

## Personal Bests estimating table

This table uses a timed 800 metre swim as a basis for estimating likely PBs at other distances. It's a rough estimate based on personal experience, provided as a guide when using PBs as a basis for effort in training sets

100m	200m	400m	800m	1500m
1 02	2 14	4 43	9 52	19 04
1 04	2 18	4 51	10 08	19 35
1 05	2 21	4 58	10 24	20 06
1 07	2 25	5 06	10 40	20 37
1 09	2 28	5 14	10 56	21 08
1 10	2 32	5 21	11 12	21 39
1 12	2 36	5 29	11 28	22 10
1 14	2 39	5 37	11 44	22 40
1 15	2 43	5 44	12 00	23 11
1 17	2 47	5 52	12 16	23 42
1 19	2 50	5 59	12 32	24 13
1 20	2 54	6 07	12 48	24 44
1 22	2 57	6 15	13 04	25 15
1 24	3 01	6 22	13 20	25 46
1 25	3 05	6 30	13 36	26 17
1 27	3 08	6 38	13 52	26 48
1 29	3 12	6 45	14 08	27 19
1 30	3 16	6 53	14 24	27 50
1 32	3 19	7 01	14 40	28 21
1 34	3 23	7 08	14 56	28 51
1 36	3 26	7 16	15 12	29 22
1 37	3 30	7 24	15 28	29 53
1 39	3 34	7 31	15 44	30 24
1 41	3 37	7 39	16 00	30 55
1 42	3 41	7 47	16 16	31 26
1 44	3 45	7 54	16 32	31 57
1 46	3 48	8 02	16 48	32 28
1 47	3 52	8 10	17 04	32 59
1 49	3 55	8 17	17 20	33 30
1 51	3 59	8 25	17 36	34 01
1 59	4 16	9 01	18 52	36 28
2 00	4 20	9 09	19 08	36 58