Monthly average running pace over the years Average pace, minutes/km ² 38 68 404 64 404 31 37 620 86 04 504 060 36 68 404 104 104 31 17 670 280 04 504 060 30, 69, 40, 10, 10, 10, 10, 10, 10, 68, 00, 50, 00, 20, 60, 10, 10, 10, 10, 10, 10, 10, 10, 20, 00, 50, 00, 20 60 40, 40, 40, 40, 21, 27, 40, 20, 00, 70, 00,

Month