

# 2 Mile 4 REAL: Girls/Women's Heat 1

| Place | Name (Team)                            | Hometown                 | Gender | Type              | Bib # | Time        | Pace  | Speed        | Division Rank     |
|-------|--|--------------------------|--------|-------------------|-------|-------------|-------|--------------|-------------------|
| 1     | KATHERINE RYAN<br>(AMATEUR TRACK CLUB) | WHEAT RIDGE, CO          | F: 1   | RUNNER            | 1216  | 00:12:51.99 | 06:25 | 9.3mph       | :                 |
|       |  |                          |        |                   |       |             |       |              |                   |
|       |  | <u>Split Description</u> |        | <u>Split Time</u> |       | <u>Pace</u> |       | <u>Speed</u> | <u>Cumulative</u> |
|       |  | Split 1                  |        | 00:01:40.48       |       | 06:41       |       | 9.0mph       | 00:01:40.48       |
|       |  | Split 2                  |        | 00:01:41.31       |       | 06:45       |       | 8.9mph       | 00:03:21.79       |
|       |  | Split 3                  |        | 00:01:39.47       |       | 06:37       |       | 9.0mph       | 00:05:01.25       |
|       |  | Split 4                  |        | 00:01:38.98       |       | 06:35       |       | 9.1mph       | 00:06:40.23       |
|       |  | Split 5                  |        | 00:01:37.07       |       | 06:28       |       | 9.3mph       | 00:08:17.30       |
|       |  | Split 6                  |        | 00:01:37.98       |       | 06:31       |       | 9.2mph       | 00:09:55.28       |
|       |  | Split 7                  |        | 00:01:34.46       |       | 06:17       |       | 9.5mph       | 00:11:29.73       |
|       |  | Split 8                  |        | 00:01:22.27       |       | 05:29       |       | 10.9mph      | 00:12:51.99       |
| 2     | MAGNOLIA VALENTINE<br>(REAL TRAINING)  | LONGMONT, CO             | F: 2   | RUNNER            | 1242  | 00:12:58.95 | 06:29 | 9.2mph       | :                 |
|       |  |                          |        |                   |       |             |       |              |                   |
|       |  | <u>Split Description</u> |        | <u>Split Time</u> |       | <u>Pace</u> |       | <u>Speed</u> | <u>Cumulative</u> |
|       |  | Split 1                  |        | 00:01:37.62       |       | 06:30       |       | 9.2mph       | 00:01:37.62       |
|       |  | Split 2                  |        | 00:01:35.16       |       | 06:20       |       | 9.5mph       | 00:03:12.77       |
|       |  | Split 3                  |        | 00:01:40.97       |       | 06:43       |       | 8.9mph       | 00:04:53.74       |
|       |  | Split 4                  |        | 00:01:38.67       |       | 06:34       |       | 9.1mph       | 00:06:32.40       |
|       |  | Split 5                  |        | 00:01:37.97       |       | 06:31       |       | 9.2mph       | 00:08:10.37       |
|       |  | Split 6                  |        | 00:01:40.04       |       | 06:40       |       | 9.0mph       | 00:09:50.41       |
|       |  | Split 7                  |        | 00:01:38.74       |       | 06:34       |       | 9.1mph       | 00:11:29.14       |
|       |  | Split 8                  |        | 00:01:29.81       |       | 05:59       |       | 10.0mph      | 00:12:58.95       |
| 3     | SAGE NICHOLAS                          |                          | F: 3   | RUNNER            | 1187  | 00:13:23.88 | 06:41 | 9.0mph       | :                 |
|       |  |                          |        |                   |       |             |       |              |                   |
|       |  | <u>Split Description</u> |        | <u>Split Time</u> |       | <u>Pace</u> |       | <u>Speed</u> | <u>Cumulative</u> |
|       |  | Split 1                  |        | 00:01:37.28       |       | 06:29       |       | 9.3mph       | 00:01:37.28       |
|       |  | Split 2                  |        | 00:01:34.94       |       | 06:19       |       | 9.5mph       | 00:03:12.22       |
|       |  | Split 3                  |        | 00:01:41.13       |       | 06:44       |       | 8.9mph       | 00:04:53.35       |
|       |  | Split 4                  |        | 00:01:40.61       |       | 06:42       |       | 8.9mph       | 00:06:33.95       |
|       |  | Split 5                  |        | 00:01:42.24       |       | 06:48       |       | 8.8mph       | 00:08:16.18       |
|       |  | Split 6                  |        | 00:01:42.04       |       | 06:48       |       | 8.8mph       | 00:09:58.21       |
|       |  | Split 7                  |        | 00:01:43.42       |       | 06:53       |       | 8.7mph       | 00:11:41.63       |
|       |  | Split 8                  |        | 00:01:42.26       |       | 06:49       |       | 8.8mph       | 00:13:23.88       |
| 4     | KIRSTEN RASMUSSEN                      | LONGMONT, CO             | F: 4   | RUNNER            | 1207  | 00:13:26.45 | 06:43 | 8.9mph       | :                 |
|       |  |                          |        |                   |       |             |       |              |                   |
|       |  | <u>Split Description</u> |        | <u>Split Time</u> |       | <u>Pace</u> |       | <u>Speed</u> | <u>Cumulative</u> |
|       |  | Split 1                  |        | 00:01:40.28       |       | 06:41       |       | 9.0mph       | 00:01:40.28       |
|       |  | Split 2                  |        | 00:01:41.03       |       | 06:44       |       | 8.9mph       | 00:03:21.30       |
|       |  | Split 3                  |        | 00:01:41.26       |       | 06:45       |       | 8.9mph       | 00:05:02.55       |
|       |  | Split 4                  |        | 00:01:42.19       |       | 06:48       |       | 8.8mph       | 00:06:44.74       |
|       |  | Split 5                  |        | 00:01:43.67       |       | 06:54       |       | 8.7mph       | 00:08:28.40       |
|       |  | Split 6                  |        | 00:01:44.21       |       | 06:56       |       | 8.6mph       | 00:10:12.61       |
|       |  | Split 7                  |        | 00:01:42.49       |       | 06:49       |       | 8.8mph       | 00:11:55.09       |
|       |  | Split 8                  |        | 00:01:31.36       |       | 06:05       |       | 9.9mph       | 00:13:26.45       |
| 5     | MIA BINNINGS                           |                          | F: 5   | RUNNER            | 1099  | 00:13:26.55 | 06:43 | 8.9mph       | :                 |
|       |  |                          |        |                   |       |             |       |              |                   |
|       |  | <u>Split Description</u> |        | <u>Split Time</u> |       | <u>Pace</u> |       | <u>Speed</u> | <u>Cumulative</u> |
|       |  | Split 1                  |        | 00:01:40.06       |       | 06:40       |       | 9.0mph       | 00:01:40.06       |
|       |  | Split 2                  |        | 00:01:41.41       |       | 06:45       |       | 8.9mph       | 00:03:21.47       |
|       |  | Split 3                  |        | 00:01:41.23       |       | 06:44       |       | 8.9mph       | 00:05:02.70       |
|       |  | Split 4                  |        | 00:01:41.48       |       | 06:45       |       | 8.9mph       | 00:06:44.17       |
|       |  | Split 5                  |        | 00:01:44.46       |       | 06:57       |       | 8.6mph       | 00:08:28.63       |
|       |  | Split 6                  |        | 00:01:44.10       |       | 06:56       |       | 8.6mph       | 00:10:12.72       |
|       |  | Split 7                  |        | 00:01:42.45       |       | 06:49       |       | 8.8mph       | 00:11:55.17       |
|       |  | Split 8                  |        | 00:01:31.38       |       | 06:05       |       | 9.8mph       | 00:13:26.55       |
| 6     | EMMIE BATTERSBY                        |                          | M: 1   | RUNNER            | 1261  | 00:13:42.12 | 06:51 | 8.8mph       | :                 |
|       |  |                          |        |                   |       |             |       |              |                   |
|       |  | <u>Split Description</u> |        | <u>Split Time</u> |       | <u>Pace</u> |       | <u>Speed</u> | <u>Cumulative</u> |
|       |  | Split 1                  |        | 00:01:38.81       |       | 06:35       |       | 9.1mph       | 00:01:38.81       |
|       |  | Split 2                  |        | 00:01:41.89       |       | 06:47       |       | 8.8mph       | 00:03:20.69       |
|       |  | Split 3                  |        | 00:01:42.68       |       | 06:50       |       | 8.8mph       | 00:05:03.37       |
|       |  | Split 4                  |        | 00:01:42.80       |       | 06:51       |       | 8.8mph       | 00:06:46.17       |
|       |  | Split 5                  |        | 00:01:45.76       |       | 07:03       |       | 8.5mph       | 00:08:31.92       |
|       |  | Split 6                  |        | 00:01:45.56       |       | 07:02       |       | 8.5mph       | 00:10:17.48       |
|       |  | Split 7                  |        | 00:01:49.83       |       | 07:19       |       | 8.2mph       | 00:12:07.31       |
|       |  | Split 8                  |        | 00:01:34.81       |       | 06:19       |       | 9.5mph       | 00:13:42.12       |
| 7     | EILEY MASON                            |                          | F: 6   | RUNNER            | 1175  | 00:13:42.41 | 06:51 | 8.8mph       | :                 |
|       |  |                          |        |                   |       |             |       |              |                   |
|       |  | <u>Split Description</u> |        | <u>Split Time</u> |       | <u>Pace</u> |       | <u>Speed</u> | <u>Cumulative</u> |
|       |  | Split 1                  |        | 00:01:39.96       |       | 06:39       |       | 9.0mph       | 00:01:39.96       |
|       |  | Split 2                  |        | 00:01:41.52       |       | 06:46       |       | 8.9mph       | 00:03:21.47       |
|       |  | Split 3                  |        | 00:01:42.39       |       | 06:49       |       | 8.8mph       | 00:05:03.86       |
|       |  | Split 4                  |        | 00:01:42.90       |       | 06:51       |       | 8.7mph       | 00:06:46.75       |
|       |  | Split 5                  |        | 00:01:45.93       |       | 07:03       |       | 8.5mph       | 00:08:32.68       |
|       |  | Split 6                  |        | 00:01:45.31       |       | 07:01       |       | 8.5mph       | 00:10:17.98       |
|       |  | Split 7                  |        | 00:01:49.40       |       | 07:17       |       | 8.2mph       | 00:12:07.38       |
|       |  | Split 8                  |        | 00:01:35.03       |       | 06:20       |       | 9.5mph       | 00:13:42.41       |

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| Place | Name (Team)                              | Hometown        | Gender | Type                     | Bib #             | Time        | Pace         | Speed             | Division Rank |
|-------|--|-----------------|--------|--------------------------|-------------------|-------------|--------------|-------------------|---------------|
| 8     | HOLLY BURNS                              | LITTLETON, CO   | F: 7   | RUNNER                   | 1110              | 00:13:47.90 | 06:53        | 8.7mph            | :             |
|       |  |                 |        | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |               |
|       |  |                 |        | Split 1                  | 00:01:39.36       | 06:37       | 9.1mph       | 00:01:39.36       |               |
|       |  |                 |        | Split 2                  | 00:01:40.13       | 06:40       | 9.0mph       | 00:03:19.49       |               |
|       |  |                 |        | Split 3                  | 00:01:42.96       | 06:51       | 8.7mph       | 00:05:02.44       |               |
|       |  |                 |        | Split 4                  | 00:01:42.92       | 06:51       | 8.7mph       | 00:06:45.36       |               |
|       |  |                 |        | Split 5                  | 00:01:46.96       | 07:07       | 8.4mph       | 00:08:32.31       |               |
|       |  |                 |        | Split 6                  | 00:01:47.32       | 07:09       | 8.4mph       | 00:10:19.62       |               |
|       |  |                 |        | Split 7                  | 00:01:49.02       | 07:16       | 8.3mph       | 00:12:08.64       |               |
|       |  |                 |        | Split 8                  | 00:01:39.27       | 06:37       | 9.1mph       | 00:13:47.90       |               |
| 9     | NAOMI BASTOW (REAL TRAINING)             | LONGMONT, CO    | F: 8   | RUNNER                   | 1088              | 00:14:09.39 | 07:04        | 8.5mph            | :             |
|       |  |                 |        | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |               |
|       |  |                 |        | Split 1                  | 00:01:41.31       | 06:45       | 8.9mph       | 00:01:41.31       |               |
|       |  |                 |        | Split 2                  | 00:01:42.79       | 06:51       | 8.8mph       | 00:03:24.10       |               |
|       |  |                 |        | Split 3                  | 00:01:46.35       | 07:05       | 8.5mph       | 00:05:10.44       |               |
|       |  |                 |        | Split 4                  | 00:01:47.88       | 07:11       | 8.3mph       | 00:06:58.32       |               |
|       |  |                 |        | Split 5                  | 00:01:52.55       | 07:30       | 8.0mph       | 00:08:50.87       |               |
|       |  |                 |        | Split 6                  | 00:01:52.45       | 07:29       | 8.0mph       | 00:10:43.31       |               |
|       |  |                 |        | Split 7                  | 00:01:54.15       | 07:36       | 7.9mph       | 00:12:37.46       |               |
|       |  |                 |        | Split 8                  | 00:01:31.94       | 06:07       | 9.8mph       | 00:14:09.39       |               |
| 10    | BELLA MILLER                             | JOHNSTOWN, CO   | F: 9   | RUNNER                   | 1179              | 00:14:19.38 | 07:09        | 8.4mph            | :             |
|       |  |                 |        | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |               |
|       |  |                 |        | Split 1                  | 00:01:36.42       | 06:25       | 9.3mph       | 00:01:36.42       |               |
|       |  |                 |        | Split 2                  | 00:01:34.95       | 06:19       | 9.5mph       | 00:03:11.36       |               |
|       |  |                 |        | Split 3                  | 00:01:41.24       | 06:44       | 8.9mph       | 00:04:52.60       |               |
|       |  |                 |        | Split 4                  | 00:01:49.66       | 07:18       | 8.2mph       | 00:06:42.25       |               |
|       |  |                 |        | Split 5                  | 00:01:55.67       | 07:42       | 7.8mph       | 00:08:37.92       |               |
|       |  |                 |        | Split 6                  | 00:01:56.28       | 07:45       | 7.7mph       | 00:10:34.20       |               |
|       |  |                 |        | Split 7                  | 00:01:55.22       | 07:40       | 7.8mph       | 00:12:29.41       |               |
|       |  |                 |        | Split 8                  | 00:01:49.97       | 07:19       | 8.2mph       | 00:14:19.38       |               |
| 11    | MEGAN MALHERBE                           | BERTHOUD, CO    | F: 10  | RUNNER                   | 1172              | 00:14:57.82 | 07:28        | 8.0mph            | :             |
|       |  |                 |        | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |               |
|       |  |                 |        | Split 1                  | 00:01:47.04       | 07:08       | 8.4mph       | 00:01:47.04       |               |
|       |  |                 |        | Split 2                  | 00:01:53.05       | 07:32       | 8.0mph       | 00:03:40.09       |               |
|       |  |                 |        | Split 3                  | 00:01:52.21       | 07:28       | 8.0mph       | 00:05:32.29       |               |
|       |  |                 |        | Split 4                  | 00:01:56.16       | 07:44       | 7.7mph       | 00:07:28.44       |               |
|       |  |                 |        | Split 5                  | 00:01:54.80       | 07:39       | 7.8mph       | 00:09:23.24       |               |
|       |  |                 |        | Split 6                  | 00:01:56.30       | 07:45       | 7.7mph       | 00:11:19.53       |               |
|       |  |                 |        | Split 7                  | 00:01:54.63       | 07:38       | 7.9mph       | 00:13:14.15       |               |
|       |  |                 |        | Split 8                  | 00:01:43.67       | 06:54       | 8.7mph       | 00:14:57.82       |               |
| 12    | KATHERINE PHILIPSEN (AMATEUR TRACK CLUB) | WHEAT RIDGE, CO | F: 11  | RUNNER                   | 1199              | 00:15:05.69 | 07:32        | 7.9mph            | :             |
|       |  |                 |        | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |               |
|       |  |                 |        | Split 1                  | 00:01:46.73       | 07:06       | 8.4mph       | 00:01:46.73       |               |
|       |  |                 |        | Split 2                  | 00:01:53.07       | 07:32       | 8.0mph       | 00:03:39.79       |               |
|       |  |                 |        | Split 3                  | 00:01:53.41       | 07:33       | 7.9mph       | 00:05:33.20       |               |
|       |  |                 |        | Split 4                  | 00:01:55.94       | 07:43       | 7.8mph       | 00:07:29.14       |               |
|       |  |                 |        | Split 5                  | 00:01:55.36       | 07:41       | 7.8mph       | 00:09:24.50       |               |
|       |  |                 |        | Split 6                  | 00:01:57.41       | 07:49       | 7.7mph       | 00:11:21.91       |               |
|       |  |                 |        | Split 7                  | 00:01:56.29       | 07:45       | 7.7mph       | 00:13:18.19       |               |
|       |  |                 |        | Split 8                  | 00:01:47.51       | 07:10       | 8.4mph       | 00:15:05.69       |               |
| 13    | LILY KIRWAN                              |                 | F: 12  | RUNNER                   | 1157              | 00:16:32.64 | 08:16        | 7.3mph            | :             |
|       |  |                 |        | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |               |
|       |  |                 |        | Split 1                  | 00:01:54.00       | 07:35       | 7.9mph       | 00:01:54.00       |               |
|       |  |                 |        | Split 2                  | 00:02:05.08       | 08:20       | 7.2mph       | 00:03:59.08       |               |
|       |  |                 |        | Split 3                  | 00:02:09.37       | 08:37       | 7.0mph       | 00:06:08.45       |               |
|       |  |                 |        | Split 4                  | 00:02:08.74       | 08:34       | 7.0mph       | 00:08:17.18       |               |
|       |  |                 |        | Split 5                  | 00:02:06.22       | 08:24       | 7.1mph       | 00:10:23.40       |               |
|       |  |                 |        | Split 6                  | 00:02:09.19       | 08:36       | 7.0mph       | 00:12:32.59       |               |
|       |  |                 |        | Split 7                  | 00:02:11.38       | 08:45       | 6.9mph       | 00:14:43.96       |               |
|       |  |                 |        | Split 8                  | 00:01:48.69       | 07:14       | 8.3mph       | 00:16:32.64       |               |
| 14    | KATE BATTERSBY                           |                 | F: 13  | RUNNER                   | 1262              | 00:16:32.76 | 08:16        | 7.3mph            | :             |
|       |  |                 |        | <u>Split Description</u> | <u>Split Time</u> | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |               |
|       |  |                 |        | Split 1                  | 00:01:53.67       | 07:34       | 7.9mph       | 00:01:53.67       |               |
|       |  |                 |        | Split 2                  | 00:02:05.30       | 08:21       | 7.2mph       | 00:03:58.97       |               |
|       |  |                 |        | Split 3                  | 00:02:09.42       | 08:37       | 7.0mph       | 00:06:08.38       |               |
|       |  |                 |        | Split 4                  | 00:02:09.08       | 08:36       | 7.0mph       | 00:08:17.46       |               |
|       |  |                 |        | Split 5                  | 00:02:06.16       | 08:24       | 7.1mph       | 00:10:23.62       |               |
|       |  |                 |        | Split 6                  | 00:02:09.12       | 08:36       | 7.0mph       | 00:12:32.73       |               |
|       |  |                 |        | Split 7                  | 00:02:11.41       | 08:45       | 6.8mph       | 00:14:44.14       |               |
|       |  |                 |        | Split 8                  | 00:01:48.63       | 07:14       | 8.3mph       | 00:16:32.76       |               |

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| Place Name (Team) | Hometown | Gender                   | Type              | Bib # | Time        | Pace         | Speed             | Division Rank |
|-------------------|----------|--------------------------|-------------------|-------|-------------|--------------|-------------------|---------------|
| 15 CLARE BARBER   |          | F: 14                    | RUNNER            | 1263  | 00:18:02.04 | 09:01        | 6.7mph            | :             |
|                   |          | <u>Split Description</u> | <u>Split Time</u> |       | <u>Pace</u> | <u>Speed</u> | <u>Cumulative</u> |               |
|                   |          | Split 1                  | 00:01:55.68       |       | 07:42       | 7.8mph       | 00:01:55.68       |               |
|                   |          | Split 2                  | 00:02:09.32       |       | 08:37       | 7.0mph       | 00:04:05.00       |               |
|                   |          | Split 3                  | 00:02:11.26       |       | 08:45       | 6.9mph       | 00:06:16.26       |               |
|                   |          | Split 4                  | 00:02:18.69       |       | 09:14       | 6.5mph       | 00:08:34.95       |               |
|                   |          | Split 5                  | 00:02:25.84       |       | 09:43       | 6.2mph       | 00:11:00.78       |               |
|                   |          | Split 6                  | 00:02:22.55       |       | 09:30       | 6.3mph       | 00:13:23.33       |               |
|                   |          | Split 7                  | 00:02:32.36       |       | 10:09       | 5.9mph       | 00:15:55.69       |               |
|                   |          | Split 8                  | 00:02:06.36       |       | 08:25       | 7.1mph       | 00:18:02.04       |               |