

HALF MARATHON PACE CHART

FINISH TIME	PACE / MILE	PACE / KM
3:15	14:55	9:14
3:10	14:30	9:01
3:05	14:10	8:47
3:00	13:44	8:32
2:55	13:25	8:18
2:50	13:00	8:05
2:45	12:35	7:51
2:40	12:15	7:36
2:35	11:50	7:21
2:30	11:30	7:08
2:25	11:05	6:52
2:20	10:45	6:40
2:15	10:20	6:24
2:10	9:55	6:10
2:05	9:35	5:55
2:00	9:10	5:41
1:55	8:50	5:27
1:55	8:25	5:13
1:45	8:05	4:59
1:40	7:40	4:44
1:35	7:15	4:30
1:30	6:55	4:16
1:25	6:30	4:02
1:20	6:10	3:48
1:15	5:45	3:33
1:10	1:10	3:19
1:05	5:00	3:05

Half Marathon Pacing Guide

Mike Jess

A red circular graphic with a gradient, appearing as a stylized arrow or a light effect, positioned to the right of the author's name.

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