



Pace (min/mile)	Estimated Finish Time (h:mm:ss)			
	5k (3.1 miles)	10k (6.2 miles)	Relay (6.55 miles)	Half Marathon (13.1 miles)
05:00	0:15:30	0:31:00	0:32:45	1:05:30
05:15	0:16:16	0:32:33	0:34:23	1:08:46
05:30	0:17:03	0:34:06	0:36:01	1:12:03
05:45	0:17:49	0:35:39	0:37:40	1:15:19
06:00	0:18:36	0:37:12	0:39:18	1:18:36
06:15	0:19:22	0:38:45	0:40:56	1:21:53
06:30	0:20:09	0:40:18	0:42:35	1:25:09
06:45	0:20:56	0:41:51	0:44:13	1:28:26
07:00	0:21:42	0:43:24	0:45:51	1:31:42
07:15	0:22:29	0:44:57	0:47:29	1:34:59
07:30	0:23:15	0:46:30	0:49:08	1:38:15
07:45	0:24:02	0:48:03	0:50:46	1:41:32
08:00	0:24:48	0:49:36	0:52:24	1:44:48
08:15	0:25:35	0:51:09	0:54:02	1:48:05
08:30	0:26:21	0:52:42	0:55:41	1:51:21
08:45	0:27:08	0:54:15	0:57:19	1:54:38
09:00	0:27:54	0:55:48	0:58:57	1:57:54
09:15	0:28:41	0:57:21	1:00:35	2:01:11
09:30	0:29:27	0:58:54	1:02:14	2:04:27
09:45	0:30:14	1:00:27	1:03:52	2:07:44
10:00	0:31:00	1:02:00	1:05:30	2:11:00
10:15	0:31:47	1:03:33	1:07:08	2:14:17
10:30	0:32:33	1:05:06	1:08:47	2:17:33
10:45	0:33:20	1:06:39	1:10:25	2:20:50
11:00	0:34:06	1:08:12	1:12:03	2:24:06
11:15	0:34:53	1:09:45	1:13:41	2:27:23
11:30	0:35:39	1:11:18	1:15:20	2:30:39
11:45	0:36:26	1:12:51	1:16:58	2:33:56
12:00	0:37:12	1:14:24	1:18:36	2:37:12
12:15	0:37:59	1:15:57	1:20:14	2:40:29
12:30	0:38:45	1:17:30	1:21:53	2:43:45
12:45	0:39:32	1:19:03	1:23:31	2:47:02
13:00	0:40:18	1:20:36	1:25:09	2:50:18
13:15	0:41:05	1:22:09	1:26:47	2:53:34
13:30	0:41:51	1:23:42	1:28:25	2:56:51
13:45	0:42:37	1:25:15	1:30:04	3:00:07
14:00	0:43:24	1:26:48	1:31:42	3:03:24
14:15	0:44:10	1:28:21	1:33:20	3:06:40
14:30	0:44:57	1:29:54	1:34:58	3:09:57
14:45	0:45:43	1:31:27	1:36:37	3:13:13
15:00	0:46:30	1:33:00	1:38:15	3:16:30
15:15	0:47:16	1:34:33	1:39:53	3:19:46
15:30	0:48:03	1:36:06	1:41:31	3:23:03
15:45	0:48:49	1:37:39	1:43:10	3:26:19
16:00	0:49:36	1:39:12	1:44:48	3:29:36