

# Housatonic Road Runners - Track Pacing Chart

5k	10k	200	400	600	800	1000	1200	1600	3200
15:00	30:00	:36.0	1:12.0	1:48.0	2:24.0	3:00.0	3:36.0	4:48.0	9:36.0
15:10	30:20	:36.4	1:12.8	1:49.2	2:25.6	3:02.0	3:38.4	4:51.2	9:42.4
15:20	30:40	:36.8	1:13.6	1:50.4	2:27.2	3:04.0	3:40.8	4:54.4	9:48.8
15:30	31:00	:37.2	1:14.4	1:51.6	2:28.8	3:06.0	3:43.2	4:57.6	9:55.2
15:40	31:20	:37.6	1:15.2	1:52.8	2:30.4	3:08.0	3:45.6	5:00.8	10:01.6
15:50	31:40	:38.0	1:16.0	1:54.0	2:32.0	3:10.0	3:48.0	5:04.0	10:08.0
16:00	32:00	:38.4	1:16.8	1:55.2	2:33.6	3:12.0	3:50.4	5:07.2	10:14.4
16:10	32:20	:38.8	1:17.6	1:56.4	2:35.2	3:14.0	3:52.8	5:10.4	10:20.8
16:20	32:40	:39.2	1:18.4	1:57.6	2:36.8	3:16.0	3:55.2	5:13.6	10:27.2
16:30	33:00	:39.6	1:19.2	1:58.8	2:38.4	3:18.0	3:57.6	5:16.8	10:33.6
16:40	33:20	:40.0	1:20.0	2:00.0	2:40.0	3:20.0	4:00.0	5:20.0	10:40.0
16:50	33:40	:40.4	1:20.8	2:01.2	2:41.6	3:22.0	4:02.4	5:23.2	10:46.4
17:00	34:00	:40.8	1:21.6	2:02.4	2:43.2	3:24.0	4:04.8	5:26.4	10:52.8
17:10	34:20	:41.2	1:22.4	2:03.6	2:44.8	3:26.0	4:07.2	5:29.6	10:59.2
17:20	34:40	:41.6	1:23.2	2:04.8	2:46.4	3:28.0	4:09.6	5:32.8	11:05.6
17:30	35:00	:42.0	1:24.0	2:06.0	2:48.0	3:30.0	4:12.0	5:36.0	11:12.0
17:40	35:20	:42.4	1:24.8	2:07.2	2:49.6	3:32.0	4:14.4	5:39.2	11:18.4
17:50	35:40	:42.8	1:25.6	2:08.4	2:51.2	3:34.0	4:16.8	5:42.4	11:24.8
18:00	36:00	:43.2	1:26.4	2:09.6	2:52.8	3:36.0	4:19.2	5:45.6	11:31.2
18:10	36:20	:43.6	1:27.2	2:10.8	2:54.4	3:38.0	4:21.6	5:48.8	11:37.6
18:20	36:40	:44.0	1:28.0	2:12.0	2:56.0	3:40.0	4:24.0	5:52.0	11:44.0
18:30	37:00	:44.4	1:28.8	2:13.2	2:57.6	3:42.0	4:26.4	5:55.2	11:50.4
18:40	37:20	:44.8	1:29.6	2:14.4	2:59.2	3:44.0	4:28.8	5:58.4	11:56.8
18:50	37:40	:45.2	1:30.4	2:15.6	3:00.8	3:46.0	4:31.2	6:01.6	12:03.2
19:00	38:00	:45.6	1:31.2	2:16.8	3:02.4	3:48.0	4:33.6	6:04.8	12:09.6
19:10	38:20	:46.0	1:32.0	2:18.0	3:04.0	3:50.0	4:36.0	6:08.0	12:16.0
19:20	38:40	:46.4	1:32.8	2:19.2	3:05.6	3:52.0	4:38.4	6:11.2	12:22.4
19:30	39:00	:46.8	1:33.6	2:20.4	3:07.2	3:54.0	4:40.8	6:14.4	12:28.8
19:40	39:20	:47.2	1:34.4	2:21.6	3:08.8	3:56.0	4:43.2	6:17.6	12:35.2
19:50	39:40	:47.6	1:35.2	2:22.8	3:10.4	3:58.0	4:45.6	6:20.8	12:41.6
20:00	40:00	:48.0	1:36.0	2:24.0	3:12.0	4:00.0	4:48.0	6:24.0	12:48.0
20:10	40:20	:48.4	1:36.8	2:25.2	3:13.6	4:02.0	4:50.4	6:27.2	12:54.4
20:20	40:40	:48.8	1:37.6	2:26.4	3:15.2	4:04.0	4:52.8	6:30.4	13:00.8
20:30	41:00	:49.2	1:38.4	2:27.6	3:16.8	4:06.0	4:55.2	6:33.6	13:07.2
20:40	41:20	:49.6	1:39.2	2:28.8	3:18.4	4:08.0	4:57.6	6:36.8	13:13.6
20:50	41:40	:50.0	1:40.0	2:30.0	3:20.0	4:10.0	5:00.0	6:40.0	13:20.0
21:00	42:00	:50.4	1:40.8	2:31.2	3:21.6	4:12.0	5:02.4	6:43.2	13:26.4
21:10	42:20	:50.8	1:41.6	2:32.4	3:23.2	4:14.0	5:04.8	6:46.4	13:32.8
21:20	42:40	:51.2	1:42.4	2:33.6	3:24.8	4:16.0	5:07.2	6:49.6	13:39.2
21:30	43:00	:51.6	1:43.2	2:34.8	3:26.4	4:18.0	5:09.6	6:52.8	13:45.6
21:40	43:20	:52.0	1:44.0	2:36.0	3:28.0	4:20.0	5:12.0	6:56.0	13:52.0
21:50	43:40	:52.4	1:44.8	2:37.2	3:29.6	4:22.0	5:14.4	6:59.2	13:58.4
22:00	44:00	:52.8	1:45.6	2:38.4	3:31.2	4:24.0	5:16.8	7:02.4	14:04.8
22:10	44:20	:53.2	1:46.4	2:39.6	3:32.8	4:26.0	5:19.2	7:05.6	14:11.2
22:20	44:40	:53.6	1:47.2	2:40.8	3:34.4	4:28.0	5:21.6	7:08.8	14:17.6
22:30	45:00	:54.0	1:48.0	2:42.0	3:36.0	4:30.0	5:24.0	7:12.0	14:24.0
22:40	45:20	:54.4	1:48.8	2:43.2	3:37.6	4:32.0	5:26.4	7:15.2	14:30.4

# Housatonic Road Runners - Track Pacing Chart

5k	10k	200	400	600	800	1000	1200	1600	3200
22:50	45:40	:54.8	1:49.6	2:44.4	3:39.2	4:34.0	5:28.8	7:18.4	14:36.8
23:00	46:00	:55.2	1:50.4	2:45.6	3:40.8	4:36.0	5:31.2	7:21.6	14:43.2
23:10	46:20	:55.6	1:51.2	2:46.8	3:42.4	4:38.0	5:33.6	7:24.8	14:49.6
23:20	46:40	:56.0	1:52.0	2:48.0	3:44.0	4:40.0	5:36.0	7:28.0	14:56.0
23:30	47:00	:56.4	1:52.8	2:49.2	3:45.6	4:42.0	5:38.4	7:31.2	15:02.4
23:40	47:20	:56.8	1:53.6	2:50.4	3:47.2	4:44.0	5:40.8	7:34.4	15:08.8
23:50	47:40	:57.2	1:54.4	2:51.6	3:48.8	4:46.0	5:43.2	7:37.6	15:15.2
24:00	48:00	:57.6	1:55.2	2:52.8	3:50.4	4:48.0	5:45.6	7:40.8	15:21.6
24:10	48:20	:58.0	1:56.0	2:54.0	3:52.0	4:50.0	5:48.0	7:44.0	15:28.0
24:20	48:40	:58.4	1:56.8	2:55.2	3:53.6	4:52.0	5:50.4	7:47.2	15:34.4
24:30	49:00	:58.8	1:57.6	2:56.4	3:55.2	4:54.0	5:52.8	7:50.4	15:40.8
24:40	49:20	:59.2	1:58.4	2:57.6	3:56.8	4:56.0	5:55.2	7:53.6	15:47.2
24:50	49:40	:59.6	1:59.2	2:58.8	3:58.4	4:58.0	5:57.6	7:56.8	15:53.6
25:00	50:00	1:00.0	2:00.0	3:00.0	4:00.0	5:00.0	6:00.0	8:00.0	16:00.0
25:10	50:20	1:00.4	2:00.8	3:01.2	4:01.6	5:02.0	6:02.4	8:03.2	16:06.4
25:20	50:40	1:00.8	2:01.6	3:02.4	4:03.2	5:04.0	6:04.8	8:06.4	16:12.8
25:30	51:00	1:01.2	2:02.4	3:03.6	4:04.8	5:06.0	6:07.2	8:09.6	16:19.2
25:40	51:20	1:01.6	2:03.2	3:04.8	4:06.4	5:08.0	6:09.6	8:12.8	16:25.6
25:50	51:40	1:02.0	2:04.0	3:06.0	4:08.0	5:10.0	6:12.0	8:16.0	16:32.0
26:00	52:00	1:02.4	2:04.8	3:07.2	4:09.6	5:12.0	6:14.4	8:19.2	16:38.4
26:10	52:20	1:02.8	2:05.6	3:08.4	4:11.2	5:14.0	6:16.8	8:22.4	16:44.8
26:20	52:40	1:03.2	2:06.4	3:09.6	4:12.8	5:16.0	6:19.2	8:25.6	16:51.2
26:30	53:00	1:03.6	2:07.2	3:10.8	4:14.4	5:18.0	6:21.6	8:28.8	16:57.6
26:40	53:20	1:04.0	2:08.0	3:12.0	4:16.0	5:20.0	6:24.0	8:32.0	17:04.0
26:50	53:40	1:04.4	2:08.8	3:13.2	4:17.6	5:22.0	6:26.4	8:35.2	17:10.4
27:00	54:00	1:04.8	2:09.6	3:14.4	4:19.2	5:24.0	6:28.8	8:38.4	17:16.8
27:10	54:20	1:05.2	2:10.4	3:15.6	4:20.8	5:26.0	6:31.2	8:41.6	17:23.2
27:20	54:40	1:05.6	2:11.2	3:16.8	4:22.4	5:28.0	6:33.6	8:44.8	17:29.6
27:30	55:00	1:06.0	2:12.0	3:18.0	4:24.0	5:30.0	6:36.0	8:48.0	17:36.0
27:40	55:20	1:06.4	2:12.8	3:19.2	4:25.6	5:32.0	6:38.4	8:51.2	17:42.4
27:50	55:40	1:06.8	2:13.6	3:20.4	4:27.2	5:34.0	6:40.8	8:54.4	17:48.8
28:00	56:00	1:07.2	2:14.4	3:21.6	4:28.8	5:36.0	6:43.2	8:57.6	17:55.2
28:10	56:20	1:07.6	2:15.2	3:22.8	4:30.4	5:38.0	6:45.6	9:00.8	18:01.6
28:20	56:40	1:08.0	2:16.0	3:24.0	4:32.0	5:40.0	6:48.0	9:04.0	18:08.0
28:30	57:00	1:08.4	2:16.8	3:25.2	4:33.6	5:42.0	6:50.4	9:07.2	18:14.4
28:40	57:20	1:08.8	2:17.6	3:26.4	4:35.2	5:44.0	6:52.8	9:10.4	18:20.8
28:50	57:40	1:09.2	2:18.4	3:27.6	4:36.8	5:46.0	6:55.2	9:13.6	18:27.2
29:00	58:00	1:09.6	2:19.2	3:28.8	4:38.4	5:48.0	6:57.6	9:16.8	18:33.6
29:10	58:20	1:10.0	2:20.0	3:30.0	4:40.0	5:50.0	7:00.0	9:20.0	18:40.0
29:20	58:40	1:10.4	2:20.8	3:31.2	4:41.6	5:52.0	7:02.4	9:23.2	18:46.4
29:30	59:00	1:10.8	2:21.6	3:32.4	4:43.2	5:54.0	7:04.8	9:26.4	18:52.8
29:40	59:20	1:11.2	2:22.4	3:33.6	4:44.8	5:56.0	7:07.2	9:29.6	18:59.2
29:50	59:40	1:11.6	2:23.2	3:34.8	4:46.4	5:58.0	7:09.6	9:32.8	19:05.6
30:00	00:00	1:12.0	2:24.0	3:36.0	4:48.0	6:00.0	7:12.0	9:36.0	19:12.0
30:10	00:20	1:12.4	2:24.8	3:37.2	4:49.6	6:02.0	7:14.4	9:39.2	19:18.4
30:20	00:40	1:12.8	2:25.6	3:38.4	4:51.2	6:04.0	7:16.8	9:42.4	19:24.8
30:30	01:00	1:13.2	2:26.4	3:39.6	4:52.8	6:06.0	7:19.2	9:45.6	19:31.2