

QUICK METHOD PACE CHART

(Feet - Per - Second)

(1/4 Mi)	(1/2 Mi)	(3/4 Mi)	Final frac.		
			@5½ fur.	@6½ fur. & M-1/16	@7 fur. & M-1/8
(1/4 Mi)	(1/2 Mi)	(3/4 Mi)	(3/16 Mi)	(5/16 Mi)	(3/8 Mi)
21 - 62.86	43 - 61.39	1:08 - 58.23	16 - 61.87	28 - 58.92	35 - 56.57
1 - 62.26	1 - 61.11	1 - 58.06	1 - 61.11	1 - 58.51	1 - 56.25
2 - 61.68	2 - 60.82	2 - 57.89	2 - 60.36	2 - 58.09	2 - 55.93
3 - 61.11	3 - 60.55	3 - 57.72	3 - 59.83	3 - 57.69	3 - 55.61
4 - 60.55	4 - 60.27	4 - 57.55	4 - 58.92	4 - 57.29	4 - 55.30
22 - 60.00	44 - 60.00	1:09 - 57.39	17 - 58.23	29 - 56.89	36 - 55.00
1 - 59.45	1 - 59.72	1 - 57.22	1 - 57.55	1 - 56.50	1 - 54.69
2 - 58.92	2 - 59.45	2 - 57.06	2 - 56.89	2 - 56.12	2 - 54.39
3 - 58.40	3 - 59.19	3 - 56.89	3 - 56.25	3 - 56.74	3 - 54.09
4 - 57.89	4 - 58.92	4 - 56.73	4 - 55.61	4 - 55.37	4 - 53.80
23 - 57.39	45 - 58.66	1:10 - 56.57	18 - 55.00	30 - 55.00	37 - 53.51
1 - 56.89	1 - 58.40	1 - 56.41	1 - 54.39	1 - 54.63	1 - 53.22
2 - 56.41	2 - 58.14	2 - 56.25	2 - 53.80	2 - 54.27	2 - 52.94
3 - 55.93	3 - 57.89	3 - 56.09	3 - 53.22	3 - 53.92	3 - 52.65
4 - 55.46	4 - 57.64	4 - 55.93	4 - 52.65	4 - 53.57	4 - 52.38
24 - 55.00	46 - 57.39	1:11 - 55.77	19 - 52.10	31 - 53.22	38 - 52.10
1 - 54.54	1 - 57.14	1 - 55.61	1 - 51.56	1 - 52.88	1 - 51.83
2 - 54.09	2 - 56.89	2 - 55.46	2 - 51.03	2 - 52.54	2 - 51.56
3 - 53.65	3 - 56.65	3 - 55.30	3 - 50.51	3 - 52.21	3 - 51.29
4 - 53.22	4 - 56.41	4 - 55.15	4 - 50.00	4 - 51.88	4 - 51.03
25 - 52.80	47 - 56.17	1:12 - 55.00	20 - 49.51	32 - 51.56	39 - 50.76
1 - 52.38	1 - 55.93	1 - 54.84	1 - 49.00	1 - 51.24	1 - 50.51
2 - 51.96	2 - 55.69	2 - 54.69	2 - 48.52	2 - 50.92	2 - 50.25
3 - 51.56	3 - 55.46	3 - 54.54	3 - 48.05	3 - 50.61	3 - 50.00
4 - 51.16	4 - 55.23	4 - 54.41	4 - 47.59	4 - 50.30	4 - 49.74
26 - 50.76	48 - 55.00	1:13 - 54.24	21 - 47.14	33 - 50.00	40 - 49.50
1 - 50.38	1 - 54.77	1 - 54.09	1 - 46.69	1 - 49.69	1 - 49.25
2 - 50.00	2 - 54.54	2 - 53.94	2 - 46.26	2 - 49.41	2 - 49.00
3 - 49.62	3 - 54.32	3 - 53.80	3 - 45.83	3 - 49.10	3 - 48.76
4 - 49.25	4 - 54.09	4 - 53.65	4 - 45.41	4 - 48.81	4 - 48.52
27 - 48.88	49 - 53.87	1:14 - 53.51	22 - 45.00	34 - 48.52	
1 - 48.52	1 - 53.65	1 - 53.36		1 - 48.24	
2 - 48.17	2 - 53.44	2 - 53.22		2 - 47.94	
3 - 47.82	3 - 53.22	3 - 53.08		3 - 47.68	
4 - 47.48	4 - 53.01	4 - 52.94		4 - 47.41	
28 - 47.14	50 - 52.80	1:15 - 52.80		35 - 47.14	
	1 - 52.56			1 - 46.87	
	2 - 52.36			2 - 46.61	
				3 - 46.34	
				4 - 46.08	

* 7½ Fur. & 1 3/16 Mi. - 2310 ÷ by Closing Fraction . Use 10ths

* 1 Mi. 70 Yards - 1530 ÷ by Closing Fraction . Use 10ths