

## Long Sprinters Pace Chart

		400 Meter Goal Time												
Distance	Percentage	48.0	49.5	51.0	52.5	54.0	55.5	57.0	58.5	60.0	61.5	63.0	64.5	66.0
50m	85%	6.47	6.76	7.06	7.35	7.65	7.94	8.24	8.53	8.82	9.12	9.41	9.71	10.00
100m	75%	14.67	15.33	16.00	16.67	17.33	18.00	18.67	19.33	20.00	20.67	21.33	22.00	22.67
	80%	13.75	14.38	15.00	15.63	16.25	16.88	17.50	18.13	18.75	19.38	20.00	20.63	21.25
	85%	12.94	13.53	14.12	14.71	15.29	15.88	16.47	17.06	17.65	18.24	18.82	19.41	20.00
	90%	12.22	12.78	13.33	13.89	14.44	15.00	15.56	16.11	16.67	17.22	17.78	18.33	18.89
	95%	11.58	12.11	12.63	13.16	13.68	14.21	14.74	15.26	15.79	16.32	16.84	17.37	17.89
150m	85%	19.41	20.29	21.18	22.06	22.94	23.82	24.71	25.59	26.47	27.35	28.24	29.12	30.00
	90%	18.33	19.17	20.00	20.83	21.67	22.50	23.33	24.17	25.00	25.83	26.67	27.50	28.33
	95%	17.37	18.16	18.95	19.74	20.53	21.32	22.11	22.89	23.68	24.47	25.26	26.05	26.84
200m	75%	29.33	30.67	32.00	33.33	34.67	36.00	37.33	38.67	40.00	41.33	42.67	44.00	45.33
	80%	27.50	28.75	30.00	31.25	32.50	33.75	35.00	36.25	37.50	38.75	40.00	41.25	42.50
	82%	26.83	28.05	29.27	30.49	31.71	32.93	34.15	35.37	36.59	37.80	39.02	40.24	41.46
	85%	25.88	27.06	28.24	29.41	30.59	31.76	32.94	34.12	35.29	36.47	37.65	38.82	40.00
	87%	25.29	26.44	27.59	28.74	29.89	31.03	32.18	33.33	34.48	35.63	36.78	37.93	39.08
	90%	24.44	25.56	26.67	27.78	28.89	30.00	31.11	32.22	33.33	34.44	35.56	36.67	37.78
	95%	23.16	24.21	25.26	26.32	27.37	28.42	29.47	30.53	31.58	32.63	33.68	34.74	35.79
300m	75%	44.00	46.00	48.00	50.00	52.00	54.00	56.00	58.00	60.00	1:02.00	1:04.00	1:06.00	1:08.00
	85%	38.82	40.59	42.35	44.12	45.88	47.65	49.41	51.18	52.94	54.71	56.47	58.24	60.00
	90%	36.67	38.33	40.00	41.67	43.33	45.00	46.67	48.33	50.00	51.67	53.33	55.00	56.67
400m	75%	58.67	1:01.33	1:04.00	1:06.67	1:09.33	1:12.00	1:14.67	1:17.33	1:20.00	1:22.67	1:25.33	1:28.00	1:30.67
	80%	55.00	57.50	60.00	1:02.50	1:05.00	1:07.50	1:10.00	1:12.50	1:15.00	1:17.50	1:20.00	1:22.50	1:25.00
	92%	47.83	50.00	52.17	54.35	56.52	58.70	60.87	1:03.04	1:05.22	1:07.39	1:09.57	1:11.74	1:13.91
500m	80%	1:10.75	1:13.88	1:17.00	1:20.13	1:23.25	1:26.37	1:29.50	1:32.63	1:35.75	1:38.88	1:42.00	1:45.12	1:48.25
600m	75%	1:32.00	1:36.00	1:40.00	1:44.00	1:48.00	1:52.00	1:56.00	2:00.00	2:04.00	2:08.00	2:12.00	2:16.00	2:20.00