

10K

PACE CHART (km)

Pace [min/km]	Speed [km/h]	Pace [min/mi]	Speed [mph]	1 km	2 km	3 km	4 km	5 km	6 km	7 km	8 km	9 km	10 km
3:00	20,0	4:50	12,4	0:03:00	0:06:00	0:09:00	0:12:00	0:15:00	0:18:00	0:21:00	0:24:00	0:27:00	0:30:00
3:05	19,5	4:58	12,1	0:03:05	0:06:10	0:09:15	0:12:20	0:15:25	0:18:30	0:21:35	0:24:40	0:27:45	0:30:50
3:10	18,9	5:06	11,8	0:03:10	0:06:20	0:09:30	0:12:40	0:15:50	0:19:00	0:22:10	0:25:20	0:28:30	0:31:40
3:15	18,5	5:14	11,5	0:03:15	0:06:30	0:09:45	0:13:00	0:16:15	0:19:30	0:22:45	0:26:00	0:29:15	0:32:30
3:20	18,0	5:22	11,2	0:03:20	0:06:40	0:10:00	0:13:20	0:16:40	0:20:00	0:23:20	0:26:40	0:30:00	0:33:20
3:25	17,6	5:30	10,9	0:03:25	0:06:50	0:10:15	0:13:40	0:17:05	0:20:30	0:23:55	0:27:20	0:30:45	0:34:10
3:30	17,1	5:38	10,7	0:03:30	0:07:00	0:10:30	0:14:00	0:17:30	0:21:00	0:24:30	0:28:00	0:31:30	0:35:00
3:35	16,7	5:46	10,4	0:03:35	0:07:10	0:10:45	0:14:20	0:17:55	0:21:30	0:25:05	0:28:40	0:32:15	0:35:50
3:40	16,4	5:54	10,2	0:03:40	0:07:20	0:11:00	0:14:40	0:18:20	0:22:00	0:25:40	0:29:20	0:33:00	0:36:40
3:45	16,0	6:02	9,9	0:03:45	0:07:30	0:11:15	0:15:00	0:18:45	0:22:30	0:26:15	0:30:00	0:33:45	0:37:30
3:50	15,7	6:10	9,7	0:03:50	0:07:40	0:11:30	0:15:20	0:19:10	0:23:00	0:26:50	0:30:40	0:34:30	0:38:20
3:55	15,3	6:18	9,5	0:03:55	0:07:50	0:11:45	0:15:40	0:19:35	0:23:30	0:27:25	0:31:20	0:35:15	0:39:10
4:00	15,0	6:26	9,3	0:04:00	0:08:00	0:12:00	0:16:00	0:20:00	0:24:00	0:28:00	0:32:00	0:36:00	0:40:00
4:05	14,7	6:34	9,1	0:04:05	0:08:10	0:12:15	0:16:20	0:20:25	0:24:30	0:28:35	0:32:40	0:36:45	0:40:50
4:10	14,4	6:42	8,9	0:04:10	0:08:20	0:12:30	0:16:40	0:20:50	0:25:00	0:29:10	0:33:20	0:37:30	0:41:40
4:15	14,1	6:50	8,8	0:04:15	0:08:30	0:12:45	0:17:00	0:21:15	0:25:30	0:29:45	0:34:00	0:38:15	0:42:30
4:20	13,8	6:58	8,6	0:04:20	0:08:40	0:13:00	0:17:20	0:21:40	0:26:00	0:30:20	0:34:40	0:39:00	0:43:20
4:25	13,6	7:06	8,4	0:04:25	0:08:50	0:13:15	0:17:40	0:22:05	0:26:30	0:30:55	0:35:20	0:39:45	0:44:10

10K

PACE CHART (km)

Pace [min/km]	Speed [km/h]	Pace [min/mi]	Speed [mph]	1 km	2 km	3 km	4 km	5 km	6 km	7 km	8 km	9 km	10 km
4:30	13,3	7:14	8,3	0:04:30	0:09:00	0:13:30	0:18:00	0:22:30	0:27:00	0:31:30	0:36:00	0:40:30	0:45:00
4:35	13,1	7:22	8,1	0:04:35	0:09:10	0:13:45	0:18:20	0:22:55	0:27:30	0:32:05	0:36:40	0:41:15	0:45:50
4:40	12,9	7:31	8,0	0:04:40	0:09:20	0:14:00	0:18:40	0:23:20	0:28:00	0:32:40	0:37:20	0:42:00	0:46:40
4:45	12,6	7:39	7,9	0:04:45	0:09:30	0:14:15	0:19:00	0:23:45	0:28:30	0:33:15	0:38:00	0:42:45	0:47:30
4:50	12,4	7:47	7,7	0:04:50	0:09:40	0:14:30	0:19:20	0:24:10	0:29:00	0:33:50	0:38:40	0:43:30	0:48:20
4:55	12,2	7:55	7,6	0:04:55	0:09:50	0:14:45	0:19:40	0:24:35	0:29:30	0:34:25	0:39:20	0:44:15	0:49:10
5:00	12,0	8:03	7,5	0:05:00	0:10:00	0:15:00	0:20:00	0:25:00	0:30:00	0:35:00	0:40:00	0:45:00	0:50:00
5:05	11,8	8:11	7,3	0:05:05	0:10:10	0:15:15	0:20:20	0:25:25	0:30:30	0:35:35	0:40:40	0:45:45	0:50:50
5:10	11,6	8:19	7,2	0:05:10	0:10:20	0:15:30	0:20:40	0:25:50	0:31:00	0:36:10	0:41:20	0:46:30	0:51:40
5:15	11,4	8:27	7,1	0:05:15	0:10:30	0:15:45	0:21:00	0:26:15	0:31:30	0:36:45	0:42:00	0:47:15	0:52:30
5:20	11,3	8:35	7,0	0:05:20	0:10:40	0:16:00	0:21:20	0:26:40	0:32:00	0:37:20	0:42:40	0:48:00	0:53:20
5:25	11,1	8:43	6,9	0:05:25	0:10:50	0:16:15	0:21:40	0:27:05	0:32:30	0:37:55	0:43:20	0:48:45	0:54:10
5:30	10,9	8:51	6,8	0:05:30	0:11:00	0:16:30	0:22:00	0:27:30	0:33:00	0:38:30	0:44:00	0:49:30	0:55:00
5:35	10,7	8:59	6,7	0:05:35	0:11:10	0:16:45	0:22:20	0:27:55	0:33:30	0:39:05	0:44:40	0:50:15	0:55:50
5:40	10,6	9:07	6,6	0:05:40	0:11:20	0:17:00	0:22:40	0:28:20	0:34:00	0:39:40	0:45:20	0:51:00	0:56:40
5:45	10,4	9:15	6,5	0:05:45	0:11:30	0:17:15	0:23:00	0:28:45	0:34:30	0:40:15	0:46:00	0:51:45	0:57:30
5:50	10,3	9:23	6,4	0:05:50	0:11:40	0:17:30	0:23:20	0:29:10	0:35:00	0:40:50	0:46:40	0:52:30	0:58:20
5:55	10,1	9:31	6,3	0:05:55	0:11:50	0:17:45	0:23:40	0:29:35	0:35:30	0:41:25	0:47:20	0:53:15	0:59:10

10K

PACE CHART (km)

Pace [min/km]	Speed [km/h]	Pace [min/mi]	Speed [mph]	1 km	2 km	3 km	4 km	5 km	6 km	7 km	8 km	9 km	10 km
6:00	10,0	9:39	6,2	0:06:00	0:12:00	0:18:00	0:24:00	0:30:00	0:36:00	0:42:00	0:48:00	0:54:00	1:00:00
6:05	9,9	9:47	6,1	0:06:05	0:12:10	0:18:15	0:24:20	0:30:25	0:36:30	0:42:35	0:48:40	0:54:45	1:00:50
6:10	9,7	9:55	6,0	0:06:10	0:12:20	0:18:30	0:24:40	0:30:50	0:37:00	0:43:10	0:49:20	0:55:30	1:01:40
6:15	9,6	10:03	6,0	0:06:15	0:12:30	0:18:45	0:25:00	0:31:15	0:37:30	0:43:45	0:50:00	0:56:15	1:02:30
6:20	9,5	10:11	5,9	0:06:20	0:12:40	0:19:00	0:25:20	0:31:40	0:38:00	0:44:20	0:50:40	0:57:00	1:03:20
6:25	9,4	10:19	5,8	0:06:25	0:12:50	0:19:15	0:25:40	0:32:05	0:38:30	0:44:55	0:51:20	0:57:45	1:04:10
6:30	9,2	10:28	5,7	0:06:30	0:13:00	0:19:30	0:26:00	0:32:30	0:39:00	0:45:30	0:52:00	0:58:30	1:05:00
6:35	9,1	10:36	5,7	0:06:35	0:13:10	0:19:45	0:26:20	0:32:55	0:39:30	0:46:05	0:52:40	0:59:15	1:05:50
6:40	9,0	10:44	5,6	0:06:40	0:13:20	0:20:00	0:26:40	0:33:20	0:40:00	0:46:40	0:53:20	1:00:00	1:06:40
6:45	8,9	10:52	5,5	0:06:45	0:13:30	0:20:15	0:27:00	0:33:45	0:40:30	0:47:15	0:54:00	1:00:45	1:07:30
6:50	8,8	11:00	5,5	0:06:50	0:13:40	0:20:30	0:27:20	0:34:10	0:41:00	0:47:50	0:54:40	1:01:30	1:08:20
6:55	8,7	11:08	5,4	0:06:55	0:13:50	0:20:45	0:27:40	0:34:35	0:41:30	0:48:25	0:55:20	1:02:15	1:09:10
7:00	8,6	11:16	5,3	0:07:00	0:14:00	0:21:00	0:28:00	0:35:00	0:42:00	0:49:00	0:56:00	1:03:00	1:10:00
7:05	8,5	11:24	5,3	0:07:05	0:14:10	0:21:15	0:28:20	0:35:25	0:42:30	0:49:35	0:56:40	1:03:45	1:10:50
7:10	8,4	11:32	5,2	0:07:10	0:14:20	0:21:30	0:28:40	0:35:50	0:43:00	0:50:10	0:57:20	1:04:30	1:11:40
7:15	8,3	11:40	5,1	0:07:15	0:14:30	0:21:45	0:29:00	0:36:15	0:43:30	0:50:45	0:58:00	1:05:15	1:12:30
7:20	8,2	11:48	5,1	0:07:20	0:14:40	0:22:00	0:29:20	0:36:40	0:44:00	0:51:20	0:58:40	1:06:00	1:13:20
7:25	8,1	11:56	5,0	0:07:25	0:14:50	0:22:15	0:29:40	0:37:05	0:44:30	0:51:55	0:59:20	1:06:45	1:14:10