

RUNNING PACE CHART

1KM	1MI	5KM	10KM	15KM	20KM	HM	25KM	30KM	35KM	40KM	M	KM/H	MPH
0:03:00	0:04:50	0:15:00	0:30:00	0:45:00	1:00:00	1:03:18	1:15:00	1:30:00	1:45:00	2:00:00	2:06:35	20,00	12,42
0:03:05	0:04:58	0:15:25	0:30:50	0:46:15	1:01:40	1:05:03	1:17:05	1:32:30	1:47:55	2:03:20	2:10:06	19,46	12,06
0:03:10	0:05:06	0:15:50	0:31:40	0:47:30	1:03:20	1:06:49	1:19:10	1:35:00	1:50:50	2:06:40	2:13:37	18,95	11,74
0:03:15	0:05:14	0:16:15	0:32:30	0:48:45	1:05:00	1:08:34	1:21:15	1:37:30	1:53:45	2:10:00	2:17:08	18,46	11,44
0:03:20	0:05:22	0:16:40	0:33:20	0:50:00	1:06:40	1:10:20	1:23:20	1:40:00	1:56:40	2:13:20	2:20:39	18,00	11,16
0:03:25	0:05:30	0:17:05	0:34:10	0:51:15	1:08:20	1:12:05	1:25:25	1:42:30	1:59:35	2:16:40	2:24:10	17,56	10,88
0:03:30	0:05:38	0:17:30	0:35:00	0:52:30	1:10:00	1:13:50	1:27:30	1:45:00	2:02:30	2:20:00	2:27:41	17,14	10,62
0:03:35	0:05:46	0:17:55	0:35:50	0:53:45	1:11:40	1:15:36	1:29:35	1:47:30	2:05:25	2:23:20	2:31:12	16,74	10,37
0:03:40	0:05:54	0:18:20	0:36:40	0:55:00	1:13:20	1:17:21	1:31:40	1:50:00	2:08:20	2:26:40	2:34:43	16,36	10,14
0:03:45	0:06:02	0:18:45	0:37:30	0:56:15	1:15:00	1:19:07	1:33:45	1:52:30	2:11:15	2:30:00	2:38:14	16,00	09,92
0:03:50	0:06:10	0:19:10	0:38:20	0:57:30	1:16:40	1:20:52	1:35:50	1:55:00	2:14:10	2:33:20	2:41:45	15,65	09,70
0:03:55	0:06:18	0:19:35	0:39:10	0:58:45	1:18:20	1:22:38	1:37:55	1:57:30	2:17:05	2:36:40	2:45:16	15,32	09,49
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0:04:05	0:06:34	0:20:25	0:40:50	1:01:15	1:21:40	1:26:09	1:42:05	2:02:30	2:22:55	2:43:20	2:52:18	14,69	09,10
0:04:10	0:06:42	0:20:50	0:41:40	1:02:30	1:23:20	1:27:54	1:44:10	2:05:00	2:25:50	2:46:40	2:55:49	14,40	08,92
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0:04:20	0:06:58	0:21:40	0:43:20	1:05:00	1:26:40	1:31:25	1:48:20	2:10:00	2:31:40	2:53:20	3:02:51	13,85	08,58
0:04:25	0:07:06	0:22:05	0:44:10	1:06:15	1:28:20	1:33:11	1:50:25	2:12:30	2:34:35	2:56:40	3:06:22	13,58	08,41
0:04:30	0:07:15	0:22:30	0:45:00	1:07:30	1:30:00	1:34:56	1:52:30	2:15:00	2:37:30	3:00:00	3:09:53	13,33	08,26
0:04:35	0:07:23	0:22:55	0:45:50	1:08:45	1:31:40	1:36:42	1:54:35	2:17:30	2:40:25	3:03:20	3:13:24	13,09	08,11
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0:04:55	0:07:55	0:24:35	0:49:10	1:13:45	1:38:20	1:43:44	2:02:55	2:27:30	2:52:05	3:16:40	3:27:28	12,20	07,56
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0:05:10	0:08:19	0:25:50	0:51:40	1:17:30	1:43:20	1:49:00	2:09:10	2:35:00	3:00:50	3:26:40	3:38:00	11,61	07,19
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0:05:35	0:08:59	0:27:55	0:55:50	1:23:45	1:51:40	1:57:48	2:19:35	2:47:30	3:15:25	3:43:20	3:55:35	10,75	06,66
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0:06:30	0:10:28	0:32:30	1:05:00	1:37:30	2:10:00	2:17:08	2:42:30	3:15:00	3:47:30	4:20:00	4:34:16	09,23	05,72