

# PACE CHART

mile pace		1500m	3000m	2 mile	4000m	3 mile	5000m	4 mile	5 mile	6 mile	10k	26.2 mile
04:00		03:44	07:26	08:00	10:00	12:00	12:24	16:00	20:00	24:00	24:48	1:44:53
04:10	00:10	03:53	07:45	08:20	10:25	12:30	12:55	16:40	20:50	25:00	25:50	1:49:15
04:20	00:10	04:03	08:04	08:40	10:50	13:00	13:26	17:20	21:40	26:00	26:52	1:53:37
04:30	00:10	04:12	08:22	09:00	11:15	13:30	13:57	18:00	22:30	27:00	27:54	1:57:59
04:40	00:10	04:21	08:41	09:20	11:40	14:00	14:28	18:40	23:20	28:00	28:56	2:02:22
04:50	00:10	04:31	08:59	09:40	12:05	14:30	14:59	19:20	24:10	29:00	29:58	2:06:44
05:00	00:10	04:40	09:18	10:00	12:30	15:00	15:30	20:00	25:00	30:00	31:00	2:11:06
05:10	00:10	04:49	09:37	10:20	12:55	15:30	16:01	20:40	25:50	31:00	32:02	2:15:28
05:20	00:10	04:59	09:55	10:40	13:20	16:00	16:32	21:20	26:40	32:00	33:04	2:19:50
05:30	00:10	05:08	10:14	11:00	13:45	16:30	17:03	22:00	27:30	33:00	34:06	2:24:13
05:40	00:10	05:17	10:32	11:20	14:10	17:00	17:34	22:40	28:20	34:00	35:08	2:28:35
05:50	00:10	05:27	10:51	11:40	14:35	17:30	18:05	23:20	29:10	35:00	36:10	2:32:57
06:00	00:10	05:36	11:10	12:00	15:00	18:00	18:36	24:00	30:00	36:00	37:12	2:37:19
06:10	00:10	05:45	11:28	12:20	15:25	18:30	19:07	24:40	30:50	37:00	38:14	2:41:41
06:20	00:10	05:55	11:47	12:40	15:50	19:00	19:38	25:20	31:40	38:00	39:16	2:46:04
06:30	00:10	06:04	12:05	13:00	16:15	19:30	20:09	26:00	32:30	39:00	40:18	2:50:26
06:40	00:10	06:13	12:24	13:20	16:40	20:00	20:40	26:40	33:20	40:00	41:20	2:54:48
06:50	00:10	06:23	12:43	13:40	17:05	20:30	21:11	27:20	34:10	41:00	42:22	2:59:10
07:00	00:10	06:32	13:01	14:00	17:30	21:00	21:42	28:00	35:00	42:00	43:24	3:03:32
07:10	00:10	06:41	13:20	14:20	17:55	21:30	22:13	28:40	35:50	43:00	44:26	3:07:55
07:20	00:10	06:51	13:38	14:40	18:20	22:00	22:44	29:20	36:40	44:00	45:28	3:12:17
07:30	00:10	07:00	13:57	15:00	18:45	22:30	23:15	30:00	37:30	45:00	46:30	3:16:39
07:40	00:10	07:09	14:16	15:20	19:10	23:00	23:46	30:40	38:20	46:00	47:32	3:21:01
07:50	00:10	07:19	14:34	15:40	19:35	23:30	24:17	31:20	39:10	47:00	48:34	3:25:23
08:00	00:10	07:28	14:53	16:00	20:00	24:00	24:48	32:00	40:00	48:00	49:36	3:29:46
08:10	00:10	07:37	15:11	16:20	20:25	24:30	25:19	32:40	40:50	49:00	50:38	3:34:08
08:20	00:10	07:47	15:30	16:40	20:50	25:00	25:50	33:20	41:40	50:00	51:40	3:38:30
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10:30	00:10	09:48	19:32	21:00	26:15	31:30	32:33	42:00	52:30	1:03:00	1:05:06	4:35:19
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10:50	00:10	10:06	20:09	21:40	27:05	32:30	33:35	43:20	54:10	1:05:00	1:07:10	4:44:03
11:00	00:10	10:16	20:28	22:00	27:30	33:00	34:06	44:00	55:00	1:06:00	1:08:12	4:48:25
11:10	00:10	10:25	20:46	22:20	27:55	33:30	34:37	44:40	55:50	1:07:00	1:09:14	4:52:47
11:20	00:10	10:34	21:05	22:40	28:20	34:00	35:08	45:20	56:40	1:08:00	1:10:16	4:57:10
11:30	00:10	10:44	21:23	23:00	28:45	34:30	35:39	46:00	57:30	1:09:00	1:11:18	5:01:32
11:40	00:10	10:53	21:42	23:20	29:10	35:00	36:10	46:40	58:20	1:10:00	1:12:20	5:05:54
11:50	00:10	11:02	22:01	23:40	29:35	35:30	36:41	47:20	59:10	1:11:00	1:13:22	5:10:16
12:00	00:10	11:12	22:19	24:00	30:00	36:00	37:12	48:00	00:00	1:12:00	1:14:24	5:14:38