



<p>DAY 1 (2K)</p> <p>OUT: 6min 52secs BACK: 7min 02secs TOTAL: 13mins 54secs</p>	<p>DAY 1 (2K)</p> <p>OUT: 7min 44secs BACK: 9min 40secs TOTAL: 17mins 24secs</p>	<p>DAY 1 (2K)</p> <p>OUT: 5mins 55secs BACK: 6mins 05secs TOTAL: 12mins 0secs</p>
<p>DAY 2 (4K)</p> <p>OUT: 7mins 17secs BACK: 7mins 24secs TOTAL: 14mins 41secs</p>	<p>DAY 2 (4K)</p> <p>OUT: 8mins 48secs BACK: 9mins 24secs TOTAL: 18mins 12secs</p>	<p>DAY 2 (4K)</p> <p>OUT: 5mins 57secs BACK: 5mins 58secs TOTAL: 11mins 55secs</p>
<p>DAY 3 (6K)</p> <p>OUT: 6mins 58secs BACK: 8mins 02secs TOTAL: 15mins 00secs</p>	<p>DAY 3 (6K)</p> <p>OUT: 10mins 19secs BACK: 12mins 04secs TOTAL: 22mins 23secs</p>	<p>DAY 3 (6K)</p> <p>OUT: 5mins 56secs BACK: 6mins 25secs TOTAL: 12mins 21secs</p>
<p>DAY 4 (8K)</p> <p>OUT: 6mins 46secs BACK: 7min 17secs TOTAL: 14mins 03secs</p>	<p>DAY 4 (8K)</p> <p>OUT: 11mins 54secs BACK: 11mins 23secs TOTAL: 23mins 17secs</p>	<p>DAY 4 (8K)</p> <p>OUT: 6mins 8secs BACK: 6mins 29secs TOTAL: 12mins 37secs</p>
<p>DAY 5 (10K)</p> <p>OUT: 7mins 15secs BACK: 7mins 55secs TOTAL: 15mins 10secs</p>	<p>DAY 5 (10K)</p> <p>OUT: 10mins 44secs BACK: 12mins 49secs TOTAL: 23mins 33secs</p>	<p>DAY 5 (10K)</p> <p>OUT: 6mins 12secs BACK: 6mins 40secs TOTAL: 12mins 52secs</p>
<p>DAY 6 (12K)</p> <p>OUT: 8mins 48secs BACK: 8mins 36secs TOTAL: 17mins 24secs</p>	<p>DAY 6 (12K)</p> <p>OUT: 9mins 55secs BACK: 11mins 39secs TOTAL: 21mins 35secs</p>	<p>DAY 6 (12K)</p> <p>OUT: 6mins 4secs BACK: 6mins 56secs TOTAL: 13mins 0secs</p>
<p>DAY 7 (14K)</p> <p>OUT: 7mins 8secs BACK: 7mins 5secs TOTAL: 14mins 13secs</p>	<p>DAY 7 (14K)</p> <p>OUT: 11mins 17secs BACK: 10mins 23secs TOTAL: 21mins 40secs</p>	<p>DAY 7 (14K)</p> <p>OUT: 6mins 13secs BACK: 6mins 5secs TOTAL: 12mins 18secs</p>
<p>DAY 8 (16K)</p> <p>OUT: 7mins 4secs BACK: 7mins 3secs TOTAL: 14mins 7secs</p>	<p>DAY 8 (16K)</p> <p>OUT: 13mins 27secs BACK: 12mins 58secs TOTAL: 26mins 25secs</p>	<p>DAY 8 (16K)</p> <p>OUT: 6mins 10secs BACK: 6mins 15secs TOTAL: 12mins 25secs</p>
<p>DAY 9 (18K)</p> <p>OUT: 8mins 2secs BACK: 9mins 5secs TOTAL: 17mins 7secs</p>	<p>DAY 9 (18K)</p> <p>OUT: 10mins 10secs BACK: 9mins 56secs TOTAL: 20mins 6secs</p>	<p>DAY 9 (18K)</p> <p>OUT: 6mins 15secs BACK: 7mins 20secs TOTAL: 13mins 35secs</p>
<p>DAY 10 (20K)</p> <p>OUT: 8mins 15secs BACK: 7mins 22secs TOTAL: 15mins 37secs</p>	<p>DAY 10 (20K)</p> <p>OUT: 9mins 42secs BACK: 10mins 2secs TOTAL: 19mins 44secs</p>	<p>DAY 10 (20K)</p> <p>OUT: 6mins 12secs BACK: 6mins 8secs TOTAL: 12mins 20secs</p>

