

# Race Pace Chart – Paces for Rabbits & Champions and other really Fast runners, etc.

Top Row indicates Minute Per Mile Pace

PACE =	4:45	5:00	5:15	5:30	5:45	6:00	6:15	6:30	6:45	7:00	7:15	7:30
1 mi	4:45	5:00	5:15	5:30	5:45	6:00	6:15	6:30	6:45	7:00	7:15	7:30
2 mi	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00
3 mi	14:15	15:00	15:45	16:30	17:15	18:00	18:45	19:30	20:15	21:00	21:45	22:00
<b>3.1 mi</b>	14:45	15:32	16:19	17:05	17:52	18:38	19:25	20:12	20:58	21:45	22:31	23:18
4 mi	19:06	20:00	21:00	22:00	23:00	24:00	25:00	26:00	27:00	28:00	29:00	30:00
5 mi	23:45	25:00	26:15	27:30	28:45	30:00	31:15	32:30	33:45	35:00	36:15	37:30
6 mi	28:30	30:00	31:30	33:00	34:30	36:00	37:30	39:00	39:30	42:00	43:30	45:00
<b>6.2 mi</b>	29:31	31:04	32:37	34:11	35:44	37:17	38:50	38:50	41:57	43:30	45:03	46:36
7 mi	33:15	35:00	36:45	38:30	40:15	42:00	43:45	45:30	47:15	49:00	50:45	52:30
8 mi	38:00	40:00	42:00	44:00	46:00	48:00	50:00	52:00	54:00	56:00	58:00	1:00:00
9 mi	42:15	45:00	47:15	49:30	51:45	54:00	56:15	58:30	1:00:45	63:00	1:05:15	1:07:30
10 mi	47:30	50:00	52:30	55:00	57:30	1:00:00	1:02:30	1:05:00	1:07:30	1:10:00	1:12:30	1:15:00
11 mi	52:15	55:00	57:45	1:00:30	1:03:15	1:06:00	1:08:45	1:11:30	1:14:15	1:17:00	1:19:45	1:22:30
12 mi	57:00	1:00:00	1:03:00	1:06:00	1:09:00	1:12:00	1:15:00	1:18:00	1:21:00	1:24:00	1:27:00	1:30:00
13 mi	1:01:45	1:05:00	1:08:15	1:11:30	1:14:45	1:18:00	1:21:15	1:24:30	1:27:45	1:31:00	1:34:15	1:37:30
<b>13.1 mi</b>	1:02:16	1:05:33	1:08:49	1:12:06	1:15:23	1:18:39	1:21:56	1:25:13	1:28:29	1:31:46	1:35:03	1:38:19
14 mi	1:04:00	1:10:00	1:13:30	1:17:00	1:20:30	1:24:00	1:27:30	1:31:00	1:34:30	1:38:00	1:41:30	1:45:00
15 mi	1:11:15	1:15:00	1:18:45	1:22:30	1:26:15	1:30:00	1:33:45	1:37:30	1:41:15	1:45:00	1:48:45	1:52:30
16 mi	1:16:00	1:20:00	1:24:00	1:28:00	1:32:00	1:36:00	1:40:00	1:44:00	1:48:00	1:52:00	1:56:00	2:00:00
17 mi	1:20:45	1:25:00	1:29:15	1:33:30	1:37:45	1:42:00	1:46:15	1:50:30	1:54:45	1:59:00	2:03:15	2:07:30
18 mi	1:25:30	1:30:00	1:34:30	1:39:00	1:43:30	1:48:00	1:52:30	1:57:00	2:01:30	2:06:00	2:10:30	2:15:00
19 mi	1:30:15	1:35:00	1:39:45	1:44:30	1:49:15	1:54:00	1:58:45	2:03:30	2:08:15	2:13:00	2:17:45	2:22:30
20 mi	1:35:00	1:40:00	1:45:00	1:50:00	1:55:00	2:00:00	2:05:00	2:10:00	2:15:00	2:20:00	2:25:00	2:30:00
22 mi	1:44:30	1:50:00	1:55:30	2:01:00	2:06:30	2:12:00	2:17:30	2:23:00	2:28:30	2:34:00	2:39:30	2:45:00
24 mi	1:54:00	2:00:00	2:06:00	2:12:00	2:18:00	2:24:00	2:30:00	2:36:00	2:42:00	2:48:00	2:54:00	3:00:00
<b>26.2 mi</b>	2:04:32	2:11:06	2:17:39	2:24:12	2:30:46	2:37:19	2:43:52	2:50:25	2:56:59	3:03:32	3:10:05	3:16:38

Vertical columns indicate total time it took you to run the distance indicated in the left-most column