

Race Pace Chart

Mile Pace	5K	5 Miles	10K	13.1 Miles	Marathon 26.219
MM:SS	HH:MM:SS	HH:MM:SS	HH:MM:SS	HH:MM:SS	HH:MM:SS
04:00	00:12:26	00:20:00	00:24:51	00:52:24	01:44:53
04:10	00:12:57	00:20:50	00:25:53	00:54:35	01:49:15
04:20	00:13:28	00:21:40	00:26:56	00:56:46	01:53:37
04:30	00:13:59	00:22:30	00:27:58	00:58:57	01:57:59
04:40	00:14:30	00:23:20	00:29:00	01:01:08	02:02:21
04:50	00:15:01	00:24:10	00:30:02	01:03:19	02:06:44
05:00	00:15:32	00:25:00	00:31:04	01:05:30	02:11:06
05:10	00:16:03	00:25:50	00:32:06	01:07:41	02:15:28
05:20	00:16:34	00:26:40	00:33:08	01:09:52	02:19:50
05:30	00:17:05	00:27:30	00:34:11	01:12:03	02:24:12
05:40	00:17:36	00:28:20	00:35:13	01:14:14	02:28:34
05:50	00:18:07	00:29:10	00:36:15	01:16:25	02:32:57
06:00	00:18:38	00:30:00	00:37:17	01:18:36	02:37:19
06:10	00:19:10	00:30:50	00:38:19	01:20:47	02:41:41
06:20	00:19:41	00:31:40	00:39:21	01:22:58	02:46:03
06:30	00:20:12	00:32:30	00:40:23	01:25:09	02:50:25
06:40	00:20:43	00:33:20	00:41:25	01:27:20	02:54:48
06:50	00:21:14	00:34:10	00:42:28	01:29:31	02:59:10
07:00	00:21:45	00:35:00	00:43:30	01:31:42	03:03:32
07:10	00:22:16	00:35:50	00:44:32	01:33:53	03:07:54
07:20	00:22:47	00:36:40	00:45:34	01:36:04	03:12:16
07:30	00:23:18	00:37:30	00:46:36	01:38:15	03:16:39
07:40	00:23:49	00:38:20	00:47:38	01:40:26	03:21:01
07:50	00:24:20	00:39:10	00:48:40	01:42:37	03:25:23
08:00	00:24:51	00:40:00	00:49:43	01:44:48	03:29:45
08:10	00:25:22	00:40:50	00:50:45	01:46:59	03:34:07
08:20	00:25:53	00:41:40	00:51:47	01:49:10	03:38:30
08:30	00:26:24	00:42:30	00:52:49	01:51:21	03:42:52
08:40	00:26:56	00:43:20	00:53:51	01:53:32	03:47:14
08:50	00:27:27	00:44:10	00:54:53	01:55:43	03:51:36
09:00	00:27:58	00:45:00	00:55:55	01:57:54	03:55:58
09:10	00:28:29	00:45:50	00:56:58	02:00:05	04:00:20
09:20	00:29:00	00:46:40	00:58:00	02:02:16	04:04:43
09:30	00:29:31	00:47:30	00:59:02	02:04:27	04:09:05
09:40	00:30:02	00:48:20	01:00:04	02:06:38	04:13:27
09:50	00:30:33	00:49:10	01:01:06	02:08:49	04:17:49
10:00	00:31:04	00:50:00	01:02:08	02:11:00	04:22:11
10:10	00:31:35	00:50:50	01:03:10	02:13:11	04:26:34
10:20	00:32:06	00:51:40	01:04:13	02:15:22	04:30:56
10:30	00:32:37	00:52:30	01:05:15	02:17:33	04:35:18
10:40	00:33:08	00:53:20	01:06:17	02:19:44	04:39:40
10:50	00:33:39	00:54:10	01:07:19	02:21:55	04:44:02
11:00	00:34:11	00:55:00	01:08:21	02:24:06	04:48:25