

KICKSTART YOUR JOURNEY

RUNNING CHART



Kilometers Per Hour	Miles Per Hour	Minutes Per Kilometers	Minutes Per Mile	5k	10k	Half Marathon	Marathon
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
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
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
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
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

Kilometers Per Hour	Miles Per Hour	Minutes Per Kilometers	Minutes Per Mile	5k	10k	Half Marathon	Marathon
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
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
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
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
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

Kilometers Per Hour	Miles Per Hour	Minutes Per Kilometers	Minutes Per Mile	5k	10k	Half Marathon	Marathon
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
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
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
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
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

Kilometers Per Hour	Miles Per Hour	Minutes Per Kilometers	Minutes Per Mile	5k	10k	Half Marathon	Marathon
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
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



THERAPY

AND PERFORMANCE CLINIC

RECOVER STRONG, PERFORM STRONGER