

## LEG CHART

12 x 3

Runner	Leg	Miles	- Elev	+ Elev	Elev Change	Rating	Leg	Miles	- Elev	+ Elev	Elev Change	Rating	Leg	Miles	- Elev	+ Elev	Elev Change	Rating	Total Miles	- Elev	+ Elev	Elev Change	Difficulty
1	1	4.5	-218	236	18	E	13	3.9	-246	208	-37	E	25	2.1	-289	225	-64	M	10.5	-753	670	-83	1
2	2	5.8	-248	284	36	E	14	3.6	-212	131	-81	E	26	4.9	-469	361	-108	M	14.2	-929	776	-153	2
3	3	7.9	-521	759	238	H	15	5.1	-422	436	14	M	27	4.4	-164	230	66	E	17.4	-1106	1425	318	6
4	4	6.6	-657	633	-24	H	16	4.0	-247	354	107	M	28	2.9	-309	197	-112	E	13.5	-1213	1184	-29	4
5	5	8.2	-1095	1080	-15	VH	17	6.7	-93	845	752	VH	29	4.4	-50	615	565	H	19.3	-1239	2540	1302	12
6	6	4.0	-407	109	-297	E	18	5.0	-572	79	-493	M	30	5.4	-434	669	235	H	14.4	-1413	858	-556	3
7	7	5.3	-190	305	115	E	19	6.6	-509	209	-299	M	31	5.4	-1164	169	-995	H	17.3	-1863	684	-1179	5
8	8	7.2	-453	512	59	H	20	3.9	-111	347	236	M	32	6.8	-464	185	-280	M	17.8	-1028	1044	15	9
9	9	6.8	-613	727	114	H	21	5.7	-428	437	9	H	33	5.7	-306	377	71	M	18.2	-1347	1541	194	10
10	10	6.4	-235	498	262	M	22	6.8	-416	438	22	M	34	5.1	-238	436	197	M	18.3	-890	1371	481	7
11	11	9.9	-594	665	71	H	23	6.7	-262	1315	1053	VH	35	4.7	-444	272	-172	M	21.4	-1301	2252	951	11
12	12	5.9	-469	327	-143	M	24	4.3	-954	125	-829	H	36	5.2	-493	584	90	H	15.4	-1917	1036	-881	8
		78.4						62.2						57.0						197.7			

### Ultra 6x6

Runner	Leg	Miles	- Elev	+ Elev	Elev Change	Rating	Leg	Miles	- Elev	+ Elev	Elev Change	Rating	Leg	Miles	- Elev	+ Elev	Elev Change	Rating
1	1	4.5	-218	236	18	E	7	5.3	-190	305	115	E	13	3.9	-246	208	-37	E
2	2	5.8	-248	284	36	E	8	7.2	-453	512	59	H	14	3.6	-212	131	-81	E
3	3	7.9	-521	759	238	H	9	6.8	-613	727	114	H	15	5.1	-422	436	14	M
4	4	6.6	-657	633	-24	H	10	6.4	-235	498	262	M	16	4.0	-247	354	107	M
5	5	8.2	-1095	1080	-15	VH	11	9.9	-594	665	71	H	17	6.7	-93	845	752	VH
6	6	4.0	-407	109	-297	E	12	5.9	-469	327	-143	M	18	5.0	-572	79	-493	M

Runner	Leg	Miles	- Elev	+ Elev	Elev Change	Rating	Leg	Miles	- Elev	+ Elev	Elev Change	Rating	Leg	Miles	- Elev	+ Elev	Elev Change	Rating	Total Miles	- Elev	+ Elev	Elev Change	Difficulty
1	19	6.6	-509	209	-299	M	25	2.1	-289	225	-64	M	31	5.4	-1164	169	-995	H	27.8	-2616	1354	-1262	1
2	20	3.9	-111	347	236	M	26	4.9	-469	361	-108	M	32	6.8	-464	185	-280	M	32.1	-1957	1820	-138	2
3	21	5.7	-428	437	9	H	27	4.4	-164	230	66	E	33	5.7	-306	377	71	M	35.6	-2453	2966	513	5
4	22	6.8	-416	438	22	M	28	2.9	-309	197	-112	E	34	5.1	-238	436	197	M	31.8	-2103	2555	452	4
5	23	6.7	-262	1315	1053	VH	29	4.4	-50	615	565	H	35	4.7	-444	272	-172	M	40.7	-2540	4793	2253	6
6	24	4.3	-954	125	-829	H	30	5.4	-434	669	235	H	36	5.2	-493	584	90	H	29.8	-3330	1893	-1437	3
		197.7																					

### Ultra 6 x 1

Runner	Legs	Miles	- Elev	+ Elev	Elev Change	Cum
1	1-5	36.95	-3789	3919	131	36.9
2	6-10	41.45	-2370	2556	186	78.4
3	11-16	28.24	-1335	1714	380	106.6
4	17-22	29.68	-1726	2747	1021	136.3
5	23-30	28.45	-2670	2422	-248	164.8
6	31-36	32.91	-3111	2022	-1089	197.7
		197.7				