

Matt's 56K Birthday Run
 Aug. 7, 2011
 Wickham Park, Melbourne FL

	3.75	7.5	11.25	15	18.75	22.5	26.2	30	33.75	35 miles
Name, Age, Gender, Home town	6K	12K	18K	24K	30K	36K	42K	48K	54K	56 km
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Joe Ninke, 42 M, Sebastian	34	1:07	1:42	2:19	2:58	3:39	4:20	5:01	5:39	5:53:04
Krystle Martinez, 25 F, West Palm Beach	34	1:07	1:42	2:21	3:03	3:44	4:27	5:20	6:19	6:38:26
Brad Lombardi, 42 M, Stuart	34	1:07	1:41	2:14	2:52	3:36	4:26	5:20	6:19	6:38:26
Jeff Stephens, 45 M, Lake Worth	50	1:39	2:30	3:23	4:13	5:04	6:00	7:04	8:15	8:31:25
Kevin Rison, 40 M, Orlando	34	1:09	1:42	2:20	3:00	3:53	4:50			
Jim Schroeder, 63 M, Indialantic	47	1:38	2:37	3:46	5:05	6:26	7:41			
Tim Purool, 53 M, Jupiter	48	1:39	2:30	3:19	4:10	5:22				
Smith Jean-Baptiste, 37 M, Pembroke Pines	48	1:38	2:25	3:17	4:29	6:19				
Mylene Iwanowsky, 44 F, Indialantic	47	1:38	2:37	3:46	6:26					
Sara Jackson, 32 F, Melbourne	47	1:24	2:10	2:58						
Eric Friedman, 36 M, Ft. Lauderdale	48	1:38	2:27	3:17						
Seth Elsheimer, 59 M, Winter Park	47	1:36	2:37	3:40						
Bob Reed, 56 M, Winter Park	47									

9 x 6K (3.75 mile) trail loop, with final 2K out and back.
 Weather: low 79 F dewpoint 75 F at 7:30 AM start,
 high 96 F dewpoint 74 F (heat index 107),
 partly cloudy with a thunderstorm at 2 PM.

Race director, Matt Mahoney, matmahoney at yahoo dot com