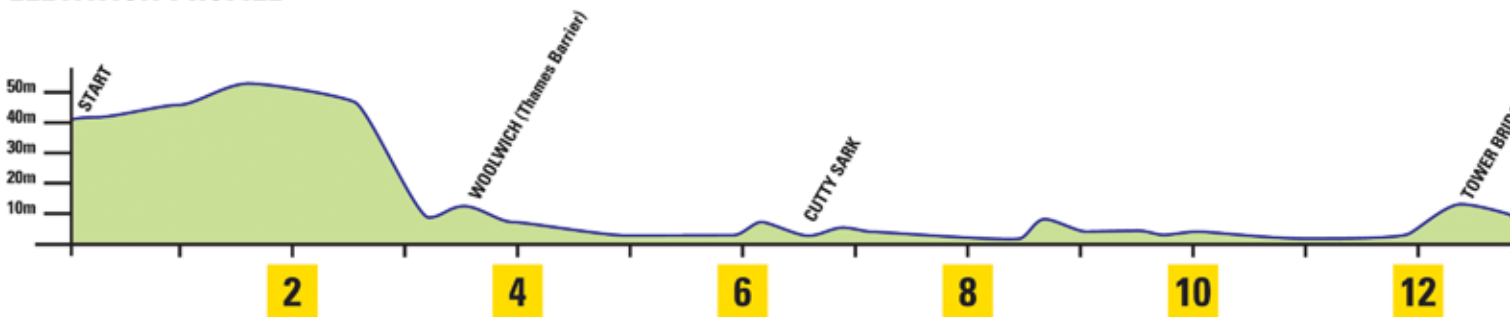


2014 COURSE MAP



ELEVATION PROFILE



REAL TIME PACE GUIDE

Mile	Wheel chair Men	Wheel chair Women	IPC Leaders	Elite Women	Elite Men	3:30 Pace	4:30 Pace	5:00 Pace	6:00 Pace
Start	08:55	08:55	09:00	09:15	10:00	10:00	10:00	10:00	10:00
1	08:58	08:58	09:05	09:20	10:04	10:08	10:10	10:11	10:14
2	09:01	09:01	09:10	09:25	10:09	10:16	10:20	10:22	10:27
3	09:05	09:05	09:16	09:31	10:14	10:24	10:30	10:34	10:41
4	09:08	09:08	09:21	09:36	10:19	10:32	10:41	10:45	10:55
5	09:12	09:12	09:27	09:41	10:23	10:40	10:51	10:57	11:09
6	09:15	09:15	09:32	09:47	10:28	10:48	11:01	11:08	11:22
7	09:19	09:19	09:38	09:52	10:33	10:56	11:12	11:20	11:36
8	09:22	09:22	09:43	09:57	10:38	11:04	11:22	11:31	11:50
9	09:25	09:25	09:49	10:03	10:42	11:12	11:32	11:43	12:04
10	09:29	09:29	09:54	10:08	10:47	11:20	11:43	11:54	12:18
11	09:32	09:32	10:00	10:13	10:52	11:28	11:53	12:05	12:31
12	09:36	09:36	10:05	10:19	10:57	11:36	12:03	12:17	12:45
13	09:39	09:39	10:11	10:24	11:01	11:44	12:13	12:28	12:59
14	09:43	09:43	10:16	10:29	11:06	11:52	12:24	12:40	13:12
15	09:46	09:46	10:22	10:35	11:11	12:00	12:34	12:51	13:26
16	09:49	09:49	10:27	10:40	11:16	12:08	12:44	13:03	13:40
17	09:53	09:53	10:33	10:45	11:21	12:16	12:55	13:14	13:54
18	09:56	09:56	10:38	10:51	11:25	12:24	13:05	13:26	13:07
19	10:00	10:00	10:44	10:56	11:30	12:32	13:15	13:37	14:21
20	10:03	10:03	10:49	11:01	11:35	12:40	13:26	13:49	14:35
21	10:07	10:07	10:55	11:07	11:40	12:48	13:36	14:00	14:49
22	10:10	10:10	11:00	11:12	11:44	12:56	13:46	14:11	15:02
23	10:13	10:13	11:06	11:17	11:49	13:04	13:56	14:23	15:16
24	10:17	10:17	11:11	11:23	11:54	13:12	14:07	14:34	15:30
25	10:20	10:20	11:17	11:28	11:59	13:20	14:17	14:46	15:44
26	10:24	10:24	11:22	11:33	12:03	13:28	14:27	14:57	15:57
Finish	10:25	10:25	11:23	11:35	12:05	13:30	14:30	15:00	16:00

