

**Tussey mOUntaiNBACK 50 Mile Relay and Ultramarathon  
Pace Chart**

Leg	Distance	Cumulative Distance	Distance Remaining	5:30 Min/Mile	5:30 Cumulative	5:45 Min/Mile	5:45 Cumulative	6:00 Min/Mile	6:00 Cumulative	6:15 Min/Mile	6:15 Cumulative	6:30 Min/Mile	6:30 Cumulative	6:45 Min/Mile	6:45 Cumulative	7:00 Min/Mile	7:00 Cumulative	7:15 Min/Mile	7:15 Cumulative	7:30 Min/Mile	7:30 Cumulative
1	3.20	3.20	46.8	17:36	0:17:36	18:24	0:18:24	19:12	0:19:12	20:00	0:20:00	20:48	0:20:48	21:36	0:21:36	22:24	0:22:24	23:12	0:23:12	24:00	0:24:00
2	4.00	7.20	42.8	22:00	0:39:36	23:00	0:41:24	24:00	0:43:12	25:00	0:45:00	26:00	0:46:48	27:00	0:48:36	28:00	0:50:24	29:00	0:52:12	30:00	0:54:00
3	3.80	11.00	39	20:54	1:00:30	21:51	1:03:15	22:48	1:06:00	23:45	1:08:45	24:42	1:11:30	25:39	1:14:15	26:36	1:17:00	27:33	1:19:45	28:30	1:22:30
4	5.60	16.60	33.4	30:48	1:31:18	32:12	1:35:27	33:36	1:39:36	35:00	1:43:45	36:24	1:47:54	37:48	1:52:03	39:12	1:56:12	40:36	2:00:21	42:00	2:04:30
5	3.40	20.00	30	18:42	1:50:00	19:33	1:55:00	20:24	2:00:00	21:15	2:05:00	22:06	2:10:00	22:57	2:15:00	23:48	2:20:00	24:39	2:25:00	25:30	2:30:00
6	4.10	24.10	25.9	22:33	2:12:33	23:34	2:18:35	24:36	2:24:36	25:37	2:30:38	26:39	2:36:39	27:40	2:42:41	28:42	2:48:42	29:43	2:54:43	30:45	3:00:45
7	3.70	27.80	22.2	20:21	2:32:54	21:16	2:39:51	22:12	2:46:48	23:08	2:53:45	24:03	3:00:42	24:59	3:07:39	25:54	3:14:36	26:50	3:21:33	27:45	3:28:30
8	4.30	32.10	17.9	23:39	2:56:33	24:44	3:04:35	25:48	3:12:36	26:52	3:20:38	27:57	3:28:39	29:02	3:36:41	30:06	3:44:42	31:10	3:52:44	32:15	4:00:45
9	2.90	35.00	15	15:57	3:12:30	16:41	3:21:15	17:24	3:30:00	18:07	3:38:45	18:51	3:47:30	19:34	3:56:15	20:18	4:05:00	21:01	4:13:45	21:45	4:22:30
10	5.50	40.50	9.5	30:15	3:42:45	31:38	3:52:53	33:00	4:03:00	34:23	4:13:08	35:45	4:23:15	37:07	4:33:23	38:30	4:43:30	39:52	4:53:37	41:15	5:03:45
11	5.30	45.80	4.2	29:09	4:11:54	30:29	4:23:21	31:48	4:34:48	33:08	4:46:15	34:27	4:57:42	35:46	5:09:09	37:06	5:20:36	38:25	5:32:03	39:45	5:43:30
12	4.20	50.00	0	23:06	4:35:00	24:09	4:47:30	25:12	5:00:00	26:15	5:12:30	27:18	5:25:00	28:21	5:37:30	29:24	5:50:00	30:27	6:02:30	31:30	6:15:00

Leg	Distance	Cumulative Distance	Distance Remaining	7:45 Min/Mile	7:45 Cumulative	8:00 Min/Mile	8:00 Cumulative	8:15 Min/Mile	8:15 Cumulative	8:30 Min/Mile	8:30 Cumulative	8:45 Min/Mile	8:45 Cumulative	9:00 Min/Mile	9:00 Cumulative	9:15 Min/Mile	9:15 Cumulative	9:30 Min/Mile	9:30 Cumulative	9:45 Min/Mile	9:45 Cumulative
1	3.20	3.20	46.8	24:48	0:24:48	25:36	0:25:36	26:24	0:26:24	27:12	0:27:12	28:00	0:28:00	28:48	0:28:48	29:36	0:29:36	30:24	0:30:24	00:12	0:12:21
2	4.00	7.20	42.8	31:00	0:55:48	32:00	0:57:36	33:00	0:59:24	34:00	1:01:12	35:00	1:03:00	36:00	1:04:48	37:00	1:06:36	38:00	1:08:24	00:27	0:15:26
3	3.80	11.00	39	29:27	1:25:15	30:24	1:28:00	31:21	1:30:45	32:18	1:33:30	33:15	1:36:15	34:12	1:39:00	35:09	1:41:45	36:06	1:44:30	00:41	0:14:40
4	5.60	16.60	33.4	43:24	2:08:39	44:48	2:12:48	46:12	2:16:57	47:36	2:21:06	49:00	2:25:15	50:24	2:29:24	51:48	2:33:33	53:12	2:37:42	0:01:02	0:21:37
5	3.40	20.00	30	26:21	2:35:00	27:12	2:40:00	28:03	2:45:00	28:54	2:50:00	29:45	2:55:00	30:36	3:00:00	31:27	3:05:00	32:18	3:10:00	01:15	0:13:07
6	4.10	24.10	25.9	31:46	3:06:47	32:48	3:12:48	33:50	3:18:50	34:51	3:24:51	35:52	3:30:53	36:54	3:36:54	37:56	3:42:56	38:57	3:48:57	01:31	0:15:49
7	3.70	27.80	22.2	28:41	3:35:27	29:36	3:42:24	30:32	3:49:21	31:27	3:56:18	32:23	4:03:15	33:18	4:10:12	34:13	4:17:09	35:09	4:24:06	01:44	0:14:17
8	4.30	32.10	17.9	33:20	4:08:47	34:24	4:16:48	35:29	4:24:50	36:33	4:32:51	37:37	4:40:53	38:42	4:48:54	39:47	4:56:56	40:51	5:04:57	02:01	0:16:36
9	2.90	35.00	15	22:29	4:31:15	23:12	4:40:00	23:55	4:48:45	24:39	4:57:30	25:22	5:06:15	26:06	5:15:00	26:50	5:23:45	27:33	5:32:30	02:12	0:11:12
10	5.50	40.50	9.5	42:38	5:13:53	44:00	5:24:00	45:23	5:34:08	46:45	5:44:15	48:08	5:54:23	49:30	6:04:30	50:52	6:14:38	52:15	6:24:45	02:32	0:21:14
11	5.30	45.80	4.2	41:05	5:54:57	42:24	6:06:24	43:44	6:17:51	45:03	6:29:18	46:23	6:40:45	47:42	6:52:12	49:02	7:03:39	50:21	7:15:06	02:52	0:20:27
12	4.20	50.00	0	32:33	6:27:30	33:36	6:40:00	34:39	6:52:30	35:42	7:05:00	36:45	7:17:30	37:48	7:30:00	38:51	7:42:30	39:54	7:55:00	03:08	0:16:13

Leg	Distance	Cumulative Distance	Distance Remaining	10:00 Min/Mile	10:00 Cumulative	10:15 Min/Mile	10:15 Cumulative	10:30 Min/Mile	10:30 Cumulative	10:45 Min/Mile	10:45 Cumulative	11:00 Min/Mile	11:00 Cumulative	11:15 Min/Mile	11:15 Cumulative	11:30 Min/Mile	11:30 Cumulative	11:45 Min/Mile	11:45 Cumulative	12:00 Min/Mile	12:00 Cumulative
1	3.20	3.20	46.8	32:00	0:32:00	32:48	0:32:48	33:36	0:33:36	34:24	0:34:24	35:12	0:35:12	36:00	0:36:00	36:48	0:36:48	37:36	0:37:36	38:24	0:38:24
2	4.00	7.20	42.8	40:00	1:12:00	41:00	1:13:48	42:00	1:15:36	43:00	1:17:24	44:00	1:19:12	45:00	1:21:00	46:00	1:22:48	47:00	1:24:36	48:00	1:26:24
3	3.80	11.00	39	38:00	1:50:00	38:57	1:52:45	39:54	1:55:30	40:51	1:58:15	41:48	2:01:00	42:45	2:03:45	43:42	2:06:30	44:39	2:09:15	45:36	2:12:00
4	5.60	16.60	33.4	56:00	2:46:00	57:24	2:50:09	58:48	2:54:18	1:00:12	2:58:27	1:01:36	3:02:36	1:03:00	3:06:45	1:04:24	3:10:54	1:05:48	3:15:03	1:07:12	3:19:12
5	3.40	20.00	30	34:00	3:20:00	34:51	3:25:00	35:42	3:30:00	36:33	3:35:00	37:24	3:40:00	38:15	3:45:00	39:06	3:50:00	39:57	3:55:00	40:48	4:00:00
6	4.10	24.10	25.9	41:00	4:01:00	42:01	4:07:02	43:03	4:13:03	44:04	4:19:05	45:06	4:25:06	46:08	4:31:08	0:47:09	4:37:09	0:48:11	4:43:11	0:49:12	4:49:12
7	3.70	27.80	22.2	37:00	4:38:00	37:56	4:44:57	38:51	4:51:54	39:47	4:58:51	40:42	5:05:48	41:38	5:12:45	42:33	5:19:42	43:29	5:26:39	44:24	5:33:36
8	4.30	32.10	17.9	43:00	5:21:00	44:05	5:29:02	45:09	5:37:03	46:14	5:45:05	47:18	5:53:06	48:22	6:01:07	49:27	6:09:09	50:31	6:17:10	51:36	6:25:12
9	2.90	35.00	15	29:00	5:50:00	29:43	5:58:45	30:27	6:07:30	31:10	6:16:15	31:54	6:25:00	32:37	6:33:45	33:21	6:42:30	34:04	6:51:15	34:48	7:00:00
10	5.50	40.50	9.5	55:00	6:45:00	56:23	6:55:07	57:45	7:05:15	59:08	7:15:22	00:30	7:25:30	01:53	7:35:37	1:03:15	7:45:45	1:04:38	7:55:53	1:06:00	8:06:00
11	5.30	45.80	4.2	53:00	7:38:00	54:20	7:49:27	55:39	8:00:54	56:59	8:12:21	58:18	8:23:48	59:37	8:35:15	00:57	8:46:42	02:16	8:58:09	03:36	9:09:36
12	4.20	50.00	0	42:00	8:20:00	43:03	8:32:30	44:06	8:45:00	45:09	8:57:30	46:12	9:10:00	47:15	9:22:30	48:18	9:35:00	49:21	9:47:30	50:24	10:00:00