

Printable Running Pace Chart

Pace per mile → min/km, mph, and race finish times at even pace. 6:00 to 12:00 min/mile. Reference only — not a training plan. Print at 100% scale.

PACE CONVERSION & RACE FINISH TIMES

Based on even pace · USATF / World Athletics standard distances

MIN/MILE	MIN/KM	MPH	KM/H	5K	10K	HALF	MARATHON
6:00	3:44	10.0	16.1	18:38	37:17	1:18:39	2:37:19
6:30	4:02	9.2	14.9	20:12	40:23	1:25:13	2:50:25
7:00	4:21	8.6	13.8	21:45	43:30	1:31:46	3:03:32
7:30	4:40	8.0	12.9	23:18	46:36	1:38:19	3:16:38
8:00	4:58	7.5	12.1	24:51	49:43	1:44:53	3:29:45
8:30	5:17	7.1	11.4	26:24	52:49	1:51:26	3:42:52
9:00	5:36	6.7	10.7	27:58	55:55	1:57:59	3:55:58
10:00	6:13	6.0	9.7	31:04	1:02:08	2:11:06	4:22:11
11:00	6:50	5.5	8.8	34:11	1:08:21	2:24:12	4:48:24
12:00	7:27	5.0	8.0	37:17	1:14:34	2:37:19	5:14:38

↗ CONVERSION FORMULAS

min/km = min/mile ÷ 1.6093 · mph = 60 ÷ min/mile ·
 km/h = mph × 1.6093 · Finish time = pace × distance
 (miles).

↗ HEART RATE ZONES (ACSM)

Zone 1: 50–60% max HR (recovery) · Zone 2: 60–70% (base aerobic) · Zone 3: 70–80% (tempo) · Zone 4: 80–90% (threshold) · Zone 5: 90–100% (max effort). Max HR estimate: 220 – age.

ⓘ REFERENCE ONLY

Finish times assume perfectly even pace — real races include warm-up, terrain, and fatigue. Heart rate zones are population averages. Consult a qualified coach or physician for training plans.