

# MARATHON PACE CHART

IN KM

Finish Time	Min/Mile
6:55	9:51
6:50	9:43
6:45	9:36
6:40	9:29
6:35	9:22
6:30	9:15
6:25	9:08
6:20	9:01
6:15	8:54
6:10	8:47
6:05	8:39
6:00	8:32
5:55	8:25
5:50	8:18
5:45	8:11
5:40	8:03
5:35	7:56
5:30	7:49
5:25	7:42
5:20	7:35

Finish Time	Min/Mile
5:15	7:28
5:10	7:21
5:05	7:14
5:00	7:07
4:55	6:59
4:50	6:52
4:45	6:45
4:40	6:38
4:35	6:31
4:30	6:24
4:25	6:17
4:20	6:10
4:15	6:03
4:10	5:55
4:05	5:48
4:00	5:41
3:55	5:34
3:50	5:34
3:45	5:20
3:40	5:13

Finish Time	Min/Mile
3:35	5:06
3:30	4:59
3:25	4:52
3:20	4:44
3:15	4:37
3:10	4:30
3:05	4:23
3:00	4:16
2:55	4:09
2:50	4:02
2:45	3:55
2:40	3:48
2:35	3:40
2:30	3:33
2:25	3:26
2:20	3:19
2:15	3:12
2:10	3:05
2:05	2:58
2:00	2:51