

Marathon Pace Chart

Mile	Pace Per Mile														
	6:00	6:10	6:20	6:30	6:40	6:50	7:00	7:10	7:20	7:30	7:40	7:50	8:00	8:10	8:20
1	6:00	6:10	6:20	6:30	6:40	6:50	7:00	7:10	7:20	7:30	7:40	7:50	8:00	8:10	8:20
2	12:00	12:20	12:40	13:00	13:20	13:40	14:00	14:20	14:40	15:00	15:20	15:40	16:00	16:20	16:40
3	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00	22:30	23:00	23:30	24:00	24:30	25:00
4	24:00	24:40	25:20	26:00	26:40	27:20	28:00	28:40	29:20	30:00	30:40	31:20	32:00	32:40	33:20
5	30:00	30:50	31:40	32:30	33:20	34:10	35:00	35:50	36:40	37:30	38:20	39:10	40:00	40:50	41:40
6	36:00	37:00	38:00	39:00	40:00	41:00	42:00	43:00	44:00	45:00	46:00	47:00	48:00	49:00	50:00
7	42:00	43:10	44:20	45:30	46:40	47:50	49:00	50:10	51:20	52:30	53:40	54:50	56:00	57:10	58:20
8	48:00	49:20	50:40	52:00	53:20	54:40	56:00	57:20	58:40	1:00:00	1:01:20	1:02:40	1:04:00	1:05:20	1:06:40
9	54:00	55:30	57:00	58:30	1:00:00	1:01:30	1:03:00	1:04:30	1:06:00	1:07:30	1:09:00	1:10:30	1:12:00	1:13:30	1:15:00
10	1:00:00	1:01:40	1:03:20	1:05:00	1:06:40	1:08:20	1:10:00	1:11:40	1:13:20	1:15:00	1:16:40	1:18:20	1:20:00	1:21:40	1:23:20
11	1:06:00	1:07:50	1:09:40	1:11:30	1:13:20	1:15:10	1:17:00	1:18:50	1:20:40	1:22:30	1:24:20	1:26:10	1:28:00	1:29:50	1:31:40
12	1:12:00	1:14:00	1:16:00	1:18:00	1:20:00	1:22:00	1:24:00	1:26:00	1:28:00	1:30:00	1:32:00	1:34:00	1:36:00	1:38:00	1:40:00
13	1:18:00	1:20:10	1:22:20	1:24:30	1:26:40	1:28:50	1:31:00	1:33:10	1:35:20	1:37:30	1:39:40	1:41:50	1:44:00	1:46:10	1:48:20
14	1:24:00	1:26:20	1:28:40	1:31:00	1:33:20	1:35:40	1:38:00	1:40:20	1:42:40	1:45:00	1:47:20	1:49:40	1:52:00	1:54:20	1:56:40
15	1:30:00	1:32:30	1:35:00	1:37:30	1:40:00	1:42:30	1:45:00	1:47:30	1:50:00	1:52:30	1:55:00	1:57:30	2:00:00	2:02:30	2:05:00
16	1:36:00	1:38:40	1:41:20	1:44:00	1:46:40	1:49:20	1:52:00	1:54:40	1:57:20	2:00:00	2:02:40	2:05:20	2:08:00	2:10:40	2:13:20
17	1:42:00	1:44:50	1:47:40	1:50:30	1:53:20	1:56:10	1:59:00	2:01:50	2:04:40	2:07:30	2:10:20	2:13:10	2:16:00	2:18:50	2:21:40
18	1:48:00	1:51:00	1:54:00	1:57:00	2:00:00	2:03:00	2:06:00	2:09:00	2:12:00	2:15:00	2:18:00	2:21:00	2:24:00	2:27:00	2:30:00
19	1:54:00	1:57:10	2:00:20	2:03:30	2:06:40	2:09:50	2:13:00	2:16:10	2:19:20	2:22:30	2:25:40	2:28:50	2:32:00	2:35:10	2:38:20
20	2:00:00	2:03:20	2:06:40	2:10:00	2:13:20	2:16:40	2:20:00	2:23:20	2:26:40	2:30:00	2:33:20	2:36:40	2:40:00	2:43:20	2:46:40
21	2:06:00	2:09:30	2:13:00	2:16:30	2:20:00	2:23:30	2:27:00	2:30:30	2:34:00	2:37:30	2:41:00	2:44:30	2:48:00	2:51:30	2:55:00
22	2:12:00	2:15:40	2:19:20	2:23:00	2:26:40	2:30:20	2:34:00	2:37:40	2:41:20	2:45:00	2:48:40	2:52:20	2:56:00	2:59:40	3:03:20
23	2:18:00	2:21:50	2:25:40	2:29:30	2:33:20	2:37:10	2:41:00	2:44:50	2:48:40	2:52:30	2:56:20	3:00:10	3:04:00	3:07:50	3:11:40
24	2:24:00	2:28:00	2:32:00	2:36:00	2:40:00	2:44:00	2:48:00	2:52:00	2:56:00	3:00:00	3:04:00	3:08:00	3:12:00	3:16:00	3:20:00
25	2:30:00	2:34:10	2:38:20	2:42:30	2:46:40	2:50:50	2:55:00	2:59:10	3:03:20	3:07:30	3:11:40	3:15:50	3:20:00	3:24:10	3:28:20
26	2:36:00	2:40:20	2:44:40	2:49:00	2:53:20	2:57:40	3:02:00	3:06:20	3:10:40	3:15:00	3:19:20	3:23:40	3:28:00	3:32:20	3:36:40
26.2	2:37:19	2:41:41	2:46:03	2:50:25	2:54:48	2:59:10	3:03:32	3:07:54	3:12:16	3:16:39	3:21:01	3:25:23	3:29:45	3:34:07	3:38:30

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Marathon Pace Chart Continued.....

Mile	Pace Per Mile														
	8:30	8:40	8:50	9:00	9:10	9:20	9:30	9:40	9:50	10:00	10:10	10:20	10:30	10:40	10:50
1	8:30	8:40	8:50	9:00	9:10	9:20	9:30	9:40	9:50	10:00	10:10	10:20	10:30	10:40	10:50
2	17:00	17:20	17:40	18:00	18:20	18:40	19:00	19:20	19:40	20:00	20:20	20:40	21:00	21:20	21:40
3	25:30	26:00	26:30	27:00	27:30	28:00	28:30	29:00	29:30	30:00	30:30	31:00	31:30	32:00	32:30
4	34:00	34:40	35:20	36:00	36:40	37:20	38:00	38:40	39:20	40:00	40:40	41:20	42:00	42:40	43:20
5	42:30	43:20	44:10	45:00	45:50	46:40	47:30	48:20	49:10	50:00	50:50	51:40	52:30	53:20	54:10
6	51:00	52:00	53:00	54:00	55:00	56:00	57:00	58:00	59:00	1:00:00	1:01:00	1:02:00	1:03:00	1:04:00	1:05:00
7	59:30	1:00:40	1:01:50	1:03:00	1:04:10	1:05:20	1:06:30	1:07:40	1:08:50	1:10:00	1:11:10	1:12:20	1:13:30	1:14:40	1:15:50
8	1:08:00	1:09:20	1:10:40	1:12:00	1:13:20	1:14:40	1:16:00	1:17:20	1:18:40	1:20:00	1:21:20	1:22:40	1:24:00	1:25:20	1:26:40
9	1:16:30	1:18:00	1:19:30	1:21:00	1:22:30	1:24:00	1:25:30	1:27:00	1:28:30	1:30:00	1:31:30	1:33:00	1:34:30	1:36:00	1:37:30
10	1:25:00	1:26:40	1:28:20	1:30:00	1:31:40	1:33:20	1:35:00	1:36:40	1:38:20	1:40:00	1:41:40	1:43:20	1:45:00	1:46:40	1:48:20
11	1:33:30	1:35:20	1:37:10	1:39:00	1:40:50	1:42:40	1:44:30	1:46:20	1:48:10	1:50:00	1:51:50	1:53:40	1:55:30	1:57:20	1:59:10
12	1:42:00	1:44:00	1:46:00	1:48:00	1:50:00	1:52:00	1:54:00	1:56:00	1:58:00	2:00:00	2:02:00	2:04:00	2:06:00	2:08:00	2:10:00
13	1:50:30	1:52:40	1:54:50	1:57:00	1:59:10	2:01:20	2:03:30	2:05:40	2:07:50	2:10:00	2:12:10	2:14:20	2:16:30	2:18:40	2:20:50
14	1:59:00	2:01:20	2:03:40	2:06:00	2:08:20	2:10:40	2:13:00	2:15:20	2:17:40	2:20:00	2:22:20	2:24:40	2:27:00	2:29:20	2:31:40
15	2:07:30	2:10:00	2:12:30	2:15:00	2:17:30	2:20:00	2:22:30	2:25:00	2:27:30	2:30:00	2:32:30	2:35:00	2:37:30	2:40:00	2:42:30
16	2:16:00	2:18:40	2:21:20	2:24:00	2:26:40	2:29:20	2:32:00	2:34:40	2:37:20	2:40:00	2:42:40	2:45:20	2:48:00	2:50:40	2:53:20
17	2:24:30	2:27:20	2:30:10	2:33:00	2:35:50	2:38:40	2:41:30	2:44:20	2:47:10	2:50:00	2:52:50	2:55:40	2:58:30	3:01:20	3:04:10
18	2:33:00	2:36:00	2:39:00	2:42:00	2:45:00	2:48:00	2:51:00	2:54:00	2:57:00	3:00:00	3:03:00	3:06:00	3:09:00	3:12:00	3:15:00
19	2:41:30	2:44:40	2:47:50	2:51:00	2:54:10	2:57:20	3:00:30	3:03:40	3:06:50	3:10:00	3:13:10	3:16:20	3:19:30	3:22:40	3:25:50
20	2:50:00	2:53:20	2:56:40	3:00:00	3:03:20	3:06:40	3:10:00	3:13:20	3:16:40	3:20:00	3:23:20	3:26:40	3:30:00	3:33:20	3:36:40
21	2:58:30	3:02:00	3:05:30	3:09:00	3:12:30	3:16:00	3:19:30	3:23:00	3:26:30	3:30:00	3:33:30	3:37:00	3:40:30	3:44:00	3:47:30
22	3:07:00	3:10:40	3:14:20	3:18:00	3:21:40	3:25:20	3:29:00	3:32:40	3:36:20	3:40:00	3:43:40	3:47:20	3:51:00	3:54:40	3:58:20
23	3:15:30	3:19:20	3:23:10	3:27:00	3:30:50	3:34:40	3:38:30	3:42:20	3:46:10	3:50:00	3:53:50	3:57:40	4:01:30	4:05:20	4:09:10
24	3:24:00	3:28:00	3:32:00	3:36:00	3:40:00	3:44:00	3:48:00	3:52:00	3:56:00	4:00:00	4:04:00	4:08:00	4:12:00	4:16:00	4:20:00
25	3:32:30	3:36:40	3:40:50	3:45:00	3:49:10	3:53:20	3:57:30	4:01:40	4:05:50	4:10:00	4:14:10	4:18:20	4:22:30	4:26:40	4:30:50
26	3:41:00	3:45:20	3:49:40	3:54:00	3:58:20	4:02:40	4:07:00	4:11:20	4:15:40	4:20:00	4:24:20	4:28:40	4:33:00	4:37:20	4:41:40
26.2	3:42:52	3:47:14	3:51:36	3:55:58	4:00:21	4:04:43	4:09:05	4:13:27	4:17:49	4:22:12	4:26:34	4:30:56	4:35:18	4:39:40	4:44:03