

RUNNING

PACE CHART (km)

Pace [min/km]	Speed [km/h]	Pace [min/mi]	Speed [mph]	5 km	10 km	15 km	20 km	HM	25 km	30 km	35 km	40 km	M	50 km	100 km
3:00	20,0	4:50	12,4	0:15:00	0:30:00	0:45:00	1:00:00	1:03:18	1:15:00	1:30:00	1:45:00	2:00:00	2:06:35	2:30:00	5:00:00
3:05	19,5	4:58	12,1	0:15:25	0:30:50	0:46:15	1:01:40	1:05:03	1:17:05	1:32:30	1:47:55	2:03:20	2:10:06	2:34:10	5:08:20
3:10	18,9	5:06	11,8	0:15:50	0:31:40	0:47:30	1:03:20	1:06:49	1:19:10	1:35:00	1:50:50	2:06:40	2:13:37	2:38:20	5:16:40
3:15	18,5	5:14	11,5	0:16:15	0:32:30	0:48:45	1:05:00	1:08:34	1:21:15	1:37:30	1:53:45	2:10:00	2:17:08	2:42:30	5:25:00
3:20	18,0	5:22	11,2	0:16:40	0:33:20	0:50:00	1:06:40	1:10:19	1:23:20	1:40:00	1:56:40	2:13:20	2:20:39	2:46:40	5:33:20
3:25	17,6	5:30	10,9	0:17:05	0:34:10	0:51:15	1:08:20	1:12:05	1:25:25	1:42:30	1:59:35	2:16:40	2:24:10	2:50:50	5:41:40
3:30	17,1	5:38	10,7	0:17:30	0:35:00	0:52:30	1:10:00	1:13:50	1:27:30	1:45:00	2:02:30	2:20:00	2:27:41	2:55:00	5:50:00
3:35	16,7	5:46	10,4	0:17:55	0:35:50	0:53:45	1:11:40	1:15:36	1:29:35	1:47:30	2:05:25	2:23:20	2:31:12	2:59:10	5:58:20
3:40	16,4	5:54	10,2	0:18:20	0:36:40	0:55:00	1:13:20	1:17:21	1:31:40	1:50:00	2:08:20	2:26:40	2:34:43	3:03:20	6:06:40
3:45	16,0	6:02	9,9	0:18:45	0:37:30	0:56:15	1:15:00	1:19:07	1:33:45	1:52:30	2:11:15	2:30:00	2:38:14	3:07:30	6:15:00
3:50	15,7	6:10	9,7	0:19:10	0:38:20	0:57:30	1:16:40	1:20:52	1:35:50	1:55:00	2:14:10	2:33:20	2:41:45	3:11:40	6:23:20
3:55	15,3	6:18	9,5	0:19:35	0:39:10	0:58:45	1:18:20	1:22:38	1:37:55	1:57:30	2:17:05	2:36:40	2:45:16	3:15:50	6:31:40
4:00	15,0	6:26	9,3	0:20:00	0:40:00	1:00:00	1:20:00	1:24:23	1:40:00	2:00:00	2:20:00	2:40:00	2:48:47	3:20:00	6:40:00
4:05	14,7	6:34	9,1	0:20:25	0:40:50	1:01:15	1:21:40	1:26:09	1:42:05	2:02:30	2:22:55	2:43:20	2:52:18	3:24:10	6:48:20
4:10	14,4	6:42	8,9	0:20:50	0:41:40	1:02:30	1:23:20	1:27:54	1:44:10	2:05:00	2:25:50	2:46:40	2:55:49	3:28:20	6:56:40
4:15	14,1	6:50	8,8	0:21:15	0:42:30	1:03:45	1:25:00	1:29:40	1:46:15	2:07:30	2:28:45	2:50:00	2:59:20	3:32:30	7:05:00
4:20	13,8	6:58	8,6	0:21:40	0:43:20	1:05:00	1:26:40	1:31:25	1:48:20	2:10:00	2:31:40	2:53:20	3:02:51	3:36:40	7:13:20
4:25	13,6	7:06	8,4	0:22:05	0:44:10	1:06:15	1:28:20	1:33:11	1:50:25	2:12:30	2:34:35	2:56:40	3:06:22	3:40:50	7:21:40

RUNNING

PACE CHART (km)

Pace [min/km]	Speed [km/h]	Pace [min/mi]	Speed [mph]	5 km	10 km	15 km	20 km	HM	25 km	30 km	35 km	40 km	M	50 km	100 km
4:30	13,3	7:14	8,3	0:22:30	0:45:00	1:07:30	1:30:00	1:34:56	1:52:30	2:15:00	2:37:30	3:00:00	3:09:53	3:45:00	7:30:00
4:35	13,1	7:22	8,1	0:22:55	0:45:50	1:08:45	1:31:40	1:36:42	1:54:35	2:17:30	2:40:25	3:03:20	3:13:24	3:49:10	7:38:20
4:40	12,9	7:31	8,0	0:23:20	0:46:40	1:10:00	1:33:20	1:38:27	1:56:40	2:20:00	2:43:20	3:06:40	3:16:55	3:53:20	7:46:40
4:45	12,6	7:39	7,9	0:23:45	0:47:30	1:11:15	1:35:00	1:40:13	1:58:45	2:22:30	2:46:15	3:10:00	3:20:26	3:57:30	7:55:00
4:50	12,4	7:47	7,7	0:24:10	0:48:20	1:12:30	1:36:40	1:41:58	2:00:50	2:25:00	2:49:10	3:13:20	3:23:57	4:01:40	8:03:20
4:55	12,2	7:55	7,6	0:24:35	0:49:10	1:13:45	1:38:20	1:43:44	2:02:55	2:27:30	2:52:05	3:16:40	3:27:28	4:05:50	8:11:40
5:00	12,0	8:03	7,5	0:25:00	0:50:00	1:15:00	1:40:00	1:45:29	2:05:00	2:30:00	2:55:00	3:20:00	3:30:59	4:10:00	8:20:00
5:05	11,8	8:11	7,3	0:25:25	0:50:50	1:16:15	1:41:40	1:47:15	2:07:05	2:32:30	2:57:55	3:23:20	3:34:29	4:14:10	8:28:20
5:10	11,6	8:19	7,2	0:25:50	0:51:40	1:17:30	1:43:20	1:49:00	2:09:10	2:35:00	3:00:50	3:26:40	3:38:00	4:18:20	8:36:40
5:15	11,4	8:27	7,1	0:26:15	0:52:30	1:18:45	1:45:00	1:50:46	2:11:15	2:37:30	3:03:45	3:30:00	3:41:31	4:22:30	8:45:00
5:20	11,3	8:35	7,0	0:26:40	0:53:20	1:20:00	1:46:40	1:52:31	2:13:20	2:40:00	3:06:40	3:33:20	3:45:02	4:26:40	8:53:20
5:25	11,1	8:43	6,9	0:27:05	0:54:10	1:21:15	1:48:20	1:54:17	2:15:25	2:42:30	3:09:35	3:36:40	3:48:33	4:30:50	9:01:40
5:30	10,9	8:51	6,8	0:27:30	0:55:00	1:22:30	1:50:00	1:56:02	2:17:30	2:45:00	3:12:30	3:40:00	3:52:04	4:35:00	9:10:00
5:35	10,7	8:59	6,7	0:27:55	0:55:50	1:23:45	1:51:40	1:57:48	2:19:35	2:47:30	3:15:25	3:43:20	3:55:35	4:39:10	9:18:20
5:40	10,6	9:07	6,6	0:28:20	0:56:40	1:25:00	1:53:20	1:59:33	2:21:40	2:50:00	3:18:20	3:46:40	3:59:06	4:43:20	9:26:40
5:45	10,4	9:15	6,5	0:28:45	0:57:30	1:26:15	1:55:00	2:01:19	2:23:45	2:52:30	3:21:15	3:50:00	4:02:37	4:47:30	9:35:00
5:50	10,3	9:23	6,4	0:29:10	0:58:20	1:27:30	1:56:40	2:03:04	2:25:50	2:55:00	3:24:10	3:53:20	4:06:08	4:51:40	9:43:20
5:55	10,1	9:31	6,3	0:29:35	0:59:10	1:28:45	1:58:20	2:04:50	2:27:55	2:57:30	3:27:05	3:56:40	4:09:39	4:55:50	9:51:40

RUNNING

PACE CHART (km)

Pace [min/km]	Speed [km/h]	Pace [min/mi]	Speed [mph]	5 km	10 km	15 km	20 km	HM	25 km	30 km	35 km	40 km	M	50 km	100 km
6:00	10,0	9:39	6,2	0:30:00	1:00:00	1:30:00	2:00:00	2:06:35	2:30:00	3:00:00	3:30:00	4:00:00	4:13:10	5:00:00	10:00:00
6:05	9,9	9:47	6,1	0:30:25	1:00:50	1:31:15	2:01:40	2:08:21	2:32:05	3:02:30	3:32:55	4:03:20	4:16:41	5:04:10	10:08:20
6:10	9,7	9:55	6,0	0:30:50	1:01:40	1:32:30	2:03:20	2:10:06	2:34:10	3:05:00	3:35:50	4:06:40	4:20:12	5:08:20	10:16:40
6:15	9,6	10:03	6,0	0:31:15	1:02:30	1:33:45	2:05:00	2:11:52	2:36:15	3:07:30	3:38:45	4:10:00	4:23:43	5:12:30	10:25:00
6:20	9,5	10:11	5,9	0:31:40	1:03:20	1:35:00	2:06:40	2:13:37	2:38:20	3:10:00	3:41:40	4:13:20	4:27:14	5:16:40	10:33:20
6:25	9,4	10:19	5,8	0:32:05	1:04:10	1:36:15	2:08:20	2:15:23	2:40:25	3:12:30	3:44:35	4:16:40	4:30:45	5:20:50	10:41:40
6:30	9,2	10:28	5,7	0:32:30	1:05:00	1:37:30	2:10:00	2:17:08	2:42:30	3:15:00	3:47:30	4:20:00	4:34:16	5:25:00	10:50:00
6:35	9,1	10:36	5,7	0:32:55	1:05:50	1:38:45	2:11:40	2:18:54	2:44:35	3:17:30	3:50:25	4:23:20	4:37:47	5:29:10	10:58:20
6:40	9,0	10:44	5,6	0:33:20	1:06:40	1:40:00	2:13:20	2:20:39	2:46:40	3:20:00	3:53:20	4:26:40	4:41:18	5:33:20	11:06:40
6:45	8,9	10:52	5,5	0:33:45	1:07:30	1:41:15	2:15:00	2:22:24	2:48:45	3:22:30	3:56:15	4:30:00	4:44:49	5:37:30	11:15:00
6:50	8,8	11:00	5,5	0:34:10	1:08:20	1:42:30	2:16:40	2:24:10	2:50:50	3:25:00	3:59:10	4:33:20	4:48:20	5:41:40	11:23:20
6:55	8,7	11:08	5,4	0:34:35	1:09:10	1:43:45	2:18:20	2:25:55	2:52:55	3:27:30	4:02:05	4:36:40	4:51:51	5:45:50	11:31:40
7:00	8,6	11:16	5,3	0:35:00	1:10:00	1:45:00	2:20:00	2:27:41	2:55:00	3:30:00	4:05:00	4:40:00	4:55:22	5:50:00	11:40:00
7:05	8,5	11:24	5,3	0:35:25	1:10:50	1:46:15	2:21:40	2:29:26	2:57:05	3:32:30	4:07:55	4:43:20	4:58:53	5:54:10	11:48:20
7:10	8,4	11:32	5,2	0:35:50	1:11:40	1:47:30	2:23:20	2:31:12	2:59:10	3:35:00	4:10:50	4:46:40	5:02:24	5:58:20	11:56:40
7:15	8,3	11:40	5,1	0:36:15	1:12:30	1:48:45	2:25:00	2:32:57	3:01:15	3:37:30	4:13:45	4:50:00	5:05:55	6:02:30	12:05:00
7:20	8,2	11:48	5,1	0:36:40	1:13:20	1:50:00	2:26:40	2:34:43	3:03:20	3:40:00	4:16:40	4:53:20	5:09:26	6:06:40	12:13:20
7:25	8,1	11:56	5,0	0:37:05	1:14:10	1:51:15	2:28:20	2:36:28	3:05:25	3:42:30	4:19:35	4:56:40	5:12:57	6:10:50	12:21:40