

Wolds Way to Robin Hoods Bay - Planned Schedule v Actual Times - 25 / 26 September 2009

CP	Checkpoint	Total Km	Total Miles	Leg Km	Leg Miles	Day	Plan						Actuals						Who? JK +		
							Clock Time	Dark Light	Run Time	Rest Time	Leg Time	Pace	Time In	Time Out	Dark Light	Run Time	Rest Time	Leg Time		Pace mph	
0	Start WW - Hessle	0.0	0.0	0.0	0.0	Fri	18:30	L	0:00	0:00	0:00	5.6		18:32		0:00	00:00	0:00			
1	Welton	9.6	6.0	9.6	6.0	Fri	19:38	L	1:03	0:05	1:08	5.6	19:30	19:33	L/D	0:58	02:36	1:01	6.1	AN, AS	
2	South Cave	20.2	12.6	10.6	6.6	Fri	21:19	D	1:31	0:10	1:41	4.3	20:42	20:44	D	1:09	02:29	1:11	5.7	SL, WS	
3	Newbald	30.2	18.8	10.0	6.2	Fri	22:50	D	1:26	0:05	1:31	4.3	22:16	22:24	D	1:31	07:49	1:39	4.1	AN, AS, AP	
4	Woodside	40.0	24.9	9.8	6.1	Sat	0:29	D	1:24	0:15	1:39	4.3	23:26	23:34	D	1:02	07:37	1:10	5.8	SL, WS	
5	Millington	50.4	31.3	10.4	6.5	Sat	2:04	D	1:30	0:05	1:35	4.3	0:56	1:07	D	1:21	11:34	1:33	4.7	AN, AS	
6	Huggate	60.0	37.3	9.6	6.0	Sat	3:37	D	1:23	0:10	1:33	4.3	2:23	2:30	D	1:16	06:11	1:22	4.7	WS	
7	Thixendale	70.6	43.9	10.6	6.6	Sat	5:13	D	1:31	0:05	1:36	4.3	3:52	4:06	D	1:22	14:10	1:36	4.8	AN, AS	
8	Wharram le Street	79.6	49.5	9.0	5.6	Sat	6:27	L	0:59	0:15	1:14	5.6	5:25	5:31	D	1:19	05:40	1:25	4.2	SL	
9	Wintringham	90.7	56.4	11.1	6.9	Sat	7:45	L	1:13	0:05	1:18	5.6	6:48	7:01	D/L	1:16	13:07	1:29	5.4	AN, AS	
10	Sherburn	100.6	62.5	9.9	6.2	Sat	9:00	L	1:05	0:10	1:15	5.6	8:14	8:27	L	1:13	13:05	1:26	5.0	WS	
11	Staxton	108.3	67.3	7.7	4.8	Sat	9:56	L	0:51	0:05	0:56	5.6	9:23	9:26	L	0:55	03:17	0:58	5.2	AN, AS	
12	Flotmanby Wold	118.6	73.7	10.3	6.4	Sat	11:19	L	1:08	0:15	1:23	5.6	10:40	10:45	L	1:13	05:42	1:19	5.2	SL	
13	Finish WW - Filey Brigg	127.0	78.9	8.4	5.2	Sat	12:19	L	0:55	0:05	1:00	5.6	11:34	11:47	L	0:48	12:54	1:01	6.5	AN, AS	
14	Cayton Bay	134.0	83.3	7.0	4.4	Sat	13:10	L	0:46	0:05	0:51	5.6	12:32	12:32	L	0:45	00:00	0:45	5.7	WS	
15	Scarborough North Sands	143.0	88.9	9.0	5.6	Sat	14:24	L	0:59	0:15	1:14	5.6	13:35	13:43	L	1:03	07:57	1:11	5.3	AN, AS	
16	Cloughton Wyke	150.5	93.5	7.5	4.7	Sat	15:18	L	0:49	0:05	0:54	5.6	14:44	14:44	L	1:00	00:00	1:00	4.6	SL	
17	Ravenscar	160.0	99.4	9.5	5.9	Sat	16:26	L	1:03	0:05	1:08	5.6	15:56	16:04	L	1:12	07:23	1:19	4.9	AN, AS	
18	Robin Hoods Bay	166.0	103.2	6.0	3.7	Sat	17:05	L	0:39	0:00	0:39	5.6	16:47		L	0:43		0:43	5.2	WS	
Total Time							22:35		20:15	2:20	22:35	5.2	Total Times				20:13	2:01	22:15	5.2	
Average Pace - Night		4.3	m.p.h																		
Average Pace - Day		5.6	m.p.h																		