



## Pace Chart

mph	min/mile	3.1 mi		6.2 mi		13.1 mi	26.2 mi
		5K	5 mile	10K	10 mile	Half Marathon	Marathon
4.0	15:00	0:46:30	1:15:00	1:33:00	2:30:00	3:16:30	6:33:00
4.1	14:38	0:45:22	1:13:10	1:30:44	2:26:20	3:11:42	6:23:25
4.2	14:17	0:44:17	1:11:26	1:28:34	2:22:51	3:07:09	6:14:17
4.3	13:57	0:43:15	1:09:46	1:26:31	2:19:32	3:02:47	6:05:35
4.4	13:38	0:42:16	1:08:11	1:24:33	2:16:22	2:58:38	5:57:16
4.5	13:20	0:41:20	1:06:40	1:22:40	2:13:20	2:54:40	5:49:20
4.6	13:02	0:40:26	1:05:13	1:20:52	2:10:26	2:50:52	5:41:44
4.7	12:45	0:39:34	1:03:50	1:19:09	2:07:40	2:47:14	5:34:28
4.8	12:30	0:38:45	1:02:30	1:17:30	2:05:00	2:43:45	5:27:30
4.9	12:14	0:37:58	1:01:13	1:15:55	2:02:27	2:40:24	5:20:49
5.0	12:00	0:37:12	1:00:00	1:14:24	2:00:00	2:37:12	5:14:24
5.1	11:45	0:36:28	0:58:49	1:12:56	1:57:39	2:34:07	5:08:14
5.2	11:32	0:35:46	0:57:42	1:11:32	1:55:23	2:31:09	5:02:18
5.3	11:19	0:35:06	0:56:36	1:10:11	1:53:12	2:28:18	4:56:36
5.4	11:06	0:34:27	0:55:33	1:08:53	1:51:07	2:25:33	4:51:07
5.5	10:54	0:33:49	0:54:33	1:07:38	1:49:05	2:22:55	4:45:49
5.6	10:42	0:33:13	0:53:34	1:06:26	1:47:09	2:20:21	4:40:43
5.7	10:31	0:32:38	0:52:38	1:05:16	1:45:16	2:17:54	4:35:47
5.8	10:20	0:32:04	0:51:43	1:04:08	1:43:27	2:15:31	4:31:02
5.9	10:10	0:31:32	0:50:51	1:03:03	1:41:42	2:13:13	4:26:26
6.0	10:00	0:31:00	0:50:00	1:02:00	1:40:00	2:11:00	4:22:00
6.1	9:50	0:30:30	0:49:11	1:00:59	1:38:22	2:08:51	4:17:42
6.2	9:40	0:30:00	0:48:23	1:00:00	1:36:46	2:06:46	4:13:33
6.3	9:31	0:29:31	0:47:37	0:59:03	1:35:14	2:04:46	4:09:31
6.4	9:22	0:29:04	0:46:53	0:58:08	1:33:45	2:02:49	4:05:38
6.5	9:13	0:28:37	0:46:09	0:57:14	1:32:18	2:00:55	4:01:51
6.6	9:05	0:28:11	0:45:27	0:56:22	1:30:55	1:59:05	3:58:11
6.7	8:57	0:27:46	0:44:47	0:55:31	1:29:33	1:57:19	3:54:38
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6.9	8:41	0:26:57	0:43:29	0:53:55	1:26:57	1:53:55	3:47:50
7.0	8:34	0:26:34	0:42:51	0:53:09	1:25:43	1:52:17	3:44:34
7.1	8:27	0:26:12	0:42:15	0:52:24	1:24:30	1:50:42	3:41:25
7.2	8:20	0:25:50	0:41:40	0:51:40	1:23:20	1:49:10	3:38:20
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7.5	8:00	0:24:48	0:40:00	0:49:36	1:20:00	1:44:48	3:29:36
7.6	7:53	0:24:28	0:39:28	0:48:57	1:18:57	1:43:25	3:26:51
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<b>mph</b>	<b>min/mile</b>	<b>5K</b>	<b>5 mile</b>	<b>10K</b>	<b>10 mile</b>	<b>Half Marathon</b>	<b>Marathon</b>

### **Bob Wood MCSP, Chartered Physiotherapist**

Injury Management, Screening, Training

Biomechanical Assessment

Running Video Analysis and Video Coaching

*"Athlete support... rehab, performance, prevention"*

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