

Riis Park Striders Results

September 12, 2015 Warm and Humid

2 Mile	1. Paul Angarone	15:41	1st M 60-69
	2. Ison Dampin	27:24	2nd M 60-69
	3. Karen Davis	30:24	1st F 60-69
1.2 Miles	1. Si Jayne	21:47	1st M 70+
2.4 Miles	1. Felix Coleman	46:42	1st M 50-59
6 Miles	1. Jay Hughston	71:54	1st M 50-59

Low turnout on a nice Fall morning.

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).