

Roll Bias Out/In 2.0 km
Move to start of patt 0.3 km
6 Rows @ 6 km/ea 36 km
5 Turns @ 0.5 km/ea 2.5 km
Turn for Cross 1.3 km
3 Cols @ 3 km/ea 9.0 km
2 Moves/Turns @ 2 km/ea 4.0 km
 Total: 55 km

assume 3 knots Time: 10 hours

