Running Pace Chart

Pace per km and per mile with finish times for 5K, 10K, half marathon and marathon

For: Runners, coaches, race planners and PE teachers

allunitconversions.com/running-pace-chart
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KEY RELATIONSHIP	FORMULA	REVERSE	WORKED EXAMPLE
1 mile = 1.609344 km exactly; marathon 42.195 km, half marathon 21.0975 km	Pace per mile = pace per km × 1.609344; finish time = pace × distance	Pace per km = pace per mile ÷ 1.609344 = finish time ÷ distance	5:00 per km = 8:03 per mile; marathon 3:30:59

Times are rounded to the nearest second. Even pacing assumed; course, wind and hills change real times.

Pace per kilometre with finish times

Per km	Per mile	km/h	mph	5K	10K	Half marathon	Marathon
3:00	4:50	20.00	12.43	15:00	30:00	1:03:18	2:06:35
3:10	5:06	18.95	11.77	15:50	31:40	1:06:49	2:13:37
3:20	5:22	18.00	11.18	16:40	33:20	1:10:20	2:20:39
3:30	5:38	17.14	10.65	17:30	35:00	1:13:50	2:27:41
3:40	5:54	16.36	10.17	18:20	36:40	1:17:21	2:34:43
3:50	6:10	15.65	9.73	19:10	38:20	1:20:52	2:41:45
4:00	6:26	15.00	9.32	20:00	40:00	1:24:23	2:48:47
4:10	6:42	14.40	8.95	20:50	41:40	1:27:54	2:55:49
4:20	6:58	13.85	8.60	21:40	43:20	1:31:25	3:02:51
4:30	7:15	13.33	8.28	22:30	45:00	1:34:56	3:09:53
4:40	7:31	12.86	7.99	23:20	46:40	1:38:27	3:16:55
4:50	7:47	12.41	7.71	24:10	48:20	1:41:58	3:23:57
5:00	8:03	12.00	7.46	25:00	50:00	1:45:29	3:30:59
5:10	8:19	11.61	7.22	25:50	51:40	1:49:00	3:38:00
5:20	8:35	11.25	6.99	26:40	53:20	1:52:31	3:45:02
5:30	8:51	10.91	6.78	27:30	55:00	1:56:02	3:52:04
5:40	9:07	10.59	6.58	28:20	56:40	1:59:33	3:59:06
5:50	9:23	10.29	6.39	29:10	58:20	2:03:04	4:06:08
6:00	9:39	10.00	6.21	30:00	1:00:00	2:06:35	4:13:10
6:10	9:55	9.73	6.05	30:50	1:01:40	2:10:06	4:20:12
6:20	10:12	9.47	5.89	31:40	1:03:20	2:13:37	4:27:14
6:30	10:28	9.23	5.74	32:30	1:05:00	2:17:08	4:34:16
6:40	10:44	9.00	5.59	33:20	1:06:40	2:20:39	4:41:18
6:50	11:00	8.78	5.46	34:10	1:08:20	2:24:10	4:48:20
7:00	11:16	8.57	5.33	35:00	1:10:00	2:27:41	4:55:22
7:10	11:32	8.37	5.20	35:50	1:11:40	2:31:12	5:02:24
7:20	11:48	8.18	5.08	36:40	1:13:20	2:34:43	5:09:26
7:30	12:04	8.00	4.97	37:30	1:15:00	2:38:14	5:16:28
7:40	12:20	7.83	4.86	38:20	1:16:40	2:41:45	5:23:30
7:50	12:36	7.66	4.76	39:10	1:18:20	2:45:16	5:30:32
8:00	12:52	7.50	4.66	40:00	1:20:00	2:48:47	5:37:34
8:10	13:09	7.35	4.57	40:50	1:21:40	2:52:18	5:44:36
8:20	13:25	7.20	4.47	41:40	1:23:20	2:55:49	5:51:38
8:30	13:41	7.06	4.39	42:30	1:25:00	2:59:20	5:58:39
8:40	13:57	6.92	4.30	43:20	1:26:40	3:02:51	6:05:41
8:50	14:13	6.79	4.22	44:10	1:28:20	3:06:22	6:12:43

Per km	Per mile	km/h	mph	5K	10K	Half marathon	Marathon
9:00	14:29	6.67	4.14	45:00	1:30:00	3:09:53	6:19:45

Pace per mile with finish times

Per mile	Per km	mph	km/h	5K	10K	Half marathon	Marathon
5:00	3:06	12.00	19.31	15:32	31:04	1:05:33	2:11:06
5:15	3:16	11.43	18.39	16:19	32:37	1:08:49	2:17:39
5:30	3:25	10.91	17.56	17:05	34:11	1:12:06	2:24:12
5:45	3:34	10.43	16.79	17:52	35:44	1:15:23	2:30:45
6:00	3:44	10.00	16.09	18:38	37:17	1:18:39	2:37:19
6:15	3:53	9.60	15.45	19:25	38:50	1:21:56	2:43:52
6:30	4:02	9.23	14.86	20:12	40:23	1:25:13	2:50:25
6:45	4:12	8.89	14.31	20:58	41:57	1:28:29	2:56:59
7:00	4:21	8.57	13.79	21:45	43:30	1:31:46	3:03:32
7:15	4:30	8.28	13.32	22:31	45:03	1:35:03	3:10:05
7:30	4:40	8.00	12.87	23:18	46:36	1:38:19	3:16:38
7:45	4:49	7.74	12.46	24:05	48:09	1:41:36	3:23:12
8:00	4:58	7.50	12.07	24:51	49:43	1:44:53	3:29:45
8:15	5:08	7.27	11.70	25:38	51:16	1:48:09	3:36:18
8:30	5:17	7.06	11.36	26:24	52:49	1:51:26	3:42:52
8:45	5:26	6.86	11.04	27:11	54:22	1:54:42	3:49:25
9:00	5:36	6.67	10.73	27:58	55:55	1:57:59	3:55:58
9:15	5:45	6.49	10.44	28:44	57:29	2:01:16	4:02:31
9:30	5:54	6.32	10.16	29:31	59:02	2:04:32	4:09:05
9:45	6:04	6.15	9.90	30:18	1:00:35	2:07:49	4:15:38
10:00	6:13	6.00	9.66	31:04	1:02:08	2:11:06	4:22:11
10:15	6:22	5.85	9.42	31:51	1:03:41	2:14:22	4:28:45
10:30	6:31	5.71	9.20	32:37	1:05:15	2:17:39	4:35:18
10:45	6:41	5.58	8.98	33:24	1:06:48	2:20:56	4:41:51
11:00	6:50	5.45	8.78	34:11	1:08:21	2:24:12	4:48:24
11:15	6:59	5.33	8.58	34:57	1:09:54	2:27:29	4:54:58
11:30	7:09	5.22	8.40	35:44	1:11:27	2:30:45	5:01:31
11:45	7:18	5.11	8.22	36:30	1:13:01	2:34:02	5:08:04
12:00	7:27	5.00	8.05	37:17	1:14:34	2:37:19	5:14:38
12:15	7:37	4.90	7.88	38:04	1:16:07	2:40:35	5:21:11
12:30	7:46	4.80	7.72	38:50	1:17:40	2:43:52	5:27:44
12:45	7:55	4.71	7.57	39:37	1:19:13	2:47:09	5:34:17
13:00	8:05	4.62	7.43	40:23	1:20:47	2:50:25	5:40:51
13:15	8:14	4.53	7.29	41:10	1:22:20	2:53:42	5:47:24
13:30	8:23	4.44	7.15	41:57	1:23:53	2:56:59	5:53:57
13:45	8:33	4.36	7.02	42:43	1:25:26	3:00:15	6:00:30
14:00	8:42	4.29	6.90	43:30	1:27:00	3:03:32	6:07:04
14:15	8:51	4.21	6.78	44:16	1:28:33	3:06:49	6:13:37
14:30	9:01	4.14	6.66	45:03	1:30:06	3:10:05	6:20:10
14:45	9:10	4.07	6.55	45:50	1:31:39	3:13:22	6:26:44
15:00	9:19	4.00	6.44	46:36	1:33:12	3:16:38	6:33:17

Marathon goal times

Finish	Per km	Per mile	Halfway	5 km split
2:00:00	2:51	4:35	1:00:00	14:13
2:15:00	3:12	5:09	1:07:30	16:00
2:30:00	3:33	5:43	1:15:00	17:46
2:45:00	3:55	6:18	1:22:30	19:33
3:00:00	4:16	6:52	1:30:00	21:20
3:15:00	4:37	7:26	1:37:30	23:06
3:30:00	4:59	8:01	1:45:00	24:53
3:45:00	5:20	8:35	1:52:30	26:40
4:00:00	5:41	9:09	2:00:00	28:26

Finish	Per km	Per mile	Halfway	5 km split
4:15:00	6:03	9:44	2:07:30	30:13
4:30:00	6:24	10:18	2:15:00	32:00
4:45:00	6:45	10:52	2:22:30	33:46
5:00:00	7:07	11:27	2:30:00	35:33
5:15:00	7:28	12:01	2:37:30	37:20
5:30:00	7:49	12:35	2:45:00	39:06
5:45:00	8:11	13:10	2:52:30	40:53
6:00:00	8:32	13:44	3:00:00	42:40

Half marathon goal times

Finish	Per km	Per mile	10K split
1:00:00	2:51	4:35	28:26
1:05:00	3:05	4:57	30:49
1:10:00	3:19	5:20	33:11
1:15:00	3:33	5:43	35:33
1:20:00	3:48	6:06	37:55
1:25:00	4:02	6:29	40:17
1:30:00	4:16	6:52	42:40
1:35:00	4:30	7:15	45:02
1:40:00	4:44	7:38	47:24
1:45:00	4:59	8:01	49:46
1:50:00	5:13	8:23	52:08
1:55:00	5:27	8:46	54:31
2:00:00	5:41	9:09	56:53

Finish	Per km	Per mile	10K split
2:05:00	5:55	9:32	59:15
2:10:00	6:10	9:55	1:01:37
2:15:00	6:24	10:18	1:03:59
2:20:00	6:38	10:41	1:06:22
2:25:00	6:52	11:04	1:08:44
2:30:00	7:07	11:27	1:11:06
2:35:00	7:21	11:49	1:13:28
2:40:00	7:35	12:12	1:15:50
2:45:00	7:49	12:35	1:18:12
2:50:00	8:03	12:58	1:20:35
2:55:00	8:18	13:21	1:22:57
3:00:00	8:32	13:44	1:25:19

Race distances

Race	Kilometres	Miles
1 mile	1.6093	1
5K	5	3.107
8K	8	4.971
10K	10	6.214
15K	15	9.321

Race	Kilometres	Miles
10 miles	16.0934	10
Half marathon	21.0975	13.109
Marathon	42.195	26.219
50K ultra	50	31.069
100K ultra	100	62.137

Sources and method

- **International Yard and Pound Agreement (1959)** — 1 in = 25.4 mm, 1 ft = 0.3048 m, 1 lb = 0.453 592 37 kg exactly
- **World Athletics Competition Rules** — Standard road race distances: marathon 42.195 km, half marathon 21.0975 km

Every pace, speed and finish time is calculated from the exact mile and the standard race distances. Interactive version, corrections and more charts: **allunitconversions.com/running-pace-chart**