

Heritage Trail Run 50K

Place	Name	Hometown	Gender	Type	Bib #	Time	Pace	Speed	Division Rank	
1	NOAH CRUZ	ADRIAN, MI	M: 1	RUNNER	2314	04:20:53.21	08:23	7.1mph	Male Overall: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	02:26:09.225	08:06	7.4mph	02:26:09.225
						Split 2	01:54:43.992	08:47	6.8mph	04:20:53.217
2	JIM HICKS	ADRIAN, MI	M: 2	RUNNER	1693	04:54:04.64	09:27	6.3mph	Male Masters: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	02:39:00.102	08:49	6.8mph	02:39:00.102
						Split 2	02:15:04.542	10:21	5.8mph	04:54:04.644
3	JEFF LIPPERT	HOWELL, MI	M: 3	RUNNER	1135	05:10:23.04	09:59	6.0mph	Male 30 - 39: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	02:45:30.528	09:11	6.5mph	02:45:30.528
						Split 2	02:24:52.514	11:06	5.4mph	05:10:23.042
4	AARON WIELFAERT	BLISSFIELD, MI	M: 4	RUNNER	2424	05:16:59.34	10:12	5.9mph	Male 30 - 39: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	02:50:14.537	09:26	6.4mph	02:50:14.537
						Split 2	02:26:44.807	11:14	5.3mph	05:16:59.344
5	THOM BATEMAN	WILMETTE, IL	M: 5	RUNNER	2452	05:21:26.07	10:20	5.8mph	Male 50 - 59: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	02:56:43.592	09:48	6.1mph	02:56:43.592
						Split 2	02:24:42.487	11:05	5.4mph	05:21:26.079
6	TIM NELSON	OMER, MI	M: 6	RUNNER	1142	05:54:59.44	11:25	5.3mph	Male 50 - 59: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	03:07:30.218	10:24	5.8mph	03:07:30.218
						Split 2	02:47:29.228	12:50	4.7mph	05:54:59.446
7	SEAN CUMMING	TECUMSEH, MI	M: 7	RUNNER	2441	06:03:41.93	11:42	5.1mph	Male 40 - 49: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	03:12:25.843	10:40	5.6mph	03:12:25.843
						Split 2	02:51:16.088	13:07	4.6mph	06:03:41.931
8	TREVOR PARKS	SAGINAW, MI	M: 8	RUNNER	1193	06:03:45.90	11:42	5.1mph	Male 40 - 49: 2	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	03:12:29.076	10:40	5.6mph	03:12:29.076
						Split 2	02:51:16.829	13:07	4.6mph	06:03:45.905
9	NATHAN HICKS	SALINE, MI	M: 9	RUNNER	1976	06:11:45.66	11:57	5.0mph	Male 30 - 39: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	03:14:36.912	10:48	5.6mph	03:14:36.912
						Split 2	02:57:08.751	13:34	4.4mph	06:11:45.663
10	RAYMOND DALTON	ANN ARBOR, MI	M: 10	RUNNER	1658	06:14:41.57	12:03	5.0mph	Male 40 - 49: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	03:27:55.701	11:32	5.2mph	03:27:55.701
						Split 2	02:46:45.875	12:46	4.7mph	06:14:41.576
11	EDWARD ZECHMANN	CINCINNATI, OH	M: 11	RUNNER	2443	06:18:54.57	12:11	4.9mph	Male 40 - 49: 4	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	03:24:38.820	11:21	5.3mph	03:24:38.820
						Split 2	02:54:15.754	13:21	4.5mph	06:18:54.574
12	RON CARPENTER		M: 12	RUNNER	2454	06:31:47.68	12:36	4.8mph	Male 70 - 79: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	03:34:16.423	11:53	5.0mph	03:34:16.423
						Split 2	02:57:31.258	13:36	4.4mph	06:31:47.681
13	SARA CUCKLER	COLDWATER, MI	F: 1	RUNNER	2236	06:37:37.21	12:47	4.7mph	Female Overall: 1	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	03:20:38.661	11:08	5.4mph	03:20:38.661
						Split 2	03:16:58.550	15:05	4.0mph	06:37:37.211
14	DANIEL WESTON	JACKSON, MI	M: 13	RUNNER	2446	06:38:32.67	12:49	4.7mph	Male 30 - 39: 4	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	03:20:29.507	11:07	5.4mph	03:20:29.507
						Split 2	03:18:03.166	15:10	4.0mph	06:38:32.673
15	CHRISTOPHER KIRCHNER	ONSTED, MI	M: 14	RUNNER	2234	07:01:54.41	13:34	4.4mph	Male 30 - 39: 5	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	03:06:46.016	10:21	5.8mph	03:06:46.016
						Split 2	03:55:08.401	18:01	3.3mph	07:01:54.417
16	AL PEREZ	ADRIAN, MI	M: 15	RUNNER	2453	07:12:00.51	13:54	4.3mph	Male 50 - 59: 3	
						<u>Split Description</u>	<u>Split Time</u>	<u>Pace</u>	<u>Speed</u>	<u>Cumulative</u>
						Split 1	03:52:06.108	12:52	4.7mph	03:52:06.108
						Split 2	03:19:54.404	15:19	3.9mph	07:12:00.512

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17	ROBERT VALDES	TIPTON, MI	M: 16	RUNNER	1903	07:19:04.61	14:07	4.2mph	Male 50 - 59: 4
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	03:52:10.542		12:53		4.7mph	03:52:10.542
			Split 2	03:26:54.076		15:51		3.8mph	07:19:04.618
18	CHRIS KNABUSCH	MONROE, MI	M: 17	RUNNER	2165	07:19:37.71	14:09	4.2mph	Male 40 - 49: 5
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	03:28:33.421		11:34		5.2mph	03:28:33.421
			Split 2	03:51:04.296		17:42		3.4mph	07:19:37.717
19	RACHEL FLYNN	JACKSON, MI	F: 2	RUNNER	2442	07:21:12.35	14:12	4.2mph	Female 30 - 39: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	04:02:02.209		13:25		4.5mph	04:02:02.209
			Split 2	03:19:10.149		15:15		3.9mph	07:21:12.358
20	BRANDI ZEIKEKIS	DUNDEE, MI	F: 3	RUNNER	2367	07:49:50.34	15:07	4.0mph	Female Masters: 1
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	06:43:37.016		22:23		2.7mph	06:43:37.016
			Split 2	01:06:13.326		05:04		11.8mph	07:49:50.342
21	JAMES CLAUDA	ADRIAN, MI	M: 18	RUNNER	1916	07:51:38.63	15:10	4.0mph	Male 40 - 49: 6
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	04:00:36.104		13:21		4.5mph	04:00:36.104
			Split 2	03:51:02.535		17:42		3.4mph	07:51:38.639
22	STEPHEN BEFFREY	MACOMB, MI	M: 19	RUNNER	2448	07:54:09.32	15:15	3.9mph	Male 30 - 39: 6
			<u>Split Description</u>	<u>Split Time</u>		<u>Pace</u>		<u>Speed</u>	<u>Cumulative</u>
			Split 1	04:10:20.700		13:53		4.3mph	04:10:20.700
			Split 2	03:43:48.628		17:09		3.5mph	07:54:09.328