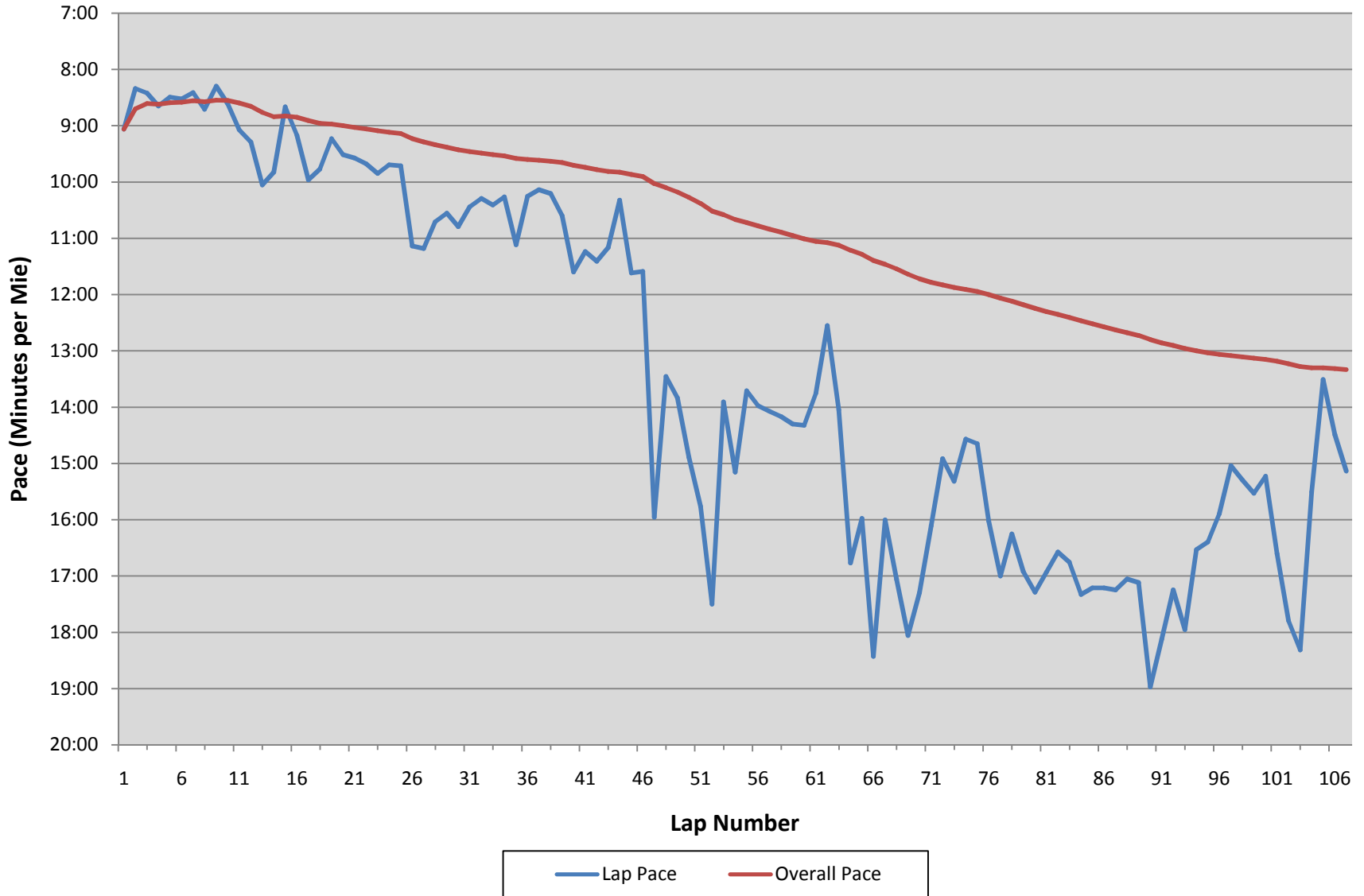


**PACING CHART**  
**Pacific Rim One Day Run**  
March 15-16, 2008 • Longview, Washington



## 24 HOUR RUN SPLIT LOG

### Pacific Rim One Day Run

March 15-16, 2008 • Longview, Washington

Lap				Overall			Lap				Overall		
Lap#	Time	Dist	Pace	Time	Dist	Pace	Lap#	Time	Dist	Pace	Time	Dist	Pace
1	9:03.57	1.00	9:04	0:09:03.57	1.00	9:04	55	13:42.53	1.00	13:43	9:49:35.89	55.00	10:43
2	8:20.26	1.00	8:20	0:17:23.83	2.00	8:42	56	13:58.60	1.00	13:59	10:03:34.49	56.00	10:47
3	8:25.13	1.00	8:25	0:25:48.96	3.00	8:36	57	14:04.55	1.00	14:05	10:17:39.04	57.00	10:50
4	8:38.86	1.00	8:39	0:34:27.82	4.00	8:37	58	14:10.04	1.00	14:10	10:31:49.08	58.00	10:54
5	8:29.43	1.00	8:29	0:42:57.25	5.00	8:35	59	14:18.00	1.00	14:18	10:46:07.08	59.00	10:57
6	8:31.30	1.00	8:31	0:51:28.55	6.00	8:35	60	14:19.33	1.00	14:19	11:00:26.41	60.00	11:00
7	8:24.67	1.00	8:25	0:59:53.22	7.00	8:33	61	13:45.08	1.00	13:45	11:14:11.49	61.00	11:03
8	8:42.52	1.00	8:43	1:08:35.74	8.00	8:34	62	12:33.12	1.00	12:33	11:26:44.61	62.00	11:05
9	8:17.91	1.00	8:18	1:16:53.65	9.00	8:33	63	14:02.90	1.00	14:03	11:40:47.51	63.00	11:07
10	8:36.51	1.00	8:37	1:25:30.16	10.00	8:33	64	16:46.11	1.00	16:46	11:57:33.62	64.00	11:13
11	9:04.06	1.00	9:04	1:34:34.22	11.00	8:36	65	15:58.57	1.00	15:59	12:13:32.19	65.00	11:17
12	9:17.18	1.00	9:17	1:43:51.40	12.00	8:39	66	18:25.53	1.00	18:26	12:31:57.72	66.00	11:24
13	10:02.99	1.00	10:03	1:53:54.39	13.00	8:46	67	16:00.18	1.00	16:00	12:47:57.90	67.00	11:28
14	9:49.36	1.00	9:49	2:03:43.75	14.00	8:50	68	17:03.42	1.00	17:03	13:05:01.32	68.00	11:33
15	8:39.90	1.00	8:40	2:12:23.65	15.00	8:50	69	18:03.52	1.00	18:04	13:23:04.84	69.00	11:38
16	10:05.22	1.10	9:10	2:22:28.87	16.10	8:51	70	17:17.94	1.00	17:18	13:40:22.78	70.00	11:43
17	8:57.87	0.90	9:58	2:31:26.74	17.00	8:55	71	16:06.50	1.00	16:07	13:56:29.28	71.00	11:47
18	9:46.14	1.00	9:46	2:41:12.88	18.00	8:57	72	14:54.77	1.00	14:55	14:11:24.05	72.00	11:50
19	9:13.74	1.00	9:14	2:50:26.62	19.00	8:58	73	15:19.07	1.00	15:19	14:26:43.12	73.00	11:52
20	9:30.71	1.00	9:31	2:59:57.33	20.00	9:00	74	14:34.08	1.00	14:34	14:41:17.20	74.00	11:55
21	10:49.07	1.13	9:34	3:10:46.40	21.13	9:02	75	14:38.88	1.00	14:39	14:55:56.08	75.00	11:57
22	8:25.10	0.87	9:41	3:19:11.50	22.00	9:03	76	16:01.33	1.00	16:01	15:11:57.41	76.00	12:00
23	9:50.70	1.00	9:51	3:29:02.20	23.00	9:05	77	16:59.85	1.00	17:00	15:28:57.26	77.00	12:04
24	9:41.69	1.00	9:42	3:38:43.89	24.00	9:07	78	16:15.06	1.00	16:15	15:45:12.32	78.00	12:07
25	9:42.65	1.00	9:43	3:48:26.54	25.00	9:08	79	16:55.32	1.00	16:55	16:02:07.64	79.00	12:11
26	13:08.40	1.18	11:08	4:01:34.94	26.18	9:14	80	17:17.17	1.00	17:17	16:19:24.81	80.00	12:15
27	9:10.00	0.82	11:11	4:10:44.94	27.00	9:17	81	16:55.93	1.00	16:56	16:36:20.74	81.00	12:18
28	10:42.48	1.00	10:42	4:21:27.42	28.00	9:20	82	16:34.53	1.00	16:35	16:52:55.27	82.00	12:21
29	10:33.21	1.00	10:33	4:32:00.63	29.00	9:23	83	16:45.31	1.00	16:45	17:09:40.58	83.00	12:24
30	10:47.44	1.00	10:47	4:42:48.07	30.00	9:26	84	17:19.78	1.00	17:20	17:27:00.36	84.00	12:28
31	10:26.28	1.00	10:26	4:53:14.35	31.00	9:28	85	17:12.56	1.00	17:13	17:44:12.92	85.00	12:31
32	10:17.52	1.00	10:18	5:03:31.87	32.00	9:29	86	17:12.58	1.00	17:13	18:01:25.50	86.00	12:34
33	10:24.38	1.00	10:24	5:13:56.25	33.00	9:31	87	17:14.85	1.00	17:15	18:18:40.35	87.00	12:38
34	10:15.72	1.00	10:16	5:24:11.97	34.00	9:32	88	17:03.27	1.00	17:03	18:35:43.62	88.00	12:41
35	11:06.88	1.00	11:07	5:35:18.85	35.00	9:35	89	17:06.97	1.00	17:07	18:52:50.59	89.00	12:44
36	10:15.28	1.00	10:15	5:45:34.13	36.00	9:36	90	18:58.12	1.00	18:58	19:11:48.71	90.00	12:48
37	10:38.51	1.05	10:08	5:56:12.64	37.05	9:37	91	18:07.12	1.00	18:07	19:29:55.83	91.00	12:51
38	9:41.70	0.95	10:12	6:05:54.34	38.00	9:38	92	17:14.92	1.00	17:15	19:47:10.75	92.00	12:54
39	10:35.77	1.00	10:36	6:16:30.11	39.00	9:39	93	17:57.29	1.00	17:57	20:05:08.04	93.00	12:58
40	11:35.91	1.00	11:36	6:28:06.02	40.00	9:42	94	16:32.03	1.00	16:32	20:21:40.07	94.00	13:00
41	11:13.97	1.00	11:14	6:39:19.99	41.00	9:44	95	16:23.83	1.00	16:24	20:38:03.90	95.00	13:02
42	11:24.39	1.00	11:24	6:50:44.38	42.00	9:47	96	15:53.62	1.00	15:54	20:53:57.52	96.00	13:04
43	11:09.74	1.00	11:10	7:01:54.12	43.00	9:49	97	15:02.35	1.00	15:02	21:08:59.87	97.00	13:05
44	10:19.43	1.00	10:19	7:12:13.55	44.00	9:49	98	15:17.68	1.00	15:18	21:24:17.55	98.00	13:06
45	11:36.98	1.00	11:37	7:23:50.53	45.00	9:52	99	15:31.80	1.00	15:32	21:39:49.35	99.00	13:08
46	11:35.21	1.00	11:35	7:35:25.74	46.00	9:54	100	15:13.47	1.00	15:13	21:55:02.82	100.00	13:09
47	15:57.36	1.00	15:57	7:51:23.10	47.00	10:02	101	16:36.40	1.00	16:36	22:11:39.22	101.00	13:11
48	13:27.32	1.00	13:27	8:04:50.42	48.00	10:06	102	17:47.58	1.00	17:48	22:29:26.80	102.00	13:14
49	13:50.12	1.00	13:50	8:18:40.54	49.00	10:11	103	18:18.97	1.00	18:19	22:47:45.77	103.00	13:17
50	14:53.14	1.00	14:53	8:33:33.68	50.00	10:16	104	15:30.33	1.00	15:30	23:03:16.10	104.00	13:18
51	15:45.98	1.00	15:46	8:49:19.66	51.00	10:23	105	13:30.56	1.00	13:31	23:16:46.66	105.00	13:18
52	17:29.92	1.00	17:30	9:06:49.58	52.00	10:31	106	14:29.19	1.00	14:29	23:31:15.85	106.00	13:19
53	13:54.43	1.00	13:54	9:20:44.01	53.00	10:35	107	15:08.15	1.00	15:08	23:46:24.00	107.00	13:20
54	15:09.35	1.00	15:09	9:35:53.36	54.00	10:40							



