

Glen Meadows Races 5K 2019

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	TOM GAIS		M: 1	Runner	957	00:25:04.59	08:04	7.4mph	Overall Male Runner: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:12:28.328		0.0mph	00:12:28.328
				Split 2		00:12:36.266	08:06	7.4mph	00:25:04.594
2	RYAN MCCASLAND		M: 2	Runner	954	00:25:26.45	08:11	7.3mph	Overall Male Runner: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:12:36.936		0.0mph	00:12:36.936
				Split 2		00:12:49.518	08:15	7.3mph	00:25:26.454
3	JAIME CAMPBELL		F: 1	Runner	238	00:25:38.36	08:15	7.3mph	Overall Female Runner: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:13:02.266		0.0mph	00:13:02.266
				Split 2		00:12:36.094	08:06	7.4mph	00:25:38.360
4	JEFF POLLACK		M: 3	Runner	945	00:26:37.40	08:34	7.0mph	Overall Male Runner: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:13:07.376		0.0mph	00:13:07.376
				Split 2		00:13:30.030	08:41	6.9mph	00:26:37.406
5	HEATHER SEELY MCDERMOTT		F: 2	Runner	959	00:26:38.85	08:34	7.0mph	Overall Female Runner: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:13:39.094		0.0mph	00:13:39.094
				Split 2		00:12:59.762	08:21	7.2mph	00:26:38.856
6	SHENNA BURKE		F: 3	Runner	895	00:27:15.48	08:46	6.8mph	Overall Female Runner: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:13:41.770		0.0mph	00:13:41.770
				Split 2		00:13:33.715	08:43	6.9mph	00:27:15.485
7	NIKKI MADDALENA		F: 4	Runner	943	00:28:11.64	09:04	6.6mph	Overall Female Runner: 4
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:13:46.268		0.0mph	00:13:46.268
				Split 2		00:14:25.373	09:17	6.5mph	00:28:11.641
8	JASON JAYKO		M: 4	Runner	237	00:28:32.79	09:11	6.5mph	Overall Male Runner: 4
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:13:33.615		0.0mph	00:13:33.615
				Split 2		00:14:59.182	09:38	6.2mph	00:28:32.797
9	JOANNA PERRY		F: 5	Runner	946	00:28:52.92	09:17	6.5mph	Overall Female Runner: 5
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:13:58.896		0.0mph	00:13:58.896
				Split 2		00:14:54.033	09:35	6.3mph	00:28:52.929
10	JEN BREWER		F: 6	Runner	950	00:30:35.09	09:50	6.1mph	Overall Female Runner: 6
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:14:37.942		0.0mph	00:14:37.942
				Split 2		00:15:57.153	10:16	5.8mph	00:30:35.095
11	EMILY STOCKMAN		F: 7	Runner	235	00:31:37.15	10:10	5.9mph	Overall Female Runner: 7
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:15:48.758		0.0mph	00:15:48.758
				Split 2		00:15:48.400	10:10	5.9mph	00:31:37.158
12	JEN GLOCKNER		F: 8	Runner	956	00:32:06.75	10:20	5.8mph	Overall Female Runner: 8
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:15:58.657		0.0mph	00:15:58.657
				Split 2		00:16:08.094	10:23	5.8mph	00:32:06.751
13	ANN MARIE MUTZ		F: 9	Runner	944	00:32:07.33	10:20	5.8mph	Overall Female Runner: 9
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:16:13.939		0.0mph	00:16:13.939
				Split 2		00:15:53.397	10:13	5.9mph	00:32:07.336
14	MABYN GORMAN		F: 10	Runner	911	00:32:33.95	10:28	5.7mph	Overall Female Runner: 10
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:16:42.111		0.0mph	00:16:42.111
				Split 2		00:15:51.848	10:12	5.9mph	00:32:33.959
15	ANNA LOTTO		F: 11	Runner	904	00:32:34.33	10:29	5.7mph	Overall Female Runner: 11
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:17:23.715		0.0mph	00:17:23.715
				Split 2		00:15:10.621	09:46	6.1mph	00:32:34.336
16	JAN MARES		F: 12	Runner	236	00:32:40.28	10:30	5.7mph	Overall Female Runner: 12
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Finish		00:16:16.090		0.0mph	00:16:16.090
				Split 2		00:16:24.192	10:33	5.7mph	00:32:40.282

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17	MARYA LAROCHE		F: 13	Runner	868	00:33:20.00	10:43	5.6mph	Overall Female Runner: 13	
			<u>Split Description</u>			<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			Finish			00:16:01.546		0.0mph		00:16:01.546
			Split 2			00:17:18.455	11:08	5.4mph		00:33:20.001
18	MAUREEN KENNEDY		F: 14	Runner	955	00:33:32.24	10:47	5.6mph	Overall Female Runner: 14	
			<u>Split Description</u>			<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			Finish			00:16:15.601		0.0mph		00:16:15.601
			Split 2			00:17:16.640	11:07	5.4mph		00:33:32.241
19	HEATHER BEAUDREAU		F: 15	Runner	958	00:36:15.84	11:40	5.1mph	Overall Female Runner: 15	
			<u>Split Description</u>			<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			Finish			00:17:55.032		0.0mph		00:17:55.032
			Split 2			00:18:20.817	11:48	5.1mph		00:36:15.849
20	KEITH ANDERSEN		M: 5	Runner	240	00:42:31.23	13:41	4.4mph	Overall Male Runner: 5	
			<u>Split Description</u>			<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			Finish			00:20:20.105		0.0mph		00:20:20.105
			Split 2			00:22:11.130	14:16	4.2mph		00:42:31.235
21	LEVI DENMARK		M: 6	Runner	898	00:45:04.90	14:30	4.1mph	Overall Male Runner: 6	
			<u>Split Description</u>			<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			Finish			00:18:52.267		0.0mph		00:18:52.267
			Split 2			00:26:12.639	16:52	3.6mph		00:45:04.906
22	JONATHAN DENMARK	PITTSFIELD, MA	M: 7	Runner	901	00:45:05.55	14:30	4.1mph	Overall Male Runner: 7	
			<u>Split Description</u>			<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			Finish			00:18:52.124		0.0mph		00:18:52.124
			Split 2			00:26:13.432	16:52	3.6mph		00:45:05.556
23	DORIS ANDERSEN		F: 16	Runner	239	00:45:22.81	14:36	4.1mph	Overall Female Runner: 16	
			<u>Split Description</u>			<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			Finish			00:22:21.891		0.0mph		00:22:21.891
			Split 2			00:23:00.922	14:48	4.0mph		00:45:22.813