10k race time	VDOT	Easy/Long Pace	Marathon Pace	Threshold Pace (track)	Threshold Pace (road)
		(per mile)	(per mile)	(per 400m)	(per mile)
73:43	25	13:50-14:10	12:41	2:54	11:53
71:32	26	13:30-13:50	12:20	2:49	11:32
69:27	27	13:05-1325	11:59	2:45	11:12
67:28	28	12:45-13:05	11:39	2:41	10:53
65:34	29	12:25-12:45	11:20	2:37	10:35
63:46	30	12:05-12:25	11:02	2:33	10:18
62:03	31	11:50-12:10	10:45	2:30	10:02
60:26	32	11:30-11:50	10:29	2:26	9:47
58:54	33	11:15-11:35	10:14	2:22	9:33
57:26	34	11:00-11:20	10:00	2:19	9:20
56:03	35	10:45-11:05	9:46	2:16	9:07
54:44	36	10:30-10:50	9:33	2:13	8:55
53:29	37	10:15-10:35	9:20	2:10	8:44
52:17	38	10:05-10:25	9:08	2:07	8:33
51:09	39	9:50-10:10	8:57	2:04	8:22
50:03	40	9:40-10:00	8:46	2:02	8:12
49:01	41	9:30-9:50	8:35	1:59	8:02
48:01	42	9:20-9:40	8:25	1:57	7:52
47:04	43	9:05-9:25	8:15	1:55	7:42
46:09	44	8:55-9:15	8:06	1:53	7:33
45:16	45	8:50-9:10	7:57	1:51	7:25
44:25	46	8:40-9:00	7:48	1:49	7:17
43:36	47	8:30-8:50	7:40	1:47	7:18
42:50	48	8:20-8:40	7:32	1:45	7:02
42:04	49	8:10-8:30	7:24	1:43	6:55
41:21	50	8:05-8:25	7:17	1:42	6:51
40:39	51	7:55-8:15	7:09	1:40	6:44
39:59	52	7:50-8:10	7:02	98	6:38
39:20	53	7:40-8:00	6:56	97	6:32
38:42	54	7:35-7:55	6:49	95	6:26
38:06	55	7:30-7:50	6:43	94	6:20
37:31	56	7:20-7:40	6:37	93	6:15
36:57	57	7:15-7:35	6:31	91	6:09
36:24	58	7:10-7:30	6:25	90	6:04
35:52	59	7:05-7:25	6:19	89	5:59
35:22	60	6:55-7:15	6:14	88	5:54

Reference: Daniels' Running Formula, 1998.

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