



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

 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 <i>or</i> 3 DOUBLE + 1 STD	

ULTRA TEAM: LEG BREAKDOWN BY RUNNER

OPTION #1 = 7 STANDARD LEGS/RUNNER

RUNNER #	LEG#: 1-6	LEG#: 7-12	LEG#: 13-18	LEG#: 19-24	LEG#: 25-30	LEG#: 31-36	LEG#: 37-42	TOTAL
1	6.4 <small>VERY HARD</small>	3.0 <small>MODERATE</small>	3.2 <small>EASY</small>	12.3 <small>HARD</small>	2.7 <small>EASY</small>	6.1 <small>MODERATE</small>	6.2 <small>HARD</small>	39.9
2	2.1 <small>MODERATE</small>	5.3 <small>MODERATE</small>	5.7 <small>MODERATE</small>	2.3 <small>EASY</small>	4.1 <small>EASY</small>	6.4 <small>VERY HARD</small>	10.0 <small>INSANE</small>	36.0
3	3.3 <small>MODERATE</small>	4.2 <small>EASY</small>	5.8 <small>MODERATE</small>	9.3 <small>HARD</small>	8.5 <small>MODERATE</small>	2.4 <small>EASY</small>	6.3 <small>MODERATE</small>	39.8
4	3.0 <small>MODERATE</small>	11.5 <small>VERY HARD</small>	7.1 <small>MODERATE</small>	2.4 <small>EASY</small>	7.1 <small>MODERATE</small>	5.0 <small>EASY</small>	5.0 <small>MODERATE</small>	41.0
5	5.2 <small>MODERATE</small>	3.3 <small>MODERATE</small>	2.3 <small>EASY</small>	4.3 <small>MODERATE</small>	6.1 <small>EASY</small>	3.8 <small>EASY</small>	6.0 <small>MODERATE</small>	30.9
6	2.5 <small>EASY</small>	7.2 <small>MODERATE</small>	9.4 <small>VERY HARD</small>	7.5 <small>MODERATE</small>	3.9 <small>HARD</small>	6.2 <small>MODERATE</small>	3.0 <small>EASY</small>	39.7

OPTION #2 = 3 DOUBLE LEGS/RUNNER + 1 STANDARD LEG/RUNNER

RUNNER #	LEG#: 1-12	LEG#: 13-24	LEG#: 25-36	LEG#: 37-42	TOTAL
1	8.5 <small>VERY HARD</small>	9.0 <small>MODERATE</small>	6.7 <small>EASY</small>	6.2 <small>HARD</small>	30.3
2	6.3 <small>MODERATE</small>	12.9 <small>MODERATE</small>	15.5 <small>MODERATE</small>	10.0 <small>INSANE</small>	44.8
3	7.7 <small>EASY</small>	11.7 <small>VERY HARD</small>	9.9 <small>HARD</small>	6.3 <small>MODERATE</small>	35.6
4	8.4 <small>MODERATE</small>	14.6 <small>HARD</small>	12.5 <small>VERY HARD</small>	5.0 <small>MODERATE</small>	40.5
5	15.7 <small>VERY HARD</small>	11.7 <small>HARD</small>	7.4 <small>EASY</small>	6.0 <small>MODERATE</small>	40.7
6	10.5 <small>MODERATE</small>	11.8 <small>MODERATE</small>	9.9 <small>MODERATE</small>	3.0 <small>EASY</small>	35.3

DOUBLE LEGS: LEG# 1-36
STANDARD LEG: LEG# 37-42