WOMEN				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	47.6	1:53	3:50	4:12	8:06	14:36			29:31			1:06:40		2:21:06
W8th 1996	49.05	1:55	3:56			14:46			31:06					2:24:18
speed (m/s)	8.15	6.94	6.34			5.64			5.36					4.87
pace (mpm)	3:17	3:51	4:13			4:45			5:00					5:30
fit speed	8.36	7.12	6.53	6.47	6.07	5.80	5.60	5.52	5.51	5.34	5.27	5.25	5.15	5.06
92%	52.0	2:02	4:09	4:30	8:57	15:36	26:03	31:40	32:52	54:35	1:08:43	1:12:43	1:45:29	2:31:00
90%	53.2	2:04	4:15	4:36	9:09	15:57	26:37	32:22	33:36	55:47	1:10:15	1:14:20	1:47:49	2:34:22
88%	54.4	2:07	4:21	4:42	9:21	16:18	27:14	33:06	34:22	57:03	1:11:51	1:16:02	1:50:16	2:37:52
86%	55.6	2:10	4:27	4:49	9:34	16:41	27:52	33:52	35:10	58:23	1:13:31	1:17:48	1:52:50	2:41:33
84%	57.0	2:13	4:33	4:55	9:48	17:05	28:31	34:41	36:00	59:46	1:15:16	1:19:39	1:55:31	2:45:23
82%	58.4	2:17	4:40	5:03	10:02	17:30	29:13	35:31	36:53	1:01:14	1:17:06	1:21:36	1:58:20	2:49:25
81%	59.1	2:18	4:43	5:06	10:10	17:43	29:35	35:58	37:20	1:01:59	1:18:03	1:22:36	1:59:48	2:51:31
80%	59.8	2:20	4:47	5:10	10:17	17:56	29:57	36:25	37:48	1:02:46	1:19:02	1:23:38	2:01:18	2:53:40
79%	1:00	2:22	4:50	5:14	10:25	18:10	30:20	36:52	38:17	1:03:33	1:20:02	1:24:41	2:02:50	2:55:52
78%	1:01	2:24	4:54	5:18	10:33	18:24	30:43	37:21	38:46	1:04:22	1:21:04	1:25:47	2:04:25	2:58:07
77%	1:02	2:26	4:58	5:22	10:41	18:38	31:07	37:50	39:16	1:05:13	1:22:07	1:26:53	2:06:02	3:00:26
76%	1:02	2:27	5:02	5:27	10:50	18:53	31:32	38:20	39:47	1:06:04	1:23:12	1:28:02	2:07:41	3:02:48
75%	1:03	2:29	5:06	5:31	10:59	19:08	31:57	38:50	40:19	1:06:57	1:24:18	1:29:13	2:09:23	3:05:14
74%	1:04	2:31	5:10	5:35	11:07	19:24	32:23	39:22	40:52	1:07:51	1:25:27	1:30:25	2:11:08	3:07:45
73%	1:05	2:34	5:14	5:40	11:17	19:39	32:49	39:54	41:26	1:08:47	1:26:37	1:31:39	2:12:56	3:10:19
72%	1:06	2:36	5:19	5:45	11:26	19:56	33:17	40:27	42:00	1:09:44	1:27:49	1:32:56	2:14:47	3:12:57
71%	1:07	2:38	5:23	5:50	11:36	20:13	33:45	41:02	42:36	1:10:43	1:29:03	1:34:14	2:16:41	3:15:41
70%	1:08	2:40	5:28	5:55	11:46	20:30	34:14	41:37	43:12	1:11:44	1:30:20	1:35:35	2:18:38	3:18:28
69%	1:09	2:42	5:33	6:00	11:56	20:48	34:44	42:13	43:50	1:12:46	1:31:38	1:36:58	2:20:38	3:21:21
68%	1:10	2:45	5:38	6:05	12:06	21:06	35:14	42:50	44:28	1:13:50	1:32:59	1:38:24	2:22:42	3:24:18
67%	1:11	2:47	5:43	6:11	12:17	21:25	35:46	43:29	45:08	1:14:57	1:34:22	1:39:52	2:24:50	3:27:21
66%	1:12	2:50	5:48	6:16	12:28	21:45	36:18	44:08	45:49	1:16:05	1:35:48	1:41:22	2:27:02	3:30:30
65%	1:13	2:52	5:53	6:22	12:40	22:05	36:52	44:49	46:31	1:17:15	1:37:16	1:42:56	2:29:18	3:33:44
64%	1:14	2:55	5:59	6:28	12:52	22:25	37:26	45:31	47:15	1:18:27	1:38:48	1:44:33	2:31:38	3:37:05
63%	1:15	2:58	6:04	6:34	13:04	22:47	38:02	46:14	48:00	1:19:42	1:40:22	1:46:12	2:34:02	3:40:31
62%	1:17	3:01	6:10	6:41	13:17	23:09	38:39	46:59	48:47	1:20:59	1:41:59	1:47:55	2:36:31	3:44:05
61%	1:18	3:04	6:16	6:47	13:30	23:32	39:17	47:45	49:35	1:22:19	1:43:39	1:49:41	2:39:05	3:47:45
60%	1:19	3:07	6:23	6:54	13:43	23:55	39:56	48:33	50:24	1:23:41	1:45:23	1:51:31	2:41:44	3:51:33
59%	1:21	3:10	6:29	7:01	13:57	24:19	40:37	49:22	51:15	1:25:06	1:47:10	1:53:24	2:44:29	3:55:29
58%	1:22	3:13	6:36	7:08	14:12	24:45	41:19	50:13	52:08	1:26:34	1:49:01	1:55:22	2:47:19	3:59:32
57%	1:23	3:17	6:43	7:16	14:27	25:11	42:02	51:06	53:03	1:28:06	1:50:56	1:57:23	2:50:15	4:03:44
56%	1:25	3:20	6:50	7:23	14:42	25:38	42:47	52:01	54:00	1:29:40	1:52:55	1:59:29	2:53:17	4:08:05
55%	1:27	3:24	6:57	7:32	14:58	26:06	43:34	52:58	54:59	1:31:18	1:54:58	2:01:39	2:56:26	4:12:36
54%	1:28	3:28	7:05	7:40	15:15	26:35	44:22	53:57	56:00	1:32:59	1:57:05	2:03:54	2:59:42	4:17:17
53%	1:30	3:32	7:13	7:49	15:32	27:05	45:13	54:58	57:04	1:34:44	1:59:18	2:06:15	3:03:06	4:22:08