

Mile	5K	8K	5 Mile	10 K	10 Mile	½ Marathon	Marathon
4:00	12:26	19:53	20:00	24:52	40:00	52:26	1:44:52
4:05	12:42	20:17	20:25	25:23	40:50	53:31	1:47:03
4:10	12:57	20:42	20:50	25:54	41:40	54:37	1:49:14
4:15	13:13	21:07	21:15	26:25	42:30	55:42	1:51:25
4:20	13:28	21:32	21:40	26:56	43:20	56:48	1:53:36
4:25	13:44	21:57	22:05	27:27	44:10	57:53	1:55:48
4:30	13:59	22:22	22:30	27:58	45:00	58:59	1:57:59
4:35	14:15	22:47	22:55	28:29	45:50	1:00:05	2:00:10
4:40	14:30	23:11	23:20	29:00	46:40	1:01:10	2:02:21
4:45	14:45	23:36	23:45	29:31	47:30	1:02:16	2:04:32
4:50	15:01	24:01	24:10	30:02	48:20	1:03:21	2:06:43
4:55	15:17	24:26	24:35	30:33	49:10	1:04:27	2:08:54

Mile	5K	8K	5 Mile	10 K	10 Mile	½ Marathon	Marathon
5:00	15:32	24:51	25:00	31:04	50:00	1:05:33	2:11:06
5:05	15:48	25:16	25:25	31:35	50:50	1:06:38	2:13:17
5:10	16:03	25:41	25:50	32:06	51:40	1:07:44	2:15:28
5:15	16:10	26:05	26:15	32:37	52:30	1:08:49	2:17:39
5:20	16:34	26:30	26:40	33:08	53:20	1:09:55	2:19:50
5:25	16:50	26:55	27:05	33:39	54:10	1:11:01	2:22:01
5:30	17:05	27:20	27:30	34:11	55:00	1:12:06	2:24:12
5:35	17:21	27:45	27:55	34:42	55:50	1:13:12	2:26:23
5:40	17:36	28:10	28:20	35:13	56:40	1:14:17	2:28:34
5:45	17:52	28:35	28:45	35:44	57:30	1:15:23	2:30:45
5:50	18:07	29:00	29:10	36:15	58:20	1:16:28	2:32:57
5:55	18:23	29:24	29:35	36:46	59:10	1:17:34	2:35:08