

2026 Berlin Marathon Pace Chart

Sunday, September 27, 2026 - BMW BERLIN-MARATHON

Pick your goal finish time, then run the even splits below. The chart assumes steady, even pacing across the flat Berlin course. Tape the split column to your wrist or fold this along the dotted line. First general wave starts at 8:45 a.m. local time (6 waves); the course time limit is 6 hours 15 minutes, with a checkpoint cutoff at 3:40 p.m. at kilometer 33.

Even-Pace Split Chart (target finish times)

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

Half = 21.1 km / 13.1 mi. Finish = 42.195 km / 26.2 mi. Times shown are elapsed clock time from your start.

Quick Pace Lookup (per mile and per km)

Finish	Pace/mile	Pace/km
3:00:00	6:52	4:16
3:10:00	7:15	4:30
3:20:00	7:38	4:44
3:30:00	8:01	4:59
3:40:00	8:23	5:13
3:50:00	8:46	5:27
4:00:00	9:09	5:41
4:10:00	9:32	5:55
4:20:00	9:55	6:10
4:30:00	10:18	6:24

Finish	Pace/mile	Pace/km
4:40:00	10:41	6:38
4:50:00	11:04	6:52
5:00:00	11:27	7:07
5:10:00	11:49	7:21
5:20:00	12:12	7:35
5:30:00	12:35	7:49
5:40:00	12:58	8:03
5:50:00	13:21	8:18
6:00:00	13:44	8:32

Pacing tips for Berlin: the course is flat and fast, so resist going out too hard in the first 10K when the crowds carry you. Aim to hit the half about even with your goal, keep fueling every 5K, and save a small effort bump for the Tiergarten and the Brandenburg Gate finish.

Get more free printable schedules, brackets and trackers at SportsBrackets.net.