



17.1 Pacing Chart (a - Super Humans)

Finish Time:	9	10	11	12	13	14	15	16	17	18	19	20
10 db snatch	15.4	17.1	18.9	20.6	22.3	24.0	25.7	27.4	29.1	30.9	32.6	34.3
10 burp box	41.1	45.7	50.3	54.9	59.4	64.0	68.6	73.1	77.7	82.3	86.9	91.4

	10	0:15:26	0:17:09	0:18:51	0:20:34	0:22:17	0:24:00	0:25:43	0:27:26	0:29:09	0:30:51	0:32:34	0:34:17	Db Snatch	
Round 1	15	1:17:09	1:25:43	1:34:17	1:42:51	1:51:26	2:00:00	2:08:34	2:17:09	2:25:43	2:34:17	2:42:51	2:51:26	Burpee	
	20	1:48:00	2:00:00	2:12:00	2:24:00	2:36:00	2:48:00	3:00:00	3:12:00	3:24:00	3:36:00	3:48:00	4:00:00	Db Snatch	
Round 2	15	2:49:43	3:08:34	3:27:26	3:46:17	4:05:09	4:24:00	4:42:51	5:01:43	5:20:34	5:39:26	5:58:17	6:17:09	Burpee	
	30	3:36:00	4:00:00	4:24:00	4:48:00	5:12:00	5:36:00	6:00:00	6:24:00	6:48:00	7:12:00	7:36:00	8:00:00	Db Snatch	
Round 3	15	4:37:43	5:08:34	5:39:26	6:10:17	6:41:09	7:12:00	7:42:51	8:13:43	8:44:34	9:15:26	9:46:17	10:17:09	Burpee	
	40	5:39:26	6:17:09	6:54:51	7:32:34	8:10:17	8:48:00	9:25:43	10:03:26	10:41:09	11:18:51	11:56:34	12:34:17	Db Snatch	
Round 4	15	6:41:09	7:25:43	8:10:17	8:54:51	9:39:26	10:24:00	11:08:34	11:53:09	12:37:43	13:22:17	14:06:51	14:51:26	Burpee	
	1	10	6:56:34	7:42:51	8:29:09	9:15:26	10:01:43	10:48:00	11:34:17	12:20:34	13:06:51	13:53:09	14:39:26	15:25:43	Db Snatch
	2	10	7:12:00	8:00:00	8:48:00	9:36:00	10:24:00	11:12:00	12:00:00	12:48:00	13:36:00	14:24:00	15:12:00	16:00:00	Db Snatch
	3	10	7:27:26	8:17:09	9:06:51	9:56:34	10:46:17	11:36:00	12:25:43	13:15:26	14:05:09	14:54:51	15:44:34	16:34:17	Db Snatch
	4	10	7:42:51	8:34:17	9:25:43	10:17:09	11:08:34	12:00:00	12:51:26	13:42:51	14:34:17	15:25:43	16:17:09	17:08:34	Db Snatch
	5	10	7:58:17	8:51:26	9:44:34	10:37:43	11:30:51	12:24:00	13:17:09	14:10:17	15:03:26	15:56:34	16:49:43	17:42:51	Db Snatch
Round 5	15	9:00:00	10:00:00	11:00:00	12:00:00	13:00:00	14:00:00	15:00:00	16:00:00	17:00:00	18:00:00	19:00:00	20:00:00	Burpee	