

	6:30:00												
	Pace		Pace		Pace								
	CLOCK	actual time	CLOCK	actual time	CLOCK	actual time		actual time	CLOCK	actual time	CLOCK	actual time	
Miles	05:45		06:00		06:30		06:40		06:50		07:00		
Turnaround #1													
2	0:11:30	6:41:30 AM	0:12:00	6:42:00 AM	0:13:00	6:43:00 AM	0:13:20	6:43:20 AM	0:13:40	6:43:40 AM	0:14:00	6:44:00 AM	
6	0:34:30	7:04:30 AM	0:36:00	7:06:00 AM	0:39:00	7:09:00 AM	0:40:00	7:10:00 AM	0:41:00	7:11:00 AM	0:42:00	7:12:00 AM	
10	0:57:30	7:27:30 AM	1:00:00	7:30:00 AM	1:05:00	7:35:00 AM	1:06:40	7:36:40 AM	1:08:20	7:38:20 AM	1:10:00	7:40:00 AM	
14	1:20:30	7:50:30 AM	1:24:00	7:54:00 AM	1:31:00	8:01:00 AM	1:33:20	8:03:20 AM	1:35:40	8:05:40 AM	1:38:00	8:08:00 AM	
18	1:43:30	8:13:30 AM	1:48:00	8:18:00 AM	1:57:00	8:27:00 AM	2:00:00	8:30:00 AM	2:03:00	8:33:00 AM	2:06:00	8:36:00 AM	
22	2:06:30	8:36:30 AM	2:12:00	8:42:00 AM	2:23:00	8:53:00 AM	2:26:40	8:56:40 AM	2:30:20	9:00:20 AM	2:34:00	9:04:00 AM	
Start/Finish													
4	0:23:00	6:53:00 AM	0:24:00	6:54:00 AM	0:26:00	6:56:00 AM	0:26:40	6:56:40 AM	0:27:20	6:57:20 AM	0:28:00	6:58:00 AM	
8	0:46:00	7:16:00 AM	0:48:00	7:18:00 AM	0:52:00	7:22:00 AM	0:53:20	7:23:20 AM	0:54:40	7:24:40 AM	0:56:00	7:26:00 AM	
12	1:09:00	7:39:00 AM	1:12:00	7:42:00 AM	1:18:00	7:48:00 AM	1:20:00	7:50:00 AM	1:22:00	7:52:00 AM	1:24:00	7:54:00 AM	
16	1:32:00	8:02:00 AM	1:36:00	8:06:00 AM	1:44:00	8:14:00 AM	1:46:40	8:16:40 AM	1:49:20	8:19:20 AM	1:52:00	8:22:00 AM	
20	1:55:00	8:25:00 AM	2:00:00	8:30:00 AM	2:10:00	8:40:00 AM	2:13:20	8:43:20 AM	2:16:40	8:46:40 AM	2:20:00	8:50:00 AM	
24	2:18:00	8:48:00 AM	2:24:00	8:54:00 AM	2:36:00	9:06:00 AM	2:40:00	9:10:00 AM	2:44:00	9:14:00 AM	2:48:00	9:18:00 AM	
26.22	2:30:46	9:00:46 AM	2:37:19	9:07:19 AM	2:50:26	9:20:26 AM	2:54:48	9:24:48 AM	2:59:10	9:29:10 AM	3:03:32	9:33:32 AM	

CLOCK	actual time	CLOCK	actual time	CLOCK	actual time	CLOCK	actual time	CLOCK	actual time	CLOCK	actual time	CLOCK	actual time
07:10		07:20		07:30		07:40		07:50		08:00		08:10	
0:14:20	6:44:20 AM	0:14:40	6:44:40 AM	0:15:00	6:45:00 AM	0:15:20	6:45:20 AM	0:15:40	6:45:40 AM	0:16:00	6:46:00 AM	0:16:20	6:46:20 AM
0:43:00	7:13:00 AM	0:44:00	7:14:00 AM	0:45:00	7:15:00 AM	0:46:00	7:16:00 AM	0:47:00	7:17:00 AM	0:48:00	7:18:00 AM	0:49:00	7:19:00 AM
1:11:40	7:41:40 AM	1:13:20	7:43:20 AM	1:15:00	7:45:00 AM	1:16:40	7:46:40 AM	1:18:20	7:48:20 AM	1:20:00	7:50:00 AM	1:21:40	7:51:40 AM
1:40:20	8:10:20 AM	1:42:40	8:12:40 AM	1:45:00	8:15:00 AM	1:47:20	8:17:20 AM	1:49:40	8:19:40 AM	1:52:00	8:22:00 AM	1:54:20	8:24:20 AM
2:09:00	8:39:00 AM	2:12:00	8:42:00 AM	2:15:00	8:45:00 AM	2:18:00	8:48:00 AM	2:21:00	8:51:00 AM	2:24:00	8:54:00 AM	2:27:00	8:57:00 AM
2:37:40	9:07:40 AM	2:41:20	9:11:20 AM	2:45:00	9:15:00 AM	2:48:40	9:18:40 AM	2:52:20	9:22:20 AM	2:56:00	9:26:00 AM	2:59:40	9:29:40 AM
0:28:40	6:58:40 AM	0:29:20	6:59:20 AM	0:30:00	7:00:00 AM	0:30:40	7:00:40 AM	0:31:20	7:01:20 AM	0:32:00	7:02:00 AM	0:32:40	7:02:40 AM
0:57:20	7:27:20 AM	0:58:40	7:28:40 AM	1:00:00	7:30:00 AM	1:01:20	7:31:20 AM	1:02:40	7:32:40 AM	1:04:00	7:34:00 AM	1:05:20	7:35:20 AM
1:26:00	7:56:00 AM	1:28:00	7:58:00 AM	1:30:00	8:00:00 AM	1:32:00	8:02:00 AM	1:34:00	8:04:00 AM	1:36:00	8:06:00 AM	1:38:00	8:08:00 AM
1:54:40	8:24:40 AM	1:57:20	8:27:20 AM	2:00:00	8:30:00 AM	2:02:40	8:32:40 AM	2:05:20	8:35:20 AM	2:08:00	8:38:00 AM	2:10:40	8:40:40 AM
2:23:20	8:53:20 AM	2:26:40	8:56:40 AM	2:30:00	9:00:00 AM	2:33:20	9:03:20 AM	2:36:40	9:06:40 AM	2:40:00	9:10:00 AM	2:43:20	9:13:20 AM
2:52:00	9:22:00 AM	2:56:00	9:26:00 AM	3:00:00	9:30:00 AM	3:04:00	9:34:00 AM	3:08:00	9:38:00 AM	3:12:00	9:42:00 AM	3:16:00	9:46:00 AM
3:07:55	9:37:55 AM	3:12:17	9:42:17 AM	3:16:39	9:46:39 AM	3:21:01	9:51:01 AM	3:25:23	9:55:23 AM	3:29:46	9:59:46 AM	3:34:08	10:04:08 AM

CLOCK	actual time	CLOCK	actual time	CLOCK	actual time	CLOCK	actual time	CLOCK	actual time	CLOCK	actual time	CLOCK	actual time
08:20		08:30		08:40		08:50		09:00		09:10		09:20	
0:16:40	6:46:40 AM	0:17:00	6:47:00 AM	0:17:20	6:47:20 AM	0:17:40	6:47:40 AM	0:18:00	6:48:00 AM	0:18:20	6:48:20 AM	0:18:40	6:48:40 AM
0:50:00	7:20:00 AM	0:51:00	7:21:00 AM	0:52:00	7:22:00 AM	0:53:00	7:23:00 AM	0:54:00	7:24:00 AM	0:55:00	7:25:00 AM	0:56:00	7:26:00 AM
1:23:20	7:53:20 AM	1:25:00	7:55:00 AM	1:26:40	7:56:40 AM	1:28:20	7:58:20 AM	1:30:00	8:00:00 AM	1:31:40	8:01:40 AM	1:33:20	8:03:20 AM
1:56:40	8:26:40 AM	1:59:00	8:29:00 AM	2:01:20	8:31:20 AM	2:03:40	8:33:40 AM	2:06:00	8:36:00 AM	2:08:20	8:38:20 AM	2:10:40	8:40:40 AM
2:30:00	9:00:00 AM	2:33:00	9:03:00 AM	2:36:00	9:06:00 AM	2:39:00	9:09:00 AM	2:42:00	9:12:00 AM	2:45:00	9:15:00 AM	2:48:00	9:18:00 AM
3:03:20	9:33:20 AM	3:07:00	9:37:00 AM	3:10:40	9:40:40 AM	3:14:20	9:44:20 AM	3:18:00	9:48:00 AM	3:21:40	9:51:40 AM	3:25:20	9:55:20 AM
0:33:20	7:03:20 AM	0:34:00	7:04:00 AM	0:34:40	7:04:40 AM	0:35:20	7:05:20 AM	0:36:00	7:06:00 AM	0:36:40	7:06:40 AM	0:37:20	7:07:20 AM
1:06:40	7:36:40 AM	1:08:00	7:38:00 AM	1:09:20	7:39:20 AM	1:10:40	7:40:40 AM	1:12:00	7:42:00 AM	1:13:20	7:43:20 AM	1:14:40	7:44:40 AM
1:40:00	8:10:00 AM	1:42:00	8:12:00 AM	1:44:00	8:14:00 AM	1:46:00	8:16:00 AM	1:48:00	8:18:00 AM	1:50:00	8:20:00 AM	1:52:00	8:22:00 AM
2:13:20	8:43:20 AM	2:16:00	8:46:00 AM	2:18:40	8:48:40 AM	2:21:20	8:51:20 AM	2:24:00	8:54:00 AM	2:26:40	8:56:40 AM	2:29:20	8:59:20 AM
2:46:40	9:16:40 AM	2:50:00	9:20:00 AM	2:53:20	9:23:20 AM	2:56:40	9:26:40 AM	3:00:00	9:30:00 AM	3:03:20	9:33:20 AM	3:06:40	9:36:40 AM
3:20:00	9:50:00 AM	3:24:00	9:54:00 AM	3:28:00	9:58:00 AM	3:32:00	10:02:00 AM	3:36:00	10:06:00 AM	3:40:00	10:10:00 AM	3:44:00	10:14:00 AM
3:38:30	10:08:30 AM	3:42:52	10:12:52 AM	3:47:14	10:17:14 AM	3:51:37	10:21:37 AM	3:55:59	10:25:59 AM	4:00:21	10:30:21 AM	4:04:43	10:34:43 AM

CLOCK	actual time	CLOCK	actual time	CLOCK	actual time	CLOCK	actual time	CLOCK	actual time	CLOCK	actual time	CLOCK	actual time
09:30		09:40		09:50		10:00		10:10		10:20		10:30	
0:19:00	6:49:00 AM	0:19:20	6:49:20 AM	0:19:40	6:49:40 AM	0:20:00	6:50:00 AM	0:20:20	6:50:20 AM	0:20:40	6:50:40 AM	0:21:00	6:51:00 AM
0:57:00	7:27:00 AM	0:58:00	7:28:00 AM	0:59:00	7:29:00 AM	1:00:00	7:30:00 AM	1:01:00	7:31:00 AM	1:02:00	7:32:00 AM	1:03:00	7:33:00 AM
1:35:00	8:05:00 AM	1:36:40	8:06:40 AM	1:38:20	8:08:20 AM	1:40:00	8:10:00 AM	1:41:40	8:11:40 AM	1:43:20	8:13:20 AM	1:45:00	8:15:00 AM
2:13:00	8:43:00 AM	2:15:20	8:45:20 AM	2:17:40	8:47:40 AM	2:20:00	8:50:00 AM	2:22:20	8:52:20 AM	2:24:40	8:54:40 AM	2:27:00	8:57:00 AM
2:51:00	9:21:00 AM	2:54:00	9:24:00 AM	2:57:00	9:27:00 AM	3:00:00	9:30:00 AM	3:03:00	9:33:00 AM	3:06:00	9:36:00 AM	3:09:00	9:39:00 AM
3:29:00	9:59:00 AM	3:32:40	10:02:40 AM	3:36:20	10:06:20 AM	3:40:00	10:10:00 AM	3:43:40	10:13:40 AM	3:47:20	10:17:20 AM	3:51:00	10:21:00 AM
0:38:00	7:08:00 AM	0:38:40	7:08:40 AM	0:39:20	7:09:20 AM	0:40:00	7:10:00 AM	0:40:40	7:10:40 AM	0:41:20	7:11:20 AM	0:42:00	7:12:00 AM
1:16:00	7:46:00 AM	1:17:20	7:47:20 AM	1:18:40	7:48:40 AM	1:20:00	7:50:00 AM	1:21:20	7:51:20 AM	1:22:40	7:52:40 AM	1:24:00	7:54:00 AM
1:54:00	8:24:00 AM	1:56:00	8:26:00 AM	1:58:00	8:28:00 AM	2:00:00	8:30:00 AM	2:02:00	8:32:00 AM	2:04:00	8:34:00 AM	2:06:00	8:36:00 AM
2:32:00	9:02:00 AM	2:34:40	9:04:40 AM	2:37:20	9:07:20 AM	2:40:00	9:10:00 AM	2:42:40	9:12:40 AM	2:45:20	9:15:20 AM	2:48:00	9:18:00 AM
3:10:00	9:40:00 AM	3:13:20	9:43:20 AM	3:16:40	9:46:40 AM	3:20:00	9:50:00 AM	3:23:20	9:53:20 AM	3:26:40	9:56:40 AM	3:30:00	10:00:00 AM
3:48:00	10:18:00 AM	3:52:00	10:22:00 AM	3:56:00	10:26:00 AM	4:00:00	10:30:00 AM	4:04:00	10:34:00 AM	4:08:00	10:38:00 AM	4:12:00	10:42:00 AM
4:09:05	10:39:05 AM	4:13:28	10:43:28 AM	4:17:50	10:47:50 AM	4:22:12	10:52:12 AM	4:26:34	10:56:34 AM	4:30:56	11:00:56 AM	4:35:19	11:05:19 AM

CLOCK	actual time	CLOCK	actual time	
10:40		10:50		Miles
				Turnaround #1
0:21:20	6:51:20 AM	0:21:40	6:51:40 AM	2
1:04:00	7:34:00 AM	1:05:00	7:35:00 AM	6
1:46:40	8:16:40 AM	1:48:20	8:18:20 AM	10
2:29:20	8:59:20 AM	2:31:40	9:01:40 AM	14
3:12:00	9:42:00 AM	3:15:00	9:45:00 AM	18
3:54:40	10:24:40 AM	3:58:20	10:28:20 AM	22
				Start/Finish
0:42:40	7:12:40 AM	0:43:20	7:13:20 AM	4
1:25:20	7:55:20 AM	1:26:40	7:56:40 AM	8
2:08:00	8:38:00 AM	2:10:00	8:40:00 AM	12
2:50:40	9:20:40 AM	2:53:20	9:23:20 AM	16
3:33:20	10:03:20 AM	3:36:40	10:06:40 AM	20
4:16:00	10:46:00 AM	4:20:00	10:50:00 AM	#####
4:39:41	11:09:41 AM	4:44:03	11:14:03 AM	26.22