

## Predicted 150 metre time based on target 100 metre time

Target 100 metre time      10.90      seconds

Predicted 150m time      16.05      seconds

## Predicted 400 metre time

Enter your 100 metre time

100 metre time      10.50      seconds

Predicted 400 metre time      45.68      seconds

Predicted split times

100 metres      11.03      seconds

200 metres      22.05      seconds

300 metres      33.86      seconds

400 metres      45.68      seconds

## 200m & 400m Predictions based on 300 metre time

Enter your 300 metre time

300 metre time **35.00** seconds

100 metres **16.15** seconds (Competition performance)

200 metres **21.79** seconds (From a standing start)

400 metres **48.23** seconds (Competition performance)

600 metres **79.13** seconds (From a standing start)