Printable marathon pace and split chart

Compare two-hour through eight-hour marathon targets and read the cumulative checkpoints.

The marathon is 42.195 km, about 26.2188 miles. Halfway is 21.0975 km. These are even-pace calculations, not predictions.

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

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/marathon-pace-chart/