

Race Time Predictor Chart							
5k	8k 5 mile	10k	15k	10mile	20k	1/2 Marathon	Marathon
14:32	23:53	30:13	46:19	49:53	1:02:48	1:06:28	2:20:15
14:59	24:38	31:10	47:46	51:26	1:04:45	1:08:32	2:24:38
15:18	25:10	31:50	48:47	52:32	1:06:08	1:10:00	2:27:43
15:28	25:26	32:10	49:18	53:06	1:06:51	1:10:45	2:29:18
15:48	25:59	32:53	50:23	54:16	1:08:19	1:12:18	2:32:35
15:59	26:17	33:14	50:57	54:52	1:09:04	1:13:07	2:35:17
16:10	26:34	33:37	51:31	55:29	1:09:51	1:13:56	2:37:01
16:32	27:11	34:23	52:42	56:46	1:11:27	1:15:38	2:40:36
16:43	27:30	34:47	53:19	57:25	1:12:17	1:16:31	2:42:27
16:55	27:49	35:12	53:56	58:06	1:13:08	1:17:25	2:44:21
17:07	28:09	35:37	54:35	58:47	1:14:00	1:18:20	2:46:18
17:32	28:50	36:29	55:55	1:00:13	1:15:49	1:20:15	2:50:20
17:45	29:12	36:56	56:36	1:00:58	1:16:45	1:21:14	2:52:25
17:59	29:34	37:24	57:19	1:01:44	1:17:42	1:22:15	2:54:34
18:06	29:45	37:38	57:40	1:02:07	1:18:12	1:22:46	2:55:39
18:19	30:08	38:07	58:24	1:02:55	1:19:12	1:23:49	2:57:53
18:26	30:19	38:21	58:47	1:03:19	1:19:42	1:24:22	2:59:01
18:34	30:31	38:36	59:10	1:03:43	1:20:13	1:24:54	2:59:59
18:48	30:55	39:06	59:56	1:04:33	1:21:16	1:26:01	3:02:30
18:56	31:07	39:22	1:00:20	1:04:59	1:21:48	1:26:35	3:03:42
19:03	31:19	39:37	1:00:44	1:05:25	1:22:20	1:27:09	3:04:54
19:11	31:32	39:53	1:01:08	1:05:51	1:22:53	1:27:44	3:06:08
19:18	31:45	40:09	1:01:33	1:06:17	1:23:27	1:28:19	3:07:23
19:26	31:58	40:26	1:01:58	1:06:44	1:24:01	1:28:55	3:08:38
19:34	32:11	40:42	1:02:23	1:07:11	1:24:35	1:29:31	3:09:55
19:42	32:24	40:59	1:02:48	1:07:39	1:25:10	1:30:08	3:11:12
19:50	32:37	41:16	1:03:14	1:08:07	1:25:45	1:30:46	3:12:31
19:59	32:51	41:33	1:03:41	1:08:35	1:26:21	1:31:23	3:13:51
20:07	33:05	41:50	1:04:08	1:09:04	1:26:57	1:32:02	3:15:12
20:15	33:19	42:08	1:04:35	1:09:33	1:27:34	1:32:41	3:16:34
20:24	33:33	42:46	1:05:02	1:10:03	1:28:11	1:33:20	3:17:57
20:33	33:47	42:44	1:05:30	1:10:33	1:28:49	1:34:00	3:19:21
20:51	34:17	43:21	1:06:27	1:11:34	1:30:06	1:35:22	3:22:14
21:00	34:32	43:40	1:06:56	1:12:06	1:30:45	1:36:04	3:23:42
21:19	35:02	44:19	1:07:56	1:13:10	1:32:06	1:37:29	3:26:42
21:38	35:34	44:59	1:08:57	1:14:16	1:33:29	1:38:57	3:29:48
21:58	36:06	45:40	1:10:00	1:15:24	1:34:55	1:40:27	3:32:59
22:18	36:40	46:23	1:11:05	1:16:34	1:36:23	1:42:01	3:36:16
22:39	37:15	47:07	1:12:12	1:17:46	1:37:54	1:43:37	3:39:40
23:01	37:50	47:52	1:13:22	1:19:01	1:39:28	1:45:17	3:43:10

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