

Running Pace Chart

Pace per mile & km with 5K, 10K, half & marathon finish times

Find your goal pace in the left columns, then read across for your projected finish time at each race distance. Pace = time divided by distance; speed = distance divided by time.

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

Tip: even 5 seconds per mile compounds over a marathon, so practice your goal pace in training.