

P2B FINGER LAKES (FLX) RELAY - LEG CHART



START

GREEK PEAK MT RESORT

FINISH



HERITAGE HILL BREWERY

DISTANCE (mi)

62

TOTAL LEGS

12

TEAM TYPES

6-PACK

4-PACK

VANS/TEAM

1

1

RUNNERS

6

4

LEGS/RUNNER

2

3

6-PACK TEAM: LEG BREAKDOWN BY RUNNER

RUNNER #	LEG#: 1-6	LEG#: 7-12	TOTAL
1	3.3 <i>VERY HARD</i>	5.9 <i>HARD</i>	9.2
2	5.1 <i>HARD</i>	5.2 <i>HARD</i>	10.3
3	4.2 <i>EASY</i>	4.3 <i>MODERATE</i>	8.5
4	3.5 <i>MODERATE</i>	6.5 <i>HARD</i>	10.0
5	3.1 <i>EASY</i>	8.2 <i>HARD</i>	11.3
6	7.4 <i>MODERATE</i>	5.2 <i>MODERATE</i>	12.6

4-PACK TEAM: LEG BREAKDOWN BY RUNNER

RUNNER #	LEG#: 1-4	LEG#: 5-8	LEG#: 9-12	TOTAL
1	3.3 <i>VERY HARD</i>	3.1 <i>EASY</i>	4.3 <i>MODERATE</i>	10.7
2	5.1 <i>HARD</i>	7.4 <i>MODERATE</i>	6.5 <i>HARD</i>	19.0
3	4.2 <i>EASY</i>	5.9 <i>HARD</i>	8.2 <i>HARD</i>	18.3
4	3.5 <i>MODERATE</i>	5.2 <i>HARD</i>	5.2 <i>MODERATE</i>	13.9