

# 5k Run/Walk - 2018 Keswick Fox Trot

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
1	BARUCH NUTOVIC	CHARLOTTESVILLE, VA	NO	47	00:21:17.80	06:51	8.8mph	M	27	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:07:08.185	06:53	8.7mph	00:07:08.185	
					Lap 2	00:07:11.640	06:56	8.6mph	00:14:19.825	
					Lap 3	00:06:57.978	06:43	8.9mph	00:21:17.803	
2	CHRIS SAMLEY	GORDONSVILLE, VA	NO	32	00:22:57.36	07:23	8.1mph	M	56	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:07:30.508	07:14	8.3mph	00:07:30.508	
					Lap 2	00:07:43.515	07:27	8.0mph	00:15:14.023	
					Lap 3	00:07:43.343	07:27	8.0mph	00:22:57.366	
3	STEPHEN TRIVETTE	CHARLOTTESVILLE, VA	NO	40	00:23:38.81	07:36	7.9mph	M	38	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:07:24.370	07:08	8.4mph	00:07:24.370	
					Lap 2	00:08:10.719	07:53	7.6mph	00:15:35.089	
					Lap 3	00:08:03.725	07:46	7.7mph	00:23:38.814	
4	JAMES STOKES	CHARLOTTESVILLE, VA	NO	49	00:24:31.11	07:53	7.6mph	M	40	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:07:24.094	07:08	8.4mph	00:07:24.094	
					Lap 2	00:08:19.394	08:02	7.5mph	00:15:43.488	
					Lap 3	00:08:47.625	08:29	7.1mph	00:24:31.113	
5	CHRISTIANN ROGERS	CHARLOTTESVILLE, VA	NO	30	00:25:27.93	08:11	7.3mph	F	58	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:08:29.295	08:11	7.3mph	00:08:29.295	
					Lap 2	00:08:30.203	08:12	7.3mph	00:16:59.498	
					Lap 3	00:08:28.436	08:10	7.3mph	00:25:27.934	
6	CHRIS ATWELL	CHARLOTTESVILLE, VA	NO	2	00:25:41.17	08:16	7.3mph	M	46	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:08:02.301	07:45	7.7mph	00:08:02.301	
					Lap 2	00:08:50.334	08:31	7.0mph	00:16:52.635	
					Lap 3	00:08:48.538	08:30	7.1mph	00:25:41.173	
7	JEDD SMITH	CHARLOTTESVILLE, VA	NO	33	00:26:21.58	08:29	7.1mph	M	37	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:08:01.042	07:44	7.8mph	00:08:01.042	
					Lap 2	00:08:54.828	08:36	7.0mph	00:16:55.870	
					Lap 3	00:09:25.716	09:06	6.6mph	00:26:21.586	
8	TRISH ZORN	CHARLOTTESVILLE, VA	YES	46	00:28:52.35	09:17	6.5mph	F	37	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:09:13.345	08:54	6.7mph	00:09:13.345	
					Lap 2	00:10:00.736	09:39	6.2mph	00:19:14.081	
					Lap 3	00:09:38.275	09:18	6.4mph	00:28:52.356	
9	GIGI WILEY	ORANGE, VA	YES	55	00:29:04.68	09:21	6.4mph	F	11	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:09:15.650	08:56	6.7mph	00:09:15.650	
					Lap 2	00:09:46.181	09:25	6.4mph	00:19:01.831	
					Lap 3	00:10:02.857	09:42	6.2mph	00:29:04.688	
10	BECCA PIZMOHT	RAPIDANA, VA	NO	27	00:29:34.35	09:31	6.3mph	F	50	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:09:25.526	09:05	6.6mph	00:09:25.526	
					Lap 2	00:10:11.007	09:49	6.1mph	00:19:36.533	
					Lap 3	00:09:57.819	09:37	6.2mph	00:29:34.352	
11	MATTHEW JENKINS	CHARLOTTESVILLE, VA	NO	19	00:30:38.11	09:51	6.1mph	M	33	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:09:35.575	09:15	6.5mph	00:09:35.575	
					Lap 2	00:10:44.760	10:22	5.8mph	00:20:20.335	
					Lap 3	00:10:17.783	09:56	6.0mph	00:30:38.118	
12	SARAH BENSON	CHARLOTTESVILLE, VA	NO	50	00:31:03.19	09:59	6.0mph	F	38	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:10:09.360	09:48	6.1mph	00:10:09.360	
					Lap 2	00:10:38.392	10:16	5.8mph	00:20:47.752	
					Lap 3	00:10:15.446	09:54	6.1mph	00:31:03.198	

# 5k Run/Walk - 2018 Keswick Fox Trot

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
13	LOUIS PYZIK	RUCKERSVILLE, VA	NO	28	00:31:31.34	10:08	5.9mph	M	45	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:09:30.057	09:10	6.5mph	00:09:30.057	
					Lap 2	00:10:52.952	10:30	5.7mph	00:20:23.009	
					Lap 3	00:11:08.336	10:45	5.6mph	00:31:31.345	
14	JOAN CLICKNER	CHARLOTTESVILLE, VA	NO	4	00:31:36.29	10:10	5.9mph	F	49	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:10:14.190	09:52	6.1mph	00:10:14.190	
					Lap 2	00:10:58.868	10:36	5.7mph	00:21:13.058	
					Lap 3	00:10:23.237	10:01	6.0mph	00:31:36.295	
15	CHRIS HOWES	KESWICK, VA	NO	17	00:31:36.59	10:10	5.9mph	M	56	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:10:10.724	09:49	6.1mph	00:10:10.724	
					Lap 2	00:10:57.444	10:34	5.7mph	00:21:08.168	
					Lap 3	00:10:28.426	10:06	5.9mph	00:31:36.594	
16	ZOE ROECKER	CHARLOTTESVILLE, VA	NO	29	00:33:53.10	10:54	5.5mph	F	23	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:10:30.727	10:08	5.9mph	00:10:30.727	
					Lap 2	00:11:35.565	11:11	5.4mph	00:22:06.292	
					Lap 3	00:11:46.817	11:22	5.3mph	00:33:53.109	
17	SHALINI SUBBARAO	CHARLOTTESVILLE, VA	NO	36	00:35:20.31	11:22	5.3mph	F	23	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:10:30.939	10:09	5.9mph	00:10:30.939	
					Lap 2	00:12:29.172	12:03	5.0mph	00:23:00.111	
					Lap 3	00:12:20.206	11:54	5.0mph	00:35:20.317	
18	NICOLE FRAZER	STAUNTON, VA	NO	12	00:35:39.83	11:28	5.2mph	F	37	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:11:12.304	10:49	5.5mph	00:11:12.304	
					Lap 2	00:12:13.120	11:47	5.1mph	00:23:25.424	
					Lap 3	00:12:14.408	11:49	5.1mph	00:35:39.832	
19	PATRICK COLBY	ORANGE, VA	NO	5	00:36:11.37	11:38	5.2mph	M	70	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:11:41.148	11:16	5.3mph	00:11:41.148	
					Lap 2	00:12:34.757	12:08	4.9mph	00:24:15.905	
					Lap 3	00:11:55.468	11:30	5.2mph	00:36:11.373	
20	DIANE ROSIN	CHARLOTTESVILLE, VA	NO	51	00:37:04.36	11:55	5.0mph	F	65	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:12:30.459	12:04	5.0mph	00:12:30.459	
					Lap 2	00:12:48.172	12:21	4.9mph	00:25:18.631	
					Lap 3	00:11:45.734	11:21	5.3mph	00:37:04.365	
21	KEVIN O'CONNOR	MIDLOTHIAN, VA	NO	24	00:37:04.54	11:56	5.0mph	M	71	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:12:06.694	11:41	5.1mph	00:12:06.694	
					Lap 2	00:12:36.233	12:10	4.9mph	00:24:42.927	
					Lap 3	00:12:21.615	11:55	5.0mph	00:37:04.542	
22	WENDY GOLDEN	EARLYSVILLE, VA	NO	48	00:37:04.90	11:56	5.0mph	F	66	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:12:27.581	12:01	5.0mph	00:12:27.581	
					Lap 2	00:12:18.463	11:52	5.0mph	00:24:46.044	
					Lap 3	00:12:18.858	11:53	5.0mph	00:37:04.902	
23	SARAH ROGERS	CHARLOTTESVILLE, VA	NO	31	00:37:19.34	12:00	5.0mph	F	24	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:11:42.612	11:18	5.3mph	00:11:42.612	
					Lap 2	00:12:52.784	12:26	4.8mph	00:24:35.396	
					Lap 3	00:12:43.948	12:17	4.9mph	00:37:19.344	
24	SARAH HOLDER	CHARLOTTESVILLE, VA	NO	15	00:37:27.51	12:03	5.0mph	F	36	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:12:13.278	11:47	5.1mph	00:12:13.278	
					Lap 2	00:12:41.844	12:15	4.9mph	00:24:55.122	
					Lap 3	00:12:32.391	12:06	5.0mph	00:37:27.513	
25	KATIE WEBB	CHARLOTTESVILLE, VA	NO	42	00:37:27.63	12:03	5.0mph	F	22	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:11:26.467	11:02	5.4mph	00:11:26.467	
					Lap 2	00:13:06.144	12:38	4.7mph	00:24:32.611	
					Lap 3	00:12:55.025	12:28	4.8mph	00:37:27.636	

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Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Sex	Age	ID Number
26	MARK FOLEY	CHARLOTTESVILLE, VA	NO	10	00:38:35.44	12:25	4.8mph	M	69	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:12:19.130	11:53	5.0mph		00:12:19.130
					Lap 2	00:13:05.792	12:38	4.7mph		00:25:24.922
					Lap 3	00:13:10.522	12:43	4.7mph		00:38:35.444
27	DARLENE MURPHY	GORDONSVILLE, VA	YES	23	00:39:00.45	12:33	4.8mph	F	61	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:12:23.144	11:57	5.0mph		00:12:23.144
					Lap 2	00:13:14.500	12:47	4.7mph		00:25:37.644
					Lap 3	00:13:22.809	12:55	4.6mph		00:39:00.453
28	PATRICIA FOLEY	CHARLOTTESVILLE, VA	NO	11	00:40:23.83	13:00	4.6mph	F	58	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:13:07.622	12:40	4.7mph		00:13:07.622
					Lap 2	00:13:38.666	13:10	4.6mph		00:26:46.288
					Lap 3	00:13:37.545	13:09	4.6mph		00:40:23.833
29	SANDY HEIDER	ORANGE, VA	NO	14	00:40:48.19	13:07	4.6mph	F	67	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:12:46.320	12:19	4.9mph		00:12:46.320
					Lap 2	00:13:57.558	13:28	4.5mph		00:26:43.878
					Lap 3	00:14:04.320	13:35	4.4mph		00:40:48.198
30	SHANNON HAUCK	CHARLOTTESVILLE, VA	NO	13	00:44:28.65	14:18	4.2mph	F	37	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:13:04.831	12:37	4.8mph		00:13:04.831
					Lap 2	00:15:19.347	14:47	4.1mph		00:28:24.178
					Lap 3	00:16:04.472	15:31	3.9mph		00:44:28.650
31	JODY SMITH	KESWICK, VA	NO	34	00:49:12.03	15:50	3.8mph	F	69	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:16:49.948	16:15	3.7mph		00:16:49.948
					Lap 2	00:16:21.258	15:47	3.8mph		00:33:11.206
					Lap 3	00:16:00.833	15:27	3.9mph		00:49:12.039
32	REBECCA BOONE	KESWICK, VA	NO	3	00:49:12.38	15:50	3.8mph	F	66	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:16:50.357	16:15	3.7mph		00:16:50.357
					Lap 2	00:16:21.202	15:47	3.8mph		00:33:11.559
					Lap 3	00:16:00.827	15:27	3.9mph		00:49:12.386
33	MILES SMITH	KESWICK, VA	YES	35	00:50:57.42	16:24	3.7mph	M	62	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:18:32.029	17:53	3.4mph		00:18:32.029
					Lap 2	00:18:25.621	17:47	3.4mph		00:36:57.650
					Lap 3	00:13:59.770	13:30	4.4mph		00:50:57.420
34	PEGGY IVES	CHARLOTTESVILLE, VA	NO	18	00:50:57.69	16:24	3.7mph	F	51	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:14:25.583	13:55	4.3mph		00:14:25.583
					Lap 2	00:18:25.228	17:46	3.4mph		00:32:50.811
					Lap 3	00:18:06.884	17:29	3.4mph		00:50:57.695
35	WILLIAM DAVIS	PALMYRA, VA	NO	9	00:51:56.23	16:43	3.6mph	M	59	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:19:34.733	18:54	3.2mph		00:19:34.733
					Lap 2	00:16:54.457	16:19	3.7mph		00:36:29.190
					Lap 3	00:15:27.045	14:54	4.0mph		00:51:56.235
36	HUGH WILEY	ORANGE, VA	YES	53	00:55:09.40	17:45	3.4mph	M	13	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:19:29.656	18:49	3.2mph		00:19:29.656
					Lap 2	00:19:53.584	19:12	3.1mph		00:39:23.240
					Lap 3	00:15:46.168	15:13	3.9mph		00:55:09.408
37	LILLY WILEY	ORANGE, VA	YES	56	00:55:20.95	17:48	3.4mph	F	15	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:19:44.700	19:03	3.1mph		00:19:44.700
					Lap 2	00:19:55.297	19:13	3.1mph		00:39:39.997
					Lap 3	00:15:40.953	15:08	4.0mph		00:55:20.950
38	JUSTIN WILEY	ORANGE, VA	YES	54	00:57:52.09	18:37	3.2mph	M	53	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>		<u>Cummulative</u>
					Lap 1	00:18:15.939	17:38	3.4mph		00:18:15.939
					Lap 2	00:19:14.146	18:34	3.2mph		00:37:30.085
					Lap 3	00:20:22.006	19:39	3.1mph		00:57:52.091

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39	NANCY WILEY	ORANGE, VA	YES	52	00:57:54.03	18:38	3.2mph	F	50	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:18:15.899	17:37	3.4mph	00:18:15.899	
					Lap 2	00:19:14.968	18:35	3.2mph	00:37:30.867	
					Lap 3	00:20:23.169	19:40	3.0mph	00:57:54.036	
40	SHELLEY PAYNE	KESWICK, VA	YES	26	00:57:55.51	18:38	3.2mph	F	54	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:18:18.591	17:40	3.4mph	00:18:18.591	
					Lap 2	00:19:14.546	18:34	3.2mph	00:37:33.137	
					Lap 3	00:20:22.376	19:40	3.1mph	00:57:55.513	
41	BONNIE DAVIS	PALMYRA, VA	NO	8	01:03:45.67	20:31	2.9mph	F	56	
					<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cummulative</u>	
					Lap 1	00:20:41.913	19:58	3.0mph	00:20:41.913	
					Lap 2	00:21:20.455	20:36	2.9mph	00:42:02.368	
					Lap 3	00:21:43.307	20:58	2.9mph	01:03:45.675	