

1.6Km run goal time conversion table

Previous Time	Time Difference	Goal Time	Previous Time	Time Difference	Goal Time
10m 00s +	60sec +	9m 00s	8m 00s	29sec	7m 31s
9m 59s	60sec	8m 59s	7m 59s	28sec	7m 31s
9m 58s	60sec	8m 58s	7m 58s	28sec	7m 30s
9m 57s	60sec	8m 57s	7m 57s	28sec	7m 29s
9m 56s	60sec	8m 56s	7m 56s	28sec	7m 28s
9m 55s	60sec	8m 55s	7m 55s	28sec	7m 27s
9m 54s	60sec	8m 54s	7m 54s	28sec	7m 26s
9m 53s	60sec	8m 53s	7m 53s	28sec	7m 25s
9m 52s	60sec	8m 52s	7m 52s	28sec	7m 24s
9m 51s	60sec	8m 51s	7m 51s	28sec	7m 23s
9m 50s	60sec	8m 50s	7m 50s	28sec	7m 22s
9m 49s	60sec	8m 49s	7m 49s	28sec	7m 21s
9m 48s	60sec	8m 48s	7m 48s	28sec	7m 20s
9m 47s	60sec	8m 47s	7m 47s	28sec	7m 19s
9m 46s	60sec	8m 46s	7m 46s	27sec	7m 19s
9m 45s	60sec	8m 45s	7m 45s	27sec	7m 18s
9m 44s	60sec	8m 44s	7m 44s	26sec	7m 18s
9m 43s	60sec	8m 43s	7m 43s	26sec	7m 17s
9m 42s	60sec	8m 42s	7m 42s	25sec	7m 17s
9m 41s	60sec	8m 41s	7m 41s	25sec	7m 16s
9m 40s	60sec	8m 40s	7m 40s	24sec	7m 16s
9m 39s	60sec	8m 39s	7m 39s	24sec	7m 15s
9m 38s	60sec	8m 38s	7m 38s	23sec	7m 15s
9m 37s	60sec	8m 37s	7m 37s	23sec	7m 14s
9m 36s	60sec	8m 36s	7m 36s	22sec	7m 14s
9m 35s	60sec	8m 35s	7m 35s	22sec	7m 13s
9m 34s	60sec	8m 34s	7m 34s	21sec	7m 13s
9m 33s	60sec	8m 33s	7m 33s	21sec	7m 12s
9m 32s	60sec	8m 32s	7m 32s	20sec	7m 12s
9m 31s	60sec	8m 31s	7m 31s	20sec	7m 11s
9m 30s	60sec	8m 30s	7m 30s	19sec	7m 11s
9m 29s	60sec	8m 29s	7m 29s	19sec	7m 10s
9m 28s	60sec	8m 28s	7m 28s	19sec	7m 09s
9m 27s	60sec	8m 27s	7m 27s	19sec	7m 08s
9m 26s	60sec	8m 26s	7m 26s	19sec	7m 07s
9m 25s	60sec	8m 25s	7m 25s	19sec	7m 06s
9m 24s	60sec	8m 24s	7m 24s	19sec	7m 05s
9m 23s	60sec	8m 23s	7m 23s	19sec	7m 04s
9m 22s	60sec	8m 22s	7m 22s	19sec	7m 03s
9m 21s	59sec	8m 22s	7m 21s	19sec	7m 02s
9m 20s	58sec	8m 22s	7m 20s	19sec	7m 01s
9m 19s	57sec	8m 22s	7m 19s	19sec	7m 00s
9m 18s	57sec	8m 21s	7m 18s	19sec	6m 59s
9m 17s	56sec	8m 21s	7m 17s	19sec	6m 58s
9m 16s	56sec	8m 20s	7m 16s	19sec	6m 57s
9m 15s	55sec	8m 20s	7m 15s	19sec	6m 56s
9m 14s	55sec	8m 19s	7m 14s	19sec	6m 55s
9m 13s	54sec	8m 19s	7m 13s	19sec	6m 54s
9m 12s	53sec	8m 19s	7m 12s	19sec	6m 53s
9m 11s	53sec	8m 18s	7m 11s	19sec	6m 52s
9m 10s	52sec	8m 18s	7m 10s	19sec	6m 51s
9m 09s	51sec	8m 18s	7m 09s	19sec	6m 50s
9m 08s	51sec	8m 17s	7m 08s	19sec	6m 49s
9m 07s	50sec	8m 17s	7m 07s	19sec	6m 48s
9m 06s	49sec	8m 17s	7m 06s	19sec	6m 47s
9m 05s	49sec	8m 16s	7m 05s	18sec	6m 47s
9m 04s	48sec	8m 16s	7m 04s	18sec	6m 46s
9m 03s	47sec	8m 16s	7m 03s	17sec	6m 46s
9m 02s	47sec	8m 15s	7m 02s	17sec	6m 45s
9m 01s	46sec	8m 15s	7m 01s	16sec	6m 45s
9m 00s	45sec	8m 15s	7m 00s	15sec	6m 45s
8m 59s	45sec	8m 14s	6m 59s	15sec	6m 44s

8m 58s	45sec	8m 13s	6m 58s	15sec	6m 43s
8m 57s	45sec	8m 12s	6m 57s	15sec	6m 42s
8m 56s	45sec	8m 11s	6m 56s	15sec	6m 41s
8m 55s	45sec	8m 10s	6m 55s	15sec	6m 40s
8m 54s	45sec	8m 09s	6m 54s	15sec	6m 39s
8m 53s	45sec	8m 08s	6m 53s	15sec	6m 38s
8m 52s	45sec	8m 07s	6m 52s	14sec	6m 38s
8m 51s	45sec	8m 06s	6m 51s	14sec	6m 37s
8m 50s	45sec	8m 05s	6m 50s	14sec	6m 36s
8m 49s	45sec	8m 04s	6m 49s	14sec	6m 35s
8m 48s	45sec	8m 03s	6m 48s	14sec	6m 34s
8m 47s	45sec	8m 02s	6m 47s	13sec	6m 34s
8m 46s	45sec	8m 01s	6m 46s	13sec	6m 33s
8m 45s	45sec	8m 00s	6m 45s	13sec	6m 32s
8m 44s	45sec	7m 59s	6m 44s	13sec	6m 31s
8m 43s	45sec	7m 58s	6m 43s	13sec	6m 30s
8m 42s	45sec	7m 57s	6m 42s	12sec	6m 30s
8m 41s	45sec	7m 56s	6m 41s	12sec	6m 29s
8m 40s	45sec	7m 55s	6m 40s	12sec	6m 28s
8m 39s	45sec	7m 54s	6m 39s	12sec	6m 27s
8m 38s	45sec	7m 53s	6m 38s	12sec	6m 26s
8m 37s	45sec	7m 52s	6m 37s	12sec	6m 25s
8m 36s	45sec	7m 51s	6m 36s	12sec	6m 24s
8m 35s	45sec	7m 50s	6m 35s	12sec	6m 23s
8m 34s	45sec	7m 49s	6m 34s	12sec	6m 22s
8m 33s	45sec	7m 48s	6m 33s	12sec	6m 21s
8m 32s	45sec	7m 47s	6m 32s	12sec	6m 20s
8m 31s	45sec	7m 46s	6m 31s	11sec	6m 20s
8m 30s	45sec	7m 45s	6m 30s	11sec	6m 19s
8m 29s	45sec	7m 44s	6m 29s	11sec	6m 18s
8m 28s	45sec	7m 43s	6m 28s	11sec	6m 17s
8m 27s	45sec	7m 42s	6m 27s	11sec	6m 16s
8m 26s	45sec	7m 41s	6m 26s	11sec	6m 15s
8m 25s	45sec	7m 40s	6m 25s	10sec	6m 15s
8m 24s	45sec	7m 39s	6m 24s	10sec	6m 14s
8m 23s	44sec	7m 39s	6m 23s	10sec	6m 13s
8m 22s	43sec	7m 39s	6m 22s	10sec	6m 12s
8m 21s	42sec	7m 39s	6m 21s	9sec	6m 12s
8m 20s	42sec	7m 38s	6m 20s	9sec	6m 11s
8m 19s	41sec	7m 38s	6m 19s	9sec	6m 10s
8m 18s	40sec	7m 38s	6m 18s	8sec	6m 10s
8m 17s	40sec	7m 37s	6m 17s	8sec	6m 09s
8m 16s	39sec	7m 37s	6m 16s	8sec	6m 08s
8m 15s	38sec	7m 37s	6m 15s	7sec	6m 08s
8m 14s	38sec	7m 36s	6m 14s	7sec	6m 07s
8m 13s	37sec	7m 36s	6m 13s	7sec	6m 06s
8m 12s	36sec	7m 36s	6m 12s	6sec	6m 06s
8m 11s	35sec	7m 36s	6m 11s	6sec	6m 05s
8m 10s	35sec	7m 35s	6m 10s	6sec	6m 04s
8m 09s	34sec	7m 35s	6m 09s	5sec	6m 04s
8m 08s	33sec	7m 35s	6m 08s	5sec	6m 03s
8m 07s	33sec	7m 34s	6m 07s	5sec	6m 02s
8m 06s	32sec	7m 34s	6m 06s	4sec	6m 02s
8m 05s	32sec	7m 33s	6m 05s	4sec	6m 01s
8m 04s	31sec	7m 33s	6m 04s	3sec	6m 01s
8m 03s	31sec	7m 32s	6m 03s	2sec	6m 01s
8m 02s	30sec	7m 32s	6m 02s	1sec	6m 01s
8m 01s	30sec	7m 31s	6m 01s	1sec	6m 00s
8m 00s	29sec	7m 31s	6m 00s –	= 10%	PB