



Entered Race Distance	1600 meters
Entered Race Time	4:45
VO2 Time	5:16

Type	Paces	Mileages
Easy	7:01-7:31	4.0-6.0
Long	6:35-7:01	9.0-11.0
Tempo	5:51-6:12	3.0-3.5
Interval	5:16-5:33	3.0-3.5
Lactic	4:45-4:55	2.5-3.0

Race	Performance
800	2:11
1600	4:45
3200	10:20
5K	16:59