

Enter
speed

Formats

| | | | | | | | | | | | | | | | | | |
|----------------------|---------|----------|----------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|------------|
| MPH | 6.3 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | |
| KPH | 10.139 | 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 | number.000 |
| | | | | | | | | | | | | | | | | | |
| min./mi. | 9.5238 | 60 | 30 | 20 | 15 | 12 | 10 | 8.5714 | 7.5 | 6.6667 | 6 | 5.4545 | 5 | 4.6154 | 4.2857 | 4 | general |
| min./mi. | 09:31.4 | 1:00:00 | 30:00.0 | 20:00.0 | 15:00.0 | 12:00.0 | 10:00.0 | 08:34.3 | 07:30.0 | 06:40.0 | 06:00.0 | 05:27.3 | 05:00.0 | 04:36.9 | 04:17.1 | 04:00.0 | mm:ss.0 |
| min./km. | 05:55.1 | 37:16.9 | 18:38.5 | 12:25.6 | 09:19.2 | 07:27.4 | 06:12.8 | 05:19.6 | 04:39.6 | 04:08.5 | 03:43.7 | 03:23.4 | 03:06.4 | 02:52.1 | 02:39.8 | 02:29.1 | mm:ss.0 |
| | | | | | | | | | | | | | | | | | |
| time/(5K) | 0:29:35 | 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 | [h]:mm:ss |
| time/(10K) | 0:59:11 | 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 | [h]:mm:ss |
| | | | | | | | | | | | | | | | | | |
| time/(half-marathon) | 2:04:51 | 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 | [h]:mm:ss |
| time/(marathon) | 4:09:42 | 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 | [h]:mm:ss |