

**NYRR Thursday Night at the Races  
Feb. 24, 2011**

**10 x 5 x 200m relay, Dashing Whippets Team**

Runner	Leg 1	Leg 2	Leg 3	Leg 4	Leg 5	Average	Range (Slowest minus fastest)
Marvin	:28.0	:28.3	:30.2	:30.2	:30.8	<b>:29.5</b>	:02.8
Megan	:33.2	:33.9	:34.7	:35.9	:35.3	<b>:34.6</b>	:02.6
Luke	:28.6	:29.5	:32.7	:34.0	:34.1	<b>:31.8</b>	:05.5
Annette	:39.4	:39.3	:40.0	:39.7	:39.6	<b>:39.6</b>	:00.7
Rich	:29.2	:31.2	:33.5	:33.2	:33.8	<b>:32.2</b>	:04.6
Jim	:32.2	:32.5	:31.9	:32.8	:33.9	<b>:32.7</b>	:02.0
Evelyn	:32.1	:30.0	:32.8	:32.9	:43.4	<b>:34.2</b>	:13.4
Russell	:29.5	:31.7	:32.7	:31.9	:34.6	<b>:32.1</b>	:05.1
Shay	:34.4	:35.5	:37.2	:37.0	:38.4	<b>:36.5</b>	:04.0
Rod	:29.8	:32.6	:34.7	:35.5	:34.4	<b>:33.4</b>	:05.6
<b>Average</b>	<b>:31.7</b>	<b>:32.5</b>	<b>:34.0</b>	<b>:34.3</b>	<b>:35.8</b>	<b>:33.7</b>	

**Total Time 0:28:13** (recorded by NYRR timers)

**Individual Events**

**Men's 3000m**

	Scott's Time	NYRR Official Time	Equals 2-Mile pace	Scott's Splits	
Luke	11:26.8	<b>(error)</b>	12:16.9	Splits (800m): 2:52.4, 3:06.6, 3:11.6, 2:16.1 (600m)	Bigger splits: 1600=5:59.1, 1400=5:27.7 (equals 6:14.5 for 1600)

**Women's 1500m**

	Scott's Time	NYRR Official Time	Equals 1-Mile pace	Scott's Splits	
Evelyn	5:13.9	<b>5:14.1</b>	5:37.0	Splits (400m): 1:19.0, 1:23.3, 1:28.7, 1:02.9 (300m)	Bigger splits: 800=2:42.3, 700=2:31.6 (equals 2:53.3 for 800)
Megan	5:17.4	<b>5:17.7</b>	5:40.9	Splits (400m): 1:21.0, 1:27.4, 1:27.0, 1:02.0 (300m)	Bigger splits: 800=2:48.4, 700=2:29.0 (equals 2:50.3 for 800)
Shay	5:36.4	<b>5:36.6</b>	6:01.1	Splits (400m): 1:20.7, 1:30.7, 1:33.6, 1:11.4 (300m)	Bigger splits: 800=2:51.4, 700=2:45.0 (equals 3:08.6 for 800)

**Men's 1500m**

	Scott's Time	NYRR Official Time	Equals 1-Mile pace	Scott's Splits	
Marvin	4:41.0	<b>4:42.6</b>	5:03.2	Splits (400m): 1:12.1, 1:16.1, 1:20.0, 0:52.8 (300m)	Bigger splits: 800=2:28.2, 700=2:12.8 (equals 2:31.8 for 800)
Russell	5:04.8	<b>5:05.5</b>	5:27.8	Splits (400m): 1:19.7, 1:25.7, 1:22.4, 0:57.0 (300m)	Bigger splits: 800=2:45.4, 700=2:19.4 (equals 2:39.3 for 800)
Luke	5:30.4	<b>5:30.7</b>	5:54.8	Splits (400m): 1:20.2, 1:28.9, 1:32.4, 1:08.9 (300m)	Bigger splits: 800=2:49.1, 700=2:41.3 (equals 3:04.3 for 800)
Scott	5:15.8	<b>5:15.9</b>	5:38.9	Splits (400m): 1:25.3, 1:24.4, 1:25.5, 1:00.6 (300m)	Bigger splits: 800=2:49.6, 700=2:26.1 (equals 2:47.0 for 800)
Jim	5:16.2	<b>5:16.3</b>	5:39.4	Splits (400m): same as Scott	
Mario	5:45.6	<b>5:44.4</b>	6:09.5	Splits (400m): 1:21.0, 1:33.6, 1:40.8, 1:10.3 (300m)	Bigger splits: 800=2:54.6, 700=2:51.1 (equals 3:15.5 for 800)