

Hagg Lake 50k Breakdown

Saturday, February 23, 2008

	Split Time	Split Dist.	Split Pace	Overall Time	Overall Dist.	Overall Pace	HR
1	16:18.4	1.6	10:11.5	0:16:18.4	1.6	10:11.5	150
2	12:27.4	1.5	08:18.3	0:28:45.8	3.1	09:16.7	141
3	47:01.7	4.6	10:13.4	1:15:47.5	7.7	09:50.6	143
4	52:25.7	5.1	10:16.8	2:08:13.1	12.8	10:01.0	139
5	48:43.4	4.3	11:19.9	2:56:56.6	17.1	10:20.9	135
6	54:06.5	4.6	11:45.8	3:51:03.1	21.7	10:38.9	131
7	1:02:07.0	5.1	12:10.8	4:53:10.1	26.8	10:56.3	132
8	49:44.8	4.3	11:34.1	5:42:55.0	31.1	11:01.6	133

Half Marathon Split: 2:11:19.5 13.11 10:01.0

25k Split: 2:38:48.8 15.5 10:14.8

Marathon Split: 4:46:49.4 26.22 10:56.3

In Zone Time 3:14:22 56.7%

avgHR 136

peakHR 166

minHR 84

Calories 4,758

Yours Truly Treadmill 50k Breakdown

Sunday, February 24, 2008

	Split Time	Split Dist.	Split Pace	Overall Time	Overall Dist.	Overall Pace		Time	Dist	Pace
1	10:25.2	1.00	10:25.2	0:10:25.2	1.00	10:25.2	12:13-13:12	59:02	6.00	9:50
2	09:54.4	1.00	09:54.4	0:20:19.5	2.00	10:09.8	13:12-14:10	57:21	5.50	10:26
3	09:03.6	1.00	09:03.6	0:29:23.1	3.00	09:47.7	14:10-15:07	56:45	5.50	10:19
4	09:34.7	1.00	09:34.7	0:38:57.7	4.00	09:44.4	15:10-16:07	57:21	5.50	10:26
5	09:51.6	1.00	09:51.6	0:48:49.4	5.00	09:45.9	16:08-17:06	58:07	5.00	11:37
6	09:54.8	1.00	09:54.8	0:58:44.1	6.00	09:47.4	17:08-17:47	38:36	3.57	10:49
7	10:58.2	1.00	10:58.2	1:09:42.3	7.00	09:57.5				
8	10:55.8	1.00	10:55.8	1:20:38.1	8.00	10:04.8				
9	09:55.3	1.00	09:55.3	1:30:33.4	9.00	10:03.7				
10	10:33.5	1.00	10:33.5	1:41:06.9	10.00	10:06.7				
11	10:01.8	1.00	10:01.8	1:51:08.8	11.00	10:06.3				
12	12:33.6	1.00	12:33.6	2:03:42.4	12.00	10:18.5				
13	09:59.6	1.00	09:59.6	2:13:42.0	13.00	10:17.1				
14	09:50.7	1.00	09:50.7	2:23:32.7	14.00	10:15.2				
15	09:45.5	1.00	09:45.5	2:33:18.2	15.00	10:13.2				
16	10:30.7	1.00	10:30.7	2:43:48.9	16.00	10:14.3				
17	10:36.7	1.00	10:36.7	2:54:25.6	17.00	10:15.6				
18	13:09.3	1.00	13:09.3	3:07:34.8	18.00	10:25.3				
19	10:08.7	1.00	10:08.7	3:17:43.6	19.00	10:24.4				
20	09:39.6	1.00	09:39.6	3:27:23.2	20.00	10:22.2				
21	10:47.8	1.00	10:47.8	3:38:11.0	21.00	10:23.4				
22	10:26.4	1.00	10:26.4	3:48:37.4	22.00	10:23.5				
23	12:44.1	1.00	12:44.1	4:01:21.5	23.00	10:29.6				
24	12:11.9	1.00	12:11.9	4:13:33.5	24.00	10:33.9				
25	10:35.0	1.00	10:35.0	4:24:08.5	25.00	10:33.9				
26	11:10.1	1.00	11:10.1	4:35:18.6	26.00	10:35.3				
27	11:17.2	1.00	11:17.2	4:46:35.8	27.00	10:36.9				
28	14:08.0	1.00	14:08.0	5:00:43.8	28.00	10:44.4				
29	10:06.5	1.00	10:06.5	5:10:50.3	29.00	10:43.1				
30	11:37.1	1.04	11:10.3	5:22:27.4	30.04	10:44.1				
31	09:52.9	1.03	09:35.6	5:32:20.3	31.07	10:41.8				

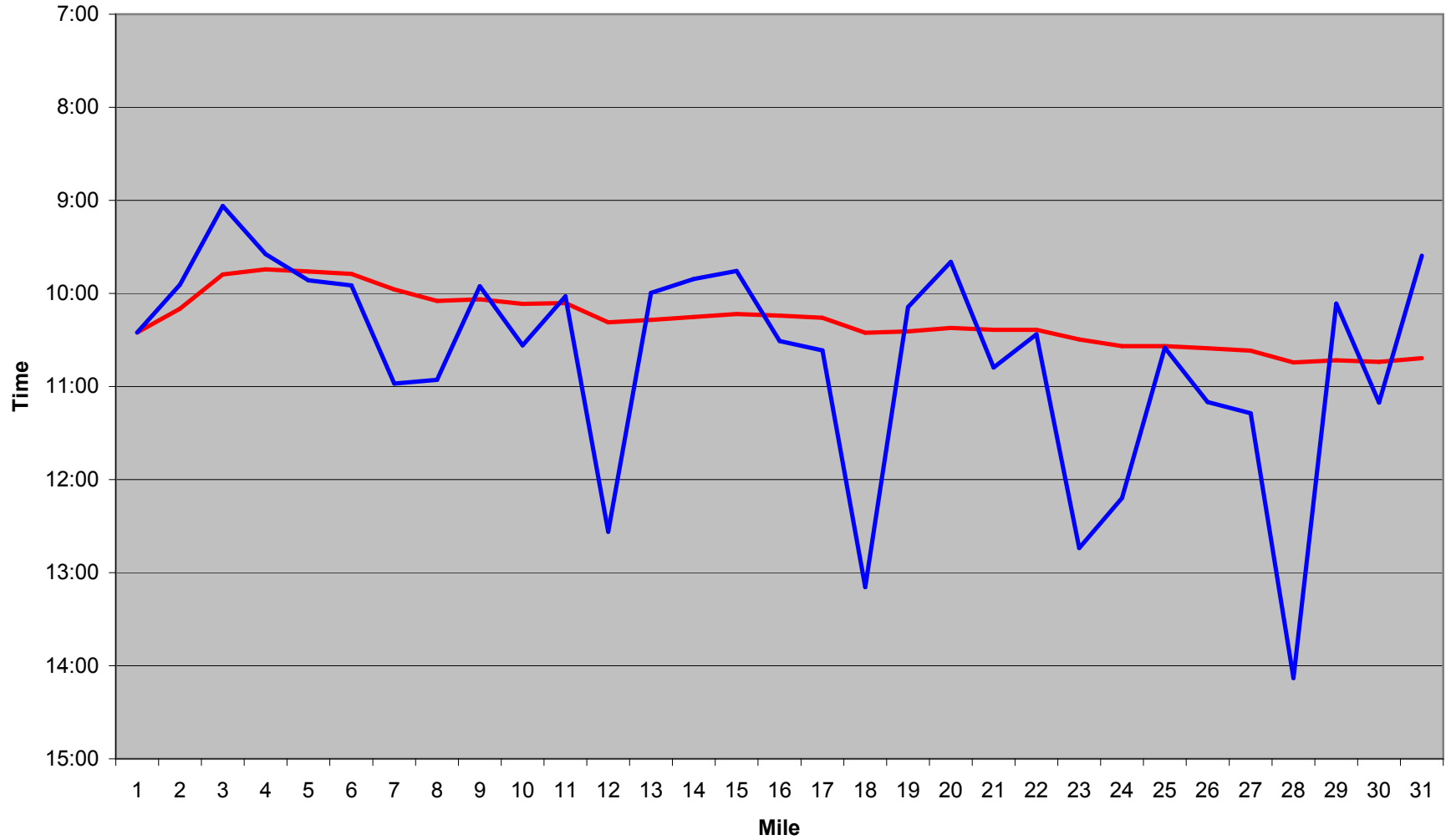
5k Split:	0:30:28	3.11	09:47.8
10k Split:	1:01:44	6.22	09:55.5
Half Marathon Split:	2:14:57	13.11	10:17.6
25k Split:	2:38:44	15.54	10:12.9
30k Split:	3:14:00	18.65	10:24.1
Marathon Split:	4:38:34	26.22	10:37.5

In Zone Time 4:19:34 78.1%

avgHR 140
peakHR 159
minHR 108

Calories 4,584

Treadmill 50k Chart



Overall Pace Split Time