

# HALF MARATHON

## 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	7 mi	8 mi	9 mi	10 mi	11 mi	12 mi	13 mi	HM
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	0:35:00	0:40:00	0:45:00	0:50:00	0:55:00	1:00:00	1:05:00	1:05:34
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	0:35:35	0:40:40	0:45:45	0:50:50	0:55:55	1:01:00	1:06:05	1:06:39
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	0:36:10	0:41:20	0:46:30	0:51:40	0:56:50	1:02:00	1:07:10	1:07:45
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	0:36:45	0:42:00	0:47:15	0:52:30	0:57:45	1:03:00	1:08:15	1:08:50
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	0:37:20	0:42:40	0:48:00	0:53:20	0:58:40	1:04:00	1:09:20	1:09:56
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	0:37:55	0:43:20	0:48:45	0:54:10	0:59:35	1:05:00	1:10:25	1:11:01
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	0:38:30	0:44:00	0:49:30	0:55:00	1:00:30	1:06:00	1:11:30	1:12:07
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	0:39:05	0:44:40	0:50:15	0:55:50	1:01:25	1:07:00	1:12:35	1:13:13
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	0:39:40	0:45:20	0:51:00	0:56:40	1:02:20	1:08:00	1:13:40	1:14:18
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	0:40:15	0:46:00	0:51:45	0:57:30	1:03:15	1:09:00	1:14:45	1:15:24
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	0:40:50	0:46:40	0:52:30	0:58:20	1:04:10	1:10:00	1:15:50	1:16:29
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	0:41:25	0:47:20	0:53:15	0:59:10	1:05:05	1:11:00	1:16:55	1:17:35
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	0:42:00	0:48:00	0:54:00	1:00:00	1:06:00	1:12:00	1:18:00	1:18:40
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	0:42:35	0:48:40	0:54:45	1:00:50	1:06:55	1:13:00	1:19:05	1:19:46
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	0:43:10	0:49:20	0:55:30	1:01:40	1:07:50	1:14:00	1:20:10	1:20:52
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	0:43:45	0:50:00	0:56:15	1:02:30	1:08:45	1:15:00	1:21:15	1:21:57
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	0:44:20	0:50:40	0:57:00	1:03:20	1:09:40	1:16:00	1:22:20	1:23:03
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	0:44:55	0:51:20	0:57:45	1:04:10	1:10:35	1:17:00	1:23:25	1:24:08

# HALF MARATHON

## 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	7 mi	8 mi	9 mi	10 mi	11 mi	12 mi	13 mi	HM
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	0:45:30	0:52:00	0:58:30	1:05:00	1:11:30	1:18:00	1:24:30	1:25:14
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	0:46:05	0:52:40	0:59:15	1:05:50	1:12:25	1:19:00	1:25:35	1:26:19
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	0:46:40	0:53:20	1:00:00	1:06:40	1:13:20	1:20:00	1:26:40	1:27:25
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	0:47:15	0:54:00	1:00:45	1:07:30	1:14:15	1:21:00	1:27:45	1:28:30
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	0:47:50	0:54:40	1:01:30	1:08:20	1:15:10	1:22:00	1:28:50	1:29:36
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	0:48:25	0:55:20	1:02:15	1:09:10	1:16:05	1:23:00	1:29:55	1:30:42
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	0:49:00	0:56:00	1:03:00	1:10:00	1:17:00	1:24:00	1:31:00	1:31:47
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	0:49:35	0:56:40	1:03:45	1:10:50	1:17:55	1:25:00	1:32:05	1:32:53
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	0:50:10	0:57:20	1:04:30	1:11:40	1:18:50	1:26:00	1:33:10	1:33:58
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	0:50:45	0:58:00	1:05:15	1:12:30	1:19:45	1:27:00	1:34:15	1:35:04
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	0:51:20	0:58:40	1:06:00	1:13:20	1:20:40	1:28:00	1:35:20	1:36:09
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	0:51:55	0:59:20	1:06:45	1:14:10	1:21:35	1:29:00	1:36:25	1:37:15
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	0:52:30	1:00:00	1:07:30	1:15:00	1:22:30	1:30:00	1:37:30	1:38:20
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	0:53:05	1:00:40	1:08:15	1:15:50	1:23:25	1:31:00	1:38:35	1:39:26
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	0:53:40	1:01:20	1:09:00	1:16:40	1:24:20	1:32:00	1:39:40	1:40:32
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	0:54:15	1:02:00	1:09:45	1:17:30	1:25:15	1:33:00	1:40:45	1:41:37
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	0:54:50	1:02:40	1:10:30	1:18:20	1:26:10	1:34:00	1:41:50	1:42:43
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	0:55:25	1:03:20	1:11:15	1:19:10	1:27:05	1:35:00	1:42:55	1:43:48

# HALF MARATHON

## 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	7 mi	8 mi	9 mi	10 mi	11 mi	12 mi	13 mi	HM
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	0:56:00	1:04:00	1:12:00	1:20:00	1:28:00	1:36:00	1:44:00	1:44:54
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	0:56:35	1:04:40	1:12:45	1:20:50	1:28:55	1:37:00	1:45:05	1:45:59
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	0:57:10	1:05:20	1:13:30	1:21:40	1:29:50	1:38:00	1:46:10	1:47:05
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	0:57:45	1:06:00	1:14:15	1:22:30	1:30:45	1:39:00	1:47:15	1:48:11
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	0:58:20	1:06:40	1:15:00	1:23:20	1:31:40	1:40:00	1:48:20	1:49:16
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	0:58:55	1:07:20	1:15:45	1:24:10	1:32:35	1:41:00	1:49:25	1:50:22
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	0:59:30	1:08:00	1:16:30	1:25:00	1:33:30	1:42:00	1:50:30	1:51:27
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	1:00:05	1:08:40	1:17:15	1:25:50	1:34:25	1:43:00	1:51:35	1:52:33
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	1:00:40	1:09:20	1:18:00	1:26:40	1:35:20	1:44:00	1:52:40	1:53:38
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	1:01:15	1:10:00	1:18:45	1:27:30	1:36:15	1:45:00	1:53:45	1:54:44
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	1:01:50	1:10:40	1:19:30	1:28:20	1:37:10	1:46:00	1:54:50	1:55:49
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	1:02:25	1:11:20	1:20:15	1:29:10	1:38:05	1:47:00	1:55:55	1:56:55
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	1:03:00	1:12:00	1:21:00	1:30:00	1:39:00	1:48:00	1:57:00	1:58:01
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	1:03:35	1:12:40	1:21:45	1:30:50	1:39:55	1:49:00	1:58:05	1:59:06
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	1:04:10	1:13:20	1:22:30	1:31:40	1:40:50	1:50:00	1:59:10	2:00:12
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	1:04:45	1:14:00	1:23:15	1:32:30	1:41:45	1:51:00	2:00:15	2:01:17
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	1:05:20	1:14:40	1:24:00	1:33:20	1:42:40	1:52:00	2:01:20	2:02:23
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	1:05:55	1:15:20	1:24:45	1:34:10	1:43:35	1:53:00	2:02:25	2:03:28

# HALF MARATHON

## 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	7 mi	8 mi	9 mi	10 mi	11 mi	12 mi	13 mi	HM
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	1:06:30	1:16:00	1:25:30	1:35:00	1:44:30	1:54:00	2:03:30	2:04:34
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	1:07:05	1:16:40	1:26:15	1:35:50	1:45:25	1:55:00	2:04:35	2:05:40
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	1:07:40	1:17:20	1:27:00	1:36:40	1:46:20	1:56:00	2:05:40	2:06:45
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	1:08:15	1:18:00	1:27:45	1:37:30	1:47:15	1:57:00	2:06:45	2:07:51
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	1:08:50	1:18:40	1:28:30	1:38:20	1:48:10	1:58:00	2:07:50	2:08:56
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	1:09:25	1:19:20	1:29:15	1:39:10	1:49:05	1:59:00	2:08:55	2:10:02
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	1:10:00	1:20:00	1:30:00	1:40:00	1:50:00	2:00:00	2:10:00	2:11:07
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	1:10:35	1:20:40	1:30:45	1:40:50	1:50:55	2:01:00	2:11:05	2:12:13
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	1:11:10	1:21:20	1:31:30	1:41:40	1:51:50	2:02:00	2:12:10	2:13:18
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	1:11:45	1:22:00	1:32:15	1:42:30	1:52:45	2:03:00	2:13:15	2:14:24
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	1:12:20	1:22:40	1:33:00	1:43:20	1:53:40	2:04:00	2:14:20	2:15:30
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	1:12:55	1:23:20	1:33:45	1:44:10	1:54:35	2:05:00	2:15:25	2:16:35
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	1:13:30	1:24:00	1:34:30	1:45:00	1:55:30	2:06:00	2:16:30	2:17:41
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	1:14:05	1:24:40	1:35:15	1:45:50	1:56:25	2:07:00	2:17:35	2:18:46
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	1:14:40	1:25:20	1:36:00	1:46:40	1:57:20	2:08:00	2:18:40	2:19:52
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	1:15:15	1:26:00	1:36:45	1:47:30	1:58:15	2:09:00	2:19:45	2:20:57
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	1:15:50	1:26:40	1:37:30	1:48:20	1:59:10	2:10:00	2:20:50	2:22:03
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	1:16:25	1:27:20	1:38:15	1:49:10	2:00:05	2:11:00	2:21:55	2:23:08