

Track Session: 14th August 2017

Description: 3 x ladder (800m/500m/400m/300m)

Conditions: overcast/some rain & wind towards end of session

Name	Gender	800m	500m	400m	300m	800m	500m	400m	300m	800m	500m	400m	300m	Average 800m	Average 500m	Average 400m	Average 300m
Louis	M	03:28	01:58	01:29	01:03	03:21	02:07	01:13	01:05	03:27	02:07	01:39	00:50	03:25	02:04	01:27	00:59
Izzy	M	03:28	01:58	01:29	01:03	03:21	02:07	01:34	01:05	03:27	02:07	01:39	01:05	03:25	02:04	01:34	01:04
Elaine	M	03:35	02:06	01:40	01:11	03:23	02:08	01:35	01:16	03:24	02:03	01:36	01:16	03:27	02:05	01:37	01:14
Stuart	F	02:49	01:39	01:18	00:56	02:40	01:41	01:18	00:59	02:50	01:41	01:19	00:55	02:46	01:40	01:18	00:56
Mark	M	03:29	01:59	01:29	01:02	03:13	01:52	01:29	01:02	03:20	01:55	01:28	01:03	03:20	01:55	01:28	01:02
Steve	F	03:36	02:07	01:36	01:06	03:31	02:10	01:40	01:07	03:39	02:12	01:42	01:05	03:35	02:09	01:39	01:06
Tony	M	04:07	02:32	02:02	01:28	04:03	02:32	02:01	01:28	04:07	02:34	02:03	01:26	04:05	02:32	02:02	01:27