TEAM WILPERS

PACE CHARTS

Pace is patience with a plan.



Pace Chart

Min / Mile

TEAM WILPERS

Mile Pace	5K	10K	15K	10 Mi	13.1 Mi	26.2 Mi
4:45	14:45	29:31	44:16	59:02	1:02:16	2:04:32
5:00	15:32	31:04	46:36	1:02:08	1:05:33	2:11:06
5:15	16:19	32:37	48:56	1:05:15	1:08:49	2:17:39
5:30	17:05	34:11	51:16	1:08:21	1:12:06	2:24:12
5:45	17:52	35:44	53:36	1:11:27	1:15:23	2:30:45
6:00	18:38	37:17	55:55	1:14:34	1:18:39	2:37:19
6:15	19:25	38:50	58:15	1:17:40	1:21:56	2:43:52
6:30	20:12	40:23	1:00:35	1:20:47	1:25:13	2:50:25
6:45	20:58	41:57	1:02:55	1:23:53	1:28:29	2:56:59
7:00	21:45	43:30	1:05:15	1:27:00	1:31:46	3:03:32
7:15	22:31	45:03	1:07:34	1:30:06	1:35:03	3:10:05
7:30	23:18	46:36	1:09:54	1:33:12	1:38:19	3:16:38
7:45	24:05	48:09	1:12:14	1:36:19	1:41:36	3:23:12
8:00	24:51	49:43	1:14:34	1:39:25	1:44:52	3:29:45
8:15	25:38	51:16	1:16:54	1:42:32	1:48:09	3:36:18
8:30	26:24	52:49	1:19:13	1:45:38	1:51:26	3:42:52
8:45	27:11	54:22	1:21:33	1:48:44	1:54:42	3:49:25
9:00	27:58	55:55	1:23:53	1:51:51	1:57:59	3:55:58
9:15	28:44	57:29	1:26:13	1:54:57	2:01:16	4:02:31
9:30	29:31	59:02	1:28:33	1:58:04	2:04:32	4:09:05
9:45	30:18	1:00:35	1:30:53	2:01:10	2:07:49	4:15:38
10:00	31:04	1:02:08	1:33:12	2:04:16	2:11:06	4:22:11
10:15	31:51	1:03:41	1:35:32	2:07:23	2:14:22	4:28:45
10:30	32:37	1:05:15	1:37:52	2:10:29	2:17:39	4:35:18
10:45	33:24	1:06:48	1:40:12	2:13:36	2:20:56	4:41:51
11:00	34:11	1:08:21	1:42:32	2:16:42	2:24:12	4:48:24
11:15	34:57	1:09:54	1:44:51	2:19:49	2:27:29	4:54:58
11:30	35:44	1:11:27	1:47:11	2:22:55	2:30:45	5:01:31
11:45	36:30	1:13:01	1:49:31	2:26:01	2:34:02	5:08:04
12:00	37:17	1:14:34	1:51:51	2:29:08	2:37:19	5:14:38
12:15	38:04	1:16:07	1:54:11	2:32:14	2:40:35	5:21:11
12:30	38:50	1:17:40	1:56:30	2:35:21	2:43:52	5:27:44
13:00	40:23	1:20:47	2:01:10	2:41:33	2:50:25	5:40:51
13:30	41:57	1:23:53	2:05:50	2:47:46	2:56:59	5:53:57
14:00	43:30	1:27:00	2:10:29	2:53:59	3:03:32	6:07:04

Pace Chart

Min / Kilometer

TEAM WILPERS

Kilometer Pace	5K	10K	15K	10 Mi	13.1 Mi	26.2 Mi
3:00	15:00	30:00	45:00	1:00:00	1:03:18	2:06:35
3:10	15:50	31:40	47:30	1:03:20	1:06:49	2:13:37
3:20	16:40	33:20	50:00	1:06:40	1:10:20	2:20:39
3:30	17:30	35:00	52:30	1:10:00	1:13:50	2:27:41
3:40	18:20	36:40	55:00	1:13:20	1:17:21	2:34:43
3:50	19:10	38:20	57:30	1:16:40	1:20:52	2:41:45
4:00	20:00	40:00	1:00:00	1:20:00	1:24:23	2:48:47
4:10	20:50	41:40	1:02:30	1:23:20	1:27:54	2:55:49
4:20	21:40	43:20	1:05:00	1:26:40	1:31:25	3:02:51
4:30	22:30	45:00	1:07:30	1:30:00	1:34:56	3:09:53
4:40	23:20	46:40	1:10:00	1:33:20	1:38:27	3:16:55
4:50	24:10	48:20	1:12:30	1:36:40	1:41:58	3:23:57
5:00	25:00	50:00	1:15:00	1:40:00	1:45:29	3:30:58
5:10	25:50	51:40	1:17:30	1:43:20	1:49:00	3:38:00
5:20	26:40	53:20	1:20:00	1:46:40	1:52:31	3:45:02
5:30	27:30	55:00	1:22:30	1:50:00	1:56:02	3:52:04
5:40	28:20	56:40	1:25:00	1:53:20	1:59:33	3:59:06
5:50	29:10	58:20	1:27:30	1:56:40	2:03:04	4:06:08
6:00	30:00	1:00:00	1:30:00	2:00:00	2:06:35	4:13:10
6:10	30:50	1:01:40	1:32:30	2:03:20	2:10:06	4:20:12
6:20	31:40	1:03:20	1:35:00	2:06:40	2:13:37	4:27:14
6:30	32:30	1:05:00	1:37:30	2:10:00	2:17:08	4:34:16
6:40	33:20	1:06:40	1:40:00	2:13:20	2:20:39	4:41:18
6:50	34:10	1:08:20	1:42:30	2:16:40	2:24:10	4:48:20
7:00	35:00	1:10:00	1:45:00	2:20:00	2:27:41	4:55:22
7:10	35:50	1:11:40	1:47:30	2:23:20	2:31:12	5:02:24
7:20	36:40	1:13:20	1:50:00	2:26:40	2:34:43	5:09:26
7:30	37:30	1:15:00	1:52:30	2:30:00	2:38:14	5:16:28
7:40	38:20	1:16:40	1:55:00	2:33:20	2:41:45	5:23:30
7:50	39:10	1:18:20	1:57:30	2:36:40	2:45:16	5:30:32
8:00	40:00	1:20:00	2:00:00	2:40:00	2:48:47	5:37:34
8:10	40:50	1:21:40	2:02:30	2:43:20	2:52:18	5:44:36
8:20	41:40	1:23:20	2:05:00	2:46:40	2:55:49	5:51:38
8:30	42:30	1:25:00	2:07:30	2:50:00	2:59:20	5:58:39
8:40	43:20	1:26:40	2:10:00	2:53:20	3:02:51	6:05:41