

Glen Meadows 10K 2022

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	JOE SPINOZOLA		M: 1	RUNNER	263	00:49:04.11	07:53	7.6mph	Overall Male Runner: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:12:57.98	08:20	7.2mph	00:12:57.98
				Split 2		00:12:16.13	07:53	7.6mph	00:25:14.10
				Split 3		00:12:08.06	07:48	7.7mph	00:37:22.15
				Split 4		00:11:41.96	07:31	8.0mph	00:49:04.11
2	RICHARD THERIAULT		M: 2	RUNNER	210	00:54:27.78	08:45	6.8mph	Overall Male Runner: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:14:39.37	09:26	6.4mph	00:14:39.37
				Split 2		00:13:26.58	08:39	6.9mph	00:28:05.94
				Split 3		00:13:24.57	08:37	7.0mph	00:41:30.51
				Split 4		00:12:57.28	08:20	7.2mph	00:54:27.78
3	STEPHANIE BRESSETTE		F: 1	RUNNER	203	00:55:11.34	08:52	6.8mph	Overall Female Runner: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:14:28.28	09:18	6.4mph	00:14:28.28
				Split 2		00:13:12.55	08:30	7.1mph	00:27:40.83
				Split 3		00:13:36.41	08:45	6.8mph	00:41:17.24
				Split 4		00:13:54.11	08:56	6.7mph	00:55:11.34
4	MICHAEL PHILLIPS		M: 3	RUNNER	207	01:04:35.12	10:23	5.8mph	Overall Male Runner: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:15:37.47	10:03	6.0mph	00:15:37.47
				Split 2		00:15:38.75	10:04	6.0mph	00:31:16.21
				Split 3		00:17:02.51	10:58	5.5mph	00:48:18.72
				Split 4		00:16:16.41	10:28	5.7mph	01:04:35.12
5	ERRICA MORIN		F: 2	RUNNER	264	01:07:56.97	10:56	5.5mph	Overall Female Runner: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:17:18.19	11:08	5.4mph	00:17:18.19
				Split 2		00:16:35.33	10:40	5.6mph	00:33:53.51
				Split 3		00:16:56.44	10:54	5.5mph	00:50:49.94
				Split 4		00:17:07.03	11:01	5.4mph	01:07:56.97
6	JOHN SINOPLOI		M: 4	RUNNER	208	01:14:44.76	12:01	5.0mph	Overall Male Runner: 4
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:18:34.06	11:57	5.0mph	00:18:34.06
				Split 2		00:18:34.83	11:57	5.0mph	00:37:08.89
				Split 3		00:18:56.95	12:11	4.9mph	00:56:05.83
				Split 4		00:18:38.93	12:00	5.0mph	01:14:44.76
7	JOHANNAH BARENSKI		F: 3	RUNNER	201	01:18:31.79	12:38	4.7mph	Overall Female Runner: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:19:52.14	12:47	4.7mph	00:19:52.14
				Split 2		00:19:06.33	12:17	4.9mph	00:38:58.46
				Split 3		00:20:02.07	12:53	4.7mph	00:59:00.52
				Split 4		00:19:31.28	12:33	4.8mph	01:18:31.79
8	CHELSEA SMITH		F: 4	RUNNER	209	01:18:40.12	12:39	4.7mph	Overall Female Runner: 4
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:19:48.98	12:45	4.7mph	00:19:48.98
				Split 2		00:19:26.27	12:30	4.8mph	00:39:15.25
				Split 3		00:19:28.82	12:32	4.8mph	00:58:44.06
				Split 4		00:19:56.06	12:49	4.7mph	01:18:40.12