

# MARATHON Pace Chart

pace per mile

mile	5:30	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00
1	5:30	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00
2	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00	22:20	24:00	25:00	26:00
3	16:30	18:00	19:30	21:00	22:30	24:00	25:30	27:00	28:30	30:00	31:30	33:00	34:30	36:00	37:50	39:00
4	22:00	24:00	26:00	28:00	30:00	32:00	34:00	36:00	38:00	40:00	42:00	44:00	46:00	48:00	50:00	52:00
5	27:30	30:00	32:30	35:00	37:30	40:00	42:30	45:00	47:30	50:00	52:30	55:00	57:30	1:00:00	1:02:30	1:05:00
6	33:00	36:00	39:00	42:00	45:00	48:00	51:00	54:00	57:00	1:00:00	1:03:00	1:06:00	1:09:00	1:12:00	1:15:00	1:18:00
7	38:30	42:00	45:30	49:00	52:30	56:00	59:30	1:03:00	1:06:30	1:10:00	1:13:30	1:17:00	1:20:30	1:24:00	1:27:30	1:31:00
8	44:00	48:00	52:00	56:00	1:00:00	1:04:00	1:08:00	1:12:00	1:16:00	1:20:00	1:24:00	1:28:00	1:32:00	1:36:00	1:40:00	1:44:00
9	49:30	54:00	58:30	1:03:00	1:07:30	1:12:00	1:16:30	1:21:00	1:25:30	1:30:00	1:34:30	1:39:00	1:43:30	1:48:00	1:52:30	1:57:00
10	55:00	1:00:00	1:05:00	1:10:00	1:15:00	1:20:00	1:25:00	1:30:00	1:35:00	1:40:00	1:45:00	1:50:00	1:55:00	2:00:00	2:05:00	2:10:00
11	1:00:30	1:06:00	1:11:30	1:17:00	1:22:30	1:28:00	1:33:30	1:39:00	1:44:30	1:50:00	1:55:30	2:01:00	2:06:30	2:12:00	2:17:30	2:23:00
12	1:06:00	1:12:00	1:18:00	1:24:00	1:30:00	1:36:00	1:42:00	1:48:00	1:54:00	2:00:00	2:06:00	2:12:00	2:18:00	2:24:00	2:30:00	2:36:00
13	1:11:30	1:18:00	1:24:30	1:31:00	1:37:30	1:44:00	1:50:30	1:57:00	2:03:30	2:10:00	2:16:30	2:23:00	2:29:30	2:36:00	2:42:30	2:49:00
14	1:17:00	1:24:00	1:31:00	1:38:00	1:45:00	1:52:00	1:59:00	2:06:00	2:13:00	2:20:00	2:27:00	2:34:00	2:41:00	2:48:00	2:55:00	3:02:00
15	1:22:30	1:30:00	1:37:30	1:45:00	1:52:30	2:00:00	2:07:30	2:15:00	2:22:30	2:30:00	2:37:30	2:45:00	2:52:30	3:00:0	3:07:30	3:15:00
16	1:28:00	1:36:00	1:44:00	1:52:00	2:00:00	2:08:00	2:16:00	2:24:00	2:32:00	2:40:00	2:48:00	2:56:00	3:04:00	3:12:00	3:20:00	3:28:00
17	1:33:30	1:42:09	1:50:30	1:59:00	2:07:30	2:16:00	2:24:30	2:33:00	2:41:30	2:50:00	2:58:30	3:07:00	3:15:30	3:24:00	3:32:30	3:41:00
18	1:39:00	1:48:00	1:57:00	2:06:00	2:15:00	2:24:00	2:33:00	2:42:00	2:51:00	3:00:00	3:09:00	3:18:00	3:27:00	3:36:00	3:45:00	3:54:00
19	1:44:30	1:54:00	2:03:30	2:13:00	2:22:30	2:32:00	2:41:30	2:51:00	3:00:30	3:10:00	3:19:30	3:29:00	3:38:30	3:48:00	3:57:30	4:07:00
20	1:50:00	2:00:00	2:10:00	2:20:00	2:30:00	2:40:00	2:50:00	3:00:00	3:10:00	3:20:00	3:30:00	3:40:00	3:50:00	4:00:00	4:10:00	4:20:00
21	1:55:30	2:06:00	2:16:30	2:27:00	2:37:30	2:48:00	2:58:30	3:09:00	3:19:30	3:30:00	3:40:30	3:51:00	4:01:30	4:12:00	4:22:30	4:33:00
22	2:01:00	2:12:00	2:23:00	2:34:00	2:45:00	2:56:00	3:07:00	3:18:00	3:29:00	3:40:00	3:51:00	4:02:00	4:13:00	4:24:00	4:35:00	4:46:00
23	2:06:30	2:18:00	2:29:30	2:41:00	2:52:30	3:04:00	3:15:30	3:27:00	3:38:30	3:50:00	4:01:30	4:13:00	4:24:30	4:36:00	4:47:30	4:59:00
24	2:12:00	2:24:00	2:36:00	2:48:00	3:00:00	3:12:00	3:24:00	3:36:00	3:48:00	4:00:00	4:12:00	4:24:00	4:36:00	4:48:00	5:00:00	5:12:00
25	2:17:30	2:30:00	2:42:30	2:55:00	3:07:30	3:20:00	3:32:30	3:45:00	3:57:30	4:10:00	4:22:30	4:35:00	4:47:30	5:00:00	5:12:30	5:25:00
26	2:23:00	2:36:00	2:49:00	3:02:00	3:15:00	3:28:00	3:41:00	3:54:00	4:07:00	4:20:00	4:33:00	4:46:00	4:59:00	5:12:00	5:25:00	5:38:00
26.2	2:24:12	2:37:19	2:50:25	3:03:32	3:16:39	3:29:45	3:42:52	3:55:58	4:09:05	4:22:12	4:35:18	4:48:25	5:01:31	5:14:38	5:27:45	5:40:51