Armed Forces Endurance Run - 8 Hour

	Overall Male											
Place	Bib#	Name	Time	Miles	Type	Hometown	Pace	Speed	Overall	Age	ID Number	
1	23	JOHN ZUK	Laps: 11 (07:33:52.39)	33	Runner	Columbia City, IN	13:45/M	4.4mph	2	55		

					<u>Overall</u>	Overall Female						
Place	Bib#	Name	Time	Miles	Type	Hometown	Pace	Speed	Overall	Age	ID Number	
1	16	JULIE BOCK	Laps: 13 (07:52:13.09)	39	Runner	Columbia city, IN	12:06/M	5.0mph	1	42	_	
2	18	JESSICA HUBBARD	Laps: 10 (07:46:52.49)	30	Runner	Schererville, IN	15:34/M	3.9mph	3	43		
3	19	LISA MILLAM	Laps: 9 (07:23:27.17)	27	Runner	Coon Rapids, MN	16:25/M	3.7mph	4	64		
4	20	DEBBIE MUSE	Laps: 8 (07:34:34.82)	24	Runner	Carmel, IN	18:56/M	3.2mph	5	57		
5	17	SHANNON FUNKE	Laps: 8 (07:34:35.43)	24	Runner	Carmel, IN	18:56/M	3.2mph	6	52		
6	21	CONNIE NUNHAM	Laps: 8 (08:02:50.98)	24	Runner	Howell, MI	20:07/M	3.0mph	7	67		
7	22	JANE STANGEL	Laps: 6 (06:45:26.46)	18	Runner	Greenfield, IN	22:31/M	2.7mph	8	66		

Tempo Run Timing, LLC Printed: 5/18/2024 5:27:48 PM Page: 1 of 1

Armed Forces Endurance Run - 8 Hour

	Hometown	Gender	Type	Bib#	Time	Miles Spee	
1 JULIE BOCK	COLUMBIA CITY, IN	F: 1	RUNNER	16	Laps: 13 07:52:13.10	39 N/A	Overall Female: 1
	<u>Split</u>	Description	Split Time		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
		Split 1	00:33:07.45		11:02	5.4mph	00:33:07.45
		Split 2	00:33:13.91		11:04	5.4mph	01:06:21.35
		Split 3	00:33:29.01		11:09	5.4mph	01:39:50.35
		Split 4	00:34:22.30		11:27	5.2mph	02:14:12.65
		Split 5	00:34:29.71		11:29	5.2mph	02:48:42.36
		Split 6 Split 7	00:35:42.41 00:34:52.96		11:54 11:37	5.0mph 5.2mph	03:24:24.76 03:59:17.72
		Split 8	00:35:47.38		11:55	5.2mph	04:35:05.09
		Split 9	00:36:17.06		12:05	5.0mph	05:11:22.14
		Split 10	00:38:18.23		12:46	4.7mph	05:49:40.36
		Split 11	00:43:14.77		14:24	4.2mph	06:32:55.13
		Split 12	00:40:43.90		13:34	4.4mph	07:13:39.02
		Split 13	00:38:34.09	9	12:51	4.7mph	07:52:13.10
2 JOHN ZUK	COLUMBIA CITY, IN	M: 1	RUNNER	23	Laps: 11 07:33:52.40	33 N/A	Overall Male: 1
	Split	Description	Split Time		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
		Split 1	00:32:46.45		10:55	5.5mph	00:32:46.45
		Split 2	00:37:35.51		12:31	4.8mph	01:10:21.96
		Split 3	00:39:13.65		13:04	4.6mph	01:49:35.61
		Split 4	00:36:02.02		12:00	5.0mph	02:25:37.63
		Split 5	00:41:31.71		13:50	4.3mph	03:07:09.33
		Split 6	00:46:26.56	6	15:28	3.9mph	03:53:35.89
		Split 7	00:41:25.61		13:48	4.3mph	04:35:01.50
		Split 8	00:45:40.45	5	15:13	3.9mph	05:20:41.94
		Split 9	00:41:34.37		13:51	4.3mph	06:02:16.31
		Split 10	00:46:11.82		15:23	3.9mph	06:48:28.12
		Split 11	00:45:24.28	3	15:08	4.0mph	07:33:52.40
3 JESSICA HUBBARD	SCHERERVILLE, IN	F: 2	RUNNER	18	Laps: 10 07:46:52.49	30 N/A	Overall Female: 2
	<u>Split</u>	Description	Split Time		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
		Split 1	00:40:31.27	7	13:30	4.4mph	00:40:31.27
		Split 2	00:38:00.99	9	12:40	4.7mph	01:18:32.26
		Split 3	00:37:02.39		12:20	4.9mph	01:55:34.64
		Split 4	00:42:58.73		14:19	4.2mph	02:38:33.37
		Split 5	00:42:18.53		14:06	4.3mph	03:20:51.89
		Split 6	00:53:38.76	5	17:52	3.4mph	04:14:30.65
						2.9mph	05:16:39.31
		Split 7	01:02:08.67		20:42		
		Split 7 Split 8	01:02:08.67 00:57:59.31	1	19:19	3.1mph	06:14:38.61
		Split 7 Split 8 Split 9	01:02:08.67 00:57:59.31 00:46:56.63	1 3	19:19 15:38	3.1mph 3.8mph	07:01:35.24
		Split 7 Split 8 Split 9 Split 10	01:02:08.67 00:57:59.31 00:46:56.63 00:45:17.26	1 3 5	19:19 15:38 15:05	3.1mph 3.8mph 4.0mph	07:01:35.24 07:46:52.49
LISA MILLAM	COON RAPIDS, MN	Split 7 Split 8 Split 9	01:02:08.67 00:57:59.31 00:46:56.63	1 3	19:19 15:38	3.1mph 3.8mph	07:01:35.24
LISA MILLAM		Split 7 Split 8 Split 9 Split 10	01:02:08.67 00:57:59.31 00:46:56.63 00:45:17.26	19	19:19 15:38 15:05 Laps: 9	3.1mph 3.8mph 4.0mph	07:01:35.24 07:46:52.49
LISA MILLAM		Split 7 Split 8 Split 9 Split 10 F: 3	01:02:08.67 00:57:59.31 00:46:56.63 00:45:17.26 RUNNER Split Time 00:41:31.72	19	19:19 15:38 15:05 Laps: 9 07:23:27.18 <u>Pace</u> 13:50	3.1mph 3.8mph 4.0mph 27 N/A Speed 4.3mph	07:01:35.24 07:46:52.49 Overall Female: 3 <u>Cumulative</u> 00:41:31.72
LISA MILLAM		Split 7 Split 8 Split 9 Split 10 F: 3 Description Split 1 Split 2	01:02:08.67 00:57:59.31 00:46:56.62 00:45:17.20 RUNNER Split Time 00:41:31.72 00:41:28.97	19	19:19 15:38 15:05 Laps: 9 07:23:27.18 <u>Pace</u> 13:50 13:49	3.1mph 3.8mph 4.0mph 27 N/A Speed 4.3mph 4.3mph	07:01:35.24 07:46:52.49 Overall Female: 3 <u>Cumulative</u> 00:41:31.72 01:23:00.69
LISA MILLAM		Split 7 Split 8 Split 9 Split 10 F: 3 Description Split 1 Split 2 Split 3	01:02:08.67 00:57:59.31 00:46:56.63 00:45:17.26 RUNNER Split Time 00:41:31.72 00:41:28.97 00:44:27.64	19	19:19 15:38 15:05 Laps: 9 07:23:27.18 <u>Pace</u> 13:50 13:49 14:49	3.1mph 3.8mph 4.0mph 27 N/A Speed 4.3mph 4.3mph 4.0mph	07:01:35.24 07:46:52.49 Overall Female: 3 <u>Cumulative</u> 00:41:31.72 01:23:00.69 02:07:28.32
LISA MILLAM		Split 7 Split 8 Split 9 Split 10 F: 3 Description Split 1 Split 2 Split 3 Split 4	01:02:08.67 00:57:59.31 00:46:56.63 00:45:17.20 RUNNER Split Time 00:41:31.72 00:41:28.97 00:44:27.64 00:44:11.57	19	19:19 15:38 15:05 Laps: 9 07:23:27.18 <u>Pace</u> 13:50 13:49 14:49 14:43	3.1mph 3.8mph 4.0mph 27 N/A Speed 4.3mph 4.3mph 4.0mph 4.1mph	07:01:35.24 07:46:52.49 Overall Female: 3 <u>Cumulative</u> 00:41:31.72 01:23:00.69 02:07:28.32 02:51:39.88
LISA MILLAM		Split 7 Split 8 Split 9 Split 10 F: 3 Description Split 1 Split 2 Split 3 Split 4 Split 5	01:02:08.67 00:57:59.31 00:46:56.62 00:45:17.26 RUNNER Split Time 00:41:38.79 00:44:27.64 00:44:11.57 00:47:59.68	19 19	19:19 15:38 15:05 Laps: 9 07:23:27.18 <u>Pace</u> 13:50 13:49 14:49 14:43 15:59	3.1mph 3.8mph 4.0mph 27 N/A Speed 4.3mph 4.3mph 4.0mph 4.1mph 3.8mph	07:01:35.24 07:46:52.49 Overall Female: 3 Cumulative 00:41:31.72 01:23:00.69 02:07:28.32 02:51:39.88 03:39:39.55
1 LISA MILLAM		Split 7 Split 8 Split 9 Split 10 F: 3 Description Split 1 Split 2 Split 3 Split 4 Split 5 Split 6	01:02:08.67 00:57:59.31 00:46:56.62 00:45:17.26 RUNNER Split Time 00:41:31.72 00:44:27.64 00:44:11.55 00:47:59.68 00:53:31.41	19	19:19 15:38 15:05 Laps: 9 07:23:27.18 Pace 13:50 13:49 14:49 14:43 15:59 17:50	3.1mph 3.8mph 4.0mph 27 N/A Speed 4.3mph 4.3mph 4.0mph 4.1mph 3.8mph 3.4mph	07:01:35.24 07:46:52.49 Overall Female: 3 Cumulative 00:41:31.72 01:23:00.69 02:07:28.32 02:51:39.88 03:39:39.55 04:33:10.96
4 LISA MILLAM		Split 7 Split 8 Split 9 Split 10 F: 3 Description Split 1 Split 2 Split 3 Split 4 Split 4 Split 5 Split 6 Split 7	01:02:08.67 00:57:59.31 00:46:56.62 00:45:17.26 RUNNER Split Time 00:41:31.72 00:44:21.89 00:44:21.55 00:44:11.55 00:47:59.66 00:53:31.41 00:54:19.72	19	19:19 15:38 15:05 Laps: 9 07:23:27.18 Pace 13:50 13:49 14:49 14:43 15:59 17:50 18:06	3.1mph 3.8mph 4.0mph 27 N/A Speed 4.3mph 4.3mph 4.0mph 4.1mph 3.8mph 3.4mph 3.3mph	07:01:35.24 07:46:52.49 Overall Female: 3 Cumulative 00:41:31.72 01:23:00.69 02:07:28.32 02:51:39.88 03:39:39.55 04:33:10.96 05:27:30.68
4 LISA MILLAM		Split 7 Split 8 Split 9 Split 10 F: 3 Description Split 1 Split 2 Split 3 Split 4 Split 4 Split 5 Split 6 Split 7 Split 8	01:02:08.67 00:57:59.31 00:46:56.62 00:45:17.26 RUNNER Split Time 00:41:31.72 00:41:28.91 00:44:27.65 00:47:59.68 00:53:31.41 00:54:19.72 01:00:36.78	19 19 19 19 19 19 19 19 19 19 19 19 19 1	19:19 15:38 15:05 Laps: 9 07:23:27.18 Pace 13:50 13:49 14:49 14:43 15:59 17:50 18:06 20:12	3.1mph 3.8mph 4.0mph 27 N/A Speed 4.3mph 4.3mph 4.0mph 4.1mph 3.8mph 3.4mph 3.3mph 3.0mph	07:01:35.24 07:46:52.49 Overall Female: 3 Cumulative 00:41:31.72 01:23:00.69 02:07:28.32 02:51:39.88 03:39:39.55 04:33:10.96 05:27:30.68 06:28:07.46
		Split 7 Split 8 Split 9 Split 10 F: 3 Description Split 1 Split 2 Split 3 Split 4 Split 4 Split 5 Split 6 Split 7	01:02:08.67 00:57:59.31 00:46:56.62 00:45:17.26 RUNNER Split Time 00:41:31.72 00:44:21.89 00:44:21.55 00:44:11.55 00:47:59.66 00:53:31.41 00:54:19.72	19 19 19 19 19 19 19 19 19 19 19 19 19 1	19:19 15:38 15:05 Laps: 9 07:23:27.18 Pace 13:50 13:49 14:49 14:43 15:59 17:50 18:06 20:12 18:26 Laps: 8	3.1mph 3.8mph 4.0mph 27 N/A Speed 4.3mph 4.3mph 4.0mph 4.1mph 3.8mph 3.4mph 3.3mph	07:01:35.24 07:46:52.49 Overall Female: 3 Cumulative 00:41:31.72 01:23:00.69 02:07:28.32 02:51:39.88 03:39:39.55 04:33:10.96 05:27:30.68
	CARMEL, IN	Split 7 Split 8 Split 9 Split 10 F: 3 Description Split 1 Split 2 Split 3 Split 4 Split 5 Split 6 Split 7 Split 8 Split 9 F: 4	01:02:08.67 00:57:59.31 00:46:56.62 00:45:17.26 RUNNER Split Time 00:41:31.72 00:44:27.64 00:44:11.55 00:47:59.68 00:53:31.41 00:54:19.72 01:00:36.78 00:55:19.73 RUNNER	19 19 20	19:19 15:38 15:05 Laps: 9 07:23:27.18 Pace 13:50 13:49 14:49 14:43 15:59 17:50 18:06 20:12 18:26 Laps: 8 07:34:34.83	3.1mph 3.8mph 4.0mph 27 N/A Speed 4.3mph 4.3mph 4.0mph 4.1mph 3.8mph 3.4mph 3.3mph 3.0mph 3.3mph 3.0mph	07:01:35.24 07:46:52.49 Overall Female: 3 Cumulative 00:41:31.72 01:23:00.69 02:07:28.32 02:51:39.88 03:39:39.55 04:33:10.96 05:27:30.68 06:28:07.46 07:23:27.18 Overall Female: 4
	CARMEL, IN	Split 7 Split 8 Split 9 Split 10 F: 3 Description Split 1 Split 2 Split 3 Split 4 Split 5 Split 6 Split 7 Split 8 Split 9 F: 4 Description	01:02:08.67 00:57:59.31 00:46:56.63 00:45:17.26 RUNNER Split Time 00:41:31.72 00:44:27.60 00:44:11.57 00:47:59.68 00:53:31.41 00:54:19.72 01:00:36.78 00:55:19.73 RUNNER	19 19 22 33 33 20	19:19 15:38 15:05 Laps: 9 07:23:27.18 Pace 13:50 13:49 14:49 14:43 15:59 17:50 18:06 20:12 18:26 Laps: 8 07:34:34.83 Pace	3.1mph 3.8mph 4.0mph 27 N/A Speed 4.3mph 4.3mph 4.0mph 4.1mph 3.8mph 3.4mph 3.3mph 3.0mph 3.3mph 3.3mph	07:01:35.24 07:46:52.49 Overall Female: 3 Cumulative 00:41:31.72 01:23:00.69 02:07:28.32 02:51:39.88 03:39:39.55 04:33:10.96 05:27:30.68 06:28:07.46 07:23:27.18 Overall Female: 4 Cumulative
	CARMEL, IN	Split 7 Split 8 Split 9 Split 10 F: 3 Description Split 1 Split 2 Split 3 Split 4 Split 5 Split 6 Split 7 Split 8 Split 9 F: 4 Description Split 1	01:02:08.67 00:57:59.31 00:46:56.63 00:45:17.26 RUNNER Split Time 00:41:31.72 00:44:27.64 00:44:11.57 00:53:31.41 00:54:19.72 01:00:36.78 00:55:19.73 RUNNER	19 19 22 3 3 20	19:19 15:38 15:05 Laps: 9 07:23:27.18 Pace 13:50 13:49 14:49 14:43 15:59 17:50 18:06 20:12 18:26 Laps: 8 07:34:34.83 Pace 16:05	3.1mph 3.8mph 4.0mph 27 N/A Speed 4.3mph 4.3mph 4.0mph 3.8mph 3.4mph 3.3mph 3.3mph 3.0mph 3.3mph 3.7mph	07:01:35.24 07:46:52.49 Overall Female: 3 Cumulative 00:41:31.72 01:23:00.69 02:07:28.32 02:51:39.88 03:39:39.55 04:33:10.96 05:27:30.68 06:28:07.46 07:23:27.18 Overall Female: 4 Cumulative 00:48:15.75
	CARMEL, IN	Split 7 Split 8 Split 9 Split 10 F: 3 Description Split 1 Split 2 Split 3 Split 4 Split 5 Split 6 Split 7 Split 8 Split 9 F: 4 Description Split 1 Split 2	01:02:08.67 00:57:59.31 00:46:56.63 00:45:17.26 RUNNER Split Time 00:41:31.72 00:41:28.91 00:44:21.57 00:53:31.41 00:54:19.72 01:00:36.78 00:55:19.73 RUNNER Split Time 00:48:15.78 00:49:30.18	19 19 22 77 44 77 78 88 88 88 88 88 88 88 88 88 88 88	19:19 15:38 15:05 Laps: 9 07:23:27.18 Pace 13:50 13:49 14:49 14:43 15:59 17:50 18:06 20:12 18:26 Laps: 8 07:34:34.83 Pace 16:05 16:30	3.1mph 3.8mph 4.0mph 27 N/A Speed 4.3mph 4.3mph 4.0mph 4.1mph 3.8mph 3.4mph 3.3mph 3.0mph 3.3mph 3.0mph 3.7mph 3.7mph 3.7mph 3.6mph	07:01:35.24 07:46:52.49 Overall Female: 3 Cumulative 00:41:31.72 01:23:00.69 02:07:28.32 02:51:39.88 03:39:39.55 04:33:10.96 05:27:30.68 06:28:07.46 07:23:27.18 Overall Female: 4 Cumulative 00:48:15.75 01:37:45.94
	CARMEL, IN	Split 7 Split 8 Split 9 Split 10 F: 3 Description Split 1 Split 2 Split 3 Split 4 Split 5 Split 6 Split 7 Split 8 Split 9 F: 4 Description Split 1 Split 2 Split 3	01:02:08.67 00:57:59.31 00:46:56.5 00:45:17.26 RUNNER Split Time 00:41:31.72 00:44:27.6- 00:44:11.57 00:53:31.41 00:55:19.72 01:00:36.78 00:55:19.73 RUNNER Split Time 00:48:15.78 00:49:37.21 00:49:37.21	19 19 20 20	19:19 15:38 15:05 Laps: 9 07:23:27.18 Pace 13:50 13:49 14:49 14:43 15:59 17:50 18:06 20:12 18:26 Laps: 8 07:34:34.83 Pace 16:05 16:30 16:35	3.1mph 3.8mph 4.0mph 27 N/A Speed 4.3mph 4.0mph 4.1mph 3.8mph 3.4mph 3.3mph 3.0mph 3.3mph 24 N/A Speed 3.7mph 3.6mph 3.6mph 3.6mph	07:01:35.24 07:46:52.49 Overall Female: 3 Cumulative 00:41:31.72 01:23:00.69 02:07:28.32 02:51:39.88 03:39:39.55 04:33:10.96 05:27:30.68 06:28:07.46 07:23:27.18 Overall Female: 4 Cumulative 00:48:15.75 01:37:45.94 02:27:33.21
	CARMEL, IN	Split 7 Split 8 Split 9 Split 10 F: 3 Description Split 1 Split 2 Split 3 Split 4 Split 5 Split 6 Split 7 Split 8 Split 9 F: 4 Description Split 1 Split 2 Split 3 Split 2 Split 3 Split 4	01:02:08.67 00:57:59.31 00:46:56.65 00:45:17.26 RUNNER Split Time 00:41:28.97 00:44:27.64 00:44:11.57 00:47:59.68 00:53:31.41 00:55:19.73 RUNNER Split Time 00:48:15.75 00:49:30.18 00:49:30.18 00:49:47.27 00:52:19.68	19 19 22 33 3 20	19:19 15:38 15:05 Laps: 9 07:23:27.18 Pace 13:50 13:49 14:49 14:43 15:59 17:50 18:06 20:12 18:26 Laps: 8 07:34:34.83 Pace 16:05 16:30 16:35 17:26	3.1mph 3.8mph 4.0mph 27 N/A Speed 4.3mph 4.3mph 4.0mph 4.1mph 3.8mph 3.4mph 3.3mph 3.0mph 3.3mph 3.0mph 3.5mph 3.6mph 3.6mph 3.6mph 3.6mph	07:01:35.24 07:46:52.49 Overall Female: 3 Cumulative 00:41:31.72 01:23:00.69 02:07:28.32 02:51:39.88 03:39:39.55 04:33:10.96 05:27:30.68 06:28:07.46 07:23:27.18 Overall Female: 4 Cumulative 00:48:15.75 01:37:45.94 02:27:33.21 03:19:52.88
	CARMEL, IN	Split 7 Split 8 Split 9 Split 10 F: 3 Description Split 1 Split 2 Split 3 Split 4 Split 5 Split 6 Split 7 Split 8 Split 9 F: 4 Description Split 1 Split 2 Split 3 Split 4 Split 5	01:02:08.67 00:57:59.31 00:46:56.65 00:45:17.26 RUNNER Split Time 00:41:31.72 00:44:27.64 00:44:11.55 00:47:59.68 00:53:31.41 00:54:19.72 01:00:36.78 00:55:19.73 RUNNER Split Time 00:48:15.75 00:49:30.19 00:49:47.21 00:52:19.68 00:57:16.53	19 19 20 20	19:19 15:38 15:05 Laps: 9 07:23:27.18 Pace 13:50 13:49 14:49 14:43 15:59 17:50 18:06 20:12 18:26 Laps: 8 07:34:34.83 Pace 16:05 16:30 16:35 17:26 19:05	3.1mph 3.8mph 4.0mph 27 N/A Speed 4.3mph 4.3mph 4.0mph 4.1mph 3.8mph 3.4mph 3.3mph 3.0mph 3.3mph 3.7mph 3.5mph 3.6mph 3.6mph 3.6mph 3.6mph 3.4mph	07:01:35.24 07:46:52.49 Overall Female: 3 Cumulative 00:41:31.72 01:23:00.69 02:07:28.32 02:51:39.88 03:39:39.55 04:33:10.96 05:27:30.68 06:28:07.46 07:23:27.18 Overall Female: 4 Cumulative 00:48:15.75 01:37:45.94 02:27:33.21 03:19:52.88 04:17:09.41
	CARMEL, IN	Split 7 Split 8 Split 9 Split 10 F: 3 Description Split 1 Split 2 Split 3 Split 4 Split 5 Split 6 Split 7 Split 8 Split 9 F: 4 Description Split 1 Split 2 Split 3 Split 2 Split 3 Split 4	01:02:08.67 00:57:59.31 00:46:56.65 00:45:17.26 RUNNER Split Time 00:41:28.97 00:44:27.64 00:44:11.57 00:47:59.68 00:53:31.41 00:55:19.73 RUNNER Split Time 00:48:15.75 00:49:30.18 00:49:30.18 00:49:47.27 00:52:19.68	19 19 20 20	19:19 15:38 15:05 Laps: 9 07:23:27.18 Pace 13:50 13:49 14:49 14:43 15:59 17:50 18:06 20:12 18:26 Laps: 8 07:34:34.83 Pace 16:05 16:30 16:35 17:26	3.1mph 3.8mph 4.0mph 27 N/A Speed 4.3mph 4.3mph 4.0mph 4.1mph 3.8mph 3.4mph 3.3mph 3.0mph 3.3mph 3.0mph 3.5mph 3.6mph 3.6mph 3.6mph 3.6mph	07:01:35.24 07:46:52.49 Overall Female: 3 Cumulative 00:41:31.72 01:23:00.69 02:07:28.32 02:51:39.88 03:39:39.55 04:33:10.96 05:27:30.68 06:28:07.46 07:23:27.18 Overall Female: 4 Cumulative 00:48:15.75 01:37:45.94 02:27:33.21 03:19:52.88

Tempo Run Timing, LLC Printed: 5/18/2024 5:18:17 PM Page: 1 of 2

Armed Forces Endurance Run - 8 Hour

Place Name	Hometown	Gender	Type	Bib#	Time	Miles	Speed	Division Rank		
6 SHANNON FUNKE	CARMEL, IN	F: 5	RUNNER	17	Laps: 8 07:34:35.43	24	N/A	Overall Female: 5		
		Split Description	Split Time	!	<u>Pace</u>	Sp	<u>eed</u>	<u>Cumulative</u>		
		Split 1	00:48:15.5	7	16:05	3.71	mph	00:48:15.57		
		Split 2	00:49:30.5	1	16:30	3.6	mph	01:37:46.07		
		Split 3	00:49:47.3	9	16:35	3.6	mph	02:27:33.46		
		Split 4	00:52:20.3	3	17:26	3.4	mph	03:19:53.78		
		Split 5	00:57:16.19	9	19:05	3.1	mph	04:17:09.97		
		Split 6	01:03:06.54	4	21:02	2.9	mph	05:20:16.50		
		Split 7	01:02:34.6	2	20:51	2.9	mph	06:22:51.12		
		Split 8	01:11:44.3	2	23:54	2.5	mph	07:34:35.43		
7 CONNIE NUNHAM	HOWELL, MI	F: 6	RUNNER	21	Laps: 8 08:02:50.98	24	N/A	Overall Female: 6		
		Split Description	Split Time	!	<u>Pace</u>	Sp	eed	<u>Cumulative</u>		
		Split 1	00:46:13.4	3	15:24	3.9	mph	00:46:13.43		
		Split 2	00:59:22.4	5	19:47	3.0	mph	01:45:35.88		
		Split 3	00:50:56.5	5	16:58	3.5	mph	02:36:32.43		
		Split 4	01:09:12.4	2	23:04	2.6	mph	03:45:44.85		
		Split 5	01:06:01.9	7	22:00	2.7	mph	04:51:46.81		
		Split 6	01:05:42.80)	21:54	2.7	mph	05:57:29.61		
		Split 7	01:13:36.5	4	24:32	2.4	mph	07:11:06.15		
		Split 8	00:51:44.8	4	17:14	3.5	mph	08:02:50.98		
8 JANE STANGEL	GREENFIELD, IN	F: 7	RUNNER	22	Laps: 6 06:45:26.47	18	N/A	Overall Female: 7		
		Split Description	Split Time	!	<u>Pace</u>	<u>Sp</u>	<u>eed</u>	Cumulative		
		Split 1	00:59:04.6	7	19:41	3.0	mph	00:59:04.67		
		Split 2	01:00:50.34	4	20:16	3.0	mph	01:59:55.00		
		Split 3	01:02:42.84	4	20:54	2.9	mph	03:02:37.84		
		Split 4	01:13:59.04	4	24:39	2.4	mph	04:16:36.87		
		Split 5	01:17:19.8	2	25:46	2.3	mph	05:33:56.69		
		Split 6	01:11:29.78	3	23:49	2.5	mph	06:45:26.47		

Tempo Run Timing, LLC Printed: 5/18/2024 5:18:17 PM Page: 2 of 2