

The Coronado Track is only 354 meters around which makes timing reps for a varied group of runners a bit of a challenge. The spreadsheet below calculates the time and pace based on laps so a coach can time from the same place on the track.

1600	400	177 m	354 m	531 m	708 m	885 m	1062 m	1239 m	1416 m
Pace	Pace	1/2 lap	1 lap	1.5 laps	2 laps	2.5 laps	3 laps	3.5 laps	4 laps
4:00	60	00:26.5	00:53.1	01:19.7	01:46.2	02:12.8	02:39.3	03:05.8	03:32.4
4:04	61	00:27.0	00:54.0	01:21.0	01:48.0	02:15.0	02:42.0	03:08.9	03:35.9
4:08	62	00:27.4	00:54.9	01:22.3	01:49.7	02:17.2	02:44.6	03:12.0	03:39.5
4:12	63	00:27.9	00:55.8	01:23.6	01:51.5	02:19.4	02:47.3	03:15.1	03:43.0
4:16	64	00:28.3	00:56.6	01:25.0	01:53.3	02:21.6	02:49.9	03:18.2	03:46.6
4:20	65	00:28.8	00:57.5	01:26.3	01:55.0	02:23.8	02:52.6	03:21.3	03:50.1
4:24	66	00:29.2	00:58.4	01:27.6	01:56.8	02:26.0	02:55.2	03:24.4	03:53.6
4:28	67	00:29.6	00:59.3	01:28.9	01:58.6	02:28.2	02:57.9	03:27.5	03:57.2
4:32	68	00:30.1	01:00.2	01:30.3	02:00.4	02:30.5	03:00.5	03:30.6	04:00.7
4:36	69	00:30.5	01:01.1	01:31.6	02:02.1	02:32.7	03:03.2	03:33.7	04:04.3
4:40	70	00:31.0	01:01.9	01:32.9	02:03.9	02:34.9	03:05.8	03:36.8	04:07.8
4:44	71	00:31.4	01:02.8	01:34.3	02:05.7	02:37.1	03:08.5	03:39.9	04:11.3
4:48	72	00:31.9	01:03.7	01:35.6	02:07.4	02:39.3	03:11.2	03:43.0	04:14.9
4:52	73	00:32.3	01:04.6	01:36.9	02:09.2	02:41.5	03:13.8	03:46.1	04:18.4
4:56	74	00:32.7	01:05.5	01:38.2	02:11.0	02:43.7	03:16.5	03:49.2	04:22.0
5:00	75	00:33.2	01:06.4	01:39.6	02:12.8	02:45.9	03:19.1	03:52.3	04:25.5
5:04	76	00:33.6	01:07.3	01:40.9	02:14.5	02:48.2	03:21.8	03:55.4	04:29.0
5:08	77	00:34.1	01:08.1	01:42.2	02:16.3	02:50.4	03:24.4	03:58.5	04:32.6
5:12	78	00:34.5	01:09.0	01:43.5	02:18.1	02:52.6	03:27.1	04:01.6	04:36.1
5:16	79	00:35.0	01:09.9	01:44.9	02:19.8	02:54.8	03:29.7	04:04.7	04:39.7
5:20	80	00:35.4	01:10.8	01:46.2	02:21.6	02:57.0	03:32.4	04:07.8	04:43.2
5:24	81	00:35.8	01:11.7	01:47.5	02:23.4	02:59.2	03:35.1	04:10.9	04:46.7
5:28	82	00:36.3	01:12.6	01:48.9	02:25.1	03:01.4	03:37.7	04:14.0	04:50.3
5:32	83	00:36.7	01:13.5	01:50.2	02:26.9	03:03.6	03:40.4	04:17.1	04:53.8
5:36	84	00:37.2	01:14.3	01:51.5	02:28.7	03:05.8	03:43.0	04:20.2	04:57.4
5:40	85	00:37.6	01:15.2	01:52.8	02:30.5	03:08.1	03:45.7	04:23.3	05:00.9
5:44	86	00:38.1	01:16.1	01:54.2	02:32.2	03:10.3	03:48.3	04:26.4	05:04.4
5:48	87	00:38.5	01:17.0	01:55.5	02:34.0	03:12.5	03:51.0	04:29.5	05:08.0
5:52	88	00:38.9	01:17.9	01:56.8	02:35.8	03:14.7	03:53.6	04:32.6	05:11.5
5:56	89	00:39.4	01:18.8	01:58.1	02:37.5	03:16.9	03:56.3	04:35.7	05:15.1
6:00	90	00:39.8	01:19.7	01:59.5	02:39.3	03:19.1	03:59.0	04:38.8	05:18.6
6:04	91	00:40.3	01:20.5	02:00.8	02:41.1	03:21.3	04:01.6	04:41.9	05:22.1
6:08	92	00:40.7	01:21.4	02:02.1	02:42.8	03:23.5	04:04.3	04:45.0	05:25.7
6:12	93	00:41.2	01:22.3	02:03.5	02:44.6	03:25.8	04:06.9	04:48.1	05:29.2
6:16	94	00:41.6	01:23.2	02:04.8	02:46.4	03:28.0	04:09.6	04:51.2	05:32.8
6:20	95	00:42.0	01:24.1	02:06.1	02:48.2	03:30.2	04:12.2	04:54.3	05:36.3
6:24	96	00:42.5	01:25.0	02:07.4	02:49.9	03:32.4	04:14.9	04:57.4	05:39.8
6:28	97	00:42.9	01:25.8	02:08.8	02:51.7	03:34.6	04:17.5	05:00.5	05:43.4
6:32	98	00:43.4	01:26.7	02:10.1	02:53.5	03:36.8	04:20.2	05:03.6	05:46.9
6:36	99	00:43.8	01:27.6	02:11.4	02:55.2	03:39.0	04:22.8	05:06.7	05:50.5
6:40	1:40	00:44.2	01:28.5	02:12.8	02:57.0	03:41.2	04:25.5	05:09.7	05:54.0
6:44	1:41	00:44.7	01:29.4	02:14.1	02:58.8	03:43.5	04:28.2	05:12.8	05:57.5
6:48	1:42	00:45.1	01:30.3	02:15.4	03:00.5	03:45.7	04:30.8	05:15.9	06:01.1
6:52	1:43	00:45.6	01:31.2	02:16.7	03:02.3	03:47.9	04:33.5	05:19.0	06:04.6
6:56	1:44	00:46.0	01:32.0	02:18.1	03:04.1	03:50.1	04:36.1	05:22.1	06:08.2
7:00	1:45	00:46.5	01:32.9	02:19.4	03:05.8	03:52.3	04:38.8	05:25.2	06:11.7