

Leg	Start	Finish	Support			Mileage		Target Speed	Act. speed inc breaks	Act. speed running	Act. speed running	Split Time			Target Time	Actual time			Split in	Split in	Rest	Rest
			AN	AS	AP	Split	Cum					mile/hr	mile/hr	mile/hr		min/mile	Target	Act. inc rest				
1	Chipping Campden - Church	Stanton - Church	10	10		10	10	5	5.3	5.5	10:59	02:00:00	01:52:48	01:49:48	13:42	13:42	15:31	00:00:00	0.00	00:00:00	0.00	
2	Stanton - Church	Winchcombe - Church		7		7	17	5	4.8	5.0	11:59	01:24:00	01:26:50	01:23:50	15:42	15:34	16:58	01:49:48	1.83	00:03:00	0.05	
3	Winchcombe - Church	Cheltenham East - Crossroads	11			11	28	5	4.4	5.0	12:06	02:12:00	02:29:43	02:13:07	17:06	17:01	19:14	01:23:50	1.40	00:03:00	0.05	
4	Cheltenham East - Crossroads	Ullenwood - College		9		9	37	5	4.7	4.9	12:14	01:48:00	01:55:42	01:50:03	19:18	19:31	21:21	02:13:07	2.22	00:16:36	0.28	
5	Ullenwood - College	Paradise - Church	11			11	47	5	3.6	4.1	14:48	02:12:00	03:01:59	02:42:47	21:06	21:27	00:09	01:50:03	1.83	00:05:39	0.09	
6	Paradise - Church	Stonehouse S/East-Roundabout			8	8	56	4	3.9	4.2	14:20	02:00:00	02:03:10	01:54:44	23:18	00:29	02:23	02:42:47	2.71	00:19:12	0.32	
7	Stonehouse S/East-Roundabout	Dursley - Church		8		8	64	3	3.2	3.5	17:11	02:40:00	02:29:14	02:17:28	01:18	02:32	04:49	01:54:44	1.91	00:08:26	0.14	
8	Dursley - Church	Alderley - Church	8		8	8	71	3	3.2	3.7	16:23	02:40:00	02:30:39	02:11:02	03:58	05:01	07:12	02:17:28	2.29	00:11:46	0.20	
9	Alderley - Church	Little Sodbury - Church		8		8	79	3	5.2	5.5	10:49	02:40:00	01:32:07	01:26:33	06:38	07:32	08:58	02:11:02	2.18	00:19:37	0.33	
10	Little Sodbury - Church	Dyrham - Church	8			8	87	4	4.0	4.6	12:58	02:00:00	02:00:09	01:43:42	09:18	09:04	10:47	01:26:33	1.44	00:05:34	0.09	
11	Dyrham - Church	Battle of Lansdown Hill		6		6	91	4	3.9	4.1	14:46	01:30:00	01:32:42	01:28:36	11:18	11:04	12:32	01:43:42	1.73	00:16:27	0.27	
12	Battle of Lansdown Hill	Bath Abbey	6	6		6	100	4	3.1	3.1	19:07	01:30:00	01:54:42	01:54:42	12:48	12:37	14:31	01:28:36	1.48	00:04:06	0.07	
Total or average			54	54	16	100	100	4.17	4.12	4.43	14:54	0:36:00	24:49:45	22:56:22	14:18	14:31		22:56:22	22:56:22	1:53:23	1.89	
																			24:49:45			