

# 10K FINISH TIMES

Running Pace	Finish Time	Running Pace	Finish Time	Running Pace	Finish Time	Running Pace	Finish Time
5:00	0:30:30	7:30	0:45:45	10:00	1:01:00	12:30	1:16:15
5:05	0:31:00	7:35	0:46:15	10:05	1:01:30	12:35	1:16:45
5:10	0:31:31	7:40	0:46:46	10:10	1:02:01	12:40	1:17:16
5:15	0:32:01	7:45	0:47:16	10:15	1:02:31	12:45	1:17:46
5:20	0:32:32	7:50	0:47:47	10:20	1:03:02	12:50	1:18:17
5:25	0:33:02	7:55	0:48:17	10:25	1:03:32	12:55	1:18:47
5:30	0:33:33	8:00	0:48:48	10:30	1:04:03	13:00	1:19:18
5:35	0:34:03	8:05	0:49:18	10:35	1:04:33	13:05	1:19:48
5:40	0:34:34	8:10	0:49:49	10:40	1:05:04	13:10	1:20:19
5:45	0:35:04	8:15	0:50:19	10:45	1:05:34	13:15	1:20:49
5:50	0:35:35	8:20	0:50:50	10:50	1:06:05	13:20	1:21:20
5:55	0:36:05	8:25	0:51:20	10:55	1:06:35	13:25	1:21:50
6:00	0:36:36	8:30	0:51:51	11:00	1:07:06	13:30	1:22:21
6:05	0:37:06	8:35	0:52:21	11:05	1:07:36	13:35	1:22:51
6:10	0:37:37	8:40	0:52:52	11:10	1:08:07	13:40	1:23:22
6:15	0:38:07	8:45	0:53:22	11:15	1:08:37	13:45	1:23:52
6:20	0:38:38	8:50	0:53:53	11:20	1:09:08	13:50	1:24:23
6:25	0:39:08	8:55	0:54:23	11:25	1:09:38	13:55	1:24:53
6:30	0:39:39	9:00	0:54:54	11:30	1:10:09	14:00	1:25:24
6:35	0:40:09	9:05	0:55:24	11:35	1:10:39	14:05	1:25:54
6:40	0:40:40	9:10	0:55:55	11:40	1:11:10	14:10	1:26:25
6:45	0:41:10	9:15	0:56:25	11:45	1:11:40	14:15	1:26:55
6:50	0:41:41	9:20	0:56:56	11:50	1:12:11	14:20	1:27:26
6:55	0:42:11	9:25	0:57:26	11:55	1:12:41	14:25	1:27:56
7:00	0:42:42	9:30	0:57:57	12:00	1:13:12	14:30	1:28:27
7:05	0:43:12	9:35	0:58:27	12:05	1:13:42	14:35	1:28:57
7:10	0:43:43	9:40	0:58:58	12:10	1:14:13	14:40	1:29:28
7:15	0:44:13	9:45	0:59:28	12:15	1:14:43	14:45	1:29:58
7:20	0:44:44	9:50	0:59:59	12:20	1:15:14	14:50	1:30:29
7:25	0:45:14	9:55	1:00:29	12:25	1:15:44	14:55	1:30:59