

CONCEPT2 INDOOR ROWER PACE CHART

Use this chart to predict your final time or distance for the workouts shown.

Avg. pace per	Your time will be:					Your distance will be:	
	500m	1000m	2000m	5000m	6000m	10,000m	30 min.
1:40	3:20	6:40	16:40	20:00	33:20	9000	18,000
1:42	3:24	6:48	17:00	20:24	34:00	8824	17,647
1:44	3:28	6:56	17:20	20:48	34:40	8654	17,308
1:46	3:32	7:04	17:40	21:12	35:20	8491	16,981
1:48	3:36	7:12	18:00	21:36	36:00	8333	16,667
1:50	3:40	7:20	18:20	22:00	36:40	8182	16,364
1:52	3:44	7:28	18:40	22:24	37:20	8036	16,071
1:54	3:48	7:36	19:00	22:48	38:00	7895	15,789
1:56	3:52	7:44	19:20	23:12	38:40	7759	15,517
1:58	3:56	7:52	19:40	23:36	39:20	7627	15,254
2:00	4:00	8:00	20:00	24:00	40:00	7500	15,000
2:02	4:04	8:08	20:20	24:24	40:40	7377	14,754
2:04	4:08	8:16	20:40	24:48	41:20	7258	14,516
2:06	4:12	8:24	21:00	25:12	42:00	7143	14,286
2:08	4:16	8:32	21:20	25:36	42:40	7031	14,063
2:10	4:20	8:40	21:40	26:00	43:20	6923	13,846
2:12	4:24	8:48	22:00	26:24	44:00	6818	13,636
2:14	4:28	8:56	22:20	26:48	44:40	6716	13,433
2:16	4:32	9:04	22:40	27:12	45:20	6618	13,235
2:18	4:36	9:12	23:00	27:36	46:00	6522	13,043
2:20	4:40	9:20	23:20	28:00	46:40	6429	12,857
2:22	4:44	9:28	23:40	28:24	47:20	6338	12,676
2:24	4:48	9:36	24:00	28:48	48:00	6250	12,500
2:26	4:52	9:44	24:20	29:12	48:40	6164	12,329
2:28	4:56	9:52	24:40	29:36	49:20	6081	12,162
2:30	5:00	10:00	25:00	30:00	50:00	6000	12,000
2:32	5:04	10:08	25:20	30:24	50:40	5921	11,842
2:34	5:08	10:16	25:40	30:48	51:20	5844	11,688
2:36	5:12	10:24	26:00	31:12	52:00	5769	11,538
2:38	5:16	10:32	26:20	31:36	52:40	5696	11,392
2:40	5:20	10:40	26:40	32:00	53:20	5625	11,250
2:42	5:24	10:48	27:00	32:24	54:00	5556	11,111
2:44	5:28	10:56	27:20	32:48	54:40	5488	10,976
2:46	5:32	11:04	27:40	33:12	55:20	5422	10,843
2:48	5:36	11:12	28:00	33:36	56:00	5357	10,714
2:50	5:40	11:20	28:20	34:00	56:40	5294	10,588
2:52	5:44	11:28	28:40	34:24	57:20	5233	10,465
2:54	5:48	11:36	29:00	34:48	58:00	5172	10,345
2:56	5:52	11:44	29:20	35:12	58:40	5114	10,227
2:58	5:56	11:52	29:40	35:36	59:20	5056	10,112
3:00	6:00	12:00	30:00	36:00	60:00	5000	10,000