

## 5 & 10km Time per Km

10km Time	Time/km	5km Time	Time/Km
40:00	04:00	18:50	03:46
41:00	04:06	19:19	03:52
42:00	04:12	19:47	03:57
43:00	04:18	20:15	04:03
44:00	04:24	20:43	04:09
45:00	04:30	21:12	04:14
46:00	04:36	21:40	04:20
47:00	04:42	22:08	04:26
48:00	04:48	22:36	04:31
49:00	04:54	23:05	04:37
50:00	05:00	23:33	04:43
51:00	05:06	24:01	04:48
52:00	05:12	24:30	04:54
53:00	05:18	24:58	05:00
54:00	05:24	25:26	05:05
55:00	05:30	25:54	05:11
56:00	05:36	26:23	05:17
57:00	05:42	26:51	05:22
58:00	05:48	27:19	05:28
59:00	05:54	27:47	05:33
1:01:00	06:06	28:44	05:45
1:02:00	06:12	29:12	05:50
1:03:00	06:18	29:40	05:56
1:04:00	06:24	30:09	06:02
1:05:00	06:30	30:37	06:07
1:06:00	06:36	31:05	06:13
1:07:00	06:42	31:33	06:19
1:08:00	06:48	32:02	06:24
1:09:00	06:54	32:30	06:30
1:10:00	07:00	32:58	06:36

When training for that next fun run or looking at improving your 5km & 10km fun run time, use this table to determine your pace per km!