Ashurst Bike Club - Swim Session Pacing Chart ©

400m Time mm:ss	L2 mm:ss per 50m	L2 mm:ss per 100m	L2 mm:ss per 150m	L2 mm:ss per 200m	L3 mm:ss per 50m	L3 mm:ss per 100m	L3 mm:ss per 150m	L3 mm:ss per 200m	L4 mm:ss per 50m	L4 mm:ss per 100m	L4 mm:ss per 150m	L4 mm:ss per 200m	L5 mm:ss per 50m	L5 mm:ss per 100m	L5 mm:ss per 150m	L5 mm:ss per 200m	L6 mm:ss per 50m	L6 mm:ss per 100m	L6 mm:ss per 150m	L6 mm:ss per 200m
00:05:30	00:00:47	00:01:34	00:02:21	00:03:08	00:00:45	00:01:29	00:02:13	00:02:58	00:00:43	00:01:26	00:02:09	00:02:52	00:00:42	00:01:23	00:02:05	00:02:46	00:00:40	00:01:19	00:01:58	00:02:38
00:05:35	00:00:47	00:01:35	00:02:23	00:03:10	00:00:45	00:01:30	00:02:15	00:03:00	00:00:44	00:01:27	00:02:10	00:02:54	00:00:42	00:01:24	00:02:06	00:02:48	00:00:40	00:01:20	00:02:00	00:02:40
00:05:40	00:00:48	00:01:37	00:02:25	00:03:14	00:00:46	00:01:32	00:02:18	00:03:04	00:00:45	00:01:29	00:02:13	00:02:58	00:00:43	00:01:26	00:02:09	00:02:52	00:00:41	00:01:22	00:02:03	00:02:44
00:05:45	00:00:49	00:01:38	00:02:27	00:03:16	00:00:47	00:01:33	00:02:20	00:03:06	00:00:45	00:01:30	00:02:15	00:03:00	00:00:44	00:01:27	00:02:10	00:02:54	00:00:42	00:01:23	00:02:05	00:02:46
00:05:50	00:00:49	00:01:39	00:02:29	00:03:18	00:00:47	00:01:34	00:02:21	00:03:08	00:00:46	00:01:31	00:02:16	00:03:02	00:00:44	00:01:28	00:02:12	00:02:56	00:00:42	00:01:24	00:02:06	00:02:48
00:05:55	00:00:50	00:01:40	00:02:30	00:03:20	00:00:47	00:01:35	00:02:23	00:03:10	00:00:46	00:01:32	00:02:18	00:03:04	00:00:45	00:01:29	00:02:13	00:02:58	00:00:43	00:01:25	00:02:08	00:02:50
00:06:00	00:00:51	00:01:42	00:02:33	00:03:24	00:00:48	00:01:37	00:02:25	00:03:14	00:00:47	00:01:34	00:02:21	00:03:08	00:00:46	00:01:31	00:02:16	00:03:02	00:00:44	00:01:27	00:02:10	00:02:54
00:06:05	00:00:51	00:01:43	00:02:34	00:03:26	00:00:49	00:01:38	00:02:27	00:03:16	00:00:47	00:01:35	00:02:23	00:03:10	00:00:46	00:01:32	00:02:18	00:03:04	00:00:44	00:01:28	00:02:12	00:02:56
00:06:10	00:00:52	00:01:44	00:02:36	00:03:28	00:00:49	00:01:39	00:02:29	00:03:18	00:00:48	00:01:36	00:02:24	00:03:12	00:00:47	00:01:33	00:02:20	00:03:06	00:00:45	00:01:29	00:02:13	00:02:58
00:06:15	00:00:53	00:01:45	00:02:38	00:03:30	00:00:50	00:01:40	00:02:30	00:03:20	00:00:48	00:01:37	00:02:25	00:03:14	00:00:47	00:01:34	00:02:21	00:03:08	00:00:45	00:01:30	00:02:15	00:03:00
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00:06:25	00:00:54	00:01:48	00:02:42	00:03:36	00:00:51	00:01:43	00:02:34	00:03:26	00:00:50	00:01:40	00:02:30	00:03:20	00:00:48	00:01:37	00:02:25	00:03:14	00:00:47	00:01:33	00:02:20	00:03:06
00:06:30	00:00:54	00:01:49	00:02:44	00:03:38	00:00:52	00:01:44	00:02:36	00:03:28	00:00:51	00:01:41	00:02:31	00:03:22	00:00:49	00:01:38	00:02:27	00:03:16	00:00:47	00:01:34	00:02:21	00:03:08
00:06:35	00:00:55	00:01:50	00:02:45	00:03:40	00:00:53	00:01:45	00:02:38	00:03:30	00:00:51	00:01:42	00:02:33	00:03:24	00:00:49	00:01:39	00:02:29	00:03:18	00:00:47	00:01:35	00:02:23	00:03:10
00:06:40	00:00:56	00:01:52	00:02:48	00:03:44	00:00:53	00:01:47	00:02:41	00:03:34	00:00:52	00:01:44	00:02:36	00:03:28	00:00:51	00:01:41	00:02:31	00:03:22	00:00:48	00:01:37	00:02:25	00:03:14
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00:07:00	00:00:59	00:01:57	00:02:56	00:03:54	00:00:56	00:01:52	00:02:48	00:03:44	00:00:54	00:01:49	00:02:44	00:03:38	00:00:53	00:01:46	00:02:39	00:03:32	00:00:51	00:01:42	00:02:33	00:03:24
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