

NXC AEROBIC FITNESS

Goal 5k Time	Mile 1	Mile 2	Mile 3	Mile 4	Mile 5	Mile 6	Mile 7
16:00	6:05	12:10	18:15	24:20:00	30:25:00	36:30:00	42:35:00
16:30	6:16	12:32	18:48	25:04:00	31:20:00	37:36:00	43:52:00
17:00	6:26	12:52	19:18	25:44:00	32:10:00	38:36:00	45:02:00
17:30	6:37	13:14	19:51	26:28:00	33:05:00	39:42:00	46:19:00
18:00	6:47	13:34	20:21	27:08:00	33:55:00	40:42:00	47:29:00
18:30	6:59	13:58	20:57	27:56:00	34:55:00	41:54:00	48:53:00
19:00	7:10	14:20	21:30	28:40:00	35:50:00	43:00:00	50:10:00
19:30	7:22	14:44	22:06	29:28:00	36:50:00	44:12:00	51:34:00
20:00	7:33	15:06	22:39	30:12:00	37:45:00	45:18:00	52:51:00
20:30	7:44	15:28	23:12	30:56:00	38:40:00	46:24:00	54:08:00
21:00	7:56	15:52	23:48	31:44:00	39:40:00	47:36:00	55:32:00
21:30	8:08	16:16	24:24:00	32:32:00	40:40:00	48:48:00	56:56:00
22:00	8:20	16:40	25:00:00	33:20:00	41:40:00	50:00:00	58:20:00