

Enter
speed
(MPH)

MPH	7.3	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
KPH	11.748	1.609	3.219	4.828	6.437	8.047	9.656	11.265	12.875	14.484	16.093	17.703	19.312	20.921	22.531	24.140
min./mi.	8.2192	60	30	20	15	12	10	8.5714	7.5	6.6667	6	5.4545	5	4.6154	4.2857	4
min./mi.	0:08:13	1:00:00	0:30:00	0:20:00	0:15:00	0:12:00	0:10:00	0:08:34	0:07:30	0:06:40	0:06:00	0:05:27	0:05:00	0:04:37	0:04:17	0:04:00
min./km.	0:05:06	0:37:17	0:18:38	0:12:26	0:09:19	0:07:27	0:06:13	0:05:20	0:04:40	0:04:09	0:03:44	0:03:23	0:03:06	0:02:52	0:02:40	0:02:29
5K time	0:25:32	3:06:25	1:33:12	1:02:08	0:46:36	0:37:17	0:31:04	0:26:38	0:23:18	0:20:43	0:18:38	0:16:57	0:15:32	0:14:20	0:13:19	0:12:26
10K time	0:51:04	6:12:49	3:06:25	2:04:16	1:33:12	1:14:34	1:02:08	0:53:16	0:46:36	0:41:25	0:37:17	0:33:54	0:31:04	0:28:41	0:26:38	0:24:51
Half-Marathon time	1:47:45	13:06:34	6:33:17	4:22:11	3:16:38	2:37:19	2:11:06	1:52:22	1:38:19	1:27:24	1:18:39	1:11:30	1:05:33	1:00:30	0:56:11	0:52:26
Marathon time	3:35:30	26:13:08	13:06:34	8:44:23	6:33:17	5:14:38	4:22:11	3:44:44	3:16:38	2:54:48	2:37:19	2:23:01	2:11:06	2:01:01	1:52:22	1:44:53

[dec. min.]

[mm:ss]

[mm:ss]

[h:mm:ss]

[h:mm:ss]

[h:mm:ss]

[h:mm:ss]