Pace (Mins per km)	**Pace** (Mins per mile)	**5k time**	**10k time**	**Half marathon time**	**Marathon time**
8:34	13:47	00:42:51	01:25:42	03:00:51	06:01:42
8:27	13:36	00:42:15	01:24:30	02:58:18	05:56:37
8:07	13:03	00:40:32	01:21:04	02:51:04	05:42:09
7:41	12:23	00:38:27	01:16:55	02:42:18	05:24:36
7:14	11:38	00:36:08	01:12:17	02:32:31	05:05:03
6:49	10:58	00:34:05	01:08:10	02:23:51	04:47:43
6:31	10:30	00:32:36	01:05:13	02:17:36	04:35:13
6:27	10:23	00:32:15	01:04:30	02:16:07	04:32:15
6:00	9:40	00:30:00	01:00:00	02:06:36	04:13:12
5:37	9:01	00:28:02	00:56:04	01:58:19	03:56:38
5:13	8:24	00:26:05	00:52:10	01:50:05	03:40:10
4:48	7:43	00:24:00	00:48:00	01:41:16	03:22:33
4:25	7:06	00:22:03	00:44:07	01:33:05	03:06:10
4:00	6:26	00:20:00	00:40:00	01:24:24	02:48:48