

## Northwest Distance 3200m Pace Chart

3200M Run / PP 200m	200m	400m	600m	800m	1000m	1200m	1400m	1600m	1800m	2000m	2200m	2400m	2600m	2800m	3000m	3200m
Goal Time																
9:30	35	71	1:46	2:22	2:58	3:33	4:09	4:45	5:20	5:56	6:31	7:07	7:43	8:18	8:54	9:30
9:45	36	73	1:49	2:26	3:02	3:39	4:15	4:52	5:29	6:05	6:42	7:18	7:55	8:31	9:08	9:45
10:00	37	75	1:52	2:30	3:07	3:45	4:22	5:00	5:37	6:15	6:52	7:30	8:07	8:45	9:22	10:00
10:15	38	76	1:55	2:33	3:12	3:50	4:29	5:07	5:45	6:24	7:02	7:41	8:19	8:58	9:36	10:15
10:30	39	78	1:58	2:37	3:16	3:56	4:35	5:15	5:54	6:33	7:13	7:52	8:31	9:11	9:50	10:30
10:45	40	80	2:00	2:41	3:21	4:01	4:42	5:22	6:02	6:43	7:23	8:03	8:44	9:24	10:04	10:45
11:00	41	82	2:03	2:45	3:26	4:07	4:48	5:30	6:11	6:52	7:33	8:15	8:56	9:37	10:18	11:00
11:15	42	84	2:06	2:48	3:30	4:13	4:55	5:37	6:19	7:01	7:44	8:26	9:08	9:50	10:32	11:15
11:30	43	86	2:09	2:52	3:35	4:18	5:01	5:45	6:28	7:11	7:54	8:37	9:20	10:03	10:46	11:30
11:45	44	88	2:12	2:56	3:40	4:24	5:08	5:52	6:36	7:20	8:04	8:48	9:32	10:16	11:00	11:45
12:00	45	90	2:15	3:00	3:45	4:30	5:15	6:00	6:45	7:30	8:15	9:00	9:45	10:30	11:15	12:00
12:15	45	91	2:17	3:03	3:49	4:35	5:21	6:07	6:53	7:39	8:25	9:11	9:57	10:43	11:29	12:15
12:30	46	93	2:20	3:07	3:54	4:41	5:28	6:15	7:01	7:48	8:35	9:22	10:09	10:56	11:43	12:30
12:45	47	95	2:23	3:11	3:59	4:46	5:34	6:22	7:10	7:58	8:45	9:33	10:21	11:09	11:57	12:45
13:00	48	97	2:26	3:15	4:03	4:52	5:41	6:30	7:18	8:07	8:56	9:45	10:33	11:22	12:11	13:00
13:15	49	99	2:29	3:18	4:08	4:58	5:47	6:37	7:27	8:16	9:06	9:56	10:45	11:35	12:25	13:15
13:30	50	1:41	2:31	3:22	4:13	5:03	5:54	6:45	7:35	8:26	9:16	10:07	10:58	11:48	12:39	13:30
13:45	51	1:43	2:34	3:26	4:17	5:09	6:00	6:52	7:44	8:35	9:27	10:18	11:10	12:01	12:53	13:45
14:00	52	1:45	2:37	3:30	4:22	5:15	6:07	7:00	7:52	8:45	9:37	10:30	11:22	12:15	13:07	14:00

**"Run Hard, Be Strong, Think Big!"**