

Ironmate Swim Time Predictor

Get 100's of Ironman and Triathlon Training Tips, latest Ironman and Triathlon news and Coaching advice from Ironmate Mark at ironmate.co.uk



How To Use The Predictor

Simply find your time to complete 25 meters (front crawl only) and then read across to find the time it would take to complete the target distance. The chart compensates for the fact that your speed (pace) will slow as the distance increases so your 25 meter time should be at race pace for 25 meters.

Your time for 25 meters	Distance 50m		Distance 100m		Distance 200m		Distance 400m		Distance 800m		Distance 1500m	
	Time in Seconds		Time in Seconds		Time in Seconds		Time in Seconds		Time in Seconds		Time in Seconds	
	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max	Min	Max
10.75	00:22	00:23	00:47	00:52	01:47	01:57	03:44	03:52	07:48	08:12	14:50	15:35
11.00	00:23	00:24	00:48	00:53	01:49	02:00	03:49	03:58	07:59	08:23	15:11	15:57
11.25	00:23	00:24	00:49	00:54	01:52	02:02	03:54	04:03	08:10	08:35	15:31	16:19
11.50	00:24	00:25	00:50	00:55	01:54	02:05	03:59	04:08	08:20	08:46	15:52	16:41
11.75	00:24	00:25	00:51	00:56	01:57	02:08	04:04	04:14	08:31	08:58	16:13	17:02
12.00	00:25	00:26	00:53	00:58	01:59	02:11	04:10	04:19	08:42	09:09	16:34	17:24
12.25	00:25	00:26	00:54	00:59	02:02	02:13	04:15	04:25	08:53	09:21	16:54	17:46
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Notes On Your Results

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About Ironmate Mark Kleanthous

Mark Kleanthous has been competing in triathlon and Ironman almost since they were first conceived.

Mark is one of the most experienced triathletes in the world and has been passing on his vast knowledge of the sport through his Ironmate website since the year 2004 making ironmate.co.uk one of the longest established triathlon websites on the web.

Mark is available for personal coaching at all levels from beginner to professional and is also able to provide numerous services such as commission based article writing services for magazines and corporate events and presentations.

For further details and examples of previous work, testimonials etc.. please see the [Ironmate website](http://ironmate.co.uk).

Sporting Achievements

- Mark has competed in over 1,000 races world wide in more than 14 countries.
- Swimming - 100m, Triathlon Sprint, Olympic and Ironman distance, Swimathon (5k) twice in a day, and swimming the English Channel (relay).
- Cycling - 10, 25, 50, 100 mile time trials and 12 hour time trials. Cycled from Land's End to John O Groat's 874 miles (1,399k)
- Running - Mile, 5k, 10k, 21k, Marathon, double Marathon, 100k and beyond.
- Completed over 70 Marathons.

Triathlon Achievements

- Mark has crossed the finish line in over 450 triathlons worldwide.
- Completed more than 35 Ironman events.
- From Super Sprint races to Olympic, Middle, Ironman, Double and Triple Iron distance events.
- Once won a triathlon outright in the morning and finished 2nd in another in the afternoon!

Other Events

- 1,000 Push ups (Press ups) in 28 minutes.
- Competed in the British Telecom Tower (London) race and climbed 870 steps/650 feet in less than 5 minutes.
- Pizza eating completion winner!

Qualifications

- Mark has currently achieved British Triathlon level 1 & 2 coaching award.