



	Bouy		A		AB		ABC	ABCD
	Distance	100	170	200	245	300	325	400
Pace per 100	01:00	01:00	01:42	02:00	02:27	03:00	03:15	04:00
	01:05	01:05	01:50	02:10	02:39	03:15	03:31	04:20
	01:10	01:10	01:59	02:20	02:52	03:30	03:47	04:40
	01:15	01:15	02:08	02:30	03:04	03:45	04:04	05:00
	01:20	01:20	02:16	02:40	03:16	04:00	04:20	05:20
	01:25	01:25	02:24	02:50	03:28	04:15	04:36	05:40
	01:30	01:30	02:33	03:00	03:41	04:30	04:53	06:00
	01:35	01:35	02:42	03:10	03:53	04:45	05:09	06:20
	01:40	01:40	02:50	03:20	04:05	05:00	05:25	06:40
	01:45	01:45	02:59	03:30	04:17	05:15	05:41	07:00
	01:50	01:50	03:07	03:40	04:30	05:30	05:58	07:20
	01:55	01:55	03:16	03:50	04:42	05:45	06:14	07:40
	02:00	02:00	03:24	04:00	04:54	06:00	06:30	08:00
	02:05	02:05	03:33	04:10	05:06	06:15	06:46	08:20
	02:10	02:10	03:41	04:20	05:19	06:30	07:03	08:40
	02:15	02:15	03:50	04:30	05:31	06:45	07:19	09:00
	02:20	02:20	03:58	04:40	05:43	07:00	07:35	09:20
	02:25	02:25	04:06	04:50	05:55	07:15	07:51	09:40
	02:30	02:30	04:15	05:00	06:07	07:30	08:07	10:00
	02:35	02:35	04:23	05:10	06:20	07:45	08:24	10:20
02:40	02:40	04:32	05:20	06:32	08:00	08:40	10:40	
02:45	02:45	04:40	05:30	06:44	08:15	08:56	11:00	
02:50	02:50	04:49	05:40	06:56	08:30	09:12	11:20	
02:55	02:55	04:57	05:50	07:09	08:45	09:29	11:40	
03:00	03:00	05:06	06:00	07:21	09:00	09:45	12:00	

Time to complete