

MARATHON PACE CHART – MEN

Avg Km	5km	10km	15km	20km	Half	25km	30km	35km	40km	42km
2:58/km	0:14:50	0:29:40	0:44:30	0:59:20	1:02:36	1:14:10	1:29:00	1:43:50	1:58:40	2:05:12
2:59/km	0:14:56	0:29:51	0:44:47	0:59:43	1:03:00	1:14:39	1:29:34	1:44:30	1:59:20	2:06:00
3:00/km	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	2:06:36
3:01/km	0:15:05	0:30:10	0:45:15	1:00:20	1:03:39	1:15:25	1:30:30	1:45:35	2:00:40	2:07:18
3:02/km	0:15:10	0:30:20	0:45:30	1:00:40	1:04:00	1:15:50	1:31:00	1:46:10	2:01:20	2:08:00
3:03/km	0:15:15	0:30:30	0:45:45	1:01:00	1:04:21	1:16:15	1:31:30	1:46:45	2:02:00	2:08:43
3:04/km	0:15:20	0:30:40	0:46:00	1:01:20	1:04:42	1:16:40	1:32:00	1:47:20	2:02:40	2:09:25
3:05/km	0:15:25	0:30:50	0:46:15	1:01:40	1:05:04	1:17:05	1:32:30	1:47:55	2:03:20	2:10:07
3:06/km	0:15:30	0:31:00	0:46:30	1:02:00	1:05:25	1:17:30	1:33:00	1:48:30	2:04:00	2:10:50
3:07/km	0:15:35	0:31:10	0:46:45	1:02:20	1:05:46	1:17:55	1:33:30	1:49:05	2:04:40	2:11:31
3:08/km	0:15:40	0:31:20	0:47:00	1:02:40	1:06:07	1:18:20	1:34:00	1:49:40	2:05:20	2:12:14
3:09/km	0:15:45	0:31:30	0:47:15	1:03:00	1:06:28	1:18:45	1:34:30	1:50:15	2:06:00	2:12:56
3:10/km	0:15:50	31:40	47:30	1:03:20	1:06:49	1:19:10	1:35:00	1:50:50	2:06:40	2:13:38
3:11/km	15:55	31:50	47:45	1:03:40	1:07:10	1:19:35	1:35:30	1:51:25	2:07:20	2:14:20
3:12/km	16:00	32:00	48:00	1:04:00	1:07:31	1:20:00	1:36:00	1:52:00	2:08:00	2:15:02
3:19/km	16:35	33:11	49:26	1:06:20	1:10:00	1:22:56	1:39:32	1:15:07	2:12:42	2:20:00

MARATHON PACE CHART - WOMEN

Avg Km	5km	10km	15km	20km	Half	25km	30km	35km	40km	42km
3:22/km	0:16:49	0:33:39	0:50:28	1:07:18	1:11:00	1:24:07	1:40:57	1:57:46	2:14:36	2:22:00
3:23/km	0:16:55	0:33:50	0:50:45	1:07:40	1:11:23	1:24:35	1:41:30	1:58:25	2:15:20	2:22:47
3:24/km	0:17:00	0:34:00	0:51:00	1:08:00	1:11:44	1:25:00	1:42:00	1:59:00	2:16:00	2:23:29
3:25/km	0:17:05	0:34:10	0:51:15	1:08:20	1:12:06	1:25:25	1:42:30	1:59:35	2:16:40	2:24:11
3:26/km	0:17:10	0:34:20	0:51:30	1:08:40	1:12:27	1:25:50	1:43:00	2:00:10	2:17:20	2:24:53
3:27/km	0:17:15	0:34:30	0:51:45	1:09:00	1:12:48	1:26:15	1:43:30	2:00:45	2:18:00	2:25:35
3:28/km	0:17:20	0:34:40	0:52:00	1:09:20	1:13:09	1:26:40	1:44:00	2:01:20	2:18:40	2:26:18
3:29/km	0:17:25	0:34:50	0:52:15	1:09:40	1:13:30	1:27:05	1:44:30	2:01:55	2:19:20	2:27:00
3:30/km	0:17:30	0:35:00	0:52:30	1:10:00	1:13:51	1:27:30	1:45:00	2:02:30	2:20:00	2:27:42
3:31/km	0:17:35	0:35:10	0:52:45	1:10:20	1:14:12	1:27:55	1:45:30	2:03:05	2:20:40	2:28:24
3:32/km	0:17:40	0:35:20	0:53:00	1:10:40	1:14:33	1:28:20	1:46:00	2:03:40	2:21:20	2:29:06
3:33/km	0:17:45	0:35:30	0:53:15	1:11:00	1:14:54	1:28:45	1:46:30	2:04:15	2:22:00	2:29:49
3:40/km	18:22	36:44	55:06	1:13:28	1:31:49	1:50:11	1:50:11	2:08:33	2:26:55	2:35:00
3:47/km	18:57	37:55	56:52	1:15:50	1:20:00	1:34:47	1:53:45	2:12:42	2:31:40	2:40:00