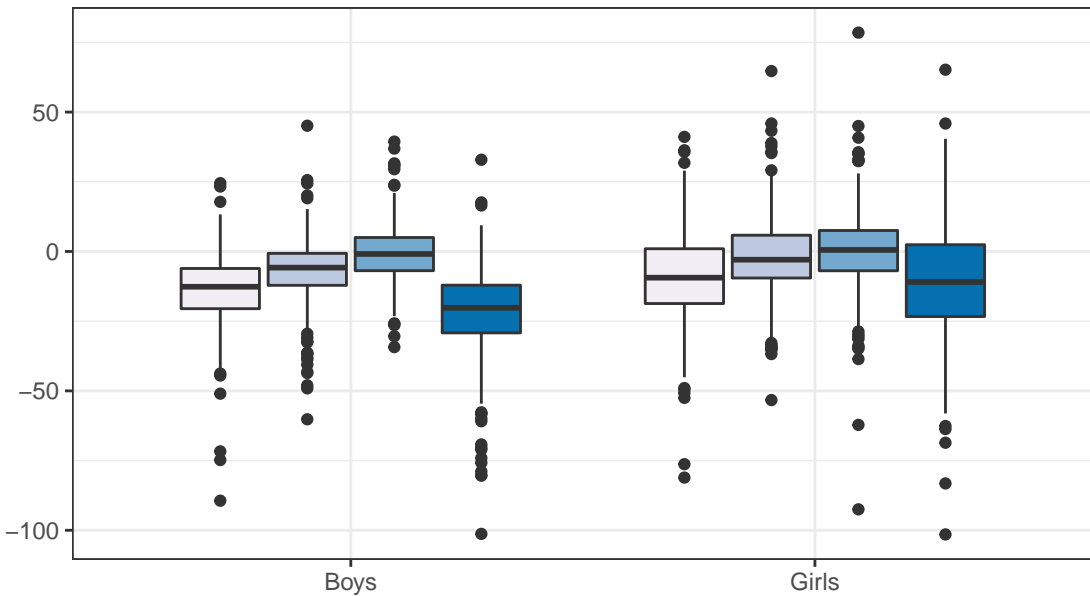


Difference in Time for Consecutive Grades (1600m)

Difference in Time between Grades (in seconds)



GradeRange



10 to 9



11 to 10



12 to 11



12 to 9