

Matt's Birthday Run 54K
 Wickham Park, Melbourne FL (trails)
 Aug. 8, 2009

	3.75	7.5	11.25	15	18.75	22.5	26.2	30.0	33.75	miles (54 km)
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Joe Ninke, 40M, Sebastian	35	1:09	1:41	2:14	2:50	3:25	4:04	4:44	5:25:14	
Sandra Melton, 53F, Port St. Lucie	37	1:21	2:08	2:54	3:47	4:48	5:54	7:00	7:56:05	(first female)
Matt Mahoney, 54M, Melbourne	40	1:21	2:08	2:54	3:47	4:48	5:54	7:00	7:56:06	
Jeff Stephens, 43M, Lake Worth	37	1:18	1:59	2:42	3:26	4:17	5:16	6:14		
Mark Jackson, 32M, W. Melbourne	35	1:11	1:51	2:44	3:45					
Scott Maxwell, M, Indialantic	37	1:21	2:08	2:51	3:45					
Laurie Ann Wilamowski, 37F, Melbourne	46	1:40	2:44	3:48	4:53					
Tim Collins, 49M, Vero Beach	52	1:50	2:55	4:06	5:25					
Dave Hernandez, 45M, Palm Bay	37	1:19	2:10							
Rick Wrigil, M, Port St. Lucie	44	1:37	2:28							

Weather: 81 F, dewpoint 78 F (heat index 89) at start.
 Sunny, 89 F, dewpoint 76 F (heat index 101) by 3 PM.

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