

PACE	PACE	Distance	200	400	800	1000	1500	1600	1900	2.5K	3800	5K	10K
50	100	Triathlon		.25 mile* - Sprint	.50 mile* - Sprint			1 mile* -Olympic	1.2 mile* -Half Iron		2.4* mile-Ironman		
:25	:50		1:40	3:20	6:40	8:20	12:30	13:20	15:50	20:10	31:40	41:40	1:23:20
:27.5	:55		1:50	3:40	7:20	9:10	13:45	14:40	17:25	22:55	34:50	45:50	1:31:40
:30	1:00		2:00	4:00	8:00	10:00	15:00	16:00	19:00	25:00	38:00	50:00	1:40:00
:32.5	1:05		2:10	4:20	8:40	10:50	16:15	17:20	20:35	27:05	41:10	54:10	1:48:20
:35	1:10		2:20	4:40	9:20	11:40	17:30	18:40	22:10	29:10	44:20	58:20	1:56:40
:37.5	1:15		2:30	5:00	10:00	12:30	18:45	20:00	23:45	31:15	47:30	1:02:30	2:05:00
:40	1:20		2:40	5:20	10:40	13:20	20:00	21:20	25:20	33:20	50:40	1:06:40	2:13:20
:42.5	1:25		2:50	5:40	11:20	14:10	21:15	22:40	26:55	35:25	53:50	1:10:50	2:21:40
:45	1:30		3:00	6:00	12:00	15:00	22:30	24:00	28:30	37:30	57:00	1:15:00	2:30:00
:47.5	1:35		3:10	6:20	12:40	15:50	23:45	25:22	30:05	39:35	1:00:10	1:19:10	2:38:20
:50	1:40		3:20	6:40	13:20	16:40	25:00	26:40	31:40	41:40	1:03:20	1:23:20	2:46:40
:52.5	1:45		3:30	7:00	14:00	17:30	26:15	28:00	33:15	43:45	1:06:30	1:27:30	2:55:00
:55	1:50		3:40	7:20	14:40	18:20	27:30	29:20	34:50	45:50	1:09:40	1:31:40	3:03:20
:57.5	1:55		3:50	7:40	15:20	19:10	28:45	30:40	36:25	47:55	1:12:50	1:35:50	3:11:40
1:00.0	2:00		4:00	8:00	16:00	20:00	30:00	32:00	38:00	50:00	1:16:00	1:40:00	3:20:00
1:02.5	2:05		4:10	8:20	16:40	20:50	31:15	33:20	39:35	52:05	1:19:10	1:44:10	3:28:20
1:05.0	2:10		4:20	8:40	17:20	21:40	32:30	34:40	41:10	54:10	1:22:20	1:48:20	3:36:40
1:07.5	2:15		4:30	9:00	18:00	22:30	33:45	36:00	42:45	56:15	1:25:30	1:52:30	3:45:00
1:10.0	2:20		4:40	9:20	18:40	23:20	35:00	37:20	44:20	58:20	1:28:40	1:56:40	3:53:20
1:12.5	2:25		4:50	9:40	19:20	24:10	36:15	38:40	45:55	1:00:25	1:31:50	2:00:50	4:01:40
1:15.0	2:30		5:00	10:00	20:00	25:00	37:30	40:00	47:30	1:02:30	1:35:00	2:05:00	4:10:00
1:17.5	2:35		5:10	10:20	20:40	25:50	38:45	41:20	49:05	1:04:35	1:38:10	2:09:10	4:18:20
1:20.0	2:40		5:20	10:40	21:20	26:40	40:00	42:40	50:40	1:06:40	1:41:20	2:13:20	4:26:40
1:22.5	2:45		5:30	11:00	22:00	27:30	41:15	44:00	52:15	1:08:45	1:44:30	2:17:15	4:34:30
1:25.0	2:50		5:40	11:20	22:40	28:20	42:30	45:20	53:50	1:10:50	1:47:40	2:21:40	4:43:20
1:27.5	2:55		5:50	11:40	23:20	29:10	43:45	46:40	55:25	1:12:55	1:50:50	2:25:50	4:51:40
1:30.0	3:00		6:00	12:00	24:00	30:00	45:00	48:00	57:00	1:15:00	1:54:00	2:30:00	5:00:00

\*All Triathlon distances are approximate conversions for training purposes only. Keep in mind, most triathlon swims are open water and not measured exactly.