

Race Pace Conversion Chart

1 kilometre per hour (kph) = 0.621371192 mile per hour (mph)

Kilometres Per Hour	Miles Per Hour	Minutes Per Kilometre	Minutes Per Mile	5k	10k	Half Marathon	Marathon
8.00kph	4.97mph	7:30	12:04	37:30	1:15:00	2:38:15	5:16:30
8.25kph	5.13mph	7:16	11:42	36:21	1:12:43	2:33:27	5:06:54
8.50kph	5.28mph	7:04	11:22	35:17	1:10:35	2:28:56	4:57:52
8.75kph	5.44mph	6:51	11:02	34:17	1:08:34	2:24:41	4:49:22
9.00kph	5.59mph	6:40	10:44	33:20	1:06:40	2:20:40	4:41:20
9.25kph	5.75mph	6:29	10:26	32:25	1:04:51	2:16:51	4:33:43
9.50kph	5.90mph	6:19	10:10	31:34	1:03:09	2:13:15	4:26:31
9.75kph	6.06mph	6:09	9:54	30:46	1:01:32	2:09:50	4:19:41
10.00kph	6.21mph	6:00	9:40	30:00	1:00:00	2:06:36	4:13:12
10.25kph	6.37mph	5:51	9:25	29:16	58:32	2:03:30	4:07:01
10.50kph	6.52mph	5:43	9:12	28:34	57:08	2:00:34	4:01:08
10.75kph	6.68mph	5:34	8:58	27:54	55:48	1:57:46	3:55:32
11.00kph	6.84mph	5:27	8:47	27:16	54:32	1:55:05	3:50:10
11.25kph	6.99mph	5:19	8:34	26:39	53:19	1:52:31	3:45:03
11.50kph	7.15mph	5:13	8:24	26:05	52:10	1:50:05	3:40:10
11.75kph	7.30mph	5:06	8:13	25:31	51:03	1:47:44	3:35:29
12.00kph	7.46mph	5:00	8:03	25:00	50:00	1:45:30	3:31:00
12.25kph	7.61mph	4:53	7:52	24:29	48:58	1:43:20	3:26:41
12.50kph	7.77mph	4:48	7:43	24:00	48:00	1:41:16	3:22:33
12.75kph	7.92mph	4:42	7:34	23:31	47:03	1:39:17	3:18:35
13.00kph	8.08mph	4:37	7:26	23:04	46:09	1:37:23	3:14:46
13.25kph	8.23mph	4:31	7:17	22:38	45:16	1:35:32	3:11:05
13.50kph	8.39mph	4:26	7:09	22:13	44:26	1:33:46	3:07:33
13.75kph	8.54mph	4:21	7:01	21:49	43:38	1:32:04	3:04:08
14.00kph	8.70mph	4:17	6:54	21:25	42:51	1:30:25	3:00:51
14.25kph	8.85mph	4:12	6:46	21:03	42:06	1:28:50	2:57:41
14.50kph	9.01mph	4:08	6:40	20:41	41:22	1:27:18	2:54:37
14.75kph	9.17mph	4:04	6:32	20:20	40:40	1:25:49	2:51:39
15.00kph	9.32mph	4:00	6:26	20:00	40:00	1:24:24	2:48:48
15.25kph	9.48mph	3:56	6:19	19:40	39:20	1:23:00	2:46:01
15.50kph	9.63mph	3:52	6:14	19:21	38:42	1:21:40	2:43:21
15.75kph	9.79mph	3:48	6:07	19:02	38:05	1:20:22	2:40:45
16.00kph	9.94mph	3:45	6:02	18:45	37:30	1:19:07	2:38:15
16.25kph	10.10mph	3:41	5:56	18:27	36:55	1:17:54	2:35:48
16.50kph	10.25mph	3:38	5:51	18:10	36:21	1:16:43	2:33:27
16.75kph	10.41mph	3:34	5:45	17:54	35:49	1:15:34	2:31:09
17.00kph	10.56mph	3:32	5:41	17:38	35:17	1:14:28	2:28:56
17.25kph	10.72mph	3:28	5:35	17:23	34:46	1:13:23	2:26:46
17.50kph	10.87mph	3:26	5:31	17:08	34:17	1:12:20	2:24:41
17.75kph	11.03mph	3:22	5:26	16:54	33:48	1:11:19	2:22:38
18.00kph	11.18mph	3:20	5:22	16:40	33:20	1:10:20	2:20:40
18.25kph	11.34mph	3:17	5:17	16:26	32:52	1:09:22	2:18:44
18.50kph	11.50mph	3:14	5:13	16:12	32:25	1:08:25	2:16:51
18.75kph	11.65mph	3:11	5:08	15:59	31:59	1:07:31	2:15:02
19.00kph	11.81mph	3:10	5:05	15:47	31:34	1:06:37	2:13:15
19.25kph	11.96mph	3:07	5:00	15:35	31:10	1:05:45	2:11:31
19.50kph	12.12mph	3:05	4:57	15:23	30:46	1:04:55	2:09:50
19.75kph	12.27mph	3:02	4:53	15:11	30:22	1:04:06	2:08:12
20.00kph	12.43mph	3:00	4:50	14:59	29:59	1:03:17	2:06:35
20.25kph	12.58mph	2:57	4:46	14:48	29:37	1:02:31	2:05:02
20.50kph	12.74mph	2:56	4:43	14:38	29:16	1:01:45	2:03:30
20.75kph	12.89mph	2:53	4:39	14:27	28:54	1:01:00	2:02:01
21.00kph	13.05mph	2:52	4:36	14:17	28:34	1:00:17	2:00:34

