**MARATHON PACE CHART**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Pace** | **5K** | **10K** | **Half** | **20M** | **Finish** |
| 5:00 | 15:32 | 31:04 | 1:05:33 | 1:40:00 | 2:11:06 |
| 5:10 | 16:03 | 32:06 | 1:07:44 | 1:43:20 | 2:15:28 |
| 5:20 | 16:34 | 33:08 | 1:09:55 | 1:46:40 | 2:19:50 |
| 5:30 | 17:05 | 34:11 | 1:12:06 | 1:50:00 | 2:24:12 |
| 5:40 | 17:36 | 35:13 | 1:14:17 | 1:53:20 | 2:28:34 |
| 5:50 | 18:07 | 36:15 | 1:16:28 | 1:56:40 | 2:32:57 |
| 6:00 | 18:38 | 37:17 | 1:18:39 | 2:00:00 | 2:37:19 |
| 6:10 | 19:10 | 38:19 | 1:20:50 | 2:03:20 | 2:41:41 |
| 6:20 | 19:41 | 39:21 | 1:23:02 | 2:06:40 | 2:46:03 |
| 6:30 | 20:12 | 40:23 | 1:25:13 | 2:10:00 | 2:50:25 |
| 6:40 | 20:43 | 41:25 | 1:27:24 | 2:13:20 | 2:54:48 |
| 6:50 | 21:14 | 42:28 | 1:29:35 | 2:16:40 | 2:59:10 |
| 6:55 | 21:29 | 42:59 | 1:30:40 | 2:18:20 | 3:01:21 |
| 7:00 | 21:45 | 43:30 | 1:31:46 | 2:20:00 | 3:03:32 |
| 7:05 | 22:00 | 44:01 | 1:32:51 | 2:21:40 | 3:05:43 |
| 7:10 | 22:16 | 44:32 | 1:33:57 | 2:23:20 | 3:07:54 |
| 7:15 | 22:31 | 45:03 | 1:35:03 | 2:25:00 | 3:10:05 |
| 7:20 | 22:47 | 45:34 | 1:36:08 | 2:26:40 | 3:12:16 |
| 7:25 | 23:03 | 46:05 | 1:37:14 | 2:28:20 | 3:14:27 |
| 7:30 | 23:18 | 46:36 | 1:38:19 | 2:30:00 | 3:16:38 |
| 7:35 | 23:34 | 47:07 | 1:39:25 | 2:31:40 | 3:18:50 |
| 7:40 | 23:49 | 47:38 | 1:40:30 | 2:33:20 | 3:21:01 |
| 7:45 | 24:05 | 48:09 | 1:41:36 | 2:35:00 | 3:23:12 |
| 7:50 | 24:20 | 48:40 | 1:42:41 | 2:36:40 | 3:25:23 |
| 7:55 | 24:36 | 49:12 | 1:43:47 | 2:38:20 | 3:27:34 |
| 8:00 | 24:51 | 49:43 | 1:44:53 | 2:40:00 | 3:29:45 |
| 8:05 | 25:07 | 50:14 | 1:45:58 | 2:41:40 | 3:31:56 |
| 8:10 | 25:22 | 50:45 | 1:47:04 | 2:43:20 | 3:34:07 |
| 8:15 | 25:38 | 51:16 | 1:48:09 | 2:45:00 | 3:36:18 |
| 8:20 | 25:53 | 51:47 | 1:49:15 | 2:46:40 | 3:38:29 |
| 8:25 | 26:09 | 52:18 | 1:50:20 | 2:48:20 | 3:40:40 |