

**THE RELAY
COURSE SUMMARY TABLE**

BEST CASE SCENARIO - BASED ON 10K PACE TIMES SUBMITTED

START TIME: 1:00 PM

Runner Name	1st LEG						2nd LEG						3rd LEG						Total Miles	Overall Difficulty	Van#
	Leg	Miles	Rating	Leg Time	Cum Time	Finish Time	Leg	Miles	Rating	Leg Time	Cum Time	Finish Time	Leg	Miles	Rating	Leg Time	Cum Time	Finish Time			
1 Herb	1	4.8	E	0:50	0:50	1:50 PM	13	6	M	1:03	10:37	11:37 PM	25	5.5	E	0:57	19:45	8:45 AM	16.3	12	Van #1
2 Bic	2	4.7	E	0:44	1:35	2:35 PM	14	5	H	0:47	11:24	12:24 AM	26	4.2	E	0:39	20:25	9:25 AM	13.9	10	Van #1
3 Sharon	3	4.1	E	0:32	2:07	3:07 PM	15	6.5	H	0:50	12:15	1:15 AM	27	6.3	M	0:49	21:14	10:14 AM	16.9	7	Van #1
4 Todd	4	7.4	M	0:51	2:58	3:58 PM	16	5.3	E	0:37	12:52	1:52 AM	28	4.4	H	0:30	21:45	10:45 AM	17.1	6	Van #1
5 Luann	5	5	E	0:40	3:38	4:38 PM	17	4.9	E	0:39	13:32	2:32 AM	29	3	VH	0:24	22:09	11:09 AM	12.9	9	Van #1
6 Steve	6	4.5	E	0:31	4:10	5:10 PM	18	5.8	H	0:40	14:12	3:12 AM	30	3.1	VH	0:21	22:31	11:31 AM	13.4	3	Van #1
				4:10						4:38						3:43					
7 Al	7	6.9	M	0:48	4:58	5:58 PM	19	7	H	0:49	15:01	4:01 AM	31	6.2	M	0:43	23:14	12:14 PM	20.1	2	Van #2
8 Manuel	8	7.4	M	1:02	6:01	7:01 PM	20	5.9	H	0:50	15:51	4:51 AM	32	4.7	E	0:39	23:54	12:54 PM	18	5	Van #2
9 Ron	9	5.6	E	0:56	6:57	7:57 PM	21	6.5	M	1:05	16:56	5:56 AM	33	6.3	E	1:03	24:57	1:57 PM	18.4	11	Van #2
10 Everitt	10	8.9	VH	0:57	7:55	8:55 PM	22	4.2	E	0:27	17:24	6:24 AM	34	6.2	VH	0:40	25:38	2:38 PM	19.3	1	Van #2
11 Felix	11	7.1	H	0:53	8:48	9:48 PM	23	3.7	E	0:27	17:51	6:51 AM	35	6.5	H	0:48	26:26	3:26 PM	17.3	4	Van #2
12 Tom	12	4.8	H	0:45	9:34	10:34 PM	24	5.9	M	0:56	18:47	7:47 AM	36	4.7	E	0:44	27:11	4:11 PM	15.4	8	Van #2
TOTAL		71.2		5:23				66.7		4:35				61.1		4:40			199		

Legend: E = Easy, M = Moderate, H = Hard, VH = Very Hard

Runner	10K Pace time submitted
Everitt	0:06:30 adj to compen for Tom; OK b/c in same van; addt'l mileage=cushion
Al	0:07:00
Steve	0:07:00
Todd	0:07:00
Felix	0:07:30
Sharon	0:07:50
Luann	0:08:00
Manuel	0:08:30
Tom	0:09:30 could not revise online
Bic	0:09:30
Ron	0:10:00
Herb	0:10:30

ESTIMATED VAN EXCHANGE TIMES

	Hrs to Exch	Time @Exch	Hrs 30 min prior	Time 30 min prior
Exch #6 (Van Exch #1)	4:10	5:10 PM	3:40	4:40 PM
Exch #12 (Van Exch #2)	5:23	10:34 PM	4:53	10:04 PM
Exch #18 (Van Exch #3)	4:38	3:12 AM	4:08	2:42 AM
Exch #24 (Van Exch #4)	4:35	7:47 AM	4:05	7:17 AM
Exch #30 (Van Exch #5)	3:43	11:31 AM	3:13	11:01 AM
Finish	4:40	4:11 PM	4:10	3:41 PM

VOLUNTEERS

Janette Exch #20 12AM-4:30 AM
 Laura Exch #20 12AM-4:30 AM