

Pace Chart

Pace	5K	10K	15K	10M	20K	Half	15M	30K	20M	Marathon
5:00	15:32	31:04	46:36	50:00	1:02:08	1:05:33	1:15:00	1:33:12	1:40:00	2:11:06
5:05	15:48	31:35	47:23	50:50	1:03:10	1:06:38	1:16:15	1:34:46	1:41:40	2:13:17
5:10	16:03	32:06	48:09	51:40	1:04:13	1:07:44	1:17:30	1:36:19	1:43:20	2:15:28
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5:20	16:34	33:08	49:43	53:20	1:06:17	1:09:55	1:20:00	1:39:25	1:46:40	2:19:50
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