



P2B ADK 'BEAST' RELAY - LEG CHART (STANDARD)

 START	WHITEFACE MT		
 FINISH	SARANAC BREWERY		
DISTANCE (mi)	227	# LEGS	42
TEAM TYPES	STANDARD	ULTRA	
# VANS/TEAM	1	1	
# RUNNERS	12	6	
# LEGS/RUNNER	VAN #1 = 4 VAN #2 = 3	7 STANDARD or 3 DOUBLE + 1 STD	

STANDARD TEAM: LEG BREAKDOWN BY RUNNER

VAN #	RUNNER #	LEG#: 1-6	LEG#: 13-18	LEG#: 25-30	LEG#: 37-42	TOTAL
1	1	6.4 <i>VERY HARD</i>	3.2 <i>EASY</i>	2.7 <i>EASY</i>	6.2 <i>HARD</i>	18.4
	2	2.1 <i>MODERATE</i>	5.7 <i>MODERATE</i>	4.1 <i>EASY</i>	10.0 <i>INSANE</i>	21.9
	3	3.3 <i>MODERATE</i>	5.8 <i>MODERATE</i>	8.5 <i>MODERATE</i>	6.3 <i>MODERATE</i>	23.9
	4	3.0 <i>MODERATE</i>	7.1 <i>MODERATE</i>	7.1 <i>MODERATE</i>	5.0 <i>MODERATE</i>	22.2
	5	5.2 <i>MODERATE</i>	2.3 <i>EASY</i>	6.1 <i>EASY</i>	6.0 <i>MODERATE</i>	19.5
	6	2.5 <i>EASY</i>	9.4 <i>VERY HARD</i>	3.9 <i>HARD</i>	3.0 <i>EASY</i>	18.8
		LEG#: 7-12	LEG#: 19-24	LEG#: 31-36		TOTAL
2	7	3.0 <i>MODERATE</i>	12.3 <i>HARD</i>	6.1 <i>MODERATE</i>		21.5
	8	5.3 <i>MODERATE</i>	2.3 <i>EASY</i>	6.4 <i>VERY HARD</i>		14.0
	9	4.2 <i>EASY</i>	9.3 <i>HARD</i>	2.4 <i>EASY</i>		15.9
	10	11.5 <i>VERY HARD</i>	2.4 <i>EASY</i>	5.0 <i>EASY</i>		18.8
	11	3.3 <i>MODERATE</i>	4.3 <i>MODERATE</i>	3.8 <i>EASY</i>		11.4
	12	7.2 <i>MODERATE</i>	7.5 <i>MODERATE</i>	6.2 <i>MODERATE</i>		20.9