

Glen Meadow Races 15K 2019

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	JAKE EBERWEIN		M: 1	Runner	799	01:04:32.19	06:55	8.7mph	Overall Male Runner: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:10:45.282	06:55	8.7mph	00:10:45.282
				Split 2		00:10:45.203	06:55	8.7mph	00:21:30.485
				Split 3		00:10:48.142	06:57	8.6mph	00:32:18.627
				Split 4		00:10:48.646	06:57	8.6mph	00:43:07.273
				Split 5		00:10:43.907	06:54	8.7mph	00:53:51.180
				Split 6		00:10:41.012	06:52	8.7mph	01:04:32.192
2	APRIL VARELLAS		F: 1	Runner	913	01:09:13.10	07:25	8.1mph	Overall Female Runner: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:10:54.692	07:01	8.5mph	00:10:54.692
				Split 2		00:11:27.234	07:22	8.1mph	00:22:21.926
				Split 3		00:11:20.176	07:17	8.2mph	00:33:42.102
				Split 4		00:11:51.227	07:37	7.9mph	00:45:33.329
				Split 5		00:11:51.608	07:38	7.9mph	00:57:24.937
				Split 6		00:11:48.166	07:35	7.9mph	01:09:13.103
3	MEGAN ANELLO		F: 2	Runner	229	01:10:04.99	07:31	8.0mph	Overall Female Runner: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:10:56.751	07:02	8.5mph	00:10:56.751
				Split 2		00:11:22.563	07:19	8.2mph	00:22:19.314
				Split 3		00:11:33.202	07:26	8.1mph	00:33:52.516
				Split 4		00:11:50.720	07:37	7.9mph	00:45:43.236
				Split 5		00:12:10.868	07:50	7.7mph	00:57:54.104
				Split 6		00:12:10.895	07:50	7.7mph	01:10:04.999
4	ASHLEY EMERSON		F: 3	Runner	231	01:14:45.65	08:01	7.5mph	Overall Female Runner: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:12:36.122	08:06	7.4mph	00:12:36.122
				Split 2		00:12:11.838	07:51	7.6mph	00:24:47.960
				Split 3		00:12:18.573	07:55	7.6mph	00:37:06.533
				Split 4		00:12:27.733	08:01	7.5mph	00:49:34.266
				Split 5		00:12:34.485	08:05	7.4mph	01:02:08.751
				Split 6		00:12:36.906	08:07	7.4mph	01:14:45.657
5	XAVIER POWELL	PITTSFIELD, MA	M: 2	Runner	795	01:18:14.81	08:23	7.1mph	Overall Male Runner: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:13:15.809	08:32	7.0mph	00:13:15.809
				Split 2		00:13:08.769	08:27	7.1mph	00:26:24.578
				Split 3		00:13:02.233	08:23	7.1mph	00:39:26.811
				Split 4		00:13:22.948	08:36	7.0mph	00:52:49.759
				Split 5		00:12:55.429	08:19	7.2mph	01:05:45.188
				Split 6		00:12:29.622	08:02	7.5mph	01:18:14.810
6	SHIOBBEAN LEMME		F: 4	Runner	926	01:21:07.82	08:42	6.9mph	Overall Female Runner: 4
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:13:21.705	08:36	7.0mph	00:13:21.705
				Split 2		00:12:57.127	08:20	7.2mph	00:26:18.832
				Split 3		00:13:07.225	08:26	7.1mph	00:39:26.057
				Split 4		00:13:23.189	08:37	7.0mph	00:52:49.246
				Split 5		00:13:57.801	08:59	6.7mph	01:06:47.047
				Split 6		00:14:20.781	09:14	6.5mph	01:21:07.828
7	JILL POMPI		F: 5	Runner	230	01:23:49.01	08:59	6.7mph	Overall Female Runner: 5
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:13:53.709	08:56	6.7mph	00:13:53.709
				Split 2		00:13:41.392	08:48	6.8mph	00:27:35.101
				Split 3		00:13:53.347	08:56	6.7mph	00:41:28.448
				Split 4		00:13:31.131	08:42	6.9mph	00:54:59.579
				Split 5		00:14:27.515	09:18	6.4mph	01:09:27.094
				Split 6		00:14:21.922	09:14	6.5mph	01:23:49.016
8	KEENA GRAVANDA		F: 6	Runner	232	01:37:31.21	10:27	5.7mph	Overall Female Runner: 6
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:16:19.909	10:30	5.7mph	00:16:19.909
				Split 2		00:15:58.373	10:16	5.8mph	00:32:18.282
				Split 3		00:16:07.364	10:22	5.8mph	00:48:25.646
				Split 4		00:16:24.185	10:33	5.7mph	01:04:49.831
				Split 5		00:16:17.636	10:29	5.7mph	01:21:07.467
				Split 6		00:16:23.743	10:33	5.7mph	01:37:31.210

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9	KATE DECKER-WURM		F: 7	Runner	233	01:37:32.43	10:27	5.7mph	Overall Female Runner: 7
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			Split 1			00:16:20.645	10:31	5.7mph	00:16:20.645
			Split 2			00:15:57.982	10:16	5.8mph	00:32:18.627
			Split 3			00:16:10.029	10:24	5.8mph	00:48:28.656
			Split 4			00:16:22.568	10:32	5.7mph	01:04:51.224
			Split 5			00:16:36.015	10:41	5.6mph	01:21:27.239
			Split 6			00:16:05.198	10:21	5.8mph	01:37:32.437
10	DIANA FISCU		F: 8	Runner	228	01:47:21.61	11:31	5.2mph	Overall Female Runner: 8
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			Split 1			00:16:25.922	10:34	5.7mph	00:16:25.922
			Split 2			00:17:20.998	11:10	5.4mph	00:33:46.920
			Split 3			00:18:01.064	11:35	5.2mph	00:51:47.984
			Split 4			00:18:42.001	12:02	5.0mph	01:10:29.985
			Split 5			00:18:56.795	12:11	4.9mph	01:29:26.780
			Split 6			00:17:54.830	11:31	5.2mph	01:47:21.610