

USMS Long Distance Committee
Long Distance Pace Chart
April 2006

| 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 |