

Each Monkey Hill Mile is 5036 feet to get 0.954 for each lap.

Lap	Time of Day	Lap Split	Total Time	Total Distance	Notes
	7:22		0:00	0	Start Time
1	7:39	17:00	17:00	0.954	
2	7:58	19:00	36:00	1.908	
3	8:16	18:00	54:00	2.862	
4	8:34	18:00	1:12:00	3.816	
5	8:53	19:00	1:31:00	4.77	
6	9:09	16:00	1:47:00	5.724	Too Fast, Calf Twinge
7	9:27	18:00	2:05:00	6.678	Bananna
8	9:48	21:00	2:26:00	7.632	Calf Twinge gone - light steady snow falling
9	10:06	18:00	2:44:00	8.586	
10	10:23	17:00	3:01:00	9.54	soup
11	10:44	21:00	3:22:00	10.494	
12	11:03	19:00	3:41:00	11.448	
13	11:22	19:00	4:00:00	12.402	
14	11:39	17:00	4:17:00	13.356	
15	12:00	21:00	4:38:00	14.31	
16	12:19	19:00	4:57:00	15.264	light snow more steady, Trail slick "slippy"
17	12:40	21:00	5:18:00	16.218	"I think I know the trail now"
18	1:01	21:00	5:39:00	17.172	
19	1:21	20:00	5:59:00	18.126	Bananna
20	1:45	24:00	6:23:00	19.08	soup
21	2:08	23:00	6:46:00	20.034	
22	2:28	20:00	7:06:00	20.988	
23	2:51	23:00	7:29:00	21.942	
24	3:12	21:00	7:50:00	22.896	
25	3:33	21:00	8:11:00	23.85	
26	3:57	24:00	8:35:00	24.804	
27	4:17	20:00	8:55:00	25.758	
28	4:38	21:00	9:16:00	26.712	
29	5:05	27:00	9:43:00	27.666	Finish MHM
30	5:27	22:00	10:05:00	28.62	Extra Lap

Fastest Split was lap 6 with 16:00

Slowest Splits was lap 20 and 26 with a 24:00

Average Split was just over 20:00 per mile