

10k Pace Guide

73min 10k - 11:44/mile	
200m	1.28
400m	2.56
600m	4.24
800m	5.50
1000m	7.18
1200m	8.48
1400m	10.16
1600m	11.41

72min 10k - 11:35/mile	
200m	1.26
400m	2.53
600m	4.20
800m	5.46
1000m	7.12
1200m	8.41
1400m	10.08
1600m	11.31

71min 10k - 11:25/mile	
200m	1.25
400m	2.51
600m	4.16
800m	5.41
1000m	7.06
1200m	8.33
1400m	9.59
1600m	11.22

70min 10k - 11:15/mile	
200m	1.24
400m	2.48
600m	4.13
800m	5.36
1000m	7.00
1200m	8.26
1400m	9.50
1600m	11.12

69min 10k - 11:06/mile	
200m	1.23
400m	2.46
600m	4.09
800m	5.31
1000m	6.54
1200m	8.19
1400m	9.42
1600m	11.02

68min 10k - 10:56/mile	
200m	1.22
400m	2.43
600m	4.06
800m	5.26
1000m	6.48
1200m	8.12
1400m	9.34
1600m	10.53

67min 10k - 10:46/mile	
200m	1.20
400m	2.41
600m	4.02
800m	5.23
1000m	6.42
1200m	8.04
1400m	9.25
1600m	10.43

66min 10k - 10:37/mile	
200m	1.19
400m	2.38
600m	3.58
800m	5.17
1000m	6.36
1200m	7.57
1400m	9.17
1600m	10.34

65min 10k - 10:27/mile	
200m	1.18
400m	2.36
600m	3.55
800m	5.13
1000m	6.30
1200m	7.50
1400m	9.08
1600m	10.24

64min 10k - 10:17/mile	
200m	1.17
400m	2.34
600m	3.51
800m	5.08
1000m	6.24
1200m	7.42
1400m	8.59
1600m	10.14

63min 10k - 10:08/mile	
200m	1.16
400m	2.31
600m	3.48
800m	5.02
1000m	6.18
1200m	7.36
1400m	8.52
1600m	10.05

62min 10k - 9:58/mile	
200m	1.14
400m	2.28
600m	3.43
800m	4.58
1000m	6.12
1200m	7.28
1400m	8.43
1600m	9.55

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61min 10k - 9:49/mile	
200m	1.13
400m	2.26
600m	3.40
800m	4.53
1000m	6.08
1200m	7.21
1400m	8.35
1600m	9.46

60min 10k - 9:39/mile	
200m	1.12
400m	2.24
600m	3.37
800m	4.49
1000m	6.00
1200m	7.14
1400m	8.26
1600m	9.36

59min 10k - 9:29/mile	
200m	1.11
400m	2.22
600m	3.33
800m	4.44
1000m	5.55
1200m	7.06
1400m	8.17
1600m	9.26

58min 10k - 9:20/mile	
200m	1.10
400m	2.20
600m	3.30
800m	4.40
1000m	5.50
1200m	7.00
1400m	8.10
1600m	9.17

57min 10k - 9:10/mile	
200m	1.08
400m	2.17
600m	3.26
800m	4.35
1000m	5.42
1200m	6.52
1400m	8.01
1600m	9.07

56min 10k - 9:00/mile	
200m	1.07
400m	2.14
600m	3.22
800m	4.29
1000m	5.36
1200m	6.45
1400m	7.52
1600m	8.58

55min 10k - 8:51/mile	
200m	1.06
400m	2.12
600m	3.19
800m	4.24
1000m	5.30
1200m	6.38
1400m	7.44
1600m	8.48

54min 10k - 8:41/mile	
200m	1.05
400m	2.10
600m	3.15
800m	4.20
1000m	5.25
1200m	6.30
1400m	7.35
1600m	8.38

53min 10k - 8:31/mile	
200m	1.04
400m	1.08
600m	3.12
800m	4.16
1000m	5.18
1200m	6.24
1400m	7.28
1600m	8.29

52min 10k - 8:22/mile	
200m	1.02
400m	2.05
600m	3.08
800m	4.10
1000m	5.12
1200m	6.16
1400m	7.19
1600m	8.19

51min 10k - 8:12/mile	
200m	1.01
400m	2.02
600m	3.03
800m	4.05
1000m	5.06
1200m	6.09
1400m	7.10
1600m	8.10

50min 10k - 8:02/mile	
200m	1.00
400m	2.00
600m	3.00
800m	4.00
1000m	5.00
1200m	6.00
1400m	7.00
1600m	8.00

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49min 10k - 7:53/mile	
200m	59
400m	1:58
600m	2:57
800m	3:55
1000m	4:54
1200m	5:54
1400m	6:53
1600m	7:50

48min 10k - 7:43/mile	
200m	58
400m	1:55
600m	2:53
800m	3:50
1000m	4:48
1200m	5:47
1400m	6:45
1600m	7:41

47min 10k - 7:33/mile	
200m	56
400m	1:53
600m	2:49
800m	3:46
1000m	4:42
1200m	5:39
1400m	6:36
1600m	7:31

46min 10k - 7:24/mile	
200m	55
400m	1:50
600m	2:46
800m	3:41
1000m	4:36
1200m	5:33
1400m	6:28
1600m	7:22

45min 10k - 7:15/mile	
200m	54
400m	1:48
600m	2:43
800m	3:36
1000m	4:32
1200m	5:26
1400m	6:21
1600m	7:12

44min 10k - 7:05/mile	
200m	53
400m	1:46
600m	2:39
800m	3:33
1000m	4:24
1200m	5:19
1400m	6:12
1600m	7:02

43min 10k - 6:56/mile	
200m	52
400m	1:43
600m	2:36
800m	3:26
1000m	4:18
1200m	5:12
1400m	6:04
1600m	6:53

42min 10k - 6:45/mile	
200m	50
400m	1:41
600m	2:32
800m	3:23
1000m	4:12
1200m	5:04
1400m	5:54
1600m	6:43

41min 10k - 6:36/mile	
200m	49
400m	1:38
600m	2:29
800m	3:17
1000m	4:08
1200m	4:57
1400m	5:47
1600m	6:34

40 min 10k - 6:26/mile	
200m	48
400m	1:37
600m	2:25
800m	3:13
1000m	4:01
1200m	4:50
1400m	5:38
1600m	6:24

39min 10k - 6:17/mile	
200m	47
400m	1:34
600m	2:21
800m	3:07
1000m	3:56
1200m	4:43
1400m	5:30
1600m	6:14

38min 10k - 6:06/mile	
200m	46
400m	1:32
600m	2:17
800m	3:03
1000m	3:49
1200m	4:35
1400m	5:20
1600m	6:05

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37min 10k - 5:57/mile	
200m	44
400m	1:29
600m	2:14
800m	2:58
1000m	3:43
1200m	4:28
1400m	5:12
1600m	5:55

36min 10k - 5:47/mile	
200m	43
400m	1:26
600m	2:10
800m	2:53
1000m	3:37
1200m	4:20
1400m	5:04
1600m	5:46

35min 10k - 5:37/mile	
200m	42
400m	1:24
600m	2:06
800m	2:48
1000m	3:30
1200m	4:13
1400m	4:55
1600m	5:36

34min 10k - 5:28/mile	
200m	41
400m	1:22
600m	2:03
800m	2:45
1000m	3:25
1200m	4:06
1400m	4:47
1600m	5:26

33min 10k - 5:18/mile	
200m	40
400m	1:19
600m	1:59
800m	2:38
1000m	3:18
1200m	3:58
1400m	4:38
1600m	5:17

32min 10k - 5:08/mile	
200m	38
400m	1:17
600m	1:55
800m	2:34
1000m	3:12
1200m	3:51
1400m	4:29
1600m	5:07

31min 10k - 4:59/mile	
200m	37
400m	1:14
600m	1:52
800m	2:29
1000m	3:06
1200m	3:44
1400m	4:21
1600m	4:58

30min 10k - 4:49/mile	
200m	36
400m	1:12
600m	1:48
800m	2:24
1000m	3:00
1200m	3:36
1400m	4:12
1600m	4:48

29min 10k - 4:40/mile	
200m	35
400m	1:10
600m	1:45
800m	2:20
1000m	2:55
1200m	3:30
1400m	4:05
1600m	4:38

28min 10k - 4:40/mile	
200m	34
400m	1:07
600m	1:41
800m	2:14
1000m	2:48
1200m	3:22
1400m	3:56
1600m	4:29

27min 10k - 4:20/mile	
200m	32
400m	1:05
600m	1:37
800m	2:10
1000m	2:42
1200m	3:15
1400m	3:47
1600m	4:19

26min 10k - 4:11/mile	
200m	31
400m	1:02
600m	1:34
800m	2:05
1000m	2:36
1200m	3:08
1400m	3:39
1600m	4:10