



# Iselborn Chiropractic and Sports Medicine

## PACE CHART



Mile Pace	2 miles (3.2 K)	3 miles (4.8 K)	3.1 miles (5 K)	5 miles (8 K)	6.2 miles (10 K)	10 miles (16.1 K)	12 miles (19.3 K)	13.1 miles (21.1 K)	16.3 miles (26.2 K)	26.2 miles (42.2 K)
4:30	9:00	13:30	13:57	22:30	27:54:00	45:00:00	54:00:00	58:57:00	1:13:21	1:57:54
4:40	9:20	14:00	14:28	23:20	28:56:00	46:40:00	56:00:00	1:01:08	1:16:04	2:02:16
4:50	9:40	14:30	14:59	24:10:00	29:58:00	48:20:00	58:00:00	1:03:19	1:18:47	2:06:38
5:00	10:00	15:00	15:30	25:00:00	31:00:00	50:00:00	1:00:00	1:05:30	1:21:30	2:11:00
5:10	10:20	15:30	16:01	25:50:00	32:02:00	51:40:00	1:02:00	1:07:41	1:24:13	2:15:22
5:20	10:40	16:00	16:32	26:40:00	33:04:00	53:20:00	1:04:00	1:09:52	1:26:56	2:19:44
5:30	11:00	16:30	17:03	27:30:00	34:06:00	55:00:00	1:06:00	1:12:03	1:29:39	2:24:06
5:40	11:20	17:00	17:34	28:20:00	35:08:00	56:40:00	1:08:00	1:14:14	1:32:22	2:28:28
5:50	11:40	17:30	18:05	29:10:00	36:10:00	58:20:00	1:10:00	1:16:25	1:35:05	2:32:50
6:00	12:00	18:00	18:36	30:00:00	37:12:00	1:00:00	1:12:00	1:18:36	1:37:48	2:37:12
6:10	12:20	18:30	19:07	30:50:00	38:14:00	1:01:40	1:14:00	1:20:47	1:40:31	2:41:34
6:20	12:40	19:00	19:38	31:40:00	39:16:00	1:03:20	1:16:00	1:22:58	1:43:14	2:45:56
6:30	13:00	19:30	20:09	32:30:00	40:18:00	1:05:00	1:18:00	1:25:09	1:45:57	2:50:18
6:40	13:20	20:00	20:40	33:20:00	41:20:00	1:06:40	1:20:00	1:27:20	1:48:40	2:54:40
6:50	13:40	20:30	21:11	34:10:00	42:22:00	1:08:20	1:22:00	1:29:31	1:51:23	2:59:02
7:00	14:00	21:00	21:42	35:00:00	43:24:00	1:10:00	1:24:00	1:31:42	1:54:06	3:03:24
7:10	14:20	21:30	22:13	35:50:00	44:26:00	1:11:40	1:26:00	1:33:53	1:56:49	3:07:46
7:20	14:40	22:00	22:44	36:40:00	45:28:00	1:13:20	1:28:00	1:36:04	1:59:32	3:12:08
7:30	15:00	22:30	23:15	37:30:00	46:30:00	1:15:00	1:30:00	1:38:15	2:02:15	3:16:30
7:40	15:20	23:00	23:46	38:20:00	47:32:00	1:16:40	1:32:00	1:40:26	2:04:58	3:20:52
7:50	15:40	23:30	24:17:00	39:10:00	48:34:00	1:18:20	1:34:00	1:42:37	2:07:41	3:25:14
8:00	16:00	24:00:00	24:48:00	40:00:00	49:36:00	1:20:00	1:36:00	1:44:48	2:10:24	3:29:36
8:10	16:20	24:30:00	25:19:00	40:50:00	50:38:00	1:21:40	1:38:00	1:46:59	2:13:07	3:33:58
8:20	16:40	25:00:00	25:50:00	41:40:00	51:40:00	1:23:20	1:40:00	1:49:10	2:15:50	3:38:20
8:30	17:00	25:30:00	26:21:00	42:30:00	52:42:00	1:25:00	1:42:00	1:51:21	2:18:33	3:42:42
8:40	17:20	26:00:00	26:52:00	43:20:00	53:44:00	1:26:40	1:44:00	1:53:32	2:21:16	3:47:04
8:50	17:40	26:30:00	27:23:00	44:10:00	54:46:00	1:28:20	1:46:00	1:55:43	2:23:59	3:51:26
9:00	18:00	27:00:00	27:54:00	45:00:00	55:48:00	1:30:00	1:48:00	1:57:54	2:26:42	3:55:48
9:10	18:20	27:30:00	28:25:00	45:50:00	56:50:00	1:31:40	1:50:00	2:00:05	2:29:25	4:00:10
9:20	18:40	28:00:00	28:56:00	46:40:00	57:52:00	1:33:20	1:52:00	2:02:16	2:32:08	4:04:32
9:30	19:00	28:30:00	29:27:00	47:30:00	58:54:00	1:35:00	1:54:00	2:04:27	2:34:51	4:08:54
9:40	19:20	29:00:00	29:58:00	48:20:00	59:56:00	1:36:40	1:56:00	2:06:38	2:37:34	4:13:16
9:50	19:40	29:30:00	30:29:00	49:10:00	1:00:58	1:38:20	1:58:00	2:08:49	2:40:17	4:17:38
10:00	20:00	30:00:00	31:00:00	50:00:00	1:02:00	1:40:00	2:00:00	2:11:00	2:43:00	4:22:00
10:10	20:20	30:30:00	31:31:00	50:50:00	1:03:02	1:41:40	2:02:00	2:13:11	2:45:43	4:26:22
10:20	20:40	31:00:00	32:02:00	51:40:00	1:04:04	1:43:20	2:04:00	2:15:22	2:48:26	4:30:44
10:30	21:00	31:30:00	32:33:00	52:30:00	1:05:06	1:45:00	2:06:00	2:17:33	2:51:09	4:35:06
10:40	21:20	32:00:00	33:04:00	53:20:00	1:06:08	1:46:40	2:08:00	2:19:44	2:53:52	4:39:28
10:50	21:40	32:30:00	33:35:00	54:10:00	1:07:10	1:48:20	2:10:00	2:21:55	2:56:35	4:43:50
11:00	22:00	33:00:00	34:06:00	55:00:00	1:08:12	1:50:00	2:12:00	2:24:06	2:59:18	4:48:12
11:10	22:20	33:30:00	34:37:00	55:50:00	1:09:14	1:51:40	2:14:00	2:26:17	3:02:01	4:52:34
11:20	22:40	34:00:00	35:08:00	56:40:00	1:10:16	1:53:20	2:16:00	2:28:28	3:04:44	4:56:56
11:30	23:00	34:30:00	35:39:00	57:30:00	1:11:18	1:55:00	2:18:00	2:30:39	3:07:27	5:01:18
11:40	23:20	35:00:00	36:10:00	58:20:00	1:12:20	1:56:40	2:20:00	2:32:50	3:10:10	5:05:40
11:50	23:40	35:30:00	36:41:00	59:10:00	1:13:22	1:58:20	2:22:00	2:35:01	3:12:53	5:10:02
12:00	24:00:00	36:00:00	37:12:00	1:00:00	1:14:24	2:00:00	2:24:00	2:37:12	3:15:36	5:14:24