

# DECEMBER 5th MARATHON

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank
1	CHRIS ADKINS	HOLLY SPRINGS, NC	M: 1	RUNNER	149	03:04:54.34	07:03	8.5mph	Overall Male: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Mile 2		00:13:21.048	06:40	9.0mph	00:13:21.048
				Mile 4		00:13:14.850	06:37	9.1mph	00:26:35.898
				Mile 6		00:13:27.644	06:43	8.9mph	00:40:03.542
				Mile 8		00:13:19.618	06:39	9.0mph	00:53:23.160
				Mile 10		00:13:30.012	06:45	8.9mph	01:06:53.172
				Mile 12		00:13:27.908	06:44	8.9mph	01:20:21.080
				Mile 14		00:13:41.328	06:50	8.8mph	01:34:02.408
				Mile 16		00:13:56.039	06:58	8.6mph	01:47:58.447
				Mile 18		00:14:10.336	07:05	8.5mph	02:02:08.783
				Mile 20		00:14:21.116	07:10	8.4mph	02:16:29.899
				Mile 22		00:14:51.564	07:25	8.1mph	02:31:21.463
				Mile 24		00:15:21.391	07:40	7.8mph	02:46:42.854
				Finish		00:18:11.492	08:15	7.3mph	03:04:54.346
2	MEREDITH FERRELL BEARDEN	CHARLOTTESVILLE, VA	F: 1	RUNNER	53	03:38:35.62	08:20	7.2mph	Overall Female: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Mile 2		00:16:50.955	08:25	7.1mph	00:16:50.955
				Mile 4		00:15:40.254	07:50	7.7mph	00:32:31.209
				Mile 6		00:15:45.015	07:52	7.6mph	00:48:16.224
				Mile 8		00:15:30.686	07:45	7.7mph	01:03:46.910
				Mile 10		00:16:03.155	08:01	7.5mph	01:19:50.065
				Mile 12		00:15:42.831	07:51	7.6mph	01:35:32.896
				Mile 14		00:15:35.938	07:48	7.7mph	01:51:08.834
				Mile 16		00:15:22.767	07:41	7.8mph	02:06:31.601
				Mile 18		00:16:10.603	08:05	7.4mph	02:22:42.204
				Mile 20		00:17:15.017	08:37	7.0mph	02:39:57.221
				Mile 22		00:18:44.556	09:22	6.4mph	02:58:41.777
				Mile 24		00:18:52.305	09:26	6.4mph	03:17:34.082
				Finish		00:21:01.546	09:32	6.3mph	03:38:35.628
3	KATHRYN STRICKLER	KESWICK, VA	F: 2	RUNNER	55	03:43:33.81	08:31	7.0mph	Overall Female: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Mile 2		00:16:47.366	08:23	7.1mph	00:16:47.366
				Mile 4		00:15:49.393	07:54	7.6mph	00:32:36.759
				Mile 6		00:15:50.046	07:55	7.6mph	00:48:26.805
				Mile 8		00:16:04.525	08:02	7.5mph	01:04:31.330
				Mile 10		00:16:21.665	08:10	7.3mph	01:20:52.995
				Mile 12		00:16:20.568	08:10	7.3mph	01:37:13.563
				Mile 14		00:16:27.971	08:14	7.3mph	01:53:41.534
				Mile 16		00:16:32.853	08:16	7.3mph	02:10:14.387
				Mile 18		00:17:00.755	08:30	7.1mph	02:27:15.142
				Mile 20		00:17:26.112	08:43	6.9mph	02:44:41.254
				Mile 22		00:18:22.115	09:11	6.5mph	03:03:03.369
				Mile 24		00:19:07.885	09:34	6.3mph	03:22:11.254
				Finish		00:21:22.559	09:41	6.2mph	03:43:33.813
4	CHRIS MASON	HENRICO, VA	M: 2	RUNNER	65	03:59:56.33	09:09	6.6mph	Overall Male: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Mile 2		00:18:07.695	09:03	6.6mph	00:18:07.695
				Mile 4		00:18:41.358	09:20	6.4mph	00:36:49.053
				Mile 6		00:17:23.710	08:41	6.9mph	00:54:12.763
				Mile 8		00:17:15.907	08:38	6.9mph	01:11:28.670
				Mile 10		00:17:19.016	08:39	6.9mph	01:28:47.686
				Mile 12		00:17:12.209	08:36	7.0mph	01:45:59.895
				Mile 14		00:17:21.275	08:40	6.9mph	02:03:21.170
				Mile 16		00:17:12.539	08:36	7.0mph	02:20:33.709
				Mile 18		00:18:49.602	09:24	6.4mph	02:39:23.311
				Mile 20		00:18:31.593	09:15	6.5mph	02:57:54.904
				Mile 22		00:19:48.655	09:54	6.1mph	03:17:43.559
				Mile 24		00:19:35.429	09:47	6.1mph	03:37:18.988
				Finish		00:22:37.345	10:15	5.8mph	03:59:56.333

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5	MARK DAVIS	CHESAPEAKE, VA	M: 3	RUNNER	148	04:02:12.14	09:14	6.5mph	Overall Male: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Mile 2		00:17:21.501	08:40	6.9mph	00:17:21.501
				Mile 4		00:17:06.090	08:33	7.0mph	00:34:27.591
				Mile 6		00:17:04.149	08:32	7.0mph	00:51:31.740
				Mile 8		00:16:06.596	08:03	7.4mph	01:07:38.336
				Mile 10		00:16:30.931	08:15	7.3mph	01:24:09.267
				Mile 12		00:17:14.819	08:37	7.0mph	01:41:24.086
				Mile 14		00:17:00.656	08:30	7.1mph	01:58:24.742
				Mile 16		00:18:50.801	09:25	6.4mph	02:17:15.543
				Mile 18		00:19:36.004	09:48	6.1mph	02:36:51.547
				Mile 20		00:19:47.545	09:53	6.1mph	02:56:39.092
				Mile 22		00:19:22.322	09:41	6.2mph	03:16:01.414
				Mile 24		00:22:18.224	11:09	5.4mph	03:38:19.638
				Finish		00:23:52.507	10:49	5.5mph	04:02:12.145
6	RICHARD BEDNAR	CHARLOTTESVILLE, WV	M: 4	RUNNER	70	04:26:10.23	10:09	5.9mph	Male 55-59: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Mile 2		00:20:24.127	10:12	5.9mph	00:20:24.127
				Mile 4		00:19:06.407	09:33	6.3mph	00:39:30.534
				Mile 6		00:22:03.723	11:02	5.4mph	01:01:34.257
				Mile 8		00:18:28.063	09:14	6.5mph	01:20:02.320
				Mile 10		00:21:15.683	10:37	5.6mph	01:41:18.003
				Mile 12		00:17:49.659	08:54	6.7mph	01:59:07.662
				Mile 14		00:20:49.024	10:24	5.8mph	02:19:56.686
				Mile 16		00:18:10.586	09:05	6.6mph	02:38:07.272
				Mile 18		00:22:29.174	11:14	5.3mph	03:00:36.446
				Mile 20		00:18:51.122	09:25	6.4mph	03:19:27.568
				Mile 22		00:20:55.024	10:27	5.7mph	03:40:22.592
				Mile 24		00:21:42.205	10:51	5.5mph	04:02:04.797
				Finish		00:24:05.437	10:55	5.5mph	04:26:10.234
7	ASHLIE NEWBERRY	CHARLOTTESVILLE, VA	F: 3	RUNNER	71	04:37:39.30	10:35	5.7mph	Overall Female: 3
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Mile 2		00:22:29.732	11:15	5.3mph	00:22:29.732
				Mile 4		00:21:23.708	10:41	5.6mph	00:43:53.440
				Mile 6		00:21:06.280	10:33	5.7mph	01:04:59.720
				Mile 8		00:20:42.182	10:21	5.8mph	01:25:41.902
				Mile 10		00:20:35.269	10:17	5.8mph	01:46:17.171
				Mile 12		00:20:08.395	10:04	6.0mph	02:06:25.566
				Mile 14		00:20:29.739	10:14	5.9mph	02:26:55.305
				Mile 16		00:20:11.133	10:05	5.9mph	02:47:06.438
				Mile 18		00:20:18.927	10:09	5.9mph	03:07:25.365
				Mile 20		00:20:46.512	10:23	5.8mph	03:28:11.877
				Mile 22		00:20:56.712	10:28	5.7mph	03:49:08.589
				Mile 24		00:21:36.952	10:48	5.6mph	04:10:45.541
				Finish		00:26:53.765	12:11	4.9mph	04:37:39.306
8	KATHLEEN BERGGREN	CHARLOTTESVILLE, VA	F: 4	RUNNER	69	04:42:24.65	10:46	5.6mph	Female 30-34: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Mile 2		00:21:26.654	10:43	5.6mph	00:21:26.654
				Mile 4		00:20:30.232	10:15	5.9mph	00:41:56.886
				Mile 6		00:20:30.243	10:15	5.9mph	01:02:27.129
				Mile 8		00:20:48.860	10:24	5.8mph	01:23:15.989
				Mile 10		00:20:29.116	10:14	5.9mph	01:43:45.105
				Mile 12		00:20:15.926	10:08	5.9mph	02:04:01.031
				Mile 14		00:20:30.631	10:15	5.8mph	02:24:31.662
				Mile 16		00:20:15.458	10:07	5.9mph	02:44:47.120
				Mile 18		00:21:03.915	10:32	5.7mph	03:05:51.035
				Mile 20		00:21:48.724	10:54	5.5mph	03:27:39.759
				Mile 22		00:23:31.676	11:45	5.1mph	03:51:11.435
				Mile 24		00:24:02.320	12:01	5.0mph	04:15:13.755
				Finish		00:27:10.901	12:19	4.9mph	04:42:24.656

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9	ELIZABETH BRAIG	WILLIAMSBURG, VA	F: 5	RUNNER	147	04:52:03.04	11:08	5.4mph	Female 30-34: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Mile 2		00:19:22.516	09:41	6.2mph	00:19:22.516
				Mile 4		00:19:38.375	09:49	6.1mph	00:39:00.891
				Mile 6		00:20:03.834	10:02	6.0mph	00:59:04.725
				Mile 8		00:19:43.584	09:51	6.1mph	01:18:48.309
				Mile 10		00:19:54.708	09:57	6.0mph	01:38:43.017
				Mile 12		00:21:33.563	10:46	5.6mph	02:00:16.580
				Mile 14		00:22:45.202	11:22	5.3mph	02:23:01.782
				Mile 16		00:22:41.225	11:20	5.3mph	02:45:43.007
				Mile 18		00:24:37.137	12:18	4.9mph	03:10:20.144
				Mile 20		00:24:08.183	12:04	5.0mph	03:34:28.327
				Mile 22		00:25:23.698	12:42	4.7mph	03:59:52.025
				Mile 24		00:25:05.342	12:32	4.8mph	04:24:57.367
				Finish		00:27:05.676	12:17	4.9mph	04:52:03.043
10	LEAH CONNOR	CHARLOTTESVILLE, VA	F: 6	RUNNER	64	05:07:04.95	11:43	5.1mph	Female 50-54: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Mile 2		00:22:24.818	11:12	5.4mph	00:22:24.818
				Mile 4		00:20:59.087	10:29	5.7mph	00:43:23.905
				Mile 6		00:21:15.815	10:38	5.6mph	01:04:39.720
				Mile 8		00:20:40.669	10:20	5.8mph	01:25:20.389
				Mile 10		00:20:37.068	10:18	5.8mph	01:45:57.457
				Mile 12		00:21:42.480	10:51	5.5mph	02:07:39.937
				Mile 14		00:21:55.455	10:57	5.5mph	02:29:35.392
				Mile 16		00:22:53.046	11:26	5.2mph	02:52:28.438
				Mile 18		00:25:04.046	12:32	4.8mph	03:17:32.484
				Mile 20		00:28:03.836	14:02	4.3mph	03:45:36.320
				Mile 22		00:25:37.134	12:48	4.7mph	04:11:13.454
				Mile 24		00:25:20.591	12:40	4.7mph	04:36:34.045
				Finish		00:30:30.906	13:50	4.3mph	05:07:04.951
11	TERESA AMUNDSON	WOODBIDGE, VA	F: 7	RUNNER	150	05:12:40.31	11:56	5.0mph	Female 50-54: 2
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Mile 2		00:22:39.210	11:19	5.3mph	00:22:39.210
				Mile 4		00:22:11.100	11:05	5.4mph	00:44:50.310
				Mile 6		00:22:42.726	11:21	5.3mph	01:07:33.036
				Mile 8		00:22:29.468	11:14	5.3mph	01:30:02.504
				Mile 10		00:22:46.400	11:23	5.3mph	01:52:48.904
				Mile 12		00:23:00.791	11:30	5.2mph	02:15:49.695
				Mile 14		00:23:44.013	11:52	5.1mph	02:39:33.708
				Mile 16		00:24:17.622	12:08	4.9mph	03:03:51.330
				Mile 18		00:25:03.053	12:31	4.8mph	03:28:54.383
				Mile 20		00:24:41.250	12:20	4.9mph	03:53:35.633
				Mile 22		00:25:49.126	12:54	4.6mph	04:19:24.759
				Mile 24		00:26:09.012	13:04	4.6mph	04:45:33.771
				Finish		00:27:06.540	12:17	4.9mph	05:12:40.311
12	JOANNA RUDNICK	CROZET, VA	F: 8	RUNNER	74	05:26:39.85	12:28	4.8mph	Female 40-44: 1
				<u>Split Description</u>		<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
				Mile 2		00:24:22.510	12:11	4.9mph	00:24:22.510
				Mile 4		00:22:51.423	11:25	5.2mph	00:47:13.933
				Mile 6		00:23:04.950	11:32	5.2mph	01:10:18.883
				Mile 8		00:23:01.988	11:31	5.2mph	01:33:20.871
				Mile 10		00:23:21.921	11:41	5.1mph	01:56:42.792
				Mile 12		00:23:43.394	11:51	5.1mph	02:20:26.186
				Mile 14		00:24:36.503	12:18	4.9mph	02:45:02.689
				Mile 16		00:25:17.601	12:38	4.7mph	03:10:20.290
				Mile 18		00:26:20.482	13:10	4.6mph	03:36:40.772
				Mile 20		00:27:08.021	13:34	4.4mph	04:03:48.793
				Mile 22		00:26:55.873	13:28	4.5mph	04:30:44.666
				Mile 24		00:27:03.166	13:31	4.4mph	04:57:47.832
				Finish		00:28:52.026	13:05	4.6mph	05:26:39.858