

Matt 08:07							
	Total	Transition to Thruster	Thruster Total	Seconds / Thruster	Transition to Burpee	Burpee Total	Seconds / Burpee
Fastest	00:18	00:03	00:08	1.71	00:01	00:08	2.67
Slowest	01:45	00:06	00:37	2.67	00:03	01:08	3.50
Difference	01:27	00:03	00:29	0.95	00:02	01:00	0.83
Total Time	08:07	00:27	02:48		00:15	04:37	
Average	01:06	00:04	00:24	2.11	00:02	00:40	3.25
Work	07:25		02:48			04:37	
Transition	00:42	00:27			00:15		
% Work	91%		34%			57%	
% Transition	9%	6%			3%		

Ben 09:07							
	Total	Transition to Thruster	Thruster Total	Seconds / Thruster	Transition to Burpee	Burpee Total	Seconds / Burpee
Fastest	00:13	00:04	00:06	1.52	00:02	00:05	1.67
Slowest	01:50	00:12	00:37	2.07	00:05	01:13	4.67
Difference	01:37	00:08	00:31	0.54	00:03	01:08	3.00
Total Time	09:07	00:41	02:37		00:25	05:24	
Average	01:12	00:07	00:22	1.90	00:04	00:46	3.56
Work	08:01		02:37			05:24	
Transition	01:06	00:41			00:25		
% Work	88%		29%			59%	
% Transition	12%	7%			5%		

Rich 08:41							
Round	Round Total	Thruster Transition	Thruster Total	Seconds / Thruster	Burpee Transition	Burpee Total	Seconds / Burpee
Fastest	00:17	00:03	00:07	1.57	00:01	00:09	3.00
Slowest	01:47	00:05	00:33	2.33	00:03	01:12	4.22
Difference	01:30	00:02	00:26	0.76	00:02	01:03	1.22
Total Time	08:41	00:26	02:37		00:14	05:24	
Average	01:11	00:04	00:22	1.97	00:02	00:46	3.84
Work	08:01		02:37			05:24	
Transition	00:40	00:26			00:14		
% Work	92%		30%			62%	
% Transition	8%	5%			3%		

Matt

	Total	Transition to Thruster	Thruster Total	Seconds / Thruster	Transition to Burpee	Burpee Total	Seconds / Burpee
1	01:45		00:36	1.71	00:01	01:08	3.24
2	01:39	00:04	00:37	2.06	00:02	01:00	3.33
3	01:23	00:04	00:30	2.00	00:03	00:50	3.33
4	01:07	00:06	00:25	2.08	00:02	00:40	3.33
5	00:52	00:06	00:19	2.11	00:03	00:30	3.33
6	00:36	00:03	00:13	2.17	00:02	00:21	3.50
7	00:18	00:04	00:08	2.67	00:02	00:08	2.67

Ben

	Total	Transition to Thruster	Thruster Total	Seconds / Thruster	Transition to Burpee	Burpee Total	Seconds / Burpee
1	01:47		00:32	1.52	00:02	01:13	3.48
2	01:50	00:07	00:37	2.06	00:02	01:11	3.94
3	01:40	00:04	00:31	2.07	00:05	01:04	4.27
4	01:23	00:10	00:23	1.92	00:05	00:55	4.58
5	01:03	00:12	00:17	1.89	00:04	00:42	4.67
6	00:30	00:04	00:11	1.83	00:05	00:14	2.33
7	00:13	00:04	00:06	2.00	00:02	00:05	1.67

Rich

	Total	Transition to Thruster	Thruster Total	Seconds / Thruster	Transition to Burpee	Burpee Total	Seconds / Burpee
1	01:47		00:33	1.57	00:02	01:12	3.43
2	01:45	00:05	00:33	1.83	00:02	01:10	3.89
3	01:32	00:04	00:30	2.00	00:02	01:00	4.00
4	01:16	00:05	00:23	1.92	00:03	00:50	4.17
5	00:59	00:05	00:19	2.11	00:02	00:38	4.22
6	00:39	00:04	00:12	2.00	00:02	00:25	4.17
7	00:17	00:03	00:07	2.33	00:01	00:09	3.00