

Length of the Lake Saturday 15 Feb 2020

Team 222 Run or Walk				Leg	Km	Grade	Estimated Pace min/km	Estimated Leg time	Estimated Start Time	Stopwatch Accumulative	Actual Leg Time	Pace Min/km
Christine Hosking	Walk	F	MW65-69	1	15.0	Average	0:07:30	1:52:30	7:00:00	1:53:24	1:53:24	0:07:34
Matthew Harty	R or W	M	SM	2	10.2	Average	0:05:05	0:51:51	8:52:30	2:45:41	0:52:17	0:05:08
Noel Bennett	R or W	M	MM75-79	3	8.6	Average	0:06:05	0:52:19	9:44:21	3:34:45	0:49:04	0:05:42
Helen Boston	R or W	F	MW65-69	4	7.4	Dangerous	0:07:55	0:58:35	10:36:40	4:33:37	0:58:52	0:07:57
Barrie Gilbert	Walk	M	MM80-84	5	6.1	Average	0:08:50	0:53:53	11:35:15	5:27:24	0:53:47	0:08:49
Roy Farrier	Walk	M	MM70-74	6	7.8	Easy	0:08:15	1:04:21	12:29:08	6:31:24	1:04:00	0:08:12
Austin Hutcheon	R or W	M	MM75-79	7	4.7	Easy	0:08:45	0:41:07	13:33:29	7:09:33	0:38:09	0:08:07
Steve McAneney	R or W	M	MM55-59	8	7.5	Average	0:05:00	0:37:30	14:14:36	7:58:47	0:49:14	0:06:34
					67.3		Estimated Time	7:52:07		Team Time	7:58:47	

Legs 1, 5 & 6 MUST be WALKED

Legs 4 & 7 RUN or WALK but mainly will be walk

Legs 2, 3 & 8 RUN legs and expected to be run