

200m	400m	800m	1200m	time/ mile	(Miles 2mi	3.107 5k	5mi	6.214 10k	7.456 12k	10mi	12.427 20k	13.109 1/2mara	20mi	26.219 Marathon
35sec	1:11	2:22	3:33	4:45	9:30	14:45	23:45	29:31:00	35:25:00	47:30:00	59:02:00	1:02:16	1:35:00	2:04:32
37sec	1:15	2:30	3:45	5:00	10:00	15:32	25:00:00	31:04:00	37:17:00	50:00:00	1:02:08	1:05:33	1:40:00	2:11:06
39sec	1:17	2:37	3:54	5:15	10:30	16:19	26:15:00	32:37:00	39:09:00	52:30:00	1:05:15	1:08:49	1:45:00	2:17:39
41sec	1:22	2:45	4:07	5:30	11:00	17:05	27:30:00	34:11:00	41:01:00	55:00:00	1:08:21	1:12:06	1:50:00	2:24:12
43sec	1:26	2:53	4:19	5:45	11:30	17:52	28:45:00	35:44:00	42:52:00	57:30:00	1:11:27	1:15:23	1:55:00	2:30:45
45sec	1:30	3:00	4:30	6:00	12:00	18:38	30:00:00	37:17:00	44:44:00	1:00:00	1:14:34	1:18:39	2:00:00	2:37:19
47sec	1:34	3:07	4:41	6:15	12:30	19:25	31:15:00	38:50:00	46:36:00	1:02:30	1:17:40	1:21:56	2:05:00	2:43:52
49sec	1:37	3:15	4:52	6:30	13:00	20:12	32:30:00	40:23:00	48:28:00	1:05:00	1:20:47	1:25:13	2:10:00	2:50:25
50sec	1:42	3:23	5:05	6:45	13:30	20:58	33:45:00	41:57:00	50:20:00	1:07:30	1:23:53	1:28:29	2:15:00	2:56:59
52sec	1:45	3:30	5:15	7:00	14:00	21:45	35:00:00	43:30:00	52:12:00	1:10:00	1:27:00	1:31:46	2:20:00	3:03:32
54sec	1:48	3:37	5:25	7:15	14:30	22:31	36:15:00	45:03:00	54:04:00	1:12:30	1:30:06	1:35:03	2:25:00	3:10:05
56sec	1:52	3:45	5:37	7:30	15:00	23:18	37:30:00	46:36:00	55:55:00	1:15:00	1:33:12	1:38:19	2:30:00	3:16:38
58sec	1:56	3:52	5:48	7:45	15:30	24:05	38:45:00	48:09:00	57:47:00	1:17:30	1:36:19	1:41:36	2:35:00	3:23:12
1min	2:00	4:00	6:00	8:00	16:00	24:51:00	40:00:00	49:43:00	59:39:00	1:20:00	1:39:25	1:44:53	2:40:00	3:29:45
1:02	2:04	4:07	6:11	8:15	16:30	25:38:00	41:15:00	51:16:00	1:01:31	1:22:30	1:42:32	1:48:09	2:45:00	3:36:18
1:04	2:08	4:15	6:23	8:30	17:00	26:24:00	42:30:00	52:49:00	1:03:23	1:25:00	1:45:38	1:51:26	2:50:00	3:42:52
1:05	2:10	4:23	6:33	8:45	17:30	27:11:00	43:45:00	54:22:00	1:05:15	1:27:30	1:48:44	1:54:42	2:55:00	3:49:25
1:07	2:15	4:30	6:45	9:00	18:00	27:58:00	45:00:00	55:55:00	1:07:06	1:30:00	1:51:51	1:57:59	3:00:00	3:55:58
1:09	2:18	4:37	6:55	9:15	18:30	28:44:00	46:15:00	57:29:00	1:08:58	1:32:30	1:54:57	2:01:16	3:05:00	4:02:31
1:11	2:22	4:45	7:07	9:30	19:00	29:31:00	47:30:00	59:02:00	1:10:58	1:35:00	1:58:04	2:04:32	3:10:00	4:09:05
1:13	2:26	4:52	7:18	9:45	19:30	30:18:00	48:45:00	1:00:35	1:12:42	1:37:30	2:01:10	2:07:49	3:15:00	4:15:38
1:15	2:30	5:00	7:30	10:00	20:00	31:04:00	50:00:00	1:02:08	1:14:34	1:40:00	2:04:16	2:11:06	3:20:00	4:22:11
1:19	2:38	5:15	7:54	10:30	21:00	32:37:00	52:30:00	1:05:15	1:18:18	1:45:00	2:10:29	2:17:39	3:30:00	4:35:18
1:22	2:45	5:30	8:15	11:00	22:00	34:11:00	55:00:00	1:08:21	1:22:01	1:50:00	2:16:42	2:24:12	3:40:00	4:48:24
1:26	2:52	5:45	9:27	11:30	23:00	35:44:00	57:30:00	1:11:27	1:25:45	1:55:00	2:22:55	2:30:45	3:50:00	5:01:31
1:30	3:00	6:00	9:00	12:00	24:00:00	37:17:00	1:00	1:14:34	1:29:29	2:00:00	2:29:08	2:37:19	4:00:00	5:14:37