

Dr. Joe Vigil- Predictive Time Chart

| Mile Time | Time (sec) | Velocity (m/s) | 3k (100%) min | 3k Time | 5k (95%) min | 5k Time | 10k (90%) min | 10k Time | Marathon (85%) min | Marathon Time | Marathon (80%) min | Marathon Time | Marathon (75%) min | Marathon Time |
|-----------|------------|----------------|---------------|---------|--------------|---------|---------------|----------|--------------------|---------------|--------------------|---------------|--------------------|---------------|
| 3:50 | 230 | 7.00 | 7.15 | 7:11 | 12.54 | 12:29 | 26.47 | 26:22:00 | 118.28 | 1:58:16 | 125.67 | 2:05:40 | 134.05 | 2:14:03 |
| 3:51 | 231 | 6.97 | 7.18 | 7:13 | 12.59 | 12:32 | 26.59 | 26:29:00 | 118.80 | 1:58:47 | 126.22 | 2:06:13 | 134.63 | 2:14:39 |
| 3:52 | 232 | 6.94 | 7.21 | 7:15 | 12.65 | 12:35 | 26.70 | 26:36:00 | 119.31 | 1:59:18 | 126.77 | 2:06:46 | 135.22 | 2:15:14 |
| 3:53 | 233 | 6.91 | 7.24 | 7:17 | 12.70 | 12:38 | 26.82 | 26:43:00 | 119.82 | 1:59:49 | 127.31 | 2:07:19 | 135.80 | 2:15:49 |
| 3:54 | 234 | 6.88 | 7.27 | 7:19 | 12.76 | 12:42 | 26.93 | 26:50:00 | 120.34 | 2:00:20 | 127.86 | 2:07:52 | 136.38 | 2:16:24 |
| 3:55 | 235 | 6.85 | 7.30 | 7:21 | 12.81 | 12:45 | 27.05 | 26:57:00 | 120.85 | 2:00:51 | 128.41 | 2:08:25 | 136.97 | 2:16:59 |
| 3:56 | 236 | 6.82 | 7.33 | 7:23 | 12.87 | 12:48 | 27.16 | 27:04:00 | 121.37 | 2:01:22 | 128.95 | 2:08:58 | 137.55 | 2:17:34 |
| 3:57 | 237 | 6.79 | 7.36 | 7:24 | 12.92 | 12:52 | 27.28 | 27:11:00 | 121.88 | 2:01:53 | 129.50 | 2:09:31 | 138.13 | 2:18:09 |
| 3:58 | 238 | 6.76 | 7.40 | 7:26 | 12.98 | 12:45 | 27.39 | 27:18:00 | 122.39 | 2:02:22 | 130.04 | 2:10:04 | 138.71 | 2:18:45 |
| 3:59 | 239 | 6.73 | 7.43 | 7:28 | 13.03 | 12:58 | 27.51 | 27:25:00 | 122.91 | 2:02:45 | 130.59 | 2:10:37 | 139.30 | 2:19:20 |
| 4:00 | 240 | 6.70 | 7.46 | 7:30 | 13.08 | 13:01 | 27.62 | 27:32:00 | 123.42 | 2:03:26 | 131.14 | 2:11:10 | 139.88 | 2:19:55 |
| 4:01 | 241 | 6.68 | 7.49 | 7:32 | 13.14 | 13:05 | 27.74 | 27:39:00 | 123.94 | 2:03:47 | 131.68 | 2:11:42 | 140.46 | 2:20:30 |
| 4:02 | 242 | 6.65 | 7.52 | 7:34 | 13.19 | 13:08 | 27.85 | 27:46:00 | 124.45 | 2:04:28 | 132.23 | 2:12:15 | 141.05 | 2:21:05 |
| 4:03 | 243 | 6.62 | 7.55 | 7:36 | 13.25 | 13:11 | 27.97 | 27:53:00 | 124.97 | 2:04:59 | 132.78 | 2:12:48 | 141.63 | 2:21:41 |
| 4:04 | 244 | 6.59 | 7.58 | 7:38 | 13.30 | 13:15 | 28.08 | 27:59:00 | 125.48 | 2:05:30 | 133.32 | 2:13:21 | 142.21 | 2:22:16 |
| 4:05 | 245 | 6.57 | 7.61 | 7:39 | 13.36 | 13:18 | 28.20 | 28:06:00 | 125.99 | 2:06:01 | 133.87 | 2:13:54 | 142.79 | 2:22:51 |
| 4:06 | 246 | 6.54 | 7.64 | 7:41 | 13.41 | 13:21 | 28.31 | 28:13:00 | 126.51 | 2:06:32 | 134.42 | 2:14:27 | 143.38 | 2:23:26 |
| 4:07 | 247 | 6.51 | 7.68 | 7:43 | 13.47 | 13:25 | 28.43 | 28:20:00 | 127.02 | 2:07:03 | 134.96 | 2:15:00 | 143.96 | 2:24:01 |
| 4:08 | 248 | 6.49 | 7.71 | 7:45 | 13.52 | 13:28 | 28.54 | 28:27:00 | 127.54 | 2:07:34 | 135.51 | 2:15:33 | 144.54 | 2:24:36 |
| 4:09 | 249 | 6.46 | 7.74 | 7:47 | 13.57 | 13:31 | 28.66 | 28:34:00 | 128.05 | 2:08:05 | 136.06 | 2:16:06 | 145.13 | 2:25:12 |
| 4:10 | 250 | 6.44 | 7.77 | 7:49 | 13.63 | 13:34 | 28.77 | 28:41:00 | 128.57 | 2:08:36 | 136.60 | 2:16:39 | 145.71 | 2:25:47 |
| 4:11 | 251 | 6.41 | 7.80 | 7:51 | 13.68 | 13:38 | 28.89 | 28:48:00 | 129.08 | 2:09:07 | 137.15 | 2:17:12 | 146.29 | 2:26:22 |
| 4:12 | 252 | 6.38 | 7.83 | 7:53 | 13.74 | 13:41 | 29.00 | 28:55:00 | 129.59 | 2:09:38 | 137.69 | 2:17:45 | 146.87 | 2:26:57 |
| 4:13 | 253 | 6.36 | 7.86 | 7:54 | 13.79 | 13:44 | 29.12 | 29:02:00 | 130.11 | 2:10:09 | 138.24 | 2:18:18 | 147.46 | 2:27:32 |
| 4:14 | 254 | 6.33 | 7.89 | 7:56 | 13.85 | 13:48 | 29.23 | 29:09:00 | 130.62 | 2:10:40 | 138.79 | 2:18:51 | 148.04 | 2:28:07 |
| 4:15 | 255 | 6.31 | 7.92 | 7:58 | 13.90 | 13:51 | 29.35 | 29:16:00 | 131.14 | 2:11:12 | 139.33 | 2:19:24 | 148.62 | 2:28:42 |
| 4:16 | 256 | 6.29 | 7.96 | 8:00 | 13.96 | 13:54 | 29.46 | 29:23:00 | 131.65 | 2:11:43 | 139.88 | 2:19:57 | 149.21 | 2:29:18 |
| 4:17 | 257 | 6.26 | 7.99 | 8:02 | 14.01 | 13:57 | 29.58 | 29:30:00 | 132.17 | 2:12:14 | 140.43 | 2:20:30 | 149.79 | 2:29:53 |
| 4:18 | 258 | 6.24 | 8.02 | 8:04 | 14.07 | 14:01 | 29.69 | 29:37:00 | 132.68 | 2:12:45 | 140.97 | 2:21:03 | 150.37 | 2:30:28 |
| 4:19 | 259 | 6.21 | 8.05 | 8:06 | 14.12 | 14:04 | 29.81 | 29:44:00 | 133.19 | 2:13:16 | 141.52 | 2:21:36 | 150.95 | 2:31:03 |
| 4:20 | 260 | 6.19 | 8.08 | 8:08 | 14.17 | 14:07 | 29.92 | 29:51:00 | 133.71 | 2:13:47 | 142.07 | 2:22:09 | 151.54 | 2:31:38 |
| 4:21 | 261 | 6.16 | 8.11 | 8:09 | 14.23 | 14:11 | 30.04 | 29:58:00 | 134.22 | 2:14:18 | 142.61 | 2:22:42 | 152.12 | 2:32:14 |
| 4:22 | 262 | 6.14 | 8.14 | 8:11 | 14.28 | 14:14 | 30.15 | 30:04:00 | 134.74 | 2:14:49 | 143.16 | 2:23:15 | 152.70 | 2:32:49 |
| 4:23 | 263 | 6.12 | 8.17 | 8:13 | 14.34 | 14:17 | 30.27 | 30:11:00 | 135.25 | 2:15:20 | 143.70 | 2:23:48 | 153.28 | 2:33:24 |
| 4:24 | 264 | 6.09 | 8.20 | 8:15 | 14.39 | 14:20 | 30.38 | 30:18:00 | 135.77 | 2:15:51 | 144.25 | 2:24:21 | 153.87 | 2:33:59 |
| 4:25 | 265 | 6.07 | 8.23 | 8:17 | 14.45 | 14:24 | 30.50 | 30:25:00 | 136.28 | 2:16:22 | 144.80 | 2:24:54 | 154.45 | 2:34:34 |
| 4:26 | 266 | 6.05 | 8.27 | 8:19 | 14.50 | 14:27 | 30.61 | 30:32:00 | 136.79 | 2:16:53 | 145.34 | 2:25:27 | 155.03 | 2:35:09 |
| 4:27 | 267 | 6.03 | 8.30 | 8:21 | 14.56 | 14:30 | 30.73 | 30:39:00 | 137.31 | 2:17:24 | 145.89 | 2:26:00 | 155.62 | 2:35:45 |
| 4:28 | 268 | 6.00 | 8.33 | 8:23 | 14.61 | 14:34 | 30.85 | 30:46:00 | 137.82 | 2:17:55 | 146.44 | 2:26:33 | 156.20 | 2:36:20 |
| 4:29 | 269 | 5.98 | 8.36 | 8:24 | 14.67 | 14:37 | 30.96 | 30:53:00 | 138.34 | 2:18:26 | 146.98 | 2:27:06 | 156.78 | 2:36:55 |
| 4:30 | 270 | 5.96 | 8.39 | 8:26 | 14.72 | 14:40 | 31.08 | 31:00:00 | 138.85 | 2:18:57 | 147.53 | 2:27:39 | 157.36 | 2:37:30 |
| 4:31 | 271 | 5.94 | 8.42 | 8:28 | 14.77 | 14:43 | 31.19 | 31:07:00 | 139.37 | 2:19:28 | 148.08 | 2:28:12 | 157.95 | 2:38:05 |
| 4:32 | 272 | 5.92 | 8.45 | 8:30 | 14.83 | 14:47 | 31.31 | 31:14:00 | 139.88 | 2:19:59 | 148.62 | 2:28:44 | 158.53 | 2:38:40 |
| 4:33 | 273 | 5.89 | 8.48 | 8:32 | 14.88 | 14:50 | 31.42 | 31:21:00 | 140.39 | 2:20:30 | 149.17 | 2:29:17 | 159.11 | 2:39:15 |
| 4:34 | 274 | 5.87 | 8.51 | 8:34 | 14.94 | 14:53 | 31.54 | 31:28:00 | 140.91 | 2:21:01 | 149.72 | 2:29:50 | 159.70 | 2:39:51 |
| 4:35 | 275 | 5.85 | 8.55 | 8:36 | 14.99 | 14:57 | 31.65 | 31:35:00 | 141.42 | 2:21:22 | 150.26 | 2:30:23 | 160.28 | 2:40:26 |
| 4:36 | 276 | 5.83 | 8.58 | 8:38 | 15.05 | 15:00 | 31.77 | 31:42:00 | 141.94 | 2:22:03 | 150.81 | 2:30:56 | 160.86 | 2:41:01 |
| 4:37 | 277 | 5.81 | 8.61 | 8:39 | 15.10 | 15:03 | 31.88 | 31:49:00 | 142.45 | 2:22:34 | 151.35 | 2:31:29 | 161.44 | 2:41:36 |
| 4:38 | 278 | 5.79 | 8.64 | 8:41 | 15.16 | 15:06 | 32.00 | 31:56:00 | 142.97 | 2:23:05 | 151.90 | 2:31:02 | 162.03 | 2:42:11 |
| 4:39 | 279 | 5.77 | 8.67 | 8:43 | 15.21 | 15:10 | 32.11 | 32:03:00 | 143.48 | 2:23:36 | 152.45 | 2:32:35 | 162.61 | 2:42:46 |
| 4:40 | 280 | 5.75 | 8.70 | 8:45 | 15.27 | 15:13 | 32.23 | 32:09:00 | 143.99 | 2:24:07 | 152.99 | 2:32:08 | 163.19 | 2:43:21 |
| 4:41 | 281 | 5.73 | 8.73 | 8:47 | 15.32 | 15:16 | 32.34 | 32:16:00 | 144.51 | 2:24:38 | 153.54 | 2:33:41 | 163.78 | 2:43:56 |
| 4:42 | 282 | 5.71 | 8.76 | 8:49 | 15.37 | 15:20 | 32.46 | 32:23:00 | 145.02 | 2:25:09 | 154.09 | 2:33:14 | 164.36 | 2:44:32 |
| 4:43 | 283 | 5.69 | 8.79 | 8:51 | 15.43 | 15:23 | 32.57 | 32:30:00 | 145.54 | 2:25:40 | 154.63 | 2:34:47 | 164.94 | 2:45:07 |
| 4:44 | 284 | 5.67 | 8.83 | 8:53 | 15.48 | 15:26 | 32.69 | 32:37:00 | 146.05 | 2:26:11 | 155.18 | 2:34:20 | 165.52 | 2:45:42 |
| 4:45 | 285 | 5.65 | 8.86 | 8:54 | 15.54 | 15:30 | 32.80 | 32:44:00 | 146.57 | 2:26:42 | 155.73 | 2:35:53 | 166.11 | 2:46:17 |
| 4:46 | 286 | 5.63 | 8.89 | 8:56 | 15.59 | 15:33 | 32.92 | 32:51:00 | 147.08 | 2:27:13 | 156.27 | 2:35:26 | 166.69 | 2:47:52 |
| 4:47 | 287 | 5.61 | 8.92 | 8:58 | 15.65 | 15:36 | 33.03 | 32:58:00 | 147.59 | 2:27:44 | 156.82 | 2:36:59 | 167.27 | 2:47:27 |
| 4:48 | 288 | 5.59 | 8.95 | 9:00 | 15.70 | 15:39 | 33.15 | 33:05:00 | 148.11 | 2:28:15 | 157.36 | 2:37:32 | 167.86 | 2:48:02 |
| 4:49 | 289 | 5.57 | 8.98 | 9:02 | 15.76 | 15:43 | 33.26 | 33:12:00 | 148.62 | 2:28:46 | 157.91 | 2:38:05 | 168.44 | 2:48:38 |
| 4:50 | 290 | 5.55 | 9.01 | 9:04 | 15.81 | 15:46 | 33.38 | 22:19:00 | 149.14 | 2:29:18 | 158.46 | 2:38:38 | 169.02 | 2:49:13 |
| 4:51 | 291 | 5.53 | 9.04 | 9:06 | 15.86 | 15:49 | 33.49 | 33:26:00 | 149.65 | 2:29:49 | 159.00 | 2:39:11 | 169.60 | 2:49:48 |
| 4:52 | 292 | 5.51 | 9.07 | 9:08 | 15.92 | 15:53 | 33.61 | 33:33:00 | 150.17 | 2:30:20 | 159.55 | 2:39:43 | 170.19 | 2:50:23 |
| 4:53 | 293 | 5.49 | 9.11 | 9:09 | 15.97 | 15:56 | 33.72 | 33:40:00 | 150.68 | 2:30:51 | 160.10 | 2:40:17 | 170.77 | 2:50:58 |
| 4:54 | 294 | 5.47 | 9.14 | 9:11 | 16.03 | 15:59 | 33.84 | 33:47:00 | 151.19 | 2:31:22 | 160.64 | 2:40:50 | 171.35 | 2:51:34 |
| 4:55 | 295 | 5.45 | 9.17 | 9:13 | 16.08 | 16:02 | 33.95 | 33:54:00 | 151.71 | 2:31:53 | 161.19 | 2:41:23 | 171.94 | 2:52:09 |

Dr. Joe Vigil- Predictive Time Chart

| Mile Time | Time (sec) | Velocity (m/s) | 3k (100%) min | 3k Time | 5k (95%) min | 5k Time | 10k (90%) min | 10k Time | Marathon (85%) min | Marathon Time | Marathon (80%) min | Marathon Time | Marathon (75%) min | Marathon Time |
|-----------|------------|----------------|---------------|---------|--------------|---------|---------------|----------|--------------------|---------------|--------------------|---------------|--------------------|---------------|
| 4:56 | 296 | 5.44 | 9.20 | 9:15 | 16.14 | 16:06 | 34.07 | 34:01:00 | 152.22 | 2:32:24 | 161.74 | 2:41:56 | 172.52 | 2:52:44 |
| 4:57 | 297 | 5.42 | 9.23 | 9:17 | 16.19 | 16:09 | 34.18 | 34:08:00 | 152.74 | 2:32:55 | 162.28 | 2:42:29 | 173.10 | 2:53:19 |
| 4:58 | 298 | 5.40 | 9.26 | 9:19 | 16.25 | 16:12 | 34.30 | 34:14:00 | 153.25 | 2:33:26 | 162.83 | 2:43:02 | 173.68 | 2:53:54 |
| 4:59 | 299 | 5.38 | 9.29 | 9:21 | 16.30 | 16:16 | 34.41 | 34:21:00 | 153.76 | 2:33:57 | 163.38 | 2:43:35 | 174.27 | 2:54:29 |
| 5:00 | 300 | 5.36 | 9.32 | 9:23 | 16.36 | 16:19 | 34.53 | 34:28:00 | 154.28 | 2:34:28 | 163.92 | 2:44:08 | 174.85 | 2:55:05 |
| 5:01 | 301 | 5.35 | 9.35 | 9:24 | 16.41 | 16:22 | 34.64 | 34:35:00 | 154.79 | 2:34:59 | 164.47 | 2:44:41 | 175.43 | 2:55:40 |
| 5:02 | 302 | 5.33 | 9.38 | 9:26 | 16.46 | 16:25 | 34.76 | 34:42:00 | 155.31 | 2:35:30 | 165.01 | 2:45:14 | 176.02 | 2:56:15 |
| 5:03 | 303 | 5.31 | 9.42 | 9:28 | 16.52 | 16:29 | 34.87 | 34:49:00 | 155.82 | 2:36:01 | 165.56 | 2:45:47 | 176.60 | 2:56:50 |
| 5:04 | 304 | 5.29 | 9.45 | 9:30 | 16.57 | 16:32 | 34.99 | 34:56:00 | 156.34 | 2:36:32 | 166.11 | 2:46:20 | 177.18 | 2:57:25 |
| 5:05 | 305 | 5.28 | 9.48 | 9:32 | 16.63 | 16:35 | 35.10 | 35:03:00 | 156.85 | 2:37:03 | 166.65 | 2:46:52 | 177.76 | 2:58:00 |
| 5:06 | 306 | 5.26 | 9.51 | 9:34 | 16.68 | 16:39 | 35.22 | 35:10:00 | 157.36 | 2:37:34 | 167.20 | 2:47:25 | 178.35 | 2:58:36 |
| 5:07 | 307 | 5.24 | 9.54 | 9:36 | 16.74 | 16:42 | 35.33 | 35:17:00 | 157.88 | 2:38:05 | 167.75 | 2:47:58 | 178.93 | 2:59:11 |
| 5:08 | 308 | 5.22 | 9.57 | 9:38 | 16.79 | 16:45 | 35.45 | 35:24:00 | 158.39 | 2:38:36 | 168.29 | 2:48:31 | 179.51 | 2:59:46 |
| 5:09 | 309 | 5.21 | 9.60 | 9:39 | 16.85 | 16:48 | 35.56 | 35:31:00 | 158.91 | 2:38:07 | 168.84 | 2:49:04 | 180.10 | 3:00:21 |
| 5:10 | 310 | 5.19 | 9.63 | 9:41 | 16.90 | 16:52 | 35.68 | 35:38:00 | 159.42 | 2:39:38 | 169.39 | 2:49:37 | 180.68 | 3:00:56 |
| 5:11 | 311 | 5.17 | 9.66 | 9:43 | 16.96 | 16:55 | 35.79 | 35:45:00 | 159.94 | 2:39:09 | 169.93 | 2:50:10 | 181.26 | 3:01:31 |
| 5:12 | 312 | 5.16 | 9.70 | 9:45 | 17.01 | 16:58 | 35.91 | 35:52:00 | 160.45 | 2:40:40 | 170.48 | 2:50:43 | 181.84 | 3:02:07 |
| 5:13 | 313 | 5.14 | 9.73 | 9:47 | 17.06 | 17:02 | 36.02 | 35:59:00 | 160.96 | 2:40:11 | 171.02 | 2:51:16 | 182.43 | 3:02:42 |
| 5:14 | 314 | 5.12 | 9.76 | 9:49 | 17.12 | 17:05 | 36.14 | 36:06:00 | 161.48 | 2:41:42 | 171.57 | 2:51:49 | 183.01 | 3:03:17 |
| 5:15 | 315 | 5.11 | 9.79 | 9:51 | 17.17 | 17:08 | 36.25 | 36:13:00 | 161.99 | 2:41:13 | 172.12 | 2:52:22 | 183.59 | 3:03:52 |
| 5:16 | 316 | 5.09 | 9.82 | 9:53 | 17.23 | 17:11 | 36.37 | 36:19:00 | 162.51 | 2:42:44 | 172.66 | 2:52:55 | 184.18 | 3:04:27 |
| 5:17 | 317 | 5.08 | 9.85 | 9:54 | 17.28 | 17:15 | 36.48 | 36:26:00 | 163.02 | 2:42:15 | 173.21 | 2:53:28 | 184.76 | 3:05:02 |
| 5:18 | 318 | 5.06 | 9.88 | 9:56 | 17.34 | 17:18 | 36.60 | 36:33:00 | 163.54 | 2:43:46 | 173.76 | 2:54:01 | 185.34 | 3:05:38 |
| 5:19 | 319 | 5.04 | 9.91 | 9:58 | 17.39 | 17:21 | 36.71 | 36:40:00 | 164.05 | 2:43:17 | 174.30 | 2:54:34 | 185.92 | 3:06:13 |
| 5:20 | 320 | 5.03 | 9.94 | 10:00 | 17.45 | 17:25 | 36.83 | 36:47:00 | 164.56 | 2:44:48 | 174.85 | 2:55:07 | 186.51 | 3:06:48 |
| 5:21 | 321 | 5.01 | 9.98 | 10:02 | 17.50 | 17:28 | 36.94 | 36:54:00 | 165.08 | 2:45:19 | 175.40 | 2:55:39 | 187.09 | 3:07:23 |
| 5:22 | 322 | 5.00 | 10.01 | 10:04 | 17.55 | 17:31 | 37.06 | 37:01:00 | 165.59 | 2:45:50 | 175.94 | 2:56:12 | 187.67 | 3:07:58 |
| 5:23 | 323 | 4.98 | 10.04 | 10:06 | 17.61 | 17:34 | 37.18 | 37:08:00 | 166.11 | 2:46:22 | 176.49 | 2:56:45 | 188.25 | 3:08:33 |
| 5:24 | 324 | 4.97 | 10.07 | 10:08 | 17.66 | 17:38 | 37.29 | 37:15:00 | 166.62 | 2:46:53 | 177.04 | 2:57:18 | 188.84 | 3:09:09 |
| 5:25 | 325 | 4.95 | 10.10 | 10:09 | 17.72 | 17:41 | 37.41 | 37:21:00 | 167.14 | 2:47:23 | 177.58 | 2:57:51 | 189.42 | 3:09:44 |
| 5:26 | 326 | 4.94 | 10.13 | 10:11 | 17.77 | 17:44 | 37.52 | 37:28:00 | 167.65 | 2:47:54 | 178.13 | 2:58:24 | 190.00 | 3:09:19 |
| 5:27 | 327 | 4.92 | 10.16 | 10:13 | 17.83 | 17:48 | 37.64 | 37:35:00 | 168.16 | 2:48:25 | 178.67 | 2:58:57 | 190.59 | 3:10:54 |
| 5:28 | 328 | 4.91 | 10.19 | 10:15 | 17.88 | 17:51 | 37.75 | 37:42:00 | 168.68 | 2:48:56 | 179.22 | 2:59:30 | 191.17 | 3:11:29 |
| 5:29 | 329 | 4.89 | 10.22 | 10:17 | 17.94 | 17:54 | 37.87 | 37:49:00 | 169.19 | 2:49:27 | 179.77 | 3:00:03 | 191.75 | 3:12:04 |
| 5:30 | 330 | 4.88 | 10.25 | 10:19 | 17.99 | 17:58 | 37.98 | 37:56:00 | 169.71 | 2:49:58 | 180.31 | 3:00:36 | 192.33 | 3:12:40 |
| 5:31 | 331 | 4.86 | 10.29 | 10:21 | 18.05 | 18:01 | 38.10 | 38:03:00 | 170.22 | 2:50:29 | 180.86 | 3:01:09 | 192.92 | 3:13:15 |
| 5:32 | 332 | 4.85 | 10.32 | 10:23 | 18.10 | 18:04 | 38.21 | 38:10:00 | 170.74 | 2:51:00 | 181.41 | 3:01:42 | 193.50 | 3:13:50 |
| 5:33 | 333 | 4.83 | 10.35 | 10:24 | 18.15 | 18:07 | 38.33 | 38:17:00 | 171.25 | 2:51:31 | 181.95 | 3:02:15 | 194.08 | 3:14:25 |
| 5:34 | 334 | 4.82 | 10.38 | 10:26 | 18.21 | 18:11 | 38.44 | 38:24:00 | 171.76 | 2:52:02 | 182.50 | 3:02:48 | 194.67 | 3:15:00 |
| 5:35 | 335 | 4.80 | 10.41 | 10:28 | 18.26 | 18:14 | 38.56 | 38:31:00 | 172.28 | 2:52:33 | 183.05 | 3:03:21 | 195.25 | 3:15:35 |
| 5:36 | 336 | 4.79 | 10.44 | 10:30 | 18.32 | 18:17 | 38.67 | 38:38:00 | 172.79 | 2:53:04 | 183.59 | 3:03:54 | 195.83 | 3:16:11 |
| 5:37 | 337 | 4.77 | 10.47 | 10:32 | 18.37 | 18:21 | 38.79 | 38:45:00 | 173.31 | 2:53:35 | 184.14 | 3:04:27 | 196.41 | 3:16:46 |
| 5:38 | 338 | 4.76 | 10.50 | 10:34 | 18.43 | 18:24 | 38.90 | 38:52:00 | 173.82 | 2:54:06 | 184.69 | 3:05:00 | 197.00 | 3:17:21 |
| 5:39 | 339 | 4.75 | 10.53 | 10:36 | 18.48 | 18:27 | 39.02 | 38:59:00 | 174.34 | 2:54:37 | 185.23 | 3:05:33 | 197.58 | 3:17:56 |
| 5:40 | 340 | 4.73 | 10.57 | 10:38 | 18.54 | 18:30 | 39.13 | 39:06:00 | 174.85 | 2:55:09 | 185.78 | 3:06:06 | 198.16 | 3:18:31 |
| 5:41 | 341 | 4.72 | 10.60 | 10:39 | 18.59 | 18:34 | 39.25 | 39:12:00 | 175.36 | 2:55:40 | 186.32 | 3:06:39 | 198.75 | 3:19:06 |
| 5:42 | 342 | 4.70 | 10.63 | 10:41 | 18.65 | 18:37 | 39.36 | 39:20:00 | 175.88 | 2:56:11 | 186.87 | 3:07:12 | 199.33 | 3:19:42 |
| 5:43 | 343 | 4.69 | 10.66 | 10:43 | 18.70 | 18:40 | 39.48 | 39:26:00 | 176.39 | 2:56:42 | 187.42 | 3:07:45 | 199.91 | 3:20:17 |
| 5:44 | 344 | 4.68 | 10.69 | 10:45 | 18.75 | 18:44 | 39.59 | 38:33:00 | 176.91 | 2:57:13 | 187.96 | 3:08:18 | 200.49 | 3:20:52 |
| 5:45 | 345 | 4.66 | 10.72 | 10:47 | 18.81 | 18:47 | 39.71 | 39:40:00 | 177.42 | 2:57:44 | 188.51 | 3:08:51 | 201.08 | 3:21:27 |
| 5:46 | 346 | 4.65 | 10.75 | 10:49 | 18.86 | 18:50 | 39.82 | 39:47:00 | 177.94 | 2:58:15 | 189.06 | 3:09:24 | 201.66 | 3:22:02 |
| 5:47 | 347 | 4.64 | 10.78 | 10:51 | 18.92 | 18:53 | 39.94 | 40:54:00 | 178.45 | 2:58:46 | 189.60 | 3:09:57 | 202.24 | 3:22:37 |
| 5:48 | 348 | 4.62 | 10.81 | 10:53 | 18.97 | 18:57 | 40.05 | 40:01:00 | 178.96 | 2:59:17 | 190.15 | 3:10:30 | 202.83 | 3:23:13 |
| 5:49 | 349 | 4.61 | 10.85 | 10:54 | 19.03 | 19:00 | 40.17 | 40:08:00 | 179.48 | 2:59:48 | 190.70 | 3:11:03 | 203.41 | 3:23:48 |
| 5:50 | 350 | 4.60 | 10.88 | 10:56 | 19.08 | 19:03 | 40.28 | 40:15:00 | 179.99 | 3:00:19 | 191.24 | 3:11:36 | 203.99 | 3:24:23 |
| 5:51 | 351 | 4.58 | 10.91 | 10:58 | 19.14 | 19:07 | 40.40 | 40:22:00 | 180.51 | 3:00:50 | 191.79 | 3:12:09 | 204.57 | 3:24:58 |
| 5:52 | 352 | 4.57 | 10.94 | 11:00 | 19.19 | 19:10 | 40.51 | 40:29:00 | 181.02 | 3:01:21 | 192.33 | 3:12:42 | 205.16 | 3:25:33 |
| 5:53 | 353 | 4.56 | 10.97 | 11:02 | 19.24 | 19:13 | 40.63 | 40:36:00 | 181.54 | 3:01:52 | 192.88 | 3:13:14 | 205.74 | 3:26:08 |
| 5:54 | 354 | 4.55 | 11.00 | 11:04 | 19.30 | 19:16 | 40.74 | 40:43:00 | 182.05 | 3:02:23 | 193.43 | 3:13:47 | 206.32 | 3:26:44 |
| 5:55 | 355 | 4.53 | 11.03 | 11:06 | 19.35 | 19:20 | 40.86 | 40:50:00 | 182.56 | 3:02:54 | 193.97 | 3:14:20 | 206.91 | 3:27:19 |
| 5:56 | 356 | 4.52 | 11.06 | 11:08 | 19.41 | 19:23 | 40.97 | 40:57:00 | 183.08 | 3:03:25 | 194.52 | 3:14:53 | 207.49 | 3:27:54 |
| 5:57 | 357 | 4.51 | 11.09 | 11:09 | 19.46 | 19:26 | 41.09 | 41:04:00 | 183.59 | 3:03:56 | 195.07 | 3:15:26 | 208.07 | 3:28:29 |
| 5:58 | 358 | 4.49 | 11.12 | 11:11 | 19.52 | 19:30 | 41.20 | 41:11:00 | 184.11 | 3:04:27 | 195.61 | 3:15:59 | 208.65 | 3:29:04 |
| 5:50 | 359 | 4.48 | 11.16 | 11:13 | 19.57 | 19:33 | 41.32 | 41:18:00 | 184.62 | 3:04:58 | 196.16 | 3:16:32 | 209.24 | 3:29:39 |
| 6:00 | 360 | 4.47 | 11.19 | 11:15 | 19.63 | 19:36 | 41.43 | 41:25:00 | 185.14 | 3:05:29 | 196.71 | 3:17:05 | 209.82 | 3:30:15 |
| 6:01 | 361 | 4.46 | 11.22 | 11:17 | 19.68 | 19:40 | 41.55 | 41:31:00 | 185.65 | 3:06:00 | 197.25 | 3:17:38 | 210.40 | 3:30:50 |

Dr. Joe Vigil- Predictive Time Chart

| Mile Time | Time (sec) | Velocity (m/s) | 3k (100%) min | 3k Time | 5k (95%) min | 5k Time | 10k (90%) min | 10k Time | Marathon (85%) min | Marathon Time | Marathon (80%) min | Marathon Time | Marathon (75%) min | Marathon Time |
|-----------|------------|----------------|---------------|---------|--------------|---------|---------------|----------|--------------------|---------------|--------------------|---------------|--------------------|---------------|
| 6:02 | 362 | 4.44 | 11.25 | 11:19 | 19.74 | 19:43 | 41.66 | 41:28:00 | 186.16 | 3:06:31 | 197.80 | 3:18:11 | 210.99 | 3:31:25 |
| 6:03 | 363 | 4.43 | 11.28 | 11:21 | 19.79 | 19:46 | 41.78 | 41:45:00 | 186.68 | 3:07:02 | 198.35 | 3:18:44 | 211.57 | 3:32:00 |
| 6:04 | 364 | 4.42 | 11.31 | 11:23 | 19.84 | 19:49 | 41.89 | 41:52:00 | 187.19 | 3:07:33 | 198.89 | 3:19:17 | 212.15 | 3:32:35 |
| 6:05 | 365 | 4.41 | 11.34 | 11:24 | 19.90 | 19:53 | 42.01 | 41:59:00 | 187.71 | 3:08:04 | 199.44 | 3:19:50 | 212.73 | 3:33:10 |
| 6:06 | 366 | 4.40 | 11.37 | 11:26 | 19.95 | 19:56 | 42.12 | 42:06:00 | 188.22 | 3:08:35 | 199.98 | 3:20:23 | 213.32 | 3:33:46 |
| 6:07 | 367 | 4.38 | 11.40 | 11:28 | 20.01 | 19:59 | 42.24 | 42:13:00 | 188.73 | 3:09:06 | 200.53 | 3:20:56 | 213.90 | 3:34:21 |
| 6:08 | 368 | 4.37 | 11.44 | 11:30 | 20.06 | 20:03 | 42.35 | 42:20:00 | 189.25 | 3:09:37 | 201.08 | 3:21:29 | 214.48 | 3:34:56 |
| 6:09 | 369 | 4.36 | 11.47 | 11:32 | 20.12 | 20:06 | 42.47 | 42:27:00 | 189.76 | 3:10:08 | 201.62 | 3:22:02 | 215.07 | 3:35:31 |
| 6:10 | 370 | 4.35 | 11.50 | 11:34 | 20.17 | 20:09 | 42.58 | 42:34:00 | 190.28 | 3:10:39 | 202.17 | 3:22:35 | 215.65 | 3:36:06 |
| 6:11 | 371 | 4.34 | 11.53 | 11:36 | 20.23 | 20:12 | 42.70 | 42:41:00 | 190.79 | 3:11:10 | 202.72 | 3:23:08 | 216.23 | 3:36:41 |
| 6:12 | 372 | 4.33 | 11.56 | 11:38 | 20.28 | 20:16 | 42.81 | 42:48:00 | 191.31 | 3:11:41 | 203.26 | 3:23:41 | 216.81 | 3:37:17 |
| 6:13 | 373 | 4.31 | 11.59 | 11:39 | 20.34 | 20:19 | 42.93 | 42:55:00 | 191.82 | 3:12:12 | 203.81 | 3:24:14 | 217.40 | 3:37:52 |
| 6:14 | 374 | 4.30 | 11.62 | 11:41 | 20.39 | 20:22 | 43.04 | 43:02:00 | 192.33 | 3:12:44 | 204.36 | 3:24:47 | 217.98 | 3:38:27 |
| 6:15 | 375 | 4.29 | 11.65 | 11:43 | 20.44 | 20:26 | 43.16 | 43:09:00 | 192.85 | 3:13:15 | 204.90 | 3:25:20 | 218.56 | 3:39:02 |
| 6:16 | 376 | 4.28 | 11.68 | 11:45 | 20.50 | 20:29 | 43.28 | 43:16:00 | 193.36 | 3:13:46 | 205.45 | 3:25:53 | 219.15 | 3:39:37 |
| 6:17 | 377 | 4.27 | 11.72 | 11:47 | 20.55 | 20:32 | 43.39 | 43:23:00 | 193.88 | 3:14:17 | 205.99 | 3:26:26 | 219.73 | 3:40:12 |
| 6:18 | 378 | 4.26 | 11.75 | 11:49 | 20.61 | 20:35 | 43.51 | 43:30:00 | 194.39 | 3:14:48 | 206.54 | 3:26:59 | 220.31 | 3:40:48 |
| 6:19 | 379 | 4.25 | 11.78 | 11:51 | 20.66 | 20:39 | 43.62 | 43:36:00 | 194.91 | 3:15:19 | 207.09 | 3:27:32 | 220.89 | 3:41:23 |
| 6:20 | 380 | 4.23 | 11.81 | 11:53 | 20.72 | 20:42 | 43.74 | 43:43:00 | 195.42 | 3:15:50 | 207.63 | 3:28:05 | 221.48 | 3:41:58 |
| 6:21 | 381 | 4.22 | 11.84 | 11:54 | 20.77 | 20:45 | 43.85 | 43:50:00 | 195.93 | 3:16:21 | 208.18 | 3:28:38 | 222.06 | 3:42:33 |
| 6:22 | 382 | 4.21 | 11.87 | 11:56 | 20.83 | 20:49 | 43.97 | 43:57:00 | 196.45 | 3:16:52 | 208.73 | 3:29:11 | 222.64 | 3:43:08 |
| 6:23 | 383 | 4.20 | 11.90 | 11:58 | 20.88 | 20:52 | 44.08 | 44:04:00 | 196.96 | 3:17:23 | 209.27 | 3:29:44 | 223.22 | 3:43:43 |
| 6:24 | 384 | 4.19 | 11.93 | 12:00 | 20.93 | 20:55 | 44.20 | 44:11:00 | 197.48 | 3:17:54 | 209.82 | 3:30:17 | 223.81 | 3:44:19 |
| 6:25 | 385 | 4.18 | 11.96 | 12:02 | 20.99 | 20:58 | 44.31 | 44:18:00 | 197.99 | 3:18:25 | 210.37 | 3:30:49 | 224.39 | 3:44:54 |
| 6:26 | 386 | 4.17 | 12.00 | 12:04 | 21.04 | 21:02 | 44.43 | 44:25:00 | 198.51 | 3:18:56 | 210.91 | 3:31:22 | 224.97 | 3:45:29 |
| 6:27 | 387 | 4.16 | 12.03 | 12:06 | 21.10 | 21:05 | 44.54 | 44:32:00 | 199.02 | 3:19:27 | 211.46 | 3:31:55 | 225.56 | 3:46:04 |
| 6:28 | 388 | 4.15 | 12.06 | 12:08 | 21.15 | 21:08 | 44.66 | 44:39:00 | 199.53 | 3:19:58 | 212.01 | 3:32:28 | 226.14 | 3:46:39 |
| 6:29 | 389 | 4.14 | 12.09 | 12:09 | 21.21 | 21:12 | 44.77 | 44:46:00 | 200.05 | 3:20:29 | 212.55 | 3:33:01 | 226.72 | 3:47:14 |
| 6:30 | 390 | 4.13 | 12.12 | 12:11 | 21.26 | 21:15 | 44.89 | 44:53:00 | 200.56 | 3:21:00 | 213.10 | 3:33:34 | 227.30 | 3:47:50 |
| 6:31 | 391 | 4.12 | 12.15 | 12:13 | 21.32 | 21:18 | 45.00 | 45:00:00 | 201.08 | 3:21:31 | 213.64 | 3:34:07 | 227.89 | 3:48:25 |
| 6:32 | 392 | 4.10 | 12.18 | 12:15 | 21.37 | 21:21 | 45.12 | 45:07:00 | 201.59 | 3:22:02 | 214.19 | 3:34:40 | 228.47 | 3:49:00 |
| 6:33 | 393 | 4.09 | 12.21 | 12:17 | 21.43 | 21:25 | 45.23 | 45:14:00 | 202.11 | 3:22:33 | 214.74 | 3:35:13 | 229.05 | 3:49:35 |
| 6:34 | 394 | 4.08 | 12.24 | 12:19 | 21.48 | 21:28 | 45.35 | 45:21:00 | 202.62 | 3:23:04 | 215.28 | 3:35:46 | 229.64 | 3:50:10 |
| 6:35 | 395 | 4.07 | 12.27 | 12:21 | 21.53 | 21:31 | 45.46 | 45:28:00 | 203.13 | 3:23:35 | 215.83 | 3:36:19 | 230.22 | 3:50:45 |
| 6:36 | 396 | 4.06 | 12.31 | 12:23 | 21.59 | 21:35 | 45.58 | 45:35:00 | 203.65 | 3:24:06 | 216.38 | 3:36:51 | 230.80 | 3:51:21 |
| 6:37 | 397 | 4.05 | 12.34 | 12:24 | 21.64 | 21:38 | 45.69 | 45:41:00 | 204.16 | 3:24:37 | 216.92 | 3:37:25 | 231.38 | 3:51:56 |
| 6:38 | 398 | 4.04 | 12.37 | 12:26 | 21.70 | 21:41 | 45.81 | 45:48:00 | 204.68 | 3:25:08 | 217.47 | 3:37:58 | 231.97 | 3:52:31 |
| 6:39 | 399 | 4.03 | 12.40 | 12:28 | 21.75 | 21:45 | 45.92 | 45:55:00 | 205.19 | 3:25:39 | 218.02 | 3:38:31 | 232.55 | 3:53:06 |
| 6:40 | 400 | 4.02 | 12.43 | 12:30 | 21.81 | 21:48 | 46.04 | 46:02:00 | 205.71 | 3:26:10 | 218.56 | 3:39:04 | 233.13 | 3:53:41 |
| 6:41 | 401 | 4.01 | 12.46 | 12:32 | 21.86 | 21:51 | 46.15 | 46:09:00 | 206.22 | 3:26:41 | 219.11 | 3:39:37 | 233.72 | 3:54:16 |
| 6:42 | 402 | 4.00 | 12.49 | 12:34 | 21.92 | 21:54 | 46.27 | 46:16:00 | 206.73 | 3:27:12 | 219.66 | 3:40:10 | 234.30 | 3:54:51 |
| 6:43 | 403 | 3.99 | 12.52 | 12:36 | 21.97 | 21:58 | 46.38 | 46:23:00 | 207.25 | 3:27:43 | 220.20 | 3:40:43 | 234.88 | 3:55:27 |
| 6:44 | 404 | 3.98 | 12.55 | 12:38 | 22.03 | 22:01 | 46.50 | 46:30:00 | 207.76 | 3:28:14 | 220.75 | 3:41:16 | 235.46 | 3:56:02 |
| 6:45 | 405 | 3.97 | 12.59 | 12:39 | 22.08 | 22:04 | 46.61 | 46:37:00 | 208.28 | 3:28:45 | 221.29 | 3:41:49 | 236.05 | 3:56:37 |
| 6:46 | 406 | 3.96 | 12.62 | 12:41 | 22.13 | 22:08 | 46.73 | 46:44:00 | 208.79 | 3:29:16 | 221.84 | 3:42:22 | 236.63 | 3:57:12 |
| 6:47 | 407 | 3.95 | 12.65 | 12:43 | 22.19 | 22:11 | 46.84 | 46:51:00 | 209.31 | 3:29:47 | 222.39 | 3:42:55 | 237.21 | 3:57:47 |
| 6:48 | 408 | 3.94 | 12.68 | 12:45 | 22.24 | 22:14 | 46.96 | 46:58:00 | 209.82 | 3:30:19 | 222.93 | 3:43:28 | 237.80 | 3:58:22 |
| 6:49 | 409 | 3.93 | 12.71 | 12:47 | 22.30 | 22:17 | 47.07 | 47:05:00 | 210.33 | 3:30:50 | 223.48 | 3:44:01 | 238.38 | 3:58:58 |
| 6:50 | 410 | 3.92 | 12.74 | 12:49 | 22.35 | 22:21 | 47.19 | 47:12:00 | 210.85 | 3:31:21 | 224.03 | 3:44:34 | 238.96 | 3:59:33 |
| 6:51 | 411 | 3.91 | 12.77 | 12:51 | 22.41 | 22:24 | 47.30 | 47:19:00 | 211.36 | 3:31:52 | 224.57 | 3:45:07 | 239.54 | 4:00:08 |
| 6:52 | 412 | 3.91 | 12.80 | 12:53 | 22.46 | 22:27 | 47.42 | 47:26:00 | 211.88 | 3:32:23 | 225.12 | 3:45:40 | 240.13 | 4:00:43 |
| 6:53 | 413 | 3.90 | 12.83 | 12:54 | 22.52 | 22:31 | 47.53 | 47:33:00 | 212.39 | 3:32:54 | 225.67 | 3:46:13 | 240.71 | 4:01:18 |
| 6:54 | 414 | 3.89 | 12.87 | 12:56 | 22.57 | 22:34 | 47.65 | 47:40:00 | 212.91 | 3:33:25 | 226.21 | 3:46:46 | 241.29 | 4:01:54 |
| 6:55 | 415 | 3.88 | 12.90 | 12:58 | 22.62 | 22:37 | 47.76 | 47:46:00 | 213.42 | 3:33:56 | 226.76 | 3:47:19 | 241.88 | 4:02:29 |
| 6:56 | 416 | 3.87 | 12.93 | 13:00 | 22.68 | 22:40 | 47.88 | 47:53:00 | 213.93 | 3:34:27 | 227.30 | 3:47:52 | 242.46 | 4:03:04 |
| 6:57 | 417 | 3.86 | 12.96 | 13:02 | 22.73 | 22:44 | 47.99 | 48:00:00 | 214.45 | 3:34:58 | 227.85 | 3:48:25 | 243.04 | 4:03:39 |
| 6:58 | 418 | 3.85 | 12.99 | 13:04 | 22.79 | 22:47 | 48.11 | 48:07:00 | 214.96 | 3:35:29 | 228.40 | 3:48:57 | 243.62 | 4:04:14 |
| 6:59 | 419 | 3.84 | 13.02 | 13:06 | 22.84 | 22:50 | 48.22 | 48:14:00 | 215.48 | 3:36:00 | 228.94 | 3:49:31 | 244.21 | 4:04:49 |
| 7:00 | 420 | 3.83 | 13.05 | 13:08 | 22.90 | 22:54 | 48.34 | 48:21:00 | 215.99 | 3:36:31 | 229.49 | 3:50:03 | 244.79 | 4:05:25 |