



RUNTASTIC

RUNNING PACE CHART



1KM	1MI	5KM	10KM	15KM	20KM	HM	25KM	30KM	35KM	40KM	M	KM/H	MPH
0:03:00	0:04:50	0:15:00	0:30:00	0:45:00	1:00:00	1:03:18	1:15:00	1:30:00	1:45:00	2:00:00	2:06:35	20,00	12,42
0:03:05	0:04:58	0:15:25	0:30:50	0:46:15	1:01:40	1:05:03	1:17:05	1:32:30	1:47:55	2:03:20	2:10:06	19,46	12,06
0:03:10	0:05:06	0:15:50	0:31:40	0:47:30	1:03:20	1:06:49	1:19:10	1:35:00	1:50:50	2:06:40	2:13:37	18,95	11,74
0:03:15	0:05:14	0:16:15	0:32:30	0:48:45	1:05:00	1:08:34	1:21:15	1:37:30	1:53:45	2:10:00	2:17:08	18,46	11,44
0:03:20	0:05:22	0:16:40	0:33:20	0:50:00	1:06:40	1:10:20	1:23:20	1:40:00	1:56:40	2:13:20	2:20:39	18,00	11,16
0:03:25	0:05:30	0:17:05	0:34:10	0:51:15	1:08:20	1:12:05	1:25:25	1:42:30	1:59:35	2:16:40	2:24:10	17,56	10,88
0:03:30	0:05:38	0:17:30	0:35:00	0:52:30	1:10:00	1:13:50	1:27:30	1:45:00	2:02:30	2:20:00	2:27:41	17,14	10,62
0:03:35	0:05:46	0:17:55	0:35:50	0:53:45	1:11:40	1:15:36	1:29:35	1:47:30	2:05:25	2:23:20	2:31:12	16,74	10,37
0:03:40	0:05:54	0:18:20	0:36:40	0:55:00	1:13:20	1:17:21	1:31:40	1:50:00	2:08:20	2:26:40	2:34:43	16,36	10,14
0:03:45	0:06:02	0:18:45	0:37:30	0:56:15	1:15:00	1:19:07	1:33:45	1:52:30	2:11:15	2:30:00	2:38:14	16,00	09,92
0:03:50	0:06:10	0:19:10	0:38:20	0:57:30	1:16:40	1:20:52	1:35:50	1:55:00	2:14:10	2:33:20	2:41:45	15,65	09,70
0:03:55	0:06:18	0:19:35	0:39:10	0:58:45	1:18:20	1:22:38	1:37:55	1:57:30	2:17:05	2:36:40	2:45:16	15,32	09,49
0:04:00	0:06:26	0:20:00	0:40:00	1:00:00	1:20:00	1:24:23	1:40:00	2:00:00	2:20:00	2:40:00	2:48:47	15,00	09,30
0:04:05	0:06:34	0:20:25	0:40:50	1:01:15	1:21:40	1:26:09	1:42:05	2:02:30	2:22:55	2:43:20	2:52:18	14,69	09,10
0:04:10	0:06:42	0:20:50	0:41:40	1:02:30	1:23:20	1:27:54	1:44:10	2:05:00	2:25:50	2:46:40	2:55:49	14,40	08,92
0:04:15	0:06:50	0:21:15	0:42:30	1:03:45	1:25:00	1:29:40	1:46:15	2:07:30	2:28:45	2:50:00	2:59:20	14,12	08,75
0:04:20	0:06:58	0:21:40	0:43:20	1:05:00	1:26:40	1:31:25	1:48:20	2:10:00	2:31:40	2:53:20	3:02:51	13,85	08,58
0:04:25	0:07:06	0:22:05	0:44:10	1:06:15	1:28:20	1:33:11	1:50:25	2:12:30	2:34:35	2:56:40	3:06:22	13,58	08,41
0:04:30	0:07:15	0:22:30	0:45:00	1:07:30	1:30:00	1:34:56	1:52:30	2:15:00	2:37:30	3:00:00	3:09:53	13,33	08,26
0:04:35	0:07:23	0:22:55	0:45:50	1:08:45	1:31:40	1:36:42	1:54:35	2:17:30	2:40:25	3:03:20	3:13:24	13,09	08,11
0:04:40	0:07:31	0:23:20	0:46:40	1:10:00	1:33:20	1:38:27	1:56:40	2:20:00	2:43:20	3:06:40	3:16:55	12,86	07,97
0:04:45	0:07:39	0:23:45	0:47:30	1:11:15	1:35:00	1:40:13	1:58:45	2:22:30	2:46:15	3:10:00	3:20:26	12,63	07,83
0:04:50	0:07:47	0:24:10	0:48:20	1:12:30	1:36:40	1:41:58	2:00:50	2:25:00	2:49:10	3:13:20	3:23:57	12,41	07,69
0:04:55	0:07:55	0:24:35	0:49:10	1:13:45	1:38:20	1:43:44	2:02:55	2:27:30	2:52:05	3:16:40	3:27:28	12,20	07,56
0:05:00	0:08:03	0:25:00	0:50:00	1:15:00	1:40:00	1:45:29	2:05:00	2:30:00	2:55:00	3:20:00	3:30:59	12,00	07,44
0:05:05	0:08:11	0:25:25	0:50:50	1:16:15	1:41:40	1:47:15	2:07:05	2:32:30	2:57:55	3:23:20	3:34:29	11,80	07,31
0:05:10	0:08:19	0:25:50	0:51:40	1:17:30	1:43:20	1:49:00	2:09:10	2:35:00	3:00:50	3:26:40	3:38:00	11,61	07,19
0:05:15	0:08:27	0:26:15	0:52:30	1:18:45	1:45:00	1:50:46	2:11:15	2:37:30	3:03:45	3:30:00	3:41:31	11,43	07,08
0:05:20	0:08:35	0:26:40	0:53:20	1:20:00	1:46:40	1:52:31	2:13:20	2:40:00	3:06:40	3:33:20	3:45:02	11,25	06,97
0:05:25	0:08:43	0:27:05	0:54:10	1:21:15	1:48:20	1:54:17	2:15:25	2:42:30	3:09:35	3:36:40	3:48:33	11,08	06,86
0:05:30	0:08:51	0:27:30	0:55:00	1:22:30	1:50:00	1:56:02	2:17:30	2:45:00	3:12:30	3:40:00	3:52:04	10,91	06,76
0:05:35	0:08:59	0:27:55	0:55:50	1:23:45	1:51:40	1:57:48	2:19:35	2:47:30	3:15:25	3:43:20	3:55:35	10,75	06,66
0:05:40	0:09:07	0:28:20	0:56:40	1:25:00	1:53:20	1:59:33	2:21:40	2:50:00	3:18:20	3:46:40	3:59:06	10,59	06,56
0:05:45	0:09:15	0:28:45	0:57:30	1:26:15	1:55:00	2:01:19	2:23:45	2:52:30	3:21:15	3:50:00	4:02:37	10,43	06,46
0:05:50	0:09:23	0:29:10	0:58:20	1:27:30	1:56:40	2:03:04	2:25:50	2:55:00	3:24:10	3:53:20	4:06:08	10,29	06,37
0:05:55	0:09:31	0:29:35	0:59:10	1:28:45	1:58:20	2:04:50	2:27:55	2:57:30	3:27:05	3:56:40	4:09:39	10,14	06,28
0:06:00	0:09:39	0:30:00	1:00:00	1:30:00	2:00:00	2:06:35	2:30:00	3:00:00	3:30:00	4:00:00	4:13:10	10,00	06,20
0:06:05	0:09:47	0:30:25	1:00:50	1:31:15	2:01:40	2:08:21	2:32:05	3:02:30	3:32:55	4:03:20	4:16:41	09,86	06,11
0:06:10	0:09:55	0:30:50	1:01:40	1:32:30	2:03:20	2:10:06	2:34:10	3:05:00	3:35:50	4:06:40	4:20:12	09,73	06,03
0:06:15	0:10:04	0:31:15	1:02:30	1:33:45	2:05:00	2:11:52	2:36:15	3:07:30	3:38:45	4:10:00	4:23:43	09,60	05,95
0:06:20	0:10:12	0:31:40	1:03:20	1:35:00	2:06:40	2:13:37	2:38:20	3:10:00	3:41:40	4:13:20	4:27:14	09,47	05,87
0:06:25	0:10:20	0:32:05	1:04:10	1:36:15	2:08:20	2:15:23	2:30:25	3:12:30	3:44:35	4:16:40	4:30:45	09,35	05,79
0:06:30	0:10:28	0:32:30	1:05:00	1:37:30	2:10:00	2:17:08	2:42:30	3:15:00	3:47:30	4:20:00	4:34:16	09,23	05,72