

Marathon Pace Chart

DISTANCE →

Half Marathon

Full Marathon

← PACE

1 mile	5K	5 miles	10K	10 miles	13.1 miles	26.2 miles
5:00	15:32	25:00	31:04	50:00	1:05:33	2:11:06
5:10	16:03	25:50	32:06	51:40	1:07:44	2:15:28
5:20	16:34	26:40	33:08	53:20	1:09:55	2:19:50
5:30	17:05	27:30	34:10	55:00	1:12:06	2:24:12
5:40	17:36	28:20	35:13	56:40	1:14:17	2:28:34
5:50	18:07	29:10	36:15	58:20	1:16:28	2:32:57
6:00	18:38	30:00	37:17	1:00:00	1:18:39	2:37:19
6:10	19:09	30:50	38:19	1:01:40	1:20:50	2:41:41
6:20	19:41	31:40	39:21	1:03:20	1:23:01	2:46:03
6:30	20:12	32:30	40:23	1:05:00	1:25:12	2:50:25
6:40	20:43	33:20	41:26	1:06:40	1:27:24	2:54:48
6:50	21:14	34:10	42:28	1:08:20	1:29:35	2:59:10
7:00	21:45	35:00	43:30	1:10:00	1:31:46	3:03:32
7:10	22:16	35:50	44:32	1:11:40	1:33:57	3:07:54
7:20	22:47	36:40	45:34	1:13:20	1:36:08	3:12:16
7:30	23:18	37:30	46:36	1:15:00	1:38:19	3:16:39
7:40	23:49	38:20	47:38	1:16:40	1:40:30	3:21:01
7:50	24:20	39:10	48:41	1:18:20	1:42:41	3:25:23
8:00	24:51	40:00	49:43	1:20:00	1:44:52	3:29:45
8:10	25:22	40:50	50:45	1:21:40	1:47:03	3:34:07
8:20	25:54	41:40	51:47	1:23:20	1:49:15	3:38:30
8:30	26:25	42:30	52:49	1:25:00	1:51:26	3:42:52
8:40	26:56	43:20	53:51	1:26:40	1:53:37	3:47:14
8:50	27:27	44:10	54:53	1:28:20	1:55:48	3:51:36
9:00	27:58	45:00	55:56	1:30:00	1:57:59	3:55:58
9:10	28:29	45:50	56:58	1:31:40	2:00:10	4:00:21
9:20	29:00	46:40	58:00	1:33:20	2:02:21	4:04:43
9:30	29:31	47:30	59:02	1:35:00	2:04:32	4:09:05
9:40	30:02	48:20	1:00:04	1:36:40	2:06:43	4:13:27
9:50	30:33	49:10	1:01:06	1:38:20	2:08:54	4:17:49
10:00	31:04	50:00	1:02:09	1:40:00	2:11:06	4:22:12