

SPRUCE WOODS ULTRA 100 MILE

Line Through = Disqualified

Place	Name	Hometown	Type	Bib #	Time	Pace	Speed	Gender	Age	ID Number
1	FRENCH, ADAM		RUNNER	118	20:23:47.540	7:36/K	7.9kph	MALE	39	
	Finishers >	1:49:09.270 (1:49:09.270)								
	Split 2 >	2:08:04.467 (3:57:13.737)								
	Split 3 >	2:30:43.853 (6:27:57.590)								
	Split 4 >	2:33:01.407 (9:00:58.997)								
	Split 5 >	2:46:42.486 (11:47:41.483)								
	Split 6 >	2:45:48.510 (14:33:29.993)								
	Split 7 >	2:57:41.374 (17:31:11.367)								
	Split 8 >	2:52:36.173 (20:23:47.540)								
2	LUCAS, SUE		RUNNER	111	21:26:32.237	8:00/K	7.5kph	FEMALE	52	
	Finishers >	2:07:28.433 (2:07:28.433)								
	Split 2 >	2:22:20.174 (4:29:48.607)								
	Split 3 >	2:34:05.066 (7:03:53.673)								
	Split 4 >	2:29:03.304 (9:32:56.977)								
	Split 5 >	2:47:27.126 (12:20:24.103)								
	Split 6 >	3:03:47.754 (15:24:11.857)								
	Split 7 >	3:10:52.826 (18:35:04.683)								
	Split 8 >	2:51:27.554 (21:26:32.237)								
3	PARADOWSKI, JON		RUNNER	106	21:58:13.124	8:11/K	7.3kph	MALE	38	
	Finishers >	2:08:26.737 (2:08:26.737)								
	Split 2 >	2:24:15.476 (4:32:42.213)								
	Split 3 >	2:50:03.030 (7:22:45.243)								
	Split 4 >	3:07:25.480 (10:30:10.723)								
	Split 5 >	3:09:50.374 (13:40:01.097)								
	Split 6 >	2:41:19.666 (16:21:20.763)								
	Split 7 >	2:47:32.104 (19:08:52.867)								
	Split 8 >	2:49:20.256 (21:58:13.123)								
4	MASCARIN, SHANE		RUNNER	108	23:18:41.687	8:41/K	6.9kph	MALE	41	
	Finishers >	1:49:06.477 (1:49:06.477)								
	Split 2 >	2:12:56.923 (4:02:03.400)								
	Split 3 >	2:42:32.727 (6:44:36.127)								
	Split 4 >	2:33:31.843 (9:18:07.970)								
	Split 5 >	3:35:00.347 (12:53:08.317)								
	Split 6 >	3:38:50.706 (16:31:59.023)								
	Split 7 >	3:23:57.074 (19:55:56.097)								
	Split 8 >	3:22:45.590 (23:18:41.687)								
5	TIMMONS, MARK		RUNNER	114	25:58:47.723	9:41/K	6.2kph	MALE	56	
	Finishers >	1:58:39.683 (1:58:39.683)								
	Split 2 >	2:17:32.277 (4:16:11.960)								
	Split 3 >	2:42:30.690 (6:58:42.650)								
	Split 4 >	2:48:30.947 (9:47:13.597)								
	Split 5 >	3:38:41.640 (13:25:55.237)								
	Split 6 >	4:06:52.956 (17:32:48.193)								
	Split 7 >	4:22:44.047 (21:55:32.240)								
	Split 8 >	4:03:15.483 (25:58:47.723)								
6	BLACKBIRD, BERT		RUNNER	120	26:15:23.886	9:47/K	6.1kph	MALE	44	
	Finishers >	1:57:53.843 (1:57:53.843)								
	Split 2 >	2:55:04.114 (4:52:57.957)								
	Split 3 >	2:39:15.950 (7:32:13.907)								
	Split 4 >	3:08:52.976 (10:41:06.883)								
	Split 5 >	4:19:35.804 (15:00:42.687)								
	Split 6 >	4:20:31.120 (19:21:13.807)								
	Split 7 >	3:54:57.456 (23:16:11.263)								
	Split 8 >	2:59:12.624 (26:15:23.887)								
7	MALAPAD, JUNEL		RUNNER	122	29:35:38.680	11:02/K	5.4kph	MALE	45	
	Finishers >	2:33:12.227 (2:33:12.227)								
	Split 2 >	2:55:34.350 (5:28:46.577)								
	Split 3 >	3:49:49.636 (9:18:36.213)								
	Split 4 >	4:42:30.734 (14:01:06.947)								
	Split 5 >	4:28:30.650 (18:29:37.597)								
	Split 6 >	3:55:52.550 (22:25:30.147)								
	Split 7 >	3:14:16.033 (25:39:46.180)								
	Split 8 >	3:55:52.500 (29:35:38.680)								
8	MCPAHON, SHAWN		RUNNER	116	31:29:00.383	11:44/K	5.1kph	MALE	54	
	Finishers >	2:45:05.450 (2:45:05.450)								
	Split 2 >	3:09:27.547 (5:54:32.997)								
	Split 3 >	3:17:00.440 (9:11:33.437)								
	Split 4 >	3:56:43.300 (13:08:16.737)								
	Split 5 >	3:52:09.606 (17:00:26.343)								
	Split 6 >	4:31:27.417 (21:31:53.760)								
	Split 7 >	3:41:53.520 (25:13:47.280)								
	Split 8 >	6:15:13.103 (31:29:00.383)								