

Jim's 100 Mile Run
 Sept. 5-7, 2009

Stage 1: 12 x 3.25 miles at Wickham Park, Melbourne FL, trails
 Stage 2: 2 x 15 miles at Withlacoochee Forest, Brooksville FL, trails
 Stage 3: 10 x 3.25 miles at Wickham Park.

Stage 1 3.25 6.5 9.75 13 16.25 19.5 22.75 26 29.25 32.5 35.75 39 miles

Amos Whitwam	37:00	1:18	1:58	2:30	2:58	3:41	4:15	5:14	6:01	6:58	7:45	8:35
Jim Schroeder	37:00	1:20	2:08	2:55	3:43	4:27	5:13	6:01	6:58	7:46	8:37	9:22
Scott Maxwell	37:00	1:18	1:58	2:31	3:04	3:55	8:37	9:22				
Matt Mahoney	22:17	3:42	4:15	6:01								
Laurie Ann Wilamowski	37:00	1:23	2:08									

Stage 2 15 30 miles

Jim	3:28	7:07
Amos	3:28	7:15
Woody	3:15	7:05
Becky	3:15	7:05
June		7:20 (Estimated)
Elaine	10-20 miles	N/A
Pam	10-20 miles	N/A
Dan The Spiderman	15-30 miles	3-6 hours

Stage 3 3.25 6.50 9.75 13 16.25 19.5 22.75 26 29.25 32.5 101.5 miles total

Amos	34:30	1:14	2:03	2:52	3:46	4:31	5:17	6:06	6:50	7:28	23:18	1st
Jim	34:30	1:14	2:03	2:52	3:55	4:46	5:31	6:23	7:18	8:00	24:29	2nd
Scott	34:30					3:46	4:31	5:12	6:06	6:30		
Robin	35:26	1:03	1:48	2:15								
Tracy	35:26	1:03	1:48	2:15								
Dave	34:30	1:05	1:48									
Terry			2:08									
Ray		1:08										
Jonathon	32:10											

Results by Jim Schroeder, jameseschroeder at gmail dot com