

# Thetford Parkrun Even Pacing Splits

Location	Distance	19 Min	20 Min	21 Min	22 Min	23 Min	24 Min	25 Min
Start	0.00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00
First Turn at Bridge	0.40	00:01:31	00:01:36	00:01:41	00:01:46	00:01:50	00:01:55	00:02:00
Cross Bridge	1.20	00:04:34	00:04:48	00:05:02	00:05:17	00:05:31	00:05:46	00:06:00
Meadow Lap 1->2	2.01	00:07:38	00:08:02	00:08:27	00:08:51	00:09:15	00:09:39	00:10:03
Cross to final loop	2.80	00:10:38	00:11:12	00:11:46	00:12:19	00:12:53	00:13:26	00:14:00
Final Lap 1->2	3.55	00:13:29	00:14:12	00:14:55	00:15:37	00:16:20	00:17:02	00:17:45
Cross Bridge	4.32	00:16:25	00:17:17	00:18:09	00:19:00	00:19:52	00:20:44	00:21:36
Poo Bin Corner	4.58	00:17:24	00:18:19	00:19:14	00:20:09	00:21:04	00:21:59	00:22:54
Final Bike Barrier	4.78	00:18:10	00:19:07	00:20:05	00:21:02	00:21:59	00:22:57	00:23:54
Final Corner	4.90	00:18:37	00:19:36	00:20:35	00:21:34	00:22:32	00:23:31	00:24:30
Finish	5.00	00:19:00	00:20:00	00:21:00	00:22:00	00:23:00	00:24:00	00:25:00

Location	Distance	24 Min	25 Min	26 Min	27 Min	28 Min	29 Min	30 Min
Start	0.00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00
First Turn at Bridge	0.40	00:01:55	00:02:00	00:02:05	00:02:10	00:02:14	00:02:19	00:02:24
Cross Bridge	1.20	00:05:46	00:06:00	00:06:14	00:06:29	00:06:43	00:06:58	00:07:12
Meadow Lap 1->2	2.01	00:09:39	00:10:03	00:10:27	00:10:51	00:11:15	00:11:39	00:12:04
Cross to final loop	2.80	00:13:26	00:14:00	00:14:34	00:15:07	00:15:41	00:16:14	00:16:48
Final Lap 1->2	3.55	00:17:02	00:17:45	00:18:28	00:19:10	00:19:53	00:20:35	00:21:18
Cross Bridge	4.32	00:20:44	00:21:36	00:22:28	00:23:20	00:24:12	00:25:03	00:25:55
Poo Bin Corner	4.58	00:21:59	00:22:54	00:23:49	00:24:44	00:25:39	00:26:34	00:27:29
Final Bike Barrier	4.78	00:22:57	00:23:54	00:24:51	00:25:49	00:26:46	00:27:43	00:28:41
Final Corner	4.90	00:23:31	00:24:30	00:25:29	00:26:28	00:27:26	00:28:25	00:29:24
Finish	5.00	00:24:00	00:25:00	00:26:00	00:27:00	00:28:00	00:29:00	00:30:00

Location	Distance	29 Min	30 Min	31 Min	32 Min	33 Min	34 Min	35 Min
Start	0.00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00
First Turn at Bridge	0.40	00:02:19	00:02:24	00:02:29	00:02:34	00:02:38	00:02:43	00:02:48
Cross Bridge	1.20	00:06:58	00:07:12	00:07:26	00:07:41	00:07:55	00:08:10	00:08:24
Meadow Lap 1->2	2.01	00:11:39	00:12:04	00:12:28	00:12:52	00:13:16	00:13:40	00:14:04
Cross to final loop	2.80	00:16:14	00:16:48	00:17:22	00:17:55	00:18:29	00:19:02	00:19:36
Final Lap 1->2	3.55	00:20:35	00:21:18	00:22:01	00:22:43	00:23:26	00:24:08	00:24:51
Cross Bridge	4.32	00:25:03	00:25:55	00:26:47	00:27:39	00:28:31	00:29:23	00:30:14
Poo Bin Corner	4.58	00:26:34	00:27:29	00:28:24	00:29:19	00:30:14	00:31:09	00:32:04
Final Bike Barrier	4.78	00:27:43	00:28:41	00:29:38	00:30:36	00:31:33	00:32:30	00:33:28
Final Corner	4.90	00:28:25	00:29:24	00:30:23	00:31:22	00:32:20	00:33:19	00:34:18
Finish	5.00	00:29:00	00:30:00	00:31:00	00:32:00	00:33:00	00:34:00	00:35:00

# Thetford Parkrun Even Pacing Splits

Location	Distance	34 Min	35 Min	36 Min	37 Min	38 Min	39 Min	40 Min
Start	0.00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00
First Turn at Bridge	0.40	00:02:43	00:02:48	00:02:53	00:02:58	00:03:02	00:03:07	00:03:12
Cross Bridge	1.20	00:08:10	00:08:24	00:08:38	00:08:53	00:09:07	00:09:22	00:09:36
Meadow Lap 1->2	2.01	00:13:40	00:14:04	00:14:28	00:14:52	00:15:17	00:15:41	00:16:05
Cross to final loop	2.80	00:19:02	00:19:36	00:20:10	00:20:43	00:21:17	00:21:50	00:22:24
Final Lap 1->2	3.55	00:24:08	00:24:51	00:25:34	00:26:16	00:26:59	00:27:41	00:28:24
Cross Bridge	4.32	00:29:23	00:30:14	00:31:06	00:31:58	00:32:50	00:33:42	00:34:34
Poo Bin Corner	4.58	00:31:09	00:32:04	00:32:59	00:33:54	00:34:48	00:35:43	00:36:38
Final Bike Barrier	4.78	00:32:30	00:33:28	00:34:25	00:35:22	00:36:20	00:37:17	00:38:14
Final Corner	4.90	00:33:19	00:34:18	00:35:17	00:36:16	00:37:14	00:38:13	00:39:12
Finish	5.00	00:34:00	00:35:00	00:36:00	00:37:00	00:38:00	00:39:00	00:40:00

Location	Distance	39 Min	40 Min	41 Min	42 Min	43 Min	44 Min	45 Min
Start	0.00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00
First Turn at Bridge	0.40	00:03:07	00:03:12	00:03:17	00:03:22	00:03:26	00:03:31	00:03:36
Cross Bridge	1.20	00:09:22	00:09:36	00:09:50	00:10:05	00:10:19	00:10:34	00:10:48
Meadow Lap 1->2	2.01	00:15:41	00:16:05	00:16:29	00:16:53	00:17:17	00:17:41	00:18:05
Cross to final loop	2.80	00:21:50	00:22:24	00:22:58	00:23:31	00:24:05	00:24:38	00:25:12
Final Lap 1->2	3.55	00:27:41	00:28:24	00:29:07	00:29:49	00:30:32	00:31:14	00:31:57
Cross Bridge	4.32	00:33:42	00:34:34	00:35:25	00:36:17	00:37:09	00:38:01	00:38:53
Poo Bin Corner	4.58	00:35:43	00:36:38	00:37:33	00:38:28	00:39:23	00:40:18	00:41:13
Final Bike Barrier	4.78	00:37:17	00:38:14	00:39:12	00:40:09	00:41:06	00:42:04	00:43:01
Final Corner	4.90	00:38:13	00:39:12	00:40:11	00:41:10	00:42:08	00:43:07	00:44:06
Finish	5.00	00:39:00	00:40:00	00:41:00	00:42:00	00:43:00	00:44:00	00:45:00

Location	Distance	44 Min	45 Min	46 Min	47 Min	48 Min	49 Min	50 Min
Start	0.00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00
First Turn at Bridge	0.40	00:03:31	00:03:36	00:03:41	00:03:46	00:03:50	00:03:55	00:04:00
Cross Bridge	1.20	00:10:34	00:10:48	00:11:02	00:11:17	00:11:31	00:11:46	00:12:00
Meadow Lap 1->2	2.01	00:17:41	00:18:05	00:18:30	00:18:54	00:19:18	00:19:42	00:20:06
Cross to final loop	2.80	00:24:38	00:25:12	00:25:46	00:26:19	00:26:53	00:27:26	00:28:00
Final Lap 1->2	3.55	00:31:14	00:31:57	00:32:40	00:33:22	00:34:05	00:34:47	00:35:30
Cross Bridge	4.32	00:38:01	00:38:53	00:39:45	00:40:36	00:41:28	00:42:20	00:43:12
Poo Bin Corner	4.58	00:40:18	00:41:13	00:42:08	00:43:03	00:43:58	00:44:53	00:45:48
Final Bike Barrier	4.78	00:42:04	00:43:01	00:43:59	00:44:56	00:45:53	00:46:51	00:47:48
Final Corner	4.90	00:43:07	00:44:06	00:45:05	00:46:04	00:47:02	00:48:01	00:49:00
Finish	5.00	00:44:00	00:45:00	00:46:00	00:47:00	00:48:00	00:49:00	00:50:00

# Thetford Parkrun Even Pacing Splits

Location	Distance	49 Min	50 Min	51 Min	52 Min	53 Min	54 Min	55 Min
Start	0.00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00
First Turn at Bridge	0.40	00:03:55	00:04:00	00:04:05	00:04:10	00:04:14	00:04:19	00:04:24
Cross Bridge	1.20	00:11:46	00:12:00	00:12:14	00:12:29	00:12:43	00:12:58	00:13:12
Meadow Lap 1->2	2.01	00:19:42	00:20:06	00:20:30	00:20:54	00:21:18	00:21:42	00:22:07
Cross to final loop	2.80	00:27:26	00:28:00	00:28:34	00:29:07	00:29:41	00:30:14	00:30:48
Final Lap 1->2	3.55	00:34:47	00:35:30	00:36:13	00:36:55	00:37:38	00:38:20	00:39:03
Cross Bridge	4.32	00:42:20	00:43:12	00:44:04	00:44:56	00:45:48	00:46:39	00:47:31
Poo Bin Corner	4.58	00:44:53	00:45:48	00:46:43	00:47:38	00:48:33	00:49:28	00:50:23
Final Bike Barrier	4.78	00:46:51	00:47:48	00:48:45	00:49:43	00:50:40	00:51:37	00:52:35
Final Corner	4.90	00:48:01	00:49:00	00:49:59	00:50:58	00:51:56	00:52:55	00:53:54
Finish	5.00	00:49:00	00:50:00	00:51:00	00:52:00	00:53:00	00:54:00	00:55:00

Location	Distance	54 Min	55 Min	56 Min	57 Min	58 Min	59 Min	60 Min
Start	0.00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00
First Turn at Bridge	0.40	00:04:19	00:04:24	00:04:29	00:04:34	00:04:38	00:04:43	00:04:48
Cross Bridge	1.20	00:12:58	00:13:12	00:13:26	00:13:41	00:13:55	00:14:10	00:14:24
Meadow Lap 1->2	2.01	00:21:42	00:22:07	00:22:31	00:22:55	00:23:19	00:23:43	00:24:07
Cross to final loop	2.80	00:30:14	00:30:48	00:31:22	00:31:55	00:32:29	00:33:02	00:33:36
Final Lap 1->2	3.55	00:38:20	00:39:03	00:39:46	00:40:28	00:41:11	00:41:53	00:42:36
Cross Bridge	4.32	00:46:39	00:47:31	00:48:23	00:49:15	00:50:07	00:50:59	00:51:50
Poo Bin Corner	4.58	00:49:28	00:50:23	00:51:18	00:52:13	00:53:08	00:54:03	00:54:58
Final Bike Barrier	4.78	00:51:37	00:52:35	00:53:32	00:54:30	00:55:27	00:56:24	00:57:22
Final Corner	4.90	00:52:55	00:53:54	00:54:53	00:55:52	00:56:50	00:57:49	00:58:48
Finish	5.00	00:54:00	00:55:00	00:56:00	00:57:00	00:58:00	00:59:00	01:00:00

Location	Distance	59 Min	60 Min	61 Min	62 Min	63 Min	64 Min	65 Min
Start	0.00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00
First Turn at Bridge	0.40	00:04:43	00:04:48	00:04:53	00:04:58	00:05:02	00:05:07	00:05:12
Cross Bridge	1.20	00:14:10	00:14:24	00:14:38	00:14:53	00:15:07	00:15:22	00:15:36
Meadow Lap 1->2	2.01	00:23:43	00:24:07	00:24:31	00:24:55	00:25:20	00:25:44	00:26:08
Cross to final loop	2.80	00:33:02	00:33:36	00:34:10	00:34:43	00:35:17	00:35:50	00:36:24
Final Lap 1->2	3.55	00:41:53	00:42:36	00:43:19	00:44:01	00:44:44	00:45:26	00:46:09
Cross Bridge	4.32	00:50:59	00:51:50	00:52:42	00:53:34	00:54:26	00:55:18	00:56:10
Poo Bin Corner	4.58	00:54:03	00:54:58	00:55:53	00:56:48	00:57:42	00:58:37	00:59:32
Final Bike Barrier	4.78	00:56:24	00:57:22	00:58:19	00:59:16	01:00:14	01:01:11	01:02:08
Final Corner	4.90	00:57:49	00:58:48	00:59:47	01:00:46	01:01:44	01:02:43	01:03:42
Finish	5.00	00:59:00	01:00:00	01:01:00	01:02:00	01:03:00	01:04:00	01:05:00