

Health Bridge Pace Chart

| MileTime | 5K | 5 mi. | 10 K | 10 mi. | 20 K | 1/2 Mar | 25 K | 30 K | 20 mi. | Marathon |
|----------|-------|---------|---------|---------|---------|---------|---------|---------|---------|----------|
| 9:00 | 27:57 | 45:00 | 55:54 | 1:23:51 | 1:51:48 | 1:57:59 | 2:19:40 | 2:47:42 | 3:00:00 | 3:56:00 |
| 9:10 | 28:28 | 45:50 | 56:56 | 1:31:40 | 1:53:52 | 2:00:10 | 2:22:15 | 2:50:48 | 3:03:20 | 4:00:22 |
| 9:20 | 28:59 | 46:40 | 57:58 | 1:33:20 | 1:55:56 | 2:02:21 | 2:24:50 | 2:53:54 | 3:06:40 | 4:04:44 |
| 9:30 | 29:30 | 47:30 | 59:00 | 1:35:00 | 1:58:00 | 2:04:32 | 2:27:25 | 2:57:00 | 3:10:00 | 4:09:06 |
| 9:40 | 30:01 | 48:20 | 1:00:02 | 1:36:40 | 2:00:04 | 2:06:43 | 2:30:00 | 3:00:06 | 3:13:20 | 4:13:28 |
| 9:50 | 30:32 | 49:10 | 1:01:04 | 1:38:20 | 2:02:08 | 2:08:55 | 2:32:35 | 3:03:12 | 3:16:40 | 4:17:50 |
| 10:00 | 31:04 | 50:00 | 1:02:08 | 1:40:00 | 2:04:16 | 2:11:07 | 2:35:20 | 3:06:24 | 3:20:00 | 4:22:12 |
| 10:10 | 31:35 | 50:50 | 1:03:10 | 1:41:40 | 2:06:20 | 2:13:18 | 2:37:55 | 3:09:30 | 3:23:20 | 4:26:34 |
| 10:20 | 32:06 | 51:40 | 1:04:12 | 1:43:20 | 2:08:24 | 2:15:29 | 2:40:30 | 3:12:36 | 3:26:40 | 4:30:56 |
| 10:30 | 32:37 | 52:30 | 1:05:14 | 1:45:00 | 2:10:28 | 2:17:40 | 2:43:05 | 3:15:42 | 3:30:00 | 4:35:18 |
| 10:40 | 33:08 | 53:20 | 1:06:16 | 1:46:40 | 2:12:32 | 2:19:51 | 2:45:40 | 3:18:48 | 3:33:20 | 4:39:40 |
| 10:50 | 33:39 | 54:10 | 1:07:18 | 1:48:20 | 2:14:36 | 2:22:02 | 2:48:15 | 3:21:54 | 3:36:40 | 4:44:02 |
| 11:00 | 34:11 | 55:00 | 1:08:22 | 1:50:00 | 2:16:44 | 2:24:13 | 2:51:00 | 3:25:00 | 3:40:00 | 4:48:24 |
| 11:10 | 34:42 | 55:50 | 1:09:24 | 1:51:40 | 2:18:48 | 2:26:24 | 2:53:35 | 3:28:06 | 3:43:20 | 4:52:46 |
| 11:20 | 35:13 | 56:40 | 1:10:26 | 1:53:20 | 2:20:52 | 2:28:35 | 2:56:10 | 3:31:12 | 3:46:40 | 4:56:08 |
| 11:30 | 35:44 | 57:30 | 1:11:28 | 1:55:00 | 2:22:56 | 2:30:46 | 2:58:45 | 3:34:18 | 3:50:00 | 5:01:25 |
| 11:40 | 36:15 | 58:20 | 1:12:30 | 1:56:40 | 2:25:00 | 2:32:57 | 3:01:20 | 3:37:24 | 3:53:20 | 5:05:45 |
| 11:50 | 36:46 | 59:10 | 1:13:32 | 1:58:20 | 2:27:04 | 2:35:08 | 3:03:55 | 3:40:30 | 3:56:40 | 5:10:07 |
| 12:00 | 37:17 | 60:00 | 1:14:34 | 2:00:00 | 2:29:08 | 2:37:20 | 3:06:30 | 3:43:36 | 4:00:00 | 5:14:29 |
| 12:10 | 37:48 | 1:00:50 | 1:15:36 | 2:01:40 | 2:31:12 | 2:39:31 | 3:09:05 | 3:46:42 | 4:03:20 | 5:18:51 |
| 12:20 | 38:19 | 1:01:40 | 1:16:38 | 2:03:20 | 2:33:16 | 2:41:42 | 3:11:40 | 3:49:48 | 4:06:40 | 5:23:13 |
| 12:30 | 38:50 | 1:02:30 | 1:17:40 | 2:05:00 | 2:35:20 | 2:43:53 | 3:14:15 | 3:52:54 | 4:10:00 | 5:27:46 |
| 12:40 | 39:21 | 1:03:20 | 1:18:42 | 2:06:40 | 2:37:24 | 2:46:04 | 3:16:50 | 3:56:00 | 4:12:20 | 5:32:08 |
| 12:50 | 39:52 | 1:04:10 | 1:19:44 | 2:08:20 | 2:39:28 | 2:48:15 | 3:19:25 | 3:59:06 | 4:16:40 | 5:36:30 |
| 13:00 | 40:23 | 1:05:00 | 1:20:46 | 2:10:00 | 2:41:32 | 2:50:26 | 3:22:00 | 4:02:12 | 4:20:00 | 5:40:52 |