

3000M Splits

Goal Time	200	400	600	800	1000	1200	1400	1600	1800	2000	2200	2400	2600	2800	3000
09:20.0	00:37.3	01:14.7	01:52.0	02:29.3	03:06.7	03:44.0	04:21.3	04:58.7	05:36.0	06:13.3	06:50.7	07:28.0	08:05.3	08:42.7	09:20.0
09:25.0	00:37.7	01:15.3	01:53.0	02:30.7	03:08.3	03:46.0	04:23.7	05:01.3	05:39.0	06:16.7	06:54.3	07:32.0	08:09.7	08:47.3	09:25.0
09:30.0	00:38.0	01:16.0	01:54.0	02:32.0	03:10.0	03:48.0	04:26.0	05:04.0	05:42.0	06:20.0	06:58.0	07:36.0	08:14.0	08:52.0	09:30.0
09:35.0	00:38.3	01:16.7	01:55.0	02:33.3	03:11.7	03:50.0	04:28.3	05:06.7	05:45.0	06:23.3	07:01.7	07:40.0	08:18.3	08:56.7	09:35.0
09:40.0	00:38.7	01:17.3	01:56.0	02:34.7	03:13.3	03:52.0	04:30.7	05:09.3	05:48.0	06:26.7	07:05.3	07:44.0	08:22.7	09:01.3	09:40.0
09:45.0	00:39.0	01:18.0	01:57.0	02:36.0	03:15.0	03:54.0	04:33.0	05:12.0	05:51.0	06:30.0	07:09.0	07:48.0	08:27.0	09:06.0	09:45.0
09:50.0	00:39.3	01:18.7	01:58.0	02:37.3	03:16.7	03:56.0	04:35.3	05:14.7	05:54.0	06:33.3	07:12.7	07:52.0	08:31.3	09:10.7	09:50.0
09:55.0	00:39.7	01:19.3	01:59.0	02:38.7	03:18.3	03:58.0	04:37.7	05:17.3	05:57.0	06:36.7	07:16.3	07:56.0	08:35.7	09:15.3	09:55.0
10:00.0	00:40.0	01:20.0	02:00.0	02:40.0	03:20.0	04:00.0	04:40.0	05:20.0	06:00.0	06:40.0	07:20.0	08:00.0	08:40.0	09:20.0	10:00.0
10:05.0	00:40.3	01:20.7	02:01.0	02:41.3	03:21.7	04:02.0	04:42.3	05:22.7	06:03.0	06:43.3	07:23.7	08:04.0	08:44.3	09:24.7	10:05.0
10:10.0	00:40.7	01:21.3	02:02.0	02:42.7	03:23.3	04:04.0	04:44.7	05:25.3	06:06.0	06:46.7	07:27.3	08:08.0	08:48.7	09:29.3	10:10.0
10:15.0	00:41.0	01:22.0	02:03.0	02:44.0	03:25.0	04:06.0	04:47.0	05:28.0	06:09.0	06:50.0	07:31.0	08:12.0	08:53.0	09:34.0	10:15.0
10:20.0	00:41.3	01:22.7	02:04.0	02:45.3	03:26.7	04:08.0	04:49.3	05:30.7	06:12.0	06:53.3	07:34.7	08:16.0	08:57.3	09:38.7	10:20.0
10:25.0	00:41.7	01:23.3	02:05.0	02:46.7	03:28.3	04:10.0	04:51.7	05:33.3	06:15.0	06:56.7	07:38.3	08:20.0	09:01.7	09:43.3	10:25.0
10:30.0	00:42.0	01:24.0	02:06.0	02:48.0	03:30.0	04:12.0	04:54.0	05:36.0	06:18.0	07:00.0	07:42.0	08:24.0	09:06.0	09:48.0	10:30.0
10:35.0	00:42.3	01:24.7	02:07.0	02:49.3	03:31.7	04:14.0	04:56.3	05:38.7	06:21.0	07:03.3	07:45.7	08:28.0	09:10.3	09:52.7	10:35.0
10:40.0	00:42.7	01:25.3	02:08.0	02:50.7	03:33.3	04:16.0	04:58.7	05:41.3	06:24.0	07:06.7	07:49.3	08:32.0	09:14.7	09:57.3	10:40.0
10:45.0	00:43.0	01:26.0	02:09.0	02:52.0	03:35.0	04:18.0	05:01.0	05:44.0	06:27.0	07:10.0	07:53.0	08:36.0	09:19.0	10:02.0	10:45.0
10:50.0	00:43.3	01:26.7	02:10.0	02:53.3	03:36.7	04:20.0	05:03.3	05:46.7	06:30.0	07:13.3	07:56.7	08:40.0	09:23.3	10:06.7	10:50.0
10:55.0	00:43.7	01:27.3	02:11.0	02:54.7	03:38.3	04:22.0	05:05.7	05:49.3	06:33.0	07:16.7	08:00.3	08:44.0	09:27.7	10:11.3	10:55.0
11:00.0	00:44.0	01:28.0	02:12.0	02:56.0	03:40.0	04:24.0	05:08.0	05:52.0	06:36.0	07:20.0	08:04.0	08:48.0	09:32.0	10:16.0	11:00.0
11:05.0	00:44.3	01:28.7	02:13.0	02:57.3	03:41.7	04:26.0	05:10.3	05:54.7	06:39.0	07:23.3	08:07.7	08:52.0	09:36.3	10:20.7	11:05.0
11:10.0	00:44.7	01:29.3	02:14.0	02:58.7	03:43.3	04:28.0	05:12.7	05:57.3	06:42.0	07:26.7	08:11.3	08:56.0	09:40.7	10:25.3	11:10.0
11:15.0	00:45.0	01:30.0	02:15.0	03:00.0	03:45.0	04:30.0	05:15.0	06:00.0	06:45.0	07:30.0	08:15.0	09:00.0	09:45.0	10:30.0	11:15.0
11:20.0	00:45.3	01:30.7	02:16.0	03:01.3	03:46.7	04:32.0	05:17.3	06:02.7	06:48.0	07:33.3	08:18.7	09:04.0	09:49.3	10:34.7	11:20.0
11:25.0	00:45.7	01:31.3	02:17.0	03:02.7	03:48.3	04:34.0	05:19.7	06:05.3	06:51.0	07:36.7	08:22.3	09:08.0	09:53.7	10:39.3	11:25.0
11:30.0	00:46.0	01:32.0	02:18.0	03:04.0	03:50.0	04:36.0	05:22.0	06:08.0	06:54.0	07:40.0	08:26.0	09:12.0	09:58.0	10:44.0	11:30.0
11:35.0	00:46.3	01:32.7	02:19.0	03:05.3	03:51.7	04:38.0	05:24.3	06:10.7	06:57.0	07:43.3	08:29.7	09:16.0	10:02.3	10:48.7	11:35.0
11:40.0	00:46.7	01:33.3	02:20.0	03:06.7	03:53.3	04:40.0	05:26.7	06:13.3	07:00.0	07:46.7	08:33.3	09:20.0	10:06.7	10:53.3	11:40.0
11:45.0	00:47.0	01:34.0	02:21.0	03:08.0	03:55.0	04:42.0	05:29.0	06:16.0	07:03.0	07:50.0	08:37.0	09:24.0	10:11.0	10:58.0	11:45.0
11:50.0	00:47.3	01:34.7	02:22.0	03:09.3	03:56.7	04:44.0	05:31.3	06:18.7	07:06.0	07:53.3	08:40.7	09:28.0	10:15.3	11:02.7	11:50.0
11:55.0	00:47.7	01:35.3	02:23.0	03:10.7	03:58.3	04:46.0	05:33.7	06:21.3	07:09.0	07:56.7	08:44.3	09:32.0	10:19.7	11:07.3	11:55.0
12:00.0	00:48.0	01:36.0	02:24.0	03:12.0	04:00.0	04:48.0	05:36.0	06:24.0	07:12.0	08:00.0	08:48.0	09:36.0	10:24.0	11:12.0	12:00.0
12:05.0	00:48.3	01:36.7	02:25.0	03:13.3	04:01.7	04:50.0	05:38.3	06:26.7	07:15.0	08:03.3	08:51.7	09:40.0	10:28.3	11:16.7	12:05.0
12:10.0	00:48.7	01:37.3	02:26.0	03:14.7	04:03.3	04:52.0	05:40.7	06:29.3	07:18.0	08:06.7	08:55.3	09:44.0	10:32.7	11:21.3	12:10.0
12:15.0	00:49.0	01:38.0	02:27.0	03:16.0	04:05.0	04:54.0	05:43.0	06:32.0	07:21.0	08:10.0	08:59.0	09:48.0	10:37.0	11:26.0	12:15.0
12:20.0	00:49.3	01:38.7	02:28.0	03:17.3	04:06.7	04:56.0	05:45.3	06:34.7	07:24.0	08:13.3	09:02.7	09:52.0	10:41.3	11:30.7	12:20.0
12:25.0	00:49.7	01:39.3	02:29.0	03:18.7	04:08.3	04:58.0	05:47.7	06:37.3	07:27.0	08:16.7	09:06.3	09:56.0	10:45.7	11:35.3	12:25.0
12:30.0	00:50.0	01:40.0	02:30.0	03:20.0	04:10.0	05:00.0	05:50.0	06:40.0	07:30.0	08:20.0	09:10.0	10:00.0	10:50.0	11:40.0	12:30.0
12:35.0	00:50.3	01:40.7	02:31.0	03:21.3	04:11.7	05:02.0	05:52.3	06:42.7	07:33.0	08:23.3	09:13.7	10:04.0	10:54.3	11:44.7	12:35.0
12:40.0	00:50.7	01:41.3	02:32.0	03:22.7	04:13.3	05:04.0	05:54.7	06:45.3	07:36.0	08:26.7	09:17.3	10:08.0	10:58.7	11:49.3	12:40.0
12:45.0	00:51.0	01:42.0	02:33.0	03:24.0	04:15.0	05:06.0	05:57.0	06:48.0	07:39.0	08:30.0	09:21.0	10:12.0	11:03.0	11:54.0	12:45.0
12:50.0	00:51.3	01:42.7	02:34.0	03:25.3	04:16.7	05:08.0	05:59.3	06:50.7	07:42.0	08:33.3	09:24.7	10:16.0	11:07.3	11:58.7	12:50.0
12:55.0	00:51.7	01:43.3	02:35.0	03:26.7	04:18.3	05:10.0	06:01.7	06:53.3	07:45.0	08:36.7	09:28.3	10:20.0	11:11.7	12:03.3	12:55.0
13:00.0	00:52.0	01:44.0	02:36.0	03:28.0	04:20.0	05:12.0	06:04.0	06:56.0	07:48.0	08:40.0	09:32.0	10:24.0	11:16.0	12:08.0	13:00.0
13:05.0	00:52.3	01:44.7	02:37.0	03:29.3	04:21.7	05:14.0	06:06.3	06:58.7	07:51.0	08:43.3	09:35.7	10:28.0	11:20.3	12:12.7	13:05.0
13:10.0	00:52.7	01:45.3	02:38.0	03:30.7	04:23.3	05:16.0	06:08.7	07:01.3	07:54.0	08:46.7	09:39.3	10:32.0	11:24.7	12:17.3	13:10.0
13:15.0	00:53.0	01:46.0	02:39.0	03:32.0	04:25.0	05:18.0	06:11.0	07:04.0	07:57.0	08:50.0	09:43.0	10:36.0	11:29.0	12:22.0	13:15.0

3000M Splits

Goal Time	200	400	600	800	1000	1200	1400	1600	1800	2000	2200	2400	2600	2800	3000
13:20.0	00:53.3	01:46.7	02:40.0	03:33.3	04:26.7	05:20.0	06:13.3	07:06.7	08:00.0	08:53.3	09:46.7	10:40.0	11:33.3	12:26.7	13:20.0
13:25.0	00:53.7	01:47.3	02:41.0	03:34.7	04:28.3	05:22.0	06:15.7	07:09.3	08:03.0	08:56.7	09:50.3	10:44.0	11:37.7	12:31.3	13:25.0
13:30.0	00:54.0	01:48.0	02:42.0	03:36.0	04:30.0	05:24.0	06:18.0	07:12.0	08:06.0	09:00.0	09:54.0	10:48.0	11:42.0	12:36.0	13:30.0
13:35.0	00:54.3	01:48.7	02:43.0	03:37.3	04:31.7	05:26.0	06:20.3	07:14.7	08:09.0	09:03.3	09:57.7	10:52.0	11:46.3	12:40.7	13:35.0
13:40.0	00:54.7	01:49.3	02:44.0	03:38.7	04:33.3	05:28.0	06:22.7	07:17.3	08:12.0	09:06.7	10:01.3	10:56.0	11:50.7	12:45.3	13:40.0
13:45.0	00:55.0	01:50.0	02:45.0	03:40.0	04:35.0	05:30.0	06:25.0	07:20.0	08:15.0	09:10.0	10:05.0	11:00.0	11:55.0	12:50.0	13:45.0
13:50.0	00:55.3	01:50.7	02:46.0	03:41.3	04:36.7	05:32.0	06:27.3	07:22.7	08:18.0	09:13.3	10:08.7	11:04.0	11:59.3	12:54.7	13:50.0
13:55.0	00:55.7	01:51.3	02:47.0	03:42.7	04:38.3	05:34.0	06:29.7	07:25.3	08:21.0	09:16.7	10:12.3	11:08.0	12:03.7	12:59.3	13:55.0
14:00.0	00:56.0	01:52.0	02:48.0	03:44.0	04:40.0	05:36.0	06:32.0	07:28.0	08:24.0	09:20.0	10:16.0	11:12.0	12:08.0	13:04.0	14:00.0
14:05.0	00:56.3	01:52.7	02:49.0	03:45.3	04:41.7	05:38.0	06:34.3	07:30.7	08:27.0	09:23.3	10:19.7	11:16.0	12:12.3	13:08.7	14:05.0
14:10.0	00:56.7	01:53.3	02:50.0	03:46.7	04:43.3	05:40.0	06:36.7	07:33.3	08:30.0	09:26.7	10:23.3	11:20.0	12:16.7	13:13.3	14:10.0
14:15.0	00:57.0	01:54.0	02:51.0	03:48.0	04:45.0	05:42.0	06:39.0	07:36.0	08:33.0	09:30.0	10:27.0	11:24.0	12:21.0	13:18.0	14:15.0
14:20.0	00:57.3	01:54.7	02:52.0	03:49.3	04:46.7	05:44.0	06:41.3	07:38.7	08:36.0	09:33.3	10:30.7	11:28.0	12:25.3	13:22.7	14:20.0
14:25.0	00:57.7	01:55.3	02:53.0	03:50.7	04:48.3	05:46.0	06:43.7	07:41.3	08:39.0	09:36.7	10:34.3	11:32.0	12:29.7	13:27.3	14:25.0
14:30.0	00:58.0	01:56.0	02:54.0	03:52.0	04:50.0	05:48.0	06:46.0	07:44.0	08:42.0	09:40.0	10:38.0	11:36.0	12:34.0	13:32.0	14:30.0
14:35.0	00:58.3	01:56.7	02:55.0	03:53.3	04:51.7	05:50.0	06:48.3	07:46.7	08:45.0	09:43.3	10:41.7	11:40.0	12:38.3	13:36.7	14:35.0
14:40.0	00:58.7	01:57.3	02:56.0	03:54.7	04:53.3	05:52.0	06:50.7	07:49.3	08:48.0	09:46.7	10:45.3	11:44.0	12:42.7	13:41.3	14:40.0
14:45.0	00:59.0	01:58.0	02:57.0	03:56.0	04:55.0	05:54.0	06:53.0	07:52.0	08:51.0	09:50.0	10:49.0	11:48.0	12:47.0	13:46.0	14:45.0
14:50.0	00:59.3	01:58.7	02:58.0	03:57.3	04:56.7	05:56.0	06:55.3	07:54.7	08:54.0	09:53.3	10:52.7	11:52.0	12:51.3	13:50.7	14:50.0
14:55.0	00:59.7	01:59.3	02:59.0	03:58.7	04:58.3	05:58.0	06:57.7	07:57.3	08:57.0	09:56.7	10:56.3	11:56.0	12:55.7	13:55.3	14:55.0
15:00.0	01:00.0	02:00.0	03:00.0	04:00.0	05:00.0	06:00.0	07:00.0	08:00.0	09:00.0	10:00.0	11:00.0	12:00.0	13:00.0	14:00.0	15:00.0
15:05.0	01:00.3	02:00.7	03:01.0	04:01.3	05:01.7	06:02.0	07:02.3	08:02.7	09:03.0	10:03.3	11:03.7	12:04.0	13:04.3	14:04.7	15:05.0
15:10.0	01:00.7	02:01.3	03:02.0	04:02.7	05:03.3	06:04.0	07:04.7	08:05.3	09:06.0	10:06.7	11:07.3	12:08.0	13:08.7	14:09.3	15:10.0
15:15.0	01:01.0	02:02.0	03:03.0	04:04.0	05:05.0	06:06.0	07:07.0	08:08.0	09:09.0	10:10.0	11:11.0	12:12.0	13:13.0	14:14.0	15:15.0
15:20.0	01:01.3	02:02.7	03:04.0	04:05.3	05:06.7	06:08.0	07:09.3	08:10.7	09:12.0	10:13.3	11:14.7	12:16.0	13:17.3	14:18.7	15:20.0
15:25.0	01:01.7	02:03.3	03:05.0	04:06.7	05:08.3	06:10.0	07:11.7	08:13.3	09:15.0	10:16.7	11:18.3	12:20.0	13:21.7	14:23.3	15:25.0
15:30.0	01:02.0	02:04.0	03:06.0	04:08.0	05:10.0	06:12.0	07:14.0	08:16.0	09:18.0	10:20.0	11:22.0	12:24.0	13:26.0	14:28.0	15:30.0
15:35.0	01:02.3	02:04.7	03:07.0	04:09.3	05:11.7	06:14.0	07:16.3	08:18.7	09:21.0	10:23.3	11:25.7	12:28.0	13:30.3	14:32.7	15:35.0
15:40.0	01:02.7	02:05.3	03:08.0	04:10.7	05:13.3	06:16.0	07:18.7	08:21.3	09:24.0	10:26.7	11:29.3	12:32.0	13:34.7	14:37.3	15:40.0
15:45.0	01:03.0	02:06.0	03:09.0	04:12.0	05:15.0	06:18.0	07:21.0	08:24.0	09:27.0	10:30.0	11:33.0	12:36.0	13:39.0	14:42.0	15:45.0
15:50.0	01:03.3	02:06.7	03:10.0	04:13.3	05:16.7	06:20.0	07:23.3	08:26.7	09:30.0	10:33.3	11:36.7	12:40.0	13:43.3	14:46.7	15:50.0
15:55.0	01:03.7	02:07.3	03:11.0	04:14.7	05:18.3	06:22.0	07:25.7	08:29.3	09:33.0	10:36.7	11:40.3	12:44.0	13:47.7	14:51.3	15:55.0
16:00.0	01:04.0	02:08.0	03:12.0	04:16.0	05:20.0	06:24.0	07:28.0	08:32.0	09:36.0	10:40.0	11:44.0	12:48.0	13:52.0	14:56.0	16:00.0

3000M Splits

Goal Time	200	400	600	800	1000	1200	1400	1600	1800	2000	2200	2400	2600	2800	3000	
10:53.2	00:43.5	01:27.1	02:10.6	02:54.2	03:37.7	04:21.3	05:04.8	05:48.4	06:31.9	07:15.5	07:59.0	08:42.6	09:26.1	10:09.6	10:53.2	Midget Girls Conference
11:00.5	00:44.0	01:28.1	02:12.1	02:56.1	03:40.2	04:24.2	05:08.2	05:52.3	06:36.3	07:20.3	08:04.4	08:48.4	09:32.4	10:16.5	11:00.5	Midget Girls League
12:50.0	00:51.3	01:42.7	02:34.0	03:25.3	04:16.7	05:08.0	05:59.3	06:50.7	07:42.0	08:33.3	09:24.7	10:16.0	11:07.3	11:58.7	12:50.0	Midget Girls Qualify
10:03.2	00:40.2	01:20.4	02:00.6	02:40.8	03:21.1	04:01.3	04:41.5	05:21.7	06:01.9	06:42.1	07:22.3	08:02.5	08:42.8	09:23.0	10:03.2	Midget Boys Conference/League
11:30.0	00:46.0	01:32.0	02:18.0	03:04.0	03:50.0	04:36.0	05:22.0	06:08.0	06:54.0	07:40.0	08:26.0	09:12.0	09:58.0	10:44.0	11:30.0	Midget Boys Qualify
10:23.5	00:41.6	01:23.1	02:04.7	02:46.3	03:27.8	04:09.4	04:51.0	05:32.5	06:14.1	06:55.7	07:37.2	08:18.8	09:00.4	09:41.9	10:23.5	Youth Girls Conference/League
12:12.0	00:48.8	01:37.6	02:26.4	03:15.2	04:04.0	04:52.8	05:41.6	06:30.4	07:19.2	08:08.0	08:56.8	09:45.6	10:34.4	11:23.2	12:12.0	Youth Girls Qualify
09:20.5	00:37.4	01:14.7	01:52.1	02:29.5	03:06.8	03:44.2	04:21.6	04:58.9	05:36.3	06:13.7	06:51.0	07:28.4	08:05.8	08:43.1	09:20.5	Youth Boys Conference
09:28.4	00:37.9	01:15.8	01:53.7	02:31.6	03:09.5	03:47.4	04:25.3	05:03.2	05:41.1	06:19.0	06:56.9	07:34.8	08:12.6	08:50.5	09:28.4	Youth Boys League
10:54.0	00:43.6	01:27.2	02:10.8	02:54.4	03:38.0	04:21.6	05:05.2	05:48.8	06:32.4	07:16.0	07:59.6	08:43.2	09:26.8	10:10.4	10:54.0	Youth Boys Qualify
11:01.8	00:44.1	01:28.2	02:12.4	02:56.5	03:40.6	04:24.7	05:08.9	05:53.0	06:37.1	07:21.2	08:05.3	08:49.5	09:33.6	10:17.7	11:01.8	Interm Girls Conference
11:04.1	00:44.3	01:28.5	02:12.8	02:57.1	03:41.4	04:25.6	05:09.9	05:54.2	06:38.4	07:22.7	08:07.0	08:51.2	09:35.5	10:19.8	11:04.1	Interm Girls League
13:40.0	00:54.7	01:49.3	02:44.0	03:38.7	04:33.3	05:28.0	06:22.7	07:17.3	08:12.0	09:06.7	10:01.3	10:56.0	11:50.7	12:45.3	13:40.0	Interm Girls Qualify
09:27.2	00:37.8	01:15.6	01:53.4	02:31.2	03:09.1	03:46.9	04:24.7	05:02.5	05:40.3	06:18.1	06:55.9	07:33.7	08:11.5	08:49.4	09:27.2	Interm Boys Conf/League
11:30.0	00:46.0	01:32.0	02:18.0	03:04.0	03:50.0	04:36.0	05:22.0	06:08.0	06:54.0	07:40.0	08:26.0	09:12.0	09:58.0	10:44.0	11:30.0	Interm Boys Qualify