



feel the perfect pace

PROGRAM
WAVELIGHT
IMPOSSIBLE GAMES

11-jun-20



20:05	1000 meter		200m	400m	600m	800m	1000m	target time 2.15.0	Norwegian Record 2.16.78 Vebjørn Rodal
		<i>green light</i>	Filip Ingebritsen	27.0	27.0	27.0	27.0		
		<i>red light</i>	Pacemaker	26.5	27.0	27.0	27.0	pacemaker out	
20:50	Maurie Plant Memorial Race 2000m Men		200	200 - 1500 meter	1500- 1600 meter	1600-2000		target time 4:55.0	European Record 4:51.39 Steve Cram
		<i>green light</i>	Team Ingebritsen	29.5	steady pace 59.0 per lap	steady pace 59.0	59.0		
		<i>red light</i>	European Record	29.0	steady pace 59.0 per lap	accelerating 14 sec	56.0	4:50.75	
20:58	25000m Men		0 - 21 km	21-25km			World Record 25km 1:12.25.4 Moses Mosop	target time 01:12:16	European 1 hour record 20.944 meter Jos Hermens
		<i>green light</i>	Sondre Nordstad Moen	laps of 68.7	laps op 73.0				
21:30	3000m Women	<i>red light</i>	Karoline Bjerkeli Grøvdal	0 - 3000 meter laps of 70.0			target time 8:45.0		
21:45	10000m Women	<i>red light</i>	Therese Johaug	0 - 10km laps of 76.4			target time 31:50:00		

* all times are under reservation of changes

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 @ WaveLightRunning