

		Number of Rounds														
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
00:00																
00:20																
00:40																
01:00																
01:20																
01:40																
02:00																
02:20																
02:40																
03:00																
03:20																
03:40																
04:00																

Time in minutes (second intervals)