

Track Session: 7th August 2017

Description: 6 x 600m (6 minute cycle)

Conditions: warm/dry

Name	Gender	1	2	3	4	5	6	Best	Average
Andy	M	02:05	02:04	02:01	02:04	02:10	02:04	<b>02:01</b>	<b>02:04</b>
Elaine	F	02:31	02:35	02:31	02:29	02:29	02:35	<b>02:29</b>	<b>02:31</b>
Izzy	F	02:31	02:30	02:26	02:26	02:27	02:22	<b>02:22</b>	<b>02:27</b>
Jeff	M	02:08	02:05	02:03	02:07	02:11	01:57	<b>01:57</b>	<b>02:05</b>
Louis	M	02:05	02:04	02:01	02:06	02:11	01:55	<b>01:55</b>	<b>02:03</b>
Michael	M	01:48	01:52	01:53	01:59	01:58	01:53	<b>01:48</b>	<b>01:53</b>
Ronnie	M	01:49	01:59	02:00	02:04	02:01	02:01	<b>01:49</b>	<b>01:59</b>
Steve	M	02:33	02:28	02:28	02:28	02:29	02:28	<b>02:28</b>	<b>02:29</b>
Stuart	M	02:05	02:02	01:57	02:03	02:01	01:58	<b>01:57</b>	<b>02:01</b>
Tony	M	02:54	02:55	02:54	02:58			<b>02:54</b>	<b>02:55</b>