

Leg	Runner	Dist	Diff.	Original Estimates				Revised Estimates			Actuals				
				Pace	Leg Split	Total Time	(rest time)	Pace	Leg Split	Total time	Start Time	Pace	Leg Split	Finish Time	Total Time
Leg 1	JJ	7.8	M	0:07:45	1:00:27	1:00:27	0	0:07:45	1:00:27	1:00:27	9/12/08 9:24 AM	07:50.5	1:01:10	10:25 AM	1:01:10
Leg 2	Shelley	8.9	H	0:08:30	1:15:39	2:16:06	1:00:27	0:08:30	1:15:39	2:16:06	10:25 AM	08:13.1	1:13:09	11:38 AM	2:14:19
Leg 3	Cheryl	3.8	E	0:07:30	0:28:30	2:44:36	2:16:06	0:07:30	0:28:30	2:44:36	11:38 AM	07:38.4	0:29:02	12:07 PM	2:43:21
Leg 4	Carol	2.9	E	0:09:00	0:26:06	3:10:42	2:44:36	0:09:00	0:26:06	3:10:42	12:07 PM	08:07.2	0:23:33	12:30 PM	3:06:54
Leg 5	Peter	5.5	E	0:08:00	0:44:00	3:54:42	3:10:42	0:08:00	0:44:00	3:54:42	12:30 PM	07:51.8	0:43:15	1:14 PM	3:50:09
Leg 6	Nancee M.	8.6	H	0:08:30	1:13:06	5:07:48	3:54:42	0:08:30	1:13:06	5:07:48	1:14 PM	07:55.1	1:08:06	2:22 PM	4:58:15
Leg 7	Dennis	7.2	M	0:09:00	1:04:48	6:12:36	5:07:48	0:07:40	0:55:12	6:03:00	2:22 PM	07:11.3	0:51:45	3:14 PM	5:50:00
Leg 8	Tom	6.6	M	0:06:45	0:44:33	6:57:09	6:12:36	0:06:45	0:44:33	6:47:33	3:14 PM	06:08.2	0:40:30	3:54 PM	6:30:30
Leg 9	Craig	6.3	M	0:06:30	0:40:57	7:38:06	6:57:09	0:06:30	0:40:57	7:28:30	3:54 PM	06:31.1	0:41:04	4:35 PM	7:11:34
Leg 10	Dave	4.9	M	0:07:40	0:37:34	8:15:40	7:38:06	0:07:40	0:37:34	8:06:04	4:35 PM	07:53.7	0:38:41	5:14 PM	7:50:15
Leg 11	JED	6.1	M	0:09:00	0:54:54	9:10:34	8:15:40	0:09:00	0:54:54	9:00:58	5:14 PM	08:49.7	0:53:51	6:08 PM	8:44:06
Leg 12	Mike	3.9	E	0:07:15	0:28:17	9:38:51	9:10:34	0:07:37	0:29:42	9:30:40	6:08 PM	07:27.9	0:29:07	6:37 PM	9:13:13
Leg 13	JJ	3.8	E	0:07:30	0:28:30	10:07:20	8:38:24	0:07:30	0:28:30	9:59:10	6:37 PM	07:58.9	0:30:20	7:07 PM	9:43:33
Leg 14	Shelley	7.7	MH	0:08:30	1:05:27	11:12:47	7:51:15	0:08:30	1:05:27	11:04:37	7:07 PM	08:42.7	1:07:05	8:14 PM	10:50:38
Leg 15	Cheryl	8.2	H	0:08:30	1:09:42	12:22:30	8:28:12	0:08:30	1:09:42	12:14:19	8:14 PM	08:10.5	1:07:02	9:21 PM	11:57:40
Leg 16	Carol	6.4	H	0:09:00	0:57:36	13:20:06	9:11:48	0:09:00	0:57:36	13:11:55	9:21 PM	10:00.6	1:04:04	10:25 PM	13:01:44
Leg 17	Peter	7.4	MH	0:08:30	1:02:54	14:23:00	9:25:23	0:08:30	1:02:54	14:14:49	10:25 PM	10:05.5	1:14:41	11:40 PM	14:16:25
Leg 18	Nancee M.	4.9	EM	0:08:30	0:41:39	15:04:39	9:15:12	0:07:45	0:37:59	14:52:48	11:40 PM	08:09.8	0:40:00	12:20 AM	14:56:25
Leg 19	Dennis	4.4	M	0:09:00	0:39:36	15:44:15	8:52:02	0:09:00	0:39:36	15:32:24	12:20 AM	07:28.9	0:32:55	12:53 AM	15:29:20
Leg 20	Tom	9.1	H	0:06:45	1:01:26	16:45:40	8:47:06	0:06:45	1:01:26	16:33:49	12:53 AM	07:05.3	1:04:30	1:57 AM	16:33:50
Leg 21	Craig	7.1	MH	0:06:30	0:46:09	17:31:49	9:07:34	0:06:30	0:46:09	17:19:58	1:57 AM	06:52.8	0:48:51	2:46 AM	17:22:41
Leg 22	Dave	5.4	EM	0:08:00	0:43:12	18:15:01	9:16:09	0:08:00	0:43:12	18:03:10	2:46 AM	07:33.5	0:40:49	3:27 AM	18:03:30
Leg 23	JED	6.2	E	0:09:00	0:55:48	19:10:49	9:04:27	0:09:00	0:55:48	18:58:58	3:27 AM	08:47.3	0:54:29	4:21 AM	18:57:59
Leg 24	Mike	6.9	EM	0:07:45	0:53:29	20:04:18	9:31:59	0:08:05	0:55:47	19:54:45	4:21 AM	08:02.6	0:55:30	5:17 AM	19:53:29
Leg 25	JJ	9.3	H	0:08:30	1:19:03	21:23:21	9:56:57	0:08:30	1:19:03	21:13:48	5:17 AM	08:39.4	1:20:30	6:37 AM	21:13:59
Leg 26	Shelley	4.2	M	0:08:30	0:35:42	21:59:03	10:10:33	0:08:30	0:35:42	21:49:30	6:37 AM	08:41.7	0:36:31	7:14 AM	21:50:30
Leg 27	Cheryl	8.6	HH	0:08:30	1:13:06	23:12:09	9:36:33	0:08:30	1:13:06	23:02:36	7:14 AM	08:08.4	1:10:00	8:24 AM	23:00:30
Leg 28	Carol	5.5	M	0:09:00	0:49:30	24:01:39	9:52:03	0:09:00	0:49:30	23:52:06	8:24 AM	09:02.9	0:49:46	9:14 AM	23:50:16
Leg 29	Nancee M.	4.1	M	0:07:40	0:31:26	24:33:05	9:38:39	0:08:00	0:32:48	24:24:54	9:14 AM	07:45.9	0:31:50	9:46 AM	24:22:06
Leg 30	Peter	3.1	E	0:08:30	0:26:21	24:59:26	9:28:26	0:09:00	0:27:54	24:52:48	9:46 AM	08:26.5	0:26:10	10:16 AM	24:48:16
Leg 31	Dennis	2.5	E	0:07:15	0:18:07	25:17:33	9:15:11	0:07:15	0:18:07	25:10:55	10:16 AM	06:34.8	0:16:27	10:32 AM	25:04:43
Leg 32	Tom	6.8	MH	0:06:45	0:45:54	26:03:27	8:31:53	0:06:45	0:45:54	25:56:49	10:32 AM	06:22.6	0:43:22	11:15 AM	25:48:05
Leg 33	Craig	4	E	0:06:30	0:26:00	26:29:27	8:31:38	0:06:30	0:26:00	26:22:49	11:15 AM	06:48.2	0:27:13	11:43 AM	26:15:18
Leg 34	Dave	4	E	0:08:00	0:32:00	27:01:27	8:14:26	0:08:00	0:32:00	26:54:49	11:43 AM	07:35.0	0:30:20	12:13 PM	26:45:38
Leg 35	John	3.37	E	0:09:00	0:30:20	27:31:47	7:50:38	0:09:00	0:30:20	27:25:09	12:13 PM	08:30.4	0:28:40	12:42 PM	27:14:18
Leg 36	Dennis**	4.3	E	0:09:00	0:38:42	28:10:29	7:27:29	0:07:50	0:33:41	27:58:50	12:42 PM	07:02.1	0:30:15	1:12 PM	27:44:33
Totals (or averages)						28:10:29				27:58:50		0:07:54		1:12 PM	27:44:33

Reach the Beach 2008
"Feets of Strength"
Team Statistics

		First Leg					Second Leg					Third Leg								
Leg	Runner	#	Diff	Dist	Split	Pace	#	Diff	Dist	Split	Pace	#	Diff	Dist	Split	Pace	Total Mileage	Total Time	Average Pace	
1	JJ	1	M	7.8	1:01:10	07:50.5	13	E	3.8	0:30:20	07:58.9	25	H	9.3	1:20:30	08:39.4	20.90	2:52:00	0:08:14	
2	Shelley	2	H	8.9	1:13:09	08:13.1	14	MH	7.7	1:07:05	08:42.7	26	M	4.2	0:36:31	08:41.7	20.80	2:56:45	0:08:30	
3	Cheryl	3	E	3.8	0:29:02	07:38.4	15	H	8.2	1:07:02	08:10.5	27	VH	8.6	1:10:00	08:08.4	20.60	2:46:04	0:08:04	
4	Carol	4	E	2.9	0:23:33	08:07.2	16	H	6.4	1:04:04	10:00.6	28	M	5.5	0:49:46	09:02.9	14.80	2:17:23	0:09:17	
5	Peter	5	E	5.5	0:43:15	07:51.8	17	MH	7.4	1:14:41	10:05.5	30	E	3.1	0:26:10	08:26.5	16.00	2:24:06	0:09:00	
6	Nancee	6	H	8.6	1:08:06	07:55.1	18	EM	4.9	0:40:00	08:09.8	29	M	4.1	0:31:50	07:45.9	17.60	2:19:56	0:07:57	
Van 1 Totals				38	4:58:15				38	5:43:12				34.8	4:54:47		110.7	15:36:14	0:08:27	
					0:07:57					0:08:56					0:08:28					
7	Dennis	7	M	7.2	0:51:45	07:11.3	19	M	4.4	0:32:55	07:28.9	31	E	2.5	0:16:27	06:34.8	18.40	2:11:22	0:07:08	
8	Tom	8	M	6.6	0:40:30	06:08.2	20	H	9.1	1:04:30	07:05.3	32	MH	6.8	0:43:22	06:22.6	22.50	2:28:22	0:06:36	
9	Craig	9	M	6.3	0:41:04	06:31.1	21	MH	7.1	0:48:51	06:52.8	33	E	4	0:27:13	06:48.2	17.40	1:57:08	0:06:44	
10	Dave	10	M	4.9	0:38:41	07:53.7	22	EM	5.4	0:40:49	07:33.5	34	E	4	0:30:20	07:35.0	14.30	1:49:50	0:07:41	
11	John	11	M	6.1	0:53:51	08:49.7	23	E	6.2	0:54:29	08:47.3	35	E	3.37	0:28:40	08:30.4	15.67	2:17:00	0:08:45	
12	Mike	12	E	3.9	0:29:07	07:27.9	24	E	6.9	0:55:30	08:02.6	36	E	4.3	0:30:15	07:02.1	10.80	1:24:37	0:07:50	
Van 2 Totals				35	4:14:58				39	4:57:04				25	2:56:17		99.07	12:08:19	0:07:21	
					0:07:17					0:07:36					0:07:04					
																	209.77	27:44:33	0:07:56	

Footnotes:

- 1) - Nancee and Peter's times/mileage reflect their switching places in legs 29 & 30.
- 2) - Dennis' totals include the mileage and time he in place of Mike for Leg 36
- 3) - Mike's totals only include legs 12 & 24