



# 400M PERCENTAGE PACING CHART



400M Time	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62
95% of 400	46.00	47.00	48.00	49.00	50.00	51.00	52.00	53.00	54.00	55.00	56.00	57.00	58.00	59.00	60.00	61.00	63.00	64.00	65.00
90% of 400	48.00	49.00	50.00	51.00	52.00	53.00	55.00	56.00	57.00	58.00	59.00	60.00	61.00	62.00	63.00	64.00	66.00	67.00	68.00
85% of 400	50.00	51.00	52.00	54.00	55.00	56.00	57.00	58.00	59.00	60.00	62.00	63.00	64.00	65.00	66.00	67.00	69.00	70.00	71.00
80% of 400	52.00	54.00	55.00	56.00	57.00	58.00	60.00	61.00	62.00	63.00	64.00	66.00	67.00	68.00	69.00	70.00	72.00	73.00	74.00
75% of 400	55.00	56.00	57.00	58.00	60.00	61.00	62.00	63.00	65.00	66.00	67.00	68.00	70.00	71.00	72.00	73.00	75.00	76.00	77.00
70% of 400	57.00	58.00	59.00	61.00	62.00	63.00	65.00	66.00	67.00	68.00	70.00	71.00	72.00	74.00	75.00	76.00	78.00	79.00	80.00

400M Time	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
95% of 400	66.00	67.00	68.00	69.00	70.00	71.00	72.00	73.00	74.00	75.00	77.00	77.50	78.00	79.00	80.00	81.00	82.00	84.00
90% of 400	69.00	70.00	71.00	72.00	73.00	74.00	75.00	77.00	78.00	79.00	80.00	81.00	82.00	83.00	84.00	85.00	86.00	88.00
85% of 400	72.00	73.00	74.00	75.00	77.00	78.00	79.00	80.00	81.00	82.00	83.00	85.00	86.00	87.00	88.00	89.00	90.00	91.00
80% of 400	75.00	76.00	78.00	79.00	80.00	81.00	82.00	84.00	85.00	86.00	87.00	88.00	90.00	91.00	92.00	93.00	94.00	96.00
75% of 400	78.00	80.00	81.00	82.00	83.00	85.00	86.00	87.00	88.00	90.00	91.00	92.00	93.00	94.00	96.00	97.00	98.00	100.00
70% of 400	81.00	83.00	84.00	85.00	87.00	88.00	89.00	91.00	92.00	93.00	94.00	96.00	97.00	99.00	100.00	101.00	103.00	104.00

400M Time	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62
100% of 300	33.00	33.75	34.50	35.25	36.00	36.75	37.00	38.25	39.00	39.75	40.50	41.25	42.00	42.75	43.50	44.25	45.00	45.75	46.50
95% of 300	34.50	35.25	36.00	36.75	37.50	38.25	39.00	39.75	40.50	41.25	42.00	42.75	43.50	44.25	45.00	45.75	47.25	48.00	48.75
90% of 300	36.30	36.75	37.50	38.25	39.00	39.75	41.25	42.00	42.74	43.50	44.25	45.00	45.75	46.50	47.25	48.00	49.50	50.25	51.00
85% of 300	37.95	38.25	39.00	40.50	41.25	42.00	42.75	43.50	44.25	45.00	46.50	47.25	48.00	48.75	49.50	50.25	51.75	52.50	53.25
80% of 300	39.60	40.50	41.25	42.00	42.75	43.50	45.00	45.75	46.50	47.25	48.00	49.50	50.25	51.00	51.75	52.50	54.00	54.75	55.50
75% of 300	41.25	42.00	42.75	43.50	45.00	45.75	46.50	47.25	48.75	49.50	50.25	51.00	52.50	53.25	54.00	54.75	56.25	57.00	57.75
70% of 300	42.90	43.50	44.25	45.75	46.50	47.25	46.25	49.50	50.25	51.00	52.50	53.25	54.00	55.50	56.25	57.00	58.50	59.25	60.00

400M Time	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
100% of 300	47.25	48.00	48.75	49.50	50.25	51.00	51.75	52.50	53.25	54.00	54.75	55.50	56.25	57.00	57.75	58.50	59.25	60.00
95% of 300	49.50	50.25	51.00	51.75	52.50	53.25	54.00	54.75	55.50	56.25	57.75	58.12	58.50	59.25	60.00	60.75	61.50	63.00
90% of 300	51.75	52.50	53.25	54.00	54.75	55.50	56.25	57.75	58.50	59.25	60.00	60.75	61.50	62.25	63.00	63.75	64.50	66.00
85% of 300	54.00	54.75	55.50	56.25	57.75	58.50	59.25	60.00	60.75	61.50	62.25	63.75	64.50	65.25	66.00	66.75	67.50	68.25
80% of 300	56.25	57.00	58.50	59.25	60.00	60.75	61.50	63.00	63.75	64.50	65.25	66.00	67.50	68.25	69.00	69.75	70.50	72.00
75% of 300	58.50	60.00	60.75	61.50	62.25	63.75	64.50	65.25	66.00	67.50	68.25	69.00	69.75	70.50	72.00	72.75	73.50	78.00
70% of 300	60.75	62.25	63.00	63.75	65.25	66.00	66.75	68.25	69.00	69.75	70.50	72.00	72.75	74.25	75.00	75.75	77.25	78.00

400M Time	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62
100% of 200	22.00	22.50	23.00	23.50	24.00	24.50	25.00	25.50	26.00	26.50	27.00	27.50	28.00	28.50	29.00	29.50	30.00	30.50	31.00

<b>95% of 200</b>	23.00	23.50	24.00	24.50	25.00	25.50	26.00	26.50	27.00	27.50	28.00	28.50	29.00	29.50	30.00	30.50	31.50	32.00	32.50
<b>90% of 200</b>	24.20	24.50	25.00	25.50	26.00	26.50	27.50	28.00	28.50	29.00	29.50	30.00	30.50	31.00	31.50	32.00	33.00	33.50	34.00
<b>85% of 200</b>	25.30	25.50	26.00	27.00	27.50	28.00	28.50	29.00	29.50	30.00	31.00	31.50	32.00	32.50	33.00	33.50	34.50	35.00	35.50
<b>80% of 200</b>	26.40	27.00	27.50	28.00	28.50	29.00	30.00	30.50	31.00	31.50	32.00	33.00	33.50	34.00	34.50	35.00	36.00	36.50	37.00
<b>75% of 200</b>	27.50	28.00	28.50	29.00	30.00	30.50	31.00	31.50	32.50	33.00	33.50	34.00	35.00	35.50	36.00	36.50	37.50	38.00	38.50
<b>70% of 200</b>	28.60	29.00	29.50	30.50	31.00	31.50	32.50	33.00	33.50	34.00	35.00	35.50	36.00	37.00	37.50	38.00	39.00	39.50	40.00

<b>400M Time</b>	<b>63</b>	<b>64</b>	<b>65</b>	<b>66</b>	<b>67</b>	<b>68</b>	<b>69</b>	<b>70</b>	<b>71</b>	<b>72</b>	<b>73</b>	<b>74</b>	<b>75</b>	<b>76</b>	<b>77</b>	<b>78</b>	<b>79</b>	<b>80</b>
<b>100% of 200</b>	31.50	32.00	32.50	33.00	33.50	34.00	34.50	35.00	35.50	36.00	36.50	37.00	37.50	38.00	38.50	39.00	39.50	40.00
<b>95% of 200</b>	33.00	33.50	34.00	34.50	35.00	35.50	36.00	36.50	37.00	37.50	38.50	38.75	39.00	39.50	40.00	40.50	41.00	42.00
<b>90% of 200</b>	34.50	35.00	35.50	36.00	36.50	37.00	37.50	38.50	39.00	39.50	40.00	40.50	41.00	41.50	42.00	42.50	43.00	44.00
<b>85% of 200</b>	36.00	36.50	37.00	37.50	38.50	39.00	39.50	40.00	40.50	41.00	41.50	42.50	43.00	43.50	44.00	44.50	45.00	45.50
<b>80% of 200</b>	37.50	38.00	39.00	39.50	40.00	40.50	41.00	42.00	42.50	43.00	43.50	44.00	45.00	45.50	46.00	46.50	47.00	48.00
<b>75% of 200</b>	39.00	40.00	40.50	41.00	41.50	42.50	43.00	43.50	44.00	45.00	45.50	46.00	46.50	47.00	48.00	48.50	49.00	52.00
<b>70% of 200</b>	40.50	41.50	42.00	42.50	43.50	44.00	44.50	45.50	46.00	46.50	47.00	48.00	48.50	49.50	50.00	50.50	51.50	52.00

<b>400M Time</b>	<b>44</b>	<b>45</b>	<b>46</b>	<b>47</b>	<b>48</b>	<b>49</b>	<b>50</b>	<b>51</b>	<b>52</b>	<b>53</b>	<b>54</b>	<b>55</b>	<b>56</b>	<b>57</b>	<b>58</b>	<b>59</b>	<b>60</b>	<b>61</b>	<b>62</b>
<b>100% of 100</b>	11.00	11.25	11.50	11.75	12.00	12.25	12.50	12.75	13.00	13.25	13.50	13.75	14.00	14.25	14.50	14.75	15.00	15.25	15.50
<b>95% of 100</b>	11.50	11.75	12.00	12.25	12.50	12.75	13.00	13.25	13.50	13.75	14.00	14.25	14.50	14.75	15.00	15.25	15.75	16.00	16.25
<b>90% of 100</b>	12.10	12.25	12.50	12.75	13.00	13.25	13.75	14.00	14.25	14.50	14.75	15.00	15.25	15.50	15.75	16.00	16.50	16.75	17.00
<b>85% of 100</b>	12.65	12.75	13.00	13.50	13.75	14.00	14.25	14.50	14.75	15.00	15.50	15.75	16.00	16.25	16.50	16.75	17.25	17.25	17.75
<b>80% of 100</b>	13.20	13.50	13.75	14.00	14.25	14.50	15.00	15.25	15.50	15.75	16.00	16.50	16.75	17.00	17.25	17.50	18.00	18.25	18.50
<b>75% of 100</b>	13.75	14.00	14.25	14.50	15.00	15.25	15.50	15.75	16.25	16.50	16.75	17.00	17.50	17.75	18.00	18.25	18.75	19.00	19.25
<b>70% of 100</b>	14.30	14.50	14.75	15.25	15.50	15.75	16.25	16.50	16.75	17.00	17.50	17.75	33.00	18.50	18.75	19.00	19.50	19.75	20.00

<b>400M Time</b>	<b>63</b>	<b>64</b>	<b>65</b>	<b>66</b>	<b>67</b>	<b>68</b>	<b>69</b>	<b>70</b>	<b>71</b>	<b>72</b>	<b>73</b>	<b>74</b>	<b>75</b>	<b>76</b>	<b>77</b>	<b>78</b>	<b>79</b>	<b>80</b>
<b>100% of 100</b>	15.75	16.00	16.25	16.50	16.75	17.00	17.25	17.50	17.75	18.00	18.25	18.50	18.75	19.00	19.25	19.50	19.75	20.00
<b>95% of 100</b>	16.50	16.75	17.00	17.25	17.50	17.75	18.00	18.25	18.50	18.75	19.25	19.37	19.50	19.75	20.00	20.25	20.50	21.00
<b>90% of 100</b>	17.25	17.50	17.75	18.00	18.25	18.50	18.75	19.25	19.50	19.75	20.00	20.25	20.50	20.75	21.00	21.25	21.50	22.00
<b>85% of 100</b>	18.00	18.25	18.50	18.75	19.25	19.50	19.75	20.00	20.25	20.50	20.75	21.25	21.50	21.75	22.00	22.25	22.50	22.75
<b>80% of 100</b>	18.75	19.00	19.50	19.75	20.00	20.25	20.50	21.00	21.25	21.50	21.75	22.00	22.50	22.75	23.00	23.25	23.50	24.00
<b>75% of 100</b>	19.50	20.00	20.25	20.50	20.75	21.25	21.50	21.75	22.00	22.50	22.75	23.00	23.25	23.50	24.00	24.25	24.50	26.00
<b>70% of 100</b>	20.25	20.75	21.00	21.25	21.75	22.00	22.25	22.75	23.00	23.25	23.50	24.00	24.25	24.75	25.00	25.25	25.75	26.00