5K RUN / WALK 4 LIFE

Male Overall

Place	Bib #	Name	Time	Type	City
1	3125	ANGELO CRIMENI	00:21:17.32	Runner	Bellmore

Split Description	*Split Times*	*Speed*	*Pace*	*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*	*8.5mph*	*07:04*	*00:16:59.145*
Split 5	*00:04:18.178*	*8.6mph*	*06:56*	*00:21:17.323*

Place	Bib #	Name	Time	Type	City
2	3153	JAMES PYUN	00:22:18.20	Runner	East Northport

Split Description	*Split Times*	*Speed*	*Pace*	*Cumulative*
Finish	*00:04:32.570*	*0.0mph*		*00:04:32.570*
Split 2	*00:04:34.876*	*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*

Place	Bib #	Name	Time	Type	City
3	3138	MICHAEL IMBORNONI	00:27:09.33	Runner	Floral Park

Split Description	*Split Times*	*Speed*	*Pace*	*Cumulative*
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	*00:05:44.117*	*6.5mph*	*09:15*	*00:21:23.672*
Split 5	*00:05:45.662*	*6.5mph*	*09:17*	*00:27:09.334*

Female Overall

Place	Bib #	Name	Time	Type	City
1	2824	SHANNON PULIS	00:25:41.98	Runner	

Split Description	*Split Times*	*Speed*	*Pace*	*Cumulative*
Finish	*00:04:51.384*	*0.0mph*		*00:04:51.384*
Split 2	*00:05:00.629*	*7.4mph*	*08:04*	*00:09:52.013*
Split 3	*00:05:23.583*	*6.9mph*	*08:41*	*00:15:15.596*
Split 4	*00:05:15.036*	*7.1mph*	*08:28*	*00:20:30.632*
Split 5	*00:05:11.352*	*7.2mph*	*08:22*	*00:25:41.984*

Place	Bib #	Name	Time	Type	City
2	3142	REBECCA MACKAY	00:27:35.65	Runner	Shoreham

Split Description	*Split Times*	*Speed*	*Pace*	*Cumulative*
Finish	*00:04:48.718*	*0.0mph*		*00:04:48.718*
Split 2	*00:05:21.109*	*7.0mph*	*08:37*	*00:10:09.827*
Split 3	*00:05:38.451*	*6.6mph*	*09:05*	*00:15:48.278*
Split 4	*00:06:00.633*	*6.2mph*	*09:41*	*00:21:48.911*
Split 5	*00:05:46.744*	*6.4mph*	*09:19*	*00:27:35.655*

Place	Bib #	Name	Time	Type	City
3	3133	LORI GARGARO	00:29:28.42	Runner	Bay Shore

Split Description	*Split Times*	*Speed*	*Pace*	*Cumulative*
Finish	*00:06:03.152*	*0.0mph*		*00:06:03.152*
Split 2	*00:05:37.522*	*6.6mph*	*09:04*	*00:11:40.674*
Split 3	*00:05:53.994*	*6.3mph*	*09:30*	*00:17:34.668*
Split 4	*00:05:55.132*	*6.3mph*	*09:32*	*00:23:29.800*
Split 5	*00:05:58.621*	*6.2mph*	*09:38*	*00:29:28.421*