

**Conversion Chart For vVO<sub>2</sub>max / LTv / Race Times  
(1,600 Time = Mile Time x 0.994)**

vVO <sub>2</sub> max (per mile)	LTv (per mile)	Mile	2 Miles	5,000	8,000	10,000	15,000	½ Mar.	Mar.
4:00.0	4:25.7	3:40.2	7:51.1	12:33.2	20:41	26:09	40:08	57:51	2:02:44
4:05.0	4:31.8	3:44.9	8:01.8	12:50.9	21:11	26:48	41:08	59:17	2:05:54
4:10.0	4:37.8	3:49.6	8:12.4	13:08.6	21:41	27:26	42:08	1:00:43	2:09:04
4:15.0	4:43.9	3:54.3	8:23.0	13:26.3	22:11	28:05	43:08	1:02:08	2:12:14
4:20.0	4:49.9	3:59.0	8:33.6	13:43.9	22:42	28:43	44:09	1:03:34	2:15:24
4:25.0	4:56.0	4:03.7	8:44.3	14:01.6	23:12	29:22	45:09	1:05:00	2:18:34
4:30.0	5:02.0	4:08.4	8:54.9	14:19.3	23:42	30:00	46:09	1:06:26	2:21:44
4:35.0	5:08.1	4:13.1	9:05.5	14:37.0	24:13	30:38	47:09	1:07:52	2:24:54
4:40.0	5:14.1	4:17.8	9:16.2	14:54.7	24:43	31:17	48:09	1:09:18	2:28:04
4:45.0	5:20.2	4:22.5	9:26.8	15:12.3	25:13	31:55	49:10	1:10:44	2:31:14
4:50.0	5:26.2	4:27.2	9:37.4	15:30.0	25:44	32:34	50:10	1:12:09	2:34:24
4:55.0	5:32.3	4:31.9	9:48.1	15:47.7	26:14	33:12	51:10	1:13:55	2:37:34
5:00.0	5:38.3	4:36.6	9:58.7	16:05.4	26:44	33:51	52:10	1:15:01	2:40:44
5:05.0	5:44.4	4:41.3	10:09.3	16:23.1	27:15	34:29	53:10	1:16:27	2:43:54
5:10.0	5:50.4	4:46.0	10:19.9	16:40.7	27:45	35:08	54:11	1:17:53	2:47:04
5:15.0	5:56.5	4:50.7	10:30.6	16:58.4	28:15	35:46	55:11	1:19:19	2:50:14
5:20.0	6:02.5	4:55.4	10:41.2	17:16.1	28:45	36:24	56:11	1:20:45	2:53:24
5:25.0	6:08.6	5:00.1	10:51.8	17:33.8	29:16	37:03	57:11	1:22:11	2:56:34
5:30.0	6:14.6	5:04.8	11:02.5	17:51.5	29:46	37:41	58:11	1:23:37	2:59:44
5:35.0	6:20.7	5:09.4	11:13.1	18:09.1	30:16	38:20	59:12	1:25:03	3:02:54
5:40.0	6:26.7	5:14.1	11:23.7	18:26.8	30:47	38:58	1:00:12	1:26:29	3:06:04
5:45.0	6:32.8	5:18.8	11:34.4	18:44.5	31:17	39:37	1:01:12	1:27:55	3:09:14
5:50.0	6:38.8	5:23.5	11:45.0	19:02.2	31:47	40:15	1:02:12	1:29:21	3:12:24
5:55.0	6:44.9	5:28.2	11:55.6	19:19.9	32:18	40:53	1:03:12	1:30:47	3:15:34
6:00.0	6:50.9	5:32.9	12:06.2	19:37.5	32:48	41:32	1:04:13	1:32:12	3:18:44
6:05.0	6:57.0	5:37.6	12:16.9	19:55.2	33:18	42:10	1:05:13	1:33:38	3:21:54
6:10.0	7:03.0	5:42.3	12:27.5	20:12.9	33:49	42:49	1:06:13	1:35:04	3:25:04
6:15.0	7:09.1	5:47.0	12:38.1	20:30.6	34:19	43:27	1:07:13	1:36:30	3:28:14
6:20.0	7:15.1	5:51.7	12:48.8	20:48.3	34:49	44:06	1:08:13	1:37:56	3:31:24
6:25.0	7:21.1	5:56.4	12:59.4	21:05.9	35:20	44:44	1:09:14	1:39:22	3:34:34
6:30.0	7:27.2	6:01.1	13:10.0	21:23.6	35:50	45:23	1:10:14	1:40:48	3:37:44
6:35.0	7:33.3	6:05.8	13:20.7	21:41.3	36:20	46:01	1:11:14	1:42:13	3:40:54
6:40.0	7:39.3	6:10.5	13:31.3	21:59.0	36:51	46:39	1:12:14	1:43:39	3:44:04
6:45.0	7:45.4	6:15.2	13:41.9	22:16.7	37:21	47:18	1:13:14	1:45:05	3:47:14
6:50.0	7:51.4	6:19.9	13:52.5	22:34.3	37:51	47:56	1:14:15	1:46:31	3:50:24
6:55.0	7:57.5	6:24.6	14:03.2	22:52.0	38:22	48:35	1:15:15	1:47:57	3:53:34
7:00.0	8:03.5	6:29.3	14:13.8	23:09.7	38:52	49:13	1:16:15	1:49:23	3:56:44