Ennerdale Horseshoe schedules derived from 2010 results

Checkpoint	4:00	4:30	5:00	5:30	6:00	6:30	7:00	Cut-off
Great Borne	0:35	0:39	0:43	0:47	0:47	0:48	0:51	-
Red Pike	0:58	1:05	1:11	1:17	1:19	1:21	1:26	12:50
Black Beck Tarn	1:32	1:44	1:55	2:05	2:10	2:18	2:27	14:10
Green Gable	1:56	2:10	2:25	2:37	2:45	2:54	3:08	14:50
Kirk Fell	2:16	2:32	2:50	3:04	3:15	3:27	3:44	15:35
Pillar	2:46	3:07	3:30	3:46	4:05	4:22	4:40	16:35
Haycock	3:09	3:33	3:58	4:19	4:41	5:03	5:23	18:00
Iron crag	3:27	3:52	4:21	4:44	5:11	5:34	5:56	18:30
Crag Fell	3:46	4:15	4:45	5:11	5:40	6:07	6:33	19:00
Finish	4:00	4:30	5:00	5:30	6:00	6:30	7:00	

Taken from 2010, 278 finishers. Average of 11 adjacent runners to give desired target time