Printable 5K pace and split chart

Choose a target from 15 to 75 minutes and read the even-pace kilometer checkpoints.

Checkpoint columns are cumulative elapsed times from the start. The finish column includes the full 5,000 meters.

5K finish	Pace / mile	Pace / km	1 km	2 km	3 km	4 km
15:00	4:50	3:00	3:00	6:00	9:00	12:00
16:00	5:09	3:12	3:12	6:24	9:36	12:48
17:00	5:28	3:24	3:24	6:48	10:12	13:36
18:00	5:48	3:36	3:36	7:12	10:48	14:24
19:00	6:07	3:48	3:48	7:36	11:24	15:12
20:00	6:26	4:00	4:00	8:00	12:00	16:00
21:00	6:46	4:12	4:12	8:24	12:36	16:48
22:00	7:05	4:24	4:24	8:48	13:12	17:36
23:00	7:24	4:36	4:36	9:12	13:48	18:24
24:00	7:43	4:48	4:48	9:36	14:24	19:12
25:00	8:03	5:00	5:00	10:00	15:00	20:00
26:00	8:22	5:12	5:12	10:24	15:36	20:48
27:00	8:41	5:24	5:24	10:48	16:12	21:36
28:00	9:01	5:36	5:36	11:12	16:48	22:24
29:00	9:20	5:48	5:48	11:36	17:24	23:12
30:00	9:39	6:00	6:00	12:00	18:00	24:00
31:00	9:59	6:12	6:12	12:24	18:36	24:48
32:00	10:18	6:24	6:24	12:48	19:12	25:36
33:00	10:37	6:36	6:36	13:12	19:48	26:24
34:00	10:57	6:48	6:48	13:36	20:24	27:12
35:00	11:16	7:00	7:00	14:00	21:00	28:00
36:00	11:35	7:12	7:12	14:24	21:36	28:48
37:00	11:55	7:24	7:24	14:48	22:12	29:36
38:00	12:14	7:36	7:36	15:12	22:48	30:24
39:00	12:33	7:48	7:48	15:36	23:24	31:12
40:00	12:52	8:00	8:00	16:00	24:00	32:00
41:00	13:12	8:12	8:12	16:24	24:36	32:48
42:00	13:31	8:24	8:24	16:48	25:12	33:36
43:00	13:50	8:36	8:36	17:12	25:48	34:24
44:00	14:10	8:48	8:48	17:36	26:24	35:12
45:00	14:29	9:00	9:00	18:00	27:00	36:00
46:00	14:48	9:12	9:12	18:24	27:36	36:48
47:00	15:08	9:24	9:24	18:48	28:12	37:36
48:00	15:27	9:36	9:36	19:12	28:48	38:24
49:00	15:46	9:48	9:48	19:36	29:24	39:12
50:00	16:06	10:00	10:00	20:00	30:00	40:00
51:00	16:25	10:12	10:12	20:24	30:36	40:48
52:00	16:44	10:24	10:24	20:48	31:12	41:36

5K finish	Pace / mile	Pace / km	1 km	2 km	3 km	4 km
53:00	17:04	10:36	10:36	21:12	31:48	42:24
54:00	17:23	10:48	10:48	21:36	32:24	43:12
55:00	17:42	11:00	11:00	22:00	33:00	44:00
56:00	18:01	11:12	11:12	22:24	33:36	44:48
57:00	18:21	11:24	11:24	22:48	34:12	45:36
58:00	18:40	11:36	11:36	23:12	34:48	46:24
59:00	18:59	11:48	11:48	23:36	35:24	47:12
1:00:00	19:19	12:00	12:00	24:00	36:00	48:00
1:01:00	19:38	12:12	12:12	24:24	36:36	48:48
1:02:00	19:57	12:24	12:24	24:48	37:12	49:36
1:03:00	20:17	12:36	12:36	25:12	37:48	50:24
1:04:00	20:36	12:48	12:48	25:36	38:24	51:12
1:05:00	20:55	13:00	13:00	26:00	39:00	52:00
1:06:00	21:15	13:12	13:12	26:24	39:36	52:48
1:07:00	21:34	13:24	13:24	26:48	40:12	53:36
1:08:00	21:53	13:36	13:36	27:12	40:48	54:24
1:09:00	22:13	13:48	13:48	27:36	41:24	55:12
1:10:00	22:32	14:00	14:00	28:00	42:00	56:00
1:11:00	22:51	14:12	14:12	28:24	42:36	56:48
1:12:00	23:10	14:24	14:24	28:48	43:12	57:36
1:13:00	23:30	14:36	14:36	29:12	43:48	58:24
1:14:00	23:49	14:48	14:48	29:36	44:24	59:12
1:15:00	24:08	15:00	15:00	30:00	45:00	1:00:00

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/5k-pace-chart/