

2018 GREAT LAKES RELAY - RUNNER WORKSHEET

Team Name:

Support: B=Bike V=Vehicle

Leg #	Distance	Scenery	Difficulty	Support	Runner Name	Total Miles/Runner
A-1	4.0	5	7	None		
A-2	8.8	10	8	None		
A-3	9.5	8	8	B		
A-4	3.8	6	7	B		
A-5	7.15	7	7	B		
A-6	5.4	10	8	None		
A-7	5.1	8	6-7	None		
A-8	4.3	7	7	None		
A-9	4.8	7	6	None		
A-10	5.5	4	3	None		
A-11	3.4	7	6	B		
A-12	3.1	5	7-8	B		
A-13	3.1	6	4-5	B, V		
A-14	3.8	6	5	B, V		
A-15	4.0	6-7	5	V		
A-16	5.1	6	6-7	V		
A-17	4.6	6	7	V		
A-18	3.3	5	6	B, V		
A-19	3.4	5	5	B, V		
A-20	9.4	10	10	None		
Day 1	101.55					
B-1	3.85	6	0	None		
B-2	4.8	9	8	None		
B-3	4.8	7	8	None		
B-4	9.1	7	7	None		
B-5	6.5	9	7	None		
B-6	9.9	10	8	None		
B-7	2.0	6	0	None		
B-8	2.75	8	3	None		
B-9	8.05	8	6	None		
B-10	5.5	9	5	None		
B-11	6.0	7	6	None		
B-12	2.7	7	6-7	None		
B-13	3.3	5	5	None		
B-14	3.5	7	2	None		
B-15	5.75	8	7	None		
B-16	5.8	7	7	None		
B-17	3.3	6	6	None		
B-18	5.2	8	5	B		
B-19	6.2	7	5	B		
Day 2	99.00					
Total 1&2	200.55					
C-1	4.4	7	4	B		
C-2	3.25	7	5	B		
C-3	5.0	8	5	B		
C-4	5.9	6	6	B, V		
C-5	5.4	9	7-8	B		
C-6	5.0	7	8-9	B, V		
C-7	5.2	8	7	B		
C-8	2.9	7	4	B, V		
C-9	3.55	6	6	V		
C-10	5.0	5	6	B, V		
C-11	6.05	8	7	None		
C-12	2.7	9	7	B		
C-13	3.8	8	8-9	B, V		
C-14	3.0	10	7-8	B		
C-15	5.5	10	8	V		
C-16	2.5	8	7	B, V		
C-17	2.4	8	7	B, V		
C-18	6	10	2	None		
Day 3	77.55					
Grand Total	278.10					

2018 GREAT LAKES RELAY - RUNNER WORKSHEET

DAY 1

Team Name:

Support: B=Bike V=Vehicle

Leg #	Distance	Scenery	Difficulty	Support	Runner Name	Total Miles/Runner
A-1	4.0	5	7	None		
A-2	8.8	10	8	None		
A-3	9.5	8	8	B		
A-4	3.8	6	7	B		
A-5	7.15	7	7	B		
A-6	5.4	10	8	None		
A-7	5.1	8	6-7	None		
A-8	4.3	7	7	None		
A-9	4.8	7	6	None		
A-10	5.5	4	3	None		
A-11	3.4	7	6	B		
A-12	3.1	5	7-8	B		
A-13	3.1	6	4-5	B, V		
A-14	3.8	6	5	B, V		
A-15	4.0	6-7	5	V		
A-16	5.1	6	6-7	V		
A-17	4.6	6	7	V		
A-18	3.3	5	6	B, V		
A-19	3.4	5	5	B, V		
A-20	9.4	10	10	None		
Total Day 1	101.55					

2018 GREAT LAKES RELAY - RUNNER WORKSHEET

DAY 2

Team Name:

Support: B=Bike V=Vehicle

Leg #	Distance	Scenery	Difficulty	Support	Runner Name	Total Miles/Runner
B-1	3.85	6	0	None		
B-2	4.8	9	8	None		
B-3	4.8	7	8	None		
B-4	9.1	7	7	None		
B-5	6.5	9	7	None		
B-6	9.9	10	8	None		
B-7	2.0	6	0	None		
B-8	2.75	8	3	None		
B-9	8.05	8	6	None		
B-10	5.5	9	5	None		
B-11	6.0	7	6	None		
B-12	2.7	7	6-7	None		
B-13	3.3	5	5	None		
B-14	3.5	7	2	None		
B-15	5.75	8	7	None		
B-16	5.8	7	7	None		
B-17	3.3	6	6	None		
B-18	5.2	8	5	B		
B-19	6.2	7	5	B		
Total Day 2	99.00					
Cum Ttl	200.55					

2018 GREAT LAKES RELAY - RUNNER WORKSHEET

DAY 3

Team Name:

Support: B=Bike V=Vehicle

Leg #	Distance	Scenery	Difficulty	Support	Runner Name	Total Miles/Runner
C-1	4.4	7	4	B		
C-2	3.25	7	5	B		
C-3	5.0	8	5	B		
C-4	5.9	6	6	B, V		
C-5	5.4	9	7-8	B		
C-6	5	7	8-9	B, V		
C-7	5.2	8	7	B		
C-8	2.9	7	4	B, V		
C-9	3.55	6	6	V		
C-10	5.0	5	6	B, V		
C-11	6.05	8	7	None		
C-12	2.7	9	7	B		
C-13	3.8	8	8-9	B, V		
C-14	3	10	7-8	B		
C-15	5.5	10	8	V		
C-16	2.5	8	7	B, V		
C-17	2.4	8	7	B, V		
C-18	6.0	10	2	None		
Total Day 3	77.55					
Cum Ttl	278.10					