

MARATHON PACE CHART

IN MILES

Finish Time	Min/Mile
6:55	15:50
6:50	15:38
6:45	15:27
6:40	15:15
6:35	15:04
6:30	14:52
6:25	14:41
6:20	14:30
6:15	14:18
6:10	14:07
6:05	13:55
6:00	13:44
5:55	13:32
5:50	13:21
5:45	13:10
5:40	12:58
5:35	12:47
5:30	12:35
5:25	12:24
5:20	12:12

Finish Time	Min/Mile
5:15	12:01
5:10	11:49
5:05	11:38
5:00	11:27
4:55	11:15
4:50	11:04
4:45	10:52
4:40	10:41
4:35	10:29
4:30	10:18
4:25	10:06
4:20	9:55
4:15	9:44
4:10	9:32
4:05	9:21
4:00	9:09
3:55	8:58
3:50	8:46
3:45	8:35
3:40	8:23

Finish Time	Min/Mile
3:35	8:12
3:30	8:01
3:25	7:49
3:20	7:38
3:15	7:26
3:10	7:15
3:05	7:03
3:00	6:52
2:55	6:40
2:50	6:29
2:45	6:18
2:40	6:06
2:35	5:55
2:30	5:43
2:25	5:32
2:20	5:20
2:15	5:09
2:10	4:57
2:05	4:46
2:00	4:35