

400 Metres		Race Times					
Lap Time (seconds)	Pace (min/km)	Pace (min/mile)	5k	10k	Half Marathon	Marathon	
159	06:37	10:40	33:08	01:06:15	02:19:46	04:39:33	
158	06:35	10:36	32:55	01:05:50	02:18:54	04:37:47	
157	06:32	10:32	32:43	01:05:25	02:18:01	04:36:02	
156	06:30	10:28	32:30	01:05:00	02:17:08	04:34:16	
155	06:28	10:23	32:17	01:04:35	02:16:15	04:32:31	
154	06:25	10:19	32:05	01:04:10	02:15:23	04:30:45	
153	06:22	10:15	31:52	01:03:45	02:14:30	04:29:00	
152	06:20	10:11	31:40	01:03:20	02:13:37	04:27:14	
151	06:17	10:07	31:27	01:02:55	02:12:44	04:25:29	
150	06:15	10:03	31:15	01:02:30	02:11:52	04:23:43	
149	06:13	09:59	31:03	01:02:05	02:10:59	04:21:58	
148	06:10	09:55	30:50	01:01:40	02:10:06	04:20:12	
147	06:07	09:51	30:37	01:01:15	02:09:13	04:18:27	
146	06:05	09:47	30:25	01:00:50	02:08:21	04:16:41	
145	06:02	09:43	30:12	01:00:25	02:07:28	04:14:56	
144	06:00	09:39	30:00	01:00:00	02:06:35	04:13:10	
143	05:57	09:35	29:47	00:59:35	02:05:42	04:11:25	
142	05:55	09:31	29:35	00:59:10	02:04:50	04:09:39	
141	05:53	09:27	29:22	00:58:45	02:03:57	04:07:54	
140	05:50	09:23	29:10	00:58:20	02:03:04	04:06:08	
139	05:47	09:19	28:58	00:57:55	02:02:11	04:04:23	
138	05:45	09:15	28:45	00:57:30	02:01:19	04:02:37	
137	05:42	09:11	28:32	00:57:05	02:00:26	04:00:52	
136	05:40	09:07	28:20	00:56:40	01:59:33	03:59:06	
135	05:37	09:03	28:07	00:56:15	01:58:40	03:57:21	
134	05:35	08:59	27:55	00:55:50	01:57:48	03:55:35	
133	05:33	08:55	27:43	00:55:25	01:56:55	03:53:50	
132	05:30	08:51	27:30	00:55:00	01:56:02	03:52:04	
131	05:28	08:47	27:17	00:54:35	01:55:09	03:50:19	
130	05:25	08:43	27:05	00:54:10	01:54:17	03:48:33	
129	05:23	08:39	26:52	00:53:45	01:53:24	03:46:48	
128	05:20	08:35	26:40	00:53:20	01:52:31	03:45:02	
127	05:18	08:31	26:28	00:52:55	01:51:38	03:43:17	
126	05:15	08:27	26:15	00:52:30	01:50:46	03:41:31	
125	05:13	08:23	26:03	00:52:05	01:49:53	03:39:46	
124	05:10	08:19	25:50	00:51:40	01:49:00	03:38:00	
123	05:07	08:15	25:37	00:51:15	01:48:07	03:36:15	
122	05:05	08:11	25:25	00:50:50	01:47:15	03:34:29	
121	05:02	08:07	25:12	00:50:25	01:46:22	03:32:44	
120	05:00	08:03	25:00	00:50:00	01:45:29	03:30:59	
119	04:58	07:59	24:48	00:49:35	01:44:37	03:29:13	
118	04:55	07:55	24:35	00:49:10	01:43:44	03:27:28	
117	04:53	07:51	24:22	00:48:45	01:42:51	03:25:42	
116	04:50	07:47	24:10	00:48:20	01:41:58	03:23:57	
115	04:47	07:43	23:58	00:47:55	01:41:06	03:22:11	
114	04:45	07:39	23:45	00:47:30	01:40:13	03:20:26	
113	04:43	07:35	23:32	00:47:05	01:39:20	03:18:40	
112	04:40	07:31	23:20	00:46:40	01:38:27	03:16:55	
111	04:37	07:26	23:07	00:46:15	01:37:35	03:15:09	
110	04:35	07:22	22:55	00:45:50	01:36:42	03:13:24	
109	04:32	07:18	22:43	00:45:25	01:35:49	03:11:38	
108	04:30	07:14	22:30	00:45:00	01:34:56	03:09:53	
107	04:28	07:10	22:18	00:44:35	01:34:04	03:08:07	
106	04:25	07:06	22:05	00:44:10	01:33:11	03:06:22	
105	04:23	07:02	21:52	00:43:45	01:32:18	03:04:36	
104	04:20	06:58	21:40	00:43:20	01:31:25	03:02:51	
103	04:17	06:54	21:27	00:42:55	01:30:33	03:01:05	
102	04:15	06:50	21:15	00:42:30	01:29:40	02:59:20	
101	04:13	06:46	21:03	00:42:05	01:28:47	02:57:34	
100	04:10	06:42	20:50	00:41:40	01:27:54	02:55:49	
99	04:07	06:38	20:37	00:41:15	01:27:02	02:54:03	
98	04:05	06:34	20:25	00:40:50	01:26:09	02:52:18	
97	04:03	06:30	20:13	00:40:25	01:25:16	02:50:32	
96	04:00	06:26	20:00	00:40:00	01:24:23	02:48:47	
95	03:57	06:22	19:47	00:39:35	01:23:31	02:47:01	
94	03:55	06:18	19:35	00:39:10	01:22:38	02:45:16	
93	03:53	06:14	19:22	00:38:45	01:21:45	02:43:30	
92	03:50	06:10	19:10	00:38:20	01:20:52	02:41:45	
91	03:48	06:06	18:58	00:37:55	01:20:00	02:39:59	
90	03:45	06:02	18:45	00:37:30	01:19:07	02:38:14	
89	03:43	05:58	18:33	00:37:05	01:18:14	02:36:28	
88	03:40	05:54	18:20	00:36:40	01:17:21	02:34:43	
87	03:38	05:50	18:07	00:36:15	01:16:29	02:32:57	
86	03:35	05:46	17:55	00:35:50	01:15:36	02:31:12	
85	03:33	05:42	17:43	00:35:25	01:14:43	02:29:26	
84	03:30	05:38	17:30	00:35:00	01:13:50	02:27:41	
83	03:28	05:34	17:17	00:34:35	01:12:58	02:25:55	
82	03:25	05:30	17:05	00:34:10	01:12:05	02:24:10	
81	03:23	05:26	16:52	00:33:45	01:11:12	02:22:24	
80	03:20	05:22	16:40	00:33:20	01:10:20	02:20:39	
79	03:17	05:18	16:27	00:32:55	01:09:27	02:18:54	
78	03:15	05:14	16:15	00:32:30	01:08:34	02:17:08	
77	03:13	05:10	16:03	00:32:05	01:07:41	02:15:23	
76	03:10	05:06	15:50	00:31:40	01:06:49	02:13:37	
75	03:08	05:02	15:37	00:31:15	01:05:56	02:11:52	
74	03:05	04:58	15:25	00:30:50	01:05:03	02:10:06	
73	03:03	04:54	15:12	00:30:25	01:04:10	02:08:21	
72	03:00	04:50	15:00	00:30:00	01:03:18	02:06:35	
71	02:58	04:46	14:48	00:29:35	01:02:25	02:04:50	
70	02:55	04:42	14:35	00:29:10	01:01:32	02:03:04	
69	02:53	04:38	14:22	00:28:45	01:00:39	02:01:19	
68	02:50	04:34	14:10	00:28:20	00:59:47	01:59:33	
67	02:48	04:30	13:58	00:27:55	00:58:54	01:57:48	
66	02:45	04:25	13:45	00:27:30	00:58:01	01:56:02	
65	02:43	04:21	13:32	00:27:05	00:57:08	01:54:17	
64	02:40	04:17	13:20	00:26:40	00:56:16	01:52:31	
63	02:38	04:13	13:08	00:26:15	00:55:23	01:50:46	
62	02:35	04:09	12:55	00:25:50	00:54:30	01:49:00	
61	02:32	04:05	12:43	00:25:25	00:53:37	01:47:15	
60	02:30	04:01	12:30	00:25:00	00:52:45	01:45:29	