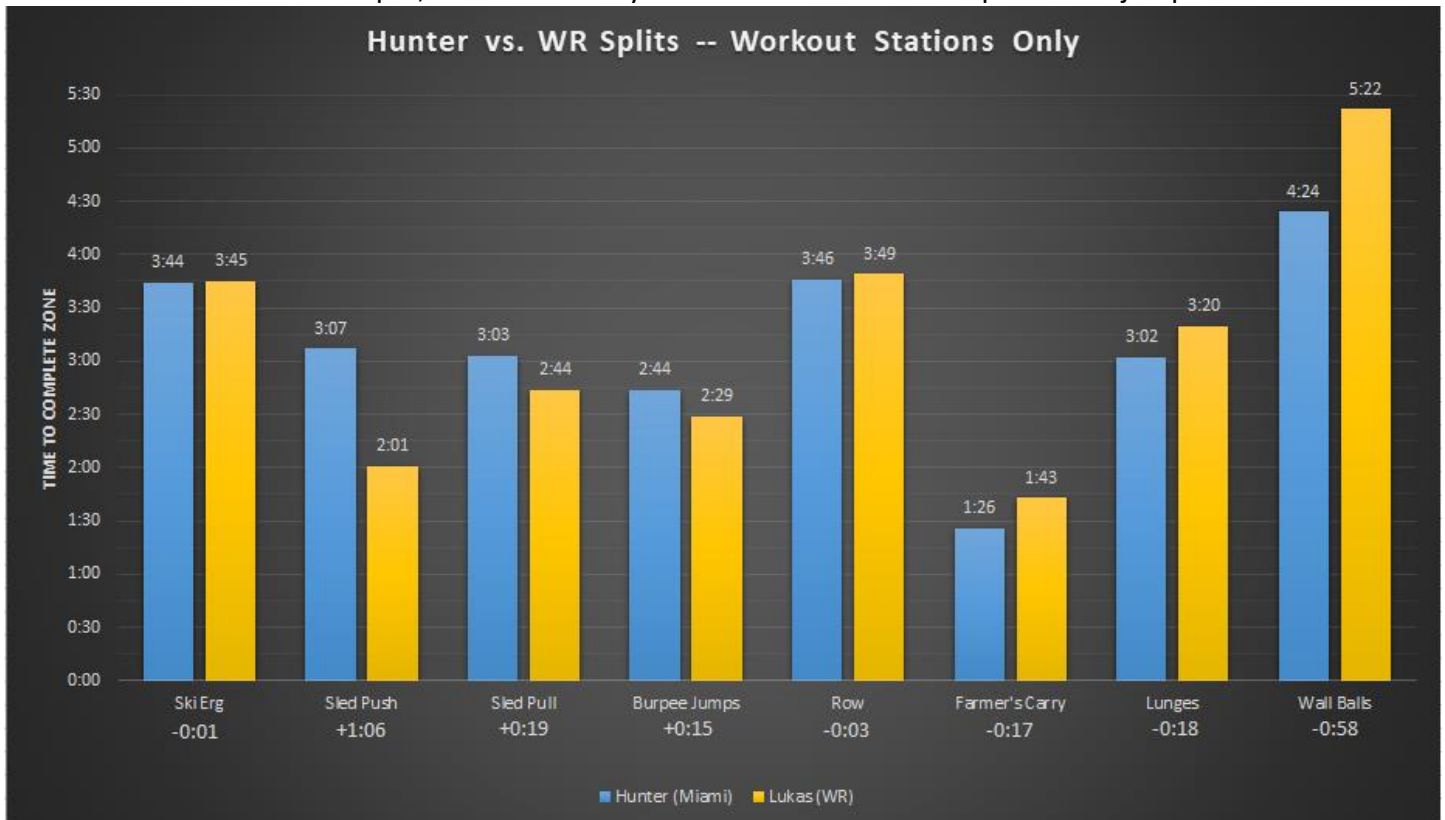
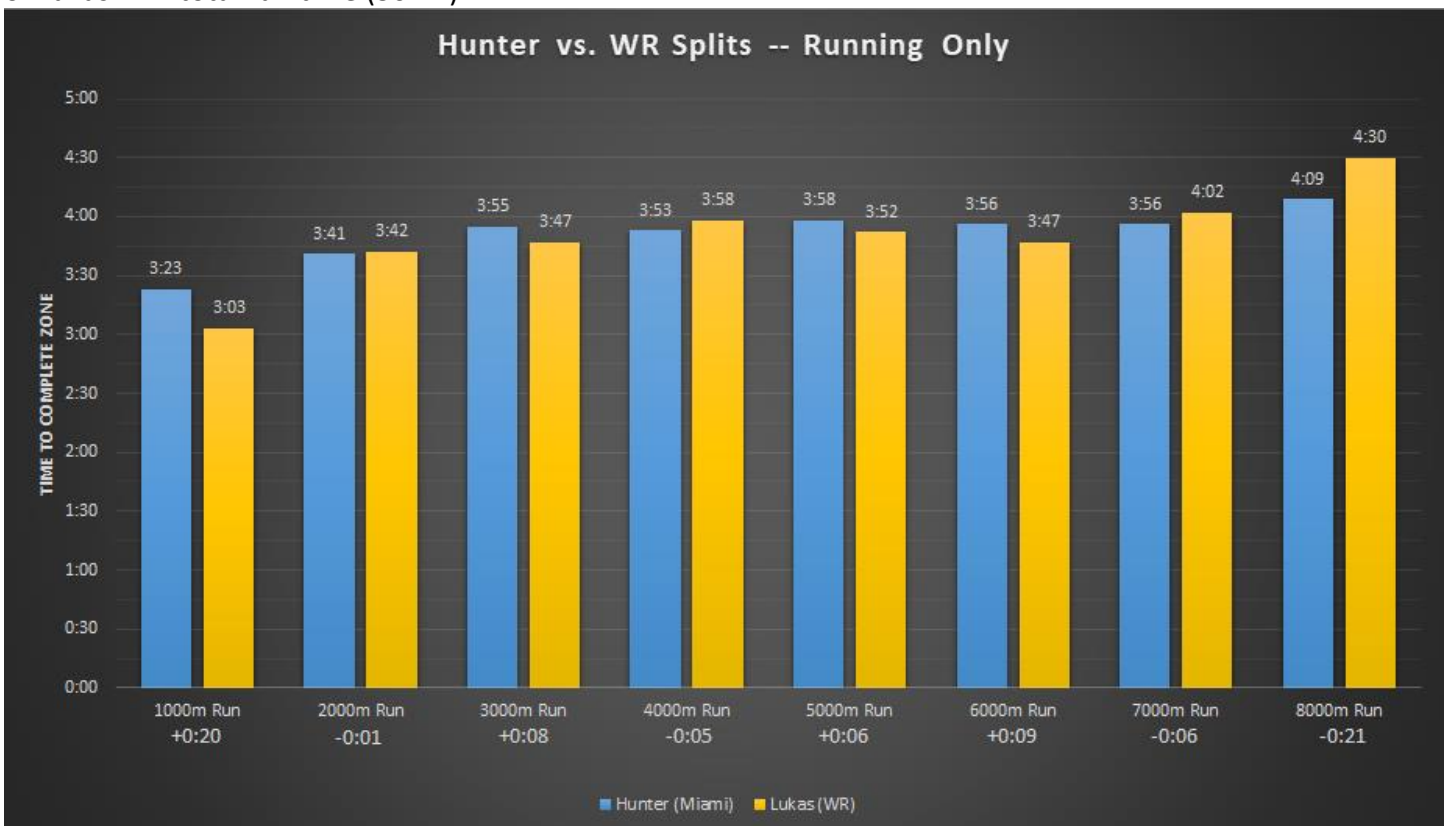


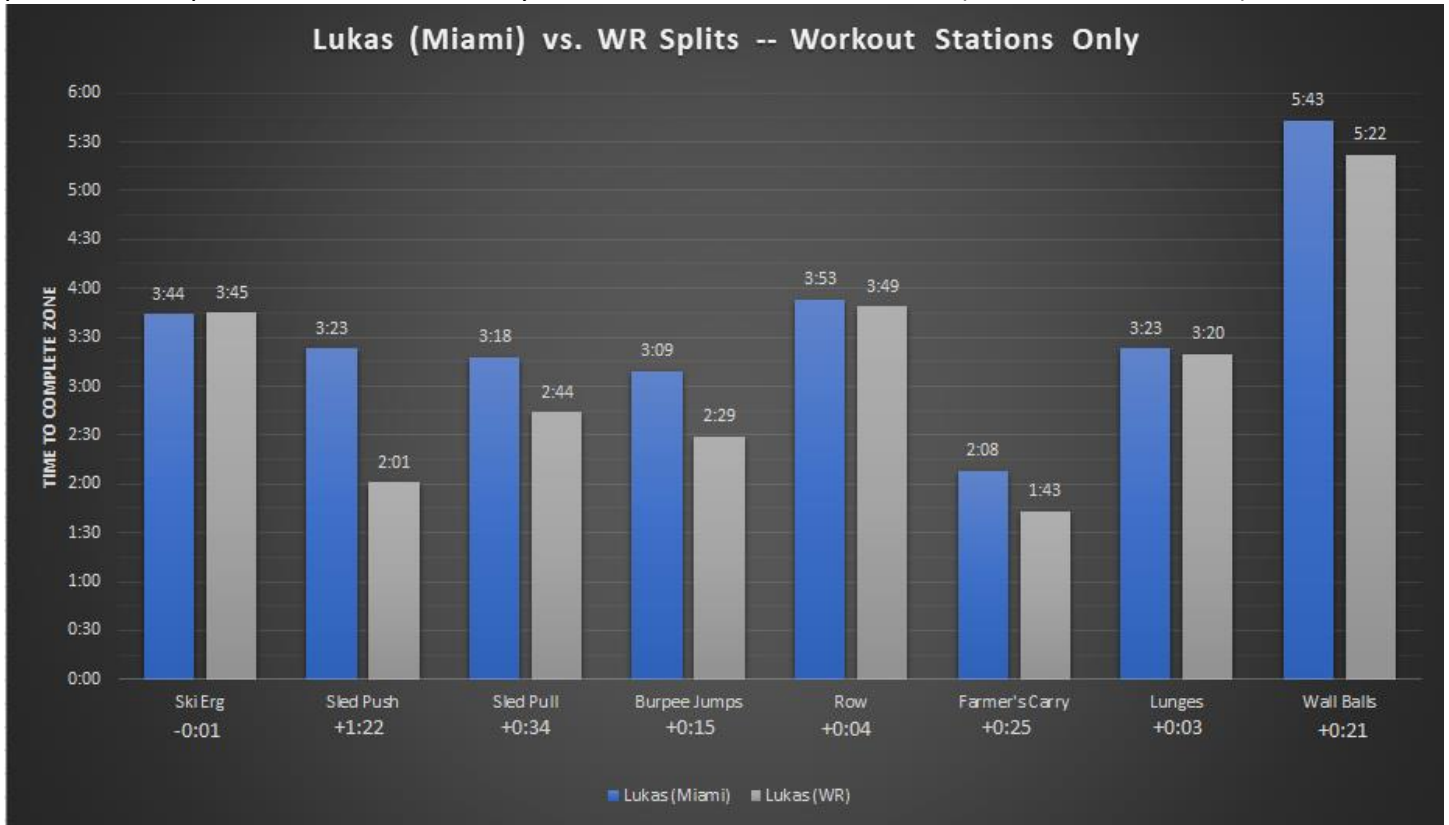
Hunter was faster than Lukas' WR splits on 5/8 stations. Sleds were involved in 2/3 stations in which Hunter was slower than Lukas' WR split, and he was only 15 seconds slower on burpee broad jumps.



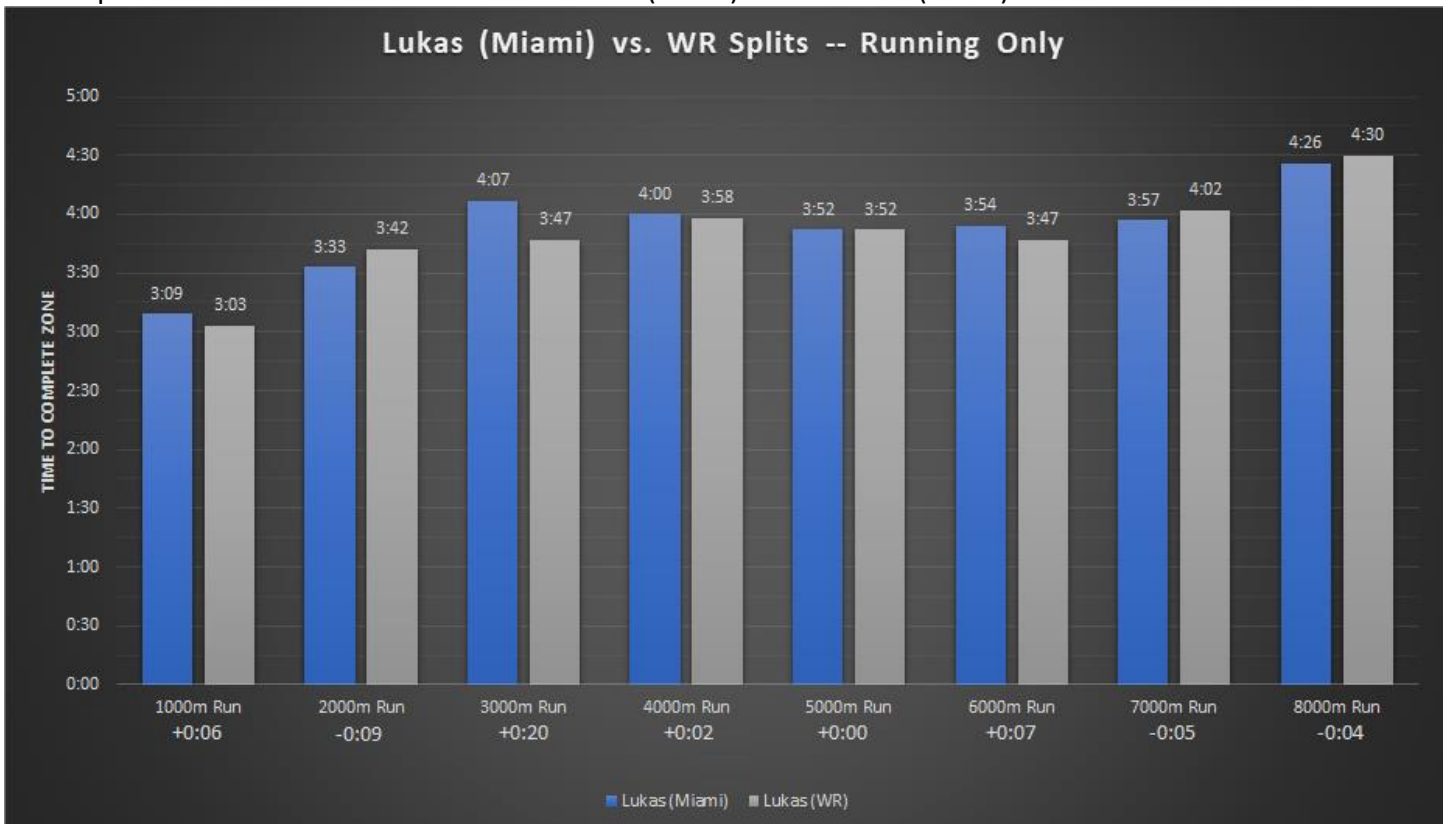
Hunter's total run time in Miami (30:51) was 7 seconds faster than Lukas in Miami (30:58) and within 10 seconds of Lukas' WR total run time (30:41).



Lukas was slower on every station in Miami vs. his WR besides the ski erg (1 second faster). However, his sled push and sled pull times were noticeably slower in Miami vs. his WR best (1:22 and 0:34 slower).



Just like Hunter, Lukas's run splits were very consistent vs. his WR splits, staying within 9 seconds/1000m on 7/8 run loops. Lukas ran 17 seconds slower in Miami (30:58) vs. in his WR (30:41).



- Despite all of his issues with the carpet, Hunter was only 3 seconds slower total than Lukas was on the 8 workout stations during his WR (25:16 vs. 25:13).
- Hunter was 18 seconds faster on the sled push and 15 seconds faster on the sled pull than Lukas in Miami. Based on that, you can assume Hunter would have gone slightly faster than Lukas on these same 2 exercises if the same carpet from the WR was used in Miami. If you substitute Lukas' WR sled push/pull splits for Hunter's Miami sled push/pull splits, Hunter would have been at least 1:06 + 0:19 = 1:25 faster on the workout zones.
- No course transition zone layouts will be exactly the same because each venue has different building dimensions. However, Lukas took 1:36 longer to transition between run/workout in Miami vs. his WR (2:45), and Hunter was 9 seconds slower than Lukas in Miami (4:30 vs. 4:21).
- If you add up the time Hunter lost due to carpet issues (at least 1:25) and the extra transition time (roughly 1:30), Hunter probably would have finished 3:00 faster than he actually did in Miami. His "adjusted time" likely would have been 57:00-57:30, which would have set a new WR by about 1:00 if all conditions were equal (Miami vs. WR venue).

| Workout                 | Miami           |               | WR            |
|-------------------------|-----------------|---------------|---------------|
|                         | Hunter McIntyre | Lukas Storath | Lukas Storath |
| 1000m Run               | 3:23            | 3:09          | 3:03          |
| Ski Erg                 | 3:44            | 3:44          | 3:45          |
| 2000m Run               | 3:41            | 3:33          | 3:42          |
| Sled Push               | 3:07            | 3:23          | 2:01          |
| 3000m Run               | 3:55            | 4:07          | 3:47          |
| Sled Pull               | 3:03            | 3:18          | 2:44          |
| 4000m Run               | 3:53            | 4:00          | 3:58          |
| Burpee Jumps            | 2:44            | 3:09          | 2:29          |
| 5000m Run               | 3:58            | 3:52          | 3:52          |
| Row                     | 3:46            | 3:53          | 3:49          |
| 6000m Run               | 3:56            | 3:54          | 3:47          |
| Farmer's Carry          | 1:26            | 2:08          | 1:43          |
| 7000m Run               | 3:56            | 3:57          | 4:02          |
| Lunges                  | 3:02            | 3:23          | 3:20          |
| 8000m Run               | 4:09            | 4:26          | 4:30          |
| Wall Balls              | 4:24            | 5:43          | 5:22          |
| Running                 | 30:51           | 30:58         | 30:41         |
| Stations                | 25:16           | 28:41         | 25:13         |
| Running + Stations      | 56:07           | 59:39         | 55:54         |
| Transitions + Penalties | 4:30            | 4:21          | 2:45          |
| Penalties               | 0:00            | 0:00          | 0:00          |
| Total                   | 60:37           | 64:00         | 58:39         |