

Hills & Flats

<u>Goal XC Time</u>	<u>400m Hills</u>	<u>400m Flats</u>
15:00 (4:50min/mile)	1:14-1:17	1:06-1:10
15:30 (4:59min/mile)	1:17-1:19	1:08-1:11
16:00 (5:09min/mile)	1:19-1:21	1:10-1:14
16:30 (5:19min/mile)	1:21-1:23	1:12-1:16
17:00 (5:28min/mile)	1:24-1:26	1:14-1:18
17:30 (5:38min/mile)	1:26-1:28	1:16-1:21
18:00 (5:48min/mile)	1:28-1:31	1:18-1:22
18:30 (5:57min/mile)	1:30-1:33	1:20-1:24
19:00 (6:07min/mile)	1:32-1:35	1:22-1:26
19:30 (6:17min/mile)	1:34-1:38	1:24-1:29
20:00 (6:26min/mile)	1:37-1:40	1:26-1:31
20:30 (6:36min/mile)	1:39-1:43	1:28-1:33
21:00 (6:46min/mile)	1:42-1:45	1:30-1:35
21:30 (6:55min/mile)	1:44-1:47	1:32-1:36
22:00 (7:05min/mile)	1:46-1:50	1:34-1:38
22:30 (7:15min/mile)	1:49-1:52	1:36-1:41
23:00 (7:24min/mile)	1:51-1:54	1:38-1:43
23:30 (7:34min/mile)	1:53-1:57	1:39-1:45
24:00 (7:43min/mile)	1:56-1:59	1:42-1:47
24:30 (7:53min/mile)	1:58-2:01	1:43-1:50
25:00 (8:03min/mile)	2:00-2:04	1:45-1:52