Finish times by pace per mile

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

Even pace.

Notes

Spitzshop.com · Personal and small-business use; please do not resell or share the files.