MEN				1 mile			5 miles	6 miles		10 miles		1/2 marath		marathon
Distance (m)	400	800	1500	1609.34	3000	5000	8046.7	9656.04	10000	16093.4	20000	21097.5	30000	42195
WR 1996	43.3	1:41	3:27	3:44	7:20	12:44			26:38		56:55	58:51	1:29:18	2:06:50
W8th 1996	44.09	1:42	3:30			12:57			27:06					2:07:19
speed (m/s)	9.07	7.78	7.12			6.43			6.15					5.52
pace (mpm)	2:57	3:26	3:45			4:10			4:21					4:51
fit speed	9.23	7.90	7.27	7.21	6.78	6.49	6.27	6.19	6.18	6.00	5.92	5.91	5.80	5.70
92%	47.1	1:50	3:44	4:02	8:01	13:56	23:14	28:14	29:19	48:36	1:01:10	1:04:43	1:33:47	2:14:08
90%	48.2	1:52	3:49	4:08	8:11	14:15	23:45	28:52	29:58	49:41	1:02:32	1:06:09	1:35:52	2:17:07
88%	49.3	1:55	3:54	4:13	8:23	14:34	24:18	29:31	30:39	50:49	1:03:57	1:07:39	1:38:02	2:20:14
86%	50.4	1:57	4:00	4:19	8:34	14:55	24:52	30:13	31:22	52:00	1:05:26	1:09:14	1:40:19	2:23:30
84%	51.6	2:00	4:05	4:25	8:47	15:16	25:27	30:56	32:06	53:14	1:07:00	1:10:53	1:42:42	2:26:55
82%	52.9	2:03	4:11	4:32	8:59	15:39	26:05	31:41	32:53	54:32	1:08:38	1:12:37	1:45:13	2:30:30
81%	53.5	2:05	4:14	4:35	9:06	15:50	26:24	32:04	33:18	55:12	1:09:28	1:13:30	1:46:31	2:32:21
80%	54.2	2:06	4:18	4:39	9:13	16:02	26:44	32:29	33:43	55:54	1:10:21	1:14:25	1:47:51	2:34:16
79%	54.9	2:08	4:21	4:42	9:20	16:14	27:04	32:53	34:08	56:36	1:11:14	1:15:22	1:49:12	2:36:13
78%	55.6	2:09	4:24	4:46	9:27	16:27	27:25	33:19	34:35	57:20	1:12:09	1:16:20	1:50:36	2:38:13
77%	56.3	2:11	4:28	4:49	9:34	16:39	27:46	33:44	35:01	58:04	1:13:05	1:17:19	1:52:03	2:40:16
76%	57.0	2:13	4:31	4:53	9:42	16:53	28:08	34:11	35:29	58:50	1:14:03	1:18:21	1:53:31	2:42:23
75%	57.8	2:15	4:35	4:57	9:50	17:06	28:31	34:38	35:58	59:37	1:15:02	1:19:23	1:55:02	2:44:33
74%	58.6	2:16	4:38	5:01	9:58	17:20	28:54	35:07	36:27	1:00:26	1:16:03	1:20:28	1:56:35	2:46:46
73%	59.4	2:18	4:42	5:05	10:06	17:34	29:18	35:35	36:57	1:01:15	1:17:05	1:21:34	1:58:11	2:49:03
72%	1:00	2:20	4:46	5:10	10:14	17:49	29:42	36:05	37:27	1:02:06	1:18:10	1:22:42	1:59:50	2:51:24
71%	1:01	2:22	4:50	5:14	10:23	18:04	30:07	36:36	37:59	1:02:59	1:19:16	1:23:52	2:01:31	2:53:49
70%	1:01	2:24	4:54	5:18	10:32	18:19	30:33	37:07	38:32	1:03:53	1:20:24	1:25:03	2:03:15	2:56:18
69%	1:02	2:26	4:59	5:23	10:41	18:35	30:59	37:39	39:05	1:04:48	1:21:33	1:26:17	2:05:02	2:58:51
68%	1:03	2:28	5:03	5:28	10:51	18:52	31:27	38:13	39:40	1:05:46	1:22:45	1:27:34	2:06:53	3:01:29
67%	1:04	2:31	5:08	5:33	11:00	19:09	31:55	38:47	40:15	1:06:45	1:24:00	1:28:52	2:08:46	3:04:12
66%	1:05	2:33	5:12	5:38	11:10	19:26	32:24	39:22	40:52	1:07:45	1:25:16	1:30:13	2:10:43	3:06:59
65%	1:06	2:35	5:17	5:43	11:21	19:44	32:54	39:58	41:30	1:08:48	1:26:35	1:31:36	2:12:44	3:09:52
64%	1:07	2:38	5:22	5:48	11:31	20:03	33:25	40:36	42:08	1:09:52	1:27:56	1:33:02	2:14:48	3:12:50
63%	1:08	2:40	5:27	5:54	11:42	20:22	33:57	41:14	42:49	1:10:59	1:29:20	1:34:31	2:16:57	3:15:53
62%	1:09	2:43	5:32	6:00	11:54	20:41	34:29	41:54	43:30	1:12:07	1:30:46	1:36:02	2:19:09	3:19:03
61%	1:11	2:46	5:38	6:05	12:05	21:02	35:03	42:36	44:13	1:13:18	1:32:15	1:37:36	2:21:26	3:22:19
60%	1:12	2:48	5:44	6:12	12:17	21:23	35:38	43:18	44:57	1:14:32	1:33:48	1:39:14	2:23:48	3:25:41
59%	1:13	2:51	5:49	6:18	12:30	21:45	36:15	44:02	45:43	1:15:48	1:35:23	1:40:55	2:26:14	3:29:10
58%	1:14	2:54	5:55	6:24	12:43	22:07	36:52	44:48	46:30	1:17:06	1:37:02	1:42:39	2:28:45	3:32:47
57%	1:16	2:57	6:02	6:31	12:56	22:30	37:31	45:35	47:19	1:18:27	1:38:44	1:44:28	2:31:22	3:36:31
56%	1:17	3:00	6:08	6:38	13:10	22:54	38:11	46:24	48:10	1:19:51	1:40:30	1:46:19	2:34:04	3:40:23
55%	1:18	3:04	6:15	6:45	13:24	23:19	38:53	47:14	49:02	1:21:18	1:42:19	1:48:15	2:36:52	3:44:23
54%	1:20	3:07	6:22	6:53	13:39	23:45	39:36	48:07	49:57	1:22:49	1:44:13	1:50:16	2:39:46	3:48:32
53%	1:21	3:11	6:29	7:01	13:55	24:12	40:21	49:01	50:53	1:24:22	1:46:11	1:52:21	2:42:47	3:52:51