

Lap in meters=145.1824m
Lap in yards=158.773yds

PACE CHART - LEXINGTON TRACK 2007

	Sec>	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33
200m	1.38	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33
	2	24.8	26.2	27.6	29.0	30.4	31.7	33.1	34.5	35.9	37.3	38.6	40.0	41.4	42.8	44.2	45.5
	3	36	38	40	42	44	46	48	50	52	54	56	58	01:00	01:02	01:04	01:06
300m	2.07	37.3	39.3	41.4	43.5	45.5	47.6	49.7	51.8	53.8	55.9	58.0	01:00.0	01:02.1	01:04.2	01:06.2	01:08.3
400m	2.755157	49.6	52.3	55.1	57.9	01:01	01:03	01:06	01:09	01:12	01:14	01:17	01:20	01:23	01:25	01:28	01:31
	3	54	57	01:00	01:03	01:06	01:09	01:12	01:15	01:18	01:21	01:24	01:27	01:30	01:33	01:36	01:39
	4	01:12	01:16	01:20	01:24	01:28	01:32	01:36	01:40	01:44	01:48	01:52	01:56	02:00	02:04	02:08	02:12
600m	4.13	01:14	01:18	01:23	01:27	01:31	01:35	01:39	01:43	01:47	01:52	01:56	02:00	02:04	02:08	02:12	02:16
	5	01:30	01:35	01:40	01:45	01:50	01:55	02:00	02:05	02:10	02:15	02:20	02:25	02:30	02:35	02:40	02:45
800m	5.510314	01:39.2	01:44.7	01:50.2	01:55.7	02:01.2	02:06.7	02:12.2	02:17.8	02:23.3	02:28.8	02:34.3	02:39.8	02:45.3	02:50.8	02:56.3	03:01.8
	6	01:48	01:54	02:00	02:06	02:12	02:18	02:24	02:30	02:36	02:42	02:48	02:54	03:00	03:06	03:12	03:18
1000m	6.89	02:04.0	02:10.9	02:17.8	02:24.7	02:31.6	02:38.5	02:45.4	02:52.2	02:59.1	03:06.0	03:12.9	03:19.8	03:26.7	03:33.6	03:40.5	03:47.4
	7	02:06	02:13	02:20	02:27	02:34	02:41	02:48	02:55	03:02	03:09	03:16	03:23	03:30	03:37	03:44	03:51
	8	02:24	02:32	02:40	02:48	02:56	03:04	03:12	03:20	03:28	03:36	03:44	03:52	04:00	04:08	04:16	04:24
	9	02:42	02:51	03:00	03:09	03:18	03:27	03:36	03:45	03:54	04:03	04:12	04:21	04:30	04:39	04:48	04:57
	10	03:00	03:10	03:20	03:30	03:40	03:50	04:00	04:10	04:20	04:30	04:40	04:50	05:00	05:10	05:20	05:30
1500m	10.33	03:05.9	03:16.3	03:26.6	03:36.9	03:47.3	03:57.6	04:07.9	04:18.3	04:28.6	04:38.9	04:49.2	04:59.6	05:09.9	05:20.2	05:30.6	05:40.9
	11	03:18	03:29	03:40	03:51	04:02	04:13	04:24	04:35	04:46	04:57	05:08	05:19	05:30	05:41	05:52	06:03
1600m	11.02	03:18.4	03:29.4	03:40.4	03:51.4	04:02.5	04:13.5	04:24.5	04:35.5	04:46.5	04:57.6	05:08.6	05:19.6	05:30.6	05:41.6	05:52.7	06:03.7
1 mile	11.08	03:19.5	03:30.6	03:41.7	03:52.8	04:03.9	04:15.0	04:26.0	04:37.1	04:48.2	04:59.3	05:10.4	05:21.5	05:32.5	05:43.6	05:54.7	06:05.8
	12	03:36	03:48	04:00	04:12	04:24	04:36	04:48	05:00	05:12	05:24	05:36	05:48	06:00	06:12	06:24	06:36
	13	03:54	04:07	04:20	04:33	04:46	04:59	05:12	05:25	05:38	05:51	06:04	06:17	06:30	06:43	06:56	07:09
2000m	13.78	04:08.0	04:21.8	04:35.6	04:49.4	05:03.2	05:16.9	05:30.7	05:44.5	05:58.3	06:12.1	06:25.8	06:39.6	06:53.4	07:07.2	07:21.0	07:34.7
	15	04:30	04:45	05:00	05:15	05:30	05:45	06:00	06:15	06:30	06:45	07:00	07:15	07:30	07:45	08:00	08:15
2500m	17.22	05:10.0	05:27.2	05:44.4	06:01.6	06:18.8	06:36.1	06:53.3	07:10.5	07:27.7	07:44.9	08:02.2	08:19.4	08:36.6	08:53.8	09:11.0	09:28.3
	18	05:24	05:42	06:00	06:18	06:36	06:54	07:12	07:30	07:48	08:06	08:24	08:42	09:00	09:18	09:36	09:54
3000m	20.66	06:11.9	06:32.5	06:53.2	07:13.9	07:34.5	07:55.2	08:15.8	08:36.5	08:57.2	09:17.8	09:38.5	09:59.1	10:19.8	10:40.5	11:01.1	11:21.8
	21	06:18	06:39	07:00	07:21	07:42	08:03	08:24	08:45	09:06	09:27	09:48	10:09	10:30	10:51	11:12	11:33
3200m	22.04	06:36.7	06:58.8	07:20.8	07:42.8	08:04.9	08:26.9	08:49.0	09:11.0	09:33.0	09:55.1	10:17.1	10:39.2	11:01.2	11:23.2	11:45.3	12:07.3
2 mile	22.16988	06:39.1	07:01.2	07:23.4	07:45.6	08:07.7	08:29.9	08:52.1	09:14.2	09:36.4	09:58.6	10:20.8	10:42.9	11:05.1	11:27.3	11:49.4	12:11.6

	Sec>	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49
200m	1.38	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49
	2	46.9	48.3	49.7	51.1	52.4	53.8	55.2	56.6	58.0	59.3	01:00.7	01:02.1	01:03.5	01:04.9	01:06.2	01:07.6
	3	01:08	01:10	01:12	01:14	01:16	01:18	01:20	01:22	01:24	01:26	01:28	01:30	01:32	01:34	01:36	01:38
300m	2.07	01:10.4	01:12.4	01:14.5	01:16.6	01:18.7	01:20.7	01:22.8	01:24.9	01:26.9	01:29.0	01:31.1	01:33.1	01:35.2	01:37.3	01:39.4	01:41.4
400m	2.755157	01:34	01:36	01:39	01:42	01:45	01:47	01:50	01:53	01:56	01:58	02:01	02:04	02:07	02:09	02:12	02:15
	3	01:42	01:45	01:48	01:51	01:54	01:57	02:00	02:03	02:06	02:09	02:12	02:15	02:18	02:21	02:24	02:27
	4	02:16	02:20	02:24	02:28	02:32	02:36	02:40	02:44	02:48	02:52	02:56	03:00	03:04	03:08	03:12	03:16
600m	4.13	02:20	02:25	02:29	02:33	02:37	02:41	02:45	02:49	02:53	02:58	03:02	03:06	03:10	03:14	03:18	03:22
	5	02:50	02:55	03:00	03:05	03:10	03:15	03:20	03:25	03:30	03:35	03:40	03:45	03:50	03:55	04:00	04:05
800m	5.510314	03:07.4	03:12.9	03:18.4	03:23.9	03:29.4	03:34.9	03:40.4	03:45.9	03:51.4	03:56.9	04:02.5	04:08.0	04:13.5	04:19.0	04:24.5	04:30.0
	6	03:24	03:30	03:36	03:42	03:48	03:54	04:00	04:06	04:12	04:18	04:24	04:30	04:36	04:42	04:48	04:54
1000m	6.89	03:54.3	04:01.1	04:08.0	04:14.9	04:21.8	04:28.7	04:35.6	04:42.5	04:49.4	04:56.3	05:03.2	05:10.0	05:16.9	05:23.8	05:30.7	05:37.6
	7	03:58	04:05	04:12	04:19	04:26	04:33	04:40	04:47	04:54	05:01	05:08	05:15	05:22	05:29	05:36	05:43
	8	04:32	04:40	04:48	04:56	05:04	05:12	05:20	05:28	05:36	05:44	05:52	06:00	06:08	06:16	06:24	06:32
	9	05:06	05:15	05:24	05:33	05:42	05:51	06:00	06:09	06:18	06:27	06:36	06:45	06:54	07:03	07:12	07:21
	10	05:40	05:50	06:00	06:10	06:20	06:30	06:40	06:50	07:00	07:10	07:20	07:30	07:40	07:50	08:00	08:10
1500m	10.33	05:51.2	06:01.6	06:11.9	06:22.2	06:32.5	06:42.9	06:53.2	07:03.5	07:13.9	07:24.2	07:34.5	07:44.8	07:55.2	08:05.5	08:15.8	08:26.2
	11	06:14	06:25	06:36	06:47	06:58	07:09	07:20	07:31	07:42	07:53	08:04	08:15	08:26	08:37	08:48	08:59
1 mile	11.08	06:16.7	06:27.8	06:38.9	06:50.0	07:01.0	07:12.1	07:23.2	07:34.3	07:45.4	07:56.4	08:07.5	08:18.6	08:29.7	08:40.8	08:51.8	09:02.9
	12	06:48.0	07:00.0	07:12.0	07:24.0	07:36.0	07:48.0	08:00.0	08:12.0	08:24.0	08:36.0	08:48.0	09:00.0	09:12.0	09:24.0	09:36.0	09:48.0
	13	07:22	07:35	07:48	08:01	08:14	08:27	08:40	08:53	09:06	09:19	09:32	09:45	09:58	10:11	10:24	10:37
2000m	13.78	07:49	08:02	08:16	08:30	08:44	08:57	09:11	09:25	09:39	09:53	10:06	10:20	10:34	10:48	11:01	11:15
	15	08:30.0	08:45.0	09:00.0	09:15.0	09:30.0	09:45.0	10:00.0	10:15.0	10:30.0	10:45.0	11:00.0	11:15.0	11:30.0	11:45.0	12:00.0	12:15.0
2500m	17.22	09:45	10:03	10:20	10:37	10:54	11:12	11:29	11:46	12:03	12:20	12:38	12:55	13:12	13:29	13:47	14:04
	18	10:12.0	10:30.0	10:48.0	11:06.0	11:24.0	11:42.0	12:00.0	12:18.0	12:36.0	12:54.0	13:12.0	13:30.0	13:48.0	14:06.0	14:24.0	14:42.0
3000m	20.66	11:42	12:03	12:24	12:44	13:05	13:26	13:46	14:07	14:28	14:48	15:09	15:30	15:50	16:11	16:32	16:52
	21	11:54.0	12:15.0	12:36.0	12:57.0	13:18.0	13:39.0	14:00.0	14:21.0	14:42.0	15:03.0	15:24.0	15:45.0	16:06.0	16:27.0	16:48.0	17:09.0
3200m	22.04	12:29	12:51	13:13	13:35	13:58	14:										