

Pace Per Mile	5K	5 mile	10K	15K	10 mile	20K	Half Mara.	15 mile	25K	30K	20 mile	Marathon
5:00	0:15:32	0:25:00	0:31:04	0:46:36	0:50:00	1:02:08	1:05:33	1:15:00	1:17:40	1:33:12	1:40:00	2:11:05
5:10	0:16:03	0:25:50	0:32:06	0:48:09	0:51:40	1:04:12	1:07:44	1:17:30	1:20:15	1:36:18	1:43:20	2:15:27
5:20	0:16:34	0:26:40	0:33:08	0:49:42	0:53:20	1:06:16	1:09:55	1:20:00	1:22:50	1:39:24	1:46:40	2:19:49
5:30	0:17:05	0:27:30	0:34:10	0:51:15	0:55:00	1:08:20	1:12:06	1:22:30	1:25:25	1:42:30	1:50:00	2:24:11
5:40	0:17:36	0:28:20	0:35:12	0:52:48	0:56:40	1:10:24	1:14:17	1:25:00	1:28:00	1:45:36	1:53:20	2:28:33
5:50	0:18:07	0:29:10	0:36:14	0:54:21	0:58:20	1:12:28	1:16:28	1:27:30	1:30:35	1:48:42	1:56:40	2:32:55
6:00	0:18:38	0:30:00	0:37:17	0:55:54	1:00:00	1:14:32	1:18:39	1:30:00	1:33:10	1:51:48	2:00:00	2:37:17
6:10	0:19:09	0:30:50	0:38:18	0:57:27	1:01:40	1:16:36	1:20:50	1:32:30	1:35:45	1:54:54	2:03:20	2:41:39
6:20	0:19:40	0:31:40	0:39:22	0:59:00	1:03:20	1:18:40	1:23:01	1:35:00	1:38:20	1:58:00	2:06:40	2:46:01
6:30	0:20:11	0:32:30	0:40:24	1:00:33	1:05:00	1:20:44	1:25:12	1:37:30	1:40:55	2:01:06	2:10:00	2:50:23
6:40	0:20:42	0:33:20	0:41:26	1:02:06	1:06:40	1:22:48	1:27:23	1:40:00	1:43:30	2:04:12	2:13:20	2:54:45
6:50	0:21:13	0:34:10	0:42:28	1:03:39	1:08:20	1:24:52	1:29:34	1:42:30	1:46:05	2:07:18	2:16:40	2:59:07
7:00	0:21:44	0:35:00	0:43:30	1:05:12	1:10:00	1:26:56	1:31:45	1:45:00	1:48:40	2:10:24	2:20:00	3:03:29
7:10	0:22:15	0:35:50	0:44:32	1:06:45	1:11:40	1:29:00	1:33:56	1:47:30	1:51:15	2:13:30	2:23:20	3:07:51
7:20	0:22:46	0:36:40	0:45:34	1:08:18	1:13:20	1:31:04	1:36:07	1:50:00	1:53:50	2:16:36	2:26:40	3:12:13
7:30	0:23:17	0:37:30	0:46:36	1:09:51	1:15:00	1:33:08	1:38:18	1:52:30	1:56:25	2:19:42	2:30:00	3:16:35
7:40	0:23:48	0:38:20	0:47:38	1:11:24	1:16:40	1:35:12	1:40:29	1:55:00	1:59:00	2:22:48	2:33:20	3:20:57
7:50	0:24:19	0:39:10	0:48:40	1:12:57	1:18:20	1:37:16	1:42:40	1:57:30	2:01:35	2:25:54	2:36:40	3:25:19
8:00	0:24:50	0:40:00	0:49:42	1:14:30	1:20:00	1:39:20	1:44:51	2:00:00	2:04:10	2:29:00	2:40:00	3:29:41
8:10	0:25:21	0:40:50	0:50:44	1:16:03	1:21:40	1:41:24	1:47:02	2:02:30	2:06:45	2:32:06	2:43:20	3:34:03
8:20	0:25:52	0:41:40	0:51:46	1:17:36	1:23:20	1:43:28	1:49:13	2:05:00	2:09:20	2:35:12	2:46:40	3:38:25
8:30	0:26:23	0:42:30	0:52:48	1:19:09	1:25:00	1:45:32	1:51:24	2:07:30	2:11:55	2:38:18	2:50:00	3:42:47
8:40	0:26:54	0:43:20	0:53:50	1:20:42	1:26:40	1:47:36	1:53:35	2:10:00	2:14:30	2:41:24	2:53:20	3:47:09
8:50	0:27:25	0:44:10	0:54:52	1:22:15	1:28:20	1:49:40	1:55:46	2:12:30	2:17:05	2:44:30	2:56:40	3:51:3
9:00	0:27:56	0:45:00	0:55:54	1:23:48	1:30:00	1:51:44	1:57:57	2:15:00	2:19:40	2:47:36	3:00:00	3:55:53
9:10	0:28:27	0:45:50	0:56:56	1:25:21	1:31:40	1:53:48	2:00:08	2:17:30	2:22:15	2:50:42	3:03:20	4:00:15
9:20	0:28:58	0:46:40	0:57:58	1:26:54	1:33:20	1:55:52	2:02:19	2:20:00	2:24:50	2:53:48	3:06:40	4:04:37
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9:40	0:30:00	0:48:20	1:00:02	1:30:00	1:36:40	2:00:00	2:06:41	2:25:00	2:30:00	3:00:00	3:13:20	4:13:21
9:50	0:30:31	0:49:10	1:01:04	1:31:33	1:38:20	2:02:04	2:08:52	2:27:30	2:32:35	3:03:06	3:16:40	4:17:43
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