TALKGYM

# Running pace chart: finish times by pace

Online, with updates

Hold this pace per mile, and this is your finish time at each race distance.

| Per mile | Per km | 5K | 10K | Half marathon | Marathon |
|---|---|---|---|---|---|
| **6:00** | 3:44 | 18:38 | 37:17 | 1:18:39 | 2:37:19 |
| **6:30** | 4:02 | 20:12 | 40:23 | 1:25:13 | 2:50:25 |
| **7:00** | 4:21 | 21:45 | 43:30 | 1:31:46 | 3:03:32 |
| **7:30** | 4:40 | 23:18 | 46:36 | 1:38:19 | 3:16:38 |
| **8:00** | 4:58 | 24:51 | 49:43 | 1:44:53 | 3:29:45 |
| **8:30** | 5:17 | 26:24 | 52:49 | 1:51:26 | 3:42:52 |
| **9:00** | 5:36 | 27:58 | 55:55 | 1:57:59 | 3:55:58 |
| **9:30** | 5:54 | 29:31 | 59:02 | 2:04:32 | 4:09:05 |
| **10:00** | 6:13 | 31:04 | 1:02:08 | 2:11:06 | 4:22:11 |
| **10:30** | 6:31 | 32:37 | 1:05:15 | 2:17:39 | 4:35:18 |
| **11:00** | 6:50 | 34:11 | 1:08:21 | 2:24:12 | 4:48:24 |
| **11:30** | 7:09 | 35:44 | 1:11:27 | 2:30:45 | 5:01:31 |
| **12:00** | 7:27 | 37:17 | 1:14:34 | 2:37:19 | 5:14:38 |
| **12:30** | 7:46 | 38:50 | 1:17:40 | 2:43:52 | 5:27:44 |
| **13:00** | 8:05 | 40:23 | 1:20:47 | 2:50:25 | 5:40:51 |
| **13:30** | 8:23 | 41:57 | 1:23:53 | 2:56:59 | 5:53:57 |
| **14:00** | 8:42 | 43:30 | 1:27:00 | 3:03:32 | 6:07:04 |

**Sources:** Worked out by TalkGym: pace times distance, even pacing. Checked October 2026.

Even pace, no stops. 5K = 3.11 miles, 10K = 6.21 miles, half marathon = 13.1 miles, marathon = 26.2 miles.