

## ***Conversion - Miles Run to Overtime Hours***

<b>Miles Run</b>	<b>O/T After</b>	<b>Miles Run</b>	<b>O/T After</b>	<b>Miles Run</b>	<b>O/T After</b>
100	8'00	136	10'53	170	13'36
101	8'05	137	10'58	171	13'41
102	8'10	138	11'02	172	13'46
103	8'14	139	11'07	173	13'50
104	8'19			174	13'55
105	8'24	140	11'12	175	14'00
106	8'29	141	11'17	176	14'05
107	8'34	142	11'22	177	14'10
108	8'38	143	11'26	178	14'14
109	8'43	144	11'31	179	14'19
		145	11'36		
110	8'48	146	11'41	180	14'24
111	8'53	147	11'46	181	14'29
112	8'58	148	11'50	182	14'34
113	9'02	149	11'55	183	14'38
114	9'07			184	14'43
115	9'12	150	12'00	185	14'48
116	9'17	151	12'05	186	14'53
117	9'22	152	12'10	187	14'58
118	9'26	153	12'14	188	15'02
119	9'31	154	12'19	189	15'07
		155	12'24		
120	9'36	156	12'29	190	15'12
121	9'41	157	12'34	191	15'17
122	9'46	158	12'38	192	15'22
123	9'50	159	12'43	193	15'26
124	9'55			194	15'31
125	10'00	160	12'48	195	15'36
126	10'05	161	12'53	196	15'41
127	10'10	162	12'58	197	15'46
128	10'14	163	13'02	198	15'50
129	10'19	164	13'07	199	15'55
		165	13'12		
130	10'24	166	13'17	200	16'00
131	10'29	167	13'22		
132	10'34	168	13'26		
133	10'38	169	13'31		
134	10'43				
135	10'48				

***This chart contain overtime after miles run based on 100 mile basic day. It has been calculated at 12.50 miles per hour.***