

## PigTails 50k

Lake Youngs Watershed (Renton, Washington)

Saturday, January 26, 2008 (7:30am)

Start 26°, End 36°, Overcast with late rain

	<b>Split Time</b>	<b>Split Dist.</b>	<b>Split Pace</b>	<b>Overall Time</b>	<b>Overall Dist.</b>	<b>Overall Pace</b>	<b>Avg HR</b>
1	1:29:30	9.60	9:19	1:29:30	9.60	9:19	142
2	1:36:57	9.60	10:06	3:06:27	19.20	9:43	136
3	1:38:27	9.60	10:15	4:44:54	28.80	9:54	136
4	0:10:46	1.14	9:29	4:55:40	29.94	9:53	140
5	0:12:21	1.14	10:53	5:08:01	31.07	9:55	136

**First Half** 2:29:27 15.54 9:37  
**Second Half** 2:38:34 15.54 10:12

**Marathon Split** 4:15:05 26.22 9:44

### Heart Rate/Calorie Information

Run Time: 5:08:01 In Zone Time: 3:31:20 (68.61%)

avgHR: 138 peakHR: 168 minHR: 81

Calories Burned: 4,392

Cal/Hour: 855.57 Cal/Mile: 141.36

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## Yours Truly 50k

Cedar River Trailhead (Landsberg, Washington)

Sunday, January 27, 2008 (7:45am)

Start 32°, End 38°, Mostly cloudy with sunbreaks and snow

	<b>Split Time</b>	<b>Split Dist.</b>	<b>Split Pace</b>	<b>Overall Time</b>	<b>Overall Dist.</b>	<b>Overall Pace</b>	<b>Avg HR</b>
1	1:27:37	7.78	11:15	1:27:37	7.78	11:15	119
2	1:36:44	7.78	12:26	3:04:21	15.57	11:50	114
3	1:33:29	7.78	12:01	4:37:50	23.35	11:54	121
4	1:17:39	7.78	9:59	5:55:29	31.14	11:25	131

**First Half** 3:04:21 15.57 11:50  
**Second Half** 2:51:08 15.57 11:00

**Marathon Split** 5:02:39 26.22 11:33

### Heart Rate/Calorie Information

Run Time: 5:55:29 In Zone Time: 0:49:56 (14.05%)

avgHR: 121 peakHR: 158 minHR: 68

Calories Burned: 3,907

Cal/Hour: 660.33 Cal/Mile: 125.48

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## PigTails/Yours Truly 50k Summary

<b>PigTails</b>	5:08:01	31.07	9:55
<b>Yours Truly</b>	5:55:29	31.14	11:25
<b>Totals</b>	<b>11:03:30</b>	<b>62.21</b>	<b>10:40</b>
<b>Average</b>	5:31:45	31.10	10:40