

SAT. SEPTEMBER 23 - HUNTERSVILLE, NC

Produced by:



HUMAN POWERED
MOVEMENT



Benefitting:



2023 - Lap Schedule/Pace Chart

Lap	Start Time	Duration	Pace	Distance	Total Distance	Laps Notes
1	8:00:00	0:20:00	14:49min/mi	1.35	1.35	
2	8:20:00	0:20:00	14:49min/mi	1.35	2.7	
3	8:40:00	0:20:00	14:49min/mi	1.35	4.05	
4	9:00:00	0:20:00	14:49min/mi	1.35	5.4	
5	9:20:00	0:20:00	14:49min/mi	1.35	6.75	*Bean Bonk Lap
6	9:40:00	0:19:00	14:04min/mi	1.35	8.1	
7	9:59:00	0:19:00	14:04min/mi	1.35	9.45	
8	10:18:00	0:19:00	14:04min/mi	1.35	10.8	
9	10:37:00	0:19:00	14:04min/mi	1.35	12.15	
10	10:56:00	0:19:00	14:04min/mi	1.35	13.5	Half Prize/*Bean Bonk Lap
11	11:15:00	0:18:00	13:20min/mi	1.35	14.85	
12	11:33:00	0:18:00	13:20min/mi	1.35	16.2	
13	11:51:00	0:18:00	13:20min/mi	1.35	17.55	
14	12:09:00	0:18:00	13:20min/mi	1.35	18.9	
15	12:27:00	0:18:00	13:20min/mi	1.35	20.25	*Bean Bonk Lap
16	12:45:00	0:17:00	12:36min/mi	1.35	21.6	
17	13:02:00	0:17:00	12:36min/mi	1.35	22.95	
18	13:19:00	0:17:00	12:36min/mi	1.35	24.3	
19	13:36:00	0:17:00	12:36min/mi	1.35	25.65	
20	13:53:00	0:17:00	12:36min/mi	1.35	27	Marathon Prize/*Bean Bonk
21	14:10:00	0:16:00	11:51min/mi	1.35	28.35	
22	14:26:00	0:16:00	11:51min/mi	1.35	29.7	
23	14:42:00	0:16:00	11:51min/mi	1.35	31.05	50K Prize
24	14:58:00	0:16:00	11:51min/mi	1.35	32.4	
25	15:14:00	0:16:00	11:51min/mi	1.35	33.75	*Bean Bonk Lap
26	15:30:00	0:15:00	11:07min/mi	1.35	35.1	
27	15:45:00	0:15:00	11:07min/mi	1.35	36.45	
28	16:00:00	0:15:00	11:07min/mi	1.35	37.8	
29	16:15:00	0:15:00	11:07min/mi	1.35	39.15	
30	16:30:00	0:15:00	11:07min/mi	1.35	40.5	*Bean Bonk Lap
31	16:45:00	0:14:00	10:22min/mi	1.35	41.85	
32	16:59:00	0:14:00	10:22min/mi	1.35	43.2	
33	17:13:00	0:14:00	10:22min/mi	1.35	44.55	
34	17:27:00	0:14:00	10:22min/mi	1.35	45.9	
35	17:41:00	0:14:00	10:22min/mi	1.35	47.25	*Bean Bonk Lap
36	17:55:00	0:13:00	9:38min/mi	1.35	48.6	
37	18:08:00	0:13:00	9:38min/mi	1.35	49.95	

38	18:21:00	0:13:00	9:38min/mi	1.35	51.3	50 Mile Prize	
39	18:34:00	0:13:00	9:38min/mi	1.35	52.65		
40	18:47:00	0:13:00	9:38min/mi	1.35	54	*Bean Bonk Lap	
41	19:00:00	0:12:00	8:53min/mi	1.35	55.35		
42	19:12:00	0:12:00	8:53min/mi	1.35	56.7		
43	19:24:00	0:12:00	8:53min/mi	1.35	58.05	Projected Sunset	
44	19:36:00	0:12:00	8:53min/mi	1.35	59.4		
45	19:48:00	0:12:00	8:53min/mi	1.35	60.75	*Bean Bonk Lap	
46	20:00:00	0:11:00	8:09min/mi	1.35	62.1		
47	20:11:00	0:11:00	8:09min/mi	1.35	63.45		
48	20:22:00	0:11:00	8:09min/mi	1.35	64.8		
49	20:33:00	0:11:00	8:09min/mi	1.35	66.15		
50	20:44:00	0:11:00	8:09min/mi	1.35	67.5	*Bean Bonk Lap	
51	20:55:00	0:10:00	7:24min/mi	1.35	68.85		
52	21:05:00	0:10:00	7:24min/mi	1.35	70.2		
53	21:15:00	0:10:00	7:24min/mi	1.35	71.55		
54	21:25:00	0:10:00	7:24min/mi	1.35	72.9		
55	21:35:00	0:10:00	7:24min/mi	1.35	74.25	*Bean Bonk Lap	
56	21:45:00	#REF!		1.35	75.6		

*Bean Bonk Lap=

Bag of beans from Black Roasting Coffee Co to the first person to complete the lap

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SAT. SEPTEMBER 23 - HUNTERSVILLE, NC

Produced by:



HUMAN POWERED MOVEMENT



psychoactive

A LAST RUNNER STANDING EVENT

Benefitting:



CAROLINA FARM TRUST

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