

Captain's Solstice 4 hr

Place	Name	Hometown	Gender	Type	Bib #	Time	Laps	Speed
1	RICKY CARABALLO		M: 1	Runner	691	Laps: 22 03:42:15.06	22	N/A
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	
			Split 1	00:00:55.135		00:55	65.3mph	
			Split 2	00:09:27.355		09:27	6.3mph	
			Split 3	00:09:29.561		09:29	6.3mph	
			Split 4	00:09:39.953		09:40	6.2mph	
			Split 5	00:09:27.583		09:27	6.3mph	
			Split 6	00:09:32.029		09:32	6.3mph	
			Split 7	00:09:36.326		09:36	6.2mph	
			Split 8	00:09:23.051		09:23	6.4mph	
			Split 9	00:09:22.526		09:22	6.4mph	
			Split 10	00:09:52.281		09:52	6.1mph	
			Split 11	00:09:41.126		09:41	6.2mph	
			Split 12	00:09:53.230		09:53	6.1mph	
			Split 13	00:10:27.252		10:27	5.7mph	
			Split 14	00:10:15.049		10:15	5.9mph	
			Split 15	00:10:34.601		10:34	5.7mph	
			Split 16	00:10:57.639		10:57	5.5mph	
			Split 17	00:11:21.757		11:21	5.3mph	
			Split 18	00:11:49.766		11:49	5.1mph	
			Split 19	00:11:35.153		11:35	5.2mph	
			Split 20	00:14:32.630		14:32	4.1mph	
			Split 21	00:12:33.608		12:33	4.8mph	
			Split 22	00:11:47.456		11:47	5.1mph	
2	SUKHY GILL		F: 1	Runner	697	Laps: 22 03:49:14.80	22	N/A
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	
			Split 1	00:01:31.277		01:31	39.4mph	
			Split 2	00:09:43.615		09:43	6.2mph	
			Split 3	00:09:41.911		09:42	6.2mph	
			Split 4	00:09:38.931		09:39	6.2mph	
			Split 5	00:09:18.027		09:18	6.4mph	
			Split 6	00:09:27.220		09:27	6.3mph	
			Split 7	00:09:20.818		09:20	6.4mph	
			Split 8	00:09:25.344		09:25	6.4mph	
			Split 9	00:09:27.933		09:28	6.3mph	
			Split 10	00:10:01.028		10:01	6.0mph	
			Split 11	00:10:02.887		10:03	6.0mph	
			Split 12	00:12:18.743		12:18	4.9mph	
			Split 13	00:09:40.791		09:40	6.2mph	
			Split 14	00:10:44.782		10:44	5.6mph	
			Split 15	00:11:05.502		11:05	5.4mph	
			Split 16	00:11:53.973		11:54	5.0mph	
			Split 17	00:12:39.188		12:39	4.7mph	
			Split 18	00:12:06.049		12:06	5.0mph	
			Split 19	00:12:46.784		12:46	4.7mph	
			Split 20	00:12:59.706		12:59	4.6mph	
			Split 21	00:12:40.362		12:40	4.7mph	
			Split 22	00:12:39.934		12:40	4.7mph	
3	NANETTE PEREZ		F: 2	Runner	685	Laps: 19 03:50:38.47	19	N/A
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	
			Split 1	00:01:27.477		01:27	41.1mph	
			Split 2	00:11:28.252		11:28	5.2mph	
			Split 3	00:11:40.261		11:40	5.1mph	
			Split 4	00:11:26.526		11:26	5.2mph	
			Split 5	00:11:28.084		11:28	5.2mph	
			Split 6	00:12:16.348		12:16	4.9mph	
			Split 7	00:12:00.415		12:00	5.0mph	
			Split 8	00:11:19.175		11:19	5.3mph	
			Split 9	00:11:58.793		11:58	5.0mph	
			Split 10	00:15:00.110		15:00	4.0mph	
			Split 11	00:16:06.605		16:06	3.7mph	
			Split 12	00:12:01.794		12:01	5.0mph	
			Split 13	00:15:20.625		15:20	3.9mph	
			Split 14	00:12:45.222		12:45	4.7mph	
			Split 15	00:14:57.728		14:57	4.0mph	
			Split 16	00:14:21.379		14:21	4.2mph	
			Split 17	00:13:17.784		13:17	4.5mph	
			Split 18	00:11:21.749		11:21	5.3mph	
			Split 19	00:10:20.150		10:20	5.8mph	

Captain's Solstice 4 hr

Place	Name	Hometown	Gender	Type	Bib #	Time	Laps	Speed
4	SEAN COLLINS		M: 2	Runner	692	Laps: 18 03:47:23.78	18	N/A
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	
			Split 1	00:00:24.836		00:24	144.9mph	
			Split 2	00:08:44.924		08:45	6.9mph	
			Split 3	00:09:45.331		09:45	6.1mph	
			Split 4	00:09:12.819		09:12	6.5mph	
			Split 5	00:09:10.983		09:11	6.5mph	
			Split 6	00:08:44.479		08:44	6.9mph	
			Split 7	00:08:34.042		08:34	7.0mph	
			Split 8	00:17:10.281		17:10	3.5mph	
			Split 9	00:20:46.154		20:46	2.9mph	
			Split 10	00:18:24.267		18:24	3.3mph	
			Split 11	00:20:32.134		20:32	2.9mph	
			Split 12	00:13:47.738		13:47	4.3mph	
			Split 13	00:13:24.896		13:25	4.5mph	
			Split 14	00:21:55.789		21:56	2.7mph	
			Split 15	00:09:56.533		09:56	6.0mph	
			Split 16	00:13:31.990		13:32	4.4mph	
			Split 17	00:13:20.428		13:20	4.5mph	
			Split 18	00:09:56.162		09:56	6.0mph	
5	DALE GHANER		M: 3	Runner	677	Laps: 16 03:41:45.67	17	N/A
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	
			Split 1	00:03:51.986		03:52	15.5mph	
			Split 2	00:12:33.016		12:33	4.8mph	
			Split 3	00:12:11.861		12:12	4.9mph	
			Split 4	00:13:16.506		13:16	4.5mph	
			Split 5	00:12:37.754		12:37	4.7mph	
			Split 6	00:12:52.387		12:52	4.7mph	
			Split 7	00:13:28.911		13:29	4.4mph	
			Split 8	00:14:59.759		14:59	4.0mph	
			Split 9	00:13:16.235		13:16	4.5mph	
			Split 10	00:13:21.253		13:21	4.5mph	
			Split 11	00:15:04.219		15:04	4.0mph	
			Split 12	00:16:34.061		16:34	3.6mph	
			Split 13	00:15:22.495		15:22	3.9mph	
			Split 14	00:18:18.022		18:18	3.3mph	
			Split 15	00:16:46.007		16:46	3.6mph	
			Split 16	00:17:11.198		17:11	3.5mph	
6	SHANNON JOHNSON		F: 3	Runner	681	Laps: 15 03:41:48.30	15	N/A
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	
			Split 1	00:05:29.661		05:29	10.9mph	
			Split 2	00:14:02.859		14:03	4.3mph	
			Split 3	00:13:49.882		13:50	4.3mph	
			Split 4	00:14:31.244		14:31	4.1mph	
			Split 5	00:14:12.422		14:12	4.2mph	
			Split 6	00:15:55.801		15:56	3.8mph	
			Split 7	00:14:02.706		14:02	4.3mph	
			Split 8	00:15:13.398		15:13	3.9mph	
			Split 9	00:14:33.817		14:34	4.1mph	
			Split 10	00:16:42.533		16:42	3.6mph	
			Split 11	00:16:13.885		16:14	3.7mph	
			Split 12	00:15:41.948		15:42	3.8mph	
			Split 13	00:16:09.884		16:10	3.7mph	
			Split 14	00:17:55.040		17:55	3.3mph	
			Split 15	00:17:13.221		17:13	3.5mph	

Captain's Solstice 4 hr

Place	Name	Hometown	Gender	Type	Bib #	Time	Laps	Speed
7	ANA ROWE		M: 4	Runner	687	Laps: 15 03:45:20.15	15	N/A
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	
			Solit 1	00:04:49.615		04:49	12.4mph	
			Solit 2	00:12:50.717		12:50	4.7mph	
			Solit 3	00:12:20.393		12:20	4.9mph	
			Solit 4	00:12:32.124		12:32	4.8mph	
			Solit 5	00:12:50.935		12:51	4.7mph	
			Solit 6	00:13:31.352		13:31	4.4mph	
			Solit 7	00:14:38.203		14:38	4.1mph	
			Solit 8	00:12:55.032		12:55	4.6mph	
			Solit 9	00:12:44.453		12:44	4.7mph	
			Solit 10	00:15:03.041		15:03	4.0mph	
			Solit 11	00:21:09.411		21:09	2.8mph	
			Solit 12	00:23:25.461		23:25	2.6mph	
			Solit 13	00:21:25.218		21:25	2.8mph	
			Solit 14	00:16:56.934		16:57	3.5mph	
			Solit 15	00:18:07.263		18:07	3.3mph	
8	NANCY HAYWARD		F: 4	Runner	693	Laps: 15 03:46:04.41	15	N/A
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>	<u>Speed</u>	
			Solit 1	00:05:08.891		05:08	11.7mph	
			Solit 2	00:13:51.616		13:51	4.3mph	
			Solit 3	00:14:09.562		14:09	4.2mph	
			Solit 4	00:15:58.809		15:59	3.8mph	
			Solit 5	00:13:51.230		13:51	4.3mph	
			Solit 6	00:13:56.878		13:57	4.3mph	
			Solit 7	00:14:02.533		14:02	4.3mph	
			Solit 8	00:15:31.261		15:31	3.9mph	
			Solit 9	00:15:07.999		15:08	4.0mph	
			Solit 10	00:15:06.908		15:07	4.0mph	
			Solit 11	00:25:50.389		25:50	2.3mph	
			Solit 12	00:15:43.482		15:43	3.8mph	
			Solit 13	00:15:46.579		15:46	3.8mph	
			Solit 14	00:16:34.647		16:34	3.6mph	
			Solit 15	00:15:23.630		15:23	3.9mph	



Division Rank

Overall Male Runner: 1

Cumulative

00:00:55.135
00:10:22.490
00:19:52.051
00:29:32.004
00:38:59.587
00:48:31.616
00:58:07.942
01:07:30.993
01:16:53.519
01:26:45.800
01:36:26.926
01:46:20.156
01:56:47.408
02:07:02.457
02:17:37.058
02:28:34.697
02:39:56.454
02:51:46.220
03:03:21.373
03:17:54.003
03:30:27.611
~~03:42:15.067~~

Overall Female Runner: 1

Cumulative

00:01:31.277
00:11:14.892
00:20:56.803
00:30:35.734
00:39:53.761
00:49:20.981
00:58:41.799
01:08:07.143
01:17:35.076
01:27:36.104
01:37:38.991
01:49:57.734
01:59:38.525
02:10:23.307
02:21:28.809
02:33:22.782
02:46:01.970
02:58:08.019
03:10:54.803
03:23:54.509
03:36:34.871
~~03:49:14.805~~

Overall Female Runner: 2

Cumulative

00:01:27.477
00:12:55.729
00:24:35.990
00:36:02.516
00:47:30.600
00:59:46.948
01:11:47.363
01:23:06.538
01:35:05.331
01:50:05.441
02:06:12.046
02:18:13.840
02:33:34.465
02:46:19.687
03:01:17.415
03:15:38.794
03:28:56.578
03:40:18.327
03:50:38.477



Division Rank

Overall Male Runner: 2

Cumulative

00:00:24.836
00:09:09.760
00:18:55.091
00:28:07.910
00:37:18.893
00:46:03.372
00:54:37.414
01:11:47.695
01:32:33.849
01:50:58.116
02:11:30.250
02:25:17.988
02:38:42.884
03:00:38.673
03:10:35.206
03:24:07.196
03:37:27.624
03:47:23.786

Overall Male Runner: 3

Cumulative

00:03:51.986
00:16:25.002
00:28:36.863
00:41:53.369
00:54:31.123
01:07:23.510
01:20:52.421
01:35:52.180
01:49:08.415
02:02:29.668
02:17:33.887
02:34:07.948
02:49:30.443
03:07:48.465
03:24:34.472
03:41:45.670

Overall Female Runner: 3

Cumulative

00:05:29.661
00:19:32.520
00:33:22.402
00:47:53.646
01:02:06.068
01:18:01.869
01:32:04.575
01:47:17.973
02:01:51.790
02:18:34.323
02:34:48.208
02:50:30.156
03:06:40.040
03:24:35.080
03:41:48.301



Division Rank

Overall Male Runner: 4

Cumulative

- 00:04:49.615
- 00:17:40.332
- 00:30:00.725
- 00:42:32.849
- 00:55:23.784
- 01:08:55.136
- 01:23:33.339
- 01:36:28.371
- 01:49:12.824
- 02:04:15.865
- 02:25:25.276
- 02:48:50.737
- 03:10:15.955
- 03:27:12.889
- 03:45:20.152

Overall Female Runner: 4

Cumulative

- 00:05:08.891
- 00:19:00.507
- 00:33:10.069
- 00:49:08.878
- 01:03:00.108
- 01:16:56.986
- 01:30:59.519
- 01:46:30.780
- 02:01:38.779
- 02:16:45.687
- 02:42:36.076
- 02:58:19.558
- 03:14:06.137
- 03:30:40.784
- 03:46:04.414

