

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	0:20:00	1.4	14:17min/mi	1.4	
2	8:20:00	0:20:00	1.4	14:17min/mi	2.8	
3	8:40:00	0:20:00	1.4	14:17min/mi	4.2	
4	9:00:00	0:20:00	1.4	14:17min/mi	5.6	
5	9:20:00	0:20:00	1.4	14:17min/mi	7	*Prize Lap
6	9:40:00	0:19:00	1.4	13:34min/mi	8.4	
7	9:59:00	0:19:00	1.4	13:34min/mi	9.8	
8	10:18:00	0:19:00	1.4	13:34min/mi	11.2	
9	10:37:00	0:19:00	1.4	13:34min/mi	12.6	Aid Station Opens
10	10:56:00	0:19:00	1.4	13:34min/mi	14	<u>Half</u> /*Prize Lap
11	11:15:00	0:18:00	1.4	12:51min/mi	15.4	
12	11:33:00	0:18:00	1.4	12:51min/mi	16.8	
13	11:51:00	0:18:00	1.4	12:51min/mi	18.2	
14	12:09:00	0:18:00	1.4	12:51min/mi	19.6	
15	12:27:00	0:18:00	1.4	12:51min/mi	21	*Prize Lap
16	12:45:00	0:17:00	1.4	12:09min/mi	22.4	
17	13:02:00	0:17:00	1.4	12:09min/mi	23.8	
18	13:19:00	0:17:00	1.4	12:09min/mi	25.2	
19	13:36:00	0:17:00	1.4	12:09min/mi	26.6	<u>Full Marathon Prize</u>
20	13:53:00	0:17:00	1.4	12:09min/mi	28	*Prize Lap
21	14:10:00	0:16:00	1.4	11:26min/mi	29.4	
22	14:26:00	0:16:00	1.4	11:26min/mi	30.8	
23	14:42:00	0:16:00	1.4	11:26min/mi	32.2	
24	14:58:00	0:16:00	1.4	11:26min/mi	33.6	
25	15:14:00	0:16:00	1.4	11:26min/mi	35	<u>35Mi Prize</u> /*Prize Lap
26	15:30:00	0:15:00	1.4	10:43min/mi	36.4	
27	15:45:00	0:15:00	1.4	10:43min/mi	37.8	
28	16:00:00	0:15:00	1.4	10:43min/mi	39.2	
29	16:15:00	0:15:00	1.4	10:43min/mi	40.6	
30	16:30:00	0:15:00	1.4	10:43min/mi	42	*Prize Lap
31	16:45:00	0:14:00	1.4	10:00min/mi	43.4	
32	16:59:00	0:14:00	1.4	10:00min/mi	44.8	
33	17:13:00	0:14:00	1.4	10:00min/mi	46.2	
34	17:27:00	0:14:00	1.4	10:00min/mi	47.6	
35	17:41:00	0:14:00	1.4	10:00min/mi	49	*Prize Lap
36	17:55:00	0:13:00	1.4	9:17min/mi	50.4	<u>50 Mile Prize</u>
37	18:08:00	0:13:00	1.4	9:17min/mi	51.8	
38	18:21:00	0:13:00	1.4	9:17min/mi	53.2	
39	18:34:00	0:13:00	1.4	9:17min/mi	54.6	

40	18:47:00	0:13:00	1.4	9:17min/mi	56	*Prize Lap
41	19:00:00	0:12:00	1.4	8:34min/mi	57.4	
42	19:12:00	0:12:00	1.4	8:34min/mi	58.8	
43	19:24:00	0:12:00	1.4	8:34min/mi	60.2	
44	19:36:00	0:12:00	1.4	8:34min/mi	61.6	Projected Sunset
45	19:48:00	0:12:00	1.4	8:34min/mi	63	*Prize Lap
46	20:00:00	0:11:00	1.4	7:51min/mi	64.4	
47	20:11:00	0:11:00	1.4	7:51min/mi	65.8	
48	20:22:00	0:11:00	1.4	7:51min/mi	67.2	
49	20:33:00	0:11:00	1.4	7:51min/mi	68.6	
50	20:44:00	0:11:00	1.4	7:51min/mi	70	*Prize Lap
51	20:55:00	#REF!	1.4	7:09min/mi	71.4	

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!

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HUMAN POWERED MOVEMENT



psychoactive

A LAST RUNNER STANDING EVENT

Benefitting:

