

# Housatonic Road Runners - Marathon Pacing Chart

Goal	Mile	5K	5M	10K	15K	10M	20K	13.1M	15M	25K	30K	20M	35K	25M
2:10	4:58	15:25	24:49	30:50	0:46:15	0:49:37	1:01:40	1:05:00	1:14:26	1:17:05	1:32:30	1:39:14	1:47:55	2:04:03
2:12	5:02	15:39	25:11	31:19	0:46:58	0:50:23	1:02:37	1:06:00	1:15:34	1:18:16	1:33:56	1:40:46	1:49:35	2:05:57
2:14	5:07	15:53	25:34	31:47	0:47:40	0:51:09	1:03:34	1:07:00	1:16:43	1:19:27	1:35:21	1:42:17	1:51:14	2:07:52
2:16	5:11	16:08	25:57	32:15	0:48:23	0:51:55	1:04:31	1:08:00	1:17:52	1:20:39	1:36:46	1:43:49	1:52:54	2:09:46
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2:20	5:21	16:36	26:43	33:12	0:49:49	0:53:26	1:06:25	1:10:00	1:20:09	1:23:01	1:39:37	1:46:52	1:56:13	2:13:35
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