

Sheet1

2016

Lake Martin 100 Pace Chart		Distance	Cumulative	9 min/mile	12 min/mile	15 min/mile	17.5 min/mile	17.95 min/mile	19.13 min/mile	Hard Cutoffs	
Aid Stations	Between	Distance	Pace	Pace	Pace	Pace	Pace	Pace	pace	Hours	Time
	The Cabin Aid Station (start/finish)	Start									
1	Heave Hill Aid Station	7.26	7.26	1:06	1:30	1:48	2:06	2:12	2:19		
2	Heave Hill Aid Station	5.92	13.18	2:00	2:36	3:18	3:48	3:54	4:12		
3	The Cabin Aid Station (start/finish)	4.94	18.12	2:42	3:36	4:30	5:18	5:24	5:46		
4	The Cabin Aid Station (start/finish)	6.97	25.09	3:48	5:00	6:18	7:18	7:30	8:00		
5	Heave Hill Aid Station	7.26	32.35	4:54	6:30	8:06	9:24	9:42	10:19		
6	Heave Hill Aid Station	5.92	38.27	5:42	7:49	9:36	11:12	11:24	12:12		
7	The Cabin Aid Station (start/finish)	4.94	43.21	6:30	8:36	10:48	12:36	12:54	13:46		
8	The Cabin Aid Station (start/finish)	6.97	50.18	7:30	10:00	12:30	14:36	15:00	16:00		
9	Heave Hill Aid Station	7.26	57.44	8:36	11:30	14:24	16:48	17:12	18:19		
10	Heave Hill Aid Station	5.92	63.36	9:30	12:42	15:48	18:30	19:00	20:12		
11	The Cabin Aid Station (start/finish)	4.94	68.3	10:12	13:42	17:06	19:54	20:24	21:46		
12	The Cabin Aid Station (start/finish)	6.97	75.27	11:18	15:06	18:48	22:00	22:30	24:00:00	25 hours	7:30 a.m.
13	Heave Hill Aid Station	7.26	82.53	12:24	16:30	20:36	24:06:00	24:42:00	26:19:00		
14	Heave Hill Aid Station	5.92	88.45	13:18	17:42	22:06	25:48:00	26:30:00	28:12:00		
15	The Cabin Aid Station (start/finish)	4.94	93.39	14:00	18:42	23:18	27:12:00	27:54:00	29:46:00	30:00 hours	12:30 p.m.
16	The Cabin Aid Station (start/finish)	6.97	100.36	15:06	20:06	25:06:00	29:18:00	30:00:00	32:00:00		
				Finish at	Finish at	Finish at	Finish at	Finish at	Finish at		
				9:36PM	02:36AM	7:36AM Sunday	11:48AM Sunday	12:30PM Sunday	2:30PM Sunday		

Lake Martin 50 Pace Chart		Distance	Cumulative	9 min/mile	12 min/mile	15 min/mile	17.5 min/mile	17.95 min/mile	19.13 min/mile	Hard Cutoffs	
Aid Stations	Between	Distance	Pace	Pace	Pace	Pace	Pace	Pace	pace	Hours	Time
	The Cabin Aid Station (start/finish)	Start									
1	Heave Hill Aid Station	7.26	7.26	1:06	1:30	1:48	2:06	2:12	2:19		
2	Heave Hill Aid Station	5.92	13.18	2:00	2:36	3:18	3:48	3:54	4:12		
3	The Cabin Aid Station (start/finish)	4.94	18.12	2:42	3:36	4:30	5:18	5:24	5:46		
4	The Cabin Aid Station (start/finish)	6.97	25.09	3:48	5:00	6:18	7:18	7:30	8:00		
5	Heave Hill Aid Station	7.26	32.35	4:54	6:30	8:06	9:24	9:42	10:19		
6	Heave Hill Aid Station	5.92	38.27	5:42	7:49	9:36	11:12	11:24	12:12		
7	The Cabin Aid Station (start/finish)	4.94	43.21	6:30	8:36	10:48	12:36	12:54	13:46	14 hours	8:30 p.m.
8	The Cabin Aid Station (start/finish)	6.97	50.18	7:30	10:00	12:30	14:36	15:00	16:00		
		50.18		Finish at	Finish at	Finish at	Finish at	Finish at	Finish at		
				03:00 PM	05:30 PM	08:00 PM	10:00 PM	10:30 PM	11:30 PM		