



MIN./MILE	MPH	5K	10K
5:30	10.9	0:17:05	0:34:10
5:40	10.6	0:17:36	0:35:13
5:50	10.3	0:18:07	0:36:15
6:00	10.0	0:18:38	0:37:17
6:10	9.7	0:19:09	0:38:19
6:20	9.5	0:19:41	0:39:21
6:30	9.2	0:20:12	0:40:23
6:40	9.0	0:20:43	0:41:26
6:50	8.8	0:21:14	0:42:28
7:00	8.6	0:21:45	0:43:30
7:10	8.4	0:22:16	0:44:32
7:20	8.2	0:22:47	0:45:34
7:30	8.0	0:23:18	0:46:36
7:40	7.8	0:23:49	0:47:38
7:50	7.7	0:24:20	0:48:41
8:00	7.5	0:24:51	0:49:43
8:10	7.3	0:25:22	0:50:45
8:20	7.2	0:25:54	0:51:47
8:30	7.0	0:26:25	0:52:49
8:40	6.9	0:26:56	0:53:51
8:50	6.8	0:27:27	0:54:53
9:00	6.7	0:27:58	0:55:56
9:10	6.5	0:28:29	0:56:58
9:20	6.4	0:29:00	0:58:00
9:30	6.3	0:29:31	0:59:02
9:40	6.2	0:30:02	1:00:04
9:50	6.1	0:30:33	1:01:06
10:00	6.0	0:31:04	1:02:09
10:10	5.9	0:31:35	1:03:11

MIN./MILE	MPH	5K	10K
10:20	5.8	0:32:06	1:04:13
10:30	5.7	0:32:38	1:05:15
10:40	5.6	0:33:09	1:06:17
10:50	5.5	0:33:40	1:07:19
11:00	5.5	0:34:11	1:08:21
11:10	5.4	0:34:42	1:09:24
11:20	5.3	0:35:13	1:10:26
11:30	5.2	0:35:44	1:11:28
11:40	5.1	0:36:15	1:12:30
11:50	5.0	0:36:46	1:13:32
12:00	5.0	0:37:17	1:14:34
12:10	4.9	0:37:48	1:15:36
12:20	4.9	0:38:19	1:16:39
12:30	4.8	0:38:51	1:17:41
12:40	4.7	0:39:22	1:18:43
12:50	4.7	0:39:53	1:19:45
13:00	4.6	0:40:24	1:20:47
13:10	4.5	0:40:55	1:21:49
13:20	4.5	0:41:26	1:22:52
13:30	4.4	0:41:57	1:23:54
13:40	4.4	0:42:28	1:24:56
13:50	4.3	0:42:59	1:25:58
14:00	4.3	0:43:30	1:27:00
14:10	4.2	0:44:01	1:28:02
14:20	4.2	0:44:32	1:29:04
14:30	4.1	0:45:03	1:30:07
14:40	4.1	0:45:35	1:31:09
14:50	4.0	0:46:06	1:32:11
15:00	4.0	0:46:37	1:33:13