

Estimating course lengths for HBOC course setters.

HBOC OY and Club Championship event courses are set to an Estimated Winners Time (EWT). The EWT is set by the committee and published in the annual review at the start of each year.

The runrate data below is available directly from the club website under “Resources – Course Setting – Event Stats & Runrates’

To determine an estimate of your course lengths:

Look up the "Target Km" for "(min rate)", "(max rate)" and "(avg rate)" for your map and courses.

Talk with your vetter to decide whether to set your course close to the min, max or avg distance.

The data in the following tables was calculated as follows:

Base data is the winners times and course lengths for all HBOC events from 1977 to 2006

Score, Memory, Line and other such events are ignored

Most of the results are taken from Compass Points magazines

If the course length was not published, the course has been ignored

Any events that gave runrates less than 1 or greater than 99 were ignored

Climb has been ignored

Data for some older obsolete maps has been ignored

Column names :

Map	Name of map
Course	Standard course names. (Older courses didn't use the same names, so an educated guess was made as to the course to assign.)
Course Count	The number of events used to calculate the min/max/average numbers.
Minimum run rate	Minimum winners runrate for all the events looked at (minutes/Km)
Maximum run rate	Maximum winners runrate for all the events looked at (minutes/Km)
Average run rate	Average winners runrate for all the events looked at (minutes/Km)
EWT Target minutes	The published Estimated Winners Time (EWT) for 2007
Min length (km)	Estimated course length (km) using the Maximum runrate and EWT
Max length (km)	Estimated course length (km) using the Minimum runrate and EWT
Avg length (km)	Estimated course length (km) using the Average runrate and EWT
% of RL	Each course on a map shown as a percentage of the Red Long course using the "Target Km (avg rate)". (Can be used as an alternative way to calculate estimated course lengths.)

Run Rates Summary
(Jan 1977 to Dec 2006)

Map	Course	Course Count	Minimum run rate min/km	Maximum run rate min/km	Average run rate min/km	EWT minutes	Target Km (at min rate)	Target Km (at max rate)	Target Km (at avg rate)	% of RL Distance (at avg rate)
Arborfield	Orange	5	12.50	23.80	17.24	45	3.60	1.89	2.61	58.99%
Arborfield	RedL	5	12.30	18.40	15.82	70	5.69	3.80	4.42	100.00%
Arborfield	RedM	5	15.90	26.10	18.80	50	3.14	1.92	2.66	60.11%
Arborfield	RedS	5	18.20	27.60	22.74	40	2.20	1.45	1.76	39.75%
Arborfield	White	4	9.00	12.10	10.58	25	2.78	2.07	2.36	53.40%
Arborfield	Yellow	4	12.60	16.40	14.50	35	2.78	2.13	2.41	54.55%
Bluff Hill	Orange	4	12.00	25.50	17.43	45	3.75	1.76	2.58	44.41%
Bluff Hill	RedM	4	6.50	11.00	8.60	50	7.69	4.55	5.81	100.00%
Bluff Hill	RedS	4	10.50	12.60	11.38	40	3.81	3.17	3.51	60.46%
Bluff Hill	White	3	10.50	25.80	18.93	25	2.38	0.97	1.32	22.72%
Bluff Hill	Yellow	4	11.60	19.70	15.95	35	3.02	1.78	2.19	37.74%
Central	Orange	1	10.00	10.00	10.00	45	4.50	4.50	4.50	60.30%
Central	RedM	1	6.70	6.70	6.70	50	7.46	7.46	7.46	100.00%
Central	RedS	1	15.00	15.00	15.00	40	2.67	2.67	2.67	35.73%
Crohane	Orange	4	16.20	22.70	18.85	45	2.78	1.98	2.39	59.35%
Crohane	RedM	4	11.40	13.40	12.43	50	4.39	3.73	4.02	100.00%
Crohane	RedS	4	16.30	20.50	17.67	40	2.45	1.95	2.26	56.28%
Crohane	White	4	13.10	35.60	24.92	25	1.91	0.70	1.00	24.94%
Crohane	Yellow	4	11.50	20.60	17.17	35	3.04	1.70	2.04	50.68%
Esk Forest	Orange	4	10.10	12.60	11.33	45	4.46	3.57	3.97	69.90%
Esk Forest	RedM	4	7.50	10.00	8.80	50	6.67	5.00	5.68	100.00%
Esk Forest	RedS	4	9.00	14.30	11.70	40	4.44	2.80	3.42	60.17%
Esk Forest	White	6	7.90	37.10	17.40	25	3.16	0.67	1.44	25.29%
Esk Forest	Yellow	4	15.30	35.20	21.97	35	2.29	0.99	1.59	28.04%
Eskdale	Orange	1	28.70	28.70	28.70	45	1.57	1.57	1.57	37.00%
Eskdale	RedM	1	11.80	11.80	11.80	50	4.24	4.24	4.24	100.00%
Eskdale	RedS	1	13.30	13.30	13.30	40	3.01	3.01	3.01	70.98%

Run Rates Summary
(Jan 1977 to Dec 2006)

Map	Course	Course Count	Minimum run rate min/km	Maximum run rate min/km	Average run rate min/km	EWT minutes	Target Km (at min rate)	Target Km (at max rate)	Target Km (at avg rate)	% of RL Distance (at avg rate)
Eskdale	Yellow	1	23.30	23.30	23.30	35	1.50	1.50	1.50	35.45%
Evertree	Orange	1	10.70	10.70	10.70	45	4.21	4.21	4.21	61.88%
Evertree	RedL	1	10.30	10.30	10.30	70	6.80	6.80	6.80	100.00%
Evertree	RedM	1	11.50	11.50	11.50	50	4.35	4.35	4.35	63.98%
Evertree	RedS	1	17.60	17.60	17.60	40	2.27	2.27	2.27	33.44%
Evertree	White	1	11.20	11.20	11.20	25	2.23	2.23	2.23	32.84%
Evertree	Yellow	1	11.10	11.10	11.10	35	3.15	3.15	3.15	46.40%
Frimley	Orange	2	11.10	12.80	11.95	45	4.05	3.52	3.77	46.17%
Frimley	RedM	3	5.10	6.70	6.13	50	9.80	7.46	8.16	100.00%
Frimley	RedS	3	6.20	9.70	8.13	40	6.45	4.12	4.92	60.32%
Frimley	Yellow	3	11.60	14.30	12.57	35	3.02	2.45	2.78	34.14%
Granules	Orange	10	8.80	19.40	14.79	45	5.11	2.32	3.04	53.67%
Granules	RedM	10	7.70	9.80	8.82	50	6.49	5.10	5.67	100.00%
Granules	RedS	10	7.30	18.40	11.87	40	5.48	2.17	3.37	59.44%
Granules	White	10	4.70	38.80	18.50	25	5.32	0.64	1.35	23.84%
Granules	Yellow	10	11.50	29.20	17.11	35	3.04	1.20	2.05	36.08%
Guthrie Smith	Orange	4	11.40	14.20	12.95	45	3.95	3.17	3.47	50.63%
Guthrie Smith	RedL	4	8.30	14.50	10.20	70	8.43	4.83	6.86	100.00%
Guthrie Smith	RedM	2	9.10	14.40	11.75	50	5.49	3.47	4.26	62.01%
Guthrie Smith	RedS	4	10.20	15.60	13.08	40	3.92	2.56	3.06	44.56%
Guthrie Smith	White	4	7.50	11.10	9.13	25	3.33	2.25	2.74	39.90%
Guthrie Smith	Yellow	4	8.20	13.00	10.28	35	4.27	2.69	3.40	49.61%
Gwavas	Orange	10	13.10	38.20	25.16	45	3.44	1.18	1.79	51.19%
Gwavas	RedM	10	10.80	22.30	14.31	50	4.63	2.24	3.49	100.00%
Gwavas	RedS	10	15.40	28.30	20.67	40	2.60	1.41	1.94	55.38%
Gwavas	White	9	11.80	56.00	31.59	25	2.12	0.45	0.79	22.65%
Gwavas	Yellow	7	16.10	41.20	26.21	35	2.17	0.85	1.34	38.22%
Havelock Hills	Orange	10	8.00	18.50	13.40	45	5.63	2.43	3.36	46.06%
Havelock Hills	RedL	1	9.60	9.60	9.60	70	7.29	7.29	7.29	100.00%
Havelock Hills	RedM	1	14.70	14.70	14.70	50	3.40	3.40	3.40	46.65%
Havelock Hills	RedS	1	18.00	18.00	18.00	40	2.22	2.22	2.22	30.48%

Run Rates Summary
(Jan 1977 to Dec 2006)

Map	Course	Course Count	Minimum run rate min/km	Maximum run rate min/km	Average run rate min/km	EWT minutes	Target Km (at min rate)	Target Km (at max rate)	Target Km (at avg rate)	% of RL Distance (at avg rate)
Havelock Hills	White	5	6.20	27.30	13.96	25	4.03	0.92	1.79	24.56%
Havelock Hills	Yellow	5	12.80	19.90	16.02	35	2.73	1.76	2.18	29.96%
Havelock North	Orange	2	4.80	12.60	8.70	45	9.38	3.57	5.17	66.21%
Havelock North	RedM	1	6.40	6.40	6.40	50	7.81	7.81	7.81	100.00%
Havelock North	RedS	1	9.70	9.70	9.70	40	4.12	4.12	4.12	52.78%
Havelock North	Yellow	2	15.70	16.20	15.95	35	2.23	2.16	2.19	28.09%
Horseshoe Bend	Orange	10	7.00	16.40	11.00	45	6.43	2.74	4.09	46.17%
Horseshoe Bend	RedL	5	7.10	9.20	7.90	70	9.86	7.61	8.86	100.00%
Horseshoe Bend	RedM	4	7.90	10.10	8.63	50	6.33	4.95	5.79	65.39%
Horseshoe Bend	RedS	7	8.20	16.20	11.39	40	4.88	2.47	3.51	39.63%
Horseshoe Bend	White	12	6.50	29.20	13.39	25	3.85	0.86	1.87	21.07%
Horseshoe Bend	Yellow	10	8.30	20.00	12.33	35	4.22	1.75	2.84	32.04%
Junction	Orange	6	7.30	12.70	9.63	45	6.16	3.54	4.67	91.87%
Junction	RedM	3	8.30	12.80	9.83	50	6.02	3.91	5.09	100.00%
Junction	RedS	4	13.60	21.50	18.00	40	2.94	1.86	2.22	43.69%
Junction	White	5	10.40	25.30	16.88	25	2.40	0.99	1.48	29.12%
Junction	Yellow	5	9.90	22.20	15.00	35	3.54	1.58	2.33	45.87%
Lower Tukituki	Orange	11	5.90	19.60	12.14	45	7.63	2.30	3.71	46.07%
Lower Tukituki	Red1	1	7.90	7.90	7.90	0	0.00	0.00	0.00	0.00%
Lower Tukituki	Red2	1	9.70	9.70	9.70	0	0.00	0.00	0.00	0.00%
Lower Tukituki	RedL	2	7.50	9.90	8.70	70	9.33	7.07	8.05	100.00%
Lower Tukituki	RedM	6	5.70	8.90	7.28	50	8.77	5.62	6.87	85.36%
Lower Tukituki	RedS	11	6.50	14.10	9.96	40	6.15	2.84	4.02	49.91%
Lower Tukituki	White	5	14.20	27.70	18.62	25	1.76	0.90	1.34	16.69%
Lower Tukituki	Yellow	11	4.20	20.40	12.94	35	8.33	1.72	2.70	33.62%
Mangarara	Orange	16	10.20	23.30	15.83	45	4.41	1.93	2.84	37.04%

Run Rates Summary
(Jan 1977 to Dec 2006)

Map	Course	Course Count	Minimum run rate min/km	Maximum run rate min/km	Average run rate min/km	EWT minutes	Target Km (at min rate)	Target Km (at max rate)	Target Km (at avg rate)	% of RL Distance (at avg rate)
Mangarara	RedL	6	8.10	11.10	9.12	70	8.64	6.31	7.68	100.00%
Mangarara	RedM	12	8.50	12.40	10.28	50	5.88	4.03	4.86	63.37%
Mangarara	RedMS	1	9.00	9.00	9.00	40	4.44	4.44	4.44	57.90%
Mangarara	RedS	13	9.20	24.20	13.72	40	4.35	1.65	2.92	37.98%
Mangarara	White	17	7.20	40.40	18.31	25	3.47	0.62	1.37	17.79%
Mangarara	Yellow	13	8.30	25.50	14.38	35	4.22	1.37	2.43	31.71%
Maraetotara	Orange	19	8.90	22.80	12.04	45	5.06	1.97	3.74	44.74%
Maraetotara	RedL	13	7.40	10.30	8.38	70	9.46	6.80	8.35	100.00%
Maraetotara	RedM	15	7.80	12.80	9.68	50	6.41	3.91	5.17	61.84%
Maraetotara	RedS	15	9.20	16.80	13.01	40	4.35	2.38	3.07	36.81%
Maraetotara	White	17	6.50	27.50	11.55	25	3.85	0.91	2.16	25.91%
Maraetotara	Yellow	14	8.70	22.60	11.83	35	4.02	1.55	2.96	35.42%
McNeil	Orange	11	12.20	32.40	18.77	45	3.69	1.39	2.40	41.44%
McNeil	RedL	5	7.30	16.80	12.10	70	9.59	4.17	5.79	100.00%
McNeil	RedM	8	8.30	17.20	12.34	50	6.02	2.91	4.05	70.04%
McNeil	RedS	9	10.80	22.60	16.03	40	3.70	1.77	2.50	43.13%
McNeil	White	15	7.60	50.80	20.00	25	3.29	0.49	1.25	21.61%
McNeil	Yellow	11	11.60	32.00	18.89	35	3.02	1.09	1.85	32.03%
Merriwa	White	1	16.00	16.00	16.00	25	1.56	1.56	1.56	
Merriwa	Yellow	1	14.30	14.30	14.30	35	2.45	2.45	2.45	
Mission	Orange	4	10.50	14.10	12.03	45	4.29	3.19	3.74	56.91%
Mission	RedL	4	9.80	11.40	10.65	70	7.14	6.14	6.57	100.00%
Mission	RedM	3	12.60	16.60	15.13	50	3.97	3.01	3.30	50.28%
Mission	RedS	4	13.80	21.00	17.08	40	2.90	1.90	2.34	35.63%
Mission	White	5	6.90	12.50	9.08	25	3.62	2.00	2.75	41.89%
Mission	Yellow	5	8.60	12.20	10.64	35	4.07	2.87	3.29	50.05%
Over the Hill	Orange	5	8.20	18.00	13.04	45	5.49	2.50	3.45	46.09%
Over the Hill	RedL	2	9.00	9.70	9.35	70	7.78	7.22	7.49	100.00%
Over the Hill	RedM	3	8.10	11.50	9.70	50	6.17	4.35	5.15	68.85%
Over the Hill	RedS	4	8.90	15.00	11.93	40	4.49	2.67	3.35	44.79%
Over the Hill	White	4	14.10	26.50	19.13	25	1.77	0.94	1.31	17.46%

Run Rates Summary
(Jan 1977 to Dec 2006)

Map	Course	Course Count	Minimum run rate min/km	Maximum run rate min/km	Average run rate min/km	EWT minutes	Target Km (at min rate)	Target Km (at max rate)	Target Km (at avg rate)	% of RL Distance (at avg rate)
Over the Hill	Yellow	4	11.30	14.50	13.08	35	3.10	2.41	2.68	35.74%
Phillips Bush	Orange	6	11.60	25.40	18.65	45	3.88	1.77	2.41	44.06%
Phillips Bush	RedM	6	7.50	10.10	9.13	50	6.67	4.95	5.48	100.00%
Phillips Bush	RedS	6	10.80	17.10	13.23	40	3.70	2.34	3.02	55.21%
Phillips Bush	Yellow	3	9.30	22.60	15.43	35	3.76	1.55	2.27	41.42%
Pukeora	Orange	7	10.40	35.50	19.10	45	4.33	1.27	2.36	30.29%
Pukeora	RedL	2	8.60	9.40	9.00	70	8.14	7.45	7.78	100.00%
Pukeora	RedM	4	8.50	10.40	9.20	50	5.88	4.81	5.43	69.88%
Pukeora	RedS	6	12.40	18.20	14.68	40	3.23	2.20	2.72	35.03%
Pukeora	White	9	9.10	28.10	17.02	25	2.75	0.89	1.47	18.89%
Pukeora	Yellow	7	11.80	40.20	20.74	35	2.97	0.87	1.69	21.70%
Raretu	Orange	9	9.60	19.50	15.77	45	4.69	2.31	2.85	59.11%
Raretu	RedL	2	14.10	14.90	14.50	70	4.96	4.70	4.83	100.00%
Raretu	RedM	8	8.80	11.40	10.31	50	5.68	4.39	4.85	100.46%
Raretu	RedS	8	9.60	18.30	14.78	40	4.17	2.19	2.71	56.06%
Raretu	White	7	8.30	24.40	16.77	25	3.01	1.02	1.49	30.88%
Raretu	Yellow	7	7.00	26.70	15.47	35	5.00	1.31	2.26	46.86%
Rochfort	Orange	12	7.70	17.30	12.27	45	5.84	2.60	3.67	56.64%
Rochfort	RedL	8	8.80	12.50	10.81	70	7.95	5.60	6.48	100.00%
Rochfort	RedM	7	9.90	17.30	13.36	50	5.05	2.89	3.74	57.80%
Rochfort	RedS	8	12.00	16.50	14.08	40	3.33	2.42	2.84	43.87%
Rochfort	White	8	9.50	12.20	10.53	25	2.63	2.05	2.37	36.66%
Rochfort	Yellow	10	9.40	22.70	14.58	35	3.72	1.54	2.40	37.07%
Rotoma	Orange	5	10.40	15.00	11.86	45	4.33	3.00	3.79	48.08%
Rotoma	RedL	3	7.90	10.50	8.87	70	8.86	6.67	7.89	100.00%
Rotoma	RedM	2	9.00	10.70	9.85	50	5.56	4.67	5.08	64.32%
Rotoma	RedS	3	12.60	14.50	13.83	40	3.17	2.76	2.89	36.65%
Rotoma	White	3	8.60	16.10	12.33	25	2.91	1.55	2.03	25.69%
Rotoma	Yellow	2	11.80	12.30	12.05	35	2.97	2.85	2.90	36.80%
Rowe Road	Orange	10	9.20	25.40	15.33	45	4.89	1.77	2.94	34.81%

Run Rates Summary
(Jan 1977 to Dec 2006)

Map	Course	Course Count	Minimum run rate min/km	Maximum run rate min/km	Average run rate min/km	EWT minutes	Target Km (at min rate)	Target Km (at max rate)	Target Km (at avg rate)	% of RL Distance (at avg rate)
Rowe Road	RedL	2	8.20	8.40	8.30	70	8.54	8.33	8.43	100.00%
Rowe Road	RedM	8	8.60	10.40	9.38	50	5.81	4.81	5.33	63.20%
Rowe Road	RedS	8	10.10	19.80	13.79	40	3.96	2.02	2.90	34.39%
Rowe Road	White	7	10.80	21.40	15.64	25	2.31	1.17	1.60	18.95%
Rowe Road	Yellow	9	9.90	60.40	20.42	35	3.54	0.58	1.71	20.32%
Seafield Road	Orange	23	9.30	44.60	19.15	45	4.84	1.01	2.35	35.65%
Seafield Road	RedL	9	7.40	12.00	10.62	70	9.46	5.83	6.59	100.00%
Seafield Road	RedM	19	8.80	16.20	12.45	50	5.68	3.09	4.02	60.93%
Seafield Road	RedS	19	10.30	26.70	16.57	40	3.88	1.50	2.41	36.62%
Seafield Road	White	23	9.00	29.00	16.85	25	2.78	0.86	1.48	22.51%
Seafield Road	Yellow	19	7.60	37.90	20.21	35	4.61	0.92	1.73	26.27%
Smedley	Orange	19	10.10	33.30	15.85	45	4.46	1.35	2.84	36.10%
Smedley	RedL	6	8.00	11.90	8.90	70	8.75	5.88	7.87	100.00%
Smedley	RedM	16	8.60	11.30	9.83	50	5.81	4.42	5.09	64.67%
Smedley	RedS	18	9.30	20.60	14.54	40	4.30	1.94	2.75	34.98%
Smedley	White	21	5.70	50.10	16.55	25	4.39	0.50	1.51	19.21%
Smedley	Yellow	18	9.70	26.30	15.07	35	3.61	1.33	2.32	29.53%
Smedley West	Orange	2	10.90	12.10	11.50	40	3.67	3.31	3.48	56.65%
Smedley West	RedL	1	11.40	11.40	11.40	70	6.14	6.14	6.14	100.00%
Smedley West	RedM	1	14.80	14.80	14.80	50	3.38	3.38	3.38	55.02%
Smedley West	RedMS	1	15.80	15.80	15.80	40	2.53	2.53	2.53	41.23%
Smedley West	RedS	1	18.20	18.20	18.20	40	2.20	2.20	2.20	35.79%
Smedley West	White	1	8.20	8.20	8.20	25	3.05	3.05	3.05	49.65%
Smedley West	Yellow	1	9.10	9.10	9.10	35	3.85	3.85	3.85	62.64%
Tangoio	Orange	7	11.20	28.90	20.64	45	4.02	1.56	2.18	44.85%
Tangoio	RedL	7	10.60	18.30	14.40	70	6.60	3.83	4.86	100.00%
Tangoio	RedM	7	11.10	21.10	17.16	50	4.50	2.37	2.91	59.94%
Tangoio	RedS	7	11.70	27.00	20.84	40	3.42	1.48	1.92	39.48%
Tangoio	White	7	9.00	16.70	12.74	25	2.78	1.50	1.96	40.37%
Tangoio	Yellow	7	13.10	22.40	16.71	35	2.67	1.56	2.09	43.09%
Tangoio East	Orange	2	16.00	47.40	31.70	40	2.50	0.84	1.26	22.35%
Tangoio East	RedL	1	12.40	12.40	12.40	70	5.65	5.65	5.65	100.00%

Run Rates Summary
(Jan 1977 to Dec 2006)

Map	Course	Course Count	Minimum run rate min/km	Maximum run rate min/km	Average run rate min/km	EWT minutes	Target Km (at min rate)	Target Km (at max rate)	Target Km (at avg rate)	% of RL Distance (at avg rate)
Tangoio East	RedM	1	16.10	16.10	16.10	50	3.11	3.11	3.11	55.01%
Tangoio East	RedS	1	23.90	23.90	23.90	40	1.67	1.67	1.67	29.65%
Tangoio East	White	1	11.30	11.30	11.30	25	2.21	2.21	2.21	39.19%
Tangoio East	Yellow	1	20.30	20.30	20.30	35	1.72	1.72	1.72	30.54%
Tangoio West	Orange	1	23.80	23.80	23.80	45	1.89	1.89	1.89	37.55%
Tangoio West	RedL	1	13.90	13.90	13.90	70	5.04	5.04	5.04	100.00%
Tangoio West	RedM	1	23.50	23.50	23.50	50	2.13	2.13	2.13	42.25%
Tangoio West	RedS	1	16.30	16.30	16.30	40	2.45	2.45	2.45	48.73%
Tangoio West	White	1	8.30	8.30	8.30	25	3.01	3.01	3.01	59.81%
Tangoio West	Yellow	1	21.70	21.70	21.70	35	1.61	1.61	1.61	32.03%
Te Aute	Orange	1	9.50	9.50	9.50	45	4.74	4.74	4.74	51.43%
Te Aute	RedL	1	7.60	7.60	7.60	70	9.21	9.21	9.21	100.00%
Te Aute	RedM	1	9.10	9.10	9.10	50	5.49	5.49	5.49	59.65%
Te Aute	RedS	1	12.20	12.20	12.20	40	3.28	3.28	3.28	35.60%
Te Aute	White	1	8.80	8.80	8.80	25	2.84	2.84	2.84	30.84%
Te Aute	Yellow	1	8.80	8.80	8.80	35	3.98	3.98	3.98	43.18%
Te Awanga	Orange	3	9.10	22.50	15.87	45	4.95	2.00	2.84	59.14%
Te Awanga	RedL	2	14.30	14.90	14.60	70	4.90	4.70	4.79	100.00%
Te Awanga	RedM	2	13.70	32.10	22.90	50	3.65	1.56	2.18	45.54%
Te Awanga	RedS	3	5.70	25.60	16.37	40	7.02	1.56	2.44	50.96%
Te Awanga	White	3	8.00	14.20	10.93	25	3.13	1.76	2.29	47.71%
Te Awanga	Yellow	3	10.90	19.60	16.47	35	3.21	1.79	2.13	44.32%
Te Mata	Orange	26	9.40	37.60	21.73	45	4.79	1.20	2.07	39.14%
Te Mata	RedL	3	10.80	14.70	13.23	70	6.48	4.76	5.29	100.00%
Te Mata	RedM	19	8.70	20.70	13.62	50	5.75	2.42	3.67	69.38%
Te Mata	RedS	22	8.90	40.50	19.62	40	4.49	0.99	2.04	38.53%
Te Mata	White	16	11.30	48.10	24.92	25	2.21	0.52	1.00	18.96%
Te Mata	Yellow	23	9.50	46.80	24.19	35	3.68	0.75	1.45	27.35%
Te Mata Park	Orange	23	9.80	46.70	22.74	45	4.59	0.96	1.98	39.58%
Te Mata Park	RedL	3	10.60	16.30	14.00	70	6.60	4.29	5.00	100.00%
Te Mata Park	RedM	22	11.50	28.20	16.10	50	4.35	1.77	3.11	62.11%
Te Mata Park	RedS	24	10.70	37.90	22.21	40	3.74	1.06	1.80	36.02%

Run Rates Summary
(Jan 1977 to Dec 2006)

Map	Course	Course Count	Minimum run rate min/km	Maximum run rate min/km	Average run rate min/km	EWT minutes	Target Km (at min rate)	Target Km (at max rate)	Target Km (at avg rate)	% of RL Distance (at avg rate)
Te Mata Park	White	6	8.50	34.60	17.57	25	2.94	0.72	1.42	28.46%
Te Mata Park	Yellow	15	13.30	57.50	25.21	35	2.63	0.61	1.39	27.77%
The Slump	Orange	18	8.50	34.60	16.54	45	5.29	1.30	2.72	38.01%
The Slump	RedL	13	8.50	10.90	9.78	70	8.24	6.42	7.16	100.00%
The Slump	RedM	16	9.10	14.50	11.44	50	5.49	3.45	4.37	61.06%
The Slump	RedMS	1	13.90	13.90	13.90	40	2.88	2.88	2.88	40.21%
The Slump	RedS	16	8.90	22.90	15.70	40	4.49	1.75	2.55	35.60%
The Slump	White	18	7.30	30.20	14.86	25	3.42	0.83	1.68	23.51%
The Slump	Yellow	15	10.10	34.90	17.07	35	3.47	1.00	2.05	28.65%
Tukituki	Orange	4	7.20	13.70	9.90	45	6.25	3.28	4.55	70.00%
Tukituki	RedM	4	5.60	10.60	7.70	50	8.93	4.72	6.49	100.00%
Tukituki	RedS	4	7.40	9.00	8.23	40	5.41	4.44	4.86	74.85%
Tukituki	White	1	7.70	7.70	7.70	25	3.25	3.25	3.25	50.00%
Tukituki	Yellow	3	5.50	14.00	8.77	35	6.36	2.50	3.99	61.46%
Whirinaki	Orange	15	11.80	44.40	20.20	45	3.81	1.01	2.23	42.55%
Whirinaki	RedL	3	8.90	18.70	13.37	70	7.87	3.74	5.24	100.00%
Whirinaki	RedM	12	7.70	16.00	11.36	50	6.49	3.13	4.40	84.07%
Whirinaki	RedS	14	10.90	28.70	19.35	40	3.67	1.39	2.07	39.48%
Whirinaki	White	15	8.80	52.00	19.87	25	2.84	0.48	1.26	24.03%
Whirinaki	Yellow	13	12.90	39.00	22.84	35	2.71	0.90	1.53	29.27%

Run Rates Summary
(Jan 1977 to Dec 2006)

Map	Course	Course Count	Minimum run rate min/km	Maximum run rate min/km	Average run rate min/km	EWT minutes	Target Km (at min rate)	Target Km (at max rate)	Target Km (at avg rate)	% of RL Distance (at avg rate)
-----	--------	--------------	-------------------------	-------------------------	-------------------------	-------------	-------------------------	-------------------------	-------------------------	--------------------------------

Course Count	Number of events used to calculate the run rates									
Run rates	Course winners time (minutes) / course length (km).									
EWT	Estimated winners time in minutes, from the 2007 Preview pamphlet.									
Target Km	Run rate / EWT									
% of RL	Course distance as a percentage of RedL course average distance.									
Notes...	<p>Run rates less than 1 or greater than 99 have been ignored.</p> <p>Climb on a course has been ignored.</p> <p>Orange course includes both 'long' and 'short'</p> <p>Course colour was 'guessed' for courses prior to the introduction of the colour scheme .</p> <p>Summary based on all club results from Jan 1977 to Dec 2016.</p>									