

Back On My Feet 20in24 Relay Race

Team	Laps	Miles	Time	1			2			3			4			5		
				Start	Finish	Split	Start	Finish	Split	Start	Finish	Split	Start	Finish	Split	Start	Finish	Split
Una Rapida	20	169.12	18:45:05	0:00:00	0:54:57	0:54:57	0:54:57	1:55:24	1:00:27	1:55:24	2:47:54	0:52:30	2:47:54	3:55:16	1:07:22	3:55:16	4:45:06	0:49:50
Coaches vs Chafing	20	169.12	18:46:00	0:00:00	0:57:28	0:57:28	0:57:28	1:57:27	0:59:59	1:57:27	2:53:37	0:56:10	2:53:37	3:45:40	0:52:03	3:45:40	4:35:42	0:50:02
Moorestown	20	169.12	20:03:20	0:00:00	0:53:44	0:53:44	0:53:44	1:48:44	0:55:00	1:48:44	2:43:20	0:54:36	2:43:20	3:42:10	0:58:50	3:42:10	4:46:50	1:04:40
Borm to BM	20	169.12	21:33:06	0:00:00	0:57:56	0:57:56	0:57:56	2:08:43	1:10:47	2:08:43	3:05:04	0:56:21	3:05:04	4:07:37	1:02:33	4:07:37	5:10:21	1:02:44
Eastern Shore	20	169.12	22:17:52	0:00:00	1:03:37	1:03:37	1:03:37	2:15:46	1:12:09	2:15:46	3:20:59	1:05:13	3:20:59	4:22:59	1:02:00	4:22:59	5:31:09	1:08:10
Fartlarking	20	169.12	22:52:28	0:00:00	1:04:00	1:04:00	1:04:00	2:06:33	1:02:33	2:06:33	3:16:10	1:09:37	3:16:10	4:23:35	1:07:25	4:23:35	5:34:36	1:11:01
Solomon Squad	20	169.12	23:23:05	0:00:00	1:02:59	1:02:59	1:02:59	2:06:30	1:03:31	2:06:30	3:17:48	1:11:18	3:17:48	4:28:12	1:10:24	4:28:12	5:33:08	1:04:56
Team River Runners	20	169.12	23:49:35	0:00:00	1:15:21	1:15:21	1:15:21	2:32:43	1:17:22	2:32:43	3:59:56	1:27:13	3:59:56	5:01:00	1:01:04	5:01:00	6:04:34	1:03:34
Platinum Five	20	169.12	23:54:30	0:00:00	1:04:24	1:04:24	1:04:24	2:15:36	1:11:12	2:15:36	3:39:56	1:24:20	3:39:56	4:41:35	1:01:39	4:41:35	5:42:47	1:01:12
5 Alive	DNF	162.72		0:00:00	1:08:25	1:08:25	1:08:25	2:15:48	1:07:23	2:15:48	3:33:35	1:17:47	3:33:35	4:47:32	1:13:57	4:47:32	6:00:44	1:13:12
Team	Laps	Miles	Time	6			7			8			9			10		
				Start	Finish	Split	Start	Finish	Split	Start	Finish	Split	Start	Finish	Split	Start	Finish	Split
Una Rapida	18:45:05			4:45:06	5:38:25	0:53:19	5:38:25	6:39:41	1:01:16	6:39:41	7:32:49	0:53:08	7:32:49	8:32:10	0:59:21	8:32:10	9:21:10	0:49:00
Coaches vs Chafing	18:46:00			4:35:42	5:34:06	0:58:24	5:34:06	6:35:45	1:01:39	6:35:45	7:32:24	0:56:39	7:32:24	8:25:21	0:52:57	8:25:21	9:16:48	0:51:27
Moorestown	20:03:20			4:46:50	5:44:50	0:58:00	5:44:50	6:39:51	0:55:01	6:39:51	7:31:46	0:51:55	7:31:46	8:30:50	0:59:04	8:30:50	9:37:09	1:06:19
Borm to BM	21:33:06			5:10:21	6:11:36	1:01:15	6:11:36	7:36:32	1:24:56	7:36:32	8:37:17	1:00:45	8:37:17	9:41:27	1:04:10	9:41:27	10:44:37	1:03:10
Eastern Shore	22:17:52			5:31:09	6:40:08	1:08:59	6:40:08	7:56:04	1:15:56	7:56:04	9:02:13	1:06:09	9:02:13	10:04:59	1:02:46	10:04:59	11:14:43	1:09:44
Fartlarking	22:52:28			5:34:36	6:41:12	1:06:36	6:41:12	7:44:17	1:03:05	7:44:17	8:55:51	1:11:34	8:55:51	10:04:59	1:09:08	10:04:59	11:17:11	1:12:12
Solomon Squad	23:23:05			5:33:08	6:43:27	1:10:19	6:43:27	7:53:17	1:09:50	7:53:17	9:07:28	1:14:11	9:07:28	10:20:04	1:12:36	10:20:04	11:25:23	1:05:19
Team River Runners	23:49:35			6:04:34	7:17:52	1:13:18	7:17:52	8:27:47	1:09:55	8:27:47	9:41:59	1:14:12	9:41:59	10:48:09	1:06:10	10:48:09	11:47:52	0:59:43
Platinum Five	23:54:30			5:42:47	6:58:59	1:16:12	6:58:59	8:15:44	1:16:45	8:15:44	9:41:04	1:25:20	9:41:04	10:38:28	0:57:24	10:38:28	11:39:31	1:01:03
5 Alive				6:00:44	7:09:56	1:09:12	7:09:56	8:21:56	1:12:00	8:21:56	9:42:42	1:20:46	9:42:42	10:59:41	1:16:59	10:59:41	12:12:23	1:12:42
Team	Laps	Miles	Time	11			12			13			14			15		
				Start	Finish	Split	Start	Finish	Split	Start	Finish	Split	Start	Finish	Split	Start	Finish	Split
Una Rapida	18:45:05			9:21:10	10:16:26	0:55:16	10:16:26	11:18:20	1:01:54	11:18:20	12:12:01	0:53:41	12:12:01	13:13:31	1:01:30	13:13:31	14:02:02	0:48:31
Coaches vs Chafing	18:46:00			9:16:48	10:17:15	1:00:27	10:17:15	11:18:21	1:01:06	11:18:21	12:16:15	0:57:54	12:16:15	13:09:34	0:53:19	13:09:34	14:01:00	0:51:26
Moorestown	20:03:20			9:37:09	10:38:30	1:01:21	10:38:30	11:34:01	0:55:31	11:34:01	12:31:16	0:57:15	12:31:16	13:23:12	0:51:56	13:23:12	14:35:46	1:12:34
Borm to BM	21:33:06			10:44:37	11:46:00	1:01:23	11:46:00	12:45:16	0:59:16	12:45:16	13:48:42	1:03:26	13:48:42	14:55:41	1:06:59	14:55:41	15:59:22	1:03:41
Eastern Shore	22:17:52			11:14:43	12:20:11	1:05:28	12:20:11	13:39:57	1:19:46	13:39:57	14:48:44	1:08:47	14:48:44	15:54:03	1:05:19	15:54:03	17:03:42	1:09:39
Fartlarking	22:52:28			11:17:11	12:24:29	1:07:18	12:24:29	13:29:26	1:04:57	13:29:26	14:28:34	0:59:08	14:28:34	15:47:37	1:19:03	15:47:37	17:06:02	1:18:25
Solomon Squad	23:23:05			11:25:23	12:37:01	1:11:38	12:37:01	13:41:00	1:03:59	13:41:00	14:55:34	1:14:34	14:55:34	16:11:43	1:16:09	16:11:43	17:19:15	1:07:32
Team River Runners	23:49:35			11:47:52	13:04:00	1:16:08	13:04:00	14:17:16	1:13:16	14:17:16	15:25:43	1:08:27	15:25:43	16:27:43	1:02:00	16:27:43	17:44:36	1:16:53
Platinum Five	23:54:30			11:39:31	12:56:38	1:17:07	12:56:38	14:13:15	1:16:37	14:13:15	15:36:24	1:23:09	15:36:24	16:40:24	1:04:00	16:40:24	17:47:58	1:07:34
5 Alive				12:12:23	13:21:03	1:08:40	13:21:03	14:31:10	1:10:07	14:31:10	15:57:17	1:26:07	15:57:17	17:05:45	1:08:28	17:05:45	18:24:48	1:19:03
Team	Laps	Miles	Time	16			17			18			19			20		
				Start	Finish	Split	Start	Finish	Split	Start	Finish	Split	Start	Finish	Split	Start	Finish	Split
Una Rapida	18:45:05			14:02:02	14:58:22	0:56:20	14:58:22	15:59:38	1:01:16	15:59:38	16:54:57	0:55:19	16:54:57	17:56:58	1:02:01	17:56:58	18:45:05	0:48:07
Coaches vs Chafing	18:46:00			14:01:00	15:00:02	0:59:02	15:00:02	16:03:04	1:03:02	16:03:04	17:01:42	0:58:38	17:01:42	17:55:42	0:54:00	17:55:42	18:46:00	0:50:18
Moorestown	20:03:20			14:35:46	15:47:45	1:11:59	15:47:45	16:45:40	0:57:55	16:45:40	17:56:13	1:10:33	17:56:13	18:49:18	0:53:05	18:49:18	20:03:20	1:14:02
Borm to BM	21:33:06			15:59:22	17:04:40	1:05:18	17:04:40	18:06:43	1:02:03	18:06:43	19:12:07	1:05:24	19:12:07	20:23:34	1:11:27	20:23:34	21:33:06	1:09:32
Eastern Shore	22:17:52			17:03:42	18:23:55	1:20:13	18:23:55	19:49:35	1:25:40	19:49:35	21:08:50	1:19:15	21:08:50	21:33:06	0:24:16	21:33:06	22:17:52	0:44:46
Fartlarking	22:52:28			17:06:02	18:17:11	1:11:09	18:17:11	19:24:36	1:07:25	19:24:36	20:38:06	1:13:30	20:38:06	21:54:17	1:16:11	21:54:17	22:52:28	0:58:11
Solomon Squad	23:23:05			17:19:15	18:41:17	1:22:02	18:41:17	19:33:50	0:52:33	19:33:50	20:50:19	1:16:29	20:50:19	22:10:05	1:19:46	22:10:05	23:23:05	1:13:00
Team River Runners	23:49:35			17:44:36	19:04:09	1:19:33	19:04:09	20:13:49	1:09:40	20:13:49	21:29:36	1:15:47	21:29:36	22:33:20	1:03:44	22:33:20	23:49:35	1:16:15
Platinum Five	23:54:30			17:47:58	18:54:52	1:06:54	18:54:52	20:08:10	1:13:18	20:08:10	21:33:49	1:25:39	21:33:49	22:36:16	1:02:27	22:36:16	23:54:30	1:18:14
5 Alive				18:24:48	19:36:16	1:11:28	19:36:16	20:50:42	1:14:26	20:50:42	22:27:04	1:36:22	22:27:04	23:40:00	1:12:56			