

Generic LAPS COMPLETED Lap Sheet

Distance:	400	800	1200	1600	2000	2400	2800	3200	3600	4000	4400	4800	5200
Laps Done:	1	2	3	4	5	6	7	8	9	10	11	12	13
1													
2													
3													
Distance:	5600	6000	6400	6800	7200	7600	8000	8400	8800	9200	9600	10 Km	
Laps Done:	14	15	16	17	18	19	20	21	22	23	24	25	
1													
2													
3													
Distance:	10400	10800	11200	11600	12000	12400	12800	13200	13600	14000	14400	14800	15200
Laps Done:	26	27	28	29	30	31	32	33	34	35	36	37	38
1													
2													
3													
Distance:	15600	16000	16400	16800	17200	17600	18000	18400	18800	19200	19600	20 Km	
Laps Done:	39	40	41	42	43	44	45	46	47	48	49	50	
1													
2													
3													

Meet: _____ **Date:** _____ **Event:** _____

Lap Counter: _____ **Phone Number:** _____ **Email:** _____

You can score for up to three athletes on this sheet. Put the names, numbers and uniform colors of your assigned athletes in spaces #1, #2 and #3. Record and check the lap time for each lap while the race is in progress. Use footnotes #A, #B, etc. if you have comments such as athlete stopped to rest and give complete explanation on the back of the sheet.

Generic LAPS COMPLETED Lap Sheet

Distance:	20,400	20,800	21,200	21,600	22,000	22,400	22,800	23,200	23,600	24,000	24,400	24,800	25,200
Laps Done:	51	52	53	54	55	56	57	58	59	60	61	62	63
1													
2													
3													
Distance:	25,600	26,000	26,400	26,800	27,200	27,600	28,000	28,400	28,800	29,200	29,600	30 Km	
Laps Done:	64	65	66	67	68	69	70	71	72	73	74	75	
1													
2													
3													
Distance:	30,400	30,800	31,200	31,600	32,000	32,400	32,800	33,200	33,600	34,000	34,400	34,800	35,200
Laps Done:	76	77	78	79	80	81	82	83	84	85	86	87	88
1													
2													
3													
Distance:	35,600	36,000	36,400	36,800	37,200	37,600	38,000	38,400	38,800	39,200	39,600	40 Km	
Laps Done:	89	90	91	92	93	94	95	96	97	98	99	100	
1													
2													
3													

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Generic LAPS COMPLETED Lap Sheet

Distance:	40,400	40,800	41,200	41,600	42,000	42,400	42,800	43,200	43,600	44,000	44,400	44,800	45,200
Laps Done:	101	102	103	104	105	106	107	108	109	110	111	112	113
1													
2													
3													
Distance:	45,600	46,000	46,400	46,800	47,200	47,600	48,000	48,400	48,800	49,200	49,600	50 Km	
Laps Done:	114	115	116	117	118	119	120	121	122	123	124	125	
1													
2													
3													
Distance:	50,400	50,800	51,200	51,600	52,000	52,400	52,800	53,200	53,600	54,000	54,400	54,800	55,200
Laps Done:	126	127	128	129	130	131	132	133	134	135	136	137	138
1													
2													
3													
Distance:	55,600	56,000	56,400	56,800	57,200	57,600	58,000	58,400	58,800	59,200	59,600	60 Km	
Laps Done:	139	140	141	142	143	144	145	146	147	148	149	150	
1													
2													
3													

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Generic LAPS COMPLETED Lap Sheet

Distance:	60,400	60,800	61,200	61,600	62,000	62,400	62,800	63,200	63,600	64,000	64,400	64,800	65,200
Laps Done:	151	152	153	154	155	156	157	158	159	160	161	162	163
1													
2													
3													
Distance:	65,600	66,000	66,400	66,800	67,200	67,600	68,000	68,400	68,800	69,200	69,600	70 Km	
Laps Done:	164	165	166	167	168	169	170	171	172	173	174	175	
1													
2													
3													
Distance:	70,400	70,800	71,200	71,600	72,000	72,400	72,800	73,200	73,600	74,000	74,400	74,800	75,200
Laps Done:	176	177	178	179	180	181	182	183	184	185	186	187	188
1													
2													
3													
Distance:	75,600	76,000	76,400	76,800	77,200	77,600	78,000	78,400	78,800	79,200	79,600	80 Km	
Laps Done:	189	190	191	192	193	194	195	196	197	198	199	200	
1													
2													
3													

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Generic LAPS COMPLETED Lap Sheet

Distance:	80,400	80,800	81,200	81,600	82,000	82,400	82,800	83,200	83,600	84,000	84,400	84,800	85,200
Laps Done:	201	202	203	204	205	206	207	208	209	210	211	212	213
1													
2													
3													
Distance:	85,600	86,000	86,400	86,800	87,200	87,600	88,000	88,400	88,800	89,200	89,600	90 Km	
Laps Done:	214	215	216	217	218	219	220	221	222	223	224	225	
1													
2													
3													
Distance:	90,400	90,800	91,200	91,600	92,000	92,400	92,800	93,200	93,600	94,000	94,400	94,800	95,200
Laps Done:	226	227	228	229	230	231	232	233	234	235	236	237	238
1													
2													
3													
Distance:	95,600	96,000	96,400	96,800	97,200	97,600	98,000	98,400	98,800	99,200	99,600	100 Km	
Laps Done:	239	240	241	242	243	244	245	246	247	248	249	250	
1													
2													
3													

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Generic LAPS COMPLETED Lap Sheet

Distance:	100,400	100,800	101,200	101,600	102,000	102,400	102,800	103,200	103,600	104,000	104,400	104,800	105,200
Laps Done:	251	252	253	254	255	256	257	258	259	260	261	262	263
1													
2													
3													
Distance:	105,600	106,000	106,400	106,800	107,200	107,600	108,000	108,400	108,800	109,200	109,600	110 Km	
Laps Done:	264	265	266	267	268	269	270	271	272	273	274	275	
1													
2													
3													
Distance:	110,400	110,800	111,200	111,600	112,000	112,400	112,800	113,200	113,600	114,000	114,400	114,800	115,200
Laps Done:	276	277	278	279	280	281	282	283	284	285	286	287	288
1													
2													
3													
Distance:	115,600	116,000	116,400	116,800	117,200	117,600	118,000	118,400	118,800	119,200	119,600	120 Km	
Laps Done:	289	290	291	292	293	294	295	296	297	298	299	300	
1													
2													
3													

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Generic LAPS COMPLETED Lap Sheet

Distance:	120,400	120,800	121,200	121,600	122,000	122,400	122,800	123,200	123,600	124,000	124,400	124,800	125,200
Laps Done:	301	302	303	304	305	306	307	308	309	310	311	312	313
1													
2													
3													
Distance:	125,600	126,000	126,400	126,800	127,200	127,600	128,000	128,400	128,800	129,200	129,600	130 Km	
Laps Done:	314	315	316	317	318	319	320	321	322	323	324	325	
1													
2													
3													
Distance:	130,400	130,800	131,200	131,600	132,000	132,400	132,800	133,200	133,600	134,000	134,400	134,800	135,200
Laps Done:	326	327	328	329	330	331	332	333	334	335	336	337	338
1													
2													
3													
Distance:	135,600	136,000	136,400	136,800	137,200	137,600	138,000	138,400	138,800	139,200	139,600	140 Km	
Laps Done:	339	340	341	342	343	344	345	346	347	348	349	350	
1													
2													
3													

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Generic LAPS COMPLETED Lap Sheet

Distance:	140,400	140,800	141,200	141,600	142,000	142,400	142,800	143,200	143,600	144,000	144,400	144,800	145,200
Laps Done:	351	352	353	354	355	356	357	358	359	360	361	362	363
1													
2													
3													
Distance:	145,600	146,000	146,400	146,800	147,200	147,600	148,000	148,400	148,800	149,200	149,600	150 Km	
Laps Done:	364	365	366	367	368	369	370	371	372	373	374	375	
1													
2													
3													
Distance:	150,400	150,800	151,200	151,600	152,000	152,400	152,800	153,200	153,600	154,000	154,400	154,800	155,200
Laps Done:	376	377	378	379	380	381	382	383	384	385	386	387	388
1													
2													
3													
Distance:	155,600	156,000	156,400	156,800	157,200	157,600	158,000	158,400	158,800	159,200	159,600	160 Km	
Laps Done:	389	390	391	392	393	394	395	396	397	398	399	400	
1													
2													
3													

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Generic LAPS COMPLETED Lap Sheet

Distance:	160,400	160,800	161,200	161,600	162,000	162,400	162,800	163,200	163,600	164,000	164,400	164,800	165,200
Laps Done:	401	402	403	404	405	406	407	408	409	410	411	412	413
1													
2													
3													
Distance:	165,600	166,000	166,400	166,800	167,200	167,600	168,000	168,400	168,800	169,200	169,600	170,000	
Laps Done:	414	415	416	417	418	419	420	421	422	423	424	425	
1													
2													
3													
Distance:	170,400	170,800	171,200	171,600	172,000	172,400	172,800	173,200	173,600	174,000	174,400	174,800	175,200
Laps Done:	426	427	428	429	430	431	432	433	434	435	436	437	438
1													
2													
3													
Distance:	175,600	176,000	176,400	176,800	177,200	177,600	178,000	178,400	178,800	179,200	179,600	180 Km	
Laps Done:	439	440	441	442	443	444	445	446	447	448	449	450	
1													
2													
3													

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Lap Counter: _____ **Phone Number:** _____ **Email:** _____

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Distance:	180,400	180,800	181,200	181,600	182,000	182,400	182,800	183,200	183,600	184,000	184,400	184,800	185,200
Laps Done:	451	452	453	454	455	456	457	458	459	460	461	462	463
1													
2													
3													
Distance:	185,600	186,000	186,400	186,800	187,200	187,600	188,000	188,400	188,800	189,200	189,600	190 Km	
Laps Done:	464	465	466	467	468	469	470	471	472	473	474	475	
1													
2													
3													
Distance:	190,400	190,800	191,200	191,600	192,000	192,400	192,800	193,200	193,600	194,000	194,400	194,800	195,200
Laps Done:	476	477	478	479	480	481	482	483	484	485	486	487	488
1													
2													
3													
Distance:	195,600	196,000	196,400	196,800	197,200	197,600	198,000	198,400	198,800	199,200	199,600	200 Km	
Laps Done:	489	490	491	492	493	494	495	496	497	498	499	500	
1													
2													
3													

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