



5K Walk

Pace Per Mile Results Chart

5K Walk Pace per mile and Resulting 5K Walk Time

Pace	Finish	Pace	Finish	Pace	Finish	Pace	Finish	Pace	Finish	Pace	Finish	Pace	Finish	Pace	Finish
14:00	43:30	15:00	46:36	16:00	49:43	17:00	52:49	18:00	55:55	19:00	59:02	20:00	1:02:08	21:00	1:05:15
14:10	44:01	15:10	47:07	16:10	50:14	17:10	53:20	18:10	56:26	19:10	59:53	20:10	1:02:39	21:10	1:05:46
14:20	44:32	15:20	47:38	16:20	50:45	17:20	53:51	18:20	56:58	19:20	1:00:04	20:20	1:03:10	21:20	1:06:17
14:30	45:03	15:30	48:09	16:30	51:16	17:30	54:22	18:30	57:29	19:30	1:00:35	20:30	1:03:41	21:30	1:06:48
14:40	45:54	15:40	48:40	16:40	51:47	17:40	54:53	18:40	58:00	19:40	1:01:06	20:40	1:04:13	21:40	1:07:19
14:50	46:05	15:50	49:12	16:50	52:18	17:50	55:24	18:50	58:31	19:50	1:01:37	20:50	1:04:44	21:50	1:07:50

Pace	Finish	Pace	Finish	Pace	Finish
22:00	1:08:21	23:00	1:11:27	24:00	1:13:34
22:10	1:08:52	23:10	1:11:59	24:10	1:15:05
22:20	1:09:23	23:20	1:12:30	24:20	1:15:36
22:30	1:09_54	23:30	1:13:01	24:30	1:16:07
22:40	1:10:25	23:40	1:13:32	24:40	1:16:38
22:50	1:10:56	23:50	1:14:03	24:50	1:17:09

- Start staging is Ottawa south of Lyon Street – finish on Monroe Avenue at Pearl Street.
- 5K Walkers must maintain a 25 minute per mile pace
- The 5K Walkers with a pace of 18:30 minutes per mile or more should be aware of surroundings as 25K handcycle and wheelchair participants will be approaching the finish line
- The 5K Walk is the **only** event that allows Baby joggers/strollers, child carrier front/back packs, wagons and leashed dogs. Please line up at the back of the group and be courteous of other walkers