

SHHM RACE DAY PACE / SPLITS STRATEGY CHART

		TARGET TIME		TARGET TIME	
		↓		↓	
		1:30 HR		1:45HR	
LANDMARKS	KM NO.	MIN	SPLIT	MIN	SPLIT
↓	1	5:30	5:30	6:00	6.00
	2	5:00	10:30	5:30	11.30
SAMARTH MANDIR UP	3	5:15	15:45	5:45	17.15
	4	5:30	21:15	6:00	23.15
	5	6:00	27.15	6:45	30.00
	6	4:45	32.00	5:30	35.30
NIVANT UPHILL	7	4:45	36.45	5:45	41.15
	8	4:30	41.15	4:30	45.45
	9	4:15	45.30	5:15	51.00
	10	4:45	50.15	5:30	56.30
HALF- WAY	10.5	1:45	52.00	2:15	58.45
	11	2:00	54.00	2:30	1.01.15
	12	3:45	57.45	4:30	1.05.45
	13	3:45	1.01.30	4:45	1.10.30
NIVANT DOWN HILL	14	3:15	1.04.45	4:30	1.15.00
	15	3:15	1.08.00	4:00	1.19.00
	16	3:15	1.11.15	4:00	1.23.00
	17	3:15	1.14.30	4:00	1.27.00
SAMARTH MANDIR DOWN	18	3:30	1.18.00	4:15	1.31.15
	19	4:00	1.22.00	4:30	1.35.45
	20	3:45	1.25.45	4:15	1.40.00
	21	3:30	1.29.15	4:00	1.44.00
FINISH	21.1	0:30	1.29.45	0:30	1.44.30

SHHM RACE DAY PACE / SPLITS STRATEGY CHART

	TARGET TIME			TARGET TIME	
	↓			↓	
	2:00HR			2:10HR	
KM NO	MIN	SPLIT	LANDMARKS	MIN	SPLIT
1	6:30	6.30	↓	6:45	6.45
2	6:15	12.45		6:15	13.00
3	6:00	18.45	SAMARTH MANDIR UP	6:00	19.00
4	6:30	25.15		6:45	25.45
5	7:30	32.45		8:00	33.45
6	6:30	39.15		7:15	41.00
7	6:45	46.00	NIVANT UPHILL	7:15	48.15
8	5:30	51.30		6:30	54.45
9	5:45	57.15		6:00	1.00.45
10	6:00	1.03.15		6:15	1.07.00
10.5	2:30	1.05.45	HALF- WAY	3:00	1.10.00
11	3:00	1.08.45		3:15	1.13.15
12	5:15	1.14.00		5:45	1.19.00
13	5:30	1.19.30		5:45	1.24.45
14	5:15	1.24.45	NIVANT DOWN HILL	6:00	1.30.45
15	4:45	1.29.30		5:30	1.36.15
16	4:45	1.34.15		5:30	1.41.45
17	4:45	1.39.00		5:30	1.47.15
18	5:00	1.44.00	SAMARTH MANDIR DOWN	5:30	1.52.45
19	5:15	1.49.15		5:45	1.58.30
20	5:00	1.54.15		5:30	2.04.00
21	4:45	1.59.00		5:15	2.09.15
21.1	0:30	1.59.30	FINISH	0:30	2.09.45

SHHM RACE DAY PACE / SPLITS STRATEGY CHART

	TARGET TIME			TARGET TIME	
	↓			↓	
	2:15HR			2:20HR	
KM NO	MIN	SPLIT	LANDMARKS	MIN	SPLIT
1	7:00	7.00	↓	7:30	7.30
2	6:30	13.30		6:45	14.15
3	6:15	19.45	SAMARTH MANDIR UP	6:30	20.45
4	7:00	26.45		7:15	28.00
5	8:15	35.00		8:30	36.30
6	7:30	42.30		7:45	44.15
7	7:45	50.15	NIVANT UPHILL	8:00	52.15
8	6:30	56.45		7:00	59.15.
9	6:15	1.03.00		6:30	1.05.45
10	6:30	1.09.30		7:00	1.12.45
10.5	3:00	1.12.30	HALF- WAY	3:00	1.15.45
11	3:30	1.16.00		3:30	1.19.15
12	6:00	1.22.00		6:15	1.25.30
13	6:00	1.28.00		6:15	1.31.45
14	6:15	1.34.15	NIVANT DOWN HILL	6:30	1.38.15
15	5:45	1.40.00		5:45	1.44.00
16	5:45	1.45.45		5:45	1.49.45
17	5:30	1.51.15		5:45	1.55.30
18	5:45	1.57.00	SAMARTH MANDIR DOWN	6:00	2.01.30
19	6:00	2.03.00		6:00	2.07.30
20	5:45	2.08.45		5:45	2.13.15
21	5:30	2.14.15		5:45	2.19.00
21.1	0:30	2.14.45	FINISH	0:30	2.19.30

SHHM RACE DAY PACE / SPLITS STRATEGY CHART

	TARGET TIME			TARGET TIME	
	↓			↓	
	2:30HR			2:40HR	
KM NO	MIN	SPLIT	LANDMARKS	MIN	SPLIT
1	7:45	7.45	↓	8:00	8.00
2	7:00	14.45		7:15	15.15
3	7:00	21.45	SAMARTH MANDIR UP	7:30	22.45
4	7:45	29.30		8:15	31.00
5	9:00	38.30		9:30	40.30
6	8:30	47.00		9:15	49.45
7	8:30	55.30	NIVANT UPHILL	9:00	58.45
8	7:30	1.03.00		8:00	1.06.45
9	6:30	1.09.30		6:45	1.13.30
10	7:30	1.17.00		8:00	1.21.30
10.5	3:00	1.20.00	HALF- WAY	3:15	1.24.45
11	4:15	1.24.15		4:30	1.29.15
12	7:00	1.31.15		7:00	1.36.15
13	6:30	1.37.45		6:45	1.43.00
14	7:00	1.43.45	NIVANT DOWN HILL	7:00	1.50.00
15	6:15	1.50.00		6:30	1.56.30
16	6:15	1.56.15		6:30	2.03.00
17	6:15	2.02.30		6:30	2.09.30
18	6:15	2.08.45	SAMARTH MANDIR DOWN	6:30	2.16.00
19	6:45	2.15.30		7:45	2.23.45
20	6:45	2.22.15		7:45	2.31.30
21	6:45	2.29.00		7:30	2.39.00
21.1	0:30	2.29.30	FINISH	0:45	2.39.45

SHHM RACE DAY PACE / SPLITS STRATEGY CHART

	TARGET TIME			TARGET TIME			TARGET TIME	
	↓			↓			↓	
	2:45HR			2:50HR			3:00HR	
KM NO	MIN	SPLIT	LANDMARKS	MIN	SPLIT	LANDMARKS	MIN	SPLIT
1	8:15	8.15	↓	8:30	8.30	↓	8:45	8.45
2	7:30	15.45		7:45	16.15		8:00	16.45
3	7:30	23.15	SAMARTH MANDIR UP	7:45	24.00	SAMARTH MANDIR UP	8:00	24.45
4	9:15	32.30		9:30	33.30		10:45	35.30
5	10:00	42.30		10:30	44.00		11:00	46.30
6	9:00	51.30		9:15	53.15		9:30	56.00
7	9:00	1.00.30	NIVANT UPHILL	9:15	1.02.30	NIVANT UPHILL	9:30	1.05.30
8	8:30	1.09.00		8:45	1.11.15		9:30	1.15.00
9	7:00	1.16.00		7:15	1.18.30		7:30	1.22.30
10	8:30	1.24.30		9:00	1.27.30		9:30	1.32.00
10.5	3:30	1.28.00	HALF- WAY	3:30	1.31.00	HALF- WAY	4:00	1.36.00
11	4:45	1.32.45		4:45	1.35.45		5:15	1.41.15
12	7:30	1.40.15		7:30	1.43.15		8:00	1.49.15
13	7:00	1.47.15		7:15	1.50.30		7:30	1.56.45
14	7:30	1.54.45	NIVANT DOWN HILL	7:45	1.58.15	NIVANT DOWN HILL	8:00	2.03.45
15	6:45	2.01.30		6:45	2.05.00		7:15	2.11.00
16	6:45	2.08.15		7:00	2.12.00		7:15	2.18.15
17	6:30	2.14.45		6:45	2.18.45		7:15	2.25.30
18	6:45	2.21.30	SAMARTH MANDIR DOWN	7:00	2.25.45	SAMARTH MANDIR DOWN	7:15	2.32.45
19	7:30	2.29.00		7:45	2.33.30		8:45	2.41.30
20	7:30	2.36.30		7:45	2.41.15		8:45	2.50.15
21	7:30	2.44.00		7:30	2.48.45		8:00	2.58.15
21.1	1:00	2.45.00	FINISH	1:00	2.49.45	FINISH	1:15	2.59.30