



Kilometer Pace Chart (with 1-mile and half-marathon comparison)

The following table is based on minutes/kilometer, and converts an athlete's pace to the time needed to cover a particular distance. To find the average race pace, look at the finish time and read the pace from the left-hand columns. The average pace of the Boston Marathon course records of Geoffrey Mutai (2:03:02) and Buzunesh Deba (2:19:59) are in bold.

1 Km	1 Mi	5 Km	10 Km	15 Km	20 Km	Half	25 Km	30 Km	35 Km	40 Km	42.195
0:02:45	0:04:26	0:13:45	0:27:30	0:41:15	0:55:00	0:58:01	1:08:45	1:22:30	1:36:15	1:50:00	1:56:02
0:02:50	0:04:34	0:14:10	0:28:20	0:42:30	0:56:40	0:59:47	1:10:50	1:25:00	1:39:10	1:53:20	1:59:33
0:02:55	0:04:42	0:14:35	0:29:09	0:43:44	0:58:18	1:01:31	1:12:53	1:27:27	1:42:02	1:56:37	2:03:02
0:02:59	0:04:48	0:14:55	0:29:50	0:44:45	0:59:40	1:02:56	1:14:35	1:29:30	1:44:25	1:59:20	2:05:52
0:03:00	0:04:51	0:15:00	0:30:00	0:45:00	1:00:00	1:03:15	1:15:00	1:30:00	1:45:00	2:00:00	2:06:29
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
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
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
0:03:17	0:05:18	0:16:28	0:32:56	0:49:24	1:05:52	1:09:28	1:22:20	1:38:47	1:55:15	2:11:43	2:18:57
0:03:19	0:05:20	0:16:35	0:33:11	0:49:46	1:06:21	1:09:59	1:22:56	1:39:32	1:56:07	2:12:42	2:19:59
0:03:20	0:05:22	0:16:40	0:33:20	0:50:00	1:06:40	1:10:21	1:23:20	1:40:00	1:56:40	2:13:20	2:20:43
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
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
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
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
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
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
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
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
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
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
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
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
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
0:04:30	0:07:14	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
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
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
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
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
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
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	3:30:58
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
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
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
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
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
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
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
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
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
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
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
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
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
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
0:06:15	0:10:03	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
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
0:06:25	0:10:20	0:32:05	1:04:10	1:36:15	2:08:20	2:15:23	2:40:25	3:12:30	3:44:35	4:16:40	4:30:45
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



Mile Pace Chart

(with 1 km and 10 km comparison)

The following table is based on minutes/mile, and converts an athlete's pace to the time needed to cover a particular distance. To find the average race pace, look at the finish time and read the pace from the left-hand columns. The average pace of the Boston Marathon course records of Geoffrey Mutai (2:03:02) and Buzunesh Deba (2:19:59) are in bold.

1 Km	1 Mi	5 Mi	10 Km	10 Mi	Half	15 Mi	20 Mi	25 Mi	26.2 Mi
0:02:48	0:04:30	0:22:30	0:27:58	0:45:00	0:59:00	1:07:30	1:30:00	1:52:30	1:58:00
0:02:54	0:04:40	0:23:20	0:29:00	0:46:40	1:01:11	1:10:00	1:33:20	1:56:40	2:02:22
0:02:55	0:04:42	0:23:27	0:29:09	0:46:55	1:01:31	1:10:23	1:33:51	1:57:19	2:03:02
0:02:59	0:04:48	0:24:00	0:29:50	0:48:00	1:02:56	1:12:00	1:36:00	2:00:00	2:05:52
0:03:00	0:04:51	0:24:15	0:30:00	0:48:30	1:03:15	1:12:45	1:37:00	2:01:15	2:06:29
0:03:03	0:04:55	0:24:35	0:30:33	0:49:10	1:04:28	1:13:45	1:38:20	2:02:55	2:08:55
0:03:06	0:05:00	0:25:00	0:31:04	0:50:00	1:05:33	1:15:00	1:40:00	2:05:00	2:11:06
0:03:10	0:05:05	0:25:25	0:31:35	0:50:50	1:06:39	1:16:15	1:41:40	2:07:05	2:13:17
0:03:13	0:05:10	0:25:50	0:32:06	0:51:40	1:07:44	1:17:30	1:43:20	2:09:10	2:15:28
0:03:16	0:05:15	0:26:15	0:32:37	0:52:30	1:08:50	1:18:45	1:45:00	2:11:15	2:17:39
0:03:17	0:05:18	0:26:30	0:32:56	0:53:00	1:09:28	1:19:30	1:46:00	2:12:29	2:18:57
0:03:19	0:05:20	0:26:42	0:33:11	0:53:23	1:09:59	1:20:05	1:46:47	2:13:29	2:19:59
0:03:20	0:05:22	0:26:50	0:33:20	0:53:40	1:10:21	1:20:30	1:47:20	2:14:10	2:20:43
0:03:22	0:05:25	0:27:05	0:33:40	0:54:10	1:11:01	1:21:15	1:48:20	2:15:25	2:22:02
0:03:25	0:05:30	0:27:30	0:34:11	0:55:00	1:12:06	1:22:30	1:50:00	2:17:30	2:24:13
0:03:28	0:05:35	0:27:55	0:34:42	0:55:50	1:13:12	1:23:45	1:51:40	2:19:35	2:26:24
0:03:31	0:05:40	0:28:20	0:35:13	0:56:40	1:14:17	1:25:00	1:53:20	2:21:40	2:28:35
0:03:34	0:05:45	0:28:45	0:35:44	0:57:30	1:15:23	1:26:15	1:55:00	2:23:45	2:30:46
0:03:37	0:05:50	0:29:10	0:36:15	0:58:20	1:16:29	1:27:30	1:56:40	2:25:50	2:32:57
0:03:41	0:05:55	0:29:35	0:36:46	0:59:10	1:17:34	1:28:45	1:58:20	2:27:55	2:35:08
0:03:44	0:06:00	0:30:00	0:37:17	1:00:00	1:18:40	1:30:00	2:00:00	2:30:00	2:37:19
0:03:47	0:06:05	0:30:25	0:37:48	1:00:50	1:19:45	1:31:15	2:01:40	2:32:05	2:39:30
0:03:50	0:06:10	0:30:50	0:38:19	1:01:40	1:20:51	1:32:30	2:03:20	2:34:10	2:41:42
0:03:53	0:06:15	0:31:15	0:38:50	1:02:30	1:21:56	1:33:45	2:05:00	2:36:15	2:43:53
0:03:56	0:06:20	0:31:40	0:39:21	1:03:20	1:23:02	1:35:00	2:06:40	2:38:20	2:46:04
0:03:59	0:06:25	0:32:05	0:39:52	1:04:10	1:24:07	1:36:15	2:08:20	2:40:25	2:48:15
0:04:02	0:06:30	0:32:30	0:40:23	1:05:00	1:25:13	1:37:30	2:10:00	2:42:30	2:50:26
0:04:05	0:06:35	0:32:55	0:40:55	1:05:50	1:26:19	1:38:45	2:11:40	2:44:35	2:52:37
0:04:09	0:06:40	0:33:20	0:41:26	1:06:40	1:27:24	1:40:00	2:13:20	2:46:40	2:54:48
0:04:12	0:06:45	0:33:45	0:41:57	1:07:30	1:28:30	1:41:15	2:15:00	2:48:45	2:56:59
0:04:15	0:06:50	0:34:10	0:42:28	1:08:20	1:29:35	1:42:30	2:16:40	2:50:50	2:59:10
0:04:18	0:06:55	0:34:35	0:42:59	1:09:10	1:30:41	1:43:45	2:18:20	2:52:55	3:01:21
0:04:21	0:07:00	0:35:00	0:43:30	1:10:00	1:31:46	1:45:00	2:20:00	2:55:00	3:03:33
0:04:24	0:07:05	0:35:25	0:44:01	1:10:50	1:32:52	1:46:15	2:21:40	2:57:05	3:05:44
0:04:27	0:07:10	0:35:50	0:44:32	1:11:40	1:33:57	1:47:30	2:23:20	2:59:10	3:07:55
0:04:30	0:07:15	0:36:15	0:45:03	1:12:30	1:35:03	1:48:45	2:25:00	3:01:15	3:10:06
0:04:33	0:07:20	0:36:40	0:45:34	1:13:20	1:36:08	1:50:00	2:26:40	3:03:20	3:12:17
0:04:37	0:07:25	0:37:05	0:46:05	1:14:10	1:37:14	1:51:15	2:28:20	3:05:25	3:14:28
0:04:40	0:07:30	0:37:30	0:46:36	1:15:00	1:38:20	1:52:30	2:30:00	3:07:30	3:16:39
0:04:43	0:07:35	0:37:55	0:47:07	1:15:50	1:39:25	1:53:45	2:31:40	3:09:35	3:18:50
0:04:46	0:07:40	0:38:20	0:47:38	1:16:40	1:40:31	1:55:00	2:33:20	3:11:40	3:21:01
0:04:49	0:07:45	0:38:45	0:48:10	1:17:30	1:41:36	1:56:15	2:35:00	3:13:45	3:23:12
0:04:52	0:07:50	0:39:10	0:48:41	1:18:20	1:42:42	1:57:30	2:36:40	3:15:50	3:25:24
0:04:55	0:07:55	0:39:35	0:49:12	1:19:10	1:43:47	1:58:45	2:38:20	3:17:55	3:27:35
0:04:58	0:08:00	0:40:00	0:49:43	1:20:00	1:44:53	2:00:00	2:40:00	3:20:00	3:29:46
0:05:04	0:08:10	0:40:50	0:50:45	1:21:40	1:47:04	2:02:30	2:43:20	3:24:10	3:34:08
0:05:08	0:08:15	0:41:15	0:51:16	1:22:30	1:48:10	2:03:45	2:45:00	3:26:15	3:36:19
0:05:11	0:08:20	0:41:40	0:51:47	1:23:20	1:49:15	2:05:00	2:46:40	3:28:20	3:38:30
0:05:17	0:08:30	0:42:30	0:52:49	1:25:00	1:51:26	2:07:30	2:50:00	3:32:30	3:42:52
0:05:23	0:08:40	0:43:20	0:53:51	1:26:40	1:53:37	2:10:00	2:53:20	3:36:40	3:47:15
0:05:26	0:08:45	0:43:45	0:54:22	1:27:30	1:54:43	2:11:15	2:55:00	3:38:45	3:49:26
0:05:29	0:08:50	0:44:10	0:54:53	1:28:20	1:55:48	2:12:30	2:56:40	3:40:50	3:51:37
0:05:36	0:09:00	0:45:00	0:55:56	1:30:00	1:58:00	2:15:00	3:00:00	3:45:00	3:55:59
0:05:42	0:09:10	0:45:50	0:56:58	1:31:40	2:00:11	2:17:30	3:03:20	3:49:10	4:00:21
0:05:45	0:09:15	0:46:15	0:57:29	1:32:30	2:01:16	2:18:45	3:05:00	3:51:15	4:02:32
0:05:48	0:09:20	0:46:40	0:58:00	1:33:20	2:02:22	2:20:00	3:06:40	3:53:20	4:04:43
0:05:54	0:09:30	0:47:30	0:59:02	1:35:00	2:04:33	2:22:30	3:10:00	3:57:30	4:09:06