

Est 5K time	1 Mile Race Pace	5K pace	200 meter	400 meter	800 meter	1600 meter
14:55:35	4:30:00	4:48:54	0:31:47	1:05:00	2:12:54	4:43:07
18:14:37	5:30:00	5:53:06	0:38:50	1:19:27	2:42:26	5:46:02
15:45:21	4:45:00	5:04:57	0:33:33	1:08:37	2:20:17	4:58:51
16:35:06	5:00:00	5:21:00	0:35:19	1:12:14	2:27:40	5:14:35
17:24:51	5:15:00	5:37:03	0:37:05	1:15:50	2:35:03	5:30:19
18:14:37	5:30:00	5:53:06	0:38:50	1:19:27	2:42:26	5:46:02
19:04:22	5:45:00	6:09:09	0:40:36	1:23:04	2:49:49	6:01:46
19:54:07	6:00:00	6:25:12	0:42:22	1:26:40	2:57:12	6:17:30
20:43:52	6:15:00	6:41:15	0:44:08	1:30:17	3:04:35	6:33:13
21:33:38	6:30:00	6:57:18	0:45:54	1:33:54	3:11:57	6:48:57
22:23:23	6:45:00	7:13:21	0:47:40	1:37:30	3:19:20	7:04:41
23:13:08	7:00:00	7:29:24	0:49:26	1:41:07	3:26:43	7:20:25
24:02:54	7:15:00	7:45:27	0:51:12	1:44:44	3:34:06	7:36:08
24:52:39	7:30:00	8:01:30	0:52:58	1:48:20	3:41:29	7:51:52
25:42:24	7:45:00	8:17:33	0:54:44	1:51:57	3:48:52	8:07:36
26:32:10	8:00:00	8:33:36	0:56:30	1:55:34	3:56:15	8:23:20
27:21:55	8:15:00	8:49:39	0:58:16	1:59:10	4:03:38	8:39:03
28:11:40	8:30:00	9:05:42	1:00:02	2:02:47	4:11:01	8:54:47
29:01:26	8:45:00	9:21:45	1:01:48	2:06:24	4:18:24	9:10:31
29:51:11	9:00:00	9:37:48	1:03:33	2:10:00	4:25:47	9:26:15
30:40:56	9:15:00	9:53:51	1:05:19	2:13:37	4:33:10	9:41:58
31:30:41	9:30:00	10:09:54	1:07:05	2:17:14	4:40:33	9:57:42
32:20:27	9:45:00	10:25:57	1:08:51	2:20:50	4:47:56	10:13:26
33:10:12	10:00:00	10:42:00	1:10:37	2:24:27	4:55:19	10:29:10
33:59:57	10:15:00	10:58:03	1:12:23	2:28:04	5:02:42	10:44:53
34:49:43	10:30:00	11:14:06	1:14:09	2:31:40	5:10:05	11:00:37
35:39:28	10:45:00	11:30:09	1:15:55	2:35:17	5:17:28	11:16:21
36:29:13	11:00:00	11:46:12	1:17:41	2:38:54	5:24:51	11:32:05
37:18:59	11:15:00	12:02:15	1:19:27	2:42:30	5:32:14	11:47:48
38:08:44	11:30:00	12:18:18	1:21:13	2:46:07	5:39:37	12:03:32
38:58:29	11:45:00	12:34:21	1:22:59	2:49:44	5:47:00	12:19:16
39:48:14	12:00:00	12:50:24	1:24:45	2:53:20	5:54:23	12:35:00
40:38:00	12:15:00	13:06:27	1:26:31	2:56:57	6:01:46	12:50:43
41:27:45	12:30:00	13:22:30	1:28:17	3:00:34	6:09:09	13:06:27
42:17:30	12:45:00	13:38:33	1:30:02	3:04:10	6:16:32	13:22:11