

PACE CHART

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