

MPM = Miles Per Minute

Pace Chart

# Hennepin Hundred 50 Mile / 100 Mile

|                            | <b>MPM<br/>Mile</b> | <b>6</b>    | <b>7</b>     | <b>8</b>     | <b>9</b>     | <b>10</b>    | <b>11</b>    | <b>12</b>    | <b>13</b>    | <b>14</b>    | <b>15</b>       | <b>16</b>       | <b>17</b>       | <b>18</b>       |
|----------------------------|---------------------|-------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|-----------------|-----------------|-----------------|-----------------|
| <b>Aid 1</b>               | <b>5.5</b>          | 0:33        | 0:38         | 0:44         | 0:49         | 0:55         | 1:00         | 1:06         | 1:11         | 1:17         | 1:22            | 1:28            | 1:33            | 1:39            |
| <b>Aid 2</b>               | <b>10.8</b>         | 1:04        | 1:15         | 1:26         | 1:37         | 1:48         | 1:58         | 2:09         | 2:20         | 2:31         | 2:42            | 2:52            | 3:03            | 3:14            |
| <b>Aid 3</b>               | <b>14.9</b>         | 1:29        | 1:44         | 1:59         | 2:14         | 2:29         | 2:43         | 2:58         | 3:13         | 3:28         | 3:43            | 3:58            | 4:13            | 4:28            |
| <b>Aid 4</b>               | <b>20.4</b>         | 2:02        | 2:22         | 2:43         | 3:03         | 3:24         | 3:44         | 4:04         | 4:25         | 4:45         | 5:06            | 5:26            | 5:46            | 6:07            |
| <b>Aid 5</b>               | <b>23.1</b>         | 2:18        | 2:41         | 3:04         | 3:27         | 3:51         | 4:14         | 4:37         | 5:00         | 5:23         | 5:46            | 6:09            | 6:32            | 6:55            |
| <b>Aid 6</b>               | <b>27.3</b>         | 2:43        | 3:11         | 3:38         | 4:05         | 4:33         | 5:00         | 5:27         | 5:54         | 6:22         | 6:49            | 7:16            | 7:44            | 8:11            |
| <b>Aid 7</b>               | <b>32.1</b>         | 3:12        | 3:44         | 4:16         | 4:48         | 5:21         | 5:53         | 6:25         | 6:57         | 7:29         | 8:01            | 8:33            | 9:05            | 9:37            |
| <b>Aid 8</b>               | <b>38.7</b>         | 3:52        | 4:30         | 5:09         | 5:48         | 6:27         | 7:05         | 7:44         | 8:23         | 9:01         | 9:40            | 10:19           | 10:57           | 11:36           |
| <b>Aid 9</b>               | <b>44.3</b>         | 4:25        | 5:10         | 5:54         | 6:38         | 7:23         | 8:07         | 8:51         | 9:35         | 10:20        | 11:04           | 11:48           | 12:33           | 13:17           |
| <b>Aid 10</b>              | <b>47.5</b>         | 4:45        | 5:32         | 6:20         | 7:07         | 7:55         | 8:42         | 9:30         | 10:17        | 11:05        | 11:52           | 12:40           | 13:20           | 14:15           |
| <b>Finish 50</b>           | <b>50.1</b>         | <b>5:00</b> | <b>5:50</b>  | <b>6:40</b>  | <b>7:30</b>  | <b>8:21</b>  | <b>9:11</b>  | <b>10:01</b> | <b>10:51</b> | <b>11:41</b> | <b>12:31</b>    | <b>13:21</b>    | <b>14:11</b>    | <b>15:01</b>    |
| <b>Aid 11</b>              | <b>50.5</b>         |             | 5:53         | 6:44         | 7:34         | 8:25         | 9:15         | 10:06        | 10:56        | 11:47        | 12:37           | 13:28           | 14:18           | 15:09           |
| <b>Aid 12</b>              | <b>53.9</b>         |             | 6:17         | 7:11         | 8:05         | 8:59         | 9:52         | 10:46        | 11:40        | 12:34        | 13:28           | 14:22           | 15:16           | 16:10           |
| <b>Aid 13</b>              | <b>57.1</b>         |             | 6:39         | 7:36         | 8:33         | 9:31         | 10:28        | 11:25        | 12:22        | 13:19        | 14:16           | 15:13           | 16:10           | 17:07           |
| <b>Aid 14</b>              | <b>62.3</b>         |             | 7:16         | 8:18         | 9:20         | 10:23        | 11:25        | 12:27        | 13:29        | 14:32        | 15:34           | 16:36           | 17:39           | 18:41           |
| <b>Aid 15</b>              | <b>68.9</b>         |             | 8:02         | 9:11         | 10:20        | 11:29        | 12:37        | 13:46        | 14:55        | 16:04        | 17:13           | 18:22           | 19:31           | 20:40           |
| <b>Aid 16</b>              | <b>74.6</b>         |             | 8:42         | 9:56         | 11:11        | 12:26        | 13:40        | 14:55        | 16:09        | 17:24        | 18:39           | 19:53           | 21:08           | 22:22           |
| <b>Aid 17</b>              | <b>79.6</b>         |             | 9:17         | 10:36        | 11:56        | 13:16        | 14:35        | 15:55        | 17:14        | 18:34        | 19:54           | 21:13           | 22:33           | 24:37:00        |
| <b>Aid 18</b>              | <b>83.7</b>         |             | 9:45         | 11:09        | 12:33        | 13:57        | 15:20        | 16:44        | 18:08        | 19:31        | 20:55           | 22:19           | 23:42           | 25:06:36        |
| <b>Aid 19</b>              | <b>88.1</b>         |             | 10:16        | 11:44        | 13:12        | 14:41        | 16:09        | 17:37        | 19:05        | 20:33        | 22:01           | 23:29           | 24:57:42        | 26:25:48        |
| <b>Aid 20</b>              | <b>94.7</b>         |             | 11:02        | 12:37        | 14:12        | 15:47        | 17:21        | 18:56        | 20:31        | 22:05        | 23:40           | 25:15:12        | 26:49:54        | 28:24:36        |
| <b>UnManned<br/>Aid 21</b> | <b>98.1</b>         |             | 11:26        | 13:04        | 14:42        | 16:21        | 17:59        | 19:37        | 21:15        | 22:53        | 24:31:30        | 26:09:36        | 27:47:42        | 29:25:48        |
| <b>Finish 100</b>          | <b>100.1</b>        |             | <b>11:40</b> | <b>13:20</b> | <b>15:00</b> | <b>16:41</b> | <b>18:21</b> | <b>20:01</b> | <b>21:41</b> | <b>23:21</b> | <b>25:01:30</b> | <b>26:41:36</b> | <b>28:21:42</b> | <b>30:01:48</b> |

