

| 10K Race time | 5k Race Time | 400m Target Time | 600m Target Time | 800m Target Time | 1km Target Time | 1200m Target Time | 2km Target Time | 1mile Target Time |
|----------------------|---------------------|-------------------------|-------------------------|-------------------------|------------------------|--------------------------|------------------------|--------------------------|
| 33 to 35 | 15-53 to 16-51 | 1-16 to 1-20 | 1-54 to 2-00 | 2-32 to 2-41 | 3-10 to 3-21 | 3-48 to 4-01 | 6-20 to 6-42 | 5-07 to 5-25 |
| 35 to 36 | 16-51 to 17-20 | 1-20 to 1-23 | 2-00 to 2-04 | 2-41 to 2-46 | 3-21 to 3-27 | 4-01 to 4-08 | 6-42 to 6-54 | 5-25 to 5-35 |
| 36 to 38 | 17-20 to 18-18 | 1-23 to 1-27 | 2-04 to 2-10 | 2-46 to 2-55 | 3-27 to 3-38 | 4-08 to 4-21 | 6-54 to 7-16 | 5-35 to 5-53 |
| 38 to 40 | 18-18 to 19-16 | 1-27 to 1-32 | 2-10 to 2-18 | 2-55 to 3-05 | 3-38 to 3-51 | 4-21 to 4-37 | 7-16 to 7-41 | 5-53 to 6-12 |
| 40 to 42 | 19-16 to 20-13 | 1-32 to 1-37 | 2-18 to 2-25 | 3-05 to 3-14 | 3-51 to 4-02 | 4-37 to 4-50 | 7-41 to 8-04 | 6-12 to 6-31 |
| 42 to 43 | 20-13 to 20-42 | 1-37 to 1-39 | 2-25 to 2-28 | 3-14 to 3-19 | 4-02 to 4-09 | 4-50 to 4-59 | 8-04 to 8-18 | 6-31 to 6-40 |
| 43 to 45 | 20-42 to 21-40 | 1-39 to 1-44 | 2-28 to 2-36 | 3-19 to 3-28 | 4-09 to 4-20 | 4-59 to 5-12 | 8-18 to 8-40 | 6-40 to 6-58 |
| 45 to 47 | 21-40 to 22-38 | 1-44 to 1-48 | 2-36 to 2-42 | 3-28 to 3-37 | 4-20 to 4-31 | 5-12 to 5-25 | 8-40 to 9-02 | 6-58 to 17-17 |
| 47 to 48 | 22-38 to 23-07 | 1-48 to 1-50 | 2-42 to 2-45 | 3-37 to 3-41 | 4-31 to 4-36 | 5-25 to 5-31 | 9-02 to 9-12 | 7-17 to 7-26 |
| 48 to 50 | 23-07 to 24-05 | 1-50 to 1-55 | 2-45 to 2-52 | 3-41 to 3-51 | 4-36 to 4-48 | 5-31 to 5-45 | 9-12 to 9-36 | 7-26 to 7-45 |
| 50 to 52 | 24-05 to 25-02 | 1-55 to 2-00 | 2-52 to 3-00 | 3-51 to 4-00 | 4-48 to 5-00 | 5-45 to 6-00 | 9-36 to 10-00 | 7-45 to 8-04 |
| 52 to 55 | 25-02 to 26-29 | 2-00 to 2-07 | 3-00 to 3-10 | 4-00 to 4-14 | 5-00 to 5-17 | 6-00 to 6-20 | 10-00 to 10-34 | 8-04 to 8-31 |
| 55 to 57 | 26-29 to 27-27 | 2-07 to 2-12 | 3-10 to 3-18 | 4-14 to 4-23 | 5-17 to 5-29 | 6-20 to 6-35 | 10-34 to 10-58 | 8-31 to 8-50 |
| 57 to 60 | 27-27 to 28-53 | 2-12 to 2-18 | 3-18 to 3-27 | 4-23 to 4-37 | 5-29 to 5-46 | 6-35 to 6-55 | 10-58 to 11-32 | 8-50 to 9-18 |

60 to 70

28-53 to
33-42

2-18 to 2-32

3-27 to 4-03

4-37 to 5-05

5-46 to 6-21

6-55 to 7-37

11-32 to
12-42

9-18 to 10-15