



90" & 60" Run @ 100% MAS

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Group	Distance (m)	Pace (m/km)	Speed (km/h)
Group A+	495	3:01	19.8
Group A	477	3:09	19.1
Group B	459	3:16	18.4
Group C	441	3:24	17.6
Group D	422	3:33	16.9
Group E	405	3:42	16.2

60" Run @ 100% MAS

Group	Distance (m)	Pace (m/km)	Speed (km/h)
Group A+	330	3:01	19.8
Group A	318	3:09	19.1
Group B	306	3:16	18.4
Group C	294	3:24	17.6
Group D	282	3:33	16.9
Group E	270	3:42	16.2

