



KIPRUN PACER

MARATHON PACE & SPLIT TIMES CHART

Your race-day reference guide, powered by KIPRUN PACER

TARGET PACE (MIN/KM)	SPEED (KM/H)	ESTIMATED FINISH TIME (42.195 KM)
03'00"	20.00 km/h	2h 06m 35s
03'10"	18.95 km/h	2h 13m 37s
03'20"	18.00 km/h	2h 20m 39s
03'30"	17.14 km/h	2h 27m 40s
03'40"	16.36 km/h	2h 34m 42s
03'50"	15.65 km/h	2h 41m 44s
04'00"	15.00 km/h	2h 48m 46s
04'10"	14.40 km/h	2h 55m 48s
04'20"	13.85 km/h	3h 02m 50s
04'30"	13.33 km/h	3h 09m 52s
04'40"	12.86 km/h	3h 16m 54s
04'50"	12.41 km/h	3h 23m 56s
05'00"	12.00 km/h	3h 30m 58s
05'10"	11.61 km/h	3h 38m 00s
05'20"	11.25 km/h	3h 45m 02s
05'30"	10.91 km/h	3h 52m 04s
05'40"	10.59 km/h	3h 59m 06s
05'50"	10.29 km/h	4h 06m 08s
06'00"	10.00 km/h	4h 13m 10s
06'10"	9.73 km/h	4h 20m 12s
06'20"	9.47 km/h	4h 27m 14s
06'30"	9.23 km/h	4h 34m 16s
06'40"	9.00 km/h	4h 41m 18s

TARGET PACE (MIN/KM)	SPEED (KM/H)	ESTIMATED FINISH TIME (42.195 KM)
06'50"	8.78 km/h	4h 48m 19s
07'00"	8.57 km/h	4h 55m 21s
07'10"	8.37 km/h	5h 02m 23s
07'20"	8.18 km/h	5h 09m 25s
07'30"	8.00 km/h	5h 16m 27s
07'40"	7.83 km/h	5h 23m 29s
07'50"	7.66 km/h	5h 30m 31s
08'00"	7.50 km/h	5h 37m 33s

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