



2' Run @ 90% MAS

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Group	Distance (m)	Pace (m/km)	Speed (km/h)
Group A+	600	3:20	18
Group A	576	3:28	17.3
Group B	552	3:37	16.6
Group C	528	3:47	15.8
Group D	504	3:58	15.1
Group E	493	4:04	14.8

