

# Two Oceans Pace Chart

## HALF

TEAR HERE 

SUB 1:30	SUB 1:45	SUB 2:00	SUB 2:30	SUB 3:00
RUNNERS	RUNNERS	RUNNERS	RUNNERS	RUNNERS
7km 29:40	7km 34:00	7km 40:30	7km 51:00	7km 1:03:00
10km 42.00	10km 48.18	10km 56.30	10km 1:11.15	10km 1:27.18
13km 56.30	13km 1:04.30	13km 1:15.00	13km 1:33.45	13km 1:54.18
18km 1:16.00	18km 1:28.15	18km 1:41.00	18km 2:05.45	18km 2:32.36
21.1km 1:29.30	21.1km 1:44.30	21.1km 1:59.00	21.1km 2:28.00	21.1km 2:58.00
AVE PACE 4:15	AVE PACE 4:57	AVE PACE 5:38	AVE PACE 7:01	AVE PACE 8:26

STICK TO  
OPPOSITE END

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