

PRAI 5K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed
1	MITCHELL FORS		M: 1	Runner	67	00:18:17.37	05:53	10.2mph

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
Split 1	00:04:02.099	07:47	7.7mph
Split 2	00:05:26.885	10:31	5.7mph
Split 3	00:00:21.009	00:40	88.7mph
Split 4	00:03:51.219	07:26	8.1mph
Split 5	00:00:22.408	00:43	83.2mph
Split 6	00:04:13.750	08:10	7.3mph

2	LIAM PHEIFER1		M: 2	Runner	141	00:19:50.86	06:23	9.4mph
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<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
Split 1	00:03:40.848	07:06	8.4mph
Split 2	00:03:58.931	07:41	7.8mph
Split 3	00:03:55.393	07:34	7.9mph
Split 4	00:04:06.263	07:55	7.6mph
Split 5	00:03:49.158	07:22	8.1mph
Split 6	00:00:20.275	00:39	91.9mph

3	DAVID MILLER		M: 3	Runner	270	00:21:52.06	07:02	8.5mph
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<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
Split 1	00:03:28.785	06:43	8.9mph
Split 2	00:03:20.526	06:27	9.3mph
Split 3	00:03:40.437	07:05	8.5mph
Split 4	00:03:53.310	07:30	8.0mph
Split 5	00:03:47.105	07:18	8.2mph
Split 6	00:03:41.897	07:08	8.4mph

4	BRAD THOMPSON		M: 4	Runner	210	00:23:39.09	07:36	7.9mph
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<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
Split 1	00:03:26.526	06:39	9.0mph
Split 2	00:03:38.088	07:01	8.5mph
Split 3	00:04:14.756	08:12	7.3mph
Split 4	00:04:07.929	07:58	7.5mph
Split 5	00:04:05.876	07:55	7.6mph
Split 6	00:04:05.923	07:55	7.6mph

5 ZACK SPRUILL M: 5 Runner 192 00:23:49.08 07:39 7.8mph

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
Split 1	00:03:31.556	06:48	8.8mph
Split 2	00:12:39.381	24:27	2.5mph
Split 3	00:04:16.824	08:16	7.3mph
Split 4	00:00:24.940	00:48	74.7mph
Split 5	00:00:20.047	00:38	93.0mph
Split 6	00:02:36.337	05:02	11.9mph

6 BROOKE THOMPSON F: 1 Runner 211 00:24:38.36 07:55 7.6mph

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
Split 1	00:03:20.435	06:27	9.3mph
Split 2	00:04:08.433	07:59	7.5mph
Split 3	00:04:27.999	08:37	7.0mph
Split 4	00:04:25.003	08:31	7.0mph
Split 5	00:04:24.101	08:30	7.1mph
Split 6	00:03:52.389	07:28	8.0mph

7 CHARLES ALTMAN M: 6 Runner 7 00:24:59.48 08:02 7.5mph

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
Split 1	00:03:33.233	06:51	8.7mph
Split 2	00:04:14.787	08:12	7.3mph

Split 3	00:04:25.510	08:32	7.0mph
Split 4	00:04:04.461	07:52	7.6mph
Split 5	00:08:21.102	16:08	3.7mph
Split 6	00:00:20.390	00:39	91.4mph

8	GREGORY PROVENZO	M: 7	Runner	153	00:25:35.83	08:14	7.3mph
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<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
Split 1	00:04:02.420	07:48	7.7mph
Split 2	00:04:21.721	08:25	7.1mph
Split 3	00:04:17.940	08:18	7.2mph
Split 4	00:04:22.599	08:27	7.1mph
Split 5	00:04:16.469	08:15	7.3mph
Split 6	00:04:14.684	08:12	7.3mph

9	SCOTT SAYLOR	M: 8	Runner	268	00:25:57.14	08:21	7.2mph
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<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
Split 1	00:03:26.227	06:38	9.0mph
Split 2	00:03:51.446	07:27	8.1mph
Split 3	00:04:07.258	07:57	7.5mph
Split 4	00:04:50.300	09:20	6.4mph
Split 5	00:04:55.221	09:30	6.3mph
Split 6	00:04:46.695	09:13	6.5mph

10	JONATHAN STELLS	M: 9	Runner	198	00:26:05.98	08:24	7.1mph
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<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
Split 1	00:03:24.929	06:35	9.1mph
Split 2	00:04:26.798	08:35	7.0mph
Split 3	00:04:46.871	09:14	6.5mph
Split 4	00:04:39.774	09:00	6.7mph

Split 5 00:04:31.818 08:45 6.9mph

Split 6 00:04:15.792 08:14 7.3mph

11 AMI STELLS F: 2 Runner 197 00:26:09.01 08:25 7.1mph

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
Split 1	00:03:39.166	07:03	8.5mph
Split 2	00:04:31.079	08:43	6.9mph
Split 3	00:04:35.001	08:51	6.8mph
Split 4	00:04:31.497	08:44	6.9mph
Split 5	00:04:36.692	08:54	6.7mph
Split 6	00:04:15.575	08:13	7.3mph

12 HENRY BROADBENT M: 10 Runner 241 00:28:24.03 09:08 6.6mph

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
Split 1	00:03:48.377	07:21	8.2mph
Split 2	00:18:36.970	35:57	1.7mph
Split 3	00:00:37.090	01:11	50.2mph
Split 4	00:02:07.530	04:06	14.6mph
Split 5	00:02:35.559	05:00	12.0mph
Split 6	00:00:38.506	01:14	48.4mph

13 LAUREN MCCANN F: 3 Runner 115 00:28:27.28 09:09 6.6mph

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
Split 1	00:03:50.218	07:24	8.1mph
Split 2	00:04:49.801	09:19	6.4mph
Split 3	00:04:22.286	08:26	7.1mph
Split 4	00:04:40.329	09:01	6.6mph
Split 5	00:05:23.765	10:25	5.8mph
Split 6	00:05:20.890	10:19	5.8mph

14 ALISSA POMPEO F: 4 Runner 264 00:28:36.89 09:12 6.5mph

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
Split 1	00:04:05.863	07:55	7.6mph
Split 2	00:04:43.454	09:07	6.6mph
Split 3	00:04:48.347	09:17	6.5mph
Split 4	00:04:52.629	09:25	6.4mph
Split 5	00:05:08.350	09:55	6.0mph
Split 6	00:04:58.248	09:36	6.2mph

15 LAURA FRAZIER F: 5 Runner 68 00:29:15.97 09:25 6.4mph

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
Split 1	00:03:57.993	07:39	7.8mph
Split 2	00:04:48.794	09:17	6.5mph
Split 3	00:04:59.511	09:38	6.2mph
Split 4	00:04:58.297	09:36	6.2mph
Split 5	00:05:20.607	10:19	5.8mph
Split 6	00:05:10.772	10:00	6.0mph

16 TRIPP BAILEY M: 11 Runner 17 00:30:04.30 09:40 6.2mph

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
Split 1	00:03:52.452	07:29	8.0mph
Split 2	00:04:37.583	08:56	6.7mph
Split 3	00:04:57.181	09:34	6.3mph
Split 4	00:05:20.747	10:19	5.8mph
Split 5	00:05:56.840	11:29	5.2mph
Split 6	00:05:19.506	10:17	5.8mph

17 LACEY GOODEN F: 6 Runner 71 00:31:18.39 10:04 6.0mph

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
Split 1	00:03:32.759	06:51	8.8mph
Split 2	00:00:57.046	01:50	32.7mph

Split 3	00:06:15.881	12:06	5.0mph
Split 4	00:06:17.780	12:09	4.9mph
Split 5	00:07:07.450	13:45	4.4mph
Split 6	00:07:07.481	13:45	4.4mph

18	CHUCK CARNES	M: 12	Runner	42	00:31:22.89	10:06	5.9mph
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<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
Split 1	00:04:17.354	08:17	7.2mph
Split 2	00:05:27.872	10:33	5.7mph
Split 3	00:05:27.290	10:32	5.7mph
Split 4	00:05:21.212	10:20	5.8mph
Split 5	00:05:29.409	10:36	5.7mph
Split 6	00:05:19.754	10:17	5.8mph

19	CHRISTINA TEAGUE	F: 7	Runner	202	00:31:23.34	10:06	5.9mph
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<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
Split 1	00:04:47.807	09:16	6.5mph
Split 2	00:05:14.747	10:08	5.9mph
Split 3	00:05:13.205	10:05	5.9mph
Split 4	00:05:16.716	10:11	5.9mph
Split 5	00:05:23.877	10:25	5.8mph
Split 6	00:05:26.988	10:31	5.7mph

20	CHIP ROWE	M: 13	Runner	166	00:31:23.76	10:06	5.9mph
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<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
Split 1	00:03:48.053	07:20	8.2mph
Split 2	00:04:44.003	09:08	6.6mph
Split 3	00:05:20.812	10:19	5.8mph
Split 4	00:05:40.423	10:57	5.5mph
Split 5	00:06:19.636	12:13	4.9mph

Split 6 00:05:30.833 10:39 5.6mph

21 JAKE SAYLOR M: 14 Runner 176 00:31:42.73 10:12 5.9mph

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
Split 1	00:04:13.137	08:09	7.4mph
Split 2	00:04:23.055	08:28	7.1mph
Split 3	00:04:26.891	08:35	7.0mph
Split 4	00:04:23.972	08:29	7.1mph
Split 5	00:03:53.165	07:30	8.0mph
Split 6	00:10:22.519	20:02	3.0mph

22 JOEL SHAPIRO M: 15 Runner 178 00:31:43.34 10:12 5.9mph

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
Split 1	00:04:11.704	08:06	7.4mph
Split 2	00:05:23.316	10:24	5.8mph
Split 3	00:05:35.388	10:47	5.6mph
Split 4	00:05:25.883	10:29	5.7mph
Split 5	00:05:38.409	10:53	5.5mph
Split 6	00:05:28.645	10:34	5.7mph

23 MASON SPRUILL M: 16 Runner 193 00:31:52.46 10:15 5.8mph

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
Split 1	00:03:27.956	06:41	9.0mph
Split 2	00:04:33.370	08:48	6.8mph
Split 3	00:04:35.325	08:51	6.8mph
Split 4	00:04:37.487	08:56	6.7mph
Split 5	00:05:05.224	09:49	6.1mph
Split 6	00:09:33.098	18:27	3.3mph

24 CLAUDIA DISBROW F: 8 Runner 54 00:31:53.37 10:15 5.8mph

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
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<i>Split 1</i>	00:04:00.139	07:43	7.8mph
<i>Split 2</i>	00:04:35.311	08:51	6.8mph
<i>Split 3</i>	00:05:07.410	09:53	6.1mph
<i>Split 4</i>	00:06:51.664	13:15	4.5mph
<i>Split 5</i>	00:06:45.434	13:03	4.6mph
<i>Split 6</i>	00:04:33.419	08:48	6.8mph

25 HALEY GDEWITT F: 9 Runner 271 00:31:57.17 10:17 5.8mph

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
<i>Split 1</i>	00:03:40.430	07:05	8.5mph
<i>Split 2</i>	00:04:07.436	07:58	7.5mph
<i>Split 3</i>	00:08:34.004	16:33	3.6mph
<i>Split 4</i>	00:07:20.602	14:11	4.2mph
<i>Split 5</i>	00:04:12.480	08:07	7.4mph
<i>Split 6</i>	00:04:02.225	07:47	7.7mph

26 SAMANTHA ROMANO F: 10 Runner 164 00:31:58.67 10:17 5.8mph

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
<i>Split 1</i>	00:03:40.684	07:06	8.4mph
<i>Split 2</i>	00:04:07.441	07:58	7.5mph
<i>Split 3</i>	00:08:37.183	16:39	3.6mph
<i>Split 4</i>	00:07:19.469	14:09	4.2mph
<i>Split 5</i>	00:04:09.925	08:02	7.5mph
<i>Split 6</i>	00:04:03.976	07:51	7.6mph

27 AVA WALKER F: 11 Runner 252 00:32:26.74 10:26 5.7mph

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
<i>Split 1</i>	00:03:56.969	07:37	7.9mph
<i>Split 2</i>	00:05:18.240	10:14	5.9mph
<i>Split 3</i>	00:05:53.960	11:23	5.3mph

Split 4 00:07:03.478 13:38 4.4mph

Split 5 00:05:37.838 10:52 5.5mph

Split 6 00:04:36.257 08:53 6.7mph

28 LIAM PHEIFER M: 17 Runner 143 00:33:03.58 10:38 5.6mph

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
Split 1	00:03:47.230	07:19	8.2mph
Split 2	00:04:52.455	09:25	6.4mph
Split 3	00:05:47.225	11:10	5.4mph
Split 4	00:06:18.727	12:11	4.9mph
Split 5	00:06:33.172	12:39	4.7mph
Split 6	00:05:44.774	11:06	5.4mph

29 WILLIAM CARDUCK M: 18 Runner 250 00:33:11.03 10:40 5.6mph

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
Split 1	00:06:24.073	12:22	4.9mph
Split 2	00:05:16.437	10:11	5.9mph
Split 3	00:05:22.449	10:22	5.8mph
Split 4	00:05:31.831	10:41	5.6mph
Split 5	00:05:28.121	10:33	5.7mph
Split 6	00:05:08.121	09:55	6.0mph

30 GINA POMERING F: 12 Runner 148 00:33:28.69 10:46 5.6mph

<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>
Split 1	00:03:00.661	05:49	10.3mph
Split 2	00:02:34.230	04:57	12.1mph
Split 3	00:07:07.714	13:46	4.4mph
Split 4	00:08:10.742	15:48	3.8mph
Split 5	00:05:32.656	10:42	5.6mph
Split 6	00:07:02.693	13:36	4.4mph