

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 Min/Mile	7:30 Min/Mile	7:30 Cumulative
1	4.24	4.24	45.8	23:19	0:23:19	24:23	0:24:23	25:26	0:25:26	26:30	0:26:30	27:34	0:27:34	28:37	0:28:37	29:41	0:29:41	30:44	0:30:44	31:48	0:31:48
2	5.33	9.57	40.4	29:19	0:52:38	30:39	0:55:02	31:59	0:57:25	33:19	0:59:49	34:39	1:02:12	35:59	1:04:36	37:19	1:06:59	38:39	1:09:23	39:59	1:11:47
3	5.49	15.06	34.9	30:12	1:22:50	31:34	1:26:36	32:56	1:30:22	34:19	1:34:08	35:41	1:37:53	37:03	1:41:39	38:26	1:45:25	39:48	1:49:11	41:11	1:52:57
4	2.93	17.99	32	16:07	1:38:57	16:51	1:43:27	17:35	1:47:56	18:19	1:52:26	19:03	1:56:56	19:47	2:01:26	20:31	2:05:56	21:15	2:10:26	21:59	2:14:55
5	4.28	22.27	27.7	23:32	2:02:29	24:37	2:08:03	25:41	2:13:37	26:45	2:19:11	27:49	2:24:45	28:53	2:30:19	29:58	2:35:53	31:02	2:41:27	32:06	2:47:02
6	3.73	26.00	24	20:31	2:23:00	21:27	2:29:30	22:23	2:36:00	23:19	2:42:30	24:15	2:49:00	25:11	2:55:30	26:07	3:02:00	27:03	3:08:30	27:59	3:15:00
7	4.11	30.11	19.9	22:36	2:45:36	23:38	2:53:08	24:40	3:00:40	25:41	3:08:11	26:43	3:15:43	27:45	3:23:15	28:46	3:30:46	29:48	3:38:18	30:50	3:45:50
8	3.37	33.48	16.5	18:32	3:04:08	19:23	3:12:31	20:13	3:20:53	21:04	3:29:15	21:54	3:37:37	22:45	3:45:59	23:35	3:54:22	24:26	4:02:44	25:16	4:11:06
9	5.58	39.06	10.9	30:41	3:34:50	32:05	3:44:36	33:29	3:54:22	34:53	4:04:08	36:16	4:13:53	37:40	4:23:39	39:04	4:33:25	40:27	4:43:11	41:51	4:52:57
10	3.77	42.83	7.17	20:44	3:55:34	21:41	4:06:16	22:37	4:16:59	23:34	4:27:41	24:30	4:38:24	25:27	4:49:06	26:23	4:59:49	27:20	5:10:31	28:16	5:21:14
11	3.97	46.80	3.2	21:50	4:17:24	22:50	4:29:06	23:49	4:40:48	24:49	4:52:30	25:48	5:04:12	26:48	5:15:54	27:47	5:27:36	28:47	5:39:18	29:47	5:51:00
12	3.20	50.00	0	17:36	4:35:00	18:24	4:47:30	19:12	5:00:00	20:00	5:12:30	20:48	5:25:00	21:36	5:37:30	22:24	5:50:00	23:12	6:02:30	24:00	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 Min/Mile	9:15 Min/Mile	9:15 Cumulative	9:30 Min/Mile	9:30 Min/Mile	9:45 Min/Mile	9:45 Cumulative
1	4.24	4.24	45.8	32:52	0:32:52	33:55	0:33:55	34:59	0:34:59	36:02	0:36:02	37:06	0:37:06	38:10	0:38:10	39:13	0:39:13	40:17	0:40:17	00:16	0:16:22
2	5.33	9.57	40.4	41:18	1:14:10	42:38	1:16:34	43:58	1:18:57	45:18	1:21:21	46:38	1:23:44	47:58	1:26:08	49:18	1:28:31	50:38	1:30:55	00:36	0:20:34
3	5.49	15.06	34.9	42:33	1:56:43	43:55	2:00:29	45:18	2:04:15	46:40	2:08:01	48:02	2:11:46	49:25	2:15:32	50:47	2:19:18	52:09	2:23:04	00:57	0:21:11
4	2.93	17.99	32	22:42	2:19:25	23:26	2:23:55	24:10	2:28:25	24:54	2:32:55	25:38	2:37:25	26:22	2:41:55	27:06	2:46:24	27:50	2:50:54	01:08	0:11:18
5	4.28	22.27	27.7	33:10	2:52:36	34:14	2:58:10	35:19	3:03:44	36:23	3:09:18	37:27	3:14:52	38:31	3:20:26	39:35	3:26:00	40:40	3:31:34	01:24	0:16:31
6	3.73	26.00	24	28:54	3:21:30	29:50	3:28:00	30:46	3:34:30	31:42	3:41:00	32:38	3:47:30	33:34	3:54:00	34:30	4:00:30	35:26	4:07:00	01:38	0:14:24
7	4.11	30.11	19.9	31:51	3:53:21	32:53	4:00:53	33:54	4:08:24	34:56	4:15:56	35:58	4:23:28	36:59	4:30:59	38:01	4:38:31	39:03	4:46:03	01:53	0:15:52
8	3.37	33.48	16.5	26:07	4:19:28	26:58	4:27:50	27:48	4:36:13	28:39	4:44:35	29:29	4:52:57	30:20	5:01:19	31:10	5:09:41	32:01	5:18:04	02:06	0:13:00
9	5.58	39.06	10.9	43:15	5:02:43	44:38	5:12:29	46:02	5:22:15	47:26	5:32:01	48:50	5:41:47	50:13	5:51:32	51:37	6:01:18	53:01	6:11:04	02:27	0:21:32
10	3.77	42.83	7.17	29:13	5:31:56	30:10	5:42:38	31:06	5:53:21	32:03	6:04:03	32:59	6:14:46	33:56	6:25:28	34:52	6:36:11	35:49	6:46:53	02:41	0:14:33
11	3.97	46.80	3.2	30:46	6:02:42	31:46	6:14:24	32:45	6:26:06	33:45	6:37:48	34:44	6:49:30	35:44	7:01:12	36:43	7:12:54	37:43	7:24:36	02:56	0:15:19
12	3.20	50.00	0	24:48	6:27:30	25:36	6:40:00	26:24	6:52:30	27:12	7:05:00	28:00	7:17:30	28:48	7:30:00	29:36	7:42:30	30:24	7:55:00	03:08	0:12:21

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	4.24	4.24	45.8	42:24	0:42:24	43:28	0:43:28	44:31	0:44:31	45:35	0:45:35	46:38	0:46:38	47:42	0:47:42	48:46	0:48:46	49:49	0:49:49	50:53	0:50:53
2	5.33	9.57	40.4	53:18	1:35:42	54:38	1:38:06	55:58	1:40:29	57:18	1:42:53	58:38	1:45:16	59:58	1:47:40	01:18	1:50:03	02:38	1:52:27	03:58	1:54:50
3	5.49	15.06	34.9	54:54	2:30:36	56:16	2:34:22	57:39	2:38:08	59:01	2:41:54	00:23	2:45:40	01:46	2:49:26	03:08	2:53:11	04:30	2:56:57	05:53	3:00:43
4	2.93	17.99	32	0:29:18	2:59:54	0:30:02	3:04:24	0:30:46	3:08:54	0:31:30	3:13:24	0:32:14	3:17:53	0:32:58	3:22:23	0:33:42	3:26:53	0:34:26	3:31:23	0:35:10	3:35:53
5	4.28	22.27	27.7	42:48	3:42:42	43:52	3:48:16	44:56	3:53:50	46:01	3:59:24	47:05	4:04:58	48:09	4:10:32	49:13	4:16:06	50:17	4:21:40	51:22	4:27:14
6	3.73	26.00	24	37:18	4:20:00	38:14	4:26:30	39:10	4:33:00	40:06	4:39:30	41:02	4:46:00	41:58	4:52:30	0:42:54	4:59:00	0:43:50	5:05:30	0:44:46	5:12:00
7	4.11	30.11	19.9	41:06	5:01:06	42:08	5:08:38	43:09	5:16:09	44:11	5:23:41	45:13	5:31:13	46:14	5:38:44	47:16	5:46:16	48:18	5:53:48	49:19	6:01:19
8	3.37	33.48	16.5	33:42	5:34:48	34:33	5:43:10	35:23	5:51:32	36:14	5:59:55	37:04	6:08:17	37:55	6:16:39	38:45	6:25:01	39:36	6:33:23	40:26	6:41:46
9	5.58	39.06	10.9	55:48	6:30:36	57:12	6:40:22	58:35	6:50:08	59:59	6:59:54	01:23	7:09:40	02:47	7:19:26	04:10	7:29:11	05:34	7:38:57	06:58	7:48:43
10	3.77	42.83	7.17	37:42	7:08:18	38:39	7:19:00	39:35	7:29:43	40:32	7:40:25	41:28	7:51:08	42:25	8:01:50	0:43:21	8:12:33	0:44:18	8:23:15	0:45:14	8:33:58
11	3.97	46.80	3.2	39:42	7:48:00	40:42	7:59:42	41:41	8:11:24	42:41	8:23:06	43:40	8:34:48	44:40	8:46:30	45:39	8:58:12	46:39	9:09:54	47:38	9:21:36
12	3.20	50.00	0	32:00	8:20:00	32:48	8:32:30	33:36	8:45:00	34:24	8:57:30	35:12	9:10:00	36:00	9:22:30	36:48	9:35:00	37:36	9:47:30	38:24	10:00:00