

TMM 2024 Paces - Final Paces (3.30 Bus)

#KM	Elevation Gain/Loss	GPS watch pace	Time Elapsed	Cumulative Pace
1	2	4:52	0:04:52	4:52
2	0	4:50	0:09:43	4:51
3	1	4:51	0:14:34	4:51
4	0	4:50	0:19:24	4:51
5	0	4:50	0:24:14	4:51
6	0	4:50	0:29:05	4:51
7	0	4:50	0:33:55	4:51
8	0	4:50	0:38:45	4:51
9	0	4:50	0:43:36	4:51
10	20	5:06	0:48:42	4:52
11	4	4:54	0:53:36	4:52
12	-20	4:44	0:58:20	4:52
13	-2	4:50	1:03:11	4:52
14	1	4:51	1:08:02	4:52
15	0	4:50	1:12:52	4:51
16	0	4:50	1:17:43	4:51
17	9	4:58	1:22:41	4:52
18	2	4:52	1:27:33	4:52
19	8	5:07	1:32:40	4:53
20	-7	4:58	1:37:38	4:53
21	-5	4:59	1:42:37	4:53
22	1	5:00	1:47:37	4:54
23	1	5:01	1:52:38	4:54
24	-2	5:00	1:57:38	4:54
25	-1	5:00	2:02:38	4:54
26	0	5:00	2:07:38	4:55
27	0	5:00	2:12:37	4:55
28	0	5:00	2:17:37	4:55
29	0	5:00	2:22:37	4:55
30	-1	5:00	2:27:37	4:55
31	-6	4:59	2:32:36	4:55
32	2	5:02	2:37:37	4:56
33	-1	5:00	2:42:37	4:56
34	1	5:01	2:47:38	4:56
35	-1	5:02	2:52:40	4:56
36	25	5:22	2:58:02	4:57
37	-11	4:59	3:03:00	4:57
38	-13	4:59	3:07:59	4:57
39	-1	5:02	3:13:01	4:57
40	-1	5:02	3:18:02	4:57
41	0	5:02	3:23:04	4:57
42	0	5:02	3:28:06	4:57
FM	0	5:02	3:29:51	4:57