## Frank J. Valvano Memorial 10K

lace Name	Hometown	Gender	Type Bib #		Pace Speed	
1 TIM NOWAKOWSKI	FACTORYVILLE, F		RUNNER 307	00:37:42.42	12:08 4.9mph	Overall Male Runner: 1
	1	Split Description	Split Time	Pace	Speed	Cumulative
		Lap 1 Finish	00:17:26.60 00:20:15.83	05:36 06:31	10.7mph 9.2mph	00:17:26.60 00:37:42.42
2 JULIE HARTENBACH	SPRINGFIELD, VA		RUNNER 317	00:38:01.12	12:14 4.9mph	
		Split Description	Split Time	Pace	Speed	Cumulative
	2	Lap 1	00:17:37.39	05:40	10.6mph	00:17:37.39
		Finish	00:20:23.73	06:33	9.1mph	00:38:01.12
3 TONY MALONEY	TUNKHANNOCK, I	PA M: 2	RUNNER 301	00:43:26.11	13:58 4.3mph	Overall Male Runner: 2
	<u>i</u>	Split Description	Split Time	Pace	Speed	Cumulative
		Lap 1	00:19:56.92	06:25	9.3mph	00:19:56.92
		Finish	00:23:29.19	07:33	7.9mph	00:43:26.11
4 MICHAEL WOJNARSKI	MEHOOPANY, PA	M: 3	RUNNER 187	00:44:48.23	14:25 4.2mph	Overall Male Runner: 3
	5	Split Description	Split Time	Pace	Speed	Cumulative
		Lap 1 Finish	00:35:01.33 00:09:46.90	11:16 03:08	5.3mph 19.1mph	00:35:01.33 00:44:48.23
5 PAUL SHAFFER	WEST PITTSTON,		RUNNER 320	00:44:53.83		
5 FAUL SHAFFER					14:27 4.2mph	
	3	Split Description	<u>Split Time</u> 00:20:52.53	<u>Pace</u> 06:43	<u>Speed</u> 8.9mph	<u>Cumulative</u> 00:20:52.53
		Lap 1 Finish	00:24:01.31	07:43	7.8mph	00:20:52:55
6 MICHAEL ROMANO	TUNKHANNOCK, I		RUNNER 302	00:45:21.29	14:35 4.1mph	
		Split Description	Split Time	Pace	Speed	Cumulative
	2	Lap 1	00:21:27.33	06:54	8.7mph	00:21:27.33
		Finish	00:23:53.97	07:41	7.8mph	00:45:21.29
7 JACOB SCHNEIDER	SCRANTON, PA	M: 6	RUNNER 287	00:45:58.99	14:48 4.1mph	Male 40 - 49: 1
	ł	Split Description	Split Time	Pace	Speed	Cumulative
	-	Lap 1	00:21:10.22	06:48	8.8mph	00:21:10.22
		Finish	00:24:48.78	07:59	7.5mph	00:45:58.99
8 SCOTT HAKES		M: 7	RUNNER 747	00:47:04.18	15:09 4.0mph	Male 30 - 39: 1
	<u>-</u>	Split Description	Split Time	Pace	Speed	Cumulative
		Lap 1	00:21:18.69	06:51	8.7mph	00:21:18.69
9 MICHAEL PRATT		Finish M: 8	00:25:45.50	08:17	7.2mph	00:47:04.18 Mala 20 20: 2
9 MICHAEL PRATT	STAMFORD, CT	-	RUNNER 316	00:47:15.26	15:12 3.9mph	
	2	<b>Split Description</b> Lap 1	<u>Split Time</u> 00:22:39.70	<u>Pace</u> 07:17	<u>Speed</u> 8.2mph	<u>Cumulative</u> 00:22:39.70
		Finish	00:24:35.56	07:54	7.6mph	00:47:15.26
10 CHRISTINE STROKA	MOSCOW, PA	F: 2	RUNNER 311	00:49:12.32		Overall Female Runner: 2
		Split Description	Split Time	Pace	Speed	Cumulative
	2	Lap 1	00:22:31.97	07:15	8.3mph	00:22:31.97
		Finish	00:26:40.36	08:35	7.0mph	00:49:12.32
11 KELLY CARPENTER	MESHOPPEN, PA	F: 3	RUNNER 298	00:49:34.00	15:57 3.8mph	Overall Female Runner: 3
						<b>•</b> • • •
	:	Split Description	Split Time	Pace	Speed	Cumulative
	<u>4</u>	<b>Split Description</b> Lap 1	<u>Split Time</u> 00:23:10.12	<u>Pace</u> 07:27	<u>Speed</u> 8.0mph	<u>Cumulative</u> 00:23:10.12
	<u></u>					
12 MELISSA FLYNN	HOP BOTTOM, PA	Lap 1 Finish	00:23:10.12	07:27	8.0mph	00:23:10.12 00:49:34.00
12 MELISSA FLYNN	HOP BOTTOM, PA	Lap 1 Finish	00:23:10.12 00:26:23.89	07:27 08:29	8.0mph 7.1mph	00:23:10.12 00:49:34.00
12 MELISSA FLYNN	HOP BOTTOM, PA	Lap 1 Finish F: 4 Split Description Lap 1	0.23:10.12 00:26:23.89 RUNNER 304 <u>Split Time</u> 00:23:30.29	07:27 08:29 00:49:48.55 <u>Pace</u> 07:33	8.0mph 7.1mph 16:01 3.7mph <u>Speed</u> 7.9mph	00:23:10.12 00:49:34.00 Female 40 - 49: 1 <u>Cumulative</u> 00:23:30.29
	HOP BOTTOM, PA	Lap 1 Finish F: 4 Split Description Lap 1 Finish	00:23:10.12           00:26:23.89           RUNNER         304           Split Time           00:23:30.29           00:26:18.27	07:27 08:29 00:49:48.55 <u>Pace</u> 07:33 08:27	8.0mph 7.1mph 16:01 3.7mph <u>Speed</u> 7.9mph 7.1mph	00:23:10.12 00:49:34.00 Female 40 - 49: 1 <u>Cumulative</u> 00:23:30.29 00:49:48.55
	HOP BOTTOM, PA	Lap 1 Finish A F: 4 Split Description Lap 1 Finish , PA F: 5	00:23:10.12 00:26:23.89 RUNNER 304 <u>Split Time</u> 00:23:30.29 00:26:18.27 RUNNER 313	07:27 08:29 00:49:48.55 <u>Pace</u> 07:33 08:27 00:51:28.56	8.0mph 7.1mph 16:01 3.7mph <u>Speed</u> 7.9mph 7.1mph 16:34 3.6mph	00:23:10.12 00:49:34.00 Female 40 - 49: 1 <u>Cumulative</u> 00:23:30.29 00:49:48.55 Female 13 - 19: 1
	HOP BOTTOM, PA	Lap 1 Finish Split Description Lap 1 Finish , PA F: 5 Split Description	00:23:10.12 00:26:23.89 RUNNER 304 <u>Split Time</u> 00:23:30.27 RUNNER 313 <u>Split Time</u>	07:27 08:29 00:49:48.55 <u>Pace</u> 07:33 08:27 00:51:28.56 <u>Pace</u>	8.0mph 7.1mph 16:01 3.7mph <u>Speed</u> 7.9mph 7.1mph 16:34 3.6mph <u>Speed</u>	00:23:10.12 00:49:34.00 Female 40 - 49: 1 <u>Cumulative</u> 00:23:30.29 00:49:48.55 Female 13 - 19: 1 <u>Cumulative</u>
	HOP BOTTOM, PA	Lap 1 Finish A F: 4 Split Description Lap 1 Finish , PA F: 5 Split Description Lap 1	00:23:10.12 00:26:23.89 RUNNER 304 <u>Split Time</u> 00:23:30.29 00:26:18.27 RUNNER 313 <u>Split Time</u> 00:24:08.57	07:27 08:29 00:49:48.55 <u>Pace</u> 07:33 08:27 00:51:28.56 <u>Pace</u> 07:46	8.0mph 7.1mph 16:01 3.7mph 5peed 7.9mph 7.1mph 16:34 3.6mph 5peed 7.7mph	00:23:10.12 00:49:34.00 Female 40 - 49: 1 <u>Cumulative</u> 00:23:30.29 00:49:48.55 Female 13 - 19: 1 <u>Cumulative</u> 00:24:08.57
13 MAIA ARCANGELO	HOP BOTTOM, PA	Lap 1 Finish Split Description Lap 1 Finish , PA F: 5 Split Description Lap 1 Finish	00:23:10.12 00:26:23.89 RUNNER 304 <u>Split Time</u> 00:23:30.29 00:26:18.27 RUNNER 313 <u>Split Time</u> 00:24:08.57 00:27:19.99	07:27 08:29 00:49:48.55 <u>Pace</u> 07:33 08:27 00:51:28.56 <u>Pace</u> 07:46 08:47	8.0mph 7.1mph 16:01 3.7mph 5.9mph 7.9mph 16:34 3.6mph 5.0000 5.00000 5.000000000000000000000	00:23:10.12 00:49:34.00 Female 40 - 49: 1 <u>Cumulative</u> 00:23:30.29 00:49:48.55 Female 13 - 19: 1 <u>Cumulative</u> 00:24:08.57 00:51:28.56
13 MAIA ARCANGELO	HOP BOTTOM, PA	Lap 1 Finish F: 4 Split Description Lap 1 Finish PA F: 5 Split Description Lap 1 Finish F: 6	00:23:10.12       00:26:23.89       RUNNER     304       Split Time     00:23:30.29       00:26:18.27     313       RUNNER     313       Split Time     00:24:08.57       00:27:19.99     321       RUNNER     321	07:27 08:29 00:49:48.55 <u>Pace</u> 07:33 08:27 00:51:28.56 <u>Pace</u> 07:46 08:47 00:51:45.64	8.0mph 7.1mph 16:01 3.7mph 7.9mph 7.1mph 16:34 3.6mph <u>Speed</u> 7.7mph 6.8mph 16:39 3.6mph	00:23:10.12 00:49:34.00 Female 40 - 49: 1 <u>Cumulative</u> 00:23:30.29 00:49:48.55 Female 13 - 19: 1 <u>Cumulative</u> 00:24:08.57 00:51:28.56 Female 50 - 59: 1
13 MAIA ARCANGELO	HOP BOTTOM, PA	Lap 1 Finish F: 4 Split Description Lap 1 Finish PA F: 5 Split Description Lap 1 Finish F: 6 Split Description	00:23:10.12 00:26:23.89 RUNNER 304 Split Time 00:23:30.29 00:26:18.27 RUNNER 313 Split Time 00:24:08.57 00:27:19.99 RUNNER 321 Split Time	07:27 08:29 00:49:48.55 <u>Pace</u> 07:33 08:27 00:51:28.56 <u>Pace</u> 07:46 08:47 00:51:45.64 <u>Pace</u>	8.0mph 7.1mph 16:01 3.7mph 7.9mph 7.1mph 16:34 3.6mph <u>Speed</u> 7.7mph 6.8mph 16:39 3.6mph <u>Speed</u>	00:23:10.12 00:49:34.00 Female 40 - 49: 1 <u>Cumulative</u> 00:23:30.29 00:49:48.55 Female 13 - 19: 1 <u>Cumulative</u> 00:24:08.57 00:51:28.56 Female 50 - 59: 1 <u>Cumulative</u>
13 MAIA ARCANGELO	HOP BOTTOM, PA	Lap 1 Finish F: 4 Split Description Lap 1 Finish PA F: 5 Split Description Lap 1 Finish F: 6	00:23:10.12       00:26:23.89       RUNNER     304       Split Time     00:23:30.29       00:26:18.27     313       RUNNER     313       Split Time     00:24:08.57       00:27:19.99     321       RUNNER     321	07:27 08:29 00:49:48.55 <u>Pace</u> 07:33 08:27 00:51:28.56 <u>Pace</u> 07:46 08:47 00:51:45.64	8.0mph 7.1mph 16:01 3.7mph 7.9mph 7.1mph 16:34 3.6mph <u>Speed</u> 7.7mph 6.8mph 16:39 3.6mph	00:23:10.12 00:49:34.00 Female 40 - 49: 1 <u>Cumulative</u> 00:23:30.29 00:49:48.55 Female 13 - 19: 1 <u>Cumulative</u> 00:24:08.57 00:51:28.56 Female 50 - 59: 1
<ul> <li>MELISSA FLYNN</li> <li>MAIA ARCANGELO</li> <li>STEPHANIE TARAPCHAK</li> <li>JEFF HALL</li> </ul>	HOP BOTTOM, PA	Lap 1 Finish F: 4 Split Description Lap 1 Finish PA F: 5 Split Description Lap 1 Finish F: 6 Split Description Lap 1 Finish	00:23:10.12 00:26:23.89 RUNNER 304 <u>Split Time</u> 313 <u>Split Time</u> 00:24:08.57 00:27:19.99 RUNNER 321 <u>Split Time</u> 321 <u>Split Time</u> 321	07:27 08:29 00:49:48.55 <u>Pace</u> 07:33 08:27 00:51:28.56 <u>Pace</u> 07:46 08:47 00:51:45.64 <u>Pace</u> 07:36 09:03	8.0mph 7.1mph 16:01 3.7mph <i>Speed</i> 7.9mph 7.1mph 16:34 3.6mph <i>Speed</i> 7.7mph 6.8mph 16:39 3.6mph <i>Speed</i> 7.9mph 6.6mph	00:23:10.12 00:49:34.00 Female 40 - 49: 1 <u>Cumulative</u> 00:23:30.29 00:49:48.55 Female 13 - 19: 1 <u>Cumulative</u> 00:24:08.57 00:51:28.56 Female 50 - 59: 1 <u>Cumulative</u> 00:23:37.21 00:51:45.64
<ul><li>MAIA ARCANGELO</li><li>STEPHANIE TARAPCHAK</li></ul>	HOP BOTTOM, PA	Lap 1 Finish A F: 4 Split Description Lap 1 Finish PA F: 5 Split Description Lap 1 Finish F: 6 Split Description Lap 1 Finish PA M: 9	00:23:10.12         00:26:23.89         RUNNER       304         Split Time         00:23:30.29         00:23:30.29         00:26:18.27         RUNNER       313         Split Time         00:24:08.57         00:27:19.99         RUNNER       321         Split Time         00:23:37.21         00:28:08.43         RUNNER       302	07:27 08:29 00:49:48.55 <u>Pace</u> 07:33 08:27 00:51:28.56 <u>Pace</u> 07:46 08:47 00:51:45.64 <u>Pace</u> 07:36 09:03 00:52:00.22	8.0mph 7.1mph 16:01 3.7mph <b>Speed</b> 7.9mph 7.1mph 16:34 3.6mph <b>Speed</b> 7.7mph 6.8mph 16:39 3.6mph <b>Speed</b> 7.9mph 6.6mph 16:44 3.6mph	00:23:10.12 00:49:34.00 Female 40 - 49: 1 <u>Cumulative</u> 00:23:30.29 00:49:48.55 Female 13 - 19: 1 <u>Cumulative</u> 00:24:08.57 00:51:28.56 Female 50 - 59: 1 <u>Cumulative</u> 00:23:37.21 00:51:45.64 Male 40 - 49: 2
<ul><li>MAIA ARCANGELO</li><li>STEPHANIE TARAPCHAK</li></ul>	HOP BOTTOM, PA	Lap 1 Finish A F: 4 Split Description Lap 1 Finish PA F: 5 Split Description Lap 1 Finish F: 6 Split Description Lap 1 Finish PA M: 9 Split Description	00:23:10.12           00:26:23.89           RUNNER         304           Split Time         00:23:30.29           00:26:18.27         313           Split Time         302           Split Time         313           Split Time         313           Split Time         321           Split Time         326           Split Time         326	07:27 08:29 00:49:48.55 <u>Pace</u> 07:33 08:27 00:51:28.56 <u>Pace</u> 07:46 08:47 00:51:45.64 <u>Pace</u> 07:36 09:03 00:52:00.22 <u>Pace</u>	8.0mph 7.1mph 16:01 3.7mph Speed 7.9mph 7.1mph 16:34 3.6mph Speed 7.7mph 6.8mph 16:39 3.6mph Speed 7.9mph 6.6mph 16:44 3.6mph	00:23:10.12 00:49:34.00 Female 40 - 49: 1 <u>Cumulative</u> 00:23:30.29 00:49:48.55 Female 13 - 19: 1 <u>Cumulative</u> 00:24:08.57 00:51:28.56 Female 50 - 59: 1 <u>Cumulative</u> 00:23:37.21 00:51:45.64 Male 40 - 49: 2 <u>Cumulative</u>
<ul><li>MAIA ARCANGELO</li><li>STEPHANIE TARAPCHAK</li></ul>	HOP BOTTOM, PA	Lap 1 Finish A F: 4 Split Description Lap 1 Finish PA F: 5 Split Description Lap 1 Finish F: 6 Split Description Lap 1 Finish PA M: 9	00:23:10.12         00:26:23.89         RUNNER       304         Split Time         00:23:30.29         00:23:30.29         00:26:18.27         RUNNER       313         Split Time         00:24:08.57         00:27:19.99         RUNNER       321         Split Time         00:23:37.21         00:28:08.43         RUNNER       302	07:27 08:29 00:49:48.55 <u>Pace</u> 07:33 08:27 00:51:28.56 <u>Pace</u> 07:46 08:47 00:51:45.64 <u>Pace</u> 07:36 09:03 00:52:00.22	8.0mph 7.1mph 16:01 3.7mph <b>Speed</b> 7.9mph 7.1mph 16:34 3.6mph <b>Speed</b> 7.7mph 6.8mph 16:39 3.6mph <b>Speed</b> 7.9mph 6.6mph 16:44 3.6mph	00:23:10.12 00:49:34.00 Female 40 - 49: 1 <u>Cumulative</u> 00:23:30.29 00:49:48.55 Female 13 - 19: 1 <u>Cumulative</u> 00:24:08.57 00:51:28.56 Female 50 - 59: 1 <u>Cumulative</u> 00:23:37.21 00:51:45.64 Male 40 - 49: 2
<ul> <li>MAIA ARCANGELO</li> <li>STEPHANIE TARAPCHAK</li> <li>JEFF HALL</li> </ul>	HOP BOTTOM, PA	Lap 1 Finish Split Description Lap 1 Finish PA F: 5 Split Description Lap 1 Finish F: 6 Split Description Lap 1 Finish PA M: 9 Split Description Lap 1	00:23:10.12 00:26:23.89 RUNNER 304 Split Time 00:23:30.29 00:26:18.27 RUNNER 313 Split Time 00:27:19.99 RUNNER 321 Split Time 00:23:37.21 00:23:37.21 00:23:37.21 RUNNER 306 Split Time 00:24:04.49	07:27 08:29 00:49:48.55 <u>Pace</u> 07:33 08:27 00:51:28.56 <u>Pace</u> 07:46 08:47 00:51:45.64 <u>Pace</u> 07:36 09:03 00:52:00.22 <u>Pace</u> 07:44	8.0mph 7.1mph 16:01 3.7mph <i>Speed</i> 7.9mph 7.1mph 16:34 3.6mph <i>Speed</i> 7.7mph 6.8mph 16:39 3.6mph <i>Speed</i> 7.9mph 6.6mph 16:44 3.6mph <i>Speed</i> 7.7mph	00:23:10.12 00:49:34.00 Female 40 - 49: 1 <u>Cumulative</u> 00:23:30.29 00:49:48.55 Female 13 - 19: 1 <u>Cumulative</u> 00:24:08.57 00:51:28.56 Female 50 - 59: 1 <u>Cumulative</u> 00:23:37.21 00:51:45.64 Male 40 - 49: 2 <u>Cumulative</u> 00:24:04.49 00:52:00.22
<ul><li>MAIA ARCANGELO</li><li>STEPHANIE TARAPCHAK</li></ul>	HOP BOTTOM, PA	Lap 1 Finish A F: 4 Split Description Lap 1 Finish PA F: 5 Split Description Lap 1 Finish F: 6 Split Description Lap 1 Finish PA M: 9 Split Description Lap 1 Finish F: 7	00:23:10.12         00:26:23.89         RUNNER       304         Split Time         00:23:30.29         00:23:30.29         00:23:30.29         00:23:30.29         RUNNER       313         Split Time         00:24:08.57         00:24:08.57         00:27:19.99         RUNNER       321         Split Time         00:23:37.21         00:23:37.21         00:23:37.21         00:23:37.21         00:23:37.21         00:23:37.21         00:23:37.21         00:23:37.21         00:23:37.21         00:23:37.21         00:23:37.21         00:23:37.21         00:23:37.21         00:23:37.21         00:24:04.49         00:24:04.49         00:27:55.73	07:27 08:29 00:49:48.55 <b>Pace</b> 07:33 08:27 00:51:28.56 <b>Pace</b> 07:46 08:47 00:51:45.64 <b>Pace</b> 07:36 09:03 00:52:00.22 <b>Pace</b> 07:44 08:59	8.0mph 7.1mph 16:01 3.7mph 7.9mph 7.1mph 16:34 3.6mph 5peed 7.7mph 6.8mph 16:39 3.6mph 5peed 7.9mph 16:44 3.6mph 16:44 3.6mph 5peed 7.7mph 6.7mph 16:53 3.6mph	00:23:10.12 00:49:34.00 Female 40 - 49: 1 <u>Cumulative</u> 00:23:30.29 00:49:48.55 Female 13 - 19: 1 <u>Cumulative</u> 00:24:08.57 00:51:28.56 Female 50 - 59: 1 <u>Cumulative</u> 00:23:37.21 00:51:45.64 Male 40 - 49: 2 <u>Cumulative</u> 00:24:04.49 00:52:00.22 Female 30 - 39: 1
<ul> <li>MAIA ARCANGELO</li> <li>STEPHANIE TARAPCHAK</li> <li>JEFF HALL</li> </ul>	HOP BOTTOM, PA	Lap 1 Finish A F: 4 Split Description Lap 1 Finish PA F: 5 Split Description Lap 1 Finish F: 6 Split Description Lap 1 Finish PA M: 9 Split Description Lap 1 Finish	00:23:10.12 00:26:23.89 RUNNER 304 <u>Split Time</u> 313 <u>Split 2000</u> RUNNER 313 <u>Split Time</u> 321 RUNNER 321 <u>Split 1000</u> Split 2000 <u>Split 1000</u> 3000 <u>Split 1000</u> 3000 <u>Split 1000</u> 3000 <u>Split 1000</u> 3000 <u>Split 1000</u> 3000 <u>Split 1000</u> 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000 3000	07:27 08:29 00:49:48.55 <u>Pace</u> 07:33 08:27 00:51:28.56 <u>Pace</u> 07:46 08:47 00:51:45.64 <u>Pace</u> 07:36 09:03 00:52:00.22 <u>Pace</u> 07:44 08:59	8.0mph 7.1mph 16:01 3.7mph 3.7mph 7.9mph 7.1mph 16:34 3.6mph 5peed 7.7mph 6.8mph 16:39 3.6mph 5peed 7.9mph 6.6mph 16:44 3.6mph 6.7mph	00:23:10.12 00:49:34.00 Female 40 - 49: 1 <u>Cumulative</u> 00:23:30.29 00:49:48.55 Female 13 - 19: 1 <u>Cumulative</u> 00:24:08.57 00:51:28.56 Female 50 - 59: 1 <u>Cumulative</u> 00:23:37.21 00:51:45.64 Male 40 - 49: 2 <u>Cumulative</u> 00:24:04.49 00:52:00.22

## Frank J. Valvano Memorial 10K

17	e Name	Hometown		Type Bib #	Time	Pace Speed	
	KRISTIN LIPKUS	CLARKS SUMMIT	, PA F: 8	RUNNER 299	00:52:37.12	16:56 3.5mph	Female 20 - 29: 1
			Split Description	Split Time	Pace	Speed	Cumulative
			Lap 1	00:24:08.74	07:46	7.7mph	00:24:08.74
			Finish	00:28:28.39	09:09	6.5mph	00:52:37.12
18	LEANNA BELL	TUNKHANNOCK,	PA F: 9	RUNNER 312	00:54:04.70	17:24 3.4mph	Female 30 - 39: 2
			Split Description	Split Time	Pace	Speed	Cumulative
			Lap 1	00:24:41.64	07:56	7.5mph	00:24:41.64
			, Finish	00:29:23.07	09:27	6.3mph	00:54:04.70
19 I	DEANA SESSO	NORTH ABINGTO TWP, PA	DN F: 10	RUNNER 314	00:54:40.71	17:35 3.4mph	Female 50 - 59: 2
			Split Description	Split Time	Pace	Speed	Cumulative
			Lap 1	00:25:45.86	08:17	7.2mph	00:25:45.86
			Finish	00:28:54.85	09:18	6.4mph	00:54:40.71
20	SRIKANTH GADIYAR	WEST CHESTER	PA M· 10	RUNNER 308	00:55:07.49	17:44 3.4mph	Male 40 - 49: 3
20 SRIKANTH GADIYAR	SKINAITH SADITAK	WEOT ONEOTER					
			Split Description	<u>Split Time</u>	Pace	Speed	Cumulative
			Lap 1	00:24:48.20	07:59	7.5mph	00:24:48.20
			Finish	00:30:19.30	09:45	6.1mph	00:55:07.49
21	DAVID HARRISON	MESHOPPEN, PA	M: 11	RUNNER 300	00:55:34.85	17:53 3.4mph	Male 60+: 1
			Split Description	Split Time	<u>Pace</u>	Speed	Cumulative
			Lap 1	00:25:09.75	08:05	7.4mph	00:25:09.75
			Finish	00:30:25.10	09:47	6.1mph	00:55:34.85
22	DARLENE GILPIN		F: 11	RUNNER 359	00:56:24.42	18:09 3.3mph	Female 50 - 59: 3
			Split Description	Split Time	Pace	Speed	Cumulative
			Lap 1	00:26:08.92	08:24	7.1mph	00:26:08.92
			Finish	00:30:15.50	09:44	6.2mph	00:56:24.42
23	NADIA ZEBLUIM	DOWNINGTOWN			00:56:35.39	18:12 3.3mph	
-	-		-			•	
			Split Description	Split Time	Pace	<u>Speed</u>	Cumulative
			Lap 1 Finish	00:26:10.71 00:30:24.69	08:25 09:47	7.1mph 6.1mph	00:26:10.71 00:56:35.39
~ ·							
24	MICHAEL BOYKO	TAYLOR, PA	M: 12	RUNNER 310	00:56:45.75	18:16 3.3mph	Male 60+: 2
			Split Description	Split Time	<u>Pace</u>	Speed	Cumulative
			Lap 1	00:26:01.99	08:22	7.2mph	00:26:01.99
			Finish	00:30:43.76	09:53	6.1mph	00:56:45.75
25	WILLIAM SAYRE	TUNKHANNOCK,	PA M: 13	RUNNER 297	00:57:34.81	18:31 3.2mph	Male 20 - 29: 2
			Split Description	Split Time	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
			Lap 1	00:25:33.38	08:13	7.3mph	00:25:33.38
			Finish	00:32:01.44	10:18	5.8mph	00:57:34.81
-	CHRISTOPHER	TUNKHANNOCK,			00:57:51.79	18:37 3.2mph	Male 13 - 19: 1
26	KOVALCHICK	TUNKI ANNOCK,	PA M: 14	RUNNER 252			
26	KOVALCHICK	TONKIANNOCK,	PA M: 14 Split Description		Pace	Speed	Cumulative
26	KOVALCHICK	TUNKHANNOCK,	Split Description	Split Time	<u>Pace</u> 07:53	<u>Speed</u> 7.6mph	
26	KOVALCHICK	TUNKHANNOCK,	<u>Split Description</u> Lap 1		07:53	7.6mph	<u>Cumulative</u> 00:24:30.29 00:57:51.79
_		TUNKLANNOCK,	<u>Split Description</u> Lap 1 Finish	<u>Split Time</u> 00:24:30.29 00:33:21.50	07:53 10:44	7.6mph 5.6mph	00:24:30.29 00:57:51.79
_	KOVALCHICK JANICE URBANS		<u>Split Description</u> Lap 1 Finish F: 13	Split Time           00:24:30.29           00:33:21.50           RUNNER         365	07:53 10:44 01:00:58.29	7.6mph 5.6mph 19:37 3.1mph	00:24:30.29 00:57:51.79 Female 60+: 1
_			Split Description Lap 1 Finish F: 13 Split Description	Split Time           00:24:30.29           00:33:21.50           RUNNER         365           Split Time	07:53 10:44 01:00:58.29 <u>Pace</u>	7.6mph 5.6mph 19:37 3.1mph <u>Speed</u>	00:24:30.29 00:57:51.79 Female 60+: 1 <u>Cumulative</u>
_			Split Description Lap 1 Finish F: 13 Split Description Lap 1	Split Time           00:24:30.29           00:33:21.50           RUNNER         365           Split Time           00:28:21.27	07:53 10:44 01:00:58.29 <u>Pace</u> 09:07	7.6mph 5.6mph 19:37 3.1mph <u>Speed</u> 6.6mph	00:24:30.29 00:57:51.79 Female 60+: 1 <u>Cumulative</u> 00:28:21.27
27	JANICE URBANS		Split Description Lap 1 Finish F: 13 Split Description Lap 1 Finish	Split Time           00:24:30.29           00:33:21.50           RUNNER         365           Split Time           00:28:21.27           00:32:37.03	07:53 10:44 01:00:58.29 <u>Pace</u> 09:07 10:29	7.6mph 5.6mph 19:37 3.1mph <u>Speed</u> 6.6mph 5.7mph	00:24:30.29 00:57:51.79 Female 60+: 1 <u>Cumulative</u> 00:28:21.27 01:00:58.29
27			Split Description Lap 1 Finish F: 13 Split Description Lap 1	Split Time           00:24:30.29           00:33:21.50           RUNNER         365           Split Time           00:28:21.27	07:53 10:44 01:00:58.29 <u>Pace</u> 09:07	7.6mph 5.6mph 19:37 3.1mph <u>Speed</u> 6.6mph	00:24:30.29 00:57:51.79 Female 60+: 1 <u>Cumulative</u> 00:28:21.27 01:00:58.29
27	JANICE URBANS		Split Description Lap 1 Finish F: 13 Split Description Lap 1 Finish	Split Time           00:24:30.29           00:33:21.50           RUNNER         365           Split Time           00:28:21.27           00:32:37.03	07:53 10:44 01:00:58.29 <u>Pace</u> 09:07 10:29	7.6mph 5.6mph 19:37 3.1mph <u>Speed</u> 6.6mph 5.7mph	00:24:30.29 00:57:51.79 Female 60+: 1 <u>Cumulative</u> 00:28:21.27 01:00:58.29
27	JANICE URBANS		Split Description Lap 1 Finish F: 13 Split Description Lap 1 Finish M: 15	Split Time           00:24:30.29           00:33:21.50           RUNNER         365           Split Time           00:28:21.27           00:28:21.27           00:32:37:03           RUNNER         289	07:53 10:44 01:00:58.29 <u>Pace</u> 09:07 10:29 01:01:29.66	7.6mph 5.6mph 19:37 3.1mph 6.6mph 5.7mph 19:47 3.0mph	00:24:30.29 00:57:51.79 Female 60+: 1 <u>Cumulative</u> 00:28:21.27 01:00:58.29 Male 60+: 3
27	JANICE URBANS		Split Description Lap 1 Finish F: 13 Split Description Lap 1 Finish M: 15 Split Description	Split Time           00:24:30.29           00:33:21.50           RUNNER         365           Split Time           00:28:21.27           00:32:37.03           RUNNER         289           Split Time           Split Time	07:53 10:44 01:00:58.29 <u>Pace</u> 09:07 10:29 01:01:29.66 <u>Pace</u>	7.6mph 5.6mph 19:37 3.1mph <u>Speed</u> 6.6mph 5.7mph 19:47 3.0mph <u>Speed</u>	00:24:30.29 00:57:51.79 Female 60+: 1 <u>Cumulative</u> 00:28:21.27 01:00:58.29 Male 60+: 3 <u>Cumulative</u>
27	JANICE URBANS DAVE MCSHERRY		Split Description Lap 1 Finish F: 13 Split Description Lap 1 Finish M: 15 Split Description Lap 1 Finish	Split Time           00:24:30.29           00:33:21.50           RUNNER         365           Split Time           00:28:21.27           00:32:37.03           RUNNER         289           Split Time           00:29:27.16           00:29:27.16           00:32:02.50	07:53 10:44 01:00:58.29 <u>Pace</u> 09:07 10:29 01:01:29.66 <u>Pace</u> 09:28 10:18	7.6mph 5.6mph 19:37 3.1mph 6.6mph 5.7mph 19:47 3.0mph <u>Speed</u> 6.3mph 5.8mph	00:24:30.29 00:57:51.79 Female 60+: 1 <u>Cumulative</u> 00:28:21.27 01:00:58.29 Male 60+: 3 <u>Cumulative</u> 00:29:27.16 01:01:29.66
27	JANICE URBANS		Split Description Lap 1 Finish F: 13 Split Description Lap 1 Finish M: 15 Split Description Lap 1 Finish PA F: 14	Split Time           00:24:30.29           00:33:21.50           RUNNER         365           Split Time         00:28:21.27           00:28:27.03         289           RUNNER         289           Split Time         00:29:27.16           00:32:02.50         500           RUNNER         319	07:53 10:44 01:00:58.29 <u>Pace</u> 09:07 10:29 01:01:29.66 <u>Pace</u> 09:28 10:18 01:02:44.89	7.6mph 5.6mph 19:37 3.1mph Speed 6.6mph 5.7mph 19:47 3.0mph Speed 6.3mph 5.8mph 20:11 3.0mph	00:24:30.29 00:57:51.79 Female 60+: 1 <u>Cumulative</u> 00:28:21.27 01:00:58.29 Male 60+: 3 <u>Cumulative</u> 00:29:27.16 01:01:29.66 Female 30 - 39: 3
27	JANICE URBANS DAVE MCSHERRY		Split Description Lap 1 Finish F: 13 Split Description Lap 1 Finish M: 15 Split Description Lap 1 Finish PA F: 14 Split Description	Split Time           00:24:30.29           00:33:21.50           RUNNER         365           Split Time         00:28:21.27           00:28:21.27         00:32:37.03           RUNNER         289           Split Time         00:29:27.16           00:29:27.16         00:32:02.50           RUNNER         319           Split Time         3514           Split Time         3514	07:53 10:44 01:00:58.29 <u>Pace</u> 09:07 10:29 01:01:29.66 <u>Pace</u> 09:28 10:18 01:02:44.89 <u>Pace</u>	7.6mph 5.6mph 19:37 3.1mph Speed 6.6mph 5.7mph 19:47 3.0mph Speed 6.3mph 5.8mph 20:11 3.0mph Speed	00:24:30.29 00:57:51.79 Female 60+: 1 <u>Cumulative</u> 00:28:21.27 01:00:58.29 Male 60+: 3 <u>Cumulative</u> 00:29:27.16 01:01:29.66 Female 30 - 39: 3 <u>Cumulative</u>
27	JANICE URBANS DAVE MCSHERRY		Split Description Lap 1 Finish F: 13 Split Description Lap 1 Finish M: 15 Split Description Lap 1 Finish PA F: 14 Split Description Lap 1	Split Time           00:24:30.29           00:33:21.50           RUNNER         365           Split Time         00:28:21.27           00:28:21.27         289           Split Time         289           O0:29:27.16         00:39:202.50           RUNNER         289           Split Time         00:29:27.16           00:32:02.50         319           RUNNER         319           Split Time         00:28:13.91	07:53 10:44 01:00:58.29 Pace 09:07 10:29 01:01:29.66 <u>Pace</u> 09:28 10:18 01:02:44.89 <u>Pace</u> 09:05	7.6mph 5.6mph 19:37 3.1mph Speed 6.6mph 5.7mph 19:47 3.0mph Speed 6.3mph 5.8mph 20:11 3.0mph Speed 6.6mph	00:24:30.29 00:57:51.79 Female 60+: 1 <u>Cumulative</u> 00:28:21.27 01:00:58.29 Male 60+: 3 <u>Cumulative</u> 00:29:27.16 01:01:29.66 Female 30 - 39: 3 <u>Cumulative</u> 00:28:13.91
27 28 29	JANICE URBANS DAVE MCSHERRY LAURA KLUCK	WILKES BARRE,	Split Description Lap 1 Finish F: 13 Split Description Lap 1 Finish M: 15 Split Description Lap 1 Finish PA F: 14 Split Description Lap 1 Finish	Split Time           00:24:30.29           00:33:21.50           RUNNER         365           Split Time         00:28:21.27           00:28:21.27         00:32:37.03           RUNNER         289           Split Time         00:29:27.16           00:29:27.16         00:32:02.50           RUNNER         319           Split Time         00:28:13.91           00:28:13.91         00:34:30.90	07:53 10:44 01:00:58.29 <u>Pace</u> 09:07 10:29 01:01:29.66 <u>Pace</u> 09:28 10:18 01:02:44.89 <u>Pace</u> 09:05 11:06	7.6mph 5.6mph 19:37 3.1mph Speed 6.6mph 5.7mph 19:47 3.0mph Speed 6.3mph 5.8mph 20:11 3.0mph Speed 6.6mph 5.4mph	00:24:30.29 00:57:51.79 Female 60+: 1 <u>Cumulative</u> 00:28:21.27 01:00:58.29 Male 60+: 3 <u>Cumulative</u> 00:29:27.16 01:01:29.66 Female 30 - 39: 3 <u>Cumulative</u> 00:28:13.91 01:02:44.89
27 28 29	JANICE URBANS DAVE MCSHERRY		Split Description Lap 1 Finish F: 13 Split Description Lap 1 Finish M: 15 Split Description Lap 1 Finish PA F: 14 Split Description Lap 1 Finish F: 15	Split Time           00:24:30.29           00:33:21.50           RUNNER         365           Split Time         00:28:21.27           00:28:21.27         00:32:37.03           RUNNER         289           Split Time         00:29:27.16           00:29:27.7         00:32:02.50           RUNNER         319           Split Time         00:28:13.91           00:28:13.91         00:34:30.39           RUNNER         188	07:53 10:44 01:00:58.29 <u>Pace</u> 09:07 10:29 01:01:29.66 <u>Pace</u> 09:28 10:18 01:02:44.89 <u>Pace</u> 09:05 11:06 01:06:20.35	7.6mph 5.6mph 19:37 3.1mph Speed 6.6mph 5.7mph 19:47 3.0mph Speed 6.3mph 5.8mph 20:11 3.0mph Speed 6.6mph 5.4mph 21:21 2.8mph	00:24:30.29 00:57:51.79 Female 60+: 1 <u>Cumulative</u> 00:28:21.27 01:00:58.29 Male 60+: 3 <u>Cumulative</u> 00:29:27.16 01:01:29.66 Female 30 - 39: 3 <u>Cumulative</u> 00:28:13.91 01:02:44.89 Female 30 - 39: 4
27 28 29	JANICE URBANS DAVE MCSHERRY LAURA KLUCK	WILKES BARRE,	Split Description Lap 1 Finish F: 13 Split Description Lap 1 Finish M: 15 Split Description Lap 1 Finish PA F: 14 Split Description Lap 1 Finish F: 15 Split Description	Split Time           00:24:30.29           00:33:21.50           RUNNER         365           Split Time         00:28:21.27           00:28:27.03         289           Split Time         00:29:27.16           00:29:27.03         289           Split Time         00:29:27.16           00:29:27.16         319           Split Time         00:29:27.16           00:29:27.16         319           O0:29:27.16         319           00:29:27.16         319           O0:29:27.16         319           O0:29:3.91         319           O0:29:3.91         319           O0:34:30.99         319           O0:39         319           Split Time         319	07:53 10:44 01:00:58.29 Pace 09:07 10:29 01:01:29.66 Pace 09:28 10:18 01:02:44.89 Pace 09:05 11:06 01:06:20.35 Pace	7.6mph 5.6mph 19:37 3.1mph Speed 6.6mph 5.7mph 19:47 3.0mph Speed 6.3mph 5.8mph 20:11 3.0mph Speed 6.6mph 5.4mph 21:21 2.8mph	00:24:30.29 00:57:51.79 Female 60+: 1 <u>Cumulative</u> 00:28:21.27 01:00:58.29 Male 60+: 3 <u>Cumulative</u> 00:29:27.16 01:01:29.66 Female 30 - 39: 3 <u>Cumulative</u> 00:28:13.91 01:02:44.89 Female 30 - 39: 4 <u>Cumulative</u>
27 28 29	JANICE URBANS DAVE MCSHERRY LAURA KLUCK	WILKES BARRE,	Split Description Lap 1 Finish Split Description Lap 1 Finish M: 15 Split Description Lap 1 Finish PA F: 14 Split Description Lap 1 Finish F: 15 Split Description Lap 1 Finish F: 15	Split Time           00:24:30.29           00:33:21.50           RUNNER         365           Split Time         289           00:28:21.27         20032:37.03           RUNNER         289           Split Time         289           00:29:27.16         20032:02:50           RUNNER         319           Split Time         00:29:27:16           00:29:27.16         319           00:29:27.16         319           00:29:27.16         319           00:29:27.16         319           00:29:27.16         319           00:29:27.16         319           00:29:27.16         319           00:29:27.16         319           00:29:27.16         319           00:29:27.16         319           00:29:27.16         319           00:29:27.16         319           00:29:27.16         319           00:29:27.16         319           00:29:27.16         319           00:29:27.16         319           00:29:27.16         319           00:29:29.17         319           00:29:29.19         319	07:53 10:44 01:00:58.29 Pace 09:07 10:29 01:01:29.66 Pace 09:28 10:18 01:02:44.89 Pace 09:05 11:06 01:06:20.35 Pace 09:10	7.6mph 5.6mph 19:37 3.1mph Speed 6.6mph 5.7mph 19:47 3.0mph Speed 6.3mph 5.8mph 20:11 3.0mph Speed 6.6mph 5.4mph 21:21 2.8mph Speed 6.5mph	00:24:30.29 00:57:51.79 Female 60+: 1 <u>Cumulative</u> 00:28:21.27 01:00:58.29 Male 60+: 3 <u>Cumulative</u> 00:29:27.16 01:01:29.66 Female 30 - 39: 3 <u>Cumulative</u> 00:28:13.91 01:02:44.89 Female 30 - 39: 4 <u>Cumulative</u> 00:28:28.91
27 28 29 30	JANICE URBANS DAVE MCSHERRY LAURA KLUCK MELISSA BEYER	WILKES BARRE, WYALUSING, PA	Split Description Lap 1 Finish F: 13 Split Description Lap 1 Finish M: 15 Split Description Lap 1 Finish PA F: 14 Split Description Lap 1 Finish F: 15 Split Description	Split Time           00:24:30.29           00:33:21.50           RUNNER         365           Split Time         00:28:21.27           00:28:27.03         289           Split Time         00:29:27.16           00:29:27.03         289           Split Time         00:29:27.16           00:29:27.16         319           Split Time         00:29:27.16           00:29:27.16         319           O0:29:27.16         319           00:29:27.16         319           O0:29:27.16         319           O0:29:3.91         319           O0:29:3.91         319           O0:34:30.99         319           O0:39         319           Split Time         319	07:53 10:44 01:00:58.29 Pace 09:07 10:29 01:01:29.66 Pace 09:28 10:18 01:02:44.89 Pace 09:05 11:06 01:06:20.35 Pace	7.6mph 5.6mph 19:37 3.1mph Speed 6.6mph 5.7mph 19:47 3.0mph Speed 6.3mph 5.8mph 20:11 3.0mph Speed 6.6mph 5.4mph 21:21 2.8mph	00:24:30.29 00:57:51.79 Female 60+: 1 <u>Cumulative</u> 00:28:21.27 01:00:58.29 Male 60+: 3 <u>Cumulative</u> 00:29:27.16 01:01:29.66 Female 30 - 39: 3 <u>Cumulative</u> 00:28:13.91 01:02:44.89 Female 30 - 39: 4 <u>Cumulative</u>
27 28 29 30	JANICE URBANS DAVE MCSHERRY LAURA KLUCK	WILKES BARRE,	Split Description Lap 1 Finish Split Description Lap 1 Finish M: 15 Split Description Lap 1 Finish PA F: 14 Split Description Lap 1 Finish F: 15 Split Description Lap 1 Finish F: 15	Split Time           00:24:30.29           00:33:21.50           RUNNER         365           Split Time         289           00:28:21.27         20032:37.03           RUNNER         289           Split Time         289           00:29:27.16         20032:02:50           RUNNER         319           Split Time         00:29:27:16           00:29:27.16         319           00:29:27.16         319           00:29:27.16         319           00:29:27.16         319           00:29:27.16         319           00:29:27.16         319           00:29:27.16         319           00:29:27.16         319           00:29:27.16         319           00:29:27.16         319           00:29:27.16         319           00:29:27.16         319           00:29:27.16         319           00:29:27.16         319           00:29:27.16         319           00:29:27.16         319           00:29:27.16         319           00:29:29.17         319           00:29:29.19         319	07:53 10:44 01:00:58.29 Pace 09:07 10:29 01:01:29.66 Pace 09:28 10:18 01:02:44.89 Pace 09:05 11:06 01:06:20.35 Pace 09:10	7.6mph 5.6mph 19:37 3.1mph Speed 6.6mph 5.7mph 19:47 3.0mph Speed 6.3mph 5.8mph 20:11 3.0mph Speed 6.6mph 5.4mph 21:21 2.8mph Speed 6.5mph	00:24:30.29 00:57:51.79 Female 60+: 1 <u>Cumulative</u> 00:28:21.27 01:00:58.29 Male 60+: 3 <u>Cumulative</u> 00:29:27.16 01:01:29.66 Female 30 - 39: 3 <u>Cumulative</u> 00:28:13.91 01:02:44.89 Female 30 - 39: 4 <u>Cumulative</u> 00:28:28.91 01:06:20.35
27 28 29 30	JANICE URBANS DAVE MCSHERRY LAURA KLUCK MELISSA BEYER	WILKES BARRE, WYALUSING, PA	Split Description Lap 1 Finish F: 13 Split Description Lap 1 Finish M: 15 Split Description Lap 1 Finish PA F: 14 Split Description Lap 1 Finish F: 15 Split Description Lap 1 Finish M: 16	Split Time 00:24:30.29 00:33:21.50           RUNNER         365           Split Time 00:28:21.27 00:28:27.76         289           RUNNER         289           Split Time 00:29:27.16         319           RUNNER         319           Split Time 00:28:13.91         319           Split Time 00:28:13.91         188           Split Time 00:28:28.91 00:28:28.91 00:37:51.44         188           RUNNER         288	07:53 10:44 01:00:58.29 Pace 09:07 10:29 01:01:29.66 Pace 09:28 10:18 01:02:44.89 Pace 09:05 11:06 01:06:20.35 Pace 09:10 12:11 01:13:52.52	7.6mph 5.6mph 19:37 3.1mph 6.6mph 5.7mph 19:47 3.0mph 5.8mph 20:11 3.0mph 5.8mph 20:11 3.0mph 5.8mph 20:11 2.8mph 21:21 2.8mph 6.6mph 5.4mph 21:21 2.8mph 23:46 2.5mph	00:24:30.29 00:57:51.79 Female 60+: 1 <u>Cumulative</u> 00:28:21.27 01:00:58.29 Male 60+: 3 <u>Cumulative</u> 00:29:27.16 01:01:29.66 Female 30 - 39: 3 <u>Cumulative</u> 00:28:13.91 01:02:44.89 Female 30 - 39: 4 <u>Cumulative</u> 00:28:28.91 01:06:20.35 Male 50 - 59: 2
27 28 29 30	JANICE URBANS DAVE MCSHERRY LAURA KLUCK MELISSA BEYER	WILKES BARRE, WYALUSING, PA	Split Description Lap 1 Finish F: 13 Split Description Lap 1 Finish M: 15 Split Description Lap 1 Finish PA F: 14 Split Description Lap 1 Finish F: 15 Split Description Lap 1 Finish	Split Time           00:24:30.29           00:33:21.50           RUNNER         365           Split Time         00:28:21.27           00:28:21.27         00:28:21.27           00:28:27.03         289           Split Time         00:29:27.16           00:29:27.16         289           00:29:27.16         201           RUNNER         319           Split Time         00:28:13.91           00:28:13.91         00:34:30.99           00:28:13.91         00:34:30.99           RUNNER         188           Split Time         00:28:28.91           00:28:28.91         00:28:28.91           00:28:28.91         00:37:51.44	07:53 10:44 01:00:58.29 Pace 09:07 10:29 01:01:29.66 Pace 09:28 10:18 01:02:44.89 Pace 09:05 11:06 01:06:20.35 Pace 09:10 12:11	7.6mph 5.6mph 19:37 3.1mph Speed 6.6mph 5.7mph 19:47 3.0mph Speed 6.3mph 5.8mph 20:11 3.0mph Speed 6.6mph 5.4mph 21:21 2.8mph Speed 6.5mph 4.9mph	00:24:30.29 00:57:51.79 Female 60+: 1 <u>Cumulative</u> 00:28:21.27 01:00:58.29 Male 60+: 3 <u>Cumulative</u> 00:29:27.16 01:01:29.66 Female 30 - 39: 3 <u>Cumulative</u> 00:28:13.91 01:02:44.89 Female 30 - 39: 4 <u>Cumulative</u> 00:28:28.91 01:06:20.35

## Frank J. Valvano Memorial 10K

Place Name	Hometown	Gender	Туре	Bib #	Time	Pace Speed	Division Rank
32 DOUG EPPLY		M: 17	RUNNER	370	01:20:21.09	25:51 2.3mpl	n Male 20 - 29: 3
		Split Description	Split Tim	e	Pace	Speed	Cumulative
		Lap 1	00:20:37.2	22	06:38	9.0mph	00:20:37.22
		Finish	00:59:43.8	38	19:13	3.1mph	01:20:21.09