

Pace chart marathon

km 1	km 5	km 10	km 15	km 20	half	km 25	km 30	km 35	km 40	finish	Ø km/h
02:50	14:10	28:20	42:30	56:40	0:59:48	1:10:50	1:25:00	1:39:10	1:53:20	1:59:34	21,38
02:51	14:15	28:30	42:45	57:00	1:00:09	1:11:15	1:25:30	1:39:45	1:54:00	2:00:16	21,19
02:52	14:26	28:42	43:08	57:39	1:00:48	1:11:08	1:25:40	1:40:20	1:54:53	2:00:35*	21,00
02:53	14:25	28:50	43:15	57:40	1:00:51	1:12:05	1:26:30	1:40:55	1:55:20	2:01:40	20,81
02:54	14:30	29:00	43:30	58:00	1:01:12	1:12:30	1:27:00	1:41:30	1:56:00	2:02:22	20,69
02:55	14:35	29:10	43:45	58:20	1:01:33	1:12:55	1:27:30	1:42:05	1:56:40	2:03:04	20,57
02:56	09:59	29:20	44:00	58:40	1:01:54	1:13:20	1:28:00	1:42:40	1:57:20	2:03:46	20,46
02:57	43:45	29:30	44:15	59:00	1:02:15	1:13:45	1:28:30	1:43:15	1:58:00	2:04:28	20,34
02:58	05:28	29:40	44:30	59:20	1:02:36	1:14:10	1:29:00	1:43:50	1:58:40	2:05:10	20,23
02:59	12:55	29:50	44:45	59:40	1:02:57	1:14:35	1:29:30	1:44:25	1:59:20	2:05:52	20,11
03:00	00:57	30:00	45:00	00:00	1:03:18	1:15:00	1:30:00	1:45:00	2:00:00	2:06:34	20,00
03:01	42:05	30:10	45:15	00:20	1:03:39	1:15:25	1:30:30	1:45:35	2:00:40	2:07:16	19,89
03:02	20:26	30:20	45:30	00:40	1:04:00	1:15:50	1:31:00	1:46:10	2:01:20	2:07:58	19,78
03:03	11:15	30:30	45:45	01:00	1:04:21	1:16:15	1:31:30	1:46:45	2:02:00	2:08:40	19,68
03:04	15:55	30:40	46:00	01:20	1:04:42	1:16:40	1:32:00	1:47:20	2:02:40	2:09:22	19,57
03:05	40:25	30:50	46:15	01:40	1:05:03	1:17:05	1:32:30	1:47:55	2:03:20	2:10:04	19,46
03:06	11:25	31:00	46:30	02:00	1:05:24	1:17:30	1:33:00	1:48:30	2:04:00	2:10:46	19,36
03:07	09:35	31:10	46:45	02:20	1:05:45	1:17:55	1:33:30	1:49:05	2:04:40	2:11:28	19,26
03:08	06:54	31:20	47:00	02:40	1:06:06	1:18:20	1:34:00	1:49:40	2:05:20	2:12:10	19,16
03:09	38:45	31:30	47:15	03:00	1:06:27	1:18:45	1:34:30	1:50:15	2:06:00	2:12:52	19,05
03:10	02:23	31:40	47:30	03:20	1:06:48	1:19:10	1:35:00	1:50:50	2:06:40	2:13:34	18,95
km 1	km 5	km 10	km 15	km 20	half	km 25	km 30	km 35	km 40	finish	Ø km/h

*world record