# RNR Stage time & Team time Calculator 2024

**1)** Enter minutes per mile **estimate** for each of the 17 stage runners (format:- m:ss) ***Do not enter data into any coloured cells***

**2)** Enter team **start time if known** to obtain actual changeover times - If **start time unknown**, enter 0:00 to obtain accumulated stage times

| | **START TIME (If Known)=** | | | 07:30 | ***(hh:mm) 24hr clock*** | | | |
|---|---|---|---|---|---|---|---|---|
| | | | | | | | | |
| | **ESTIMATE** | | | | | | | |
| | **Mins/Mile** | | | | **ACCUM/ACTUAL TIME** | | | |
| **From - To** | ***(m:ss)*** | **LEG** | **miles** | **Leg Time** | **Start** | **Finish** | **NOTES (e.g. Runner's Name)** | |
| K.Lynn - Hunstanton | 8:00 | **1** | 16.32 | 2:10:34 | **7:30:00** | **9:40:34** | Jon Ollington | Light |
| Hunstanton - Burnham Ov. | 8:00 | **2** | 13.75 | 1:50:00 | **9:40:34** | **11:30:34** | Mark Geddie | Light |
| Burnham Ov. - Wells | 8:30 | **3** | 5.76 | 0:48:58 | **11:30:34** | **12:19:31** | Wendy Ancill | Light |
| Wells - Cley | 8:45 | **4** | 11.14 | 1:37:29 | **12:19:31** | **13:57:00** | Liam Elvidge | Light |
| Cley - Cromer | 6:45 | **5** | 10.81 | 1:12:58 | **13:57:00** | **15:09:58** | Paul Holley | Light |
| Cromer - Mundesley | 8:00 | **6** | 7.90 | 1:03:12 | **15:09:58** | **16:13:10** | Olivia Carter | Light |
| Mundesley - Lessingham | 8:00 | **7** | 9.24 | 1:13:55 | **16:13:10** | **17:27:05** | Neville Clarke | light |
| Lessingham - Horsey | 8:00 | **8** | 7.52 | 1:00:10 | **17:27:05** | **18:27:15** | Rachel Maltpress | Dark |
| Horsey - Belton | 6:00 | **9** | 16.60 | 1:39:36 | **18:27:15** | **20:06:51** | Neil Pollard | L/D |
| Belton - Earsham | 7:30 | **10** | 17.72 | 2:12:54 | **20:06:51** | **22:19:45** | Chris Underwood | Dark |
| Earsham - Scole | 8:45 | **11** | 14.90 | 2:10:23 | **22:19:45** | **0:30:07** | Steve Cousins | Dark |
| Scole - Thetford | 7:15 | **12** | 18.88 | 2:16:53 | **0:30:07** | **2:47:00** | Barley Woodcock | Dark |
| Thetford - Feltwell | 7:30 | **13** | 15.00 | 1:52:30 | **2:47:00** | **4:39:30** | Marc Drury | Dark |
| Feltwell - Wissington | 9:30 | **14** | 7.27 | 1:09:04 | **4:39:30** | **5:48:34** | Angela Drury | Dark |
| Wissington - D.Mkt | 6:05 | **15** | 10.59 | 1:04:25 | **5:48:34** | **6:52:59** | Jimmy Smith | D/L |
| D.Mkt - Stowbridge | 8:20 | **16** | 5.49 | 0:45:45 | **6:52:59** | **7:38:44** | Nicole Smith | Light |
| Stowbridge - K.Lynn | 8:30 | **17** | 11.73 | 1:39:42 | **7:38:44** | **9:18:26** | Hannah Pollard | Light |
| | | | | | | | | |
| **Averages =** | 7:50 | | 11.80 | 1:31:05 | | | | |
| **TOTALS=** | | | 200.62 | **25:48:26** | | | | |