

10k Carla's 3rd torture

average
pace

distance pace interval total time

Godfried

400 01:59,9 10k pace
01:53,6 5k pace
100 01:45,6 sprint pace
rest time 00:30,0

1	400	01:53,6	01:30,9	0:01:30,9	01:53,6
2	500	01:45,6	00:21,1	0:01:52,0	01:52,0
3	500		00:30,0	0:02:22,0	02:22,0
4	900	01:53,6	01:30,9	0:03:52,9	02:09,4
5	1.000	01:45,6	00:21,1	0:04:14,0	02:07,0
6	1.000		00:30,0	0:04:44,0	02:22,0
7	1.400	01:53,6	01:30,9	0:06:14,9	02:13,9
8	1.500	01:45,6	00:21,1	0:06:36,0	02:12,0
9	1.500		00:30,0	0:07:06,0	02:22,0
10	1.900	01:53,6	01:30,9	0:08:36,9	02:16,0
11	2.000	01:45,6	00:21,1	0:08:58,0	02:14,5
12	2.000		00:30,0	0:09:28,0	02:22,0
13	2.400	01:53,6	01:30,9	0:10:58,9	02:17,3
14	2.500	01:45,6	00:21,1	0:11:20,0	02:16,0
15	2.500		00:30,0	0:11:50,0	02:22,0
16	2.900	01:53,6	01:30,9	0:13:20,9	02:18,1
17	3.000	01:45,6	00:21,1	0:13:42,0	02:17,0
18	3.000		00:30,0	0:14:12,0	02:22,0
19	3.400	01:53,6	01:30,9	0:15:42,9	02:18,7
20	3.500	01:45,6	00:21,1	0:16:04,0	02:17,7
21	3.500		00:30,0	0:16:34,0	02:22,0
22	3.900	01:53,6	01:30,9	0:18:04,9	02:19,1
23	4.000	01:45,6	00:21,1	0:18:26,0	02:18,3
24	4.000		00:30,0	0:18:56,0	02:22,0
25	4.400	01:53,6	01:30,9	0:20:26,9	02:19,4
26	4.500	01:45,6	00:21,1	0:20:48,0	02:18,7
27	4.500		00:30,0	0:21:18,0	02:22,0
28	4.900	01:53,6	01:30,9	0:22:48,9	02:19,7
29	5.000	01:45,6	00:21,1	0:23:10,0	02:19,0
30	5.000		00:30,0	0:23:40,0	02:22,0
31	5.400	01:53,6	01:30,9	0:25:10,9	02:19,9
32	5.500	01:45,6	00:21,1	0:25:32,0	02:19,3
33	5.500		00:30,0	0:26:02,0	02:22,0
34	5.900	01:53,6	01:30,9	0:27:32,9	02:20,1
35	6.000	01:45,6	00:21,1	0:27:54,0	02:19,5
36	6.000		00:30,0	0:28:24,0	02:22,0
37	6.400	01:53,6	01:30,9	0:29:54,9	02:20,2
38	6.500	01:45,6	00:21,1	0:30:16,0	02:19,7
39	6.500		00:30,0	0:30:46,0	02:22,0
40	6.900	01:53,6	01:30,9	0:32:16,9	02:20,4
41	7.000	01:45,6	00:21,1	0:32:38,0	02:19,9
42	7.000		00:30,0	0:33:08,0	02:22,0
43	7.400	01:53,6	01:30,9	0:34:38,9	02:20,5
44	7.500	01:45,6	00:21,1	0:35:00,0	02:20,0
45	7.500		00:30,0	0:35:30,0	02:22,0
46	7.900	01:53,6	01:30,9	0:37:00,9	02:20,6
47	8.000	01:45,6	00:21,1	0:37:22,0	02:20,1
48	8.000		00:30,0	0:37:52,0	02:22,0
49	8.400	01:53,6	01:30,9	0:39:22,9	02:20,6
50	8.500	01:45,6	00:21,1	0:39:44,0	02:20,2
51	8.500		00:30,0	0:40:14,0	02:22,0
52	8.900	01:53,6	01:30,9	0:41:44,9	02:20,7
53	9.000	01:45,6	00:21,1	0:42:06,0	02:20,3
54	9.000		00:30,0	0:42:36,0	02:22,0
55	9.400	01:53,6	01:30,9	0:44:06,9	02:20,8
56	9.500	01:45,6	00:21,1	0:44:28,0	02:20,4
57	9.500		00:30,0	0:44:58,0	02:22,0
58	9.900	01:53,6	01:30,9	0:46:28,9	02:20,9
59	10.000	01:45,6	00:21,1	0:46:50,0	02:20,5

10k Carla's 3rd torture

average
pace

distance pace interval total time

Carla

400 02:05,0 10k pace
02:03,3 5k pace
100 01:55,3 sprint pace
rest time 00:30,0

1	400	02:03,3	01:38,6	0:01:38,6	02:03,3
2	500	01:55,3	00:23,1	0:02:01,7	02:01,7
3	500		00:30,0	0:02:31,7	02:31,7
4	900	02:03,3	01:38,6	0:04:10,3	02:19,1
5	1.000	01:55,3	00:23,1	0:04:33,4	02:16,7
6	1.000		00:30,0	0:05:03,4	02:31,7
7	1.400	02:03,3	01:38,6	0:06:42,0	02:23,6
8	1.500	01:55,3	00:23,1	0:07:05,1	02:21,7
9	1.500		00:30,0	0:07:35,1	02:31,7
10	1.900	02:03,3	01:38,6	0:09:13,7	02:25,7
11	2.000	01:55,3	00:23,1	0:09:36,8	02:24,2
12	2.000		00:30,0	0:10:06,8	02:31,7
13	2.400	02:03,3	01:38,6	0:11:45,4	02:27,0
14	2.500	01:55,3	00:23,1	0:12:08,5	02:25,7
15	2.500		00:30,0	0:12:38,5	02:31,7
16	2.900	02:03,3	01:38,6	0:14:17,1	02:27,8
17	3.000	01:55,3	00:23,1	0:14:40,2	02:26,7
18	3.000		00:30,0	0:15:10,2	02:31,7
19	3.400	02:03,3	01:38,6	0:16:48,8	02:28,4
20	3.500	01:55,3	00:23,1	0:17:11,9	02:27,4
21	3.500		00:30,0	0:17:41,9	02:31,7
22	3.900	02:03,3	01:38,6	0:19:20,5	02:28,8
23	4.000	01:55,3	00:23,1	0:19:43,6	02:28,0
24	4.000		00:30,0	0:20:13,6	02:31,7
25	4.400	02:03,3	01:38,6	0:21:52,2	02:29,1
26	4.500	01:55,3	00:23,1	0:22:15,3	02:28,4
27	4.500		00:30,0	0:22:45,3	02:31,7
28	4.900	02:03,3	01:38,6	0:24:23,9	02:29,4
29	5.000	01:55,3	00:23,1	0:24:47,0	02:28,7
30	5.000		00:30,0	0:25:17,0	02:31,7
31	5.400	02:03,3	01:38,6	0:26:55,6	02:29,6
32	5.500	01:55,3	00:23,1	0:27:18,7	02:29,0
33	5.500		00:30,0	0:27:48,7	02:31,7
34	5.900	02:03,3	01:38,6	0:29:27,3	02:29,8
35	6.000	01:55,3	00:23,1	0:29:50,4	02:29,2
36	6.000		00:30,0	0:30:20,4	02:31,7
37	6.400	02:03,3	01:38,6	0:31:59,0	02:29,9
38	6.500	01:55,3	00:23,1	0:32:22,1	02:29,4
39	6.500		00:30,0	0:32:52,1	02:31,7
40	6.900	02:03,3	01:38,6	0:34:30,7	02:30,1
41	7.000	01:55,3	00:23,1	0:34:53,8	02:29,6
42	7.000		00:30,0	0:35:23,8	02:31,7
43	7.400	02:03,3	01:38,6	0:37:02,4	02:30,2
44	7.500	01:55,3	00:23,1	0:37:25,5	02:29,7
45	7.500		00:30,0	0:37:55,5	02:31,7
46	7.900	02:03,3	01:38,6	0:39:34,1	02:30,3
47	8.000	01:55,3	00:23,1	0:39:57,2	02:29,8
48	8.000		00:30,0	0:40:27,2	02:31,7
49	8.400	02:03,3	01:38,6	0:42:05,8	02:30,3
50	8.500	01:55,3	00:23,1	0:42:28,9	02:29,9
51	8.500		00:30,0	0:42:58,9	02:31,7
52	8.900	02:03,3	01:38,6	0:44:37,5	02:30,4
53	9.000	01:55,3	00:23,1	0:45:00,6	02:30,0
54	9.000		00:30,0	0:45:30,6	02:31,7
55	9.400	02:03,3	01:38,6	0:47:09,2	02:30,5
56	9.500	01:55,3	00:23,1	0:47:32,3	02:30,1
57	9.500		00:30,0	0:48:02,3	02:31,7
58	9.900	02:03,3	01:38,6	0:49:40,9	02:30,6
59	10.000	01:55,3	00:23,1	0:50:04,0	02:30,2