

### Pacing Calculator

Mar	1/2 Mar	15K	10K	8K	5K	3K	2000m	Mile	1600m	1500m	1200m	1000m	900m	800m	700m	600m	500m	400m	300m	200m	100m
1:24:23	42:12	30:00	20:00	16:00	10:00	06:00	04:00	03:13	03:12	03:00	02:24	02:00	01:48	01:36.0	01:24.0	01:12.0	01:00	48.0	36.0	24.0	12.0
1:25:48	42:54	30:30	20:20	16:16	10:10	06:06	04:04	03:16	03:15	03:03	02:26	02:02	01:50	01:37.6	01:25.4	01:13.2	01:01	48.8	36.6	24.4	12.2
1:27:12	43:36	31:00	20:40	16:32	10:20	06:12	04:08	03:20	03:18	03:06	02:29	02:04	01:52	01:39.2	01:26.8	01:14.4	01:02	49.6	37.2	24.8	12.4
1:28:37	44:18	31:30	21:00	16:48	10:30	06:18	04:12	03:23	03:22	03:09	02:31	02:06	01:53	01:40.8	01:28.2	01:15.6	01:03	50.4	37.8	25.2	12.6
1:30:01	45:00	32:00	21:20	17:04	10:40	06:24	04:16	03:26	03:25	03:12	02:34	02:08	01:55	01:42.4	01:29.6	01:16.8	01:04	51.2	38.4	25.6	12.8
1:31:25	45:43	32:30	21:40	17:20	10:50	06:30	04:20	03:29	03:28	03:15	02:36	02:10	01:57	01:44.0	01:31.0	01:18.0	01:05	52.0	39.0	26.0	13.0
1:32:50	46:25	33:00	22:00	17:36	11:00	06:36	04:24	03:32	03:31	03:18	02:38	02:12	01:59	01:45.6	01:32.4	01:19.2	01:06	52.8	39.6	26.4	13.2
1:34:14	47:07	33:30	22:20	17:52	11:10	06:42	04:28	03:36	03:34	03:21	02:41	02:14	02:01	01:47.2	01:33.8	01:20.4	01:07	53.6	40.2	26.8	13.4
1:35:39	47:49	34:00	22:40	18:08	11:20	06:48	04:32	03:39	03:38	03:24	02:43	02:16	02:02	01:48.8	01:35.2	01:21.6	01:08	54.4	40.8	27.2	13.6
1:37:03	48:31	34:30	23:00	18:24	11:30	06:54	04:36	03:42	03:41	03:27	02:46	02:18	02:04	01:50.4	01:36.6	01:22.8	01:09	55.2	41.4	27.6	13.8
1:38:27	49:14	35:00	23:20	18:40	11:40	07:00	04:40	03:45	03:44	03:30	02:48	02:20	02:06	01:52.0	01:38.0	01:24.0	01:10	56.0	42.0	28.0	14.0
1:39:52	49:56	35:30	23:40	18:56	11:50	07:06	04:44	03:49	03:47	03:33	02:50	02:22	02:08	01:53.6	01:39.4	01:25.2	01:11	56.8	42.6	28.4	14.2
1:41:16	50:38	36:00	24:00	19:12	12:00	07:12	04:48	03:52	03:50	03:36	02:53	02:24	02:10	01:55.2	01:40.8	01:26.4	01:12	57.6	43.2	28.8	14.4
1:42:40	51:20	36:30	24:20	19:28	12:10	07:18	04:52	03:55	03:54	03:39	02:55	02:26	02:11	01:56.8	01:42.2	01:27.6	01:13	58.4	43.8	29.2	14.6
1:44:05	52:02	37:00	24:40	19:44	12:20	07:24	04:56	03:58	03:57	03:42	02:58	02:28	02:13	01:58.4	01:43.6	01:28.8	01:14	59.2	44.4	29.6	14.8
1:45:29	52:45	37:30	25:00	20:00	12:30	07:30	05:00	04:01	04:00	03:45	03:00	02:30	02:15	02:00.0	01:45.0	01:30.0	01:15	01:00.0	45.0	30.0	15.0
1:46:54	53:27	38:00	25:20	20:16	12:40	07:36	05:04	04:05	04:03	03:48	03:02	02:32	02:17	02:01.6	01:46.4	01:31.2	01:16	01:00.8	45.6	30.4	15.2
1:48:18	54:09	38:30	25:40	20:32	12:50	07:42	05:08	04:08	04:06	03:51	03:05	02:34	02:19	02:03.2	01:47.8	01:32.4	01:17	01:01.6	46.2	30.8	15.4
1:49:42	54:51	39:00	26:00	20:48	13:00	07:48	05:12	04:11	04:10	03:54	03:07	02:36	02:20	02:04.8	01:49.2	01:33.6	01:18	01:02.4	46.8	31.2	15.6
1:51:07	55:33	39:30	26:20	21:04	13:10	07:54	05:16	04:14	04:13	03:57	03:10	02:38	02:22	02:06.4	01:50.6	01:34.8	01:19	01:03.2	47.4	31.6	15.8
1:52:31	56:16	40:00	26:40	21:20	13:20	08:00	05:20	04:17	04:16	04:00	03:12	02:40	02:24	02:08.0	01:52.0	01:36.0	01:20	01:04.0	48.0	32.0	16.0
1:53:56	56:58	40:30	27:00	21:36	13:30	08:06	05:24	04:21	04:19	04:03	03:14	02:42	02:26	02:09.6	01:53.4	01:37.2	01:21	01:04.8	48.6	32.4	16.2
1:55:20	57:40	41:00	27:20	21:52	13:40	08:12	05:28	04:24	04:22	04:06	03:17	02:44	02:28	02:11.2	01:54.8	01:38.4	01:22	01:05.6	49.2	32.8	16.4
1:56:44	58:22	41:30	27:40	22:08	13:50	08:18	05:32	04:27	04:26	04:09	03:19	02:46	02:29	02:12.8	01:56.2	01:39.6	01:23	01:06.4	49.8	33.2	16.6
1:58:09	59:04	42:00	28:00	22:24	14:00	08:24	05:36	04:30	04:29	04:12	03:22	02:48	02:31	02:14.4	01:57.6	01:40.8	01:24	01:07.2	50.4	33.6	16.8
1:59:33	59:47	42:30	28:20	22:40	14:10	08:30	05:40	04:34	04:32	04:15	03:24	02:50	02:33	02:16.0	01:59.0	01:42.0	01:25	01:08.0	51.0	34.0	17.0
2:00:58	1:00:29	43:00	28:40	22:56	14:20	08:36	05:44	04:37	04:35	04:18	03:26	02:52	02:35	02:17.6	02:00.4	01:43.2	01:26	01:08.8	51.6	34.4	17.2
2:02:22	1:01:11	43:30	29:00	23:12	14:30	08:42	05:48	04:40	04:38	04:21	03:29	02:54	02:37	02:19.2	02:01.8	01:44.4	01:27	01:09.6	52.2	34.8	17.4
2:03:46	1:01:53	44:00	29:20	23:28	14:40	08:48	05:52	04:43	04:42	04:24	03:31	02:56	02:38	02:20.8	02:03.2	01:45.6	01:28	01:10.4	52.8	35.2	17.6
2:05:11	1:02:35	44:30	29:40	23:44	14:50	08:54	05:56	04:46	04:45	04:27	03:34	02:58	02:40	02:22.4	02:04.6	01:46.8	01:29	01:11.2	53.4	35.6	17.8

Mar	1/2 Mar	15K	10K	8K	5K	3K	2000m	Mile	1600m	1500m	1200m	1000m	900m	800m	700m	600m	500m	400m	300m	200m	100m
2:06:35	1:03:18	45:00	30:00	24:00	15:00	09:00	06:00	04:50	04:48	04:30	03:36	03:00	02:42	02:24.0	02:06.0	01:48.0	01:30	01:12.0	54.0	36.0	18.0
2:07:59	1:04:00	45:30	30:20	24:16	15:10	09:06	06:04	04:53	04:51	04:33	03:38	03:02	02:44	02:25.6	02:07.4	01:49.2	01:31	01:12.8	54.6	36.4	18.2
2:09:24	1:04:42	46:00	30:40	24:32	15:20	09:12	06:08	04:56	04:54	04:36	03:41	03:04	02:46	02:27.2	02:08.8	01:50.4	01:32	01:13.6	55.2	36.8	18.4
2:10:48	1:05:24	46:30	31:00	24:48	15:30	09:18	06:12	04:59	04:58	04:39	03:43	03:06	02:47	02:28.8	02:10.2	01:51.6	01:33	01:14.4	55.8	37.2	18.6
2:12:13	1:06:06	47:00	31:20	25:04	15:40	09:24	06:16	05:03	05:01	04:42	03:46	03:08	02:49	02:30.4	02:11.6	01:52.8	01:34	01:15.2	56.4	37.6	18.8
2:13:37	1:06:49	47:30	31:40	25:20	15:50	09:30	06:20	05:06	05:04	04:45	03:48	03:10	02:51	02:32.0	02:13.0	01:54.0	01:35	01:16.0	57.0	38.0	19.0
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2:17:50	1:08:55	49:00	32:40	26:08	16:20	09:48	06:32	05:15	05:14	04:54	03:55	03:16	02:56	02:36.8	02:17.2	01:57.6	01:38	01:18.4	58.8	39.2	19.6
2:19:15	1:09:37	49:30	33:00	26:24	16:30	09:54	06:36	05:19	05:17	04:57	03:58	03:18	02:58	02:38.4	02:18.6	01:58.8	01:39	01:19.2	59.4	39.6	19.8
2:20:39	1:10:19	50:00	33:20	26:40	16:40	10:00	06:40	05:22	05:20	05:00	04:00	03:20	03:00	02:40.0	02:20.0	02:00.0	01:40	01:20.0	01:00.0	40.0	20.0
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2:23:28	1:11:44	51:00	34:00	27:12	17:00	10:12	06:48	05:28	05:26	05:06	04:05	03:24	03:04	02:43.2	02:22.8	02:02.4	01:42	01:21.6	01:01.2	40.8	20.4
2:24:52	1:12:26	51:30	34:20	27:28	17:10	10:18	06:52	05:32	05:30	05:09	04:07	03:26	03:05	02:44.8	02:24.2	02:03.6	01:43	01:22.4	01:01.8	41.2	20.6
2:26:17	1:13:08	52:00	34:40	27:44	17:20	10:24	06:56	05:35	05:33	05:12	04:10	03:28	03:07	02:46.4	02:25.6	02:04.8	01:44	01:23.2	01:02.4	41.6	20.8
2:27:41	1:13:50	52:30	35:00	28:00	17:30	10:30	07:00	05:38	05:36	05:15	04:12	03:30	03:09	02:48.0	02:27.0	02:06.0	01:45	01:24.0	01:03.0	42.0	21.0
2:29:05	1:14:33	53:00	35:20	28:16	17:40	10:36	07:04	05:41	05:39	05:18	04:14	03:32	03:11	02:49.6	02:28.4	02:07.2	01:46	01:24.8	01:03.6	42.4	21.2
2:30:30	1:15:15	53:30	35:40	28:32	17:50	10:42	07:08	05:44	05:42	05:21	04:17	03:34	03:13	02:51.2	02:29.8	02:08.4	01:47	01:25.6	01:04.2	42.8	21.4
2:31:54	1:15:57	54:00	36:00	28:48	18:00	10:48	07:12	05:48	05:46	05:24	04:19	03:36	03:14	02:52.8	02:31.2	02:09.6	01:48	01:26.4	01:04.8	43.2	21.6
2:33:19	1:16:39	54:30	36:20	29:04	18:10	10:54	07:16	05:51	05:49	05:27	04:22	03:38	03:16	02:54.4	02:32.6	02:10.8	01:49	01:27.2	01:05.4	43.6	21.8
2:34:43	1:17:21	55:00	36:40	29:20	18:20	11:00	07:20	05:54	05:52	05:30	04:24	03:40	03:18	02:56.0	02:34.0	02:12.0	01:50	01:28.0	01:06.0	44.0	22.0
2:36:07	1:18:04	55:30	37:00	29:36	18:30	11:06	07:24	05:57	05:55	05:33	04:26	03:42	03:20	02:57.6	02:35.4	02:13.2	01:51	01:28.8	01:06.6	44.4	22.2
2:37:32	1:18:46	56:00	37:20	29:52	18:40	11:12	07:28	06:00	05:58	05:36	04:29	03:44	03:22	02:59.2	02:36.8	02:14.4	01:52	01:29.6	01:07.2	44.8	22.4
2:38:56	1:19:28	56:30	37:40	30:08	18:50	11:18	07:32	06:04	06:02	05:39	04:31	03:46	03:23	03:00.8	02:38.2	02:15.6	01:53	01:30.4	01:07.8	45.2	22.6
2:40:20	1:20:10	57:00	38:00	30:24	19:00	11:24	07:36	06:07	06:05	05:42	04:34	03:48	03:25	03:02.4	02:39.6	02:16.8	01:54	01:31.2	01:08.4	45.6	22.8
2:41:45	1:20:52	57:30	38:20	30:40	19:10	11:30	07:40	06:10	06:08	05:45	04:36	03:50	03:27	03:04.0	02:41.0	02:18.0	01:55	01:32.0	01:09.0	46.0	23.0
2:43:09	1:21:35	58:00	38:40	30:56	19:20	11:36	07:44	06:13	06:11	05:48	04:38	03:52	03:29	03:05.6	02:42.4	02:19.2	01:56	01:32.8	01:09.6	46.4	23.2
2:44:34	1:22:17	58:30	39:00	31:12	19:30	11:42	07:48	06:17	06:14	05:51	04:41	03:54	03:31	03:07.2	02:43.8	02:20.4	01:57	01:33.6	01:10.2	46.8	23.4
2:45:58	1:22:59	59:00	39:20	31:28	19:40	11:48	07:52	06:20	06:18	05:54	04:43	03:56	03:32	03:08.8	02:45.2	02:21.6	01:58	01:34.4	01:10.8	47.2	23.6
2:47:22	1:23:41	59:30	39:40	31:44	19:50	11:54	07:56	06:23	06:21	05:57	04:46	03:58	03:34	03:10.4	02:46.6	02:22.8	01:59	01:35.2	01:11.4	47.6	23.8
2:48:47	1:24:23	1:00:00	40:00	32:00	20:00	12:00	08:00	06:26	06:24	06:00	04:48	04:00	03:36	03:12.0	02:48.0	02:24.0	02:00	01:36.0	01:12.0	48.0	24.0
2:50:11	1:25:06	1:00:30	40:20	32:16	20:10	12:06	08:04	06:29	06:27	06:03	04:50	04:02	03:38	03:13.6	02:49.4	02:25.2	02:01	01:36.8	01:12.6	48.4	24.2
2:51:36	1:25:48	1:01:00	40:40	32:32	20:20	12:12	08:08	06:33	06:30	06:06	04:53	04:04	03:40	03:15.2	02:50.8	02:26.4	02:02	01:37.6	01:13.2	48.8	24.4
2:53:00	1:26:30	1:01:30	41:00	32:48	20:30	12:18	08:12	06:36	06:34	06:09	04:55	04:06	03:41	03:16.8	02:52.2	02:27.6	02:03	01:38.4	01:13.8	49.2	24.6
2:54:24	1:27:12	1:02:00	41:20	33:04	20:40	12:24	08:16	06:39	06:37	06:12	04:58	04:08	03:43	03:18.4	02:53.6	02:28.8	02:04	01:39.2	01:14.4	49.6	24.8
2:55:49	1:27:54	1:02:30	41:40	33:20	20:50	12:30	08:20	06:42	06:40	06:15	05:00	04:10	03:45	03:20.0	02:55.0	02:30.0	02:05	01:40.0	01:15.0	50.0	25.0

Mar	1/2 Mar	15K	10K	8K	5K	3K	2000m	Mile	1600m	1500m	1200m	1000m	900m	800m	700m	600m	500m	400m	300m	200m	100m
2:57:13	1:28:37	1:03:00	42:00	33:36	21:00	12:36	08:24	06:46	06:43	06:18	05:02	04:12	03:47	03:21.6	02:56.4	02:31.2	02:06	01:40.8	01:15.6	50.4	25.2
2:58:38	1:29:19	1:03:30	42:20	33:52	21:10	12:42	08:28	06:49	06:46	06:21	05:05	04:14	03:49	03:23.2	02:57.8	02:32.4	02:07	01:41.6	01:16.2	50.8	25.4
3:00:02	1:30:01	1:04:00	42:40	34:08	21:20	12:48	08:32	06:52	06:50	06:24	05:07	04:16	03:50	03:24.8	02:59.2	02:33.6	02:08	01:42.4	01:16.8	51.2	25.6
3:01:26	1:30:43	1:04:30	43:00	34:24	21:30	12:54	08:36	06:55	06:53	06:27	05:10	04:18	03:52	03:26.4	03:00.6	02:34.8	02:09	01:43.2	01:17.4	51.6	25.8
3:02:51	1:31:25	1:05:00	43:20	34:40	21:40	13:00	08:40	06:58	06:56	06:30	05:12	04:20	03:54	03:28.0	03:02.0	02:36.0	02:10	01:44.0	01:18.0	52.0	26.0
3:04:15	1:32:08	1:05:30	43:40	34:56	21:50	13:06	08:44	07:02	06:59	06:33	05:14	04:22	03:56	03:29.6	03:03.4	02:37.2	02:11	01:44.8	01:18.6	52.4	26.2
3:05:39	1:32:50	1:06:00	44:00	35:12	22:00	13:12	08:48	07:05	07:02	06:36	05:17	04:24	03:58	03:31.2	03:04.8	02:38.4	02:12	01:45.6	01:19.2	52.8	26.4
3:07:04	1:33:32	1:06:30	44:20	35:28	22:10	13:18	08:52	07:08	07:06	06:39	05:19	04:26	03:59	03:32.8	03:06.2	02:39.6	02:13	01:46.4	01:19.8	53.2	26.6
3:08:28	1:34:14	1:07:00	44:40	35:44	22:20	13:24	08:56	07:11	07:09	06:42	05:22	04:28	04:01	03:34.4	03:07.6	02:40.8	02:14	01:47.2	01:20.4	53.6	26.8
3:09:53	1:34:56	1:07:30	45:00	36:00	22:30	13:30	09:00	07:15	07:12	06:45	05:24	04:30	04:03	03:36.0	03:09.0	02:42.0	02:15	01:48.0	01:21.0	54.0	27.0
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Mar	1/2 Mar	15K	10K	8K	5K	3K	2000m	Mile	1600m	1500m	1200m	1000m	900m	800m	700m	600m	500m	400m	300m	200m	100m
3:47:51	1:53:56	1:21:00	54:00	43:12	27:00	16:12	10:48	08:41	08:38	08:06	06:29	05:24	04:52	04:19.2	03:46.8	03:14.4	02:42	02:09.6	01:37.2	64.8	32.4
3:49:16	1:54:38	1:21:30	54:20	43:28	27:10	16:18	10:52	08:45	08:42	08:09	06:31	05:26	04:53	04:20.8	03:48.2	03:15.6	02:43	02:10.4	01:37.8	65.2	32.6
3:50:40	1:55:20	1:22:00	54:40	43:44	27:20	16:24	10:56	08:48	08:45	08:12	06:34	05:28	04:55	04:22.4	03:49.6	03:16.8	02:44	02:11.2	01:38.4	65.6	32.8
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Mar	1/2 Mar	15K	10K	8K	5K	3K	2000m	Mile	1600m	1500m	1200m	1000m	900m	800m	700m	600m	500m	400m	300m	200m	100m
4:38:29	2:19:15	1:39:00	1:06:00	52:48	33:00	19:48	13:12	10:37	10:34	09:54	07:55	06:36	05:56	05:16.8	04:37.2	03:57.6	03:18	02:38.4	01:58.8	79.2	39.6
4:39:54	2:19:57	1:39:30	1:06:20	53:04	33:10	19:54	13:16	10:41	10:37	09:57	07:58	06:38	05:58	05:18.4	04:38.6	03:58.8	03:19	02:39.2	01:59.4	79.6	39.8
4:41:18	2:20:39	1:40:00	1:06:40	53:20	33:20	20:00	13:20	10:44	10:40	10:00	08:00	06:40	06:00	05:20.0	04:40.0	04:00.0	03:20	02:40.0	02:00.0	80.0	40.0
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4:44:07	2:22:03	1:41:00	1:07:20	53:52	33:40	20:12	13:28	10:50	10:46	10:06	08:05	06:44	06:04	05:23.2	04:42.8	04:02.4	03:22	02:41.6	02:01.2	80.8	40.4
4:45:31	2:22:46	1:41:30	1:07:40	54:08	33:50	20:18	13:32	10:53	10:50	10:09	08:07	06:46	06:05	05:24.8	04:44.2	04:03.6	03:23	02:42.4	02:01.8	81.2	40.6
4:46:56	2:23:28	1:42:00	1:08:00	54:24	34:00	20:24	13:36	10:57	10:53	10:12	08:10	06:48	06:07	05:26.4	04:45.6	04:04.8	03:24	02:43.2	02:02.4	81.6	40.8
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4:55:22	2:27:41	1:45:00	1:10:00	56:00	35:00	21:00	14:00	11:16	11:12	10:30	08:24	07:00	06:18	05:36.0	04:54.0	04:12.0	03:30	02:48.0	02:06.0	84.0	42.0
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4:58:11	2:29:05	1:46:00	1:10:40	56:32	35:20	21:12	14:08	11:22	11:18	10:36	08:29	07:04	06:22	05:39.2	04:56.8	04:14.4	03:32	02:49.6	02:07.2	84.8	42.4
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5:00:59	2:30:30	1:47:00	1:11:20	57:04	35:40	21:24	14:16	11:29	11:25	10:42	08:34	07:08	06:25	05:42.4	04:59.6	04:16.8	03:34	02:51.2	02:08.4	85.6	42.8
5:02:24	2:31:12	1:47:30	1:11:40	57:20	35:50	21:30	14:20	11:32	11:28	10:45	08:36	07:10	06:27	05:44.0	05:01.0	04:18.0	03:35	02:52.0	02:09.0	86.0	43.0
5:03:48	2:31:54	1:48:00	1:12:00	57:36	36:00	21:36	14:24	11:35	11:31	10:48	08:38	07:12	06:29	05:45.6	05:02.4	04:19.2	03:36	02:52.8	02:09.6	86.4	43.2
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5:16:28	2:38:14	1:52:30	1:15:00	1:00:00	37:30	22:30	15:00	12:04	12:00	11:15	09:00	07:30	06:45	06:00.0	05:15.0	04:30.0	03:45	03:00.0	02:15.0	90.0	45.0
5:17:52	2:38:56	1:53:00	1:15:20	1:00:16	37:40	22:36	15:04	12:07	12:03	11:18	09:02	07:32	06:47	06:01.6	05:16.4	04:31.2	03:46	03:00.8	02:15.6	90.4	45.2
5:19:17	2:39:38	1:53:30	1:15:40	1:00:32	37:50	22:42	15:08	12:11	12:06	11:21	09:05	07:34	06:49	06:03.2	05:17.8	04:32.4	03:47	03:01.6	02:16.2	90.8	45.4
5:20:41	2:40:20	1:54:00	1:16:00	1:00:48	38:00	22:48	15:12	12:14	12:10	11:24	09:07	07:36	06:50	06:04.8	05:19.2	04:33.6	03:48	03:02.4	02:16.8	91.2	45.6
5:22:05	2:41:03	1:54:30	1:16:20	1:01:04	38:10	22:54	15:16	12:17	12:13	11:27	09:10	07:38	06:52	06:06.4	05:20.6	04:34.8	03:49	03:03.2	02:17.4	91.6	45.8
5:23:30	2:41:45	1:55:00	1:16:40	1:01:20	38:20	23:00	15:20	12:20	12:16	11:30	09:12	07:40	06:54	06:08.0	05:22.0	04:36.0	03:50	03:04.0	02:18.0	92.0	46.0
5:24:54	2:42:27	1:55:30	1:17:00	1:01:36	38:30	23:06	15:24	12:24	12:19	11:33	09:14	07:42	06:56	06:09.6	05:23.4	04:37.2	03:51	03:04.8	02:18.6	92.4	46.2
5:26:18	2:43:09	1:56:00	1:17:20	1:01:52	38:40	23:12	15:28	12:27	12:22	11:36	09:17	07:44	06:58	06:11.2	05:24.8	04:38.4	03:52	03:05.6	02:19.2	92.8	46.4
5:27:43	2:43:51	1:56:30	1:17:40	1:02:08	38:50	23:18	15:32	12:30	12:26	11:39	09:19	07:46	06:59	06:12.8	05:26.2	04:39.6	03:53	03:06.4	02:19.8	93.2	46.6

<b>Mar</b>	<b>1/2 Mar</b>	<b>15K</b>	<b>10K</b>	<b>8K</b>	<b>5K</b>	<b>3K</b>	<b>2000m</b>	<b>Mile</b>	<b>1600m</b>	<b>1500m</b>	<b>1200m</b>	<b>1000m</b>	<b>900m</b>	<b>800m</b>	<b>700m</b>	<b>600m</b>	<b>500m</b>	<b>400m</b>	<b>300m</b>	<b>200m</b>	<b>100m</b>
5:29:07	2:44:34	1:57:00	1:18:00	1:02:24	39:00	23:24	15:36	12:33	12:29	11:42	09:22	07:48	07:01	06:14.4	05:27.6	04:40.8	03:54	03:07.2	02:20.4	93.6	46.8
5:30:32	2:45:16	1:57:30	1:18:20	1:02:40	39:10	23:30	15:40	12:36	12:32	11:45	09:24	07:50	07:03	06:16.0	05:29.0	04:42.0	03:55	03:08.0	02:21.0	94.0	47.0