

Pace Chart for 400 Meters to Marathon

Use this chart to figure out your pace for intervals, tempo runs or races.

400m	600m	800m	1000m	1200m	1600m	3K	5K	8K	5 Mi	10K	15K	10 Mi	20K	$\frac{1}{2}$ Marathon	Marathon
56	84	1:52	2:20	2:48	3:44										
58	87	1:56	2:25	2:54	3:52										
60	90	2:00	2:30	3:00	4:00	7:30									
62	93	2:05	2:35	3:06	4:08	7:45	12:55								
64	96	2:08	2:40	3:12	4:16	8:00	13:20								
66	99	2:12	2:45	3:18	4:24	8:15	13:45	22:00	22:07	27:30					
68	1:42	2:16	2:50	3:24	4:32	8:30	14:10	22:40	22:47	28:20	42:30	45:34	56:40		
70	1:45	2:20	2:55	3:30	4:40	8:45	14:35	23:20	23:27	29:10	43:45	46:54	58:20	1:01:30	
72	1:48	2:24	3:00	3:36	4:48	9:00	15:00	24:00	24:07	30:00	45:00	48:14	1:00:00	1:03:15	2:06:30
74	1:51	2:28	3:05	3:42	4:56	9:15	15:25	24:40	24:48	30:50	46:15	49:36	1:01:40	1:05:00	2:10
76	1:54	2:32	3:10	3:48	5:04	9:30	15:50	25:20	25:28	31:40	47:30	50:56	1:03:20	1:06:45	2:13:30
78	1:57	2:36	3:15	3:54	5:12	9:45	16:15	26:00	26:08	32:30	48:45	52:16	1:05:00	1:08:30	2:17
80	2:00	2:40	3:20	4:00	5:20	10:00	16:40	26:40	26:48	33:20	50:00	53:36	1:06:40	1:10:15	2:20:30
82	2:03	2:44	3:25	4:06	5:28	10:15	17:05	27:20	27:28	34:10	51:15	54:56	1:08:20	1:12:00	2:24
84	2:06	2:48	3:30	4:12	5:36	10:30	17:30	28:00	28:08	35:00	52:30	56:16	1:10:00	1:13:45	2:27:30
86	2:09	2:52	3:35	4:18	5:44	10:45	17:55	28:40	28:48	35:50	53:45	57:36	1:11:40	1:15:30	2:31
88	2:12	2:56	3:40	4:24	5:52	11:00	18:20	29:20	29:28	36:40	55:00	58:56	1:13:20	1:17:15	2:34:30
90	2:15	3:00	3:45	4:30	6:00	11:15	18:45	30:00	30:08	37:30	56:15	1:00:16	1:15:00	1:19:00	2:38
92	2:18	3:04	3:50	4:36	6:08	11:30	19:10	30:40	30:48	38:20	57:30	1:01:36	1:16:40	1:20:45	2:41:30
94	2:21	3:08	3:55	4:42	6:16	11:45	19:35	31:20	31:28	39:10	58:45	1:02:56	1:18:20	1:22:30	2:45
96	2:24	3:12	4:00	4:48	6:24	12:00	20:00	32:00	32:08	40:00	1:00:00	1:04:16	1:20:00	1:24:15	2:48:30
98	2:27	3:16	4:05	4:54	6:32	12:15	20:25	32:40	32:49	40:50	1:01:15	1:05:38	1:21:40	1:26:00	2:52
1:40	2:30	3:20	4:10	5:00	6:40	12:30	20:50	33:20	33:29	41:40	1:02:30	1:06:58	1:23:20	1:27:45	2:55:30
1:42	2:33	3:24	4:15	5:06	6:48	12:45	21:15	34:00	34:09	42:30	1:03:45	1:08:18	1:25:00	1:29:30	2:59
1:44	2:36	3:28	4:20	5:12	6:56	13:00	21:40	34:40	34:49	43:20	1:05:00	1:09:38	1:26:40	1:31:30	3:03
1:46	2:39	3:32	4:25	5:18	7:04	13:15	22:05	35:20	35:29	44:10	1:06:15	1:10:58	1:28:20	1:33:15	3:06:30
1:48	2:42	3:36	4:30	5:24	7:12	13:30	22:30	36:00	36:09	45:00	1:07:30	1:12:18	1:30:00	1:35:00	3:10:00
1:50	2:45	3:40	4:35	5:30	7:20	13:45	22:55	36:40	36:49	45:50	1:08:45	1:13:38	1:31:40	1:36:45	3:13:30
1:52	2:48	3:44	4:40	5:36	7:28	14:00	23:20	37:20	37:29	46:40	1:10:00	1:14:58	1:33:20	1:38:30	3:17
1:54	2:51	3:48	4:45	5:42	7:36	14:15	23:45	38:00	38:09	47:30	1:11:15	1:16:18	1:35:00	1:40:15	3:20:30
1:56	2:54	3:52	4:50	5:48	7:44	14:30	24:10	38:40	38:49	48:20	1:12:30	1:17:38	1:36:40	1:42:00	3:24
1:58	2:57	3:56	4:55	5:54	7:52	14:45	24:35	39:20	39:29	49:10	1:13:45	1:18:58	1:38:20	1:43:45	3:27:30
2:00	3:00	4:00	5:00	6:00	8:00	15:00	25:00	40:00	40:09	50:00	1:15:00	1:20:18	1:40:00	1:45:30	3:31
2:02	3:03	4:04	5:05	6:06	8:08	15:15	25:25	40:40	40:50	50:50	1:16:15	1:21:20	1:41:40	1:47:15	3:34:30
2:04	3:06	4:08	5:10	6:12	8:16	15:30	25:50	41:20	41:30	51:40	1:17:30	1:23:00	1:43:20	1:49:00	3:38
2:06	3:09	4:12	5:15	6:18	8:24	15:45	26:15	42:00	42:10	52:30	1:18:45	1:24:20	1:45:00	1:50:45	3:41:30
2:08	3:12	4:16	5:20	6:24	8:32	16:00	26:40	42:40	42:50	53:20	1:20:00	1:25:40	1:46:40	1:52:30	3:45
2:10	3:15	4:20	5:25	6:30	8:40	16:15	27:05	43:20	43:30	54:10	1:21:15	1:27:00	1:48:20	1:54:15	3:48:30
2:12	3:18	4:24	5:30	6:36	8:48	16:30	27:30	44:00	44:10	55:00	1:22:30	1:28:20	1:50:00	1:56:00	3:52
2:14	3:21	4:28	5:35	6:42	8:56	16:45	27:55	44:40	44:50	55:50	1:23:45	1:29:40	1:51:40	1:57:45	3:55:30
2:16	3:24	4:32	5:40	6:48	9:04	17:00	28:20	45:20	45:30	56:40	1:25:00	1:31:00	1:53:20	1:59:30	3:59

For example if you wanted to do an 800 metres in 2 minutes 32 seconds you would need to do your 400 metres in 76 seconds (see the example in red).