Finish times by pace per km

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

Even pace.

Notes

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