

time/mile	2 miles	3 miles	(3.107 miles) 5K	3.5 miles	5 miles	6 miles	(6.214 miles) 10K	(9.321 miles) 15K
4:45	9:30	14:15	14:45	16:38	23:45	28:30	29:31	44:16
5:00	10:00	15:00	15:32	17:30	25:00	30:00	31:04	46:36
5:15	10:30	15:45	16:19	18:22	26:15	31:30	32:37	48:56
5:30	11:00	16:30	17:05	19:15	27:30	33:00	34:11	51:16
5:45	11:30	17:15	17:52	20:08	28:45	34:30	35:44	53:36
6:00	12:00	18:00	18:38	21:00	30:00	36:00	37:17	55:55
6:15	12:30	18:45	19:25	21:53	31:15	37:30	38:50	58:15
6:30	13:00	19:30	20:12	22:45	32:30	39:00	40:23	1:00:35
6:45	13:30	20:15	20:58	23:37	33:45	40:30	41:57	1:02:55
7:00	14:00	21:00	21:45	24:30	35:00	42:00	43:30	1:05:15
7:15	14:30	21:45	22:31	25:22	36:15	43:30	45:03	1:07:34
7:30	15:00	22:30	23:18	26:15	37:30	45:00	46:36	1:09:54
7:45	15:30	23:15	24:05	27:08	38:45	46:30	48:09	1:12:14
8:00	16:00	24:00	24:51	28:00	40:00	48:00	49:43	1:14:34
8:15	16:30	24:45	25:38	28:53	41:15	49:30	51:16	1:16:54
8:30	17:00	25:30	26:24	29:45	42:30	51:00	52:49	1:19:13
8:45	17:30	26:15	27:11	30:37	43:45	52:30	54:22	1:21:33
9:00	18:00	27:00	27:58	31:30	45:00	54:00	55:55	1:23:53
9:15	18:30	27:45	28:44	32:23	46:15	55:30	57:29	1:26:13
9:30	19:00	28:30	29:31	33:15	47:30	57:00	59:02	1:28:33
9:45	19:30	29:15	30:18	34:07	48:45	58:30	1:00:35	1:30:53
10:00	20:00	30:00	31:04	35:00	50:00	1:00:00	1:02:08	1:33:12
10:30	21:00	31:30	32:37	36:45	52:30	1:03:00	1:05:15	1:37:52
11:00	22:00	33:00	34:11	38:30	55:00	1:06:00	1:08:21	1:42:32
11:30	23:00	34:30	35:44	40:15	57:30	1:09:00	1:11:27	1:47:11
12:00	24:00	36:00	37:17	42:00	1:00:00	1:12:00	1:14:34	1:51:51

time/mile	10 miles	(12.427 miles) 20K	(13.109 miles) 1/2 mara.	15 miles	(15.534 miles) 25K	(18.641 miles) 30K	20 miles	(26.219 miles) marathon
4:45	47:30	59:02	1:02:16	1:11:15	1:13:47	1:28:33	1:35:00	2:04:32
5:00	50:00	1:02:08	1:05:33	1:15:00	1:17:40	1:33:12	1:40:00	2:11:06
5:15	52:30	1:05:15	1:08:49	1:18:45	1:21:33	1:37:52	1:45:00	2:17:39
5:30	55:00	1:08:21	1:12:06	1:22:30	1:25:26	1:42:32	1:50:00	2:24:12
5:45	57:30	1:11:27	1:15:23	1:26:15	1:29:19	1:47:11	1:55:00	2:30:45
6:00	1:00:00	1:14:34	1:18:39	1:30:00	1:33:12	1:51:51	2:00:00	2:37:19
6:15	1:02:30	1:17:40	1:21:56	1:33:45	1:37:05	1:56:30	2:05:00	2:43:52
6:30	1:05:00	1:20:47	1:25:13	1:37:30	1:40:58	2:01:10	2:10:00	2:50:25
6:45	1:07:30	1:23:53	1:28:29	1:41:15	1:44:51	2:05:50	2:15:00	2:56:59
7:00	1:10:00	1:27:00	1:31:46	1:45:00	1:48:44	2:10:29	2:20:00	3:03:32
7:15	1:12:30	1:30:06	1:35:03	1:48:45	1:52:37	2:15:09	2:25:00	3:10:05
7:30	1:15:00	1:33:12	1:38:19	1:52:30	1:56:30	2:19:49	2:30:00	3:16:38
7:45	1:17:30	1:36:19	1:41:36	1:56:15	2:00:23	2:24:28	2:35:00	3:23:12
8:00	1:20:00	1:39:25	1:44:53	2:00:00	2:04:16	2:29:08	2:40:00	3:29:45
8:15	1:22:30	1:42:32	1:48:09	2:03:45	2:08:09	2:33:47	2:45:00	3:36:18
8:30	1:25:00	1:45:38	1:51:26	2:07:30	2:12:02	2:38:27	2:50:00	3:42:52
8:45	1:27:30	1:48:44	1:54:42	2:11:15	2:15:55	2:43:07	2:55:00	3:49:25
9:00	1:30:00	1:51:51	1:57:59	2:15:00	2:19:49	2:47:46	3:00:00	3:55:58
9:15	1:32:30	1:54:57	2:01:16	2:18:45	2:23:42	2:52:26	3:05:00	4:02:31
9:30	1:35:00	1:58:04	2:04:32	2:22:30	2:27:35	2:57:05	3:10:00	4:09:05
9:45	1:37:30	2:01:10	2:07:49	2:26:15	2:31:28	3:01:45	3:15:00	4:15:38
10:00	1:40:00	2:04:16	2:11:06	2:30:00	2:35:21	3:06:25	3:20:00	4:22:11
10:30	1:45:00	2:10:29	2:17:39	2:37:30	2:43:07	3:15:44	3:30:00	4:35:18
11:00	1:50:00	2:16:42	2:24:12	2:45:00	2:50:53	3:25:03	3:40:00	4:48:24
11:30	1:55:00	2:22:55	2:30:45	2:52:30	2:58:39	3:34:22	3:50:00	5:01:31
12:00	2:00:00	2:29:08	2:37:19	3:00:00	3:06:25	3:43:42	4:00:00	5:14:37