

	LMW Actual						
		Planned			Actual		
	Location	Leg Time	Clock Time	Total Time	Leg Time	Clock Time	Total Time
1	Loweswater	00:00	07:00	00:00:00	00:00:00	07:00	00:00:00
2	Crummock Water	00:54	07:54	00:54:00	00:23:00	07:23	00:23:00
3	Buttermere	00:36	08:30	01:30:00	00:35:00	07:58	00:58:00
4	Ennerdale	01:25	09:55	02:55:00	01:26:00	09:24	02:24:00
5	Wastwater	02:35	12:30	05:30:00	02:18:00	11:42	04:42:00
6	Devoke Water	02:06	14:36	07:36:00	02:32:00	14:14	07:14:00
7	Goat's Water	03:00	17:36	10:36:00	03:05:00	17:19	10:19:00
8	Low Water	00:30	18:06	11:06:00	00:47:00	18:06	11:06:00
9	Levers Water	00:20	18:26	11:26:00	00:37:00	18:43	11:43:00
10	Coniston Water	00:34	19:00	12:00:00	00:41:00	19:24	12:24:00
11	Esthwaite Water	00:54	19:54	12:54:00	01:05:00	20:29	13:29:00
12	Elterwater	01:10	21:04	14:04:00	01:22:00	21:51	14:51:00
13	Grasmere	00:25	21:29	14:29:00	00:49:00	22:40	15:40:00
14	Rydal Water	00:18	21:47	14:47:00	00:29:00	23:09	16:09:00
15	Windermere	00:54	22:41	15:41:00	00:42:00	23:51	16:51:00
16	Skeggles Water	02:20	01:01	18:01:00	03:56:00	03:47	20:47:00
17	Kentmere	01:10	02:11	19:11:00	01:39:00	05:26	22:26:00
18	Small Water	00:45	02:56	19:56:00	01:05:00	06:31	23:31:00
19	Haweswater	00:20	03:16	20:16:00	00:35:00	07:06	24:06:00
20	Blea Water	00:30	03:46	20:46:00	00:40:00	07:46	24:46:00
21	Hayeswater	00:54	04:40	21:40:00	01:15:00	09:01	26:01:00
22	Brothers Water	00:30	05:10	22:10:00	00:42:00	09:43	26:43:00
23	Ullswater	00:54	06:04	23:04:00	01:29:00	11:12	28:12:00
24	Thirlmere	02:06	08:10	25:10:00	03:17:00	14:29	31:29:00
25	Derwent Water	01:30	09:40	26:40:00	01:56:00	16:25	33:25:00

26	Bassenthwaite Lake	01:48	11:28	28:28:00	02:18:00	18:43	35:43:00	Note:
27	Over Water	01:30	12:58	29:58:00	02:11:00	20:54	37:54:00	

Includes Eskdale Checkpoint

Includes Hawkshead Checkpoint

Includes Toutbeck / Kentmere Checkpoint

Includes Hartsop Checkpoint