

### MT. SAC RELAYS 1,500M TIME CONVERSION

MILE	1500M	1600M
03:40.0	03:23.7	03:38.7
03:40.5	03:24.2	03:39.2
03:41.0	03:24.6	03:39.7
03:41.5	03:25.1	03:40.2
03:42.0	03:25.6	03:40.7
03:42.5	03:26.0	03:41.2
03:43.0	03:26.5	03:41.7
03:43.5	03:26.9	03:42.2
03:44.0	03:27.4	03:42.7
03:44.5	03:27.9	03:43.2
03:45.0	03:28.3	03:43.7
03:45.5	03:28.8	03:44.2
03:46.0	03:29.3	03:44.7
03:46.5	03:29.7	03:45.2
03:47.0	03:30.2	03:45.7
03:47.5	03:30.6	03:46.2
03:48.0	03:31.1	03:46.7
03:48.5	03:31.6	03:47.2
03:49.0	03:32.0	03:47.7
03:49.5	03:32.5	03:48.2
03:50.0	03:33.0	03:48.7
03:50.5	03:33.4	03:49.2
03:51.0	03:33.9	03:49.7
03:51.5	03:34.4	03:50.2
03:52.0	03:34.8	03:50.7
03:52.5	03:35.3	03:51.2
03:53.0	03:35.7	03:51.7
03:53.5	03:36.2	03:52.2
03:54.0	03:36.7	03:52.7
03:54.5	03:37.1	03:53.1
03:55.0	03:37.6	03:53.6
03:55.5	03:38.1	03:54.1
03:56.0	03:38.5	03:54.6
03:56.5	03:39.0	03:55.1
03:57.0	03:39.4	03:55.6
03:57.5	03:39.9	03:56.1
03:58.0	03:40.4	03:56.6
03:58.5	03:40.8	03:57.1
03:59.0	03:41.3	03:57.6
03:59.5	03:41.8	03:58.1
04:00.0	03:42.2	03:58.6
04:00.5	03:42.7	03:59.1
04:01.0	03:43.1	03:59.6
04:01.5	03:43.6	04:00.1
04:02.0	03:44.1	04:00.6
04:02.5	03:44.5	04:01.1
04:03.0	03:45.0	04:01.6
04:03.5	03:45.5	04:02.1
04:04.0	03:45.9	04:02.6
04:04.5	03:46.4	04:03.1
04:05.0	03:46.9	04:03.6
04:05.5	03:47.3	04:04.1
04:06.0	03:47.8	04:04.6
04:06.5	03:48.2	04:05.1
04:07.0	03:48.7	04:05.6

MILE	1500M	1600M
04:07.5	03:49.2	04:06.1
04:08.0	03:49.6	04:06.6
04:08.5	03:50.1	04:07.1
04:09.0	03:50.6	04:07.6
04:09.5	03:51.0	04:08.1
04:10.0	03:51.5	04:08.6
04:10.5	03:51.9	04:09.1
04:11.0	03:52.4	04:09.6
04:11.5	03:52.9	04:10.0
04:12.0	03:53.3	04:10.5
04:12.5	03:53.8	04:11.0
04:13.0	03:54.3	04:11.5
04:13.5	03:54.7	04:12.0
04:14.0	03:55.2	04:12.5
04:14.5	03:55.6	04:13.0
04:15.0	03:56.1	04:13.5
04:15.5	03:56.6	04:14.0
04:16.0	03:57.0	04:14.5
04:16.5	03:57.5	04:15.0
04:17.0	03:58.0	04:15.5
04:17.5	03:58.4	04:16.0
04:18.0	03:58.9	04:16.5
04:18.5	03:59.4	04:17.0
04:19.0	03:59.8	04:17.5
04:19.5	04:00.3	04:18.0
04:20.0	04:00.7	04:18.5
04:20.5	04:01.2	04:19.0
04:21.0	04:01.7	04:19.5
04:21.5	04:02.1	04:20.0
04:22.0	04:02.6	04:20.5
04:22.5	04:03.1	04:21.0
04:23.0	04:03.5	04:21.5
04:23.5	04:04.0	04:22.0
04:24.0	04:04.4	04:22.5
04:24.5	04:04.9	04:23.0
04:25.0	04:05.4	04:23.5
04:25.5	04:05.8	04:24.0
04:26.0	04:06.3	04:24.5
04:26.5	04:06.8	04:25.0
04:27.0	04:07.2	04:25.5
04:27.5	04:07.7	04:26.0
04:28.0	04:08.1	04:26.5
04:28.5	04:08.6	04:27.0
04:29.0	04:09.1	04:27.4
04:29.5	04:09.5	04:27.9
04:30.0	04:10.0	04:28.4
04:30.5	04:10.5	04:28.9
04:31.0	04:10.9	04:29.4
04:31.5	04:11.4	04:29.9
04:32.0	04:11.9	04:30.4
04:32.5	04:12.3	04:30.9
04:33.0	04:12.8	04:31.4
04:33.5	04:13.2	04:31.9
04:34.0	04:13.7	04:32.4
04:34.5	04:14.2	04:32.9

MILE	1500M	1600M
04:35.0	04:14.6	04:33.4
04:35.5	04:15.1	04:33.9
04:36.0	04:15.6	04:34.4
04:36.5	04:16.0	04:34.9
04:37.0	04:16.5	04:35.4
04:37.5	04:16.9	04:35.9
04:38.0	04:17.4	04:36.4
04:38.5	04:17.9	04:36.9
04:39.0	04:18.3	04:37.4
04:39.5	04:18.8	04:37.9
04:40.0	04:19.3	04:38.4
04:40.5	04:19.7	04:38.9
04:41.0	04:20.2	04:39.4
04:41.5	04:20.6	04:39.9
04:42.0	04:21.1	04:40.4
04:42.5	04:21.6	04:40.9
04:43.0	04:22.0	04:41.4
04:43.5	04:22.5	04:41.9
04:44.0	04:23.0	04:42.4
04:44.5	04:23.4	04:42.9
04:45.0	04:23.9	04:43.4
04:45.5	04:24.4	04:43.9
04:46.0	04:24.8	04:44.4
04:46.5	04:25.3	04:44.8
04:47.0	04:25.7	04:45.3
04:47.5	04:26.2	04:45.8
04:48.0	04:26.7	04:46.3
04:48.5	04:27.1	04:46.8
04:49.0	04:27.6	04:47.3
04:49.5	04:28.1	04:47.8
04:50.0	04:28.5	04:48.3
04:50.5	04:29.0	04:48.8
04:51.0	04:29.4	04:49.3
04:51.5	04:29.9	04:49.8
04:52.0	04:30.4	04:50.3
04:52.5	04:30.8	04:50.8
04:53.0	04:31.3	04:51.3
04:53.5	04:31.8	04:51.8
04:54.0	04:32.2	04:52.3
04:54.5	04:32.7	04:52.8
04:55.0	04:33.1	04:53.3
04:55.5	04:33.6	04:53.8
04:56.0	04:34.1	04:54.3
04:56.5	04:34.5	04:54.8
04:57.0	04:35.0	04:55.3
04:57.5	04:35.5	04:55.8
04:58.0	04:35.9	04:56.3
04:58.5	04:36.4	04:56.8
04:59.0	04:36.9	04:57.3
04:59.5	04:37.3	04:57.8
05:00.0	04:37.8	04:58.3
05:00.5	04:38.2	04:58.8
05:01.0	04:38.7	04:59.3
05:01.5	04:39.2	04:59.8
05:02.0	04:39.6	05:00.3

MILE	1500M	1600M
05:02.5	04:40.1	05:00.8
05:03.0	04:40.6	05:01.3
05:03.5	04:41.0	05:01.7
05:04.0	04:41.5	05:02.2
05:04.5	04:41.9	05:02.7
05:05.0	04:42.4	05:03.2
05:05.5	04:42.9	05:03.7
05:06.0	04:43.3	05:04.2
05:06.5	04:43.8	05:04.7
05:07.0	04:44.3	05:05.2
05:07.5	04:44.7	05:05.7
05:08.0	04:45.2	05:06.2
05:08.5	04:45.6	05:06.7
05:09.0	04:46.1	05:07.2
05:09.5	04:46.6	05:07.7
05:10.0	04:47.0	05:08.2
05:10.5	04:47.5	05:08.7
05:11.0	04:48.0	05:09.2
05:11.5	04:48.4	05:09.7
05:12.0	04:48.9	05:10.2
05:12.5	04:49.4	05:10.7
05:13.0	04:49.8	05:11.2
05:13.5	04:50.3	05:11.7
05:14.0	04:50.7	05:12.2
05:14.5	04:51.2	05:12.7
05:15.0	04:51.7	05:13.2
05:15.5	04:52.1	05:13.7
05:16.0	04:52.6	05:14.2
05:16.5	04:53.1	05:14.7
05:17.0	04:53.5	05:15.2
05:17.5	04:54.0	05:15.7
05:18.0	04:54.4	05:16.2
05:18.5	04:54.9	05:16.7
05:19.0	04:55.4	05:17.2
05:19.5	04:55.8	05:17.7
05:20.0	04:56.3	05:18.2
05:20.5	04:56.8	05:18.7
05:21.0	04:57.2	05:19.1
05:21.5	04:57.7	05:19.6
05:22.0	04:58.1	05:20.1
05:22.5	04:58.6	05:20.6
05:23.0	04:59.1	05:21.1
05:23.5	04:59.5	05:21.6
05:24.0	05:00.0	05:22.1
05:24.5	05:00.5	05:22.6
05:25.0	05:00.9	05:23.1
05:25.5	05:01.4	05:23.6
05:26.0	05:01.9	05:24.1
05:26.5	05:02.3	05:24.6
05:27.0	05:02.8	05:25.1
05:27.5	05:03.2	05:25.6
05:28.0	05:03.7	05:26.1
05:28.5	05:04.2	05:26.6
05:29.0	05:04.6	05:27.1
05:29.5	05:05.1	05:27.6
05:30.0	05:05.6	05:28.1
05:30.5	05:06.0	05:28.6

MILE	1500M	1600M
05:31.0	05:06.5	05:29.1
05:31.5	05:06.9	05:29.6
05:32.0	05:07.4	05:30.1
05:32.5	05:07.9	05:30.6
05:33.0	05:08.3	05:31.1
05:33.5	05:08.8	05:31.6
05:34.0	05:09.3	05:32.1
05:34.5	05:09.7	05:32.6
05:35.0	05:10.2	05:33.1
05:35.5	05:10.6	05:33.6
05:36.0	05:11.1	05:34.1
05:36.5	05:11.6	05:34.6
05:37.0	05:12.0	05:35.1
05:37.5	05:12.5	05:35.6
05:38.0	05:13.0	05:36.1
05:38.5	05:13.4	05:36.5
05:39.0	05:13.9	05:37.0
05:39.5	05:14.4	05:37.5
05:40.0	05:14.8	05:38.0
05:40.5	05:15.3	05:38.5
05:41.0	05:15.7	05:39.0
05:41.5	05:16.2	05:39.5
05:42.0	05:16.7	05:40.0
05:42.5	05:17.1	05:40.5
05:43.0	05:17.6	05:41.0
05:43.5	05:18.1	05:41.5
05:44.0	05:18.5	05:42.0
05:44.5	05:19.0	05:42.5
05:45.0	05:19.4	05:43.0
05:45.5	05:19.9	05:43.5
05:46.0	05:20.4	05:44.0
05:46.5	05:20.8	05:44.5
05:47.0	05:21.3	05:45.0
05:47.5	05:21.8	05:45.5
05:48.0	05:22.2	05:46.0
05:48.5	05:22.7	05:46.5
05:49.0	05:23.1	05:47.0
05:49.5	05:23.6	05:47.5
05:50.0	05:24.1	05:48.0
05:50.5	05:24.5	05:48.5
05:51.0	05:25.0	05:49.0
05:51.5	05:25.5	05:49.5
05:52.0	05:25.9	05:50.0
05:52.5	05:26.4	05:50.5
05:53.0	05:26.9	05:51.0
05:53.5	05:27.3	05:51.5
05:54.0	05:27.8	05:52.0
05:54.5	05:28.2	05:52.5
05:55.0	05:28.7	05:53.0
05:55.5	05:29.2	05:53.4
05:56.0	05:29.6	05:53.9
05:56.5	05:30.1	05:54.4
05:57.0	05:30.6	05:54.9
05:57.5	05:31.0	05:55.4
05:58.0	05:31.5	05:55.9
05:58.5	05:31.9	05:56.4
05:59.0	05:32.4	05:56.9

MILE	1500M	1600M
05:59.5	05:32.9	05:57.4
06:00.0	05:33.3	05:57.9