

MPH	km/hr	Min/Km	5 Km	8 Km	10 Km	Half Maratho
3	4.8	0:12:26	1:02:08	1:39:25	2:04:16	4:22:13
3.2	5.1	0:11:39	0:58:15	1:33:12	1:56:30	4:05:50
3.4	5.5	0:10:58	0:54:50	1:27:43	1:49:39	3:51:22
3.6	5.8	0:10:21	0:51:47	1:22:51	1:43:34	3:38:31
3.8	6.1	0:09:49	0:49:03	1:18:29	1:38:07	3:27:01
4	6.4	0:09:19	0:46:36	1:14:34	1:33:12	3:16:40
4.2	6.8	0:08:53	0:44:23	1:11:01	1:28:46	3:07:18
4.4	7.1	0:08:28	0:42:22	1:07:47	1:24:44	2:58:47
4.6	7.4	0:08:06	0:40:31	1:04:50	1:21:03	2:51:01
4.8	7.7	0:07:46	0:38:50	1:02:08	1:17:40	2:43:53
5	8	0:07:27	0:37:17	0:59:39	1:14:34	2:37:20
5.2	8.4	0:07:10	0:35:51	0:57:21	1:11:42	2:31:17
5.4	8.7	0:06:54	0:34:31	0:55:14	1:09:02	2:25:41
5.6	9	0:06:39	0:33:17	0:53:16	1:06:35	2:20:28
5.8	9.3	0:06:26	0:32:08	0:51:25	1:04:17	2:15:38
6	9.7	0:06:13	0:31:04	0:49:43	1:02:08	2:11:07
6.2	10	0:06:01	0:30:04	0:48:06	1:00:08	2:06:53
6.4	10.3	0:05:50	0:29:08	0:46:36	0:58:15	2:02:55
6.6	10.6	0:05:39	0:28:15	0:45:11	0:56:29	1:59:11
6.8	10.9	0:05:29	0:27:25	0:43:52	0:54:50	1:55:41
7	11.3	0:05:20	0:26:38	0:42:36	0:53:16	1:52:23
7.2	11.6	0:05:11	0:25:53	0:41:25	0:51:47	1:49:15
7.4	11.9	0:05:02	0:25:11	0:40:18	0:50:23	1:46:18
7.6	12.2	0:04:54	0:24:32	0:39:15	0:49:03	1:43:30
7.8	12.6	0:04:47	0:23:54	0:38:14	0:47:48	1:40:51
8	12.9	0:04:40	0:23:18	0:37:17	0:46:36	1:38:20
8.2	13.2	0:04:33	0:22:44	0:36:22	0:45:28	1:35:56
8.4	13.5	0:04:26	0:22:12	0:35:30	0:44:23	1:33:39
8.6	13.8	0:04:20	0:21:41	0:34:41	0:43:21	1:31:28
8.8	14.2	0:04:14	0:21:11	0:33:54	0:42:22	1:29:24
9	14.5	0:04:09	0:20:43	0:33:08	0:41:25	1:27:24
9.2	14.8	0:04:03	0:20:16	0:32:25	0:40:31	1:25:30
9.4	15.1	0:03:58	0:19:50	0:31:44	0:39:40	1:23:41
9.6	15.4	0:03:53	0:19:25	0:31:04	0:38:50	1:21:57
9.8	15.8	0:03:48	0:19:01	0:30:26	0:38:03	1:20:16
10	16.1	0:03:44	0:18:38	0:29:50	0:37:17	1:18:40
10.2	16.4	0:03:39	0:18:17	0:29:14	0:36:33	1:17:07
10.4	16.7	0:03:35	0:17:55	0:28:41	0:35:51	1:15:38
10.6	17.1	0:03:31	0:17:35	0:28:08	0:35:10	1:14:13
10.8	17.4	0:03:27	0:17:16	0:27:37	0:34:31	1:12:50
11	17.7	0:03:23	0:16:57	0:27:07	0:33:54	1:11:31
11.2	18	0:03:20	0:16:39	0:26:38	0:33:17	1:10:14
11.4	18.3	0:03:16	0:16:21	0:26:10	0:32:42	1:09:00
11.6	18.7	0:03:13	0:16:04	0:25:43	0:32:08	1:07:49
11.8	19	0:03:10	0:15:48	0:25:17	0:31:36	1:06:40
12	19.3	0:03:06	0:15:32	0:24:51	0:31:04	1:05:33

Marathon
8:44:26
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