



# Race Pace Chart

Standard	Average Pace (mph)	Time Taken (minutes)																	
		5K	5M	10K	10M	20K	20M	30K	30M	40K	40M	50K	50M	75K	75M	100K	100M	150K	150M
Beginner	12	16	25	16	25	63	100	94	150	125	200	156	250	234	375	313	500	469	750
Experienced Beginner	15	13	20	13	20	50	80	75	120	100	160	125	200	188	300	250	400	375	600
Intermediate	18	10	17	10	17	42	67	63	100	83	133	104	167	156	250	208	333	313	500
Experienced Intermediate	22	9	14	9	14	34	55	51	82	68	109	85	136	128	205	170	273	256	409
Advanced	25	8	12	8	12	30	48	45	72	60	96	75	120	113	180	150	240	225	360

\* Note these speeds are an average pace and may differ depending on the weather and terrain. Equipment can also make a difference - for more information about this read the article "It's not all about the Bike!!"

Key K (Kilometres) M (Miles)

