

Racing Pace Chart

lap	1	2	3	4	5	6	7	8
200M	400M	800M	1200M	1600M	2000m	2400M	2800M	3200M
28	56	1:52	2:48	3:44	4:40	5:36	6:32	7:28
29	58	1:56	2:54	3:52	4:50	5:48	6:46	7:44
30	60	2:00	3:00	4:00	5:00	6:00	7:00	8:00
31	62	2:04	3:06	4:08	5:10	6:12	7:14	8:16
32	64	2:08	3:12	4:16	5:20	6:24	7:28	8:32
33	66	2:12	3:18	4:24	5:30	6:36	7:42	8:48
34	68	2:16	3:24	4:32	5:40	6:48	7:56	9:04
35	70	2:20	3:30	4:40	5:50	7:00	8:10	9:20
36	72	2:24	3:36	4:48	6:00	7:12	8:24	9:36
37	74	2:28	3:42	4:56	6:10	7:24	8:38	9:52
38	76	2:32	3:48	5:04	6:20	7:36	8:52	10:08
39	78	2:36	3:54	5:12	6:30	7:48	9:06	10:24
40	80	2:40	4:00	5:20	6:40	8:00	9:20	10:40
41	82	2:44	4:06	5:28	6:50	8:12	9:34	10:56
42	84	2:48	4:12	5:36	7:00	8:24	9:48	11:12
43	86	2:52	4:18	5:44	7:10	8:36	10:02	11:28
44	88	2:56	4:24	5:52	7:20	8:48	10:16	11:44
45	90	3:00	4:30	6:00	7:30	9:00	10:30	12:00
46	92	3:04	4:36	6:08	7:40	9:12	10:44	12:16
47	94	3:08	4:42	6:16	7:50	9:24	10:58	12:32
48	96	3:12	4:48	6:24	8:00	9:36	11:12	12:48
49	98	3:16	4:54	6:32	8:10	9:48	11:26	13:04
50	100	3:20	5:00	6:40	8:20	10:00	11:40	13:20
51	102	3:24	5:06	6:48	8:30	10:12	11:54	13:36
52	104	3:28	5:12	6:56	8:40	10:24	12:08	13:52
53	106	3:32	5:18	7:04	8:50	10:36	12:22	14:08
54	108	3:36	5:24	7:12	9:00	10:48	12:36	14:24
55	110	3:40	5:30	7:20	9:10	11:00	12:50	14:40
56	112	3:44	5:36	7:28	9:20	11:12	13:04	14:56
57	114	3:48	5:42	7:36	9:30	11:24	13:18	15:12
58	116	3:52	5:48	7:44	9:40	11:36	13:32	15:28
59	118	3:56	5:54	7:52	9:50	11:48	13:46	15:44
60	120	4:00	6:00	8:00	10:00	12:00	14:00	16:00
61	122	4:04	6:06	8:08	10:10	12:12	14:14	16:16