

Pace Chart for the Blood Rock 50 Mile Race

Blood Rock 50 Mile 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		Mandatory
	Between Aid Stations	Cumulative Distance	10 min/mile		14 Min/mile		19 Min/mile		22 Min/mile		24 min/mile		25.8 Min/Mile		Cutoffs
			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	11:00 PM
													0.0		
Terrace C/O	5.7	39.4	6.6	1:32 PM	9.2	4:12 PM	12.3	7:18 PM	14.6	9:30 PM	15.8	10:42 PM	18.2	1:12 AM	1:15 AM
Peavine	5.6	45.0	7.5	2:28 PM	10.5	5:30 PM	14.1	9:00 PM	16.7	11:35 PM	18.0	12:54 AM	20.7	3:42 AM	
Cabin 2	7.4	52.4	8.7	3:42 PM	12.2	7:12 PM	16.4	11:18 PM	19.4	2:18 AM	21.0	3:54 AM	24.1	7:06 AM	7:06 AM

* Cutoff optional based on Aid Station Captain's evaluation of the runner.

C/O - Absolute cutoff