

200-M and 400-M Intermediate Split Times for Selected Race Distances Between 600 M and 10,000 M

Average per 200/400 m (s)	600	800	1,000	1,500	2,000	3,000	4,000	5,000	6,000	8,000	10,000
25.0/50.0	1:15.0	1:40.0	—	—	—	—	—	—	—	—	—
25.5/51.0	1:16.5	1:42.0	—	—	—	—	—	—	—	—	—
26.0/52.0	1:18.0	1:44.0	2:10.0	—	—	—	—	—	—	—	—
26.5/53.0	1:19.5	1:46.0	2:12.5	—	—	—	—	—	—	—	—
27.0/54.0	1:21.0	1:48.0	2:15.0	—	—	—	—	—	—	—	—
27.5/55.0	1:22.5	1:50.0	2:17.5	—	—	—	—	—	—	—	—
28.0/56.0	1:24.0	1:52.0	2:20.0	3:30.0	—	—	—	—	—	—	—
28.5/57.0	1:25.5	1:54.0	2:22.5	3:33.8	—	—	—	—	—	—	—
29.0/58.0	1:27.0	1:56.0	2:25.0	3:37.5	4:50.0	—	—	—	—	—	—
29.5/59.0	1:28.5	1:58.0	2:27.5	3:41.3	4:55.0	—	—	—	—	—	—
30.0/60.0	1:30.0	2:00.0	2:30.0	3:45.0	5:00.0	7:30.0	—	—	—	—	—
30.5/61.0	1:31.5	2:02.0	2:32.5	3:48.8	5:05.0	7:37.5	10:10.0	—	—	—	—
31.0/62.0	1:33.0	2:04.0	2:35.0	3:52.5	5:10.0	7:45.0	10:20.0	12:55.0	—	—	—
31.5/63.0	1:34.5	2:06.0	2:37.5	3:56.3	5:15.0	7:52.5	10:30.0	13:07.5	15:45.0	—	—
32.0/64.0	1:36.0	2:08.0	2:40.0	4:00.0	5:20.0	8:00.0	10:40.0	13:20.0	16:00.0	21:20.0	—
32.5/65.0	1:37.5	2:10.0	2:42.5	4:03.8	5:25.0	8:07.5	10:50.0	13:32.5	16:15.0	21:40.0	27:05.0
33.0/66.0	1:39.0	2:12.0	2:45.0	4:07.5	5:30.0	8:15.0	11:00.0	13:45.0	16:30.0	22:00.0	27:30.0
33.5/67.0	1:40.5	2:14.0	2:47.5	4:11.3	5:35.0	8:22.5	11:10.0	13:57.5	16:45.0	22:20.0	27:55.0
34.0/68.0	1:42.0	2:16.0	2:50.0	4:15.0	5:40.0	8:30.0	11:20.0	14:10.0	17:00.0	22:40.0	28:20.0
34.5/69.0	1:43.5	2:18.0	2:52.5	4:18.8	5:45.0	8:37.5	11:30.0	14:22.5	17:15.0	23:00.0	28:45.0
35.0/70.0	1:45.0	2:20.0	2:55.0	4:22.5	5:50.0	8:45.0	11:40.0	14:35.0	17:30.0	23:20.0	29:10.0
35.5/71.0	1:46.5	2:22.0	2:57.5	4:26.3	5:55.0	8:52.5	11:50.0	14:47.5	17:45.0	23:40.0	29:35.0
36.0/72.0	1:48.0	2:24.0	3:00.0	4:30.0	6:00.0	9:00.0	12:00.0	15:00.0	18:00.0	24:00.0	30:00.0
36.5/73.0	1:49.5	2:26.0	3:02.5	4:33.8	6:05.0	9:07.5	12:10.0	15:12.5	18:15.0	24:20.0	30:25.0
37.0/74.0	1:51.0	2:28.0	3:05.0	4:37.5	6:10.0	9:15.0	12:20.0	15:25.0	18:30.0	24:40.0	30:50.0
37.5/75.0	1:52.5	2:30.0	3:07.5	4:41.3	6:15.0	9:22.5	12:30.0	15:37.5	18:45.0	25:00.0	31:15.0
38.0/76.0	1:54.0	2:32.0	3:10.0	4:45.0	6:20.0	9:30.0	12:40.0	15:50.0	19:00.0	25:20.0	31:40.0
38.5/77.0	1:55.5	2:34.0	3:12.5	4:48.8	6:25.0	9:37.5	12:50.0	16:02.5	19:15.0	25:40.0	32:05.0
39.0/78.0	1:57.0	2:36.0	3:15.0	4:52.5	6:30.0	9:45.0	13:00.0	16:15.0	19:30.0	26:00.0	32:30.0
39.5/79.0	1:58.5	2:38.0	3:17.5	4:56.3	6:35.0	9:52.5	13:10.0	16:27.5	19:45.0	26:20.0	32:55.0
40.0/80.0	2:00.0	2:40.0	3:20.0	5:00.0	6:40.0	10:00.0	13:20.0	16:40.0	20:00.0	26:40.0	33:20.0
40.5/81.0	2:01.5	2:42.0	3:22.5	5:03.8	6:45.0	10:07.5	13:30.0	16:52.5	20:15.0	27:00.0	33:45.0
41.0/82.0	2:03.0	2:44.0	3:25.0	5:07.5	6:50.0	10:15.0	13:40.0	17:05.0	20:30.0	27:20.0	34:10.0
41.5/83.0	2:04.5	2:46.0	3:27.5	5:11.3	6:55.0	10:22.5	13:50.0	17:17.5	20:45.0	27:40.0	34:35.0
42.0/84.0	2:06.0	2:48.0	3:30.0	5:15.0	7:00.0	10:30.0	14:00.0	17:30.0	21:00.0	28:00.0	35:00.0
42.5/85.0	2:07.5	2:50.0	3:32.5	5:18.8	7:05.0	10:37.5	14:10.0	17:42.5	21:15.0	28:20.0	35:25.0
43.0/86.0	2:09.0	2:52.0	3:35.0	5:22.5	7:10.0	10:45.0	14:20.0	17:55.0	21:30.0	28:40.0	35:50.0
43.5/87.0	2:10.5	2:54.0	3:37.5	5:26.3	7:15.0	10:52.5	14:30.0	18:07.5	21:45.0	29:00.0	36:15.0
44.0/88.0	2:12.0	2:56.0	3:40.0	5:30.0	7:20.0	11:00.0	14:40.0	18:20.0	22:00.0	29:20.0	36:40.0
44.5/89.0	2:13.5	2:58.0	3:42.5	5:33.8	7:25.0	11:07.5	14:50.0	18:32.5	22:15.0	29:40.0	37:05.0
45.0/90.0	2:15.0	3:00.0	3:45.0	5:37.5	7:30.0	11:15.0	15:00.0	18:45.0	22:30.0	30:00.0	37:30.0