

Handicaps for Triennial XI, 17-Sep-2011

Stage 1 (1E Shindagin Hollow)

13.5 miles; 21.7 km Total climb: 479 m Net elevation gain: -52 m

Scratch start: 07:30

Scratch time: 107:55

M14	7:00	M15	5:18		F14	19:42	F15	17:24
M16	3:54	M17	2:48		F16	15:36	F17	14:12
M18	1:48	M19	1:06		F18	13:12	F19	12:18
M35	0:00	M36	0:00		F35	11:06	F36	11:30
M37	0:30	M38	1:12		F37	12:24	F38	13:24
M39	2:00	M40	2:48		F39	14:24	F40	15:24
M41	3:30	M42	4:24		F41	16:24	F42	17:24
M43	5:12	M44	6:00		F43	18:24	F44	19:30
M45	6:48	M46	7:42		F45	20:36	F46	21:42
M47	8:36	M48	9:30		F47	22:54	F48	24:00
M49	10:24	M50	11:18		F49	25:12	F50	26:24
M51	12:18	M52	13:18		F51	27:42	F52	29:00
M53	14:18	M54	15:18		F53	30:18	F54	31:36
M55	16:18	M56	17:24		F55	33:00	F56	34:24
M57	18:36	M58	19:42		F57	35:54	F58	37:24
M59	20:54	M60	22:00		F59	38:54	F60	40:30
M61	23:18	M62	24:48		F61	42:12	F62	43:54
M63	25:54	M64	27:18		F63	45:42	F64	47:30
M65	28:42	M66	30:12		F65	49:18	F66	51:18
M67	31:42	M68	33:18		F67	53:24	F68	55:30
M69	34:54	M70	36:36		F69	57:42	F70	59:54
M71	38:24	M72	40:18		F71	62:24	F72	64:54

Handicaps for Triennial XI, 17-Sep-2011

Stage 2 (2E South Danby)

11.5 miles; 18.5 km Total climb: 320 m Net elevation gain: 61 m

Scratch start: 10:00

Scratch time: 91:03

M14	5:54	M15	4:30		F14	16:36	F15	14:42
M16	3:18	M17	2:18		F16	13:12	F17	12:00
M18	1:36	M19	0:54		F18	11:06	F19	10:24
M35	0:00	M36	0:00		F35	9:24	F36	9:42
M37	0:24	M38	1:00		F37	10:30	F38	11:18
M39	1:42	M40	2:18		F39	12:06	F40	13:00
M41	3:00	M42	3:42		F41	13:48	F42	14:42
M43	4:24	M44	5:06		F43	15:36	F44	16:30
M45	5:48	M46	6:30		F45	17:24	F46	18:18
M47	7:18	M48	8:00		F47	19:18	F48	20:18
M49	8:48	M50	9:36		F49	21:18	F50	22:18
M51	10:24	M52	11:12		F51	23:18	F52	24:24
M53	12:06	M54	12:54		F53	25:30	F54	26:42
M55	13:48	M56	14:42		F55	27:48	F56	29:00
M57	15:42	M58	16:36		F57	30:18	F58	31:30
M59	17:36	M60	18:36		F59	32:48	F60	34:12
M61	19:42	M62	20:54		F61	35:36	F62	37:00
M63	21:54	M64	23:00		F63	38:30	F64	40:00
M65	24:12	M66	25:30		F65	41:36	F66	43:18
M67	26:48	M68	28:06		F67	45:00	F68	46:48
M69	29:30	M70	30:54		F69	48:42	F70	50:36
M71	32:24	M72	34:00		F71	52:36	F72	54:48

Handicaps for Triennial XI, 17-Sep-2011

Stage 3 (3E Lick Brook)

10 miles; 16.1 km Total climb: 101 m Net elevation gain: -253 m

Scratch start: 12:00

Scratch time: 78:31

M14	5:06	M15	3:54		F14	14:18	F15	12:42
M16	2:48	M17	2:00		F16	11:24	F17	10:24
M18	1:18	M19	0:48		F18	9:36	F19	9:00
M35	0:00	M36	0:00		F35	8:06	F36	8:24
M37	0:18	M38	0:54		F37	9:06	F38	9:42
M39	1:24	M40	2:00		F39	10:30	F40	11:12
M41	2:36	M42	3:12		F41	11:54	F42	12:42
M43	3:48	M44	4:24		F43	13:24	F44	14:12
M45	5:00	M46	5:36		F45	15:00	F46	15:48
M47	6:18	M48	6:54		F47	16:36	F48	17:30
M49	7:36	M50	8:12		F49	18:18	F50	19:12
M51	8:54	M52	9:42		F51	20:06	F52	21:06
M53	10:24	M54	11:06		F53	22:00	F54	23:00
M55	11:54	M56	12:42		F55	24:00	F56	25:00
M57	13:30	M58	14:18		F57	26:06	F58	27:12
M59	15:12	M60	16:00		F59	28:18	F60	29:30
M61	17:00	M62	18:00		F61	30:42	F62	31:54
M63	18:54	M64	19:48		F63	33:12	F64	34:30
M65	20:54	M66	22:00		F65	35:54	F66	37:18
M67	23:06	M68	24:12		F67	38:48	F68	40:24
M69	25:24	M70	26:36		F69	42:00	F70	43:36
M71	27:54	M72	29:18		F71	45:24	F72	47:12

Handicaps for Triennial XI, 17-Sep-2011
Stage 4 (4E Treman Park - Connecticut Hill)
11.6 miles; 18.7 km Total climb: 613 m Net elevation gain: 506 m

Scratch start: 13:45

Scratch time: 91:53

M14	6:00	M15	4:30		F14	16:42	F15	14:48
M16	3:18	M17	2:24		F16	13:18	F17	12:06
M18	1:36	M19	0:54		F18	11:12	F19	10:30
M35	0:00	M36	0:00		F35	9:30	F36	9:48
M37	0:24	M38	1:00		F37	10:36	F38	11:24
M39	1:42	M40	2:18		F39	12:12	F40	13:06
M41	3:00	M42	3:42		F41	13:54	F42	14:48
M43	4:24	M44	5:06		F43	15:42	F44	16:36
M45	5:48	M46	6:36		F45	17:30	F46	18:30
M47	7:18	M48	8:06		F47	19:30	F48	20:30
M49	8:54	M50	9:36		F49	21:30	F50	22:30
M51	10:30	M52	11:18		F51	23:36	F52	24:42
M53	12:12	M54	13:00		F53	25:48	F54	26:54
M55	13:54	M56	14:48		F55	28:06	F56	29:18
M57	15:48	M58	16:48		F57	30:36	F58	31:48
M59	17:48	M60	18:48		F59	33:06	F60	34:30
M61	19:54	M62	21:06		F61	35:54	F62	37:24
M63	22:06	M64	23:12		F63	38:54	F64	40:24
M65	24:24	M66	25:42		F65	42:00	F66	43:42
M67	27:00	M68	28:24		F67	45:30	F68	47:18
M69	29:42	M70	31:06		F69	49:06	F70	51:00
M71	32:42	M72	34:18		F71	53:06	F72	55:18

Handicaps for Triennial XI, 17-Sep-2011
Stage 5 (5E Connecticut Hill - Cayuta Lake)
9.9 miles; 15.9 km Total climb: 67 m Net elevation gain: -229 m

Scratch start: 16:00

Scratch time: 77:41

M14	5:06	M15	3:48		F14	14:06	F15	12:30
M16	2:48	M17	2:00		F16	11:18	F17	10:18
M18	1:18	M19	0:48		F18	9:30	F19	8:54
M35	0:00	M36	0:00		F35	8:00	F36	8:18
M37	0:18	M38	0:54		F37	9:00	F38	9:36
M39	1:24	M40	2:00		F39	10:18	F40	11:06
M41	2:36	M42	3:06		F41	11:48	F42	12:30
M43	3:42	M44	4:18		F43	13:18	F44	14:00
M45	4:54	M46	5:36		F45	14:48	F46	15:36
M47	6:12	M48	6:48		F47	16:30	F48	17:18
M49	7:30	M50	8:12		F49	18:12	F50	19:00
M51	8:54	M52	9:36		F51	19:54	F52	20:54
M53	10:18	M54	11:00		F53	21:48	F54	22:48
M55	11:48	M56	12:36		F55	23:42	F56	24:48
M57	13:24	M58	14:12		F57	25:48	F58	26:54
M59	15:00	M60	15:54		F59	28:00	F60	29:06
M61	16:48	M62	17:48		F61	30:24	F62	31:36
M63	18:42	M64	19:36		F63	32:54	F64	34:12
M65	20:36	M66	21:42		F65	35:30	F66	36:54
M67	22:48	M68	24:00		F67	38:24	F68	39:54
M69	25:06	M70	26:18		F69	41:30	F70	43:06
M71	27:36	M72	29:00		F71	44:54	F72	46:42

Handicaps for Triennial XI, 17-Sep-2011

Stage 6 (1W Sugar Hill - Watkins Glen)

10.5 miles; 16.9 km Total climb: 30 m Net elevation gain: -491 m

Scratch start: 12:00

Scratch time: 82:41

M14	5:24	M15	4:06		F14	15:06	F15	13:18
M16	3:00	M17	2:06		F16	12:00	F17	10:54
M18	1:24	M19	0:48		F18	10:06	F19	9:30
M35	0:00	M36	0:00		F35	8:30	F36	8:48
M37	0:24	M38	0:54		F37	9:30	F38	10:18
M39	1:30	M40	2:06		F39	11:00	F40	11:48
M41	2:42	M42	3:18		F41	12:30	F42	13:18
M43	4:00	M44	4:36		F43	14:06	F44	15:00
M45	5:12	M46	5:54		F45	15:48	F46	16:36
M47	6:36	M48	7:18		F47	17:30	F48	18:24
M49	8:00	M50	8:42		F49	19:18	F50	20:12
M51	9:24	M52	10:12		F51	21:12	F52	22:12
M53	10:54	M54	11:42		F53	23:12	F54	24:12
M55	12:30	M56	13:24		F55	25:18	F56	26:24
M57	14:12	M58	15:06		F57	27:30	F58	28:36
M59	16:00	M60	16:54		F59	29:48	F60	31:00
M61	17:54	M62	19:00		F61	32:18	F62	33:36
M63	19:54	M64	20:54		F63	35:00	F64	36:24
M65	22:00	M66	23:06		F65	37:48	F66	39:18
M67	24:18	M68	25:30		F67	40:54	F68	42:30
M69	26:48	M70	28:00		F69	44:12	F70	45:54
M71	29:24	M72	30:54		F71	47:48	F72	49:48

Handicaps for Triennial XI, 17-Sep-2011
Stage 7 (2W Watkins Glen - FL National Forest)
12.5 miles; 20.1 km Total climb: 515 m Net elevation gain: 204 m

Scratch start: 14:00

Scratch time: 99:28

M14	6:30	M15	4:54		F14	18:06	F15	16:00
M16	3:36	M17	2:36		F16	14:24	F17	13:06
M18	1:42	M19	1:00		F18	12:06	F19	11:24
M35	0:00	M36	0:00		F35	10:18	F36	10:36
M37	0:24	M38	1:06		F37	11:30	F38	12:24
M39	1:48	M40	2:30		F39	13:12	F40	14:12
M41	3:18	M42	4:00		F41	15:06	F42	16:00
M43	4:48	M44	5:30		F43	17:00	F44	18:00
M45	6:18	M46	7:06		F45	19:00	F46	20:00
M47	7:54	M48	8:42		F47	21:06	F48	22:12
M49	9:36	M50	10:24		F49	23:12	F50	24:18
M51	11:18	M52	12:12		F51	25:30	F52	26:42
M53	13:12	M54	14:06		F53	27:54	F54	29:06
M55	15:06	M56	16:06		F55	30:24	F56	31:42
M57	17:06	M58	18:12		F57	33:06	F58	34:30
M59	19:12	M60	20:18		F59	35:54	F60	37:18
M61	21:30	M62	22:48		F61	38:54	F62	40:30
M63	23:54	M64	25:06		F63	42:06	F64	43:42
M65	26:24	M66	27:48		F65	45:24	F66	47:18
M67	29:12	M68	30:42		F67	49:12	F68	51:12
M69	32:12	M70	33:42		F69	53:12	F70	55:12
M71	35:24	M72	37:06		F71	57:30	F72	59:54

Handicaps for Triennial XI, 17-Sep-2011

Stage 8 (3W Texas Hollow)

8.1 miles; 13 km Total climb: 311 m Net elevation gain: 55 m

Scratch start: 16:15

Scratch time: 62:48

M14	4:06	M15	3:06		F14	11:24	F15	10:06
M16	2:18	M17	1:36		F16	9:06	F17	8:18
M18	1:06	M19	0:36		F18	7:42	F19	7:12
M35	0:00	M36	0:00		F35	6:30	F36	6:42
M37	0:18	M38	0:42		F37	7:12	F38	7:48
M39	1:12	M40	1:36		F39	8:24	F40	8:54
M41	2:06	M42	2:30		F41	9:30	F42	10:06
M43	3:00	M44	3:30		F43	10:42	F44	11:24
M45	4:00	M46	4:30		F45	12:00	F46	12:36
M47	5:00	M48	5:30		F47	13:18	F48	14:00
M49	6:06	M50	6:36		F49	14:42	F50	15:24
M51	7:12	M52	7:42		F51	16:06	F52	16:54
M53	8:18	M54	8:54		F53	17:36	F54	18:24
M55	9:30	M56	10:06		F55	19:12	F56	20:00
M57	10:48	M58	11:30		F57	20:54	F58	21:48
M59	12:06	M60	12:48		F59	22:36	F60	23:36
M61	13:36	M62	14:24		F61	24:30	F62	25:30
M63	15:06	M64	15:54		F63	26:36	F64	27:36
M65	16:42	M66	17:36		F65	28:42	F66	29:54
M67	18:30	M68	19:24		F67	31:06	F68	32:18
M69	20:18	M70	21:18		F69	33:36	F70	34:54
M71	22:24	M72	23:30		F71	36:18	F72	37:48