

**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	3.2	3.2	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	7.2	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	3.8	11	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	6.2	17.2	32.8	34:06	1:34:36	35:39	1:38:54	37:12	1:43:12	38:45	1:47:30	40:18	1:51:48	41:51	1:56:06	43:24	2:00:24	44:57	2:04:42	46:30	2:09:00
5	3.4	20.6	29.4	18:42	1:53:18	19:33	1:58:27	20:24	2:03:36	21:15	2:08:45	22:06	2:13:54	22:57	2:19:03	23:48	2:24:12	24:39	2:29:21	25:30	2:34:30
6	5.3	25.9	24.1	29:09	2:22:27	30:29	2:28:55	31:48	2:35:24	33:08	2:41:52	34:27	2:48:21	35:46	2:54:49	37:06	3:01:18	38:25	3:07:46	39:45	3:14:15
7	4.9	30.8	19.2	26:57	2:49:24	28:11	2:57:06	29:24	3:04:48	30:38	3:12:30	31:51	3:20:12	33:05	3:27:54	34:18	3:35:36	35:31	3:43:18	36:45	3:51:00
8	2.8	33.6	16.4	15:24	3:04:48	16:06	3:13:12	16:48	3:21:36	17:30	3:30:00	18:12	3:38:24	18:54	3:46:48	19:36	3:55:12	20:18	4:03:36	21:00	4:12:00
9	2.9	36.5	13.5	15:57	3:20:45	16:41	3:29:53	17:24	3:39:00	18:07	3:48:07	18:51	3:57:15	19:34	4:06:22	20:18	4:15:30	21:01	4:24:37	21:45	4:33:45
10	5.3	41.8	8.2	29:09	3:49:54	30:29	4:00:21	31:48	4:10:48	33:08	4:21:15	34:27	4:31:42	35:46	4:42:09	37:06	4:52:36	38:25	5:03:03	39:45	5:13:30
11	4	45.8	4.2	22:00	4:11:54	23:00	4:23:21	24:00	4:34:48	25:00	4:46:15	26:00	4:57:42	27:00	5:09:09	28:00	5:20:36	29:00	5:32:03	30:00	5:43:30
12	4.2	50	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 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	3.2	3.2	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	7.2	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	3.8	11	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	6.2	17.2	32.8	48:03	2:13:18	49:36	2:17:36	51:09	2:21:54	52:42	2:26:12	54:15	2:30:30	55:48	2:34:48	57:21	2:39:06	58:54	2:43:24	00:10:50	0:23:56
5	3.4	20.6	29.4	26:21	2:39:39	27:12	2:44:48	28:03	2:49:57	28:54	2:55:06	29:45	3:00:15	30:36	3:05:24	31:27	3:10:33	32:18	3:15:42	01:17	0:13:07
6	5.3	25.9	24.1	41:05	3:20:44	42:24	3:27:12	43:44	3:33:41	45:03	3:40:09	46:23	3:46:38	47:42	3:53:06	49:02	3:59:35	50:21	4:06:03	01:37	0:20:27
7	4.9	30.8	19.2	37:59	3:58:42	39:12	4:06:24	40:26	4:14:06	41:39	4:21:48	42:53	4:29:30	44:06	4:37:12	45:20	4:44:54	46:33	4:52:36	01:56	0:18:55
8	2.8	33.6	16.4	21:42	4:20:24	22:24	4:28:48	23:06	4:37:12	23:48	4:45:36	24:30	4:54:00	25:12	5:02:24	25:54	5:10:48	26:36	5:19:12	02:06	0:10:48
9	2.9	36.5	13.5	22:29	4:42:52	23:12	4:52:00	23:55	5:01:08	24:39	5:10:15	25:22	5:19:22	26:06	5:28:30	26:50	5:37:37	27:33	5:46:45	02:17	0:11:12
10	5.3	41.8	8.2	41:05	5:23:57	42:24	5:34:24	43:44	5:44:51	45:03	5:55:18	46:23	6:05:45	47:42	6:16:12	49:02	6:26:39	50:21	6:37:06	02:37	0:20:27
11	4	45.8	4.2	31:00	5:54:57	32:00	6:06:24	33:00	6:17:51	34:00	6:29:18	35:00	6:40:45	36:00	6:52:12	37:00	7:03:39	38:00	7:15:06	02:52	0:15:26
12	4.2	50	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	3.2	3.2	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	7.2	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	3.8	11	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	6.2	17.2	32.8	1:02:00	2:52:00	1:03:33	2:56:18	1:05:06	3:00:36	1:06:39	3:04:54	1:08:12	3:09:12	1:09:45	3:13:30	1:11:18	3:17:48	1:12:51	3:22:06	1:14:24	3:26:24
5	3.4	20.6	29.4	34:00	3:26:00	34:51	3:31:09	35:42	3:36:18	36:33	3:41:27	37:24	3:46:36	38:15	3:51:45	39:06	3:56:54	39:57	4:02:03	40:48	4:07:12
6	5.3	25.9	24.1	53:00	4:19:00	54:20	4:25:29	55:39	4:31:57	56:59	4:38:26	58:18	4:44:54	59:37	4:51:22	1:00:57	4:57:51	1:02:16	5:04:19	1:03:36	5:10:48
7	4.9	30.8	19.2	49:00	5:08:00	50:14	5:15:42	51:27	5:23:24	52:41	5:31:06	53:54	5:38:48	55:08	5:46:30	56:21	5:54:12	57:35	6:01:54	58:48	6:09:36
8	2.8	33.6	16.4	28:00	5:36:00	28:42	5:44:24	29:24	5:52:48	30:06	6:01:12	30:48	6:09:36	31:30	6:18:00	32:12	6:26:24	32:54	6:34:48	33:36	6:43:12
9	2.9	36.5	13.5	29:00	6:05:00	29:43	6:14:07	30:27	6:23:15	31:10	6:32:22	31:54	6:41:30	32:37	6:50:37	33:21	6:59:45	34:04	7:08:52	34:48	7:18:00
10	5.3	41.8	8.2	53:00	6:58:00	54:20	7:08:27	55:39	7:18:54	56:59	7:29:21	58:18	7:39:48	59:37	7:50:15	1:00:57	8:00:42	1:02:16	8:11:09	1:03:36	8:21:36
11	4	45.8	4.2	40:00	7:38:00	41:00	7:49:27	42:00	8:00:54	43:00	8:12:21	44:00	8:23:48	45:00	8:35:15	46:00	8:46:42	47:00	8:58:09	48:00	9:09:36
12	4.2	50	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