

Blood Rock 100 Aid Station Distance and Pace Chart		Distance		24 Hour Pace		32.5 Hour Pace		40 Hour Pace		Hard Cutoffs
		Between Aid Stations	Cumulative Distance	14 Min/mile Pace	14 Min/mile Times	19 Min/mile Pace	19 Min/mile Times	23 min/mile Pace	23 min/mile Times	
	The Cabins - Start	Start	0	0	12:00 PM	0	12:00 PM	0	12:00 Noon	
1	Start to NTH-(Not an Aid Station)	1.8	1.8	0:25	12:25 PM	0:34	12:34 PM	0:41	12:41 PM	
2	NTH 1 to Eagle Nest Trail	8.0	9.8	2:17	2:17 PM	3:06	3:06 PM	3:46	3:43 PM	
3	EagleNest to NTH (No AS)	2.1	11.9	2:47	2:47 PM	3:46	3:46 PM	4:33	4:33 PM	
4	NTH 2 to Cabins Aid Station #1	3.1	15.0	3:30	3:30 PM	4:45	4:45 PM	5:45	5:45 PM	
5	Cabin to Terrace	5.7	20.7	4:50	4:50 PM	6:34	6:34 PM	7:56	7:56 PM	
6	Terrace to Peavine	6.0	26.7	6:17	6:17 PM	8:31	8:31 PM	10:19	10:19 PM	
7	Peavine to Cabin Aid Station #2	7.4	34.1	8:02	8:02 PM	10:53	10:53 PM	13:11	1:11 AM	2:00 AM
8	Start to NTH1 (No AS)	1.8	35.9	8:27	8:27 PM	11:28	11:28 PM	13:52	1:52 AM	
9	NTH 1 to Eagle Nest Trail	8.0	43.9	10:19	10:19 PM	14:00	2:00 AM	16:56	4:56 AM	
10	EagleNest to NTH (No AS)	2.1	46.0	10:48	10:48 PM	14:40	2:40 AM	17:45	5:45 AM	
11	NTH 2 to Cabins Aid Station #3	3.1	49.1	11:32	11:32 PM	15:38	3:38 AM	18:56	6:56 AM	8:00 AM
12	Cabin to Terrace	5.7	54.8	12:52	12:52 AM	17:27	5:27 AM	21:07	9:07 AM	
13	Terrace to Peavine	6.0	60.8	14:18	2:18 AM	19:25	7:25 AM	23:30	11:30 AM	
14	Peavine to Cabin Aid Station #4	7.4	68.2	16:03	4:03 AM	21:47	9:47 AM	26:22	2:22 PM	3:00 PM
15	Start to NTH1 (No AS)	1.8	70.0	16:28	4:28 AM	22:22	10:22 AM	27:03	3:03 PM	
16	NTH 1 to Eagle Nest Trail	8.0	78.0	18:20	6:20 AM	24:53	12:53 PM	30:08	6:08 PM	
17	EagleNest to NTH (No AS)	2.1	80.1	18:50	6:50 AM	25:34	1:34 PM	30:56	6:56 PM	
18	NTH 2 to Cabins Aid Station #5	3.1	83.2	19:33	7:33 AM	26:32	2:32 PM	32:07	8:07 PM	8:30 PM
19	Cabin to Terrace	5.7	88.9	20:53	8:53 AM	28:20	4:20 PM	34:46	10:46 PM	11:00 PM
20	Terrace to Peavine	6.0	94.9	22:20	10:20 AM	30:19	6:19 PM	37:09	1:09 AM	1:15 AM
21	Peavine to Cabin Finish	7.4	102.3	24:03	12:03 PM	32:37	8:37 PM	40:00	4:00 AM	4:00 AM