

Sheet1

Lake Martin 100 Pace Chart		Distance	Cumulative	9 min/mile	12 min/mile	15 min/mile	17.95 min/mile	19.13 min/mile	Hard Cutoffs	
	Aid Stations	Between	Distance	Pace	Pace	Pace	Pace	pace	Hours	Time
	The Cabin Aid Station (start/finish)	Start								
1	Heave Hill Aid Station	8.20	8.20	1:15	1:42	2:03	2:42	2:38		
2	Heave Hill Aid Station	5.45	13.65	2:00	2:36	3:18	3:54	4:12		
3	The Cabin Aid Station (start/finish)	5.20	18.85	2:42	3:36	4:30	5:24	5:46		
4	The Cabin Aid Station (start/finish)	6.25	25.10	3:48	5:00	6:18	7:30	8:00		
5	Heave Hill Aid Station	8.20	33.30	5:03	6:42	8:21	9:42	10:38		
6	Heave Hill Aid Station	5.45	38.75	5:42	7:49	9:36	11:24	12:12		
7	The Cabin Aid Station (start/finish)	5.20	43.95	6:30	8:36	10:48	12:54	13:46		
8	The Cabin Aid Station (start/finish)	6.25	50.20	7:30	10:00	12:30	15:00	16:00		
9	Heave Hill Aid Station	8.20	58.40	8:45	11:42	14:39	17:12	18:38		
10	Heave Hill Aid Station	5.45	63.85	9:30	12:42	15:48	19:00	20:12		
11	The Cabin Aid Station (start/finish)	5.20	69.05	10:12	13:42	17:06	20:24	21:46		
12	The Cabin Aid Station (start/finish)	6.25	75.30	11:18	15:06	18:48	22:30	24:00:00	25 hours	7:30:00 AM
13	Heave Hill Aid Station	8.20	83.50	12:33	16:42	20:51	24:42:00	26:19:00		
14	Heave Hill Aid Station	5.45	88.95	13:18	17:42	22:06	26:30:00	28:12:00		
15	The Cabin Aid Station (start/finish)	5.20	94.15	14:00	18:42	23:18	27:54:00	29:46:00	30:00 hours	12:30 PM
16	The Cabin Aid Station (start/finish)	6.25	100.40	15:06	20:06	25:06:00	30:00:00	32:00:00		
		100.40		Finish at	Finish at	Finish at	Finish at	Finish at		
				9:36PM	02:36AM	7:36AM Sunday	12:30PM Sunday	2:30PM Sunday		

Sheet1

Lake Martin 50 Pace Chart		Distance	Cumulative	9 min/mile	12 min/mile	15 min/mile	17.95 min/mile	19.13 min/mile	Hard Cutoffs	
	Aid Stations	Between	Distance	Pace	Pace	Pace	Pace	pace	Hours	Time
	The Cabin Aid Station (start/finish)	Start								
1	Heave Hill Aid Station	8.20	8.20	1:15	1:42	2:03	2:42	2:38		
2	Heave Hill Aid Station	5.45	13.65	2:00	2:36	3:18	3:54	4:12		
3	The Cabin Aid Station (start/finish)	5.20	18.85	2:42	3:36	4:30	5:24	5:46		
4	The Cabin Aid Station (start/finish)	6.25	25.10	3:48	5:00	6:18	7:30	8:00		
5	Heave Hill Aid Station	8.20	33.30	5:03	6:42	8:21	9:42	10:38		
6	Heave Hill Aid Station	5.45	38.75	5:42	7:49	9:36	11:24	12:12		
7	The Cabin Aid Station (start/finish)	5.20	43.95	6:30	8:36	10:48	12:54	13:46	14 hours	8:30 PM.
8	The Cabin Aid Station (start/finish)	6.25	50.20	7:30	10:00	12:30	15:00	16:00		
		50.20		Finish at	Finish at	Finish at	Finish at	Finish at		
				03:00 PM	05:30 PM	08:00 PM	10:30 PM	11:30 PM		

Sheet1

Lake Martin 27 Pace Chart		Distance	Cumulative	9 min/mile	12 min/mile	15 min/mile	17.95 min/mile	19.13 min/mile	Hard Cutoffs	
Aid Stations		Between	Distance	Pace	Pace	Pace	Pace	pace	Hours	Time
	The Cabin Aid Station (start/finish)	Start								
1	Heave Hill Aid Station	8.20	8.20	1:15	1:42	2:03	2:42	2:38		
2	Heave Hill Aid Station	5.45	13.65	2:00	2:36	3:18	3:54	4:12		
3	The Cabin Aid Station (start/finish)	5.20	18.85	2:42	3:36	4:30	5:24	5:46		
4	The Cabin Aid Station (start/finish)	6.25	25.10	3:48	5:00	6:18	7:30	8:00		
5	The Cabin Aid Station (start/finish)	2.00	27.10	4:06	5:24	6:48	8:24	8:38	8:45 hours	03:30 PM
		27.10		Finish at	Finish at	Finish at	Finish at	Finish at		
				10:51 PM	12:09 PM	01:33 PM	03:09 PM	03:23 PM		