

Half Marathon Pace Chart

Mile	8:00	8:10	8:20	8:30	8:40	8:50	9:00	9:10
1	8:00	8:10	8:20	8:30	8:40	8:50	9:00	9:10
2	16:00	16:20	16:40	17:00	17:20	17:40	18:00	18:20
3	24:00	24:30	25:00	25:30	26:00	26:30	27:00	27:30
4	32:00	32:40	33:20	34:00	34:40	35:20	36:00	36:40
5	40:00	40:50	41:40	42:30	43:20	44:10	45:00	45:50
6	48:00	49:00	50:00	51:00	52:00	53:00	54:00	55:00
7	56:00	57:10	58:20	59:30	1:00:40	1:01:50	1:03:00	1:04:10
8	1:04:00	1:05:20	1:06:40	1:08:00	1:09:20	1:10:40	1:12:00	1:13:20
9	1:12:00	1:13:30	1:15:00	1:16:30	1:18:00	1:19:30	1:21:00	1:22:30
10	1:20:00	1:21:40	1:23:20	1:25:00	1:24:40	1:28:20	1:30:00	1:31:40
11	1:28:00	1:29:50	1:31:40	1:33:30	1:35:20	1:37:10	1:39:00	1:40:50
12	1:36:00	1:38:00	1:40:00	1:42:00	1:44:00	1:46:00	1:48:00	1:50:00
13	1:44:00	1:46:10	1:48:20	1:50:30	1:52:40	1:54:50	1:57:00	1:59:10
13.1	1:44:52	1:47:03	1:49:15	1:51:26	1:53:37	1:55:48	1:57:59	2:00:10