



Pacers FGP 2023



Event	Pacer	Pace (<i>preliminary*</i>)
Women 800m	Nora Wold	58.0@400 to 450+
Women 800m B	Jeanine Nygård	61.0@400 to 500
Women 800m C	Lovisa Ellström	TBD
Men 800m A	Jakob Zäll	54.0@400 to 500
Men 800m B	Ivar Fransson Larsson	TBD
Men 1000m	Joseph Deng	53.5 - 54.0@400 to 700+
Women 3000m	Julia Svennblad	4.38@1500
Men 3000m	Alexander Nilsson	4.05@1500+
Men 5000m	Jude Thomas & Jack Bruce / Alexander Nilsson	8.00@3000 / 5.28@2000
Women 3000m steeplechase	Michelle Finn	3.14@1000 / 6.28@2000+