



Person Details

Participant

Name	Ehmsen, Martin
Team	–
Bib Number	7620
Division	45-49
State/ Province	–
My Runner	

Result

Place	4852
Place (g)	478
Place (Total)	5375
Time Total (net)	02:58:43
Time Total (gun)	03:05:18
min/mile	06:49

Race Status

Race State	Finished
Last Split	Finish Net

Splits

Split	Time Of Day	Time	Diff	Min/mile	Miles/h
5K	10:27:23AM	00:20:45	20:45	06:41	8.99
10K	10:48:13AM	00:41:34	20:49	06:42	8.95
15K	11:09:02AM	01:02:24	20:50	06:43	8.95
20K	11:29:45AM	01:23:07	20:43	06:40	9.00
HALF	11:34:13AM	01:27:34	04:27	06:32	9.18
25K	11:50:25AM	01:43:47	16:13	06:42	8.98
30K	12:11:44PM	02:05:06	21:19	06:52	8.75
20 Miles	12:21:05PM	02:14:26	09:20	06:52	8.73
21 Miles	12:28:22PM	02:21:43	07:17	07:17	8.24
35K	12:33:24PM	02:26:46	05:03	06:45	8.90
23 Miles	12:42:20PM	02:35:42	08:56	07:10	8.38
24 Miles	12:49:16PM	02:42:38	06:56	06:56	8.65
40K	12:55:22PM	02:48:44	06:06	07:06	8.47
25.2 Miles	12:58:04PM	02:51:25	02:41	07:47	7.69
Finish Net	01:05:21PM	02:58:43	07:18	07:10	8.39

