



Race Pace Chart

Mile Pace	2 Miles	3 Miles	5K	5 Miles	10K	15K	10 Miles	20K	13.1 Miles	26.2 Miles
4.30	9.00	13.30	13.59	22.30	27.58	41.57	45.00	55.55	58.30	1.57.54
4.40	9.20	14.00	14.30	23.20	29.00	43.30	46.40	58.00	1.01.08	2.03.22
4.50	9.40	14.30	15.01	24.10	30.02	45.03	48.20	1.00.04	1.03.19	2.07.44
5.00	10.00	15.00	15.32	25.00	31.04	46.36	50.00	1.02.08	1.05.30	2.11.06
5.10	10.20	15.30	16.03	25.50	32.06	48.09	51.40	1.04.12	1.07.41	2.15.28
5.20	10.40	16.00	16.34	26.40	33.08	49.42	53.20	1.06.17	1.09.52	2.19.50
5.30	11.00	16.30	17.05	27.30	34.10	51.15	55.00	1.08.21	1.12.03	2.24.12
5.40	11.20	17.00	17.36	28.20	35.12	52.48	56.40	1.10.25	1.14.14	2.28.34
5.50	11.40	17.30	18.07	29.10	36.14	54.21	58.20	1.12.30	1.16.25	2.32.56
6.00	12.00	18.00	18.39	30.00	37.17	55.56	1.00.00	1.14.34	1.18.36	2.37.18
6.10	12.20	18.30	19.10	30.50	38.19	57.29	1.01.40	1.16.38	1.20.47	2.41.40
6.20	12.40	19.00	19.41	31.40	39.22	59.03	1.03.20	1.18.42	1.22.58	2.46.02
6.30	13.00	19.30	20.12	32.30	40.24	1.00.36	1.05.00	1.20.47	1.25.09	2.50.24
6.40	13.20	20.00	20.43	33.20	41.26	1.02.09	1.06.40	1.22.51	1.27.20	2.54.46
6.50	13.40	20.30	21.14	34.10	42.28	1.03.42	1.08.20	1.24.55	1.29.31	2.59.08
7.00	14.00	21.00	21.45	35.00	43.30	1.05.15	1.10.00	1.27.00	1.31.42	3.03.30
7.10	14.20	21.30	22.16	35.50	44.32	1.06.48	1.11.40	1.29.04	1.33.53	3.07.52
7.20	14.40	22.00	22.47	36.40	45.34	1.08.21	1.13.20	1.31.08	1.36.04	3.12.14
7.30	15.00	22.30	23.18	37.30	46.36	1.09.54	1.15.00	1.33.12	1.38.15	3.16.36
7.40	15.20	23.00	23.49	38.20	47.38	1.11.27	1.16.40	1.35.17	1.40.26	3.21.58
7.50	15.40	23.30	24.20	39.10	48.40	1.13.00	1.18.20	1.37.21	1.42.37	3.25.20
8.00	16.00	24.00	24.51	40.00	49.42	1.14.33	1.20.00	1.39.25	1.44.48	3.29.42
8.10	16.20	24.30	25.22	40.50	50.44	1.16.06	1.21.40	1.41.30	1.46.59	3.34.04
8.20	16.40	25.00	25.53	41.40	51.46	1.17.39	1.23.20	1.43.34	1.49.10	3.38.26
8.30	17.00	25.30	26.24	42.30	52.48	1.19.12	1.25.00	1.45.38	1.51.21	3.42.48
8.40	17.20	26.00	26.56	43.20	53.50	1.20.45	1.26.40	1.47.42	1.53.32	3.47.00
8.50	17.40	26.30	27.27	44.10	54.52	1.22.18	1.28.20	1.49.47	1.55.43	3.51.22
9.00	18.00	27.00	27.58	45.00	55.54	1.23.51	1.30.00	1.51.51	1.57.54	3.56.44
9.10	18.20	27.30	28.29	45.50	56.56	1.25.54	1.31.40	1.53.55	2.00.05	4.00.22
9.20	18.40	28.00	29.00	46.40	57.58	1.26.57	1.33.20	1.56.00	2.02.16	4.04.44
9.30	19.00	28.30	29.31	47.30	59.00	1.28.30	1.35.00	1.58.04	2.04.27	4.09.06
9.40	19.20	29.00	30.02	48.20	1.00.02	1.30.03	1.36.40	2.00.08	2.06.38	4.13.28
9.50	19.40	29.30	30.33	49.10	1.01.04	1.31.36	1.38.20	2.02.12	2.08.49	4.17.50
10.00	20.00	30.00	31.04	50.00	1.02.06	1.31.39	1.40.00	2.04.17	2.11.00	4.17.50

