



17.3 Pacing Chart

Finish Time:		6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	12	13	14	15	16	17	18	19	20
9 thrusters sec		16.3	17.5	18.8	20.0	21.3	22.5	23.8	25.0	26.3	27.5	30.0	32.5	35.0	37.5	40.0	42.5	45.0	47.5	50.0
35 double unders sec		22.8	24.5	26.3	28.0	29.8	31.5	33.3	35.0	36.8	38.5	42.0	45.5	49.0	52.5	56.0	59.5	63.0	66.5	70.0
Time per round		0:39	0:42	0:45	0:48	0:51	0:54	0:57	1:00	1:03	1:06	1:12	1:18	1:24	1:30	1:36	1:42	1:48	1:54	2:00
Round 1	9	0:16	0:17	0:18	0:20	0:21	0:22	0:23	0:25	0:26	0:27	0:30	0:32	0:35	0:37	0:40	0:42	0:45	0:47	0:50
	35	0:39	0:42	0:45	0:48	0:51	0:54	0:57	1:00	1:03	1:06	1:12	1:18	1:24	1:30	1:36	1:42	1:48	1:54	2:00
Round 2	9	0:55	0:59	1:03	1:08	1:12	1:16	1:20	1:25	1:29	1:33	1:42	1:50	1:59	2:07	2:16	2:24	2:33	2:41	2:50
	35	1:18	1:24	1:30	1:36	1:42	1:48	1:54	2:00	2:06	2:12	2:24	2:36	2:48	3:00	3:12	3:24	3:36	3:48	4:00
Round 3	9	1:34	1:41	1:48	1:56	2:03	2:10	2:17	2:25	2:32	2:39	2:54	3:08	3:23	3:37	3:52	4:06	4:21	4:35	4:50
	35	1:57	2:06	2:15	2:24	2:33	2:42	2:51	3:00	3:09	3:18	3:36	3:54	4:12	4:30	4:48	5:06	5:24	5:42	6:00
Round 4	9	2:13	2:23	2:33	2:44	2:54	3:04	3:14	3:25	3:35	3:45	4:06	4:26	4:47	5:07	5:28	5:48	6:09	6:29	6:50
	35	2:36	2:48	3:00	3:12	3:24	3:36	3:48	4:00	4:12	4:24	4:48	5:12	5:36	6:00	6:24	6:48	7:12	7:36	8:00
Round 5	9	2:52	3:05	3:18	3:32	3:45	3:58	4:11	4:25	4:38	4:51	5:18	5:44	6:11	6:37	7:04	7:30	7:57	8:23	8:50
	35	3:15	3:30	3:45	4:00	4:15	4:30	4:45	5:00	5:15	5:30	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00
Round 6	9	3:31	3:47	4:03	4:20	4:36	4:52	5:08	5:25	5:41	5:57	6:30	7:02	7:35	8:07	8:40	9:12	9:45	10:17	10:50
	35	3:54	4:12	4:30	4:48	5:06	5:24	5:42	6:00	6:18	6:36	7:12	7:48	8:24	9:00	9:36	10:12	10:48	11:24	12:00
Round 7	9	4:10	4:29	4:48	5:08	5:27	5:46	6:05	6:25	6:44	7:03	7:42	8:20	8:59	9:37	10:16	10:54	11:33	12:11	12:50
	35	4:33	4:54	5:15	5:36	5:57	6:18	6:39	7:00	7:21	7:42	8:24	9:06	9:48	10:30	11:12	11:54	12:36	13:18	14:00
Round 8	9	4:49	5:11	5:33	5:56	6:18	6:40	7:02	7:25	7:47	8:09	8:54	9:38	10:23	11:07	11:52	12:36	13:21	14:05	14:50
	35	5:12	5:36	6:00	6:24	6:48	7:12	7:36	8:00	8:24	8:48	9:36	10:24	11:12	12:00	12:48	13:36	14:24	15:12	16:00
Round 9	9	5:28	5:53	6:18	6:44	7:09	7:34	7:59	8:25	8:50	9:15	10:06	10:56	11:47	12:37	13:28	14:18	15:09	15:59	16:50
	35	5:51	6:18	6:45	7:12	7:39	8:06	8:33	9:00	9:27	9:54	10:48	11:42	12:36	13:30	14:24	15:18	16:12	17:06	18:00
Round 10	9	6:07	6:35	7:03	7:32	8:00	8:28	8:56	9:25	9:53	10:21	11:18	12:14	13:11	14:07	15:04	16:00	16:57	17:53	18:50
	35	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00