

RUNNER PACE CHART

5K THROUGH MARATHON DISTANCE

	MILES (5K)	MILES	MILES	MILES (HALF)	MILES	MILES	MILES
MILE PACE	3.1	5	10	13.1	15	20	26.2
4:45	0:14:45	0:23:45	0:47:30	1:02:16	1:11:15	1:35:00	2:04:32
4:50	0:15:01	0:24:10	0:48:20	1:03:22	1:12:30	1:36:40	2:06:43
5:00	0:15:32	0:25:00	0:50:00	1:05:33	1:15:00	1:40:00	2:11:06
5:10	0:16:03	0:25:50	0:51:40	1:07:44	1:17:30	1:43:20	2:15:28
5:15	0:16:19	0:26:15	0:52:30	1:08:49	1:18:45	1:45:00	2:17:39
5:20	0:16:34	0:26:40	0:53:20	1:09:55	1:20:00	1:46:40	2:19:50
5:30	0:17:05	0:27:30	0:55:00	1:12:06	1:22:30	1:50:00	2:24:12
5:40	0:17:36	0:28:20	0:56:40	1:14:17	1:25:00	1:53:20	2:28:34
5:45	0:17:52	0:28:45	0:57:30	1:15:23	1:26:15	1:55:00	2:30:45
5:50	0:18:07	0:29:10	0:58:20	1:16:28	1:27:30	1:56:40	2:32:57
6:00	0:18:38	0:30:00	1:00:00	1:18:39	1:30:00	2:00:00	2:37:19
6:10	0:19:10	0:30:50	1:01:40	1:20:50	1:32:30	2:03:20	2:41:41
6:15	0:19:25	0:31:15	1:02:30	1:21:56	1:33:45	2:05:00	2:43:52
6:20	0:19:41	0:31:40	1:03:20	1:23:02	1:35:00	2:06:40	2:46:03
6:30	0:20:12	0:32:30	1:05:00	1:25:13	1:37:30	2:10:00	2:50:25
6:40	0:20:43	0:33:20	1:06:40	1:27:24	1:40:00	2:13:20	2:54:48
6:45	0:20:58	0:33:45	1:07:30	1:28:29	1:41:15	2:15:00	2:56:59
6:50	0:21:14	0:34:10	1:08:20	1:29:35	1:42:30	2:16:40	2:59:10
7:00	0:21:45	0:35:00	1:10:00	1:31:46	1:45:00	2:20:00	3:03:32
7:10	0:22:16	0:35:50	1:11:40	1:33:57	1:47:30	2:23:20	3:07:54
7:15	0:22:31	0:36:15	1:12:30	1:35:03	1:48:45	2:25:00	3:10:05
7:20	0:22:47	0:36:40	1:13:20	1:36:08	1:50:00	2:26:40	3:12:16
7:30	0:23:18	0:37:30	1:15:00	1:38:19	1:52:30	2:30:00	3:16:38
7:40	0:23:49	0:38:20	1:16:40	1:40:30	1:55:00	2:33:20	3:21:01
7:45	0:24:05	0:38:45	1:17:30	1:41:36	1:56:15	2:35:00	3:23:12
7:50	0:24:20	0:39:10	1:18:20	1:42:41	1:57:30	2:36:40	3:25:23
8:00	0:24:51	0:40:00	1:20:00	1:44:53	2:00:00	2:40:00	3:29:45
8:10	0:25:22	0:40:50	1:21:40	1:47:04	2:02:30	2:43:20	3:34:07
8:15	0:25:38	0:41:15	1:22:30	1:48:09	2:03:45	2:45:00	3:36:18
8:20	0:25:53	0:41:40	1:23:20	1:49:15	2:05:00	2:46:40	3:38:29
8:30	0:26:24	0:42:30	1:25:00	1:51:26	2:07:30	2:50:00	3:42:52
8:40	0:26:56	0:43:20	1:26:40	1:53:37	2:10:00	2:53:20	3:47:14

	MILES (5K)	MILES	MILES	MILES (HALF)	MILES	MILES	MILES
MILE PACE	3.1	5	10	13.1	15	20	26.2
8:45	0:27:11	0:43:45	1:27:30	1:54:42	2:11:15	2:55:00	3:49:25
8:50	0:27:27	0:44:10	1:28:20	1:55:48	2:12:30	2:56:40	3:51:36
9:00	0:27:58	0:45:00	1:30:00	1:57:59	2:15:00	3:00:00	3:55:58
9:10	0:28:29	0:45:50	1:31:40	2:00:10	2:17:30	3:03:20	4:00:20
9:15	0:28:44	0:46:15	1:32:30	2:01:16	2:18:45	3:05:00	4:02:31
9:20	0:29:00	0:46:40	1:33:20	2:02:21	2:20:00	3:06:40	4:04:43
9:30	0:29:31	0:47:30	1:35:00	2:04:32	2:22:30	3:10:00	4:09:05
9:40	0:30:02	0:48:20	1:36:40	2:06:43	2:25:00	3:13:20	4:13:27
9:45	0:30:18	0:48:45	1:37:30	2:07:49	2:26:15	3:15:00	4:15:38
9:50	0:30:33	0:49:10	1:38:20	2:08:55	2:27:30	3:16:40	4:17:49
10:00	0:31:04	0:50:00	1:40:00	2:11:06	2:30:00	3:20:00	4:22:11
10:10	0:31:35	0:50:50	1:41:40	2:13:17	2:32:30	3:23:20	4:26:33
10:15	0:31:51	0:51:15	1:42:30	2:14:22	2:33:45	3:25:00	4:28:45
10:20	0:32:06	0:51:40	1:43:20	2:15:28	2:35:00	3:26:40	4:30:56
10:30	0:32:37	0:52:30	1:45:00	2:17:39	2:37:30	3:30:00	4:35:18
10:40	0:33:08	0:53:20	1:46:40	2:19:50	2:40:00	3:33:20	4:39:40
10:45	0:33:24	0:53:45	1:47:30	2:20:56	2:41:15	3:35:00	4:41:51
10:50	0:33:39	0:54:10	1:48:20	2:22:01	2:42:30	3:36:40	4:44:02
11:00	0:34:11	0:55:00	1:50:00	2:24:12	2:45:00	3:40:00	4:48:24
11:10	0:34:42	0:55:50	1:51:40	2:26:23	2:47:30	3:43:20	4:52:47
11:15	0:34:57	0:56:15	1:52:30	2:27:29	2:48:45	3:45:00	4:54:58
11:20	0:35:13	0:56:40	1:53:20	2:28:34	2:50:00	3:46:40	4:57:09
11:30	0:35:44	0:57:30	1:55:00	2:30:45	2:52:30	3:50:00	5:01:31
11:40	0:36:15	0:58:20	1:56:40	2:32:57	2:55:00	3:53:20	5:05:53
11:45	0:36:30	0:58:45	1:57:30	2:34:02	2:56:15	3:55:00	5:08:04
11:50	0:36:46	0:59:10	1:58:20	2:35:08	2:57:30	3:56:40	5:10:15
12:00	0:37:17	1:00:00	2:00:00	2:37:19	3:00:00	4:00:00	5:14:38
12:10	0:37:48	1:00:50	2:01:40	2:39:30	3:02:30	4:03:20	5:19:00
12:15	0:38:04	1:01:15	2:02:30	2:40:35	3:03:45	4:05:00	5:21:11
12:20	0:38:19	1:01:40	2:03:20	2:41:41	3:05:00	4:06:40	5:23:22
12:30	0:38:50	1:02:30	2:05:00	2:43:52	3:07:30	4:10:00	5:27:44
12:40	0:39:21	1:03:20	2:06:40	2:46:03	3:10:00	4:13:20	5:32:06
12:45	0:39:37	1:03:45	2:07:30	2:47:09	3:11:15	4:15:00	5:34:17
12:50	0:39:52	1:04:10	2:08:20	2:48:14	3:12:30	4:16:40	5:36:28
13:00	0:40:23	1:05:00	2:10:00	2:50:25	3:15:00	4:20:00	5:40:51
13:10	0:40:54	1:05:50	2:11:40	2:52:36	3:17:30	4:23:20	5:45:13
13:15	0:41:10	1:06:15	2:12:30	2:53:42	3:18:45	4:25:00	5:47:24
13:20	0:41:25	1:06:40	2:13:20	2:54:48	3:20:00	4:26:40	5:49:35

	MILES (5K)	MILES	MILES	MILES (HALF)	MILES	MILES	MILES
MILE PACE	3.1	5	10	13.1	15	20	26.2
13:30	0:41:57	1:07:30	2:15:00	2:56:59	3:22:30	4:30:00	5:53:57
13:40	0:42:28	1:08:20	2:16:40	2:59:10	3:25:00	4:33:20	5:58:19
13:45	0:42:43	1:08:45	2:17:30	3:00:15	3:26:15	4:35:00	6:00:30
13:50	0:42:59	1:09:10	2:18:20	3:01:21	3:27:30	4:36:40	6:02:42
14:00	0:43:30	1:10:00	2:20:00	3:03:32	3:30:00	4:40:00	6:07:04
14:10	0:44:01	1:10:50	2:21:40	3:05:43	3:32:30	4:43:20	6:11:26
14:15	0:44:16	1:11:15	2:22:30	3:06:49	3:33:45	4:45:00	6:13:37
14:20	0:44:32	1:11:40	2:23:20	3:07:54	3:35:00	4:46:40	6:15:48
14:30	0:45:03	1:12:30	2:25:00	3:10:05	3:37:30	4:50:00	6:20:10
14:40	0:45:34	1:13:20	2:26:40	3:12:16	3:40:00	4:53:20	6:24:33
14:45	0:45:50	1:13:45	2:27:30	3:13:22	3:41:15	4:55:00	6:26:44
14:50	0:46:05	1:14:10	2:28:20	3:14:27	3:42:30	4:56:40	6:28:55
15:00	0:46:36	1:15:00	2:30:00	3:16:38	3:45:00	5:00:00	6:33:17
15:10	0:47:07	1:15:50	2:31:40	3:18:50	3:47:30	5:03:20	6:37:39
15:15	0:47:23	1:16:15	2:32:30	3:19:55	3:48:45	5:05:00	6:39:50
15:20	0:47:38	1:16:40	2:33:20	3:21:01	3:50:00	5:06:40	6:42:01
15:30	0:48:09	1:17:30	2:35:00	3:23:12	3:52:30	5:10:00	6:46:23
15:40	0:48:40	1:18:20	2:36:40	3:25:23	3:55:00	5:13:20	6:50:46
15:45	0:48:56	1:18:45	2:37:30	3:26:28	3:56:15	5:15:00	6:52:57
15:50	0:49:12	1:19:10	2:38:20	3:27:34	3:57:30	5:16:40	6:55:08
16:00	0:49:43	1:20:00	2:40:00	3:29:45	4:00:00	5:20:00	6:59:30
16:10	0:50:14	1:20:50	2:41:40	3:31:56	4:02:30	5:23:20	7:03:52
16:15	0:50:29	1:21:15	2:42:30	3:33:02	4:03:45	5:25:00	7:06:03
16:20	0:50:45	1:21:40	2:43:20	3:34:07	4:05:00	5:26:40	7:08:14
16:30	0:51:16	1:22:30	2:45:00	3:36:18	4:07:30	5:30:00	7:12:37
16:40	0:51:47	1:23:20	2:46:40	3:38:29	4:10:00	5:33:20	7:16:59
16:45	0:52:02	1:23:45	2:47:30	3:39:35	4:11:15	5:35:00	7:19:10
16:50	0:52:18	1:24:10	2:48:20	3:40:40	4:12:30	5:36:40	7:21:21
17:00	0:52:49	1:25:00	2:50:00	3:42:52	4:15:00	5:40:00	7:25:43
17:10	0:53:20	1:25:50	2:51:40	3:45:03	4:17:30	5:43:20	7:30:05
17:15	0:53:36	1:26:15	2:52:30	3:46:08	4:18:45	5:45:00	7:32:16
17:20	0:53:51	1:26:40	2:53:20	3:47:14	4:20:00	5:46:40	7:34:28
17:30	0:54:22	1:27:30	2:55:00	3:49:25	4:22:30	5:50:00	7:38:50
17:40	0:54:53	1:28:20	2:56:40	3:51:36	4:25:00	5:53:20	7:43:12
17:45	0:55:09	1:28:45	2:57:30	3:52:41	4:26:15	5:55:00	7:45:23
17:50	0:55:24	1:29:10	2:58:20	3:53:47	4:27:30	5:56:40	7:47:34
18:00	0:55:55	1:30:00	3:00:00	3:55:58	4:30:00	6:00:00	7:51:56