



PACE CHART

Mile Pace	2 miles (3.2 K)	3 miles (4.8 K)	3.1 miles (5 K)	5 miles (8 K)	6.2 miles (10 K)	10 miles (16.1 K)	12 miles (19.3 K)	13.1 miles (21.1 K)	16.3 miles (26.2 K)	26.2 miles (42.2 K)
4:40	9:20	14:00	14:28	23:20	28:56	46:40	56:00	1:01:08	1:16:04	2:02:16
4:50	9:40	14:30	14:59	24:10	29:58	48:20	58:00	1:03:19	1:18:47	2:06:38
5:00	10:00	15:00	15:30	25:00	31:00	50:00	1:00:00	1:05:30	1:21:30	2:11:00
5:10	10:20	15:30	16:01	25:50	32:02	51:40	1:02:00	1:07:41	1:24:13	2:15:22
5:20	10:40	16:00	16:32	26:40	33:04	53:20	1:04:00	1:09:52	1:26:56	2:19:44
5:30	11:00	16:30	17:03	27:30	34:06	55:00	1:06:00	1:12:03	1:29:39	2:24:06
5:40	11:20	17:00	17:34	28:20	35:08	56:40	1:08:00	1:14:14	1:32:22	2:28:28
5:50	11:40	17:30	18:05	29:10	36:10	58:20	1:10:00	1:16:25	1:35:05	2:32:50
6:00	12:00	18:00	18:36	30:00	37:12	1:00:00	1:12:00	1:18:36	1:37:48	2:37:12
6:10	12:20	18:30	19:07	30:50	38:14	1:01:40	1:14:00	1:20:47	1:40:31	2:41:34
6:20	12:40	19:00	19:38	31:40	39:16	1:03:20	1:16:00	1:22:58	1:43:14	2:45:56
6:30	13:00	19:30	20:09	32:30	40:18	1:05:00	1:18:00	1:25:09	1:45:57	2:50:18
6:40	13:20	20:00	20:40	33:20	41:20	1:06:40	1:20:00	1:27:20	1:48:40	2:54:40
6:50	13:40	20:30	21:11	34:10	42:22	1:08:20	1:22:00	1:29:31	1:51:23	2:59:02
7:00	14:00	21:00	21:42	35:00	43:24	1:10:00	1:24:00	1:31:42	1:54:06	3:03:24
7:10	14:20	21:30	22:13	35:50	44:26	1:11:40	1:26:00	1:33:53	1:56:49	3:07:46
7:20	14:40	22:00	22:44	36:40	45:28	1:13:20	1:28:00	1:36:04	1:59:32	3:12:08
7:30	15:00	22:30	23:15	37:30	46:30	1:15:00	1:30:00	1:38:15	2:02:15	3:16:30
7:40	15:20	23:00	23:46	38:20	47:32	1:16:40	1:32:00	1:40:26	2:04:58	3:20:52
7:50	15:40	23:30	24:17	39:10	48:34	1:18:20	1:34:00	1:42:37	2:07:41	3:25:14
8:00	16:00	24:00	24:48	40:00	49:36	1:20:00	1:36:00	1:44:48	2:10:24	3:29:36
8:10	16:20	24:30	25:19	40:50	50:38	1:21:40	1:38:00	1:46:59	2:13:07	3:33:58
8:20	16:40	25:00	25:50	41:40	51:40	1:23:20	1:40:00	1:49:10	2:15:50	3:38:20
8:30	17:00	25:30	26:21	42:30	52:42	1:25:00	1:42:00	1:51:21	2:18:33	3:42:42
8:40	17:20	26:00	26:52	43:20	53:44	1:26:40	1:44:00	1:53:32	2:21:16	3:47:04
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9:00	18:00	27:00	27:54	45:00	55:48	1:30:00	1:48:00	1:57:54	2:26:42	3:55:48
9:10	18:20	27:30	28:25	45:50	56:50	1:31:40	1:50:00	2:00:05	2:29:25	4:00:10
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9:40	19:20	29:00	29:58	48:20	59:56	1:36:40	1:56:00	2:06:38	2:37:34	4:13:16
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10:00	20:00	30:00	31:00	50:00	1:02:00	1:40:00	2:00:00	2:11:00	2:43:00	4:22:00
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10:30	21:00	31:30	32:33	52:30	1:05:06	1:45:00	2:06:00	2:17:33	2:51:09	4:35:06
10:40	21:20	32:00	33:04	53:20	1:06:08	1:46:40	2:08:00	2:19:44	2:53:52	4:39:28
10:50	21:40	32:30	33:35	54:10	1:07:10	1:48:20	2:10:00	2:21:55	2:56:35	4:43:50
11:00	22:00	33:00	34:06	55:00	1:08:12	1:50:00	2:12:00	2:24:06	2:59:18	4:48:12

