

Pace per Mile

Miles	5:10	5:20	5:30	5:40	5:50	6:00	6:10	6:20	6:30
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3	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30
4	20:40	21:20	22:00	22:40	23:20	24:00	24:40	25:20	26:00
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14	2:57:20	2:59:40	3:02:00	3:04:20	3:06:40	3:09:00	3:11:20	3:13:40	3:16:00
15	3:10:00	3:12:30	3:15:00	3:17:30	3:20:00	3:22:30	3:25:00	3:27:30	3:30:00
16	3:22:40	3:25:20	3:28:00	3:30:40	3:33:20	3:36:00	3:38:40	3:41:20	3:44:00
17	3:35:20	3:38:10	3:41:00	3:43:50	3:46:40	3:49:30	3:52:20	3:55:10	3:58:00
18	3:48:00	3:51:00	3:54:00	3:57:00	4:00:00	4:03:00	4:06:00	4:09:00	4:12:00
19	4:00:40	4:03:50	4:07:00	4:10:10	4:13:20	4:16:30	4:19:40	4:22:50	4:26:00
20	4:13:20	4:16:40	4:20:00	4:23:20	4:26:40	4:30:00	4:33:20	4:36:40	4:40:00
21	4:26:00	4:29:30	4:33:00	4:36:30	4:40:00	4:43:30	4:47:00	4:50:30	4:54:00
22	4:38:40	4:42:20	4:46:00	4:49:40	4:53:20	4:57:00	5:00:40	5:04:20	5:08:00
23	4:51:20	4:55:10	4:59:00	5:02:50	5:06:40	5:10:30	5:14:20	5:18:10	5:22:00
24	5:04:00	5:08:00	5:12:00	5:16:00	5:20:00	5:24:00	5:28:00	5:32:00	5:36:00
25	5:16:40	5:20:50	5:25:00	5:29:10	5:33:20	5:37:30	5:41:40	5:45:50	5:50:00
26	5:29:20	5:33:40	5:38:00	5:42:20	5:46:40	5:51:00	5:55:20	5:59:40	6:04:00
26.22	5:32:07	5:36:29	5:40:51	5:45:13	5:49:36	5:53:58	5:58:20	6:02:42	6:07:04

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

25	5:54:10	5:58:20	6:02:30	6:06:40	6:10:50	6:15:00
26	6:08:20	6:12:40	6:17:00	6:21:20	6:25:40	6:30:00
26.22	6:11:27	6:15:49	6:20:11	6:24:33	6:28:55	6:33:18