

NRI	Begin mile	End mile	Distance	Speed	Factor	Interval Time	Cumulative Time
1 - 16	0	20.875	20.875			45.00	45.00
16 - 22	20.875	28.144	7.269	45	1.333	9.69	54.69
22 - CP1	28.144	28.313	0.169	20	3.000	0.51	55.20
Pause @ NRI 22						0.25	55.4490
Leg 1 Total			28.313			55.44	

NRI	Begin mile	End mile	Distance	Speed	Factor	Interval Time	Cumulative Time
23 - 27	0	6.176	6.176	40	1.500	9.26	9.26
27 - 27	6.176	7.735	1.559	35	1.714	2.67	11.94
27 - 27B	7.735	9.318	1.583	23	2.609	4.13	16.07
27B - 28	9.318	10.901	1.583	35	1.714	2.71	18.78
Pause @ NRI 26						0.50	19.2799
Leg 2 Total			10.901			19.27	

NRI	Begin mile	End mile	Distance	Speed	Factor	Interval Time	Cumulative Time
28 - 32	0	3.433	3.433	35	1.714	5.89	5.89
32 - 33	3.433	5.261	1.828	45	1.333	2.44	8.32
33 - 34	5.261	6.444	1.183	40	1.500	1.77	10.10
34 - CP3	6.444	6.799	0.355	33	1.818	0.65	10.74
Pause @ NRI 31						0.33	11.07
Pause @ NRI 32						0.25	11.3224
Leg 3 Total			6.799			11.32	

NRI	Begin mile	End mile	Distance	Speed	Factor	Interval Time	Cumulative Time
outcone - 35	0	1.626	1.626	35	1.714	2.79	2.79
35 - 37	1.626	5.831	4.205	42	1.429	6.01	8.79
37 - 38	5.831	6.696	0.865	30	2.000	1.73	10.52
38 - 39	6.696	6.954	0.258	34	1.765	0.46	10.98
39 - 40	6.954	8.736	1.782	35	1.714	3.05	14.03
40 - 43	8.736	15.366	6.63	45	1.333	8.84	22.87
43 - CP4	15.366	15.535	0.169	20	3.000	0.51	23.38
Pause @ Note Treat						3.07	26.45
Pause @ NRI 40						0.33	26.78
Pause @ NRI 43						0.25	27.0317
Leg 4 Total			15.535			27.03	

Leg 1	28.313	55.44
Leg 2	10.901	19.25
Leg 3	6.799	11.32
Leg 4	15.535	25.71
Total	61.548	111.72

<b>NRI</b>	<b>Begin mile</b>	<b>End mile</b>	<b>Distanc e</b>	<b>Speed</b>	<b>Factor</b>	<b>Interval Time</b>	<b>Cumulative Time</b>
outcone - 35	0	1.626	1.626	35	1.714	2.79	2.79
35 - 37	1.626	5.831	4.205	42	1.429	6.01	8.79
37 - 39	5.831	6.696	0.865	30	2	1.73	10.52
39 - 38	6.696	8.025	1.329	35	1.714	2.28	12.80
38 - 40	8.025	8.5	0.475	34	1.765	0.84	13.64
40 - 43	8.5	11.969	3.469	45	1.333	4.63	18.27
43 - CP4	11.969	12.138	0.169	20	3	0.51	18.77
Pause @ Note Treat						1.75	20.52
Pause @ NRI 40						0.33	20.85
Pause @ NRI 43						0.25	21.10
Leg 4 Total			12.138			21.10	