

Des Moines Creek 6 hour Breakdown

Saturday, March 1, 2008
SeaTac, Washington

	Split Time	Split Dist.	Split Pace	Overall Time	Overall Dist.	Overall Pace	Avg HR
1	0:34:11.13	4.00	8:32.8	0:34:11.13	4.00	8:32.8	146
2	0:36:07.42	4.00	9:01.9	1:10:18.55	8.00	8:47.3	142
3	0:39:46.95	4.00	9:56.7	1:50:05.50	12.00	9:10.5	131
4	0:41:18.90	4.00	10:19.7	2:31:24.40	16.00	9:27.8	131
5	0:44:08.58	4.00	11:02.1	3:15:32.98	20.00	9:46.6	135
6	0:43:36.26	4.00	10:54.1	3:59:09.24	24.00	9:57.9	132
7	0:43:46.04	4.00	10:56.5	4:42:55.28	28.00	10:06.3	133
8	0:43:38.84	4.00	10:54.7	5:26:34.12	32.00	10:12.3	134
9	0:12:05.41	1.07	11:18.0	5:38:39.53	33.07	10:14.4	132
10	0:10:39.25	1.07	9:57.4	5:49:18.78	34.14	10:13.9	135

5k Split:	0:26:35	3.11	8:32.8
10k Split:	0:54:14	6.22	8:43.2
Half Marathon Split:	2:01:33	13.11	9:16.3
25k Split:	2:26:39	15.54	9:26.2
30k Split:	3:00:39	18.65	9:41.2
Marathon Split:	4:23:26	26.22	10:02.8
50k Split:	5:16:25	31.07	10:11.0

In Zone Time 3:14:06 55.6%

avgHR 135
peakHR 159
minHR 77

Calories 4,781