RACE PACE CHART

Mile Time	5K	10K	15K	20K	13.1mi.	25K	30K	Mara.
5:00	0:15:32	0:31:04	0:46:36	1:02:08	1:05:33	1:17:40	1:33:12	2:11:05
5:10	0:16:03	0:32:06	0:48:09	1:04:12	1:07:44	1:20:15	1:36:18	2:15:27
5:20	0:16:34	0:33:08	0:49:42	1:06:16	1:09:55	1:22:50	1:39:24	2:19:49
5:30	0:17:05	0:34:10	0:51:15	1:08:20	1:12:06	1:25:25	1:42:30	2:24:11
5:40	0:17:36	0:35:12	0:52:48	1:10:24	1:14:17	1:28:00	1:45:36	2:28:33
5:50	0:18:07	0:36:14	0:54:21	1:12:28	1:16:28	1:30:35	1:48:42	2:32:55
6:00	0:18:38	0:37:17	0:55:54	1:14:32	1:18:39	1:33:10	1:51:48	2:37:17
6:10	0:19:09	0:38:18	0:57:27	1:16:36	1:20:50	1:35:45	1:54:54	2:41:39
6:20	0:19:40	0:39:22	0:59:00	1:18:40	1:23:01	1:38:20	1:58:00	2:46:01
6:30	0:20:11	0:40:24	1:00:33	1:20:44	1:25:12	1:40:55	2:01:06	2:50:23
6:40	0:20:42	0:41:26	1:02:06	1:22:48	1:27:23	1:43:30	2:04:12	2:54:45
6:50	0:21:13	0:42:28	1:03:39	1:24:52	1:29:34	1:46:05	2:07:18	2:59:07
7:00	0:21:44	0:43:30	1:05:12	1:26:56	1:31:45	1:48:40	2:10:24	3:03:29
7:10	0:22:15	0:44:32	1:06:45	1:29:00	1:33:56	1:51:15	2:13:30	3:07:51
7:20	0:22:46	0:45:34	1:08:18	1:31:04	1:36:07	1:53:50	2:16:36	3:12:13
7:30	0:23:17	0:46:36	1:09:51	1:33:08	1:38:18	1:56:25	2:19:42	3:16:35
7:40	0:23:48	0:47:38	1:11:24	1:35:12	1:40:29	1:59:00	2:22:48	3:20:57
7:50	0:24:19	0:48:40	1:12:57	1:37:16	1:42:40	2:01:35	2:25:54	3:25:19
8:00	0:24:50	0:49:42	1:14:30	1:39:20	1:44:51	2:04:10	2:29:00	3:29:41
8:10	0:25:21	0:50:44	1:16:03	1:41:24	1:47:02	2:06:45	2:32:06	3:34:03
8:20	0:25:52	0:51:46	1:17:36	1:43:28	1:49:13	2:09:20	2:35:12	3:38:25
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8:40	0:26:54	0:53:50	1:20:42	1:47:36	1:53:35	2:14:30	2:41:24	3:47:09
8:50	0:27:25	0:54:52	1:22:15	1:49:40	1:55:46	2:17:05	2:44:30	3:51:31
9:00	0:27:56	0:55:54	1:23:48	1:51:44	1:57:57	2:19:40	2:47:36	3:55:53
9:10	0:28:27	0:56:56	1:25:21	1:53:48	2:00:08	2:22:15	2:50:42	4:00:15
9:20	0:28:58	0:57:58	1:26:54	1:55:52	2:02:19	2:24:50	2:53:48	4:04:37
9:30	0:29:29	0:59:00	1:28:27	1:57:56	2:04:30	2:27:25	2:56:54	4:08:59

9:40	0:30:00	1:00:02	1:30:00	2:00:00	2:06:41	2:30:00	3:00:00	4:13:21
9:50	0:30:31	1:01:04	1:31:33	2:02:04	2:08:52	2:32:35	3:03:06	4:17:43
10:00	0:31:02	1:02:06	1:33:06	2:04:08	2:11:03	2:35:10	3:06:12	4:22:05
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10:30	0:32:35	1:05:12	1:37:45	2:10:20	2:17:36	2:42:55	3:15:30	4:35:11
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