**MARATHON PACE CHART**

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| **Marathon Finish Time** | **Pace (Min/mile)** | **Pace (min/km)** |
| 2:05:00 | 4:46/mile | 2:58/km |
| 2:10:00 | 4:57/mile | 3:05/km |
| 2:15:00 | 5:09/mile | 3:12/km |
| 2:20:00 | 5:20/mile | 3:19/km |
| 2:25:00 | 5:32/mile | 3:26/km |
| 2:30:00 | 5:43/mile | 3:33/km |
| 2:35:00 | 5:54/mile | 3:40/km |
| 2:40:00 | 6:06/mile | 3:47/km |
| 2:45:00 | 6:18/mile | 3:55/km |
| 2:50:00 | 6:29/mile | 4:02/km |
| 2:55:00 | 6:41/mile | 4:09/km |
| 3:00:00 | 6:52/mile | 4:16/km |
| 3:05:00 | 7:04/mile | 4:23/km |
| 3:10:00 | 7:15/mile | 4:30/km |
| 3:15:00 | 7:26/mile | 4:37/km |
| 3:20:00 | 7:38/mile | 4:45/km |
| 3:25:00 | 7:49/mile | 4:51/km |
| 3:30:00 | 8:00/mile | 4:59/km |
| 3:35:00 | 8:12/mile | 5:06/km |
| 3:40:00 | 8:24/mile | 5:13/km |
| 3:45:00 | 8:35/mile | 5:20/km |
| 3:50:00 | 8:47/mile | 5:27/km |
| 3:55:00 | 8:58/mile | 5:34/km |
| 4:00:00 | 9:09/mile | 5:41/km |
| 4:05:00 | 9:20/mile | 5:48/km |
| 4:10:00 | 9:33/mile | 5:56/km |
| 4:15:00 | 9:43/mile | 6:02/km |
| 4:20:00 | 9:54/mile | 6:09/km |
| 4:25:00 | 10:05/mile | 6:16/km |
| 4:30:00 | 10:17/mile | 6:23/km |
| 4:35:00 | 10:29/mile | 6:31/km |
| 4:40:00 | 10:40/mile | 6:38/km |
| 4:45:00 | 10:52/mile | 6:45/km |
| 4:50:00 | 11:02/mile | 6:51/km |
| 4:55:00 | 11:15/mile | 6:59/km |
| 5:00:00 | 11:25/mile | 7:06/km |
| 5:05:00 | 11:36/mile | 7:13/km |