

MYHEC Pace Chart

Number of paces for specified distance, based on pace count (per 100 feet)

Top two rows are Pace Count *per 100 feet*, and approximate pace length in feet.

Left column is distance to be paced, in *yards*.

Find your pace count in the top row. Find the distance to be paced (in yards) in the left column.

Trace down from your pace count, and over from the distance to be paced. The square where these meet shows the number of paces needed to pace off that distance.

Copy the distance column and the column for your pace count onto a 3x5 card for the MYHEC Orienteering Challenge

Pace Count (per 100 feet):	16	16.5	17	17.5	18	18.5	19	19.5	20	20.5	21	21.5	22	22.5	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
Approx. pace length, ft. >>	6.3	6.1	5.9	5.7	5.6	5.4	5.3	5.1	5.0	4.9	4.8	4.7	4.5	4.4	4.3	4.2	4.0	3.8	3.7	3.6	3.4	3.3	3.2	3.1	3.0	2.9	2.8	2.7	2.6	2.5		
10	4.8	5.0	5.1	5.3	5.4	5.6	5.7	5.9	6.0	6.2	6.3	6.5	6.6	6.8	6.9	7.2	7.5	7.8	8.1	8.4	8.7	9.0	9.3	9.6	9.9	10.2	10.5	10.8	11.1	11.4	11.7	12.0
12	5.8	5.9	6.1	6.3	6.5	6.7	6.8	7.0	7.2	7.4	7.6	7.7	7.9	8.1	8.3	8.6	9.0	9.4	9.7	10.1	10.4	10.8	11.2	11.5	11.9	12.2	12.6	13.0	13.3	13.7	14.0	14.4
14	6.7	6.9	7.1	7.4	7.6	7.8	8.0	8.2	8.4	8.6	8.8	9.0	9.2	9.5	9.7	10.1	10.5	10.9	11.3	11.8	12.2	12.6	13.0	13.4	13.9	14.3	14.7	15.1	15.5	16.0	16.4	16.8
16	7.7	7.9	8.2	8.4	8.6	8.9	9.1	9.4	9.6	9.8	10.1	10.3	10.6	10.8	11.0	11.5	12.0	12.5	13.0	13.4	13.9	14.4	14.9	15.4	15.8	16.3	16.8	17.3	17.8	18.2	18.7	19.2
18	8.6	8.9	9.2	9.5	9.7	10.0	10.3	10.5	10.8	11.1	11.3	11.6	11.9	12.2	12.4	13.0	13.5	14.0	14.6	15.1	15.7	16.2	16.7	17.3	17.8	18.4	18.9	19.4	20.0	20.5	21.1	21.6
20	9.6	9.9	10.2	10.5	10.8	11.1	11.4	11.7	12.0	12.3	12.6	12.9	13.2	13.5	13.8	14.4	15.0	15.6	16.2	16.8	17.4	18.0	18.6	19.2	19.8	20.4	21.0	21.6	22.2	22.8	23.4	24.0
22	10.6	10.9	11.2	11.6	11.9	12.2	12.5	12.9	13.2	13.5	13.9	14.2	14.5	14.9	15.2	15.8	16.5	17.2	17.8	18.5	19.1	19.8	20.5	21.1	21.8	22.4	23.1	23.8	24.4	25.1	25.7	26.4
24	11.5	11.9	12.2	12.6	13.0	13.3	13.7	14.0	14.4	14.8	15.1	15.5	15.8	16.2	16.6	17.3	18.0	18.7	19.4	20.2	20.9	21.6	22.3	23.0	23.8	24.5	25.2	25.9	26.6	27.4	28.1	28.8
26	12.5	12.9	13.3	13.7	14.0	14.4	14.8	15.2	15.6	16.0	16.4	16.8	17.2	17.6	17.9	18.7	19.5	20.3	21.1	21.8	22.6	23.4	24.2	25.0	25.7	26.5	27.3	28.1	28.9	29.6	30.4	31.2
28	13.4	13.9	14.3	14.7	15.1	15.5	16.0	16.4	16.8	17.2	17.6	18.1	18.5	18.9	19.3	20.2	21.0	21.8	22.7	23.5	24.4	25.2	26.0	26.9	27.7	28.6	29.4	30.2	31.1	31.9	32.8	33.6
30	14.4	14.9	15.3	15.8	16.2	16.7	17.1	17.6	18.0	18.5	18.9	19.4	19.8	20.3	20.7	21.6	22.5	23.4	24.3	25.2	26.1	27.0	27.9	28.8	29.7	30.6	31.5	32.4	33.3	34.2	35.1	36.0
32	15.4	15.8	16.3	16.8	17.3	17.8	18.2	18.7	19.2	19.7	20.2	20.6	21.1	21.6	22.1	23.0	24.0	25.0	25.9	26.9	27.8	28.8	29.8	30.7	31.7	32.6	33.6	34.6	35.5	36.5	37.4	38.4
34	16.3	16.8	17.3	17.9	18.4	18.9	19.4	19.9	20.4	20.9	21.4	21.9	22.4	23.0	23.5	24.5	25.5	26.5	27.5	28.6	29.6	30.6	31.6	32.6	33.7	34.7	35.7	36.7	37.7	38.8	39.8	40.8
36	17.3	17.8	18.4	18.9	19.4	20.0	20.5	21.1	21.6	22.1	22.7	23.2	23.8	24.3	24.8	25.9	27.0	28.1	29.2	30.2	31.3	32.4	33.5	34.6	35.6	36.7	37.8	38.9	40.0	41.0	42.1	43.2
38	18.2	18.8	19.4	20.0	20.5	21.1	21.7	22.2	22.8	23.4	23.9	24.5	25.1	25.7	26.2	27.4	28.5	29.6	30.8	31.9	33.1	34.2	35.3	36.5	37.6	38.8	39.9	41.0	42.2	43.3	44.5	45.6
40	19.2	19.8	20.4	21.0	21.6	22.2	22.8	23.4	24.0	24.6	25.2	25.8	26.4	27.0	27.6	28.8	30.0	31.2	32.4	33.6	34.8	36.0	37.2	38.4	39.6	40.8	42.0	43.2	44.4	45.6	46.8	48.0
42	20.2	20.8	21.4	22.1	22.7	23.3	23.9	24.6	25.2	25.8	26.5	27.1	27.7	28.4	29.0	30.2	31.5	32.8	34.0	35.3	36.5	37.8	39.1	40.3	41.6	42.8	44.1	45.4	46.6	47.9	49.1	50.4
44	21.1	21.8	22.4	23.1	23.8	24.4	25.1	25.7	26.4	27.1	27.7	28.4	29.0	29.7	30.4	31.7	33.0	34.3	35.6	37.0	38.3	39.6	40.9	42.2	43.6	44.9	46.2	47.5	48.8	50.2	51.5	52.8
46	22.1	22.8	23.5	24.2	24.8	25.5	26.2	26.9	27.6	28.3	29.0	29.7	30.4	31.1	31.7	33.1	34.5	35.9	37.3	38.6	40.0	41.4	42.8	44.2	45.5	46.9	48.3	49.7	51.1	52.4	53.8	55.2
48	23.0	23.8	24.5	25.2	25.9	26.6	27.4	28.1	28.8	29.5	30.2	31.0	31.7	32.4	33.1	34.6	36.0	37.4	38.9	40.3	41.8	43.2	44.6	46.1	47.5	49.0	50.4	51.8	53.3	54.7	56.2	57.6
50	24.0	24.8	25.5	26.3	27.0	27.8	28.5	29.3	30.0	30.8	31.5	32.3	33.0	33.8	34.5	36.0	37.5	39.0	40.5	42.0	43.5	45.0	46.5	48.0	49.5	51.0	52.5	54.0	55.5	57.0	58.5	60.0
52	25.0	25.7	26.5	27.3	28.1	28.9	29.6	30.4	31.2	32.0	32.8	33.5	34.3	35.1	35.9	37.4	39.0	40.6	42.1	43.7	45.2	46.8	48.4	49.9	51.5	53.0	54.6	56.2	57.7	59.3	60.8	62.4
54	25.9	26.7	27.5	28.4	29.2	30.0	30.8	31.6	32.4	33.2	34.0	34.8	35.6	36.5	37.3	38.9	40.5	42.1	43.7	45.4	47.0	48.6	50.2	51.8	53.5	55.1	56.7	58.3	59.9	61.6	63.2	64.8
56	26.9	27.7	28.6	29.4	30.2	31.1	31.9	32.8	33.6	34.4	35.3	36.1	37.0	37.8	38.6	40.3	42.0	43.7	45.4	47.0	48.7	50.4	52.1	53.8	55.4	57.1	58.8	60.5	62.2	63.8	65.5	67.2
58	27.8	28.7	29.6	30.5	31.3	32.2	33.1	33.9	34.8	35.7	36.5	37.4	38.3	39.2	40.0	41.8	43.5	45.2	47.0	48.7	50.5	52.2	53.9	55.7	57.4	59.2	60.9	62.6	64.4	66.1	67.9	69.6
60	28.8	29.7	30.6	31.5	32.4	33.3	34.2	35.1	36.0	36.9	37.8	38.7	39.6	40.5	41.4	43.2	45.0	46.8	48.6	50.4	52.2	54.0	55.8	57.6	59.4	61.2	63.0	64.8	66.6	68.4	70.2	72.0
62	29.8	30.7	31.6	32.6	33.5	34.4	35.3	36.3	37.2	38.1	39.1	40.0	40.9	41.9	42.8	44.6	46.5	48.4	50.2	52.1	53.9	55.8	57.7	59.5	61.4	63.2	65.1	67.0	68.8	70.7	72.5	74.4
64	30.7	31.7	32.6	33.6	34.6	35.5	36.5	37.4	38.4	39.4	40.3	41.3	42.2	43.2	44.2	46.1	48.0	49.9	51.8	53.8	55.7	57.6	59.5	61.4	63.4	65.3	67.2	69.1	71.0	73.0	74.9	76.8
66	31.7	32.7	33.7	34.7	35.6	36.6	37.6	38.6	39.6	40.6	41.6	42.6	43.6	44.6	45.5	47.5	49.5	51.5	53.5	55.4	57.4	59.4	61.4	63.4	65.3	67.3	69.3	71.3	73.3	75.2	77.2	79.2
68	32.6	33.7	34.7	35.7	36.7	37.7	38.8	39.8	40.8	41.8	42.8	43.9	44.9	45.9	46.9	49.0	51.0	53.0	55.1	57.1	59.2	61.2	63.2	65.3	67.3	69.4	71.4	73.4	75.5	77.5	79.6	81.6
70	33.6	34.7	35.7	36.8	37.8	38.9	39.9	41.0	42.0	43.1	44.1	45.2	46.2	47.3	48.3	50.4	52.5	54.6	56.7	58.8	60.9	63.0	65.1	67.2	69.3	71.4	73.5	75.6	77.7	79.8	81.9	84.0
72	34.6	35.6	36.7	37.8	38.9	40.0	41.0	42.1	43.2	44.3	45.4	46.4	47.5	48.6	49.7	51.8	54.0	56.2	58.3	60.5	62.6	64.8	67.0	69.1	71.3	73.4	75.6	77.8	79.9	82.1	84.2	86.4
74	35.5	36.6	37.7	38.9	40.0	41.1	42.2	43.3	44.4	45.5	46.6	47.7	48.8	50.0	51.1	53.3	55.5	57.7	59.9	62.2	64.4	66.6	68.8	71.0	73.3	75.5	77.7	79.9	82.1	84.4	86.6	88.8
76	36.5	37.6	38.8	39.9	41.0	42.2	43.3	44.5	45.6	46.7	47.9	49.0	50.2	51.3	52.4	54.7	57.0	59.3	61.6	63.8	66.1	68.4	70.7	73.0	75.2	77.5	79.8	82.1	84.4	86.6	88.9	91.2
78	37.4	38.6	39.8	41.0	42.1	43.3	44.5	45.6	46.8	48.0	49.1	50.3	51.5	52.7	53.8	56.2	58.5	60.8	63.2	65.5	67.9	70.2	72.5	74.9	77.2	79.6	81.9	84.2	86.6	88.9	91.3	93.6
80	38.4	39.6	40.8	42.0	43.2	44.4	45.6	46.8	48.0	49.2	50.4	51.6	52.8	54.0	55.2	57.6	60.0	62.4	64.8	67.2	69.6	72.0	74.4	76.8	79.2	81.6	84.0	86.4	88.8	91.2	93.6	96.0
82	39.4	40.6	41.8	43.1	44.3	45.5	46.7	48.0	49.2	50.4	51.7	52.9	54.1	55.4	56.6	59.0	61.5	64.0	66.4	68.9	71.3	73.8	76.3	78.7	81.2	83.6	86.1	88.6	91.0	93.5	95.9	98.4
84	40.3	41.6	42.8	44.1	45.4	46.6	47.9	49.1	50.4	51.7	52.9	54.2	55.4	56.7	58.0	60.5	63.0	65.5	68.0	70.6	73.1	75.6	78.1	80.6	83.2	85.7	88.2	90.7	93.2	95.8	98.3	100.8
86	41.3	42.6	43.9	45.2	46.4	47.7	49.0	50.3																								