

Treadmill Pace Chart: 5.0–12.0 mph

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

MPH	KM/H	Min/mile	Min/km	5K	10K	Half	Marathon
5.0	8.05	12:00	7:27	0:37:17	1:14:34	2:37:19	5:14:38
5.1	8.21	11:46	7:19	0:36:33	1:13:06	2:34:14	5:08:27
5.2	8.37	11:32	7:10	0:35:51	1:11:42	2:31:16	5:02:31
5.3	8.53	11:19	7:02	0:35:10	1:10:21	2:28:24	4:56:49
5.4	8.69	11:07	6:54	0:34:31	1:09:02	2:25:40	4:51:19
5.5	8.85	10:55	6:47	0:33:54	1:07:47	2:23:01	4:46:01
5.6	9.01	10:43	6:39	0:33:17	1:06:35	2:20:27	4:40:55
5.7	9.17	10:32	6:32	0:32:42	1:05:24	2:18:00	4:35:59
5.8	9.33	10:21	6:26	0:32:08	1:04:17	2:15:37	4:31:14
5.9	9.50	10:10	6:19	0:31:36	1:03:11	2:13:19	4:26:38
6.0	9.66	10:00	6:13	0:31:04	1:02:08	2:11:06	4:22:11
6.1	9.82	9:50	6:07	0:30:34	1:01:07	2:08:57	4:17:53
6.2	9.98	9:41	6:01	0:30:04	1:00:08	2:06:52	4:13:44
6.3	10.14	9:31	5:55	0:29:35	0:59:11	2:04:51	4:09:42
6.4	10.30	9:23	5:50	0:29:08	0:58:15	2:02:54	4:05:48
6.5	10.46	9:14	5:44	0:28:41	0:57:21	2:01:01	4:02:01
6.6	10.62	9:05	5:39	0:28:15	0:56:29	1:59:11	3:58:21
6.7	10.78	8:57	5:34	0:27:49	0:55:39	1:57:24	3:54:48
6.8	10.94	8:49	5:29	0:27:25	0:54:50	1:55:40	3:51:21
6.9	11.10	8:42	5:24	0:27:01	0:54:02	1:54:00	3:47:59
7.0	11.27	8:34	5:20	0:26:38	0:53:16	1:52:22	3:44:44
7.1	11.43	8:27	5:15	0:26:15	0:52:31	1:50:47	3:41:34
7.2	11.59	8:20	5:11	0:25:53	0:51:47	1:49:15	3:38:29
7.3	11.75	8:13	5:06	0:25:32	0:51:04	1:47:45	3:35:30
7.4	11.91	8:06	5:02	0:25:11	0:50:23	1:46:18	3:32:35
7.5	12.07	8:00	4:58	0:24:51	0:49:43	1:44:53	3:29:45
7.6	12.23	7:54	4:54	0:24:32	0:49:03	1:43:30	3:26:59
7.7	12.39	7:48	4:51	0:24:13	0:48:25	1:42:09	3:24:18
7.8	12.55	7:42	4:47	0:23:54	0:47:48	1:40:50	3:21:41
7.9	12.71	7:36	4:43	0:23:36	0:47:12	1:39:34	3:19:08
8.0	12.87	7:30	4:40	0:23:18	0:46:36	1:38:19	3:16:38
8.1	13.04	7:24	4:36	0:23:01	0:46:02	1:37:06	3:14:13
8.2	13.20	7:19	4:33	0:22:44	0:45:28	1:35:55	3:11:51
8.3	13.36	7:14	4:30	0:22:28	0:44:55	1:34:46	3:09:32
8.4	13.52	7:09	4:26	0:22:12	0:44:23	1:33:38	3:07:17
8.5	13.68	7:04	4:23	0:21:56	0:43:52	1:32:32	3:05:04
8.6	13.84	6:59	4:20	0:21:41	0:43:21	1:31:28	3:02:55
8.7	14.00	6:54	4:17	0:21:26	0:42:51	1:30:25	3:00:49
8.8	14.16	6:49	4:14	0:21:11	0:42:22	1:29:23	2:58:46
8.9	14.32	6:44	4:11	0:20:57	0:41:53	1:28:23	2:56:45
9.0	14.48	6:40	4:09	0:20:43	0:41:25	1:27:24	2:54:48
9.1	14.65	6:36	4:06	0:20:29	0:40:58	1:26:26	2:52:52
9.2	14.81	6:31	4:03	0:20:16	0:40:31	1:25:30	2:51:00
9.3	14.97	6:27	4:01	0:20:03	0:40:05	1:24:35	2:49:09
9.4	15.13	6:23	3:58	0:19:50	0:39:40	1:23:41	2:47:21
9.5	15.29	6:19	3:55	0:19:37	0:39:15	1:22:48	2:45:36
9.6	15.45	6:15	3:53	0:19:25	0:38:50	1:21:56	2:43:52
9.7	15.61	6:11	3:51	0:19:13	0:38:26	1:21:05	2:42:11
9.8	15.77	6:07	3:48	0:19:01	0:38:03	1:20:16	2:40:31

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MPH	KM/H	Min/mile	Min/km	5K	10K	Half	Marathon
9.9	15.93	6:04	3:46	0:18:50	0:37:40	1:19:27	2:38:54
10.0	16.09	6:00	3:44	0:18:38	0:37:17	1:18:39	2:37:19
10.1	16.25	5:56	3:41	0:18:27	0:36:55	1:17:53	2:35:45
10.2	16.42	5:53	3:39	0:18:17	0:36:33	1:17:07	2:34:14
10.3	16.58	5:50	3:37	0:18:06	0:36:12	1:16:22	2:32:44
10.4	16.74	5:46	3:35	0:17:55	0:35:51	1:15:38	2:31:16
10.5	16.90	5:43	3:33	0:17:45	0:35:30	1:14:55	2:29:49
10.6	17.06	5:40	3:31	0:17:35	0:35:10	1:14:12	2:28:24
10.7	17.22	5:36	3:29	0:17:25	0:34:51	1:13:31	2:27:01
10.8	17.38	5:33	3:27	0:17:16	0:34:31	1:12:50	2:25:40
10.9	17.54	5:30	3:25	0:17:06	0:34:12	1:12:10	2:24:19
11.0	17.70	5:27	3:23	0:16:57	0:33:54	1:11:30	2:23:01
11.1	17.86	5:24	3:22	0:16:48	0:33:35	1:10:52	2:21:43
11.2	18.02	5:21	3:20	0:16:39	0:33:17	1:10:14	2:20:27
11.3	18.19	5:19	3:18	0:16:30	0:33:00	1:09:36	2:19:13
11.4	18.35	5:16	3:16	0:16:21	0:32:42	1:09:00	2:18:00
11.5	18.51	5:13	3:15	0:16:13	0:32:25	1:08:24	2:16:48
11.6	18.67	5:10	3:13	0:16:04	0:32:08	1:07:48	2:15:37
11.7	18.83	5:08	3:11	0:15:56	0:31:52	1:07:14	2:14:27
11.8	18.99	5:05	3:10	0:15:48	0:31:36	1:06:39	2:13:19
11.9	19.15	5:03	3:08	0:15:40	0:31:20	1:06:06	2:12:12
12.0	19.31	5:00	3:06	0:15:32	0:31:04	1:05:33	2:11:06