

5K Pace Chart (mile splits)

Target 5K	400 m	800 m	1 mile	1.5 mile	2 mile	2.5 mile	3 mile	Kick
15:00	1:12	2:24	4:49	7:14	9:39	12:04	14:28	0:31
15:05	1:12	2:24	4:51	7:16	9:42	12:08	14:33	0:31
15:10	1:12	2:25	4:52	7:19	9:45	12:12	14:38	0:31
15:15	1:13	2:26	4:54	7:21	9:48	12:16	14:43	0:31
15:20	1:13	2:27	4:56	7:24	9:52	12:20	14:48	0:31
15:25	1:14	2:28	4:57	7:26	9:55	12:24	14:53	0:32
15:30	1:14	2:28	4:59	7:28	9:58	12:28	14:57	0:32
15:35	1:14	2:29	5:00	7:31	10:01	12:32	15:02	0:32
15:40	1:15	2:30	5:02	7:33	10:04	12:36	15:07	0:32
15:45	1:15	2:31	5:04	7:36	10:08	12:40	15:12	0:32
15:50	1:16	2:32	5:05	7:38	10:11	12:44	15:17	0:32
15:55	1:16	2:32	5:07	7:40	10:14	12:48	15:21	0:33
16:00	1:16	2:33	5:08	7:43	10:17	12:52	15:26	0:33
16:05	1:17	2:34	5:10	7:45	10:21	12:56	15:31	0:33
16:10	1:17	2:35	5:12	7:48	10:24	13:00	15:36	0:33
16:15	1:18	2:36	5:13	7:50	10:27	13:04	15:41	0:33
16:20	1:18	2:36	5:15	7:53	10:30	13:08	15:46	0:33
16:25	1:18	2:37	5:16	7:55	10:33	13:12	15:50	0:34
16:30	1:19	2:38	5:18	7:57	10:37	13:16	15:55	0:34
16:35	1:19	2:39	5:20	8:00	10:40	13:20	16:00	0:34
16:40	1:20	2:40	5:21	8:02	10:43	13:24	16:05	0:34
16:45	1:20	2:40	5:23	8:05	10:46	13:28	16:10	0:34
16:50	1:20	2:41	5:25	8:07	10:50	13:32	16:15	0:34
16:55	1:21	2:42	5:26	8:09	10:53	13:36	16:19	0:35
17:00	1:21	2:43	5:28	8:12	10:56	13:40	16:24	0:35
17:05	1:22	2:44	5:29	8:14	10:59	13:44	16:29	0:35
17:10	1:22	2:44	5:31	8:17	11:02	13:48	16:34	0:35
17:15	1:22	2:45	5:33	8:19	11:06	13:52	16:39	0:35
17:20	1:23	2:46	5:34	8:22	11:09	13:56	16:44	0:35
17:25	1:23	2:47	5:36	8:24	11:12	14:00	16:48	0:36
17:30	1:24	2:48	5:37	8:26	11:15	14:04	16:53	0:36
17:35	1:24	2:48	5:39	8:29	11:19	14:08	16:58	0:36
17:40	1:24	2:49	5:41	8:31	11:22	14:12	17:03	0:36
17:45	1:25	2:50	5:42	8:34	11:25	14:16	17:08	0:36
17:50	1:25	2:51	5:44	8:36	11:28	14:20	17:12	0:37
17:55	1:26	2:52	5:45	8:38	11:31	14:24	17:17	0:37
18:00	1:26	2:52	5:47	8:41	11:35	14:28	17:22	0:37
18:05	1:26	2:53	5:49	8:43	11:38	14:32	17:27	0:37
18:10	1:27	2:54	5:50	8:46	11:41	14:36	17:32	0:37
18:15	1:27	2:55	5:52	8:48	11:44	14:40	17:37	0:37
18:20	1:28	2:56	5:53	8:50	11:47	14:44	17:41	0:38
18:25	1:28	2:56	5:55	8:53	11:51	14:48	17:46	0:38
18:30	1:28	2:57	5:57	8:55	11:54	14:53	17:51	0:38
18:35	1:29	2:58	5:58	8:58	11:57	14:57	17:56	0:38
18:40	1:29	2:59	6:00	9:00	12:00	15:01	18:01	0:38
18:45	1:30	3:00	6:02	9:03	12:04	15:05	18:06	0:38
18:50	1:30	3:00	6:03	9:05	12:07	15:09	18:10	0:39
18:55	1:30	3:01	6:05	9:07	12:10	15:13	18:15	0:39
19:00	1:31	3:02	6:06	9:10	12:13	15:17	18:20	0:39
19:05	1:31	3:03	6:08	9:12	12:16	15:21	18:25	0:39
19:10	1:32	3:04	6:10	9:15	12:20	15:25	18:30	0:39
19:15	1:32	3:04	6:11	9:17	12:23	15:29	18:35	0:39
19:20	1:32	3:05	6:13	9:19	12:26	15:33	18:39	0:40

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