



KIPRUN PACER

HALF-MARATHON PACE & SPLIT TIMES CHART

Your race-day reference guide, powered by KIPRUN PACER

TARGET PACE (MIN/KM)	SPEED (KM/H)	ESTIMATED FINISH TIME (21.097 KM)
03'20"	18.00 km/h	1h 10m 19s
03'30"	17.14 km/h	1h 13m 50s
03'40"	16.36 km/h	1h 17m 21s
03'50"	15.65 km/h	1h 20m 52s
04'00"	15.00 km/h	1h 24m 23s
04'10"	14.40 km/h	1h 27m 54s
04'20"	13.85 km/h	1h 31m 25s
04'30"	13.33 km/h	1h 34m 56s
04'40"	12.86 km/h	1h 38m 27s
04'50"	12.41 km/h	1h 41m 58s
05'00"	12.00 km/h	1h 45m 29s
05'10"	11.61 km/h	1h 49m 00s
05'20"	11.25 km/h	1h 52m 31s
05'30"	10.91 km/h	1h 56m 02s
05'40"	10.59 km/h	1h 59m 33s
05'50"	10.29 km/h	2h 03m 04s
06'00"	10.00 km/h	2h 06m 35s
06'10"	9.73 km/h	2h 10m 06s
06'20"	9.47 km/h	2h 13m 37s
06'30"	9.23 km/h	2h 17m 08s
06'40"	9.00 km/h	2h 20m 39s
06'50"	8.78 km/h	2h 24m 09s
07'00"	8.57 km/h	2h 27m 40s

TARGET PACE (MIN/KM)	SPEED (KM/H)	ESTIMATED FINISH TIME (21.097 KM)
07'10"	8.37 km/h	2h 31m 11s
07'20"	8.18 km/h	2h 34m 42s
07'30"	8.00 km/h	2h 38m 13s
07'40"	7.83 km/h	2h 41m 44s
07'50"	7.66 km/h	2h 45m 15s
08'00"	7.50 km/h	2h 48m 46s

To get your personalised target paces tailored to your heart rate, download the free KIPRUN PACER app.