

Runner Pace Chart - CalcRun.net

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

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