



Pace (min/mile)	Estimated Finish Time (h:mm:ss)		
	5k (3.1 miles)	10k (6.2 miles)	Half Marathon (13.1 miles)
05:00	0:15:30	0:31:00	1:05:30
05:15	0:16:16	0:32:33	1:08:46
05:30	0:17:03	0:34:06	1:12:03
05:45	0:17:49	0:35:39	1:15:19
06:00	0:18:36	0:37:12	1:18:36
06:15	0:19:22	0:38:45	1:21:53
06:30	0:20:09	0:40:18	1:25:09
06:45	0:20:56	0:41:51	1:28:26
07:00	0:21:42	0:43:24	1:31:42
07:15	0:22:29	0:44:57	1:34:59
07:30	0:23:15	0:46:30	1:38:15
07:45	0:24:02	0:48:03	1:41:32
08:00	0:24:48	0:49:36	1:44:48
08:15	0:25:35	0:51:09	1:48:05
08:30	0:26:21	0:52:42	1:51:21
08:45	0:27:08	0:54:15	1:54:38
09:00	0:27:54	0:55:48	1:57:54
09:15	0:28:41	0:57:21	2:01:11
09:30	0:29:27	0:58:54	2:04:27
09:45	0:30:14	1:00:27	2:07:44
10:00	0:31:00	1:02:00	2:11:00
10:15	0:31:47	1:03:33	2:14:17
10:30	0:32:33	1:05:06	2:17:33
10:45	0:33:20	1:06:39	2:20:50
11:00	0:34:06	1:08:12	2:24:06
11:15	0:34:53	1:09:45	2:27:23
11:30	0:35:39	1:11:18	2:30:39
11:45	0:36:26	1:12:51	2:33:56
12:00	0:37:12	1:14:24	2:37:12
12:15	0:37:59	1:15:57	2:40:29
12:30	0:38:45	1:17:30	2:43:45
12:45	0:39:32	1:19:03	2:47:02
13:00	0:40:18	1:20:36	2:50:18
13:15	0:41:05	1:22:09	2:53:34
13:30	0:41:51	1:23:42	2:56:51
13:45	0:42:37	1:25:15	3:00:07
14:00	0:43:24	1:26:48	3:03:24
14:15	0:44:10	1:28:21	3:06:40
14:30	0:44:57	1:29:54	3:09:57
14:45	0:45:43	1:31:27	3:13:13
15:00	0:46:30	1:33:00	3:16:30
15:15	0:47:16	1:34:33	3:19:46
15:30	0:48:03	1:36:06	3:23:03
15:45	0:48:49	1:37:39	3:26:19
16:00	0:49:36	1:39:12	3:29:36
16:15	0:50:22	1:40:45	3:32:52
16:30	0:51:09	1:42:18	3:36:09
16:45	0:51:55	1:43:51	3:39:25
17:00	0:52:42	1:45:24	3:42:42
17:15	0:53:28	1:46:57	3:45:58
17:30	0:54:15	1:48:30	3:49:15
17:45	0:55:01	1:50:03	3:52:31
18:00	0:55:48	1:51:36	3:55:48
18:15	0:56:34	1:53:09	3:59:04
18:30	0:57:21	1:54:42	4:02:21