

Running Pace Chart

Refer to this chart for information on per-mile pace for a given finish time for a given race distance

Mile Pace	2 Miles	3 Miles	5K	5 Miles	10K	15K	10 Miles	20K	13.1 Miles	26.2 Miles
5:00	10:00	15:00	15:32:00	25:00:00	31:04:00	46:36:00	50:00:00	1:02:08	1:05:30	2:11:00
5:10	10:20	15:30	16:03:00	25:50:00	32:06:00	48:09:00	51:40:00	1:04:12	1:07:41	2:15:22
5:20	10:40	16:00	16:34:00	26:40:00	33:08:00	49:42:00	53:20:00	1:06:17	1:09:52	2:19:44
5:30	11:00	16:30	17:05:00	27:30:00	34:10:00	51:15:00	55:00:00	1:08:21	1:12:03	2:24:06
5:40	11:20	17:00	17:36:00	28:20:00	35:12:00	52:48:00	56:40:00	1:10:25	1:14:14	2:28:28
5:50	11:40	17:30	18:07:00	29:10:00	36:14:00	54:21:00	58:20:00	1:12:30	1:16:25	2:32:50
6:00	12:00	18:00	18:39:00	30:00:00	37:17:00	55:56:00	1:00:00	1:14:34	1:18:36	2:37:12
6:10	12:20	18:30	19:10:00	30:50:00	38:19:00	57:29:00	1:01:40	1:16:38	1:20:47	2:41:34
6:20	12:40	19:00	19:41:00	31:40:00	39:22:00	59:03:00	1:03:20	1:18:42	1:22:58	2:45:56
6:30	13:00	19:30	20:12:00	32:30:00	40:24:00	1:00:36	1:05:00	1:20:47	1:25:09	2:50:18
6:40	13:20	20:00	20:43:00	33:20:00	41:26:00	1:02:09	1:06:40	1:22:51	1:27:20	2:54:40
6:50	13:40	20:30	21:14:00	34:10:00	42:28:00	1:03:42	1:08:20	1:24:55	1:29:31	2:59:02
7:00	14:00	21:00	21:45:00	35:00:00	43:30:00	1:05:15	1:10:00	1:27:00	1:31:42	3:03:24
7:10	14:20	21:30	22:16:00	35:50:00	44:32:00	1:06:48	1:11:40	1:29:04	1:33:53	3:07:46
7:20	14:40	22:00	22:47:00	36:40:00	45:34:00	1:08:21	1:13:20	1:31:08	1:36:04	3:12:08
7:30	15:00	22:30	23:18:00	37:30:00	46:36:00	1:09:54	1:15:00	1:33:12	1:38:15	3:16:30
7:40	15:20	23:00	23:49:00	38:20:00	47:38:00	1:11:27	1:16:40	1:35:17	1:40:26	3:20:52
7:50	15:40	23:30	24:20:00	39:10:00	48:40:00	1:13:00	1:18:20	1:37:21	1:42:37	3:25:14
8:00	16:00	24:00	24:51:00	40:00:00	49:42:00	1:14:33	1:20:00	1:39:25	1:44:48	3:29:36
8:10	16:20	24:30	25:22:00	40:50:00	50:44:00	1:16:06	1:21:40	1:41:30	1:46:59	3:33:58
8:20	16:40	25:00	25:53:00	41:40:00	51:46:00	1:17:39	1:23:20	1:43:34	1:49:10	3:38:20
8:30	17:00	25:30	26:24:00	42:30:00	52:48:00	1:19:12	1:25:00	1:45:38	1:51:21	3:42:42
8:40	17:20	26:00	26:56:00	43:20:00	53:50:00	1:20:45	1:26:40	1:47:42	1:53:32	3:47:04
8:50	17:40	26:30	27:27:00	44:10:00	54:52:00	1:22:18	1:28:20	1:49:47	1:55:43	3:51:26
9:00	18:00	27:00	27:58:00	45:00:00	55:54:00	1:23:51	1:30:00	1:51:51	1:57:54	3:55:48
9:30	19:00	28:30	29:31:00	47:30:00	59:00:00	1:28:30	1:35:00	1:58:04	2:04:27	4:08:54
10:00	20:00	30:00	31:04:00	50:00:00	1:02:06	1:31:39	1:40:00	2:04:17	2:11:00	4:22:00
10:30	21:00	31:30	32:37:00	52:30:00	55:54:00	1:23:51	1:45:00	2:10:30	2:17:33	4:35:06
11:00	22:00	33:00	34:10:00	55:00:00	59:00:00	1:28:30	1:50:00	2:16:43	2:24:06	4:48:12
11:30	23:00	34:30	35:43:00	57:30:00	1:02:06	1:31:39	1:55:00	2:22:56	2:30:39	5:01:18
12:00	24:00	36:00	37:16:00	60:00:00	55:54:00	1:23:51	2:00:00	2:29:09	2:37:12	5:14:24
12:30	25:00	37:30	38:49:00	62:30:00	59:00:00	1:28:30	2:05:00	2:35:22	2:43:45	5:27:30
13:00	26:00	39:00	40:22:00	65:00:00	1:02:06	1:31:39	2:10:00	2:41:35	2:50:18	5:40:36
13:30	27:00	40:30	41:55:00	67:30:00	55:54:00	1:23:51	2:15:00	2:47:48	2:56:51	5:53:42
14:00	28:00	42:00	43:28:00	70:00:00	59:00:00	1:28:30	2:20:00	2:54:01	3:03:24	6:06:48
14:30	29:00	43:30	45:01:00	72:30:00	1:02:06	1:31:39	2:25:00	3:00:14	3:09:57	6:19:54
15:00	30:00	45:00	46:34:00	75:00:00	55:54:00	1:23:51	2:30:00	3:06:27	3:16:30	6:33:00