

Worksheet

Independent Task - Complete the table

A 5000 metre race took place.

The runner divided each section of the race into 7 stages.

Complete the table with the distances run, laps run and distances to go.

1 lap = 400 metres

0.5 laps = 200 metres

5000 metres = 5 km

5 km = 12.5 laps

Stage of the race	Distance run in kilometres	Distance run in metres	Laps run	Laps to go	Distance to go in metres	Distance to go in kilometres
Stage 1	0 km	0 m	0	12.5 laps	5000 m	5 km
Stage 2				10		
Stage 3					2200 m	
Stage 4	3 km					
Stage 5				4		
Stage 6						0.8 km
Stage 7					100 m	

