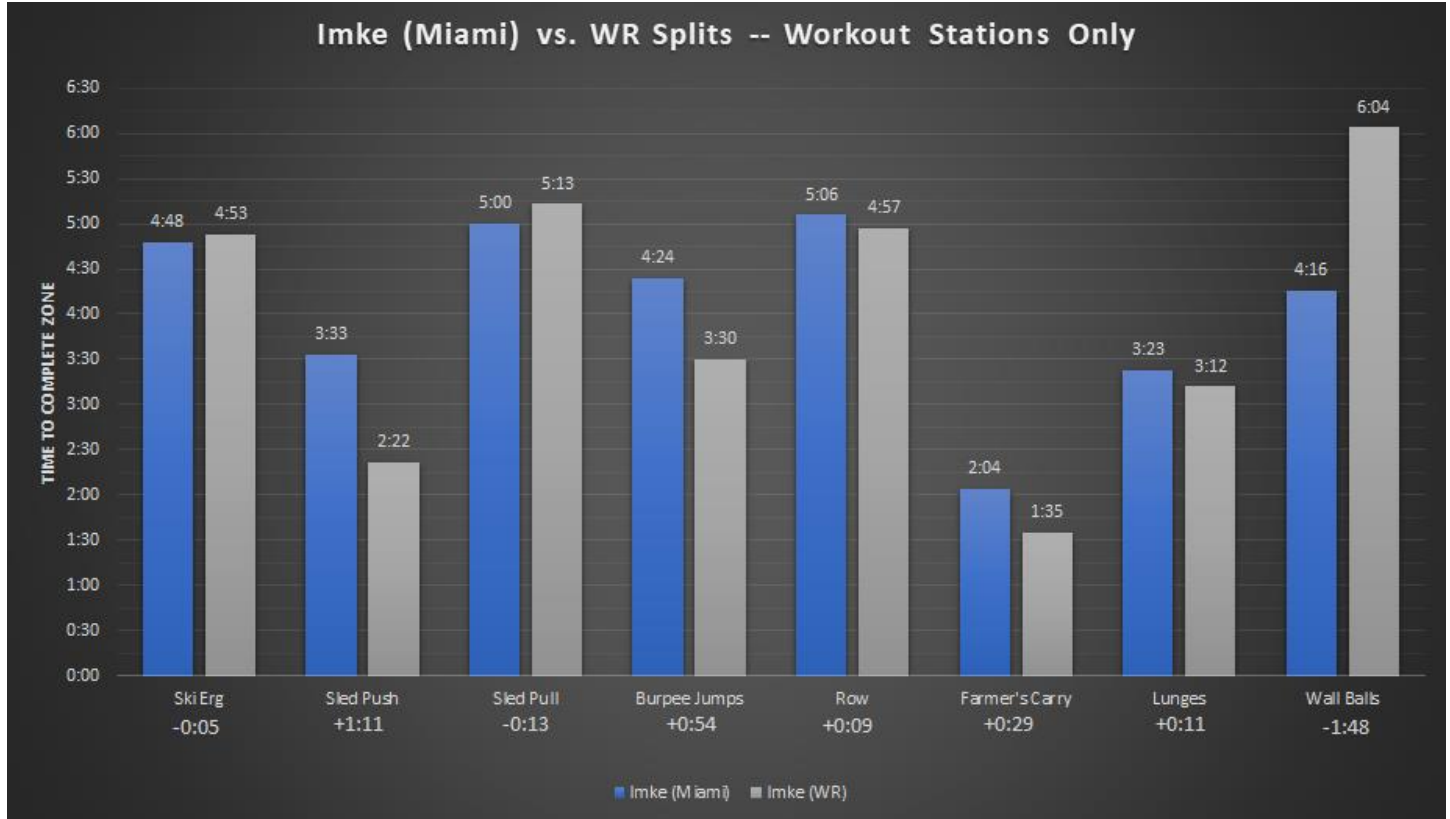


Imke was slower than her WR splits on 5/8 stations, including the sled push, which she completed 1:11 slower vs. her WR split. Her total workout station time in Miami (32:34) was 0:48 slower than her total workout station time from her WR race.



Imke's total run time in Miami (32:18) was 1:24 seconds faster than her WR total run time (33:42).



- No course transition zone layouts will be exactly the same because each venue has different building dimensions. However, Imke took 2:16 longer to transition between run/workout in Miami vs. her WR (4:56 vs. 2:40).
- If you add up the time Imke lost due to carpet issues (1:11 – 0:13 = 0:58) and the extra transition time (2:16), Imke probably would have finished 3:00 faster than she actually did in Miami. Her “adjusted time” likely would have been 67:00, which would have set a new WR by about 1:08 if all conditions were equal (Miami vs. WR venue).

Workout	Imke (Miami)	Imke (WR)
1000m Run	3:33	3:43
Ski Erg	4:48	4:53
2000m Run	3:54	3:58
Sled Push	3:33	2:22
3000m Run	4:12	4:17
Sled Pull	5:00	5:13
4000m Run	4:00	4:05
Burpee Jumps	4:24	3:30
5000m Run	4:03	4:05
Row	5:06	4:57
6000m Run	4:02	5:24
Farmer's Carry	2:04	1:35
7000m Run	4:07	4:08
Lunges	3:23	3:12
8000m Run	4:27	4:02
Wall Balls	4:16	6:04
Running	32:18	33:42
Stations	32:34	31:46
Running + Stations	64:52	65:28
Transitions + Penalties	4:56	2:40
Penalties	0:00	0:00
Total	69:48	68:08