

Drink Stops 2010		Other	Different Drink & Food	Time for Drink Stop	Dist. from Rotto	Total Dist. Covered	Distance since last stop	Distance from Rotto in 2008	Dist. covered 2008	Distance since last stop 2008	Stroke rate 5 mins before	Time Taken
Start 5:45	Drink	Other			19.7	0	0	19.70	0	0		0
6:30	Yellow	Carbo Shotz						17.1	2.60	2.60	66	0:45
7:00	Purple	Peaches						15.6	4.10	1.50	68	1:15
7:30	Green	Carbo Shotz						13.9	5.80	1.70	68	1:45
8:00	Blue	Peaches						12.4	7.30	1.50	66	2:15
8:30	Yellow	Maxolon pill + Carbo Shotz						10.8	8.90	1.60	64	2:45
9:00	Purple	Peaches						9.2	10.50	1.60	68	3:15
9:30	Green	Carbo Shotz						7.7	12.00	1.50	64	3:45
10:00	Blue	Peaches						6.2	13.50	1.50	64	4:15
10:30	Yellow	Carbo Shotz						4.8	14.90	1.40	64	4:45
11:00	Purple	Peaches						3.5	16.20	1.30	66	5:15
11:30	Green	Carbo Shotz						2.3	17.40	1.20	64	5:45
12:00	Blue	Peaches						1.4	18.32	0.92		6:15
12:30	Yellow	Carbo Shotz						0.5				6:45
1:00	Purple	Peaches										7:15
1:30	Green	Carbo Shotz										7:45
Cottesloe: S31 59 680 - E115 45 055						Rotto: S31 59 800 - E115 32 550						
10K: S31 59 850 - E115 38 540			15K: S31 59 900 - E115 35 280			PRock: S31 59 850 - E115 33 690						