

Treadmill Pace Chart: 3.0–7.0 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
3.0	1.86	20:00	32:11	1:40:00	3:20:00	7:01:57	14:03:54
3.1	1.93	19:21	31:09	1:36:46	3:13:33	6:48:20	13:36:41
3.2	1.99	18:45	30:11	1:33:45	3:07:30	6:35:35	13:11:09
3.3	2.05	18:11	29:16	1:30:55	3:01:49	6:23:35	12:47:11
3.4	2.11	17:39	28:24	1:28:14	2:56:28	6:12:19	12:24:37
3.5	2.17	17:09	27:35	1:25:43	2:51:26	6:01:40	12:03:21
3.6	2.24	16:40	26:49	1:23:20	2:46:40	5:51:38	11:43:15
3.7	2.30	16:13	26:06	1:21:05	2:42:10	5:42:07	11:24:15
3.8	2.36	15:47	25:25	1:18:57	2:37:54	5:33:07	11:06:14
3.9	2.42	15:23	24:46	1:16:55	2:33:51	5:24:35	10:49:09
4.0	2.49	15:00	24:08	1:15:00	2:30:00	5:16:28	10:32:56
4.1	2.55	14:38	23:33	1:13:10	2:26:20	5:08:45	10:17:29
4.2	2.61	14:17	22:59	1:11:26	2:22:51	5:01:24	10:02:47
4.3	2.67	13:57	22:27	1:09:46	2:19:32	4:54:23	9:48:46
4.4	2.73	13:38	21:57	1:08:11	2:16:22	4:47:42	9:35:23
4.5	2.80	13:20	21:27	1:06:40	2:13:20	4:41:18	9:22:36
4.6	2.86	13:03	20:59	1:05:13	2:10:26	4:35:11	9:10:22
4.7	2.92	12:46	20:33	1:03:50	2:07:40	4:29:20	8:58:40
4.8	2.98	12:30	20:07	1:02:30	2:05:00	4:23:43	8:47:26
4.9	3.04	12:15	19:42	1:01:13	2:02:27	4:18:20	8:36:40
5.0	3.11	12:00	19:19	1:00:00	2:00:00	4:13:10	8:26:20
5.1	3.17	11:46	18:56	0:58:49	1:57:39	4:08:12	8:16:25
5.2	3.23	11:32	18:34	0:57:42	1:55:23	4:03:26	8:06:52
5.3	3.29	11:19	18:13	0:56:36	1:53:12	3:58:50	7:57:41
5.4	3.36	11:07	17:53	0:55:33	1:51:07	3:54:25	7:48:50
5.5	3.42	10:55	17:33	0:54:33	1:49:05	3:50:09	7:40:19
5.6	3.48	10:43	17:15	0:53:34	1:47:09	3:46:03	7:32:05
5.7	3.54	10:32	16:56	0:52:38	1:45:16	3:42:05	7:24:09
5.8	3.60	10:21	16:39	0:51:43	1:43:27	3:38:15	7:16:30
5.9	3.67	10:10	16:22	0:50:51	1:41:42	3:34:33	7:09:06
6.0	3.73	10:00	16:06	0:50:00	1:40:00	3:30:59	7:01:57
6.1	3.79	9:50	15:50	0:49:11	1:38:22	3:27:31	6:55:02
6.2	3.85	9:41	15:34	0:48:23	1:36:46	3:24:10	6:48:20
6.3	3.91	9:31	15:20	0:47:37	1:35:14	3:20:56	6:41:51
6.4	3.98	9:23	15:05	0:46:53	1:33:45	3:17:47	6:35:35
6.5	4.04	9:14	14:51	0:46:09	1:32:18	3:14:45	6:29:30
6.6	4.10	9:05	14:38	0:45:27	1:30:55	3:11:48	6:23:35
6.7	4.16	8:57	14:25	0:44:47	1:29:33	3:08:56	6:17:52
6.8	4.23	8:49	14:12	0:44:07	1:28:14	3:06:09	6:12:19
6.9	4.29	8:42	14:00	0:43:29	1:26:57	3:03:27	6:06:55
7.0	4.35	8:34	13:48	0:42:51	1:25:43	3:00:50	6:01:40