

Pace per mile	5 miles	10 miles	HALF!	15 miles	20 miles	25 miles	FULL!
0:13:44	1:08:42	2:17:24	3:00:00	3:26:06	4:34:49	5:43:31	6:00:00
0:13:33	1:07:45	2:15:30	2:57:30	3:23:15	4:31:00	5:38:44	5:55:00
0:13:22	1:06:48	2:13:35	2:55:00	3:20:23	4:27:11	5:33:58	5:50:00
0:13:10	1:05:50	2:11:41	2:52:30	3:17:31	4:23:22	5:29:12	5:45:00
0:12:59	1:04:53	2:09:46	2:50:00	3:14:39	4:19:33	5:24:26	5:40:00
0:12:47	1:03:56	2:07:52	2:47:30	3:11:48	4:15:44	5:19:39	5:35:00
0:12:36	1:02:59	2:05:57	2:45:00	3:08:56	4:11:55	5:14:53	5:30:00
0:12:24	1:02:01	2:04:03	2:42:30	3:06:04	4:08:05	5:10:07	5:25:00
0:12:13	1:01:04	2:02:08	2:40:00	3:03:12	4:04:16	5:05:21	5:20:00
0:12:01	1:00:07	2:00:14	2:37:30	3:00:21	4:00:27	5:00:34	5:15:00
0:11:50	0:59:10	1:58:19	2:35:00	2:57:29	3:56:38	4:55:48	5:10:00
0:11:38	0:58:12	1:56:25	2:32:30	2:54:37	3:52:49	4:51:02	5:05:00
0:11:27	0:57:15	1:54:30	2:30:00	2:51:45	3:49:00	4:46:16	5:00:00
0:11:16	0:56:18	1:52:36	2:27:30	2:48:54	3:45:11	4:41:29	4:55:00
0:11:04	0:55:21	1:50:41	2:25:00	2:46:02	3:41:22	4:36:43	4:50:00
0:10:53	0:54:23	1:48:47	2:22:30	2:43:10	3:37:33	4:31:57	4:45:00
0:10:41	0:53:26	1:46:52	2:20:00	2:40:18	3:33:44	4:27:11	4:40:00
0:10:30	0:52:29	1:44:58	2:17:30	2:37:27	3:29:55	4:22:24	4:35:00
0:10:18	0:51:32	1:43:03	2:15:00	2:34:35	3:26:06	4:17:38	4:30:00
0:10:07	0:50:34	1:41:09	2:12:30	2:31:43	3:22:17	4:12:52	4:25:00
0:09:55	0:49:37	1:39:14	2:10:00	2:28:51	3:18:28	4:08:05	4:20:00
0:09:44	0:48:40	1:37:20	2:07:30	2:26:00	3:14:39	4:03:19	4:15:00
0:09:33	0:47:43	1:35:25	2:05:00	2:23:08	3:10:50	3:58:33	4:10:00
0:09:21	0:46:45	1:33:31	2:02:30	2:20:16	3:07:01	3:53:47	4:05:00
0:09:10	0:45:48	1:31:36	2:00:00	2:17:24	3:03:12	3:49:00	4:00:00
0:08:58	0:44:51	1:29:42	1:57:30	2:14:33	2:59:23	3:44:14	3:55:00
0:08:47	0:43:54	1:27:47	1:55:30	2:11:41	2:55:34	3:39:28	3:50:00
0:08:35	0:42:56	1:25:53	1:52:30	2:08:49	2:51:45	3:34:42	3:45:00
0:08:24	0:41:59	1:23:58	1:50:00	2:05:57	2:47:56	3:29:55	3:40:00
0:08:12	0:41:02	1:22:04	1:47:30	2:03:05	2:44:07	3:25:09	3:35:00
0:08:01	0:40:05	1:20:09	1:45:00	2:00:14	2:40:18	3:20:23	3:30:00
0:07:49	0:39:07	1:18:15	1:42:00	1:57:22	2:36:29	3:15:37	3:25:00
0:07:38	0:38:10	1:16:20	1:40:00	1:54:30	2:32:40	3:10:50	3:20:00
0:07:27	0:37:13	1:14:26	1:37:30	1:51:38	2:28:51	3:06:04	3:15:00
0:07:15	0:36:16	1:12:31	1:35:00	1:48:47	2:25:02	3:01:18	3:10:00
0:07:04	0:35:18	1:10:37	1:32:30	1:45:55	2:21:13	2:56:32	3:05:00
0:06:52	0:34:21	1:08:42	1:30:00	1:43:03	2:17:24	2:51:45	3:00:00