

## Running Pace Chart

1 Mile	5 KM	5 M	10 KM	10 M	13.1 M	26.2 M
4:30	13:59	22:30	27:58:00	45:00:00	58:57:00	1:57:59
4:45	14:45	23:45	29:31:00	47:30:00	1:02:13	2:04:32
5:00	15:32	25:00:00	31:04:00	50:00:00	1:05:30	2:11:06
5:10	16:03	25:50:00	32:06:00	51:40:00	1:07:41	2:15:28
5:20	16:34	26:40:00	33:08:00	53:20:00	1:09:52	2:19:50
5:30	17:05	27:30:00	34:11:00	55:00:00	1:12:03	2:24:12
5:40	17:36	28:20:00	35:13:00	56:40:00	1:14:14	2:28:34
5:50	18:07	29:10:00	36:15:00	58:20:00	1:16:25	2:32:57
6:00	18:38	30:00:00	37:17:00	1:00:00	1:18:36	2:37:19
6:10	19:10	30:50:00	38:19:00	1:01:40	1:20:47	2:41:41
6:20	19:41	31:40:00	39:21:00	1:03:20	1:22:58	2:46:03
6:30	20:12	32:30:00	40:23:00	1:05:00	1:25:09	2:50:25
6:40	20:43	33:20:00	41:25:00	1:06:40	1:27:20	2:54:48
6:50	21:14	34:10:00	42:28:00	1:08:20	1:29:31	2:59:10
7:00	21:45	35:00:00	43:30:00	1:10:00	1:31:42	3:03:32
7:30	23:18	37:30:00	46:36:00	1:15:00	1:38:15	3:16:39
8:00	24:51:00	40:00:00	49:43:00	1:20:00	1:44:48	3:29:45
8:30	26:24:00	42:30:00	52:49:00	1:25:00	1:51:21	3:42:52
9:00	27:28:00	45:00:00	55:55:00	1:30:00	1:57:54	3:55:58



RUNNING - CYCLING - SWIMMING - TRIATHLON

**ALP FITNESS**  
*Multisport Endurance Training*