

# Greylock Glen 15K 2022

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	MARK DINICOLA		M: 1	RUNNER	260	01:06:11.12	07:06	8.4mph	Overall Male Runner: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:11:30.53	07:24	8.1mph	00:11:30.53
				Split 2		00:10:44.60	06:54	8.7mph	00:22:15.12
				Split 3		00:10:53.88	07:00	8.6mph	00:33:08.99
				Split 4		00:11:05.72	07:08	8.4mph	00:44:14.71
				Split 5		00:11:00.62	07:05	8.5mph	00:55:15.33
				Split 6		00:10:55.80	07:02	8.5mph	01:06:11.12
2	APRIL PITROFF VARELLAS		F: 1	RUNNER	217	01:13:02.19	07:50	7.7mph	Overall Female Runner: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:12:27.19	08:00	7.5mph	00:12:27.19
				Split 2		00:12:02.54	07:45	7.7mph	00:24:29.72
				Split 3		00:11:56.73	07:41	7.8mph	00:36:26.45
				Split 4		00:12:08.66	07:49	7.7mph	00:48:35.11
				Split 5		00:12:25.27	07:59	7.5mph	01:01:00.38
				Split 6		00:12:01.82	07:44	7.7mph	01:13:02.19
3	FABIENNE THERIAULT		F: 2	RUNNER	221	01:15:25.77	08:05	7.4mph	Overall Female Runner: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:13:31.91	08:42	6.9mph	00:13:31.91
				Split 2		00:12:17.53	07:54	7.6mph	00:25:49.44
				Split 3		00:12:18.62	07:55	7.6mph	00:38:08.06
				Split 4		00:12:27.29	08:01	7.5mph	00:50:35.34
				Split 5		00:12:29.87	08:02	7.5mph	01:03:05.20
				Split 6		00:12:20.58	07:56	7.6mph	01:15:25.77
4	SAMUEL SOUTHARD		M: 2	RUNNER	220	01:22:21.40	08:50	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		00:13:51.39	08:55	6.7mph	00:13:51.39
				Split 2		00:12:45.58	08:12	7.3mph	00:26:36.96
				Split 3		00:13:05.85	08:25	7.1mph	00:39:42.81
				Split 4		00:13:47.37	08:52	6.8mph	00:53:30.17
				Split 5		00:14:23.29	09:15	6.5mph	01:07:53.46
				Split 6		00:14:27.95	09:18	6.4mph	01:22:21.40
5	SCOTT ROCHELEAU		M: 3	RUNNER	218	01:27:28.80	09:23	6.4mph	Overall Male Runner: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:15:21.51	09:53	6.1mph	00:15:21.51
				Split 2		00:14:19.90	09:13	6.5mph	00:29:41.41
				Split 3		00:14:31.47	09:20	6.4mph	00:44:12.88
				Split 4		00:14:24.90	09:16	6.5mph	00:58:37.78
				Split 5		00:14:32.21	09:21	6.4mph	01:13:09.99
				Split 6		00:14:18.82	09:12	6.5mph	01:27:28.80
6	EMILY JESTER		F: 3	RUNNER	212	01:28:27.32	09:29	6.3mph	Overall Female Runner: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:16:32.14	10:38	5.6mph	00:16:32.14
				Split 2		00:14:35.27	09:23	6.4mph	00:31:07.41
				Split 3		00:14:36.96	09:24	6.4mph	00:45:44.37
				Split 4		00:14:27.95	09:18	6.4mph	01:00:12.31
				Split 5		00:14:18.09	09:12	6.5mph	01:14:30.40
				Split 6		00:13:56.93	08:58	6.7mph	01:28:27.32
7	BARBARA MCMAHON		F: 4	RUNNER	213	01:35:29.47	10:14	5.9mph	Overall Female Runner: 4
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:17:06.99	11:01	5.4mph	00:17:06.99
				Split 2		00:15:47.84	10:10	5.9mph	00:32:54.83
				Split 3		00:15:40.41	10:05	5.9mph	00:48:35.23
				Split 4		00:15:45.36	10:08	5.9mph	01:04:20.59
				Split 5		00:16:11.61	10:25	5.8mph	01:20:32.20
				Split 6		00:14:57.27	09:37	6.2mph	01:35:29.47
8	KARA OSTRANDER		F: 5	RUNNER	215	01:37:39.37	10:28	5.7mph	Overall Female Runner: 5
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:15:42.78	10:06	5.9mph	00:15:42.78
				Split 2		00:15:08.44	09:44	6.2mph	00:30:51.21
				Split 3		00:15:46.44	10:09	5.9mph	00:46:37.65
				Split 4		00:16:23.04	10:32	5.7mph	01:03:00.69
				Split 5		00:16:56.60	10:54	5.5mph	01:19:57.28
				Split 6		00:17:42.09	11:23	5.3mph	01:37:39.37

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9	JOHN TULLOCK		M: 4	RUNNER	222	01:39:59.95	10:43	5.6mph	Overall Male Runner: 4
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:17:08.67	11:02	5.4mph	00:17:08.67
				Split 2		00:16:01.12	10:18	5.8mph	00:33:09.79
				Split 3		00:16:21.58	10:31	5.7mph	00:49:31.36
				Split 4		00:17:09.13	11:02	5.4mph	01:06:40.49
				Split 5		00:16:38.99	10:43	5.6mph	01:23:19.47
				Split 6		00:16:40.48	10:44	5.6mph	01:39:59.95
10	STEPHANIE NEBESNAK		F: 6	RUNNER	214	01:43:47.33	11:08	5.4mph	Overall Female Runner: 6
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:17:07.09	11:01	5.4mph	00:17:07.09
				Split 2		00:16:09.76	10:24	5.8mph	00:33:16.85
				Split 3		00:16:39.58	10:43	5.6mph	00:49:56.43
				Split 4		00:17:12.57	11:04	5.4mph	01:07:08.99
				Split 5		00:17:58.25	11:34	5.2mph	01:25:07.24
				Split 6		00:18:40.10	12:01	5.0mph	01:43:47.33
11	KAREN SINOPLOI		F: 7	RUNNER	219	01:45:09.27	11:16	5.3mph	Overall Female Runner: 7
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:18:21.10	11:48	5.1mph	00:18:21.10
				Split 2		00:17:04.09	10:59	5.5mph	00:35:25.19
				Split 3		00:16:41.78	10:44	5.6mph	00:52:06.97
				Split 4		00:17:38.99	11:21	5.3mph	01:09:45.96
				Split 5		00:17:21.92	11:10	5.4mph	01:27:07.87
				Split 6		00:18:01.40	11:36	5.2mph	01:45:09.27
12	JOANNA BRADY		F: 8	RUNNER	211	01:47:56.53	11:34	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		00:17:18.82	11:08	5.4mph	00:17:18.82
				Split 2		00:16:57.49	10:54	5.5mph	00:34:16.30
				Split 3		00:17:31.88	11:17	5.3mph	00:51:48.18
				Split 4		00:17:58.55	11:34	5.2mph	01:09:46.72
				Split 5		00:18:57.92	12:12	4.9mph	01:28:44.63
				Split 6		00:19:11.90	12:21	4.9mph	01:47:56.53
13	JESS LEVY		F: 9	RUNNER	206	01:56:21.99	12:29	4.8mph	Overall Female Runner: 9
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:19:49.35	12:45	4.7mph	00:19:49.35
				Split 2		00:18:21.84	11:49	5.1mph	00:38:11.19
				Split 3		00:18:16.32	11:45	5.1mph	00:56:27.50
				Split 4		00:20:45.19	13:21	4.5mph	01:17:12.68
				Split 5		00:21:05.79	13:34	4.4mph	01:38:18.47
				Split 6		00:18:03.52	11:37	5.2mph	01:56:21.99
14	SARA PHILLIPS		F: 10	RUNNER	216	02:00:32.84	12:56	4.6mph	Overall Female Runner: 10
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:19:33.05	12:35	4.8mph	00:19:33.05
				Split 2		00:19:30.82	12:33	4.8mph	00:39:03.87
				Split 3		00:19:25.11	12:30	4.8mph	00:58:28.98
				Split 4		00:19:54.89	12:49	4.7mph	01:18:23.86
				Split 5		00:20:54.55	13:27	4.5mph	01:39:18.41
				Split 6		00:21:14.44	13:40	4.4mph	02:00:32.84