

## Dean M. Hebert - Personal Records - 1971-2008

Distance	Time	Pace	Date	
Track Races				
400	55.1		'73, '74	54.9 Time Trial '76
800	2:00.1*	60.0/400		Time Trial
1200/1320	3:12.1	64.0/400	'80	
1500	4:22	69.9/400	7/80	
Mile (Indoor)	4:35	68.7/440	2/25/76, 3/13/76	
1600/Mile	4:32	68.0/400	2/79	Time Trial
	4:31.4/4:32.5*		11/80	
2 Mile	9:49.9	72.5/440	8/25/75	
3000	8:59.1	71.9/400	2/18/84	
3000 ST	9:35.0	76.6/400	'79, '80	
3 Mile	14:59.5, 14:42.5*	74.9, 73.5/440	3/79, 3/80*	En route to 5000*
5000	15:14.5	73.1/400	3/80	
Hour Run	11 Miles 74 Yards	5:25.8/Mile	11/27/83	
2- Hour Run	20 Miles 43 Yards (23237 M.)	5:59.3/Mile	12/30/79	
50 K	3:48:18	7:20/Mile	11/15/81	
1320/5000	3:12.1/15:45		2/80	Best One Day
Road Races				
4 Mile	20:20.7/20:19	5:05/Mile	4/30/88, 10/22/83	
8K	25:37, 25:09*	5:09.4/Mile	4/6/85	En route to 5 Mile
		5:03.6/Mile*	11/23/80*	
5 Mile	25:18	5:03.6/Mile	11/23/80	
6 Mile	30:41*	5:06/Mile	4/1/84	En route to 10K
10 K	31:48	5:07.8/Mile	4/1/84	
15 K	50:25	5:25.3/Mile	3/13/83	
15 Mile	1:23:38*	5:34.5/Mile	3/18/89	Time Trial
20 Mile	1:52:44*	5:38.2/Mile	3/18/89	Time Trial
Half Marathon	1:13:00	5:34.2/Mile	12/11/88	
Marathon	2:36:35	5:56/Mile	12/5/81	
Other				
Most Consecutive Days Running	315			
Most Miles – Day	50 K	3:48:18	11/15/81	Race
	31	3:45:00	11/4/77	Training
Most Miles - Week	126.75		/77	
	114.75		1/76	
Most Miles – Month	418.5		9/77	
	409.5		11/77	
Most Miles – Year	3208.25		1977	
	3002.5		1976	
Most Consecutive Months over 200 Miles	7		3/75-9/75	
	6		7/76-12/76	
Most Races -Year	38		1975	
	23		1979	

## Marathon List

#	Marathon	Time	Pace	Date
1	Silver Lake Dodge	3:20:18	7:42	2/16/75
2	Silver Lake Dodge	3:08:34	7:11	2/15/76
3	Fiesta Bowl	2:45:17	6:18	12/11/76
4	Deseret News	2:50:07	6:29	7/25/77
5	Fiesta Bowl	2:47:15	6:22	12/10/77
6	Copper Valley – Globe	3:16:09	7:29	10/8/78
7	Fiesta Bowl	2:45:08	6:17	12/2/78
8	Mule Mountain	3:29:40	8:00	5/9/81
9	Copper Valley – Globe	2:41:51	6:10	10/17/81
10	UA 50K	3:04:18 (3:48:18)	7:02 (7:21)	11/15/81
11	Fiesta Bowl	2:36:35	5:56	12/5/81
12	Mule Mountain	DNF		5/8/82
13	Canyon Ranch	2:47:44	6:24	12/11/83
14	Phoenix	DNF		1/9/88
15	St. George	2:44:34	6:16	10/1/88
16	East Valley	2:46:12	6:20	11/14/89
17	Boston	3:02:53	6:59	4/17/89
18	Tucson	2:47:32	6:23	1/22/90
19	Mule Mountain	2:50:01	6:29	4/00/93
20	Tucson	DNF		12/10/95
21	Boston	3:08:50	7:12	4/15/96
22	Tucson	3:10:30	7:16	12/8/02
23	Boston	3:42:46	8:30	4/18/05
24	Tucson	DNF		12/07/08