Marthon Race Equivalence Chart

This chart shows equivalent performances across different distances. It can be used to find an initial estimate of marathon pace, given a shorter race performance. Importantly, this chart was developed using race results from marathoners who competed at shorter distances *during the same racing season*—as such, it predicts significantly more conservative marathon times for a given 5k or 10k performance when compared against conversion charts that use lifetime PRs.

One other important caveat: this chart reflects how an *average* runner doing *average training* tends to run in the marathon, empirically speaking. Virtually all of the athletes I have worked with have run much faster in the marathon than predicted by this chart: with better training, they "convert up" much better than an average runner. As your marathon-specific fitness improves, I expect the same will be true for you.

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

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