

LOOP 1									LOOP 2	
	100 MILE		100 MILE RELAY		50 MILE/RELAY		53KM		100 MILE RELAY	
1	5.8	5.8	8.6	8.6	6.8	6.8	-	-	4.9	87.2
2	2.8	8.6	2.8	11.4	2.8	9.6	-	-	-	-
2A	1.4	10.0	-	-	-	-	-	-	-	-
2	1.4	11.4	-	-	-	-	-	-	-	-
3	5.2	16.6	5.2	16.6	5.2	14.8	-	-	8.0	95.2
4	6.1	22.7			6.1	20.9	-	-	6.1	101.3
5	6.5	29.2			6.5	27.4	-	-	6.5	107.8
6	6.6	35.8		<b>Same as for 100 mile for the rest of the relay</b>	6.6	34.0	6.6	6.6	6.6	114.4
7	6.9	42.7			6.9	40.9	6.9	13.5	6.9	121.3
7	4.6	47.3			4.6	45.5	4.6	18.1	4.6	125.9
6	6.9	54.2			6.9	52.4	6.9	25.0	6.9	132.8
5	4.6	58.8			4.6	57.0	4.6	29.6	4.6	137.4
8	5.2	64.0			5.2	62.2	5.2	34.8	5.2	142.6
5	5.2	69.2			5.2	67.4	5.2	40.0	5.2	147.8
1	8.2	77.4			8.2	75.6	8.2	48.2	8.2	156.0
B	4.9	82.3			4.9	80.5	4.9	53.1	4.9	160.9