

2018 DOWN RUN PACING TABLES - COACH NORRIE											
Goal Time	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	11:45	12:00
Ridge road TL 87.2	17:10	18:20	19:35	20:50	22:05	23:15	24:30	25:50	27:05	27:40	28:20
Lion Park 75.1km	1:20:50	1:26:40	1:32:40	1:38:40	1:44:50	1:51:00	1:57:15	2:03:40	2:10:00	2:13:20	2:16:35
Cato Ridge underpass 59.9km	2:34:20	2:45:00	2:55:40	3:06:30	3:17:15	3:28:10	3:39:00	3:49:55	4:00:50	4:06:20	4:11:50
Half way Mat 46.1km	3:45:15	4:00:40	4:16:05	4:31:30	4:47:00	5:02:30	5:18:00	5:33:40	5:49:10	5:56:55	6:03:00
<i>Half Way</i> <i>45.9km</i>	03:51:00	4:07:15	4:23:15	4:39:10	4:55:10	5:11:10	5:27:15	5:43:20	5:59:25	6:07:30	6:12:10
Railway bridge Botha 39.7km	4:20:30	4:38:20	4:56:25	5:14:30	5:32:45	5:51:00	6:09:20	6:27:50	6:46:15	6:55:30	7:02:00
M13 Bridge Caltex winston park 32.6k	4:55:35	5:16:00	5:36:25	5:57:00	6:17:40	6:38:25	6:59:15	7:20:10	7:41:10	7:51:45	7:59:00
Pinetown cut off 21.3k	5:46:25	6:09:45	6:33:10	6:56:30	7:20:00	7:43:25	8:07:00	8:30:25	8:53:55	9:05:40	9:16:45
St James Bridge westville 14.8km	6:19:30	6:45:00	7:10:30	7:36:05	8:01:40	8:27:15	8:52:50	9:18:25	9:44:05	9:56:50	10:09:40
N3 Ramp 8.6km	6:48:50	7:16:10	7:43:35	8:11:00	8:38:15	9:05:40	9:33:00	10:00:20	10:27:50	10:41:25	10:55:00
Best 10k	38:20	40:50	43:50	46:00	48:30	51:05	53:40	56:10	58:25	59:50	1:01:15
best 42k	3:03:55	3:16:10	3:28:25	3:40:40	3:53:00	4:05:20	4:17:30	4:29:50	4:42:00	4:49:00	4:56:00
best mile	5:36	6:00	6:25	6:49	7:15	7:38	8:02	8:27	8:56	9:08	9:20
Pacing Charts for Down Run Comrades 2018 - Calculations and information by Norrie Williamson norrie@coachnorrie.co.za +2783445200 www.coachnorrie.co.za											