

Treadmill Pace Chart: 8.0–20.0 km/h

Pace = 60 ÷ speed. Finish times assume one steady speed: Half = 21.0975 km, Marathon = 42.195 km.

KM/H	MPH	Min/km	Min/mile	5K	10K	Half	Marathon
8.0	4.97	7:30	12:04	0:37:30	1:15:00	2:38:14	5:16:28
8.5	5.28	7:04	11:22	0:35:18	1:10:35	2:28:55	4:57:51
9.0	5.59	6:40	10:44	0:33:20	1:06:40	2:20:39	4:41:18
9.5	5.90	6:19	10:10	0:31:35	1:03:09	2:13:15	4:26:30
10.0	6.21	6:00	9:39	0:30:00	1:00:00	2:06:35	4:13:10
10.5	6.52	5:43	9:12	0:28:34	0:57:09	2:00:33	4:01:07
11.0	6.84	5:27	8:47	0:27:16	0:54:33	1:55:05	3:50:09
11.5	7.15	5:13	8:24	0:26:05	0:52:10	1:50:04	3:40:09
12.0	7.46	5:00	8:03	0:25:00	0:50:00	1:45:29	3:30:59
12.5	7.77	4:48	7:43	0:24:00	0:48:00	1:41:16	3:22:32
13.0	8.08	4:37	7:26	0:23:05	0:46:09	1:37:22	3:14:45
13.5	8.39	4:27	7:09	0:22:13	0:44:27	1:33:46	3:07:32
14.0	8.70	4:17	6:54	0:21:26	0:42:51	1:30:25	3:00:50
14.5	9.01	4:08	6:40	0:20:41	0:41:23	1:27:18	2:54:36
15.0	9.32	4:00	6:26	0:20:00	0:40:00	1:24:23	2:48:47
15.5	9.63	3:52	6:14	0:19:21	0:38:43	1:21:40	2:43:20
16.0	9.94	3:45	6:02	0:18:45	0:37:30	1:19:07	2:38:14
16.5	10.25	3:38	5:51	0:18:11	0:36:22	1:16:43	2:33:26
17.0	10.56	3:32	5:41	0:17:39	0:35:18	1:14:28	2:28:55
17.5	10.87	3:26	5:31	0:17:09	0:34:17	1:12:20	2:24:40
18.0	11.18	3:20	5:22	0:16:40	0:33:20	1:10:20	2:20:39
18.5	11.50	3:15	5:13	0:16:13	0:32:26	1:08:25	2:16:51
19.0	11.81	3:09	5:05	0:15:47	0:31:35	1:06:37	2:13:15
19.5	12.12	3:05	4:57	0:15:23	0:30:46	1:04:55	2:09:50
20.0	12.43	3:00	4:50	0:15:00	0:30:00	1:03:18	2:06:35