A STAGE 1

Section	1
Start Miles	0.0
Start Keytime	07:00
Speed	18
Length	8.4
P.C.Dis.	0.3
P.C. min.	1

0.3	07:01	1
0.6	07:02	1
0.9	07:03	1
1.2	07:04	1
1.5	07:05	1
1.8	07:06	1
2.1	07:07	1
2.4	07:08	1
2.7	07:09	1
3.0	07:10	1
3.3	07:11	1
3.6	07:12	1
3.9	07:13	1
4.2	07:14	1
4.5	07:15	1
4.8	07:16	1
5.1	07:17	1
5.4	07:18	1
5.7	07:19	1
6.0	07:20	1
6.3	07:21	1
6.6	07:22	1
6.9	07:23	1
7.2	07:24	1
7.5	07:25	1
7.8	07:26	1
8.1	07:27	1
8.4	07:28	1

Section	2
Start Miles	8.4
Start Keytime	07:28
Speed	12
Length	3.0
P.C.Dis.	0.2
P.C. min.	1

8.6	07:29	1
8.8	07:30	1
9.0	07:31	1
9.2	07:32	1
9.4	07:33	1
9.6	07:34	1
9.8	07:35	1
10.0	07:36	1
10.2	07:37	1
10.4	07:38	1
10.6	07:39	1
10.8	07:40	1
11.0	07:41	1
11.2	07:42	1
11.4	07:43	1

Section	3
Start Miles	11.4
Start Keytime	07:43
Speed	16
Length	4.8
P.C.Dis.	0.8
P.C. min.	3

12.2	07:46	1
13.0	07:49	1
13.8	07:52	1
14.6	07:55	1
15.4	07:58	1
16.2	08:01	X

Section	4
Start Miles	16.2
Start Keytime	08:01
Speed	12
Length	1.4
P.C.Dis.	0.2
P.C. min.	1

16.4	08:02	1
16.6	08:03	1
16.8	08:04	1
17.0	08:05	1
17.2	08:06	1
17.4	08:07	1
17.6	08:08	1

Section	5
Start Miles	17.6
Start Keytime	08:08
Speed	16

Section	9
Start Miles	23.2
Start Keytime	08:32
Speed	16
Length	15.2
P.C.Dis.	0.8
P.C. min.	3

24.0	08:35	1
24.8	08:38	1
25.6	08:41	1
26.4	08:44	1
27.2	08:47	1
28.0	08:50	1
28.8	08:53	1
29.6	08:56	1
30.4	08:59	1
31.2	09:02	1
32.0	09:05	1
32.8	09:08	1
33.6	09:11	1
34.4	09:14	1
35.2	09:17	1
36.0	09:20	1
36.8	09:23	1
37.6	09:26	1
38.4	09:29	1

Section	10
Start Miles	38.4
Start Keytime	09:29
Speed	12
Length	2.8
P.C.Dis.	0.2
P.C. min.	1

38.6	09:30	1
38.8	09:31	1
39.0	09:32	1
39.2	09:33	1
39.4	09:34	1
39.6	09:35	1
39.8	09:36	1
40.0	09:37	1
40.2	09:38	1
40.4	09:39	1
40.6	09:40	1
40.8	09:41	1
41.0	09:42	1
41.2	09:43	X

Section	11
Start Miles	41.2
Start Keytime	09:43
Speed	10
Length	1.5
P.C.Dis.	0.5
P.C. min.	3

41.7	09:46	1
42.2	09:49	1
42.7	09:52	1

Section	12
Start Miles	42.7
Start Keytime	09:52
Speed	20
Length	2.0
P.C.Dis.	1.0
P.C. min.	3

43.7	09:55	1
44.7	09:58	1

Section	13
Start Miles	44.7
Start Keytime	09:58
Speed	16
Length	4.8
P.C.Dis.	0.8
P.C. min.	3

45.5	10:01	1
46.3	10:04	1
47.1	10:07	1
47.9	10:10	1
48.7	10:13	1
49.5	10:16	1

Section	14
Start Miles	49.5
Start Keytime	10:16
Speed	12
Length	0.2
P.C.Dis.	0.2
P.C. min.	1

49.7	10:17	1

A STAGE 2

Section	1
Start Miles	0.0
Start Keytime	12:40
Speed	16
Length	8.0
P.C.Dis.	0.8
P.C. min.	3

0.8	12:43	1
1.6	12:46	1
2.4	12:49	1
3.2	12:52	1
4.0	12:55	1
4.8	12:58	1
5.6	13:01	1
6.4	13:04	1
7.2	13:07	1
8.0	13:10	1

Section	2
Start Miles	8.0
Start Keytime	13:10
Speed	12
Length	1.6
P.C.Dis.	0.2
P.C. min.	1

8.2	13:11	1
8.4	13:12	1
8.6	13:13	1
8.8	13:14	1
9.0	13:15	1
9.2	13:16	1
9.4	13:17	1
9.6	13:18	1

Section	3
Start Miles	9.6
Start Keytime	13:18
Speed	20
Length	10.0
P.C.Dis.	1.0
P.C. min.	3

10.6	13:21	1
11.6	13:24	1
12.6	13:27	1
13.6	13:30	1
14.6	13:33	1
15.6	13:36	1
16.6	13:39	1
17.6	13:42	1
18.6	13:45	1
19.6	13:48	1

Section	4
Start Miles	19.6
Start Keytime	13:48
Speed	16
Length	5.6
P.C.Dis.	0.8
P.C. min.	3

20.4	13:51	1
21.2	13:54	1
22.0	13:57	1
22.8	14:00	1
23.6	14:03	1
24.4	14:06	1
25.2	14:09	X

A STAGE 4

Section	1
Start Miles	0.0
Start Keytime	12:25
Speed	18
Length	5.4
P.C.Dis.	0.3
P.C. min.	1

0.3	12:26	1
0.6	12:27	1
0.9	12:28	1
1.2	12:29	1
1.5	12:30	1
1.8	12:31	1
2.1	12:32	1
2.4	12:33	1
2.7	12:34	1
3.0	12:35	1
3.3	12:36	1
3.6	12:37	1
3.9	12:38	1
4.2	12:39	1
4.5	12:40	1
4.8	12:41	1
5.1	12:42	1
5.4	12:43	1

Section	2
Start Miles	5.4
Start Keytime	12:43
Speed	12
Length	1.2
P.C.Dis.	0.2
P.C. min.	1

5.6	12:44	1
5.8	12:45	1
6.0	12:46	1
6.2	12:47	1
6.4	12:48	1
6.6	12:49	X

Section	3
Start Miles	6.6
Start Keytime	12:49
Speed	18
Length	4.8
P.C.Dis.	0.3
P.C. min.	1

6.9	12:50	1
7.2	12:51	1
7.5	12:52	1
7.8	12:53	1
8.1	12:54	1
8.4	12:55	1
8.7	12:56	1
9.0	12:57	1
9.3	12:58	1
9.6	12:59	1
9.9	13:00	1
10.2	13:01	1
10.5	13:02	1
10.8	13:03	1
11.1	13:04	1
11.4	13:05	X

Section	4
Start Miles	11.4
Start Keytime	13:05
Speed	12
Length	1.2
P.C.Dis.	0.2
P.C. min.	1

11.6	13:06	1
11.8	13:07	1
12.0	13:08	1
12.2	13:09	1
12.4	13:10	1
12.6	13:11	1

Section	5
Start Miles	12.6
Start Keytime	13:11
Speed	21
Length	7.0
P.C.Dis.	0.7
P.C. min.	2

13.3	13:13	1
14.0	13:15	1
14.7	13:17	1
15.4	13:19	1
16.1	13:21	1
16.8	13:23	1
17.5	13:25	1

Length		1.6	
P.C.Dis.		0.8	
P.C. min.		3	
-	18.4	08:11	1
-	19.2	08:14	1

Section		6	
Start Miles		19.2	
Start Keytime		08:14	
Speed		12	
Length		1.0	
P.C.Dis.		0.2	
P.C. min.		1	
-	19.4	08:15	1
-	19.6	08:16	1
-	19.8	08:17	1
-	20.0	08:18	1
-	20.2	08:19	1

Section		7	
Start Miles		20.2	
Start Keytime		08:19	
Speed		16	
Length		1.6	
P.C.Dis.		0.8	
P.C. min.		3	
-	21.0	08:22	1
-	21.8	08:25	1

Section		8	
Start Miles		21.8	
Start Keytime		08:25	
Speed		12	
Length		1.4	
P.C.Dis.		0.2	
P.C. min.		1	
-	22.0	08:26	1
-	22.2	08:27	1
-	22.4	08:28	1
-	22.6	08:29	1
-	22.8	08:30	1
-	23.0	08:31	1
-	23.2	08:32	1

Section		15	
Start Miles		49.7	
Start Keytime		10:17	
Speed		16	
Length		8.8	
P.C.Dis.		0.8	
P.C. min.		3	
-	50.5	10:20	1
-	51.3	10:23	1
-	52.1	10:26	1
-	52.9	10:29	1
-	53.7	10:32	1
-	54.5	10:35	1
-	55.3	10:38	1
-	56.1	10:41	1
-	56.9	10:44	1
-	57.7	10:47	1
-	58.5	10:50	1

Section		16	
Start Miles		58.5	
Start Keytime		10:50	
Speed		9	
Length		0.9	
P.C.Dis.		0.3	
P.C. min.		2	
-	58.8	10:52	1
-	59.1	10:54	1
-	59.4	10:56	1

Section		17	
Start Miles		59.4	
Start Keytime		10:56	
Speed		21	
Length		14.0	
P.C.Dis.		0.7	
P.C. min.		2	
-	60.1	10:58	1
-	60.8	11:00	1
-	61.5	11:02	1
-	62.2	11:04	1
-	62.9	11:06	1
-	63.6	11:08	1
-	64.3	11:10	1
-	65.0	11:12	1
-	65.7	11:14	1
-	66.4	11:16	1
-	67.1	11:18	1
-	67.8	11:20	1
-	68.5	11:22	1
-	69.2	11:24	1
-	69.9	11:26	1
-	70.6	11:28	1
-	71.3	11:30	1
-	72.0	11:32	1
-	72.7	11:34	1
-	73.4	11:36	X

-	18.2	13:27	1
-	18.9	13:29	1
-	19.6	13:31	1

Section		6	
Start Miles		19.6	
Start Keytime		13:31	
Speed		12	
Length		0.8	
P.C.Dis.		0.2	
P.C. min.		1	
-	19.8	13:32	1
-	20.0	13:33	1
-	20.2	13:34	1
-	20.4	13:35	1

Section		7	
Start Miles		20.4	
Start Keytime		13:35	
Speed		16	
Length		5.6	
P.C.Dis.		0.8	
P.C. min.		3	
-	21.2	13:38	1
-	22.0	13:41	1
-	22.8	13:44	1
-	23.6	13:47	1
-	24.4	13:50	1
-	25.2	13:53	1
-	26.0	13:56	X

Section		8	
Start Miles		26.0	
Start Keytime		13:58	
Speed		20	
Length		5.0	
P.C.Dis.		1.0	
P.C. min.		3	
-	27.0	13:59	1
-	28.0	14:02	1
-	29.0	14:05	1
-	30.0	14:08	1
-	31.0	14:11	1

Section		9	
Start Miles		31.0	
Start Keytime		14:11	
Speed		16	
Length		3.2	
P.C.Dis.		0.8	
P.C. min.		3	
-	31.8	14:14	1
-	32.6	14:17	1
-	33.4	14:20	1
-	34.2	14:23	1

Section		10	
Start Miles		34.2	
Start Keytime		14:23	
Speed		14	
Length		9.8	
P.C.Dis.		0.7	
P.C. min.		3	
-	34.9	14:26	1
-	35.6	14:29	1
-	36.3	14:32	1
-	37.0	14:35	1
-	37.7	14:38	1
-	38.4	14:41	1
-	39.1	14:44	1
-	39.8	14:47	1
-	40.5	14:50	1
-	41.2	14:53	1
-	41.9	14:56	1
-	42.6	14:59	1
-	43.3	15:02	1
-	44.0	15:05	X

Section		11	
Start Miles		44.0	
Start Keytime		15:05	
Speed		16	
Length		0.8	
P.C.Dis.		0.8	
P.C. min.		3	
-	44.8	15:08	1