

5:45:00		Pace											
CLOCK		actual time		actual time		CLOCK		actual time		CLOCK		actual time	
Miles	06:30		06:40		06:50		07:00		07:10		07:20		
Turnaround #1													
2	0:13:00	5:58:00 AM	0:13:20	5:58:20 AM	0:13:40	5:58:40 AM	0:14:00	5:59:00 AM	0:14:20	5:59:20 AM	0:14:40	5:59:40 AM	
6	0:39:00	6:24:00 AM	0:40:00	6:25:00 AM	0:41:00	6:26:00 AM	0:42:00	6:27:00 AM	0:43:00	6:28:00 AM	0:44:00	6:29:00 AM	
10	1:05:00	6:50:00 AM	1:06:40	6:51:40 AM	1:08:20	6:53:20 AM	1:10:00	6:55:00 AM	1:11:40	6:56:40 AM	1:13:20	6:58:20 AM	
14	1:31:00	7:16:00 AM	1:33:20	7:18:20 AM	1:35:40	7:20:40 AM	1:38:00	7:23:00 AM	1:40:20	7:25:20 AM	1:42:40	7:27:40 AM	
18	1:57:00	7:42:00 AM	2:00:00	7:45:00 AM	2:03:00	7:48:00 AM	2:06:00	7:51:00 AM	2:09:00	7:54:00 AM	2:12:00	7:57:00 AM	
22	2:23:00	8:08:00 AM	2:26:40	8:11:40 AM	2:30:20	8:15:20 AM	2:34:00	8:19:00 AM	2:37:40	8:22:40 AM	2:41:20	8:26:20 AM	
Start/Finish													
4	0:26:00	6:11:00 AM	0:26:40	6:11:40 AM	0:27:20	6:12:20 AM	0:28:00	6:13:00 AM	0:28:40	6:13:40 AM	0:29:20	6:14:20 AM	
8	0:52:00	6:37:00 AM	0:53:20	6:38:20 AM	0:54:40	6:39:40 AM	0:56:00	6:41:00 AM	0:57:20	6:42:20 AM	0:58:40	6:43:40 AM	
12	1:18:00	7:03:00 AM	1:20:00	7:05:00 AM	1:22:00	7:07:00 AM	1:24:00	7:09:00 AM	1:26:00	7:11:00 AM	1:28:00	7:13:00 AM	
16	1:44:00	7:29:00 AM	1:46:40	7:31:40 AM	1:49:20	7:34:20 AM	1:52:00	7:37:00 AM	1:54:40	7:39:40 AM	1:57:20	7:42:20 AM	
20	2:10:00	7:55:00 AM	2:13:20	7:58:20 AM	2:16:40	8:01:40 AM	2:20:00	8:05:00 AM	2:23:20	8:08:20 AM	2:26:40	8:11:40 AM	
24	2:36:00	8:21:00 AM	2:40:00	8:25:00 AM	2:44:00	8:29:00 AM	2:48:00	8:33:00 AM	2:52:00	8:37:00 AM	2:56:00	8:41:00 AM	
26.22	2:50:26	8:35:26 AM	2:54:48	8:39:48 AM	2:59:10	8:44:10 AM	3:03:32	8:48:32 AM	3:07:55	8:52:55 AM	3:12:17	8:57:17 AM	

1st runners goal

	CLOCK	actual time	CLOCK	actual time	CLOCK	actual time	CLOCK	actual time	CLOCK	actual time	CLOCK	actual time	
Miles	07:30		07:40		07:50		08:00		08:10		08:20		
Turnaround #1													
2	0:15:00	6:00:00 AM	0:15:20	6:00:20 AM	0:15:40	6:00:40 AM	0:16:00	6:01:00 AM	0:16:20	6:01:20 AM	0:16:40	6:01:40 AM	
6	0:45:00	6:30:00 AM	0:46:00	6:31:00 AM	0:47:00	6:32:00 AM	0:48:00	6:33:00 AM	0:49:00	6:34:00 AM	0:50:00	6:35:00 AM	
10	1:15:00	7:00:00 AM	1:16:40	7:01:40 AM	1:18:20	7:03:20 AM	1:20:00	7:05:00 AM	1:21:40	7:06:40 AM	1:23:20	7:08:20 AM	
14	1:45:00	7:30:00 AM	1:47:20	7:32:20 AM	1:49:40	7:34:40 AM	1:52:00	7:37:00 AM	1:54:20	7:39:20 AM	1:56:40	7:41:40 AM	
18	2:15:00	8:00:00 AM	2:18:00	8:03:00 AM	2:21:00	8:06:00 AM	2:24:00	8:09:00 AM	2:27:00	8:12:00 AM	2:30:00	8:15:00 AM	
22	2:45:00	8:30:00 AM	2:48:40	8:33:40 AM	2:52:20	8:37:20 AM	2:56:00	8:41:00 AM	2:59:40	8:44:40 AM	3:03:20	8:48:20 AM	
Start/Finish													
4	0:30:00	6:15:00 AM	0:30:40	6:15:40 AM	0:31:20	6:16:20 AM	0:32:00	6:17:00 AM	0:32:40	6:17:40 AM	0:33:20	6:18:20 AM	
8	1:00:00	6:45:00 AM	1:01:20	6:46:20 AM	1:02:40	6:47:40 AM	1:04:00	6:49:00 AM	1:05:20	6:50:20 AM	1:06:40	6:51:40 AM	
12	1:30:00	7:15:00 AM	1:32:00	7:17:00 AM	1:34:00	7:19:00 AM	1:36:00	7:21:00 AM	1:38:00	7:23:00 AM	1:40:00	7:25:00 AM	
16	2:00:00	7:45:00 AM	2:02:40	7:47:40 AM	2:05:20	7:50:20 AM	2:08:00	7:53:00 AM	2:10:40	7:55:40 AM	2:13:20	7:58:20 AM	
20	2:30:00	8:15:00 AM	2:33:20	8:18:20 AM	2:36:40	8:21:40 AM	2:40:00	8:25:00 AM	2:43:20	8:28:20 AM	2:46:40	8:31:40 AM	
24	3:00:00	8:45:00 AM	3:04:00	8:49:00 AM	3:08:00	8:53:00 AM	3:12:00	8:57:00 AM	3:16:00	9:01:00 AM	3:20:00	9:05:00 AM	
26.22	3:16:39	9:01:39 AM	3:21:01	9:06:01 AM	3:25:23	9:10:23 AM	3:29:46	9:14:46 AM	3:34:08	9:19:08 AM	3:38:30	9:23:30 AM	

	CLOCK	actual time	CLOCK	actual time	CLOCK	actual time	CLOCK	actual time	CLOCK	actual time
Miles	08:30		08:40		08:50		09:00		09:10	
Turnaround #1										
2	0:17:00	6:02:00 AM	0:17:20	6:02:20 AM	0:17:40	6:02:40 AM	0:18:00	6:03:00 AM	0:18:20	6:03:20 AM
6	0:51:00	6:36:00 AM	0:52:00	6:37:00 AM	0:53:00	6:38:00 AM	0:54:00	6:39:00 AM	0:55:00	6:40:00 AM
10	1:25:00	7:10:00 AM	1:26:40	7:11:40 AM	1:28:20	7:13:20 AM	1:30:00	7:15:00 AM	1:31:40	7:16:40 AM
14	1:59:00	7:44:00 AM	2:01:20	7:46:20 AM	2:03:40	7:48:40 AM	2:06:00	7:51:00 AM	2:08:20	7:53:20 AM
18	2:33:00	8:18:00 AM	2:36:00	8:21:00 AM	2:39:00	8:24:00 AM	2:42:00	8:27:00 AM	2:45:00	8:30:00 AM
22	3:07:00	8:52:00 AM	3:10:40	8:55:40 AM	3:14:20	8:59:20 AM	3:18:00	9:03:00 AM	3:21:40	9:06:40 AM
Start/Finish										
4	0:34:00	6:19:00 AM	0:34:40	6:19:40 AM	0:35:20	6:20:20 AM	0:36:00	6:21:00 AM	0:36:40	6:21:40 AM
8	1:08:00	6:53:00 AM	1:09:20	6:54:20 AM	1:10:40	6:55:40 AM	1:12:00	6:57:00 AM	1:13:20	6:58:20 AM
12	1:42:00	7:27:00 AM	1:44:00	7:29:00 AM	1:46:00	7:31:00 AM	1:48:00	7:33:00 AM	1:50:00	7:35:00 AM
16	2:16:00	8:01:00 AM	2:18:40	8:03:40 AM	2:21:20	8:06:20 AM	2:24:00	8:09:00 AM	2:26:40	8:11:40 AM
20	2:50:00	8:35:00 AM	2:53:20	8:38:20 AM	2:56:40	8:41:40 AM	3:00:00	8:45:00 AM	3:03:20	8:48:20 AM
24	3:24:00	9:09:00 AM	3:28:00	9:13:00 AM	3:32:00	9:17:00 AM	3:36:00	9:21:00 AM	3:40:00	9:25:00 AM
26.22	3:42:52	9:27:52 AM	3:47:14	9:32:14 AM	3:51:37	9:36:37 AM	3:55:59	9:40:59 AM	4:00:21	9:45:21 AM

LAST RUNNER'S GOAL