



Use this chart to determine your pace, or estimate your target finish time.

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