Printable 10K pace and split chart

Choose a target from 30 minutes to two hours and read the even-pace checkpoints.

Checkpoint columns are cumulative elapsed times from the start, not individual two-kilometer segment times.

10K finish	Pace / mile	Pace / km	2 km	4 km	6 km	8 km
30:00	4:50	3:00	6:00	12:00	18:00	24:00
32:00	5:09	3:12	6:24	12:48	19:12	25:36
34:00	5:28	3:24	6:48	13:36	20:24	27:12
36:00	5:48	3:36	7:12	14:24	21:36	28:48
38:00	6:07	3:48	7:36	15:12	22:48	30:24
40:00	6:26	4:00	8:00	16:00	24:00	32:00
42:00	6:46	4:12	8:24	16:48	25:12	33:36
44:00	7:05	4:24	8:48	17:36	26:24	35:12
46:00	7:24	4:36	9:12	18:24	27:36	36:48
48:00	7:43	4:48	9:36	19:12	28:48	38:24
50:00	8:03	5:00	10:00	20:00	30:00	40:00
52:00	8:22	5:12	10:24	20:48	31:12	41:36
54:00	8:41	5:24	10:48	21:36	32:24	43:12
56:00	9:01	5:36	11:12	22:24	33:36	44:48
58:00	9:20	5:48	11:36	23:12	34:48	46:24
1:00:00	9:39	6:00	12:00	24:00	36:00	48:00
1:02:00	9:59	6:12	12:24	24:48	37:12	49:36
1:04:00	10:18	6:24	12:48	25:36	38:24	51:12
1:06:00	10:37	6:36	13:12	26:24	39:36	52:48
1:08:00	10:57	6:48	13:36	27:12	40:48	54:24
1:10:00	11:16	7:00	14:00	28:00	42:00	56:00
1:12:00	11:35	7:12	14:24	28:48	43:12	57:36
1:14:00	11:55	7:24	14:48	29:36	44:24	59:12
1:16:00	12:14	7:36	15:12	30:24	45:36	1:00:48
1:18:00	12:33	7:48	15:36	31:12	46:48	1:02:24
1:20:00	12:52	8:00	16:00	32:00	48:00	1:04:00
1:22:00	13:12	8:12	16:24	32:48	49:12	1:05:36
1:24:00	13:31	8:24	16:48	33:36	50:24	1:07:12
1:26:00	13:50	8:36	17:12	34:24	51:36	1:08:48
1:28:00	14:10	8:48	17:36	35:12	52:48	1:10:24
1:30:00	14:29	9:00	18:00	36:00	54:00	1:12:00
1:32:00	14:48	9:12	18:24	36:48	55:12	1:13:36
1:34:00	15:08	9:24	18:48	37:36	56:24	1:15:12
1:36:00	15:27	9:36	19:12	38:24	57:36	1:16:48
1:38:00	15:46	9:48	19:36	39:12	58:48	1:18:24

10K finish	Pace / mile	Pace / km	2 km	4 km	6 km	8 km
1:40:00	16:06	10:00	20:00	40:00	1:00:00	1:20:00
1:42:00	16:25	10:12	20:24	40:48	1:01:12	1:21:36
1:44:00	16:44	10:24	20:48	41:36	1:02:24	1:23:12
1:46:00	17:04	10:36	21:12	42:24	1:03:36	1:24:48
1:48:00	17:23	10:48	21:36	43:12	1:04:48	1:26:24
1:50:00	17:42	11:00	22:00	44:00	1:06:00	1:28:00
1:52:00	18:01	11:12	22:24	44:48	1:07:12	1:29:36
1:54:00	18:21	11:24	22:48	45:36	1:08:24	1:31:12
1:56:00	18:40	11:36	23:12	46:24	1:09:36	1:32:48
1:58:00	18:59	11:48	23:36	47:12	1:10:48	1:34:24
2:00:00	19:19	12:00	24:00	48:00	1:12:00	1:36:00

Method: constant-speed distance-time arithmetic; 1 mile = 1,609.344 m (NIST). Road race distances follow World Athletics rules. Finish goals are selected examples, not official performance standards.

Custom values and filtering: milepacecalculator.com/10k-pace-chart/