



**800m OT6' 600m OT5' 400m OT4' 200m OT2'**  
**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         |

**400m OT4'**

| Group    | Time (min) | Pace (m/km) | Speed (km/h) |
|----------|------------|-------------|--------------|
| Group A+ | 1:12       | 3:01        | 19.9         |
| Group A  | 1:15       | 3:08        | 19.1         |
| Group B  | 1:18       | 3:16        | 18.4         |
| Group C  | 1:21       | 3:24        | 17.7         |
| Group D  | 1:24       | 3:32        | 16.9         |
| Group E  | 1:28       | 3:42        | 16.2         |

**200m OT2'**

| Group    | Time (min) | Pace (m/km) | Speed (km/h) |
|----------|------------|-------------|--------------|
| Group A+ | 36         | 3:01        | 19.9         |
| Group A  | 38         | 3:08        | 19.1         |
| Group B  | 39         | 3:16        | 18.4         |
| Group C  | 41         | 3:24        | 17.7         |
| Group D  | 43         | 3:32        | 16.9         |
| Group E  | 45         | 3:42        | 16.2         |

