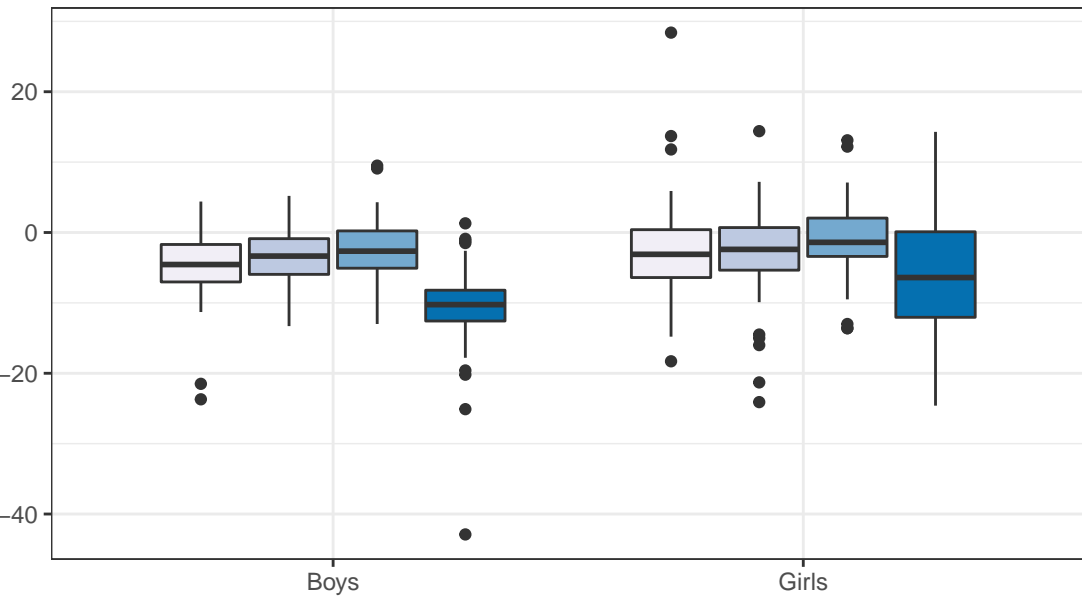


# Difference in Time for Consecutive Grades (800m)

Difference in Time between Grades (in seconds)



GradeRange 10 to 9 11 to 10 12 to 11 12 to 9