

KM Per hour	MILES per hour	Minutes per KM	Minutes per MILE	5KM	10KM	Half Marathon	Marathon
7.00kph	4.35mph	8:34	13:47	0:42:51	1:25:42	3:00:51	6:01:42
7.10kph	4.41mph	8:27	13:36	0:42:15	1:24:30	2:58:18	5:56:37
7.20kph	4.47mph	8:20	13:25	0:41:40	1:23:20	2:55:50	5:51:40
7.30kph	4.54mph	8:13	13:14	0:41:05	1:22:11	2:53:25	5:46:50
7.40kph	4.60mph	8:07	13:03	0:40:32	1:21:04	2:51:04	5:42:09
7.50kph	4.66mph	8:00	12:52	0:40:00	1:20:00	2:48:48	5:37:36
7.60kph	4.72mph	7:53	12:43	0:39:28	1:18:56	2:46:34	5:33:09
7.70kph	4.78mph	7:47	12:32	0:38:57	1:17:55	2:44:24	5:28:49
7.80kph	4.85mph	7:41	12:23	0:38:27	1:16:55	2:42:18	5:24:36
7.90kph	4.91mph	7:35	12:13	0:37:58	1:15:56	2:40:15	5:20:30
8.00kph	4.97mph	7:30	12:04	0:37:30	1:15:00	2:38:15	5:16:30
8.10kph	5.03mph	7:25	11:55	0:37:02	1:14:04	2:36:17	5:12:35
8.20kph	5.10mph	7:19	11:47	0:36:35	1:13:10	2:34:23	5:08:46
8.30kph	5.16mph	7:14	11:38	0:36:08	1:12:17	2:32:31	5:05:03
8.40kph	5.22mph	7:08	11:30	0:35:42	1:11:25	2:30:42	5:01:25
8.50kph	5.28mph	7:04	11:22	0:35:17	1:10:35	2:28:56	4:57:52
8.60kph	5.34mph	6:59	11:14	0:34:53	1:09:46	2:27:12	4:54:25
8.70kph	5.41mph	6:54	11:06	0:34:28	1:08:57	2:25:31	4:51:02
8.80kph	5.47mph	6:49	10:58	0:34:05	1:08:10	2:23:51	4:47:43
8.90kph	5.53mph	6:44	10:51	0:33:42	1:07:24	2:22:14	4:44:29
9.00kph	5.59mph	6:40	10:44	0:33:20	1:06:40	2:20:40	4:41:20
9.10kph	5.65mph	6:35	10:37	0:32:58	1:05:56	2:19:07	4:38:14
9.20kph	5.72mph	6:31	10:30	0:32:36	1:05:13	2:17:36	4:35:13
9.30kph	5.78mph	6:27	10:23	0:32:15	1:04:30	2:16:07	4:32:15
9.40kph	5.84mph	6:23	10:16	0:31:54	1:03:49	2:14:40	4:29:21
9.50kph	5.90mph	6:19	10:10	0:31:34	1:03:09	2:13:15	4:26:31
9.60kph	5.97mph	6:15	10:04	0:31:15	1:02:30	2:11:52	4:23:45
9.70kph	6.03mph	6:11	9:57	0:30:55	1:01:51	2:10:30	4:21:01
9.80kph	6.09mph	6:07	9:51	0:30:36	1:01:13	2:09:11	4:18:22
9.90kph	6.15mph	6:04	9:45	0:30:18	1:00:36	2:07:52	4:15:45
10.00kph	6.21mph	6:00	9:40	0:30:00	1:00:00	2:06:36	4:13:12
10.10kph	6.28mph	5:56	9:34	0:29:42	0:59:24	2:05:20	4:10:41
10.20kph	6.34mph	5:53	9:28	0:29:24	0:58:49	2:04:07	4:08:14
10.30kph	6.40mph	5:50	9:22	0:29:07	0:58:15	2:02:54	4:05:49
10.40kph	6.46mph	5:46	9:17	0:28:50	0:57:41	2:01:43	4:03:27
10.50kph	6.52mph	5:43	9:12	0:28:34	0:57:08	2:00:34	4:01:08
10.60kph	6.59mph	5:40	9:07	0:28:18	0:56:36	1:59:26	3:58:52
10.70kph	6.65mph	5:37	9:01	0:28:02	0:56:04	1:58:19	3:56:38
10.80kph	6.71mph	5:34	8:56	0:27:46	0:55:33	1:57:13	3:54:26
10.90kph	6.77mph	5:30	8:52	0:27:31	0:55:02	1:56:08	3:52:17
11.00kph	6.84mph	5:27	8:47	0:27:16	0:54:32	1:55:05	3:50:10
11.10kph	6.90mph	5:25	8:42	0:27:01	0:54:03	1:54:03	3:48:06
11.20kph	6.96mph	5:22	8:37	0:26:47	0:53:34	1:53:02	3:46:04
11.30kph	7.02mph	5:19	8:33	0:26:32	0:53:05	1:52:02	3:44:04
11.40kph	7.08mph	5:16	8:28	0:26:18	0:52:37	1:51:03	3:42:06
11.50kph	7.15mph	5:13	8:24	0:26:05	0:52:10	1:50:05	3:40:10
11.60kph	7.21mph	5:10	8:19	0:25:51	0:51:43	1:49:08	3:38:16

11.70kph	7.27mph	5:08	8:15	0:25:38	0:51:16	1:48:12	3:36:24
11.80kph	7.33mph	5:05	8:11	0:25:25	0:50:50	1:47:17	3:34:34
11.90kph	7.39mph	5:02	8:07	0:25:12	0:50:25	1:46:23	3:32:46
12.00kph	7.46mph	5:00	8:03	0:25:00	0:50:00	1:45:30	3:31:00
12.10kph	7.52mph	4:58	7:59	0:24:47	0:49:35	1:44:37	3:29:15
12.20kph	7.58mph	4:55	7:55	0:24:35	0:49:10	1:43:46	3:27:32
12.30kph	7.64mph	4:53	7:51	0:24:23	0:48:46	1:42:55	3:25:51
12.40kph	7.71mph	4:50	7:47	0:24:11	0:48:23	1:42:05	3:24:11
12.50kph	7.77mph	4:48	7:43	0:24:00	0:48:00	1:41:16	3:22:33
12.60kph	7.83mph	4:46	7:40	0:23:48	0:47:37	1:40:28	3:20:57
12.70kph	7.89mph	4:43	7:36	0:23:37	0:47:14	1:39:41	3:19:22
12.80kph	7.95mph	4:41	7:32	0:23:26	0:46:52	1:38:54	3:17:48
12.90kph	8.02mph	4:39	7:29	0:23:15	0:46:30	1:38:08	3:16:16
13.00kph	8.08mph	4:37	7:26	0:23:04	0:46:09	1:37:23	3:14:46
13.10kph	8.14mph	4:35	7:22	0:22:54	0:45:48	1:36:38	3:13:16
13.20kph	8.20mph	4:33	7:19	0:22:43	0:45:27	1:35:54	3:11:49
13.30kph	8.26mph	4:31	7:16	0:22:33	0:45:06	1:35:11	3:10:22
13.40kph	8.33mph	4:29	7:13	0:22:23	0:44:46	1:34:28	3:08:57
13.50kph	8.39mph	4:26	7:09	0:22:13	0:44:26	1:33:46	3:07:33
13.60kph	8.45mph	4:25	7:06	0:22:03	0:44:07	1:33:05	3:06:10
13.70kph	8.51mph	4:23	7:03	0:21:53	0:43:47	1:32:24	3:04:49
13.80kph	8.57mph	4:21	7:00	0:21:44	0:43:28	1:31:44	3:03:28
13.90kph	8.64mph	4:19	6:57	0:21:34	0:43:09	1:31:04	3:02:09
14.00kph	8.70mph	4:17	6:54	0:21:25	0:42:51	1:30:25	3:00:51
14.10kph	8.76mph	4:16	6:51	0:21:16	0:42:33	1:29:47	2:59:34
14.20kph	8.82mph	4:14	6:48	0:21:07	0:42:15	1:29:09	2:58:18
14.30kph	8.89mph	4:12	6:45	0:20:58	0:41:57	1:28:31	2:57:03
14.40kph	8.95mph	4:10	6:43	0:20:50	0:41:40	1:27:55	2:55:50
14.50kph	9.01mph	4:08	6:40	0:20:41	0:41:22	1:27:18	2:54:37
14.60kph	9.07mph	4:07	6:37	0:20:32	0:41:05	1:26:42	2:53:25
14.70kph	9.13mph	4:05	6:34	0:20:24	0:40:48	1:26:07	2:52:14
14.80kph	9.20mph	4:03	6:31	0:20:16	0:40:32	1:25:32	2:51:04
14.90kph	9.26mph	4:02	6:29	0:20:08	0:40:16	1:24:57	2:49:55
15.00kph	9.32mph	4:00	6:26	0:20:00	0:40:00	1:24:24	2:48:48
15.10kph	9.38mph	3:58	6:23	0:19:52	0:39:44	1:23:50	2:47:40
15.20kph	9.44mph	3:57	6:21	0:19:44	0:39:28	1:23:17	2:46:34
15.30kph	9.51mph	3:55	6:19	0:19:36	0:39:12	1:22:44	2:45:29
15.40kph	9.57mph	3:54	6:16	0:19:28	0:38:57	1:22:12	2:44:24
15.50kph	9.63mph	3:52	6:14	0:19:21	0:38:42	1:21:40	2:43:21
15.60kph	9.69mph	3:51	6:11	0:19:13	0:38:27	1:21:09	2:42:18
15.70kph	9.76mph	3:49	6:09	0:19:06	0:38:12	1:20:38	2:41:16
15.80kph	9.82mph	3:48	6:07	0:18:59	0:37:58	1:20:07	2:40:15
15.90kph	9.88mph	3:46	6:04	0:18:52	0:37:44	1:19:37	2:39:14
16.00kph	9.94mph	3:45	6:02	0:18:45	0:37:30	1:19:07	2:38:15
16.10kph	10.00mph	3:44	6:00	0:18:38	0:37:16	1:18:38	2:37:16
16.20kph	10.07mph	3:42	5:58	0:18:31	0:37:02	1:18:08	2:36:17
16.30kph	10.13mph	3:41	5:55	0:18:24	0:36:48	1:17:40	2:35:20
16.40kph	10.19mph	3:40	5:53	0:18:17	0:36:35	1:17:11	2:34:23
16.50kph	10.25mph	3:38	5:51	0:18:10	0:36:21	1:16:43	2:33:27
16.60kph	10.31mph	3:37	5:49	0:18:04	0:36:08	1:16:15	2:32:31

16.70kph	10.38mph	3:35	5:47	0:17:57	0:35:55	1:15:48	2:31:37
16.80kph	10.44mph	3:34	5:45	0:17:51	0:35:42	1:15:21	2:30:42
16.90kph	10.50mph	3:33	5:43	0:17:45	0:35:30	1:14:54	2:29:49
17.00kph	10.56mph	3:32	5:41	0:17:38	0:35:17	1:14:28	2:28:56
17.10kph	10.63mph	3:31	5:39	0:17:32	0:35:05	1:14:02	2:28:04
17.20kph	10.69mph	3:29	5:37	0:17:26	0:34:53	1:13:36	2:27:12
17.30kph	10.75mph	3:28	5:35	0:17:20	0:34:40	1:13:10	2:26:21
17.40kph	10.81mph	3:27	5:33	0:17:14	0:34:28	1:12:45	2:25:31
17.50kph	10.87mph	3:26	5:31	0:17:08	0:34:17	1:12:20	2:24:41
17.60kph	10.94mph	3:25	5:29	0:17:02	0:34:05	1:11:55	2:23:51
17.70kph	11.00mph	3:23	5:28	0:16:56	0:33:53	1:11:31	2:23:03
17.80kph	11.06mph	3:22	5:25	0:16:51	0:33:42	1:11:07	2:22:14
17.90kph	11.12mph	3:21	5:23	0:16:45	0:33:31	1:10:43	2:21:27
18.00kph	11.18mph	3:20	5:22	0:16:40	0:33:20	1:10:20	2:20:40
18.10kph	11.25mph	3:19	5:20	0:16:34	0:33:08	1:09:56	2:19:53
18.20kph	11.31mph	3:18	5:19	0:16:29	0:32:58	1:09:33	2:19:07
18.30kph	11.37mph	3:17	5:17	0:16:23	0:32:47	1:09:10	2:18:21
18.40kph	11.43mph	3:16	5:15	0:16:18	0:32:36	1:08:48	2:17:36
18.50kph	11.50mph	3:14	5:13	0:16:12	0:32:25	1:08:25	2:16:51
18.60kph	11.56mph	3:14	5:11	0:16:07	0:32:15	1:08:03	2:16:07
18.70kph	11.62mph	3:13	5:10	0:16:02	0:32:05	1:07:42	2:15:24
18.80kph	11.68mph	3:11	5:08	0:15:57	0:31:54	1:07:20	2:14:40
18.90kph	11.74mph	3:10	5:07	0:15:52	0:31:44	1:06:59	2:13:58
19.00kph	11.81mph	3:10	5:05	0:15:47	0:31:34	1:06:37	2:13:15
19.10kph	11.87mph	3:08	5:04	0:15:42	0:31:24	1:06:16	2:12:33
19.20kph	11.93mph	3:08	5:02	0:15:37	0:31:14	1:05:56	2:11:52
19.30kph	11.99mph	3:07	5:00	0:15:32	0:31:05	1:05:35	2:11:11
19.40kph	12.05mph	3:05	4:59	0:15:27	0:30:55	1:05:15	2:10:30
19.50kph	12.12mph	3:05	4:57	0:15:23	0:30:46	1:04:55	2:09:50
19.60kph	12.18mph	3:04	4:56	0:15:18	0:30:36	1:04:35	2:09:11
19.70kph	12.24mph	3:03	4:54	0:15:13	0:30:27	1:04:15	2:08:31
19.80kph	12.30mph	3:02	4:53	0:15:09	0:30:18	1:03:56	2:07:52
19.90kph	12.37mph	3:01	4:51	0:15:04	0:30:09	1:03:37	2:07:14
20.00kph	12.43mph	3:00	4:50	0:14:59	0:29:59	1:03:17	2:06:35
20.10kph	12.49mph	2:59	4:48	0:14:55	0:29:51	1:02:59	2:05:58
20.20kph	12.55mph	2:58	4:47	0:14:51	0:29:42	1:02:40	2:05:20
20.30kph	12.61mph	2:58	4:46	0:14:46	0:29:33	1:02:21	2:04:43
20.40kph	12.68mph	2:56	4:44	0:14:42	0:29:24	1:02:03	2:04:07
20.50kph	12.74mph	2:56	4:43	0:14:38	0:29:16	1:01:45	2:03:30
20.60kph	12.80mph	2:55	4:41	0:14:33	0:29:07	1:01:27	2:02:54
20.70kph	12.86mph	2:54	4:40	0:14:29	0:28:59	1:01:09	2:02:19
20.80kph	12.92mph	2:53	4:38	0:14:25	0:28:50	1:00:51	2:01:43
20.90kph	12.99mph	2:52	4:37	0:14:21	0:28:42	1:00:34	2:01:08
21.00kph	13.05mph	2:52	4:36	0:14:17	0:28:34	1:00:17	2:00:34