

Full Marathon Pace Chart

This chart helps you understand your pace per kilometer (a lap time) and what pace you have to maintain per five kilometer (a split time) to achieve your target finish time.

*Please note that this chart does not consider environmental conditions including weather and uphill/downhill that may make an impact on your record.

FINISH		2:30'00"	2:45'00"	3:00'00"	3:15'00"	3:30'00"	3:45'00"	4:00'00"	4:15'00"	4:30'00"
1 km	LAP/SPLIT	3'33"	3'55"	4'16"	4'37"	4'59"	5'20"	5'41"	6'03"	6'24"
5 km	SPLIT	17'46"	19'33"	21'20"	23'06"	24'53"	26'40"	28'26"	30'13"	32'00"
10 km	SPLIT	35'33"	39'06"	42'40"	46'13"	49'46"	53'19"	56'53"	1:00'26"	1:03'59"
15 km	SPLIT	53'19"	58'39"	1:03'59"	1:09'19"	1:14'39"	1:19'59"	1:25'19"	1:30'39"	1:35'59"
20 km	SPLIT	1:11'06"	1:18'12"	1:25'19"	1:32'26"	1:39'32"	1:46'39"	1:53'45"	2:00'52"	2:07'59"
25 km	SPLIT	1:28'52"	1:37'46"	1:46'39"	1:55'32"	2:04'25"	2:13'19"	2:22'12"	2:31'05"	2:39'58"
30 km	SPLIT	1:46'39"	1:57'19"	2:07'59"	2:18'39"	2:29'18"	2:39'58"	2:50'38"	3:01'18"	3:11'58"
35 km	SPLIT	2:04'25"	2:16'52"	2:29'18"	2:41'45"	2:54'11"	3:06'38"	3:19'05"	3:31'31"	3:43'58"
40 km	SPLIT	2:22'12"	2:36'25"	2:50'38"	3:04'51"	3:19'05"	3:33'18"	3:47'31"	4:01'44"	4:15'57"
FINISH		2:30'00"	2:45'00"	3:00'00"	3:15'00"	3:30'00"	3:45'00"	4:00'00"	4:15'00"	4:30'00"

FINISH	4:45'00"	5:00'00"	5:15'00"	5:30'00"	5:45'00"	6:00'00"	6:15'00"	6:30'00"	6:45'00"	7:00'00"
1 km	6'45"	7'07"	7'28"	7'49"	8'11"	8'32"	8'53"	9'15"	9'36"	9'57"
5 km	33'46"	35'33"	37'20"	39'06"	40'53"	42'40"	44'26"	46'13"	47'59"	49'46"
10 km	1:07'33"	1:11'06"	1:14'39"	1:18'12"	1:21'46"	1:25'19"	1:28'52"	1:32'26"	1:35'59"	1:39'32"
15 km	1:41'19"	1:46'39"	1:51'59"	1:57'19"	2:02'39"	2:07'59"	2:13'19"	2:18'39"	2:23'59"	2:29'18"
20 km	2:15'05"	2:22'12"	2:29'18"	2:36'25"	2:43'32"	2:50'38"	2:57'45"	3:04'51"	3:11'58"	3:19'05"
25 km	2:48'52"	2:57'45"	3:06'38"	3:15'31"	3:24'24"	3:33'18"	3:42'11"	3:51'04"	3:59'57"	4:08'51"
30 km	3:22'38"	3:33'18"	3:43'58"	3:54'37"	4:05'17"	4:15'57"	4:26'37"	4:37'17"	4:47'57"	4:58'37"
35 km	3:56'24"	4:08'51"	4:21'17"	4:33'44"	4:46'10"	4:58'37"	5:11'03"	5:23'30"	5:35'56"	5:48'23"
40 km	4:30'10"	4:44'24"	4:58'37"	5:12'50"	5:27'03"	5:41'16"	5:55'30"	6:09'43"	6:23'56"	6:38'09"
FINISH	4:45'00"	5:00'00"	5:15'00"	5:30'00"	5:45'00"	6:00'00"	6:15'00"	6:30'00"	6:45'00"	7:00'00"

Calculating your target lap time.

If your target finish time is 3 hours and 58 minutes, it can be converted to minutes by using the formula:

$3 \times 60 + 58 = 238$ minutes.

38 divided by 42.195 shows your target minute per kilometer.

$238 / 42.195 \approx 5.64$

Multiply the second by 60: $0.64 \times 60 \approx 38$.

Therefore, your target lap time is 5:38.

SEIKO