

Track Session: 9th August 2017

Description: 10 x 300m (100m walk recovery)

Conditions: cool/dry/light breeze

| Name | Gender | 1 | 2 | 3 | 4 | 5 | 2 | 3 | 4 | 5 | 6 | Best | Average |
|---------|--------|-------|-------|-------|-------|---------|-------|-------|-------|-------|-------|--------------|--------------|
| Andy | M | 01:06 | 01:01 | 01:00 | 00:59 | 01:01 | 01:00 | 00:59 | 00:58 | 00:55 | 00:52 | 00:52 | 00:59 |
| Ash | M | 00:58 | 00:55 | 00:53 | 00:54 | 00:55 | 00:55 | 00:55 | 00:55 | 00:54 | 00:49 | 00:49 | 00:54 |
| David | M | 01:22 | 01:22 | 01:23 | 01:24 | No time | 01:23 | 01:23 | 01:22 | 01:13 | 01:02 | 01:02 | 01:19 |
| Emily | F | 01:00 | 00:57 | 00:57 | 00:57 | 01:00 | 00:59 | 01:00 | 00:58 | 00:59 | 00:53 | 00:53 | 00:58 |
| Karen | F | 01:15 | 01:10 | 01:09 | 01:07 | No time | 01:09 | 01:09 | 01:08 | 01:07 | 01:07 | 01:07 | 01:09 |
| Mark | M | 01:10 | 01:05 | 01:07 | 01:05 | 01:05 | 01:01 | 01:03 | 01:04 | 01:03 | 00:54 | 00:54 | 01:03 |
| Michael | M | 00:50 | 00:51 | 00:49 | 00:49 | 00:55 | 00:53 | 00:52 | 00:50 | 00:52 | 00:45 | 00:45 | 00:50 |
| Paul | M | 01:13 | 00:56 | 00:53 | 00:52 | 00:55 | 00:55 | 00:54 | 00:53 | 00:52 | 00:55 | 00:52 | 00:55 |
| Sarah | F | 01:21 | 01:20 | 01:22 | 01:23 | No time | 01:22 | 01:22 | 01:21 | 01:24 | 01:24 | 01:20 | 01:22 |
| Tom | M | 01:14 | 01:07 | 01:05 | 01:05 | 01:01 | 01:05 | 01:04 | 01:00 | 01:00 | 00:48 | 00:48 | 01:02 |