

Riis Park Striders Results

September 26, 2015 Humid and Warm

1 Mile	1. Bob Chadwick	13:43	1st M 70+
	2. Ken Dietz	13:44	1st M 60-69
	3. Cheryl Benson	14:22	1st F 60-69
	4. Renee Phillips	14:53	1st F 50-59
	3. Karen Davis	17:55	2nd F 60-69
1.2 Miles	1. Felix Coleman	26:45	1st M 50-59
3 Miles	1. Paul Angarone	23:28	1st M 60-69
6 Miles	1. Jay Hughston	72:33	1st M 50-59

Renee Phillips was back from her tour of the National Parks.

How to figure out how fast you were running.

You know your distance and your time. Take your time and convert it totally into seconds. Now take that time and divide it into the distance. That will give you the distance you traveled per second. Multiply that times 60 to get miles per minute then again by 60 to get miles per hour

Example: You race 3 miles at 22:47. Convert 22:47 to seconds (1367). Now divide 1367 into 3 (miles) (.0021945) then multiply by 60 (.13167) then by 60 again (7.9002).