



# RUNNING PACE CHART



| PACE  | 5K    | 5 mi.   | 10K     | 10 mi.       | HALF-MARATHON | MARATHON |
|-------|-------|---------|---------|--------------|---------------|----------|
| 5:00  | 15:32 | 25:00   | 31:04   | 50:00        | 1:05:33       | 2:11:06  |
| 6:00  | 18:38 | 30:00   | 37:17   | 1:00:00      | 1:18:39       | 2:37:19  |
| 7:00  | 21:45 | 35:00   | 43:30   | 1:10:00      | 1:31:46       | 3:03:32  |
| 8:00  | 24:51 | 40:00   | 49:43   | 1:20:00      | 1:44:54       | 3:29:45  |
| 9:00  | 27:58 | 45:00   | 55:55   | 1:30:00      | 1:57:59       | 3:55:58  |
| 10:00 | 31:04 | 50:00   | 1:02:08 | 1:40:00      | 2:11:06       | 4:22:11  |
| 11:00 | 34:11 | 55:00   | 1:08:21 | 1:50:00      | 2:24:12       | 4:48:24  |
| 12:00 | 37:17 | 1:00:00 | 1:14:34 | 2:00:00<br>0 | 2:37:19       | 5:14:37  |
| 13:00 | 40:23 | 1:05:00 | 1:20:47 | 2:10:00      | 2:50:25       | 5:40:51  |
| 14:00 | 43:30 | 1:10:00 | 1:27:00 | 2:20:00      | 3:03:32       | 6:07:04  |

# Running Distance Guide

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Jones, R.C. Richard Davison, Paul D.  
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