



Entered Race Distance 800 meters  
Entered Race Time 2:09  
VO2 Time 5:09

Type	Paces	Miles
Easy	6:52-7:22	4.5-6.0
Long	6:26-6:52	9.0-11.0
Tempo	5:43-6:04	3.0-3.5
Interval	5:09-5:25	3.0-4.0
Lactic	4:38-4:49	2.5-3.0

#### Race Performances

800	2:09
1600	4:38
3200	10:07
5K	16:37