

PaceChart.xls - Middle Distance

200	400	440y	409.34	600	800	880y	809.34	1000	1200	1320y	1209.34	1400	1500	1600	Mile	1800	2000	2200	2400	2600	2800	3000	3200	2 Miles
0:25.00	0:50.00	0:50.29	0:51.17	1:15.00	1:40.00	1:40.58	1:41.17	2:05.00	2:30.00	2:30.88	2:31.17	2:55.00	3:07.50	3:20.00	3:21.17	3:45.00	4:10.00	4:35.00	5:00.00	5:25.00	5:50.00	6:15.00	6:40.00	6:42.34
0:25.25	0:50.50	0:50.79	0:51.68	1:15.75	1:41.00	1:41.59	1:42.18	2:06.25	2:31.50	2:32.38	2:32.68	2:56.75	3:09.38	3:22.00	3:23.18	3:47.25	4:12.50	4:37.75	5:03.00	5:28.25	5:53.50	6:18.75	6:44.00	6:46.36
0:25.50	0:51.00	0:51.30	0:52.19	1:16.50	1:42.00	1:42.60	1:43.19	2:07.50	2:33.00	2:33.89	2:34.19	2:58.50	3:11.25	3:24.00	3:25.19	3:49.50	4:15.00	4:40.50	5:06.00	5:31.50	5:57.00	6:22.50	6:48.00	6:50.38
0:25.75	0:51.50	0:51.80	0:52.70	1:17.25	1:43.00	1:43.60	1:44.20	2:08.75	2:34.50	2:35.40	2:35.70	3:00.25	3:13.13	3:26.00	3:27.20	3:51.75	4:17.50	4:43.25	5:09.00	5:34.75	6:00.50	6:26.25	6:52.00	6:54.41
0:26.00	0:52.00	0:52.30	0:53.21	1:18.00	1:44.00	1:44.61	1:45.21	2:10.00	2:36.00	2:36.91	2:37.21	3:02.00	3:15.00	3:28.00	3:29.21	3:54.00	4:20.00	4:46.00	5:12.00	5:38.00	6:04.00	6:30.00	6:56.00	6:58.43
0:26.25	0:52.50	0:52.81	0:53.73	1:18.75	1:45.00	1:45.61	1:46.23	2:11.25	2:37.50	2:38.42	2:38.73	3:03.75	3:16.87	3:30.00	3:31.23	3:56.25	4:22.50	4:48.75	5:15.00	5:41.25	6:07.50	6:33.75	7:00.00	7:02.45
0:26.50	0:53.00	0:53.31	0:54.24	1:19.50	1:46.00	1:46.62	1:47.24	2:12.50	2:39.00	2:39.93	2:40.24	3:05.50	3:18.75	3:32.00	3:33.24	3:58.50	4:25.00	4:51.50	5:18.00	5:44.50	6:11.00	6:37.50	7:04.00	7:06.48
0:26.75	0:53.50	0:53.81	0:54.75	1:20.25	1:47.00	1:47.62	1:48.25	2:13.75	2:40.50	2:41.44	2:41.75	3:07.25	3:20.62	3:34.00	3:35.25	4:00.75	4:27.50	4:54.25	5:21.00	5:47.75	6:14.50	6:41.25	7:08.00	7:10.50
0:27.00	0:54.00	0:54.32	0:55.26	1:21.00	1:48.00	1:48.63	1:49.26	2:15.00	2:42.00	2:42.95	2:43.26	3:09.00	3:22.50	3:36.00	3:37.26	4:03.00	4:30.00	4:57.00	5:24.00	5:51.00	6:18.00	6:45.00	7:12.00	7:14.52
0:27.25	0:54.50	0:54.82	0:55.77	1:21.75	1:49.00	1:49.64	1:50.27	2:16.25	2:43.50	2:44.45	2:44.77	3:10.75	3:24.37	3:38.00	3:39.27	4:05.25	4:32.50	4:59.75	5:27.00	5:54.25	6:21.50	6:48.75	7:16.00	7:18.55
0:27.50	0:55.00	0:55.32	0:56.28	1:22.50	1:50.00	1:50.64	1:51.28	2:17.50	2:45.00	2:45.96	2:46.28	3:12.50	3:26.25	3:40.00	3:41.28	4:07.50	4:35.00	5:02.50	5:30.00	5:57.50	6:25.00	6:52.50	7:20.00	7:22.57
0:27.75	0:55.50	0:55.82	0:56.80	1:23.25	1:51.00	1:51.65	1:52.30	2:18.75	2:46.50	2:47.47	2:47.80	3:14.25	3:28.12	3:42.00	3:43.30	4:09.75	4:37.50	5:05.25	5:33.00	6:00.75	6:28.50	6:56.25	7:24.00	7:26.59
0:28.00	0:56.00	0:56.33	0:57.31	1:24.00	1:52.00	1:52.65	1:53.31	2:20.00	2:48.00	2:48.98	2:49.31	3:16.00	3:30.00	3:44.00	3:45.31	4:12.00	4:40.00	5:08.00	5:36.00	6:04.00	6:32.00	7:00.00	7:28.00	7:30.62
0:28.25	0:56.50	0:56.83	0:57.82	1:24.75	1:53.00	1:53.66	1:54.32	2:21.25	2:49.50	2:50.49	2:50.82	3:17.75	3:31.87	3:46.00	3:47.32	4:14.25	4:42.50	5:10.75	5:39.00	6:07.25	6:35.50	7:03.75	7:32.00	7:34.64
0:28.50	0:57.00	0:57.33	0:58.33	1:25.50	1:54.00	1:54.67	1:55.33	2:22.50	2:51.00	2:52.00	2:52.33	3:19.50	3:33.75	3:48.00	3:49.33	4:16.50	4:45.00	5:13.50	5:42.00	6:10.50	6:39.00	7:07.50	7:36.00	7:38.66
0:28.75	0:57.50	0:57.84	0:58.84	1:26.25	1:55.00	1:55.67	1:56.34	2:23.75	2:52.50	2:53.51	2:53.84	3:21.25	3:35.62	3:50.00	3:51.34	4:18.75	4:47.50	5:16.25	5:45.00	6:13.75	6:42.50	7:11.25	7:40.00	7:42.69
0:29.00	0:58.00	0:58.34	0:59.35	1:27.00	1:56.00	1:56.68	1:57.35	2:25.00	2:54.00	2:55.02	2:55.35	3:23.00	3:37.50	3:52.00	3:53.35	4:21.00	4:50.00	5:19.00	5:48.00	6:17.00	6:46.00	7:15.00	7:44.00	7:46.71
0:29.25	0:58.50	0:58.84	0:59.87	1:27.75	1:57.00	1:57.68	1:58.37	2:26.25	2:55.50	2:56.52	2:56.87	3:24.75	3:39.37	3:54.00	3:55.37	4:23.25	4:52.50	5:21.75	5:51.00	6:20.25	6:49.50	7:18.75	7:48.00	7:50.73
0:29.50	0:59.00	0:59.34	1:00.38	1:28.50	1:58.00	1:58.69	1:59.38	2:27.50	2:57.00	2:58.03	2:58.38	3:26.50	3:41.25	3:56.00	3:57.38	4:25.50	4:55.00	5:24.50	5:54.00	6:23.50	6:53.00	7:22.50	7:52.00	7:54.76
0:29.75	0:59.50	0:59.85	1:00.89	1:29.25	1:59.00	1:59.69	2:00.39	2:28.75	2:58.50	2:59.54	2:59.89	3:28.25	3:43.12	3:58.00	3:59.39	4:27.75	4:57.50	5:27.25	5:57.00	6:26.75	6:56.50	7:26.25	7:56.00	7:58.78
0:30.00	1:00.00	1:00.35	1:01.40	1:30.00	2:00.00	2:00.70	2:01.40	2:30.00	3:00.00	3:01.05	3:01.40	3:30.00	3:45.00	4:00.00	4:01.40	4:30.00	5:00.00	5:30.00	6:00.00	6:30.00	7:00.00	7:30.00	8:00.00	8:02.80
0:30.25	1:00.50	1:00.85	1:01.91	1:30.75	2:01.00	2:01.71	2:02.41	2:31.25	3:01.50	3:02.56	3:02.91	3:31.75	3:46.87	4:02.00	4:03.41	4:32.25	5:02.50	5:32.75	6:03.00	6:33.25	7:03.50	7:33.75	8:04.00	8:06.83
0:30.50	1:01.00	1:01.36	1:02.42	1:31.50	2:02.00	2:02.71	2:03.42	2:32.50	3:03.00	3:04.07	3:04.42	3:33.50	3:48.75	4:04.00	4:05.42	4:34.50	5:05.00	5:35.50	6:06.00	6:36.50	7:07.00	7:37.50	8:08.00	8:10.85
0:30.75	1:01.50	1:01.86	1:02.94	1:32.25	2:03.00	2:03.72	2:04.44	2:33.75	3:04.50	3:05.58	3:05.94	3:35.25	3:50.62	4:06.00	4:07.44	4:36.75	5:07.50	5:38.25	6:09.00	6:39.75	7:10.50	7:41.25	8:12.00	8:14.87
0:31.00	1:02.00	1:02.36	1:03.45	1:33.00	2:04.00	2:04.72	2:05.45	2:35.00	3:06.00	3:07.09	3:07.45	3:37.00	3:52.50	4:08.00	4:09.45	4:39.00	5:10.00	5:41.00	6:12.00	6:43.00	7:14.00	7:45.00	8:16.00	8:18.90
0:31.25	1:02.50	1:02.86	1:03.96	1:33.75	2:05.00	2:05.73	2:06.46	2:36.25	3:07.50	3:08.59	3:08.96	3:38.75	3:54.37	4:10.00	4:11.46	4:41.25	5:12.50	5:43.75	6:15.00	6:46.25	7:17.50	7:48.75	8:20.00	8:22.92
0:31.50	1:03.00	1:03.37	1:04.47	1:34.50	2:06.00	2:06.74	2:07.47	2:37.50	3:09.00	3:10.10	3:10.47	3:40.50	3:56.25	4:12.00	4:13.47	4:43.50	5:15.00	5:46.50	6:18.00	6:49.50	7:21.00	7:52.50	8:24.00	8:26.94
0:31.75	1:03.50	1:03.87	1:04.98	1:35.25	2:07.00	2:07.74	2:08.48	2:38.75	3:10.50	3:11.61	3:11.98	3:42.25	3:58.12	4:14.00	4:15.48	4:45.75	5:17.50	5:49.25	6:21.00	6:52.75	7:24.50	7:56.25	8:28.00	8:30.97
0:32.00	1:04.00	1:04.37	1:05.49	1:36.00	2:08.00	2:08.75	2:09.49	2:40.00	3:12.00	3:13.12	3:13.49	3:44.00	4:00.00	4:16.00	4:17.50	4:48.00	5:20.00	5:52.00	6:24.00	6:56.00	7:28.00	8:00.00	8:32.00	8:34.99
0:32.25	1:04.50	1:04.88	1:06.01	1:36.75	2:09.00	2:09.75	2:10.51	2:41.25	3:13.50	3:14.63	3:15.01	3:45.75	4:01.87	4:18.00	4:19.51	4:50.25	5:22.50	5:54.75	6:27.00	6:59.25	7:31.50	8:03.75	8:36.00	8:39.01
0:32.50	1:05.00	1:05.38	1:06.52	1:37.50	2:10.00	2:10.76	2:11.52	2:42.50	3:15.00	3:16.14	3:16.52	3:47.50	4:03.75	4:20.00	4:21.52	4:52.50	5:25.00	5:57.50	6:30.00	7:02.50	7:35.00	8:07.50	8:40.00	8:43.04
0:32.75	1:05.50	1:05.88	1:07.03	1:38.25	2:11.00	2:11.77	2:12.53	2:43.75	3:16.50	3:17.65	3:18.03	3:49.25	4:05.62	4:22.00	4:23.53	4:54.75	5:27.50	6:00.25	6:33.00	7:05.75	7:38.50	8:11.25	8:44.00	8:47.06
0:33.00	1:06.00	1:06.39	1:07.54	1:39.00	2:12.00	2:12.77	2:13.54	2:45.00	3:18.00	3:19.16	3:19.54	3:51.00	4:07.50	4:24.00	4:25.54	4:57.00	5:30.00	6:03.00	6:36.00	7:09.00	7:42.00	8:15.00	8:48.00	8:51.08
0:33.25	1:06.50	1:06.89	1:08.05	1:39.75	2:13.00	2:13.78	2:14.55	2:46.25	3:19.50	3:20.67	3:21.05	3:52.75	4:09.37	4:26.00	4:27.55	4:59.25	5:32.50	6:05.75	6:39.00	7:12.25	7:45.50	8:18.75	8:52.00	8:55.11
0:33.50	1:07.00	1:07.39	1:08.56	1:40.50	2:14.00	2:14.78	2:15.56	2:47.50	3:21.00	3:22.17	3:22.56	3:54.50	4:11.25	4:28.00	4:29.57	5:01.50	5:35.00	6:08.50	6:42.00	7:15.50	7:49.00	8:22.50	8:56.00	8:59.13
0:33.75	1:07.50	1:07.89	1:09.08	1:41.25	2:15.00	2:15.79	2:16.58	2:48.75	3:22.50	3:23.68	3:24.08	3:56.25	4:13.12	4:30.00	4:31.58	5:03.75	5:37.50	6:11.25	6:45.00	7:18.75	7:52.50	8:26.25	9:00.00	9:03.15
0:34.00	1:08.00	1:08.40	1:09.59	1:42.00	2:16.00	2:16.79	2:17.59	2:50.00	3:24.00	3:25.19	3:25.59	3:58.00	4:15.00	4:32.00	4:33.59	5:06.00	5:40.00	6:14.00	6:48.00	7:22.00	7:56.00	8:30.00	9:04.00	9:07.18
0:34.25	1:08.50	1:08.90	1:10.10	1:42.75	2:17.00	2:17.80	2:18.60	2:51.25	3:25.50	3:26.70	3:27.10	3:59.75	4:16.87	4:34.00	4:35.60	5:08.25	5:42.50	6:16.75	6:51.00	7:25.25	7:59.50	8:33.75	9:08.00	9:11.20
0:34.50	1:09.00	1:09.40	1:10.61	1:43.50	2:18.00	2:18.81	2:19.61	2:52.50	3:27.00	3:28.21	3:28.61	4:01.50	4:18.75	4:36.00	4:37.61	5:10.50	5:45.00	6:19.50	6:54.00	7:28.50	8:03.00	8:37.50	9:12.00	9:15.22
0:34.75	1:09.50	1:09.91	1:11.12	1:44.25	2:19.00	2:19.81	2:20.62	2:53.75	3:28.50	3:29.72	3:30.12	4:03.25	4:20.62											

200	400	600	800	1000	1200	1400	1600	1800	2000	2200	2400	2600	2800	3000	3200	3400	3600	3800	4000	4200	4400	4600	4800	5000
0:29.00	0:58.00	1:27.00	1:56.00	2:25.00	2:54.00	3:23.00	3:52.00	4:21.00	4:50.00	5:19.00	5:48.00	6:17.00	6:46.00	<b>7:15.00</b>	7:44.00	8:13.00	8:42.00	9:11.00	9:40.00	10:09.00	10:38.00	11:07.00	11:36.00	<b>12:05.00</b>
0:29.25	0:58.50	1:27.75	1:57.00	2:26.25	2:55.50	3:24.75	3:54.00	4:23.25	4:52.50	5:21.75	5:51.00	6:20.25	6:49.50	<b>7:17.75</b>	7:48.00	8:17.25	8:46.50	9:15.75	9:45.00	10:14.25	10:43.50	11:12.75	11:42.00	<b>12:11.25</b>
0:29.50	0:59.00	1:28.50	1:58.00	2:27.50	2:57.00	3:26.50	3:56.00	4:25.50	4:55.00	5:24.50	5:54.00	6:23.50	6:53.00	<b>7:22.50</b>	7:52.00	8:21.50	8:51.00	9:20.50	9:50.00	10:19.50	10:49.00	11:18.50	11:48.00	<b>12:17.50</b>
0:29.75	0:59.50	1:29.25	1:59.00	2:28.75	2:58.50	3:28.25	3:58.00	4:27.75	4:57.50	5:27.25	5:57.00	6:26.75	6:56.50	<b>7:26.25</b>	7:56.00	8:25.75	8:55.50	9:25.25	9:55.00	10:24.75	10:54.50	11:24.25	11:54.00	<b>12:23.75</b>
0:30.00	1:00.00	1:30.00	2:00.00	2:30.00	3:00.00	3:30.00	4:00.00	4:30.00	5:00.00	5:30.00	6:00.00	6:30.00	7:00.00	<b>7:30.00</b>	8:00.00	8:30.00	9:00.00	9:30.00	10:00.00	10:30.00	11:00.00	11:30.00	12:00.00	<b>12:30.00</b>
0:30.25	1:00.50	1:30.75	2:01.00	2:31.25	3:01.50	3:31.75	4:02.00	4:32.25	5:02.50	5:32.75	6:03.00	6:33.25	7:03.50	<b>7:33.75</b>	8:04.00	8:34.25	9:04.50	9:34.75	10:05.00	10:35.25	11:05.50	11:35.75	12:06.00	<b>12:36.25</b>
0:30.50	1:01.00	1:31.50	2:02.00	2:32.50	3:03.00	3:33.50	4:04.00	4:34.50	5:05.00	5:35.50	6:06.00	6:36.50	7:07.00	<b>7:37.50</b>	8:08.00	8:38.50	9:09.00	9:39.50	10:10.00	10:40.50	11:11.00	11:41.50	12:12.00	<b>12:42.50</b>
0:30.75	1:01.50	1:32.25	2:03.00	2:33.75	3:04.50	3:35.25	4:06.00	4:36.75	5:07.50	5:38.25	6:09.00	6:39.75	7:10.50	<b>7:41.25</b>	8:12.00	8:42.75	9:13.50	9:44.25	10:15.00	10:45.75	11:16.50	11:47.25	12:18.00	<b>12:48.75</b>
0:31.00	1:02.00	1:33.00	2:04.00	2:35.00	3:06.00	3:37.00	4:08.00	4:39.00	5:10.00	5:41.00	6:12.00	6:43.00	7:14.00	<b>7:45.00</b>	8:16.00	8:47.00	9:18.00	9:49.00	10:20.00	10:51.00	11:22.00	11:53.00	12:24.00	<b>12:55.00</b>
0:31.25	1:02.50	1:33.75	2:05.00	2:36.25	3:07.50	3:38.75	4:10.00	4:41.25	5:12.50	5:43.75	6:15.00	6:46.25	7:17.50	<b>7:48.75</b>	8:20.00	8:51.25	9:22.50	9:53.75	10:25.00	10:56.25	11:27.50	11:58.75	12:30.00	<b>13:01.25</b>
0:31.50	1:03.00	1:34.50	2:06.00	2:37.50	3:09.00	3:40.50	4:12.00	4:43.50	5:15.00	5:46.50	6:18.00	6:49.50	7:21.00	<b>7:52.50</b>	8:24.00	8:55.50	9:27.00	9:58.50	10:30.00	11:01.50	11:33.00	12:04.50	12:36.00	<b>13:07.50</b>
0:31.75	1:03.50	1:35.25	2:07.00	2:38.75	3:10.50	3:42.25	4:14.00	4:45.75	5:17.50	5:49.25	6:21.00	6:52.75	7:24.50	<b>7:56.25</b>	8:28.00	8:59.75	9:31.50	10:03.25	10:35.00	11:06.75	11:38.50	12:10.25	12:42.00	<b>13:13.75</b>
0:32.00	1:04.00	1:36.00	2:08.00	2:40.00	3:12.00	3:44.00	4:16.00	4:48.00	5:20.00	5:52.00	6:24.00	6:56.00	7:28.00	<b>8:00.00</b>	8:32.00	9:04.00	9:36.00	10:08.00	10:40.00	11:12.00	11:44.00	12:16.00	12:48.00	<b>13:20.00</b>
0:32.25	1:04.50	1:36.75	2:09.00	2:41.25	3:13.50	3:45.75	4:18.00	4:50.25	5:22.50	5:54.75	6:27.00	6:59.25	7:31.50	<b>8:03.75</b>	8:36.00	9:08.25	9:40.50	10:12.75	10:45.00	11:17.25	11:49.50	12:21.75	12:54.00	<b>13:26.25</b>
0:32.50	1:05.00	1:37.50	2:10.00	2:42.50	3:15.00	3:47.50	4:20.00	4:52.50	5:25.00	5:57.50	6:30.00	7:02.50	7:35.00	<b>8:07.50</b>	8:40.00	9:12.50	9:45.00	10:17.50	10:50.00	11:22.50	11:55.00	12:27.50	13:00.00	<b>13:32.50</b>
0:32.75	1:05.50	1:38.25	2:11.00	2:43.75	3:16.50	3:49.25	4:22.00	4:54.75	5:27.50	6:00.25	6:33.00	7:05.75	7:38.50	<b>8:11.25</b>	8:44.00	9:16.75	9:49.50	10:22.25	10:55.00	11:27.75	12:00.50	12:33.25	13:06.00	<b>13:38.75</b>
0:33.00	1:06.00	1:39.00	2:12.00	2:45.00	3:18.00	3:51.00	4:24.00	4:57.00	5:30.00	6:03.00	6:36.00	7:09.00	7:42.00	<b>8:15.00</b>	8:48.00	9:21.00	9:54.00	10:27.00	11:00.00	11:33.00	12:06.00	12:39.00	13:12.00	<b>13:45.00</b>
0:33.25	1:06.50	1:39.75	2:13.00	2:46.25	3:19.50	3:52.75	4:26.00	4:59.25	5:32.50	6:05.75	6:39.00	7:12.25	7:45.50	<b>8:18.75</b>	8:52.00	9:25.25	9:58.50	10:31.75	11:05.00	11:38.25	12:11.50	12:44.75	13:18.00	<b>13:51.25</b>
0:33.50	1:07.00	1:40.50	2:14.00	2:47.50	3:21.00	3:54.50	4:28.00	5:01.50	5:35.00	6:08.50	6:42.00	7:15.50	7:49.00	<b>8:22.50</b>	8:56.00	9:29.50	10:03.00	10:36.50	11:10.00	11:43.50	12:17.00	12:50.50	13:24.00	<b>13:57.50</b>
0:33.75	1:07.50	1:41.25	2:15.00	2:48.75	3:22.50	3:56.25	4:30.00	5:03.75	5:37.50	6:11.25	6:45.00	7:18.75	7:52.50	<b>8:26.25</b>	9:00.00	9:33.75	10:07.50	10:41.25	11:15.00	11:48.75	12:22.50	12:56.25	13:30.00	<b>14:03.75</b>
0:34.00	1:08.00	1:42.00	2:16.00	2:50.00	3:24.00	3:58.00	4:32.00	5:06.00	5:40.00	6:14.00	6:48.00	7:22.00	7:56.00	<b>8:30.00</b>	9:04.00	9:38.00	10:12.00	10:46.00	11:20.00	11:54.00	12:28.00	13:02.00	13:36.00	<b>14:10.00</b>
0:34.25	1:08.50	1:42.75	2:17.00	2:51.25	3:25.50	3:59.75	4:34.00	5:08.25	5:42.50	6:16.75	6:51.00	7:25.25	7:59.50	<b>8:33.75</b>	9:08.00	9:42.25	10:16.50	10:50.75	11:25.00	11:59.25	12:33.50	13:07.75	13:42.00	<b>14:16.25</b>
0:34.50	1:09.00	1:43.50	2:18.00	2:52.50	3:27.00	4:01.50	4:36.00	5:10.50	5:45.00	6:19.50	6:54.00	7:28.50	8:03.00	<b>8:37.50</b>	9:12.00	9:46.50	10:21.00	10:55.50	11:30.00	12:04.50	12:39.00	13:13.50	13:48.00	<b>14:22.50</b>
0:34.75	1:09.50	1:44.25	2:19.00	2:53.75	3:28.50	4:03.25	4:38.00	5:12.75	5:47.50	6:22.25	6:57.00	7:31.75	8:06.50	<b>8:41.25</b>	9:16.00	9:50.75	10:25.50	11:00.25	11:35.00	12:09.75	12:44.50	13:19.25	13:54.00	<b>14:28.75</b>
0:35.00	1:10.00	1:45.00	2:20.00	2:55.00	3:30.00	4:05.00	4:40.00	5:15.00	5:50.00	6:25.00	7:00.00	7:35.00	8:10.00	<b>8:45.00</b>	9:20.00	9:55.00	10:30.00	11:05.00	11:40.00	12:15.00	12:50.00	13:25.00	14:00.00	<b>14:35.00</b>
0:35.25	1:10.50	1:45.75	2:21.00	2:56.25	3:31.50	4:06.75	4:42.00	5:17.25	5:52.50	6:27.75	7:03.00	7:38.25	8:13.50	<b>8:48.75</b>	9:24.00	9:59.25	10:34.50	11:09.75	11:45.00	12:20.25	12:55.50	13:30.75	14:06.00	<b>14:41.25</b>
0:35.50	1:11.00	1:46.50	2:22.00	2:57.50	3:33.00	4:08.50	4:44.00	5:19.50	5:55.00	6:30.50	7:06.00	7:41.50	8:17.00	<b>8:52.50</b>	9:28.00	10:03.50	10:39.00	11:14.50	11:50.00	12:25.50	13:01.00	13:36.50	14:12.00	<b>14:47.50</b>
0:35.75	1:11.50	1:47.25	2:23.00	2:58.75	3:34.50	4:10.25	4:46.00	5:21.75	5:57.50	6:33.25	7:09.00	7:44.75	8:20.50	<b>8:56.25</b>	9:32.00	10:07.75	10:43.50	11:19.25	11:55.00	12:30.75	13:06.50	13:42.25	14:18.00	<b>14:53.75</b>
0:36.00	1:12.00	1:48.00	2:24.00	3:00.00	3:36.00	4:12.00	4:48.00	5:24.00	6:00.00	6:36.00	7:12.00	7:48.00	8:24.00	<b>9:00.00</b>	9:36.00	10:12.00	10:48.00	11:24.00	12:00.00	12:36.00	13:12.00	13:48.00	14:24.00	<b>15:00.00</b>
0:36.25	1:12.50	1:48.75	2:25.00	3:01.25	3:37.50	4:13.75	4:50.00	5:26.25	6:02.50	6:38.75	7:15.00	7:51.25	8:27.50	<b>9:03.75</b>	9:40.00	10:16.25	10:52.50	11:28.75	12:05.00	12:41.25	13:17.50	13:53.75	14:30.00	<b>15:06.25</b>
0:36.50	1:13.00	1:49.50	2:26.00	3:02.50	3:39.00	4:15.50	4:52.00	5:28.50	6:05.00	6:41.50	7:18.00	7:54.50	8:31.00	<b>9:07.50</b>	9:44.00	10:20.50	10:57.00	11:33.50	12:10.00	12:46.50	13:23.00	13:59.50	14:36.00	<b>15:12.50</b>
0:36.75	1:13.50	1:50.25	2:27.00	3:03.75	3:40.50	4:17.25	4:54.00	5:30.75	6:07.50	6:44.25	7:21.00	7:57.75	8:34.50	<b>9:11.25</b>	9:48.00	10:24.75	11:01.50	11:38.25	12:15.00	12:51.75	13:28.50	14:05.25	14:42.00	<b>15:18.75</b>
0:37.00	1:14.00	1:51.00	2:28.00	3:05.00	3:42.00	4:19.00	4:56.00	5:33.00	6:10.00	6:47.00	7:24.00	8:01.00	8:38.00	<b>9:15.00</b>	9:52.00	10:29.00	11:06.00	11:43.00	12:20.00	12:57.00	13:34.00	14:11.00	14:48.00	<b>15:25.00</b>
0:37.25	1:14.50	1:51.75	2:29.00	3:06.25	3:43.50	4:20.75	4:58.00	5:35.25	6:12.50	6:49.75	7:27.00	8:04.25	8:41.50	<b>9:18.75</b>	9:56.00	10:33.25	11:10.50	11:47.75	12:25.00	13:02.25	13:39.50	14:16.75	14:54.00	<b>15:31.25</b>
0:37.50	1:15.00	1:52.50	2:30.00	3:07.50	3:45.00	4:22.50	5:00.00	5:37.50	6:15.00	6:52.50	7:30.00	8:07.50	8:45.00	<b>9:22.50</b>	10:00.00	10:37.50	11:15.00	11:52.50	12:30.00	13:07.50	13:45.00	14:22.50	15:00.00	<b>15:37.50</b>
0:37.75	1:15.50	1:53.25	2:31.00	3:08.75	3:46.50	4:24.25	5:02.00	5:39.75	6:17.50	6:55.25	7:33.00	8:10.75	8:48.50	<b>9:26.25</b>	10:04.00	10:41.75	11:19.50	11:57.25	12:35.00	13:12.75	13:50.50	14:28.25	15:06.00	<b>15:43.75</b>
0:38.00	1:16.00	1:54.00	2:32.00	3:10.00	3:48.00	4:26.00	5:04.00	5:42.00	6:20.00	6:58.00	7:36.00	8:14.00	8:52.00	<b>9:30.00</b>	10:08.00	10:46.00	11:24.00	12:02.00	12:40.00	13:18.00	13:56.00	14:34.00	15:12.00	<b>15:50.00</b>
0:38.25	1:16.50	1:54.75	2:33.00	3:11.25	3:49.50	4:27.75	5:06.00	5:44.25	6:22.50	7:00.75	7:39.00	8:17.25	8:55.50	<b>9:33.75</b>	10:12.00	10:5								

	400	800	1000	1200	1600	2000	2400	2800	3000	3200	3600	4000	4400	4800	5000	5200	5600	6000	6400	6800	7000	7200	7600	8000	8400	8800	9000	9200	9600	10000
1:02.5	2:05.0	<b>2:36.3</b>	3:07.5	4:10.0	<b>5:12.5</b>	6:15.0	7:17.5	<b>7:48.8</b>	8:20.0	9:22.5	<b>10:25.0</b>	11:27.5	12:30.0	<b>13:01.3</b>	13:33	14:35	<b>15:38</b>	16:40	17:43	<b>18:14</b>	18:45	19:48	<b>20:50</b>	21:53	22:55	<b>23:26</b>	23:58	25:00	<b>26:02.5</b>	
1:03.0	2:06.0	<b>2:37.5</b>	3:09.0	4:12.0	<b>5:15.0</b>	6:18.0	7:21.0	<b>7:52.5</b>	8:24.0	9:27.0	<b>10:30.0</b>	11:33.0	12:36.0	<b>13:07.5</b>	13:39	14:42	<b>15:45</b>	16:48	17:51	<b>18:22</b>	18:54	19:57	<b>21:00</b>	22:03	23:06	<b>23:37</b>	24:09	25:12	<b>26:15.0</b>	
1:03.5	2:07.0	<b>2:38.8</b>	3:10.5	4:14.0	<b>5:17.5</b>	6:21.0	7:24.5	<b>7:56.3</b>	8:28.0	9:31.5	<b>10:35.0</b>	11:38.5	12:42.0	<b>13:13.7</b>	13:46	14:49	<b>15:53</b>	16:56	18:00	<b>18:31</b>	19:03	20:07	<b>21:10</b>	22:13	23:17	<b>23:49</b>	24:20	25:24	<b>26:27.5</b>	
1:04.0	2:08.0	<b>2:40.0</b>	3:12.0	4:16.0	<b>5:20.0</b>	6:24.0	7:28.0	<b>8:00.0</b>	8:32.0	9:36.0	<b>10:40.0</b>	11:44.0	12:48.0	<b>13:20.0</b>	13:52	14:56	<b>16:00</b>	17:04	18:08	<b>18:40</b>	19:12	20:16	<b>21:20</b>	22:24	23:28	<b>24:00</b>	24:32	25:36	<b>26:40.0</b>	
1:04.5	2:09.0	<b>2:41.3</b>	3:13.5	4:18.0	<b>5:22.5</b>	6:27.0	7:31.5	<b>8:03.7</b>	8:36.0	9:40.5	<b>10:45.0</b>	11:49.5	12:54.0	<b>13:26.3</b>	13:58	15:03	<b>16:07</b>	17:12	18:17	<b>18:49</b>	19:21	20:25	<b>21:30</b>	22:34	23:39	<b>24:11</b>	24:43	25:48	<b>26:52.5</b>	
1:05.0	2:10.0	<b>2:42.5</b>	3:15.0	4:20.0	<b>5:25.0</b>	6:30.0	7:35.0	<b>8:07.5</b>	8:40.0	9:45.0	<b>10:50.0</b>	11:55.0	13:00.0	<b>13:32.5</b>	14:05	15:10	<b>16:15</b>	17:20	18:25	<b>18:57</b>	19:30	20:35	<b>21:40</b>	22:45	23:50	<b>24:22</b>	24:55	26:00	<b>27:05.0</b>	
1:05.5	2:11.0	<b>2:43.7</b>	3:16.5	4:22.0	<b>5:27.5</b>	6:33.0	7:38.5	<b>8:11.2</b>	8:44.0	9:49.5	<b>10:55.0</b>	12:00.5	13:06.0	<b>13:38.7</b>	14:11	15:17	<b>16:22</b>	17:28	18:33	<b>19:06</b>	19:39	20:44	<b>21:50</b>	22:55	24:01	<b>24:34</b>	25:06	26:12	<b>27:17.5</b>	
1:06.0	2:12.0	<b>2:45.0</b>	3:18.0	4:24.0	<b>5:30.0</b>	6:36.0	7:42.0	<b>8:15.0</b>	8:48.0	9:54.0	<b>11:00.0</b>	12:06.0	13:12.0	<b>13:45.0</b>	14:18	15:24	<b>16:30</b>	17:36	18:42	<b>19:15</b>	19:48	20:54	<b>22:00</b>	23:06	24:12	<b>24:45</b>	25:18	26:24	<b>27:30.0</b>	
1:06.5	2:13.0	<b>2:46.2</b>	3:19.5	4:26.0	<b>5:32.5</b>	6:39.0	7:45.5	<b>8:18.7</b>	8:52.0	9:58.5	<b>11:05.0</b>	12:11.5	13:18.0	<b>13:51.2</b>	14:24	15:31	<b>16:37</b>	17:44	18:50	<b>19:24</b>	19:57	21:03	<b>22:10</b>	23:16	24:23	<b>24:56</b>	25:29	26:36	<b>27:42.5</b>	
1:07.0	2:14.0	<b>2:47.5</b>	3:21.0	4:28.0	<b>5:35.0</b>	6:42.0	7:49.0	<b>8:22.5</b>	8:56.0	10:03.0	<b>11:10.0</b>	12:17.0	13:24.0	<b>13:57.5</b>	14:31	15:38	<b>16:45</b>	17:52	18:59	<b>19:32</b>	20:06	21:13	<b>22:20</b>	23:27	24:34	<b>25:07</b>	25:41	26:48	<b>27:55.0</b>	
1:07.5	2:15.0	<b>2:48.7</b>	3:22.5	4:30.0	<b>5:37.5</b>	6:45.0	7:52.5	<b>8:26.2</b>	9:00.0	10:07.5	<b>11:15.0</b>	12:22.5	13:30.0	<b>14:03.7</b>	14:37	15:45	<b>16:52</b>	18:00	19:07	<b>19:41</b>	20:15	21:22	<b>22:30</b>	23:37	24:45	<b>25:19</b>	25:52	27:00	<b>28:07.5</b>	
1:08.0	2:16.0	<b>2:50.0</b>	3:24.0	4:32.0	<b>5:40.0</b>	6:48.0	7:56.0	<b>8:30.0</b>	9:04.0	10:12.0	<b>11:20.0</b>	12:28.0	13:36.0	<b>14:10.0</b>	14:44	15:52	<b>17:00</b>	18:08	19:16	<b>19:50</b>	20:24	21:32	<b>22:40</b>	23:48	24:56	<b>25:30</b>	26:04	27:12	<b>28:20.0</b>	
1:08.5	2:17.0	<b>2:51.2</b>	3:25.5	4:34.0	<b>5:42.5</b>	6:51.0	7:59.5	<b>8:33.7</b>	9:08.0	10:16.5	<b>11:25.0</b>	12:33.5	13:42.0	<b>14:16.2</b>	14:50	15:59	<b>17:07</b>	18:16	19:24	<b>19:59</b>	20:33	21:41	<b>22:50</b>	23:58	25:07	<b>25:41</b>	26:15	27:24	<b>28:32.5</b>	
1:09.0	2:18.0	<b>2:52.5</b>	3:27.0	4:36.0	<b>5:45.0</b>	6:54.0	8:03.0	<b>8:37.5</b>	9:12.0	10:21.0	<b>11:30.0</b>	12:39.0	13:48.0	<b>14:22.5</b>	14:57	16:06	<b>17:15</b>	18:24	19:33	<b>20:07</b>	20:42	21:51	<b>23:00</b>	24:09	25:18	<b>25:52</b>	26:27	27:36	<b>28:45.0</b>	
1:09.5	2:19.0	<b>2:53.7</b>	3:28.5	4:38.0	<b>5:47.5</b>	6:57.0	8:06.5	<b>8:41.2</b>	9:16.0	10:25.5	<b>11:35.0</b>	12:44.5	13:54.0	<b>14:28.7</b>	15:03	16:13	<b>17:22</b>	18:32	19:41	<b>20:16</b>	20:51	22:00	<b>23:10</b>	24:19	25:29	<b>26:04</b>	26:38	27:48	<b>28:57.5</b>	
1:10.0	2:20.0	<b>2:55.0</b>	3:30.0	4:40.0	<b>5:50.0</b>	7:00.0	8:10.0	<b>8:45.0</b>	9:20.0	10:30.0	<b>11:40.0</b>	12:50.0	14:00.0	<b>14:35.0</b>	15:10	16:20	<b>17:30</b>	18:40	19:50	<b>20:25</b>	21:00	22:10	<b>23:20</b>	24:30	25:40	<b>26:15</b>	26:50	28:00	<b>29:10.0</b>	
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1:14.0	2:28.0	<b>3:05.0</b>	3:42.0	4:56.0	<b>6:10.0</b>	7:24.0	8:38.0	<b>9:15.0</b>	9:52.0	11:06.0	<b>12:20.0</b>	13:34.0	14:48.0	<b>15:25.0</b>	16:02	17:16	<b>18:30</b>	19:44	20:58	<b>21:35</b>	22:12	23:26	<b>24:40</b>	25:54	27:08	<b>27:45</b>	28:22	29:36	<b>30:50.0</b>	
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1:15.5	2:31.0	<b>3:08.7</b>	3:46.5	5:02.0	<b>6:17.5</b>	7:33.0	8:48.5	<b>9:26.2</b>	10:04.0	11:19.5	<b>12:35.0</b>	13:50.5	15:06.0	<b>15:43.7</b>	16:21	17:37	<b>18:52</b>	20:08	21:23	<b>22:01</b>	22:39	23:54	<b>25:10</b>	26:25	27:41	<b>28:19</b>	28:56	30:12	<b>31:27.5</b>	
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1:16.5	2:33.0	<b>3:11.2</b>	3:49.5	5:06.0	<b>6:22.5</b>	7:39.0	8:55.5	<b>9:33.7</b>	10:12.0	11:28.5	<b>12:45.0</b>	14:01.5	15:18.0	<b>15:56.2</b>	16:34	17:51	<b>19:07</b>	20:24	21:40	<b>22:19</b>	22:57	24:13	<b>25:30</b>	26:46	28:03	<b>28:41</b>	29:19	30:36	<b>31:52.5</b>	
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1:17.5	2:35.0	<b>3:13.7</b>	3:52.5	5:10.0	<b>6:27.5</b>	7:45.0	9:02.5	<b>9:41.2</b>	10:20.0	11:37.5	<b>12:55.0</b>	14:12.5	15:30.0	<b>16:08.7</b>	16:47	18:05	<b>19:22</b>	20:40	21:57	<b>22:36</b>	23:15	24:32	<b>25:50</b>	27:07	28:25	<b>29:04</b>	29:42	31:00	<b>32:17.5</b>	
1:18.0	2:36.0	<b>3:15.0</b>	3:54.0	5:12.0	<b>6:30.0</b>	7:48.0	9:06.0	<b>9:45.0</b>	10:24.0	11:42.0	<b>13:00.0</b>	14:18.0	15:36.0	<b>16:15.0</b>	16:54	18:12	<b>19:30</b>	20:48	22:06	<b>22:45</b>	23:24	24:42	<b>26:00</b>	27:18	28:36	<b>29:15</b>	29:54	31:12	<b>32:30.0</b>	
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2:43	4:22	5:26	8:09	8:45	10:52	13:07	13:35	16:18	17:29	19:01	21:44	21:52	24:27	26:14	27:10	29:53	30:36	32:36	34:59	35:19	38:02	39:21	40:45	0:43:28	0:43:43	0:46:11	0:48:06	0:48:54	0:51:37	0:52:28	0:54:20	22:08.9	0:56:50	0:57:03	0:57:19	
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3:14	5:12	6:28	9:42	10:24	12:56																															

1 M	2 M	3 M	5Km	4 M	5 M	6 M	10Km	7 M	8 M	9 M	15Km	10 M	11 M	12 M	20Km	13 M	Half	14 M	15 M	25Km	16 M	17 M	18 M	30Km	19 M	20 M	21 M	35Km	22 M	23 M	24 M	40Km	25 M	26 M	Mar
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5:22	10:44	16:06	16:40	21:28	26:49	32:11	33:20																												

5Km	5 M	10Km	15Km	10 M	20Km	Half	15 M	25Km	30Km	20 M	35Km	40Km	25 M	Mar	5Km	5 M	10Km	15Km	10 M	20Km	Half	15 M	25Km	30Km	20 M	35Km	40Km	25 M	Mar
13:30	<b>21:44</b>	27:00	13:30	<b>43:27</b>	0:54:00	0:56:58	<b>1:05:11</b>	1:07:30	1:21:00	<b>1:26:54</b>	1:34:30	1:48:00	<b>1:48:38</b>	<b>1:53:56</b>	18:00	<b>28:58</b>	36:00	0:54:00	<b>0:57:56</b>	1:12:00	1:15:57	<b>1:26:54</b>	1:30:00	1:48:00	<b>1:55:52</b>	2:06:00	2:24:00	<b>2:24:50</b>	<b>2:31:54</b>
13:35	<b>21:52</b>	27:10	13:35	<b>43:43</b>	0:54:20	0:57:19	<b>1:05:35</b>	1:07:55	1:21:30	<b>1:27:26</b>	1:35:05	1:48:40	<b>1:49:18</b>	<b>1:54:38</b>	18:05	<b>29:06</b>	36:10	0:54:15	<b>0:58:12</b>	1:12:20	1:16:18	<b>1:27:18</b>	1:30:25	1:48:30	<b>1:56:25</b>	2:06:35	2:24:40	<b>2:25:31</b>	<b>2:32:36</b>
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13:55	<b>22:24</b>	27:50	41:45	<b>44:48</b>	0:55:40	0:58:43	<b>1:07:11</b>	1:09:35	1:23:30	<b>1:29:35</b>	1:37:25	1:51:20	<b>1:51:59</b>	<b>1:57:27</b>	18:25	<b>29:38</b>	36:50	0:55:15	<b>0:59:17</b>	1:13:40	1:17:43	<b>1:28:55</b>	1:32:05	1:50:30	<b>1:58:33</b>	2:08:55	2:27:20	<b>2:28:12</b>	<b>2:35:25</b>
14:00	<b>22:32</b>	28:00	42:00	<b>45:04</b>	0:56:00	0:59:04	<b>1:07:36</b>	1:10:00	1:24:00	<b>1:30:07</b>	1:38:00	1:52:00	<b>1:52:39</b>	<b>1:58:09</b>	18:30	<b>29:46</b>	37:00	0:55:30	<b>0:59:33</b>	1:14:00	1:18:04	<b>1:29:19</b>	1:32:30	1:51:00	<b>1:59:05</b>	2:09:30	2:28:00	<b>2:28:52</b>	<b>2:36:07</b>
14:05	<b>22:40</b>	28:10	42:15	<b>45:20</b>	0:56:20	0:59:25	<b>1:08:00</b>	1:10:25	1:24:30	<b>1:30:40</b>	1:38:35	1:52:40	<b>1:53:19</b>	<b>1:58:51</b>	18:35	<b>29:54</b>	37:10	0:55:45	<b>0:59:49</b>	1:14:20	1:18:25	<b>1:29:43</b>	1:32:55	1:51:30	<b>1:59:38</b>	2:10:05	2:28:40	<b>2:29:32</b>	<b>2:36:49</b>
14:10	<b>22:48</b>	28:20	42:30	<b>45:36</b>	0:56:40	0:59:47	<b>1:08:24</b>	1:10:50	1:25:00	<b>1:31:12</b>	1:39:10	1:53:20	<b>1:54:00</b>	<b>1:59:33</b>	18:40	<b>30:02</b>	37:20	0:56:00	<b>1:00:05</b>	1:14:40	1:18:46	<b>1:30:07</b>	1:33:20	1:52:00	<b>2:00:10</b>	2:10:40	2:29:20	<b>2:30:12</b>	<b>2:37:32</b>
14:15	<b>22:56</b>	28:30	42:45	<b>45:52</b>	0:57:00	1:00:08	<b>1:08:48</b>	1:11:15	1:25:30	<b>1:31:44</b>	1:39:45	1:54:00	<b>1:54:40</b>	<b>2:00:15</b>	18:45	<b>30:11</b>	37:30	0:56:15	<b>1:00:21</b>	1:15:00	1:19:07	<b>1:30:32</b>	1:33:45	1:52:30	<b>2:00:42</b>	2:11:15	2:30:00	<b>2:30:53</b>	<b>2:38:14</b>
14:20	<b>23:04</b>	28:40	43:00	<b>46:08</b>	0:57:20	1:00:29	<b>1:09:12</b>	1:11:40	1:26:00	<b>1:32:16</b>	1:40:20	1:54:40	<b>1:55:20</b>	<b>2:00:58</b>	18:50	<b>30:19</b>	37:40	0:56:30	<b>1:00:37</b>	1:15:20	1:19:28	<b>1:30:56</b>	1:34:10	1:53:00	<b>2:01:14</b>	2:11:50	2:30:40	<b>2:31:33</b>	<b>2:38:56</b>
14:25	<b>23:12</b>	28:50	43:15	<b>46:24</b>	0:57:40	1:00:50	<b>1:09:36</b>	1:12:05	1:26:30	<b>1:32:48</b>	1:40:55	1:55:20	<b>1:56:00</b>	<b>2:01:40</b>	18:55	<b>30:27</b>	37:50	0:56:45	<b>1:00:53</b>	1:15:40	1:19:49	<b>1:31:20</b>	1:34:35	1:53:30	<b>2:01:46</b>	2:12:25	2:31:20	<b>2:32:13</b>	<b>2:39:38</b>
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14:35	<b>23:28</b>	29:10	43:45	<b>46:56</b>	0:58:20	1:01:32	<b>1:10:25</b>	1:12:55	1:27:30	<b>1:33:53</b>	1:42:05	1:56:40	<b>1:57:21</b>	<b>2:03:04</b>	19:05	<b>30:43</b>	38:10	0:57:15	<b>1:01:25</b>	1:16:20	1:20:31	<b>1:32:08</b>	1:35:25	1:54:30	<b>2:02:51</b>	2:13:35	2:32:40	<b>2:33:33</b>	<b>2:41:03</b>
14:40	<b>23:36</b>	29:20	44:00	<b>47:12</b>	0:58:40	1:01:53	<b>1:10:49</b>	1:13:20	1:28:00	<b>1:34:25</b>	1:42:40	1:57:20	<b>1:58:01</b>	<b>2:03:46</b>	19:10	<b>30:51</b>	38:20	0:57:30	<b>1:01:41</b>	1:16:40	1:20:52	<b>1:32:32</b>	1:35:50	1:55:00	<b>2:03:23</b>	2:14:10	2:33:20	<b>2:34:14</b>	<b>2:41:45</b>
14:45	<b>23:44</b>	29:30	44:15	<b>47:29</b>	0:59:00	1:02:14	<b>1:11:13</b>	1:13:45	1:28:30	<b>1:34:57</b>	1:43:15	1:58:00	<b>1:58:41</b>	<b>2:04:29</b>	19:15	<b>30:59</b>	38:30	0:57:45	<b>1:01:58</b>	1:17:00	1:21:14	<b>1:32:56</b>	1:36:15	1:55:30	<b>2:03:55</b>	2:14:45	2:34:00	<b>2:34:54</b>	<b>2:42:27</b>
14:50	<b>23:52</b>	29:40	44:30	<b>47:45</b>	0:59:20	1:02:35	<b>1:11:37</b>	1:14:10	1:29:00	<b>1:35:29</b>	1:43:50	1:58:40	<b>1:59:22</b>	<b>2:05:11</b>	19:20	<b>31:07</b>	38:40	0:58:00	<b>1:02:14</b>	1:17:20	1:21:35	<b>1:33:21</b>	1:36:40	1:56:00	<b>2:04:27</b>	2:15:20	2:34:40	<b>2:35:34</b>	<b>2:43:09</b>
14:55	<b>24:00</b>	29:50	44:45	<b>48:01</b>	0:59:40	1:02:56	<b>1:12:01</b>	1:14:35	1:29:30	<b>1:36:01</b>	1:44:25	1:59:20	<b>2:00:02</b>	<b>2:05:53</b>	19:25	<b>31:15</b>	38:50	0:58:15	<b>1:02:30</b>	1:17:40	1:21:56	<b>1:33:45</b>	1:37:05	1:56:30	<b>2:05:00</b>	2:15:55	2:35:20	<b>2:36:14</b>	<b>2:43:51</b>
15:00	<b>24:08</b>	30:00	45:00	<b>48:17</b>	1:00:00	1:03:18	<b>1:12:25</b>	1:15:00	1:30:00	<b>1:36:34</b>	1:45:00	2:00:00	<b>2:00:42</b>	<b>2:06:35</b>	19:30	<b>31:23</b>	39:00	0:58:30	<b>1:02:46</b>	1:18:00	1:22:17	<b>1:34:09</b>	1:37:30	1:57:00	<b>2:05:32</b>	2:16:30	2:36:00	<b>2:36:55</b>	<b>2:44:34</b>
15:05	<b>24:16</b>	30:10	45:15	<b>48:33</b>	1:00:20	1:03:39	<b>1:12:49</b>	1:15:25	1:30:30	<b>1:37:06</b>	1:45:35	2:00:40	<b>2:01:22</b>	<b>2:07:17</b>	19:35	<b>31:31</b>	39:10	0:58:45	<b>1:03:02</b>	1:18:20	1:22:38	<b>1:34:33</b>	1:37:55	1:57:30	<b>2:06:04</b>	2:17:05	2:36:40	<b>2:37:35</b>	<b>2:45:16</b>
15:10	<b>24:25</b>	30:20	45:30	<b>48:49</b>	1:00:40	1:04:00	<b>1:13:14</b>	1:15:50	1:31:00	<b>1:37:38</b>	1:46:10	2:01:20	<b>2:02:03</b>	<b>2:07:59</b>	19:40	<b>31:39</b>	39:20	0:59:00	<b>1:03:18</b>	1:18:40	1:22:59	<b>1:34:57</b>	1:38:20	1:58:00	<b>2:06:36</b>	2:17:40	2:37:20	<b>2:38:15</b>	<b>2:45:58</b>
15:15	<b>24:33</b>	30:30	45:45	<b>49:05</b>	1:01:00	1:04:21	<b>1:13:38</b>	1:16:15	1:31:30	<b>1:38:10</b>	1:46:45	2:02:00	<b>2:02:43</b>	<b>2:08:42</b>	19:45	<b>31:47</b>	39:30	0:59:15	<b>1:03:34</b>	1:19:00	1:23:20	<b>1:35:21</b>	1:38:45	1:58:30	<b>2:07:08</b>	2:18:15	2:38:00	<b>2:38:55</b>	<b>2:46:40</b>
15:20	<b>24:41</b>	30:40	46:00	<b>49:21</b>	1:01:20	1:04:42	<b>1:14:02</b>	1:16:40	1:32:00	<b>1:38:42</b>	1:47:20	2:02:40	<b>2:03:23</b>	<b>2:09:24</b>	19:50	<b>31:55</b>	39:40	0:59:30	<b>1:03:50</b>	1:19:20	1:23:41	<b>1:35:45</b>	1:39:10	1:59:00	<b>2:07:40</b>	2:18:50	2:38:40	<b>2:39:36</b>	<b>2:47:22</b>
15:25	<b>24:49</b>	30:50	46:15	<b>49:37</b>	1:01:40	1:05:03	<b>1:14:26</b>	1:17:05	1:32:30	<b>1:39:15</b>	1:47:55	2:03:20	<b>2:04:03</b>	<b>2:10:06</b>	19:55	<b>32:03</b>	39:50	0:59:45	<b>1:04:06</b>	1:19:40	1:24:02	<b>1:36:09</b>	1:39:35	1:59:30	<b>2:08:13</b>	2:19:25	2:39:20	<b>2:40:16</b>	<b>2:48:05</b>
15:30	<b>24:57</b>	31:00	46:30	<b>49:53</b>	1:02:00	1:05:24	<b>1:14:50</b>	1:17:30	1:33:00	<b>1:39:47</b>	1:48:30	2:04:00	<b>2:04:43</b>	<b>2:10:48</b>	20:00	<b>32:11</b>	40:00	1:00:00	<b>1:04:22</b>	1:20:00	1:24:23	<b>1:36:34</b>	1:40:00	2:00:00	<b>2:08:45</b>	2:20:00	2:40:00	<b>2:40:56</b>	<b>2:48:47</b>
15:35	<b>25:05</b>	31:10	46:45	<b>50:09</b>	1:02:20	1:05:45	<b>1:15:14</b>	1:17:55	1:33:30	<b>1:40:19</b>	1:49:05	2:04:40	<b>2:05:24</b>	<b>2:11:30</b>	20:05	<b>32:19</b>	40:10	1:00:15	<b>1:04:39</b>	1:20:20	1:24:44	<b>1:36:58</b>	1:40:25	2:00:30	<b>2:09:17</b>	2:20:35	2:40:40	<b>2:41:36</b>	<b>2:49:29</b>
15:40	<b>25:13</b>	31:20	47:00	<b>50:26</b>	1:02:40	1:06:06	<b>1:15:38</b>	1:18:20	1:34:00	<b>1:40:51</b>	1:49:40	2:05:20	<b>2:06:04</b>	<b>2:12:13</b>	20:10	<b>32:27</b>	40:20	1:00:30	<b>1:04:55</b>	1:20:40	1:25:06	<b>1:37:22</b>	1:40:50	2:01:00	<b>2:09:49</b>	2:21:10	2:41:20	<b>2:42:17</b>	<b>2:50:11</b>
15:45	<b>25:21</b>	31:30	47:15	<b>50:42</b>	1:03:00	1:06:27	<b>1:16:02</b>	1:18:45	1:34:30	<b>1:41:23</b>	1:50:15	2:06:00	<b>2:06:44</b>	<b>2:12:55</b>	20:15	<b>32:35</b>	40:30	1:00:45	<b>1:05:11</b>	1:21:00	1:25:27	<b>1:37:46</b>	1:41:15	2:01:30	<b>2:10:21</b>	2:21:45	2:42:00	<b>2:42:57</b>	<b>2:50:53</b>
15:50	<b>25:29</b>	31:40	47:30	<b>50:58</b>	1:03:20	1:06:49	<b>1:16:27</b>	1:19:10	1:35:00	<b>1:41:56</b>	1:50:50	2:06:40	<b>2:07:24</b>	<b>2:13:37</b>	20:20	<b>32:43</b>	40:40	1:01:00	<b>1:05:27</b>	1:21:20	1:25:48	<b>1:38:10</b>	1:41:40	2:02:00	<b>2:10:54</b>	2:22:20	2:42:40	<b>2:43:37</b>	<b>2:51:36</b>
15:55	<b>25:37</b>	31:50	47:45	<b>51:14</b>	1:03:40	1:07:10	<b>1:16:51</b>	1:19:35	1:35:30	<b>1:42:28</b>	1:51:25	2:07:20	<b>2:08:05</b>	<b>2:14:19</b>	20:25	<b>32:51</b>	40:50	1:01:15	<b>1:05:43</b>	1:21:40	1:26:09	<b>1:38:34</b>	1:42:05	2:02:30	<b>2:11:26</b>	2:22:55	2:43:20	<b>2:44:17</b>	<b>2:52:18</b>
16:00	<b>25:45</b>	32:00	48:00	<b>51:30</b>	1:04:00	1:07:31	<b>1:17:15</b>	1:20:00	1:36:00	<b>1:43:00</b>	1:52:00																		

	1 M	2 M	3 M	5Km	4 M	5 M	6 M	10Km	7 M	8 M	9 M	15Km	10 M	11 M	12 M	20Km	13 M	Half	14 M	15 M	25Km	16 M	17 M	18 M	30Km	19 M	20 M	21 M	35Km	22 M	23 M	24 M	40Km	25 M	26 M	Mar
4.20	8:40	13:00	<b>13:28</b>	17:20	21:40	26:00	<b>0:26:56</b>	0:30:20	0:34:40	0:39:00	<b>0:40:23</b>	0:43:20	0:47:40	0:52:00	<b>0:53:51</b>	0:56:20	<b>0:56:48</b>	1:00:40	1:05:00	<b>1:07:19</b>	1:09:20	1:13:40	1:18:00	<b>1:20:47</b>	1:22:20	1:26:40	1:31:00	<b>1:34:14</b>	1:35:20	1:39:40	1:44:00	<b>1:47:42</b>	1:48:20	1:52:40	<b>1:53:37</b>	
4.25	8:50	13:15	<b>13:43</b>	17:20	22:05	26:30	<b>0:27:27</b>	0:30:55	0:35:20	0:39:45	<b>0:41:10</b>	0:44:10	0:48:35	0:53:00	<b>0:54:53</b>	0:57:25	<b>0:57:54</b>	1:01:50	1:06:10	<b>1:08:37</b>	1:10:40	1:15:05	1:19:30	<b>1:22:20</b>	1:23:55	1:28:20	1:32:45	<b>1:36:03</b>	1:37:10	1:41:35	1:46:00	<b>1:49:47</b>	1:50:25	1:54:50	<b>1:55:48</b>	
4.30	9:00	13:30	<b>13:59</b>	18:00	22:30	27:00	<b>0:27:58</b>	0:31:30	0:36:00	0:40:30	<b>0:41:57</b>	0:45:00	0:49:30	0:54:00	<b>0:55:55</b>	0:58:30	<b>0:59:00</b>	1:03:00	1:07:30	<b>1:09:54</b>	1:12:00	1:16:30	1:21:00	<b>1:23:53</b>	1:25:30	1:30:00	1:34:30	<b>1:37:52</b>	1:39:00	1:43:30	1:48:00	<b>1:51:51</b>	1:52:30	1:57:00	<b>1:57:59</b>	
4.35	9:10	13:45	<b>14:14</b>	18:20	22:55	27:30	<b>0:28:29</b>	0:32:05	0:36:40	0:41:15	<b>0:42:43</b>	0:45:50	0:50:25	0:55:00	<b>0:56:58</b>	0:59:35	<b>1:00:05</b>	1:04:10	1:08:45	<b>1:11:12</b>	1:13:20	1:17:55	1:22:30	<b>1:25:26</b>	1:27:05	1:31:40	1:36:15	<b>1:39:41</b>	1:41:50	1:46:25	1:50:00	<b>1:53:55</b>	1:54:35	1:59:10	<b>2:00:10</b>	
4.40	9:20	14:00	<b>14:30</b>	18:40	23:20	28:00	<b>0:29:00</b>	0:32:40	0:37:20	0:42:00	<b>0:43:30</b>	0:46:40	0:51:20	0:56:00	<b>0:58:00</b>	1:00:40	<b>1:01:11</b>	1:05:20	1:10:00	<b>1:12:30</b>	1:14:40	1:19:20	1:24:00	<b>1:27:00</b>	1:28:40	1:33:20	1:38:00	<b>1:41:29</b>	1:42:40	1:47:20	1:52:00	<b>1:55:59</b>	1:56:40	2:01:20	<b>2:02:21</b>	
4.45	9:30	14:15	<b>14:45</b>	19:00	23:45	28:30	<b>0:29:31</b>	0:33:15	0:38:00	0:42:45	<b>0:44:16</b>	0:47:30	0:52:15	0:57:00	<b>0:59:02</b>	1:01:45	<b>1:02:16</b>	1:06:30	1:11:15	<b>1:13:47</b>	1:16:00	1:20:45	1:25:30	<b>1:28:30</b>	1:30:15	1:35:00	1:39:45	<b>1:43:18</b>	1:44:30	1:49:15	1:54:00	<b>1:58:04</b>	1:58:45	2:03:30	<b>2:04:32</b>	
4.50	9:40	14:30	<b>15:01</b>	19:20	24:10	29:00	<b>0:30:02</b>	0:33:50	0:38:40	0:43:30	<b>0:45:03</b>	0:48:20	0:53:10	0:58:00	<b>1:00:04</b>	1:02:50	<b>1:03:22</b>	1:07:40	1:12:30	<b>1:15:05</b>	1:17:20	1:22:10	1:27:00	<b>1:30:06</b>	1:31:50	1:36:40	1:41:30	<b>1:45:07</b>	1:46:20	1:51:10	1:56:00	<b>2:00:08</b>	2:00:50	2:05:40	<b>2:06:43</b>	
4.55	9:50	14:45	<b>15:17</b>	19:40	24:35	29:30	<b>0:30:33</b>	0:34:25	0:39:20	0:44:15	<b>0:45:50</b>	0:49:10	0:54:05	0:59:00	<b>1:01:06</b>	1:03:55	<b>1:04:27</b>	1:08:50	1:13:40	<b>1:16:23</b>	1:18:40	1:23:35	1:28:30	<b>1:31:39</b>	1:33:25	1:38:20	1:43:15	<b>1:46:56</b>	1:48:10	1:53:05	1:58:00	<b>2:02:12</b>	2:02:55	2:07:50	<b>2:08:55</b>	
5.00	10:00	15:00	<b>15:32</b>	20:00	25:00	30:00	<b>0:31:04</b>	0:35:00	0:40:00	0:45:00	<b>0:46:36</b>	0:50:00	0:55:00	1:00:00	<b>1:02:08</b>	1:05:00	<b>1:05:33</b>	1:10:00	1:15:00	<b>1:17:40</b>	1:20:00	1:25:00	1:30:00	<b>1:33:12</b>	1:35:00	1:40:00	1:45:00	<b>1:48:44</b>	1:50:00	1:55:00	2:00:00	<b>2:04:16</b>	2:05:00	2:10:00	<b>2:11:06</b>	
5.05	10:10	15:15	<b>15:48</b>	20:20	25:25	30:30	<b>0:31:35</b>	0:35:35	0:40:40	0:45:45	<b>0:47:23</b>	0:50:50	0:55:55	1:01:00	<b>1:03:10</b>	1:06:05	<b>1:06:38</b>	1:11:10	1:16:15	<b>1:18:58</b>	1:21:20	1:26:25	1:31:30	<b>1:34:46</b>	1:36:35	1:41:40	1:46:45	<b>1:50:33</b>	1:51:50	1:56:55	2:02:00	<b>2:06:21</b>	2:07:05	2:12:10	<b>2:13:17</b>	
5.10	10:20	15:30	<b>16:03</b>	20:40	25:50	31:00	<b>0:32:06</b>	0:36:10	0:41:20	0:46:30	<b>0:48:09</b>	0:51:40	0:56:50	1:02:00	<b>1:04:13</b>	1:07:10	<b>1:07:44</b>	1:12:20	1:17:30	<b>1:20:16</b>	1:25:10	1:30:15	1:35:30	<b>1:38:49</b>	1:38:10	1:43:20	1:48:30	<b>1:52:22</b>	1:53:40	1:58:50	2:04:00	<b>2:08:25</b>	2:09:10	2:14:20	<b>2:15:28</b>	
5.15	10:30	15:45	<b>16:19</b>	21:00	26:15	31:30	<b>0:32:37</b>	0:36:45	0:42:00	0:47:15	<b>0:48:56</b>	0:52:30	0:57:45	1:03:00	<b>1:05:15</b>	1:08:15	<b>1:08:49</b>	1:13:00	1:18:45	<b>1:21:33</b>	1:24:00	1:29:15	1:34:30	<b>1:37:52</b>	1:39:45	1:45:00	1:50:15	<b>1:54:11</b>	1:55:30	2:00:45	2:06:00	<b>2:10:29</b>	2:11:15	2:16:30	<b>2:17:39</b>	
5.20	10:40	16:00	<b>16:34</b>	21:20	26:40	32:00	<b>0:33:08</b>	0:37:20	0:42:40	0:48:00	<b>0:49:43</b>	0:53:20	0:58:40	1:04:00	<b>1:06:17</b>	1:09:20	<b>1:09:55</b>	1:14:40	1:20:00	<b>1:22:51</b>	1:25:20	1:30:40	1:36:00	<b>1:39:25</b>	1:41:20	1:46:40	1:52:00	<b>1:55:59</b>	1:57:20	2:02:40	2:08:00	<b>2:12:34</b>	2:13:20	2:18:40	<b>2:19:50</b>	
5.25	10:50	16:15	<b>16:50</b>	21:40	27:05	32:30	<b>0:33:39</b>	0:37:55	0:43:20	0:48:45	<b>0:50:29</b>	0:54:10	0:59:35	1:05:00	<b>1:07:19</b>	1:10:25	<b>1:11:01</b>	1:15:50	1:21:15	<b>1:24:09</b>	1:26:40	1:32:05	1:37:30	<b>1:40:58</b>	1:42:55	1:48:20	1:53:45	<b>1:57:48</b>	1:59:10	2:04:35	2:10:00	<b>2:14:38</b>	2:15:25	2:20:50	<b>2:22:01</b>	
5.30	11:00	16:30	<b>17:05</b>	22:00	27:30	33:00	<b>0:34:11</b>	0:38:30	0:44:00	0:49:30	<b>0:51:16</b>	0:55:00	1:00:30	1:06:00	<b>1:08:21</b>	1:11:30	<b>1:12:06</b>	1:17:00	1:22:15	<b>1:25:26</b>	1:28:00	1:33:30	1:39:00	<b>1:42:32</b>	1:44:30	1:50:00	1:55:30	<b>1:59:37</b>	2:01:00	2:06:30	2:12:00	<b>2:16:38</b>	2:17:30	2:23:00	<b>2:24:12</b>	
5.35	11:10	16:45	<b>17:21</b>	22:20	27:55	33:30	<b>0:34:42</b>	0:39:05	0:44:40	0:50:15	<b>0:52:02</b>	0:55:50	1:01:25	1:07:00	<b>1:09:23</b>	1:12:35	<b>1:13:12</b>	1:18:10	1:23:45	<b>1:26:44</b>	1:29:20	1:34:55	1:40:30	<b>1:44:05</b>	1:46:05	1:51:40	1:57:15	<b>2:01:26</b>	2:02:50	2:08:25	2:14:00	<b>2:18:46</b>	2:19:35	2:25:10	<b>2:26:23</b>	
5.40	11:20	17:00	<b>17:36</b>	22:40	28:20	34:00	<b>0:35:13</b>	0:39:40	0:45:20	0:51:00	<b>0:52:49</b>	0:56:40	1:02:20	1:08:00	<b>1:10:25</b>	1:13:40	<b>1:14:17</b>	1:19:20	1:25:00	<b>1:28:02</b>	1:30:40	1:36:20	1:42:00	<b>1:45:38</b>	1:47:40	1:53:20	1:59:00	<b>2:03:14</b>	2:04:40	2:10:20	2:16:00	<b>2:20:51</b>	2:21:40	2:27:20	<b>2:28:34</b>	
5.45	11:30	17:15	<b>17:52</b>	23:00	28:45	34:30	<b>0:35:44</b>	0:40:15	0:46:00	0:51:45	<b>0:53:36</b>	0:57:30	1:03:15	1:09:00	<b>1:11:27</b>	1:14:45	<b>1:15:23</b>	1:20:30	1:26:15	<b>1:29:19</b>	1:32:00	1:37:45	1:43:30	<b>1:47:11</b>	1:49:15	1:55:00	2:00:45	<b>2:05:03</b>	2:06:30	2:12:15	2:18:00	<b>2:22:55</b>	2:23:45	2:29:30	<b>2:30:45</b>	
5.50	11:40	17:30	<b>18:07</b>	23:20	29:10	35:00	<b>0:36:15</b>	0:40:50	0:46:40	0:52:30	<b>0:54:22</b>	0:58:20	1:04:10	1:10:00	<b>1:12:30</b>	1:15:50	<b>1:16:28</b>	1:21:40	1:27:30	<b>1:30:37</b>	1:33:20	1:39:10	1:45:00	<b>1:48:44</b>	1:50:50	1:56:40	2:02:30	<b>2:06:52</b>	2:08:20	2:14:10	2:20:00	<b>2:24:59</b>	2:25:50	2:31:40	<b>2:32:57</b>	
5.55	11:50	17:45	<b>18:23</b>	23:40	29:35	35:30	<b>0:36:46</b>	0:41:25	0:47:20	0:53:15	<b>0:55:09</b>	0:59:10	1:05:05	1:11:00	<b>1:13:32</b>	1:16:55	<b>1:17:34</b>	1:22:50	1:28:45	<b>1:31:55</b>	1:34:40	1:40:35	1:46:30	<b>1:50:18</b>	1:52:25	1:58:20	2:04:15	<b>2:08:41</b>	2:10:10	2:16:05	2:22:00	<b>2:27:03</b>	2:27:55	2:33:50	<b>2:35:08</b>	
6.00	12:00	18:00	<b>18:38</b>	24:00	30:00	36:30	<b>0:37:17</b>	0:42:00	0:48:00	0:54:00	<b>0:55:55</b>	1:00:00	1:06:00	1:12:00	<b>1:14:34</b>	1:18:00	<b>1:18:39</b>	1:24:00	1:30:00	<b>1:33:12</b>	1:36:00	1:42:00	1:48:00	<b>1:51:51</b>	1:54:00	2:00:00	2:06:15	<b>2:10:29</b>	2:12:00	2:18:00	2:24:00	<b>2:29:08</b>	2:30:00	2:36:00	<b>2:37:19</b>	
6.05	12:10	18:15	<b>18:54</b>	24:20	30:25	36:30	<b>0:37:48</b>	0:42:35	0:48:40	0:54:45	<b>0:56:42</b>	1:00:50	1:06:55	1:13:00	<b>1:15:36</b>	1:19:05	<b>1:19:45</b>	1:25:10	1:31:15	<b>1:34:30</b>	1:37:20	1:43:25	1:49:30	<b>1:53:24</b>	1:55:35	2:01:40	2:07:45	<b>2:12:18</b>	2:13:50	2:19:55	2:26:00	<b>2:31:12</b>	2:32:05	2:38:10	<b>2:39:30</b>	
6.10	12:20	18:30	<b>19:10</b>	24:40	30:50	37:00	<b>0:38:19</b>	0:43:10	0:49:20	0:55:30	<b>0:57:29</b>	1:01:40	1:07:50	1:14:00	<b>1:16:38</b>	1:20:10	<b>1:20:50</b>	1:26:20	1:32:30	<b>1:35:48</b>	1:38:40	1:44:50	1:51:00	<b>1:54:57</b>	1:57:10	2:03:20	2:09:30	<b>2:14:07</b>	2:15:40	2:21:50	2:28:00	<b>2:33:16</b>	2:34:10	2:40:20	<b>2:41:41</b>	
6.15	12:30	18:45	<b>19:25</b>	25:00	31:15	37:30	<b>0:38:50</b>	0:43:45	0:50:00	0:56:15	<b>0:58:15</b>	1:02:30	1:08:45	1:15:00	<b>1:17:40</b>	1:21:15	<b>1:21:56</b>	1:27:30	1:33:45	<b>1:37:05</b>	1:40:00	1:46:15	1:52:30	<b>1:56:30</b>	1:58:45	2:05:00	2:11:15	<b>2:15:55</b>	2:17:30	2:23:45	2:30:00	<b>2:35:21</b>	2:36:15	2:42:30	<b></b>	

PaceChart.xls - Track Walks

400	800	1000	1200	1600	2000	2400	2800	3000	3200	3600	4000	4400	4800	5000	5200	5600	6000	6400	6800	7000	7200	7600	8000	8400	8800	9000	9200	9600	10000
1:24.0	2:48.0	<b>3:30.0</b>	4:12.0	5:36.0	<b>7:00.0</b>	8:24.0	9:48.0	<b>10:30.0</b>	11:12.0	12:36.0	<b>14:00.0</b>	15:24.0	16:48.0	<b>17:30.0</b>	18:12	19:36	<b>21:00</b>	22:24	23:48	<b>24:30</b>	25:12	26:36	<b>28:00</b>	29:24	30:48	<b>31:30</b>	32:12	33:36	<b>35:00.0</b>
1:25.0	2:50.0	<b>3:32.5</b>	4:15.0	5:40.0	<b>7:05.0</b>	8:30.0	9:55.0	<b>10:37.5</b>	11:20.0	12:45.0	<b>14:10.0</b>	15:35.0	17:00.0	<b>17:42.5</b>	18:25	19:50	<b>21:15</b>	22:40	24:05	<b>24:47</b>	25:30	26:55	<b>28:20</b>	29:45	31:10	<b>31:52</b>	32:35	34:00	<b>35:25.0</b>
1:26.0	2:52.0	<b>3:35.0</b>	4:18.0	5:44.0	<b>7:10.0</b>	8:36.0	10:02.0	<b>10:37.5</b>	11:28.0	12:54.0	<b>14:20.0</b>	15:46.0	17:12.0	<b>17:55.0</b>	18:38	20:04	<b>21:30</b>	22:56	24:22	<b>25:05</b>	25:48	27:15	<b>28:40</b>	30:06	31:32	<b>32:15</b>	32:58	34:24	<b>35:50.0</b>
1:27.0	2:54.0	<b>3:37.5</b>	4:21.0	5:48.0	<b>7:15.0</b>	8:42.0	10:09.0	<b>10:52.5</b>	11:36.0	13:03.0	<b>14:30.0</b>	15:57.0	17:24.0	<b>18:07.5</b>	18:51	20:18	<b>21:45</b>	23:12	24:39	<b>25:22</b>	26:06	27:33	<b>29:00</b>	30:27	31:54	<b>32:37</b>	33:21	34:48	<b>36:15.0</b>
1:28.0	2:56.0	<b>3:40.0</b>	4:24.0	5:52.0	<b>7:20.0</b>	8:48.0	10:16.0	<b>11:00.0</b>	11:44.0	13:12.0	<b>14:40.0</b>	16:08.0	17:36.0	<b>18:20.0</b>	19:04	20:32	<b>22:00</b>	23:28	24:56	<b>25:40</b>	26:24	27:52	<b>29:20</b>	30:48	32:16	<b>33:00</b>	33:44	35:12	<b>36:40.0</b>
1:29.0	2:58.0	<b>3:42.5</b>	4:27.0	5:56.0	<b>7:25.0</b>	8:54.0	10:23.0	<b>11:07.5</b>	11:52.0	13:21.0	<b>14:50.0</b>	16:19.0	17:48.0	<b>18:32.5</b>	19:17	20:46	<b>22:15</b>	23:44	25:13	<b>25:57</b>	26:42	28:11	<b>29:40</b>	31:09	32:38	<b>33:22</b>	34:07	35:36	<b>37:00.0</b>
1:30.0	3:00.0	<b>3:45.0</b>	4:30.0	6:00.0	<b>7:30.0</b>	9:00.0	10:30.0	<b>11:15.0</b>	12:00.0	13:30.0	<b>15:00.0</b>	16:30.0	18:00.0	<b>18:45.0</b>	19:30	21:00	<b>22:30</b>	24:00	25:30	<b>26:15</b>	27:00	28:30	<b>30:00</b>	31:30	33:00	<b>33:45</b>	34:30	36:00	<b>37:30.0</b>
1:31.0	3:02.0	<b>3:47.5</b>	4:33.0	6:04.0	<b>7:35.0</b>	9:06.0	10:37.0	<b>11:22.5</b>	12:08.0	13:39.0	<b>15:10.0</b>	16:41.0	18:12.0	<b>18:57.5</b>	19:43	21:14	<b>22:45</b>	24:16	25:47	<b>26:32</b>	27:18	28:49	<b>30:20</b>	31:51	33:22	<b>34:07</b>	34:53	36:24	<b>37:55.0</b>
1:32.0	3:04.0	<b>3:50.0</b>	4:36.0	6:08.0	<b>7:40.0</b>	9:12.0	10:44.0	<b>11:30.0</b>	12:16.0	13:48.0	<b>15:20.0</b>	16:52.0	18:24.0	<b>19:10.0</b>	19:56	21:28	<b>23:00</b>	24:32	26:04	<b>26:50</b>	27:36	29:08	<b>30:40</b>	32:12	33:44	<b>34:30</b>	35:16	36:48	<b>38:20.0</b>
1:33.0	3:06.0	<b>3:52.5</b>	4:39.0	6:12.0	<b>7:45.0</b>	9:18.0	10:51.0	<b>11:37.5</b>	12:24.0	13:57.0	<b>15:30.0</b>	17:03.0	18:36.0	<b>19:22.5</b>	20:09	21:42	<b>23:15</b>	24:48	26:21	<b>27:07</b>	27:54	29:27	<b>31:00</b>	32:33	34:06	<b>34:52</b>	35:39	37:12	<b>38:45.0</b>
1:34.0	3:08.0	<b>3:55.0</b>	4:42.0	6:16.0	<b>7:50.0</b>	9:24.0	10:58.0	<b>11:45.0</b>	12:32.0	14:06.0	<b>15:40.0</b>	17:14.0	18:48.0	<b>19:35.0</b>	20:22	21:56	<b>23:30</b>	25:04	26:38	<b>27:25</b>	28:12	29:46	<b>31:20</b>	32:54	34:28	<b>35:15</b>	36:02	37:36	<b>39:10.0</b>
1:35.0	3:10.0	<b>3:57.5</b>	4:45.0	6:20.0	<b>7:55.0</b>	9:30.0	11:05.0	<b>11:52.5</b>	12:40.0	14:15.0	<b>15:50.0</b>	17:25.0	19:00.0	<b>19:47.5</b>	20:35	22:10	<b>23:45</b>	25:20	26:55	<b>27:42</b>	28:30	30:05	<b>31:40</b>	33:15	34:50	<b>35:37</b>	36:25	38:00	<b>39:35.0</b>
1:36.0	3:12.0	<b>4:00.0</b>	4:48.0	6:24.0	<b>8:00.0</b>	9:36.0	11:12.0	<b>12:00.0</b>	12:48.0	14:24.0	<b>16:00.0</b>	17:36.0	19:12.0	<b>20:00.0</b>	20:48	22:24	<b>24:00</b>	25:36	27:12	<b>28:00</b>	28:48	30:24	<b>32:00</b>	33:36	35:12	<b>36:00</b>	36:48	38:24	<b>40:00.0</b>
1:37.0	3:14.0	<b>4:02.5</b>	4:51.0	6:28.0	<b>8:05.0</b>	9:42.0	11:19.0	<b>12:07.5</b>	12:56.0	14:33.0	<b>16:10.0</b>	17:47.0	19:24.0	<b>20:12.5</b>	21:01	22:38	<b>24:15</b>	25:52	27:29	<b>28:17</b>	29:06	30:43	<b>32:20</b>	33:57	35:34	<b>36:22</b>	37:11	38:48	<b>40:25.0</b>
1:38.0	3:16.0	<b>4:05.0</b>	4:54.0	6:32.0	<b>8:10.0</b>	9:48.0	11:26.0	<b>12:15.0</b>	13:04.0	14:42.0	<b>16:20.0</b>	17:58.0	19:36.0	<b>20:25.0</b>	21:14	22:52	<b>24:30</b>	26:08	27:46	<b>28:35</b>	29:24	31:02	<b>32:40</b>	34:18	35:56	<b>36:45</b>	37:34	39:12	<b>40:50.0</b>
1:39.0	3:18.0	<b>4:07.5</b>	4:57.0	6:36.0	<b>8:15.0</b>	9:54.0	11:33.0	<b>12:22.5</b>	13:12.0	14:51.0	<b>16:30.0</b>	18:09.0	19:48.0	<b>20:37.5</b>	21:27	23:06	<b>24:45</b>	26:24	28:03	<b>28:52</b>	29:42	31:21	<b>33:00</b>	34:39	36:18	<b>37:07</b>	37:57	39:36	<b>41:15.0</b>
1:40.0	3:20.0	<b>4:10.0</b>	5:00.0	6:40.0	<b>8:20.0</b>	10:00.0	11:40.0	<b>12:30.0</b>	13:20.0	15:00.0	<b>16:40.0</b>	18:20.0	20:00.0	<b>20:50.0</b>	21:40	23:20	<b>25:00</b>	26:40	28:20	<b>29:10</b>	30:00	31:40	<b>33:20</b>	35:00	36:40	<b>37:30</b>	38:20	40:00	<b>41:40.0</b>
1:41.0	3:22.0	<b>4:12.5</b>	5:03.0	6:44.0	<b>8:25.0</b>	10:06.0	11:47.0	<b>12:37.5</b>	13:28.0	15:09.0	<b>16:50.0</b>	18:31.0	20:12.0	<b>21:02.5</b>	21:53	23:34	<b>25:15</b>	26:56	28:37	<b>29:27</b>	30:18	31:59	<b>33:40</b>	35:21	37:02	<b>37:52</b>	38:43	40:24	<b>42:05.0</b>
1:42.0	3:24.0	<b>4:15.0</b>	5:06.0	6:48.0	<b>8:30.0</b>	10:12.0	11:54.0	<b>12:45.0</b>	13:36.0	15:18.0	<b>17:00.0</b>	18:42.0	20:24.0	<b>21:15.0</b>	22:06	23:48	<b>25:30</b>	27:12	28:54	<b>29:45</b>	30:36	32:18	<b>34:00</b>	35:42	37:24	<b>38:15</b>	39:06	40:48	<b>42:30.0</b>
1:43.0	3:26.0	<b>4:17.5</b>	5:09.0	6:52.0	<b>8:35.0</b>	10:18.0	12:01.0	<b>12:52.5</b>	13:44.0	15:27.0	<b>17:10.0</b>	18:53.0	20:36.0	<b>21:27.5</b>	22:19	24:02	<b>25:45</b>	27:28	29:11	<b>30:02</b>	30:54	32:37	<b>34:20</b>	36:03	37:46	<b>38:37</b>	39:29	41:12	<b>42:50.0</b>
1:44.0	3:28.0	<b>4:20.0</b>	5:12.0	6:56.0	<b>8:40.0</b>	10:24.0	12:08.0	<b>13:00.0</b>	13:52.0	15:36.0	<b>17:20.0</b>	19:04.0	20:48.0	<b>21:40.0</b>	22:32	24:16	<b>26:00</b>	27:44	29:28	<b>30:20</b>	31:12	32:56	<b>34:40</b>	36:24	38:08	<b>39:00</b>	39:52	41:36	<b>43:20.0</b>
1:45.0	3:30.0	<b>4:22.5</b>	5:15.0	7:00.0	<b>8:45.0</b>	10:30.0	12:15.0	<b>13:07.5</b>	14:00.0	15:45.0	<b>17:30.0</b>	19:15.0	21:00.0	<b>21:52.5</b>	22:45	24:30	<b>26:15</b>	28:00	29:45	<b>30:37</b>	31:30	33:15	<b>35:00</b>	36:45	38:30	<b>39:22</b>	40:15	42:00	<b>43:45.0</b>
1:46.0	3:32.0	<b>4:25.0</b>	5:18.0	7:04.0	<b>8:50.0</b>	10:36.0	12:22.0	<b>13:15.0</b>	14:08.0	15:54.0	<b>17:40.0</b>	19:26.0	21:12.0	<b>22:05.0</b>	22:58	24:44	<b>26:30</b>	28:16	30:02	<b>30:55</b>	31:48	33:34	<b>35:20</b>	37:06	38:52	<b>39:45</b>	40:38	42:24	<b>44:10.0</b>
1:47.0	3:34.0	<b>4:27.5</b>	5:21.0	7:08.0	<b>8:55.0</b>	10:42.0	12:29.0	<b>13:22.5</b>	14:16.0	16:03.0	<b>17:50.0</b>	19:37.0	21:24.0	<b>22:17.5</b>	23:11	24:58	<b>26:45</b>	28:32	30:19	<b>31:12</b>	32:06	33:53	<b>35:40</b>	37:27	39:14	<b>40:07</b>	41:01	42:48	<b>44:35.0</b>
1:48.0	3:36.0	<b>4:30.0</b>	5:24.0	7:12.0	<b>9:00.0</b>	10:48.0	12:36.0	<b>13:30.0</b>	14:24.0	16:12.0	<b>18:00.0</b>	19:48.0	21:36.0	<b>22:30.0</b>	23:24	25:12	<b>27:00</b>	28:48	30:36	<b>31:30</b>	32:24	34:12	<b>36:00</b>	37:48	39:36	<b>40:30</b>	41:24	43:12	<b>45:00.0</b>
1:49.0	3:38.0	<b>4:32.5</b>	5:27.0	7:16.0	<b>9:05.0</b>	10:54.0	12:43.0	<b>13:37.5</b>	14:32.0	16:21.0	<b>18:10.0</b>	19:59.0	21:48.0	<b>22:42.5</b>	23:37	25:26	<b>27:15</b>	29:04	30:53	<b>31:47</b>	32:42	34:31	<b>36:20</b>	38:09	39:58	<b>40:52</b>	41:47	43:36	<b>45:25.0</b>
1:50.0	3:40.0	<b>4:35.0</b>	5:30.0	7:20.0	<b>9:10.0</b>	11:00.0	12:50.0	<b>13:45.0</b>	14:40.0	16:30.0	<b>18:20.0</b>	20:10.0	22:00.0	<b>22:55.0</b>	23:50	25:40	<b>27:30</b>	29:20	31:10	<b>32:05</b>	33:00	34:50	<b>36:40</b>	38:30	40:20	<b>41:15</b>	42:10	44:00	<b>45:50.0</b>
1:51.0	3:42.0	<b>4:37.5</b>	5:33.0	7:24.0	<b>9:15.0</b>	11:06.0	12:57.0	<b>13:52.5</b>	14:48.0	16:39.0	<b>18:30.0</b>	20:21.0	22:12.0	<b>23:07.5</b>	24:03	25:54	<b>27:45</b>	29:36	31:27	<b>32:22</b>	33:18	35:09	<b>37:00</b>	38:51	40:42	<b>41:37</b>	42:33	44:24	<b>46:15.0</b>
1:52.0	3:44.0	<b>4:40.0</b>	5:36.0	7:28.0	<b>9:20.0</b>	11:12.0	13:04.0	<b>14:00.0</b>	14:56.0	16:48.0	<b>18:40.0</b>	20:32.0	22:24.0	<b>23:20.0</b>	24:16	26:08	<b>28:00</b>	29:52	31:44	<b>32:40</b>	33:36	35:28	<b>37:20</b>	39:12	41:04	<b>42:00</b>	42:56	44:48	<b>46:40.0</b>
1:53.0	3:46.0	<b>4:42.5</b>	5:39.0	7:32.0	<b>9:25.0</b>	11:18.0	13:11.0	<b>14:07.5</b>	15:04.0	16:57.0	<b>18:50.0</b>	20:43.0	22:36.0	<b>23:32.5</b>	24:29	26:22	<b>28:15</b>	30:08	32:01	<b>32:57</b>	33:54	35:47	<b>37:40</b>	39:33	41:26	<b>42:22</b>	43:19	45:12	<b>47:05.0</b>
1:54.0	3:48.0	<b>4:45.0</b>	5:42.0	7:36.0	<b>9:30.0</b>	11:24.0	13:18.0	<b>14:15.0</b>	15:12.0	17:06.0	<b>19:00.0</b>	20:54.0	22:48.0	<b>23:45.0</b>	24:42	26:36	<b>28:30</b>	30:24	32:18	<b>33:15</b>	34:12	36:06	<b>38:00</b>	39:54	41:48	<b>42:45</b>	43:42	45:36	<b>47:30.0</b>
1:55.0	3:50.0	<b>4:47.5</b>	5:45.0	7:40.0	<b>9:35.0</b>	11:30.0	13:25.0	<b>14:22.5</b>	15:20.0	17:15.0	<b>19:10.0</b>	21:05.0	23:00.0	<b>23:57.5</b>	24:55	26:50	<b>28:45</b>	30:40	32:35	<b>33:32</b>	34:30	36:25	<b>38:20</b>	40:15	42:10	<b>43:07</b>	44:05	46:00	<b>47:55.0</b>
1:56.0	3:52.0	<b>4:50.0</b>	5:48.0	7:44.0	<b>9:40.0</b>	11:36.0	13:32.0	<b>14:30.0</b>	15:28.0	17:24.0	<b>19:20.0</b>	21:16.																	

PaceChart.xls - Road Walks

1Km	2Km	3Km	4Km	5Km	6Km	7Km	8Km	9Km	10Km	11Km	12Km	13Km	14Km	1 Hour	15Km	16Km	17Km	18Km	19Km	20Km	25Km	2 Hours	30Km	35Km	40Km	45Km	50Km
3:40	7:20	11:00	14:40	<b>18:20</b>	22:00	0:25:40	0:29:20	0:33:00	<b>0:36:40</b>	0:40:20	0:44:00	0:47:40	0:51:20	16364	<b>0:55:00</b>	0:58:40	1:02:20	1:06:00	1:09:40	<b>1:13:20</b>	1:31:40	32727	1:50:00	2:08:20	2:26:40	2:45:00	<b>3:03:20</b>
3:45	7:30	11:15	15:00	<b>18:45</b>	22:30	0:26:15	0:30:00	0:33:45	<b>0:37:30</b>	0:41:15	0:45:00	0:48:45	0:52:30	16000	<b>0:56:15</b>	1:00:00	1:03:45	1:07:30	1:11:15	<b>1:15:00</b>	1:33:45	32000	1:52:30	2:11:15	2:30:00	2:48:45	<b>3:07:30</b>
3:50	7:40	11:30	15:20	<b>19:10</b>	23:00	0:26:50	0:30:40	0:34:30	<b>0:38:20</b>	0:42:10	0:46:00	0:49:50	0:53:40	15652	<b>0:57:30</b>	1:01:20	1:05:10	1:09:00	1:12:50	<b>1:16:40</b>	1:35:50	31304	1:55:00	2:14:10	2:33:20	2:52:30	<b>3:11:40</b>
3:52	7:44	11:36	15:28	<b>19:20</b>	23:12	0:27:04	0:30:56	0:34:48	<b>0:38:40</b>	0:42:32	0:46:24	0:50:16	0:54:08	15517	<b>0:57:50</b>	1:01:52	1:05:44	1:09:36	1:13:28	<b>1:17:20</b>	1:36:40	31034	1:56:00	2:15:20	2:34:40	2:54:00	<b>3:13:20</b>
3:54	7:48	11:42	15:36	<b>19:30</b>	23:24	0:27:18	0:31:12	0:35:06	<b>0:39:00</b>	0:42:54	0:46:48	0:50:42	0:54:36	15385	<b>0:58:30</b>	1:02:24	1:06:18	1:10:12	1:14:06	<b>1:18:00</b>	1:37:30	30769	1:57:00	2:16:30	2:36:00	2:55:30	<b>3:15:00</b>
3:56	7:52	11:48	15:44	<b>19:40</b>	23:36	0:27:32	0:31:28	0:35:24	<b>0:39:20</b>	0:43:16	0:47:12	0:51:08	0:55:04	15254	<b>0:59:00</b>	1:02:56	1:06:52	1:10:48	1:14:44	<b>1:18:40</b>	1:38:20	30508	1:58:00	2:17:40	2:37:20	2:57:00	<b>3:16:40</b>
3:58	7:56	11:54	15:52	<b>19:50</b>	23:48	0:27:46	0:31:44	0:35:42	<b>0:39:40</b>	0:43:38	0:47:36	0:51:34	0:55:32	15126	<b>0:59:30</b>	1:03:28	1:07:26	1:11:24	1:15:22	<b>1:19:20</b>	1:39:10	30252	1:59:00	2:18:50	2:38:40	2:58:30	<b>3:18:20</b>
4:00	8:00	12:00	16:00	<b>20:00</b>	24:00	0:28:00	0:32:00	0:36:00	<b>0:40:00</b>	0:44:00	0:48:00	0:52:00	0:56:00	15000	<b>1:00:00</b>	1:04:00	1:08:00	1:12:00	1:16:00	<b>1:20:00</b>	1:40:00	30000	2:00:00	2:20:00	2:40:00	3:00:00	<b>3:20:00</b>
4:02	8:04	12:06	16:08	<b>20:10</b>	24:12	0:28:14	0:32:16	0:36:18	<b>0:40:20</b>	0:44:22	0:48:24	0:52:26	0:56:28	14876	<b>1:00:30</b>	1:04:32	1:08:34	1:12:36	1:16:38	<b>1:20:40</b>	1:40:50	29752	2:01:00	2:21:10	2:41:20	3:01:30	<b>3:21:40</b>
4:04	8:08	12:12	16:16	<b>20:20</b>	24:24	0:28:28	0:32:32	0:36:36	<b>0:40:40</b>	0:44:44	0:48:48	0:52:52	0:56:56	14754	<b>1:01:00</b>	1:05:04	1:09:08	1:13:12	1:17:16	<b>1:21:20</b>	1:41:40	29508	2:02:00	2:22:20	2:42:40	3:03:00	<b>3:23:20</b>
4:06	8:12	12:18	16:24	<b>20:30</b>	24:36	0:28:42	0:32:48	0:36:54	<b>0:41:00</b>	0:45:06	0:49:12	0:53:18	0:57:24	14634	<b>1:01:30</b>	1:05:36	1:09:42	1:13:48	1:17:54	<b>1:22:00</b>	1:42:30	29268	2:03:00	2:23:30	2:44:00	3:04:30	<b>3:25:00</b>
4:08	8:16	12:24	16:32	<b>20:40</b>	24:48	0:28:56	0:33:04	0:37:12	<b>0:41:20</b>	0:45:28	0:49:36	0:53:44	0:57:52	14516	<b>1:02:00</b>	1:06:08	1:10:16	1:14:24	1:18:32	<b>1:22:40</b>	1:43:20	29032	2:04:00	2:24:40	2:45:20	3:06:00	<b>3:26:40</b>
4:10	8:20	12:30	16:40	<b>20:50</b>	25:00	0:29:10	0:33:20	0:37:30	<b>0:41:40</b>	0:45:50	0:50:00	0:54:10	0:58:20	14400	<b>1:02:30</b>	1:06:40	1:10:50	1:15:00	1:19:10	<b>1:23:20</b>	1:44:10	28800	2:05:00	2:25:50	2:46:40	3:07:30	<b>3:28:20</b>
4:12	8:24	12:36	16:48	<b>21:00</b>	25:12	0:29:24	0:33:36	0:37:48	<b>0:42:00</b>	0:46:12	0:50:24	0:54:36	0:58:48	14286	<b>1:03:00</b>	1:07:12	1:11:24	1:15:36	1:19:48	<b>1:24:00</b>	1:45:00	28571	2:06:00	2:27:00	2:48:00	3:09:00	<b>3:30:00</b>
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