**MARATHON PACE CHART**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Pace** | **Speed** | **1 mi** | **5 mi** | **10 mi** | **HM** | **15 mi** | **20 mi** | **M** |
| **5:00** | **12,0** | 0:05:00 | 0:50:00 | 0:50:00 | 1:05:34 | 1:15:00 | 1:40:00 | **2:11:07** |
| **5:05** | **11,8** | 0:05:05 | 0:50:50 | 0:50:50 | 1:06:39 | 1:16:15 | 1:41:40 | **2:13:18** |
| **5:10** | **11,6** | 0:05:10 | 0:51:40 | 0:51:40 | 1:07:45 | 1:17:30 | 1:43:20 | **2:15:30** |
| **5:15** | **11,4** | 0:05:15 | 0:52:30 | 0:52:30 | 1:08:50 | 1:18:45 | 1:45:00 | **2:17:41** |
| **5:20** | **11,3** | 0:05:20 | 0:53:20 | 0:53:20 | 1:09:56 | 1:20:00 | 1:46:40 | **2:19:52** |
| **5:25** | **11,1** | 0:05:25 | 0:54:10 | 0:54:10 | 1:11:01 | 1:21:15 | 1:48:20 | **2:22:03** |
| **5:30** | **10,9** | 0:05:30 | 0:55:00 | 0:55:00 | 1:12:07 | 1:22:30 | 1:50:00 | **2:24:14** |
| **5:35** | **10,7** | 0:05:35 | 0:55:50 | 0:55:50 | 1:13:13 | 1:23:45 | 1:51:40 | **2:26:25** |
| **5:40** | **10,6** | 0:05:40 | 0:56:40 | 0:56:40 | 1:14:18 | 1:25:00 | 1:53:20 | **2:28:36** |
| **5:45** | **10,4** | 0:05:45 | 0:57:30 | 0:57:30 | 1:15:24 | 1:26:15 | 1:55:00 | **2:30:47** |
| **5:50** | **10,3** | 0:05:50 | 0:58:20 | 0:58:20 | 1:16:29 | 1:27:30 | 1:56:40 | **2:32:59** |
| **5:55** | **10,1** | 0:05:55 | 0:59:10 | 0:59:10 | 1:17:35 | 1:28:45 | 1:58:20 | **2:35:10** |
| **6:00** | **10,0** | 0:06:00 | 1:00:00 | 1:00:00 | 1:18:40 | 1:30:00 | 2:00:00 | **2:37:21** |
| **6:05** | **9,9** | 0:06:05 | 1:00:50 | 1:00:50 | 1:19:46 | 1:31:15 | 2:01:40 | **2:39:32** |
| **6:10** | **9,7** | 0:06:10 | 1:01:40 | 1:01:40 | 1:20:52 | 1:32:30 | 2:03:20 | **2:41:43** |
| **6:15** | **9,6** | 0:06:15 | 1:02:30 | 1:02:30 | 1:21:57 | 1:33:45 | 2:05:00 | **2:43:54** |
| **6:20** | **9,5** | 0:06:20 | 1:03:20 | 1:03:20 | 1:23:03 | 1:35:00 | 2:06:40 | **2:46:05** |
| **6:25** | **9,4** | 0:06:25 | 1:04:10 | 1:04:10 | 1:24:08 | 1:36:15 | 2:08:20 | **2:48:16** |