



1' Run @95% MAS

1' Run @ 90% MAS

Group	Distance (m)	Pace (m/km)	Speed (km/h)
Group A+	312	3:11	18.8
Group A	300	3:18	18.1
Group B	288	3:27	17.4
Group C	282	3:34	16.7
Group D	270	3:44	16.1
Group E	258	3:53	15.4

