

Running Times Pace Chart

(provided courtesy of Cal Coast Track Club)

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

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

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

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

Pace	5K	5 Mi	10K	10 Mi	1/2 Mar	Mar
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Pace	5K	5 Mi	10K	10 Mi	1/2 Mar	Mar
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Pace	5K	5 Mi	10K	10 Mi	1/2 Mar	Mar

Pace	5K	5 Mi	10K	10 Mi	1/2 Mar	Mar
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Pace	5K	5 Mi	10K	10 Mi	1/2 Mar	Mar
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Pace	5K	5 Mi	10K	10 Mi	1/2 Mar	Mar

Pace	5K	5 Mi	10K	10 Mi	1/2 Mar	Mar
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Pace	5K	5 Mi	10K	10 Mi	1/2 Mar	Mar
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Pace	5K	5 Mi	10K	10 Mi	1/2 Mar	Mar

Pace	5K	5 Mi	10K	10 Mi	1/2 Mar	Mar
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Pace	5K	5 Mi	10K	10 Mi	1/2 Mar	Mar
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Pace	5K	5 Mi	10K	10 Mi	1/2 Mar	Mar

Pace	5K	5 Mi	10K	10 Mi	1/2 Mar	Mar
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Pace	5K	5 Mi	10K	10 Mi	1/2 Mar	Mar
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Pace	5K	5 Mi	10K	10 Mi	1/2 Mar	Mar

Pace	5K	5 Mi	10K	10 Mi	1/2 Mar	Mar
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Pace	5K	5 Mi	10K	10 Mi	1/2 Mar	Mar
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Pace	5K	5 Mi	10K	10 Mi	1/2 Mar	Mar

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15:45	48:56	1:18:45	1:37:52	2:37:30	3:26:28	6:52:57
15:46	48:59	1:18:50	1:37:58	2:37:40	3:26:41	6:53:23
15:47	49:02	1:18:55	1:38:04	2:37:50	3:26:55	6:53:49
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15:49	49:08	1:19:05	1:38:17	2:38:10	3:27:21	6:54:42
15:50	49:12	1:19:10	1:38:23	2:38:20	3:27:34	6:55:08
15:51	49:15	1:19:15	1:38:29	2:38:30	3:27:47	6:55:34
15:52	49:18	1:19:20	1:38:35	2:38:40	3:28:00	6:56:00
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15:56	49:30	1:19:40	1:39:00	2:39:20	3:28:53	6:57:45
15:57	49:33	1:19:45	1:39:07	2:39:30	3:29:06	6:58:11
15:58	49:36	1:19:50	1:39:13	2:39:40	3:29:19	6:58:38
15:59	49:39	1:19:55	1:39:19	2:39:50	3:29:32	6:59:04
Pace	5K	5 Mi	10K	10 Mi	1/2 Mar	Mar

Pace	5K	5 Mi	10K	10 Mi	1/2 Mar	Mar
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16:02	49:49	1:20:10	1:39:38	2:40:20	3:30:11	7:00:22
16:03	49:52	1:20:15	1:39:44	2:40:30	3:30:24	7:00:49
16:04	49:55	1:20:20	1:39:50	2:40:40	3:30:37	7:01:15
16:05	49:58	1:20:25	1:39:56	2:40:50	3:30:51	7:01:41
16:06	50:01	1:20:30	1:40:02	2:41:00	3:31:04	7:02:07
16:07	50:04	1:20:35	1:40:09	2:41:10	3:31:17	7:02:34
16:08	50:07	1:20:40	1:40:15	2:41:20	3:31:30	7:03:00
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16:10	50:14	1:20:50	1:40:27	2:41:40	3:31:56	7:03:52
16:11	50:17	1:20:55	1:40:34	2:41:50	3:32:09	7:04:18
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16:29	51:13	1:22:25	1:42:25	2:44:50	3:36:05	7:12:10
Pace	5K	5 Mi	10K	10 Mi	1/2 Mar	Mar
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Pace	5K	5 Mi	10K	10 Mi	1/2 Mar	Mar