

Summerlake 12 Hour Run

Date: Friday, January 18, 2008 (7:00am - 7:00pm)

Location: Summerlake Park, Tigard, Oregon

Temperature: Start 34°, Peak 40°, End 33°

Conditions: Overcast turning clear late; cold, but calm; Dry

Split	Split Time	Split Dist.	Split Pace	Overall Time	Overall Dist.	Overall Pace	Avg		Dist.	Time	Pace	
							HR	HR				
1	8:36.66	0.956	9:00.61	0:08:36.66	0.956	9:00.61	1	127	127.0			
2	8:53.66	0.956	9:18.40	0:17:30.32	1.911	9:09.50						
3	9:07.39	0.956	9:32.76	0:26:37.71	2.867	9:17.26						
4	9:18.53	0.956	9:44.42	0:35:56.24	3.823	9:24.05						
5	9:26.81	0.956	9:53.08	0:45:23.05	4.779	9:29.85						
6	9:17.03	0.956	9:42.85	0:54:40.08	5.734	9:32.02	2	126	126.5			
7	9:06.76	0.956	9:32.10	1:03:46.84	6.690	9:32.03						
8	8:59.23	0.956	9:24.23	1:12:46.07	7.646	9:31.06	3	126	126.3			
9	9:00.33	0.956	9:25.38	1:21:46.40	8.601	9:30.43						
10	8:54.33	0.956	9:19.10	1:30:40.73	9.557	9:29.29						
11	8:34.17	0.956	8:58.00	1:39:14.90	10.513	9:26.45	4	130	127.3			
12	8:32.38	0.956	8:56.13	1:47:47.28	11.468	9:23.92						
13	8:46.43	0.956	9:10.83	1:56:33.71	12.424	9:22.91						
14	8:48.04	0.956	9:12.52	2:05:21.75	13.380	9:22.17	5	129	127.6			
15	8:46.07	0.956	9:10.46	2:14:07.82	14.336	9:21.39						
16	8:47.70	0.956	9:12.16	2:22:55.52	15.291	9:20.81						
17	8:33.80	0.956	8:57.62	2:31:29.32	16.247	9:19.45	6	134	128.7			
18	8:34.56	0.956	8:58.41	2:40:03.88	17.203	9:18.28						
19	8:55.42	0.956	9:20.24	2:48:59.30	18.158	9:18.38						
20	8:44.13	0.956	9:08.43	2:57:43.43	19.114	9:17.89	7	139	130.1			
21	8:38.20	0.956	9:02.22	3:06:21.63	20.070	9:17.14						
22	8:43.48	0.956	9:07.75	3:15:05.11	21.025	9:16.71						
23	8:36.66	0.956	9:00.61	3:23:41.77	21.981	9:16.01	8	139	131.3			
24	8:36.18	0.956	9:00.11	3:32:17.95	22.937	9:15.35						
25	8:34.75	0.956	8:58.61	3:40:52.70	23.893	9:14.68						
26	8:40.40	0.956	9:04.52	3:49:33.10	24.848	9:14.29	9	139	132.1			
27	8:39.44	0.956	9:03.52	3:58:12.54	25.804	9:13.89						
28	8:41.93	0.956	9:06.12	4:06:54.47	26.760	9:13.61						
29	8:51.03	0.956	9:15.65	4:15:45.50	27.715	9:13.68	10	138	132.7			
30	8:49.79	0.956	9:14.35	4:24:35.29	28.671	9:13.71						
31	10:33.42	0.956	11:02.78	4:35:08.71	29.627	9:17.22						
32	9:16.92	0.956	9:42.74	4:44:25.63	30.582	9:18.02	11	132	132.6			
33	9:10.69	0.956	9:36.22	4:53:36.32	31.538	9:18.57						
34	10:05.43	0.956	10:33.49	5:03:41.75	32.494	9:20.78						
35	9:54.50	0.956	10:22.06	5:13:36.25	33.450	9:22.53	12	134	132.8			
36	9:18.47	0.956	9:44.36	5:22:54.72	34.405	9:23.13						
37	10:56.19	0.956	11:26.61	5:33:50.91	35.361	9:26.47						
38	11:00.58	0.956	11:31.20	5:44:51.49	36.317	9:29.75	13	125	132.2			
39	11:31.68	0.956	12:03.74	5:56:23.17	37.272	9:33.70						
40	12:03.57	0.956	12:37.11	6:08:26.74	38.228	9:38.29						
41	9:18.18	0.956	9:44.05	6:17:44.92	39.184	9:38.43	14	127	131.8			
42	10:05.80	0.956	10:33.88	6:27:50.72	40.139	9:39.75						
43	10:11.07	0.956	10:39.40	6:38:01.79	41.095	9:41.13						
44	10:41.86	0.956	11:11.61	6:48:43.65	42.051	9:43.19	15	128	131.5			
45	10:11.86	0.956	10:40.22	6:58:55.51	43.007	9:44.46						
46	10:39.89	0.956	11:09.55	7:09:35.40	43.962	9:46.31						
47	9:27.36	0.956	9:53.66	7:19:02.76	44.918	9:46.46	16	132	131.6			
48	10:02.85	0.956	10:30.79	7:29:05.61	45.874	9:47.39						
49	10:27.79	0.956	10:56.89	7:39:33.40	46.829	9:48.81						
50	10:18.29	0.956	10:46.95	7:49:51.69	47.785	9:49.97	17	129	131.4			
51	10:15.28	0.956	10:43.80	8:00:06.97	48.741	9:51.02						
52	10:50.44	0.956	11:20.59	8:10:57.41	49.696	9:52.75						
53	10:37.93	0.956	11:07.50	8:21:35.34	50.652	9:54.16	18	123	130.9			
54	12:14.10	0.956	12:48.13	8:33:49.44	51.608	9:57.38						
55	10:02.31	0.956	10:30.23	8:43:51.75	52.564	9:57.98						
56	10:08.69	0.956	10:36.90	8:54:00.44	53.519	9:58.67	19	124	130.6			
57	12:38.83	0.956	13:14.00	9:06:39.27	54.475	10:02.10						
58	10:04.88	0.956	10:32.92	9:16:44.15	55.431	10:02.63						
59	11:29.08	0.956	12:01.02	9:28:13.23	56.386	10:04.64	20	126	130.4			
60	10:37.11	0.956	11:06.64	9:38:50.34	57.342	10:05.67						
61	10:31.12	0.956	11:00.37	9:49:21.46	58.298	10:06.57						
62	11:04.94	0.956	11:35.76	10:00:26.40	59.253	10:08.01	21	123	130.0			
63	12:13.41	0.956	12:47.41	10:12:39.81	60.209	10:10.54						
64	11:03.45	0.956	11:34.20	10:23:43.26	61.165	10:11.84						
65	10:38.78	0.956	11:08.39	10:34:22.04	62.121	10:12.71	22	122	129.6			
66	10:41.77	0.956	11:11.52	10:45:03.81	63.076	10:13.60						
67	11:34.68	0.956	12:06.88	10:56:38.49	64.032	10:15.29						
68	1:09.77	0.123	9:27.70	10:57:48.26	64.155	10:15.20	23	122	129.3			

Net Splits

	Dist.	Time	Pace
5k	3.11	0:29:14.19	9:24.05
10k	6.22	0:59:15.18	9:32.03
15k	9.33	1:28:28.65	9:29.29
Half	13.11	2:02:50.08	9:22.17
30k	18.65	2:53:21.78	9:17.89
Marathon	26.22	4:02:03.01	9:13.89
50k	31.07	4:48:57.72	9:18.02
60k	37.29	5:56:33.32	9:33.70
70k	43.50	7:05:08.86	9:46.46
50m	50.00	8:15:07.89	9:54.16
90k	55.92	9:23:33.35	10:04.64
100k	62.14	10:34:32.22	10:12.71

First Half	34.88	5:28:22.82	9:24.82
Second Half	29.27	5:29:25.44	11:15.24

Heart Rate/Calorie

Total Run Time	10:58:25.00		
In Zone Time	3:26:44.00	31.4%	

AvgHR	129		
PeakHR	150		
MinHR	81		

Total Calories	8,249		
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Overall Splits

	Dist.	Time	Pace
5k	3.11	0:29:14.19	9:24.05
10k	6.22	0:59:15.18	9:32.03
15k	9.33	1:28:28.65	9:29.29
Half	13.11	2:02:50.08	9:22.17
30k	18.65	3:09:41.78	10:10.45
Marathon	26.22	4:18:23.01	9:51.27
50k	31.07	5:20:41.72	10:19.30
60k	37.29	6:28:17.32	10:24.76
70k	43.50	7:52:06.86	10:51.25
50m	50.00	9:02:05.89	10:50.52
90k	55.92	10:25:43.35	11:11.34
100k	62.14	11:36:42.22	11:12.74

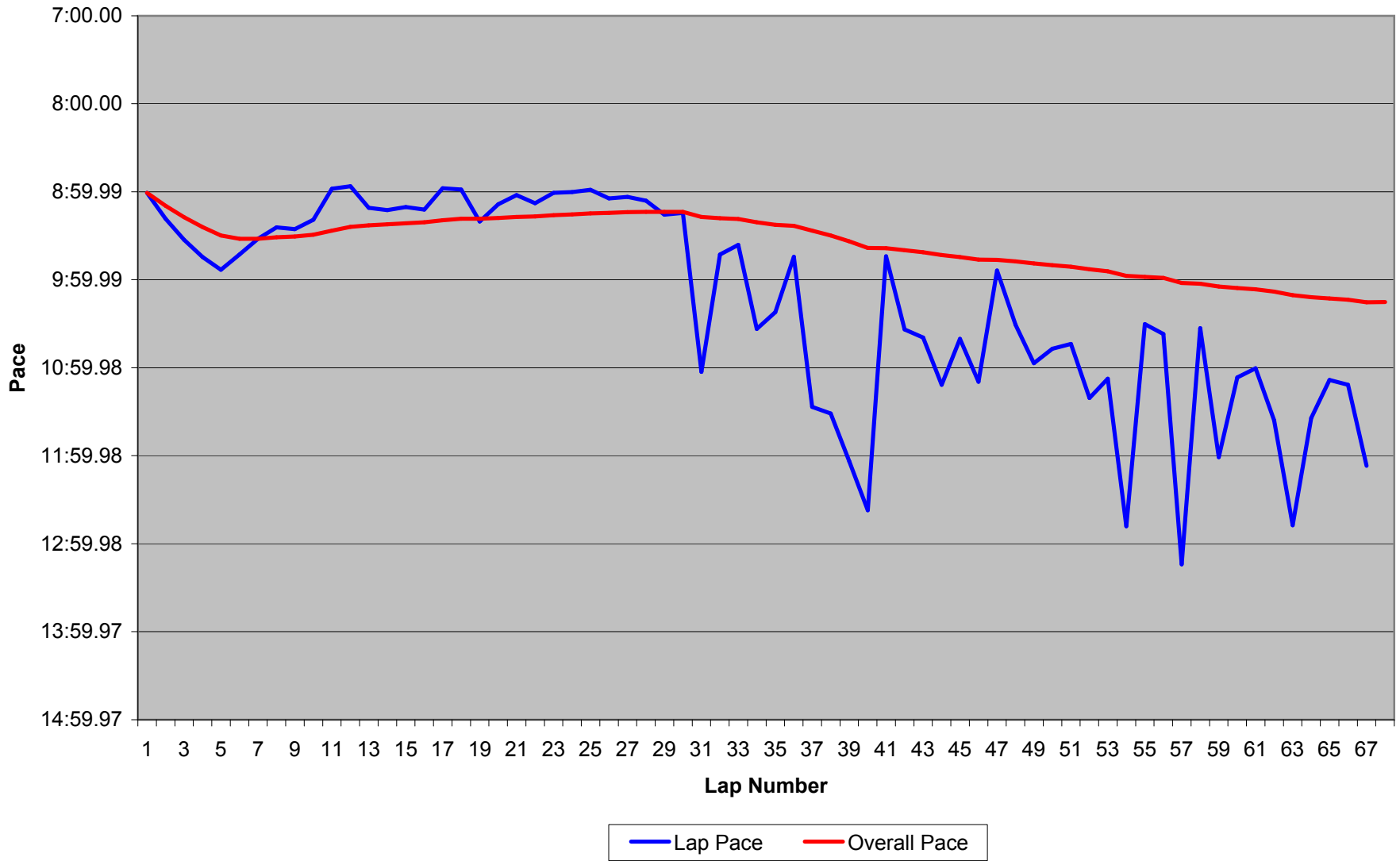
First Half	34.88	6:00:00.00	10:19.21
Second Half	29.27	6:00:00.00	12:17.91

Summerlake 12 Hour Run

Segment Breakdown

	Start Time	End Time	Time	Overall Time	Laps	Miles	Total Miles	Segment Lap Pace	Mile Pace	Overall Lap Pace	Mile Pace	Temp	HR	Calories	Total Calories
Start												34°			
Break	7:00	9:14	2:14:09	2:14:09	15	14.336	14.336	8:56.60	9:21.47	8:56.60	9:21.47		127	1,630	1,630
Break	9:14	9:30	0:16:20	2:30:29			14.336			10:01.93	10:29.84	36°			
Break	9:30	11:41	2:10:27	4:40:56	15	14.336	28.671	8:41.80	9:05.99	9:21.87	9:47.91		138	1,890	3,520
Break	11:41	11:56	0:15:24	4:56:20			28.671			9:52.67	10:20.14	39°			
Break	11:56	14:09	2:13:27	7:09:47	13	12.424	41.095	10:15.92	10:44.47	9:59.70	10:27.50		130	1,699	5,219
Break	14:09	14:24	0:15:14	7:25:01			41.095			10:20.95	10:49.74	40°			
Break	14:24	16:40	2:15:59	9:41:00	13	12.424	53.519	10:27.62	10:56.71	10:22.50	10:51.36		127	1,681	6,900
Break	16:40	16:55	0:15:12	9:56:12			53.519			10:38.79	11:08.40	38°			
Break	16:55	19:00	2:03:48	12:00:00	11	10.636	64.155	11:15.27	11:38.41	10:44.78	11:13.37		123	1,349	8,249
Finish												33°			

12 Hour Run (Jan 18, 2008): Net Pacing Chart



12 Hour Run (Jan 18, 2008): Heart Rate Chart

