

## CONCEPT2 INDOOR ROWER PACE CHART

Use this chart to predict your final time or distance for the workouts shown.

Average pace per	Your time will be:					Your distance will be:	
	500m	1000m	2000m	5000m	6000m	10,000m	30 min.
1:10	2:20	4:40	11:40	14:00	23:20	12,857	25,714
1:12	2:24	4:48	12:00	14:24	24:00	12,500	25,000
1:14	2:28	4:56	12:20	14:48	24:40	12,162	24,324
1:16	2:32	5:04	12:40	15:12	25:20	11,842	23,684
1:18	2:36	5:12	13:00	15:36	26:00	11,538	23,077
1:20	2:40	5:20	13:20	16:00	26:40	11,250	22,500
1:22	2:44	5:28	13:40	16:24	27:20	10,976	21,951
1:24	2:48	5:36	14:00	16:48	28:00	10,714	21,429
1:26	2:52	5:44	14:20	17:12	28:40	10,465	20,930
1:28	2:56	5:52	14:40	17:36	29:20	10,227	20,455
1:30	3:00	6:00	15:00	18:00	30:00	10,000	20,000
1:32	3:04	6:08	15:20	18:24	30:40	9783	19,565
1:34	3:08	6:16	15:40	18:48	31:20	9574	19,149
1:36	3:12	6:24	16:00	19:12	32:00	9375	18,750
1:38	3:16	6:32	16:20	19:36	32:40	9184	18,367
1:40	3:20	6:40	16:40	20:00	33:20	9000	18,000
1:42	3:24	6:48	17:00	20:24	34:00	8824	17,647
1:44	3:28	6:56	17:20	20:48	34:40	8654	17,308
1:46	3:32	7:04	17:40	21:12	35:20	8491	16,981
1:48	3:36	7:12	18:00	21:36	36:00	8333	16,667
1:50	3:40	7:20	18:20	22:00	36:40	8182	16,364
1:52	3:44	7:28	18:40	22:24	37:20	8036	16,071
1:54	3:48	7:36	19:00	22:48	38:00	7895	15,789
1:56	3:52	7:44	19:20	23:12	38:40	7759	15,517
1:58	3:56	7:52	19:40	23:36	39:20	7627	15,254
2:00	4:00	8:00	20:00	24:00	40:00	7500	15,000
2:02	4:04	8:08	20:20	24:24	40:40	7377	14,754
2:04	4:08	8:16	20:40	24:48	41:20	7258	14,516
2:06	4:12	8:24	21:00	25:12	42:00	7143	14,286
2:08	4:16	8:32	21:20	25:36	42:40	7031	14,063
2:10	4:20	8:40	21:40	26:00	43:20	6923	13,846
2:12	4:24	8:48	22:00	26:24	44:00	6818	13,636
2:14	4:28	8:56	22:20	26:48	44:40	6716	13,433
2:16	4:32	9:04	22:40	27:12	45:20	6618	13,235
2:18	4:36	9:12	23:00	27:36	46:00	6522	13,043
2:20	4:40	9:20	23:20	28:00	46:40	6429	12,857
2:22	4:44	9:28	23:40	28:24	47:20	6338	12,676
2:24	4:48	9:36	24:00	28:48	48:00	6250	12,500
2:26	4:52	9:44	24:20	29:12	48:40	6164	12,329
2:28	4:56	9:52	24:40	29:36	49:20	6081	12,162
2:30	5:00	10:00	25:00	30:00	50:00	6000	12,000

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Average pace per	Your time will be:					Your distance will be:	
	500m	1000m	2000m	5000m	6000m	10,000m	30 min.
2:32	5:04	10:08	25:20	30:24	50:40	5921	11,842
2:34	5:08	10:16	25:40	30:48	51:20	5844	11,688
2:36	5:12	10:24	26:00	31:12	52:00	5769	11,538
2:38	5:16	10:32	26:20	31:36	52:40	5696	11,392
2:40	5:20	10:40	26:40	32:00	53:20	5625	11,250
2:42	5:24	10:48	27:00	32:24	54:00	5556	11,111
2:44	5:28	10:56	27:20	32:48	54:40	5488	10,976
2:46	5:32	11:04	27:40	33:12	55:20	5422	10,843
2:48	5:36	11:12	28:00	33:36	56:00	5357	10,714
2:50	5:40	11:20	28:20	34:00	56:40	5294	10,588
2:52	5:44	11:28	28:40	34:24	57:20	5233	10,465
2:54	5:48	11:36	29:00	34:48	58:00	5172	10,345
2:56	5:52	11:44	29:20	35:12	58:40	5114	10,227
2:58	5:56	11:52	29:40	35:36	59:20	5056	10,112
3:00	6:00	12:00	30:00	36:00	1:00:00	5000	10,000
3:02	6:04	12:08	30:20	36:24	1:00:40	4945	9890
3:04	6:08	12:16	30:40	36:48	1:01:20	4891	9783
3:06	6:12	12:24	31:00	37:12	1:02:00	4839	9677
3:08	6:16	12:32	31:20	37:36	1:02:40	4787	9574
3:10	6:20	12:40	31:40	38:00	1:03:20	4737	9474
3:12	6:24	12:48	32:00	38:24	1:04:00	4688	9375
3:14	6:28	12:56	32:20	38:48	1:04:40	4639	9278
3:16	6:32	13:04	32:40	39:12	1:05:20	4592	9184
3:18	6:36	13:12	33:00	39:36	1:06:00	4545	9091
3:20	6:40	13:20	33:20	40:00	1:06:40	4500	9000
3:22	6:44	13:28	33:40	40:24	1:07:20	4455	8911
3:24	6:48	13:36	34:00	40:48	1:08:00	4412	8824
3:26	6:52	13:44	34:20	41:12	1:08:40	4369	8738
3:28	6:56	13:52	34:40	41:36	1:09:20	4327	8654
3:30	7:00	14:00	35:00	42:00	1:10:00	4286	8571
3:32	7:04	14:08	35:20	42:24	1:10:40	4245	8491
3:34	7:08	14:16	35:40	42:48	1:11:20	4206	8411
3:36	7:12	14:24	36:00	43:12	1:12:00	4167	8333
3:38	7:16	14:32	36:20	43:36	1:12:40	4128	8257
3:40	7:20	14:40	36:40	44:00	1:13:20	4091	8182
3:42	7:24	14:48	37:00	44:24	1:14:00	4054	8108
3:44	7:28	14:56	37:20	44:48	1:14:40	4018	8036
3:46	7:32	15:04	37:40	45:12	1:15:20	3982	7965
3:48	7:36	15:12	38:00	45:36	1:16:00	3947	7895
3:50	7:40	15:20	38:20	46:00	1:16:40	3913	7826
3:52	7:44	15:28	38:40	46:24	1:17:20	3879	7759

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Average pace per	Your time will be:					Your distance will be:	
	500m	1000m	2000m	5000m	6000m	10,000m	30 min.
3:54	7:48	15:36	39:00	46:48	1:18:00	3846	7692
3:56	7:52	15:44	39:20	47:12	1:18:40	3814	7627
3:58	7:56	15:52	39:40	47:36	1:19:20	3782	7563
4:00	8:00	16:00	40:00	48:00	1:20:00	3750	7500
4:02	8:04	16:08	40:20	48:24	1:20:40	3719	7438
4:04	8:08	16:16	40:40	48:48	1:21:20	3689	7377
4:06	8:12	16:24	41:00	49:12	1:22:00	3659	7317
4:08	8:16	16:32	41:20	49:36	1:22:40	3629	7258
4:10	8:20	16:40	41:40	50:00	1:23:20	3600	7200
4:12	8:24	16:48	42:00	50:24	1:24:00	3571	7143
4:14	8:28	16:56	42:20	50:48	1:24:40	3543	7087
4:16	8:32	17:04	42:40	51:12	1:25:20	3516	7031
4:18	8:36	17:12	43:00	51:36	1:26:00	3488	6977
4:20	8:40	17:20	43:20	52:00	1:26:40	3462	6923
4:22	8:44	17:28	43:40	52:24	1:27:20	3435	6870
4:24	8:48	17:36	44:00	52:48	1:28:00	3409	6818
4:26	8:52	17:44	44:20	53:12	1:28:40	3383	6767
4:28	8:56	17:52	44:40	53:36	1:29:20	3358	6716
4:30	9:00	18:00	45:00	54:00	1:30:00	3333	6667
4:32	9:04	18:08	45:20	54:24	1:30:40	3309	6618
4:34	9:08	18:16	45:40	54:48	1:31:20	3285	6569
4:36	9:12	18:24	46:00	55:12	1:32:00	3261	6522
4:38	9:16	18:32	46:20	55:36	1:32:40	3237	6475
4:40	9:20	18:40	46:40	56:00	1:33:20	3214	6429
4:42	9:24	18:48	47:00	56:24	1:34:00	3191	6383
4:44	9:28	18:56	47:20	56:48	1:34:40	3169	6338
4:46	9:32	19:04	47:40	57:12	1:35:20	3147	6294
4:48	9:36	19:12	48:00	57:36	1:36:00	3125	6250
4:50	9:40	19:20	48:20	58:00	1:36:40	3103	6207
4:52	9:44	19:28	48:40	58:24	1:37:20	3082	6164
4:54	9:48	19:36	49:00	58:48	1:38:00	3061	6122
4:56	9:52	19:44	49:20	59:12	1:38:40	3041	6081
4:58	9:56	19:52	49:40	59:36	1:39:20	3020	6040
5:00	10:00	20:00	50:00	1:00:00	1:40:00	3000	6000