

World Run Day

Pace Chart

| Pace per Mile | 5 km | 8 km | 5 mi | 10 km | 12 km | 15 km | 10 mi | 20 km | 1/2 Mar | Marathon |
|----------------------|-------------|-------------|-------------|--------------|--------------|--------------|--------------|--------------|----------------|-----------------|
| 4:30 | 13:59 | 22:22 | 22:30 | 27:58:00 | 33:33:00 | 41:57:00 | 45:00:00 | 55:56:00 | 0:59:00 | 1:57:59 |
| 4:40 | 14:30 | 23:12 | 23:20 | 29:00:00 | 34:48:00 | 43:30:00 | 46:40:00 | 58:00:00 | 1:01:11 | 2:02:21 |
| 4:50 | 15:01 | 24:02:00 | 24:10:00 | 30:02:00 | 36:02:00 | 45:03:00 | 48:20:00 | 1:00:04 | 1:03:22 | 2:06:44 |
| 5:00 | 15:32 | 24:51:00 | 25:00:00 | 31:04:00 | 37:17:00 | 46:36:00 | 50:00:00 | 1:02:08 | 1:05:33 | 2:11:06 |
| 5:10 | 16:03 | 25:41:00 | 25:50:00 | 32:06:00 | 38:32:00 | 48:10:00 | 51:40:00 | 1:04:13 | 1:07:44 | 2:15:28 |
| 5:20 | 16:34 | 26:31:00 | 26:40:00 | 33:08:00 | 39:46:00 | 49:43:00 | 53:20:00 | 1:06:17 | 1:09:55 | 2:19:50 |
| 5:30 | 17:05 | 27:20:00 | 27:30:00 | 34:11:00 | 41:01:00 | 51:16:00 | 55:00:00 | 1:08:21 | 1:12:06 | 2:24:12 |
| 5:40 | 17:36 | 28:10:00 | 28:20:00 | 35:13:00 | 42:15:00 | 52:49:00 | 56:40:00 | 1:10:26 | 1:14:17 | 2:28:34 |
| 5:50 | 18:07 | 29:00:00 | 29:10:00 | 36:15:00 | 43:30:00 | 54:22:00 | 58:20:00 | 1:12:30 | 1:16:28 | 2:32:57 |
| 6:00 | 18:39 | 29:50:00 | 30:00:00 | 37:17:00 | 44:44:00 | 55:56:00 | 1:00:00 | 1:14:34 | 1:18:39 | 2:37:19 |
| 6:10 | 19:10 | 30:39:00 | 30:50:00 | 38:19:00 | 45:59:00 | 57:29:00 | 1:01:40 | 1:16:38 | 1:20:51 | 2:41:41 |
| 6:20 | 19:41 | 31:29:00 | 31:40:00 | 39:21:00 | 47:14:00 | 59:02:00 | 1:03:20 | 1:18:43 | 1:23:02 | 2:46:03 |
| 6:30 | 20:12 | 32:19:00 | 32:30:00 | 40:23:00 | 48:28:00 | 1:00:35 | 1:05:00 | 1:20:47 | 1:25:13 | 2:50:25 |
| 6:40 | 20:43 | 33:08:00 | 33:20:00 | 41:26:00 | 49:43:00 | 1:02:07 | 1:06:40 | 1:22:51 | 1:27:24 | 2:54:48 |
| 6:50 | 21:14 | 33:58:00 | 34:10:00 | 42:28:00 | 50:57:00 | 1:03:42 | 1:08:20 | 1:24:55 | 1:29:35 | 2:59:10 |
| 7:00 | 21:45 | 34:48:00 | 35:00:00 | 43:30:00 | 52:12:00 | 1:05:15 | 1:10:00 | 1:27:00 | 1:31:46 | 3:03:32 |
| 7:10 | 22:16 | 35:38:00 | 35:50:00 | 44:32:00 | 53:26:00 | 1:06:48 | 1:11:40 | 1:29:04 | 1:33:57 | 3:07:54 |
| 7:20 | 22:47 | 36:27:00 | 36:40:00 | 45:34:00 | 54:41:00 | 1:08:21 | 1:13:20 | 1:31:08 | 1:36:08 | 3:12:16 |
| 7:30 | 23:18 | 37:17:00 | 37:30:00 | 46:36:00 | 55:56:00 | 1:09:54 | 1:15:00 | 1:33:13 | 1:38:19 | 3:16:39 |
| 7:40 | 23:49 | 38:07:00 | 38:20:00 | 47:38:00 | 57:10:00 | 1:11:28 | 1:16:40 | 1:35:17 | 1:40:30 | 3:21:01 |
| 7:50 | 24:20:00 | 38:56:00 | 39:10:00 | 48:41:00 | 58:25:00 | 1:13:01 | 1:18:20 | 1:37:21 | 1:42:41 | 3:25:23 |
| 8:00 | 24:51:00 | 39:46:00 | 40:00:00 | 49:43:00 | 59:39:00 | 1:14:34 | 1:20:00 | 1:39:25 | 1:44:53 | 3:29:45 |
| 8:10 | 25:22:00 | 40:36:00 | 40:50:00 | 50:45:00 | 1:00:54 | 1:16:07 | 1:21:40 | 1:41:30 | 1:47:04 | 3:34:07 |
| 8:20 | 25:54:00 | 41:26:00 | 41:40:00 | 51:47:00 | 1:02:08 | 1:17:41 | 1:23:20 | 1:43:34 | 1:49:15 | 3:38:30 |
| 8:30 | 26:25:00 | 42:15:00 | 42:30:00 | 52:49:00 | 1:03:23 | 1:19:14 | 1:25:00 | 1:45:38 | 1:51:26 | 3:42:52 |
| 8:40 | 26:56:00 | 43:05:00 | 43:20:00 | 53:51:00 | 1:04:38 | 1:20:47 | 1:26:40 | 1:47:43 | 1:53:37 | 3:47:14 |
| 8:50 | 27:27:00 | 43:55:00 | 44:10:00 | 54:53:00 | 1:05:52 | 1:22:20 | 1:28:20 | 1:49:47 | 1:55:48 | 3:51:36 |
| 9:00 | 27:58:00 | 44:44:00 | 45:00:00 | 55:56:00 | 1:07:07 | 1:23:53 | 1:30:00 | 1:51:51 | 1:57:59 | 3:55:58 |

| World Run Day | Pace Chart (cont'd) | | | | | | | | | |
|---------------|---------------------|----------|----------|----------|---------|---------|---------|---------|---------|----------|
| Pace per Mile | 5 km | 8 km | 5 mi | 10 km | 12 km | 15 km | 10 mi | 20 km | 1/2 Mar | Marathon |
| 9:20 | 29:00:00 | 46:24:00 | 46:40:00 | 58:00:00 | 1:09:36 | 1:27:00 | 1:33:20 | 1:56:00 | 2:02:21 | 4:04:43 |
| 9:30 | 29:31:00 | 47:14:00 | 47:30:00 | 59:02:00 | 1:10:50 | 1:28:33 | 1:35:00 | 1:58:04 | 2:04:32 | 4:09:05 |
| 9:40 | 30:02:00 | 48:03:00 | 48:20:00 | 1:00:04 | 1:12:05 | 1:30:06 | 1:36:40 | 2:00:08 | 2:06:44 | 4:13:27 |
| 9:50 | 30:33:00 | 48:53:00 | 49:10:00 | 1:01:06 | 1:13:20 | 1:31:39 | 1:38:20 | 2:02:13 | 2:08:55 | 4:17:49 |
| 10:00 | 31:04:00 | 49:43:00 | 50:00:00 | 1:02:08 | 1:14:34 | 1:33:13 | 1:40:00 | 2:04:17 | 2:11:06 | 4:22:11 |

Please register for World Run Day this year and make a small donation to a local charity.
 Tell us during registration what pace you plan to run on World Run Day this November.

See your improvements made year after year!