

Triathlon Pace Chart

Swim

IRONMATE



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SWIM	SUPER SPRINT	SPRINT	OLYMPIC	70.3	IRONMAN	DOUBLE IRONMAN
100	400	750	1500	1900	3800	7600
hh:mm:ss	hh:mm:ss	hh:mm:ss	hh:mm:ss	hh:mm:ss	hh:mm:ss	hh:mm:ss
00:01:00	00:04:00	00:07:30	00:15:00	00:19:00	00:38:00	01:16:00
00:01:05	00:04:20	00:08:07	00:16:15	00:20:35	00:41:10	01:22:20
00:01:10	00:04:40	00:08:45	00:17:30	00:22:10	00:44:20	01:28:40
00:01:15	00:05:00	00:09:22	00:18:45	00:23:45	00:47:30	01:35:00
00:01:20	00:05:20	00:10:00	00:20:00	00:25:20	00:50:40	01:41:20
00:01:25	00:05:40	00:10:37	00:21:15	00:26:55	00:53:50	01:47:40
00:01:30	00:06:00	00:11:15	00:22:30	00:28:30	00:57:00	01:54:00
00:01:35	00:06:20	00:11:52	00:23:45	00:30:05	01:00:10	02:00:20
00:01:40	00:06:40	00:12:30	00:25:00	00:31:40	01:03:20	02:06:40
00:01:45	00:07:00	00:13:08	00:26:15	00:33:15	01:06:30	02:13:00
00:01:50	00:07:20	00:13:45	00:27:30	00:34:50	01:09:40	02:19:20
00:01:55	00:07:40	00:14:22	00:28:45	00:36:25	01:12:50	02:25:40
00:02:00	00:08:00	00:15:00	00:30:00	00:38:00	01:16:00	02:32:00
00:02:05	00:08:20	00:15:37	00:31:15	00:39:35	01:19:10	02:38:20
00:02:10	00:08:40	00:16:15	00:32:30	00:41:10	01:22:20	02:44:40
00:02:15	00:09:00	00:16:52	00:33:45	00:42:45	01:25:30	02:51:00
00:02:20	00:09:20	00:17:30	00:35:00	00:44:20	01:28:40	02:57:20
00:02:25	00:09:40	00:18:07	00:36:15	00:45:55	01:31:50	03:03:40
00:02:30	00:10:00	00:18:45	00:37:30	00:47:30	01:35:00	03:10:00
00:02:35	00:10:20	00:19:22	00:38:45	00:49:05	01:38:10	03:16:20
00:02:40	00:10:40	00:20:00	00:40:00	00:50:40	01:41:20	03:22:40
00:02:45	00:11:00	00:20:37	00:41:15	00:52:15	01:44:30	03:29:00
00:02:50	00:11:20	00:21:15	00:42:30	00:53:50	01:47:40	03:35:20
00:02:55	00:11:40	00:21:52	00:43:45	00:55:25	01:50:50	03:41:40
00:03:00	00:12:00	00:22:30	00:45:00	00:57:00	01:54:00	03:48:00
00:03:05	00:12:20	00:23:07	00:46:15	00:58:35	01:57:10	03:54:20
00:03:10	00:12:40	00:23:45	00:47:30	01:00:10	02:00:20	04:00:40
00:03:15	00:13:00	00:24:22	00:48:45	01:01:45	02:03:30	04:07:00
00:03:20	00:13:20	00:25:00	00:50:00	01:03:20	02:06:40	04:13:20
00:03:25	00:13:40	00:25:37	00:51:15	01:04:55	02:09:50	04:19:40
00:03:30	00:14:00	00:26:15	00:52:30	01:06:30	02:13:00	04:26:00
00:03:35	00:14:20	00:26:52	00:53:45	01:08:05	02:16:10	04:32:20
00:03:40	00:14:40	00:27:30	00:55:00	01:09:40	02:19:20	04:38:40
00:03:45	00:15:00	00:28:07	00:56:15	01:11:15	02:22:30	04:45:00
00:03:50	00:15:20	00:28:45	00:57:30	01:12:50	02:25:40	04:51:20
00:03:55	00:15:40	00:29:22	00:58:45	01:14:25	02:28:50	04:57:40
00:04:00	00:16:00	00:30:00	01:00:00	01:16:00	02:32:00	05:04:00

Triathlon Pace Chart

Bike

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BIKE	SUPER SPRINT	SPRINT	OLYMPIC	70.3	IRONMAN	DOUBLE IRONMAN
Km	20.00	20.00	40.00	90.00	180.00	360.00
Miles	12.43	12.43	24.86	55.94	111.87	223.74
Speed/Kmh	hh:mm:ss	hh:mm:ss	hh:mm:ss	hh:mm:ss	hh:mm:ss	hh:mm:ss
17	01:10:35	01:10:35	02:21:11	05:17:39	10:35:18	21:10:35
17.5	01:08:34	01:08:34	02:17:09	05:08:34	10:17:09	20:34:17
18	01:06:40	01:06:40	02:13:20	05:00:00	10:00:00	20:00:00
18.5	01:04:52	01:04:52	02:09:44	04:51:54	09:43:47	19:27:34
19	01:03:09	01:03:09	02:06:19	04:44:13	09:28:25	18:56:51
19.5	01:01:32	01:01:32	02:03:05	04:36:55	09:13:51	18:27:42
20	01:00:00	01:00:00	02:00:00	04:30:00	09:00:00	18:00:00
20.5	00:58:32	00:58:32	01:57:04	04:23:25	08:46:50	17:33:40
21	00:57:09	00:57:09	01:54:17	04:17:09	08:34:17	17:08:34
21.5	00:55:49	00:55:49	01:51:38	04:11:10	08:22:20	16:44:39
22	00:54:33	00:54:33	01:49:05	04:05:27	08:10:55	16:21:49
22.5	00:53:20	00:53:20	01:46:40	04:00:00	08:00:00	16:00:00
23	00:52:10	00:52:10	01:44:21	03:54:47	07:49:34	15:39:08
23.5	00:51:04	00:51:04	01:42:08	03:49:47	07:39:34	15:19:09
24	00:50:00	00:50:00	01:40:00	03:45:00	07:30:00	15:00:00
24.5	00:48:59	00:48:59	01:37:58	03:40:24	07:20:49	14:41:38
25	00:48:00	00:48:00	01:36:00	03:36:00	07:12:00	14:24:00
25.5	00:47:04	00:47:04	01:34:07	03:31:46	07:03:32	14:07:04
26	00:46:09	00:46:09	01:32:18	03:27:42	06:55:23	13:50:46
26.5	00:45:17	00:45:17	01:30:34	03:23:46	06:47:33	13:35:06
27	00:44:27	00:44:27	01:28:53	03:20:00	06:40:00	13:20:00
27.5	00:43:38	00:43:38	01:27:16	03:16:22	06:32:44	13:05:27
28	00:42:51	00:42:51	01:25:43	03:12:51	06:25:43	12:51:26
28.5	00:42:06	00:42:06	01:24:13	03:09:28	06:18:57	12:37:54
29	00:41:23	00:41:23	01:22:46	03:06:12	06:12:25	12:24:50
29.5	00:40:41	00:40:41	01:21:21	03:03:03	06:06:06	12:12:12
30	00:40:00	00:40:00	01:20:00	03:00:00	06:00:00	12:00:00
30.5	00:39:21	00:39:21	01:18:41	02:57:03	05:54:06	11:48:12
31	00:38:43	00:38:43	01:17:25	02:54:12	05:48:23	11:36:46
31.5	00:38:06	00:38:06	01:16:11	02:51:26	05:42:51	11:25:43
32	00:37:30	00:37:30	01:15:00	02:48:45	05:37:30	11:15:00
32.5	00:36:55	00:36:55	01:13:51	02:46:09	05:32:18	11:04:37
33	00:36:22	00:36:22	01:12:44	02:43:38	05:27:16	10:54:33
33.5	00:35:49	00:35:49	01:11:39	02:41:12	05:22:23	10:44:47
34	00:35:18	00:35:18	01:10:35	02:38:49	05:17:39	10:35:18
34.5	00:34:47	00:34:47	01:09:34	02:36:31	05:13:03	10:26:05
35	00:34:17	00:34:17	01:08:34	02:34:17	05:08:34	10:17:09
35.5	00:33:48	00:33:48	01:07:36	02:32:07	05:04:14	10:08:27
36	00:33:20	00:33:20	01:06:40	02:30:00	05:00:00	10:00:00
36.5	00:32:53	00:32:53	01:05:45	02:27:57	04:55:53	09:51:47
37	00:32:26	00:32:26	01:04:52	02:25:57	04:51:54	09:43:47
37.5	00:32:00	00:32:00	01:04:00	02:24:00	04:48:00	09:36:00
38	00:31:35	00:31:35	01:03:09	02:22:06	04:44:13	09:28:25
38.5	00:31:10	00:31:10	01:02:20	02:20:16	04:40:31	09:21:02
39	00:30:46	00:30:46	01:01:32	02:18:28	04:36:55	09:13:51
39.5	00:30:23	00:30:23	01:00:46	02:16:43	04:33:25	09:06:50
40	00:30:00	00:30:00	01:00:00	02:15:00	04:30:00	09:00:00
40.5	00:29:38	00:29:38	00:59:16	02:13:20	04:26:40	08:53:20
41	00:29:16	00:29:16	00:58:32	02:11:42	04:23:25	08:46:50
41.5	00:28:55	00:28:55	00:57:50	02:10:07	04:20:14	08:40:29
42	00:28:34	00:28:34	00:57:09	02:08:34	04:17:09	08:34:17
42.5	00:28:14	00:28:14	00:56:28	02:07:04	04:14:07	08:28:14
43	00:27:54	00:27:54	00:55:49	02:05:35	04:11:10	08:22:20
43.5	00:27:35	00:27:35	00:55:10	02:04:08	04:08:17	08:16:33
44	00:27:16	00:27:16	00:54:33	02:02:44	04:05:27	08:10:55
44.5	00:26:58	00:26:58	00:53:56	02:01:21	04:02:42	08:05:24

Triathlon Pace Chart

Run

IRONMATE



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	SUPER SPRINT	SPRINT	OLYMPIC	70.3	IRONMAN	DOUBLE IRONMAN
RUN Km	5.00	5.00	10.00	21.10	42.20	84.40
RUN Miles	3.11	3.11	6.22	13.11	26.23	52.45
Speed / MpK	hh:mm:ss	hh:mm:ss	hh:mm:ss	hh:mm:ss	hh:mm:ss	hh:mm:ss
10	00:50:00	00:50:00	01:40:00	03:31:00	07:02:00	14:04:00
9.75	00:48:45	00:48:45	01:37:30	03:25:44	06:51:27	13:42:54
9.5	00:47:30	00:47:30	01:35:00	03:20:27	06:40:54	13:21:48
9.25	00:46:15	00:46:15	01:32:30	03:15:11	06:30:21	13:00:42
9	00:45:00	00:45:00	01:30:00	03:09:54	06:19:48	12:39:36
8.75	00:43:45	00:43:45	01:27:30	03:04:38	06:09:15	12:18:30
8.5	00:42:30	00:42:30	01:25:00	02:59:21	05:58:42	11:57:24
8.25	00:41:15	00:41:15	01:22:30	02:54:05	05:48:09	11:36:18
8	00:40:00	00:40:00	01:20:00	02:48:48	05:37:36	11:15:12
7.8	00:39:00	00:39:00	01:18:00	02:44:35	05:29:10	10:58:19
7.7	00:38:30	00:38:30	01:17:00	02:42:28	05:24:56	10:49:53
7.6	00:38:00	00:38:00	01:16:00	02:40:22	05:20:43	10:41:26
7.5	00:37:30	00:37:30	01:15:00	02:38:15	05:16:30	10:33:00
7.3	00:36:30	00:36:30	01:13:00	02:34:02	05:08:04	10:16:07
7.2	00:36:00	00:36:00	01:12:00	02:31:55	05:03:50	10:07:41
7.1	00:35:30	00:35:30	01:11:00	02:29:49	04:59:37	09:59:14
7	00:35:00	00:35:00	01:10:00	02:27:42	04:55:24	09:50:48
6.9	00:34:30	00:34:30	01:09:00	02:25:35	04:51:11	09:42:22
6.8	00:34:00	00:34:00	01:08:00	02:23:29	04:46:58	09:33:55
6.7	00:33:30	00:33:30	01:07:00	02:21:22	04:42:44	09:25:29
6.6	00:33:00	00:33:00	01:06:00	02:19:16	04:38:31	09:17:02
6.5	00:32:30	00:32:30	01:05:00	02:17:09	04:34:18	09:08:36
6.4	00:32:00	00:32:00	01:04:00	02:15:02	04:30:05	09:00:10
6.3	00:31:30	00:31:30	01:03:00	02:12:56	04:25:52	08:51:43
6.2	00:31:00	00:31:00	01:02:00	02:10:49	04:21:38	08:43:17
6.1	00:30:30	00:30:30	01:01:00	02:08:43	04:17:25	08:34:50
6	00:30:00	00:30:00	01:00:00	02:06:36	04:13:12	08:26:24
5.9	00:29:30	00:29:30	00:59:00	02:04:29	04:08:59	08:17:58
5.8	00:29:00	00:29:00	00:58:00	02:02:23	04:04:46	08:09:31
5.7	00:28:30	00:28:30	00:57:00	02:00:16	04:00:32	08:01:05
5.6	00:28:00	00:28:00	00:56:00	01:58:10	03:56:19	07:52:38
5.5	00:27:30	00:27:30	00:55:00	01:56:03	03:52:06	07:44:12
5.4	00:27:00	00:27:00	00:54:00	01:53:56	03:47:53	07:35:46
5.3	00:26:30	00:26:30	00:53:00	01:51:50	03:43:40	07:27:19
5.2	00:26:00	00:26:00	00:52:00	01:49:43	03:39:26	07:18:53
5.1	00:25:30	00:25:30	00:51:00	01:47:37	03:35:13	07:10:26
5	00:25:00	00:25:00	00:50:00	01:45:30	03:31:00	07:02:00
4.9	00:24:30	00:24:30	00:49:00	01:43:23	03:26:47	06:53:34
4.8	00:24:00	00:24:00	00:48:00	01:41:17	03:22:34	06:45:07
4.7	00:23:30	00:23:30	00:47:00	01:39:10	03:18:20	06:36:41
4.6	00:23:00	00:23:00	00:46:00	01:37:04	03:14:07	06:28:14
4.5	00:22:30	00:22:30	00:45:00	01:34:57	03:09:54	06:19:48
4.4	00:22:00	00:22:00	00:44:00	01:32:50	03:05:41	06:11:22
4.3	00:21:30	00:21:30	00:43:00	01:30:44	03:01:28	06:02:55
4.2	00:21:00	00:21:00	00:42:00	01:28:37	02:57:14	05:54:29
4.1	00:20:30	00:20:30	00:41:00	01:26:31	02:53:01	05:46:02
4	00:20:00	00:20:00	00:40:00	01:24:24	02:48:48	05:37:36
3.9	00:19:30	00:19:30	00:39:00	01:22:17	02:44:35	05:29:10
3.8	00:19:00	00:19:00	00:38:00	01:20:11	02:40:22	05:20:43
3.7	00:18:30	00:18:30	00:37:00	01:18:04	02:36:08	05:12:17
3.6	00:18:00	00:18:00	00:36:00	01:15:58	02:31:55	05:03:50
3.5	00:17:30	00:17:30	00:35:00	01:13:51	02:27:42	04:55:24
3.4	00:17:00	00:17:00	00:34:00	01:11:44	02:23:29	04:46:58
3.3	00:16:30	00:16:30	00:33:00	01:09:38	02:19:16	04:38:31
3.2	00:16:00	00:16:00	00:32:00	01:07:31	02:15:02	04:30:05
3.1	00:15:30	00:15:30	00:31:00	01:05:25	02:10:49	04:21:38
3	00:15:00	00:15:00	00:30:00	01:03:18	02:06:36	04:13:12
2.9	00:14:30	00:14:30	00:29:00	01:01:11	02:02:23	04:04:46
2.8	00:14:00	00:14:00	00:28:00	00:59:05	01:58:10	03:56:19