

# 5K RUN / WALK 4 LIFE

## Male Overall

Place	Bib #	Name	Time	Type	City	
1	2	CLARK ANDERSON	00:20:13.90	Runner	Romeoville	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Finish	00:03:45.403	0.0mph		00:03:45.403
		Split 2	00:03:58.408	9.4mph	06:24	00:07:43.811
		Split 3	00:04:07.291	9.0mph	06:38	00:11:51.102
		Split 4	00:04:16.086	8.7mph	06:53	00:16:07.188
		Split 5	00:04:06.712	9.0mph	06:37	00:20:13.900
2	52	JAMES PYUN	00:21:52.44	Runner	East Northport	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Finish	00:04:12.202	0.0mph		00:04:12.202
		Split 2	00:04:32.019	8.2mph	07:18	00:08:44.221
		Split 3	00:04:32.687	8.2mph	07:19	00:13:16.908
		Split 4	00:04:27.337	8.3mph	07:11	00:17:44.245
		Split 5	00:04:08.197	9.0mph	06:40	00:21:52.442
3	56	BRENDAN ROGERS	00:21:58.69	Runner	Garden City Park	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Finish	00:03:59.303	0.0mph		00:03:59.303
		Split 2	00:04:26.245	8.4mph	07:09	00:08:25.548
		Split 3	00:04:39.304	8.0mph	07:30	00:13:04.852
		Split 4	00:04:37.111	8.1mph	07:26	00:17:41.963
		Split 5	00:04:16.729	8.7mph	06:54	00:21:58.692

## Female Overall

Place	Bib #	Name	Time	Type	City	
1	11	UNA BRODERICK	00:21:16.42	Runner	Wantagh	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Finish	00:03:56.850	0.0mph		00:03:56.850
		Split 2	00:04:12.771	8.8mph	06:47	00:08:09.621
		Split 3	00:04:26.072	8.4mph	07:09	00:12:35.693
		Split 4	00:04:23.467	8.5mph	07:04	00:16:59.160
		Split 5	00:04:17.265	8.7mph	06:54	00:21:16.425
2	16	MARYANNE CLEARY	00:26:37.10	Runner	New York	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Finish	00:05:07.543	0.0mph		00:05:07.543
		Split 2	00:05:10.294	7.2mph	08:20	00:10:17.837
		Split 3	00:05:18.208	7.0mph	08:33	00:15:36.045
		Split 4	00:05:32.352	6.7mph	08:56	00:21:08.397
		Split 5	00:05:28.706	6.8mph	08:50	00:26:37.103
3	39	REBECCA MACKAY	00:28:03.32	Runner	Shoreham	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Finish	00:04:49.001	0.0mph		00:04:49.001
		Split 2	00:05:25.277	6.9mph	08:44	00:10:14.278
		Split 3	00:05:43.604	6.5mph	09:14	00:15:57.882
		Split 4	00:05:53.770	6.3mph	09:30	00:21:51.652
		Split 5	00:06:11.671	6.0mph	09:59	00:28:03.323