

# Craven SPORT services - Running Pace and Time Summary

Date here

Name here	2K			5K			10K			Half Marathon				Full Marathon			
	min	sec	total(s)	min	sec	total(s)	min	sec	total(s)	hours	min	sec	total(s)	hours	min	sec	total(s)
Personal Best Time:			0			0			0				0				0
Pace (m/s)	#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!				#DIV/0!			
Pace (min/km):	#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!				#DIV/0!			
Goal Time:			0			0			0				0				0
Goal Pace (m/s)	#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!				#DIV/0!			
Goal Pace (min/km):	#DIV/0!			#DIV/0!			#DIV/0!			#DIV/0!				#DIV/0!			

Current Data	min	sec	total(s)	HR	THR	Pace(m/s)	Pace (min/km)	Time Calculator	
Last 2K test			0			#DIV/0!	#DIV/0!	sec(0.0)	sec
									0
	Pace (min/km)								
High Power Zone 5	min	sec	total(s)	Time(sec)					
200m			0		0				
400m			0		0				
1000m			0		0				
***For Zone Calculations enter 2K time into: <a href="http://www.2peak.com/tools/mas.php">http://www.2peak.com/tools/mas.php</a>									

Training Zones:	Pace(min/km)			Time				
	min	sec	total(s)	Pace(m/s)	200m(sec)	500m(sec)	1000m(sec)	2000m(sec)
Zone 1(Recovery)			0	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!
Zone 2(Basic Endurance)			0	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!
Zone 3(High Endurance)			0	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!
Zone 4(Anerobic Threshold)			0	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!
Zone 5(High Power)			0	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!









THR 180

THR = Hrmax during 2K run

BPM

50%	90
60%	108
65%	117
81%	146
82%	148
88%	158
89%	160
93%	167
94%	169
99%	178
100%	180
102%	184
103%	185
105%	189
106%	191

Zone I	65-81%	117	148
Zone II	82-88%	148	158
Zone III	89-93%	160	167
Zone IV	94-99%	169	178
Zone V	100-102%	180	184
Zone VI	103-105%	185	189
Max Effor	106 +	191	