

Leg	Distance km	Fastest 4min/km	Slowest 10min/km	Average 7min/km	Fastest runners in	Mass Start/ Cut Off	Slowest runners in
1- Bayview	5.9	23	59	41		5:00	
2- Whakamaharatanga	7.32	29	74	51.5	5:23	5:45	5:59
3- Airport	4.78	19	48	33.5	5:52	6:30	6:59
4- Pandora Pond	9.32	37	94	65.5	6:11	7:00	7:18
5- Park Island	6.12	24	62	43	6:48	8:15	8:34
Napier Station- Stage 1 End					7:12		9:17
6- Napier (Main St)	5.85	23	59	41		9:00	
7- Sound shell	5.76	23	58	40.5	9:23	9:45	9:58
8- Awatoto	6.1	24	61	42.5	9:46	10:15	10:38
9- Clive	8.35	33	84	58.5	10:10	11:00	11:21
Haumoana Station- Stage 2 End					10:43		12:23
10- Haumoana Station	10.17	40	102	71		12:15	
11- Riverlands	7.38	29	74	51.5	12:40	1:30	1:41
12- Te Mata Peak	8.52	34	86	60	1:10	2:15	2:24
Havelock North Primary- Stage 3 End					1:45		3:25
13- Havelock Nth Station	5.01	20	51	35.5		3:15	
14- Windsor Park	7.12	28	72	50	3:35	3:45	4:05
Hastings Station- Finish					4:03		5:02

These times are strictly estimates based off fastest runners running 4min/km, and slowest coming in at 10min/km.

It is up to you to keep track of where your runner is, and to be at transition in time for either- your runner coming in, or the cut off start time.