

Outdoor track

Outdoor track (400 meters)

Laps	Meters	Miles
1	400	0.25
2	800	0.50
3	1200	0.75
4	1600	1.00

Pace (min/mile)	One Lap		Two Laps		Three Laps	
	Minutes	Seconds	Minutes	Seconds	Minutes	Seconds
4:00	1	0	2	0	3	0
5:00	1	15	2	29	3	44
5:30	1	22	2	44	4	6
6:00	1	29	2	59	4	28
6:30	1	37	3	14	4	51
7:00	1	44	3	29	5	13
7:30	1	52	3	44	5	36
8:00	1	59	3	59	5	58
8:30	2	7	4	14	6	20
9:00	2	14	4	28	6	43
9:30	2	22	4	43	7	5
10:00	2	29	4	58	7	27
10:30	2	37	5	13	7	50
11:00	2	44	5	28	8	12
11:30	2	51	5	43	8	34
12:00	2	59	5	58	8	57