

Cambridge & Coleridge AC

Round Norfolk Relay 2008

Saturday 20th to Sunday 21st September 2008

<http://www.roundnorfolkrelay.com/>

Approximate Schedule

Times are very approximate, with leg times estimated for a runner capable of around 72-73 minutes for a ten-mile race

leg	route	miles	leg	pace	depart	arrive	overall
1	King's Lynn to Hunstanton	16.32	2:01:37	07:27	09:49	11:51	2:01:37
2	Hunstanton to Burnham Overy Hamlet	14.06	1:43:50	07:23	11:51	13:34	3:45:28
3	Burnham Overy Hamlet to Wells-next-the-Sea	5.39	0:37:35	06:58	13:34	14:12	4:23:03
4	Wells-next-the-Sea to Salthouse	12.76	1:33:42	07:20	14:12	15:46	5:56:45
5	Salthouse to Cromer	8.61	1:01:45	07:10	15:46	16:47	6:58:30
6	Cromer to Mundesley	7.86	0:56:03	07:07	16:47	17:43	7:54:34
7	Mundesley to Lessingham	9.24	1:06:33	07:12	17:43	18:50	9:01:07
8	Lessingham to Horsey	7.52	0:53:29	07:06	18:50	19:44	9:54:37
9	Horsey to Great Yarmouth	11.3	1:22:22	07:17	19:44	21:06	11:16:59
10	Great Yarmouth to Geldeston	15.08	1:51:51	07:25	21:06	22:58	13:08:51
11	Geldeston to Scole	19.6	2:27:40	07:32	22:58	01:25	15:36:31
12	Scole to Thetford	19.67	2:28:14	07:32	01:25	03:54	18:04:46
13	Thetford to Feltwell	13.25	1:37:31	07:21	03:54	05:31	19:42:17
14	Feltwell to Wissington	8.8	1:03:11	07:10	05:31	06:34	20:45:29
15	Wissington to Downham Market	7.2	0:51:05	07:05	06:34	07:25	21:36:34
16	Downham Market to Stowbridge	5.49	0:38:19	06:58	07:25	08:04	22:14:54
17	Stowbridge to King's Lynn	11.73	1:25:42	07:18	08:04	09:30	23:40:36