## **Grace Wins Hahira 10k**

1	Name COLIN PRINSLOO	Hometown VALDOSTAVALE	Gender DOST M: 1	Type Bib # RUNNER 350	# Time 00:42:37.67	Pace         Speed           06:51         8.7mph	Division Rank Male Overall: 1
		A, GA				·	
			Split Description	Split Time	<u>Pace</u>		<u>Cumulative</u>
			Split 1 Split 2	00:21:38.48 00:20:59.20	06:57 06:45	,	00:21:38.48 00:42:37.67
2	MATT BROWN		M: 2	RUNNER 365	00:43:04.91	06:56 8.7mph	Male 30 - 39: 1
2	WATT BROWN					•	
			Split Description Split 1	<u>Split Time</u> 00:21:50.98	<u><b>Pace</b></u> 07:01		<u>Cumulative</u> 00:21:50.98
			Split 2	00:21:13.93	06:50	1	00:43:04.91
3	RYAN KELLY	LAKE PARK, GA		RUNNER 351	00:43:16.55	06:57 8.6mph	Male 40 - 49: 1
Ū		, 0, .	Split Description	Split Time	Pace	•	Cumulative
			Split 1	00:21:00.92	06:45		00:21:00.92
			Split 2	00:22:15.63	07:09		00:43:16.55
4	HOLDEN HENDRICKS	HAHIRA, GA	M: 4	RUNNER 352	00:46:44.05	07:31 8.0mph	Male 30 - 39: 2
		•	Split Description	Split Time	<u>Pace</u>	Speed	Cumulative
			Split 1	00:22:42.04	07:18		00:22:42.04
			Split 2	00:24:02.01	07:44	7.8mph	00:46:44.05
5	CARTER BLANTON	HAHIRA, GA	M: 5	RUNNER 342	00:50:32.51	08:08 7.4mph	Male 20 - 29: 1
			Split Description	Split Time	<u>Pace</u>	Speed	Cumulative
			Split 1	00:25:05.03	08:04		00:25:05.03
		,	Split 2	00:25:27.49	08:11	7.3mph	00:50:32.51
6	NIKOLAY GOGIN	VALDOSTA, GA	M: 6	RUNNER 348	00:52:35.03	08:27 7.1mph	Male 20 - 29: 2
			Split Description	Split Time	<u>Pace</u>	Speed	<u>Cumulative</u>
			Split 1	00:25:47.68	08:18	r	00:25:47.68
			Split 2	00:26:47.35	08:37	7.0mph	00:52:35.03
7	JAMES TODD	RAY CITY, GA	M: 7	RUNNER 345	00:52:44.05	08:29 7.1mph	Male 40 - 49: 2
			Split Description	Split Time	<u>Pace</u>	Speed	<u>Cumulative</u>
			Split 1	00:26:12.31	08:26		00:26:12.31
			Split 2	00:26:31.75	08:32	· · · · · · · · · · · · · · · · · · ·	00:52:44.05
8	JORDAN BRIDWELL	VALDOSTA, GA	M: 8	RUNNER 340	00:54:22.43	08:45 6.9mph	Male 30 - 39: 3
			Split Description	Split Time	<u>Pace</u>	Speed	<u>Cumulative</u>
			Split 1	00:26:00.86	08:22		00:26:00.86
			Split 2	00:28:21.57	09:07	·	00:54:22.43
9	BRITTANY MARTIN		F: 1	RUNNER 368	00:55:36.19	08:56 6.7mph	Female Overall: 1
			Split Description	Split Time	<u>Pace</u>		<u>Cumulative</u>
			Split 1 Split 2	00:27:20.92 00:28:15.27	08:48 09:05		00:27:20.92 00:55:36.19
10	JERMAINE THOMAS	THOMASVILLE.	· · · · ·				
10	JERMAINE I HOMAS	THOWASVILLE,			00:56:52.16	09:09 6.6mph	Male 30 - 39: 4
			Split Description	Split Time	<u>Pace</u>		Cumulative
			Split 1 Split 2	00:27:12.50 00:29:39.66	08:45 09:32	'	00:27:12.50 00:56:52.16
11	ALAN TAYLOR	HAHIRA, GA	M: 10	RUNNER 343	00:57:22.28	09:13 6.5mph	Male 60 - 69: 1
	ALAN TATLOR	HAHIINA, OA				·	
			Split Description Split 1	<u>Split Time</u> 00:28:14.84	<u><b>Pace</b></u> 09:05		<u>Cumulative</u> 00:28:14.84
			Split 2	00:29:07.44	09.03 09:22	•	00:57:22.28
12	WILL ROBERTS	HAHIRA, GA	M: 11	RUNNER 362	00:57:22.74	09:14 6.5mph	Male 30 - 39: 5
-			Split Description	Split Time		•	Cumulative
			opiit Description	Spin Hille	<u>Pace</u>	<u>Speed</u>	00:28:13.50
			Snlit 1		09:05	6.6mph	
			Split 1 Split 2	00:28:13.50 00:29:09.25	09:05 09:23	,	00:57:22.74
13	GEORGE BROWN	VALDOSTA, GA		00:28:13.50		6.4mph	
13	GEORGE BROWN	VALDOSTA, GA	Split 2 M: 12	00:28:13.50 00:29:09.25 RUNNER 349	09:23 00:59:38.13	6.4mph 09:35 6.3mph	00:57:22.74 Male 60 - 69: 2
13	GEORGE BROWN	VALDOSTA, GA	Split 2	00:28:13.50 00:29:09.25	09:23	6.4mph 09:35 6.3mph <b>Speed</b>	00:57:22.74
13	GEORGE BROWN	VALDOSTA, GA	Split 2 M: 12 Split Description	00:28:13.50 00:29:09.25 RUNNER 349 <u>Split Time</u>	09:23 00:59:38.13 <u>Pace</u>	6.4mph 09:35 6.3mph Speed 6.7mph	00:57:22.74 Male 60 - 69: 2 Cumulative
	GEORGE BROWN  ABBIGALE LAMMERS	VALDOSTA, GA	Split 2 M: 12 Split Description Split 1	00:28:13.50 00:29:09.25 RUNNER 349 <u>Split Time</u> 00:27:50.40	09:23 00:59:38.13 <u>Pace</u> 08:57	6.4mph 09:35 6.3mph Speed 6.7mph	00:57:22.74  Male 60 - 69: 2  Cumulative 00:27:50.40
			Split 2 M: 12 Split Description Split 1 Split 2	00:28:13.50 00:29:09.25 RUNNER 349 <u>Split Time</u> 00:27:50.40 00:31:47.73 RUNNER 346	09:23 00:59:38.13 <u>Pace</u> 08:57 10:14	6.4mph 09:35 6.3mph  Speed 6.7mph 5.9mph 10:00 6.0mph	00:57:22.74  Male 60 - 69: 2  Cumulative 00:27:50.40 00:59:38.13
			Split 2 M: 12 Split Description Split 1 Split 2 F: 2	00:28:13.50 00:29:09.25 RUNNER 349 <u>Split Time</u> 00:27:50.40 00:31:47.73	09:23 00:59:38.13 <u>Pace</u> 08:57 10:14 01:02:13.65	6.4mph  09:35 6.3mph  Speed 6.7mph 5.9mph  10:00 6.0mph Speed	00:57:22.74  Male 60 - 69: 2  Cumulative 00:27:50.40 00:59:38.13  Female 20 - 29: 1
			Split 2 M: 12 Split Description Split 1 Split 2 F: 2 Split Description	00:28:13.50 00:29:09.25 RUNNER 349 <u>Split Time</u> 00:27:50.40 00:31:47.73 RUNNER 346 <u>Split Time</u>	09:23 00:59:38.13 <u>Pace</u> 08:57 10:14 01:02:13.65 <u>Pace</u>	6.4mph 09:35 6.3mph Speed 6.7mph 5.9mph 10:00 6.0mph Speed 6.2mph	Male 60 - 69: 2  Cumulative 00:27:50.40 00:59:38.13  Female 20 - 29: 1  Cumulative
14			Split 2 M: 12 Split Description Split 1 Split 2 F: 2 Split Description Split 1	00:28:13.50 00:29:09.25 RUNNER 349 <u>Split Time</u> 00:27:50.40 00:31:47.73 RUNNER 346 <u>Split Time</u> 00:29:52.99	09:23 00:59:38.13  Pace 08:57 10:14 01:02:13.65  Pace 09:37	6.4mph 09:35 6.3mph Speed 6.7mph 5.9mph 10:00 6.0mph Speed 6.2mph	Male 60 - 69: 2  Cumulative 00:27:50.40 00:59:38.13  Female 20 - 29: 1  Cumulative 00:29:52.99
14	ABBIGALE LAMMERS	VALDOSTA, GA	Split 2 M: 12 Split Description Split 1 Split 2 F: 2 Split Description Split 1 Split 1 Split 2	00:28:13.50 00:29:09.25  RUNNER 349  Split Time 00:27:50.40 00:31:47.73  RUNNER 346  Split Time 00:29:52.99 00:32:20.66  RUNNER 347	09:23 00:59:38.13  Pace 08:57 10:14 01:02:13.65  Pace 09:37 10:24	6.4mph  09:35 6.3mph  Speed 6.7mph 5.9mph  10:00 6.0mph Speed 6.2mph 5.8mph  10:01 6.0mph	Male 60 - 69: 2  Cumulative 00:59:38.13  Female 20 - 29: 1  Cumulative 00:29:52.99 01:02:13.65
14	ABBIGALE LAMMERS	VALDOSTA, GA	Split 2 M: 12 Split Description Split 1 Split 2 F: 2 Split Description Split 1 Split 1 Split 1 Split 2 M: 13	00:28:13.50 00:29:09.25 RUNNER 349 <u>Split Time</u> 00:27:50.40 00:31:47.73 RUNNER 346 <u>Split Time</u> 00:29:52.99 00:32:20.66	09:23 00:59:38.13  Pace 08:57 10:14 01:02:13.65 Pace 09:37 10:24 01:02:14.63	6.4mph  09:35 6.3mph  Speed 6.7mph 5.9mph  10:00 6.0mph Speed 6.2mph 5.8mph  10:01 6.0mph Speed	Male 60 - 69: 2  Cumulative 00:27:50.40 00:59:38.13  Female 20 - 29: 1  Cumulative 00:29:52.99 01:02:13.65  Male 20 - 29: 3
14	ABBIGALE LAMMERS	VALDOSTA, GA	Split 2 M: 12 Split Description Split 1 Split 2 F: 2 Split Description Split 1 Split 1 Split 2 M: 13 Split Description	00:28:13.50 00:29:09.25  RUNNER 349  Split Time 00:27:50.40 00:31:47.73  RUNNER 346  Split Time 00:29:50.90 00:32:20.66  RUNNER 347  Split Time	09:23 00:59:38.13  Pace 08:57 10:14 01:02:13.65  Pace 09:37 10:24 01:02:14.63  Pace	6.4mph  09:35 6.3mph  Speed 6.7mph 5.9mph  10:00 6.0mph Speed 6.2mph 5.8mph  10:01 6.0mph Speed 6.2mph	Male 60 - 69: 2  Cumulative 00:27:50.40 00:59:38.13  Female 20 - 29: 1  Cumulative 00:29:52.99 01:02:13.65  Male 20 - 29: 3  Cumulative
14	ABBIGALE LAMMERS	VALDOSTA, GA	Split 2 M: 12 Split Description Split 1 Split 2 F: 2 Split Description Split 1 Split 2 M: 13 Split Description Split 1 Split 2 Split Description Split 1	00:28:13.50 00:29:09.25  RUNNER 349  Split Time 00:27:50.40 00:31:47.73  RUNNER 346  Split Time 00:29:52.99 00:32:20.66  RUNNER 347  Split Time 00:29:53.18	09:23  00:59:38.13  Pace 08:57 10:14  01:02:13.65  Pace 09:37 10:24  01:02:14.63  Pace 09:37	6.4mph  09:35 6.3mph  Speed 6.7mph 5.9mph  10:00 6.0mph Speed 6.2mph 5.8mph  10:01 6.0mph Speed 6.2mph	Male 60 - 69: 2  Cumulative 00:27:50.40 00:59:38.13  Female 20 - 29: 1  Cumulative 00:29:52.99 01:02:13.65  Male 20 - 29: 3  Cumulative 00:29:53.18
14	ABBIGALE LAMMERS MITCHELL BENTON	VALDOSTA, GA  VALDOSTA, GA	Split 2 M: 12 Split Description Split 1 Split 2 F: 2 Split Description Split 1 Split 2 M: 13 Split Description Split 1 Split 2 Split Description Split 1 Split 2	00:28:13.50 00:29:09.25  RUNNER 349  Split Time 00:27:50.40 00:31:47.73  RUNNER 346  Split Time 00:29:529 00:32:20.66  RUNNER 347  Split Time 00:29:53.18 00:32:21.45	09:23  00:59:38.13  Pace 08:57 10:14  01:02:13.65  Pace 09:37 10:24  01:02:14.63  Pace 09:37 10:24	6.4mph  09:35 6.3mph  Speed 6.7mph 5.9mph  10:00 6.0mph  Speed 6.2mph 5.8mph  10:01 6.0mph  Speed 6.2mph 5.8mph  10:04 6.0mph	Male 60 - 69: 2  Cumulative 00:27:50.40 00:59:38.13  Female 20 - 29: 1  Cumulative 00:29:52.99 01:02:13.65  Male 20 - 29: 3  Cumulative 00:29:53.18 01:02:14.63
14	ABBIGALE LAMMERS MITCHELL BENTON	VALDOSTA, GA  VALDOSTA, GA	Split 2 M: 12 Split Description Split 1 Split 2 F: 2 Split Description Split 1 Split 2 M: 13 Split 1 Split 2 F: 3	00:28:13.50 00:29:09.25  RUNNER 349  Split Time 00:27:50.40 00:31:47.73  RUNNER 346  Split Time 00:29:52.99 00:32:20.66  RUNNER 347  Split Time 00:29:53.18 00:32:21.45  RUNNER 333	09:23  00:59:38.13  Pace 08:57 10:14  01:02:13.65  Pace 09:37 10:24  01:02:14.63  Pace 09:37 10:24  01:02:34.32	6.4mph  09:35 6.3mph  Speed 6.7mph 5.9mph  10:00 6.0mph Speed 6.2mph 5.8mph  10:01 6.0mph Speed 6.2mph 5.8mph  10:04 6.0mph Speed	Male 60 - 69: 2  Cumulative 00:27:50.40 00:59:38.13  Female 20 - 29: 1  Cumulative 00:29:52.99 01:02:13.65  Male 20 - 29: 3  Cumulative 00:29:53.18 01:02:14.63  Female 20 - 29: 2

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## **Grace Wins Hahira 10k**

Place Name	Hometown	Gender	Type	Bib#	Time	Pace	Speed	Division Rank	
17 ALICIA BRIDWELL	VALDOSTA, GA	F: 4	RUNNER	339	01:06:46.82	10:44	5.6mph	Female 40 - 49: 1	
		Split Description	Split Tim	<u>e</u>	<u>Pace</u>	Spe	eed	Cumulative	
		Split 1		00:31:04.66		6.01	nph	00:31:04.66	
		Split 2	00:35:42.1	17	11:29	5.21	nph	01:06:46.82	
18 ARLENE HART	LAKELANDLAKEL D, GA	AN F: 5	RUNNER	338	01:06:50.47	10:45	5.6mph	Female 50 - 59: 1	
		Split Description	Split Tim	<u>e</u>	<u>Pace</u>	Spe	eed	Cumulative	
		Split 1	00:32:25.4	16	10:26	5.71	nph	00:32:25.46	
		Split 2	00:34:25.0	01	11:04	5.41	nph	01:06:50.47	
19 RACHEL SCHMIDBAUER	VALDOSTA, GA	F: 6	RUNNER	335	01:11:06.24	11:26	5.2mph	Female 30 - 39: 1	
		Split Description	Split Tim	<u>e</u>	<u>Pace</u>	Spe	eed	Cumulative	
		Split 1	00:34:34.4	13	11:07	5.41	nph	00:34:34.43	
		Split 2	00:36:31.8	31	11:45	5.11	nph	01:11:06.24	
20 WHITNEY APPERSON	HAHIRA, GA	F: 7	RUNNER	337	01:11:06.87	11:26	5.2mph	Female 30 - 39: 2	
		Split Description	Split Tim	<u>e</u>	<u>Pace</u>	Spe	eed	Cumulative	
		Split 1	00:34:34.82		11:07	5.41	nph	00:34:34.82	
		Split 2	00:36:32.0	06	11:45	5.11	nph	01:11:06.87	
21 DAWN WARD	HAHIRA, GA	F: 8	RUNNER	334	01:11:34.17	11:31	5.2mph	Female 40 - 49: 2	
		Split Description	Split Tim	<u>e</u>	<u>Pace</u>	Spe	eed	Cumulative	
		Split 1	00:34:49.8	34	11:12	5.41	nph	00:34:49.84	
		Split 2	00:36:44.3	34	11:49	5.11	mph	01:11:34.17	

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