

Presque Isle Half Marathon Race Report

On Sunday 7/17/16 I ran the Presque Isle half marathon. I couldn't easily run faster than 8:30/mile for the first 4 miles so I just relaxed. After the 4 mile mark I started to feel good and I picked up the pace continuously over the rest of the run. The temperature was in the mid to high 60's. I drank a few swallows of water and Gatorade at each of 11 water stations and had a gel at the 6.75 mile mark and another at the 10 mile mark. My GPS said the course was 13.17 miles and my time was 1:48:39 or 8:15/mi. My last 5K was in 24:38 or 7:55/mi. At the 10K I was in the 320th place. At the finish I was in 255th place out of 1359 finishers.

Mile splits:

1. 8:30
2. 8:26
3. 8:32
4. 8:27
5. 8:19
6. 8:18
7. 8:23
8. 8:16
9. 8:15
10. 8:06
11. 8:09
12. 7:49
13. 7:53

The last 0.17 miles in 1:16 or 7:30/mi