

## Pace Chart Wilton/Staples

150	300	450	600	750	900	1000	1050	1200	1350	1500	1600
22.5	45	67.5	1:30								
23	46	69	1:32								
23.5	47	70.5	1:34	1:57.5	2:21	2:36.6					
24	48	72	1:36	2:00	2:24	2:40					
24.5	49	73.5	1:38	2:02.5	2:27	2:43.3					
25	50	75	1:40	2:05	2:30	2:46.6	2:55	3:20	3:45	4:10	4:26.6
25.5	51	76.5	1:42	2:07.5	2:33	2:50	2:58.5	3:24	3:49.5	4:15	4:32
26	52	78	1:44	2:10	2:36	2:53.3	3:02	3:28	3:54	4:20	4:37.3
26.5	53	79.5	1:46	2:12.5	2:39	2:56.6	3:05.5	3:32	3:58.5	4:25	4:42.6
27	54	81	1:48	2:15	2:42	3:00	3:09	3:36	4:03	4:30	4:48
27.5	55	82.5	1:50	2:17.5	2:45	3:03.3	3:12.5	3:40	4:07.5	4:35	4:53.3
28	56	84	1:52	2:20	2:48	3:06.6	3:16	3:44	4:12	4:40	4:58.6
28.5	57	85.5	1:54	2:22.5	2:51	3:10	3:19.5	3:48	4:16.5	4:45	5:04
29	58	87	1:56	2:25	2:54	3:13.3	3:23	3:52	4:21	4:50	5:09.3
29.5	59	88.5	1:58	2:27.5	2:57	3:16.6	3:26.5	3:56	4:25.5	4:55	5:14.6
30	60	90	2:00	2:30	3:00	3:20	3:30	4:00	4:30	5:00	5:20
30.5	61	91.5	2:02	2:32.5	3:03	3:23.3	3:33.5	4:04	4:34.5	5:05	5:25.3
31	62	93	2:04	2:35	3:06	3:26.6	3:37	4:08	4:39	5:10	5:30.6
31.5	63	94.5	2:06	2:37.5	3:09	3:30	3:40.5	4:12	4:43.5	5:15	5:36
32	64	96	2:08	2:40	3:12	3:33.3	3:44	4:16	4:48	5:20	5:41.3
32.5	65	97.5	2:10	2:42.5	3:15	3:36.6	3:47.5	4:20	4:52.5	5:25	5:46.6
33	66	99	2:12	2:45	3:18	3:40	3:51	4:24	4:57	5:30	5:52
33.5	67	1:40.5	2:14	2:47.5	3:21	3:43.3	3:54.5	4:28	5:01.5	5:35	5:57.3
160	320	480	600	640	800	960	1000	1120	1280	1440	1600
24	48	72	1:30								
24.5	49	73.5	1:31.8								
25	50	75	1:33.7								
25.5	51	76.5	1:35.6	1:42	2:07.5	2:33	2:39.3				
26	52	78	1:37.5	1:44	2:10	2:36	2:42.5				
26.5	53	79.5	1:39.3	1:46	2:12.5	2:39	2:45.6	3:05.5	3:32	3:58.5	4:25
27	54	81	1:41.2	1:48	2:15	2:42	2:48.7	3:09	3:36	4:03	4:30
27.5	55	82.5	1:43.1	1:50	2:17.5	2:45	2:51.8	3:12.5	3:40	4:07.5	4:35
28	56	84	1:45	1:52	2:20	2:48	2:55	3:16	3:44	4:12	4:40
28.5	57	85.5	1:46.8	1:54	2:22.5	2:51	2:58.1	3:19.5	3:48	4:16.5	4:45
29	58	87	1:48.7	1:56	2:25	2:54	3:01.2	3:23	3:52	4:21	4:50
29.5	59	88.5	1:50.6	1:58	2:27.5	2:57	3:04.3	3:26.5	3:56	4:25.5	4:55
30	60	90	1:52.5	2:00	2:30	3:00	3:07.5	3:30	4:00	4:30	5:00
30.5	61	91.5	1:54.3	2:02	2:32.5	3:03	3:10.6	3:33.5	4:04	4:34.5	5:05
31	62	93	1:56.2	2:04	2:35	3:06	3:13.7	3:37	4:08	4:39	5:10
31.5	63	94.5	1:58.1	2:06	2:37.5	3:09	3:16.8	3:40.5	4:12	4:43.5	5:15
32	64	96	2:00	2:08	2:40	3:12	3:20	3:44	4:16	4:48	5:20
32.5	65	97.5	2:01.8	2:10	2:42.5	3:15	3:23.1	3:47.5	4:20	4:52.5	5:25
33	66	99	2:03.7	2:12	2:45	3:18	3:26.2	3:51	4:24	4:57	5:30
33.5	67	1:40.5	2:05.6	2:14	2:47.5	3:21	3:29.3	3:54.5	4:28	5:01.5	5:35
34	68	1:42	2:07.5	2:16	2:50	3:24	3:32.5	3:58	4:32	5:06	5:40
34.5	69	1:43.5	2:09.3	2:18	2:52.5	3:27	3:35.6	4:01.5	4:36	5:10.5	5:45
35	70	1:45	2:11.2	2:20	2:55	3:30	3:38.7	4:05	4:40	5:15	5:50
35.5	71	1:46.5	2:13.1	2:22	2:57.5	3:33	3:41.8	4:08.5	4:44	5:19.5	5:55
36	72	1:48	2:15	2:24	3:00	3:36	3:45	4:12	4:48	5:24	6:00