

Pace Chart			
2mi/5k Race Time Trial	C-Pace	ET-Pace	IT-Pace
10:00/16:10	7:00	5:55	5:35
10:10/16:20	7:05	6:00	5:40
10:20/16:30	7:10	6:05	5:45
10:30/16:45	7:15	6:10	5:50
10:40/17:00	7:20	6:15	5:55
10:50/17:15	7:25	6:20	6:00
11:00/17:30	7:35	6:25	6:05
11:10/17:45	7:40	6:30	6:10
11:20/18:00	7:45	6:35	6:15
11:30/18:15	7:50	6:40	6:20
11:40/18:30	7:55	6:45	6:25
11:50/18:45	8:00	6:55	6:30
12:00/19:00	8:05	7:00	6:35
12:10/19:15	8:10	7:05	6:40
12:20/19:30	8:15	7:10	6:45
12:30/19:45	8:20	7:15	6:50
12:40/20:00	8:25	7:20	6:55
12:50/20:15	8:30	7:25	7:00
12:55/20:30	8:35	7:30	7:05
13:10/20:45	8:50	7:40	7:10
13:10/21:00	8:55	7:45	7:15
13:25/21:15	9:00	7:50	7:20
13:40/21:45	9:10	8:00	7:25
13:50/22:00	9:25	8:05	7:30
14:00/22:15	9:30	8:10	7:35
14:10/22:30	9:40	8:15	7:40
14:30/22:45	9:50	8:25	7:50
14:40/23:00	9:55	8:30	7:55
14:50/23:15	10:00	8:35	8:00
15:00/23:30	10:05	8:40	8:05
15:10/23:45	10:10	8:45	8:10
15:20/24:00	10:15	8:50	8:15
15:30/24:15	10:20	8:55	8:20
15:40/24:30	10:25	9:00	8:25
15:50/24:45	10:30	9:05	8:30
16:00/25:00	10:35	9:10	8:35
16:10/25:15	10:40	9:15	8:40
16:20/25:30	10:45	9:20	8:45
16:30/25:45	10:50	9:25	8:50
16:40/26:00	10:55	9:30	8:55
16:50/26:15	11:00	9:35	9:00
17:00/26:30	11:05	9:40	9:05