



## 3' & 2' Runs @ 95% MAS

### 3' Run

| Group    | Distance (m) | Pace (m/km) | Speed (km/h) |
|----------|--------------|-------------|--------------|
| Group A+ | 941          | 3:11        | 18.8         |
| Group A  | 906          | 3:19        | 18.1         |
| Group B  | 872          | 3:26        | 17.4         |
| Group C  | 838          | 3:35        | 16.7         |
| Group D  | 802          | 3:44        | 16.1         |
| Group E  | 770          | 3:54        | 15.4         |

### 2' Run

| Group    | Distance (m) | Pace (m/km) | Speed (km/h) |
|----------|--------------|-------------|--------------|
| Group A+ | 627          | 3:11        | 18.8         |
| Group A  | 604          | 3:18        | 18.1         |
| Group B  | 581          | 3:27        | 17.4         |
| Group C  | 559          | 3:34        | 16.7         |
| Group D  | 535          | 3:44        | 16.1         |
| Group E  | 513          | 3:53        | 15.4         |

