

# 400 METER RACE DISTRIBUTION CHART

400m Time									% of 100m best for each section:			
	1 <sup>st</sup>	2 <sup>nd</sup>	Differential	Projected	Differential	Projected	Projected	93.00	97.00	88.00	85.00	
	200m	200m	1 <sup>st</sup> 200m- 2 <sup>nd</sup> 200m	200m Best	1 <sup>st</sup> 200m- 200m Best	300m Split	100m Best	1 <sup>st</sup> 100m	2 <sup>nd</sup> 100m	3 <sup>rd</sup> 100m	4 <sup>th</sup> 100m	
44.00	21.00	23.00	2.00	19.95	1.05	32.27	9.96	10.71	10.29	11.27	11.73	
44.40	21.20	23.20	2.00	20.14	1.06	32.57	10.06	10.81	10.39	11.37	11.83	
44.80	21.40	23.40	2.00	20.33	1.07	32.87	10.15	10.91	10.49	11.47	11.93	
45.20	21.60	23.60	2.00	20.52	1.08	33.16	10.24	11.02	10.58	11.56	12.04	
45.60	21.80	23.80	2.00	20.71	1.09	33.46	10.34	11.12	10.68	11.66	12.14	
46.00	22.00	24.00	2.00	20.90	1.10	33.76	10.43	11.22	10.78	11.76	12.24	
46.40	22.20	24.20	2.00	21.09	1.11	34.06	10.53	11.32	10.88	11.86	12.34	
46.80	22.40	24.40	2.00	21.28	1.12	34.36	10.62	11.42	10.98	11.96	12.44	
47.20	22.60	24.60	2.00	21.47	1.13	34.65	10.72	11.53	11.07	12.05	12.55	
47.60	22.80	24.80	2.00	21.66	1.14	34.95	10.81	11.63	11.17	12.15	12.65	
48.00	23.00	25.00	2.00	21.85	1.15	35.25	10.91	11.73	11.27	12.25	12.75	
48.40	23.20	25.20	2.00	22.04	1.16	35.55	11.00	11.83	11.37	12.35	12.85	
48.80	23.40	25.40	2.00	22.23	1.17	35.85	11.10	11.93	11.47	12.45	12.95	
49.20	23.60	25.60	2.00	22.42	1.18	36.14	11.19	12.04	11.56	12.54	13.06	
49.60	23.80	25.80	2.00	22.61	1.19	36.44	11.29	12.14	11.66	12.64	13.16	
50.00	24.00	26.00	2.00	22.80	1.20	36.74	11.38	12.24	11.76	12.74	13.26	
50.40	24.20	26.20	2.00	22.99	1.21	37.04	11.48	12.34	11.86	12.84	13.36	
50.80	24.40	26.40	2.00	23.18	1.22	37.34	11.57	12.44	11.96	12.94	13.46	
51.20	24.60	26.60	2.00	23.37	1.23	37.63	11.67	12.55	12.05	13.03	13.57	
51.60	24.80	26.80	2.00	23.56	1.24	37.93	11.76	12.65	12.15	13.13	13.67	
52.00	25.00	27.00	2.00	23.75	1.25	38.23	11.86	12.75	12.25	13.23	13.77	
52.40	25.20	27.20	2.00	23.94	1.26	38.53	11.95	12.85	12.35	13.33	13.87	
52.80	25.40	27.40	2.00	24.13	1.27	38.83	12.05	12.95	12.45	13.43	13.97	
53.20	25.60	27.60	2.00	24.32	1.28	39.12	12.14	13.06	12.54	13.52	14.08	
53.60	25.80	27.80	2.00	24.51	1.29	39.42	12.24	13.16	12.64	13.62	14.18	
54.00	26.00	28.00	2.00	24.70	1.30	39.72	12.33	13.26	12.74	13.72	14.28	
54.40	26.20	28.20	2.00	24.89	1.31	40.02	12.43	13.36	12.84	13.82	14.38	
54.80	26.40	28.40	2.00	25.08	1.32	40.32	12.52	13.46	12.94	13.92	14.48	
55.20	26.60	28.60	2.00	25.27	1.33	40.61	12.62	13.57	13.03	14.01	14.59	
55.60	26.80	28.80	2.00	25.46	1.34	40.91	12.71	13.67	13.13	14.11	14.69	
56.00	27.00	29.00	2.00	25.65	1.35	41.21	12.81	13.77	13.23	14.21	14.79	
56.40	27.20	29.20	2.00	25.84	1.36	41.51	12.90	13.87	13.33	14.31	14.89	
56.80	27.40	29.40	2.00	26.03	1.37	41.81	13.00	13.97	13.43	14.41	14.99	
57.20	27.60	29.60	2.00	26.22	1.38	42.10	13.09	14.08	13.52	14.50	15.10	
57.60	27.80	29.80	2.00	26.41	1.39	42.40	13.19	14.18	13.62	14.60	15.20	