

192 Reps

Pearce	Total	Transition			Transition			Transition		Seconds / Power clean
		to Lunge	Lunge Total	Seconds / Lunge	to T2B / BMU	T2B / BMU Total	Seconds / T2B / BMU	to Power clean	Power clean Total	
Fastest	01:27	00:01	00:30	3.0	00:05	00:27	1.7	00:03	00:19	2.4
Slowest	03:00	00:01	00:41	4.1	00:13	01:34	5.9	00:06	00:27	3.4
Difference	01:33	00:00	00:11	1.1	00:08	01:07	4.2	00:03	00:08	1.0
Total Time	12:00	00:05	03:25		00:58	04:43		00:23	01:55	
Average	02:09	00:01	00:34	3.4	00:10	00:57	3.5	00:05	00:23	2.9
Work	10:34		03:25			05:14			01:55	
Transition	01:26	00:05			00:58			00:23		
% Work	88%		28%			44%			16%	
% Transition	12%	1%			8%			3%		

172 Reps

Eramo	Total	Transition			Transition			Transition		Seconds / Power clean
		to Lunge	Lunge Total	Seconds / Lunge	to T2B / BMU	T2B / BMU Total	Seconds / T2B / BMU	to Power clean	Power clean Total	
Fastest	01:23	00:01	00:30	3.0	00:04	00:30	1.9	00:02	00:17	2.1
Slowest	03:20	00:01	00:45	4.5	00:13	01:49	6.8	00:03	00:31	3.9
Difference	01:57	00:00	00:15	1.5	00:09	01:19	4.9	00:01	00:14	1.8
Total Time	12:00	00:05	03:11		00:49	05:31		00:13	02:04	
Average	02:22	00:01	00:38	3.8	00:10	01:06	4.1	00:03	00:25	3.1
Work	10:53		03:18			05:31			02:04	
Transition	01:07	00:05			00:49			00:13		
% Work	91%		28%			46%			17%	
% Transition	9%	1%			7%			2%		

