Printable half-marathon pace and split chart

Compare one-hour through four-hour targets over the full half-marathon distance.

The distance is 21.0975 km, about 13.1094 miles. It is not exactly 13.1 miles. Checkpoints are cumulative.

Finish	Pace / mile	Pace / km	5 km	10 km	15 km	20 km
1:00:00	4:35	2:51	14:13	28:26	42:40	56:53
1:05:00	4:57	3:05	15:24	30:49	46:13	1:01:37
1:10:00	5:20	3:19	16:35	33:11	49:46	1:06:22
1:15:00	5:43	3:33	17:46	35:33	53:19	1:11:06
1:20:00	6:06	3:48	18:58	37:55	56:53	1:15:50
1:25:00	6:29	4:02	20:09	40:17	1:00:26	1:20:35
1:30:00	6:52	4:16	21:20	42:40	1:03:59	1:25:19
1:35:00	7:15	4:30	22:31	45:02	1:07:33	1:30:03
1:40:00	7:38	4:44	23:42	47:24	1:11:06	1:34:48
1:45:00	8:01	4:59	24:53	49:46	1:14:39	1:39:32
1:50:00	8:23	5:13	26:04	52:08	1:18:12	1:44:17
1:55:00	8:46	5:27	27:15	54:31	1:21:46	1:49:01
2:00:00	9:09	5:41	28:26	56:53	1:25:19	1:53:45
2:05:00	9:32	5:55	29:37	59:15	1:28:52	1:58:30
2:10:00	9:55	6:10	30:49	1:01:37	1:32:26	2:03:14
2:15:00	10:18	6:24	32:00	1:03:59	1:35:59	2:07:59
2:20:00	10:41	6:38	33:11	1:06:22	1:39:32	2:12:43
2:25:00	11:04	6:52	34:22	1:08:44	1:43:06	2:17:27
2:30:00	11:27	7:07	35:33	1:11:06	1:46:39	2:22:12
2:35:00	11:49	7:21	36:44	1:13:28	1:50:12	2:26:56
2:40:00	12:12	7:35	37:55	1:15:50	1:53:45	2:31:41
2:45:00	12:35	7:49	39:06	1:18:12	1:57:19	2:36:25
2:50:00	12:58	8:03	40:17	1:20:35	2:00:52	2:41:09
2:55:00	13:21	8:18	41:28	1:22:57	2:04:25	2:45:54
3:00:00	13:44	8:32	42:40	1:25:19	2:07:59	2:50:38
3:05:00	14:07	8:46	43:51	1:27:41	2:11:32	2:55:23
3:10:00	14:30	9:00	45:02	1:30:03	2:15:05	3:00:07
3:15:00	14:52	9:15	46:13	1:32:26	2:18:39	3:04:51
3:20:00	15:15	9:29	47:24	1:34:48	2:22:12	3:09:36
3:25:00	15:38	9:43	48:35	1:37:10	2:25:45	3:14:20
3:30:00	16:01	9:57	49:46	1:39:32	2:29:18	3:19:05
3:35:00	16:24	10:11	50:57	1:41:54	2:32:52	3:23:49
3:40:00	16:47	10:26	52:08	1:44:17	2:36:25	3:28:33
3:45:00	17:10	10:40	53:19	1:46:39	2:39:58	3:33:18
3:50:00	17:33	10:54	54:31	1:49:01	2:43:32	3:38:02
3:55:00	17:56	11:08	55:42	1:51:23	2:47:05	3:42:47
4:00:00	18:18	11:23	56:53	1:53:45	2:50:38	3:47:31

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/half-marathon-pace-chart/