



# Lakeland 100 Checkpoint Timings

				Cumulative miles travelled	Cut off Time LAST DEPARTURE FROM CHECKPOINT		Fastest Competitors			Slowest Competitors		
					LAST DEPARTURE Cut-Off Clock Time	Elapsed Time hr:min	Est Time hr:min	Cumulative Time hr:min	Clock Time	Est Time hr:min	Cumulative Time hr:min	Clock Time
Start Location: Coniston / Finish Location: Coniston												
CP	Start CP	Finish CP	CP Location									
1	Coniston	Seathwaite	Seathwaite V Hall	7.0			1:15	1:15	7:15 pm	2:30	2:30	8:30 pm
2	Seathwaite	Boot	Boot Corn Mill	14.0	11:00 pm	05:00	1:06	2:21	8:21 pm	2:12	4:42	10:42 pm
3	Boot	Wasdale Head	Barn	19.4	12:30 am	06:30	0:48	3:09	9:09 pm	1:36	6:18	12:18 am
4	Wasdale Head	Buttermere	Buttermere V Hall	26.3	3:30 am	09:30	1:30	4:39	10:39 pm	3:00	9:18	3:18 am
5	Buttermere	Braithwaite	Church Hall	32.8	6:00 am	12:00	1:18	5:57	11:57 pm	2:36	11:54	5:54 am
6	Braithwaite	Blencathra	Blencathra Centre	41.3	9:00 am	15:00	1:30	7:27	1:27 am	3:00	14:54	8:54 am
7	Blencathra	Dockray	Marquee in Layby	49.0	12:15 pm	18:15	1:36	9:03	3:03 am	3:12	18:06	12:06 pm
8	Dockray	Dalemain	Dalemain Estate	59.1	4:00 pm	22:00	1:50	10:53	4:53 am	3:40	21:46	3:46 pm
9	Dalemain	Howtown	Howtown Bobbin Mill	66.2	6:20 pm	24:20	1:13	12:06	6:06 am	2:26	24:12	6:12 pm
10	Howtown	Mardale Head	Marquee in Layby	75.6	10:20 pm	28:20	2:00	14:06	8:06 am	4:00	28:12	10:12 pm
11	Mardale Head	Kentmere	Kentmere Institute	82.1	1:15 am	31:15	1:24	15:30	9:30 am	2:48	31:00	1:00 am
12	Kentmere	Ambleside	Parish Centre	89.4	4:00 am	34:00	1:18	16:48	10:48 am	2:36	33:36	3:36 am
13	Ambleside	Chapel Stile	Marquee in field	95.0	6:00 am	36:00	0:57	17:45	11:45 am	1:54	35:30	5:30 am
14	Chapel Stile	Tilberthwaite	Marquee in Car Park	101.5			1:09	18:54	12:54 pm	2:18	37:48	7:48 am
15	Tilberthwaite	Coniston	John Ruskin School	105.0	10:00 am	40:00	1:06	20:00	2:00 pm	2:12	40:00	10:00 am
			<b>TOTALS</b>	<b>105.0</b>				<b>20:00</b>			<b>40:00</b>	