

4 okt 2004 ; I did my first marathon ; and passed the 1.000.000 m mark

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 **godfried 4-okt**

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 2:12,2 / 500 + 2:00 breaks ; cumulative

SECOND **godfried 4-okt** ; cumulative

THIRD 17 intervals at 2:12,2 / 500

BOTTOM **godfried 4-okt**

Distances from start to finish

Distances from start to finish

	2.500			2.500		
	2.195	plan	02:12,2	2.195	04-okt-04	4-okt
1	2.500	11:01,0	02:12,2	2.500	10:59,4	02:11,9
2	5.000	11:01,0	02:12,2	5.000	11:01,2	02:12,2
3	7.500	11:01,0	02:12,2	7.500	10:58,7	02:11,7
4	10.000	11:01,0	02:12,2	10.000	11:01,0	02:12,2
	10.000	02:00,0		10.000	02:00,0	
5	12.500	11:01,0	02:12,2	12.500	10:54,2	02:10,9
6	15.000	11:01,0	02:12,2	15.000	10:52,8	02:10,6
7	17.500	11:01,0	02:12,2	17.500	10:55,1	02:11,0
8	20.000	11:01,0	02:12,2	20.000	10:52,2	02:10,4
	20.000	02:00,0		20.000	02:00,0	
9	22.500	11:01,0	02:12,2	22.500	10:54,0	02:10,9
10	25.000	11:01,0	02:12,2	25.000	10:56,3	02:11,3
11	27.500	11:01,0	02:12,2	27.500	10:57,6	02:11,5
12	30.000	11:01,0	02:12,2	30.000	10:53,0	02:10,6
	30.000	02:00,0		30.000	02:00,0	
13	32.500	11:01,0	02:12,2	32.500	10:58,4	02:11,7
14	35.000	11:01,0	02:12,2	35.000	10:41,9	02:08,4
15	37.500	11:01,0	02:12,2	37.500	10:43,9	02:08,8
16	40.000	11:01,0	02:12,2	40.000	10:36,1	02:06,3
17	42.195	09:40,4	02:12,2	42.195	08:59,5	02:02,9
1	2.500	0:11:01,0	02:12,2	2.500	0:10:59,4	02:11,9
2	5.000	0:22:02,0	02:12,2	5.000	0:22:00,6	02:12,1
3	7.500	0:33:03,0	02:12,2	7.500	0:32:59,3	02:12,0
4	10.000	0:44:04,0	02:12,2	10.000	0:44:00,3	02:12,0
	10.000	0:46:04,0	02:18,2	10.000	0:46:00,3	02:18,0
5	12.500	0:57:05,0	02:17,0	12.500	0:56:54,5	02:16,6
6	15.000	1:08:06,0	02:16,2	15.000	1:07:47,3	02:15,6
7	17.500	1:19:07,0	02:15,6	17.500	1:18:42,4	02:14,9
8	20.000	1:30:08,0	02:15,2	20.000	1:29:34,6	02:14,4
	20.000	1:32:08,0	02:18,2	20.000	1:31:34,6	02:17,4
9	22.500	1:43:09,0	02:17,5	22.500	1:42:28,6	02:16,6
10	25.000	1:54:10,0	02:17,0	25.000	1:53:24,9	02:16,1
11	27.500	2:05:11,0	02:16,6	27.500	2:04:22,5	02:15,7
12	30.000	2:16:12,0	02:16,2	30.000	2:15:15,5	02:15,3
	30.000	2:18:12,0	02:18,2	30.000	2:17:15,5	02:17,3
13	32.500	2:29:13,0	02:17,7	32.500	2:28:13,9	02:16,8
14	35.000	2:40:14,0	02:17,3	35.000	2:38:55,8	02:16,2
15	37.500	2:51:15,0	02:17,0	37.500	2:49:39,7	02:15,7
16	40.000	3:02:16,0	02:16,7	40.000	3:00:15,8	02:15,2
17	42.195	3:11:56,4	02:16,5	42.195	3:09:15,3	02:14,6

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	10:59,4	02:11,9
2	37.195	11:01,0	02:12,2	37.195	11:01,2	02:12,2
3	34.695	11:01,0	02:12,2	34.695	10:58,7	02:11,7
4	32.195	11:01,0	02:12,2	32.195	11:01,0	02:12,2
	32.195	02:00,0		32.195	02:00,0	
5	29.695	11:01,0	02:12,2	29.695	10:54,2	02:10,9
6	27.195	11:01,0	02:12,2	27.195	10:52,8	02:10,6
7	24.695	11:01,0	02:12,2	24.695	10:55,1	02:11,0
8	22.195	11:01,0	02:12,2	22.195	10:52,2	02:10,4
	22.195	02:00,0		22.195	02:00,0	
9	19.695	11:01,0	02:12,2	19.695	10:54,0	02:10,9
10	17.195	11:01,0	02:12,2	17.195	10:56,3	02:11,3
11	14.695	11:01,0	02:12,2	14.695	10:57,6	02:11,5
12	12.195	11:01,0	02:12,2	12.195	10:53,0	02:10,6
	12.195	02:00,0		12.195	02:00,0	
13	9.695	11:01,0	02:12,2	9.695	10:58,4	02:11,7
14	7.195	11:01,0	02:12,2	7.195	10:41,9	02:08,4
15	4.695	11:01,0	02:12,2	4.695	10:43,9	02:08,8
16	2.195	11:01,0	02:12,2	2.195	10:36,1	02:06,3
17	0	09:40,4	02:12,2	0	08:59,5	02:02,9
1	39.695	0:11:01,0	02:12,2	39.695	0:10:59,4	02:11,9
2	37.195	0:22:02,0	02:12,2	37.195	0:22:00,6	02:12,1
3	34.695	0:33:03,0	02:12,2	34.695	0:32:59,3	02:12,0
4	32.195	0:44:04,0	02:12,2	32.195	0:44:00,3	02:12,0
	32.195	0:46:04,0	02:18,2	32.195	0:46:00,3	02:18,0
5	29.695	0:57:05,0	02:17,0	29.695	0:56:54,5	02:16,6
6	27.195	1:08:06,0	02:16,2	27.195	1:07:47,3	02:15,6
7	24.695	1:19:07,0	02:15,6	24.695	1:18:42,4	02:14,9
8	22.195	1:30:08,0	02:15,2	22.195	1:29:34,6	02:14,4
	22.195	1:32:08,0	02:18,2	22.195	1:31:34,6	02:17,4
9	19.695	1:43:09,0	02:17,5	19.695	1:42:28,6	02:16,6
10	17.195	1:54:10,0	02:17,0	17.195	1:53:24,9	02:16,1
11	14.695	2:05:11,0	02:16,6	14.695	2:04:22,5	02:15,7
12	12.195	2:16:12,0	02:16,2	12.195	2:15:15,5	02:15,3
	12.195	2:18:12,0	02:18,2	12.195	2:17:15,5	02:17,3
13	9.695	2:29:13,0	02:17,7	9.695	2:28:13,9	02:16,8
14	7.195	2:40:14,0	02:17,3	7.195	2:38:55,8	02:16,2
15	4.695	2:51:15,0	02:17,0	4.695	2:49:39,7	02:15,7
16	2.195	3:02:16,0	02:16,7	2.195	3:00:15,8	02:15,2
17	0	3:11:56,4	02:16,5	0	3:09:15,3	02:14,6

Memory of the PM2 monitor

Memory of the PM2 monitor

M	2.500			2.500		
	2.195	time	pace	2.195	time	pace
1	2.500	11:01,0	02:12,2	2.500	10:59,4	02:11,9
2	5.000	11:01,0	02:12,2	5.000	11:01,2	02:12,2
3	7.500	11:01,0	02:12,2	7.500	10:58,7	02:11,7
4	10.000	11:01,0	02:12,2	10.000	11:01,0	02:12,2
	10.000	02:00,0		10.000	02:00,0	
5	12.500	13:01,0	02:36,2	12.500	12:54,2	02:34,8
6	15.000	11:01,0	02:12,2	15.000	10:52,8	02:10,6
7	17.500	11:01,0	02:12,2	17.500	10:55,1	02:11,0
8	20.000	11:01,0	02:12,2	20.000	10:52,2	02:10,4
	20.000	02:00,0		20.000	02:00,0	
9	22.500	13:01,0	02:36,2	22.500	12:54,0	02:34,8
10	25.000	11:01,0	02:12,2	25.000	10:56,3	02:11,3
11	27.500	11:01,0	02:12,2	27.500	10:57,6	02:11,5
12	30.000	11:01,0	02:12,2	30.000	10:53,0	02:10,6
	30.000	02:00,0		30.000	02:00,0	
13	32.500	13:01,0	02:36,2	32.500	12:58,4	02:35,7
14	35.000	11:01,0	02:12,2	35.000	10:41,9	02:08,4
15	37.500	11:01,0	02:12,2	37.500	10:43,9	02:08,8
16	40.000	11:01,0	02:12,2	40.000	10:36,1	02:06,3
17	42.195	09:40,4	02:12,2	42.195	08:59,5	02:02,9
1	2.500	0:11:01,0	02:12,2	2.500	0:10:59,4	02:11,9
2	5.000	0:22:02,0	02:12,2	5.000	0:22:00,6	02:12,1
3	7.500	0:33:03,0	02:12,2	7.500	0:32:59,3	02:12,0
4	10.000	0:44:04,0	02:12,2	10.000	0:44:00,3	02:12,0
	10.000	0:46:04,0	02:18,2	10.000	0:46:00,3	02:18,0
5	12.500	0:57:05,0	02:17,0	12.500	0:56:54,5	02:16,6
6	15.000	1:08:06,0	02:16,2	15.000	1:07:47,3	02:15,6
7	17.500	1:19:07,0	02:15,6	17.500	1:18:42,4	02:14,9
8	20.000	1:30:08,0	02:15,2	20.000	1:29:34,6	02:14,4
	20.000	1:32:08,0	02:18,2	20.000	1:31:34,6	02:17,4
9	22.500	1:43:09,0	02:17,5	22.500	1:42:28,6	02:16,6
10	25.000	1:54:10,0	02:17,0	25.000	1:53:24,9	02:16,1
11	27.500	2:05:11,0	02:16,6	27.500	2:04:22,5	02:15,7
12	30.000	2:16:12,0	02:16,2	30.000	2:15:15,5	02:15,3
	30.000	2:18:12,0	02:18,2	30.000	2:17:15,5	02:17,3
13	32.500	2:29:13,0	02:17,7	32.500	2:28:13,9	02:16,8
14	35.000	2:40:14,0	02:17,3	35.000	2:38:55,8	02:16,2
15	37.500	2:51:15,0	02:17,0	37.500	2:49:39,7	02:15,7
16	40.000	3:02:16,0	02:16,7	40.000	3:00:15,8	02:15,2
17	42.195	3:11:56,4	02:16,5	42.195	3:09:15,3	02:14,6

42.195 m

