

25K Pace per mile and Resulting 25K Time - must complete 25K in 3.5 hours for official results

6:00	1:33:10	7:00	1:48:40	7:50	2:01:35	8:50	2:17:05	9:50	2:32:35	10:50	2:47:55	11:50	3:03:25	12:50	3:18:55
6:10	1:35:45	7:10	1:51:15	8:00	2:04:10	9:00	2:19:40	10:00	2:35:20	11:00	2:50:30	12:00	3:06:00	13:00	3:21:30
6:20	1:38:20	7:20	1:53:50	8:10	2:06:45	9:10	2:22:15	10:10	2:37:35	11:10	2:53:05	12:10	3:08:35	13:10	3:24:05
6:30	1:40:55	7:30	1:56:25	8:20	2:09:20	9:20	2:24:50	10:20	2:40:10	11:20	2:55:40	12:20	3:11:10	13:20	3:26:40
6:40	1:43:30	7:40	1:59:00	8:30	2:11:55	9:30	2:27:55	10:30	2:43:03	11:30	2:58:15	12:30	3:13:45	13:30	3:29:15
6:50	1:46:05	7:42	2 HR CLUB	8:40	2:14:30	9:40	2:30:00	10:40	2:45:38	11:40	3:00:50	12:40	3:16:20	13:35	3:30:33

10K Pace Per Mile and Resulting 10k Time

6:00	0:37:17	7:00	0:43:30	8:00	0:49:43	9:00	0:55:55	10:00	1:02:08	11:00	1:08:21	12:00	1:14:34	13:00	1:20:47
6:10	0:38:19	7:10	0:44:32	8:10	0:50:45	9:10	0:56:58	10:10	1:03:10	11:10	1:09:23	12:10	1:15:36	13:10	1:21:49
6:20	0:39:21	7:20	0:45:34	8:20	0:51:47	9:20	0:58:00	10:20	1:04:13	11:20	1:10:25	12:20	1:16:38	13:20	1:22:51
6:30	0:40:23	7:30	0:46:36	8:30	0:52:49	9:30	0:59:02	10:30	1:05:15	11:30	1:11:28	12:30	1:17:40	13:30	1:23:53
6:40	0:41:25	7:40	0:47:38	8:40	0:53:51	9:40	1:00:04	10:40	1:06:17	11:40	1:12:30	12:40	1:18:43	13:40	1:24:55
6:50	0:42:28	7:50	0:48:40	8:50	0:54:53	9:50	1:01:06	10:50	1:07:19	11:50	1:13:32	12:50	1:19:45	13:50	1:25:57

5K Run Pace Per Mile and Resulting 5K Run Time

6:00	0:18:38	7:00	0:21:45	8:00	0:24:51	9:00	0:27:58	10:00	0:31:04	11:00	0:34:11	12:00	0:37:17	13:00	0:40:23
6:10	0:19:09	7:10	0:22:16	8:10	0:25:22	9:10	0:28:29	10:10	0:31:35	11:10	0:34:42	12:10	0:37:48	13:10	0:40:54
6:20	0:19:40	7:20	0:22:47	8:20	0:25:53	9:20	0:29:00	10:20	0:32:06	11:20	0:35:13	12:20	0:38:19	13:20	0:41:25
6:30	0:20:11	7:30	0:23:18	8:30	0:26:24	9:30	0:29:31	10:30	0:32:37	11:30	0:35:44	12:30	0:38:50	13:30	0:41:56
6:40	0:20:42	7:40	0:23:49	8:40	0:26:55	9:40	0:30:02	10:40	0:33:08	11:40	0:36:15	12:40	0:39:21	13:40	0:42:27
6:50	0:21:13	7:50	0:24:20	8:50	0:27:26	9:50	0:30:33	10:50	0:33:39	11:50	0:36:46	12:50	0:39:52	13:50	0:42:58

5K Walk Pace Per Mile and Resulting 5K Walk Time

14:00	0:43:40	15:00	0:46:36	16:00	0:49:43	17:00	0:52:49	18:00	0:55:55	19:00	0:59:02	20:00	1:02:08	21:00	1:05:15
14:10	0:44:11	15:10	0:47:07	16:10	0:50:14	17:10	0:53:20	18:10	0:56:26	19:10	0:59:33	20:10	1:02:39	21:10	1:05:46
14:20	0:44:42	15:20	0:47:38	16:20	0:50:45	17:20	0:53:51	18:20	0:56:57	19:20	1:00:04	20:20	1:03:10	21:20	1:06:17
14:30	0:45:13	15:30	0:48:09	16:30	0:51:16	17:30	0:54:22	18:30	0:57:28	19:30	1:00:35	20:30	1:03:41	21:30	1:06:48
14:40	0:45:44	15:40	0:48:40	16:40	0:51:47	17:40	0:54:53	18:40	0:57:59	19:40	1:01:06	20:40	1:04:12	21:40	1:07:19
14:50	0:46:15	15:50	0:49:11	16:50	0:52:18	17:50	0:55:24	18:50	0:58:30	19:50	1:01:37	20:50	1:04:43	21:50	1:07:50