

Pace Chart for the Blood Rock 100 Mile Race

Blood Rock 100 Pace Chart Friday Start	Distance		17 Hour Pace		24 Hour Pace		32.5 Hour Pace		40 Hour Pace		42.5 Hour Pace		48 Hour Pace		Required Cutoffs
	Between Aid Stations	Cumulative Distance	10 min/mile		14 Min/mile		19 Min/mile		23 min/mile		24 min/mile				
			Pace	Time	Pace	Times	Pace	Times	Pace	Times	Pace	Times	Pace	Tme	
The Cabins - Start	0	0	0	12 Noon	0.0	12 Noon	0	12 Noon	0	12 Noon	0	12 Noon	0.0	0	
Eagle Nest Trail	9.8	9.8	1.6	1:36 PM	2:17	2:17 PM	3:06	3:06 PM	3:46	3:43 PM	4.1	4:06 PM	4.6	4:35 PM	
Cabin 1	5.2	15.0	2.5	2:30 PM	3:30	3:30 PM	4:45	4:45 PM	5:45	5:45 PM	6.3	6:18 PM	7.0	7:00 PM	
Terrace	5.7	20.7	3.5	3:30 PM	4:50	4:50 PM	6:34	6:34 PM	7:56	7:56 PM	8.6	8:35 PM	9.7	9:35 PM	
Peavine	6.0	26.7	4.5	4:30 PM	6:17	6:17 PM	8:31	8:31 PM	10:19	10:19 PM	11.1	11:06 PM	12.5	12:30 AM	
Cabin 2	7.4	34.1	5.7	5:42 PM	8:02	8:02 PM	10:53	10:53 PM	13:11	1:11 AM	14.2	2:12 AM	16.0	4:00 AM	
Eagle Nest Trail	9.8	43.9	7.3	7:18 PM	10:19	10:19 PM	14:00	2:00 AM	16:56	4:56 AM	18.3	6:18 AM	20.6	8:00 AM	
Cabin 3	5.2	49.1	8.2	8:12 PM	11:32	11:32 PM	15:38	3:38 AM	18:56	6:56 AM	20.5	8:30 AM	23.1	11:06 AM	
Terrace	5.7	54.8	9.1	9:06 PM	12:52	12:52 AM	17:27	5:27 AM	21:07	9:07 AM	22.8	10:48 AM	25.7	1:42 PM	
Peavine	6.0	60.8	10.1	10:06 PM	14:18	2:18 AM	19:25	7:25 AM	23:30	11:30 AM	25.3	1:18 PM	28.5	4:30 PM	
Cabin 4 C/O	7.4	68.2	11.4	11:24 PM	16:03	4:03 AM	21:47	9:47 AM	26:22	2:22 PM	28.4	4:25 PM	32.0	8:00 PM	8:00 PM
Eagle Nest Trail	9.8	78.0	13.0	1:00 AM	18:20	6:20 AM	24:53	12:53 PM	30:08	6:08 PM	32.5	8:30 PM	36.6	12:35 AM	12:35 AM
Cabin 5 C/O	5.2	83.2	13.9	1:54 AM	19:33	7:33 AM	26:32	2:32 PM	32:07	8:07 PM	34.7	10:42 PM	39.1	3:06 AM	3:15 AM
Terrace C/O	5.7	88.9	14.8	2:48 AM	20:53	8:53 AM	28:20	4:20 PM	34:46	10:46 PM	37.0	1:00 AM	41.7	5:42 AM	5:45 AM
Peavine C/O	6.0	94.9	15.8	3:48 AM	22:20	10:20 AM	30:19	6:19 PM	37:09	1:09 AM	39.5	3:30 AM	44.6	8:35 AM	8:35 AM
Cabin Finish	7.4	102.3	17.1	5:06 AM	24:03	12:03 PM	32:37	8:37 PM	40:00	4:00 AM	42.6	6:35 AM	48.0	12 Noon	12 Noon