

Half Marathon Pace Chart

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

Half Marathon Pace Chart Continued.....

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