

5K Pace Chart (Kilometer splits)

Target 5K	400 m	800 m	1 km	2 km	2.5 km	3 km	4 km	Kick
15:00	1:12	2:24	3:00	6:00	7:30	9:00	12:00	0:27
15:05	1:12	2:24	3:01	6:02	7:32	9:03	12:04	0:27
15:10	1:12	2:25	3:02	6:04	7:35	9:06	12:08	0:27
15:15	1:13	2:26	3:03	6:06	7:37	9:09	12:12	0:27
15:20	1:13	2:27	3:04	6:08	7:40	9:12	12:16	0:27
15:25	1:14	2:28	3:05	6:10	7:42	9:15	12:20	0:27
15:30	1:14	2:28	3:06	6:12	7:45	9:18	12:24	0:27
15:35	1:14	2:29	3:07	6:14	7:47	9:21	12:28	0:28
15:40	1:15	2:30	3:08	6:16	7:50	9:24	12:32	0:28
15:45	1:15	2:31	3:09	6:18	7:52	9:27	12:36	0:28
15:50	1:16	2:32	3:10	6:20	7:55	9:30	12:40	0:28
15:55	1:16	2:32	3:11	6:22	7:57	9:33	12:44	0:28
16:00	1:16	2:33	3:12	6:24	8:00	9:36	12:48	0:28
16:05	1:17	2:34	3:13	6:26	8:02	9:39	12:52	0:28
16:10	1:17	2:35	3:14	6:28	8:05	9:42	12:56	0:29
16:15	1:18	2:36	3:15	6:30	8:07	9:45	13:00	0:29
16:20	1:18	2:36	3:16	6:32	8:10	9:48	13:04	0:29
16:25	1:18	2:37	3:17	6:34	8:12	9:51	13:08	0:29
16:30	1:19	2:38	3:18	6:36	8:15	9:54	13:12	0:29
16:35	1:19	2:39	3:19	6:38	8:17	9:57	13:16	0:29
16:40	1:20	2:40	3:20	6:40	8:20	10:00	13:20	0:30
16:45	1:20	2:40	3:21	6:42	8:22	10:03	13:24	0:30
16:50	1:20	2:41	3:22	6:44	8:25	10:06	13:28	0:30
16:55	1:21	2:42	3:23	6:46	8:27	10:09	13:32	0:30
17:00	1:21	2:43	3:24	6:48	8:30	10:12	13:36	0:30
17:05	1:22	2:44	3:25	6:50	8:32	10:15	13:40	0:30
17:10	1:22	2:44	3:26	6:52	8:35	10:18	13:44	0:30
17:15	1:22	2:45	3:27	6:54	8:37	10:21	13:48	0:31
17:20	1:23	2:46	3:28	6:56	8:40	10:24	13:52	0:31
17:25	1:23	2:47	3:29	6:58	8:42	10:27	13:56	0:31
17:30	1:24	2:48	3:30	7:00	8:45	10:30	14:00	0:31
17:35	1:24	2:48	3:31	7:02	8:47	10:33	14:04	0:31
17:40	1:24	2:49	3:32	7:04	8:50	10:36	14:08	0:31
17:45	1:25	2:50	3:33	7:06	8:52	10:39	14:12	0:31
17:50	1:25	2:51	3:34	7:08	8:55	10:42	14:16	0:32
17:55	1:26	2:52	3:35	7:10	8:57	10:45	14:20	0:32
18:00	1:26	2:52	3:36	7:12	9:00	10:48	14:24	0:32
18:05	1:26	2:53	3:37	7:14	9:02	10:51	14:28	0:32
18:10	1:27	2:54	3:38	7:16	9:05	10:54	14:32	0:32
18:15	1:27	2:55	3:39	7:18	9:07	10:57	14:36	0:32
18:20	1:28	2:56	3:40	7:20	9:10	11:00	14:40	0:33
18:25	1:28	2:56	3:41	7:22	9:12	11:03	14:44	0:33
18:30	1:28	2:57	3:42	7:24	9:15	11:06	14:48	0:33
18:35	1:29	2:58	3:43	7:26	9:17	11:09	14:52	0:33
18:40	1:29	2:59	3:44	7:28	9:20	11:12	14:56	0:33
18:45	1:30	3:00	3:45	7:30	9:22	11:15	15:00	0:33
18:50	1:30	3:00	3:46	7:32	9:25	11:18	15:04	0:33
18:55	1:30	3:01	3:47	7:34	9:27	11:21	15:08	0:34
19:00	1:31	3:02	3:48	7:36	9:30	11:24	15:12	0:34
19:05	1:31	3:03	3:49	7:38	9:32	11:27	15:16	0:34
19:10	1:32	3:04	3:50	7:40	9:35	11:30	15:20	0:34
19:15	1:32	3:04	3:51	7:42	9:37	11:33	15:24	0:34
19:20	1:32	3:05	3:52	7:44	9:40	11:36	15:28	0:34

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