

RUNNING PACE CHART



| MILE PACE | 5K | 10K | 10M | HALF | 15M | 20M | MARATHON |
|-----------|-------|----------|----------|---------|---------|---------|----------|
| 5:00 | 15:32 | 31:04:00 | 50:00:00 | 1:05:33 | 1:15:00 | 1:40:00 | 2:11:06 |
| 5:05 | 15:48 | 31:35:00 | 50:50:00 | 1:06:38 | 1:16:15 | 1:41:40 | 2:13:17 |
| 5:10 | 16:03 | 32:06:00 | 51:40:00 | 1:07:44 | 1:17:30 | 1:43:20 | 2:15:28 |
| 5:15 | 16:19 | 32:37:00 | 52:30:00 | 1:08:49 | 1:18:45 | 1:45:00 | 2:17:39 |
| 5:20 | 16:34 | 33:08:00 | 53:20:00 | 1:09:55 | 1:20:00 | 1:46:40 | 2:19:50 |
| 5:25 | 16:50 | 33:39:00 | 54:10:00 | 1:11:01 | 1:21:15 | 1:48:20 | 2:22:01 |
| 5:30 | 17:05 | 34:11:00 | 55:00:00 | 1:12:06 | 1:22:30 | 1:50:00 | 2:24:12 |
| 5:35 | 17:21 | 35:13:00 | 55:50:00 | 1:13:12 | 1:23:45 | 1:51:40 | 2:26:23 |
| 5:40 | 17:36 | 35:44:00 | 56:40:00 | 1:14:17 | 1:25:00 | 1:53:20 | 2:28:34 |
| 5:45 | 17:52 | 36:15:00 | 57:30:00 | 1:15:23 | 1:26:15 | 1:55:00 | 2:30:45 |
| 5:50 | 18:07 | 36:46:00 | 58:20:00 | 1:16:28 | 1:27:30 | 1:56:40 | 2:32:57 |
| 5:55 | 18:23 | 37:17:00 | 59:10:00 | 1:17:34 | 1:28:45 | 1:58:20 | 2:35:08 |
| 6:00 | 18:38 | 37:48:00 | 1:00:00 | 1:18:39 | 1:30:00 | 2:00:00 | 2:37:19 |
| 6:05 | 18:54 | 38:19:00 | 1:00:50 | 1:19:45 | 1:31:15 | 2:01:40 | 2:39:30 |
| 6:10 | 19:10 | 38:50:00 | 1:01:40 | 1:20:50 | 1:32:30 | 2:03:20 | 2:41:41 |
| 6:15 | 19:25 | 39:21:00 | 1:02:30 | 1:21:56 | 1:33:45 | 2:05:00 | 2:43:52 |
| 6:20 | 19:41 | 39:52:00 | 1:03:20 | 1:23:02 | 1:35:00 | 2:06:40 | 2:46:03 |
| 6:25 | 19:56 | 40:23:00 | 1:04:10 | 1:24:07 | 1:36:15 | 2:08:20 | 2:48:14 |
| 6:30 | 20:12 | 40:54:00 | 1:05:00 | 1:25:13 | 1:37:30 | 2:10:00 | 2:50:25 |
| 6:35 | 20:27 | 41:25:00 | 1:05:50 | 1:26:18 | 1:38:45 | 2:11:40 | 2:52:36 |
| 6:40 | 20:43 | 41:57:00 | 1:06:40 | 1:27:24 | 1:40:00 | 2:13:20 | 2:54:48 |
| 6:45 | 20:58 | 42:28:00 | 1:07:30 | 1:28:29 | 1:41:15 | 2:15:00 | 2:56:59 |
| 6:50 | 21:14 | 42:59:00 | 1:08:20 | 1:29:35 | 1:42:30 | 2:16:40 | 2:59:10 |
| 6:55 | 21:29 | 43:30:00 | 1:09:10 | 1:30:40 | 1:43:45 | 2:18:20 | 3:01:21 |
| 7:00 | 21:45 | 44:01:00 | 1:10:00 | 1:31:46 | 1:45:00 | 2:20:00 | 3:03:32 |
| 7:05 | 22:00 | 44:32:00 | 1:10:50 | 1:32:51 | 1:46:15 | 2:21:40 | 3:05:43 |
| 7:10 | 22:16 | 45:03:00 | 1:11:40 | 1:33:57 | 1:47:30 | 2:23:20 | 3:07:54 |
| 7:15 | 22:31 | 45:34:00 | 1:12:30 | 1:35:03 | 1:48:45 | 2:25:00 | 3:10:05 |
| 7:20 | 22:47 | 46:05:00 | 1:13:20 | 1:36:08 | 1:50:00 | 2:26:40 | 3:12:16 |
| 7:25 | 23:03 | 46:36:00 | 1:14:10 | 1:37:14 | 1:51:15 | 2:28:20 | 3:14:27 |
| 7:30 | 23:18 | 47:07:00 | 1:15:00 | 1:38:19 | 1:52:30 | 2:30:00 | 3:16:38 |
| 7:35 | 23:34 | 47:38:00 | 1:15:50 | 1:39:25 | 1:53:45 | 2:31:40 | 3:18:50 |
| 7:40 | 23:49 | 48:09:00 | 1:16:40 | 1:40:30 | 1:55:00 | 2:33:20 | 3:21:01 |
| 7:45 | 24:05 | 48:40:00 | 1:17:30 | 1:41:36 | 1:56:15 | 2:35:00 | 3:23:12 |
| 7:50 | 24:20 | 49:12:00 | 1:18:20 | 1:42:41 | 1:57:30 | 2:36:40 | 3:25:23 |
| 7:55 | 24:36 | 49:43:00 | 1:19:10 | 1:43:47 | 1:58:45 | 2:38:20 | 3:27:34 |
| 8:00 | 24:51 | 50:14:00 | 1:20:00 | 1:44:53 | 2:00:00 | 2:40:00 | 3:29:45 |
| 8:05 | 25:07 | 50:45:00 | 1:20:50 | 1:45:58 | 2:01:15 | 2:41:40 | 3:31:56 |
| 8:10 | 25:22 | 51:16:00 | 1:21:40 | 1:47:04 | 2:02:30 | 2:43:20 | 3:34:07 |
| 8:15 | 25:38 | 51:47:00 | 1:22:30 | 1:48:09 | 2:03:45 | 2:45:00 | 3:36:18 |
| 8:20 | 25:53 | 52:18:00 | 1:23:20 | 1:49:15 | 2:05:00 | 2:46:40 | 3:38:29 |
| 8:25 | 26:09 | 52:49:00 | 1:24:10 | 1:50:20 | 2:06:15 | 2:48:20 | 3:40:40 |
| 8:30 | 26:24 | 53:20:00 | 1:25:00 | 1:51:26 | 2:07:30 | 2:50:00 | 3:42:52 |
| 8:35 | 26:40 | 53:51:00 | 1:25:50 | 1:52:31 | 2:08:45 | 2:51:40 | 3:45:03 |
| 8:40 | 26:56 | 54:22:00 | 1:26:40 | 1:53:37 | 2:10:00 | 2:53:20 | 3:47:14 |
| 8:45 | 27:11 | 54:53:00 | 1:27:30 | 1:54:42 | 2:11:15 | 2:55:00 | 3:49:25 |
| 8:50 | 27:27 | 55:24:00 | 1:28:20 | 1:55:48 | 2:12:30 | 2:56:40 | 3:51:36 |
| 8:55 | 27:42 | 55:55:00 | 1:29:10 | 1:56:54 | 2:13:45 | 2:58:20 | 3:53:47 |
| 9:00 | 27:58 | 56:26:00 | 1:30:00 | 1:57:59 | 2:15:00 | 3:00:00 | 3:55:58 |
| 9:05 | 28:13 | 56:58:00 | 1:30:50 | 1:59:05 | 2:16:15 | 3:01:40 | 3:58:09 |
| 9:10 | 28:29 | 57:29:00 | 1:31:40 | 2:00:10 | 2:17:30 | 3:03:20 | 4:00:20 |
| 9:15 | 28:44 | 58:00:00 | 1:32:30 | 2:01:16 | 2:18:45 | 3:05:00 | 4:02:31 |
| 9:20 | 29:00 | 58:31:00 | 1:33:20 | 2:02:21 | 2:20:00 | 3:06:40 | 4:04:43 |
| 9:25 | 29:15 | 59:02:00 | 1:34:10 | 2:03:27 | 2:21:15 | 3:08:20 | 4:06:54 |
| 9:30 | 29:31 | 1:00:35 | 1:35:10 | 2:04:32 | 2:22:30 | 3:10:00 | 4:09:05 |
| 9:45 | 30:18 | 1:02:08 | 1:37:30 | 2:07:49 | 2:26:15 | 3:15:00 | 4:15:38 |
| 10:00 | 31:04 | 1:03:41 | 1:40:00 | 2:11:06 | 2:30:00 | 3:20:00 | 4:22:11 |
| 10:15 | 31:51 | 1:05:15 | 1:42:30 | 2:14:22 | 2:33:45 | 3:25:00 | 4:28:45 |
| 10:30 | 32:37 | 1:06:48 | 1:45:00 | 2:17:39 | 2:37:30 | 3:30:00 | 4:35:18 |
| 10:45 | 33:24 | 1:08:21 | 1:47:30 | 2:20:56 | 2:41:15 | 3:35:00 | 4:41:51 |
| 11:00 | 34:11 | 1:09:54 | 1:50:00 | 2:24:12 | 2:45:00 | 3:40:00 | 4:48:24 |
| 11:15 | 34:57 | 1:11:27 | 1:52:30 | 2:27:29 | 2:48:45 | 3:45:00 | 4:54:58 |
| 11:30 | 35:44 | 1:13:01 | 1:55:00 | 2:30:45 | 2:52:30 | 3:50:00 | 5:01:31 |
| 11:45 | 36:30 | 1:14:34 | 1:57:30 | 2:34:02 | 2:56:15 | 3:55:00 | 5:08:04 |
| 12:00 | 37:17 | 1:16:07 | 2:00:00 | 2:37:19 | 3:00:00 | 4:00:00 | 5:14:38 |