











LEG ESTIMATIONS

LEG	DISCIPLINE	LONG COURSE				SHORT COURSE		
		DISTANCE (miles)	CLIMB (feet)	FAST TIME (hours)	SLOW TIME (hours)	DISTANCE (miles)	CLIMB (feet)	SLOW TIME (hours)
1		67	10,756	20	33	59	9,003	32
2		95	11,251	10	18	38	3,417	11
3		9	0	3	7	9	0	8
4		5	1,124	2	3	5	692	9
5		35	0	9	12	35	0	17
6		25	2,959	3	7	25	2,959	10
7		8	1,635	3	8	5	850	9
8		62	5,772	6	9	68	5,036	22
9		33	0	9	17	0	0	0
10		26	1,265	3	4	0	0	0
		365	34,762	68	118	244	21,957	118