

1k pace		1k quality		400m		800m		1200m		1600m		2000m		
min	sec	min	sec	pace	quality	pace	quality	pace	quality	pace	quality	pace	quality	
				min	min	min	min	min	min	min	min	min	min	
3	30	3	15	1:24	1:18	2:48	2:36	4:12	3:54	5:36	5:12	7:00	6:30	2:27 Marathon
3	35	3	20	1:26	1:20	2:52	2:40	4:18	4:00	5:44	5:20	7:10	6:40	
3	40	3	25	1:28	1:22	2:56	2:44	4:24	4:06	5:52	5:28	7:20	6:50	
3	45	3	30	1:30	1:24	3:00	2:48	4:30	4:12	6:00	5:36	7:30	7:00	2:38 Marathon
3	50	3	35	1:32	1:26	3:04	2:52	4:36	4:18	6:08	5:44	7:40	7:10	
3	55	3	40	1:34	1:28	3:08	2:56	4:42	4:24	6:16	5:52	7:50	7:20	
4	0	3	45	1:36	1:30	3:12	3:00	4:48	4:30	6:24	6:00	8:00	7:30	2:48 Marathon
4	5	3	50	1:38	1:32	3:16	3:04	4:54	4:36	6:32	6:08	8:10	7:40	
4	10	3	55	1:40	1:34	3:20	3:08	5:00	4:42	6:40	6:16	8:20	7:50	
4	15	4	0	1:42	1:36	3:24	3:12	5:06	4:48	6:48	6:24	8:30	8:00	2:59 Marathon
4	20	4	5	1:44	1:38	3:28	3:16	5:12	4:54	6:56	6:32	8:40	8:10	
4	25	4	10	1:46	1:40	3:32	3:20	5:18	5:00	7:04	6:40	8:50	8:20	
4	30	4	15	1:48	1:42	3:36	3:24	5:24	5:06	7:12	6:48	9:00	8:30	3:09 Marathon
4	35	4	20	1:50	1:44	3:40	3:28	5:30	5:12	7:20	6:56	9:10	8:40	
4	40	4	25	1:52	1:46	3:44	3:32	5:36	5:18	7:28	7:04	9:20	8:50	
4	45	4	30	1:54	1:48	3:48	3:36	5:42	5:24	7:36	7:12	9:30	9:00	3:20 Marathon
4	50	4	35	1:56	1:50	3:52	3:40	5:48	5:30	7:44	7:20	9:40	9:10	
4	55	4	40	1:58	1:52	3:56	3:44	5:54	5:36	7:52	7:28	9:50	9:20	
5	0	4	45	2:00	1:54	4:00	3:48	6:00	5:42	8:00	7:36	10:00	9:30	3:31 Marathon
5	5	4	50	2:02	1:56	4:04	3:52	6:06	5:48	8:08	7:44	10:10	9:40	
5	10	4	55	2:04	1:58	4:08	3:56	6:12	5:54	8:16	7:52	10:20	9:50	
5	15	5	0	2:06	2:00	4:12	4:00	6:18	6:00	8:24	8:00	10:30	10:00	3:41 Marathon
5	20	5	5	2:08	2:02	4:16	4:04	6:24	6:06	8:32	8:08	10:40	10:10	
5	25	5	10	2:10	2:04	4:20	4:08	6:30	6:12	8:40	8:16	10:50	10:20	
5	30	5	15	2:12	2:06	4:24	4:12	6:36	6:18	8:48	8:24	11:00	10:30	3:52 Marathon
5	35	5	20	2:14	2:08	4:28	4:16	6:42	6:24	8:56	8:32	11:10	10:40	
5	40	5	25	2:16	2:10	4:32	4:20	6:48	6:30	9:04	8:40	11:20	10:50	
5	45	5	30	2:18	2:12	4:36	4:24	6:54	6:36	9:12	8:48	11:30	11:00	4:02 Marathon
5	50	5	35	2:20	2:14	4:40	4:28	7:00	6:42	9:20	8:56	11:40	11:10	
5	55	5	40	2:22	2:16	4:44	4:32	7:06	6:48	9:28	9:04	11:50	11:20	
6	0	5	45	2:24	2:18	4:48	4:36	7:12	6:54	9:36	9:12	12:00	11:30	4:13 Marathon
6	5	5	50	2:26	2:20	4:52	4:40	7:18	7:00	9:44	9:20	12:10	11:40	
6	10	5	55	2:28	2:22	4:56	4:44	7:24	7:06	9:52	9:28	12:20	11:50	
6	15	6	0	2:30	2:24	5:00	4:48	7:30	7:12	10:00	9:36	12:30	12:00	4:23 Marathon
6	20	6	5	2:32	2:26	5:04	4:52	7:36	7:18	10:08	9:44	12:40	12:10	
6	25	6	10	2:34	2:28	5:08	4:56	7:42	7:24	10:16	9:52	12:50	12:20	
6	30	6	15	2:36	2:30	5:12	5:00	7:48	7:30	10:24	10:00	13:00	12:30	4:34 Marathon
6	35	6	20	2:38	2:32	5:16	5:04	7:54	7:36	10:32	10:08	13:10	12:40	
6	40	6	25	2:40	2:34	5:20	5:08	8:00	7:42	10:40	10:16	13:20	12:50	
6	45	6	30	2:42	2:36	5:24	5:12	8:06	7:48	10:48	10:24	13:30	13:00	4:44 Marathon
6	50	6	35	2:44	2:38	5:28	5:16	8:12	7:54	10:56	10:32	13:40	13:10	
6	55	6	40	2:46	2:40	5:32	5:20	8:18	8:00	11:04	10:40	13:50	13:20	
7	0	6	45	2:48	2:42	5:36	5:24	8:24	8:06	11:12	10:48	14:00	13:30	4:55 Marathon
7	5	6	50	2:50	2:44	5:40	5:28	8:30	8:12	11:20	10:56	14:10	13:40	
7	10	6	55	2:52	2:46	5:44	5:32	8:36	8:18	11:28	11:04	14:20	13:50	
7	15	7	0	2:54	2:48	5:48	5:36	8:42	8:24	11:36	11:12	14:30	14:00	5:05 Marathon
7	20	7	5	2:56	2:50	5:52	5:40	8:48	8:30	11:44	11:20	14:40	14:10	
7	25	7	10	2:58	2:52	5:56	5:44	8:54	8:36	11:52	11:28	14:50	14:20	
7	30	7	15	3:00	2:54	6:00	5:48	9:00	8:42	12:00	11:36	15:00	14:30	5:16 Marathon
7	35	7	20	3:02	2:56	6:04	5:52	9:06	8:48	12:08	11:44	15:10	14:40	
7	40	7	25	3:04	2:58	6:08	5:56	9:12	8:54	12:16	11:52	15:20	14:50	
7	45	7	30	3:06	3:00	6:12	6:00	9:18	9:00	12:24	12:00	15:30	15:00	5:27 Marathon
7	50	7	35	3:08	3:02	6:16	6:04	9:24	9:06	12:32	12:08	15:40	15:10	
7	55	7	40	3:10	3:04	6:20	6:08	9:30	9:12	12:40	12:16	15:50	15:20	
8	0	7	45	3:12	3:06	6:24	6:12	9:36	9:18	12:48	12:24	16:00	15:30	5:37 Marathon