

5K RUN / WALK 4 LIFE

Male Overall

Place	Bib #	Name	Time	Type	City	
1	1313	ROBERTO ARACENA	00:21:34.19	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:04:07.724	9.0mph	06:39	00:04:07.724
		Split 2	00:04:15.914	8.7mph	06:52	00:08:23.638
		Split 3	00:04:28.972	8.3mph	07:13	00:12:52.610
		Split 4	00:04:31.289	8.2mph	07:17	00:17:23.899
		Split 5	00:04:10.294	8.9mph	06:43	00:21:34.193
2	1341	JAMES PYUN	00:21:37.26	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:04:09.232	9.0mph	06:41	00:04:09.232
		Split 2	00:04:20.441	8.6mph	07:00	00:08:29.673
		Split 3	00:04:27.692	8.3mph	07:11	00:12:57.365
		Split 4	00:04:27.681	8.3mph	07:11	00:17:25.046
		Split 5	00:04:12.223	8.8mph	06:46	00:21:37.269
3	1365	JOSHUA LIN	00:22:02.74	Runner		
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:04:07.771	9.0mph	06:39	00:04:07.771
		Split 2	00:04:19.133	8.6mph	06:57	00:08:26.904
		Split 3	00:04:32.409	8.2mph	07:19	00:12:59.313
		Split 4	00:04:40.086	8.0mph	07:31	00:17:39.399
		Split 5	00:04:23.347	8.5mph	07:04	00:22:02.746

Female Overall

Place	Bib #	Name	Time	Type	City	
1	1572	REBECCA MACKAY	00:28:41.16	Runner	Shoreham	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:04:51.035	7.7mph	07:49	00:04:51.035
		Split 2	00:05:39.490	6.6mph	09:07	00:10:30.525
		Split 3	00:06:03.425	6.1mph	09:46	00:16:33.950
		Split 4	00:06:22.669	5.8mph	10:17	00:22:56.619
		Split 5	00:05:44.551	6.5mph	09:15	00:28:41.170
2	1553	LORI GARGARO	00:29:06.40	Runner	Bay Shore	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:05:42.471	6.5mph	09:12	00:05:42.471
		Split 2	00:05:41.671	6.5mph	09:11	00:11:24.142
		Split 3	00:05:45.171	6.5mph	09:16	00:17:09.313
		Split 4	00:05:53.001	6.3mph	09:29	00:23:02.314
		Split 5	00:06:04.092	6.1mph	09:47	00:29:06.406
3	1575	MARIA MARDAREWICH	00:34:01.50	Runner	New Hyde Park	
		<u>Split Description</u>	<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>	<u>Cumulative</u>
		Split 1	00:06:29.091	5.7mph	10:27	00:06:29.091
		Split 2	00:06:36.318	5.6mph	10:39	00:13:05.409
		Split 3	00:06:50.956	5.4mph	11:02	00:19:56.365
		Split 4	00:07:10.533	5.2mph	11:34	00:27:06.898
		Split 5	00:06:54.603	5.4mph	11:08	00:34:01.501