

	Distance		8.2 Hour Pace		11.5 Hour Pace		15.5 Hour Pace		18 Hour Pace	
Blood Rock 50 Mile	Between	Cumulative	10 min/mile		14 Min/mile		19 Min/mile		22 Min/mile	
7:00 AM Start	Aid Stations	Distance	Pace	Time	Pace	Times	Pace	Times	Pace	Times
The Cabins - Start	0	0	0	7:00 AM	0.0	7:00 AM	0.0	7:00 AM	0	7:00 AM
Eagle Nest	9.8	9.8	1.6	8:36 AM	2.3	9:18 AM	3.1	10:06 AM	3.6	10:36 AM
Cabin 1	5.2	15.0	2.5	9:30 AM	3.5	10:30 AM	4.8	11:48 AM	5.5	12:30 PM
Terrace	5.7	20.7	3.5	10:30 AM	4.8	11:48 AM	6.6	1:36 PM	7.6	2:36 PM
Peavine	6.0	26.7	4.5	11:30 AM	6.2	1:12 PM	8.5	3:30 PM	9.8	4:48 PM
Cabin 2	7.6	34.3	5.7	12:42 PM	8.0	3:00 PM	10.8	5:48 PM	12.5	7:30 PM
Eagle Nest	10.4	44.7	7.3	2:18 PM	10.2	5:12 PM	13.9	8:54 PM	16.1	11:06 PM
Cabin Finish	5.3	50.0	8.2	3:12 PM	11.5	6:30 PM	15.5	10:30 PM	18.0	1:00 AM