

Marathon Pace Chart

<u>PACE</u>	<u>5k</u> <u>3.1M</u>	<u>10k</u> <u>6.2M</u>	<u>16.1k</u> <u>10M</u>	<u>21.1k</u> <u>13.1M</u>	<u>32.2k</u> <u>20M</u>	<u>42.2k</u> <u>26.2M</u>
12:00	37:17	1.14:10	2.02:40	2.40:07	4.00:00	5.14:14
12:10	37:48	1.15:02	2.04:00	2.42:18	4.03:20	5.18:36
12:20	38:19	1.16:04	2.05:40	2.44:29	4.06:40	5.22:58
12:30	38:50	1.17:06	2.07:20	2.46:40	4.10:00	5.27:20
12:40	39:52	1.18:08	2.09:00	2.48:51	4.13:20	5.31:42
12:50	40:23	1.19:10	2.10:40	2.51:02	4.16:40	5.36:04
13:00	40:54	1.20:12	2.12:00	2.53:13	4.20:00	5.40:26
13:10	41:25	1.21:14	2.13:40	2.55:24	4.23:20	5.44:48
13:20	41:56	1.22:16	2.15:20	2.57:35	4.26:40	5.49:10
13:30	42:25	1.23:18	2.17:00	2.59:46	4.30:00	5.53:32
13:40	42:56	1.24:20	2.18:40	3.01:58	4.33:20	5.56:54
13:50	43:27	1.25:22	2.20:20	3.03:09	4.36:40	6.01:16
14:00	43:58	1.26:24	2.22:00	3.05:20	4.40:00	6.05:38
14:10	44:27	1.27:26	2.23:40	3.07:31	4.43:20	6.09:55
14:20	44:58	1.28:28	2.25:00	3.09:42	4.46:40	6.14:17
14:30	45:29	1.29:29	2.26:40	3.11:53	4.50:00	6.18:34
14:40	46:00	1.30:31	2.28:20	3.14:04	4.53:20	6.22:56
14:50	46:31	1.31:33	2.30:00	3.16:15	4.56:40	6.27:18
15:00	47:02	1.32:35	2.31:40	3.18:26	5:00:00	6.32:40
15:10	47:33	1.33:37	2.33:20	3.20:38	5.03:20	6.37:02
15:20	48:04	1.34:39	2.35:00	3.22:49	5.06:40	6.41:24
15:30	48:35	1.35:41	2.36:40	3.35:00	5.09:00	6.45:46
15:40	49:06	1.36:43	2.28:20	3.37:11	5.12:20	6.50:08
15:50	49:37	1.37:45	2.30:00	3.39:22	5.15:40	6.54:30
16:00	50:08	1.38:47	2.31:40	3.41:33	5.19:00	6.58:52
16:10	50:39	1.34:49	2.33:20	3.43:44	5.22:20	7.03:14
16:20	51:10	1.35:51	2.34:00	3.45:11	5.25:40	7.07:36
16:40	51:41	1.36:53	2.36:40	3.47:22	5.49:00	7.11:58
16:50	52:12	1.37:55	2.37:20	3.49:33	5.52:20	7.16:20
17:00	52:43	1.38:57	2.39:00	3.51:44	5.55:40	7.20:44
17:10	54:14	1.39:59	2.41:20	3.53:55	5.59:00	7.25:06
17:20	54:45	1.41:01	2.42:40	3.56:05	6.02:20	7.29:28
17:30	55:16	1.42:03	2.44:00	3.58:16	6.05:40	7.33:50
17:40	55:47	1.43:05	2.45:40	4.00:27	6.09:00	7.38:12
17:50	56:18	1.44:07	2.47:20	4.02:38	6.12:20	7.42:34
18:00	56:49	1.45:09	2.49:00	4.04:49	6.15:40	7.46:58
18:10	57:20	1.46:11	2.50:40	4.06:00	6.19:00	7.51:14
18:20	57:51	1.47:13	2.52:20	4.08:11	6.22:20	7.55:46
18:30	58:22	1.48:15	2.54:00	4.10:22	6.25:40	8.00:08
18:40	58:53	1.49:17	2.55:40	4.12.33	6.29:00	8.04.30
18:50	59:24	1.50:19	2.57:20	4.14:44	6.32:20	8.08:52
19:00	59:55	1.51:21	2.59:00	4.16:55	6.35:20	8.13:14