	INDIVIDUAL WORKOUT A				INDIVIDUAL WORKOUT B				INDIVIDUAL WORKOUT C			
TIME												
830	S23	S23	S24	S24	S23	S23	S24	S24	S23	S23	S24	S24
832	S25	S25	S26	S26	S25	S25	S26	S26	S25	S25	S26	S26
835	S27	S27	S28	S28	S27	S27	S28	S28	S27	S27	S28	S28
837	S29	S29	S30	S30	S29	S29	S30	S30	S29	S29	S30	S30
840	S31	S31	S32	S32	S31	S31	S32	S32	S31	S31	S32	S32
842	S33	S33	S34	S34	S33	S33	S34	S34	S33	S33	S34	S34
845	S35	S35	S36	S36	S35	S35	S36	S36	S35	S35	S36	S36
847	S37	S37	S38	S38	S37	S37	S38	S38	S37	S37	S38	S38
850	S39	S39	S40	S40	S39	S39	S40	S40	S39	S39	S40	S40
852	S41	S41	S42	S42	S41	S41	S42	S42	S41	S41	S42	S42
855	S43	S43	S44	S44	S43	S43	S44	S44	S43	S43	S44	S44
900	R1	R1	R2	R2	R1	R1	R2	R2	R1	R1	R2	R2
902	R3	R3	R4	R4	R3	R3	R4	R4	R3	R3	R4	R4
905	R5	R5	R6	R6	R5	R5	R6	R6	R5	R5	R6	R6
907	R7	R7	R8	R8	R7	R7	R8	R8	R7	R7	R8	R8
910	R9	R9	R10	R10	R9	R9	R10	R10	R9	R9	R10	R10
912	R11	R11	R12	R12	R11	R11	R12	R12	R11	R11	R12	R12
915	R13	R13	R14	R14	R13	R13	R14	R14	R13	R13	R14	R14
917	R15	R15	R16	R16	R15	R15	R16	R16	R15	R15	R16	R16
920	R17	R17	R18	R18	R17	R17	R18	R18	R17	R17	R18	R18
922	R19	R19	R20	R20	R19	R19	R20	R20	R19	R19	R20	R20
925	R21	R21	R22	R22	R21	R21	R22	R22	R21	R21	R22	R22
945	S1	S1	S2	S2	S1	S1	S2	S2	S1	S1	S2	S2
947	S3	S3	S4	S4	S3	S3	S4	S4	S3	S3	S4	S4
950	S5	S5	S6	S6	S5	S5	S6	S6	S5	S5	S6	S6
952	S7	S7	S8	S8	S7	S7	S8	S8	S7	S7	S8	S8
955	S9	S9	S10	S10	S9	S9	S10	S10	S9	S9	S10	S10
957	S11	S11	S12	S12	S11	S11	S12	S12	S11	S11	S12	S12
1000	S13	S13	S14	S14	S13	S13	S14	S14	S13	S13	S14	S14
1002	S15	S15	S16	S16	S15	S15	S16	S16	S15	S15	S16	S16
1005	S17	S17	S18	S18	S17	S17	S18	S18	S17	S17	S18	S18
1007	S19	S19	S20	S20	S19	S19	S20	S20	S19	S19	S20	S20
1010	S21	S21	S22	S22	S21	S21	S22	S22	S21	S21	S22	S22