

Name	2 mile time	Mile pace	1200 pace	1000 pace	800 pace	600 pace	400 pace	
	10:30	5m 15s	3m 56s	3m 17s	2m 38s	1m 58s	1m 19s	
	10:45	5m 23s	4m 2s	3m 22s	2m 41s	2m 1s	1m 21s	
	11:00	5m 30s	4m 8s	3m 26s	2m 45s	2m 4s	1m 23s	
	11:15	5m 38s	4m 13s	3m 31s	2m 49s	2m 7s	1m 24s	
	11:30	5m 45s	4m 19s	3m 36s	2m 53s	2m 9s	1m 26s	
	11:45	5m 53s	4m 24s	3m 40s	2m 56s	2m 12s	1m 28s	
	12:00	6m 0s	4m 30s	3m 45s	3m 0s	2m 15s	1m 30s	
	12:15	6m 8s	4m 36s	3m 50s	3m 4s	2m 18s	1m 32s	
	12:30	6m 15s	4m 41s	3m 54s	3m 8s	2m 21s	1m 34s	
	12:45	6m 23s	4m 47s	3m 59s	3m 11s	2m 23s	1m 36s	
	13:00	6m 30s	4m 53s	4m 4s	3m 15s	2m 26s	1m 38s	
	13:15	6m 38s	4m 58s	4m 8s	3m 19s	2m 29s	1m 39s	
	13:30	6m 45s	5m 4s	4m 13s	3m 23s	2m 32s	1m 41s	
	13:45	6m 53s	5m 9s	4m 18s	3m 26s	2m 35s	1m 43s	
	14:00	7m 0s	5m 15s	4m 23s	3m 30s	2m 38s	1m 45s	
	14:15	7m 8s	5m 21s	4m 27s	3m 34s	2m 40s	1m 47s	
	14:30	7m 15s	5m 26s	4m 32s	3m 38s	2m 43s	1m 49s	
	14:45	7m 23s	5m 32s	4m 37s	3m 41s	2m 46s	1m 51s	
	15:00	7m 30s	5m 38s	4m 41s	3m 45s	2m 49s	1m 53s	
	15:15	7m 38s	5m 43s	4m 46s	3m 49s	2m 52s	1m 54s	
	15:30	7m 45s	5m 49s	4m 51s	3m 53s	2m 54s	1m 56s	
	15:45	7m 53s	5m 54s	4m 55s	3m 56s	2m 57s	1m 58s	
	16:00	8m 0s	6m 0s	5m 0s	4m 0s	3m 0s	2m 0s	
	16:15	8m 8s	6m 6s	5m 5s	4m 4s	3m 3s	2m 2s	
	16:30	8m 15s	6m 11s	5m 9s	4m 8s	3m 6s	2m 4s	
	16:45	8m 23s	6m 17s	5m 14s	4m 11s	3m 8s	2m 6s	
	17:00	8m 30s	6m 23s	5m 19s	4m 15s	3m 11s	2m 8s	
	17:15	8m 38s	6m 28s	5m 23s	4m 19s	3m 14s	2m 9s	
	17:30	8m 45s	6m 34s	5m 28s	4m 23s	3m 17s	2m 11s	
	18:00	9m 0s	6m 45s	5m 38s	4m 30s	3m 23s	2m 15s	

