

Pace Your Race Chart

Compliments of
RUNNER'S WORLD

Keep an even pace, calculate your average pace after a race and improve your time with the chart below! Find your time per mile in the vertical column on the left and read across the chart horizontally to find the time you must maintain to achieve your personal goal!

Time/ Mile	2 mi	5K 3.1 mi	4 mi	5 mi	10K 6.2 mi	12K 7.46 mi	15K 9.3 mi	10 mi	20K 12.43 mi	1/2 Marathon 13.1 mi	15 mi	20 mi	Marathon 26.2 mi
5:30	11:00	17:05	22:00	27:30	34:11	41:00	51:16	55:00	1:08:21	1:12:06	1:22:30	1:50:00	2:24:12
5:45	11:30	17:52	23:00	28:45	35:44	42:52	53:36	57:30	1:11:27	1:15:23	1:26:15	1:55:00	2:30:46
6:00	12:00	18:39	24:00	30:00	37:17	44:44	55:56	1:00:00	1:14:34	1:18:39	1:30:00	2:00:00	2:37:19
6:15	12:30	19:25	25:00	31:15	38:50	46:36	58:15	1:02:30	1:17:40	1:21:56	1:33:45	2:05:00	2:43:52
6:30	13:00	20:12	26:00	32:30	40:23	48:28	1:00:35	1:05:00	1:20:47	1:25:13	1:37:30	2:10:00	2:50:25
6:45	13:30	20:58	27:00	33:45	41:57	50:20	1:02:55	1:07:30	1:23:53	1:28:29	1:41:15	2:15:00	2:56:59
7:00	14:00	21:45	28:00	35:00	43:30	52:12	1:05:15	1:10:00	1:26:59	1:31:46	1:45:00	2:20:00	3:03:32
7:15	14:30	22:32	29:00	36:15	45:03	54:03	1:07:35	1:12:30	1:30:06	1:35:02	1:48:45	2:25:00	3:10:05
7:30	15:00	23:18	30:00	37:30	46:36	55:55	1:09:54	1:15:00	1:33:12	1:38:19	1:52:30	2:30:00	3:16:39
7:45	15:30	24:05	31:00	38:45	48:10	57:47	1:12:14	1:17:30	1:36:19	1:41:36	1:56:15	2:35:00	3:23:12
8:00	16:00	24:51	32:00	40:00	49:43	59:39	1:14:34	1:20:00	1:39:25	1:44:52	2:00:00	2:40:00	3:29:45
8:15	16:30	25:38	33:00	41:15	51:16	1:01:31	1:16:54	1:22:30	1:42:31	1:48:09	2:03:45	2:45:00	3:36:18
8:30	17:00	26:25	34:00	42:30	52:49	1:03:23	1:19:14	1:25:00	1:45:38	1:51:26	2:07:30	2:50:00	3:42:52
8:45	17:30	27:11	35:00	43:45	54:22	1:05:14	1:21:34	1:27:30	1:48:44	1:54:42	2:11:15	2:55:00	3:49:25
9:00	18:00	27:58	36:00	45:00	55:56	1:07:06	1:23:53	1:30:00	1:51:51	1:57:59	2:15:00	3:00:00	3:55:58
9:15	18:30	28:44	37:00	46:15	57:29	1:08:58	1:26:13	1:32:30	1:54:57	2:01:15	2:18:45	3:05:00	4:02:32
9:30	19:00	29:31	38:00	47:30	59:02	1:10:50	1:28:33	1:35:00	1:58:03	2:04:32	2:22:30	3:10:00	4:09:05
9:45	19:30	30:18	39:00	48:45	1:00:35	1:12:42	1:30:53	1:37:30	2:01:10	2:07:49	2:26:15	3:15:00	4:15:38
10:00	20:00	31:04	40:00	50:00	1:02:08	1:14:34	1:33:13	1:40:00	2:04:16	2:11:05	2:30:00	3:20:00	4:22:11
10:30	21:00	32:37	42:00	52:30	1:05:15	1:18:17	1:37:52	1:45:00	2:10:29	2:17:39	2:37:30	3:30:00	4:35:18
11:00	22:00	34:11	44:00	55:00	1:08:21	1:22:01	1:42:32	1:50:00	2:16:42	2:24:12	2:45:00	3:40:00	4:48:25
11:30	23:00	35:44	46:00	57:30	1:11:28	1:25:45	1:47:11	1:55:00	2:22:55	2:30:45	2:52:30	3:50:00	5:01:31
12:00	24:00	37:17	48:00	1:00:00	1:14:34	1:29:28	1:51:51	2:00:00	2:29:07	2:37:18	3:00:00	4:00:00	5:14:38
12:30	25:00	38:50	50:00	1:02:30	1:17:41	1:33:12	1:56:31	2:05:00	2:35:20	2:43:52	3:07:30	4:10:00	5:27:44
13:00	26:00	40:23	52:00	1:05:00	1:20:47	1:36:56	2:01:10	2:10:00	2:41:33	2:50:25	3:15:00	4:20:00	5:40:51
13:30	27:00	41:57	54:00	1:07:30	1:23:53	1:40:39	2:05:50	2:15:00	2:47:46	2:56:58	3:22:30	4:30:00	5:53:57
14:00	28:00	43:30	56:00	1:10:00	1:27:00	1:44:23	2:10:30	2:20:00	2:53:59	3:03:32	3:30:00	4:40:00	6:07:04