

Track Session: 11th September 2017

Description: 8 x 400m (5 minutes recovery)

Conditions: cold, some rain, breezy

Name	Gender	1	2	3	4	5	6	7	8	Best	Average
Steve	M	01:38	01:32	01:35	01:34	01:35	01:34	01:34	01:35	01:32	01:34
Tony	M	01:54	01:51	01:54	01:51	01:50	01:53	01:53	01:50	01:50	01:52
Andy	M	01:24	01:18	01:15	01:17	01:20	01:18	01:16	01:13	01:13	01:17
Zara	F	01:29	01:24	01:21	01:22	01:25	01:26	01:26	01:26	01:21	01:24
Jeff	M	01:39	01:44	01:44	01:47					01:39	01:43
Izzy	F	01:30	01:26	01:30	01:31	01:36	01:36	01:38	01:28	01:28	01:31
Suzie	F	01:39	01:36	01:36	01:36	01:38	01:40	01:35	01:37	01:35	01:37
Sid	M	01:31	01:27		01:44					01:27	01:34
Stuart	M	01:24	01:18	01:15	01:17	01:20	01:18	01:16	01:10	01:10	01:17