

SAT. SEPTEMBER 7. HUNTERSVILLE, NC

Produced by:



Benefitting:



2024 - Lap Schedule/Pace Chart

Lap	Start Time	Lap Duration	Lap Distance	Minimum Pace	Total Distance	Lap Notes
1	8:00:00	0:21:00	1.5	14:00min/mi	1.5	
2	8:21:00	0:21:00	1.5	14:00min/mi	3	
3	8:42:00	0:21:00	1.5	14:00min/mi	4.5	
4	9:03:00	0:21:00	1.5	14:00min/mi	6	
5	9:24:00	0:21:00	1.5	14:00min/mi	7.5	*Prize Lap
6	9:45:00	0:20:00	1.5	13:20min/mi	9	
7	10:05:00	0:20:00	1.5	13:20min/mi	10.5	
8	10:25:00	0:20:00	1.5	13:20min/mi	12	Aid Station Opens
9	10:45:00	0:20:00	1.5	13:20min/mi	13.5	Half Marathon Dist Prize
10	11:05:00	0:20:00	1.5	13:20min/mi	15	*Prize Lap
11	11:25:00	0:19:00	1.5	12:40min/mi	16.5	
12	11:44:00	0:19:00	1.5	12:40min/mi	18	
13	12:03:00	0:19:00	1.5	12:40min/mi	19.5	
14	12:22:00	0:19:00	1.5	12:40min/mi	21	
15	12:41:00	0:19:00	1.5	12:40min/mi	22.5	*Prize Lap
16	13:00:00	0:18:00	1.5	12:00min/mi	24	
17	13:18:00	0:18:00	1.5	12:00min/mi	25.5	
18	13:36:00	0:18:00	1.5	12:00min/mi	27	Marathon Distance Prize
19	13:54:00	0:18:00	1.5	12:00min/mi	28.5	
20	14:12:00	0:18:00	1.5	12:00min/mi	30	*Prize Lap
21	14:30:00	0:17:00	1.5	11:20min/mi	31.5	
22	14:47:00	0:17:00	1.5	11:20min/mi	33	
23	15:04:00	0:17:00	1.5	11:20min/mi	34.5	
24	15:21:00	0:17:00	1.5	11:20min/mi	36	35 Mile Distance Prize
25	15:38:00	0:17:00	1.5	11:20min/mi	37.5	*Prize Lap
26	15:55:00	0:16:00	1.5	10:40min/mi	39	
27	16:11:00	0:16:00	1.5	10:40min/mi	40.5	
28	16:27:00	0:16:00	1.5	10:40min/mi	42	
29	16:43:00	0:16:00	1.5	10:40min/mi	43.5	
30	16:59:00	0:16:00	1.5	10:40min/mi	45	*Prize Lap
31	17:15:00	0:15:00	1.5	10:00min/mi	46.5	
32	17:30:00	0:15:00	1.5	10:00min/mi	48	
33	17:45:00	0:15:00	1.5	10:00min/mi	49.5	
34	18:00:00	0:15:00	1.5	10:00min/mi	51	50 Mile Distance Prize
35	18:15:00	0:15:00	1.5	10:00min/mi	52.5	*Prize Lap
36	18:30:00	0:14:00	1.5	9:20min/mi	54	
37	18:44:00	0:14:00	1.5	9:20min/mi	55.5	
38	18:58:00	0:14:00	1.5	9:20min/mi	57	
39	19:12:00	0:14:00	1.5	9:20min/mi	58.5	

40	19:26:00	0:14:00	1.5	9:20min/mi	60	*Prize Lap
41	19:40:00	0:13:00	1.5	8:40min/mi	61.5	Projected Sunset
42	19:53:00	0:13:00	1.5	8:40min/mi	63	
43	20:06:00	0:13:00	1.5	8:40min/mi	64.5	
44	20:19:00	0:13:00	1.5	8:40min/mi	66	
45	20:32:00	0:13:00	1.5	8:40min/mi	67.5	*Prize Lap
46	20:45:00	0:12:00	1.5	8:00min/mi	69	
47	20:57:00	0:12:00	1.5	8:00min/mi	70.5	
48	21:09:00	0:12:00	1.5	8:00min/mi	72	
49	21:21:00	0:12:00	1.5	8:00min/mi	73.5	
50	21:33:00	0:12:00	1.5	8:00min/mi	75	*Prize Lap
51	21:45:00	#REF!	1.5	7:35min/mi	76.5	

All participants that complete the Distance Prize Lap within the time limit receives the distance prize

*Prize Lap = The first person to complete the "Prize Lap" wins a prize

Runners can only win the Prize Lap once ... plan accordingly

Once there are 3 runners remaining, prize laps go away ... It's time to focus!

<p>SAT. SEPTEMBER 7. HUNTERSVILLE, NC</p>  <p>A LAST RUNNER STANDING EVENT</p>						
<p>Produced by:</p>  <p>HUMAN POWERED MOVEMENT</p>						<p>Benefitting:</p> 