

Treadmill Pace Chart: 1.0–4.5 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
1.0	1.61	60:00	37:17	3:06:25	6:12:49	13:06:34	26:13:08
1.1	1.77	54:33	33:54	2:49:28	5:38:56	11:55:03	23:50:07
1.2	1.93	50:00	31:04	2:35:21	5:10:41	10:55:28	21:50:56
1.3	2.09	46:09	28:41	2:23:24	4:46:47	10:05:03	20:10:06
1.4	2.25	42:51	26:38	2:13:09	4:26:18	9:21:50	18:43:40
1.5	2.41	40:00	24:51	2:04:16	4:08:33	8:44:23	17:28:45
1.6	2.57	37:30	23:18	1:56:30	3:53:01	8:11:36	16:23:12
1.7	2.74	35:18	21:56	1:49:39	3:39:18	7:42:41	15:25:22
1.8	2.90	33:20	20:43	1:43:34	3:27:07	7:16:59	14:33:58
1.9	3.06	31:35	19:37	1:38:07	3:16:13	6:53:59	13:47:58
2.0	3.22	30:00	18:38	1:33:12	3:06:25	6:33:17	13:06:34
2.1	3.38	28:34	17:45	1:28:46	2:57:32	6:14:33	12:29:06
2.2	3.54	27:16	16:57	1:24:44	2:49:28	5:57:32	11:55:03
2.3	3.70	26:05	16:13	1:21:03	2:42:06	5:41:59	11:23:58
2.4	3.86	25:00	15:32	1:17:40	2:35:21	5:27:44	10:55:28
2.5	4.02	24:00	14:55	1:14:34	2:29:08	5:14:38	10:29:15
2.6	4.18	23:05	14:20	1:11:42	2:23:24	5:02:31	10:05:03
2.7	4.35	22:13	13:48	1:09:02	2:18:05	4:51:19	9:42:38
2.8	4.51	21:26	13:19	1:06:35	2:13:09	4:40:55	9:21:50
2.9	4.67	20:41	12:51	1:04:17	2:08:34	4:31:14	9:02:27
3.0	4.83	20:00	12:26	1:02:08	2:04:16	4:22:11	8:44:23
3.1	4.99	19:21	12:02	1:00:08	2:00:16	4:13:44	8:27:28
3.2	5.15	18:45	11:39	0:58:15	1:56:30	4:05:48	8:11:36
3.3	5.31	18:11	11:18	0:56:29	1:52:59	3:58:21	7:56:42
3.4	5.47	17:39	10:58	0:54:50	1:49:39	3:51:21	7:42:41
3.5	5.63	17:09	10:39	0:53:16	1:46:31	3:44:44	7:29:28
3.6	5.79	16:40	10:21	0:51:47	1:43:34	3:38:29	7:16:59
3.7	5.95	16:13	10:05	0:50:23	1:40:46	3:32:35	7:05:10
3.8	6.12	15:47	9:49	0:49:03	1:38:07	3:26:59	6:53:59
3.9	6.28	15:23	9:34	0:47:48	1:35:36	3:21:41	6:43:22
4.0	6.44	15:00	9:19	0:46:36	1:33:12	3:16:38	6:33:17
4.1	6.60	14:38	9:06	0:45:28	1:30:56	3:11:51	6:23:41
4.2	6.76	14:17	8:53	0:44:23	1:28:46	3:07:17	6:14:33
4.3	6.92	13:57	8:40	0:43:21	1:26:42	3:02:55	6:05:51
4.4	7.08	13:38	8:28	0:42:22	1:24:44	2:58:46	5:57:32
4.5	7.24	13:20	8:17	0:41:25	1:22:51	2:54:48	5:49:35