

# LADDER: 1600M, 1200M, 800M, 400M

5K Race Time	1600M at 10k Pace	1200m at 5k Pace	800m at 2M Pace	400m at 1M Pace
Minutes : Seconds	Minutes : Seconds	Minutes : Seconds	Minutes : Seconds	Minutes : Seconds
15:00	5:00	3:36	2:18	1:05
15:30	5:10	3:43	2:22	1:07
16:00	5:20	3:50	2:27	1:09
16:30	5:30	3:58	2:32	1:11
17:00	5:40	4:05	2:36	1:13
17:30	5:50	4:12	2:41	1:15
18:00	6:00	4:19	2:45	1:17
18:30	6:10	4:26	2:50	1:19
19:00	6:20	4:34	2:54	1:22
19:30	6:30	4:41	2:59	1:24
20:00	6:40	4:48	3:04	1:26
20:30	6:50	4:55	3:08	1:28
21:00	7:00	5:02	3:13	1:30
21:30	7:10	5:10	3:18	1:32
22:00	7:20	5:17	3:22	1:35
22:30	7:30	5:24	3:27	1:37
23:00	7:40	5:31	3:31	1:39
23:30	7:50	5:38	3:36	1:41
24:00	8:00	5:46	3:40	1:43
24:30	8:10	5:53	3:45	1:45
25:00	8:20	6:00	3:50	1:48
25:30	8:30	6:07	3:54	1:50
26:00	8:40	6:14	3:59	1:52
26:30	8:50	6:22	4:03	1:54
27:00	9:00	6:29	4:08	1:56
27:30	9:10	6:36	4:12	1:58
28:00	9:20	6:43	4:17	2:00
28:30	9:30	6:50	4:22	2:03
29:00	9:40	6:58	4:26	2:05
29:30	9:50	7:05	4:31	2:07
30:00	10:00	7:12	4:36	2:09
30:30	10:10	7:19	4:40	2:11
31:00	10:20	7:26	4:45	2:13
31:30	10:30	7:34	4:49	2:16
32:00	10:40	7:41	4:54	2:18
32:30	10:50	7:48	4:58	2:20
33:00	11:00	7:55	5:03	2:22
33:30	11:10	8:02	5:08	2:24
34:00	11:20	8:10	5:12	2:26
34:30	11:30	8:17	5:17	2:29
35:00	11:40	8:24	5:22	2:31
35:30	11:50	8:31	5:26	2:33
36:00	12:00	8:38	5:30	2:35