

2022 Johnny Faerber 10K

February 6, 2022

Pace figures are entered in minutes per mile. Multiply decimal by .6 to calculate seconds.	Avg Pace For First Half	Avg Pace For 2nd Half	Percent Difference Between First Half and Second	Name	Finish Time	Average Pace
					Mins : Secs	
Maiju K	10.5	10.6	1.4%	Sheri F	56 : 34	9.1
Evelyn C	13.4	13.1	-4.1%	Maiju K	65 : 47	10.6
Sheri F	9.5	9.1	-8.2%	Shawna R	71 : 17	11.5
Mark V	13.4	14.0	8.8%	Evelyn C	81 : 17	13.1
Karen K	15.5	14.7	-10.1%	Candice B	81 : 51	13.2
Ada-Marie P	19.3	18.2	-11.9%	Mark V	86 : 38	14.0
Shawna R	12.3	11.5	-12.4%	Karen K	91 : 10	14.7
Colette C	16.8	15.6	-13.4%	Colette C	62 : 30	15.6
Candice B	14.2	13.2	-14.0%	Ada-Marie P	72 : 45	18.2

Congratulations to Sheri F, who was 2nd in her age division. Shawna R and Evelyn C were 4th and 5th in their divisions, respectively.

These results show your pacing for the race. I asked you to do the second half faster than the first. Most of you did well with that challenge. Maiju wasn't faster on the second half, but he was closest to even pacing.

This sheet also reveals the group's ability pecking order, with Sheri alone at the top and others in couples wherever times are reasonably close. Please keep that in mind on our weekend runs together. (Note, Ada and Colette ran 4 miles instead of 6.2 in this event.)