



CROSSFIT ENDURANCE

Group Breakdown based on time trial times and splits-

Used on short interval track workouts

	1 mile	5k	10k	15k	1/2Marathon
Group A	< 5:30	<18:28	<38:45	<0:59:47	< 1:26:05
Group B	5:31-6:00	18:28-20:09	38:46-42:17	0:59:48-1:05:13	1:26:06-1:33:54
Group C1	6:01-6:28	20:10-21:50	42:18-43:30	1:03:26-1:06:30	1:33:55-1:41:44
Group C2	6:29-6:48	21:51-22:50	43:31-47:55	1:06:31-1:13:55	1:41:45-1:46:26
Group C3	6:49-7:14	22:51-24:17	47:56-50:58	1:13:56-1:18:37	1:46:27-1:53:13
Group D1	7:15-7:40	24:18-25:45	50:59-54:01	1:18:38-1:23:20	1:53:14-2:00:00
Group D2	7:41-8:12	25:45-27:32	54:02-57:47	1:23:21-1:29:08	2:00:01-2:08:21
Group D3	8:13-8:45	27:32-29:23	57:48-1:01:39	1:29:09-1:35:07	2:08:22-2:16:57
Group E	8:46-9:43	29:24-32:38	1:01:40-1:08:28	1:35:08-1:45:37	2:16:58-2:32:05
Group F	9:44-10:41	32:39-35:53	1:08:29-1:15:17	1:45:38-1:56:08	2:32:06-2:47:13
Group G	10:42-12:00	35:54-40:18	1:15:18-1:24:34	1:56:09-2:10:26	2:47:14-3:07:49