

MILE PACE CHART (hours:minutes:seconds per mile)

MPH	1 mile	5k	4 miles	8k	5 miles	10k	15k	10 miles
12.00	5:00	0:15:32	0:20:00	0:24:51	0:25:00	0:31:04	0:46:36	0:50:00
11.80	5:05	0:15:48	0:20:20	0:25:16	0:25:25	0:31:35	0:47:23	0:50:50
11.61	5:10	0:16:03	0:20:40	0:25:41	0:25:50	0:32:06	0:48:09	0:51:40
11.43	5:15	0:16:19	0:21:00	0:26:06	0:26:15	0:32:37	0:48:56	0:52:30
11.25	5:20	0:16:34	0:21:20	0:26:31	0:26:40	0:33:08	0:49:43	0:53:20
11.08	5:25	0:16:50	0:21:40	0:26:56	0:27:05	0:33:39	0:50:29	0:54:10
10.91	5:30	0:17:05	0:22:00	0:27:20	0:27:30	0:34:11	0:51:16	0:55:00
10.75	5:35	0:17:21	0:22:20	0:27:45	0:27:55	0:34:42	0:52:02	0:55:50
10.59	5:40	0:17:36	0:22:40	0:28:10	0:28:20	0:35:13	0:52:49	0:56:40
10.43	5:45	0:17:52	0:23:00	0:28:35	0:28:45	0:35:44	0:53:36	0:57:30
10.29	5:50	0:18:07	0:23:20	0:29:00	0:29:10	0:36:15	0:54:22	0:58:20
10:14	5:55	0:18:23	0:23:40	0:29:25	0:29:35	0:36:46	0:55:09	0:59:10
10.00	6:00	0:18:38	0:24:00	0:29:50	0:30:00	0:37:17	0:55:55	1:00:00
9.86	6:05	0:18:54	0:24:20	0:30:14	0:30:25	0:37:48	0:56:42	1:00:50
9.73	6:10	0:19:10	0:24:40	0:30:39	0:30:50	0:38:19	0:57:29	1:01:40
9.60	6:15	0:19:25	0:25:00	0:31:04	0:31:15	0:38:50	0:58:15	1:02:30
9.47	6:20	0:19:41	0:25:20	0:31:29	0:31:40	0:39:21	0:59:02	1:03:20
9.35	6:25	0:19:56	0:25:40	0:31:54	0:32:05	0:39:52	0:59:48	1:04:10
9.23	6:30	0:20:12	0:26:00	0:32:19	0:32:30	0:40:23	1:00:35	1:05:00
9.11	6:35	0:20:27	0:26:20	0:32:44	0:32:55	0:40:54	1:01:22	1:05:50
9.00	6:40	0:20:43	0:26:46	0:33:08	0:33:20	0:41:25	1:02:08	1:06:40
8.89	6:45	0:20:58	0:27:00	0:33:33	0:33:45	0:41:57	1:02:55	1:07:30
8.78	6:50	0:21:14	0:27:20	0:33:58	0:34:10	0:42:28	1:03:41	1:08:20
8.67	6:55	0:21:29	0:27:40	0:34:23	0:34:35	0:42:59	1:04:28	1:09:10
8.57	7:00	0:21:45	0:28:00	0:34:48	0:35:00	0:43:30	1:05:15	1:10:00
8.47	7:05	0:22:00	0:28:20	0:35:13	0:35:25	0:44:01	1:06:01	1:10:50
8.37	7:10	0:22:16	0:28:40	0:35:38	0:35:50	0:44:32	1:06:48	1:11:40
8.28	7:15	0:22:31	0:29:00	0:36:02	0:36:15	0:45:03	1:07:34	1:12:30
8.18	7:20	0:22:47	0:29:20	0:36:27	0:36:40	0:45:34	1:08:21	1:13:20
8.09	7:25	0:23:03	0:29:40	0:36:52	0:37:05	0:46:05	1:09:08	1:14:10
8.00	7:30	0:23:18	0:30:00	0:37:17	0:37:30	0:46:36	1:09:54	1:15:00
7.91	7:35	0:23:34	0:30:20	0:37:42	0:37:55	0:47:07	1:10:41	1:15:50
7.83	7:40	0:23:49	0:30:40	0:38:07	0:38:20	0:47:38	1:11:27	1:16:40
7.74	7:45	0:24:05	0:31:00	0:38:32	0:38:45	0:48:09	1:12:14	1:17:30
7.66	7:50	0:24:20	0:31:20	0:38:56	0:39:10	0:48:40	1:13:01	1:18:20
7.58	7:55	0:25:36	0:31:40	0:39:21	0:39:35	0:49:12	1:13:47	1:19:10
7.50	8:00	0:24:51	0:32:00	0:39:46	0:40:00	0:49:43	1:14:34	1:20:00
7.42	8:05	0:25:07	0:32:20	0:40:11	0:40:25	0:50:14	1:15:20	1:20:50
7.35	8:10	0:25:22	0:32:40	0:40:36	0:40:50	0:50:45	1:16:07	1:21:40
7.27	8:15	0:25:38	0:33:00	0:41:01	0:41:15	0:51:16	1:16:54	1:22:30
7.20	8:20	0:25:53	0:33:20	0:41:25	0:41:40	0:51:47	1:17:40	1:23:20
7.13	8:25	0:26:09	0:33:40	0:41:50	0:42:05	0:52:18	1:18:27	1:24:10
7.06	8:30	0:26:24	0:34:00	0:42:15	0:42:30	0:52:49	1:19:13	1:25:00
6.99	8:35	0:26:40	0:34:20	0:42:40	0:42:55	0:53:20	1:20:00	1:25:50
6.92	8:40	0:26:56	0:34:40	0:43:05	0:43:20	0:53:51	1:20:47	1:26:40
6.86	8:45	0:27:11	0:35:00	0:43:30	0:43:45	0:54:22	1:21:33	1:27:30
6.79	8:50	0:27:27	0:35:20	0:43:55	0:44:10	0:54:53	1:22:20	1:28:20
6.73	8:55	0:27:42	0:35:40	0:44:19	0:44:35	0:55:24	1:23:07	1:29:10

MILE PACE CHART (hours:minutes:seconds per mile)

MPH	1 mile	20k	half mar	15 miles	25k	30k	20 miles	marathon
12.00	5:00	1:02:08	1:05:33	1:15:00	1:17:40	1:33:12	1:40:00	2:11:06
11.80	5:05	1:03:10	1:06:38	1:16:15	1:18:58	1:34:46	1:41:40	2:13:17
11.61	5:10	1:04:13	1:07:44	1:17:30	1:20:16	1:36:19	1:43:20	2:15:28
11.43	5:15	1:05:15	1:08:49	1:18:45	1:21:33	1:37:52	1:45:00	2:17:39
11.25	5:20	1:06:17	1:09:55	1:20:00	1:22:51	1:39:25	1:46:40	2:19:50
11.08	5:25	1:07:19	1:11:01	1:21:15	1:24:09	1:40:58	1:48:20	2:22:01
10.91	5:30	1:08:21	1:12:06	1:22:30	1:25:26	1:42:32	1:50:00	2:24:12
10.75	5:35	1:09:23	1:13:12	1:23:45	1:26:44	1:44:05	1:51:40	2:26:23
10.59	5:40	1:10:25	1:14:17	1:25:00	1:28:02	1:45:38	1:53:20	2:28:34
10.43	5:45	1:11:27	1:15:23	1:26:15	1:29:19	1:47:11	1:55:00	2:30:45
10.29	5:50	1:12:30	1:16:28	1:27:30	1:30:37	1:48:44	1:56:40	2:32:57
10.14	5:55	1:13:32	1:17:34	1:28:45	1:31:55	1:50:18	1:58:20	2:35:08
10.00	6:00	1:14:34	1:18:39	1:30:00	1:33:12	1:51:51	2:00:00	2:37:19
9.86	6:05	1:15:36	1:19:45	1:31:15	1:34:30	1:53:24	2:01:40	2:39:30
9.73	6:10	1:16:38	1:20:50	1:32:30	1:35:48	1:54:57	2:03:20	2:41:41
9.60	6:15	1:17:40	1:21:56	1:33:45	1:37:05	1:56:30	2:05:00	2:43:52
9.47	6:20	1:18:42	1:23:02	1:35:00	1:38:23	1:58:04	2:06:40	2:46:03
9.35	6:25	1:19:45	1:24:07	1:36:15	1:39:41	1:59:37	2:08:20	2:48:14
9.23	6:30	1:20:47	1:25:13	1:37:30	1:40:58	2:01:10	2:10:00	2:50:25
9.11	6:35	1:21:49	1:26:18	1:38:45	1:42:16	2:02:43	2:11:40	2:52:36
9.00	6:40	1:22:51	1:27:24	1:40:00	1:43:34	2:04:16	2:13:20	2:54:47
8.89	6:45	1:23:53	1:28:29	1:41:15	1:44:51	2:05:50	2:15:00	2:56:59
8.78	6:50	1:24:55	1:29:35	1:42:30	1:46:09	2:07:23	2:16:40	2:59:10
8.67	6:55	1:25:57	1:30:40	1:43:45	1:47:27	2:08:56	2:18:20	3:01:21
8.57	7:00	1:27:00	1:31:46	1:45:00	1:48:44	2:10:29	2:20:00	3:03:32
8.47	7:05	1:28:02	1:32:51	1:46:15	1:50:02	2:12:02	2:21:40	3:05:43
8.37	7:10	1:29:04	1:33:57	1:47:30	1:51:20	2:13:36	2:23:20	3:07:54
8.28	7:15	1:30:06	1:35:03	1:48:45	1:52:37	2:15:09	2:25:00	3:10:05
8.18	7:20	1:31:08	1:36:08	1:50:00	1:53:55	2:16:42	2:26:40	3:12:16
8.09	7:25	1:32:10	1:37:14	1:51:15	1:55:13	2:18:15	2:28:20	3:14:27
8.00	7:30	1:33:12	1:38:19	1:52:30	1:56:30	2:19:49	2:30:00	3:16:38
7.91	7:35	1:34:14	1:39:25	1:53:45	1:57:48	2:21:22	2:31:40	3:18:49
7.83	7:40	1:35:17	1:40:30	1:55:00	1:59:06	2:22:55	2:33:20	3:21:01
7.74	7:45	1:36:19	1:41:36	1:56:15	2:00:23	2:24:28	2:35:00	3:23:12
7.66	7:50	1:37:21	1:42:41	1:57:30	2:01:41	2:26:01	2:36:40	3:25:23
7.58	7:55	1:38:23	1:43:47	1:58:45	2:02:59	2:27:35	2:38:20	3:27:34
7.50	8:00	1:39:25	1:44:53	2:00:00	2:04:16	2:29:08	2:40:00	3:29:45
7.42	8:05	1:40:27	1:45:58	2:01:15	2:05:34	2:30:41	2:41:40	3:31:56
7.35	8:10	1:41:29	1:47:04	2:02:30	2:06:52	2:32:14	2:43:20	3:34:07
7.27	8:15	1:42:32	1:48:09	2:03:45	2:08:09	2:33:47	2:45:00	3:36:18
7.20	8:20	1:43:34	1:49:15	2:05:00	2:09:27	2:35:21	2:46:40	3:38:29
7.13	8:25	1:44:36	1:50:20	2:06:15	2:10:45	2:36:54	2:48:20	3:40:40
7.06	8:30	1:45:38	1:51:26	2:07:30	2:12:02	2:38:27	2:50:00	3:42:52
6.99	8:35	1:46:40	1:52:31	2:08:45	2:13:20	2:40:00	2:51:40	3:45:03
6.92	8:40	1:47:42	1:53:37	2:10:00	2:14:38	2:41:33	2:53:20	3:47:14
6.86	8:45	1:48:44	1:54:42	2:11:15	2:15:55	2:43:07	2:55:00	3:49:25
6.79	8:50	1:49:47	1:55:48	2:12:30	2:17:13	2:44:40	2:56:40	3:51:36
6.73	8:55	1:50:49	1:56:54	2:13:45	2:18:31	2:46:13	2:58:20	3:53:47

MILE P

MPH

6.67
6.61
6.55
6.49
6.43
6.37
6.32
6.26
6.21
6.15
6.10
6.05
6.00
5.95
5.90
5.85
5.81
5.76
5.71
5.67
5.63
5.58
5.54
5.50
5.45
5.41
5.37
5.33
5.29
5.26
5.22
5.18
5.14
5.11
5.07
5.03
5.00
4.97
4.93
4.90
4.86
4.83
4.80
4.77
4.74
4.71
4.68
4.65
4.62

MILE PACE CHART continued (hours:minutes:seconds per mile)

MPH	1 mile	5k	4 miles	8k	5 miles	10k	15k	10 miles
6.67	9:00	0:27:58	0:36:00	0:44:44	0:45:00	0:55:55	1:23:53	1:30:00
6.61	9:05	0:28:13	0:36:20	0:45:09	0:45:25	0:56:26	1:24:40	1:30:50
6.55	9:10	0:28:29	0:36:40	0:45:34	0:45:50	0:56:58	1:25:26	1:31:40
6.49	9:15	0:28:44	0:37:00	0:45:59	0:46:15	0:57:29	1:26:13	1:32:30
6.43	9:20	0:29:00	0:37:20	0:46:24	0:46:40	0:58:00	1:27:00	1:33:20
6.37	9:25	0:29:15	0:37:40	0:46:49	0:47:05	0:58:31	1:27:46	1:34:10
6.32	9:30	0:29:31	0:38:00	0:47:13	0:47:30	0:59:02	1:28:33	1:35:00
6.26	9:35	0:29:46	0:38:20	0:47:38	0:47:55	0:59:33	1:29:19	1:35:50
6.21	9:40	0:30:02	0:38:40	0:48:63	0:48:20	1:00:04	1:30:06	1:36:40
6.15	9:45	0:30:18	0:39:00	0:48:28	0:48:45	1:00:35	1:30:53	1:37:30
6.10	9:50	0:30:33	0:39:20	0:48:53	0:49:10	1:01:06	1:31:39	1:38:20
6.05	9:55	0:30:49	0:39:40	0:49:18	0:49:35	1:01:37	1:32:26	1:39:10
6.00	10:00	0:31:04	0:40:00	0:49:43	0:50:00	1:02:08	1:33:12	1:40:00
5.95	10:05	0:31:20	0:40:20	0:50:07	1:02:39	1:33:59	1:33:59	1:40:50
5.90	10:10	0:31:35	0:40:40	0:50:32	0:50:50	1:03:10	1:34:46	1:41:40
5.85	10:15	0:31:51	0:41:00	0:50:57	0:51:15	1:03:41	1:35:32	1:42:30
5.81	10:20	0:32:06	0:41:20	0:51:22	0:51:40	1:04:13	1:36:19	1:43:20
5.76	10:25	0:32:22	0:41:40	0:51:47	0:52:05	1:04:44	1:37:05	1:44:10
5.71	10:30	0:32:37	0:42:00	0:52:12	0:52:30	1:05:15	1:37:52	1:45:00
5.67	10:35	0:32:53	0:42:20	0:52:37	0:52:55	1:05:46	1:38:39	1:45:50
5.63	10:40	0:33:08	0:42:40	0:53:01	0:53:20	1:06:17	1:39:25	1:46:40
5.58	10:45	0:33:24	0:43:00	0:53:26	0:53:45	1:06:48	1:40:12	1:47:30
5.54	10:50	0:33:39	0:43:20	0:53:51	0:54:10	1:07:19	1:40:58	1:48:20
5.50	10:55	0:33:55	0:43:40	0:54:16	0:54:35	1:07:50	1:41:45	1:49:10
5.45	11:00	0:34:11	0:44:00	0:54:41	0:55:00	1:08:21	1:42:32	1:50:00
5.41	11:05	0:34:26	0:44:20	0:55:06	0:55:25	1:08:52	1:43:18	1:50:50
5.37	11:10	0:34:42	0:44:40	0:55:31	0:55:50	1:09:23	1:44:05	1:51:40
5.33	11:15	0:34:57	0:45:00	0:55:55	0:56:15	1:09:54	1:44:51	1:52:30
5.29	11:20	0:35:13	0:45:20	0:56:20	0:56:40	1:10:25	1:45:38	1:53:20
5.26	11:25	0:35:28	0:45:40	0:56:45	0:57:05	1:10:56	1:46:25	1:54:10
5.22	11:30	0:35:44	0:46:00	0:57:10	0:57:30	1:11:27	1:47:11	1:55:00
5.18	11:35	0:35:59	0:46:20	0:57:35	0:57:55	1:11:59	1:47:58	1:55:50
5.14	11:40	0:36:15	0:46:40	0:58:00	0:58:20	1:12:30	1:48:44	1:56:40
5.11	11:45	0:36:30	0:47:00	0:58:25	0:58:45	1:13:01	1:49:31	1:57:30
5.07	11:50	0:36:46	0:47:20	0:58:49	0:59:10	1:13:32	1:50:18	1:58:20
5.03	11:55	0:37:01	0:47:40	0:59:14	0:59:35	1:14:03	1:51:04	1:59:10
5.00	12:00	0:37:17	0:48:00	0:59:39	1:00:00	1:14:34	1:51:51	2:00:00
4.97	12:05	0:37:32	0:48:20	1:00:04	1:00:25	1:15:05	1:52:37	2:00:50
4.93	12:10	0:37:48	0:48:40	1:00:29	1:00:50	1:15:36	1:53:24	2:01:40
4.90	12:15	0:38:04	0:49:00	1:00:54	1:01:15	1:16:07	1:54:11	2:02:30
4.86	12:20	0:38:19	0:49:20	1:01:19	1:01:40	1:16:38	1:54:57	2:03:20
4.83	12:25	0:38:35	0:49:40	1:01:43	1:02:05	1:17:09	1:55:44	2:04:10
4.80	12:30	0:38:50	0:50:00	1:02:08	1:02:30	1:17:40	1:56:30	2:05:00
4.77	12:35	0:39:06	0:50:20	1:02:33	1:02:55	1:18:11	1:57:17	2:05:50
4.74	12:40	0:39:21	0:50:40	1:02:58	1:03:20	1:18:42	1:58:04	2:06:40
4.71	12:45	0:39:37	0:51:00	1:03:23	1:03:45	1:19:13	1:58:50	2:07:30
4.68	12:50	0:39:52	0:51:20	1:03:48	1:04:10	1:19:45	1:59:37	2:08:20
4.65	12:55	0:40:08	0:51:40	1:04:13	1:04:35	1:20:16	2:00:23	2:09:10
4.62	13:00	0:40:23	0:52:00	1:04:37	1:05:00	1:20:47	2:01:10	2:10:00

MILE PACE CHART continued (hours:minutes:seconds per mile)

MPH	1 mile	20k	half mar	15 miles	25k	30k	20 miles	marathon
6.67	9:00	1:51:51	1:57:59	2:15:00	2:19:49	2:47:46	3:00:00	3:55:58
6.61	9:05	1:52:53	1:59:05	2:16:15	2:21:06	2:49:19	3:01:40	3:58:09
6.55	9:10	1:53:55	2:00:10	2:17:30	2:22:24	2:50:53	3:03:20	4:00:20
6.49	9:15	1:54:57	2:01:16	2:18:45	2:23:42	2:52:26	3:05:00	4:02:31
6.43	9:20	1:55:59	2:02:21	2:20:00	2:24:59	2:53:59	3:06:40	4:04:42
6.37	9:25	1:57:01	2:03:27	2:21:15	2:26:17	2:55:32	3:08:20	4:06:54
6.32	9:30	1:58:04	2:04:32	2:22:30	2:27:35	2:57:05	3:10:00	4:09:05
6.26	9:35	1:59:06	2:05:38	2:23:45	2:28:52	2:58:39	3:11:40	4:11:16
6.21	9:40	2:00:08	2:06:43	2:25:00	2:30:10	3:00:12	3:13:20	4:13:27
6.15	9:45	2:01:10	2:07:49	2:26:15	2:31:28	3:01:45	3:15:00	4:15:38
6.10	9:50	2:02:12	2:08:55	2:27:30	2:32:45	3:03:18	3:16:40	4:17:49
6.05	9:55	2:03:14	2:10:00	2:28:45	2:34:03	3:04:51	3:18:20	4:20:00
6.00	10:00	2:04:16	2:11:06	2:30:00	2:35:21	3:06:25	3:20:00	4:22:11
5.95	10:05	2:05:19	2:12:11	2:31:15	2:36:38	3:07:58	3:21:40	4:24:22
5.90	10:10	2:06:21	2:13:17	2:32:30	2:37:56	3:09:31	3:23:20	4:26:33
5.85	10:15	2:07:23	2:14:22	2:33:45	2:39:14	3:11:04	3:25:00	4:28:44
5.81	10:20	2:08:25	2:15:28	2:35:00	2:40:31	3:12:38	3:26:40	4:30:56
5.76	10:25	2:09:27	2:16:33	2:36:15	2:41:49	3:14:11	3:28:20	4:33:07
5.71	10:30	2:10:29	2:17:39	2:37:30	2:43:07	3:15:44	3:30:00	4:35:18
5.67	10:35	2:11:31	2:18:44	2:38:45	2:44:24	3:17:17	3:31:40	4:37:29
5.63	10:40	2:12:34	2:19:50	2:40:00	2:45:42	3:18:50	3:33:20	4:39:40
5.58	10:45	2:13:36	2:20:56	2:41:15	2:47:00	3:20:24	3:35:00	4:41:51
5.54	10:50	2:14:38	2:22:01	2:42:30	2:48:17	3:21:57	3:36:40	4:44:02
5.50	10:55	2:15:40	2:23:07	2:43:45	2:49:35	3:23:30	3:38:20	4:46:13
5.45	11:00	2:16:42	2:24:12	2:45:00	2:50:53	3:25:03	3:40:00	4:48:24
5.41	11:05	2:17:44	2:25:18	2:46:15	2:52:10	3:26:36	3:41:40	4:50:35
5.37	11:10	2:18:46	2:26:23	2:47:30	2:53:28	3:28:10	3:43:20	4:52:47
5.33	11:15	2:19:49	2:27:29	2:48:45	2:54:46	3:29:43	3:45:00	4:54:58
5.29	11:20	2:20:51	2:28:34	2:50:00	2:56:03	3:31:16	3:46:40	4:57:09
5.26	11:25	2:21:53	2:29:40	2:51:15	2:57:21	3:32:49	3:48:20	4:59:20
5.22	11:30	2:22:55	2:30:45	2:52:30	2:58:39	3:34:22	3:50:00	5:01:31
5.18	11:35	2:23:57	2:31:51	2:53:45	2:59:56	3:35:56	3:51:40	5:03:42
5.14	11:40	2:24:59	2:32:57	2:55:00	3:01:14	3:37:29	3:53:20	5:05:53
5.11	11:45	2:26:01	2:34:02	2:56:15	3:02:32	3:39:02	3:55:00	5:08:04
5.07	11:50	2:27:03	2:35:08	2:57:30	3:03:49	3:40:35	3:56:40	5:10:15
5.03	11:55	2:28:06	2:36:13	2:58:45	3:05:07	3:42:08	3:58:20	5:12:26
5.00	12:00	2:29:08	2:37:19	3:00:00	3:06:25	3:43:42	4:00:00	5:14:37
4.97	12:05	2:30:10	2:38:24	3:01:15	3:07:42	3:45:15	4:01:40	5:16:49
4.93	12:10	2:31:12	2:39:30	3:02:30	3:09:00	3:46:48	4:03:20	5:19:00
4.90	12:15	2:32:14	2:40:35	3:03:45	3:10:18	3:48:21	4:05:00	5:21:11
4.86	12:20	2:33:16	2:41:41	3:05:00	3:11:35	3:49:54	4:06:40	5:23:22
4.83	12:25	2:34:18	2:42:46	3:06:15	3:12:53	3:51:28	4:08:20	5:25:33
4.80	12:30	2:35:21	2:43:52	3:07:30	3:14:11	3:53:01	4:10:00	5:27:44
4.77	12:35	2:36:23	2:44:58	3:08:45	3:15:28	3:54:34	4:11:40	5:29:55
4.74	12:40	2:37:25	2:46:03	3:10:00	3:16:46	3:56:07	4:13:20	5:32:06
4.71	12:45	2:38:27	2:47:09	3:11:15	3:18:04	3:57:40	4:15:00	5:34:17
4.68	12:50	2:39:29	2:48:14	3:12:30	3:19:21	3:59:14	4:16:40	5:36:28
4.65	12:55	2:40:31	2:49:20	3:13:45	3:20:39	4:00:47	4:18:20	5:38:39
4.62	13:00	2:41:33	2:50:25	3:15:00	3:21:57	4:02:20	4:20:00	5:40:51

KILOM

KPH	
20.00	0
18.95	0
18.00	0
17.14	0
16.36	0
15.65	0
15.00	0
14.69	0
14.40	0
14.12	0
13.85	0
13.58	0
13.33	0
13.09	0
12.86	0
12.63	0
12.41	0
12.20	0
12.00	0
11.80	0
11.61	0
11.43	0
11.25	0
11.08	0
10.91	0
10.75	0
10.59	0
10.43	0
10.29	0
10.14	0
10.00	0
9.86	0
9.73	0
9.60	0
9.47	0
9.35	0
9.23	0
9.11	0
9.00	0
8.89	0
8.78	0
8.67	0
8.57	0
8.37	0
8.18	0
8.00	0
7.83	0
7.66	0
7.50	0

KILOMETER PACE CHART (hours:minutes:seconds per kilometer)

KPH	1k	5k	10k	15k	20k	half mar
20.00	0:03:00	0:15:00	0:30:00	0:45:00	1:00:00	1:03:18
18.95	0:03:10	0:15:50	0:31:40	0:47:30	1:03:20	1:06:49
18.00	0:03:20	0:16:40	0:33:20	0:50:00	1:06:40	1:10:20
17.14	0:03:30	0:17:30	0:35:00	0:52:30	1:10:00	1:13:50
16.36	0:03:40	0:18:20	0:36:40	0:55:00	1:13:20	1:17:21
15.65	0:03:50	0:19:10	0:38:20	0:57:30	1:16:40	1:20:52
15.00	0:04:00	0:20:00	0:40:00	1:00:00	1:20:00	1:24:23
14.69	0:04:05	0:20:25	0:40:50	1:01:15	1:21:40	1:26:09
14.40	0:04:10	0:20:50	0:41:40	1:02:30	1:23:20	1:27:54
14.12	0:04:15	0:21:15	0:42:30	1:03:45	1:25:00	1:29:40
13.85	0:04:20	0:21:40	0:43:20	1:05:00	1:26:40	1:31:25
13.58	0:04:25	0:22:05	0:44:10	1:06:15	1:28:20	1:33:11
13.33	0:04:30	0:22:30	0:45:00	1:07:30	1:30:00	1:34:56
13.09	0:04:35	0:22:55	0:45:50	1:08:45	1:31:40	1:36:42
12.86	0:04:40	0:23:20	0:46:40	1:10:00	1:33:20	1:38:27
12.63	0:04:45	0:23:45	0:47:30	1:11:15	1:35:00	1:40:13
12.41	0:04:50	0:24:10	0:48:20	1:12:30	1:36:40	1:41:58
12.20	0:04:55	0:24:35	0:49:10	1:13:45	1:38:20	1:43:44
12.00	0:05:00	0:25:00	0:50:00	1:15:00	1:40:00	1:45:29
11.80	0:05:05	0:25:25	0:50:50	1:16:15	1:41:40	1:47:15
11.61	0:05:10	0:25:50	0:51:40	1:17:30	1:43:20	1:49:00
11.43	0:05:15	0:26:15	0:52:30	1:18:45	1:45:00	1:50:46
11.25	0:05:20	0:26:40	0:53:20	1:20:00	1:46:40	1:52:31
11.08	0:05:25	0:27:05	0:54:10	1:21:15	1:48:20	1:54:17
10.91	0:05:30	0:27:30	0:55:00	1:22:30	1:50:00	1:56:02
10.75	0:05:35	0:27:55	0:55:50	1:23:45	1:51:40	1:57:48
10.59	0:05:40	0:28:20	0:56:40	1:25:00	1:53:20	1:59:33
10.43	0:05:45	0:28:45	0:57:30	1:26:15	1:55:00	2:01:19
10.29	0:05:50	0:29:10	0:58:20	1:27:30	1:56:40	2:03:04
10.14	0:05:55	0:29:35	0:59:10	1:28:45	1:58:20	2:04:50
10.00	0:06:00	0:30:00	1:00:00	1:30:00	2:00:00	2:06:35
9.86	0:06:05	0:30:25	1:00:50	1:31:15	2:01:40	2:08:21
9.73	0:06:10	0:30:50	1:01:40	1:32:30	2:03:20	2:10:06
9.60	0:06:15	0:31:15	1:02:30	1:33:45	2:05:00	2:11:52
9.47	0:06:20	0:31:40	1:03:20	1:35:00	2:06:40	2:13:37
9.35	0:06:25	0:32:05	1:04:10	1:36:15	2:08:20	2:15:23
9.23	0:06:30	0:32:30	1:05:00	1:37:30	2:10:00	2:17:08
9.11	0:06:35	0:32:55	1:05:50	1:38:45	2:11:40	2:18:54
9.00	0:06:40	0:33:20	1:06:40	1:40:00	2:13:20	2:20:39
8.89	0:06:45	0:33:45	1:07:30	1:41:15	2:15:00	2:22:24
8.78	0:06:50	0:34:10	1:08:20	1:42:30	2:16:40	2:24:10
8.67	0:06:55	0:34:35	1:09:10	1:43:45	2:18:20	2:25:55
8.57	0:07:00	0:35:00	1:10:00	1:45:00	2:20:00	2:27:41
8.37	0:07:10	0:35:50	1:11:40	1:47:30	2:23:20	2:31:12
8.18	0:07:20	0:36:40	1:13:20	1:50:00	2:26:40	2:34:43
8.00	0:07:30	0:37:30	1:15:00	1:52:30	2:30:00	2:38:14
7.83	0:07:40	0:38:20	1:16:40	1:55:00	2:33:20	2:41:45
7.66	0:07:50	0:39:10	1:18:20	1:57:30	2:36:40	2:45:16
7.50	0:08:00	0:40:00	1:20:00	2:00:00	2:40:00	2:48:47

KILOMETER PACE CHART (hours:minutes:seconds per kilometer)

KPH	1k	25k	30k	35k	40k	marathon
20.00	0:03:00	1:15:00	1:30:00	1:45:00	2:00:00	2:06:35
18.95	0:03:10	1:19:10	1:35:00	1:50:50	2:06:40	2:13:37
18.00	0:03:20	1:23:20	1:40:00	1:56:40	2:13:20	2:20:39
17.14	0:03:30	1:27:30	1:45:00	2:02:30	2:20:00	2:27:41
16.36	0:03:40	1:31:40	1:50:00	2:08:20	2:26:40	2:34:43
15.65	0:03:50	1:35:50	1:55:00	2:14:10	2:33:20	2:41:45
15.00	0:04:00	1:40:00	2:00:00	2:20:00	2:40:00	2:48:27
14.69	0:04:05	1:42:05	2:02:30	2:22:55	2:43:20	2:52:18
14.40	0:04:10	1:44:10	2:05:00	2:25:50	2:46:40	2:55:49
14.12	0:04:15	1:46:15	2:07:30	2:28:45	2:50:00	2:59:20
13.85	0:04:20	1:48:20	2:10:00	2:31:40	2:53:20	3:02:51
13.58	0:04:25	1:50:25	2:12:30	2:34:35	2:56:40	3:06:22
13.33	0:04:30	1:52:30	2:15:00	2:37:30	3:00:00	3:09:53
13.09	0:04:35	1:54:35	2:17:30	2:40:25	3:03:20	3:13:24
12.86	0:04:40	1:56:40	2:20:00	2:43:20	3:06:40	3:16:55
12.63	0:04:45	1:58:45	2:22:30	2:46:15	3:10:00	3:20:26
12.41	0:04:50	2:00:50	2:25:00	2:49:10	3:13:20	3:23:57
12.20	0:04:55	2:02:55	2:27:30	2:52:05	3:16:40	3:27:27
12.00	0:05:00	2:05:00	2:30:00	2:55:00	3:20:00	3:30:58
11.80	0:05:05	2:07:05	2:32:30	2:57:55	3:23:20	3:34:29
11.61	0:05:10	2:09:10	2:35:00	3:00:50	3:26:40	3:38:00
11.43	0:05:15	2:11:15	2:37:30	3:03:45	3:30:00	3:41:31
11.25	0:05:20	2:13:20	2:40:00	3:06:40	3:33:20	3:45:02
11.08	0:05:25	2:15:25	2:42:30	3:09:35	3:36:40	3:48:33
10.91	0:05:30	2:17:30	2:45:00	3:12:30	3:40:00	3:52:04
10.75	0:05:35	2:19:35	2:47:30	3:15:25	3:43:20	3:55:35
10.59	0:05:40	2:21:40	2:50:00	3:18:20	3:46:40	3:59:06
10.43	0:05:45	2:23:45	2:52:30	3:21:15	3:50:00	4:02:37
10.29	0:05:50	2:25:50	2:55:00	3:24:10	3:53:20	4:06:08
10.14	0:05:55	2:27:55	2:57:30	3:27:05	3:56:40	4:09:39
10.00	0:06:00	2:30:00	3:00:00	3:30:00	4:00:00	4:13:10
9.86	0:06:05	2:32:05	3:02:30	3:32:55	4:03:20	4:16:41
9.73	0:06:10	2:34:10	3:05:00	3:35:50	4:06:40	4:20:12
9.60	0:06:15	2:36:15	3:07:30	3:38:45	4:10:00	4:23:43
9.47	0:06:20	2:38:20	3:10:00	3:41:40	4:13:20	4:27:14
9.35	0:06:25	2:40:25	3:12:30	3:44:35	4:16:40	4:30:45
9.23	0:06:30	2:42:30	3:15:00	3:47:30	4:20:00	4:34:16
9.11	0:06:35	2:44:35	3:17:30	3:50:25	4:23:20	4:37:47
9.00	0:06:40	2:46:40	3:20:00	3:53:20	4:26:40	4:41:18
8.89	0:06:45	2:48:45	3:22:30	3:56:15	4:30:00	4:44:49
8.78	0:06:50	2:50:50	3:25:00	3:59:10	4:33:20	4:48:20
8.67	0:06:55	2:52:55	3:27:30	4:02:05	4:36:40	4:51:51
8.57	0:07:00	2:55:00	3:30:00	4:05:00	4:40:00	4:55:22
8.37	0:07:10	2:59:10	3:35:00	4:10:50	4:46:40	5:02:24
8.18	0:07:20	3:03:20	3:40:00	4:16:40	4:53:20	5:09:26
8.00	0:07:30	3:07:30	3:45:00	4:22:30	5:00:00	5:16:28
7.83	0:07:40	3:11:40	3:50:00	4:28:20	5:06:40	5:23:30
7.66	0:07:50	3:15:50	3:55:00	4:34:10	5:13:20	5:30:32
7.50	0:08:00	3:20:00	4:00:00	4:40:00	5:20:00	5:37:34

METERS

100

200

400

800

1500

1600

YARDS/M

100 yard

220 yard

¼ mile (4

½ mile (8

1 mile (1

5 miles

10 miles

Half Mara
Marathon