

| Distance - Start time | Finish time (Asticou) | Finish time (Bayview) | Finish time (La Salle) |
|-----------------------|-----------------------|-----------------------|------------------------|
| 5km – 10:45am | | | |
| 8km – 10:30am | | | |
| 8km – 10:30am | | | |
| 16km – 10am | | | |

Record finish times in HH:MM:SS

Example

You decide to bike from Bayview Yards to La Salle, and run back to Bayview (10km), which you were back at Bayview at 11:08:23, you would record 11:08:23 under the 10km row and Bayview column.

| Distance - Start time | Finish time (Asticou) | Finish time (Bayview) | Finish time (La Salle) |
|-----------------------|-----------------------|-----------------------|------------------------|
| 5km – 10:45am | | | |
| 8km – 10:30am | | | |
| 10km – 10:30am | | 11:08:23 | |
| 16km – 10am | | | |

Record finish times in HH:MM:SS