

5K PACE CHART

Mile → Pace ↓	1	2	3	Finish
5:00	5:00	10:00	15:00	15:30
5:15	5:15	10:30	15:45	16:17
5:30	5:30	11:00	16:30	17:03
5:45	5:45	11:30	17:15	17:50
6:00	6:00	12:00	18:00	18:36
6:15	6:15	12:30	18:45	19:23
6:30	6:30	13:00	19:30	20:09
6:45	6:45	13:30	20:15	20:56
7:00	7:00	14:00	21:00	21:42
7:15	7:15	14:30	21:45	22:29
7:30	7:30	15:00	22:30	23:15
7:45	7:45	15:30	23:15	24:02
8:00	8:00	16:00	24:00	24:48
8:15	8:15	16:30	24:45	25:35
8:30	8:30	17:00	25:30	26:21
8:45	8:45	17:30	26:15	27:08
9:00	9:00	18:00	27:00	27:54
9:15	9:15	18:30	27:45	28:41
9:30	9:30	19:00	28:30	29:27
9:45	9:45	19:30	29:15	30:14
10:00	10:00	20:00	30:00	31:00
10:15	10:15	20:30	30:45	31:47
10:30	10:30	21:00	31:30	32:33

Mile → Pace ↓	1	2	3	Finish
10:45	10:45	21:30	32:15	33:20
11:00	11:00	22:00	33:00	34:06
11:15	11:15	22:30	33:45	34:53
11:30	11:30	23:00	34:30	35:39
11:45	11:45	23:30	35:15	36:26
12:00	12:00	24:00	36:00	37:12
12:15	12:15	24:30	36:45	37:59
12:30	12:30	25:00	37:30	38:45
12:45	12:45	25:30	38:15	39:32
13:00	13:00	26:00	39:00	40:18
13:15	13:15	26:30	39:45	41:05
13:30	13:30	27:00	40:30	41:51
13:45	13:45	27:30	41:15	42:38
14:00	14:00	28:00	42:00	43:24
14:15	14:15	28:30	42:45	44:11
14:30	14:30	29:00	43:30	44:57
14:45	14:45	29:30	44:15	45:44
15:00	15:00	30:00	45:00	46:30
15:15	15:15	30:30	45:45	47:17
15:30	15:30	31:00	46:30	48:03
15:45	15:45	31:30	47:15	48:50
16:00	16:00	32:00	48:00	49:36
16:15	16:15	32:30	48:45	50:23