



800m OT6' 600m OT5'

800m OT6'

Group	Time (min)	Pace (m/km)	Speed (km/h)
Group A+	2:25	3:01	19.9
Group A	2:31	3:08	19.1
Group B	2:37	3:16	18.4
Group C	2:43	3:24	17.7
Group D	2:50	3:32	16.9
Group E	2:58	3:42	16.2

600m OT5'

Group	Time (min)	Pace (m/km)	Speed (km/h)
Group A+	1:49	3:01	19.9
Group A	1:53	3:08	19.1
Group B	1:58	3:16	18.4
Group C	2:01	3:24	17.7
Group D	2:08	3:32	16.9
Group E	2:13	3:42	16.2

