

2022 AC100 Aid Station Cut Off Pace

Feb 23, 2022

Aid Station	Wrightwood to Shortcut to Wrightwood			*Slowest Pace and Time to make cut off between aid stations		
	Mileage	First Runner	Cut Off	Pace to Next Aid Station mm:ss	Miles To Next Aid Station	Time To Next Aid Station hh:mm (min)
WW1 - Wrightwood	0	5:00am Sat	5:00am Sat	20:58	9.3	3:15 (195)
IP1 - Inspiration Point	9.3	6:30am Sat	8:15am Sat	14:27	4.5	1:05 (65)
VG1 - Vincent Gap	13.8	7:10am Sat	9:20am Sat	19:04	11.8	3:45 (225)
IS1 - Islip Saddle	25.6	9:20am Sat	1:05pm Sat	20:00	7	2:20 (140)
CB1 - Cloudburst Summit	32.6	10:25am Sat	3:25pm Sat	15:38	4.8	1:15 (75)
3Pts1 - Three Points	37.4	11:05am Sat	4:40pm Sat	18:11	3.3	1:00 (60)
MH1 - Mt. Hillyer	40.7	11:35am Sat	5:45pm Sat	17:34	3.7	1:05 (65)
Chilao1	44.4	12:10pm Sat	6:50pm Sat	23:49	6.3	2:30 (150)
SC1 - Shortcut Saddle	50.7	1:15pm Sat	9:00pm Sat	23:49	6.3	2:30 (150)
Chilao2	57.0	2:30pm Sat	11:30pm Sat	27:02	3.7	1:40 (100)
MH2 - Mt. Hillyer	60.7	3:20pm Sat	1:10am Sun	21:13	3.3	1:10 (70)
3Pts2 - Three Points	64	4:00pm Sat	2:20am Sun	23:58	4.8	1:55 (115)
CB2 - Cloudburst Summit	68.8	5:00pm Sat	4:15am Sun	19:17	7	2:15 (135)
IS2 - Islip Saddle	75.8	6:15pm Sat	6:30am Sun	25:25	11.8	5:00 (300)
VG2 - Vincent Gap	87.6	9:15pm Sat	11:30am Sun	24:27	4.5	1:50 (110)
IP2 - Inspiration Point	92.1	10:15pm Sat	1:20pm Sun	23:39	9.3	3:40 (220)
WW2 - Wrightwood	101.4	12:30am Sun	5:00pm Sun			
T.O.	*This is a guide based on leaving an aid station at its cut off and reaching the next at its cut off. Average pace for this 36 hour 101.4 mile race is 21 min., 18 sec. (21:18) per mile. Individual aid station cut off times have been adjusted for altitude gains, losses, night and last runners who finished previous races.					