

NAME	1 Mile Start	200 meter	400 meter	600 meter	800 meter	1200 meter	1600 meter	est current 5k	ending 1 mile
	5:30:00	0:35:04	1:12:36	1:53:51	2:31:48	3:55:08	5:13:30	17:52:30	
	5:45:00	0:36:39	1:15:54	1:59:01	2:38:42	4:05:49	5:27:45	18:41:15	
	6:00:00	0:38:15	1:19:12	2:04:12	2:45:36	4:16:30	5:42:00	19:30:00	
	6:15:00	0:39:51	1:22:30	2:09:22	2:52:30	4:27:11	5:56:15	20:18:45	
	6:30:00	0:41:26	1:25:48	2:14:33	2:59:24	4:37:53	6:10:30	21:07:30	
	6:45:00	0:43:02	1:29:06	2:19:43	3:06:18	4:48:34	6:24:45	21:56:15	
	7:00:00	0:44:37	1:32:24	2:24:54	3:13:12	4:59:15	6:39:00	22:45:00	
	7:15:00	0:46:13	1:35:42	2:30:05	3:20:06	5:09:56	6:53:15	23:33:45	
	7:30:00	0:47:49	1:39:00	2:35:15	3:27:00	5:20:38	7:07:30	24:22:30	
	7:45:00	0:49:24	1:42:18	2:40:26	3:33:54	5:31:19	7:21:45	25:11:15	
	8:00:00	0:51:00	1:45:36	2:45:36	3:40:48	5:42:00	7:36:00	26:00:00	
	8:15:00	0:52:36	1:48:54	2:50:47	3:47:42	5:52:41	7:50:15	26:48:45	
	8:30:00	0:54:11	1:52:12	2:55:57	3:54:36	6:03:23	8:04:30	27:37:30	
	8:45:00	0:55:47	1:55:30	3:01:08	4:01:30	6:14:04	8:18:45	28:26:15	
	9:00:00	0:57:23	1:58:48	3:06:18	4:08:24	6:24:45	8:33:00	29:15:00	
	9:15:00	0:58:58	2:02:06	3:11:29	4:15:18	6:35:26	8:47:15	30:03:45	
	9:30:00	1:00:34	2:05:24	3:16:39	4:22:12	6:46:08	9:01:30	30:52:30	
	9:45:00	1:02:09	2:08:42	3:21:50	4:29:06	6:56:49	9:15:45	31:41:15	
	10:00:00	1:03:45	2:12:00	3:27:00	4:36:00	7:07:30	9:30:00	32:30:00	
	10:15:00	1:05:21	2:15:18	3:32:11	4:42:54	7:18:11	9:44:15	33:18:45	
	10:30:00	1:06:56	2:18:36	3:37:21	4:49:48	7:28:53	9:58:30	34:07:30	
	10:45:00	1:08:32	2:21:54	3:42:32	4:56:42	7:39:34	10:12:45	34:56:15	
	11:00:00	1:10:08	2:25:12	3:47:42	5:03:36	7:50:15	10:27:00	35:45:00	
	11:15:00	1:11:43	2:28:30	3:52:53	5:10:30	8:00:56	10:41:15	36:33:45	
	11:30:00	1:13:19	2:31:48	3:58:03	5:17:24	8:11:38	10:55:30	37:22:30	
	11:45:00	1:14:54	2:35:06	4:03:14	5:24:18	8:22:19	11:09:45	38:11:15	
	12:00:00	1:16:30	2:38:24	4:08:24	5:31:12	8:33:00	11:24:00	39:00:00	
	12:15:00	1:18:06	2:41:42	4:13:35	5:38:06	8:43:41	11:38:15	39:48:45	
	12:30:00	1:19:41	2:45:00	4:18:45	5:45:00	8:54:23	11:52:30	40:37:30	
	12:45:00	1:21:17	2:48:18	4:23:56	5:51:54	9:05:04	12:06:45	41:26:15	
	13:00:00	1:22:53	2:51:36	4:29:06	5:58:48	9:15:45	12:21:00	42:15:00	
	13:15:00	1:24:28	2:54:54	4:34:17	6:05:42	9:26:26	12:35:15	43:03:45	
	13:30:00	1:26:04	2:58:12	4:39:27	6:12:36	9:37:08	12:49:30	43:52:30	
	13:45:00	1:27:39	3:01:30	4:44:38	6:19:30	9:47:49	13:03:45	44:41:15	