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Running Time Conversion Program

For my project I chose to do a running time conversion program. Essentially the program would be designed to give the user a semi-accurate measure of what times they are capable of running based on the distance ran and the time it took to complete said distance. As someone who has run since the beginning of high school and continues to run in college, I've always been interested with time conversions for different distances. Many times I'd get curious if I ran a really fast time for a long distance, what that would convert to for a shorter distance or vice versa. I aim to create a running time conversion program that doesn't just give the conversion time of just one distance, but many in a well-organized chart including paces that should be run in workouts based on race pace and the actual race pace conversions of the distances. Running has been a big part of my life since the beginning of high school and I want to apply it to programming as well.