

Pace Tables for Calculating Pace Per Mile (PPM)

Mile	2	3	5 Km	4	5	6	10 Km	7	8	9	10	11	12	13	14	15	Mile	
Pace	Mile	Mile	Mile	Mile	Mile	Mile	Mile	Mile	Mile	Mile	Mile	Mile	Mile	Mile	Mile	Mile	Mile	Pace
4:30	9:00	13:30	13:59	18:00	22:30	27:00	27:58	31:30	36:00	40:30	45:00	49:30	54:00	58:30	1:03:00	1:07:30	4:30	
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1	2	3	5K	4	5	6	10K	7	8	9	10	11	12	13	14	15	1	

Pace Tables for Calculating Pace Per Mile (PPM)

Mile Pace	2	3	4	5	6	7	8	9	10	11	12	13	14	15	Mile Pace
7:50	15:40	23:30	31:20	39:10	47:00	54:50	1:02:40	1:10:30	1:18:20	1:26:10	1:34:00	1:41:50	1:49:40	1:57:30	7:50
7:55	15:50	23:45	31:40	39:35	47:30	55:25	1:03:20	1:11:15	1:19:10	1:27:05	1:35:00	1:42:55	1:50:50	1:58:45	7:55
8:00	16:00	24:00	32:00	40:00	48:00	56:00	1:04:00	1:12:00	1:20:00	1:28:00	1:36:00	1:44:00	1:52:00	2:00:00	8:00
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11:00	22:00	33:00	44:00	55:00	66:00	75:00	1:28:00	1:39:00	1:50:00	2:01:00	2:12:00	2:23:00	2:34:00	2:45:00	11:00