17.1 Pacing Chart (c - Complete chart with 10 rep dumbbell increments)

Finish Time:		9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
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	36.0	37.7	39.4	41.1	42.9	44.6	46.3	48.0
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	96.0	100.6	105.1	109.7	114.3	118.9	123.4	128.0
	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	0:36:00	0:37:43	0:39:26	0:41:09	0:42:51	0:44:34	0:46:17	0:48:00
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	3:00:00	3:08:34	3:17:09	3:25:43	3:34:17	3:42:51	3:51:26	4:00:00
1	10	1:32:34	1:42:51	1:53:09	2:03:26	2:13:43	2:24:00	2:34:17	2:44:34	2:54:51	3:05:09	3:15:26	3:25:43	3:36:00	3:46:17	3:56:34	4:06:51	4:17:09	4:27:26	4:37:43	4:48:00
2	10	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	4:12:00	4:24:00	4:36:00	4:48:00	5:00:00	5:12:00	5:24:00	5:36:00
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	6:36:00	6:54:51	7:13:43	7:32:34	7:51:26	8:10:17	8:29:09	8:48:00
1	10	3:05:09	3:25:43	3:46:17	4:06:51	4:27:26	4:48:00	5:08:34	5:29:09	5:49:43	6:10:17	6:30:51	6:51:26	7:12:00	7:32:34	7:53:09	8:13:43	8:34:17	8:54:51	9:15:26	9:36:00
2	10	3:20:34	3:42:51	4:05:09	4:27:26	4:49:43	5:12:00	5:34:17	5:56:34	6:18:51	6:41:09	7:03:26	7:25:43	7:48:00	8:10:17	8:32:34	8:54:51	9:17:09	9:39:26	10:01:43	10:24:00
3	10	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	8:24:00	8:48:00	9:12:00	9:36:00	10:00:00	10:24:00	10:48:00	11:12:00
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	10:48:00	11:18:51	11:49:43	12:20:34	12:51:26	13:22:17	13:53:09	14:24:00
1	10	4:53:09	5:25:43	5:58:17	6:30:51	7:03:26	7:36:00	8:08:34	8:41:09	9:13:43	9:46:17	10:18:51	10:51:26	11:24:00	11:56:34	12:29:09	13:01:43	13:34:17	14:06:51	14:39:26	15:12:00
2	10	5:08:34	5:42:51	6:17:09	6:51:26	7:25:43	8:00:00	8:34:17	9:08:34	9:42:51	10:17:09	10:51:26	11:25:43	12:00:00	12:34:17	13:08:34	13:42:51	14:17:09	14:51:26	15:25:43	16:00:00
3	10	5:24:00	6:00:00	6:36:00	7:12:00	7:48:00	8:24:00	9:00:00	9:36:00	10:12:00	10:48:00	11:24:00	12:00:00	12:36:00	13:12:00	13:48:00	14:24:00	15:00:00	15:36:00	16:12:00	16:48:00
4	10	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	13:12:00	13:49:43	14:27:26	15:05:09	15:42:51	16:20:34	**16:58:17**	**17:36:00**
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	15:36:00	16:20:34	17:05:09	17:49:43	18:34:17	**19:18:51**	20:03:26	20:48:00
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	16:12:00	16:58:17	17:44:34	18:30:51	19:17:09	20:03:26	20:49:43	21:36:00
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	16:48:00	17:36:00	18:24:00	19:12:00	**20:00:00**	20:48:00	21:36:00	22:24:00
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	17:24:00	18:13:43	19:03:26	**19:53:09**	20:42:51	21:32:34	22:22:17	23:12:00
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	18:00:00	18:51:26	**19:42:51**	20:34:17	21:25:43	22:17:09	23:08:34	24:00:00
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	**18:36:00**	**19:29:09**	20:22:17	21:15:26	22:08:34	23:01:43	23:54:51	24:48:00
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	21:00:00	22:00:00	23:00:00	24:00:00	25:00:00	26:00:00	27:00:00	28:00:00

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For Non-Completions - Time left to complete next movement:	**1:24:00**	**0:30:51**	**0:17:09**	**0:06:51**	**0:42:51**	**0:41:09**	**3:01:43**	**2:24:00**
Snatch Left	0	0	0	0	0	0	0	0
Burpee left	0	0	0	0	0	0	15	15
Snatch Left	0	0	10	20	40	50	50	50
Burpee left	15	15	15	15	15	15	15	15