

STEEPLECHASE PACE CHART
(400 meter oval with Waterjump inside oval)

NOTE: The stagger is the distance in meters between the regular 3000m start and the actual SC starting line

Stagger	Lap Distance	64	65	66	67	68	69	70	71
0	400	8:00.0	8:07.5	8:15.0	8:22.5	8:30.0	8:37.5	8:45.0	8:52.5
5	399.29	8:00.9	8:08.4	8:15.9	8:23.4	8:30.9	8:38.4	8:45.9	8:53.4
10	398.57	8:01.7	8:09.2	8:16.8	8:24.3	8:31.8	8:39.4	8:46.9	8:54.4
15	397.86	8:02.6	8:10.1	8:17.7	8:25.2	8:32.7	8:40.3	8:47.8	8:55.4
20	397.14	8:03.4	8:11.0	8:18.6	8:26.1	8:33.7	8:41.2	8:48.8	8:56.3
25	396.42	8:04.3	8:11.9	8:19.5	8:27.0	8:34.6	8:42.2	8:49.7	8:57.3
30	395.71	8:05.2	8:12.8	8:20.4	8:27.9	8:35.5	8:43.1	8:50.7	8:58.3
35	395	8:06.1	8:13.7	8:21.3	8:28.9	8:36.5	8:44.1	8:51.6	8:59.2
40	394.29	8:07.0	8:14.6	8:22.2	8:29.8	8:27.4	8:45.0	8:52.6	9:00.2
45	393.57	8:07.8	8:15.5	8:23.1	8:30.7	8:38.3	8:46.0	8:53.6	9:01.2
50	392.86	8:08.7	8:16.4	8:24.0	8:31.6	8:39.3	8:46.9	8:54.5	9:02.2
Stagger	Lap Distance	72	73	74	75	76	77	78	79
0	400	9:00.0	9:07.5	9:15.0	9:22.5	9:30.0	9:37.5	9:45.0	9:52.5
5	399.29	9:01.1	9:08.5	9:16.0	9:23.5	9:31.0	9:38.5	9:46.0	9:53.6
10	398.57	9:01.9	9:09.5	9:17.0	9:24.5	9:32.0	9:39.6	9:47.1	9:54.6
15	397.86	9:02.9	9:10.4	9:18.0	9:25.5	9:33.1	9:40.6	9:48.2	9:55.7
20	397.14	9:03.9	9:11.4	9:19.0	9:26.5	9:34.1	9:41.7	9:49.2	9:56.8
25	396.42	9:04.9	9:12.4	9:20.0	9:27.6	9:35.1	9:42.7	9:50.3	9:57.8
30	395.71	9:05.8	9:13.4	9:21.0	9:28.6	9:36.2	9:43.8	9:51.3	9:58.9
35	395	9:06.8	9:14.4	9:22.0	9:29.6	9:37.2	9:44.8	9:52.4	10:00.0
40	394.29	9:07.8	9:15.4	9:23.0	9:30.7	9:38.3	9:45.9	9:53.5	10:01.1
45	393.57	9:08.8	9:16.4	9:24.1	9:31.7	9:39.3	9:46.9	9:54.6	10:02.2
50	392.86	9:09.8	9:17.5	9:25.1	9:32.7	9:40.4	9:48.0	9:55.6	10:03.3
Stagger	Lap Distance	80	81	82	83	84	85	86	87
0	400	10:00.0	10:07.5	10:15.0	10:22.5	10:30.0	10:37.5	10:45.0	10:52.5
5	399.29	10:01.1	10:08.6	10:16.1	10:23.6	10:31.1	10:38.6	10:46.1	10:53.7
10	398.57	10:02.2	10:09.7	10:17.2	10:24.7	10:32.3	10:39.8	10:47.3	10:54.8
15	397.86	10:03.2	10:10.8	10:18.3	10:25.9	10:33.4	10:40.9	10:48.5	10:56.0
20	397.14	10:04.3	10:11.9	10:19.4	10:27.0	10:34.5	10:42.1	10:49.6	10:57.2
25	396.42	10:05.4	10:13.0	10:20.6	10:28.1	10:35.7	10:43.3	10:50.8	10:58.4
30	395.71	10:06.5	10:14.1	10:21.7	10:29.3	10:36.8	10:44.4	10:52.0	10:59.6
35	395	10:07.6	10:15.2	10:22.8	10:30.4	10:38.0	10:45.6	10:53.2	11:00.8
40	394.29	10:08.7	10:16.3	10:23.9	10:31.5	10:39.1	10:46.7	10:54.3	11:01.9
45	393.57	10:09.8	10:17.4	10:25.0	10:32.7	10:40.3	10:47.9	10:55.5	11:03.2
50	392.86	10:10.9	10:18.5	10:26.2	10:33.8	10:41.5	10:49.1	10:56.7	11:04.4
Stagger	Lap Distance	88	89	90	91	92	93	94	95
0	400	11:00.0	11:07.5	11:15.0	11:22.5	11:30.0	11:37.5	11:45.0	11:52.5
5	399.29	11:01.2	11:08.7	11:16.2	11:23.7	11:31.2	11:38.7	11:46.3	11:53.8
10	398.57	11:02.4	11:09.9	11:17.4	11:25.0	11:32.5	11:40.0	11:47.5	11:55.1
15	397.86	11:03.5	11:11.1	11:18.6	11:26.2	11:33.7	11:41.2	11:48.8	11:56.3
20	397.14	11:04.8	11:12.3	11:19.9	11:27.4	11:35.0	11:42.5	11:50.1	11:57.7
25	396.42	11:06.0	11:13.5	11:21.1	11:28.7	11:36.2	11:43.8	11:51.4	11:58.9
30	395.71	11:07.2	11:14.7	11:22.3	11:29.9	11:37.5	11:45.1	11:52.6	12:00.2
35	395	11:08.4	11:16.0	11:23.5	11:31.1	11:38.7	11:46.3	11:53.9	12:01.5
40	394.29	11:09.6	11:17.2	11:24.8	11:32.4	11:40.0	11:47.6	11:55.2	12:02.8
45	393.57	11:10.8	11:18.4	11:26.0	11:33.6	11:41.3	11:48.9	11:56.5	12:04.1
50	392.86	11:12.0	11:19.6	11:27.3	11:34.9	11:42.5	11:50.2	11:57.8	12:05.4
Stagger	Lap Distance	96	97	98	99	100	101	102	103
0	400	12:00.0	12:07.5	12:15.0	12:22.5	12:30.0	12:37.5	12:45.0	12:52.5
5	399.29	12:01.3	12:08.8	12:16.3	12:23.8	12:31.3	12:38.9	12:46.4	12:53.9
10	398.57	12:02.6	12:10.1	12:17.6	12:25.2	12:32.7	12:40.2	12:47.7	12:55.3
15	397.86	12:03.9	12:11.4	12:18.9	12:26.5	12:34.0	12:41.6	12:49.1	12:56.7
20	397.14	12:05.2	12:12.7	12:20.3	12:27.8	12:35.4	12:43.0	12:50.5	12:58.1
25	396.42	12:06.5	12:14.1	12:21.6	12:29.2	12:36.8	12:44.3	12:51.9	12:59.5
30	395.71	12:07.8	12:15.4	12:23.0	12:30.5	12:38.1	12:45.7	12:53.3	13:00.9
35	395	12:09.1	12:16.7	12:24.3	12:31.9	12:39.5	12:47.1	12:54.7	13:02.3
40	394.29	12:10.4	12:18.0	12:25.6	12:33.3	12:40.9	12:48.5	12:56.1	13:03.7
45	393.57	12:11.8	12:19.4	12:27.0	12:34.6	12:42.2	12:49.9	12:57.5	13:05.1
50	392.86	12:13.1	12:20.7	12:28.4	12:36.0	12:43.6	12:51.3	12:58.9	13:06.5