

Glen Meadows 15K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	STEFAN OGLE	DALTON, MA	M: 1	Runner	96	01:03:50.77	06:51	8.8mph	Overall Male Runner: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:10:58.123	07:03	8.5mph	00:10:58.123
				Split 2		00:10:35.904	06:49	8.8mph	00:21:34.027
				Split 3		00:10:39.016	06:51	8.8mph	00:32:13.043
				Split 4		00:10:41.099	06:52	8.7mph	00:42:54.142
				Split 5		00:10:37.573	06:50	8.8mph	00:53:31.715
				Split 6		00:10:19.063	06:38	9.0mph	01:03:50.778
2	DINICOLA MARK		M: 2	Runner	98	01:09:51.95	07:29	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		00:12:13.958	07:52	7.6mph	00:12:13.958
				Split 2		00:11:16.331	07:15	8.3mph	00:23:30.289
				Split 3		00:11:28.844	07:23	8.1mph	00:34:59.133
				Split 4		00:11:28.334	07:23	8.1mph	00:46:27.467
				Split 5		00:11:44.080	07:33	7.9mph	00:58:11.547
				Split 6		00:11:40.411	07:30	8.0mph	01:09:51.958
3	JAKE EBERWEIN		M: 3	Runner	146	01:11:42.75	07:41	7.8mph	Overall Male Runner: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:12:00.096	07:43	7.8mph	00:12:00.096
				Split 2		00:11:22.869	07:19	8.2mph	00:23:22.965
				Split 3		00:11:37.553	07:29	8.0mph	00:35:00.518
				Split 4		00:12:02.072	07:44	7.7mph	00:47:02.590
				Split 5		00:12:19.842	07:56	7.6mph	00:59:22.432
				Split 6		00:12:20.325	07:56	7.6mph	01:11:42.757
4	POLSON ANTONIO		M: 4	Runner	99	01:12:29.27	07:46	7.7mph	Overall Male Runner: 4
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:11:39.715	07:30	8.0mph	00:11:39.715
				Split 2		00:11:23.312	07:19	8.2mph	00:23:03.027
				Split 3		00:11:58.144	07:42	7.8mph	00:35:01.171
				Split 4		00:12:22.771	07:58	7.5mph	00:47:23.942
				Split 5		00:12:55.522	08:19	7.2mph	01:00:19.464
				Split 6		00:12:09.806	07:49	7.7mph	01:12:29.270
5	APRIL PITROFF VARELLAS ADAMS, MA		F: 1	Runner	48	01:14:29.07	07:59	7.5mph	Overall Female Runner: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:12:20.634	07:56	7.6mph	00:12:20.634
				Split 2		00:12:18.304	07:55	7.6mph	00:24:38.938
				Split 3		00:12:15.830	07:53	7.6mph	00:36:54.768
				Split 4		00:12:40.124	08:09	7.4mph	00:49:34.892
				Split 5		00:12:34.401	08:05	7.4mph	01:02:09.293
				Split 6		00:12:19.779	07:56	7.6mph	01:14:29.072
6	DAVID WILSON	LANESBOROUGH, MA	M: 5	Runner	50	01:20:55.01	08:40	6.9mph	Overall Male Runner: 5
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:13:25.391	08:38	6.9mph	00:13:25.391
				Split 2		00:12:36.272	08:06	7.4mph	00:26:01.663
				Split 3		00:13:09.941	08:28	7.1mph	00:39:11.604
				Split 4		00:13:34.048	08:44	6.9mph	00:52:45.652
				Split 5		00:14:00.845	09:01	6.7mph	01:06:46.497
				Split 6		00:14:08.514	09:06	6.6mph	01:20:55.011
7	JOHN TULLOCK	PITTSFIELD, MA	M: 6	Runner	47	01:33:05.64	09:59	6.0mph	Overall Male Runner: 6
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:15:12.030	09:47	6.1mph	00:15:12.030
				Split 2		00:14:12.947	09:09	6.6mph	00:29:24.977
				Split 3		00:15:11.910	09:47	6.1mph	00:44:36.887
				Split 4		00:15:28.734	09:57	6.0mph	01:00:05.621
				Split 5		00:16:41.408	10:44	5.6mph	01:16:47.029
				Split 6		00:16:18.617	10:29	5.7mph	01:33:05.646
8	ADAM HOWLAND	NORTH ADAMS, MA	M: 7	Runner	94	01:37:19.79	10:26	5.7mph	Overall Male Runner: 7
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:19:53.937	12:48	4.7mph	00:19:53.937
				Split 2		00:13:54.151	08:56	6.7mph	00:33:48.088
				Split 3		00:14:31.763	09:21	6.4mph	00:48:19.851
				Split 4		00:15:44.881	10:08	5.9mph	01:04:04.732
				Split 5		00:15:03.297	09:41	6.2mph	01:19:08.029
				Split 6		00:18:11.761	11:42	5.1mph	01:37:19.790

Glen Meadows 15K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
9	KELLY OTT	PITTSFIELD, MA	F: 2	Runner	93	01:52:37.19	12:04	5.0mph	Overall Female Runner: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:18:34.651	11:57	5.0mph	00:18:34.651
				Split 2		00:17:58.843	11:34	5.2mph	00:36:33.494
				Split 3		00:18:23.089	11:50	5.1mph	00:54:56.583
				Split 4		00:18:50.835	12:07	4.9mph	01:13:47.418
				Split 5		00:19:51.693	12:47	4.7mph	01:33:39.111
				Split 6		00:18:58.084	12:12	4.9mph	01:52:37.195
10	ANGELA HILLMAN	WILLIAMSTOWN, MA	F: 3	Runner	97	02:02:27.95	13:08	4.6mph	Overall Female Runner: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:19:29.802	12:33	4.8mph	00:19:29.802
				Split 2		00:20:03.407	12:54	4.6mph	00:39:33.209
				Split 3		00:21:27.662	13:48	4.3mph	01:01:00.871
				Split 4		00:20:53.835	13:27	4.5mph	01:21:54.706
				Split 5		00:20:36.103	13:15	4.5mph	01:42:30.809
				Split 6		00:19:57.141	12:50	4.7mph	02:02:27.950
11	MEGAN CARON	LEE, MA	F: 4	Runner	89	02:08:33.85	13:47	4.3mph	Overall Female Runner: 4
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Split 1		00:20:22.422	13:06	4.6mph	00:20:22.422
				Split 2		00:19:16.563	12:24	4.8mph	00:39:38.985
				Split 3		00:21:06.279	13:35	4.4mph	01:00:45.264
				Split 4		00:22:22.537	14:24	4.2mph	01:23:07.801
				Split 5		00:24:05.429	15:30	3.9mph	01:47:13.230
				Split 6		00:21:20.620	13:44	4.4mph	02:08:33.850