

Running Pace Chart

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