

Running Pace Chart

Chart courtesy of www.BentVenture.com

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

Mileage Conversion

5K	3.1
10K	6.2
15K	9.3
1/2 Mar	13.1
Marathon	26.2