

Are You On Pace?

Today's Days		Full Run		Full Bike		Full Multisport			Short Run		Short Bike		Short Multisport				
Date	In	Run Miles	306 Miles	Bike Miles	612 Miles	Bike Miles	Run Miles	462 Miles	150 Mile	Run Miles	108 Miles	Bike Miles	216 Miles	Bike Miles	Run Miles	167 Miles	50 Miles
22-Jun	1	3.6	1.2%	7.3	1.2%	5.5	1.8	1.2%		1.3	1.2%	2.6	1.2%	2.0	0.6	1.2%	
23-Jun	2	7.3	2.4%	14.6	2.4%	11.0	3.6	2.4%		2.6	2.4%	5.2	2.4%	4.0	1.2	2.4%	
24-Jun	3	10.9	3.6%	21.9	3.6%	16.5	5.4	3.6%		3.9	3.6%	7.8	3.6%	6.0	1.8	3.6%	
25-Jun	4	14.6	4.8%	29.1	4.8%	22.0	7.1	4.8%		5.1	4.8%	10.3	4.8%	8.0	2.4	4.8%	
26-Jun	5	18.2	6.0%	36.4	6.0%	27.5	8.9	6.0%		6.4	6.0%	12.9	6.0%	9.9	3.0	6.0%	
27-Jun	6	21.9	7.1%	43.7	7.1%	33.0	10.7	7.1%		7.7	7.1%	15.5	7.1%	11.9	3.6	7.1%	
28-Jun	7	25.5	8.3%	51.0	8.3%	38.5	12.5	8.3%		9.0	8.3%	18.1	8.3%	13.9	4.2	8.3%	
29-Jun	8	29.1	9.5%	58.3	9.5%	44.0	14.3	9.5%		10.3	9.5%	20.7	9.5%	15.9	4.8	9.5%	
30-Jun	9	32.8	10.7%	65.6	10.7%	49.5	16.1	10.7%		11.6	10.7%	23.3	10.7%	17.9	5.4	10.7%	
1-Jul	10	36.4	11.9%	72.9	11.9%	55.0	17.9	11.9%		12.9	11.9%	25.8	11.9%	19.9	6.0	11.9%	
2-Jul	11	40.1	13.1%	80.1	13.1%	60.5	19.6	13.1%		14.1	13.1%	28.4	13.1%	21.9	6.5	13.1%	
3-Jul	12	43.7	14.3%	87.4	14.3%	66.0	21.4	14.3%		15.4	14.3%	31.0	14.3%	23.9	7.1	14.3%	
4-Jul	13	47.4	15.5%	94.7	15.5%	71.5	23.2	15.5%		16.7	15.5%	33.6	15.5%	25.8	7.7	15.5%	
5-Jul	14	51.0	16.7%	102.0	16.7%	77.0	25.0	16.7%		18.0	16.7%	36.2	16.7%	27.8	8.3	16.7%	
6-Jul	15	54.6	17.9%	109.3	17.9%	82.5	26.8	17.9%		19.3	17.9%	38.8	17.9%	29.8	8.9	17.9%	
7-Jul	16	58.3	19.0%	116.6	19.0%	88.0	28.6	19.0%		20.6	19.0%	41.3	19.0%	31.8	9.5	19.0%	
8-Jul	17	61.9	20.2%	123.9	20.2%	93.5	30.4	20.2%		21.9	20.2%	43.9	20.2%	33.8	10.1	20.2%	
9-Jul	18	65.6	21.4%	131.1	21.4%	99.0	32.1	21.4%		23.1	21.4%	46.5	21.4%	35.8	10.7	21.4%	
10-Jul	19	69.2	22.6%	138.4	22.6%	104.5	33.9	22.6%		24.4	22.6%	49.1	22.6%	37.8	11.3	22.6%	
11-Jul	20	72.9	23.8%	145.7	23.8%	110.0	35.7	23.8%		25.7	23.8%	51.7	23.8%	39.8	11.9	23.8%	
12-Jul	21	76.5	25.0%	153.0	25.0%	115.5	37.5	25.0%		27.0	25.0%	54.3	25.0%	41.8	12.5	25.0%	
13-Jul	22	80.1	26.2%	160.3	26.2%	121.0	39.3	26.2%		28.3	26.2%	56.8	26.2%	43.7	13.1	26.2%	
14-Jul	23	83.8	27.4%	167.6	27.4%	126.5	41.1	27.4%		29.6	27.4%	59.4	27.4%	45.7	13.7	27.4%	
15-Jul	24	87.4	28.6%	174.9	28.6%	132.0	42.9	28.6%		30.9	28.6%	62.0	28.6%	47.7	14.3	28.6%	
16-Jul	25	91.1	29.8%	182.1	29.8%	137.5	44.6	29.8%		32.1	29.8%	64.6	29.8%	49.7	14.9	29.8%	
17-Jul	26	94.7	31.0%	189.4	31.0%	143.0	46.4	31.0%		33.4	31.0%	67.2	31.0%	51.7	15.5	31.0%	
18-Jul	27	98.4	32.1%	196.7	32.1%	148.5	48.2	32.1%		34.7	32.1%	69.8	32.1%	53.7	16.1	32.1%	

19-Jul	28	102.0	33.3%	204.0	33.3%	154.0	50.0	33.3%	36.0	33.3%	72.3	33.3%	55.7	16.7	33.3%
20-Jul	29	105.6	34.5%	211.3	34.5%	159.5	51.8	34.5%	37.3	34.5%	74.9	34.5%	57.7	17.3	34.5%
21-Jul	30	109.3	35.7%	218.6	35.7%	165.0	53.6	35.7%	38.6	35.7%	77.5	35.7%	59.6	17.9	35.7%
22-Jul	31	112.9	36.9%	225.9	36.9%	170.5	55.4	36.9%	39.9	36.9%	80.1	36.9%	61.6	18.5	36.9%
23-Jul	32	116.6	38.1%	233.1	38.1%	176.0	57.1	38.1%	41.1	38.1%	82.7	38.1%	63.6	19.0	38.1%
24-Jul	33	120.2	39.3%	240.4	39.3%	181.5	58.9	39.3%	42.4	39.3%	85.3	39.3%	65.6	19.6	39.3%
25-Jul	34	123.9	40.5%	247.7	40.5%	187.0	60.7	40.5%	43.7	40.5%	87.8	40.5%	67.6	20.2	40.5%
26-Jul	35	127.5	41.7%	255.0	41.7%	192.5	62.5	41.7%	45.0	41.7%	90.4	41.7%	69.6	20.8	41.7%
27-Jul	36	131.1	42.9%	262.3	42.9%	198.0	64.3	42.9%	46.3	42.9%	93.0	42.9%	71.6	21.4	42.9%
28-Jul	37	134.8	44.0%	269.6	44.0%	203.5	66.1	44.0%	47.6	44.0%	95.6	44.0%	73.6	22.0	44.0%
29-Jul	38	138.4	45.2%	276.9	45.2%	209.0	67.9	45.2%	48.9	45.2%	98.2	45.2%	75.5	22.6	45.2%
30-Jul	39	142.1	46.4%	284.1	46.4%	214.5	69.6	46.4%	50.1	46.4%	100.8	46.4%	77.5	23.2	46.4%
31-Jul	40	145.7	47.6%	291.4	47.6%	220.0	71.4	47.6%	51.4	47.6%	103.3	47.6%	79.5	23.8	47.6%
1-Aug	41	149.4	48.8%	298.7	48.8%	225.5	73.2	48.8%	52.7	48.8%	105.9	48.8%	81.5	24.4	48.8%
2-Aug	42	153.0	50.0%	306.0	50.0%	231.0	75.0	50.0%	54.0	50.0%	108.5	50.0%	83.5	25.0	50.0%
3-Aug	43	156.6	51.2%	313.3	51.2%	236.5	76.8	51.2%	55.3	51.2%	111.1	51.2%	85.5	25.6	51.2%
4-Aug	44	160.3	52.4%	320.6	52.4%	242.0	78.6	52.4%	56.6	52.4%	113.7	52.4%	87.5	26.2	52.4%
5-Aug	45	163.9	53.6%	327.9	53.6%	247.5	80.4	53.6%	57.9	53.6%	116.3	53.6%	89.5	26.8	53.6%
6-Aug	46	167.6	54.8%	335.1	54.8%	253.0	82.1	54.8%	59.1	54.8%	118.8	54.8%	91.5	27.4	54.8%
7-Aug	47	171.2	56.0%	342.4	56.0%	258.5	83.9	56.0%	60.4	56.0%	121.4	56.0%	93.4	28.0	56.0%
8-Aug	48	174.9	57.1%	349.7	57.1%	264.0	85.7	57.1%	61.7	57.1%	124.0	57.1%	95.4	28.6	57.1%
9-Aug	49	178.5	58.3%	357.0	58.3%	269.5	87.5	58.3%	63.0	58.3%	126.6	58.3%	97.4	29.2	58.3%
10-Aug	50	182.1	59.5%	364.3	59.5%	275.0	89.3	59.5%	64.3	59.5%	129.2	59.5%	99.4	29.8	59.5%
11-Aug	51	185.8	60.7%	371.6	60.7%	280.5	91.1	60.7%	65.6	60.7%	131.8	60.7%	101.4	30.4	60.7%
12-Aug	52	189.4	61.9%	378.9	61.9%	286.0	92.9	61.9%	66.9	61.9%	134.3	61.9%	103.4	31.0	61.9%
13-Aug	53	193.1	63.1%	386.1	63.1%	291.5	94.6	63.1%	68.1	63.1%	136.9	63.1%	105.4	31.5	63.1%
14-Aug	54	196.7	64.3%	393.4	64.3%	297.0	96.4	64.3%	69.4	64.3%	139.5	64.3%	107.4	32.1	64.3%
15-Aug	55	200.4	65.5%	400.7	65.5%	302.5	98.2	65.5%	70.7	65.5%	142.1	65.5%	109.3	32.7	65.5%
16-Aug	56	204.0	66.7%	408.0	66.7%	308.0	100.0	66.7%	72.0	66.7%	144.7	66.7%	111.3	33.3	66.7%
17-Aug	57	207.6	67.9%	415.3	67.9%	313.5	101.8	67.9%	73.3	67.9%	147.3	67.9%	113.3	33.9	67.9%
18-Aug	58	211.3	69.0%	422.6	69.0%	319.0	103.6	69.0%	74.6	69.0%	149.8	69.0%	115.3	34.5	69.0%
19-Aug	59	214.9	70.2%	429.9	70.2%	324.5	105.4	70.2%	75.9	70.2%	152.4	70.2%	117.3	35.1	70.2%
20-Aug	60	218.6	71.4%	437.1	71.4%	330.0	107.1	71.4%	77.1	71.4%	155.0	71.4%	119.3	35.7	71.4%
21-Aug	61	222.2	72.6%	444.4	72.6%	335.5	108.9	72.6%	78.4	72.6%	157.6	72.6%	121.3	36.3	72.6%

22-Aug	62	225.9	73.8%	451.7	73.8%	341.0	110.7	73.8%	79.7	73.8%	160.2	73.8%	123.3	36.9	73.8%
23-Aug	63	229.5	75.0%	459.0	75.0%	346.5	112.5	75.0%	81.0	75.0%	162.8	75.0%	125.3	37.5	75.0%
24-Aug	64	233.1	76.2%	466.3	76.2%	352.0	114.3	76.2%	82.3	76.2%	165.3	76.2%	127.2	38.1	76.2%
25-Aug	65	236.8	77.4%	473.6	77.4%	357.5	116.1	77.4%	83.6	77.4%	167.9	77.4%	129.2	38.7	77.4%
26-Aug	66	240.4	78.6%	480.9	78.6%	363.0	117.9	78.6%	84.9	78.6%	170.5	78.6%	131.2	39.3	78.6%
27-Aug	67	244.1	79.8%	488.1	79.8%	368.5	119.6	79.8%	86.1	79.8%	173.1	79.8%	133.2	39.9	79.8%
28-Aug	68	247.7	81.0%	495.4	81.0%	374.0	121.4	81.0%	87.4	81.0%	175.7	81.0%	135.2	40.5	81.0%
29-Aug	69	251.4	82.1%	502.7	82.1%	379.5	123.2	82.1%	88.7	82.1%	178.3	82.1%	137.2	41.1	82.1%
30-Aug	70	255.0	83.3%	510.0	83.3%	385.0	125.0	83.3%	90.0	83.3%	180.8	83.3%	139.2	41.7	83.3%
31-Aug	71	258.6	84.5%	517.3	84.5%	390.5	126.8	84.5%	91.3	84.5%	183.4	84.5%	141.2	42.3	84.5%
1-Sep	72	262.3	85.7%	524.6	85.7%	396.0	128.6	85.7%	92.6	85.7%	186.0	85.7%	143.1	42.9	85.7%
2-Sep	73	265.9	86.9%	531.9	86.9%	401.5	130.4	86.9%	93.9	86.9%	188.6	86.9%	145.1	43.5	86.9%
3-Sep	74	269.6	88.1%	539.1	88.1%	407.0	132.1	88.1%	95.1	88.1%	191.2	88.1%	147.1	44.0	88.1%
4-Sep	75	273.2	89.3%	546.4	89.3%	412.5	133.9	89.3%	96.4	89.3%	193.8	89.3%	149.1	44.6	89.3%
5-Sep	76	276.9	90.5%	553.7	90.5%	418.0	135.7	90.5%	97.7	90.5%	196.3	90.5%	151.1	45.2	90.5%
6-Sep	77	280.5	91.7%	561.0	91.7%	423.5	137.5	91.7%	99.0	91.7%	198.9	91.7%	153.1	45.8	91.7%
7-Sep	78	284.1	92.9%	568.3	92.9%	429.0	139.3	92.9%	100.3	92.9%	201.5	92.9%	155.1	46.4	92.9%
8-Sep	79	287.8	94.0%	575.6	94.0%	434.5	141.1	94.0%	101.6	94.0%	204.1	94.0%	157.1	47.0	94.0%
9-Sep	80	291.4	95.2%	582.9	95.2%	440.0	142.9	95.2%	102.9	95.2%	206.7	95.2%	159.0	47.6	95.2%
10-Sep	81	295.1	96.4%	590.1	96.4%	445.5	144.6	96.4%	104.1	96.4%	209.3	96.4%	161.0	48.2	96.4%
11-Sep	82	298.7	97.6%	597.4	97.6%	451.0	146.4	97.6%	105.4	97.6%	211.8	97.6%	163.0	48.8	97.6%
12-Sep	83	302.4	98.8%	604.7	98.8%	456.5	148.2	98.8%	106.7	98.8%	214.4	98.8%	165.0	49.4	98.8%
13-Sep	84	306.0	100.0%	612.0	#####	462.0	150.0	100.0%	108.0	100.0%	217.0	100.0%	167.0	50.0	100.0%