

Short Sprinters Pace Chart

		200 Meter Goal Time												
Distance	Percentage	22.0	23.0	24.0	25.0	26.0	27.0	28.0	29.0	30.0	31.0	32.0	33.0	34.0
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%	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	1:10.00
	80%	43.25	45.13	47.00	48.88	50.75	52.63	54.50	56.38	58.25	60.13	1:02.00	1:03.87	1:05.75
	92%	37.87	39.50	41.13	42.76	44.39	46.02	47.65	49.28	50.91	52.54	54.17	55.80	57.43