5K RUN / WALK 4 LIFE

<u>Male Overall</u>		
Place Bib # Name Time Type	City	
1 1313 ROBERTO ARACENA 00:21:34.19 Runner		
Split Description Split Times Speed Pace	<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		
Split Description Split Times Speed Pace	<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	
Spiil 5 00.04.23.347 6.5HipH 07.04	00.22.02.740	
Split 5 00:04:23.347 8.5mph 07:04 00:22:02.746		
Female Overall		
Female Overall Place Bib # Name Time Type	City	
	City Shoreham	
Place Bib # Name Time Type		
Place Bib # Name Time Type 1 1572 REBECCA MACKAY 00:28:41.16 Runner	Shoreham	
Place Bib # Name Time Type 1 1572 REBECCA MACKAY 00:28:41.16 Runner split Description Split Times Speed Pace	Shoreham Cumulative	
Place Bib # Name Time Type 1 1572 REBECCA MACKAY 00:28:41.16 Runner Split Description Split Times Speed Pace Split 1 00:04:51.035 7.7mph 07:49	Shoreham <u>Cumulative</u> 00:04:51.035	
Place Bib # Name Time Type 1 1572 REBECCA MACKAY 00:28:41.16 Runner Split Description Split Times Speed Pace Split 1 00:04:51.035 7.7mph 07:49 Split 2 00:05:39:490 6.6mph 09:07 Split 3 00:06:03.425 6.1mph 09:46 Split 4 00:06:22.669 5.8mph 10:17	Shoreham <u>Cumulative</u> 00:04:51.035 00:10:30.525 00:16:33.950 00:22:56.619	
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Place Bib # Name Time Type 1 1572 REBECCA MACKAY 00:28:41.16 Runner Split Description Split Times Speed Pace Split 2 00:03:451.035 7.7mph 07:49 Split 2 00:05:39.490 6.6mph 09:07 Split 3 00:06:03.425 6.1mph 09:46 Split 4 00:06:22.669 5.8mph 10:17 Split 5 00:05:44.551 6.5mph 09:15 2 1553 LORI GARGARO 00:29:06.40 Runner Split Description Split Times Speed Pace	Shoreham	
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Place Bib # Name Time Type 1 1572 REBECCA MACKAY 00:28:41.16 Runner Split Description Split Times Speed Pace Split 1 00:04:51.035 7.7mph 07:49 Split 2 00:05:39.490 6.6mph 09:07 Split 3 00:06:22.669 5.8mph 10:17 Split 5 00:05:44.551 6.5mph 09:15 2 1553 LORI GARGARO 00:29:06.40 Runner Split Description Split Times Speed Pace Split 1 00:05:42.471 6.5mph 09:12 Split 2 00:05:41.671 6.5mph 09:11	Shoreham <u>Cumulative</u> 00:04:51.035 00:10:30.525 00:16:33.950 00:22:56.619 00:28:41.170 Bay Shore <u>Cumulative</u> 00:05:42.471 00:11:24.142	
Place Bib # Name Time Type 1 1572 REBECCA MACKAY 00:28:41.16 Runner Split Description Split Times Speed Pace Split 1 00:04:51.035 7.7mph 07:49 Split 2 00:05:39.490 6.6mph 09:07 Split 3 00:06:03.425 6.1mph 09:46 Split 4 00:05:24.669 5.8mph 10:17 00:05:44.551 6.5mph 09:15 2 1553 LORI GARGARO 00:29:06.40 Runner Split Description Split Times Speed Pace Split 1 00:05:42.471 6.5mph 09:12 Split 2 00:05:41.671 6.5mph 09:11 Split 3 00:05:45.171 6.5mph 09:16	Shoreham <u>Cumulative</u> 00:04:51.035 00:10:30.525 00:16:33.950 00:22:56.619 00:28:41.170 Bay Shore <u>Cumulative</u> 00:05:42.471 00:11:24.142 00:17:09.313	
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