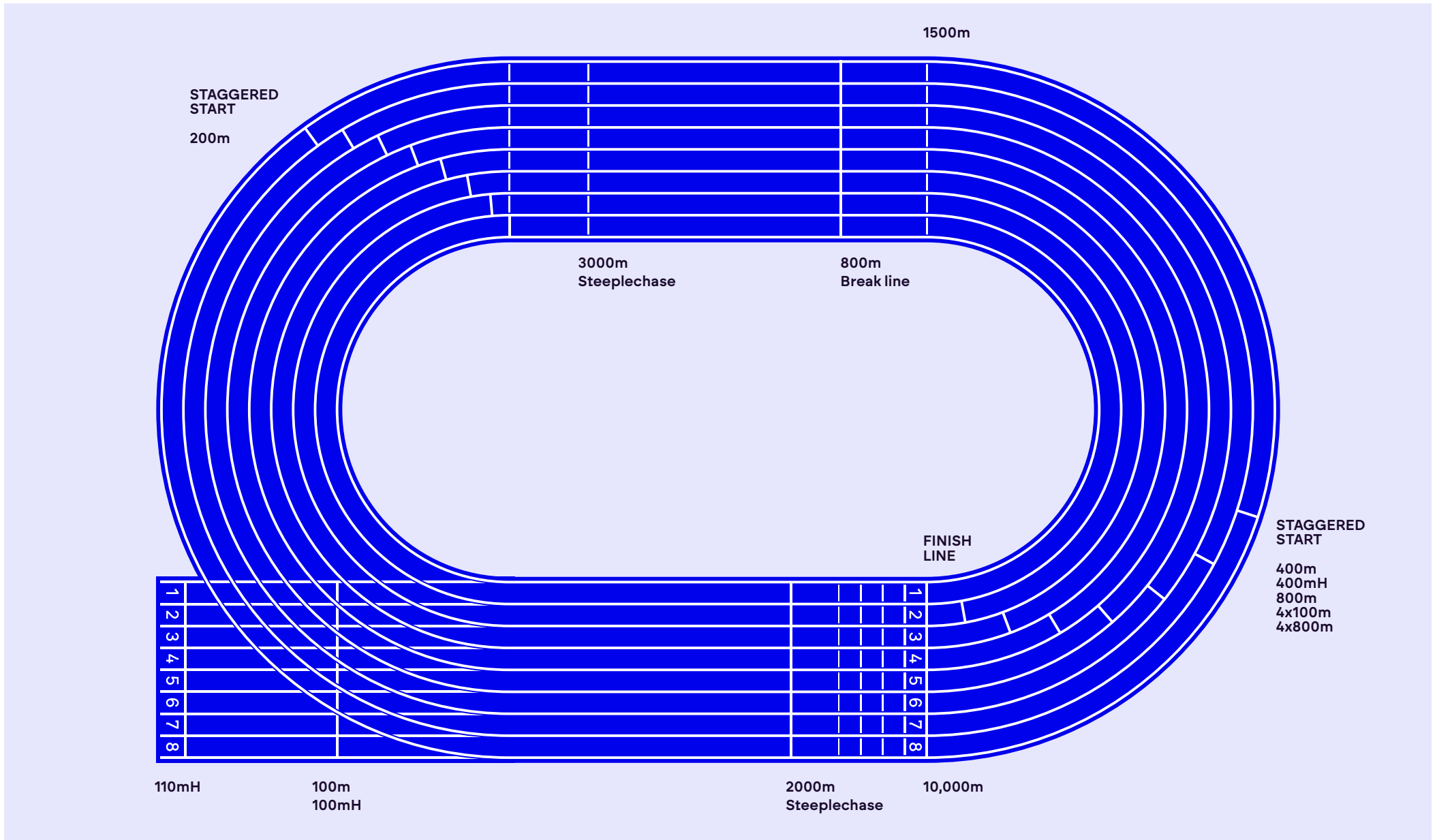


Endurance

RACE PACE CHARTS



Track Markings and Start Lines





Pace Chart: 800m



Pace	100m	200m	300m	400m	500m	600m	700m
1:40.91 Men's World Record	12.6	25.2	37.8	50.5	63.2	75.7	88.3
1:45	13.1	26.3	39.4	52.5	65.6	78.8	91.9
1:50	13.8	27.5	41.3	55.0	68.8	82.5	96.3
1:53.28 Women's World Record	14.2	28.3	42.5	56.6	70.8	85.0	99.1
1:55	14.4	28.8	43.1	57.5	71.9	86.3	1:40
2:00	15.0	30.0	45.0	60.0	75.0	90.0	1:45
2:05	15.6	31.3	46.9	62.5	78.1	93.8	1:49
2:10	16.3	32.5	48.8	65.0	81.3	97.5	1:54
2:15	16.9	33.8	50.6	67.5	84.4	1:41	1:58
2:20	17.5	35.0	52.5	70.0	87.5	1:45	2:02
2:25	18.1	36.3	54.4	72.5	90.6	1:48	2:06
2:30	18.8	37.5	56.3	75.0	93.8	1:52	2:11
2:35	19.4	38.8	58.1	77.5	96.9	1:56	2:15
2:40	20.0	40.0	60.0	80.0	1:40	2:00	2:20
2:45	20.6	41.3	61.9	82.5	1:43	2:03	2:24
2:50	21.3	42.5	63.8	85.0	1:46	2:07	2:28
2:55	21.9	43.8	65.6	87.5	1:49	2:11	2:33
3:00	22.5	45.0	67.5	90.0	1:52	2:15	2:37



Pace Chart: 800m



100m	200m	300m	400m	500m	600m	700m	Finishing Time
12.5	25.0	37.5	50.0	62.5	75.0	87.5	1:40.91 Men's World Record
13.1	26.3	39.4	52.5	65.6	78.8	91.9	1:44
13.8	27.5	41.3	55.0	68.8	82.5	96.3	1:50
14.2	28.3	42.5	56.6	70.8	85.0	99.1	1:53.28 Women's World Record
14.4	28.8	43.1	57.5	71.9	86.3	1:40	1:56
15.0	30.0	45.0	60.0	75.0	90.0	1:45	2:00
15.6	31.3	46.9	62.5	78.1	93.8	1:49	2:05
16.3	32.5	48.8	65.0	81.3	97.5	1:54	2:08
16.9	33.8	50.6	67.5	84.4	1:41	1:58	2:13
17.5	35.0	52.5	70.0	87.5	1:45	2:02	2:16
18.1	36.3	54.4	72.5	90.6	1:48	2:06	2:21
18.8	37.5	56.3	75.0	93.8	1:52	2:11	2:24
19.4	38.8	58.1	77.5	96.9	1:56	2:15	2:29
20.0	40.0	60.0	80.0	1:40	2:00	2:20	2:32
20.6	41.3	61.9	82.5	1:43	2:03	2:24	2:37
21.3	42.5	63.8	85.0	1:46	2:07	2:28	2:40
21.9	43.8	65.6	87.5	1:49	2:11	2:33	2:45
22.5	45.0	67.5	90.0	1:52	2:15	2:37	2:48



Pace Chart: 1500m

Pace	200m	400m	600m	800m	1000m	1200m	1400m
3:26.00 Men's World Record	27.5	55.0	1:22	1:50	2:17	2:45	3:12
3:30	28.0	56.0	1:24	1:52	2:20	2:48	3:16
3:40	29.5	59.0	1:28	1:57	2:27	2:56	3:25
3:50.07 Women's World Record	30.5	1:01	1:32	2:03	2:33	3:04	3:35
4:00	32.0	1:04	1:36	2:08	2:40	3:12	3:44
4:10	33.5	1:07	1:39	2:13	2:47	3:20	3:53
4:20	34.5	1:09	1:44	2:19	2:53	3:28	4:03
4:30	36.0	1:12	1:48	2:24	3:00	3:36	4:12
4:40	37.5	1:15	1:52	2:29	3:07	3:44	4:21
4:50	38.5	1:17	1:56	2:35	3:13	3:52	4:31
5:00	40.0	1:20	2:00	2:40	3:20	4:00	4:40
5:10	41.5	1:23	2:04	2:45	3:27	4:08	4:49
5:20	42.5	1:25	2:08	2:51	3:33	4:16	4:59
5:30	44.0	1:28	2:12	2:56	3:40	4:24	5:08
5:40	45.5	1:31	2:16	3:01	3:47	4:32	5:17
5:50	46.5	1:33	2:20	3:07	3:53	4:40	5:27
6:00	48.0	1:36	2:24	3:12	4:00	4:48	5:36
6:10	49.5	1:39	2:28	3:17	4:07	4:56	5:45



Pace Chart: 1500m



200m	400m	600m	800m	1000m	1200m	1400m	Finishing Time
27.5	55.0	1:22	1:50	2:17	2:45	3:12	3:26.00 Men's World Record
28.0	56.0	1:24	1:52	2:20	2:48	3:16	3:30
29.5	59.0	1:28	1:57	2:27	2:56	3:25	3:40
30.5	1:01	1:32	2:03	2:33	3:04	3:35	3:50.07 Women's World Record
32.0	1:04	1:36	2:08	2:40	3:12	3:44	4:00
33.5	1:07	1:39	2:13	2:47	3:20	3:53	4:10
34.5	1:09	1:44	2:19	2:53	3:28	4:03	4:20
36.0	1:12	1:48	2:24	3:00	3:36	4:12	4:30
37.5	1:15	1:52	2:29	3:07	3:44	4:21	4:40
38.5	1:17	1:56	2:35	3:13	3:52	4:31	4:50
40.0	1:20	2:00	2:40	3:20	4:00	4:40	5:00
41.5	1:23	2:04	2:45	3:27	4:08	4:49	5:10
42.5	1:25	2:08	2:51	3:33	4:16	4:59	5:20
44.0	1:28	2:12	2:56	3:40	4:24	5:08	5:30
45.5	1:31	2:16	3:01	3:47	4:32	5:17	5:40
46.5	1:33	2:20	3:07	3:53	4:40	5:27	5:50
48.0	1:36	2:24	3:12	4:00	4:48	5:36	6:00
49.5	1:39	2:28	3:17	4:07	4:56	5:45	6:10