FOUR ACES ROUTE SHEET
BURRO ENDURO
November 16, 2008

FUNCTION	START TIME	START MILES	MILES TO GO	AVERAGE SPEED	KNOWN?
START LOOP 1	8:00	0.0	14.4	24	YES
SPEEDO CHECK		2.9			
RESET FROM		9.6			
RESET TO		12.4			
SPEED CHANGE	8:36	14.4	3.6	18	
SPEED CHANGE	8:48	18.0	8.8	24	
RESET FROM		22.0			
RESET TO		24.4			
SPEED CHANGE	9:10	26.8	2.8	12	
SPEED CHANGE	9:24	29.6	6.4	24	
END LOOP 1	9:40	36.0			YES
BREAK		**40 MINUTES**			
START LOOP 2	10:20	0.0	4.0	30	YES
SPEEDO CHECK		2.9			
SPEED CHANGE	10:28	4.0	3.0	20	
SPEED CHANGE	10:37	7.0	1.2	18	
SPEED CHANGE	10:41	8.2	0.4	4	
SPEED CHANGE	10:47	8.6	0.9	18	
SPEED CHANGE	10:50	9.5	5.2	24	
SPEED CHANGE	11:03	14.7	4.5	27	
SPEED CHANGE	11:13	19.2	7.6	24	
RESET FROM		21.6			
RESET TO		26.4			
SPEED CHANGE	11:32	26.8	3.3	18	
SPEED CHANGE	11:43	30.1	6.8	24	
END LOOP 2	12:00	36.9	OR SOONER		