



### Half-Marathon Pace Chart (min/mile)

Finish Time	1	2	3	5K	4	5	6	10K	7	8	9	15K	10	11	12	13	Finish
1:00:00	4:35	9:10	13:44	14:12	18:19	22:54	27:29	28:24	32:04	36:38	41:13	42:36	45:48	50:23	54:58	59:33	1:00:00
1:05:00	4:58	9:55	14:53	15:23	19:51	24:49	29:46	30:46	34:44	39:42	44:39	46:09	49:37	54:35	59:33	1:04:30	1:05:00
1:10:00	5:21	10:41	16:02	16:34	21:22	26:43	32:04	33:08	37:24	42:45	48:05	49:42	53:26	58:47	1:04:07	1:09:28	1:10:00
1:15:00	5:44	11:27	17:11	17:45	22:54	28:38	34:21	35:30	40:05	45:48	51:32	53:15	57:15	1:02:59	1:08:42	1:14:26	1:15:00
1:20:00	6:06	12:13	18:19	18:56	24:26	30:32	36:38	37:52	42:45	48:51	54:58	56:48	1:01:04	1:07:11	1:13:17	1:19:23	1:20:00
1:25:00	6:29	12:59	19:28	20:07	25:57	32:27	38:56	40:14	45:25	51:55	58:24	1:00:21	1:04:53	1:11:22	1:17:52	1:24:21	1:25:00
1:30:00	6:52	13:44	20:37	21:18	27:29	34:21	41:13	42:36	48:05	54:58	1:01:50	1:03:54	1:08:42	1:15:34	1:22:27	1:29:19	1:30:00
1:35:00	7:15	14:30	21:45	22:29	29:00	36:16	43:31	44:58	50:46	58:01	1:05:16	1:07:27	1:12:31	1:19:46	1:27:01	1:34:16	1:35:00
1:40:00	7:38	15:16	22:54	23:40	30:32	38:10	45:48	47:20	53:26	1:01:04	1:08:42	1:11:00	1:16:20	1:23:58	1:31:36	1:39:14	1:40:00
1:45:00	8:01	16:02	24:03	24:51	32:04	40:05	48:05	49:42	56:06	1:04:07	1:12:08	1:14:33	1:20:09	1:28:10	1:36:11	1:44:12	1:45:00
1:50:00	8:24	16:48	25:11	26:02	33:35	41:59	50:23	52:04	58:47	1:07:11	1:15:34	1:18:05	1:23:58	1:32:22	1:40:46	1:49:10	1:50:00
1:55:00	8:47	17:33	26:20	27:13	35:07	43:54	52:40	54:26	1:01:27	1:10:14	1:19:00	1:21:38	1:27:47	1:36:34	1:45:21	1:54:07	1:55:00
2:00:00	9:10	18:19	27:29	28:24	36:38	45:48	54:58	56:48	1:04:07	1:13:17	1:22:27	1:25:11	1:31:36	1:40:46	1:49:55	1:59:05	2:00:00
2:05:00	9:33	19:05	28:38	29:35	38:10	47:43	57:15	59:10	1:06:48	1:16:20	1:25:53	1:28:44	1:35:25	1:44:58	1:54:30	2:04:03	2:05:00
2:10:00	9:55	19:51	29:46	30:46	39:42	49:37	59:33	1:01:32	1:09:28	1:19:23	1:29:19	1:32:17	1:39:14	1:49:10	1:59:05	2:09:00	2:10:00
2:15:00	10:18	20:37	30:55	31:57	41:13	51:32	1:01:50	1:03:54	1:12:08	1:22:27	1:32:45	1:35:50	1:43:03	1:53:22	2:03:40	2:13:58	2:15:00
2:20:00	10:41	21:22	32:04	33:08	42:45	53:26	1:04:07	1:06:16	1:14:49	1:25:30	1:36:11	1:39:23	1:46:52	1:57:33	2:08:15	2:18:56	2:20:00
2:25:00	11:04	22:08	33:12	34:19	44:16	55:21	1:06:25	1:08:38	1:17:29	1:28:33	1:39:37	1:42:56	1:50:41	2:01:45	2:12:49	2:23:54	2:25:00
2:30:00	11:27	22:54	34:21	35:30	45:48	57:15	1:08:42	1:11:00	1:20:09	1:31:36	1:43:03	1:46:29	1:54:30	2:05:57	2:17:24	2:28:51	2:30:00