

MM	5K	10K	HM	FM	ER	SSR	TI
05:30	06:11	06:22	06:47	07:08	09:08	06:38	06:14
05:40	06:23	06:34	07:00	07:21	09:21	06:50	06:26
05:50	06:34	06:45	07:12	07:34	09:34	07:02	06:37
06:00	06:45	06:57	07:24	07:47	09:47	07:15	06:48
06:10	06:56	07:08	07:37	08:00	10:00	07:27	07:00
06:20	07:08	07:20	07:49	08:13	10:13	07:39	07:11
06:30	07:19	07:32	08:01	08:26	10:26	07:51	07:22
06:40	07:30	07:43	08:14	08:39	10:39	08:03	07:34
06:50	07:41	07:55	08:26	08:52	10:52	08:15	07:45
07:00	07:52	08:06	08:38	09:05	11:05	08:27	07:56
07:10	08:04	08:18	08:51	09:18	11:18	08:39	08:08
07:20	08:15	08:30	09:03	09:31	11:31	08:51	08:19
07:30	08:26	08:41	09:15	09:44	11:44	09:03	08:30
07:40	08:38	08:53	09:28	09:57	11:57	09:15	08:42
07:50	08:49	09:04	09:40	10:10	12:10	09:27	08:53
08:00	09:00	09:16	09:52	10:23	12:23	09:39	09:04
08:10	09:11	09:27	10:05	10:36	12:36	09:51	09:16
08:20	09:22	09:39	10:17	10:49	12:49	10:04	09:27
08:10	09:11	09:27	10:05	10:36	12:36	09:51	09:16
08:30	09:34	09:51	10:29	11:02	13:02	10:16	09:38
08:40	09:45	10:02	10:42	11:15	13:15	10:28	09:50
08:50	09:56	10:14	10:54	11:28	13:28	10:40	10:01
09:00	10:07	10:25	11:06	11:41	13:41	10:52	10:12
09:10	10:19	10:37	11:19	11:54	13:54	11:04	10:24
09:20	10:30	10:48	11:31	12:07	14:07	11:16	10:35
09:30	10:41	11:00	11:43	12:20	14:20	11:28	10:46
09:40	10:52	11:12	11:56	12:33	14:33	11:40	10:58
09:50	11:04	11:23	12:08	12:46	14:46	11:52	11:09
10:00	11:15	11:35	12:20	12:59	14:59	12:04	11:20
10:10	11:26	11:46	12:33	13:12	15:12	12:16	11:32
10:20	11:37	11:58	12:45	13:25	15:25	12:28	11:43
10:30	11:49	12:10	12:57	13:38	15:38	12:40	11:54
10:40	12:00	12:21	13:10	13:51	15:51	12:52	12:06
10:50	12:11	12:33	13:22	14:04	16:04	13:05	12:17
11:00	12:22	12:44	13:34	14:17	16:17	13:17	12:28

MM = Magic Mile  
5K = 5K Race Pace  
10K = 10K Race Pace  
HM = Half Marathon Race Pace  
FM = Full Marathon Race Pace  
ER = Easy/Endurance Run Pace  
SSR = Steady State Run Pace  
TI = Tempo Interval Run Pace

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