Ability level	**Average 5k time**	**Average 10k time**	**Average half marathon time**	**Average pace** (Per km)	**Average pace** (Per mile)
Beginner Baseline	00:41:40	01:23:20	02:55:51	08:20 min/km	13:25 min/mi
Intermediate Steady pace	00:34:35	01:09:10	02:26:02	06:55 min/km	11:08 min/mi
Intermediate Tempo pace	00:29:10	00:58:20	02:03:04	05:50 min/km	09:23 min/mi
Advanced Competitive	00:24:10	00:48:20	01:41:59	04:50 min/km	07:47 min/mi