



MPH	MIN./MILE	5K	10K
4.0	15:00	0:46:30	1:33:00
4.1	14:38	0:45:22	1:30:44
4.2	14:17	0:44:17	1:28:34
4.3	13:57	0:43:15	1:26:31
4.4	13:38	0:42:16	1:24:33
4.5	13:20	0:41:20	1:22:40
4.6	13:02	0:40:26	1:20:52
4.7	12:45	0:39:34	1:19:09
4.8	12:30	0:38:45	1:17:30
4.9	12:14	0:37:58	1:15:55
5.0	12:00	0:37:12	1:14:24
5.1	11:45	0:36:28	1:12:56
5.2	11:32	0:35:46	1:11:32
5.3	11:19	0:35:06	1:10:11
5.4	11:06	0:34:27	1:08:53
5.5	10:54	0:33:49	1:07:38
5.6	10:42	0:33:13	1:06:26
5.7	10:31	0:32:38	1:05:16
5.8	10:20	0:32:04	1:04:08
5.9	10:10	0:31:32	1:03:03
6.0	10:00	0:31:00	1:02:00
6.1	9:50	0:30:30	1:00:59
6.2	9:40	0:30:00	1:00:00
6.3	9:31	0:29:31	0:59:03
6.4	9:22	0:29:04	0:58:08
6.5	9:13	0:28:37	0:57:14
6.6	9:05	0:28:11	0:56:22
6.7	8:57	0:27:46	0:55:31
6.8	8:49	0:27:21	0:54:42
6.9	8:41	0:26:57	0:53:55
7.0	8:34	0:26:34	0:53:09
7.1	8:27	0:26:12	0:52:24
7.2	8:20	0:25:50	0:51:40
7.3	8:13	0:25:29	0:50:58
7.4	8:06	0:25:08	0:50:16
7.5	8:00	0:24:48	0:49:36
7.6	7:53	0:24:28	0:48:57
7.7	7:47	0:24:09	0:48:19
7.8	7:41	0:23:51	0:47:42
7.9	7:35	0:23:33	0:47:05
8.0	7:30	0:23:15	0:46:30
8.1	7:24	0:22:58	0:45:56
8.2	7:19	0:22:41	0:45:22
8.3	7:13	0:22:25	0:44:49
8.4	7:08	0:22:09	0:44:17
8.5	7:03	0:21:53	0:43:46