

	Finish Times (h:mm:ss)			
1 Mile Pace (mm:ss)	5k (3.1 miles)	10k (6.2 miles)	Half-Marathon (13.1 miles)	Marathon (26.2 miles)
4:00	0:12:26	0:24:51	0:52:26	1:44:53
4:10	0:12:57	0:25:53	0:54:37	1:49:15
4:20	0:13:28	0:26:56	0:56:48	1:53:37
4:30	0:13:59	0:27:58	0:59:00	1:57:59
4:40	0:14:30	0:29:00	1:01:11	2:02:21
4:50	0:15:01	0:30:02	1:03:22	2:06:43
5:00	0:15:32	0:31:04	1:05:33	2:11:06
5:10	0:16:03	0:32:06	1:07:44	2:15:28
5:20	0:16:34	0:33:08	1:09:55	2:19:50
5:30	0:17:05	0:34:11	1:12:06	2:24:12
5:40	0:17:36	0:35:13	1:14:17	2:28:34
5:50	0:18:07	0:36:15	1:16:28	2:32:57
6:00	0:18:38	0:37:17	1:18:39	2:37:19
6:10	0:19:10	0:38:19	1:20:50	2:41:41
6:20	0:19:41	0:39:21	1:23:02	2:46:03
6:30	0:20:12	0:40:23	1:25:13	2:50:25
6:40	0:20:43	0:41:25	1:27:24	2:54:47
6:50	0:21:14	0:42:28	1:29:35	2:59:10
7:00	0:21:45	0:43:30	1:31:46	3:03:32
7:10	0:22:16	0:44:32	1:33:57	3:07:54
7:20	0:22:47	0:45:34	1:36:08	3:12:16
7:30	0:23:18	0:46:36	1:38:19	3:16:38
7:40	0:23:49	0:47:38	1:40:30	3:21:01
7:50	0:24:20	0:48:40	1:42:41	3:25:23
8:00	0:24:51	0:49:43	1:44:53	3:29:45
8:10	0:25:22	0:50:45	1:47:04	3:34:07
8:20	0:25:53	0:51:47	1:49:15	3:38:29
8:30	0:26:24	0:52:49	1:51:26	3:42:52
8:40	0:26:56	0:53:51	1:53:37	3:47:14
8:50	0:27:27	0:54:53	1:55:48	3:51:36
9:00	0:27:58	0:55:55	1:57:59	3:55:58
9:10	0:28:29	0:56:58	2:00:10	4:00:20
9:20	0:29:00	0:58:00	2:02:21	4:04:43
9:30	0:29:31	0:59:02	2:04:32	4:09:05
9:40	0:30:02	1:00:04	2:06:43	4:13:27
9:50	0:30:33	1:01:06	2:08:55	4:17:49
10:00	0:31:04	1:02:08	2:11:06	4:22:11
10:10	0:31:35	1:03:10	2:13:17	4:26:33
10:20	0:32:06	1:04:13	2:15:28	4:30:56
10:30	0:32:37	1:05:15	2:17:39	4:35:18
10:40	0:33:08	1:06:17	2:19:50	4:39:40
10:50	0:33:39	1:07:19	2:22:01	4:44:02
11:00	0:34:11	1:08:21	2:24:12	4:48:24

Chart provided by WhatsMyPace.com