











Roundhay Runners








415m Laps Pyramid session - 7th August 2014















Actual loop: 414






















Key

	-5.0%	A green arrow means that you ran more than 2% faster than your target session pace.
	0.0%	An orange arrow means that you ran within plus or minus 2% of your target session pace.
	5.0%	A red arrow means that you were more than 2% slower than your target session pace.

10km Target	414m	828m	1242m	1656m	1242m	828m	414m
00:33:00	01:19	02:37	03:56	05:15	03:56	02:37	01:19
	00:39	01:19	01:58	02:37	01:58	01:19	end
Rob (time)	01:13	02:34	03:52	05:14	03:57	02:35	01:12
Rob (%)	 -7.2%	 -2.2%	 -1.7%	 -0.2%	 0.4%	 -1.5%	 -8.5%

10km Target	414m	828m	1242m	1656m	1242m	828m	414m
00:36:00	01:26	02:52	04:18	05:43	04:18	02:52	01:26
	00:43	01:26	02:09	02:52	02:09	01:26	end
Dan (time)	01:19	02:45	04:08	05:30	04:04	02:35	01:07
Dan (%)	 -8.0%	 -3.9%	 -3.7%	 -3.9%	 -5.3%	 -9.7%	 -22.0%

10km Target	414m	828m	1242m	1656m	1242m	828m	414m
00:38:00	01:31	03:01	04:32	06:02	04:32	03:01	01:31
	00:45	01:31	02:16	03:01	02:16	01:31	end
Bobak (time)	01:19	02:47	04:18	05:28	04:09	02:37	01:04
Bobak (%)	 -12.8%	 -7.9%	 -5.1%	 -9.5%	 -8.4%	 -13.4%	 -29.4%
James (time)	01:19	02:47	04:18	05:28	04:09	02:37	01:04
James (%)	 -12.8%	 -7.9%	 -5.1%	 -9.5%	 -8.4%	 -13.4%	 -29.4%

10km Target	414m	828m	1242m	1656m	1242m	828m	414m
00:39:00	01:33	03:06	04:39	06:12	04:39	03:06	01:33
	00:47	01:33	02:20	03:06	02:20	01:33	end
Pete (time)	01:26	02:55	04:20	05:50	04:20	02:49	01:18
Pete (%)	 -7.5%	 -5.9%	 -6.8%	 -5.9%	 -6.8%	 -9.1%	 -16.1%
Joe (time)	01:26	02:55	04:20	05:50	04:18	02:49	01:13
Joe (%)	 -7.5%	 -5.9%	 -6.8%	 -5.9%	 -7.5%	 -9.1%	 -21.5%
Andy (time)	01:26	02:55	04:20	05:50	04:20	02:49	01:13
Andy (%)	 -7.5%	 -5.9%	 -6.8%	 -5.9%	 -6.8%	 -9.1%	 -21.5%

10km Target	414m	828m	1242m	1656m	1242m	828m	414m
00:42:00	01:40	03:20	05:00	06:41	05:00	03:20	01:40
	00:50	01:40	02:30	03:20	02:30	01:40	end
Andrew Riley (time)	01:40	03:20	05:01	06:37	04:57	03:20	01:20
Andrew Riley (%)	→ -0.2%	→ -0.2%	→ 0.2%	→ -0.9%	→ -1.2%	→ -0.2%	↑ -20.1%
Innes Young (time)	01:40	03:20	05:01	06:37	04:57	03:20	01:20
Innes Young (%)	→ -0.2%	→ -0.2%	→ 0.2%	→ -0.9%	→ -1.2%	→ -0.2%	↑ -20.1%
Mark Ayre (time)	01:40	03:20	05:01	06:37	04:57	03:20	01:20
Mark Ayre (%)	→ -0.2%	→ -0.2%	→ 0.2%	→ -0.9%	→ -1.2%	→ -0.2%	↑ -20.1%
Chris Breedon (time)	01:40	03:20	05:01	06:37	04:57	03:20	01:20
Chris Breedon (%)	→ -0.2%	→ -0.2%	→ 0.2%	→ -0.9%	→ -1.2%	→ -0.2%	↑ -20.1%
Anthony Toulson (time)	01:40	03:20	05:01	06:37	04:57	03:20	01:20
Anthony Toulson (%)	→ -0.2%	→ -0.2%	→ 0.2%	→ -0.9%	→ -1.2%	→ -0.2%	↑ -20.1%
Alistair Urquart (time)	01:40	03:20	05:01	06:37	04:57	03:20	01:20
Alistair Urquart (%)	→ -0.2%	→ -0.2%	→ 0.2%	→ -0.9%	→ -1.2%	→ -0.2%	↑ -20.1%
John (time)	01:40	03:20	05:01	06:37	04:57	03:20	01:20
John (%)	→ -0.2%	→ -0.2%	→ 0.2%	→ -0.9%	→ -1.2%	→ -0.2%	↑ -20.1%
Ollie (time)	01:40	03:27	05:01	06:37	04:57	03:20	01:20
Ollie (%)	→ -0.2%	↓ 3.3%	→ 0.2%	→ -0.9%	→ -1.2%	→ -0.2%	↑ -20.1%
Chris Cobb (time)	01:40	03:27	05:01	06:37	04:57	03:20	01:20
Chris Cobb (%)	→ -0.2%	↓ 3.3%	→ 0.2%	→ -0.9%	→ -1.2%	→ -0.2%	↑ -20.1%

10km Target	414m	828m	1242m	1656m	1242m	828m	414m
00:44:00	01:45	03:30	05:15	07:00	05:15	03:30	01:45
	00:52	01:45	02:37	03:30	02:37	01:45	end
Phil (time)	01:42	03:27	04:57	06:37	04:59	03:17	01:18
Phil (%)	↑ -2.8%	→ -1.4%	↑ -5.6%	↑ -5.4%	↑ -5.0%	↑ -6.1%	↑ -25.7%
Andy South (time)	01:42	03:27	04:57	06:37	04:59	03:17	01:18
Andy South (%)	↑ -2.8%	→ -1.4%	↑ -5.6%	↑ -5.4%	↑ -5.0%	↑ -6.1%	↑ -25.7%

10km Target	414m	828m	1242m	1656m	1242m	828m	414m
00:46:00	01:50	03:39	05:29	07:19	05:29	03:39	01:50
	00:55	01:50	02:45	03:39	02:45	01:50	end
Tim Binstead (time)	01:45	03:18	05:13	07:04	05:11	03:08	01:22
Tim Binstead (%)	↑ -4.3%	↑ -9.7%	↑ -4.9%	↑ -3.4%	↑ -5.5%	↑ -14.3%	↑ -25.2%
Steve Shaw (time)	01:45	03:18	05:13	07:04	05:11	03:08	01:22
Steve Shaw (%)	↑ -4.3%	↑ -9.7%	↑ -4.9%	↑ -3.4%	↑ -5.5%	↑ -14.3%	↑ -25.2%
James C (time)	01:45	03:18	05:13	07:04	05:11	03:08	01:22
James C (%)	↑ -4.3%	↑ -9.7%	↑ -4.9%	↑ -3.4%	↑ -5.5%	↑ -14.3%	↑ -25.2%
Darren Rodgers (time)	01:45	03:18	05:13	07:04	05:11	03:08	01:22
Darren Rodgers (%)	↑ -4.3%	↑ -9.7%	↑ -4.9%	↑ -3.4%	↑ -5.5%	↑ -14.3%	↑ -25.2%

10km Target	414m	828m	1242m	1656m	1242m	828m	414m
00:48:00	01:54	03:49	05:43	07:38	05:43	03:49	01:54
	00:57	01:54	02:52	03:49	02:52	01:54	end
Andy J (time)	01:46	03:30	05:21	07:09	05:16	03:22	01:30
Andy J (%)	↑ -7.4%	↑ -8.3%	↑ -6.5%	↑ -6.3%	↑ -8.0%	↑ -11.8%	↑ -21.4%
James (time)	01:46	03:30	05:21	07:09	05:16	03:22	01:21
James (%)	↑ -7.4%	↑ -8.3%	↑ -6.5%	↑ -6.3%	↑ -8.0%	↑ -11.8%	↑ -29.2%
Suki (time)	01:46	03:30	05:21	07:09	05:16	03:22	01:21
Suki (%)	↑ -7.4%	↑ -8.3%	↑ -6.5%	↑ -6.3%	↑ -8.0%	↑ -11.8%	↑ -29.2%

10km Target	414m	828m	1242m	1656m	1242m	828m	414m
00:50:00	01:59	03:58	05:58	07:57	05:58	03:58	01:59
	01:00	01:59	02:59	03:58	02:59	01:59	end
Annie L (time)	01:45	03:45	06:00	07:56	05:45	03:42	01:34
Annie L (%)	↑ -11.9%	↑ -5.6%	→ 0.6%	→ -0.2%	↑ -3.5%	↑ -6.9%	↑ -21.2%
Ian Raynor (time)	01:45	03:45	05:54	07:43	05:45	03:42	01:23
Ian Raynor (%)	↑ -11.9%	↑ -5.6%	→ -1.0%	↑ -2.9%	↑ -3.5%	↑ -6.9%	↑ -30.4%
Ellie (time)	01:45	03:45	06:00	07:56	05:45	03:42	01:28
Ellie (%)	↑ -11.9%	↑ -5.6%	→ 0.6%	→ -0.2%	↑ -3.5%	↑ -6.9%	↑ -26.2%
Tamsin (time)	01:45	03:45	06:00	07:56	05:45	03:42	01:23
Tamsin (%)	↑ -11.9%	↑ -5.6%	→ 0.6%	→ -0.2%	↑ -3.5%	↑ -6.9%	↑ -30.4%
Grace (time)	01:45	03:45	06:00	07:56	05:45	03:42	01:25
Grace (%)	↑ -11.9%	↑ -5.6%	→ 0.6%	→ -0.2%	↑ -3.5%	↑ -6.9%	↑ -28.7%
Kate (time)	01:45	03:45	06:00	07:56	05:45	03:42	01:28
Kate (%)	↑ -11.9%	↑ -5.6%	→ 0.6%	→ -0.2%	↑ -3.5%	↑ -6.9%	↑ -26.2%
John F (time)	01:45	03:45	05:54	07:43	05:45	03:42	01:23
John F (%)	↑ -11.9%	↑ -5.6%	→ -1.0%	↑ -2.9%	↑ -3.5%	↑ -6.9%	↑ -30.4%
Lucy AR (time)	01:45	03:45	06:00	07:56	05:45	03:42	01:25
Lucy AR (%)	↑ -11.9%	↑ -5.6%	→ 0.6%	→ -0.2%	↑ -3.5%	↑ -6.9%	↑ -28.7%
Geoff (time)	01:45	03:45	05:54	07:43	05:45	03:42	01:25
Geoff (%)	↑ -11.9%	↑ -5.6%	→ -1.0%	↑ -2.9%	↑ -3.5%	↑ -6.9%	↑ -28.7%
Stan (time)	01:45	03:45	05:54	07:43	05:45	03:42	01:23
Stan (%)	↑ -11.9%	↑ -5.6%	→ -1.0%	↑ -2.9%	↑ -3.5%	↑ -6.9%	↑ -30.4%
Craig (time)	01:40	03:48	05:24	07:24	05:22	03:24	01:20
Craig (%)	↑ -16.1%	↑ -4.4%	↑ -9.4%	↑ -6.9%	↑ -10.0%	↑ -14.5%	↑ -32.9%
Des (time)	01:40	03:48	05:24	07:24	05:22	03:24	01:20
Des (%)	↑ -16.1%	↑ -4.4%	↑ -9.4%	↑ -6.9%	↑ -10.0%	↑ -14.5%	↑ -32.9%
Alissa (time)	01:40	03:48	05:24	07:24	05:22	03:24	01:25
Alissa (%)	↑ -16.1%	↑ -4.4%	↑ -9.4%	↑ -6.9%	↑ -10.0%	↑ -14.5%	↑ -28.7%
Reena (time)	01:40	03:48	05:24	07:24	05:22	03:24	01:25
Reena (%)	↑ -16.1%	↑ -4.4%	↑ -9.4%	↑ -6.9%	↑ -10.0%	↑ -14.5%	↑ -28.7%
Dee (time)	01:40	03:48	05:24	07:24	05:22	03:24	01:25
Dee (%)	↑ -16.1%	↑ -4.4%	↑ -9.4%	↑ -6.9%	↑ -10.0%	↑ -14.5%	↑ -28.7%

10km Target	414m	828m	1242m	1656m	1242m	828m	414m
00:54:00	02:09	04:18	06:26	08:35	06:26	04:18	02:09
	01:04	02:09	03:13	04:18	03:13	02:09	end
Phil Hill (time)	02:05	04:09	06:19	08:31	06:20	04:13	01:30
Phil Hill (%)	↑ -2.9%	↑ -3.3%	→ -1.9%	→ -0.8%	→ -1.6%	→ -1.8%	↑ -30.1%
Penny Hill (time)	02:05	04:09	06:19	08:31	06:20	04:13	01:30
Penny Hill (%)	↑ -2.9%	↑ -3.3%	→ -1.9%	→ -0.8%	→ -1.6%	→ -1.8%	↑ -30.1%
Mags (time)	02:05	04:09	06:19	08:31	06:20	04:13	01:30
Mags (%)	↑ -2.9%	↑ -3.3%	→ -1.9%	→ -0.8%	→ -1.6%	→ -1.8%	↑ -30.1%
Emma (time)	02:05	04:09	06:19	08:31	06:20	04:13	01:30
Emma (%)	↑ -2.9%	↑ -3.3%	→ -1.9%	→ -0.8%	→ -1.6%	→ -1.8%	↑ -30.1%
Vicky Annis (time)	02:05	04:09	06:19	08:31	06:20	04:13	01:30
Vicky Annis (%)	↑ -2.9%	↑ -3.3%	→ -1.9%	→ -0.8%	→ -1.6%	→ -1.8%	↑ -30.1%
Ellen (time)	02:05	04:09	06:19	08:31	06:20	04:13	01:30
Ellen (%)	↑ -2.9%	↑ -3.3%	→ -1.9%	→ -0.8%	→ -1.6%	→ -1.8%	↑ -30.1%

10km Target	414m	828m	1242m	1656m	1242m	828m	414m
00:56:00	02:14	04:27	06:41	08:54	06:41	04:27	02:14
	01:07	02:14	03:20	04:27	03:20	02:14	end
Benedicte (time)	02:14	04:23	06:02	07:42	05:38	03:38	01:30
Benedicte (%)	→ 0.3%	→ -1.5%	↑ -9.6%	↑ -13.5%	↑ -15.6%	↑ -18.4%	↑ -32.6%
Hilary (time)	02:14	04:23	06:02	08:08	05:54	03:43	01:35
Hilary (%)	→ 0.3%	→ -1.5%	↑ -9.6%	↑ -8.6%	↑ -11.6%	↑ -16.5%	↑ -28.9%
Elisa (time)	02:14	04:23	06:02	08:08	05:54	03:40	01:32
Elisa (%)	→ 0.3%	→ -1.5%	↑ -9.6%	↑ -8.6%	↑ -11.6%	↑ -17.6%	↑ -31.1%
Rob D (time)	02:14	04:23	06:32	08:54	06:40	04:26	01:52
Rob D (%)	→ 0.3%	→ -1.5%	↑ -2.2%	→ 0.0%	→ -0.2%	→ -0.4%	↑ -16.1%
Matt M (time)	02:14	04:23	06:32	08:54	06:40	04:26	01:34
Matt M (%)	→ 0.3%	→ -1.5%	↑ -2.2%	→ 0.0%	→ -0.2%	→ -0.4%	↑ -29.6%
Karl J (time)	02:14	04:23	06:02	08:54	06:40	04:26	01:34
Karl J (%)	→ 0.3%	→ -1.5%	↑ -9.6%	→ 0.0%	→ -0.2%	→ -0.4%	↑ -29.6%

10km Target	414m	828m	1242m	1656m	1242m	828m	414m
01:00:00	02:23	04:46	07:09	09:32	07:09	04:46	02:23
	01:12	02:23	03:35	04:46	03:35	02:23	end
Sioned (time)	02:06	04:08	06:31	08:55	05:59	03:58	01:38
Sioned (%)	↑ -11.9%	↑ -13.3%	↑ -8.9%	↑ -6.5%	↑ -16.4%	↑ -16.8%	↑ -31.5%
Angela (time)	02:06	04:18	06:31	09:23	06:55	04:27	01:41
Angela (%)	↑ -11.9%	↑ -9.8%	↑ -8.9%	→ -1.6%	↑ -3.3%	↑ -6.7%	↑ -29.4%
Allison M (time)	02:06	04:18	06:57	09:40	06:55	04:27	01:54
Allison M (%)	↑ -11.9%	↑ -9.8%	↑ -2.9%	→ 1.3%	↑ -3.3%	↑ -6.7%	↑ -20.3%
Clare L (time)	02:06	04:08	06:31	08:55	06:55	04:27	01:52
Clare L (%)	↑ -11.9%	↑ -13.3%	↑ -8.9%	↑ -6.5%	↑ -3.3%	↑ -6.7%	↑ -21.7%
Sarah M (time)	02:06	04:10	06:57	09:40	07:09	04:27	02:00
Sarah M (%)	↑ -11.9%	↑ -12.6%	↑ -2.9%	→ 1.3%	→ -0.1%	↑ -6.7%	↑ -16.1%
Charlotte B (time)	02:06	04:18	06:40	09:23	06:55	04:27	02:00
Charlotte B (%)	↑ -11.9%	↑ -9.8%	↑ -6.8%	→ -1.6%	↑ -3.3%	↑ -6.7%	↑ -16.1%

10km Target	414m	828m	1242m	1656m	1242m	828m	414m
01:10:00	02:47	05:34	08:21	11:08	08:21	05:34	02:47
	01:23	02:47	04:10	05:34	04:10	02:47	end
Mary (time)	02:36	05:16	07:51	10:45	08:12	05:20	02:26
Mary (%)	↑ -6.5%	↑ -5.3%	↑ -5.9%	↑ -3.4%	→ -1.8%	↑ -4.1%	↑ -12.5%
Alex (time)	02:36	05:16	07:51	10:45	08:12	05:20	02:26
Alex (%)	↑ -6.5%	↑ -5.3%	↑ -5.9%	↑ -3.4%	→ -1.8%	↑ -4.1%	↑ -12.5%
Rachel (time)	02:36	05:16	07:51	10:45	08:12	05:20	02:26
Rachel (%)	↑ -6.5%	↑ -5.3%	↑ -5.9%	↑ -3.4%	→ -1.8%	↑ -4.1%	↑ -12.5%
Ruth (time)	02:36	05:16	07:51	10:45	08:12	05:20	02:26
Ruth (%)	↑ -6.5%	↑ -5.3%	↑ -5.9%	↑ -3.4%	→ -1.8%	↑ -4.1%	↑ -12.5%