

Select Event Distance

input time or pace below, or both to calculate distance

Time

Pace   /

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Temp and altitude effects

[Calculate](#) [Reset](#)

Race Paces **Training** Equivalent

Type	1 Mile	1200M	1 Km	800M	600M	400M	200M
Easy	08:40 - 09:33		05:23 - 05:56	04:19 - 04:45	--	--	--
Marathon	07:41		04:46		--	--	--
Threshold	07:13	05:23	04:29	03:35	02:41	01:48	00:54
Interval	06:38	04:57	04:07	03:18	02:28	01:39	00:49
Repetition	06:14	04:39	03:52	03:06	02:19	01:33	00:46

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