

Shore Distance Athletics Team

Lap Times (400m)

	800m	1500m	3000m	
59	1:58			
60	2:00	3:45		
61	2:02			
62	2:04			world record 10,000m pace
63	2:06			
64	2:08	4:00		
65	2:10	4:03		
66	2:12	4:07		
67	2:14	4:11		
68	2:16	4:15	8:30	
69	2:18	4:19		
70	2:20	4:22		
71	2:22	4:26		winning City to Surf pace
72	2:24	4:30	9:00	world record marathon pace
73	2:26	4:33	9:07	
74	2:28	4:38	9:15	
75	2:30	4:41	9:23	
76		4:45	9:30	
77		4:49	9:38	
78		4:52	9:45	
79		4:56	9:53	
80		5:00	10:00	
81		5:04	10:07	
82		5:07	10:15	
85		5:25	10:50	

5000m time = 3x1500m time + 1 min

10,000m = 2x5000m + 1 min