

DE Cones Course Southern Pines, April, 8th 2023. Length: 630 m;
 Training VSE: Speed: 160 m/min; Time allowed: 3 min 56 sec; Training Hrs/Pny: Speed: 180
 /min; TA: 3 min 30 sec; Prelim VSE: Speed 180 m/min, TA: 3 min 30 sec; Prelim Hrs/Pny:
 Speed 200 m/min TA: 3 min 8 sec; Intmed Hrs/Pny: Speed 220 m/min, TA: 2 min 51 sec

