

MPH	Min/Miles	3 miles	5 Km	8 Km	10 Km	Half Marathon
3	0:20:00	1:00:00	1:02:08	1:39:25	2:04:16	4:22:13
3.2	0:18:45	0:56:15	0:58:15	1:33:12	1:56:30	4:05:50
3.4	0:17:39	0:52:56	0:54:50	1:27:43	1:49:39	3:51:22
3.6	0:16:40	0:50:00	0:51:47	1:22:51	1:43:34	3:38:31
3.8	0:15:47	0:47:22	0:49:03	1:18:29	1:38:07	3:27:01
4	0:15:00	0:45:00	0:46:36	1:14:34	1:33:12	3:16:40
4.2	0:14:17	0:42:51	0:44:23	1:11:01	1:28:46	3:07:18
4.4	0:13:38	0:40:55	0:42:22	1:07:47	1:24:44	2:58:47
4.6	0:13:03	0:39:08	0:40:31	1:04:50	1:21:03	2:51:01
4.8	0:12:30	0:37:30	0:38:50	1:02:08	1:17:40	2:43:53
5	0:12:00	0:36:00	0:37:17	0:59:39	1:14:34	2:37:20
5.2	0:11:32	0:34:37	0:35:51	0:57:21	1:11:42	2:31:17
5.4	0:11:07	0:33:20	0:34:31	0:55:14	1:09:02	2:25:41
5.6	0:10:43	0:32:09	0:33:17	0:53:16	1:06:35	2:20:28
5.8	0:10:21	0:31:02	0:32:08	0:51:25	1:04:17	2:15:38
6	0:10:00	0:30:00	0:31:04	0:49:43	1:02:08	2:11:07
6.2	0:09:41	0:29:02	0:30:04	0:48:06	1:00:08	2:06:53
6.4	0:09:22	0:28:07	0:29:08	0:46:36	0:58:15	2:02:55
6.6	0:09:05	0:27:16	0:28:15	0:45:11	0:56:29	1:59:11
6.8	0:08:49	0:26:28	0:27:25	0:43:52	0:54:50	1:55:41
7	0:08:34	0:25:43	0:26:38	0:42:36	0:53:16	1:52:23
7.2	0:08:20	0:25:00	0:25:53	0:41:25	0:51:47	1:49:15
7.4	0:08:06	0:24:19	0:25:11	0:40:18	0:50:23	1:46:18
7.6	0:07:54	0:23:41	0:24:32	0:39:15	0:49:03	1:43:30
7.8	0:07:42	0:23:05	0:23:54	0:38:14	0:47:48	1:40:51
8	0:07:30	0:22:30	0:23:18	0:37:17	0:46:36	1:38:20
8.2	0:07:19	0:21:57	0:22:44	0:36:22	0:45:28	1:35:56
8.4	0:07:09	0:21:26	0:22:12	0:35:30	0:44:23	1:33:39
8.6	0:06:59	0:20:56	0:21:41	0:34:41	0:43:21	1:31:28
8.8	0:06:49	0:20:27	0:21:11	0:33:54	0:42:22	1:29:24
9	0:06:40	0:20:00	0:20:43	0:33:08	0:41:25	1:27:24
9.2	0:06:31	0:19:34	0:20:16	0:32:25	0:40:31	1:25:30
9.4	0:06:23	0:19:09	0:19:50	0:31:44	0:39:40	1:23:41
9.6	0:06:15	0:18:45	0:19:25	0:31:04	0:38:50	1:21:57
9.8	0:06:07	0:18:22	0:19:01	0:30:26	0:38:03	1:20:16
10	0:06:00	0:18:00	0:18:38	0:29:50	0:37:17	1:18:40
10.2	0:05:53	0:17:39	0:18:17	0:29:14	0:36:33	1:17:07
10.4	0:05:46	0:17:18	0:17:55	0:28:41	0:35:51	1:15:38
10.6	0:05:40	0:16:59	0:17:35	0:28:08	0:35:10	1:14:13
10.8	0:05:33	0:16:40	0:17:16	0:27:37	0:34:31	1:12:50
11	0:05:27	0:16:22	0:16:57	0:27:07	0:33:54	1:11:31
11.2	0:05:21	0:16:04	0:16:39	0:26:38	0:33:17	1:10:14
11.4	0:05:16	0:15:47	0:16:21	0:26:10	0:32:42	1:09:00
11.6	0:05:10	0:15:31	0:16:04	0:25:43	0:32:08	1:07:49
11.8	0:05:05	0:15:15	0:15:48	0:25:17	0:31:36	1:06:40
12	0:05:00	0:15:00	0:15:32	0:24:51	0:31:04	1:05:33

Marathon
8:44:26
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