

pacing sheet

| 1500m time | mins / mile | 200m | 400m | 600m | 800m | 1000m |
|-------------------|--------------------|-------------|-------------|-------------|-------------|--------------|
| 4mins | 4.17 | 32.00 | 64.00 | 1.36 | 2.08 | 2.40 |
| 4 min 15s | 4.34 | 34.00 | 68.00 | 1.42 | 2.16 | 2.50 |
| 4min 30s | 4.50 | 36.00 | 72.00 | 1.48 | 2.24 | 3.00 |
| 4mins45 | 5.06 | 38.00 | 76.00 | 1.54 | 2.32 | 3.10 |
| 5mins | 5.22 | 40.00 | 80.00 | 2.00 | 2.40 | 3.20 |
| 5mins 15s | 5.38 | 42.00 | 84.00 | 2.06 | 2.48 | 3.30 |
| 5mins 30s | 5.54 | 44.00 | 88.00 | 2.12 | 2.56 | 3.40 |
| 5mins 45s | 6.10 | 46.00 | 92.00 | 2.18 | 3.04 | 3.50 |
| 6mins | 6.26 | 48.00 | 96.00 | 2.24 | 3.12 | 4.00 |
| 5000 time | mins / mile | 200m | 400m | 600m | 800m | 1000m |
| 15mins | 4.50 | 36.00 | 72.00 | 1.48 | 2.24 | 3.00 |
| 15m 30s | 4.59 | 37.00 | 74.40 | 1.52 | 2.28 | 3.06 |
| 16 mins | 5.09 | 38.40 | 76.80 | 1.55 | 2.33 | 3.12 |
| 16mins 30 | 5.19 | 39.60 | 79.20 | 1.59 | 2.38 | 3.18 |
| 17 mins | 5.28 | 40.80 | 81.60 | 2.02 | 2.43 | 3.24 |
| 17mins 30s | 5.38 | 42.00 | 84.00 | 2.06 | 2.48 | 3.30 |
| 18 mins | 5.48 | 43.20 | 86.40 | 2.10 | 2.53 | 3.36 |
| 18mins 30s | 5.57 | 44.40 | 88.80 | 2.13 | 2.58 | 3.42 |
| 19mins | 6.07 | 45.60 | 1.31 | 2.17 | 3.02 | 3.48 |
| 19min 30s | 6.17 | 46.80 | 1.36 | 2.20 | 3.07 | 3.54 |
| 20mins | 6.26 | 48.00 | 1.36 | 2.24 | 3.12 | 4.00 |
| 20mins 30s | 6.36 | 49.20 | 1.38 | 2.48 | 3.17 | 4.06 |
| 21 | 6.45 | 50.40 | 1.41 | 2.31 | 3.22 | 4.12 |
| 21.5 | 6.55 | 51.60 | 1.43 | 2.35 | 3.26 | 4.18 |
| 22 | 7.05 | 52.80 | 1.46 | 2.38 | 3.31 | 4.24 |
| 10k time | mins / mile | 200m | 400m | 600m | 800m | 1000m |
| 35 | 5.38 | 42.00 | 84.00 | 2.06 | 2.48 | 3.30 |
| 36 | 5.48 | 43.20 | 86.40 | 2.10 | 2.53 | 3.36 |
| 37 | 5.57 | 44.40 | 88.80 | 2.13 | 2.58 | 3.42 |
| 38 | 6.07 | 45.60 | 1.31 | 2.17 | 3.02 | 3.48 |
| 39 | 6.17 | 46.80 | 1.34 | 2.20 | 3.07 | 3.54 |
| 40 | 6.26 | 48.00 | 1.36 | 2.24 | 3.12 | 4.00 |
| 41 | 6.36 | 49.20 | 1.38 | 2.28 | 3.17 | 4.06 |
| 42 | 6.45 | 50.40 | 1.41 | 2.31 | 3.22 | 4.12 |
| 43 | 6.55 | 51.60 | 1.43 | 2.35 | 3.26 | 4.18 |
| 44 | 7.05 | 52.80 | 1.46 | 2.38 | 3.31 | 4.24 |
| 45 | 7.14 | 54.00 | 1.48 | 2.42 | 3.36 | 4.30 |