



3' 2' 1' Run

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

2' Run @ 95% MAS

Group	Distance (m)	Pace (m/km)	Speed (km/h)
Group A+	627	3:11	18.8
Group A	604	3:18	18.1
Group B	581	3:27	17.4
Group C	559	3:34	16.7
Group D	535	3:44	16.1
Group E	513	3:53	15.4

1' Run @ 95% 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

