



Miles Per Hour	10 Miles	20K 12.4 Miles	15 Miles	40K 24.9 Miles	50 Miles	56 Miles	100 Miles	112 Miles
12	:50	1:02	1:15	2:04	4.10	4:40	8.20	9:20
13	:46	:57	1:09	1:55	3.51	4:18	7.42	8:37
14	:43	:53	1:04	1:47	3.34	4:00	7.08	8:00
15	:40	:50	1:00	1:39	3.20	3:44	6.40	7:28
16	:38	:47	:56	1:33	3.07	3:30	6.15	7:00
17	:35	:44	:53	1:28	2.56	3:18	5.53	6:35
18	:33	:41	:50	1:23	2.47	3:07	5.33	6:13
19	:32	:39	:47	1:19	2.38	2:57	5.16	5:54
20	:30	:37	:45	1:15	2.30	2:48	5.00	5:36
21	:29	:36	:43	1:11	2.23	2:40	4.46	5:20
22	:27	:34	:41	1:08	2.16	2:33	4.33	5:05
23	:26	:32	:39	1:05	2.10	2:26	4.21	4:52
24	:25	:31	:38	1:02	2.05	2:20	4.10	4:40
25	:24	:30	:36	1:00	2.00	2:14	4.00	4:29
26	:23	:29	:35	:57	1.55	2:09	3.51	4:18
27	:22	:28	:33	:55	1.51	2:04	3.42	4:09
28	:21	:27	:32	:53	1.47	2:00	3.34	4:00
29	:21	:26	:31	:51	1.43	1:56	3.26	3:52
30	:20	:25	:30	:50	1.40	1:52	3.20	3:44

Bob Wood MCSP, Chartered Physiotherapist

Injury Management, Screening, Training

Biomechanical Assessment

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“Athlete support... rehab, performance, prevention”

Tel: 07816 854828 / 01485 542273 email: info@physical-solutions.co.uk

www.physical-solutions.co.uk