5K RUN / WALK 4 LIFE

Place Bib # Name Time Type City 1 2 CLARK ANDERSON 00:20:13.90 Runner Romeoville Split Description Split Times Speed Pace Cumulative 00:3:45.403 0.0mph 06:33 00:7:43.811 00:40:72.91 9.0mph 06:33 00:11:67.1102 2 52 JAMES PYUN 00:21:52.44 Runner East Northport Split Description Split Times Speed Pace Cumulative Split Description Split Times Speed Pace Cumulative Split 0 00:04:12.202 0.0mph 06:37 00:02:13:08 Split 1 00:04:32.019 8.2mph 07:19 00:13:16:908 Split 2 00:04:22.337 8.3mph 07:11 00:7:42:24 3 56 BRENDAN ROGERS 00:21:58:69 Runner Garden City Park Split 0 00:04:32.304 8.0mph 07:30 00:13:48:20 Split 1 00:04:37.311 <t< th=""><th colspan="9">Male Overall</th></t<>	Male Overall								
Split Description Split Times Finish Speed 00:03:45:403 0.0mph Pace 00:03:45:403 0.0mph Cumulative 00:03:45:403 0.0mph 2 52 JAMES PYUN 00:21:52.44 Runner East Northport Split 4 00:04:12.02 0.0mph 00:02:13:02 2 52 JAMES PYUN 00:21:52.44 Runner East Northport Split 4 00:04:12.202 0.0mph 00:03:45:403 Split 2 00:04:12.202 0.0mph 00:021:52.42 Split 2 00:04:32.019 8.2mph 07:18 00:04:42.21 3 56 BRENDAN ROGERS 00:21:58.69 Runner Garden City Park Split 2 00:04:32.033 0.0mph 00:03:59.303 0.0mph 00:03:59.303 3 56 BRENDAN ROGERS 00:21:58.69 Runner Garden City Park Split 3 00:04:33:01 8.3mph 07:09 00:35:803 Split 3 00:04:23:27 8.4mph 07:09 00:35:803 Split 4 00:04:23:471 8.4mph 07:09 00:35:803	Place	Bib	#	Name		Time	Туре	City	
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 06:37 00:10:07.188 Split 4 00:04:16.086 8.7mph 06:53 00:16:07.188 Split 5 00:04:12.202 0.0mph 06:37 00:20:1202 Split 2 00:04:32.687 8.2mph 07:18 00:04:12.202 Split 2 00:04:32.687 8.2mph 07:18 00:04:42.202 Split 4 00:04:32.687 8.2mph 07:11 00:17:44.245 Split 5 00:04:08.197 9.0mph 00:21:58.69 Runner Garden City Park Split 5 00:04:33.03 0.0mph 00:03:25.548 9.00:17:41.963 9.00:17:41.963 Split 2 00:04:33.03 0.0mph 07:30 00:17:41.963 9.00:17:41.963 Split 3 00:04:16.729 8.7mph 07:30 00:17:41.963 9.00:17:41.963 Split 4 00:04:16.729 8.7mph 00:2	1	2	CLARK ANDERSON			00:20:13.90	Runner	Romeoville	
Split 2 00:03:58:408 9.4mph 06:24 00:07:43.811 Split 3 00:04:07.291 9.0mph 06:33 00:11:51.102 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 Split Description Split Times Speed Pace Cumulative Split 3 00:04:12.202 0.0mph 07:18 00:04:4.221 Split 3 00:04:23.267 8.3mph 07:11 00:17:4.425 Split 4 00:04:27.331 8.3mph 07:11 00:17:4.425 Split 5 00:04:27.331 8.3mph 07:11 00:17:4.425 Split 5 00:04:27.331 8.3mph 07:11 00:17:4.425 Split 4 00:04:27.331 8.3mph 07:19 00:21:52.442 3 56 BRENDAN ROGERS 00:21:58.69 Runner Garden City Pace Cumulative 00:03:59.303 0.0mph 07:30 00:3:30.303 Split 2			<u>Sp</u>	lit Description	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>	
Spit 3 00:04:07.291 9.0mph 06:33 00:11:67.188 Spit 4 00:04:16.086 8.7mph 06:33 00:20:13.900 2 52 JAMES PYUN 00:21:52.44 Runner East Northport Spit 10escription Spit 11mes Speed Pace Cumulative Finish 00:04:32.019 8.2mph 07:18 00:03:14:202 Spit 2 00:04:22.037 8.3mph 07:19 00:13:16.908 Spit 4 00:04:27:337 8.3mph 07:11 00:17:42.242 3 56 BRENDAN ROGERS 00:21:58.69 Runner Garden City Park Spit 1 00:04:26.245 8.4mph 07:09 00:08:425.442 3 56 BRENDAN ROGERS 0.0mph 00:03:59.303 0.0mph Spit 2 00:04:33.904 8.0mph 07:09 00:08:25.548 Spit 4 00:04:33.904 8.0mph 07:20 00:17:41.963 Spit 4 00:04:37.111 8.1mph 07:26 00:17:41.963 Spit 1									
Split 4 00:04:06.712 9.0mph 06:53 00:16:07.1890 2 52 JAMES PYUN 00:21:52.44 Runner East Northport Split Description Split Times Speed Pace Cumulative Split 2 00:04:12.202 0.0mph 07:18 00:04:12.202 Split 2 00:04:32.019 8.2mph 07:19 00:31:16.908 Split 3 00:04:22.037 8.3mph 07:11 00:17:44.245 Split 5 00:04:22.637 8.3mph 07:11 00:17:44.245 Split 5 00:04:28.087 8.0mph 06:40 00:21:52.442 3 56 BRENDAN ROGERS 00:21:58.69 Runner Garden City Park Split 2 00:04:26.245 8.4mph 07:09 00:3:59.303 00:04:32.687 00:01:3:04 8.0mph 07:30 00:3:3:64.852 Split 4 00:04:16.729 8.7mph 06:54 00:21:58.692 Parce Eumulative 00:03:56.850 00:0mph 00:3:3:68.650									
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 Split Description Split Times Speed Pace Cumulative Finish 00:04:12.202 0.0mph 00:04:12.202 00:04:12.002 Split 3 00:04:22.037 8.3mph 07:16 00:08:44.221 Split 4 00:04:27.337 8.3mph 07:11 00:17:44.245 Split 5 00:04:28.245 8.2mph 07:19 00:13:16.908 Split 5 00:04:28.245 8.4mph 00:021:58.49 00:021:58.49 3 56 BRENDAN ROGERS 00:021:58.69 Runner Garden City Park Split 2 00:04:37.111 8.1mph 07:09 00:03:25:303 Split 3 00:04:37.111 8.1mph 07:20 00:17:41.963 Split 4 00:04:37.111 8.1mph 07:26 00:17:41.963 Split 2 00:04:12.771 8.8mph 06:54 00:21:58.692 1									
2 52 JAMES PYUN 00:21:52.44 Runner East Northport Split Description Split 2 Split Times 00:04:12.202 Speed 0.0mph Pace 0.0mph Cumulative 00:04:12.202 3 56 BRENDAN ROGERS 00:21:52.44 Runner Garden City Park 3 56 BRENDAN ROGERS 00:21:58.69 Runner Garden City Park 3 56 BRENDAN ROGERS 00:21:58.69 Runner Garden City Park Split Description Split 3 Split 7 mov 00:04:39:303 0.0mph 00:03:59:303 00:03:59:303 Split 2 00:04:39:304 8.0mph 07:30 00:13:04.852 Split 3 00:04:37:111 8.1mph 07:26 00:21:58.692 Place Female Overall Place Bib # Name Times Speed Pace Cumulative Split 2 00:04:22:47 8.4mph 07:09 00:21:58.692 00:21:58.692 Place Bib # Name Times Speed Pace Cumulative									
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 00:04:32.087 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 Split Description Split 1 00:03:59.303 0.0mph 00:03:59.303 00:01:30:4852 Split 3 00:04:26.245 8.4mph 07:30 00:13:04.852 00:21:58.692 Place Bib # Name Time Type City 1 11 UNA BRODERICK 00:21:16.42 Runner Wantagh Split 5 00:04:12.771 8.8mph 06:64 00:21:23.693 Split 1 00:03:56.850 0.0mph 00:03:56.850 0.0mph Split 2 00:04:12.771 8.8mph 06:64 00:21:16.425 <th>2</th> <th>52</th> <th colspan="3"></th> <th></th> <th></th> <th></th>	2	52							
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 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 Split 1 00:04:03:90.30 0.0mph 07:09 00:03:59.303 0.0mph Split 2 00:04:32.6245 8.4mph 07:09 00:03:59.303 00:03:59.303 Split 3 00:04:37.111 8.1mph 07:26 00:17:41.963 00:13:04.852 Split 4 00:04:37.111 8.1mph 07:26 00:17:41.963 00:17:41.963 Split 5 00:04:16.729 8.7mph 06:54 00:21:58.692 Place Bib # Name Times Speed Pace Cumulative Split 1 00:04:16.729 8.7mph 06:54 00:21:58.692 00:17:41.963 1 11 UNA BRODERICK 00:21:16.42 Runner Wantagh			Sp	lit Description	Split Times	Speed	<u>Pace</u>	Cumulative	
Split 3 00:04:32.687 8.2mph 07:19 00:17:44.245 3 56 BRENDAN ROGERS 00:21:58.69 Runner Garden City 3 56 BRENDAN ROGERS 00:21:58.69 Runner Garden City Park Split Description Split Times Speed Pace Cumulative Split 0 00:04:26:245 8.4mph 07:09 00:08:25:548 Split 1 00:04:26:245 8.4mph 07:09 00:08:25:548 Split 2 00:04:26:245 8.4mph 07:09 00:08:25:548 Split 4 00:04:37:11 8.1mph 07:30 00:17:41.963 Split 5 00:04:16:729 8.7mph 06:54 00:21:58.692 Place Bib # Name Time Type City 1 11 UNA BRODERICK 00:21:16.42 Runner Wantagh Split 2 00:04:12:771 8.8mph 06:47 00:02:36.893 Split 4 00:04:23:467 8.5mph 07:04 00:16:59.160 <				Finish	00:04:12.202	0.0mph		00:04:12.202	
Split 4 00:04:27.337 0:04:08.197 8.3mph 9.0mph 07:11 06:40 00:17:44.245 00:21:52.442 3 56 BRENDAN ROGERS 00:21:58.69 Runner Garden City Park Split Description Split Times Split 2 00:04:39.303 0.0mph 00:03:59.303 Split 2 00:04:26.245 8.4mph 07:09 00:03:59.303 Split 3 00:04:37.111 8.1mph 07:26 00:17:41.963 Split 4 00:04:16.729 8.7mph 06:54 00:21:58.692 Place Bib # Name Time Type City 1 11 UNA BRODERICK 00:21:16.42 Runner Wantagh Split 2 00:04:26.072 8.4mph 07:09 00:03:56.850 Split 3 00:04:26.072 8.4mph 07:09 00:03:56.850 Split 4 00:04:23.467 8.5mph 06:47 00:03:66.850 Split 5 00:04:12.771 8.8mph 06:47 00:03:66.850 Split 4 00:04:25.7543 0.0mph 00:05:76.43 </th <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th>									
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 Split Description Split Times Split 2 Speed Pace Cumulative 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 Place Bib # Name Time Type City 1 11 UNA BRODERICK 00:21:16.42 Runner Wantagh Split 2 00:04:12.771 8.8mph 06:54 00:21:25.693 Split 3 00:04:26.072 8.4mph 07:09 00:12:35.692 2 16 MARYANNE CLEARY 00:26:37.10 Runner Wantagh Split 3 00:04:26.072 8.4mph 07:09 00:12:35.693						,			
3 56 BRENDAN ROGERS 00:21:58.69 Runner Garden City Park Split Description Split 2 Split Times 00:03:59.303 Speed 00:03:59.303 Pace 00:03:59.303 Cumulative 00:03:59.303 Split 2 00:04:26.245 8.4mph 07:30 00:08:25.548 Split 4 00:04:37.111 8.1mph 07:30 00:13:04.852 Split 5 00:04:16.729 8.7mph 06:54 00:21:58.692 Place Bib # Name Time Type City 1 11 UNA BRODERICK 00:21:16.42 Runner Wantagh Split 2 00:04:26.072 8.4mph 07:09 00:03:56.850 Split 3 00:04:26.072 8.4mph 07:09 00:13:56.850 Split 3 00:04:26.072 8.4mph 07:09 00:13:56.850 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 <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th>									
Split Description Finish Split 2 Split Times 00:03:59.303 Speed 0.0mph Pace Pace Cumulative 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 Place Bib # Name Time Type City 1 11 UNA BRODERICK 00:21:16.42 Runner Wantagh Split Description Split Times Speed Pace Cumulative Finish 0:00:3:56.850 0.0mph 00:03:56.850 0.0mph 00:03:66.850 Split 3 00:04:12:771 8.8mph 06:47 00:08:09.621 Split 4 00:04:23.467 8.5mph 07:09 00:12:35.693 Split 4 00:05:07.543 0.0mph 00:05:07.543 0.0mph Split 2 00:05:07.543 0.0mph 00:05:07.543 00:011							06:40	00:21:52.442	
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 00:04:39.304 8.0mph 07:30 00:17:41.963 Split 5 00:04:16.729 8.7mph 06:54 00:21:58.692 Place Bib # Name Time Type City 1 11 UNA BRODERICK 00:21:16.42 Runner Wantagh Split Description Split Times Speed Pace Cumulative Finish 00:04:23.467 8.5mph 07:04 00:16:59.160 Split 3 00:04:17.265 8.7mph 06:54 00:21:16.425 2 16 MARYANNE CLEARY 00:26:37.10 Runner New York Split 3 00:05:07.543 0.0mph 00:05:07.543 0.0mph 3 39 REBECCA MACKAY 00:28:03.32 Runner Shoit 0.05:07.543 Split 4 00:05:07.543	3	56		BRENDAN F	ROGERS	00:21:58.69	Runner	,	
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 00:04:39.304 8.0mph 07:30 00:17:41.963 Split 5 00:04:16.729 8.7mph 06:54 00:21:58.692 Place Bib # Name Time Type City 1 11 UNA BRODERICK 00:21:16.42 Runner Wantagh Split Description Split Times Speed Pace Cumulative Finish 00:04:23.467 8.5mph 07:04 00:16:59.160 Split 3 00:04:17.265 8.7mph 06:54 00:21:16.425 2 16 MARYANNE CLEARY 00:26:37.10 Runner New York Split 3 00:05:07.543 0.0mph 00:05:07.543 0.0mph 3 39 REBECCA MACKAY 00:28:03.32 Runner Shoit 0.05:07.543 Split 4 00:05:07.543			Sn	lit Description	Solit Times	Speed	Pace	Cumulative	
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 Split Description Split Times Speed Pace Cumulative Finish 00:04:23.467 8.5mph 06:47 00:08:09.621 Split 3 00:04:23.467 8.5mph 07:04 00:16:59.160 Split 4 00:04:17.265 8.7mph 06:54 00:21:16.425 2 16 MARYANNE CLEARY 00:26:37.10 Runner New York Split 12 00:05:07.543 0.0mph 06:56 00:05:07.543 3 39 REBECCA MACKAY 00:28:03.32 Runner			-				<u></u>		
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 Split Description Split Times Speed Pace Cumulative Finish 00:04:12.771 8.8mph 06:47 00:03:56.850 0.0mph Split 3 00:04:23.467 8.5mph 06:54 00:21:16.425 00:16:59.160 Split 3 00:04:17.265 8.7mph 06:54 00:21:16.425 2 16 MARYANNE CLEARY 00:26:37.10 Runner New York Split 2 00:05:18.208 7.0mph 08:20 00:10:17.837 3 39 REBECCA MACKAY 00:28:03.32 Runner Short 5:30:045 Split 4 00:0							07.09		
Split 4 00:04:37.111 8.1mph 07:26 00:17:41.963 00:21:58.692 Female Overall Place Bib # Name Time Type City 1 11 UNA BRODERICK 00:21:16.42 Runner Wantagh Split Description Split Times Speed Pace Cumulative Split 2 00:04:12.771 8.8mph 06:47 00:03:66.850 0.0mph 00:03:66.850 00:03:66.850 00:03:66.850 00:03:66.850 00:03:56.850 00:012:35.693 Split 3 00:04:12.771 8.8mph 06:47 00:08:09.621 Split 3 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 00:21:16.425 00:21:16.425 00:05:07.543 0.0mph 00:05:07.543 00:05:07.543 00:05:07.543 00:05:07.543 00:05:07.543 00:05:07.543 00:05:07.543 00:05:07.543 00:05:16.208 7.0mph 08:20 00:01:01:7837 Split 3 00:05:18.208 7.0mph 08:30 00:15:				,		,			
Šplit 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 Split Description Split Times Speed Pace Cumulative Split 3 00:03:56.850 0.0mph 00:03:56.850 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 Split 2 00:05:07.543 0.0mph 00:05:07.543 0.0mph 00:05:07.543 3 39 REBECCA MACKAY 00:28:03.32 Runner Shoreham Split 4 00:05:28.706 6.8mph 08:50 00:26:37.103 3 39 REBECCA MAC				,		,			
Place Bib # Name Time Type City 1 11 UNA BRODERICK 00:21:16.42 Runner Wantagh Split Description Split Times Speed Pace Cumulative Split 2 00:03:56.850 0.0mph 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 Split Description Split 7 00:05:07.543 0.0mph 00:05:07.543 0.0mph Split 3 00:05:07.543 0.0mph 08:20 00:10:17.837 00:05:07.543 0.0mph 00:05:07.543 0.0mph 00:05:07.543 00:05:07.543 00:05:07.543 0.0mph 00:05:07.543 00:05:07.543				,	00:04:16.729			00:21:58.692	
1 11 UNA BRODERICK 00:21:16.42 Runner Wantagh Split Description Split Times Speed Pace Cumulative Finish 00:03:56.850 0.0mph 00:03:56.850 0.008:09.621 Split 2 00:04:12.771 8.8mph 06:47 00:08:09.621 Split 3 00:04:22.771 8.8mph 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 Split Description Split Times Speed Pace Cumulative Finish 00:05:07.543 0.0mph 00:05:07.543 00:0f:17.837 Split 3 00:05:07.543 0.0mph 00:05:07.543 00:0f:17.837 Split 5 00:05:28.706 6.8mph 08:50 00:21:08.397 Split 5 00:05:28.706 6.8mph 08:50 00:26:37.103	Female Overall								
Split Description Split Times Speed Pace Cumulative Finish 00:03:56.850 0.0mph 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 00:04:20.467 8.5mph 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 Split Description Split Times Speed Pace Cumulative Finish 00:05:10.294 7.2mph 08:20 00:10:17.837 Split 3 00:05:28.352 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 Split 2 00:05:28.776 6.8mph 08:50 00:26:37.103 <	Place	Bib	#	Name		Time	Туре	City	
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 Split Description Split Times Speed Pace Cumulative Finish 00:05:07.543 0.0mph 08:20 00:11:7.837 Split 3 00:05:18.208 7.0mph 08:20 00:16:7.837 Split 4 00:05:28.352 6.7mph 08:50 00:26:37.103 3 39 REBECCA MACKAY 00:28:03.32 Runner Shoreham Split Description Split Times Speed Pace Cumulative Finish 00:05:28.706 6.8mph 08:50 00:26:37.103 3 39 RE	1	11		UNA BRODE	ERICK	00:21:16.42	Runner	Wantagh	
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 Split Description Split Times Speed Pace Cumulative Finish 00:05:07.543 0.0mph 00:05:07.543 00:05:07.543 Split 2 00:05:18.208 7.0mph 08:20 00:11.7.837 Split 3 00:05:28.352 6.7mph 08:56 00:21:08.397 Split 4 00:05:28.706 6.8mph 08:50 00:26:37.103 3 39 REBECCA MACKAY 00:28:03.32 Runner Shoreham Split 2 00:05:25.277 6.8mph 08:50 00:26:37.103 3 39 REBECCA MACKAY 00:28:03.32 Runner Shoreham			Sp	lit Description	Split Times	Speed	<u>Pace</u>	Cumulative	
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 Split Description Split Times Speed Pace Cumulative Finish 00:05:07.543 0.0mph 00:05:07.543 00:01:17.837 Split 2 00:05:10.294 7.2mph 08:30 00:15:36.045 Split 4 00:05:28.208 7.0mph 08:50 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 Split Description Split Times Speed Pace Cumulative Finish 00:05:28.277 6.9mph 08:64 00:01:01.12.278 Split 2 00:05:25.277 6.9mph 08:44 00:10:14.278 Split				Finish	00:03:56.850	0.0mph		00:03:56.850	
Split 4 00:04:23.467 00:04:17.265 8.5mph 8.7mph 07:04 06:54 00:16:59.160 00:21:16.425 2 16 MARYANNE CLEARY 00:26:37.10 Runner New York Split Description Split Times Speed Pace Cumulative Finish 00:05:07.543 0.0mph 00:05:07.543 00:010:17.837 Split 3 00:05:10.294 7.2mph 08:20 00:01:17.837 Split 4 00:05:32.352 6.7mph 08:50 00:26:37.103 3 39 REBECCA MACKAY 00:28:03.32 Runner Shoreham Split 5 00:05:28.776 6.8mph 08:50 00:24:37.103 3 39 REBECCA MACKAY 00:28:03.32 Runner Shoreham Split 2 00:05:28.277 6.9mph 08:44 00:10:14.278 Split 3 00:05:43.604 6.5mph 09:14 00:14.278 Split 4 00:05:53.770 6.3mph 09:30 00:21:57.652				Split 2	00:04:12.771	.8 <i>mph</i>	06:47	00:08:09.621	
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 Split Description Split Times Speed Pace Cumulative Finish 00:05:07.543 0.0mph 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 00:05:32.352 6.7mph 08:50 00:26:37.103 3 39 REBECCA MACKAY 00:28:03.32 Runner Shoreham Split 2 00:05:25.277 6.9mph 08:44 00:01:14.278 Split 3 00:05:52.770 6.3mph 09:30 00:04:49.001				Split 3	00:04:26.072	8.4mph	07:09	00:12:35.693	
2 16 MARYANNE CLEARY 00:26:37.10 Runner New York Split Description Split Times Speed Pace Cumulative Finish 00:05:07.543 0.0mph 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 00:05:28.208 7.0mph 08:33 00:15:36.045 Split 4 00:05:28.706 6.8mph 08:50 00:26:37.103 3 39 REBECCA MACKAY 00:28:03.32 Runner Shoreham Split 2 00:05:43.604 6.5mph 08:44 00:01:14.278 Split 3 00:05:53.770 6.3mph 08:44 00:10:14.278 Split 4 00:05:53.770 6.3mph 09:30 00:21:51.652									
Split Description Split Times Split 2 Speed Pace Cumulative Finish 00:05:07.543 0.0mph 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 00:05:32.352 6.7mph 08:50 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 Split 2 00:05:52.776 6.9mph 08:40 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 09:30 00:21:57.882 Split 4 00:05:53.770 6.3mph 09:30 00:21:51.652									
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 00:05:28.706 6.8mph 08:50 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 Split Description Split Times Speed Pace Cumulative Finish 00:05:52.776 6.9mph 08:44 00:04:49.001 Split 2 00:05:52.777 6.9mph 08:44 00:11:1.278 Split 3 00:05:53.770 6.3mph 09:14 00:15:57.882 Split 4 00:05:53.770 6.3mph 09:30 00:21:51.652	2	16	_						
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 08:50 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 Split Description Split Times Speed Pace Cumulative Finish 00:05:52.770 6.9mph 08:44 00:10:14.278 Split 3 00:05:53.770 6.3mph 09:30 00:21:57.882			<u>Sp</u>				Pace		
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 Split 5 Split Times Speed Pace Cumulative Finish 00:05:52.777 6.9mph 08:44 00:10:14.278 Split 3 00:05:53.770 6.3mph 09:30 00:21:51.652									
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 Split Description Split Times Speed Pace Cumulative Finish 00:05:28.706 6.8mph 08:50 00:04:49.001 Split 2 00:05:25.277 6.9mph 08:44 00:10:14.278 Split 3 00:05:53.770 6.3mph 09:30 00:21:51.652				,		,			
Split 5 00:05:28.706 6.8mph 08:50 00:26:37.103 3 39 REBECCA MACKAY 00:28:03.32 Runner Shoreham Split Description Split Times Speed Pace Cumulative Finish 00:05:25.277 6.9mph 08:44 00:10:14:278 Split 3 00:05:53.770 6.3mph 09:14 00:15:57.882 Split 4 00:05:53.770 6.3mph 09:30 00:21:51.652				,		,			
3 39 REBECCA MACKAY 00:28:03.32 Runner Shoreham Split Description Split Times Speed Pace Cumulative Finish 00:04:49.001 0.0mph 00:04:49.001 0.0mph 00:04:49.001 Split 2 00:05:25.277 6.9mph 08:44 00:10:14.278 09:14 00:15:57.882 Split 4 00:05:53.770 6.3mph 09:30 00:21:51.652				,		'			
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	3	39							
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			<u>Sp</u>	lit Description	<u>Split Times</u>	Speed	<u>Pace</u>	Cumulative	
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				Finish	00:04:49.001	0.0mph		00:04:49.001	
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							08:44		
					00:05:43.604		09:14	00:15:57.882	
Split 5 00:06:11.671 6.0mph 09:59 00:28:03.323									
				Split 5	00:06:11.671	6.0mph	09:59	00:28:03.323	