



Paces	6 Minute Mile Pace	7 Minute Mile	8 Minute Mile	9 Minute Mile	10 Minute Mile
100M	<15	<18	<20	<22	<24
200M	38-42s	44-48s	49-53s	54-59s	1:00-1:06
300M	<50-55	<55-1:00	1:00-1:10	<1:25	<1:35
400M	1:20-1:30	1:35-1:45	1:56-2:03	1:55-2:10	2:02-2:22
500M	1:45	2:00	2:15	2:30	2:40
600M	2:00-2:10	2:15-2:25	2:58-3:07	3:00-3:18	3:18-3:39
800M	2:50-3:00	3:05-3:15	3:55-4:05	4:00-4:10	4:30-4:45
1000M	3:40-3:50	3:55-4:05	4:40-5:00	<5:00	<5:15
1200M	4:20-4:30	4:50-5:05	5:55-6:05	6:05-6:15	6:30-6:45
1600M	6 Minutes	7 Minutes	8 Minutes	9 Minutes	10 Minutes