

Time at Pace

Distance	4:00	4:10	4:20	4:30	4:40	4:50	5:00	5:10	5:20	5:30	5:40	5:50
	Min/Mile	Min/Mile	Min/Mile	Min/Mile	Min/Mile	Min/Mile	Min/Mile	Min/Mile	Min/Mile	Min/Mile	Min/Mile	Min/Mile
400 Meters	0:00:59.64	0:01:02.12	0:01:04.61	0:01:07.09	0:01:09.58	0:01:12.06	0:01:14.55	0:01:17.04	0:01:19.52	0:01:22.00	0:01:24.49	0:01:26.97
Quarter Mile	0:01:00.00	0:01:02.50	0:01:05.00	0:01:07.50	0:01:10.00	0:01:12.50	0:01:15.00	0:01:17.50	0:01:20.00	0:01:22.50	0:01:25.00	0:01:27.50
800 Meters	0:01:59.30	0:02:04.28	0:02:09.25	0:02:14.22	0:02:19.19	0:02:24.16	0:02:29.13	0:02:34.10	0:02:39.07	0:02:44.04	0:02:49.01	0:02:53.98
Half Mile	0:02:00.00	0:02:05.00	0:02:10.00	0:02:15.00	0:02:20.00	0:02:25.00	0:02:30.00	0:02:35.00	0:02:40.00	0:02:45.00	0:02:50.00	0:02:55.00
1 Kilometer	0:02:29.14	0:02:35.35	0:02:41.56	0:02:47.78	0:02:53.99	0:03:00.21	0:03:06.42	0:03:12.63	0:03:18.85	0:03:25.06	0:03:31.28	0:03:37.49
3/4 Mile	0:03:00.00	0:03:07.50	0:03:15.00	0:03:22.50	0:03:30.00	0:03:37.50	0:03:45.00	0:03:52.50	0:04:00.00	0:04:07.50	0:04:15.00	0:04:22.50
1500 Meters	0:03:43.70	0:03:53.03	0:04:02.35	0:04:11.67	0:04:20.99	0:04:30.31	0:04:39.63	0:04:48.95	0:04:58.27	0:05:07.59	0:05:16.91	0:05:26.23
1600 Meters	0:03:58.61	0:04:08.55	0:04:18.49	0:04:28.43	0:04:38.38	0:04:48.32	0:04:58.26	0:05:08.20	0:05:18.14	0:05:28.09	0:05:38.03	0:05:47.97
1 Mile	0:04:00.00	0:04:10.00	0:04:20.00	0:04:30.00	0:04:40.00	0:04:50.00	0:05:00.00	0:05:10.00	0:05:20.00	0:05:30.00	0:05:40.00	0:05:50.00
2 Kilometers	0:04:58.25	0:05:10.67	0:05:23.10	0:05:35.53	0:05:47.96	0:06:00.38	0:06:12.81	0:06:25.24	0:06:37.66	0:06:50.09	0:07:02.52	0:07:14.94
1.5 Miles	0:06:00.00	0:06:15.00	0:06:30.00	0:06:45.00	0:07:00.00	0:07:15.00	0:07:30.00	0:07:45.00	0:08:00.00	0:08:15.00	0:08:30.00	0:08:45.00
3 Kilometers	0:07:27.38	0:07:46.02	0:08:04.67	0:08:23.31	0:08:41.95	0:09:00.59	0:09:19.23	0:09:37.87	0:09:56.51	0:10:15.15	0:10:33.79	0:10:52.43
3.2 Kilometers	0:07:57.22	0:08:17.10	0:08:36.98	0:08:56.87	0:09:16.75	0:09:36.64	0:09:56.52	0:10:16.40	0:10:36.29	0:10:56.17	0:11:16.06	0:11:35.94
2 Miles	0:08:00.00	0:08:20.00	0:08:40.00	0:09:00.00	0:09:20.00	0:09:40.00	0:10:00.00	0:10:20.00	0:10:40.00	0:11:00.00	0:11:20.00	0:11:40.00
4 Kilometers	0:09:56.52	0:10:21.37	0:10:46.23	0:11:11.08	0:11:35.94	0:12:00.79	0:12:25.65	0:12:50.50	0:13:15.36	0:13:40.21	0:14:05.07	0:14:29.92
2.5 Miles	0:10:00.00	0:10:25.00	0:10:50.00	0:11:15.00	0:11:40.00	0:12:05.00	0:12:30.00	0:12:55.00	0:13:20.00	0:13:45.00	0:14:10.00	0:14:35.00
3 Miles	0:12:00.00	0:12:30.00	0:13:00.00	0:13:30.00	0:14:00.00	0:14:30.00	0:15:00.00	0:15:30.00	0:16:00.00	0:16:30.00	0:17:00.00	0:17:30.00
5 Kilometers	0:12:25.66	0:12:56.73	0:13:27.79	0:13:58.86	0:14:29.93	0:15:01.00	0:15:32.07	0:16:03.14	0:16:34.21	0:17:05.28	0:17:36.35	0:18:07.41
3.5 Miles	0:14:00.00	0:14:35.00	0:15:10.00	0:15:45.00	0:16:20.00	0:16:55.00	0:17:30.00	0:18:05.00	0:18:40.00	0:19:15.00	0:19:50.00	0:20:25.00
6 Kilometers	0:14:54.77	0:15:32.05	0:16:09.33	0:16:46.61	0:17:23.90	0:18:01.18	0:18:38.46	0:19:15.74	0:19:53.02	0:20:30.31	0:21:07.59	0:21:44.87
4 Miles	0:16:00.00	0:16:40.00	0:17:20.00	0:18:00.00	0:18:40.00	0:19:20.00	0:20:00.00	0:20:40.00	0:21:20.00	0:22:00.00	0:22:40.00	0:23:20.00
7 Kilometers	0:17:23.90	0:18:07.40	0:18:50.90	0:19:34.39	0:20:17.89	0:21:01.38	0:21:44.88	0:22:28.38	0:23:11.87	0:23:55.37	0:24:38.86	0:25:22.36
4.5 Miles	0:18:00.00	0:18:45.00	0:19:30.00	0:20:15.00	0:21:00.00	0:21:45.00	0:22:30.00	0:23:15.00	0:24:00.00	0:24:45.00	0:25:30.00	0:26:15.00
8 Kilometers	0:19:53.04	0:20:42.75	0:21:32.46	0:22:22.17	0:23:11.88	0:24:01.59	0:24:51.30	0:25:41.01	0:26:30.72	0:27:20.43	0:28:10.14	0:28:59.85
5 Miles	0:20:00.00	0:20:50.00	0:21:40.00	0:22:30.00	0:23:20.00	0:24:10.00	0:25:00.00	0:25:50.00	0:26:40.00	0:27:30.00	0:28:20.00	0:28:20.00
5.5 Miles	0:22:00.00	0:22:55.00	0:23:50.00	0:24:45.00	0:25:40.00	0:26:35.00	0:27:30.00	0:28:25.00	0:29:20.00	0:30:15.00	0:31:10.00	0:32:05.00
9 Kilometers	0:22:22.15	0:23:18.07	0:24:14.00	0:25:09.92	0:26:05.84	0:27:01.77	0:27:57.69	0:28:53.61	0:29:49.54	0:30:45.46	0:31:41.38	0:32:37.30
6 Miles	0:24:00.00	0:25:00.00	0:26:00.00	0:27:00.00	0:28:00.00	0:29:00.00	0:30:00.00	0:31:00.00	0:32:00.00	0:33:00.00	0:34:00.00	0:35:00.00
10 Kilometers	0:24:51.29	0:25:53.43	0:26:55.56	0:27:57.70	0:28:59.84	0:30:01.97	0:31:04.11	0:32:06.25	0:33:08.38	0:34:10.52	0:35:12.66	0:36:14.79
11 Kilometers	0:27:20.42	0:28:28.78	0:29:37.13	0:30:45.48	0:31:53.83	0:33:02.18	0:34:10.53	0:35:18.88	0:36:27.23	0:37:35.58	0:38:43.93	0:39:52.28
7 Miles	0:28:00.00	0:29:10.00	0:30:20.00	0:31:30.00	0:32:40.00	0:33:50.00	0:35:00.00	0:36:10.00	0:37:20.00	0:38:30.00	0:39:40.00	0:40:50.00
12 Kilometers	0:29:49.56	0:31:04.12	0:32:18.69	0:33:33.25	0:34:47.82	0:36:02.38	0:37:16.95	0:38:31.51	0:39:46.08	0:41:00.64	0:42:15.21	0:43:29.77
8 Miles	0:32:00.00	0:33:20.00	0:34:40.00	0:36:00.00	0:37:20.00	0:38:40.00	0:40:00.00	0:41:20.00	0:42:40.00	0:44:00.00	0:45:20.00	0:46:40.00
13 Kilometers	0:32:18.67	0:33:39.45	0:35:00.23	0:36:21.01	0:37:41.78	0:39:02.56	0:40:23.34	0:41:44.12	0:43:04.90	0:44:25.67	0:45:46.45	0:47:07.23
14 Kilometers	0:34:47.81	0:36:14.80	0:37:41.79	0:39:08.78	0:40:35.78	0:42:02.77	0:43:29.76	0:44:56.75	0:46:23.74	0:47:50.74	0:49:17.73	0:50:44.72
9 Miles	0:36:00.00	0:37:30.00	0:39:00.00	0:40:30.00	0:42:00.00	0:43:30.00	0:45:00.00	0:46:30.00	0:48:00.00	0:49:30.00	0:51:00.00	0:52:30.00
15 Kilometers	0:37:16.94	0:38:50.15	0:40:23.36	0:41:56.56	0:43:29.77	0:45:02.97	0:46:36.18	0:48:09.39	0:49:42.59	0:51:15.80	0:52:49.00	0:54:22.21
16 Kilometers	0:39:46.06	0:41:25.47	0:43:04.89	0:44:44.31	0:46:23.73	0:48:03.15	0:49:42.57	0:51:21.99	0:53:01.41	0:54:40.83	0:56:20.25	0:57:59.66
10 Miles	0:40:00.00	0:41:40.00	0:43:20.00	0:45:00.00	0:46:40.00	0:48:20.00	0:50:00.00	0:51:40.00	0:53:20.00	0:55:00.00	0:56:40.00	0:58:20.00
17 Kilometers	0:42:15.19	0:44:00.83	0:45:46.46	0:47:32.09	0:49:17.72	0:51:03.36	0:52:48.99	0:54:34.62	0:56:20.26	0:58:05.89	0:59:51.52	1:01:37.15
11 Miles	0:44:00.00	0:45:50.00	0:47:40.00	0:49:30.00	0:51:20.00	0:53:10.00	0:55:00.00	0:56:50.00	0:58:40.00	1:00:30.00	1:02:20.00	1:04:10.00
18 Kilometers	0:44:44.33	0:46:36.17	0:48:28.02	0:50:19.87	0:52:11.72	0:54:03.56	0:55:55.41	0:57:47.26	0:59:39.10	1:01:30.95	1:03:22.80	1:05:14.64
19 Kilometers	0:47:13.46	0:49:11.52	0:51:09.59	0:53:07.65	0:55:05.71	0:57:03.77	0:59:01.83	1:00:59.89	1:02:57.95	1:04:56.01	1:06:54.07	1:08:52.13
12 Miles	0:48:00.00	0:50:00.00	0:52:00.00	0:54:00.00	0:56:00.00	0:58:00.00	1:00:00.00	1:02:00.00	1:04:00.00	1:06:00.00	1:08:00.00	1:10:00.00
20 Kilometers	0:49:42.58	0:51:46.85	0:53:51.12	0:55:55.40	0:57:59.67	1:00:03.95	1:02:08.22	1:04:12.49	1:06:16.77	1:08:21.04	1:10:25.32	1:12:29.59
13 Miles	0:48:00.00	0:50:00.00	0:52:00.00	0:54:00.00	0:56:00.00	0:58:00.00	1:00:00.00	1:02:00.00	1:04:00.00	1:06:00.00	1:08:00.00	1:10:00.00
21 Kilometers	0:52:11.71	0:54:22.20	0:56:32.69	0:58:43.18	1:00:53.66	1:03:04.15	1:05:14.64	1:07:25.13	1:09:35.62	1:11:46.10	1:13:56.59	1:16:07.08
Half Marathon	0:52:26.26	0:54:37.35	0:56:48.44	0:58:59.54	1:01:10.63	1:03:21.73	1:05:32.82	1:07:43.91	1:09:55.01	1:12:06.10	1:14:17.20	1:16:28.29
22 Kilometers	0:54:40.85	0:56:57.55	0:59:14.25	1:01:30.95	1:03:47.66	1:06:04.36	1:08:21.06	1:10:37.76	1:12:54.46	1:15:11.17	1:17:27.87	1:19:44.57
14 Miles	0:56:00.00	0:58:20.00	1:00:40.00	1:03:00.00	1:05:20.00	1:07:40.00	1:10:00.00	1:12:20.00	1:14:40.00	1:17:00.00	1:19:20.00	1:21:40.00
23 Kilometers	0:57:09.96	0:59:32.87	1:01:55.79	1:04:18.70	1:06:41.62	1:09:04.53	1:11:27.45	1:13:50.36	1:16:13.28	1:18:36.20	1:20:59.11	1:23:22.02
24 Kilometers	0:59:39.10	1:02:08.22	1:04:37.35	1:07:06.48	1:09:35.61	1:12:04.74	1:14:33.87	1:17:03.00	1:19:32.13	1:22:01.26	1:24:30.39	1:26:59.51
15 Miles	1:00:00.00	1:02:30.00	1:05:00.00	1:07:30.00	1:10:00.00	1:12:30.00	1:15:00.00	1:17:30.00	1:20:00.00	1:22:30.00	1:25:00.00	1:27:30.00
25 Kilometers	1:02:08.23	1:04:43.58	1:07:18.92	1:09:54.26	1:12:29.60	1:15:04.95	1:17:40.29	1:20:15.63	1:22:50.98	1:25:26.32	1:28:01.66	1:30:37.00
16 Miles	1:04:00.00	1:06:40.00	1:09:20.00	1:12:00.00	1:14:40.00	1:17:20.00	1:20:00.00	1:22:40.00	1:25:20.00	1:28:00.00	1:30:40.00	1:33:20.00
26 Kilometers	1:04:37.37	1:07:18.92	1:10:00.48	1:12:42.04	1:15:23.60	1:18:05.15	1:20:46.71	1:23:28.27	1:26:09.82	1:28:51.38	1:31:32.94	1:34:14.49
27 Kilometers	1:07:06.48	1:09:54.25	1:12:42.02	1:15:29.79	1:18:17.56	1:21:05.33	1:23:53.10	1:26:40.87	1:29:28.64	1:32:16.41	1:35:04.18	1:37:51.95
17 Miles	1:08:00.00	1:10:50.00	1:13:40.00	1:16:30.00	1:19:20.00	1:22:10.00	1:25:00.00	1:27:50.00	1:30:40.00	1:33:30.00	1:36:20.00	1:39:10.00
28 Kilometers	1:09:35.62	1:12:29.60	1:15:23.58	1:18:17.57	1:21:11.55	1:24:05.54	1:26:59.52	1:29:53.50	1:32:47.49	1:35:41.47	1:38:35.46	1:41:29.44
18 Miles	1:12:00.00	1:15:00.00	1:18:00.00	1:21:00.00	1:24:00.00	1:27:00.00	1:30:00.00	1:33:00.00	1:36:00.00	1:39:00.00	1:42:00.00	1:45:00.00
29 Kilometers	1:12:04.75	1:15:04.95	1:18:05.15	1:21:05.35	1:24:05.54	1:27:05.74	1:30:05.94	1:33:06.14	1:36:06.34	1:39:06.53	1:42:06.73	1:45:06.93
30 Kilometers	1:14:33.86	1:17:40.28	1:20:46.69	1:23:53.10	1:26:59.51	1:30:05.92	1:33:12.33	1:36:18.74	1:39:25.15	1:42:31.56	1:45:37.97	1:48:44.38
19 Miles	1:16:00.00	1:19:10.00	1:22:									

Time at Pace

Distance	6:00	6:10	6:20	6:30	6:40	6:50	7:00	7:10	7:20	7:30	7:40	7:50
	Min/Mile	Min/Mile	Min/Mile	Min/Mile	Min/Mile	Min/Mile	Min/Mile	Min/Mile	Min/Mile	Min/Mile	Min/Mile	Min/Mile
400 Meters	0:01:29.46	0:01:31.95	0:01:34.43	0:01:36.92	0:01:39.40	0:01:41.88	0:01:44.37	0:01:46.86	0:01:49.34	0:01:51.83	0:01:54.31	0:01:56.80
Quarter Mile	0:01:30.00	0:01:32.50	0:01:35.00	0:01:37.50	0:01:40.00	0:01:42.50	0:01:45.00	0:01:47.50	0:01:50.00	0:01:52.50	0:01:55.00	0:01:57.50
800 Meters	0:02:58.96	0:03:03.93	0:03:08.90	0:03:13.87	0:03:18.84	0:03:23.81	0:03:28.78	0:03:33.75	0:03:38.72	0:03:43.70	0:03:48.67	0:03:53.64
Half Mile	0:03:00.00	0:03:05.00	0:03:10.00	0:03:15.00	0:03:20.00	0:03:25.00	0:03:30.00	0:03:35.00	0:03:40.00	0:03:45.00	0:03:50.00	0:03:55.00
1 Kilometer	0:03:43.70	0:03:49.92	0:03:56.13	0:04:02.35	0:04:08.56	0:04:14.77	0:04:20.99	0:04:27.20	0:04:33.42	0:04:39.63	0:04:45.84	0:04:52.06
3/4 Mile	0:04:30.00	0:04:37.50	0:04:45.00	0:04:52.50	0:05:00.00	0:05:07.50	0:05:15.00	0:05:22.50	0:05:30.00	0:05:37.50	0:05:45.00	0:05:52.50
1500 Meters	0:05:35.56	0:05:44.88	0:05:54.20	0:06:03.52	0:06:12.84	0:06:22.16	0:06:31.48	0:06:40.80	0:06:50.12	0:06:59.44	0:07:08.77	0:07:18.09
1600 Meters	0:05:57.91	0:06:07.85	0:06:17.80	0:06:27.74	0:06:37.68	0:06:47.62	0:06:57.56	0:07:07.51	0:07:17.45	0:07:27.39	0:07:37.33	0:07:47.27
1 Mile	0:06:00.00	0:06:10.00	0:06:20.00	0:06:30.00	0:06:40.00	0:06:50.00	0:07:00.00	0:07:10.00	0:07:20.00	0:07:30.00	0:07:40.00	0:07:50.00
2 Kilometers	0:07:27.37	0:07:39.80	0:07:52.23	0:08:04.65	0:08:17.08	0:08:29.51	0:08:41.93	0:08:54.36	0:09:06.79	0:09:19.21	0:09:31.64	0:09:44.07
1.5 Miles	0:09:00.00	0:09:15.00	0:09:30.00	0:09:45.00	0:10:00.00	0:10:15.00	0:10:30.00	0:10:45.00	0:11:00.00	0:11:15.00	0:11:30.00	0:11:45.00
3 Kilometers	0:11:11.08	0:11:29.72	0:11:48.36	0:12:07.00	0:12:25.64	0:12:44.28	0:13:02.92	0:13:21.56	0:13:40.20	0:13:58.84	0:14:17.49	0:14:36.13
3.2 Kilometers	0:11:55.82	0:12:15.71	0:12:35.59	0:12:55.48	0:13:15.36	0:13:35.24	0:13:55.13	0:14:15.01	0:14:34.90	0:14:54.78	0:15:14.66	0:15:34.55
2 Miles	0:12:00.00	0:12:20.00	0:12:40.00	0:13:00.00	0:13:20.00	0:13:40.00	0:14:00.00	0:14:20.00	0:14:40.00	0:15:00.00	0:15:20.00	0:15:40.00
4 Kilometers	0:14:54.78	0:15:19.63	0:15:44.49	0:16:09.34	0:16:34.20	0:16:59.05	0:17:23.91	0:17:48.76	0:18:13.62	0:18:38.47	0:19:03.33	0:19:28.18
2.5 Miles	0:15:00.00	0:15:25.00	0:15:50.00	0:16:15.00	0:16:40.00	0:17:05.00	0:17:30.00	0:17:55.00	0:18:20.00	0:18:45.00	0:19:10.00	0:19:35.00
3 Miles	0:18:00.00	0:18:30.00	0:19:00.00	0:19:30.00	0:20:00.00	0:20:30.00	0:21:00.00	0:21:30.00	0:22:00.00	0:22:30.00	0:23:00.00	0:23:30.00
5 Kilometers	0:18:38.48	0:19:09.55	0:19:40.62	0:20:11.69	0:20:42.76	0:21:13.83	0:21:44.90	0:22:15.97	0:22:47.04	0:23:18.10	0:23:49.17	0:24:20.24
3.5 Miles	0:21:00.00	0:21:35.00	0:22:10.00	0:22:45.00	0:23:20.00	0:23:55.00	0:24:30.00	0:25:05.00	0:25:40.00	0:26:15.00	0:26:50.00	0:27:25.00
6 Kilometers	0:22:22.15	0:22:59.43	0:23:36.72	0:24:14.00	0:24:51.28	0:25:28.56	0:26:05.84	0:26:43.13	0:27:20.41	0:27:57.69	0:28:34.97	0:29:12.25
4 Miles	0:24:00.00	0:24:40.00	0:25:20.00	0:26:00.00	0:26:40.00	0:27:20.00	0:28:00.00	0:28:40.00	0:29:20.00	0:30:00.00	0:30:40.00	0:31:20.00
7 Kilometers	0:26:05.86	0:26:49.35	0:27:32.85	0:28:16.34	0:28:59.84	0:29:43.34	0:30:26.83	0:31:10.33	0:31:53.82	0:32:37.32	0:33:20.82	0:34:04.31
4.5 Miles	0:27:00.00	0:27:45.00	0:28:30.00	0:29:15.00	0:30:00.00	0:30:45.00	0:31:30.00	0:32:15.00	0:33:00.00	0:33:45.00	0:34:30.00	0:35:15.00
8 Kilometers	0:29:49.56	0:30:39.27	0:31:28.98	0:32:18.69	0:33:08.40	0:33:58.11	0:34:47.82	0:35:37.53	0:36:27.24	0:37:16.95	0:38:06.66	0:38:56.37
5 Miles	0:30:00.00	0:30:50.00	0:31:40.00	0:32:30.00	0:33:20.00	0:34:10.00	0:35:00.00	0:35:50.00	0:36:40.00	0:37:30.00	0:38:20.00	0:39:10.00
5.5 Miles	0:33:00.00	0:33:55.00	0:34:50.00	0:35:45.00	0:36:40.00	0:37:35.00	0:38:30.00	0:39:25.00	0:40:20.00	0:41:15.00	0:42:10.00	0:43:05.00
9 Kilometers	0:33:33.23	0:34:29.15	0:35:25.07	0:36:21.00	0:37:16.92	0:38:12.84	0:39:08.77	0:40:04.69	0:41:00.61	0:41:56.54	0:42:52.46	0:43:48.38
6 Miles	0:36:00.00	0:37:00.00	0:38:00.00	0:39:00.00	0:40:00.00	0:41:00.00	0:42:00.00	0:43:00.00	0:44:00.00	0:45:00.00	0:46:00.00	0:47:00.00
10 Kilometers	0:37:16.93	0:38:19.07	0:39:21.21	0:40:23.34	0:41:25.48	0:42:27.62	0:43:29.75	0:44:31.89	0:45:34.03	0:46:36.16	0:47:38.30	0:48:40.44
11 Kilometers	0:41:00.64	0:42:08.99	0:43:17.34	0:44:25.69	0:45:34.04	0:46:42.39	0:47:50.74	0:48:59.09	0:50:07.44	0:51:15.79	0:52:24.15	0:53:32.50
7 Miles	0:42:00.00	0:43:10.00	0:44:20.00	0:45:30.00	0:46:40.00	0:47:50.00	0:49:00.00	0:50:10.00	0:51:20.00	0:52:30.00	0:53:40.00	0:54:50.00
12 Kilometers	0:44:44.34	0:45:58.90	0:47:13.47	0:48:28.03	0:49:42.60	0:50:57.16	0:52:11.73	0:53:26.29	0:54:40.86	0:55:55.42	0:57:09.99	0:58:24.55
8 Miles	0:48:00.00	0:49:20.00	0:50:40.00	0:52:00.00	0:53:20.00	0:54:40.00	0:56:00.00	0:57:20.00	0:58:40.00	1:00:00.00	1:01:20.00	1:02:40.00
13 Kilometers	0:48:28.01	0:49:48.79	0:51:09.56	0:52:30.34	0:53:51.12	0:55:11.90	0:56:32.68	0:57:53.45	0:59:14.23	1:00:35.01	1:01:55.79	1:03:16.57
14 Kilometers	0:52:11.71	0:53:38.70	0:55:05.70	0:56:32.69	0:57:59.68	0:59:26.67	1:00:53.66	1:02:20.66	1:03:47.65	1:05:14.64	1:06:41.63	1:08:08.62
9 Miles	0:54:00.00	0:55:30.00	0:57:00.00	0:58:30.00	1:00:00.00	1:01:30.00	1:03:00.00	1:04:30.00	1:06:00.00	1:07:30.00	1:09:00.00	1:10:30.00
15 Kilometers	0:55:55.42	0:57:28.62	0:59:01.83	1:00:35.03	1:02:08.24	1:03:41.45	1:05:14.65	1:06:47.86	1:08:21.06	1:09:54.27	1:11:27.48	1:13:00.68
16 Kilometers	0:59:39.08	1:01:18.50	1:02:57.92	1:04:37.34	1:06:16.76	1:07:56.18	1:09:35.60	1:11:15.02	1:12:54.44	1:14:33.85	1:16:13.27	1:17:52.69
10 Miles	1:00:00.00	1:01:40.00	1:03:20.00	1:05:00.00	1:06:40.00	1:08:20.00	1:10:00.00	1:11:40.00	1:13:20.00	1:15:00.00	1:16:40.00	1:18:20.00
17 Kilometers	1:03:22.79	1:05:08.42	1:06:54.05	1:08:39.69	1:10:25.32	1:12:10.95	1:13:56.59	1:15:42.22	1:17:27.85	1:19:13.49	1:20:59.12	1:22:44.75
11 Miles	1:06:00.00	1:07:50.00	1:09:40.00	1:11:30.00	1:13:20.00	1:15:10.00	1:17:00.00	1:18:50.00	1:20:40.00	1:22:30.00	1:24:20.00	1:26:10.00
18 Kilometers	1:07:06.49	1:08:58.34	1:10:50.19	1:12:42.03	1:14:33.88	1:16:25.73	1:18:17.57	1:20:09.42	1:22:01.27	1:23:53.11	1:25:44.96	1:27:36.81
19 Kilometers	1:10:50.20	1:12:48.26	1:14:46.32	1:16:44.38	1:18:42.44	1:20:40.50	1:22:38.56	1:24:36.62	1:26:34.68	1:28:32.74	1:30:30.81	1:32:28.87
12 Miles	1:12:00.00	1:14:00.00	1:16:00.00	1:18:00.00	1:20:00.00	1:22:00.00	1:24:00.00	1:26:00.00	1:28:00.00	1:30:00.00	1:32:00.00	1:34:00.00
20 Kilometers	1:14:33.86	1:16:38.14	1:18:42.41	1:20:46.69	1:22:50.96	1:24:55.23	1:26:59.51	1:29:03.78	1:31:08.06	1:33:12.33	1:35:16.60	1:37:20.88
13 Miles	1:12:00.00	1:14:00.00	1:16:00.00	1:18:00.00	1:20:00.00	1:22:00.00	1:24:00.00	1:26:00.00	1:28:00.00	1:30:00.00	1:32:00.00	1:34:00.00
21 Kilometers	1:18:17.57	1:20:28.06	1:22:38.54	1:24:49.03	1:26:59.52	1:29:10.01	1:31:20.50	1:33:30.98	1:35:41.47	1:37:51.96	1:40:02.45	1:42:12.94
Half Marathon	1:18:39.38	1:20:50.48	1:23:01.57	1:25:12.67	1:27:23.76	1:29:34.85	1:31:45.95	1:33:57.04	1:36:08.14	1:38:19.23	1:40:30.32	1:42:41.42
22 Kilometers	1:22:01.27	1:24:17.97	1:26:34.68	1:28:51.38	1:31:08.08	1:33:24.78	1:35:41.48	1:37:58.19	1:40:14.89	1:42:31.59	1:44:48.29	1:47:04.99
14 Miles	1:24:00.00	1:26:20.00	1:28:40.00	1:31:00.00	1:33:20.00	1:35:40.00	1:38:00.00	1:40:20.00	1:42:40.00	1:45:00.00	1:47:20.00	1:49:40.00
23 Kilometers	1:25:44.94	1:28:07.85	1:30:30.77	1:32:53.68	1:35:16.60	1:37:39.51	1:40:02.43	1:42:25.34	1:44:48.26	1:47:11.18	1:49:34.09	1:51:57.00
24 Kilometers	1:29:28.64	1:31:57.77	1:34:26.90	1:36:56.03	1:39:25.16	1:41:54.29	1:44:23.42	1:46:52.55	1:49:21.68	1:51:50.80	1:54:19.93	1:56:49.06
15 Miles	1:30:00.00	1:32:30.00	1:35:00.00	1:37:30.00	1:40:00.00	1:42:30.00	1:45:00.00	1:47:30.00	1:50:00.00	1:52:30.00	1:55:00.00	1:57:30.00
25 Kilometers	1:33:12.35	1:35:47.69	1:38:23.03	1:40:58.38	1:43:33.72	1:46:09.06	1:48:44.41	1:51:19.75	1:53:55.09	1:56:30.43	1:59:05.78	2:01:41.12
16 Miles	1:36:00.00	1:38:40.00	1:41:20.00	1:44:00.00	1:46:40.00	1:49:20.00	1:52:00.00	1:54:40.00	1:57:20.00	2:00:00.00	2:02:40.00	2:05:20.00
26 Kilometers	1:36:56.05	1:39:37.61	1:42:19.17	1:45:00.72	1:47:42.28	1:50:23.84	1:53:05.39	1:55:46.95	1:58:28.51	2:01:10.06	2:03:51.62	2:06:33.18
27 Kilometers	1:40:39.72	1:43:27.49	1:46:15.26	1:49:03.03	1:51:50.80	1:54:38.57	1:57:26.34	2:00:14.11	2:03:01.88	2:05:49.65	2:08:37.42	2:11:25.19
17 Miles	1:42:00.00	1:44:50.00	1:47:40.00	1:50:30.00	1:53:20.00	1:56:10.00	1:59:00.00	2:01:50.00	2:04:40.00	2:07:30.00	2:10:20.00	2:13:10.00
28 Kilometers	1:44:23.42	1:47:17.41	1:50:11.39	1:53:05.38	1:55:59.36	1:58:53.34	2:01:47.33	2:04:41.31	2:07:35.30	2:10:29.28	2:13:23.26	2:16:17.25
18 Miles	1:48:00.00	1:51:00.00	1:54:00.00	1:57:00.00	2:00:00.00	2:03:00.00	2:06:00.00	2:09:00.00	2:12:00.00	2:15:00.00	2:18:00.00	2:21:00.00
29 Kilometers	1:48:07.13	1:51:07.33	1:54:07.52	1:57:07.72	2:00:07.92	2:03:08.12	2:06:08.32	2:09:08.51	2:12:08.71	2:15:08.91	2:18:09.11	2:21:09.31
30 Kilometers	1:51:50.80	1:54:57.21	1:58:03.62	2:01:10.03	2:04:16.44	2:07:22.85	2:10:29.26	2:13:35.67	2:16:42.08	2:19:48.49	2:22:54.90	2:26:01.32
19 Miles	1:54:00.00	1:57:10.00	2:00:									

Time at Pace

Distance	8:00	8:15	8:30	8:45	9:00	9:30	10:00	10:30	11:00	11:30	12:00
	Min/Mile	Min/Mile	Min/Mile	Min/Mile	Min/Mile	Min/Mile	Min/Mile	Min/Mile	Min/Mile	Min/Mile	Min/Mile
400 Meters	0:01:59.28	0:02:03.01	0:02:06.73	0:02:10.46	0:02:14.19	0:02:21.64	0:02:29.10	0:02:36.55	0:02:44.01	0:02:51.46	0:02:58.92
Quarter Mile	0:02:00.00	0:02:03.75	0:02:07.50	0:02:11.25	0:02:15.00	0:02:22.50	0:02:30.00	0:02:37.50	0:02:45.00	0:02:52.50	0:03:00.00
800 Meters	0:03:58.61	0:04:06.06	0:04:13.52	0:04:20.98	0:04:28.43	0:04:43.35	0:04:58.26	0:05:13.17	0:05:28.09	0:05:43.00	0:05:57.91
Half Mile	0:04:00.00	0:04:07.50	0:04:15.00	0:04:22.50	0:04:30.00	0:04:45.00	0:05:00.00	0:05:15.00	0:05:30.00	0:05:45.00	0:06:00.00
1 Kilometer	0:04:58.27	0:05:07.59	0:05:16.91	0:05:26.23	0:05:35.56	0:05:54.20	0:06:12.84	0:06:31.48	0:06:50.12	0:07:08.77	0:07:27.41
3/4 Mile	0:06:00.00	0:06:11.25	0:06:22.50	0:06:33.75	0:06:45.00	0:07:07.50	0:07:30.00	0:07:52.50	0:08:15.00	0:08:37.50	0:09:00.00
1500 Meters	0:07:27.41	0:07:41.39	0:07:55.37	0:08:09.35	0:08:23.33	0:08:51.30	0:09:19.26	0:09:47.22	0:10:15.19	0:10:43.15	0:11:11.11
1600 Meters	0:07:57.22	0:08:12.13	0:08:27.04	0:08:41.95	0:08:56.87	0:09:26.69	0:09:56.52	0:10:26.35	0:10:56.17	0:11:26.00	0:11:55.82
1 Mile	0:08:00.00	0:08:15.00	0:08:30.00	0:08:45.00	0:09:00.00	0:09:30.00	0:10:00.00	0:10:30.00	0:11:00.00	0:11:30.00	0:12:00.00
2 Kilometers	0:09:56.50	0:10:15.14	0:10:33.78	0:10:52.42	0:11:11.06	0:11:48.34	0:12:25.62	0:13:02.90	0:13:40.18	0:14:17.46	0:14:54.74
1.5 Miles	0:12:00.00	0:12:22.50	0:12:45.00	0:13:07.50	0:13:30.00	0:14:15.00	0:15:00.00	0:15:45.00	0:16:30.00	0:17:15.00	0:18:00.00
3 Kilometers	0:14:54.77	0:15:22.73	0:15:50.69	0:16:18.65	0:16:46.61	0:17:42.54	0:18:38.46	0:19:34.38	0:20:30.31	0:21:26.23	0:22:22.15
3.2 Kilometers	0:15:54.43	0:16:24.26	0:16:54.08	0:17:23.91	0:17:53.74	0:18:53.39	0:19:53.04	0:20:52.69	0:21:52.34	0:22:52.00	0:23:51.65
2 Miles	0:16:00.00	0:16:30.00	0:17:00.00	0:17:30.00	0:18:00.00	0:19:00.00	0:20:00.00	0:21:00.00	0:22:00.00	0:23:00.00	0:24:00.00
4 Kilometers	0:19:53.04	0:20:30.32	0:21:07.60	0:21:44.89	0:22:22.17	0:23:36.73	0:24:51.30	0:26:05.86	0:27:20.43	0:28:34.99	0:29:49.56
2.5 Miles	0:20:00.00	0:20:37.50	0:21:15.00	0:21:52.50	0:22:30.00	0:23:45.00	0:25:00.00	0:26:15.00	0:27:30.00	0:28:45.00	0:30:00.00
3 Miles	0:24:00.00	0:24:45.00	0:25:30.00	0:26:15.00	0:27:00.00	0:28:30.00	0:30:00.00	0:31:30.00	0:33:00.00	0:34:30.00	0:36:00.00
5 Kilometers	0:24:51.31	0:25:37.92	0:26:24.52	0:27:11.12	0:27:57.73	0:29:30.93	0:31:04.14	0:32:37.35	0:34:10.55	0:35:43.76	0:37:16.97
3.5 Miles	0:28:00.00	0:28:52.50	0:29:45.00	0:30:37.50	0:31:30.00	0:33:15.00	0:35:00.00	0:36:45.00	0:38:30.00	0:40:15.00	0:42:00.00
6 Kilometers	0:29:49.54	0:30:45.46	0:31:41.38	0:32:37.30	0:33:33.23	0:35:25.07	0:37:16.92	0:39:08.77	0:41:00.61	0:42:52.46	0:44:44.30
4 Miles	0:32:00.00	0:33:00.00	0:34:00.00	0:35:00.00	0:36:00.00	0:38:00.00	0:40:00.00	0:42:00.00	0:44:00.00	0:46:00.00	0:48:00.00
7 Kilometers	0:34:47.81	0:35:53.05	0:36:58.30	0:38:03.54	0:39:08.78	0:41:19.27	0:43:29.76	0:45:40.25	0:47:50.74	0:50:01.22	0:52:11.71
4.5 Miles	0:36:00.00	0:37:07.50	0:38:15.00	0:39:22.50	0:40:30.00	0:42:45.00	0:45:00.00	0:47:15.00	0:49:30.00	0:51:45.00	0:54:00.00
8 Kilometers	0:39:46.08	0:41:00.64	0:42:15.21	0:43:29.77	0:44:44.34	0:47:13.47	0:49:42.60	0:52:11.73	0:54:40.86	0:57:09.99	0:59:39.12
5 Miles	0:40:00.00	0:41:15.00	0:42:30.00	0:43:45.00	0:45:00.00	0:47:30.00	0:50:00.00	0:52:30.00	0:55:00.00	0:57:30.00	1:00:00.00
5.5 Miles	0:44:00.00	0:45:22.50	0:46:45.00	0:48:07.50	0:49:30.00	0:52:15.00	0:55:00.00	0:57:45.00	1:00:30.00	1:03:15.00	1:06:00.00
9 Kilometers	0:44:44.30	0:46:08.19	0:47:32.07	0:48:55.96	0:50:19.84	0:53:07.61	0:55:55.38	0:58:43.15	1:01:30.92	1:04:18.69	1:07:06.46
6 Miles	0:48:00.00	0:49:30.00	0:51:00.00	0:52:30.00	0:54:00.00	0:57:00.00	1:00:00.00	1:03:00.00	1:06:00.00	1:09:00.00	1:12:00.00
10 Kilometers	0:49:42.58	0:51:15.78	0:52:48.99	0:54:22.19	0:55:55.40	0:59:01.81	1:02:08.22	1:05:14.63	1:08:21.04	1:11:27.45	1:14:33.86
11 Kilometers	0:54:40.85	0:56:23.37	0:58:05.90	0:59:48.43	1:01:30.95	1:04:56.01	1:08:21.06	1:11:46.11	1:15:11.17	1:18:36.22	1:22:01.27
7 Miles	0:56:00.00	0:57:45.00	0:59:30.00	1:01:15.00	1:03:00.00	1:06:30.00	1:10:00.00	1:13:30.00	1:17:00.00	1:20:30.00	1:24:00.00
12 Kilometers	0:59:39.12	1:01:30.97	1:03:22.81	1:05:14.66	1:07:06.51	1:10:50.20	1:14:33.90	1:18:17.59	1:22:01.29	1:25:44.98	1:29:28.68
8 Miles	1:04:00.00	1:06:00.00	1:08:00.00	1:10:00.00	1:12:00.00	1:16:00.00	1:20:00.00	1:24:00.00	1:28:00.00	1:32:00.00	1:36:00.00
13 Kilometers	1:04:37.34	1:06:38.51	1:08:39.68	1:10:40.85	1:12:42.01	1:16:44.35	1:20:46.68	1:24:49.01	1:28:51.35	1:32:53.68	1:36:56.02
14 Kilometers	1:09:35.62	1:11:46.10	1:13:56.59	1:16:07.08	1:18:17.57	1:22:38.54	1:26:59.52	1:31:20.50	1:35:41.47	1:40:02.45	1:44:23.42
9 Miles	1:12:00.00	1:14:15.00	1:16:30.00	1:18:45.00	1:21:00.00	1:25:30.00	1:30:00.00	1:34:30.00	1:39:00.00	1:43:30.00	1:48:00.00
15 Kilometers	1:14:33.89	1:16:53.70	1:19:13.51	1:21:33.31	1:23:53.12	1:28:32.74	1:33:12.36	1:37:51.98	1:42:31.60	1:47:11.21	1:51:50.83
16 Kilometers	1:19:32.11	1:22:01.24	1:24:30.37	1:26:59.50	1:29:28.63	1:34:26.88	1:39:25.14	1:44:23.40	1:49:21.65	1:54:19.91	1:59:18.17
10 Miles	1:20:00.00	1:22:30.00	1:25:00.00	1:27:30.00	1:30:00.00	1:35:00.00	1:40:00.00	1:45:00.00	1:50:00.00	1:55:00.00	2:00:00.00
17 Kilometers	1:24:30.38	1:27:08.83	1:29:47.28	1:32:25.73	1:35:04.18	1:40:21.08	1:45:37.98	1:50:54.88	1:56:11.78	2:01:28.68	2:06:45.58
11 Miles	1:28:00.00	1:30:45.00	1:33:30.00	1:36:15.00	1:39:00.00	1:44:30.00	1:50:00.00	1:55:30.00	2:01:00.00	2:06:30.00	2:12:00.00
18 Kilometers	1:29:28.66	1:32:16.43	1:35:04.20	1:37:51.97	1:40:39.74	1:46:15.28	1:51:50.82	1:57:26.36	2:03:01.90	2:08:37.44	2:14:12.98
19 Kilometers	1:34:26.93	1:37:24.02	1:40:21.11	1:43:18.20	1:46:15.29	1:52:09.48	1:58:03.66	2:03:57.84	2:09:52.03	2:15:46.21	2:21:40.39
12 Miles	1:36:00.00	1:39:00.00	1:42:00.00	1:45:00.00	1:48:00.00	1:54:00.00	2:00:00.00	2:06:00.00	2:12:00.00	2:18:00.00	2:24:00.00
20 Kilometers	1:39:25.15	1:42:31.56	1:45:37.97	1:48:44.38	1:51:50.80	1:58:03.62	2:04:16.44	2:10:29.26	2:16:42.08	2:22:54.91	2:29:07.73
13 Miles	1:36:00.00	1:39:00.00	1:42:00.00	1:45:00.00	1:48:00.00	1:54:00.00	2:00:00.00	2:06:00.00	2:12:00.00	2:18:00.00	2:24:00.00
21 Kilometers	1:44:23.42	1:47:39.16	1:50:54.89	1:54:10.62	1:57:26.35	2:03:57.82	2:10:29.28	2:17:00.74	2:23:32.21	2:30:03.67	2:36:35.14
Half Marathon	1:44:52.51	1:48:09.15	1:51:25.79	1:54:42.43	1:57:59.08	2:04:32.36	2:11:05.64	2:17:38.92	2:24:12.20	2:30:45.49	2:37:18.77
22 Kilometers	1:49:21.70	1:52:46.75	1:56:11.80	1:59:36.85	2:03:01.91	2:09:52.01	2:16:42.12	2:23:32.23	2:30:22.33	2:37:12.44	2:44:02.54
14 Miles	1:52:00.00	1:55:30.00	1:59:00.00	2:02:30.00	2:06:00.00	2:13:00.00	2:20:00.00	2:27:00.00	2:34:00.00	2:41:00.00	2:48:00.00
23 Kilometers	1:54:19.92	1:57:54.29	2:01:28.66	2:05:03.04	2:08:37.41	2:15:46.15	2:22:54.90	2:30:03.64	2:37:12.39	2:44:21.13	2:51:29.88
24 Kilometers	1:59:18.19	2:03:01.89	2:06:45.58	2:10:29.27	2:14:12.97	2:21:40.35	2:29:07.74	2:36:35.13	2:44:02.51	2:51:29.90	2:58:57.29
15 Miles	2:00:00.00	2:03:45.00	2:07:30.00	2:11:15.00	2:15:00.00	2:22:30.00	2:30:00.00	2:37:30.00	2:45:00.00	2:52:30.00	3:00:00.00
25 Kilometers	2:04:16.46	2:08:09.48	2:12:02.49	2:15:55.51	2:19:48.52	2:27:34.55	2:35:20.58	2:43:06.61	2:50:52.64	2:58:38.67	3:06:24.70
16 Miles	2:08:00.00	2:12:00.00	2:16:00.00	2:20:00.00	2:24:00.00	2:32:00.00	2:40:00.00	2:48:00.00	2:56:00.00	3:04:00.00	3:12:00.00
26 Kilometers	2:09:14.74	2:13:17.07	2:17:19.41	2:21:21.74	2:25:24.08	2:33:28.75	2:41:33.42	2:49:38.09	2:57:42.76	3:05:47.43	3:13:52.10
27 Kilometers	2:14:12.96	2:18:24.61	2:22:36.27	2:26:47.92	2:30:59.58	2:39:22.89	2:47:46.20	2:56:09.51	3:04:32.82	3:12:56.13	3:21:19.44
17 Miles	2:16:00.00	2:20:15.00	2:24:30.00	2:28:45.00	2:33:00.00	2:41:30.00	2:50:00.00	2:58:30.00	3:07:00.00	3:15:30.00	3:24:00.00
28 Kilometers	2:19:11.23	2:23:32.21	2:27:53.18	2:32:14.16	2:36:35.14	2:45:17.09	2:53:59.04	3:02:40.99	3:11:22.94	3:20:04.90	3:28:46.85
18 Miles	2:24:00.00	2:28:30.00	2:33:00.00	2:37:30.00	2:42:00.00	2:51:00.00	3:00:00.00	3:09:00.00	3:18:00.00	3:27:00.00	3:36:00.00
29 Kilometers	2:24:09.50	2:28:39.80	2:33:10.10	2:37:40.39	2:42:10.69	2:51:11.29	3:00:11.88	3:09:12.47	3:18:13.07	3:27:13.66	3:36:14.26
30 Kilometers	2:29:07.73	2:33:47.34	2:38:26.96	2:43:06.58	2:47:46.19	2:57:05.43	3:06:24.66	3:15:43.89	3:25:03.13	3:34:22.36	3:43:41.59
19 Miles	2:32:00.00	2:36:45.00	2:41:30.00	2:46:15.00	2:51:00.00	3:00:30.00	3:10:00.00	3:19:30.00	3:29:00.00	3:38:30.00	3:48:00.00
31 Kilometers	2:34:06.00	2:38:54.94	2:43:43.87	2:48:32.81	2:53:21.75	3:02:59.63	3:12:37.50	3:22:15.37	3:31:53.25	3:41:31.12	3:51:09.00
32 Kilometers	2:39:04.27	2:44:02.53	2:49:00.79	2:53:59.05	2:58:57.31	3:08:53.82	3:18:50.34	3:28:46.86	3:38:43.37	3:48:39.89	3:58:36.41
20 Miles	2:40:00.00	2:45:00.00	2:50:00.00	2:55:00.00	3:00:00.00	3:10:00.00	3:20:00.00	3:30:00.00	3:40:00.00	3:50:00.00	4:00:00.00
33 Kilometers	2:44:02.50	2:49:10.07	2:54:17.65	2:59:25.23	3:04:32.81	3:14:47.96	3:25:03.12	3:35:18.28	3:45:33.43	3:55:48.59	4:06:03.74
21 Miles	2:48:00.00	2:53:15.00	2:58:30.00	3:03:45.00	3:09:00.00	3:19:30.00</					