

# RUNNING

## PACE CHART (mi)

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

# RUNNING

## PACE CHART (mi)

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

# RUNNING

## PACE CHART (mi)

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

# RUNNING

## PACE CHART (mi)

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