

**Pace Chart for the Blood Rock 25K Race**

Blood Rock 25K 7:00 AM Start	Distance		8.2 Hour Pace		11.5 Hour Pace		15.5 Hour Pace		18 Hour Pace		22 Hour Pace		24 Hour Pace	
	Between Aid Stations	Cumulative Distance	10 min/mile		14 Min/mile		19 Min/mile		22 Min/mile		24 min/mile		25.8 Min/Mile	
			Pace	Time	Pace	Times	Pace	Times	Pace	Times	Pace	Times	Pace	Times
The Cabins - Start	0.0	0.0	0.0	7:00 AM	0.0	7:00 AM	0.0	7:00 AM	0.0	7:00 AM	0.0	7:00 AM	0.0	7:00 AM
Eagle Nest Trail	9.8	9.8	1.6	8:38 AM	2.3	9:18 AM	3.1	10:06 AM	3.6	10:35 AM	3.9	10:54 AM	4.5	11:35 AM
Cabin 1	5.2	15.0	2.5	9:30 AM	3.5	10:30 AM	4.7	11:42 AM	5.6	12:35 PM	6.0	1:00 PM	6.9	1:54 PM

**Pace Chart for the Blood Rock 55K**

Blood Rock 55K 7:00 AM Start	Distance		8.2 Hour Pace		11.5 Hour Pace		15.5 Hour Pace		18 Hour Pace		22 Hour Pace		24 Hour Pace	
	Between Aid Stations	Cumulative Distance	10 min/mile		14 Min/mile		19 Min/mile		22 Min/mile		24 min/mile		25.8 Min/Mile	
			Pace	Time	Pace	Times	Pace	Times	Pace	Times	Pace	Times	Pace	Times
The Cabins - Start	0.0	0.0	0.0	7:00 AM	0.0	7:00 AM	0.0	7:00 AM	0.0	7:00 AM	0.0	7:00 AM	0.0	7:00 AM
Eagle Nest Trail	9.8	9.8	1.6	8:38 AM	2.3	9:18 AM	3.1	10:06 AM	3.6	10:35 AM	3.9	10:54 AM	4.5	11:35 AM
Cabin 1	5.2	15.0	2.5	9:30 AM	3.5	10:30 AM	4.7	11:42 AM	5.6	12:35 PM	6.0	1:00 PM	6.9	1:54 PM
Terrace	5.7	20.7	3.5	10:25 AM	4.8	11:48 AM	6.5	1:25 PM	7.7	2:35 PM	8.3	3:12 PM	9.5	4:30 PM
Peavine	5.6	26.3	4.4	11:21 AM	6.1	1:06 PM	8.2	3:12 PM	9.7	4:54 PM	10.5	5:25 PM	12.1	7:06 PM
Cabin 2	7.4	33.7	5.6	12:35 PM	7.9	2:48 PM	10.5	5:30 PM	12.5	7:25 PM	13.5	8:25 PM	15.5	10:30 PM