



SWIM PACE

CHART

25 Meters	100 Meters	Super Sprint	Sprint	Olympic	HALF IRON	IRONMAN
Meters Miles Seconds	100 MM:SS	400 MM:SS	750 MM:SS	1500 MM:SS	1931 1,2 HH:MM:SS	3862 2,4 HH:MM:SS
15	1:00	4:00	7:30	15:00	19:19	0:38:37
16	1:04	4:16	8:00	16:00	20:36	0:41:12
17	1:08	4:32	8:30	17:00	21:53	0:43:46
18	2:52	4:48	9:00	18:00	23:10	0:46:21
19	1:16	5:05	9:30	19:00	0:24:28	0:48:55
20	1:20	5:20	10:00	20:00	0:25:45	0:51:30
21	1:24	5:36	10:30	21:00	0:27:02	0:54:04
22	1:28	5:52	11:00	22:00	0:28:19	0:56:39
23	1:32	6:08	11:30	23:00	0:29:37	0:59:13
24	1:36	6:24	12:00	0:24:00	0:30:54	1:01:48
25	1:40	6:40	12:30	0:25:00	0:32:11	1:04:22
26	1:44	6:56	13:00	0:26:00	0:33:28	1:06:57
27	1:48	7:12	13:30	0:27:00	0:34:46	1:09:31
28	1:52	7:28	14:00	0:28:00	0:36:03	1:12:06
29	1:56	7:44	14:30	0:29:00	0:37:20	1:14:40
30	2:00	8:00	15:00	0:30:00	0:38:37	1:17:15
31	2:04	8:16	15:30	0:31:00	0:39:55	1:19:49
32	2:08	8:32	16:00	0:32:00	0:41:12	1:22:24
33	2:12	8:48	16:30	0:33:00	0:42:29	1:24:58
34	2:16	9:04	17:00	0:34:00	0:43:46	1:27:33
35	2:20	9:20	17:30	0:35:00	0:45:04	1:30:07
36	2:24	9:36	18:00	0:36:00	0:46:21	1:32:42
37	2:28	9:52	18:30	0:37:00	0:47:38	1:35:16
38	2:32	10:08	19:00	0:38:00	0:48:55	1:37:51
39	2:36	10:24	19:30	0:39:00	0:50:13	1:40:25
40	2:40	10:40	20:00	0:40:00	0:51:30	1:43:00
41	2:44	10:56	20:30	0:41:00	0:52:47	1:45:34
42	2:48	11:12	21:00	0:42:00	0:54:04	1:48:09
43	2:52	11:28	21:30	0:43:00	0:55:22	1:50:13
44	2:56	11:44	22:00	0:44:00	0:56:39	1:53:18
45	3:00	12:00	22:30	0:45:00	0:57:56	1:55:52
46	3:04	12:16	23:00	0:46:00	0:59:13	1:58:27
47	3:08	12:32	0:23:30	0:47:00	1:00:31	2:01:01
48	3:12	12:48	0:24:00	0:48:00	1:01:48	2:03:36
49	3:16	13:04	0:24:30	0:49:00	1:03:05	2:06:10
50	3:20	13:20	0:25:00	0:50:00	1:04:22	2:08:45
51	3:24	13:36	0:25:30	0:51:00	1:05:40	2:11:19
52	3:28	13:52	0:26:00	0:52:00	1:06:57	2:13:54
53	3:32	14:08	0:26:30	0:53:00	1:08:14	2:16:28
54	3:36	14:24	0:27:00	0:54:00	1:09:31	2:19:03
55	3:40	14:40	0:27:30	0:55:00	1:10:49	2:21:37
56	3:44	14:56	0:28:00	0:56:00	1:12:06	2:24:12
57	3:48	15:12	0:28:30	0:57:00	1:13:23	2:26:46
58	3:52	15:28	0:29:00	0:58:00	1:14:40	2:29:21
59	3:56	15:44	0:29:30	0:59:00	1:15:58	2:31:55



speed		Super Sprint	Sprint	Olympic	HALF IRON	IRONMAN
Kilometers		20	20	40	90	180
Miles		12,40	12,40	24,90	56,00	112,00
MPH	KPH	HH:MM:SS	HH:MM:SS	HH:MM:SS	HH:MM:SS	HH:MM:SS
10	16,09	1:14:34	1:14:34	2:29:08	5:36:00	11:12:00
10,5	16,90	1:11:01	1:11:01	2:22:02	5:20:00	10:40:00
11	17,70	1:07:47	1:07:47	2:15:34	5:05:27	10:10:55
11,5	18,51	1:04:50	1:04:50	2:09:41	4:52:10	9:44:21
12	19,31	1:02:08	1:02:08	2:04:16	4:40:00	9:20:00
12,5	20,12	0:59:39	0:59:39	1:59:18	4:28:28	8:57:36
13	20,92	0:57:21	0:57:21	1:54:43	4:18:28	8:36:55
13,5	21,73	0:55:14	0:55:14	1:50:28	4:08:53	8:17:47
14	22,53	0:53:16	0:53:16	1:46:31	4:00:00	8:00:00
14,5	23,34	0:51:25	0:51:25	1:42:51	3:51:43	7:43:27
15	24,14	0:49:43	0:49:43	1:39:25	3:44:00	7:28:00
15,5	24,94	0:48:06	0:48:06	1:36:13	3:36:46	7:13:33
16	25,75	0:46:36	0:46:36	1:33:12	3:30:30	7:00:00
16,5	26,55	0:45:11	0:45:11	1:30:23	3:23:38	6:47:16
17	27,36	0:43:52	0:43:52	1:27:43	3:17:39	6:35:18
17,5	28,16	0:42:37	0:42:37	1:25:13	3:12:00	6:24:00
18	28,97	0:41:25	0:41:25	1:22:51	3:06:40	6:13:20
18,5	29,77	0:40:18	0:40:18	1:20:37	3:01:37	6:03:15
19	30,58	0:39:15	0:39:15	1:18:29	2:56:51	5:53:41
19,5	31,38	0:38:14	0:38:14	1:16:29	2:52:18	5:44:37
20	32,19	0:37:17	0:37:17	1:14:34	2:48:00	5:36:00
20,5	32,99	0:36:22	0:36:22	1:12:45	2:43:54	5:27:48
21	33,80	0:35:30	0:35:30	1:11:01	2:40:00	5:20:00
21,5	34,60	0:34:41	0:34:41	1:09:22	2:36:17	5:12:33
22	35,41	0:33:54	0:33:54	1:07:47	2:32:44	5:05:27
22,5	36,21	0:33:08	0:33:08	1:06:17	2:29:20	4:58:40
23	37,01	0:32:25	0:32:25	1:04:50	2:26:05	4:52:10
23,5	37,82	0:31:44	0:31:44	1:03:28	2:22:59	4:45:57
24	38,62	0:31:04	0:31:04	1:02:08	2:20:00	4:40:00
24,5	39,43	0:30:26	0:30:26	1:00:52	2:17:09	4:34:17
25	40,23	0:29:50	0:29:50	0:59:39	2:14:24	4:28:48
25,5	41,04	0:29:14	0:29:14	0:58:29	2:11:46	4:23:32
26	41,84	0:28:41	0:28:41	0:57:21	2:09:14	4:18:28
26,5	42,65	0:28:08	0:28:08	0:56:17	2:06:48	4:13:35
27	43,45	0:27:37	0:27:37	0:55:14	2:04:27	4:08:53
27,5	44,26	0:27:07	0:27:07	0:54:14	2:02:11	4:04:22
28	45,06	0:26:38	0:26:38	0:53:16	2:00:00	4:00:00
28,5	45,87	0:26:10	0:26:10	0:52:20	1:57:54	3:55:47
29	46,67	0:25:43	0:25:43	0:51:25	1:55:52	3:51:43
29,5	47,48	0:25:17	0:25:17	0:50:33	1:53:54	3:47:48
30	48,28	0:24:51	0:24:51	0:49:43	1:52:00	3:44:00



RUN PACE CHART



PACE		Super Sprint	Sprint	Olympic	HALF IRON	IRONMAN
Kilometers	Min/K	5.00	5.00	10.00	21.08	84.33
Miles		3,11	3,11	6,21	13,10	26,20
Min/M		MM:SS	MM:SS	HH:MM:SS	HH:MM:SS	HH:MM:SS
6:00	3:44	18:38	18:38	0:37:17	1:18:36	2:37:12
6:10	3:50	19:10	19:10	0:38:19	1:20:47	2:41:34
6:20	3:56	19:41	19:41	0:39:21	1:22:58	2:45:56
6:30	4:02	20:12	20:12	0:40:23	1:25:09	2:50:18
6:40	4:09	20:43	20:43	0:41:25	1:27:20	2:54:40
6:50	4:15	21:14	21:14	0:42:28	1:29:31	2:59:02
7:00	4:21	21:45	21:45	0:43:30	1:31:42	3:03:24
7:10	4:27	22:16	22:16	0:44:32	1:33:53	3:07:46
7:20	4:33	22:47	22:47	0:45:34	1:36:04	3:12:08
7:30	4:40	23:18	23:18	0:46:36	1:38:15	3:16:30
7:40	4:46	23:49	23:49	0:47:38	1:40:26	3:20:52
7:50	4:52	0:24:20	0:24:20	0:48:40	1:42:37	3:25:14
8:00	4:58	0:24:51	0:24:51	0:49:43	1:44:48	3:29:36
8:10	5:04	0:25:22	0:25:22	0:50:45	1:46:59	3:33:58
8:20	5:11	0:25:53	0:25:53	0:51:47	1:49:10	3:38:20
8:30	5:17	0:26:25	0:26:25	0:52:49	1:51:21	3:42:42
8:40	5:23	0:26:56	0:26:56	0:53:51	1:53:32	3:47:04
8:50	5:29	0:27:27	0:27:27	0:54:53	1:55:43	3:51:26
9:00	5:36	0:27:58	0:27:58	0:55:55	1:57:54	3:55:48
9:10	5:42	0:28:29	0:28:29	0:56:58	2:00:05	4:00:10
9:20	5:48	0:29:00	0:29:00	0:58:00	2:02:16	4:04:32
9:30	5:54	0:29:31	0:29:31	0:59:02	2:04:27	4:08:54
9:40	6:00	0:30:02	0:30:02	1:00:04	2:06:38	4:13:16
9:50	6:07	0:30:33	0:30:33	1:01:06	2:08:49	4:17:38
10:00	6:13	0:31:04	0:31:04	1:02:08	2:11:00	4:22:00
10:10	6:19	0:31:35	0:31:35	1:03:10	2:13:11	4:26:22
10:20	6:25	0:32:06	0:32:06	1:04:13	2:15:22	4:30:44
10:30	6:31	0:32:37	0:32:37	1:05:15	2:17:33	4:35:06
10:40	6:38	0:33:08	0:33:08	1:06:17	2:19:44	4:39:28
10:50	6:44	0:33:39	0:33:39	1:07:19	2:21:55	4:43:50
11:00	6:50	0:34:11	0:34:11	1:08:21	2:24:06	4:48:12
11:10	6:56	0:34:42	0:34:42	1:09:23	2:26:17	4:52:34
11:20	7:03	0:35:13	0:35:13	1:10:25	2:28:28	4:56:56
11:30	7:09	0:35:44	0:35:44	1:11:27	2:30:39	5:01:18
11:40	7:15	0:36:15	0:36:15	1:12:30	2:32:50	5:05:40
11:50	7:21	0:36:46	0:36:46	1:13:32	2:35:01	5:10:02
12:00	7:27	0:37:17	0:37:17	1:14:34	2:37:12	5:14:24
12:10	7:34	0:37:48	0:37:48	1:15:36	2:39:23	5:18:46
12:20	7:40	0:38:19	0:38:19	1:16:38	2:41:34	5:23:08
12:30	7:46	0:38:50	0:38:50	1:17:40	2:43:45	5:27:30
12:40	7:52	0:39:21	0:39:21	1:18:42	2:45:56	5:31:52
12:50	7:58	0:39:52	0:39:52	1:19:45	2:48:07	5:36:14
13:00	8:05	0:40:23	0:40:23	1:20:47	2:50:18	5:40:36
13:10	8:11	0:40:54	0:40:54	1:21:49	2:52:29	5:44:58
13:20	8:17	0:41:25	0:41:25	1:22:51	2:54:40	5:49:20
13:30	8:23	0:41:57	0:41:57	1:23:53	2:56:51	5:53:42

