



400m OT4' 200m OT2'

400m OT4'

Group	Time (min)	Pace (m/km)	Speed (km/h)
Group A+	1:12	3:01	19.9
Group A	1:15	3:08	19.1
Group B	1:18	3:16	18.4
Group C	1:21	3:24	17.7
Group D	1:24	3:32	16.9
Group E	1:28	3:42	16.2

200m OT2'

Group	Time (min)	Pace (m/km)	Speed (km/h)
Group A+	36	3:01	19.9
Group A	38	3:08	19.1
Group B	39	3:16	18.4
Group C	41	3:24	17.7
Group D	43	3:32	16.9
Group E	45	3:42	16.2

