

### USMS ePostal National Championships Pace Chart

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