

# 10k Run/Walk

## 10k Racewalk/Run - Mens - Run 55-59

Place	Bib #	Name	Time	Pace	Speed	Sex	Age
1	2002	SAMUEL BEAUMONT	00:59:06.48	09:30	6.3mph	M	0
					<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>
					00:09:28.67	6.6mph	09:08
					00:09:44.59	6.4mph	09:24
					00:09:45.51	6.4mph	09:25
					00:09:58.59	6.2mph	09:37
					00:10:05.86	6.2mph	09:44
					00:10:03.27	6.2mph	09:42

## 10k Racewalk/Run - Womens - Run - 65-69

Place	Bib #	Name	Time	Pace	Speed	Sex	Age
1	2023	NANCY BALL	01:05:06.24	10:28	5.7mph	F	68
					<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>
					00:10:47.85	5.8mph	10:25
					00:10:39.19	5.8mph	10:17
					00:10:38.01	5.8mph	10:15
					00:10:57.70	5.7mph	10:34
					00:11:02.43	5.6mph	10:39
					00:11:01.08	5.6mph	10:38

## 10k Racewalk/Run - Womens - Run - 55-59

Place	Bib #	Name	Time	Pace	Speed	Sex	Age
1	2032	DENISE LEVINSON	01:20:26.37	12:56	4.6mph	F	0
					<u>Split Times</u>	<u>Speed</u>	<u>Pace</u>
					00:11:45.82	5.3mph	11:21
					00:12:43.17	4.9mph	12:16
					00:13:10.23	4.7mph	12:42
					00:14:03.21	4.4mph	13:34
					00:14:24.32	4.3mph	13:54
					00:14:19.63	4.3mph	13:49