

PACE CHART

100m	150m	200m	250m	300m	400m	500m	600m	800m	1000m	1200m	1600m	3200m	4650m	5000m
13.75	20.62	27.50	34.37	41.25	55.00	1:08.75	1:22.50	1:50.00						
14.38	21.56	28.75	35.94	43.13	57.50	1:11.88	1:26.25	1:55.00						
15.00	22.50	30.00	37.50	45.00	1:00.00	1:15.00	1:30.00	2:00.00						
15.63	23.44	31.25	39.06	46.88	1:02.50	1:18.13	1:33.75	2:05.00	2:36.25	3:07.50	4:10.00			
16.25	24.38	32.50	40.63	48.75	1:05.00	1:21.25	1:37.50	2:10.00	2:42.50	3:15.00	4:20.00			
16.87	25.31	33.75	42.19	50.63	1:07.50	1:24.37	1:41.25	2:15.00	2:48.75	3:22.50	4:30.00	9:00.00		
17.50	26.25	35.00	43.75	52.50	1:10.00	1:27.50	1:45.00	2:20.00	2:55.00	3:30.00	4:40.00	9:20.00	13:33.75	14:35.00
18.12	27.19	36.25	45.31	54.37	1:12.50	1:30.62	1:48.75	2:25.00	3:01.25	3:37.50	4:50.00	9:40.00	14:02.81	15:06.25
18.75	28.12	37.50	46.87	56.25	1:15.00	1:33.75	1:52.50	2:30.00	3:07.50	3:45.00	5:00.00	10:00.00	14:31.87	15:37.50
19.37	29.06	38.75	48.44	58.12	1:17.50	1:36.87	1:56.25	2:35.00	3:13.75	3:52.50	5:10.00	10:20.00	15:00.94	16:08.75
20.00	30.00	40.00	50.00	1:00.00	1:20.00	1:40.00	2:00.00	2:40.00	3:20.00	4:00.00	5:20.00	10:40.00	15:30.00	16:40.00
20.62	30.94	41.25	51.56	1:01.87	1:22.50	1:43.12	2:03.75	2:45.00	3:26.25	4:07.50	5:30.00	11:00.00	15:59.06	17:11.25
21.25	31.88	42.50	53.13	1:03.75	1:25.00	1:46.25	2:07.50	2:50.00	3:32.50	4:15.00	5:40.00	11:20.00	16:28.13	17:42.50
21.88	32.81	43.75	54.69	1:05.63	1:27.50	1:49.38	2:11.25	2:55.00	3:38.75	4:22.50	5:50.00	11:40.00	16:57.19	18:13.75
22.50	33.75	45.00	56.25	1:07.50	1:30.00	1:52.50	2:15.00	3:00.00	3:45.00	4:30.00	6:00.00	12:00.00	17:26.25	18:45.00
23.13	34.69	46.25	57.81	1:09.38	1:32.50	1:55.63	2:18.75	3:05.00	3:51.25	4:37.50	6:10.00	12:20.00	17:55.31	19:16.25
23.75	35.63	47.50	59.38	1:11.25	1:35.00	1:58.75	2:22.50	3:10.00	3:57.50	4:45.00	6:20.00	12:40.00	18:24.38	19:47.50
24.38	36.56	48.75	1:00.94	1:13.13	1:37.50	2:01.88	2:26.25	3:15.00	4:03.75	4:52.50	6:30.00	13:00.00	18:53.44	20:18.75
25.00	37.50	50.00	1:02.50	1:15.00	1:40.00	2:05.00	2:30.00	3:20.00	4:10.00	5:00.00	6:40.00	13:20.00	19:22.50	20:50.00
25.63	38.44	51.25	1:04.06	1:16.88	1:42.50	2:08.13	2:33.75	3:25.00	4:16.25	5:07.50	6:50.00	13:40.00	19:51.56	21:21.25
26.25	39.38	52.50	1:05.63	1:18.75	1:45.00	2:11.25	2:37.50	3:30.00	4:22.50	5:15.00	7:00.00	14:00.00	20:20.63	21:52.50
26.88	40.31	53.75	1:07.19	1:20.63	1:47.50	2:14.38	2:41.25	3:35.00	4:28.75	5:22.50	7:10.00	14:20.00	20:49.69	22:23.75
27.50	41.25	55.00	1:08.75	1:22.50	1:50.00	2:17.50	2:45.00	3:40.00	4:35.00	5:30.00	7:20.00	14:40.00	21:18.75	22:55.00
28.13	42.19	56.25	1:10.31	1:24.38	1:52.50	2:20.63	2:48.75	3:45.00	4:41.25	5:37.50	7:30.00	15:00.00	21:47.81	23:26.25
28.75	43.13	57.50	1:11.88	1:26.25	1:55.00	2:23.75	2:52.50	3:50.00	4:47.50	5:45.00	7:40.00	15:20.00	22:16.88	23:57.50
29.38	44.06	58.75	1:13.44	1:28.13	1:57.50	2:26.88	2:56.25	3:55.00	4:53.75	5:52.50	7:50.00	15:40.00	22:45.94	24:28.75
30.00	45.00	1:00.00	1:15.00	1:30.00	2:00.00	2:30.00	3:00.00	4:00.00	5:00.00	6:00.00	8:00.00	16:00.00	23:15.00	25:00.00
30.63	45.94	1:01.25	1:16.56	1:31.88	2:02.50	2:33.13	3:03.75	4:05.00	5:06.25	6:07.50	8:10.00	16:20.00	23:44.06	25:31.25
31.25	46.88	1:02.50	1:18.13	1:33.75	2:05.00	2:36.25	3:07.50	4:10.00	5:12.50	6:15.00	8:20.00	16:40.00	24:13.13	26:02.50
31.88	47.81	1:03.75	1:19.69	1:35.63	2:07.50	2:39.38	3:11.25	4:15.00	5:18.75	6:22.50	8:30.00	17:00.00	24:42.19	26:33.75
32.50	48.75	1:05.00	1:21.25	1:37.50	2:10.00	2:42.50	3:15.00	4:20.00	5:25.00	6:30.00	8:40.00	17:20.00	25:11.25	27:05.00
33.13	49.69	1:06.25	1:22.81	1:39.38	2:12.50	2:45.63	3:18.75	4:25.00	5:31.25	6:37.50	8:50.00	17:40.00	25:40.31	27:36.25
33.75	50.63	1:07.50	1:24.38	1:41.25	2:15.00	2:48.75	3:22.50	4:30.00	5:37.50	6:45.00	9:00.00	18:00.00	26:09.38	28:07.50

PACE CHART

100m	150m	200m	250m	300m	400m	500m	600m	800m	1000m	1200m	1600m	3200m	4650m	5000m
34.38	51.56	1:08.75	1:25.94	1:43.13	2:17.50	2:51.88	3:26.25	4:35.00	5:43.75	6:52.50	9:10.00	18:20.00	26:38.44	28:38.75
35.00	52.50	1:10.00	1:27.50	1:45.00	2:20.00	2:55.00	3:30.00	4:40.00	5:50.00	7:00.00	9:20.00	18:40.00	27:07.50	29:10.00
35.63	53.44	1:11.25	1:29.06	1:46.88	2:22.50	2:58.13	3:33.75	4:45.00	5:56.25	7:07.50	9:30.00	19:00.00	27:36.56	29:41.25
36.25	54.38	1:12.50	1:30.63	1:48.75	2:25.00	3:01.25	3:37.50	4:50.00	6:02.50	7:15.00	9:40.00	19:20.00	28:05.63	30:12.50
36.88	55.31	1:13.75	1:32.19	1:50.63	2:27.50	3:04.38	3:41.25	4:55.00	6:08.75	7:22.50	9:50.00	19:40.00	28:34.69	30:43.75
37.50	56.25	1:15.00	1:33.75	1:52.50	2:30.00	3:07.50	3:45.00	5:00.00	6:15.00	7:30.00	10:00.00	20:00.00	29:03.75	31:15.00
38.13	57.19	1:16.25	1:35.31	1:54.38	2:32.50	3:10.63	3:48.75	5:05.00	6:21.25	7:37.50	10:10.00	20:20.00	29:32.81	31:46.25
38.75	58.13	1:17.50	1:36.88	1:56.25	2:35.00	3:13.75	3:52.50	5:10.00	6:27.50	7:45.00	10:20.00	20:40.00	30:01.88	32:17.50
39.38	59.06	1:18.75	1:38.44	1:58.13	2:37.50	3:16.88	3:56.25	5:15.00	6:33.75	7:52.50	10:30.00	21:00.00	30:30.94	32:48.75
40.00	60.00	1:20.00	1:40.00	2:00.00	2:40.00	3:20.00	4:00.00	5:20.00	6:40.00	8:00.00	10:40.00	21:20.00	31:00.00	33:20.00
40.63	60.94	1:21.25	1:41.56	2:01.88	2:42.50	3:23.13	4:03.75	5:25.00	6:46.25	8:07.50	10:50.00	21:40.00	31:29.06	33:51.25
41.25	61.88	1:22.50	1:43.13	2:03.75	2:45.00	3:26.25	4:07.50	5:30.00	6:52.50	8:15.00	11:00.00	22:00.00	31:58.13	34:22.50
41.88	62.81	1:23.75	1:44.69	2:05.63	2:47.50	3:29.38	4:11.25	5:35.00	6:58.75	8:22.50	11:10.00	22:20.00	32:27.19	34:53.75
42.50	63.75	1:25.00	1:46.25	2:07.50	2:50.00	3:32.50	4:15.00	5:40.00	7:05.00	8:30.00	11:20.00	22:40.00	32:56.25	35:25.00
43.13	64.69	1:26.25	1:47.81	2:09.38	2:52.50	3:35.63	4:18.75	5:45.00	7:11.25	8:37.50	11:30.00	23:00.00	33:25.31	35:56.25
43.75	65.63	1:27.50	1:49.38	2:11.25	2:55.00	3:38.75	4:22.50	5:50.00	7:17.50	8:45.00	11:40.00	23:20.00	33:54.38	36:27.50
44.38	66.56	1:28.75	1:50.94	2:13.13	2:57.50	3:41.88	4:26.25	5:55.00	7:23.75	8:52.50	11:50.00	23:40.00	34:23.44	36:58.75
45.00	67.50	1:30.00	1:52.50	2:15.00	3:00.00	3:45.00	4:30.00	6:00.00	7:30.00	9:00.00	12:00.00	24:00.00	34:52.50	37:30.00
45.63	68.44	1:31.25	1:54.06	2:16.88	3:02.50	3:48.13	4:33.75	6:05.00	7:36.25	9:07.50	12:10.00	24:20.00	35:21.56	38:01.25
46.25	69.38	1:32.50	1:55.63	2:18.75	3:05.00	3:51.25	4:37.50	6:10.00	7:42.50	9:15.00	12:20.00	24:40.00	35:50.63	38:32.50
46.88	70.31	1:33.75	1:57.19	2:20.63	3:07.50	3:54.38	4:41.25	6:15.00	7:48.75	9:22.50	12:30.00	25:00.00	36:19.69	39:03.75
47.50	71.25	1:35.00	1:58.75	2:22.50	3:10.00	3:57.50	4:45.00	6:20.00	7:55.00	9:30.00	12:40.00	25:20.00	36:48.75	39:35.00
48.13	72.19	1:36.25	2:00.31	2:24.38	3:12.50	4:00.63	4:48.75	6:25.00	8:01.25	9:37.50	12:50.00	25:40.00	37:17.81	40:06.25
48.75	73.13	1:37.50	2:01.88	2:26.25	3:15.00	4:03.75	4:52.50	6:30.00	8:07.50	9:45.00	13:00.00	26:00.00	37:46.88	40:37.50
49.38	74.06	1:38.75	2:03.44	2:28.13	3:17.50	4:06.88	4:56.25	6:35.00	8:13.75	9:52.50	13:10.00	26:20.00	38:15.94	41:08.75
50.00	75.00	1:40.00	2:05.00	2:30.00	3:20.00	4:10.00	5:00.00	6:40.00	8:20.00	10:00.00	13:20.00	26:40.00	38:45.00	41:40.00
50.63	75.94	1:41.25	2:06.56	2:31.88	3:22.50	4:13.13	5:03.75	6:45.00	8:26.25	10:07.50	13:30.00	27:00.00	39:14.06	42:11.25
51.25	76.88	1:42.50	2:08.12	2:33.75	3:25.00	4:16.25	5:07.50	6:50.00	8:32.50	10:15.00	13:40.00	27:20.00	39:43.13	42:42.50
51.88	77.81	1:43.75	2:09.69	2:35.62	3:27.50	4:19.37	5:11.25	6:55.00	8:38.75	10:22.50	13:50.00	27:40.00	40:12.19	43:13.75
52.50	78.75	1:45.00	2:11.25	2:37.50	3:30.00	4:22.50	5:15.00	7:00.00	8:45.00	10:30.00	14:00.00	28:00.00	40:41.25	43:45.00
53.12	79.69	1:46.25	2:12.81	2:39.37	3:32.50	4:25.62	5:18.75	7:05.00	8:51.25	10:37.50	14:10.00	28:20.00	41:10.31	44:16.25
53.75	80.62	1:47.50	2:14.37	2:41.25	3:35.00	4:28.75	5:22.50	7:10.00	8:57.50	10:45.00	14:20.00	28:40.00	41:39.37	44:47.50
54.37	81.56	1:48.75	2:15.94	2:43.12	3:37.50	4:31.87	5:26.25	7:15.00	9:03.75	10:52.50	14:30.00	29:00.00	42:08.44	45:18.75