Track Pace Chart

Pace	200m	400m	800m	1200m	1600m	1 mile
5:00	0:37	1:14	2:29	3:34	4:58	5:00
5:15	0:39	1:18	2:36	3:54	5:13	5:15
5:30	0:41	1:22	2:44	4:06	5:28	5:30
5:45	0:42	1:25	2:51	4:17	5:43	5:45
6:00	0:44	1:29	2:58	4:28	5:57	6:00
6:15	0:46	1:33	3:06	4:39	6:12	6:15
6:30	0:48	1:36	3:13	4:50	6:27	6:30
6:45	0:50	1:40	3:21	5:02	6:42	6:45
7:00	0:52	1:44	3:28	5:13	6:57	7:00
7:15	0:54	1:48	3:36	5:24	7:12	7:15
7:30	0:55	1:51	3:43	5:35	7:27	7:30
7:45	0:57	1:55	3:51	5:46	7:42	7:45
8:00	0:59	1:59	3:58	5:57	7:57	8:00
8:15	1:01	2:03	4:06	6:09	8:12	8:15
8:30	1:03	2:06	4:13	6:20	8:27	8:30
8:45	1:05	2:10	4:20	6:31	8:41	8:45
9:00	1:07	2:14	4:28	6:42	8:56	9:00
9:15	1:08	2:17	4:35	6:53	9:11	9:15
9:30	1:10	2:21	4:43	7:05	9:26	9:30
9:45	1:12	2:25	4:50	7:16	9:41	9:45
10:00	1:14	2:29	4:58	7:27	9:56	10:00
10:15	1:16	2:32	5:05	7:38	10:11	10:15
10:30	1:18	2:36	5:13	7:49	10:26	10:30
10:45	1:20	2:40	5:20	8:00	10:41	10:45
11:00	1:21	2:43	5:27	8:12	10:56	11:00
11:15	1:23	2:47	5:35	8:23	11:11	11:15
11:30	1:25	2:51	5:42	8:34	11:26	11:30
11:45	1:27	2:55	5:49	8:45	11:41	11:45
12:00	1:29	2:58	5:57	8:56	11:56	12:00
12:15	1:31	3:02	6:04	9:08	12:11	12:15
12:30	1:33	3:06	6:12	9:19	12:25	12:30
12:45	1:34	3:09	6:19	9:30	12:40	12:45
13:00	1:36	3:13	6:27	9:41	12:55	13:00
13:15	1:38	3:17	6:34	9:52	13:10	13:15
13:30	1:40	3:21	6:42	10:03	13:25	13:30
13:45	1:42	3:24	6:49	10:15	13:40	13:45
14:00	1:44	3:28	6:57	10:26	13:55	14:00
14:15	1:46	3:32	7:04	10:37	14:10	14:15
14:30	1:47	3:35	7:12	10:48	14:25	14:30
14:45	1:49	3:39	7:19	10:59	14:40	14:45
15:00	1:51	3:43	7:27	11:11	14:55	15:00
15:15	1:53	3:47	7:34	11:22	15:10	15:15
15:30	1:55	3:50	7:42	11:33	15:25	15:30
15:45	1:57	3:54	7:49	11:44	15:40	15:45
16:00	1:59	3:58	7:57	11:55	15:55	16:00