

I use a PM2 and want to record all intervals, so I choose intervals of 2500 m (to compare with a marathon) , with a last interval of 1097 m.

How to setup the PM2:

Press "ON/OFF" to power-on the PM2

Press "METERS" to go to workout-distance

PM2 shows last used workout-distance

Press ">" to go to desired digit ; press "^" to set the digit ; repeat while needed

PM2 shows 21097

Press "OK" and "METERS" (both at once) to go to interval-distance

PM2 shows 00500 (default interval)

Change to 02500 as shown before (PM2 remembers max 20 splits)

During this session the PM2 counts down until the distance is done.

Press "DISPLAY" to change between "estimated time at end" "time rowed" "watts" or "calories".

When it is all done you can see all splits by pressing "M" (press "DISPLAY" if needed to show needed for the interval).

When you take a break, the "time rowed" keeps being updated, the "average pace" is only updated by pressing "DISPLAY", or rowing again.

First sheet Distances from start to finish

8 intervals of 2500 meters , followed by a last interval of 1097 gives a total of 21097 meter.

1 break ; after 10 k

LEFT break 2 mins , tempo 2:12,2 / 500 ; total time needed 1:54:38,0

MIDDLE break 3 mins , tempo 2:10,8 / 500 ; total time needed 1:34:59,0

RIGHT **godfried 3-okt** break 2 mins , tempo bit faster first 4 ; a lot faster second 4 ; and in the last a sprint to stay under 94 mins

TOP time needed for each interval ; average tempo in each interval

BOTTOM time used at end of each interval ; average tempo at end of each interval

Second sheet Distances on the PM2 monitor

the same as the first sheet ; now counting down from 21097 to 0

Third sheet Memory of the PM2 monitor

the same as the first sheet ; now the breaks are recorded in the next interval

The graph

TOP average tempo of 2:10,8 / 500 + 3:00 break ; cumulative

SECOND average tempo of 2:12,2 / 500 + 2:00 break ; cumulative

THIRD **godfried 3-okt** cumulative

FOURTH 9 intervals at 2:12,2 / 500

FIFTH 9 intervals at 2:10,8 / 500

BOTTOM **godfried 3-okt** the intervals

Distances from start to finish

Distances from start to finish

Distances from start to finish

	2.500			2.500			2.500		
	1.097	plan	02:12,2	1.097	plan	02:10,8	1.097	3-okt	02:12,2
1	2.500	11:01,0	02:12,2	2.500	10:54,0	02:10,8	2.500	10:59,1	02:11,8
2	5.000	11:01,0	02:12,2	5.000	10:54,0	02:10,8	5.000	10:59,7	02:11,9
3	7.500	11:01,0	02:12,2	7.500	10:54,0	02:10,8	7.500	10:59,5	02:11,9
4	10.000	11:01,0	02:12,2	10.000	10:54,0	02:10,8	10.000	10:56,4	02:11,3
	10.000	02:00,0		10.000	03:00,0		10.000	02:00,0	
5	12.500	11:01,0	02:12,2	12.500	10:54,0	02:10,8	12.500	10:51,6	02:10,3
6	15.000	11:01,0	02:12,2	15.000	10:54,0	02:10,8	15.000	10:49,8	02:10,0
7	17.500	11:01,0	02:12,2	17.500	10:54,0	02:10,8	17.500	10:49,6	02:09,9
8	20.000	11:01,0	02:12,2	20.000	10:54,0	02:10,8	20.000	10:54,5	02:10,9
9	21.097	04:50,0	02:12,2	21.097	04:47,0	02:10,8	21.097	04:36,2	02:06,0
1	2.500	0:11:01,0	02:12,2	2.500	0:10:54,0	02:10,8	2.500	0:10:59,1	02:11,8
2	5.000	0:22:02,0	02:12,2	5.000	0:21:48,0	02:10,8	5.000	0:21:58,8	02:11,9
3	7.500	0:33:03,0	02:12,2	7.500	0:32:42,0	02:10,8	7.500	0:32:58,3	02:11,9
4	10.000	0:44:04,0	02:12,2	10.000	0:43:36,0	02:10,8	10.000	0:43:54,7	02:11,7
	10.000	0:46:04,0	02:18,2	10.000	0:46:36,0	02:19,8	10.000	0:45:54,7	02:17,7
5	12.500	0:57:05,0	02:17,0	12.500	0:57:30,0	02:18,0	12.500	0:56:46,3	02:16,3
6	15.000	1:08:06,0	02:16,2	15.000	1:08:24,0	02:16,8	15.000	1:07:36,1	02:15,2
7	17.500	1:19:07,0	02:15,6	17.500	1:19:18,0	02:15,9	17.500	1:18:25,7	02:14,4
8	20.000	1:30:08,0	02:15,2	20.000	1:30:12,0	02:15,3	20.000	1:29:20,2	02:14,0
9	21.097	1:34:58,0	02:15,0	21.097	1:34:59,0	02:15,1	21.097	1:33:56,4	02:13,6

Distances on the PM2 monitor

Distances on the PM2 monitor

Distances on the PM2 monitor

	2.500			2.500			2.500		
	1.097	time	pace	1.097	time	pace	1.097	3-okt	pace
1	18.597	11:01,0	02:12,2	18.597	10:54,0	02:10,8	18.597	10:59,1	02:11,8
2	16.097	11:01,0	02:12,2	16.097	10:54,0	02:10,8	16.097	10:59,7	02:11,9
3	13.597	11:01,0	02:12,2	13.597	10:54,0	02:10,8	13.597	10:59,5	02:11,9
4	11.097	11:01,0	02:12,2	11.097	10:54,0	02:10,8	11.097	10:56,4	02:11,3
	11.097	02:00,0		11.097	03:00,0		11.097	02:00,0	
5	8.597	11:01,0	02:12,2	8.597	10:54,0	02:10,8	8.597	10:51,6	02:10,3
6	6.097	11:01,0	02:12,2	6.097	10:54,0	02:10,8	6.097	10:49,8	02:10,0
7	3.597	11:01,0	02:12,2	3.597	10:54,0	02:10,8	3.597	10:49,6	02:09,9
8	1.097	11:01,0	02:12,2	1.097	10:54,0	02:10,8	1.097	10:54,5	02:10,9
9	0	04:50,0	02:12,2	0	04:47,0	02:10,8	0	04:36,2	02:06,0
1	18.597	0:11:01,0	02:12,2	18.597	0:10:54,0	02:10,8	18.597	0:10:59,1	02:11,8
2	16.097	0:22:02,0	02:12,2	16.097	0:21:48,0	02:10,8	16.097	0:21:58,8	02:11,9
3	13.597	0:33:03,0	02:12,2	13.597	0:32:42,0	02:10,8	13.597	0:32:58,3	02:11,9
4	11.097	0:44:04,0	02:12,2	11.097	0:43:36,0	02:10,8	11.097	0:43:54,7	02:11,7
	11.097	0:46:04,0	02:18,2	11.097	0:46:36,0	02:19,8	11.097	0:45:54,7	02:17,7
5	8.597	0:57:05,0	02:17,0	8.597	0:57:30,0	02:18,0	8.597	0:56:46,3	02:16,3
6	6.097	1:08:06,0	02:16,2	6.097	1:08:24,0	02:16,8	6.097	1:07:36,1	02:15,2
7	3.597	1:19:07,0	02:15,6	3.597	1:19:18,0	02:15,9	3.597	1:18:25,7	02:14,4
8	1.097	1:30:08,0	02:15,2	1.097	1:30:12,0	02:15,3	1.097	1:29:20,2	02:14,0
9	0	1:34:58,0	02:15,0	0	1:34:59,0	02:15,1	0	1:33:56,4	02:13,6

Memory of the PM2 monitor

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M	2.500			2.500			2.500		
	1.097	time	pace	1.097	time	pace	1.097	3-okt	pace
1	2.500	11:01,0	02:12,2	2.500	10:54,0	02:10,8	2.500	10:59,1	02:11,8
2	5.000	11:01,0	02:12,2	5.000	10:54,0	02:10,8	5.000	10:59,7	02:11,9
3	7.500	11:01,0	02:12,2	7.500	10:54,0	02:10,8	7.500	10:59,5	02:11,9
4	10.000	11:01,0	02:12,2	10.000	10:54,0	02:10,8	10.000	10:56,4	02:11,3
	10.000	02:00,0		10.000	03:00,0		10.000	02:00,0	
5	12.500	13:01,0	02:36,2	12.500	13:54,0	02:46,8	12.500	12:51,6	02:34,3
6	15.000	11:01,0	02:12,2	15.000	10:54,0	02:10,8	15.000	10:49,8	02:10,0
7	17.500	11:01,0	02:12,2	17.500	10:54,0	02:10,8	17.500	10:49,6	02:09,9
8	20.000	11:01,0	02:12,2	20.000	10:54,0	02:10,8	20.000	10:54,5	02:10,9
9	21.097	04:50,0	02:12,2	21.097	04:47,0	02:10,8	21.097	04:36,2	02:06,0
1	2.500	0:11:01,0	02:12,2	2.500	0:10:54,0	02:10,8	2.500	0:10:59,1	02:11,8
2	5.000	0:22:02,0	02:12,2	5.000	0:21:48,0	02:10,8	5.000	0:21:58,8	02:11,9
3	7.500	0:33:03,0	02:12,2	7.500	0:32:42,0	02:10,8	7.500	0:32:58,3	02:11,9
4	10.000	0:44:04,0	02:12,2	10.000	0:43:36,0	02:10,8	10.000	0:43:54,7	02:11,7
	10.000	0:46:04,0	02:18,2	10.000	0:46:36,0	02:19,8	10.000	0:45:54,7	02:17,7
5	12.500	0:57:05,0	02:17,0	12.500	0:57:30,0	02:18,0	12.500	0:56:46,3	02:16,3
6	15.000	1:08:06,0	02:16,2	15.000	1:08:24,0	02:16,8	15.000	1:07:36,1	02:15,2
7	17.500	1:19:07,0	02:15,6	17.500	1:19:18,0	02:15,9	17.500	1:18:25,7	02:14,4
8	20.000	1:30:08,0	02:15,2	20.000	1:30:12,0	02:15,3	20.000	1:29:20,2	02:14,0
9	21.097	1:34:58,0	02:15,0	21.097	1:34:59,0	02:15,1	21.097	1:33:56,4	02:13,6

21.097 m

