

Estimated swimming zones by 100-meter or 100-yard pace based on a 1000-meter or 1000-yard time trial.

<u>Your time for</u>	<u>Estimated swimming zones by 100m/yd pace (in min:sec)</u>						
1000m/yds	1 zone	2 zone	3 zone	4 zone	5a zone	5b zone	5c zone
9:35-9:45	1:13+	1:09-1:12	1:04-1:08	1:01-1:03	:58-1:00	:54-:57	:53-max
9:46-9:55	1:15+	1:11-1:14	1:06-1:10	1:02-1:05	:59-1:01	:55-:58	:54-max
9:56-10:06	1:16+	1:12-1:15	1:07-1:11	1:03-1:06	1:00-1:02	:56-:59	:55-max
10:07-10:17	1:17+	1:13-1:16	1:08-1:12	1:04-1:07	1:01-1:03	:57-1:00	:56-max
10:18-10:28	1:18+	1:14-1:17	1:09-1:13	1:05-1:08	1:02-1:04	:58-1:01	:57-max
10:29-10:40	1:20+	1:15-1:19	1:10-1:14	1:06-1:09	1:03-1:05	:58-1:02	:57-max
10:41-10:53	1:22+	1:17-1:21	1:12-1:16	1:08-1:11	1:05-1:07	1:00-1:04	:59-max
10:54-11:06	1:23+	1:19-1:22	1:13-1:18	1:09-1:12	1:06-1:08	1:01-1:05	1:00-max
11:07-11:18	1:24+	1:20-1:23	1:14-1:19	1:10-1:13	1:07-1:09	1:02-1:06	1:01-max
11:19-11:32	1:26+	1:21-1:25	1:15-1:20	1:11-1:14	1:08-1:10	1:03-1:07	1:02-max
11:33-11:47	1:28+	1:23-1:27	1:17-1:22	1:13-1:16	1:10-1:12	1:05-1:09	1:04-max
11:48-12:03	1:29+	1:24-1:28	1:18-1:23	1:14-1:17	1:11-1:13	1:06-1:10	1:05-max
12:04-12:17	1:32+	1:26-1:31	1:20-1:25	1:16-1:19	1:13-1:15	1:07-1:12	1:06-max
12:18-12:30	1:33+	1:28-1:32	1:22-1:27	1:17-1:21	1:14-1:16	1:08-1:13	1:07-max
12:31-12:52	1:35+	1:30-1:34	1:24-1:29	1:19-1:23	1:16-1:18	1:10-1:15	1:09-max
12:53-13:02	1:38+	1:32-1:37	1:26-1:31	1:21-1:25	1:18-1:20	1:12-1:17	1:11-max
13:03-13:28	1:40+	1:34-1:39	1:28-1:33	1:23-1:27	1:20-1:22	1:14-1:19	1:13-max
13:29-13:47	1:41+	1:36-1:40	1:29-1:35	1:24-1:28	1:21-1:23	1:15-1:20	1:14-max
13:48-14:08	1:45+	1:39-1:44	1:32-1:38	1:27-1:31	1:23-1:26	1:17-1:22	1:16-max
14:09-14:30	1:46+	1:40-1:45	1:33-1:39	1:28-1:32	1:24-1:27	1:18-1:23	1:17-max
14:31-14:51	1:50+	1:44-1:49	1:36-1:43	1:31-1:35	1:27-1:30	1:21-1:26	1:20-max
14:52-15:13	1:52+	1:46-1:51	1:39-1:45	1:33-1:38	1:29-1:32	1:23-1:28	1:22-max
15:14-15:42	1:56+	1:49-1:55	1:42-1:48	1:36-1:41	1:32-1:35	1:25-1:31	1:24-max
15:43-16:08	1:58+	1:52-1:57	1:44-1:51	1:38-1:43	1:34-1:37	1:27-1:33	1:26-max
16:09-16:38	2:02+	1:55-2:01	1:47-1:54	1:41-1:46	1:37-1:40	1:30-1:36	1:29-max
16:39-17:06	2:04+	1:57-2:03	1:49-1:56	1:43-1:48	1:39-1:42	1:32-1:38	1:31-max
17:07-17:38	2:09+	2:02-2:08	1:53-2:01	1:47-1:52	1:43-1:46	1:35-1:42	1:34-max
17:39-18:12	2:13+	2:05-2:12	1:57-2:04	1:50-1:56	1:46-1:49	1:38-1:45	1:37-max
18:13-18:48	2:18+	2:10-2:17	2:01-2:09	1:54-2:00	1:50-1:53	1:42-1:49	1:41-max
18:49-19:26	2:21+	2:13-2:20	2:04-2:12	1:57-2:03	1:53-1:56	1:44-1:52	1:43-max
19:27-20:06	2:26+	2:18-2:25	2:08-2:17	2:01-2:07	1:56-2:00	1:48-1:55	1:47-max
20:07-20:50	2:31+	2:22-2:30	2:12-2:21	2:05-2:11	2:00-2:04	1:52-1:59	1:51-max
20:51-21:37	2:37+	2:28-2:36	2:18-2:27	2:10-2:17	2:05-2:09	1:56-2:04	1:55-max
21:38-22:27	2:42+	2:33-2:41	2:22-2:32	2:14-2:21	2:09-2:13	2:00-2:08	1:59-max
22:28-23:22	2:48+	2:38-2:47	2:27-2:37	2:19-2:26	2:14-2:18	2:04-2:13	2:03-max
23:23-24:31	2:55+	2:45-2:54	2:34-2:44	2:25-2:33	2:20-2:24	2:10-2:19	2:09-max
24:32-25:21	3:02+	2:52-3:01	2:40-2:51	2:31-2:39	2:25-2:30	2:15-2:24	2:14-max