RUNNING PACE CHART						
PACE	5K	5 mi.	10K	10 mi.	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	2:00:0	2:37:19	5:14:37

1:14:34

1:20:47

14:00 43:30 1:10:00 1:27:00 2:20:00

1:00:00

1:05:00

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2:10:00

2:37:19

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3:03:32

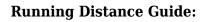
5:14:37

5:40:51

6:07:04

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