

T-30 Paces in Yards

<i>Lengths/yards in 30 minutes</i>	<i>100 pace</i>	<i>200 pace</i>	<i>400 pace</i>	<i>500 pace</i>	<i>1000 pace</i>
70 / 1750	1:42.8	3:25.6	6:51.2	8:34.0	17:08.0
71 / 1775	1:41.4	3:22.8	6:45.6	8:27.0	16:54.0
72 / 1800	1:40.0	3:20.0	6:40.0	8:20.0	16:40.0
73 / 1825	1:38.6	3:17.2	6:34.4	8:13.0	16:26.0
74 / 1850	1:37.3	3:14.6	6:29.2	8:06.5	16:13.0
75 / 1875	1:36.0	3:12.0	6:24.0	8:00.0	16:00.0
76 / 1900	1:34.7	3:09.4	6:18.8	7:53.5	15:47.0
77 / 1925	1:33.5	3:07.0	6:14.0	7:47.5	15:35.0
78 / 1950	1:32.3	3:04.6	6:09.2	7:41.5	15:23.0
79 / 1975	1:31.1	3:02.2	6:04.4	7:35.5	15:11.0
80 / 2000	1:30.0	3:00.0	6:00.0	7:30.0	15:00.0
81 / 2025	1:28.9	2:57.8	5:55.6	7:24.5	14:49.0
82 / 2050	1:27.8	2:55.6	5:51.2	7:19.0	14:38.0
83 / 2075	1:26.7	2:53.4	5:46.8	7:13.5	14:27.0
84 / 2100	1:25.7	2:51.4	5:42.8	7:08.5	14:17.0
85 / 2125	1:24.7	2:49.4	5:38.8	7:03.5	14:07.0
86 / 2150	1:23.7	2:47.4	5:34.4	6:58.5	13:57.0
87 / 2175	1:22.7	2:45.4	5:30.4	6:53.5	13:47.0
88 / 2200	1:21.8	2:43.6	5:27.2	6:49.0	13:38.0
89 / 2225	1:20.9	2:41.8	5:23.6	6:44.5	13:29.0
90 / 2250	1:20.0	2:40.0	5:20.0	6:40.0	13:20.0
91 / 2275	1:19.1	2:38.2	5:16.4	6:35.5	13:11.0
92 / 2300	1:18.2	2:36.4	5:12.8	6:31.0	13:02.0
93 / 2325	1:17.4	2:34.8	5:09.6	6:27.0	12:54.0
94 / 2350	1:16.6	2:33.2	5:06.4	6:23.0	12:46.0
95 / 2375	1:15.8	2:31.6	5:03.2	6:19.0	12:38.0
96 / 2400	1:15.0	2:30.0	5:00.0	6:15.0	12:30.0
97 / 2425	1:14.2	2:28.4	4:56.8	6:11.0	12:22.0
98 / 2450	1:13.4	2:26.8	4:53.6	6:07.0	12:14.0
99 / 2475	1:12.7	2:25.4	4:50.8	6:03.5	12:07.0
100 / 2500	1:12.0	2:24.0	4:48.0	6:00.0	12:00.0
101 / 2525	1:11.3	2:22.6	4:45.2	5:56.5	11:53.0
102 / 2550	1:10.5	2:21.0	4:42.0	5:52.5	11:45.0
103 / 2575	1:09.9	2:19.8	4:39.6	5:49.5	11:39.0
104 / 2600	1:09.2	2:18.4	4:36.8	5:46.0	11:32.0
105 / 2625	1:08.5	2:17.0	4:34.0	5:42.5	11:25.0