18	3.7mph	03:51:02.80
Lap 16 (14.2 miles)	00:14:43.63	16:36	3.6mph	04:05:46.42
Lap 17 (15.1 miles)	00:16:35.84	18:43	3.2mph	04:22:22.26
Lap 18 (16.0 miles)	00:14:26.95	16:17	3.7mph	04:36:49.21
Lap 19 (16.8 miles)	00:17:41.18	19:56	3.0mph	04:54:30.38
Lap 20 (17.7 miles)	00:19:25.54	21:54	2.7mph	05:13:55.91
Lap 21 (18.6 miles)	00:17:14.64	19:26	3.1mph	05:31:10.54
Lap 22 (19.5 miles)	00:11:49.89	13:20	4.5mph	05:43:00.43
Lap 23 (20.4 miles)	00:11:52.50	13:23	4.5mph	05:54:52.93

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KELLIE ATWELL

HOOVER, AL

RUNNER 170 Laps: 22 19.5 N/A

05:55:55.21

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:12:33.00	14:09	4.2mph	00:12:33.00
Lap 2 (1.8 miles)	00:12:50.83	14:29	4.1mph	00:25:23.82
Lap 3 (2.7 miles)	00:13:08.87	14:49	4.0mph	00:38:32.69
Lap 4 (3.5 miles)	00:12:52.72	14:31	4.1mph	00:51:25.40
Lap 5 (4.4 miles)	00:13:01.68	14:41	4.1mph	01:04:27.08
Lap 6 (5.3 miles)	00:13:54.60	15:41	3.8mph	01:18:21.67
Lap 7 (6.2 miles)	00:13:59.89	15:47	3.8mph	01:32:21.56
Lap 8 (7.1 miles)	00:15:10.90	17:07	3.5mph	01:47:32.45
Lap 9 (8.0 miles)	00:16:30.38	18:36	3.2mph	02:04:02.83
Lap 10 (8.9 miles)	00:14:18.52	16:08	3.7mph	02:18:21.35
Lap 11 (9.8 miles)	00:16:25.46	18:31	3.2mph	02:34:46.80
Lap 12 (10.6 miles)	00:24:47.35	27:57	2.1mph	02:59:34.14
Lap 13 (11.5 miles)	00:17:12.23	19:24	3.1mph	03:16:46.37
Lap 14 (12.4 miles)	00:20:30.94	23:08	2.6mph	03:37:17.30
Lap 15 (13.3 miles)	00:28:57.62	32:39	1.8mph	04:06:14.92
Lap 16 (14.2 miles)	00:14:26.12	16:16	3.7mph	04:20:41.04
Lap 17 (15.1 miles)	00:17:24.26	19:37	3.1mph	04:38:05.29
Lap 18 (16.0 miles)	00:15:48.53	17:49	3.4mph	04:53:53.82
Lap 19 (16.8 miles)	00:14:46.36	16:39	3.6mph	05:08:40.17
Lap 20 (17.7 miles)	00:15:26.24	17:24	3.4mph	05:24:06.41
Lap 21 (18.6 miles)	00:16:28.58	18:34	3.2mph	05:40:34.99
Lap 22 (19.5 miles)	00:15:20.23	17:17	3.5mph	05:55:55.21

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JANET DUNCAN

RUNNER 163 Laps: 21 18.6 N/A

05:41:34.56

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:12:12.85	13:46	4.4mph	00:12:12.85
Lap 2 (1.8 miles)	00:15:10.32	17:06	3.5mph	00:27:23.17
Lap 3 (2.7 miles)	00:12:07.77	13:40	4.4mph	00:39:30.94
Lap 4 (3.5 miles)	00:12:44.81	14:22	4.2mph	00:52:15.74
Lap 5 (4.4 miles)	00:20:28.03	23:04	2.6mph	01:12:43.77
Lap 6 (5.3 miles)	00:12:48.32	14:26	4.2mph	01:25:32.09
Lap 7 (6.2 miles)	00:14:35.22	16:27	3.6mph	01:40:07.30
Lap 8 (7.1 miles)	00:14:13.78	16:02	3.7mph	01:54:21.08
Lap 9 (8.0 miles)	00:16:18.16	18:23	3.3mph	02:10:39.23
Lap 10 (8.9 miles)	00:13:14.26	14:55	4.0mph	02:23:53.48



Lap 11 (9.8 miles)	00:13:04.14	14:44	4.1mph	02:36:57.61
Lap 12 (10.6 miles)	00:27:12.77	30:41	2.0mph	03:04:10.38
Lap 13 (11.5 miles)	00:13:22.54	15:05	4.0mph	03:17:32.91
Lap 14 (12.4 miles)	00:14:01.04	15:48	3.8mph	03:31:33.95
Lap 15 (13.3 miles)	00:13:53.07	15:39	3.8mph	03:45:27.02
Lap 16 (14.2 miles)	00:21:19.24	24:02	2.5mph	04:06:46.26
Lap 17 (15.1 miles)	00:14:22.58	16:12	3.7mph	04:21:08.83
Lap 18 (16.0 miles)	00:29:50.80	33:39	1.8mph	04:50:59.63
Lap 19 (16.8 miles)	00:17:00.36	19:10	3.1mph	05:07:59.98
Lap 20 (17.7 miles)	00:14:40.73	16:33	3.6mph	05:22:40.70
Lap 21 (18.6 miles)	00:18:53.86	21:18	2.8mph	05:41:34.56

VICKIE SUE MERRY

F: 3 RUNNER 164 Laps: 19 16.8 N/A Overall Female Runner: 3  
05:40:16.79

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:12:36.33	14:12	4.2mph	00:12:36.33
Lap 2 (1.8 miles)	00:12:57.08	14:36	4.1mph	00:25:33.41
Lap 3 (2.7 miles)	00:13:06.19	14:46	4.1mph	00:38:39.60
Lap 4 (3.5 miles)	00:13:18.81	15:00	4.0mph	00:51:58.41
Lap 5 (4.4 miles)	00:13:25.03	15:07	4.0mph	01:05:23.43
Lap 6 (5.3 miles)	00:13:28.79	15:12	3.9mph	01:18:52.22
Lap 7 (6.2 miles)	00:13:24.59	15:07	4.0mph	01:32:16.80
Lap 8 (7.1 miles)	00:13:27.05	15:10	4.0mph	01:45:43.85
Lap 9 (8.0 miles)	00:13:38.57	15:23	3.9mph	01:59:22.42
Lap 10 (8.9 miles)	00:13:40.19	15:24	3.9mph	02:13:02.60
Lap 11 (9.8 miles)	00:13:29.92	15:13	3.9mph	02:26:32.51
Lap 12 (10.6 miles)	00:14:39.65	16:32	3.6mph	02:41:12.16
Lap 13 (11.5 miles)	00:14:32.85	16:24	3.7mph	02:55:45.01
Lap 14 (12.4 miles)	00:14:59.16	16:54	3.6mph	03:10:44.17
Lap 15 (13.3 miles)	00:17:06.68	19:17	3.1mph	03:27:50.84
Lap 16 (14.2 miles)	01:01:18.32	09:08	0.9mph	04:29:09.15
Lap 17 (15.1 miles)	00:25:32.95	28:48	2.1mph	04:54:42.10
Lap 18 (16.0 miles)	00:19:50.79	22:22	2.7mph	05:14:32.88
Lap 19 (16.8 miles)	00:25:43.91	29:01	2.1mph	05:40:16.79

CHIP FERRELL

HOOVER, AL RUNNER 177 Laps: 17 15.1 N/A  
04:07:29.70

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:16:10.93	18:14	3.3mph	00:16:10.93
Lap 2 (1.8 miles)	00:13:10.94	14:52	4.0mph	00:29:21.87
Lap 3 (2.7 miles)	00:13:37.36	15:21	3.9mph	00:42:59.23
Lap 4 (3.5 miles)	00:13:01.51	14:41	4.1mph	00:56:00.73
Lap 5 (4.4 miles)	00:13:52.25	15:38	3.8mph	01:09:52.97
Lap 6 (5.3 miles)	00:12:51.87	14:30	4.1mph	01:22:44.84
Lap 7 (6.2 miles)	00:13:47.81	15:33	3.9mph	01:36:32.65
Lap 8 (7.1 miles)	00:13:33.73	15:17	3.9mph	01:50:06.38
Lap 9 (8.0 miles)	00:13:54.20	15:40	3.8mph	02:04:00.57
Lap 10 (8.9 miles)	00:13:52.72	15:39	3.8mph	02:17:53.28
Lap 11 (9.8 miles)	00:14:02.95	15:50	3.8mph	02:31:56.23
Lap 12 (10.6 miles)	00:16:27.36	18:33	3.2mph	02:48:23.58
Lap 13 (11.5 miles)	00:14:19.61	16:09	3.7mph	03:02:43.19
Lap 14 (12.4 miles)	00:14:11.10	15:59	3.8mph	03:16:54.29

Lap 15 (13.3 miles)	00:15:20.28	17:17	3.5mph	03:32:14.57
Lap 16 (14.2 miles)	00:17:38.99	19:54	3.0mph	03:49:53.56
Lap 17 (15.1 miles)	00:17:36.14	19:51	3.0mph	04:07:29.70

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JULIE BLEVINS      HELENA, AL      F: 6      RUNNER      174      Laps: 16      14.2      N/A      Overall Female Runner: 6  
05:44:21.36

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:17:41.02	19:56	3.0mph	00:17:41.02
Lap 2 (1.8 miles)	00:19:56.83	22:29	2.7mph	00:37:37.85
Lap 3 (2.7 miles)	00:17:48.40	20:04	3.0mph	00:55:26.25
Lap 4 (3.5 miles)	00:17:23.82	19:37	3.1mph	01:12:50.06
Lap 5 (4.4 miles)	00:16:36.50	18:43	3.2mph	01:29:26.56
Lap 6 (5.3 miles)	00:19:08.43	21:35	2.8mph	01:48:34.99
Lap 7 (6.2 miles)	00:21:18.32	24:01	2.5mph	02:09:53.30
Lap 8 (7.1 miles)	00:18:30.48	20:52	2.9mph	02:28:23.78
Lap 9 (8.0 miles)	00:19:30.96	22:00	2.7mph	02:47:54.74
Lap 10 (8.9 miles)	00:19:04.62	21:30	2.8mph	03:06:59.35
Lap 11 (9.8 miles)	00:30:31.16	34:25	1.7mph	03:37:30.51
Lap 12 (10.6 miles)	00:20:24.20	23:00	2.6mph	03:57:54.70
Lap 13 (11.5 miles)	00:38:18.53	43:12	1.4mph	04:36:13.23
Lap 14 (12.4 miles)	00:26:32.46	29:55	2.0mph	05:02:45.69
Lap 15 (13.3 miles)	00:19:21.80	21:50	2.7mph	05:22:07.48
Lap 16 (14.2 miles)	00:22:13.89	25:04	2.4mph	05:44:21.36

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JAMES STRONG      M: 2      RUNNER      167      Laps: 12      10.6      N/A      Overall Male Runner: 2  
02:41:53.02

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:16:27.93	18:34	3.2mph	00:16:27.93
Lap 2 (1.8 miles)	00:10:27.72	11:47	5.1mph	00:26:55.64
Lap 3 (2.7 miles)	00:09:23.87	10:35	5.7mph	00:36:19.51
Lap 4 (3.5 miles)	00:10:03.21	11:20	5.3mph	00:46:22.72
Lap 5 (4.4 miles)	00:09:47.34	11:02	5.4mph	00:56:10.06
Lap 6 (5.3 miles)	00:11:21.96	12:49	4.7mph	01:07:32.02
Lap 7 (6.2 miles)	00:13:21.65	15:04	4.0mph	01:20:53.66
Lap 8 (7.1 miles)	00:14:49.48	16:43	3.6mph	01:35:43.13
Lap 9 (8.0 miles)	00:10:53.81	12:17	4.9mph	01:46:36.94
Lap 10 (8.9 miles)	00:13:54.29	15:40	3.8mph	02:00:31.23
Lap 11 (9.8 miles)	00:15:11.48	17:07	3.5mph	02:15:42.71
Lap 12 (10.6 miles)	00:26:10.31	29:30	2.0mph	02:41:53.02

Name	Hometown	Gender	Type	Bib #	Time	Miles	Speed	Division Rank	
RICHARD BARRETT	CLANTON, AL	M: 7	RUNNER	172	Laps: 11 05:31:30.05	9.8	N/A	Overall Male Runner: 7	
					<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)	00:14:05.58	15:53	3.8mph	00:14:05.58
					Lap 2 (1.8 miles)	00:15:34.19	17:33	3.4mph	00:29:39.77
					Lap 3 (2.7 miles)	00:22:59.48	25:55	2.3mph	00:52:39.24
					Lap 4 (3.5 miles)	00:17:34.75	19:49	3.0mph	01:10:13.99
					Lap 5 (4.4 miles)	00:15:18.91	17:16	3.5mph	01:25:32.90
					Lap 6 (5.3 miles)	00:35:49.69	40:24	1.5mph	02:01:22.58
					Lap 7 (6.2 miles)	00:31:58.84	36:04	1.7mph	02:33:21.42
					Lap 8 (7.1 miles)	00:56:26.36	03:39	0.9mph	03:29:47.77
					Lap 9 (8.0 miles)	00:36:54.29	41:37	1.4mph	04:06:42.06
					Lap 10 (8.9 miles)	00:54:07.65	01:02	1.0mph	05:00:49.71
					Lap 11 (9.8 miles)	00:30:40.35	34:35	1.7mph	05:31:30.05

SHEENA BARRETT	CLANTON, AL	F: 7	RUNNER	173	Laps: 11 05:31:30.26	9.8	N/A	Overall Female Runner: 7	
					<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)	00:14:05.11	15:53	3.8mph	00:14:05.11
					Lap 2 (1.8 miles)	00:16:57.31	19:07	3.1mph	00:31:02.42
					Lap 3 (2.7 miles)	00:20:41.61	23:20	2.6mph	00:51:44.03
					Lap 4 (3.5 miles)	00:18:29.57	20:51	2.9mph	01:10:13.60
					Lap 5 (4.4 miles)	00:15:18.10	17:15	3.5mph	01:25:31.70
					Lap 6 (5.3 miles)	00:35:51.29	40:26	1.5mph	02:01:22.98
					Lap 7 (6.2 miles)	00:31:58.79	36:03	1.7mph	02:33:21.77
					Lap 8 (7.1 miles)	00:56:52.08	04:08	0.9mph	03:30:13.84
					Lap 9 (8.0 miles)	00:36:27.25	41:06	1.5mph	04:06:41.09
					Lap 10 (8.9 miles)	00:54:10.23	01:05	1.0mph	05:00:51.32
					Lap 11 (9.8 miles)	00:30:38.95	34:33	1.7mph	05:31:30.26

DANIEL STRONG		M: 3	RUNNER	166	Laps: 8 02:43:59.70	7.1	N/A	Overall Male Runner: 3	
					<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)	00:17:47.32	20:03	3.0mph	00:17:47.32
					Lap 2 (1.8 miles)	00:21:23.46	24:07	2.5mph	00:39:10.78
					Lap 3 (2.7 miles)	00:21:48.36	24:35	2.4mph	01:00:59.13
					Lap 4 (3.5 miles)	00:21:48.02	24:35	2.4mph	01:22:47.15
					Lap 5 (4.4 miles)	00:21:31.90	24:16	2.5mph	01:44:19.05
					Lap 6 (5.3 miles)	00:21:02.71	23:44	2.5mph	02:05:21.76
					Lap 7 (6.2 miles)	00:19:29.42	21:58	2.7mph	02:24:51.17
					Lap 8 (7.1 miles)	00:19:08.53	21:35	2.8mph	02:43:59.70

SUSAN HARE	IILDERSBURG, AL	F: 8	RUNNER	178	Laps: 7 02:36:14.47	6.2	N/A	Overall Female Runner: 8	
					<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)	00:18:49.47	21:13	2.8mph	00:18:49.47
					Lap 2 (1.8 miles)	00:18:51.38	21:15	2.8mph	00:37:40.84
					Lap 3 (2.7 miles)	00:18:40.18	21:03	2.8mph	00:56:21.02
					Lap 4 (3.5 miles)	00:32:35.79	36:45	1.6mph	01:28:56.81
					Lap 5 (4.4 miles)	00:24:15.81	27:21	2.2mph	01:53:12.61

Lap 6 (5.3 miles)	00:19:46.43	22:18	2.7mph	02:12:59.04
Lap 7 (6.2 miles)	00:23:15.44	26:13	2.3mph	02:36:14.47

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LYNNE DESHAZO	F: 4	RUNNER	162	Laps: 7	6.2	N/A	Overall Female Runner: 4
03:05:10.61							

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:18:02.16	20:20	2.9mph	00:18:02.16
Lap 2 (1.8 miles)	00:18:30.67	20:52	2.9mph	00:36:32.83
Lap 3 (2.7 miles)	00:18:35.75	20:58	2.9mph	00:55:08.58
Lap 4 (3.5 miles)	00:47:10.66	53:12	1.1mph	01:42:19.24
Lap 5 (4.4 miles)	00:19:31.53	22:01	2.7mph	02:01:50.76
Lap 6 (5.3 miles)	00:44:12.88	49:51	1.2mph	02:46:03.63
Lap 7 (6.2 miles)	00:19:06.98	21:33	2.8mph	03:05:10.61

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SUSAN COX	F: 5	RUNNER	161	Laps: 7	6.2	N/A	Overall Female Runner: 5
03:05:11.11							

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
Lap 1 (0.9 miles)	00:18:01.35	20:19	3.0mph	00:18:01.35
Lap 2 (1.8 miles)	00:18:30.82	20:52	2.9mph	00:36:32.17
Lap 3 (2.7 miles)	00:18:36.26	20:58	2.9mph	00:55:08.43
Lap 4 (3.5 miles)	00:47:10.70	53:12	1.1mph	01:42:19.12
Lap 5 (4.4 miles)	00:19:32.32	22:02	2.7mph	02:01:51.44
Lap 6 (5.3 miles)	00:44:12.68	49:51	1.2mph	02:46:04.11
Lap 7 (6.2 miles)	00:19:07.00	21:33	2.8mph	03:05:11.11