

OFFICIAL BEAR CREEK RUN CLUB PACE CHART

Pace	5K	5 Mi	10K	10 Mi	1/2 Mar	Mar
7:00	21:45	35:00	43:30	1:10:00	1:31:46	3:03:32
7:15	22:31	36:15	45:03	1:12:30	1:35:03	3:10:05
7:30	23:18	37:30	46:36	1:15:00	1:38:19	3:16:38
7:45	24:05	38:45	48:09	1:17:30	1:41:36	3:23:12
Pace	5K	5 Mi	10K	10 Mi	1/2 Mar	Mar
8:00	24:51	40:00	49:43	1:20:00	1:44:53	3:29:45
8:15	25:38	41:15	51:16	1:22:30	1:48:09	3:36:18
8:30	26:24	42:30	52:49	1:25:00	1:51:26	3:42:52
8:45	27:11	43:45	54:22	1:27:30	1:54:42	3:49:25
Pace	5K	5 Mi	10K	10 Mi	1/2 Mar	Mar
9:00	27:58	45:00	55:55	1:30:00	1:57:59	3:55:58
9:15	28:44	46:15	57:29	1:32:30	2:01:16	4:02:31
9:30	29:31	47:30	59:02	1:35:00	2:04:32	4:09:05
9:45	30:18	48:45	1:00:35	1:37:30	2:07:49	4:15:38
Pace	5K	5 Mi	10K	10 Mi	1/2 Mar	Mar
10:00	31:04	50:00	1:02:08	1:40:00	2:11:06	4:22:11
10:15	31:51	51:15	1:03:41	1:42:30	2:14:22	4:28:45
10:30	32:37	52:30	1:05:15	1:45:00	2:17:39	4:35:18
10:45	33:24	53:45	1:06:48	1:47:30	2:20:56	4:41:51
Pace	5K	5 Mi	10K	10 Mi	1/2 Mar	Mar
11:00	34:11	55:00	1:08:21	1:50:00	2:24:12	4:48:24
11:15	34:57	56:15	1:09:54	1:52:30	2:27:29	4:54:58
11:30	35:44	57:30	1:11:27	1:55:00	2:30:45	5:01:31
11:45	36:30	58:45	1:13:01	1:57:30	2:34:02	5:08:04
Pace	5K	5 Mi	10K	10 Mi	1/2 Mar	Mar
12:00	37:17	1:00:00	1:14:34	2:00:00	2:37:19	5:14:37
12:15	38:04	1:01:15	1:16:07	2:02:30	2:40:35	5:21:11
12:30	38:50	1:02:30	1:17:40	2:05:00	2:43:52	5:27:44
12:45	39:37	1:03:45	1:19:13	2:07:30	2:47:09	5:34:17
Pace	5K	5 Mi	10K	10 Mi	1/2 Mar	Mar
13:00	40:23	1:05:00	1:20:47	2:10:00	2:50:25	5:40:51
13:15	41:10	1:06:15	1:22:20	2:12:30	2:53:42	5:47:24
13:30	41:57	1:07:30	1:23:53	2:15:00	2:56:59	5:53:57
13:45	42:43	1:08:45	1:25:26	2:17:30	3:00:15	6:00:30
Pace	5K	5 Mi	10K	10 Mi	1/2 Mar	Mar
14:00	43:30	1:10:00	1:27:00	2:20:00	3:03:32	6:07:04
14:15	44:16	1:11:15	1:28:33	2:22:30	3:06:49	6:13:37
14:30	45:03	1:12:30	1:30:06	2:25:00	3:10:05	6:20:10

RUN YOUR OWN WORLD !