5K RUN / WALK 4 LIFE

Male Overall						
Place	Bib#	Name		Time	Туре	City
1	3125	ANGELO CF	RIMENI	00:21:17.32	Runner	Bellmore
	<u>Sp</u>	lit Description	Split Times	<u>Speed</u>	<u>Pace</u>	Cumulative
		Finish	00:04:14.101	0.0mph		00:04:14.101
		Split 2	00:04:08.413	9.0mph	06:40	00:08:22.514
		Split 3	00:04:13.440	8.8mph	06:48	00:12:35.954
		Split 4	00:04:23.191 00:04:18.178	8.5mph	07:04	00:16:59.145 00:21:17.323
	Split 5 00:04:18.178 3153 JAMES PYUN		8.6mph 00:22:18.20	06:56 Runner I	East Northport	
_		lit Description	Split Times	Speed	Pace	Cumulative
	<u> </u>	Finish	00:04:32.570	0.0mph	<u>- 400</u>	00:04:32.570
		Split 2	00:04:32:370	8.1mph	07:23	00:09:07.446
		Split 3	00:04:35.184	8.1mph	07:23	00:13:42.630
		Split 4	00:04:29.051	8.3mph	07:13	00:18:11.681
		Split 5	00:04:06.521	9.1mph	06:37	00:22:18.202
3	3138	MICHAEL IN	IBORNONI	00:27:09.33	Runner	Floral Park
	<u>Sp</u>	lit Description	Split Times	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Finish	00:04:56.008	0.0mph		00:04:56.008
		Split 2	00:05:18.676	7.0mph	08:33	00:10:14.684
		Split 3	00:05:24.871	6.9mph	08:43	00:15:39.555
		Split 4 Split 5	00:05:44.117 00:05:45.662	6.5mph 6.5mph	09:15 09:17	00:21:23.672 00:27:09.334
		Spill S	00.00.40.002	0.5mpn	03.11	00.27.09.334
Female Overall						
			Female (<u>Overall</u>		
Place	Bib#	Name	Female (Overall Time	Туре	City
Place	Bib # 2824	Name SHANNON F			Type Runner	City
	2824			Time		City <u>Cumulative</u>
	2824	SHANNON F	PULIS	Time 00:25:41.98	Runner	
	2824	SHANNON F	PULIS Split Times	Time 00:25:41.98 <u>Speed</u>	Runner	<u>Cumulative</u>
	2824	SHANNON F white Description Finish Split 2 Split 3	PULIS <u>Split Times</u> 00:04:51.384 00:05:00.629 00:05:23.583	Time 00:25:41.98 <u>Speed</u> 0.0mph 7.4mph 6.9mph	Runner <u>Pace</u> 08:04 08:41	Cumulative 00:04:51.384 00:09:52.013 00:15:15.596
	2824	SHANNON F SHANNON F Finish Split 2 Split 3 Split 4	PULIS Split Times 00:04:51.384 00:05:00.629 00:05:23.583 00:05:15.036	Time 00:25:41.98 Speed 0.0mph 7.4mph 6.9mph 7.1mph	Runner <u>Pace</u> 08:04 08:41 08:28	Cumulative 00:04:51.384 00:09:52.013 00:15:15.596 00:20:30.632
1	2824 <u>Sp</u>	SHANNON F lit Description Finish Split 2 Split 3 Split 4 Split 5	PULIS Split Times 00:04:51.384 00:05:00.629 00:05:23.583 00:05:15.036 00:05:11.352	Time 00:25:41.98 <u>Speed</u> 0.0mph 7.4mph 6.9mph 7.1mph 7.2mph	Runner <u>Pace</u> 08:04 08:41 08:28 08:22	Cumulative 00:04:51.384 00:09:52.013 00:15:15.596 00:20:30.632 00:25:41.984
	2824 <u>Sp</u> 3142	SHANNON F Ilit Description Finish Split 2 Split 3 Split 4 Split 5 REBECCA M	Split Times 00:04:51.384 00:05:00.629 00:05:23.583 00:05:15.036 00:05:11.352 MACKAY	Time 00:25:41.98 Speed 0.0mph 7.4mph 6.9mph 7.1mph 7.2mph 00:27:35.65	Runner Pace 08:04 08:41 08:28 08:22 Runner	Cumulative 00:04:51.384 00:09:52.013 00:15:15.596 00:20:30.632 00:25:41.984 Shoreham
1	2824 <u>Sp</u> 3142	SHANNON F SHANNON F Finish Split 2 Split 3 Split 4 Split 5 REBECCA M	PULIS Split Times 00:04:51.384 00:05:00.629 00:05:23.583 00:05:15.036 00:05:11.352 MACKAY Split Times	Time 00:25:41.98 <u>Speed</u> 0.0mph 7.4mph 6.9mph 7.1mph 7.2mph 00:27:35.65 <u>Speed</u>	Runner <u>Pace</u> 08:04 08:41 08:28 08:22	Cumulative 00:04:51.384 00:09:52.013 00:15:15.596 00:20:30.632 00:25:41.984 Shoreham Cumulative
1	2824 <u>Sp</u> 3142	SHANNON F Ilit Description Finish Split 2 Split 3 Split 4 Split 5 REBECCA N Ilit Description Finish	PULIS <u>Split Times</u> 00:04:51.384 00:05:00.629 00:05:23.583 00:05:15.036 00:05:11.352 MACKAY <u>Split Times</u> 00:04:48.718	Time 00:25:41.98 <u>Speed</u> 0.0mph 7.4mph 6.9mph 7.1mph 7.2mph 00:27:35.65 <u>Speed</u> 0.0mph	Runner <u>Pace</u> 08:04 08:41 08:28 08:22 Runner <u>Pace</u>	Cumulative 00:04:51:384 00:09:52.013 00:15:15.596 00:20:30:632 00:25:41.984 Shoreham Cumulative 00:04:48.718
1	2824 <u>Sp</u> 3142	SHANNON F Shannon Finish Split 2 Split 3 Split 4 Split 5 REBECCA N Slit Description Finish Split 2	PULIS <u>Split Times</u> 00:04:51.384 00:05:00.629 00:05:23.583 00:05:15.036 00:05:11.352 MACKAY <u>Split Times</u> 00:04:48.718 00:05:21.109	Time 00:25:41.98 <u>Speed</u> 0.0mph 7.4mph 6.9mph 7.1mph 7.2mph 00:27:35.65 <u>Speed</u> 0.0mph 7.0mph	Runner <u>Pace</u> 08:04 08:41 08:28 08:22 Runner <u>Pace</u> 08:37	Cumulative 00:04:51.384 00:09:52.013 00:15:15.596 00:20:30.632 00:25:41.984 Shoreham Cumulative 00:04:48.718 00:10:09.827
1	2824 <u>Sp</u> 3142	SHANNON Finish Split 2 Split 3 Split 4 Split 5 REBECCA Note Description Finish Split 2 Split 2 Split 3	PULIS <u>Split Times</u> 00:04:51.384 00:05:00.629 00:05:23.583 00:05:15.036 00:05:11.352 MACKAY <u>Split Times</u> 00:04:48.718 00:05:21.109 00:05:38.451	Time 00:25:41.98 <u>Speed</u> 0.0mph 7.4mph 6.9mph 7.1mph 7.2mph 00:27:35.65 <u>Speed</u> 0.0mph 7.0mph 6.6mph	Runner Pace 08:04 08:41 08:28 08:22 Runner Pace 08:37 09:05	Cumulative 00:04:51:384 00:09:52.013 00:15:15.596 00:20:30.632 00:25:41.984 Shoreham Cumulative 00:04:48.718 00:10:09.827 00:15:48.278
1	2824 <u>Sp</u> 3142	SHANNON F Shannon Finish Split 2 Split 3 Split 4 Split 5 REBECCA N Slit Description Finish Split 2	PULIS <u>Split Times</u> 00:04:51.384 00:05:00.629 00:05:23.583 00:05:15.036 00:05:11.352 MACKAY <u>Split Times</u> 00:04:48.718 00:05:21.109	Time 00:25:41.98 <u>Speed</u> 0.0mph 7.4mph 6.9mph 7.1mph 7.2mph 00:27:35.65 <u>Speed</u> 0.0mph 7.0mph	Runner <u>Pace</u> 08:04 08:41 08:28 08:22 Runner <u>Pace</u> 08:37	Cumulative 00:04:51.384 00:09:52.013 00:15:15.596 00:20:30.632 00:25:41.984 Shoreham Cumulative 00:04:48.718 00:10:09.827
1	2824 <u>Sp</u> 3142	SHANNON F Shit Description Finish Split 2 Split 3 Split 4 Split 5 REBECCA M Illi Description Finish Split 2 Split 3 Split 3 Split 4	PULIS <u>Split Times</u> 00:04:51:384 00:05:00.629 00:05:23.583 00:05:11.352 MACKAY <u>Split Times</u> 00:04:48.718 00:05:21.109 00:05:38.451 00:06:00.633 00:05:46.744	Time 00:25:41.98 <u>Speed</u> 0.0mph 7.4mph 6.9mph 7.1mph 7.2mph 00:27:35.65 <u>Speed</u> 0.0mph 7.0mph 6.6mph 6.2mph	Runner <u>Pace</u> 08:04 08:41 08:28 08:22 Runner <u>Pace</u> 08:37 09:05 09:41	Cumulative 00:04:51.384 00:09:52.013 00:15:15.596 00:20:30.632 00:25:41.984 Shoreham Cumulative 00:04:48.718 00:10:09.827 00:15:48.278 00:21:48.911
2	2824 <u>Sp</u> 3142 <u>Sp</u> 3133	SHANNON F SHANNON F Finish Split 2 Split 3 Split 4 Split 5 REBECCA M Illi Description Finish Split 2 Split 3 Split 4 Split 3 Split 4 Split 5	PULIS <u>Split Times</u> 00:04:51:384 00:05:00.629 00:05:23.583 00:05:11.352 MACKAY <u>Split Times</u> 00:04:48.718 00:05:21.109 00:05:38.451 00:06:00.633 00:05:46.744	Time 00:25:41.98 <u>Speed</u> 0.0mph 7.4mph 6.9mph 7.1mph 7.2mph 00:27:35.65 <u>Speed</u> 0.0mph 7.0mph 6.6mph 6.2mph 6.4mph	Runner <u>Pace</u> 08:04 08:41 08:28 08:22 Runner <u>Pace</u> 08:37 09:05 09:41 09:19	Cumulative 00:04:51.384 00:09:52.013 00:15:15.596 00:20:30.632 00:25:41.984 Shoreham Cumulative 00:04:48.718 00:10:09.827 00:15:48.278 00:21:48.911 00:27:35.655
2	2824 <u>Sp</u> 3142 <u>Sp</u> 3133	SHANNON Filit Description Finish Split 2 Split 3 Split 4 Split 5 REBECCA Market Split 5 REBECCA Market Split 2 Split 3 Split 4 Split 2 Split 3 Split 4 Split 5 LORI GARG	PULIS Split Times 00:04:51.384 00:05:00.629 00:05:23.583 00:05:15.036 00:05:11.352 MACKAY Split Times 00:04:48.718 00:05:21.109 00:05:38.451 00:06:00.633 00:05:46.744 ARO Split Times 00:06:03.152	Time 00:25:41.98 <u>Speed</u> 0.0mph 7.4mph 6.9mph 7.1mph 7.2mph 00:27:35.65 <u>Speed</u> 0.0mph 7.0mph 6.6mph 6.2mph 6.4mph 00:29:28.42 <u>Speed</u> 0.0mph	Runner <u>Pace</u> 08:04 08:41 08:28 08:22 Runner <u>Pace</u> 08:37 09:05 09:41 09:19 Runner <u>Pace</u>	Cumulative 00:04:51:384 00:09:52.013 00:15:15.596 00:20:30.632 00:25:41.984 Shoreham Cumulative 00:04:48.718 00:10:09.827 00:27:35.655 Bay Shore Cumulative 00:06:03.152
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