

I use a PM2 and want to record all intervals, so I choose intervals of 2500 m, with a last interval of 2195 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 42195

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**

16 intervals of 2500 meters , followed by a last interval of 2195 gives a total of 42195 meter.

3 breaks ; after 10 , 20 , 30 k

LEFT      break 2 mins , tempo 2:12,2 / 500 ; total time needed 3:11:56,4

RIGHT     break 3 mins , tempo 2:10,1 / 500 ; total time needed 3:11:59,1

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 42195 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 2:10,1 / 500 + 3:00 breaks ; cumulative

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

THIRD     17 intervals at 2:12,2 / 500

BOTTOM   17 intervals at 2:10,1 / 500

## Distances from start to finish

## Distances from start to finish

	2.500			2.500		
	2.195	<b>plan</b>	02:12,2	2.195	<b>plan</b>	02:10,1
1	2.500	11:01,0	02:12,2	2.500	10:50,5	02:10,1
2	5.000	11:01,0	02:12,2	5.000	10:50,5	02:10,1
3	7.500	11:01,0	02:12,2	7.500	10:50,5	02:10,1
4	10.000	11:01,0	02:12,2	10.000	10:50,5	02:10,1
	10.000	<b>02:00,0</b>		10.000	<b>03:00,0</b>	
5	12.500	11:01,0	02:12,2	12.500	10:50,5	02:10,1
6	15.000	11:01,0	02:12,2	15.000	10:50,5	02:10,1
7	17.500	11:01,0	02:12,2	17.500	10:50,5	02:10,1
8	20.000	11:01,0	02:12,2	20.000	10:50,5	02:10,1
	20.000	<b>02:00,0</b>		20.000	<b>03:00,0</b>	
9	22.500	11:01,0	02:12,2	22.500	10:50,5	02:10,1
10	25.000	11:01,0	02:12,2	25.000	10:50,5	02:10,1
11	27.500	11:01,0	02:12,2	27.500	10:50,5	02:10,1
12	30.000	11:01,0	02:12,2	30.000	10:50,5	02:10,1
	30.000	<b>02:00,0</b>		30.000	<b>03:00,0</b>	
13	32.500	11:01,0	02:12,2	32.500	10:50,5	02:10,1
14	35.000	11:01,0	02:12,2	35.000	10:50,5	02:10,1
15	37.500	11:01,0	02:12,2	37.500	10:50,5	02:10,1
16	40.000	11:01,0	02:12,2	40.000	10:50,5	02:10,1
17	42.195	09:40,4	02:12,2	42.195	09:31,1	02:10,1
1	<b>2.500</b>	<b>0:11:01,0</b>	02:12,2	<b>2.500</b>	<b>0:10:50,5</b>	02:10,1
2	<b>5.000</b>	<b>0:22:02,0</b>	02:12,2	<b>5.000</b>	<b>0:21:41,0</b>	02:10,1
3	<b>7.500</b>	<b>0:33:03,0</b>	02:12,2	<b>7.500</b>	<b>0:32:31,5</b>	02:10,1
4	<b>10.000</b>	<b>0:44:04,0</b>	02:12,2	<b>10.000</b>	<b>0:43:22,0</b>	02:10,1
	<b>10.000</b>	<b>0:46:04,0</b>	<b>02:18,2</b>	<b>10.000</b>	<b>0:46:22,0</b>	<b>02:19,1</b>
5	<b>12.500</b>	<b>0:57:05,0</b>	02:17,0	<b>12.500</b>	<b>0:57:12,5</b>	02:17,3
6	<b>15.000</b>	<b>1:08:06,0</b>	02:16,2	<b>15.000</b>	<b>1:08:03,0</b>	02:16,1
7	<b>17.500</b>	<b>1:19:07,0</b>	02:15,6	<b>17.500</b>	<b>1:18:53,5</b>	02:15,2
8	<b>20.000</b>	<b>1:30:08,0</b>	02:15,2	<b>20.000</b>	<b>1:29:44,0</b>	02:14,6
	<b>20.000</b>	<b>1:32:08,0</b>	<b>02:18,2</b>	<b>20.000</b>	<b>1:32:44,0</b>	<b>02:19,1</b>
9	<b>22.500</b>	<b>1:43:09,0</b>	02:17,5	<b>22.500</b>	<b>1:43:34,5</b>	02:18,1
10	<b>25.000</b>	<b>1:54:10,0</b>	02:17,0	<b>25.000</b>	<b>1:54:25,0</b>	02:17,3
11	<b>27.500</b>	<b>2:05:11,0</b>	02:16,6	<b>27.500</b>	<b>2:05:15,5</b>	02:16,6
12	<b>30.000</b>	<b>2:16:12,0</b>	02:16,2	<b>30.000</b>	<b>2:16:06,0</b>	02:16,1
	<b>30.000</b>	<b>2:18:12,0</b>	<b>02:18,2</b>	<b>30.000</b>	<b>2:19:06,0</b>	<b>02:19,1</b>
13	<b>32.500</b>	<b>2:29:13,0</b>	02:17,7	<b>32.500</b>	<b>2:29:56,5</b>	02:18,4
14	<b>35.000</b>	<b>2:40:14,0</b>	02:17,3	<b>35.000</b>	<b>2:40:47,0</b>	02:17,8
15	<b>37.500</b>	<b>2:51:15,0</b>	02:17,0	<b>37.500</b>	<b>2:51:37,5</b>	02:17,3
16	<b>40.000</b>	<b>3:02:16,0</b>	02:16,7	<b>40.000</b>	<b>3:02:28,0</b>	02:16,9
17	<b>42.195</b>	<b>3:11:56,4</b>	02:16,5	<b>42.195</b>	<b>3:11:59,1</b>	02:16,5

## Distances on the PM2 monitor

## Distances on the PM2 monitor

	2.500			2.500		
	2.195	time	pace	2.195	time	pace
1	39.695	11:01,0	02:12,2	39.695	10:50,5	02:10,1
2	37.195	11:01,0	02:12,2	37.195	10:50,5	02:10,1
3	34.695	11:01,0	02:12,2	34.695	10:50,5	02:10,1
4	32.195	11:01,0	02:12,2	32.195	10:50,5	02:10,1
	32.195	<b>02:00,0</b>		32.195	<b>03:00,0</b>	
5	29.695	11:01,0	02:12,2	29.695	10:50,5	02:10,1
6	27.195	11:01,0	02:12,2	27.195	10:50,5	02:10,1
7	24.695	11:01,0	02:12,2	24.695	10:50,5	02:10,1
8	22.195	11:01,0	02:12,2	22.195	10:50,5	02:10,1
	22.195	<b>02:00,0</b>		22.195	<b>03:00,0</b>	
9	19.695	11:01,0	02:12,2	19.695	10:50,5	02:10,1
10	17.195	11:01,0	02:12,2	17.195	10:50,5	02:10,1
11	14.695	11:01,0	02:12,2	14.695	10:50,5	02:10,1
12	12.195	11:01,0	02:12,2	12.195	10:50,5	02:10,1
	12.195	<b>02:00,0</b>		12.195	<b>03:00,0</b>	
13	9.695	11:01,0	02:12,2	9.695	10:50,5	02:10,1
14	7.195	11:01,0	02:12,2	7.195	10:50,5	02:10,1
15	4.695	11:01,0	02:12,2	4.695	10:50,5	02:10,1
16	2.195	11:01,0	02:12,2	2.195	10:50,5	02:10,1
17	0	09:40,4	02:12,2	0	09:31,1	02:10,1
1	<b>39.695</b>	<b>0:11:01,0</b>	02:12,2	<b>39.695</b>	<b>0:10:50,5</b>	02:10,1
2	<b>37.195</b>	<b>0:22:02,0</b>	02:12,2	<b>37.195</b>	<b>0:21:41,0</b>	02:10,1
3	<b>34.695</b>	<b>0:33:03,0</b>	02:12,2	<b>34.695</b>	<b>0:32:31,5</b>	02:10,1
4	<b>32.195</b>	<b>0:44:04,0</b>	02:12,2	<b>32.195</b>	<b>0:43:22,0</b>	02:10,1
	<b>32.195</b>	<b>0:46:04,0</b>	<b>02:18,2</b>	<b>32.195</b>	<b>0:46:22,0</b>	<b>02:19,1</b>
5	<b>29.695</b>	<b>0:57:05,0</b>	02:17,0	<b>29.695</b>	<b>0:57:12,5</b>	02:17,3
6	<b>27.195</b>	<b>1:08:06,0</b>	02:16,2	<b>27.195</b>	<b>1:08:03,0</b>	02:16,1
7	<b>24.695</b>	<b>1:19:07,0</b>	02:15,6	<b>24.695</b>	<b>1:18:53,5</b>	02:15,2
8	<b>22.195</b>	<b>1:30:08,0</b>	02:15,2	<b>22.195</b>	<b>1:29:44,0</b>	02:14,6
	<b>22.195</b>	<b>1:32:08,0</b>	<b>02:18,2</b>	<b>22.195</b>	<b>1:32:44,0</b>	<b>02:19,1</b>
9	<b>19.695</b>	<b>1:43:09,0</b>	02:17,5	<b>19.695</b>	<b>1:43:34,5</b>	02:18,1
10	<b>17.195</b>	<b>1:54:10,0</b>	02:17,0	<b>17.195</b>	<b>1:54:25,0</b>	02:17,3
11	<b>14.695</b>	<b>2:05:11,0</b>	02:16,6	<b>14.695</b>	<b>2:05:15,5</b>	02:16,6
12	<b>12.195</b>	<b>2:16:12,0</b>	02:16,2	<b>12.195</b>	<b>2:16:06,0</b>	02:16,1
	<b>12.195</b>	<b>2:18:12,0</b>	<b>02:18,2</b>	<b>12.195</b>	<b>2:19:06,0</b>	<b>02:19,1</b>
13	<b>9.695</b>	<b>2:29:13,0</b>	02:17,7	<b>9.695</b>	<b>2:29:56,5</b>	02:18,4
14	<b>7.195</b>	<b>2:40:14,0</b>	02:17,3	<b>7.195</b>	<b>2:40:47,0</b>	02:17,8
15	<b>4.695</b>	<b>2:51:15,0</b>	02:17,0	<b>4.695</b>	<b>2:51:37,5</b>	02:17,3
16	<b>2.195</b>	<b>3:02:16,0</b>	02:16,7	<b>2.195</b>	<b>3:02:28,0</b>	02:16,9
17	<b>0</b>	<b>3:11:56,4</b>	02:16,5	<b>0</b>	<b>3:11:59,1</b>	02:16,5

## Memory of the PM2 monitor

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M	2.500			2.500		
	2.195	time	pace	2.195	time	pace
1	2.500	11:01,0	02:12,2	2.500	10:50,5	02:10,1
2	5.000	11:01,0	02:12,2	5.000	10:50,5	02:10,1
3	7.500	11:01,0	02:12,2	7.500	10:50,5	02:10,1
4	10.000	11:01,0	02:12,2	10.000	10:50,5	02:10,1
	10.000	<b>02:00,0</b>		10.000	<b>03:00,0</b>	
5	12.500	13:01,0	02:36,2	12.500	13:50,5	02:46,1
6	15.000	11:01,0	02:12,2	15.000	10:50,5	02:10,1
7	17.500	11:01,0	02:12,2	17.500	10:50,5	02:10,1
8	20.000	11:01,0	02:12,2	20.000	10:50,5	02:10,1
	20.000	<b>02:00,0</b>		20.000	<b>03:00,0</b>	
9	22.500	13:01,0	02:36,2	22.500	13:50,5	02:46,1
10	25.000	11:01,0	02:12,2	25.000	10:50,5	02:10,1
11	27.500	11:01,0	02:12,2	27.500	10:50,5	02:10,1
12	30.000	11:01,0	02:12,2	30.000	10:50,5	02:10,1
	30.000	<b>02:00,0</b>		30.000	<b>03:00,0</b>	
13	32.500	13:01,0	02:36,2	32.500	13:50,5	02:46,1
14	35.000	11:01,0	02:12,2	35.000	10:50,5	02:10,1
15	37.500	11:01,0	02:12,2	37.500	10:50,5	02:10,1
16	40.000	11:01,0	02:12,2	40.000	10:50,5	02:10,1
17	42.195	09:40,4	02:12,2	42.195	09:31,1	02:10,1
1	<b>2.500</b>	<b>0:11:01,0</b>	02:12,2	<b>2.500</b>	<b>0:10:50,5</b>	02:10,1
2	<b>5.000</b>	<b>0:22:02,0</b>	02:12,2	<b>5.000</b>	<b>0:21:41,0</b>	02:10,1
3	<b>7.500</b>	<b>0:33:03,0</b>	02:12,2	<b>7.500</b>	<b>0:32:31,5</b>	02:10,1
4	<b>10.000</b>	<b>0:44:04,0</b>	02:12,2	<b>10.000</b>	<b>0:43:22,0</b>	02:10,1
	<b>10.000</b>	<b>0:46:04,0</b>	<b>02:18,2</b>	<b>10.000</b>	<b>0:46:22,0</b>	<b>02:19,1</b>
5	<b>12.500</b>	<b>0:57:05,0</b>	02:17,0	<b>12.500</b>	<b>0:57:12,5</b>	02:17,3
6	<b>15.000</b>	<b>1:08:06,0</b>	02:16,2	<b>15.000</b>	<b>1:08:03,0</b>	02:16,1
7	<b>17.500</b>	<b>1:19:07,0</b>	02:15,6	<b>17.500</b>	<b>1:18:53,5</b>	02:15,2
8	<b>20.000</b>	<b>1:30:08,0</b>	02:15,2	<b>20.000</b>	<b>1:29:44,0</b>	02:14,6
	<b>20.000</b>	<b>1:32:08,0</b>	<b>02:18,2</b>	<b>20.000</b>	<b>1:32:44,0</b>	<b>02:19,1</b>
9	<b>22.500</b>	<b>1:43:09,0</b>	02:17,5	<b>22.500</b>	<b>1:43:34,5</b>	02:18,1
10	<b>25.000</b>	<b>1:54:10,0</b>	02:17,0	<b>25.000</b>	<b>1:54:25,0</b>	02:17,3
11	<b>27.500</b>	<b>2:05:11,0</b>	02:16,6	<b>27.500</b>	<b>2:05:15,5</b>	02:16,6
12	<b>30.000</b>	<b>2:16:12,0</b>	02:16,2	<b>30.000</b>	<b>2:16:06,0</b>	02:16,1
	<b>30.000</b>	<b>2:18:12,0</b>	<b>02:18,2</b>	<b>30.000</b>	<b>2:19:06,0</b>	<b>02:19,1</b>
13	<b>32.500</b>	<b>2:29:13,0</b>	02:17,7	<b>32.500</b>	<b>2:29:56,5</b>	02:18,4
14	<b>35.000</b>	<b>2:40:14,0</b>	02:17,3	<b>35.000</b>	<b>2:40:47,0</b>	02:17,8
15	<b>37.500</b>	<b>2:51:15,0</b>	02:17,0	<b>37.500</b>	<b>2:51:37,5</b>	02:17,3
16	<b>40.000</b>	<b>3:02:16,0</b>	02:16,7	<b>40.000</b>	<b>3:02:28,0</b>	02:16,9
17	<b>42.195</b>	<b>3:11:56,4</b>	02:16,5	<b>42.195</b>	<b>3:11:59,1</b>	02:16,5

# 42.195 m

