

5K Race Time	1200m at 5k Pace	1000m at 2M Pace	800m at 2M Pace	400m at 1M Pace
Minutes : Seconds	Minutes : Seconds	Minutes : Seconds	Minutes : Seconds	Minutes : Seconds
15:00	3:36	2:52	2:18	1:05
15:30	3:43	2:58	2:22	1:07
16:00	3:50	3:04	2:27	1:09
16:30	3:58	3:10	2:32	1:11
17:00	4:05	3:15	2:36	1:13
17:30	4:12	3:21	2:41	1:15
18:00	4:19	3:27	2:45	1:17
18:30	4:26	3:33	2:50	1:19
19:00	4:34	3:38	2:54	1:22
19:30	4:41	3:44	2:59	1:24
20:00	4:48	3:50	3:04	1:26
20:30	4:55	3:56	3:08	1:28
21:00	5:02	4:01	3:13	1:30
21:30	5:10	4:07	3:18	1:32
22:00	5:17	4:13	3:22	1:35
22:30	5:24	4:18	3:27	1:37
23:00	5:31	4:24	3:31	1:39
23:30	5:38	4:30	3:36	1:41
24:00	5:46	4:36	3:40	1:43
24:30	5:53	4:41	3:45	1:45
25:00	6:00	4:47	3:50	1:48
25:30	6:07	4:53	3:54	1:50
26:00	6:14	4:59	3:59	1:52
26:30	6:22	5:04	4:03	1:54
27:00	6:29	5:10	4:08	1:56
27:30	6:36	5:16	4:12	1:58
28:00	6:43	5:22	4:17	2:00
28:30	6:50	5:27	4:22	2:03
29:00	6:58	5:33	4:26	2:05
29:30	7:05	5:39	4:31	2:07
30:00	7:12	5:45	4:36	2:09
30:30	7:19	5:50	4:40	2:11
31:00	7:26	5:56	4:45	2:13
31:30	7:34	6:02	4:49	2:16
32:00	7:41	6:08	4:54	2:18
32:30	7:48	6:13	4:58	2:20
33:00	7:55	6:19	5:03	2:22
33:30	8:02	6:25	5:08	2:24
34:00	8:10	6:31	5:12	2:26
34:30	8:17	6:36	5:17	2:29
35:00	8:24	6:42	5:22	2:31
35:30	8:31	6:48	5:26	2:33
36:00	8:38	6:53	5:30	2:35