

Men's 300m conversion to 200m + 400m on Flat Track

Times are from

Milesplit running conversion calculator

<https://www.milesplit.com/calc?time=27&event=200m>

200m Race Time	300 Conversion	400m from 300 time
22	35.2	49.14
22.5	36	50.27
23	36.8	51.39
23.5	37.6	52.5
24	38.4	53.62
24.5	39.2	54.74
25	40	55.86
25.5	40.8	56.97
26	41.6	58.09
26.5	42.4	59.21
27	43.2	60.32
28	44.8	62.56
29	46.4	64.79
30	48	67
32	51.2	71.5
34	54.4	76
37	59.2	82.5
SJB Varsity Letter	SJB Varsity Letter	SJB Varsity Letter
26.24	41.74	58.0

Useful to convert your 300 time to a 200 time for when you are running 200m Repeats at practice and the coach says we are doing 7x200 at +7 and you have only run 300's