

	Distance		4.8 Hour Pace		8 Hour Pace		11.4 Hour Pace		14 Hour Pace	
Blood Rock 55K	Between	Cumulative	8.5 min/mile		14 min/mile		20 min/mile		24.5 min/mile	
8:00 AM Start	Aid Stations	Distance	Pace	Time	Pace	Time	Pace	Time	Pace	Time
The Cabins - Start	0	0	0	8:00 AM	0	8:00 AM	0.0	8:00 AM	0.0	8:00 AM
Eagle Nest	9.8	9.8	1.4	9:24 AM	2.3	10:18 AM	3.3	11:18 AM	4.0	12:00 PM
Cabin 1	5.2	15.0	2.1	10:06 AM	3.5	11:30 AM	5.0	1:00 PM	6.1	2:06 PM
Terrace	5.7	20.7	2.9	10:54 AM	4.8	12:48 AM	6.9	2:54 PM	8.5	4:30 PM
Peavine	6.0	26.7	3.8	11:48 AM	6.2	2:12 PM	8.9	4:54 PM	10.9	6:54 PM
Cabin Finish	7.4	34.1	4.8	12:48 PM	8.0	4:00 PM	11.4	7:24 PM	13.9	10:00 PM
	Distance		1.8 Hour Pace		3.5 Hour Pace		5 Hour Pace		6.1 Hour Pace	
Blood Rock 25K	Between	Cumulative	7 min/mile		14 min/mile		20 min/mile		24.5 min/mile	
8:00 AM Start	Aid Stations	Distance	Pace	Time	Pace	Time	Pace	Time	Pace	Time
The Cabins - Start	0	0	0	8:00 AM	0	8:00 AM	0.0	8:00 AM	0.0	8:00 AM
Eagle Nest	9.8	9.8	1.1	9:06 AM	2.3	10:18 AM	3.3	11:18 AM	4.0	12:00 PM
Cabin 1	5.2	15.0	1.8	9:48 AM	3.5	11:30 AM	5.0	1:00 PM	6.1	3:00 PM