

Track Session: 16th August 2017

Description: 6 x 800m (10 minute cycle)

Conditions: overcast/breezy

Name	Gender	1	2	3	4	5	6	Best	Average
Andy	M	03:04	02:59	03:00	02:59	03:04	02:47	02:47	02:58
Karen	F	03:53	03:44	03:45	03:47	03:42	03:26	03:26	03:42
Mark	M	03:16	03:10	03:10	03:08	03:09	02:57	02:57	03:08
Chris	M	03:24	03:13	03:13	03:15	03:13	02:59	02:59	03:12
Sarah	F	04:11	04:12	04:14	04:16	04:22	04:20	04:11	04:15
Tom	M	03:08	02:56	02:59	02:58	03:03	02:52	02:52	02:59