

Ancient Oaks 100 Mile Run
Titusville FL
Dec. 13, 2003

1) Rainer Koch, GER 21:41
2) Matt Mahoney, PhD FL 22:29
3) Liz Walker, GA 22:39
4) Noora Alidina, FL 25:19
5) Dan Miller, FL 27:39
6) Louise Mason, IL 28:35
7) Shane Sampson, OH 29:09
8) Lisa Hoehne, FL 30:30
9) Ray Krolewicz, SC 30:38

19 Starters

You know all about everything until daylight and the RAIN. (Basically Rainer just ran fast and easy, and would have set the record except for having to nap at 3 AM, Matt just repeated his amazing effort from last year, catching the splendid and seriously focused Liz on the last lap.) Dan finished despite hours of debilitating stomach problems from about 10 PM until maybe 4AM. Noora would have been faster if she hadn't waited for other runners to go out on the loop at night. Louise had a very rough time, so much so that for the first time ever she thought that the race was "possibly" fun. Shane finished his first 100 in spite of severe problems including running the first 50 too fast. Lisa finished her first 100 despite ripping off both big toenails and several others. Ray - well - as usual he trained for the second 50 in the first 50 miles.

Race report by Stu Gleman, RD

Splits:

Miles	3.46	6.91	10.3	13.8	17.2	20.7	24.2	27.67	31.1	34.5	38.0	41.5	44.9	48.4	51.88	55.3	58.8	62.2	65.7	69.1	72.6	76.0	7
Rainer Koch	0:31	1:02	1:31	2:00	2:29	2:59	3:31	4:04	4:36	5:09	5:43	6:22	6:58	7:36	8:11	8:54	9:36	10:10	10:54	11:34	12:55	13:41	14
Matt Mahoney	0:31	1:02	1:36	2:16	2:53	3:32	4:14	4:58	5:45	6:29	7:17	8:05	8:53	9:40	10:26	11:15	12:06	13:01	13:56	14:44	15:34	16:27	17
Elizabeth Walker	0:37	1:15	1:46	2:22	3:02	3:43	4:27	5:11	5:53	6:37	7:22	8:04	8:43	9:24	10:04	10:50	11:36	12:25	13:17	14:15	15:05	16:07	17
Noora Aladina	0:36	1:12	1:44	2:24	3:03	3:41	4:22	5:01	5:45	6:30	7:16	8:03	8:51	9:37	10:26	11:17	12:12	13:10	14:10	15:15	16:21	17:15	18
Daniel Miller	0:30	1:16	1:53	2:29	3:04	3:51	4:33	5:18	6:04	6:51	7:49	8:36	9:26	10:14	11:12	12:21	13:36	14:45	15:47	16:58	18:07	19:24	20
Louise Mason	0:48	1:38	2:27	3:22	4:13	5:07	6:01	6:55	7:53	8:45	9:40	10:38	11:42	12:54	13:56	14:54	15:56	17:00	18:07	19:08	20:10	21:18	22
Shane Sampson	0:34	1:07	1:41	2:15	2:50	3:25	4:00	4:37	5:16	5:59	6:46	7:32	8:18	9:06	9:55	10:50	11:50	13:11	14:10	15:16	16:30	20:09	21
Lisa Hoehne	0:37	1:16	1:57	2:38	3:22	4:13	5:07	6:12	7:14	8:14	8:59	9:55	10:54	11:46	12:51	13:54	14:51	15:53	16:58	18:11	19:28	20:45	22
Ray Krolewicz	0:31	1:03	1:35	2:11	2:48	3:31	4:23	5:11	5:57	6:56	7:51	8:49	9:42	10:35	11:39	12:51	14:10	17:57	19:13	20:18	22:40	24:32	25
Peter Bennett	0:34	1:13	1:54	2:37	3:22	4:11	5:09	5:59	6:55	7:45	8:35	9:31	10:30	11:38	12:46	13:56	14:58	14:58	17:17	18:32	19:51	DROP	
Yen Nguyen	0:42	1:28	2:15	3:05	3:57	4:49	5:42	6:36	7:31	8:28	9:28	10:30	11:39	12:46	13:56	14:58	16:05	16:05	18:32	19:51	21:04	DROP	
Robert Pope	0:38	1:13	1:51	2:28	3:05	3:42	4:22	5:02	5:45	6:30	7:17	8:03	8:50	9:37	10:26	11:17	12:12	13:15	14:27	15:49	DROP		
David Hughes	0:48	1:29	2:08	2:51	3:39	4:28	5:18	6:05	6:57	7:47	8:40	9:33	10:25	11:31	12:38	13:49	DROP						
Richard Valentine	0:38	1:21	2:06	2:54	3:47	4:43	5:47	6:49	7:51	8:55	10:02	11:14	12:26	13:38	14:41	15:58	DROP						
Mark Lewin	0:48	1:38	2:27	3:22	4:15	5:09	6:06	7:07	8:08	9:07	10:09	11:46	12:52	14:11	15:24	18:57	DROP						
Steve Wilson (FL)	0:39	1:18	2:09	3:08	4:13	5:15	6:23	7:35	8:54	10:11	11:38	12:52	14:12	15:46	DROP								
Steve Wilson (IN)	0:31	1:02	1:31	2:00	2:32	3:09	3:56	4:40	5:26	8:06	8:42	10:31	11:26	DROP									

Sharon Swaby	1:12	2:17	3:15	4:42	9:24	11:01	12:52	15:27	DROP
Rosie Thomas	1:12	2:17	3:21	4:42	9:35	11:01	14:00	DROP	