

Health Bridge Pace Chart

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