**Pace Table - Track**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | **Mile** | **100m** | **200m** | **300m** | **400m** | **500m** | **600m** | **800m** | **1000m** | **1200m** | **1600m** | **2000m** | **2400m** | **3000m** | **3200m** | **5000m** | **10000m** | | **4:20** | 00:16.1 | 00:32.3 | 00:48.5 | 01:04.6 | 01:20.8 | 01:36.9 | 02:09.2 | 02:41.6 | 03:13.9 | 04:18.5 | 05:23.1 | 06:27.7 | 08:04.7 | 08:37.0 | 13:27.8 | 26:55.6 | | **4:30** | 00:16.8 | 00:33.6 | 00:50.3 | 01:07.1 | 01:23.9 | 01:40.7 | 02:14.2 | 02:47.8 | 03:21.3 | 04:28.4 | 05:35.5 | 06:42.7 | 08:23.3 | 08:56.9 | 13:58.9 | 27:57.7 | | **4:40** | 00:17.4 | 00:34.8 | 00:52.2 | 01:09.6 | 01:27.0 | 01:44.4 | 02:19.2 | 02:54.0 | 03:28.8 | 04:38.4 | 05:48.0 | 06:57.6 | 08:42.0 | 09:16.8 | 14:29.9 | 28:59.9 | | **4:50** | 00:18.0 | 00:36.0 | 00:54.0 | 01:12.1 | 01:30.1 | 01:48.1 | 02:24.2 | 03:00.2 | 03:36.2 | 04:48.3 | 06:00.4 | 07:12.5 | 09:00.6 | 09:36.6 | 15:01.0 | 30:02.0 | | **5:00** | 00:18.6 | 00:37.3 | 00:55.9 | 01:14.6 | 01:33.2 | 01:51.8 | 02:29.1 | 03:06.4 | 03:43.7 | 04:58.3 | 06:12.8 | 07:27.4 | 09:19.2 | 09:56.5 | 15:32.1 | 31:04.2 | | **5:10** | 00:19.2 | 00:38.5 | 00:57.8 | 01:17.1 | 01:36.3 | 01:55.6 | 02:34.1 | 03:12.6 | 03:51.2 | 05:08.2 | 06:25.3 | 07:42.3 | 09:37.9 | 10:16.4 | 16:03.2 | 32:06.3 | | **5:20** | 00:19.9 | 00:39.8 | 00:59.6 | 01:19.5 | 01:39.4 | 01:59.3 | 02:39.1 | 03:18.8 | 03:58.6 | 05:18.2 | 06:37.7 | 07:57.2 | 09:56.5 | 10:36.3 | 16:34.2 | 33:08.4 | | **5:30** | 00:20.5 | 00:41.0 | 01:05.1 | 01:22.0 | 01:42.5 | 02:03.0 | 02:44.0 | 03:25.1 | 04:06.1 | 05:28.1 | 06:50.1 | 08:12.1 | 10:15.2 | 10:56.2 | 17:05.3 | 34:10.6 | | **5:40** | 00:21.1 | 00:42.3 | 01:03.4 | 01:24.5 | 01:45.6 | 02:06.8 | 02:49.0 | 03:31.3 | 04:13.5 | 05:38.0 | 07:02.5 | 08:27.1 | 10:33.8 | 11:16.1 | 17:36.4 | 35:12.7 | | **5:50** | 00:21.7 | 00:43.5 | 01:05.2 | 01:27.0 | 01:48.7 | 02:10.5 | 02:54.0 | 03:37.5 | 04:21.0 | 05:48.0 | 07:15.0 | 08:42.0 | 10:52.5 | 11:36.0 | 18:07.4 | 36:14.9 | | **6:00** | 00:22.3 | 00:44.7 | 01:07.1 | 01:29.5 | 01:51.8 | 02:14.2 | 02:59.0 | 03:43.7 | 04:28.4 | 05:57.9 | 07:27.4 | 08:56.9 | 11:11.1 | 11:55.8 | 18:38.5 | 37:17.0 | | **6:10** | 00:23.0 | 00:46.0 | 01:08.9 | 01:32.0 | 01:54.9 | 02:17.9 | 03:03.9 | 03:49.9 | 04:35.9 | 06:07.9 | 07:39.8 | 09:11.8 | 11:29.7 | 12:15.7 | 19:09.6 | 38:19.1 | | **6:20** | 00:23.6 | 00:47.2 | 01:10.8 | 01:34.5 | 01:58.0 | 02:21.7 | 03:08.9 | 03:56.1 | 04:43.4 | 06:17.8 | 07:52.3 | 09:26.7 | 11:48.4 | 12:35.6 | 19:40.6 | 39:21.3 | | **6:30** | 00:24.2 | 00:48.5 | 01.12.7 | 01:36.9 | 02:01.1 | 02:25.4 | 03:13.9 | 04:02.3 | 04:50.8 | 06:27.7 | 08:04.7 | 09:41.6 | 12:07.0 | 12:55.5 | 20:11.7 | 40:23.4 | | **6:40** | 00:24.8 | 00:49.7 | 01:14.5 | 01:39.4 | 02:04.3 | 02:29.1 | 03:18.8 | 04:08.6 | 04:58.3 | 06:37.7 | 08:17.1 | 09:56.5 | 12:25.7 | 13:15.4 | 20:42.8 | 41:25.6 | | **6:50** | 00:25.5 | 00:51.0 | 01:16.4 | 01:41.9 | 02:07.4 | 02:32.9 | 03:23.8 | 04:14.8 | 05:05.7 | 06:47.6 | 08:29.5 | 10:11.4 | 12:44.3 | 13:35.3 | 21:13.8 | 42:27.7 | | **7:00** | 00:26.1 | 00:52.2 | 01:18.3 | 01:44.4 | 02:10.5 | 02:36.6 | 03:28.8 | 04:21.0 | 05:13.2 | 06:57.6 | 08:42.0 | 10:26.4 | 13:02.9 | 13:55.1 | 21:44.9 | 43:29.8 | | **7:10** | 00:26.7 | 00:53.4 | 01:20.1 | 01:46.9 | 02:13.6 | 02:40.3 | 03:33.8 | 04:27.2 | 05:20.6 | 07:07.5 | 08:54.4 | 10:41.3 | 13:21.6 | 14:15.0 | 22:16.0 | 44:32.0 | | **7:20** | 00:27.3 | 00:54.7 | 01:22.0 | 01:49.4 | 02:16.7 | 02:44.0 | 03:38.7 | 04:33.4 | 05:28.1 | 07:17.5 | 09:06.8 | 10:56.2 | 13:40.2 | 14:34.9 | 22:47.1 | 45:34.1 | | **7:30** | 00:27.9 | 00:55.9 | 01:23.9 | 01:51.8 | 02:19.8 | 02:47.8 | 03:43.7 | 04:39.6 | 05:35.5 | 07:27.4 | 09:19.2 | 11:11.1 | 13:58.9 | 14:54.8 | 23:18.1 | 46:36.2 | | **7:40** | 00:28.6 | 00:57.2 | 01:25.7 | 01:54.3 | 02:22.9 | 02:51.5 | 03:48.7 | 04:45.8 | 05:43.0 | 07:37.3 | 09:31.7 | 11:26.0 | 14:17.5 | 15:14.7 | 23:49.2 | 47:38.4 | | **7:50** | 00:29.2 | 00:58.4 | 01:27.6 | 01:56.8 | 02:26.5 | 02:55.2 | 03:53.6 | 04:52.1 | 05:50.5 | 07:47.3 | 09:44.1 | 11:40.9 | 14:36.2 | 15:34.6 | 24:20.3 | 48:40.5 | | **8:00** | 00:29.8 | 00:59.7 | 01:29.5 | 01:59.3 | 02:29.1 | 02:59.0 | 03:58.6 | 04:58.3 | 05:57.9 | 07:57.2 | 09:56.5 | 11:55.8 | 14:54.8 | 15:54.5 | 24:51.3 | 49:42.7 | | **8:10** | 00:30.4 | 01:00.9 | 01:31.3 | 02:01.8 | 02:32.2 | 03:02.7 | 04:03.6 | 05:04.5 | 06:05.4 | 08:07.2 | 10:09.0 | 12:10.8 | 15:13.4 | 16:14.3 | 25:22.4 | 50:44.8 | | **8:20** | 00:31.0 | 01:02.1 | 01:33.2 | 02:04.3 | 02:35.3 | 03:06.4 | 04:08.6 | 05:10.7 | 06:12.8 | 08:17.1 | 10:21.4 | 12:25.7 | 15:32.1 | 16:34.2 | 25:53.5 | 51:46.9 | | **8:30** | 00:31.7 | 01:03.4 | 01:35.0 | 02:06.8 | 02:38.5 | 03:10.1 | 04:13.5 | 05:16.9 | 06:20.3 | 08:27.1 | 10:33.8 | 12:40.6 | 15:50.7 | 16:54.1 | 26:24.5 | 52:49.1 | | **8:40** | 00:32.3 | 01:04.6 | 01:36.9 | 02:09.2 | 02:41.5 | 03:13.9 | 04:18.5 | 05:23.1 | 06:27.7 | 08:37.0 | 10:46.2 | 12:55.5 | 16:09.4 | 17:14.0 | 26:55.6 | 53:51.2 | | **8:50** | 00:32.9 | 01:05.9 | 01:38.8 | 02:11.7 | 02:44.6 | 03:17.6 | 04:23.5 | 05:29.3 | 06:35.2 | 08:46.9 | 10:58.7 | 13:10.4 | 16:28.0 | 17:33.9 | 27:26.7 | 54:53.4 | | **9:00** | 00:33.5 | 01:07.1 | 01:40.6 | 02:14.2 | 02:47.7 | 03:21.3 | 04:28.4 | 05:35.5 | 06:42.7 | 08:56.9 | 11:11.1 | 13:25.3 | 16:46.6 | 17:53.8 | 27:57.7 | 55:55.5 | | **9:10** | 00:34.2 | 01:08.4 | 01:42.5 | 02:16.7 | 02:50.9 | 03:25.1 | 04:33.4 | 05:41.8 | 06:50.1 | 09:06.8 | 11:23.5 | 13:40.2 | 17:05.3 | 18:13.6 | 28:28.8 | 56:57.6 | | **9:20** | 00:34.8 | 01:09.6 | 01:44.4 | 02:19.2 | 02:54.0 | 03:28.8 | 04:38.4 | 05:48.0 | 06:57.6 | 09:16.8 | 11:36.0 | 13:55.1 | 17:23.9 | 18:33.5 | 28:59.9 | 57:59.8 | | **9:30** | 00:35.4 | 01:10.8 | 01:46.2 | 02:21.7 | 02:57.1 | 03:32.5 | 04:43.4 | 05:54.2 | 07:05.0 | 09:26.7 | 11:48.4 | 14:10.1 | 17:42.6 | 18:53.4 | 29:31.0 | 59:01.9 | | **9:40** | 00:36.0 | 01:12.1 | 01:48.1 | 02:24.2 | 03:00.2 | 03:36.2 | 04:48.3 | 06:00.4 | 07:12.5 | 09:36.6 | 12:00.8 | 14:25.0 | 18:01.2 | 19:13.3 | 30:02.0 | 00:04.1 | | **9:50** | 00:36.6 | 01:13.3 | 01:50.0 | 02:26.6 | 03:03.3 | 03:40.0 | 04:53.3 | 06:06.6 | 07:19.9 | 09:46.6 | 12:13.2 | 14:39.9 | 18:19.9 | 19:33.2 | 30:33.1 | 01:06.2 | | **10:00** | 00:37.3 | 01:14.6 | 01:51.8 | 02:29.1 | 03:06.4 | 03:43.7 | 04:58.3 | 06:12.8 | 07:27.4 | 09:56.5 | 12:25.7 | 14:54.8 | 18:38.5 | 19:53.1 | 31:04.2 | 02:08.3 | |