

Pacing chart (100 metres)

| <i>No of paces</i> | <i>Length (m)</i> | <i>No of paces</i> | <i>Length (m)</i> | <i>No of paces</i> | <i>Length (m)</i> | <i>No of paces</i> | <i>Length (m)</i> | <i>No of paces</i> | <i>Length (m)</i> |
|--------------------|-------------------|--------------------|-------------------|--------------------|-------------------|--------------------|-------------------|--------------------|-------------------|
| 101 | 0.990 | 121 | 0.826 | 141 | 0.709 | 161 | 0.621 | 181 | 0.552 |
| 102 | 0.980 | 122 | 0.820 | 142 | 0.704 | 162 | 0.617 | 182 | 0.549 |
| 103 | 0.971 | 123 | 0.813 | 143 | 0.699 | 163 | 0.613 | 183 | 0.546 |
| 104 | 0.962 | 124 | 0.806 | 144 | 0.694 | 164 | 0.610 | 184 | 0.543 |
| 105 | 0.952 | 125 | 0.800 | 145 | 0.690 | 165 | 0.606 | 185 | 0.541 |
| 106 | 0.943 | 126 | 0.794 | 146 | 0.685 | 166 | 0.602 | 186 | 0.538 |
| 107 | 0.935 | 127 | 0.787 | 147 | 0.680 | 167 | 0.599 | 187 | 0.535 |
| 108 | 0.926 | 128 | 0.781 | 148 | 0.676 | 168 | 0.595 | 188 | 0.532 |
| 109 | 0.917 | 129 | 0.775 | 149 | 0.671 | 169 | 0.592 | 189 | 0.529 |
| 110 | 0.909 | 130 | 0.769 | 150 | 0.667 | 170 | 0.588 | 190 | 0.526 |
| 111 | 0.901 | 131 | 0.763 | 151 | 0.662 | 171 | 0.585 | 191 | 0.524 |
| 112 | 0.893 | 132 | 0.758 | 152 | 0.658 | 172 | 0.581 | 192 | 0.521 |
| 113 | 0.885 | 133 | 0.752 | 153 | 0.654 | 173 | 0.578 | 193 | 0.518 |
| 114 | 0.877 | 134 | 0.746 | 154 | 0.649 | 174 | 0.575 | 194 | 0.515 |
| 115 | 0.870 | 135 | 0.741 | 155 | 0.645 | 175 | 0.571 | 195 | 0.513 |
| 116 | 0.862 | 136 | 0.735 | 156 | 0.641 | 176 | 0.568 | 196 | 0.510 |
| 117 | 0.855 | 137 | 0.730 | 157 | 0.637 | 177 | 0.565 | 197 | 0.508 |
| 118 | 0.847 | 138 | 0.725 | 158 | 0.633 | 178 | 0.562 | 198 | 0.505 |
| 119 | 0.840 | 139 | 0.719 | 159 | 0.629 | 179 | 0.559 | 199 | 0.503 |
| 120 | 0.833 | 140 | 0.714 | 160 | 0.625 | 180 | 0.556 | 200 | 0.500 |