

USMS Long Distance Committee
Long Distance Pace Chart
April 2006

Seconds per yards or meters	Pace per 100 yards or meters	One Hour Swim Yardage	3,000 Yard Swim			6,000 Yard Swim			5,000 Meter Swim			10,000 Meter Swim		
			Hours	Minutes	Seconds	Hours	Minutes	Seconds	Hours	Minutes	Seconds	Hours	Minutes	Seconds
3.00	5:00	1200	2	30	0	5	0	0	4	10	0	8	20	0
2.77	4:37	1300	2	18	28	4	36	55	3	50	46	7	41	32
2.57	4:30	1400	2	8	34	4	17	9	3	34	17	7	8	34
2.40	4:00	1500	2	0	0	4	0	0	3	20	0	6	40	0
2.25	3:40	1600	1	52	30	3	45	0	3	7	30	6	15	0
2.12	3:32	1700	1	45	53	3	31	46	2	56	28	5	52	56
2.00	3:20	1800	1	40	0	3	20	0	2	46	40	5	33	20
1.89	3:10	1900	1	34	44	3	9	28	2	37	54	5	15	47
1.80	3:00	2000	1	30	0	3	0	0	2	30	0	5	0	0
1.71	2:51	2100	1	25	43	2	51	26	2	22	51	4	45	43
1.64	2:44	2200	1	21	49	2	43	38	2	16	22	4	32	44
1.57	2:36	2300	1	18	16	2	36	31	2	10	26	4	20	52
1.50	2:30	2400	1	15	0	2	30	0	2	5	0	4	10	0
1.44	2:24	2500	1	12	0	2	24	0	2	0	0	4	0	0
1.38	2:18	2600	1	9	14	2	18	28	1	55	23	3	50	46
1.33	2:13	2700	1	6	40	2	13	20	1	51	7	3	42	13
1.29	2:09	2800	1	4	17	2	8	34	1	47	9	3	34	17
1.24	2:04	2900	1	2	4	2	4	8	1	43	27	3	26	54
1.20	2:00	3000	1	0	0	2	0	0	1	40	0	3	20	0
1.16	1:56	3100	0	58	4	1	56	8	1	36	46	3	13	33
1.13	1:53	3200	0	56	15	1	52	30	1	33	45	3	7	30
1.09	1:49	3300	0	54	33	1	49	5	1	30	55	3	1	49
1.06	1:46	3400	0	52	56	1	45	53	1	28	14	2	56	28
1.03	1:43	3500	0	51	26	1	42	51	1	25	43	2	51	26
1.00	1:40	3600	0	50	0	1	40	0	1	23	20	2	46	40
0.97	1:37	3700	0	48	39	1	37	18	1	21	5	2	42	10
0.95	1:35	3800	0	47	22	1	34	44	1	18	57	2	37	54
0.92	1:32	3900	0	46	9	1	32	18	1	16	55	2	33	51
0.90	1:30	4000	0	45	0	1	30	0	1	15	0	2	30	0
0.88	1:28	4100	0	43	54	1	27	48	1	13	10	2	26	20
0.86	1:26	4200	0	42	51	1	25	43	1	11	26	2	22	51
0.84	1:24	4300	0	41	52	1	23	43	1	9	46	2	19	32
0.82	1:22	4400	0	40	55	1	21	49	1	8	11	2	16	22
0.80	1:20.0	4500	0	40	0	1	20	0	1	6	40	2	13	20
0.78	1:18.2	4600	0	39	8	1	18	16	1	5	13	2	10	26
0.77	1:16.5	4700	0	38	18	1	16	36	1	3	50	2	7	40
0.75	1:15.0	4800	0	37	30	1	15	0	1	2	30	2	5	0
0.73	1:13.5	4900	0	36	44	1	13	28	1	1	13	2	2	27
0.72	1:12.0	5000	0	36	0	1	12	0	1	0	0	2	0	0
0.71	1:10.5	5100	0	35	18	1	10	35	0	58	49	1	57	39
0.69	1:09.2	5200	0	34	37	1	9	14	0	57	42	1	55	23
0.68	1:07.9	5300	0	33	58	1	7	55	0	56	36	1	53	12
0.67	1:06.6	5400	0	33	20	1	6	40	0	55	33	1	51	7
0.65	1:05.5	5500	0	32	44	1	5	27	0	54	33	1	49	5
0.64	1:04.3	5600	0	32	9	1	4	17	0	53	34	1	47	9
0.63	1:03.1	5700	0	31	35	1	3	9	0	52	38	1	45	16
0.62	1:02.0	5800	0	31	2	1	2	4	0	51	43	1	43	27
0.61	1:01.0	5900	0	30	31	1	1	1	0	50	51	1	41	42
0.60	1:00.0	6000	0	30	0	1	0	0	0	50	0	1	40	0