

Finding Mile Time Using Pace Clock

Column1	Column2	Column3	Column4	Column5	Column6	Column7	Column8	Column9	Total Sec
Mile time	Lap time per lap	Clock back	Clock back	Clock back	Clock back	Clock back	Clock back	Clock back	
	Sec	Sec	10min	20min	25min	30min		mile	
25:00	42	18	03:03	06:07	07:38	09:10	11:00		1500.0000
25:10	42	18	03:01	06:01	07:31	09:02	10:50		1510.0000
25:20	42	18	02:58	05:56	07:24	08:53	10:40		1520.0000
25:30	43	18	02:55	05:50	07:17	08:45	10:30		1530.0000
25:40	43	17	02:52	05:44	07:11	08:37	10:20		1540.0000
25:50	43	17	02:49	05:39	07:04	08:28	10:10		1550.0000
26:00	43	17	02:47	05:33	06:57	08:20	10:00		1560.0000
26:10	44	16	02:44	05:28	06:50	08:12	09:50		1570.0000
26:20	44	16	02:41	05:22	06:43	08:03	09:40		1580.0000
26:30	44	16	02:38	05:17	06:36	07:55	09:30		1590.0000
26:40	44	16	02:36	05:11	06:29	07:47	09:20		1600.0000
26:50	45	15	02:33	05:06	06:22	07:38	09:10		1610.0000
27:00	45	15	02:30	05:00	06:15	07:30	09:00		1620.0000
27:10	45	15	02:27	04:54	06:08	07:22	08:50		1630.0000
27:20	46	14	02:24	04:49	06:01	07:13	08:40		1640.0000
27:30	46	14	02:22	04:43	05:54	07:05	08:30		1650.0000
27:40	46	14	02:19	04:38	05:47	06:57	08:20		1660.0000
27:50	46	14	02:16	04:32	05:40	06:48	08:10		1670.0000
28:00	47	13	02:13	04:27	05:33	06:40	08:00		1680.0000
28:10	47	13	02:11	04:21	05:26	06:32	07:50		1690.0000
28:20	47	13	02:08	04:16	05:19	06:23	07:40		1700.0000
28:30	48	13	02:05	04:10	05:13	06:15	07:30		1710.0000
28:40	48	12	02:02	04:04	05:06	06:07	07:20		1720.0000
28:50	48	12	01:59	03:59	04:59	05:58	07:10		1730.0000
29:00	48	12	01:57	03:53	04:52	05:50	07:00		1740.0000
29:10	49	11	01:54	03:48	04:45	05:42	06:50		1750.0000

Finding Mile Time Using Pace Clock

29:20	49	11	01:51	03:42	04:38	05:33	06:40	1760.0000
29:30	49	11	01:48	03:37	04:31	05:25	06:30	1770.0000
29:40	49	11	01:46	03:31	04:24	05:17	06:20	1780.0000
29:50	50	10	01:43	03:26	04:17	05:08	06:10	1790.0000
30:00	50	10	01:40	03:20	04:10	05:00	06:00	1800.0000
30:10	50	10	01:37	03:14	04:03	04:52	05:50	1810.0000
30:20	51	9	01:34	03:09	03:56	04:43	05:40	1820.0000
30:30	51	9	01:32	03:03	03:49	04:35	05:30	1830.0000
30:40	51	9	01:29	02:58	03:42	04:27	05:20	1840.0000
30:50	51	9	01:26	02:52	03:35	04:18	05:10	1850.0000
31:00	52	8	01:23	02:47	03:28	04:10	05:00	1860.0000
31:10	52	8	01:21	02:41	03:21	04:02	04:50	1870.0000
31:20	52	8	01:18	02:36	03:14	03:53	04:40	1880.0000
31:30	53	8	01:15	02:30	03:08	03:45	04:30	1890.0000
31:40	53	7	01:12	02:24	03:01	03:37	04:20	1900.0000
31:50	53	7	01:09	02:19	02:54	03:28	04:10	1910.0000
32:00	53	7	01:07	02:13	02:47	03:20	04:00	1920.0000
32:10	54	6	01:04	02:08	02:40	03:12	03:50	1930.0000
32:20	54	6	01:01	02:02	02:33	03:03	03:40	1940.0000
32:30	54	6	00:58	01:57	02:26	02:55	03:30	1950.0000
32:40	54	6	00:56	01:51	02:19	02:47	03:20	1960.0000
32:50	55	5	00:53	01:46	02:12	02:38	03:10	1970.0000
33:00	55	5	00:50	01:40	02:05	02:30	03:00	1980.0000
33:10	55	5	00:47	01:34	01:58	02:22	02:50	1990.0000
33:20	56	4	00:44	01:29	01:51	02:13	02:40	2000.0000
33:30	56	4	00:42	01:23	01:44	02:05	02:30	2010.0000
33:40	56	4	00:39	01:18	01:37	01:57	02:20	2020.0000
33:50	56	4	00:36	01:12	01:30	01:48	02:10	2030.0000
34:00	57	3	00:33	01:07	01:23	01:40	02:00	2040.0000
34:10	57	3	00:31	01:01	01:16	01:32	01:50	2050.0000
34:20	57	3	00:28	00:56	01:09	01:23	01:40	2060.0000
34:30	58	3	00:25	00:50	01:02	01:15	01:30	2070.0000
34:40	58	2	00:22	00:44	00:56	01:07	01:20	2080.0000
34:50	58	2	00:19	00:39	00:49	00:58	01:10	2090.0000

Finding Mile Time Using Pace Clock

35:00	58	2	00:17	00:33	00:42	00:50	01:00	2100.0000
35:10	59	1	00:14	00:28	00:35	00:42	00:50	2110.0000
35:20	59	1	00:11	00:22	00:28	00:33	00:40	2120.0000
35:30	59	1	00:08	00:17	00:21	00:25	00:30	2130.0000
35:40	59	1	00:06	00:11	00:14	00:17	00:20	2140.0000
35:50	60	0	00:03	00:06	00:07	00:08	00:10	2150.0000
36:00	60	0	00:00	00:00	00:00	00:00	00:00	2160.0000

start time 25

laps/mile 36