

55k - Solo - Men

Div	Place	Overall Place	Bib No	Name	Age	Div	Total Time	Pace	Lap 1	Pace	Lap 2	Pace	Lap 3	Pace	Lap 4	Pace	Lap 5	Pace	Lap 6	Pace	Lap 7	Pace	Lap 8	Pace	Lap 9	Pace	Lap 10	Pace	Lap 11	Pace
1	2	111	Dan MacGregor	45	5M	5:16:22	0:09:15	0:30:00	0:09:39	0:26:27	0:08:31	0:25:30	0:08:12	0:29:30	0:09:30	0:24:46	0:07:58	0:30:56	0:09:57	24:46.0	0:07:58	0:29:21	0:09:27	0:25:44	0:08:17	0:36:53	0:11:52	32:07.0	0:10:20	
2	3	113	Gregory Umberger	59	5M	5:30:49	0:09:41	0:30:00	0:09:39	0:26:19	0:08:28	0:29:13	0:09:24	0:31:31	0:10:09	0:27:38	0:08:54	29:00.0	0:09:20	28:56.0	0:09:19	32:00.0	0:10:18	34:32.0	0:11:07	32:10.0	0:10:21	29:16.0	0:09:25	
3	5	101	Carter East	28	5M	5:59:02	0:10:30	3:21:42	1:04:55	0:00:00	0:00:00	1:22:17	0:26:29	0:00:00	0:00:00	1:15:03	0:24:09	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	
4	6	114	Aaron Witt	47	5M	6:13:22	0:10:56	1:00:52	0:19:35	0:30:00	0:09:39	0:31:21	0:10:05	0:33:11	0:10:41	0:35:25	0:11:24	0:32:41	0:10:31	0:34:40	0:11:09	0:36:45	0:11:50	0:39:23	0:12:41	0:39:33	0:12:44	0:00:00	0:00:00	
5	7	109	John Jones	28	5M	6:21:19	0:11:09	0:33:00	0:10:37	0:42:53	0:13:48	0:40:36	0:13:04	0:45:58	0:14:48	0:48:54	0:15:44	0:50:59	0:16:25	0:52:27	0:16:53	1:06:32	0:21:25	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	
6	8	107	John Hingst	52	5M	6:33:00	0:11:30	0:28:34	0:09:12	0:27:55	0:08:59	0:30:44	0:09:54	0:30:59	0:09:58	0:33:23	0:10:45	0:39:05	0:12:35	0:34:36	0:11:08	0:41:39	0:13:24	0:42:32	0:13:41	0:40:12	0:12:56	0:43:52	0:14:07	
7	9	112	Mark Ryan	64	5M	6:38:55	0:11:40	0:32:43	0:10:32	0:33:25	0:10:45	0:32:59	0:10:37	0:32:39	0:10:31	0:35:56	0:11:34	0:34:15	0:11:01	0:39:12	0:12:37	0:40:26	0:13:01	0:41:08	0:13:14	0:39:08	0:12:36	0:37:05	0:11:56	
8	12	103	Paul Fillmore	46	5M	7:23:03	0:12:58	1:04:03	0:20:37	0:36:21	0:11:42	0:41:16	0:13:17	0:43:54	0:14:08	0:39:30	0:12:43	0:48:07	0:15:29	0:41:19	0:13:18	0:40:13	0:12:57	0:43:12	0:13:54	0:45:08	0:14:32	0:00:00	0:00:00	
9	13	100	Konstantin Drabkin	26	5M	7:23:39	0:12:59	0:31:27	0:10:07	0:35:32	0:11:26	0:34:40	0:11:09	0:35:07	0:11:18	0:37:22	0:12:02	0:42:55	0:13:49	0:50:27	0:16:14	0:47:04	0:15:09	0:44:45	0:14:24	0:43:55	0:14:08	0:39:57	0:12:52	

