

10K

PACE CHART (mi)

Pace [min/mi]	Speed [mph]	Pace [min/km]	Speed [km/h]	1 mi	2 mi	3 mi	4 mi	5 mi	6 mi	10 km
5:00	12,0	3:06	19,3	0:05:00	0:10:00	0:15:00	0:20:00	0:25:00	0:30:00	0:31:05
5:05	11,8	3:10	19,0	0:05:05	0:10:10	0:15:15	0:20:20	0:25:25	0:30:30	0:31:36
5:10	11,6	3:13	18,7	0:05:10	0:10:20	0:15:30	0:20:40	0:25:50	0:31:00	0:32:07
5:15	11,4	3:16	18,4	0:05:15	0:10:30	0:15:45	0:21:00	0:26:15	0:31:30	0:32:38
5:20	11,3	3:19	18,1	0:05:20	0:10:40	0:16:00	0:21:20	0:26:40	0:32:00	0:33:09
5:25	11,1	3:22	17,8	0:05:25	0:10:50	0:16:15	0:21:40	0:27:05	0:32:30	0:33:40
5:30	10,9	3:25	17,6	0:05:30	0:11:00	0:16:30	0:22:00	0:27:30	0:33:00	0:34:11
5:35	10,7	3:28	17,3	0:05:35	0:11:10	0:16:45	0:22:20	0:27:55	0:33:30	0:34:42
5:40	10,6	3:31	17,0	0:05:40	0:11:20	0:17:00	0:22:40	0:28:20	0:34:00	0:35:13
5:45	10,4	3:34	16,8	0:05:45	0:11:30	0:17:15	0:23:00	0:28:45	0:34:30	0:35:44
5:50	10,3	3:38	16,5	0:05:50	0:11:40	0:17:30	0:23:20	0:29:10	0:35:00	0:36:15
5:55	10,1	3:41	16,3	0:05:55	0:11:50	0:17:45	0:23:40	0:29:35	0:35:30	0:36:46
6:00	10,0	3:44	16,1	0:06:00	0:12:00	0:18:00	0:24:00	0:30:00	0:36:00	0:37:17
6:05	9,9	3:47	15,9	0:06:05	0:12:10	0:18:15	0:24:20	0:30:25	0:36:30	0:37:48
6:10	9,7	3:50	15,7	0:06:10	0:12:20	0:18:30	0:24:40	0:30:50	0:37:00	0:38:20
6:15	9,6	3:53	15,4	0:06:15	0:12:30	0:18:45	0:25:00	0:31:15	0:37:30	0:38:51
6:20	9,5	3:56	15,2	0:06:20	0:12:40	0:19:00	0:25:20	0:31:40	0:38:00	0:39:22
6:25	9,4	3:59	15,0	0:06:25	0:12:50	0:19:15	0:25:40	0:32:05	0:38:30	0:39:53

10K

PACE CHART (mi)

Pace [min/mi]	Speed [mph]	Pace [min/km]	Speed [km/h]	1 mi	2 mi	3 mi	4 mi	5 mi	6 mi	10 km
6:30	9,2	4:02	14,9	0:06:30	0:13:00	0:19:30	0:26:00	0:32:30	0:39:00	0:40:24
6:35	9,1	4:05	14,7	0:06:35	0:13:10	0:19:45	0:26:20	0:32:55	0:39:30	0:40:55
6:40	9,0	4:09	14,5	0:06:40	0:13:20	0:20:00	0:26:40	0:33:20	0:40:00	0:41:26
6:45	8,9	4:12	14,3	0:06:45	0:13:30	0:20:15	0:27:00	0:33:45	0:40:30	0:41:57
6:50	8,8	4:15	14,1	0:06:50	0:13:40	0:20:30	0:27:20	0:34:10	0:41:00	0:42:28
6:55	8,7	4:18	14,0	0:06:55	0:13:50	0:20:45	0:27:40	0:34:35	0:41:30	0:42:59
7:00	8,6	4:21	13,8	0:07:00	0:14:00	0:21:00	0:28:00	0:35:00	0:42:00	0:43:30
7:05	8,5	4:24	13,6	0:07:05	0:14:10	0:21:15	0:28:20	0:35:25	0:42:30	0:44:01
7:10	8,4	4:27	13,5	0:07:10	0:14:20	0:21:30	0:28:40	0:35:50	0:43:00	0:44:32
7:15	8,3	4:30	13,3	0:07:15	0:14:30	0:21:45	0:29:00	0:36:15	0:43:30	0:45:04
7:20	8,2	4:33	13,2	0:07:20	0:14:40	0:22:00	0:29:20	0:36:40	0:44:00	0:45:35
7:25	8,1	4:37	13,0	0:07:25	0:14:50	0:22:15	0:29:40	0:37:05	0:44:30	0:46:06
7:30	8,0	4:40	12,9	0:07:30	0:15:00	0:22:30	0:30:00	0:37:30	0:45:00	0:46:37
7:35	7,9	4:43	12,7	0:07:35	0:15:10	0:22:45	0:30:20	0:37:55	0:45:30	0:47:08
7:40	7,8	4:46	12,6	0:07:40	0:15:20	0:23:00	0:30:40	0:38:20	0:46:00	0:47:39
7:45	7,7	4:49	12,5	0:07:45	0:15:30	0:23:15	0:31:00	0:38:45	0:46:30	0:48:10
7:50	7,7	4:52	12,3	0:07:50	0:15:40	0:23:30	0:31:20	0:39:10	0:47:00	0:48:41
7:55	7,6	4:55	12,2	0:07:55	0:15:50	0:23:45	0:31:40	0:39:35	0:47:30	0:49:12

10K

PACE CHART (mi)

Pace [min/mi]	Speed [mph]	Pace [min/km]	Speed [km/h]	1 mi	2 mi	3 mi	4 mi	5 mi	6 mi	10 km
8:00	7,5	4:58	12,1	0:08:00	0:16:00	0:24:00	0:32:00	0:40:00	0:48:00	0:49:43
8:05	7,4	5:01	11,9	0:08:05	0:16:10	0:24:15	0:32:20	0:40:25	0:48:30	0:50:14
8:10	7,3	5:05	11,8	0:08:10	0:16:20	0:24:30	0:32:40	0:40:50	0:49:00	0:50:45
8:15	7,3	5:08	11,7	0:08:15	0:16:30	0:24:45	0:33:00	0:41:15	0:49:30	0:51:16
8:20	7,2	5:11	11,6	0:08:20	0:16:40	0:25:00	0:33:20	0:41:40	0:50:00	0:51:48
8:25	7,1	5:14	11,5	0:08:25	0:16:50	0:25:15	0:33:40	0:42:05	0:50:30	0:52:19
8:30	7,1	5:17	11,4	0:08:30	0:17:00	0:25:30	0:34:00	0:42:30	0:51:00	0:52:50
8:35	7,0	5:20	11,2	0:08:35	0:17:10	0:25:45	0:34:20	0:42:55	0:51:30	0:53:21
8:40	6,9	5:23	11,1	0:08:40	0:17:20	0:26:00	0:34:40	0:43:20	0:52:00	0:53:52
8:45	6,9	5:26	11,0	0:08:45	0:17:30	0:26:15	0:35:00	0:43:45	0:52:30	0:54:23
8:50	6,8	5:29	10,9	0:08:50	0:17:40	0:26:30	0:35:20	0:44:10	0:53:00	0:54:54
8:55	6,7	5:33	10,8	0:08:55	0:17:50	0:26:45	0:35:40	0:44:35	0:53:30	0:55:25
9:00	6,7	5:36	10,7	0:09:00	0:18:00	0:27:00	0:36:00	0:45:00	0:54:00	0:55:56
9:05	6,6	5:39	10,6	0:09:05	0:18:10	0:27:15	0:36:20	0:45:25	0:54:30	0:56:27
9:10	6,5	5:42	10,5	0:09:10	0:18:20	0:27:30	0:36:40	0:45:50	0:55:00	0:56:58
9:15	6,5	5:45	10,4	0:09:15	0:18:30	0:27:45	0:37:00	0:46:15	0:55:30	0:57:29
9:20	6,4	5:48	10,3	0:09:20	0:18:40	0:28:00	0:37:20	0:46:40	0:56:00	0:58:00
9:25	6,4	5:51	10,3	0:09:25	0:18:50	0:28:15	0:37:40	0:47:05	0:56:30	0:58:31

10K

PACE CHART (mi)

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