

Six Foot Track Marathon

How to run under the 7 Hour Cutoff

Km	Reference	Sweeper time in 2003 in hrs/mins	+/- 7hr pace time in mins/secs
0		0.00	0.00
1		0.15	-5.67
2		0.28	-9.33
3		0.40	-12.00
4		0.49	-11.67
5		0.56	-9.33
6		1.03	-7.00
7		1.10	-4.67
8	Megalong Gate	1.17	-2.33
9		1.24	0.00
10		1.31	0.33
11		1.40	1.67
12		1.49	3.00
13		1.57	4.33
14		2.05	5.67
15	Cox's	2.13	7.00
16		2.24	5.33
17		2.34	4.67
18		2.44	4.00
19		2.53	4.33
20	Mini Mini	3.03	3.67
21		3.11	5.00
22		3.20	5.33
23		3.30	4.67
24		3.40	4.00
25		3.50	3.33
26	Pluv	4.00	2.67
27		4.10	2.00
28		4.20	1.33
29		4.30	0.67
30		4.40	0.00
31		4.49	0.00
32		4.58	0.00
33		5.08	0.00
34		5.17	0.00
35		5.26	0.00
36	Caves Rd	5.36	0.00
37		5.45	0.00
38		5.54	0.00
39		6.04	0.00
40		6.13	0.00
41		6.22	0.00
42		6.32	0.00
43		6.41	0.33
44		6.50	0.67
45		7.06	0.06