



10K Run

Pace Per Mile Results Chart

10K Pace per mile and Resulting 10K Time															
Pace	Finish	Pace	Finish	Pace	Finish	Pace	Finish	Pace	Finish	Pace	Finish	Pace	Finish	Pace	Finish
5:00	31:04	6:00	37:17	7:00	43:30	8:00	49:43	9:00	55:55	10:00	1:02:08	11:00	1:08:21	12:00	1:14:34
5:10	32:06	6:10	38:19	7:10	44:32	8:10	50:45	9:10	56:58	10:10	1:03:10	11:10	1:09:23	12:10	1:15:36
5:20	33:08	6:20	39:21	7:20	45:34	8:20	51:47	9:20	58:00	10:20	1:04:13	11:20	1:10:25	12:20	1:16:38
5:30	34:11	6:30	40:23	7:30	46:36	8:30	53:49	9:30	59:02	10:30	1:05:15	11:30	1:11:27	12:30	1:17:40
5:40	35:13	6:40	41:25	7:40	47:38	8:40	53:51	9:40	1:00:04	10:40	1:06:17	11:40	1:12:30	12:40	1:18:42
5:50	36:15	6:50	42:28	7:50	48:40	8:50	54:53	9:50	1:01:06	10:50	1:07:19	11:50	1:13:32	12:50	1:19:45

- Start staging on Ottawa Avenue south of Lyon Street – Finish on Monroe at Pearl Street
- The 10K course follows portions of the 25K and 5K.
 - **Note:** All 10K participants will stay to the left on Park St and John Ball Park St. (near 3-mile mark) to turn left onto Butterworth. It is possible based on your pace that the 25K Lead vehicles, 25K handcycle/wheelchair and 25K elite athletes will pass you on the right. Please be aware of your surroundings
 - 10K participants are to complete the course by 9:20a - a 16-minute mile pace (1:39:25)
- **NO** baby joggers, backpacks, bicycles, rollerblades, skateboards and leashed animals are allowed.