

Glen Meadows Races 10K 2019

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	STEPHEN FOLEY		M: 1	Runner	789	00:39:50.50	06:24	9.4mph	Overall Male Runner: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:10:09.921	06:32	9.2mph	00:10:09.921
				Split 2		00:09:45.407	06:16	9.6mph	00:19:55.328
				Split 3		00:09:52.856	06:21	9.4mph	00:29:48.184
				Split 4		00:10:02.316	06:27	9.3mph	00:39:50.500
2	DEREK POWELL		M: 2	Runner	215	00:46:39.43	07:30	8.0mph	Overall Male Runner: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:11:49.516	07:36	7.9mph	00:11:49.516
				Split 2		00:11:24.654	07:20	8.2mph	00:23:14.170
				Split 3		00:11:41.120	07:31	8.0mph	00:34:55.290
				Split 4		00:11:44.148	07:33	7.9mph	00:46:39.438
3	MICHAEL CHAMPAGNE		M: 3	Runner	217	00:47:28.31	07:38	7.9mph	Overall Male Runner: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:11:58.563	07:42	7.8mph	00:11:58.563
				Split 2		00:11:46.937	07:35	7.9mph	00:23:45.500
				Split 3		00:11:54.141	07:39	7.8mph	00:35:39.641
				Split 4		00:11:48.672	07:36	7.9mph	00:47:28.313
4	MIA ALBANO		F: 1	Runner	225	00:48:04.67	07:44	7.8mph	Overall Female Runner: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:12:29.542	08:02	7.5mph	00:12:29.542
				Split 2		00:11:47.903	07:35	7.9mph	00:24:17.445
				Split 3		00:11:56.627	07:41	7.8mph	00:36:14.072
				Split 4		00:11:50.601	07:37	7.9mph	00:48:04.673
5	KRISTY MACWILLIAMS		F: 2	Runner	207	00:48:41.37	07:50	7.7mph	Overall Female Runner: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:12:03.098	07:45	7.7mph	00:12:03.098
				Split 2		00:11:55.827	07:40	7.8mph	00:23:58.925
				Split 3		00:12:25.770	08:00	7.5mph	00:36:24.695
				Split 4		00:12:16.684	07:54	7.6mph	00:48:41.379
6	SARAH KINNEY		F: 3	Runner	216	00:49:06.92	07:54	7.6mph	Overall Female Runner: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:11:49.422	07:36	7.9mph	00:11:49.422
				Split 2		00:11:47.051	07:35	7.9mph	00:23:36.473
				Split 3		00:12:43.521	08:11	7.3mph	00:36:19.994
				Split 4		00:12:46.932	08:13	7.3mph	00:49:06.926
7	RICK CASUCCI		M: 4	Runner	223	00:51:01.10	08:12	7.3mph	Overall Male Runner: 4
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:12:41.893	08:10	7.3mph	00:12:41.893
				Split 2		00:12:32.893	08:04	7.4mph	00:25:14.786
				Split 3		00:13:33.092	08:43	6.9mph	00:38:47.878
				Split 4		00:12:13.231	07:52	7.6mph	00:51:01.109
8	KIMBERLY GERO		F: 4	Runner	202	00:52:15.39	08:24	7.1mph	Overall Female Runner: 4
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:12:41.391	08:10	7.3mph	00:12:41.391
				Split 2		00:12:49.218	08:15	7.3mph	00:25:30.609
				Split 3		00:13:17.001	08:33	7.0mph	00:38:47.610
				Split 4		00:13:27.781	08:39	6.9mph	00:52:15.391
9	TYRA MAZZER		F: 5	Runner	214	00:54:39.20	08:47	6.8mph	Overall Female Runner: 5
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:13:18.804	08:34	7.0mph	00:13:18.804
				Split 2		00:13:12.891	08:30	7.1mph	00:26:31.695
				Split 3		00:14:50.935	09:33	6.3mph	00:41:22.630
				Split 4		00:13:16.579	08:32	7.0mph	00:54:39.209
10	KEVIN CROSIER		M: 5	Runner	221	00:55:28.97	08:55	6.7mph	Overall Male Runner: 5
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:14:51.501	09:33	6.3mph	00:14:51.501
				Split 2		00:13:45.442	08:51	6.8mph	00:28:36.943
				Split 3		00:13:40.053	08:47	6.8mph	00:42:16.996
				Split 4		00:13:11.974	08:29	7.1mph	00:55:28.970
11	ROBIN AVERY		F: 6	Runner	793	00:55:34.06	08:56	6.7mph	Overall Female Runner: 6
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:14:14.735	09:10	6.5mph	00:14:14.735
				Split 2		00:13:39.750	08:47	6.8mph	00:27:54.485
				Split 3		00:13:49.406	08:53	6.7mph	00:41:43.891
				Split 4		00:13:50.169	08:54	6.7mph	00:55:34.060

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12	LEANNE CURRAN		F: 7	Runner	206	00:57:34.18	09:15	6.5mph	Overall Female Runner: 7
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:14:23.200	09:15	6.5mph	00:14:23.200
				Split 2		00:14:19.370	09:13	6.5mph	00:28:42.570
				Split 3		00:14:32.133	09:21	6.4mph	00:43:14.703
				Split 4		00:14:19.480	09:13	6.5mph	00:57:34.183
13	PEGGI-JEANNE FLOOD		F: 8	Runner	208	00:58:08.87	09:21	6.4mph	Overall Female Runner: 8
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:14:58.548	09:38	6.2mph	00:14:58.548
				Split 2		00:14:19.614	09:13	6.5mph	00:29:18.162
				Split 3		00:14:30.646	09:20	6.4mph	00:43:48.808
				Split 4		00:14:20.068	09:13	6.5mph	00:58:08.876
14	CARISA VINCENT		F: 9	Runner	205	00:59:25.67	09:33	6.3mph	Overall Female Runner: 9
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:14:58.751	09:38	6.2mph	00:14:58.751
				Split 2		00:14:41.937	09:27	6.3mph	00:29:40.688
				Split 3		00:14:46.985	09:30	6.3mph	00:44:27.673
				Split 4		00:14:58.000	09:38	6.2mph	00:59:25.673
15	KAREN SINOPOLI		F: 10	Runner	224	00:59:57.29	09:38	6.2mph	Overall Female Runner: 10
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:15:25.266	09:55	6.0mph	00:15:25.266
				Split 2		00:14:49.250	09:32	6.3mph	00:30:14.516
				Split 3		00:15:03.481	09:41	6.2mph	00:45:17.997
				Split 4		00:14:39.300	09:26	6.4mph	00:59:57.297
16	LARA DENMARK		F: 11	Runner	222	01:00:54.15	09:48	6.1mph	Overall Female Runner: 11
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:17:23.360	11:11	5.4mph	00:17:23.360
				Split 2		00:15:29.922	09:58	6.0mph	00:32:53.282
				Split 3		00:14:49.000	09:32	6.3mph	00:47:42.282
				Split 4		00:13:11.876	08:29	7.1mph	01:00:54.158
17	MICHELLE MASON		F: 12	Runner	219	01:01:02.25	09:49	6.1mph	Overall Female Runner: 12
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:15:45.670	10:08	5.9mph	00:15:45.670
				Split 2		00:15:00.971	09:39	6.2mph	00:30:46.641
				Split 3		00:15:13.385	09:47	6.1mph	00:46:00.026
				Split 4		00:15:02.225	09:40	6.2mph	01:01:02.251
18	JAIMI TUDOR-CHAMPAGNE		F: 13	Runner	218	01:01:28.61	09:53	6.1mph	Overall Female Runner: 13
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:15:38.654	10:04	6.0mph	00:15:38.654
				Split 2		00:15:03.096	09:41	6.2mph	00:30:41.750
				Split 3		00:15:44.990	10:08	5.9mph	00:46:26.740
				Split 4		00:15:01.871	09:40	6.2mph	01:01:28.611
19	ISAAC HUBERDEAU		M: 6	Runner	209	01:04:20.28	10:21	5.8mph	Overall Male Runner: 6
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:14:40.418	09:26	6.4mph	00:14:40.418
				Split 2		00:16:37.838	10:42	5.6mph	00:31:18.256
				Split 3		00:18:01.351	11:36	5.2mph	00:49:19.607
				Split 4		00:15:00.674	09:39	6.2mph	01:04:20.281
20	SARA PHILLIPS		F: 14	Runner	220	01:04:21.33	10:21	5.8mph	Overall Female Runner: 14
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:15:25.033	09:55	6.0mph	00:15:25.033
				Split 2		00:15:24.708	09:55	6.0mph	00:30:49.741
				Split 3		00:16:32.682	10:39	5.6mph	00:47:22.423
				Split 4		00:16:58.908	10:55	5.5mph	01:04:21.331
21	CAROLYN COCO		F: 15	Runner	203	01:04:34.36	10:23	5.8mph	Overall Female Runner: 15
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:15:38.144	10:03	6.0mph	00:15:38.144
				Split 2		00:15:00.871	09:39	6.2mph	00:30:39.015
				Split 3		00:16:28.986	10:36	5.7mph	00:47:08.001
				Split 4		00:17:26.367	11:13	5.3mph	01:04:34.368
22	CAROL CUSHENETTE		F: 16	Runner	201	01:06:54.47	10:46	5.6mph	Overall Female Runner: 16
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:17:33.606	11:18	5.3mph	00:17:33.606
				Split 2		00:16:46.889	10:48	5.6mph	00:34:20.495
				Split 3		00:16:19.866	10:30	5.7mph	00:50:40.361
				Split 4		00:16:14.118	10:27	5.7mph	01:06:54.479

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23	LORI JAYKO		F: 17	Runner	204	01:08:15.06	10:59	5.5mph	Overall Female Runner: 17
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			Split 1			00:16:28.854	10:36	5.7mph	00:16:28.854
			Split 2			00:16:39.419	10:43	5.6mph	00:33:08.273
			Split 3			00:17:12.569	11:04	5.4mph	00:50:20.842
			Split 4			00:17:54.221	11:31	5.2mph	01:08:15.063
24	BUFFY LORD		F: 18	Runner	212	01:14:53.98	12:03	5.0mph	Overall Female Runner: 18
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			Split 1			00:18:55.018	12:10	4.9mph	00:18:55.018
			Split 2			00:18:12.330	11:43	5.1mph	00:37:07.348
			Split 3			00:18:40.199	12:01	5.0mph	00:55:47.547
			Split 4			00:19:06.438	12:18	4.9mph	01:14:53.985
25	ROBERT HUBERDEAU		M: 7	Runner	210	01:25:13.28	13:42	4.4mph	Overall Male Runner: 7
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			Split 1			00:20:49.438	13:24	4.5mph	00:20:49.438
			Split 2			00:21:13.969	13:40	4.4mph	00:42:03.407
			Split 3			00:21:59.768	14:09	4.2mph	01:04:03.175
			Split 4			00:21:10.106	13:37	4.4mph	01:25:13.281
26	MYRA WILK		F: 19	Runner	213	01:25:35.18	13:46	4.4mph	Overall Female Runner: 19
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			Split 1			00:21:01.657	13:32	4.4mph	00:21:01.657
			Split 2			00:21:05.828	13:34	4.4mph	00:42:07.485
			Split 3			00:21:57.488	14:08	4.2mph	01:04:04.973
			Split 4			00:21:30.207	13:50	4.3mph	01:25:35.180
27	JENNIGER HUBERDEAU		F: 20	Runner	211	01:57:47.33	18:57	3.2mph	Overall Female Runner: 20
			<u>Split Description</u>			<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			Split 1			00:29:46.793	19:10	3.1mph	00:29:46.793
			Split 2			00:29:03.985	18:42	3.2mph	00:58:50.778
			Split 3			00:29:10.143	18:46	3.2mph	01:28:00.921
			Split 4			00:29:46.409	19:09	3.1mph	01:57:47.330