

Running Pace Conversion Chart

The quick way to see how fast you run in km and miles

Kilometers Per Hour	Miles Per Hour	Minutes Per Kilometers	Minutes Per Mile	5k	10k	Half Marathon	Marathon
7.00kph	4.35mph	8:34	13:47	00:42:51	01:25:42	03:00:51	06:01:42
7.10kph	4.41mph	8:27	13:36	00:42:15	01:24:30	02:58:18	05:56:37
7.20kph	4.47mph	8:20	13:25	00:41:40	01:23:20	02:55:50	05:51:40
7.30kph	4.54mph	8:13	13:14	00:41:05	01:22:11	02:53:25	05:46:50
7.40kph	4.60mph	8:07	13:03	00:40:32	01:21:04	02:51:04	05:42:09
7.50kph	4.66mph	8:00	12:52	00:40:00	01:20:00	02:48:48	05:37:36
7.60kph	4.72mph	7:53	12:43	00:39:28	01:18:56	02:46:34	05:33:09
7.70kph	4.78mph	7:47	12:32	00:38:57	01:17:55	02:44:24	05:28:49
7.80kph	4.85mph	7:41	12:23	00:38:27	01:16:55	02:42:18	05:24:36

Kilometers Per Hour	Miles Per Hour	Minutes Per Kilometers	Minutes Per Mile	5k	10k	Half Marathon	Marathon
7.90kph	4.91mph	7:35	12:13	00:37:58	01:15:56	02:40:15	05:20:30
8.00kph	4.97mph	7:30	12:04	00:37:30	01:15:00	02:38:15	05:16:30
8.10kph	5.03mph	7:25	11:55	00:37:02	01:14:04	02:36:17	05:12:35
8.20kph	5.10mph	7:19	11:47	00:36:35	01:13:10	02:34:23	05:08:46
8.30kph	5.16mph	7:14	11:38	00:36:08	01:12:17	02:32:31	05:05:03
8.40kph	5.22mph	7:08	11:30	00:35:42	01:11:25	02:30:42	05:01:25
8.50kph	5.28mph	7:04	11:22	00:35:17	01:10:35	02:28:56	04:57:52
8.60kph	5.34mph	6:59	11:14	00:34:53	01:09:46	02:27:12	04:54:25
8.70kph	5.41mph	6:54	11:06	00:34:28	01:08:57	02:25:31	04:51:02
8.80kph	5.47mph	6:49	10:58	00:34:05	01:08:10	02:23:51	04:47:43

Kilometers Per Hour	Miles Per Hour	Minutes Per Kilometers	Minutes Per Mile	5k	10k	Half Marathon	Marathon
8.90kph	5.53mph	6:44	10:51	00:33:42	01:07:24	02:22:14	04:44:29
9.00kph	5.59mph	6:40	10:44	00:33:20	01:06:40	02:20:40	04:41:20
9.10kph	5.65mph	6:35	10:37	00:32:58	01:05:56	02:19:07	04:38:14
9.20kph	5.72mph	6:31	10:30	00:32:36	01:05:13	02:17:36	04:35:13
9.30kph	5.78mph	6:27	10:23	00:32:15	01:04:30	02:16:07	04:32:15
9.40kph	5.84mph	6:23	10:16	00:31:54	01:03:49	02:14:40	04:29:21
9.50kph	5.90mph	6:19	10:10	00:31:34	01:03:09	02:13:15	04:26:31
9.60kph	5.97mph	6:15	10:04	00:31:15	01:02:30	02:11:52	04:23:45
9.70kph	6.03mph	6:11	9:57	00:30:55	01:01:51	02:10:30	04:21:01
9.80kph	6.09mph	6:07	9:51	00:30:36	01:01:13	02:09:11	04:18:22

Kilometers Per Hour	Miles Per Hour	Minutes Per Kilometers	Minutes Per Mile	5k	10k	Half Marathon	Marathon
9.90kph	6.15mph	6:04	9:45	00:30:18	01:00:36	02:07:52	04:15:45
10.00kph	6.21mph	6:00	9:40	00:30:00	01:00:00	02:06:36	04:13:12
10.10kph	6.28mph	5:56	9:34	00:29:42	00:59:24	02:05:20	04:10:41
10.20kph	6.34mph	5:53	9:28	00:29:24	00:58:49	02:04:07	04:08:14
10.30kph	6.40mph	5:50	9:22	00:29:07	00:58:15	02:02:54	04:05:49
10.40kph	6.46mph	5:46	9:17	00:28:50	00:57:41	02:01:43	04:03:27
10.50kph	6.52mph	5:43	9:12	00:28:34	00:57:08	02:00:34	04:01:08
10.60kph	6.59mph	5:40	9:07	00:28:18	00:56:36	01:59:26	03:58:52
10.70kph	6.65mph	5:37	9:01	00:28:02	00:56:04	01:58:19	03:56:38
10.80kph	6.71mph	5:34	8:56	00:27:46	00:55:33	01:57:13	03:54:26

Kilometers Per Hour	Miles Per Hour	Minutes Per Kilometers	Minutes Per Mile	5k	10k	Half Marathon	Marathon
10.90kph	6.77mph	5:30	8:52	00:27:31	00:55:02	01:56:08	03:52:17
11.00kph	6.84mph	5:27	8:47	00:27:16	00:54:32	01:55:05	03:50:10
11.10kph	6.90mph	5:25	8:42	00:27:01	00:54:03	01:54:03	03:48:06
11.20kph	6.96mph	5:22	8:37	00:26:47	00:53:34	01:53:02	03:46:04
11.30kph	7.02mph	5:19	8:33	00:26:32	00:53:05	01:52:02	03:44:04
11.40kph	7.08mph	5:16	8:28	00:26:18	00:52:37	01:51:03	03:42:06
11.50kph	7.15mph	5:13	8:24	00:26:05	00:52:10	01:50:05	03:40:10
11.60kph	7.21mph	5:10	8:19	00:25:51	00:51:43	01:49:08	03:38:16
11.70kph	7.27mph	5:08	8:15	00:25:38	00:51:16	01:48:12	03:36:24
11.80kph	7.33mph	5:05	8:11	00:25:25	00:50:50	01:47:17	03:34:34

Kilometers Per Hour	Miles Per Hour	Minutes Per Kilometers	Minutes Per Mile	5k	10k	Half Marathon	Marathon
11.90kph	7.39mph	5:02	8:07	00:25:12	00:50:25	01:46:23	03:32:46
12.00kph	7.46mph	5:00	8:03	00:25:00	00:50:00	01:45:30	03:31:00
12.10kph	7.52mph	4:58	7:59	00:24:47	00:49:35	01:44:37	03:29:15
12.20kph	7.58mph	4:55	7:55	00:24:35	00:49:10	01:43:46	03:27:32
12.30kph	7.64mph	4:53	7:51	00:24:23	00:48:46	01:42:55	03:25:51
12.40kph	7.71mph	4:50	7:47	00:24:11	00:48:23	01:42:05	03:24:11
12.50kph	7.77mph	4:48	7:43	00:24:00	00:48:00	01:41:16	03:22:33
12.60kph	7.83mph	4:46	7:40	00:23:48	00:47:37	01:40:28	03:20:57
12.70kph	7.89mph	4:43	7:36	00:23:37	00:47:14	01:39:41	03:19:22
12.80kph	7.95mph	4:41	7:32	00:23:26	00:46:52	01:38:54	03:17:48

Kilometers Per Hour	Miles Per Hour	Minutes Per Kilometers	Minutes Per Mile	5k	10k	Half Marathon	Marathon
12.90kph	8.02mph	4:39	7:29	00:23:15	00:46:30	01:38:08	03:16:16
13.00kph	8.08mph	4:37	7:26	00:23:04	00:46:09	01:37:23	03:14:46
13.10kph	8.14mph	4:35	7:22	00:22:54	00:45:48	01:36:38	03:13:16
13.20kph	8.20mph	4:33	7:19	00:22:43	00:45:27	01:35:54	03:11:49
13.30kph	8.26mph	4:31	7:16	00:22:33	00:45:06	01:35:11	03:10:22
13.40kph	8.33mph	4:29	7:13	00:22:23	00:44:46	01:34:28	03:08:57
13.50kph	8.39mph	4:26	7:09	00:22:13	00:44:26	01:33:46	03:07:33
13.60kph	8.45mph	4:25	7:06	00:22:03	00:44:07	01:33:05	03:06:10
13.70kph	8.51mph	4:23	7:03	00:21:53	00:43:47	01:32:24	03:04:49
13.80kph	8.57mph	4:21	7:00	00:21:44	00:43:28	01:31:44	03:03:28

Kilometers Per Hour	Miles Per Hour	Minutes Per Kilometers	Minutes Per Mile	5k	10k	Half Marathon	Marathon
13.90kph	8.64mph	4:19	6:57	00:21:34	00:43:09	01:31:04	03:02:09
14.00kph	8.70mph	4:17	6:54	00:21:25	00:42:51	01:30:25	03:00:51
14.10kph	8.76mph	4:16	6:51	00:21:16	00:42:33	01:29:47	02:59:34
14.20kph	8.82mph	4:14	6:48	00:21:07	00:42:15	01:29:09	02:58:18
14.30kph	8.89mph	4:12	6:45	00:20:58	00:41:57	01:28:31	02:57:03
14.40kph	8.95mph	4:10	6:43	00:20:50	00:41:40	01:27:55	02:55:50
14.50kph	9.01mph	4:08	6:40	00:20:41	00:41:22	01:27:18	02:54:37
14.60kph	9.07mph	4:07	6:37	00:20:32	00:41:05	01:26:42	02:53:25
14.70kph	9.13mph	4:05	6:34	00:20:24	00:40:48	01:26:07	02:52:14
14.80kph	9.20mph	4:03	6:31	00:20:16	00:40:32	01:25:32	02:51:04

Kilometers Per Hour	Miles Per Hour	Minutes Per Kilometers	Minutes Per Mile	5k	10k	Half Marathon	Marathon
14.90kph	9.26mph	4:02	6:29	00:20:08	00:40:16	01:24:57	02:49:55
15.00kph	9.32mph	4:00	6:26	00:20:00	00:40:00	01:24:24	02:48:48
15.10kph	9.38mph	3:58	6:23	00:19:52	00:39:44	01:23:50	02:47:40
15.20kph	9.44mph	3:57	6:21	00:19:44	00:39:28	01:23:17	02:46:34
15.30kph	9.51mph	3:55	6:19	00:19:36	00:39:12	01:22:44	02:45:29
15.40kph	9.57mph	3:54	6:16	00:19:28	00:38:57	01:22:12	02:44:24
15.50kph	9.63mph	3:52	6:14	00:19:21	00:38:42	01:21:40	02:43:21
15.60kph	9.69mph	3:51	6:11	00:19:13	00:38:27	01:21:09	02:42:18
15.70kph	9.76mph	3:49	6:09	00:19:06	00:38:12	01:20:38	02:41:16
15.80kph	9.82mph	3:48	6:07	00:18:59	00:37:58	01:20:07	02:40:15

Kilometers Per Hour	Miles Per Hour	Minutes Per Kilometers	Minutes Per Mile	5k	10k	Half Marathon	Marathon
15.90kph	9.88mph	3:46	6:04	00:18:52	00:37:44	01:19:37	02:39:14
16.00kph	9.94mph	3:45	6:02	00:18:45	00:37:30	01:19:07	02:38:15
16.10kph	10.00mph	3:44	6:00	00:18:38	00:37:16	01:18:38	02:37:16
16.20kph	10.07mph	3:42	5:58	00:18:31	00:37:02	01:18:08	02:36:17
16.30kph	10.13mph	3:41	5:55	00:18:24	00:36:48	01:17:40	02:35:20
16.40kph	10.19mph	3:40	5:53	00:18:17	00:36:35	01:17:11	02:34:23
16.50kph	10.25mph	3:38	5:51	00:18:10	00:36:21	01:16:43	02:33:27
16.60kph	10.31mph	3:37	5:49	00:18:04	00:36:08	01:16:15	02:32:31
16.70kph	10.38mph	3:35	5:47	00:17:57	00:35:55	01:15:48	02:31:37
16.80kph	10.44mph	3:34	5:45	00:17:51	00:35:42	01:15:21	02:30:42

Kilometers Per Hour	Miles Per Hour	Minutes Per Kilometers	Minutes Per Mile	5k	10k	Half Marathon	Marathon
16.90kph	10.50mph	3:33	5:43	00:17:45	00:35:30	01:14:54	02:29:49
17.00kph	10.56mph	3:32	5:41	00:17:38	00:35:17	01:14:28	02:28:56
17.10kph	10.63mph	3:31	5:39	00:17:32	00:35:05	01:14:02	02:28:04
17.20kph	10.69mph	3:29	5:37	00:17:26	00:34:53	01:13:36	02:27:12
17.30kph	10.75mph	3:28	5:35	00:17:20	00:34:40	01:13:10	02:26:21
17.40kph	10.81mph	3:27	5:33	00:17:14	00:34:28	01:12:45	02:25:31
17.50kph	10.87mph	3:26	5:31	00:17:08	00:34:17	01:12:20	02:24:41
17.60kph	10.94mph	3:25	5:29	00:17:02	00:34:05	01:11:55	02:23:51
17.70kph	11.00mph	3:23	5:28	00:16:56	00:33:53	01:11:31	02:23:03
17.80kph	11.06mph	3:22	5:25	00:16:51	00:33:42	01:11:07	02:22:14

Kilometers Per Hour	Miles Per Hour	Minutes Per Kilometers	Minutes Per Mile	5k	10k	Half Marathon	Marathon
17.90kph	11.12mph	3:21	5:23	00:16:45	00:33:31	01:10:43	02:21:27
18.00kph	11.18mph	3:20	5:22	00:16:40	00:33:20	01:10:20	02:20:40
18.10kph	11.25mph	3:19	5:20	00:16:34	00:33:08	01:09:56	02:19:53
18.20kph	11.31mph	3:18	5:19	00:16:29	00:32:58	01:09:33	02:19:07
18.30kph	11.37mph	3:17	5:17	00:16:23	00:32:47	01:09:10	02:18:21
18.40kph	11.43mph	3:16	5:15	00:16:18	00:32:36	01:08:48	02:17:36
18.50kph	11.50mph	3:14	5:13	00:16:12	00:32:25	01:08:25	02:16:51
18.60kph	11.56mph	3:14	5:11	00:16:07	00:32:15	01:08:03	02:16:07
18.70kph	11.62mph	3:13	5:10	00:16:02	00:32:05	01:07:42	02:15:24
18.80kph	11.68mph	3:11	5:08	00:15:57	00:31:54	01:07:20	02:14:40

Kilometers Per Hour	Miles Per Hour	Minutes Per Kilometers	Minutes Per Mile	5k	10k	Half Marathon	Marathon
18.90kph	11.74mph	3:10	5:07	00:15:52	00:31:44	01:06:59	02:13:58
19.00kph	11.81mph	3:10	5:05	00:15:47	00:31:34	01:06:37	02:13:15
19.10kph	11.87mph	3:08	5:04	00:15:42	00:31:24	01:06:16	02:12:33
19.20kph	11.93mph	3:08	5:02	00:15:37	00:31:14	01:05:56	02:11:52
19.30kph	11.99mph	3:07	5:00	00:15:32	00:31:05	01:05:35	02:11:11
19.40kph	12.05mph	3:05	4:59	00:15:27	00:30:55	01:05:15	02:10:30
19.50kph	12.12mph	3:05	4:57	00:15:23	00:30:46	01:04:55	02:09:50
19.60kph	12.18mph	3:04	4:56	00:15:18	00:30:36	01:04:35	02:09:11
19.70kph	12.24mph	3:03	4:54	00:15:13	00:30:27	01:04:15	02:08:31
19.80kph	12.30mph	3:02	4:53	00:15:09	00:30:18	01:03:56	02:07:52

Kilometers Per Hour	Miles Per Hour	Minutes Per Kilometers	Minutes Per Mile	5k	10k	Half Marathon	Marathon
19.90kph	12.37mph	3:01	4:51	00:15:04	00:30:09	01:03:37	02:07:14
20.00kph	12.43mph	3:00	4:50	00:14:59	00:29:59	01:03:17	02:06:35
20.10kph	12.49mph	2:59	4:48	00:14:55	00:29:51	01:02:59	02:05:58
20.20kph	12.55mph	2:58	4:47	00:14:51	00:29:42	01:02:40	02:05:20
20.30kph	12.61mph	2:58	4:46	00:14:46	00:29:33	01:02:21	02:04:43
20.40kph	12.68mph	2:56	4:44	00:14:42	00:29:24	01:02:03	02:04:07
20.50kph	12.74mph	2:56	4:43	00:14:38	00:29:16	01:01:45	02:03:30
20.60kph	12.80mph	2:55	4:41	00:14:33	00:29:07	01:01:27	02:02:54
20.70kph	12.86mph	2:54	4:40	00:14:29	00:28:59	01:01:09	02:02:19
20.80kph	12.92mph	2:53	4:38	00:14:25	00:28:50	01:00:51	02:01:43

Kilometers Per Hour	Miles Per Hour	Minutes Per Kilometers	Minutes Per Mile	5k	10k	Half Marathon	Marathon
20.90kph	12.99mph	2:52	4:37	00:14:21	00:28:42	01:00:34	02:01:08
21.00kph	13.05mph	2:52	4:36	00:14:17	00:28:34	01:00:17	02:00:34