

MARATHON SECTIONS TIMES - CALCULATION TABLE

ACDS(c)2017V9.1

ACDS CDE ORGANISATION GUIDELINES FORM 1C

WALK							
SPEED DISTANCES	4.6 KPH MIN:SEC	5 KPH MIN:SEC	5.4 KPH MIN:SEC	5.7 KPH MIN:SEC	6 KPH MIN:SEC	6.6 KPH MIN:SEC	7 KPH MIN:SEC
800m	10:26	9:36	8:53	8:25	8:00	7:16	6:51
900m	11:44	10:48	10:00	9:28	9:00	8:11	7:43
1000m	13:02	12:00	11:06	10:32	10:00	9:05	8:34

TROT/ANY PACE											
SPEED DISTANCE	9 KPH MIN:SEC	10 KPH MIN:SEC	11 KPH MIN:SEC	12 KPH MIN:SEC	13 KPH MIN:SEC	14 KPH MIN:SEC	15 KPH MIN:SEC	16 KPH MIN:SEC	17 KPH MIN:SEC	18 KPH MIN:SEC	19 KPH MIN:SEC
1 Km	06:40	06:00	05:27	05:00	04:37	04:17	04:00	03:45	03:32	03:20	03:09
2 Km	13:20	12:00	10:55	10:00	09:14	08:34	08:00	07:30	07:04	06:40	06:19
3 Km	20:00	18:00	16:22	15:00	13:51	12:51	12:00	11:15	10:35	10:00	09:28
4 Km	26:40	24:00	21:49	20:00	18:28	17:09	16:00	15:00	14:07	13:20	12:38
5 Km	33:20	30:00	27:16	25:00	23:05	21:26	20:00	18:45	17:39	16:40	15:47
6 Km	40:00	36:00	32:44	30:00	27:42	25:43	24:00	22:30	21:11	20:00	18:57
7 Km	46:40	42:00	38:11	35:00	32:18	30:00	28:00	26:15	24:42	23:20	22:06
8 Km	53:20	48:00	43:38	40:00	36:55	34:17	32:00	30:00	28:14	26:40	25:16
9 Km	60:00	54:00	49:05	45:00	41:32	38:34	36:00	33:45	31:46	30:00	28:25
10 Km	66:40	60:00	54:33	50:00	46:09	42:51	40:00	37:30	35:18	33:20	31:35

SPEED DISTANCE	9 KPH MIN:SEC	10 KPH MIN:SEC	11 KPH MIN:SEC	12 KPH MIN:SEC	13 KPH MIN:SEC	14 KPH MIN:SEC	15 KPH MIN:SEC	16 KPH MIN:SEC	17 KPH MIN:SEC	18 KPH MIN:SEC	19 KPH MIN:SEC
100m	0:40	0:36	0:33	0:30	0:28	0:26	0:24	0:22	0:21	0:20	0:19
200m	1:20	1:12	1:05	1:00	0:55	0:51	0:48	0:45	0:42	0:40	0:38
300m	2:00	1:48	1:38	1:30	1:23	1:17	1:12	1:07	1:03	1:00	0:57
400m	2:40	2:24	2:11	2:00	1:51	1:43	1:36	1:30	1:24	1:20	1:16
500m	3:20	3:00	2:44	2:30	2:18	2:09	2:00	1:52	1:46	1:40	1:35
600m	4:00	3:36	3:16	3:00	2:46	2:34	2:24	2:15	2:07	2:00	1:54
700m	4:40	4:12	3:49	3:30	3:14	3:00	2:48	2:37	2:28	2:20	2:13
800m	5:20	4:48	4:22	4:00	3:42	3:26	3:12	3:00	2:49	2:40	2:32
900m	6:00	5:24	4:54	4:30	4:09	3:51	3:36	3:22	3:11	3:00	2:50
1000m	6:40	6:00	5:27	5:00	4:37	4:17	4:00	3:45	3:32	3:20	3:09