

BELLIN RUN PACE CHART

Mile Pace	10K	Mile Pace	10K	Mile Pace	10K	Mile Pace	10K	Mile Pace	10K	Mile Pace	10K	Mile Pace	10K
4:50	30:02	6:20	39:21	8:00	49:43	9:40	1:00:02	11:20	1:10:25	13:00	1:20:47	14:40	1:31:08
4:55	30:33	6:30	40:23	8:10	50:45	9:50	1:01:04	11:30	1:11:27	13:10	1:21:49	14:50	1:32:10
5:00	31:04	6:40	41:25	8:20	51:47	10:00	1:02:08	11:40	1:12:30	13:20	1:22:51	15:00	1:33:12
5:10	32:06	6:50	42:28	8:30	52:49	10:10	1:03:10	11:50	1:13:32	13:30	1:23:53	15:10	1:34:14
5:20	33:08	7:00	43:30	8:40	53:51	10:20	1:04:13	12:00	1:14:34	13:40	1:24:55	15:20	1:35:17
5:30	34:11	7:10	44:32	8:50	54:53	10:30	1:05:15	12:10	1:15:36	13:50	1:25:57	15:30	1:36:19
5:40	35:13	7:20	45:34	9:00	55:55	10:40	1:06:17	12:20	1:16:38	14:00	1:27:00	15:40	1:37:21
5:50	36:15	7:30	46:36	9:10	56:56	10:50	1:07:19	12:30	1:17:40	14:10	1:28:02	15:50	1:38:23
6:00	37:17	7:40	47:38	9:20	57:58	11:00	1:08:21	12:40	1:18:42	14:20	1:29:04		
6:10	38:19	7:50	48:40	9:30	59:00	11:10	1:09:23	12:50	1:19:45	14:30	1:30:06		