

# P2B ADK 'SPRINT' RELAY - LEG CHART



**START**

**TUG HILL PLATEAU...South Lewis HS**

**FINISH**



**SARANAC BREWERY**

<b>DISTANCE (mi)</b>	<b>66</b>	<b># LEGS</b>	<b>12</b>
<b>TEAM TYPES</b>	<b>6-PACK</b>	<b>4-PACK</b>	<b>3-PACK</b>
<b># VANS/TEAM</b>	<b>1</b>	<b>1</b>	<b>1</b>
<b># RUNNERS</b>	<b>6</b>	<b>4</b>	<b>3</b>
<b># LEGS/RUNNER</b>	<b>2</b>	<b>3</b>	<b>4</b>

## 6-PACK TEAM: LEG BREAKDOWN BY RUNNER

RUNNER #	LEG#: 31-36	LEG#: 37-42	TOTAL
1	6.1 <i>MODERATE</i>	6.2 <i>HARD</i>	12.3
2	6.4 <i>VERY HARD</i>	10.0 <i>INSANE</i>	16.4
3	2.4 <i>EASY</i>	6.3 <i>MODERATE</i>	8.7
4	5.0 <i>EASY</i>	5.0 <i>MODERATE</i>	10.0
5	3.8 <i>EASY</i>	6.0 <i>MODERATE</i>	9.8
6	6.2 <i>MODERATE</i>	3.0 <i>EASY</i>	9.2

## 4-PACK TEAM: LEG BREAKDOWN BY RUNNER

RUNNER #	LEG#: 31-34	LEG#: 35-38	LEG#: 39-42	TOTAL
1	6.1 <i>MODERATE</i>	3.8 <i>EASY</i>	6.3 <i>MODERATE</i>	16.2
2	6.4 <i>VERY HARD</i>	6.2 <i>MODERATE</i>	5.0 <i>MODERATE</i>	17.6
3	2.4 <i>EASY</i>	6.2 <i>HARD</i>	6.0 <i>MODERATE</i>	14.6
4	5.0 <i>EASY</i>	10.0 <i>INSANE</i>	3.0 <i>EASY</i>	18.0

## 3-PACK TEAM: LEG BREAKDOWN BY RUNNER

RUNNER #	LEG#: 31-33	LEG#: 34-36	LEG#: 37-39	LEG#: 40-42	TOTAL
1	6.1 <i>MODERATE</i>	5.0 <i>EASY</i>	6.2 <i>HARD</i>	5.0 <i>MODERATE</i>	22.2
2	6.4 <i>VERY HARD</i>	3.8 <i>EASY</i>	10.0 <i>INSANE</i>	6.0 <i>MODERATE</i>	26.2
3	2.4 <i>EASY</i>	6.2 <i>MODERATE</i>	6.3 <i>MODERATE</i>	3.0 <i>EASY</i>	17.9