

### 3k PACE CHART TARGET TIMES

10K Race time	3K Race Time	300m Target Time	400m Target Time	600m Target Time	800m Target Time	1km Target Time	1200m Target Time	1m Target Time
31 to 33	8-30 to 9-02	0-50 to 0-52	1-07 to 1-12	1-41 to 1-48	2-16 to 2-24	2-49 to 3-00	3-23 to 3-36	4-33 to 4-51
33 to 35	9-02 to 9-35	0-52 to 0-57	1-12 to 1-16	1-48 to 1-54	2-24 to 2-32	3-00 to 3-11	3-36 to 3-49	4-51 to 5-08
35 to 36	9-35 to 9-52	0-57 to 0-59	1-16 to 1-18	1-54 to 1-58	2-32 to 2-36	3-11 to 3-17	3-49 to 3-56	5-08 to 5-17
36 to 38	9-52 to 10-25	0-59 to 1-02	1-18 to 1-23	1-58 to 2-04	2-36 to 2-46	3-17 to 3-28	3-56 to 4-09	5-17 to 5-35
38 to 40	10-25 to 10-58	1-02 to 1-05	1-23 to 1-27	2-04 to 2-10	2-46 to 2-54	3-28 to 3-38	4-09 to 4-21	5-35 to 5-52
40 to 42	10-58 to 11-31	1-05 to 1-09	1-27 to 1-32	2-10 to 2-18	2-54 to 3-04	3-38 to 3-50	4-21 to 4-36	5-52 to 6-10
42 to 43	11-31 to 11-47	1-09 to 1-10	1-32 to 1-34	2-18 to 2-21	3-04 to 3-08	3-50 to 3-55	4-36 to 4-42	6-10 to 6-19
43 to 45	11-47 to 12-20	1-10 to 1-13	1-34 to 1-38	2-21 to 2-27	3-08 to 3-16	3-55 to 4-06	4-42 to 4-55	6-19 to 6-37
45 to 47	12-20 to 12-53	1-13 to 1-17	1-38 to 1-42	2-27 to 2-34	3-16 to 3-22	4-06 to 4-17	4-55 to 5-08	6-37 to 6-54
47 to 48	12-53 to 13-09	1-17 to 1-18	1-42 to 1-44	2-34 to 2-37	3-22 to 3-28	4-17 to 4-22	5-08 to 5-15	6-54 to 7-03
48 to 50	13-09 to 13-42	1-18 to 1-22	1-44 to 1-49	2-37 to 2-44	3-28 to 3-38	4-22 to 4-34	5-15 to 5-28	7-03 to 7-21
50 to 52	13-42 to 14-15	1-22 to 1-25	1-49 to 1-53	2-44 to 2-50	3-38 to 3-46	4-34 to 4-44	5-28 to 5-41	7-21 to 7-38
52 to 55	14-15 to 15-04	1-25 to 1-30	1-53 to 2-00	2-50 to 3-00	3-46 to 4-00	4-44 to 5-01	5-41 to 6-01	7-38 to 8-05
55 to 57	15-04 to 15-37	1-30 to 1-33	2-00 to 2-04	3-00 to 3-07	4-00 to 4-08	5-01 to 5-12	6-01 to 6-14	8-05 to 8-22
57 to 60	15-37 to 16-27	1-33 to 1-38	2-04 to 2-11	3-07 to 3-16	4-08 to 4-22	5-12 to 5-28	6-14 to 6-34	8-22 to 8-49
60 to 70	16-27 to 19-11	1-38 to 1-55	2-11 to 2-33	3-16 to 3-49	4-22 to 5-06	5-28 to 6-23	6-34 to 7-40	8-49 to 10-17