

5K Time	Mile	2 mi.	3 mi.
15:00	4:49	9:39	14:29
15:15	4:54	9:49	14:43
15:30	4:59	9:58	14:58
15:45	5:04	10:08	15:12
16:00	5:08	10:17	15:26
16:15	5:13	10:27	15:41
16:30	5:18	10:37	15:55
16:45	5:23	10:46	16:10
17:00	5:28	10:56	16:24
17:15	5:33	11:06	16:39
17:30	5:37	11:15	16:53
17:45	5:42	11:25	17:08
18:00	5:47	11:35	17:22
18:15	5:52	11:44	17:37
18:30	5:57	11:54	17:51
18:45	6:02	12:04	18:06
19:00	6:06	12:13	18:20
19:15	6:11	12:23	18:35
19:30	6:16	12:33	18:49
19:45	6:21	12:42	19:04
20:00	6:26	12:52	19:18
20:15	6:36	13:02	19:33
20:30	6:35	13:11	19:47
20:45	6:40	13:21	20:02
21:00	6:45	13:31	20:16
21:15	6:50	13:40	20:31
21:30	6:55	13:50	20:45
21:45	7:00	14:00	21:00
22:00	7:04	14:09	21:14
22:15	7:09	14:19	21:29
22:30	7:14	14:29	21:43
22:45	7:19	14:38	21:58
23:00	7:24	14:48	22:12
23:15	7:29	14:58	22:27
23:30	7:33	15:07	22:41
23:45	7:38	15:17	22:55
24:00	7:43	15:26	23:10
24:15	7:48	15:36	23:24
24:30	7:53	15:46	23:39
24:45	7:57	15:55	23:53
25:00	8:02	16:05	24:08

For More 5K Pace Charts Visit 325charts.com