

Blood Rock 100 Pace Chart	Distance		17 Hour Pace		24 Hour Pace		32.5 Hour Pace		40 Hour Pace	
	Between	Cumulative	10 min/mile	10 min/mile	14 Min/mile	14 Min/mile	19 Min/mile	19 Min/mile	23 min/mile	23 min/mile
	Aid Stations	Distance	Pace	Time	Pace	Times	Pace	Times	Pace	Times
Friday Start										
The Cabins - Start	0	0	0	12 Noon	0.0	12:00 PM	0	12:00 PM	0	12:00 Noon
Eagle Nest	9.8	9.8	1.6	1:36 PM	2:17	2:17 PM	3:06	3:06 PM	3:46	3:43 PM
Cabin 1	5.2	15	2.5	2:30 PM	3:30	3:30 PM	4:45	4:45 PM	5:45	5:45 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
Peavine	6	26.7	4.5	4:30 PM	6:17	6:17 PM	8:31	8:31 PM	10:19	10:19 PM
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
Eagle Nest	9.8	43.9	7.3	7:18 PM	10:19	10:19 PM	14:00	2:00 AM	16:56	4:56 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
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
Peavine	6	60.8	10.1	10:06 PM	14:18	2:18 AM	19:25	7:25 AM	23:30	11:30 AM
Cabin 4	7.4	68.2	11.4	11:24 PM	16:03	4:03 AM	21:47	9:47 AM	26:22	2:22 PM
Eagle Nest	9.8	78	13.0	1:00 AM	18:20	6:20 AM	24:53	12:53 PM	30:08	6:08 PM
Cabin 5	5.2	83.2	13.9	1:54 AM	19:33	7:33 AM	26:32	2:32 PM	32:07	8:07 PM
Terrace	5.7	88.9	14.8	2:48 AM	20:53	8:53 AM	28:20	4:20 PM	34:46	10:46 PM
Peavine	6	94.9	15.8	3:48 AM	22:20	10:20 AM	30:19	6:19 PM	37:09	1:09 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