

5K Race Time	800m at 1M Pace	600m at 1M Pace
Minutes : Seconds	Minutes : Seconds	Minutes : Seconds
15:00	2:09	1:37
15:30	2:13	1:40
16:00	2:18	1:43
16:30	2:22	1:47
17:00	2:26	1:50
17:30	2:31	1:53
18:00	2:35	1:56
18:30	2:39	1:59
19:00	2:44	2:03
19:30	2:48	2:06
20:00	2:52	2:09
20:30	2:56	2:12
21:00	3:01	2:16
21:30	3:05	2:19
22:00	3:09	2:22
22:30	3:14	2:25
23:00	3:18	2:28
23:30	3:22	2:32
24:00	3:27	2:35
24:30	3:31	2:38
25:00	3:35	2:41
25:30	3:40	2:45
26:00	3:44	2:48
26:30	3:48	2:51
27:00	3:53	2:54
27:30	3:57	2:57
28:00	4:01	3:01
28:30	4:06	3:04
29:00	4:10	3:07
29:30	4:14	3:11
30:00	4:18	3:14
30:30	4:22	3:17
31:00	4:27	3:20
31:30	4:31	3:24
32:00	4:35	3:27
32:30	4:40	3:30
33:00	4:44	3:33
33:30	4:48	3:36
34:00	4:53	3:40
34:30	4:57	3:43
35:00	5:01	3:46
35:30	5:06	3:49
36:00	5:10	3:53