

Marathon Pace Chart



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



So You Want To Set The Pace

Linda H. Harris, Amanda Hopkins



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