**MARATHON PACE CHART**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Distance** | **11:00/mi** | **11:30/mi** | **12:00/mi** | **12:30/mi** | **13:00/mi** |
| 1 mi | 11:00 | 11:30 | 12:00 | 12:30 | 13:00 |
| 2 mi | 22:00 | 23:00 | 24:00 | 25:00 | 26:00 |
| 3 mi | 33:00 | 34:30 | 36:00 | 37:30 | 39:00 |
| 5k | 34:11 | 35:44 | 37:17 | 38:50 | 40:23 |
| 4 mi | 44:00 | 46:00 | 48:00 | 50:00 | 52:00 |
| 5 mi | 55:00 | 57:30 | 1:00:00 | 1:02:30 | 1:05:00 |
| 6 mi | 1:06:00 | 1:09:00 | 1:12:00 | 1:15:00 | 1:18:00 |
| 10k | 1:08:21 | 1:11:27 | 1:14:34 | 1:17:40 | 1:20:47 |
| 7 mi | 1:17:00 | 1:20:30 | 1:24:00 | 1:27:30 | 1:31:00 |
| 8 mi | 1:28:00 | 1:32:00 | 1:36:00 | 1:40:00 | 1:44:00 |
| 9 mi | 1:39:00 | 1:43:30 | 1:48:00 | 1:52:30 | 1:57:00 |
| 10 mi | 1:50:00 | 1:55:00 | 2:00:00 | 2:05:00 | 2:10:00 |
| 11 mi | 2:01:00 | 2:06:30 | 2:12:00 | 2:17:30 | 2:23:00 |
| 12 mi | 2:12:00 | 2:18:00 | 2:24:00 | 2:30:00 | 2:36:00 |
| 13 mi | 2:23:00 | 2:29:30 | 2:36:00 | 2:42:30 | 2:49:00 |
| 1/2 Marathon | 2:24:12 | 2:30:45 | 2:37:19 | 2:43:52 | 2:50:25 |
| 14 mi | 2:34:00 | 2:41:00 | 2:48:00 | 2:55:00 | 3:02:00 |
| 15 mi | 2:45:00 | 2:52:30 | 3:00:00 | 3:07:30 | 3:15:00 |
| 16 mi | 2:56:00 | 3:04:00 | 3:12:00 | 3:20:00 | 3:28:00 |
| 17 mi | 3:07:00 | 3:15:30 | 3:24:00 | 3:32:30 | 3:41:00 |
| 18 mi | 3:18:00 | 3:27:00 | 3:36:00 | 3:45:00 | 3:54:00 |
| 19 mi | 3:29:00 | 3:38:30 | 3:48:00 | 3:57:30 | 4:07:00 |
| 20 mi | 3:40:00 | 3:50:00 | 4:00:00 | 4:10:00 | 4:20:00 |
| 21 mi | 3:51:00 | 4:01:30 | 4:12:00 | 4:22:30 | 4:33:00 |
| 22 mi | 4:02:00 | 4:13:00 | 4:24:00 | 4:35:00 | 4:46:00 |
| 23 mi | 4:13:00 | 4:24:30 | 4:36:00 | 4:47:30 | 4:59:00 |
| 24 mi | 4:24:00 | 4:36:00 | 4:48:00 | 5:00:00 | 5:12:00 |
| 25 mi | 4:35:00 | 4:47:30 | 5:00:00 | 5:12:30 | 5:25:00 |
| 26 mi | 4:46:00 | 4:59:00 | 5:12:00 | 5:25:00 | 5:38:00 |