



5K Pace Chart

5K Finish Time	Pace per Mile	Pace per kilometer
25:00	8:03	5:00
26:00	8:22	5:12
27:00	08:42	5:24
28:00	9:01	5:36
29:00	9:20	5:48
30:00	09:39	6:00
31:00	09:52	6:12
32:00	10:19	6:24
35:00	11:17	6:30
36:30	12:13	7:00
38:00	12:41	7:18
39:30	13:09	7:36
41:00	13:37	8:12
42:30	14:05	8:30
44:00	14:33	8:48
45:30	15:01	9:06
47:00	15:29	9:24
48:30	16:09	9:42