

Run Minnesota Track Split Guide

Pace Range: 4:00–12:00 per mile (20-second increments)

Mile Pace	200m	400m	600m	800m	1000m	1200m	1600m
4:00	0:30	1:00	1:29	1:59	2:29	2:59	3:59
4:20	0:32	1:05	1:37	2:09	2:42	3:14	4:18
4:40	0:35	1:10	1:44	2:19	2:54	3:29	4:38
5:00	0:37	1:15	1:52	2:29	3:06	3:44	4:58
5:20	0:40	1:20	1:59	2:39	3:19	3:59	5:18
5:40	0:42	1:25	2:07	2:49	3:31	4:14	5:38
6:00	0:45	1:29	2:14	2:59	3:44	4:28	5:58
6:20	0:47	1:34	2:22	3:09	3:56	4:43	6:18
6:40	0:50	1:39	2:29	3:19	4:09	4:58	6:38
7:00	0:52	1:44	2:37	3:29	4:21	5:13	6:58
7:20	0:55	1:49	2:44	3:39	4:33	5:28	7:17
7:40	0:57	1:54	2:51	3:49	4:46	5:43	7:37
8:00	1:00	1:59	2:59	3:59	4:58	5:58	7:57
8:20	1:02	2:04	3:06	4:09	5:11	6:13	8:17
8:40	1:05	2:09	3:14	4:18	5:23	6:28	8:37
9:00	1:07	2:14	3:21	4:28	5:36	6:43	8:57
9:20	1:10	2:19	3:29	4:38	5:48	6:58	9:17
9:40	1:12	2:24	3:36	4:48	6:00	7:12	9:37
10:00	1:15	2:29	3:44	4:58	6:13	7:27	9:57
10:20	1:17	2:34	3:51	5:08	6:25	7:42	10:16
10:40	1:20	2:39	3:59	5:18	6:38	7:57	10:36
11:00	1:22	2:44	4:06	5:28	6:50	8:12	10:56
11:20	1:25	2:49	4:14	5:38	7:03	8:27	11:16
11:40	1:27	2:54	4:21	5:48	7:15	8:42	11:36
12:00	1:29	2:59	4:28	5:58	7:27	8:57	11:56