Marathon Pace Chart

This chart shows per-mile (/mi) and per-kilometer (/km) paces that correspond to various target marathon times, assuming an even-pace strategy.

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

MARATHON
EXCELLENCE

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