

## Race Time Predictor Chart

Work across from an actual race time to see what you should be capable of at another distance.

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

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