



RUNNING PACE CHART

5K-TIME-TRIAL	10K RACE		HALF-MARATHON		MARATHON	
	Total	1 km	Total	1 km	Total	1 km
00:37:30	01:15:00	00:07:30	02:45:47	00:07:54	06:10:35	00:08:49
00:36:40	01:13:20	00:07:20	02:42:06	00:07:43	06:02:21	00:08:38
00:35:50	01:11:40	00:07:10	02:38:25	00:07:33	05:54:07	00:08:26
00:35:00	01:10:00	00:07:00	02:34:44	00:07:22	05:45:53	00:08:14
00:34:10	01:08:20	00:06:50	02:31:03	00:07:12	05:37:39	00:08:02
00:33:20	01:06:40	00:06:40	02:27:22	00:07:01	05:29:25	00:07:51
00:32:30	01:05:00	00:06:30	02:23:41	00:06:51	05:21:11	00:07:39
00:31:40	01:03:20	00:06:20	02:20:00	00:06:40	05:12:56	00:07:27
00:30:50	01:01:40	00:06:10	02:16:19	00:06:29	05:04:42	00:07:15
00:30:00	01:00:00	00:06:00	02:12:38	00:06:19	04:56:28	00:07:04
00:29:10	00:58:20	00:05:50	02:08:57	00:06:08	04:48:14	00:06:52
00:28:20	00:56:40	00:05:40	02:05:16	00:05:58	04:40:00	00:06:40
00:27:30	00:55:00	00:05:30	02:01:35	00:05:47	04:31:46	00:06:28
00:26:40	00:53:20	00:05:20	01:57:54	00:05:37	04:23:32	00:06:16
00:25:50	00:51:40	00:05:10	01:54:13	00:05:26	04:15:18	00:06:05
00:25:00	00:50:00	00:05:00	01:50:32	00:05:16	04:07:04	00:05:53
00:24:10	00:48:20	00:04:50	01:46:51	00:05:05	03:58:49	00:05:41
00:23:20	00:46:40	00:04:40	01:43:09	00:04:55	03:50:35	00:05:29
00:22:30	00:45:00	00:04:30	01:39:28	00:04:44	03:42:21	00:05:18
00:21:40	00:43:20	00:04:20	01:35:47	00:04:34	03:34:07	00:05:06
00:20:50	00:41:40	00:04:10	01:32:06	00:04:23	03:25:53	00:04:54
00:20:00	00:40:00	00:04:00	01:28:25	00:04:13	03:17:39	00:04:42
00:19:10	00:38:20	00:03:50	01:24:44	00:04:02	03:09:25	00:04:31
00:18:20	00:36:40	00:03:40	01:21:03	00:03:52	03:01:11	00:04:19
00:17:30	00:35:00	00:03:30	01:17:22	00:03:41	02:52:56	00:04:07
00:16:40	00:33:20	00:03:20	01:13:41	00:03:31	02:44:42	00:03:55
00:15:50	00:31:40	00:03:10	01:10:00	00:03:20	02:36:28	00:03:44
00:15:00	00:30:00	00:03:00	01:06:19	00:03:09	02:28:14	00:03:32