Printable running pace conversion chart

Compare minutes per mile, minutes per kilometer and speed at the same constant rate.

Clock paces are rounded to the nearest second. Speed is rounded to two decimal places. Calculations use 1 mile = 1.609344 km.

Pace / mile	Pace / km	MPH	km/h
4:00	2:29	15.00	24.14
4:15	2:38	14.12	22.72
4:30	2:48	13.33	21.46
4:45	2:57	12.63	20.33
5:00	3:06	12.00	19.31
5:15	3:16	11.43	18.39
5:30	3:25	10.91	17.56
5:45	3:34	10.43	16.79
6:00	3:44	10.00	16.09
6:15	3:53	9.60	15.45
6:30	4:02	9.23	14.86
6:45	4:12	8.89	14.31
7:00	4:21	8.57	13.79
7:15	4:30	8.28	13.32
7:30	4:40	8.00	12.87
7:45	4:49	7.74	12.46
8:00	4:58	7.50	12.07
8:15	5:08	7.27	11.70
8:30	5:17	7.06	11.36
8:45	5:26	6.86	11.04
9:00	5:36	6.67	10.73
9:15	5:45	6.49	10.44
9:30	5:54	6.32	10.16
9:45	6:04	6.15	9.90
10:00	6:13	6.00	9.66
10:15	6:22	5.85	9.42
10:30	6:31	5.71	9.20
10:45	6:41	5.58	8.98
11:00	6:50	5.45	8.78
11:15	6:59	5.33	8.58
11:30	7:09	5.22	8.40
11:45	7:18	5.11	8.22
12:00	7:27	5.00	8.05
12:15	7:37	4.90	7.88
12:30	7:46	4.80	7.72
12:45	7:55	4.71	7.57
13:00	8:05	4.62	7.43

Pace / mile	Pace / km	MPH	km/h
13:15	8:14	4.53	7.29
13:30	8:23	4.44	7.15
13:45	8:33	4.36	7.02
14:00	8:42	4.29	6.90
14:15	8:51	4.21	6.78
14:30	9:01	4.14	6.66
14:45	9:10	4.07	6.55
15:00	9:19	4.00	6.44

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/running-pace-chart/