

Finish Time:	7	8	9	10	11	12	13	14	15	16	17	18	19	
3 Thruster Pace (seconds)	6.0	6.9	7.7	8.6	9.4	10.3	11.1	12.0	12.9	13.7	14.6	15.4	16.3	
3 Chest to Bar Pace (sec)	6.0	6.9	7.7	8.6	9.4	10.3	11.1	12.0	12.9	13.7	14.6	15.4	16.3	
thruster	33	1:06	1:15	1:24	1:34	1:43	1:53	2:02	2:12	2:21	2:30	2:40	2:49	2:59
chest to bar	33	2:12	2:30	2:49	3:08	3:27	3:46	4:05	4:24	4:42	5:01	5:20	5:39	5:58
thruster	27	3:06	3:32	3:59	4:25	4:52	5:18	5:45	6:12	6:38	7:05	7:31	7:58	8:24
chest to bar	27	4:00	4:34	5:08	5:42	6:17	6:51	7:25	8:00	8:34	9:08	9:42	10:17	10:51
thruster	21	4:42	5:22	6:02	6:42	7:23	8:03	8:43	9:24	10:04	10:44	11:24	12:05	12:45
chest to bar	21	5:24	6:10	6:56	7:42	8:29	9:15	10:01	10:48	11:34	12:20	13:06	13:53	14:39
thruster	15	5:54	6:44	7:35	8:25	9:16	10:06	10:57	11:48	12:38	13:29	14:19	15:10	16:00
chest to bar	15	6:24	7:18	8:13	9:08	10:03	10:58	11:53	12:48	13:42	14:37	15:32	16:27	17:22
thruster	9	6:42	7:39	8:36	9:34	10:31	11:29	12:26	13:24	14:21	15:18	16:16	17:13	18:11
chest to bar	9	7:00	8:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00



CrossFit Open 19.5 Pacing Chart

@thrivestry_official

Finish Time:	20	21	22	23	24	25	26	27	28	29	30	31	32	
3 Thruster Pace (seconds)	17.1	18.0	18.9	19.7	20.6	21.4	22.3	23.1	24.0	24.9	25.7	26.6	27.4	
3 Chest to Bar Pace (sec)	17.1	18.0	18.9	19.7	20.6	21.4	22.3	23.1	24.0	24.9	25.7	26.6	27.4	
thruster	33	3:08	3:18	3:27	3:36	3:46	3:55	4:05	4:14	4:24	4:33	4:42	4:52	5:01
chest to bar	33	6:17	6:36	6:54	7:13	7:32	7:51	8:10	8:29	8:48	9:06	9:25	9:44	10:03
thruster	27	8:51	9:18	9:44	10:11	10:37	11:04	11:30	11:57	12:24	12:50	13:17	13:43	14:10
chest to bar	27	11:25	12:00	12:34	13:08	13:42	14:17	14:51	15:25	16:00	16:34	17:08	17:42	18:17
thruster	21	13:25	14:06	14:46	15:26	16:06	16:47	17:27	18:07	18:48	19:28	20:08	20:48	21:29
chest to bar	21	15:25	16:12	16:58	17:44	18:30	19:17	20:03	20:49	21:36	22:22	23:08	23:54	24:41:09
thruster	15	16:51	17:42	18:32	19:23	20:13	21:04	21:54	22:45	23:36	24:26:34	25:17:09	26:07:43	26:58:17
chest to bar	15	18:17	19:12	20:06	21:01	21:56	22:51	23:46	24:41:09	25:36:00	26:30:51	27:25:43	28:20:34	29:15:26
thruster	9	19:08	20:06	21:03	22:00	22:58	23:55	24:53:09	25:50:34	26:48:00	27:45:26	28:42:51	29:40:17	30:37:43
chest to bar	9	20:00	21:00	22:00	23:00	24:00:00	25:00:00	26:00:00	27:00:00	28:00:00	29:00:00	30:00:00	31:00:00	32:00:00