



Running Pace Conversion Chart

Pace min/mile	Pace min/km	MPH	KPH	5km (3.1 miles) time	10km (6.21 miles) time	1/2 Marathon time (13.1 miles / 21.1km)	Marathon time (26.2 miles / 42.2km)
0:20:00	0:12:26	3.0	4.8	1:02:08	2:04:16	4:22:13	8:44:26
0:18:45	0:11:39	3.2	5.1	0:58:15	1:56:30	4:05:50	8:11:40
0:17:39	0:10:58	3.4	5.5	0:54:50	1:49:39	3:51:22	7:42:44
0:16:40	0:10:21	3.6	5.8	0:51:47	1:43:34	3:38:31	7:17:02
0:15:47	0:09:49	3.8	6.1	0:49:03	1:38:07	3:27:01	6:54:02
0:15:00	0:09:19	4.0	6.4	0:46:36	1:33:12	3:16:40	6:33:20
0:14:17	0:08:53	4.2	6.8	0:44:23	1:28:46	3:07:18	6:14:36
0:13:38	0:08:28	4.4	7.1	0:42:22	1:24:44	2:58:47	5:57:34
0:13:03	0:08:06	4.6	7.4	0:40:31	1:21:03	2:51:01	5:42:01
0:12:30	0:07:46	4.8	7.7	0:38:50	1:17:40	2:43:53	5:27:46
0:12:00	0:07:27	5.0	8.0	0:37:17	1:14:34	2:37:20	5:14:40
0:11:32	0:07:10	5.2	8.4	0:35:51	1:11:42	2:31:17	5:02:34
0:11:07	0:06:54	5.4	8.7	0:34:31	1:09:02	2:25:41	4:51:21
0:10:43	0:06:39	5.6	9.0	0:33:17	1:06:35	2:20:28	4:40:57
0:10:21	0:06:26	5.8	9.3	0:32:08	1:04:17	2:15:38	4:31:16
0:10:00	0:06:13	6.0	9.7	0:31:04	1:02:08	2:11:07	4:22:13
0:09:41	0:06:01	6.2	10.0	0:30:04	1:00:08	2:06:53	4:13:46
0:09:22	0:05:50	6.4	10.3	0:29:08	0:58:15	2:02:55	4:05:50
0:09:05	0:05:39	6.6	10.6	0:28:15	0:56:29	1:59:11	3:58:23
0:08:49	0:05:29	6.8	10.9	0:27:25	0:54:50	1:55:41	3:51:22
0:08:34	0:05:20	7.0	11.3	0:26:38	0:53:16	1:52:23	3:44:46
0:08:20	0:05:11	7.2	11.6	0:25:53	0:51:47	1:49:15	3:38:31
0:08:06	0:05:02	7.4	11.9	0:25:11	0:50:23	1:46:18	3:32:37
0:07:54	0:04:54	7.6	12.2	0:24:32	0:49:03	1:43:30	3:27:01
0:07:42	0:04:47	7.8	12.6	0:23:54	0:47:48	1:40:51	3:21:42
0:07:30	0:04:40	8.0	12.9	0:23:18	0:46:36	1:38:20	3:16:40
0:07:19	0:04:33	8.2	13.2	0:22:44	0:45:28	1:35:56	3:11:52
0:07:09	0:04:26	8.4	13.5	0:22:12	0:44:23	1:33:39	3:07:18
0:06:59	0:04:20	8.6	13.8	0:21:41	0:43:21	1:31:28	3:02:57
0:06:49	0:04:14	8.8	14.2	0:21:11	0:42:22	1:29:24	2:58:47
0:06:40	0:04:09	9.0	14.5	0:20:43	0:41:25	1:27:24	2:54:49
0:06:31	0:04:03	9.2	14.8	0:20:16	0:40:31	1:25:30	2:51:01
0:06:23	0:03:58	9.4	15.1	0:19:50	0:39:40	1:23:41	2:47:22
0:06:15	0:03:53	9.6	15.4	0:19:25	0:38:50	1:21:57	2:43:53
0:06:07	0:03:48	9.8	15.8	0:19:01	0:38:03	1:20:16	2:40:33
0:06:00	0:03:44	10.0	16.1	0:18:38	0:37:17	1:18:40	2:37:20
0:05:53	0:03:39	10.2	16.4	0:18:17	0:36:33	1:17:07	2:34:15
0:05:46	0:03:35	10.4	16.7	0:17:55	0:35:51	1:15:38	2:31:17
0:05:40	0:03:31	10.6	17.1	0:17:35	0:35:10	1:14:13	2:28:26
0:05:33	0:03:27	10.8	17.4	0:17:16	0:34:31	1:12:50	2:25:41
0:05:27	0:03:23	11.0	17.7	0:16:57	0:33:54	1:11:31	2:23:02
0:05:21	0:03:20	11.2	18.0	0:16:39	0:33:17	1:10:14	2:20:28
0:05:16	0:03:16	11.4	18.3	0:16:21	0:32:42	1:09:00	2:18:01
0:05:10	0:03:13	11.6	18.7	0:16:04	0:32:08	1:07:49	2:15:38
0:05:05	0:03:10	11.8	19.0	0:15:48	0:31:36	1:06:40	2:13:20
0:05:00	0:03:06	12.0	19.3	0:15:32	0:31:04	1:05:33	2:11:07
0:04:55	0:03:03	12.2	19.6	0:15:17	0:30:34	1:04:28	2:08:57
0:04:50	0:03:00	12.4	20.0	0:15:02	0:30:04	1:03:26	2:06:52
0:04:46	0:02:58	12.6	20.3	0:14:48	0:29:35	1:02:26	2:04:51
0:04:41	0:02:55	12.8	20.6	0:14:34	0:29:08	1:01:27	2:02:54
0:04:37	0:02:52	13.0	21.0	0:14:20	0:28:41	1:00:30	2:01:01
0:04:33	0:02:49	13.2	21.2	0:14:07	0:28:15	0:59:35	1:59:11
0:04:29	0:02:47	13.4	21.6	0:13:55	0:27:49	0:58:42	1:57:24
0:04:25	0:02:44	13.6	21.9	0:13:42	0:27:25	0:57:50	1:55:40
0:04:21	0:02:42	13.8	22.2	0:13:30	0:27:01	0:57:00	1:54:00
0:04:17	0:02:40	14.0	22.5	0:13:19	0:26:38	0:56:11	1:52:22

www.cpcards.co.uk

An established, leading UK based Manufacturer of Plastic Cards, Membership Cards, Loyalty Cards, Gift Cards, Event Passes & RFID Smart Cards
Free Artwork & Free Delivery (within Great Britain)