



Running Pace Chart

Mile		5	5	10	15	10	13.1	26.2
Pace	MPH	Km	Mile	Km	Km	Miles	Miles	Miles
5:00	12	15:32	25:00:00	31:04:00	46:36:00	50:00:00	1:05:30	2:11:00
5:10	11.61	16:03	25:50:00	32:06:00	48:09:00	51:40:00	1:07:41	2:15:22
5:20	11.25	16:34	26:40:00	33:08:00	49:43:00	53:20:00	1:09:52	2:19:44
5:30	10.91	17:05	27:30:00	34:11:00	51:16:00	55:00:00	1:12:03	2:24:06
5:40	10.59	17:36	28:20:00	35:13:00	52:49:00	56:40:00	1:14:14	2:28:28
5:50	10.29	18:07	29:10:00	36:15:00	54:22:00	58:20:00	1:16:25	2:32:50
6:00	10	18:38	30:00:00	37:17:00	55:55:00	1:00:00	1:18:36	2:37:12
6:10	9.73	19:10	30:50:00	38:19:00	57:29:00	1:01:40	1:20:47	2:41:34
6:20	9.47	19:41	31:40:00	39:21:00	59:02:00	1:03:20	1:22:58	2:45:56
6:30	9.23	20:12	32:30:00	40:23:00	1:00:35	1:05:00	1:25:09	2:50:18
6:40	9	20:43	33:20:00	41:25:00	1:02:08	1:06:40	1:27:20	2:54:40
6:50	8.78	21:14	34:10:00	42:28:00	1:03:41	1:08:20	1:29:31	2:59:02
7:00	8.57	21:45	35:00:00	43:30:00	1:05:15	1:10:00	1:31:42	3:03:24
7:10	8.37	22:16	35:50:00	44:32:00	1:06:48	1:11:40	1:33:53	3:07:46
7:20	8.18	22:47	36:40:00	45:34:00	1:08:21	1:13:20	1:36:04	3:12:08
7:30	8	23:18	37:30:00	46:36:00	1:09:54	1:15:00	1:38:15	3:16:30
7:40	7.83	23:49	38:20:00	47:38:00	1:11:27	1:16:40	1:40:26	3:20:52
7:50	7.66	24:20:00	39:10:00	48:40:00	1:13:01	1:18:20	1:42:37	3:25:14
8:00	7.5	24:51:00	40:00:00	49:43:00	1:14:34	1:20:00	1:44:48	3:29:36
8:10	7.35	25:22:00	40:50:00	50:45:00	1:16:07	1:21:40	1:46:59	3:33:58
8:20	7.2	25:53:00	41:40:00	51:47:00	1:17:40	1:23:20	1:49:10	3:38:20
8:30	7.06	26:24:00	42:30:00	52:49:00	1:19:13	1:25:00	1:51:21	3:42:42
8:40	6.92	26:56:00	43:20:00	53:51:00	1:20:47	1:26:40	1:53:32	3:47:04
8:50	6.79	27:27:00	44:10:00	54:53:00	1:22:20	1:28:20	1:55:43	3:51:26
9:00	6.67	27:58:00	45:00:00	55:55:00	1:23:53	1:30:00	1:57:54	3:55:48
9:10	6.55	28:29:00	45:50:00	56:58:00	1:25:26	1:31:40	2:00:05	4:00:10
9:20	6.43	29:00:00	46:40:00	58:00:00	1:27:00	1:33:20	2:02:16	4:04:32
9:30	6.32	29:31:00	47:30:00	59:02:00	1:28:33	1:35:00	2:04:27	4:08:54
9:40	6.21	30:02:00	48:20:00	1:00:04	1:30:06	1:36:40	2:06:38	4:13:16
9:50	6.1	30:33:00	49:10:00	1:01:06	1:31:39	1:38:20	2:08:49	4:17:38
10:00	6	31:04:00	50:00:00	1:02:08	1:33:12	1:40:00	2:11:00	4:22:00
10:10	5.9	31:35:00	50:50:00	1:03:10	1:34:46	1:41:40	2:13:11	4:26:22
10:20	5.81	32:06:00	51:40:00	1:04:13	1:36:19	1:43:20	2:15:22	4:30:44
10:30	5.71	32:37:00	52:30:00	1:05:15	1:37:52	1:45:00	2:17:33	4:35:06
10:40	5.63	33:08:00	53:20:00	1:06:17	1:39:25	1:46:40	2:19:44	4:39:28
10:50	5.54	33:39:00	54:10:00	1:07:19	1:40:58	1:48:20	2:21:55	4:43:50
11:00	5.45	34:11:00	55:00:00	1:08:21	1:42:32	1:50:00	2:24:06	4:48:12
11:10	5.37	34:42:00	55:50:00	1:09:23	1:44:05	1:51:40	2:26:17	4:52:34
11:20	5.29	35:13:00	56:40:00	1:10:25	1:45:38	1:53:20	2:28:28	4:56:56
11:30	5.22	35:44:00	57:30:00	1:11:27	1:47:11	1:55:00	2:30:39	5:01:18
11:40	5.14	36:15:00	58:20:00	1:12:30	1:48:44	1:56:40	2:32:50	5:05:40
11:50	5.07	36:46:00	59:10:00	1:13:32	1:50:18	1:58:20	2:35:01	5:10:02
12:00	5	37:17:00	1:00:00	1:14:34	1:51:51	2:00:00	2:37:12	5:14:24