

Caerleon RC Olympic Challenge

Times calculation explanation.

Each participant was required to submit a time for two events:

- a. 10,000m/5,000m/3,000m or 1500m
- b. 1 leg of a 400m, 4 x 400m relays.

Each participant submitted their time and distance on Strava. The times logged with each runner were rounded up or down according to the following conversions. This level of accuracy was needed since, on shorter distances in particular, the difference in completion times was sometimes less than a second.

Distance	Km	Miles
400m	0.4	0.248548
1500m	1.5	0.932057
3000m	3.0	1.86411
5000m	5.0	3.10686
10000m	10.0	6.21371

Example

Runner A runs the 5km leg and a 400m-relay leg.
They post the following data on Strava.

5km	3.12 miles	24m 30s
400m	0.25 miles	1m 30s

24m 30s = 1470 seconds

$1470 / 3.12 = 471.154$

5km in miles = 3.10686

$471.154 \times 3.10686 = 1463.81$ seconds = **24m 23(.81) seconds – revised time for 5k**

1m 30s = 90s

$90 / 0.25 = 360$

400m in miles = 0.248548

$360 \times 0.248548 = 89.48$ seconds =

1m 29(.48) seconds – revised time for 400m