



Pace Chart

Predicted Time																	
Mile	3 hours	3:15	3:30	3:45	4 hours	4:15	4:30	4:45	5 hours	5:15	5:30	5:45	6 hours	6:15	6:30	6:45	7 hours
Start	7:00:00 AM	7:00:00 AM	7:00:00 AM	7:00:00 AM	7:00:00 AM	7:00:00 AM	7:00:00 AM	7:00:00 AM	7:00:00 AM	7:00:00 AM	7:00:00 AM	7:00:00 AM	7:00:00 AM	7:00:00 AM	7:00:00 AM	7:00:00 AM	7:00:00 AM
1	7:06:52	7:07:26	7:08:01	7:08:35	7:09:09	7:09:44	7:10:18	7:10:52	7:11:27	7:12:01	7:12:35	7:13:10	7:13:44	7:14:19	7:14:53	7:15:27	7:16:02
2	7:13:44	7:14:52	7:16:02	7:17:10	7:18:18	7:19:27	7:20:36	7:21:44	7:22:53	7:24:02	7:25:10	7:26:19	7:27:28	7:28:38	7:29:46	7:30:54	7:32:04
3	7:20:36	7:22:19	7:24:02	7:25:45	7:27:28	7:29:11	7:30:54	7:32:37	7:34:20	7:36:03	7:37:46	7:39:29	7:41:12	7:42:57	7:44:39	7:46:21	7:48:06
4	7:27:28	7:29:45	7:32:02	7:34:20	7:36:37	7:38:54	7:41:12	7:43:29	7:45:46	7:48:03	7:50:21	7:52:38	7:54:55	7:57:16	7:59:32	8:01:48	8:04:08
5	7:34:20	7:37:11	7:40:03	7:42:54	7:45:46	7:48:38	7:51:29	7:54:21	7:57:13	8:00:04	8:02:56	8:05:48	8:08:39	8:11:35	8:14:25	8:17:15	8:20:10
6	7:41:12	7:44:37	7:48:03	7:51:29	7:54:55	7:58:21	8:01:47	8:05:13	8:08:39	8:12:05	8:15:31	8:18:57	8:22:23	8:25:54	8:29:18	8:32:42	8:36:12
7	7:48:03	7:52:04	7:56:04	8:00:04	8:04:05	8:08:05	8:12:05	8:16:05	8:20:06	8:24:06	8:28:06	8:32:07	8:36:07	8:40:13	8:44:11	8:48:09	8:52:14
8	7:54:55	7:59:30	8:04:05	8:08:39	8:13:14	8:17:48	8:22:23	8:26:58	8:31:32	8:36:07	8:40:41	8:45:16	8:49:51	8:54:32	8:59:04	9:03:36	9:08:16
9	8:01:47	8:06:56	8:12:05	8:17:14	8:22:23	8:27:32	8:32:41	8:37:50	8:42:59	8:48:08	8:53:17	8:58:26	9:03:35	9:08:51	9:13:57	9:19:03	9:24:18
10	8:08:39	8:14:22	8:20:06	8:25:49	8:31:32	8:37:16	8:42:59	8:48:42	8:54:25	9:00:09	9:05:52	9:11:35	9:17:18	9:23:10	9:28:50	9:34:30	9:40:20
11	8:15:31	8:21:49	8:28:06	8:34:24	8:40:41	8:46:59	8:53:17	8:59:34	9:05:52	9:12:09	9:18:27	9:24:45	9:31:02	9:37:29	9:43:43	9:49:57	9:56:22
12	8:22:23	8:29:15	8:36:07	8:42:59	8:49:51	8:56:43	9:03:35	9:10:26	9:17:18	9:24:10	9:31:02	9:37:54	9:44:46	9:51:48	9:58:36	10:05:24	10:12:24
13	8:29:15	8:36:41	8:44:07	8:51:34	8:59:00	9:06:26	9:13:52	9:21:19	9:28:45	9:36:11	9:43:37	9:51:04	9:58:30	10:06:07	10:13:29	10:20:51	10:28:26
14	8:36:07	8:44:07	8:52:08	9:00:09	9:08:09	9:16:10	9:24:10	9:32:11	9:40:11	9:48:12	9:56:13	10:04:13	10:12:14	10:20:26	10:28:22	10:36:18	10:44:28
15	8:42:59	8:51:34	9:00:09	9:08:43	9:17:18	9:25:53	9:34:28	9:43:03	9:51:38	10:00:13	10:08:48	10:17:23	10:25:58	10:34:45	10:43:15	10:51:45	11:00:30
16	8:49:51	8:59:00	9:08:09	9:17:18	9:26:28	9:35:37	9:44:46	9:53:55	10:03:05	10:12:14	10:21:23	10:30:32	10:39:41	10:49:04	10:58:08	11:07:12	11:16:32
17	8:56:43	9:06:26	9:16:10	9:25:53	9:35:37	9:45:20	9:55:04	10:04:47	10:14:31	10:24:15	10:33:58	10:43:42	10:53:25	11:03:23	11:13:01	11:22:39	11:32:34
18	9:03:35	9:13:52	9:24:10	9:34:28	9:44:46	9:55:04	10:05:22	10:15:40	10:25:58	10:36:15	10:46:33	10:56:51	11:07:09	11:17:42	11:27:54	11:38:06	11:48:36
19	9:10:26	9:21:19	9:32:11	9:43:03	9:53:55	10:04:47	10:15:40	10:26:32	10:37:24	10:48:16	10:59:09	11:10:01	11:20:53	11:32:01	11:42:47	11:53:33	12:04:38 PM
20	9:17:18	9:28:45	9:40:11	9:51:38	10:03:05	10:14:31	10:25:58	10:37:24	10:48:51	11:00:17	11:11:44	11:23:10	11:34:37	11:46:20	11:57:40	12:09:00 PM	12:20:40
21	9:24:10	9:36:11	9:48:12	10:00:13	10:12:14	10:24:15	10:36:15	10:48:16	11:00:17	11:12:18	11:24:19	11:36:20	11:48:21	12:00:39 PM	12:12:33 PM	12:24:27	12:36:42
22	9:31:02	9:43:37	9:56:13	10:08:48	10:21:23	10:33:58	10:46:33	10:59:09	11:11:44	11:24:19	11:36:54	11:49:29	12:02:04 PM	12:14:58	12:27:26	12:39:54	12:52:44
23	9:37:54	9:51:04	10:04:13	10:17:23	10:30:32	10:43:42	10:56:51	11:10:01	11:23:10	11:36:20	11:49:29	12:02:39 PM	12:15:48	12:29:17	12:42:19	12:55:21	1:08:46
24	9:44:46	9:58:30	10:12:14	10:25:58	10:39:41	10:53:25	11:07:09	11:20:53	11:34:37	11:48:21	12:02:04 PM	12:15:48	12:29:32	12:43:36	12:57:12	1:10:48	1:24:48
25	9:51:38	10:05:56	10:20:14	10:34:32	10:48:51	11:03:09	11:17:27	11:31:45	11:46:03	12:00:21 PM	12:14:40	12:28:58	12:43:16	12:57:55	1:12:05	1:26:15	1:40:50
26	9:58:30	10:13:22	10:28:15	10:43:07	10:58:00	11:12:52	11:27:45	11:42:37	11:57:30	12:12:22	12:27:15	12:42:07	12:57:00	1:12:14	1:26:58	1:41:42	1:56:52
26.2	10:00 AM	10:15 AM	10:30 AM	10:45 AM	11:00 AM	11:15 AM	11:30 AM	11:45 AM	12:00 PM	12:15 PM	12:30 PM	12:45 PM	1:00 PM	1:15 PM	1:30 PM	1:45 PM	2:00 PM



Richmond Half Marathon

Pace Chart

Predicted Time												
Mile	1:15	1:30	1:45	2 hours	2:15	2:30	2:45	3 hours	3:15	3:30	3:45	4:00
Start	7:15 AM	7:15 AM	7:17 AM	7:21 AM	7:27 AM	7:31 AM	7:33 AM	7:35 AM	7:35 AM	7:35 AM	7:35 AM	7:35 AM
1	7:20:04	7:21:52	7:25:01	7:30:09	7:37:18	7:42:27	7:45:35	7:48:44	7:49:52	7:51:02	7:52:10	7:53:18
2	7:26:27	7:28:44	7:33:01	7:39:18	7:47:36	7:53:53	7:58:10	8:02:28	8:04:44	8:07:03	8:09:28	8:11:36
3	7:32:10	7:35:36	7:41:02	7:48:28	7:57:54	8:05:20	8:10:46	8:16:12	8:19:36	8:23:04	8:26:42	8:29:54
4	7:37:53	7:49:20	7:49:02	7:57:37	8:08:12	8:16:46	8:23:21	8:29:55	8:34:28	8:39:05	8:43:36	8:48:12
5	7:43:36	7:56:12	7:57:03	8:06:46	8:18:29	8:28:13	8:35:56	8:43:39	8:49:20	8:55:06	9:00:45	9:06:30
6	7:49:20	8:03:03	8:05:03	8:15:55	8:28:47	8:39:39	8:48:31	8:57:23	9:04:12	9:11:07	9:17:54	9:24:48
7	7:55:03	8:09:55	8:13:04	8:25:05	8:39:05	8:51:06	9:01:06	9:11:07	9:19:04	9:27:08	9:35:03	9:43:06
8	8:00:46	8:16:47	8:21:05	8:34:14	8:49:23	9:02:32	9:13:41	9:24:51	9:33:56	9:43:09	9:52:12	10:01:24
9	8:06:29	8:16:47	8:29:05	8:43:23	8:59:41	9:13:59	9:26:17	9:38:35	9:48:48	9:59:10	10:09:21	10:19:42
10	8:12:13	8:23:39	8:37:06	8:52:32	9:09:59	9:25:25	9:38:52	9:52:18	10:03:40	10:15:11	10:26:30	10:38:00
11	8:17:56	8:30:31	8:45:06	9:01:41	9:20:17	9:36:52	9:51:27	10:06:02	10:18:32	10:31:12	10:43:39	10:56:18
12	8:23:39	8:37:23	8:53:07	9:10:51	9:30:35	9:48:18	10:04:02	10:19:46	10:33:24	10:47:13	11:00:48	11:14:36
13	8:29:22	8:44:15	9:01:07	9:20:00	9:40:52	9:59:45	10:16:37	10:33:30	10:48:16	11:03:14	11:17:57	11:32:54
13.1	8:30 AM	8:45 AM	9:02 AM	9:21 AM	9:42 AM	10:01 AM	10:18 AM	10:35 AM	10:50 AM	11:05 AM	11:20 AM	11:35 AM