

WS100 Segment Pace Chart (Sub-24 / Sub-30)

Mile Segment Breakdown & Recommended Paces:

Segment	Miles	Sub-24 Pace	Sub-30 Pace
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Start to Robinson Flat	0-30.3	11:30/mi	14:00/mi
Robinson to Michigan	30.3-55.7	14:00/mi	16:30/mi
Michigan to Foresthill	55.7-62.0	12:30/mi	15:00/mi
Foresthill to Rucky Chucky	62-78.0	13:00/mi	15:30/mi
River to Green Gate	78-80	18:00/mi	20:00/mi
Green Gate to Finish	80-100.2	14:30/mi	17:00/mi

Tip: Use buffer time early - don't "bank time", but stay 45-60 min ahead of cutoffs.