

Pacing Table for 5 and 10k Race Pace per 400 Metres

5 km time	400m split	10km time	400m split	10km time	400m split
15:25	74	30:50	74	55:00	2:12
15:50	76	31:40	76	55:50	2:14
16:15	78	32:30	78	56:40	2:16
16:40	80	33:20	80	57:30	2:18
17:05	82	34:10	82	58:20	2:20
17:30	84	35:00	84	59:10	2:22
17:55	86	35:50	86	60:00	2:24
18:20	88	36:40	88	60:50	2:26
18:45	90	37:30	90	61:40	2:28
19:10	92	38:20	92	62:30	2:30
19:35	94	39:10	94		
20:00	96	40:00	96		
20:25	98	40:50	98		
20:50	1:40	41:40	1:40		
21:15	1:42	42:30	1:42		
21:40	1:44	43:20	1:44		
22:05	1:46	44:10	1:46		
22:30	1:48	45:00	1:48		
22:55	1:50	45:50	1:50		
23:20	1:52	46:40	1:52		
23:45	1:54	47:30	1:54		
24:10	1:56	48:20	1:56		
24:35	1:58	49:10	1:58		
25:00	2:00	50:00	2:00		
25:25	2:02	50:50	2:02		
25:50	2:04	51:40	2:04		
26:15	2:06	52:30	2:06		
26:40	2:08	53:20	2:08		
27:05	2:10	54:10	2:10		