

Start Time	Start Mile	Action		Miles To Go	End Mile	End Time
8:00:00	0.00	Speed	30 mph	1.00	1.00	8:02:00
8:00:36	0.30	Reset To	1.10 mi	0.80	1.10	8:02:12
8:02:00	1.00	Speed	24 mph	10.00	11.00	8:27:00
8:07:30	3.20	Note	RWT			
8:09:35	4.03	Note	LWT			
8:09:42	4.08	Note	LWT			
8:11:38	4.85	Note	BR WT			
8:12:12	5.08	Note	SWT			
8:13:05	5.43	Note	BL WT			
8:14:54	6.16	Note	RWT			
8:16:03	6.62	Reset To	11.00 mi	4.38	11.00	8:27:00
8:27:00	11.00	Speed	6 mph	1.30	12.30	8:40:00
8:28:18	11.13	Note	RR BED			
8:36:42	11.97	Note	RWT			
8:40:00	12.30	Speed	18 mph	10.20	22.50	9:14:00
8:41:56	12.88	Note	LWT			
8:43:00	13.20	Note	XXX BRIDGE			
8:44:50	13.75	Note	SWT			
8:46:16	14.18	Note	BR WT			
8:48:44	14.92	Note	DOWN HILL			
8:57:00	17.40	Note	RWT			
8:58:36	17.88	Note	SWT			
9:01:10	18.65	Note	ST WT			
9:04:22	19.61	Note	SWT			
9:05:42	20.01	Note	SWT			
9:06:46	20.33	Note	SWT			
9:07:18	20.49	Note	RWT			
9:10:14	21.37	Note	SWT			
9:12:16	21.98	Note	SWT			
9:14:00	22.50	Speed	6 mph	2.10	24.60	9:35:00
9:20:00	23.10	Note	SWT			
9:30:36	24.16	Note	SWT			
9:33:12	24.42	Note	LDR			
9:33:24	24.44	Note	RDT			
9:35:00	24.60	Speed	18 mph	10.50	35.10	10:10:00
9:35:56	24.88	Note	SWT			
9:38:38	25.69	Note	SWT			
9:40:08	26.14	Note	SWT XX DR			
9:41:00	26.40	Note	SWT			
9:42:40	26.90	Note	LWT			
9:46:18	27.99	Note	SWT			
9:46:50	28.15	Note	S WT			
9:47:48	28.44	Note	SWT			
9:48:38	28.69	Note	RWT			
9:49:12	28.86	Note	RWT			
9:49:50	29.05	Note	SWT			
9:54:12	30.36	Note	SWT			
9:55:48	30.84	Note	SWT			
9:59:42	32.01	Note	BL WT			

Start Time	Start Mile	Action		Miles To Go	End Mile	End Time
10:01:48	32.64	Note	LWR			
10:01:54	32.67	Note	BL WT			
10:04:44	33.52	Note	XXX GR			
10:05:00	33.60	Note	LWT			
10:06:14	33.97	Note	SWT			
10:07:26	34.33	Note	SWT			
10:08:18	34.59	Note	RWR			
10:08:28	34.64	Note	LGR			
10:10:00	35.10	Speed	6 mph	6.90	42.00	11:19:00
10:10:00	35.10	Free to	40.00 mi	4.90	40.00	10:59:00
10:15:12	35.62	Note	RBT			
10:44:18	38.53	Note	RGR			
10:59:00	40.00	Note	GAS STOP			
10:59:00	40.00	Reset To	42.00 mi	2.00	42.00	11:19:00
11:19:00	42.00	Speed	18 mph	3.00	45.00	11:29:00
11:20:14	42.37	Note	LBT			
11:20:24	42.42	Note	RFC			
11:20:36	42.48	Note	BL FC			
11:22:24	43.02	Note	SWR			
11:28:40	44.90	Note	LGR			
11:28:56	44.98	Note	RGR			
11:29:00	45.00	Speed	24 mph	17.20	62.20	12:12:00
11:30:20	45.53	Note	RWR			
11:30:45	45.70	Note	LFC			
11:35:02	47.41	Note	SWT			
11:35:09	47.46	Note	RWT			
11:37:03	48.22	Note	RWT			
11:38:30	48.80	Note	SWT			
11:40:03	49.42	Note	RBT			
11:54:59	55.39	Note	RWR			
11:57:56	56.57	Note	RWT			
11:59:45	57.30	Note	SWT			
12:00:26	57.57	Note	RWT			
12:02:18	58.32	Note	SWT			
12:03:26	58.77	Note	SWR			
12:03:32	58.81	Note	BL WT			
12:05:03	59.42	Note	LWR			
12:05:26	59.57	Note	RWT			
12:09:45	61.30	Note	SWT			
12:12:00	62.20	Speed	6 mph	2.60	64.80	12:38:00
12:13:36	62.36	Note	RBT			
12:19:36	62.96	Note	RBT			
12:31:00	64.10	Note	RGR			
12:37:42	64.77	Note	LFC			
12:38:00	64.80	Speed	30 mph	2.50	67.30	12:43:00
12:38:00	64.80	Start				
12:38:45	65.17	Note	SWT			
12:40:12	65.90	Note	SWT			
12:40:39	66.12	Note	SWT			

Start Time	Start Mile	Action		Miles To Go	End Mile	End Time
12:42:18	66.95	Note	RWT			
12:43:00	67.30	Speed	18 mph	8.70	76.00	13:12:00
12:46:06	68.23	Note	SWT			
12:50:00	69.40	Note	LWT			
12:51:42	69.91	Note	LWT			
12:53:40	70.50	Note	SWT			
12:55:00	70.90	Note	BL WT			
12:57:40	71.70	Note	SWT			
12:58:56	72.08	Note	SWT			
12:59:26	72.23	Note	SWT			
13:00:38	72.59	Note	SWT			
13:01:44	72.92	Note	LWT			
13:03:58	73.59	Note	SWT			
13:07:22	74.61	Note	BL WR			
13:07:38	74.69	Note	LWT			
13:10:54	75.67	Note	SWT			
13:12:00	76.00	Speed	6 mph	2.00	78.00	13:32:00
13:12:36	76.06	Note	RBT			
13:20:18	76.83	Note	RWT			
13:21:00	76.90	Reset To	78.00 mi	1.10	78.00	13:32:00
13:32:00	78.00	Speed	30 mph	3.50	81.50	13:39:00
13:34:15	79.12	Note	LWT			
13:34:50	79.41	Note	SWT			
13:35:59	79.99	Note	RWR			
13:36:26	80.21	Note	RWT			
13:37:29	80.74	Note	BR			
13:38:42	81.35	Note	LWT			
13:39:00	81.50	Known				
13:39:00	81.50	End				