

Glen Meadows 10K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank	
1	ANASTASIA ALEXANDER	CHESHIRE, MA	F: 1	Runner	40	00:53:56.73	00:52	69.1mph	Overall Female Runner: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:13:09.326	00:38	94.5mph	00:13:09.326
						Split 2	00:13:08.674	00:38	94.5mph	00:26:18.000
						Split 3	00:13:50.288	00:40	89.8mph	00:40:08.288
						Split 4	00:13:48.451	00:53	67.5mph	00:53:56.739
2	MELISSA GNIADK	PITTSFIELD, MA	F: 2	Runner	46	00:55:28.97	00:53	67.2mph	Overall Female Runner: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:13:24.126	00:38	92.7mph	00:13:24.126
						Split 2	00:13:38.347	00:39	91.1mph	00:27:02.473
						Split 3	00:13:56.273	00:40	89.2mph	00:40:58.746
						Split 4	00:14:30.231	00:56	64.3mph	00:55:28.977
3	ROBIN AVERY	ADAMS, MA	F: 3	Runner	49	01:02:14.17	01:00	59.9mph	Overall Female Runner: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:15:35.818	00:45	79.7mph	00:15:35.818
						Split 2	00:14:55.316	00:43	83.3mph	00:30:31.134
						Split 3	00:15:47.363	00:45	78.7mph	00:46:18.497
						Split 4	00:15:55.673	01:01	58.5mph	01:02:14.170
4	TIMOTHY MULLIGAN	TROY, NY	M: 1	Runner	39	01:07:00.34	01:04	55.6mph	Overall Male Runner: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:16:10.690	00:46	76.8mph	00:16:10.690
						Split 2	00:16:38.731	00:48	74.7mph	00:32:49.421
						Split 3	00:17:10.930	00:49	72.3mph	00:50:00.351
						Split 4	00:16:59.990	01:05	54.8mph	01:07:00.341
5	CRAIG DEYO	WESTFIELD, MA	M: 2	Runner	41	01:15:19.66	01:12	49.5mph	Overall Male Runner: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:17:28.026	00:50	71.1mph	00:17:28.026
						Split 2	00:17:50.762	00:51	69.6mph	00:35:18.788
						Split 3	00:19:30.555	00:56	63.7mph	00:54:49.343
						Split 4	00:20:30.317	01:19	45.5mph	01:15:19.660
6	KAREN SINOPOLI	PITTSFIELD, MA	F: 4	Runner	44	01:18:43.83	01:16	47.4mph	Overall Female Runner: 4	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:17:39.692	00:51	70.4mph	00:17:39.692
						Split 2	00:20:18.571	00:58	61.2mph	00:37:58.263
						Split 3	00:20:12.993	00:58	61.5mph	00:58:11.256
						Split 4	00:20:32.576	01:19	45.4mph	01:18:43.832
7	CHRISTA GARIEPY	PITTSFIELD, MA	F: 5	Runner	42	01:28:24.26	01:25	42.2mph	Overall Female Runner: 5	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:21:54.328	01:03	56.7mph	00:21:54.328
						Split 2	00:21:42.426	01:02	57.3mph	00:43:36.754
						Split 3	00:22:44.587	01:05	54.6mph	01:06:21.341
						Split 4	00:22:02.923	01:25	42.3mph	01:28:24.264
8	MICHELLE MASON		F: 6	Runner	95	01:32:23.37	01:29	40.4mph	Overall Female Runner: 6	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:20:09.645	00:58	61.6mph	00:20:09.645
						Split 2	00:20:50.275	01:00	59.6mph	00:40:59.920
						Split 3	00:23:25.038	01:07	53.1mph	01:04:24.958
						Split 4	00:27:58.418	01:48	33.3mph	01:32:23.376
9	TIFFANY BROWER	DALTON, MA	F: 7	Runner	45	01:32:23.89	01:29	40.3mph	Overall Female Runner: 7	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:20:09.707	00:58	61.6mph	00:20:09.707
						Split 2	00:20:50.354	01:00	59.6mph	00:41:00.061
						Split 3	00:23:24.835	01:07	53.1mph	01:04:24.896
						Split 4	00:27:58.995	01:48	33.3mph	01:32:23.891
10	STACIE PANETTI	PITTSFIELD, MA	F: 8	Runner	43	01:34:42.31	01:31	39.4mph	Overall Female Runner: 8	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	00:22:15.427	01:04	55.8mph	00:22:15.427
						Split 2	00:22:56.252	01:06	54.2mph	00:45:11.679
						Split 3	00:24:26.029	01:10	50.9mph	01:09:37.708
						Split 4	00:25:04.610	01:36	37.2mph	01:34:42.318