



3' Run & 90'' Jog @ 90% & 60% MAS

3' Run @ 90% MAS

Group	Distance (m)	Pace (m/km)	Speed (km/h)
Group A+	900	3:20	18
Group A	864	3:28	17.3
Group B	828	3:37	16.6
Group C	792	3:47	15.8
Group D	756	3:58	15.1
Group E	738	4:04	14.8

90'' @ 60% MAS

Group	Distance (m)	Pace (m/km)	Speed (km/h)
Group A+	297	5:03	11.8
Group A	286	5:15	11.4
Group B	275	5:27	11
Group C	265	5:40	10.6
Group D	254	5:54	10.2
Group E	243	6:10	9.7

