



PACE CONVERSION CHART

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