



GYC Staggered Start Times



10 Miles			
Rating	Time	Rating	Time
351	0:00:00	174	0:29:30
348	0:00:30	171	0:30:00
345	0:01:00	168	0:30:30
342	0:01:30	165	0:31:00
339	0:02:00	162	0:31:30
336	0:02:30	159	0:32:00
333	0:03:00	156	0:32:30
330	0:03:30	153	0:33:00
327	0:04:00	150	0:33:30
324	0:04:30	147	0:34:00
321	0:05:00	144	0:34:30
318	0:05:30	141	0:35:00
315	0:06:00	138	0:35:30
312	0:06:30	135	0:36:00
309	0:07:00	132	0:36:30
306	0:07:30	129	0:37:00
303	0:08:00	126	0:37:30
300	0:08:30	123	0:38:00
297	0:09:00	120	0:38:30
294	0:09:30	117	0:39:00
291	0:10:00	114	0:39:30
288	0:10:30	111	0:40:00
285	0:11:00	108	0:40:30
282	0:11:30	105	0:41:00
279	0:12:00	102	0:41:30
276	0:12:30	99	0:42:00
273	0:13:00	96	0:42:30
270	0:13:30	93	0:43:00
267	0:14:00	90	0:43:30
264	0:14:30	87	0:44:00
261	0:15:00	84	0:44:30
258	0:15:30	81	0:45:00
255	0:16:00	78	0:45:30
252	0:16:30	75	0:46:00
249	0:17:00	72	0:46:30
246	0:17:30	69	0:47:00
243	0:18:00	66	0:47:30
240	0:18:30	63	0:48:00
237	0:19:00	60	0:48:30
234	0:19:30	57	0:49:00
231	0:20:00	54	0:49:30
228	0:20:30	51	0:50:00
225	0:21:00	48	0:50:30
222	0:21:30	45	0:51:00
219	0:22:00	42	0:51:30
216	0:22:30	39	0:52:00
213	0:23:00	36	0:52:30
210	0:23:30	33	0:53:00
207	0:24:00	30	0:53:30
204	0:24:30	27	0:54:00
201	0:25:00	24	0:54:30
198	0:25:30	21	0:55:00
195	0:26:00	18	0:55:30
192	0:26:30	15	0:56:00
189	0:27:00	12	0:56:30
186	0:27:30	9	0:57:00
183	0:28:00	6	0:57:30
180	0:28:30	3	0:58:00
177	0:29:00	0	0:58:30

12 Miles			
Rating	Time	174	0:35:24
351	0:00:00	171	0:36:00
348	0:00:36	168	0:36:36
345	0:01:12	165	0:37:12
342	0:01:48	162	0:37:48
339	0:02:24	159	0:38:24
336	0:03:00	156	0:39:00
333	0:03:36	153	0:39:36
330	0:04:12	150	0:40:12
327	0:04:48	147	0:40:48
324	0:05:24	144	0:41:24
321	0:06:00	141	0:42:00
318	0:06:36	138	0:42:36
315	0:07:12	135	0:43:12
312	0:07:48	132	0:43:48
309	0:08:24	129	0:44:24
306	0:09:00	126	0:45:00
303	0:09:36	123	0:45:36
300	0:10:12	120	0:46:12
297	0:10:48	117	0:46:48
294	0:11:24	114	0:47:24
291	0:12:00	111	0:48:00
288	0:12:36	108	0:48:36
285	0:13:12	105	0:49:12
282	0:13:48	102	0:49:48
279	0:14:24	99	0:50:24
276	0:15:00	96	0:51:00
273	0:15:36	93	0:51:36
270	0:16:12	90	0:52:12
267	0:16:48	87	0:52:48
264	0:17:24	84	0:53:24
261	0:18:00	81	0:54:00
258	0:18:36	78	0:54:36
255	0:19:12	75	0:55:12
252	0:19:48	72	0:55:48
249	0:20:24	69	0:56:24
246	0:21:00	66	0:57:00
243	0:21:36	63	0:57:36
240	0:22:12	60	0:58:12
237	0:22:48	57	0:58:48
234	0:23:24	54	0:59:24
231	0:24:00	51	1:00:00
228	0:24:36	48	1:00:36
225	0:25:12	45	1:01:12
222	0:25:48	42	1:01:48
219	0:26:24	39	1:02:24
216	0:27:00	36	1:03:00
213	0:27:36	33	1:03:36
210	0:28:12	30	1:04:12
207	0:28:48	27	1:04:48
204	0:29:24	24	1:05:24
201	0:30:00	21	1:06:00
198	0:30:36	18	1:06:36
195	0:31:12	15	1:07:12
192	0:31:48	12	1:07:48
189	0:32:24	9	1:08:24
186	0:33:00	6	1:09:00
183	0:33:36	3	1:09:36
180	0:34:12	0	1:10:12
177	0:34:48	0	1:27:45

13 Miles			
Rating	Time	Rating	Time
351	0:00:00	174	0:38:21
348	0:00:39	171	0:39:00
345	0:01:18	168	0:39:39
342	0:01:57	165	0:40:18
339	0:02:36	162	0:40:57
336	0:03:15	159	0:41:36
333	0:03:54	156	0:42:15
330	0:04:33	153	0:42:54
327	0:05:12	150	0:43:33
324	0:05:51	147	0:44:12
321	0:06:30	144	0:44:51
318	0:07:09	141	0:45:30
315	0:07:48	138	0:46:09
312	0:08:27	135	0:46:48
309	0:09:06	132	0:47:27
306	0:09:45	129	0:48:06
303	0:10:24	126	0:48:45
300	0:11:03	123	0:49:24
297	0:11:42	120	0:50:03
294	0:12:21	117	0:50:42
291	0:13:00	114	0:51:21
288	0:13:39	111	0:52:00
285	0:14:18	108	0:52:39
282	0:14:57	105	0:53:18
279	0:15:36	102	0:53:57
276	0:16:15	99	0:54:36
273	0:16:54	96	0:55:15
270	0:17:33	93	0:55:54
267	0:18:12	90	0:56:33
264	0:18:51	87	0:57:12
261	0:19:30	84	0:57:51
258	0:20:09	81	0:58:30
255	0:20:48	78	0:59:09
252	0:21:27	75	0:59:48
249	0:22:06	72	1:00:27
246	0:22:45	69	1:01:06
243	0:23:24	66	1:01:45
240	0:24:03	63	1:02:24
237	0:24:42	60	1:03:03
234	0:25:21	57	1:03:42
231	0:26:00	54	1:04:21
228	0:26:39	51	1:05:00
225	0:27:18	48	1:05:39
222	0:27:57	45	1:06:18
219	0:28:36	42	1:06:57
216	0:29:15	39	1:07:36
213	0:29:54	36	1:08:15
210	0:30:33	33	1:08:54
207	0:31:12	30	1:09:33
204	0:31:51	27	1:10:12
201	0:32:30	24	1:10:51
198	0:33:09	21	1:11:30
195	0:33:48	18	1:12:09
192	0:34:27	15	1:12:48
189	0:35:06	12	1:13:27
186	0:35:45	9	1:14:06
183	0:36:24	6	1:14:45
180	0:37:03	3	1:15:24
177	0:37:42	0	1:16:03

16 Miles			
Rating	Time	Rating	Time
351	0:00:00	174	0:47:12
348	0:00:48	171	0:48:00
345	0:01:36	168	0:48:48
342	0:02:24	165	0:49:36
339	0:03:12	162	0:50:24
336	0:04:00	159	0:51:12
333	0:04:48	156	0:52:00
330	0:05:36	153	0:52:48
327	0:06:24	150	0:53:36
324	0:07:12	147	0:54:24
321	0:08:00	144	0:55:12
318	0:08:48	141	0:56:00
315	0:09:36	138	0:56:48
312	0:10:24	135	0:57:36
309	0:11:12	132	0:58:24
306	0:12:00	129	0:59:12
303	0:12:48	126	1:00:00
300	0:13:36	123	1:00:48
297	0:14:24	120	1:01:36
294	0:15:12	117	1:02:24
291	0:16:00	114	1:03:12
288	0:16:48	111	1:04:00
285	0:17:36	108	1:04:48
282	0:18:24	105	1:05:36
279	0:19:12	102	1:06:24
276	0:20:00	99	1:07:12
273	0:20:48	96	1:08:00
270	0:21:36	93	1:08:48
267	0:22:24	90	1:09:36
264	0:23:12	87	1:10:24
261	0:24:00	84	1:11:12
258	0:24:48	81	1:12:00
255	0:25:36	78	1:12:48
252	0:26:24	75	1:13:36
249	0:27:12	72	1:14:24
246	0:28:00	69	1:15:12
243	0:28:48	66	1:16:00
240	0:29:36	63	1:16:48
237	0:30:24	60	1:17:36
234	0:31:12	57	1:18:24
231	0:32:00	54	1:19:12
228	0:32:48	51	1:20:00
225	0:33:36	48	1:20:48
222	0:34:24	45	1:21:36
219	0:35:12	42	1:22:24
216	0:36:00	39	1:23:12
213	0:36:48	36	1:24:00
210	0:37:36	33	1:24:48
207	0:38:24	30	1:25:36
204	0:39:12	27	1:26:24
201	0:40:00	24	1:27:12
198	0:40:48	21	1:28:00
195	0:41:36	18	1:28:48
192	0:42:24	15	1:29:36
189	0:43:12	12	1:30:24
186	0:44:00	9	1:31:12
183	0:44:48	6	1:32:00
180	0:45:36	3	1:32:48
177	0:46:24	0	1:33:36