

Est 5K	Pace	Begin Running
0:38:00	0:12:15	0:40:47
0:37:30	0:12:06	0:41:45
0:37:00	0:11:56	0:42:43
0:36:30	0:11:46	0:43:41
0:36:00	0:11:37	0:44:39
0:35:30	0:11:27	0:45:37
0:35:00	0:11:17	0:46:35
0:34:30	0:11:08	0:47:34
0:34:00	0:10:58	0:48:32
0:33:30	0:10:48	0:49:30
0:33:00	0:10:39	0:50:28
0:32:30	0:10:29	0:51:26
0:32:00	0:10:19	0:52:24
0:31:30	0:10:10	0:53:22
0:31:00	0:10:00	0:54:20
0:30:30	0:09:50	0:55:18
0:30:00	0:09:41	0:56:16
0:29:30	0:09:31	0:57:14
0:29:00	0:09:21	0:58:12
0:28:30	0:09:12	0:59:10
0:28:00	0:09:02	1:00:08
0:27:30	0:08:52	1:01:06
0:27:00	0:08:43	1:02:05
0:26:30	0:08:33	1:03:03
0:26:00	0:08:23	1:04:01
0:25:30	0:08:14	1:04:59
0:25:00	0:08:04	1:05:57
0:24:30	0:07:54	1:06:55
0:24:00	0:07:45	1:07:53
0:23:30	0:07:35	1:08:51
0:23:00	0:07:25	1:09:49
0:22:30	0:07:15	1:10:47
0:22:00	0:07:06	1:11:45
0:21:30	0:06:56	1:12:43
0:21:00	0:06:46	1:13:41
0:20:30	0:06:37	1:14:39
0:20:00	0:06:27	1:15:37
0:19:30	0:06:17	1:16:35
0:19:00	0:06:08	1:17:34
0:18:30	0:05:58	1:18:32
0:18:00	0:05:48	1:19:30
0:17:30	0:05:39	1:20:28
0:17:00	0:05:29	1:21:26
0:16:30	0:05:19	1:22:24
0:16:00	0:05:10	1:23:22
0:15:30	0:05:00	1:24:20