

**800/1500M
PACE
CHART
TARGET
TIMES**

10K Race time	200m T Time 800m pace	400m T Time 800m Pace	200m T Time 1500m pace	300m T Time 1500m Pace	400m T Time 1500m pace	600m T Time 1500m Pace	800m T Target 1500m Pace
33 to 35	0-31 to 0-33	1-01 to 1-05	0-34 to 0-36	0-51 to 0-54	1-07 to 1-12	1-41 to 1-48	2-15 to 2-23
35 to 36	0-33 to 0-34	1-05 to 1-07	0-36 to 0-37	0-54 to 0-55	1-12 to 1-14	1-48 to 1-51	2-23 to 2-28
36 to 38	0-34 to 0-36	1-07 to 1-11	0-37 to 0-39	0-55 to 0-58	1-14 to 1-18	1-51 to 1-57	2-28 to 2-35
38 to 40	0-36 to 0-37	1-11 to 1-14	0-39 to 0-41	0-58 to 1-02	1-18 to 1-22	1-57 to 2-03	2-35 to 2-44
40 to 42	0-37 to 0-39	1-14 to 1-18	0-41 to 0-43	1-02 to 1-05	1-22 to 1-26	2-03 to 2-09	2-44 to 2-52
42 to 43	0-39 to 0-40	1-18 to 1-20	0-43 to 0-44	1-05 to 1-06	1-26 to 1-28	2-09 to 2-12	2-52 to 2-57
43 to 45	0-40 to 0-42	1-20 to 1-24	0-44 to 0-46	1-06 to 1-09	1-28 to 1-32	2-12 to 2-18	2-57 to 3-04
45 to 47	0-42 to 0-44	1-24 to 1-28	0-46 to 0-48	1-09 to 1-12	1-32 to 1-37	2-18 to 2-25	3-04 to 3-13
47 to 48	0-44 to 0-45	1-28 to 1-30	0-48 to 0-49	1-12 to 1-14	1-37 to 1-38	2-25 to 2-28	3-13 to 3-17
48 to 50	0-45 to 0-47	1-30 to 1-33	0-49 to 0-51	1-14 to 1-17	1-38 to 1-43	2-28 to 2-34	3-17 to 3-25
50 to 52	0-47 to 0-48	1-33 to 1-36	0-51 to 0-53	1-17 to 1-20	1-43 to 1-46	2-34 to 2-40	3-25 to 3-33
52 to 55	0-48 to 0-51	1-36 to 1-42	0-53 to 0-56	1-20 to 1-24	1-46 to 1-53	2-40 to 2-49	3-33 to 3-45

55 to 57	0-51 to 0-53	1-42 to 1-46	0-56 to 0-58	1-24 to 1-27	1-53 to 1-57	2-49 to 2-55	3-45 to 3-53
57 to 60	0-53 to 0-56	1-46 to 1-52	0-58 to 1-01	1-27 to 1-32	1-57 to 2-03	2-55 to 3-04	3-53 to 4-05
60 to 70	0-56 to 1-05	1-52 to 2-10	1-01 to 1-12	1-32 to 1-47	2-03 to 2-23	3-04 to 3-35	4-05 to 4-47