

Pace Rechner

Pace [min/km]	Halbmarathon					Marathon				
	1	5	10	15	20	21,0975	25	30	35	40
02:50	00:14:10	00:28:20	00:42:30	00:56:40	00:59:47	01:10:50	01:25:00	01:39:10	01:53:20	01:59:33
02:55	00:14:35	00:29:10	00:43:45	00:58:20	01:01:32	01:12:55	01:27:30	01:42:05	01:56:40	02:03:04
03:00	00:15:00	00:30:00	00:45:00	01:00:00	01:03:18	01:15:00	01:30:00	01:45:00	02:00:00	02:06:35
03:05	00:15:25	00:30:50	00:46:15	01:01:40	01:05:03	01:17:05	01:32:30	01:47:55	02:03:20	02:10:06
03:10	00:15:50	00:31:40	00:47:30	01:03:20	01:06:49	01:19:10	01:35:00	01:50:50	02:06:40	02:13:37
03:15	00:16:15	00:32:30	00:48:45	01:05:00	01:08:34	01:21:15	01:37:30	01:53:45	02:10:00	02:17:08
03:20	00:16:40	00:33:20	00:50:00	01:06:40	01:10:20	01:23:20	01:40:00	01:56:40	02:13:20	02:20:39
03:25	00:17:05	00:34:10	00:51:15	01:08:20	01:12:05	01:25:25	01:42:30	01:59:35	02:16:40	02:24:10
03:30	00:17:30	00:35:00	00:52:30	01:10:00	01:13:50	01:27:30	01:45:00	02:02:30	02:20:00	02:27:41
03:35	00:17:55	00:35:50	00:53:45	01:11:40	01:15:36	01:29:35	01:47:30	02:05:25	02:23:20	02:31:12
03:40	00:18:20	00:36:40	00:55:00	01:13:20	01:17:21	01:31:40	01:50:00	02:08:20	02:26:40	02:34:43
03:45	00:18:45	00:37:30	00:56:15	01:15:00	01:19:07	01:33:45	01:52:30	02:11:15	02:30:00	02:38:14
03:50	00:19:10	00:38:20	00:57:30	01:16:40	01:20:52	01:35:50	01:55:00	02:14:10	02:33:20	02:41:45
03:55	00:19:35	00:39:10	00:58:45	01:18:20	01:22:38	01:37:55	01:57:30	02:17:05	02:36:40	02:45:16
04:00	00:20:00	00:40:00	01:00:00	01:20:00	01:24:23	01:40:00	02:00:00	02:20:00	02:40:00	02:48:47
04:05	00:20:25	00:40:50	01:01:15	01:21:40	01:26:09	01:42:05	02:02:30	02:22:55	02:43:20	02:52:18
04:10	00:20:50	00:41:40	01:02:30	01:23:20	01:27:54	01:44:10	02:05:00	02:25:50	02:46:40	02:55:49
04:15	00:21:15	00:42:30	01:03:45	01:25:00	01:29:40	01:46:15	02:07:30	02:28:45	02:50:00	02:59:20
04:20	00:21:40	00:43:20	01:05:00	01:26:40	01:31:25	01:48:20	02:10:00	02:31:40	02:53:20	03:02:51
04:25	00:22:05	00:44:10	01:06:15	01:28:20	01:33:11	01:50:25	02:12:30	02:34:35	02:56:40	03:06:22
04:30	00:22:30	00:45:00	01:07:30	01:30:00	01:34:56	01:52:30	02:15:00	02:37:30	03:00:00	03:09:53
04:35	00:22:55	00:45:50	01:08:45	01:31:40	01:36:42	01:54:35	02:17:30	02:40:25	03:03:20	03:13:24
04:40	00:23:20	00:46:40	01:10:00	01:33:20	01:38:27	01:56:40	02:20:00	02:43:20	03:06:40	03:16:55
04:45	00:23:45	00:47:30	01:11:15	01:35:00	01:40:13	01:58:45	02:22:30	02:46:15	03:10:00	03:20:26
04:50	00:24:10	00:48:20	01:12:30	01:36:40	01:41:58	02:00:50	02:25:00	02:49:10	03:13:20	03:23:57
04:55	00:24:35	00:49:10	01:13:45	01:38:20	01:43:44	02:02:55	02:27:30	02:52:05	03:16:40	03:27:28
05:00	00:25:00	00:50:00	01:15:00	01:40:00	01:45:29	02:05:00	02:30:00	02:55:00	03:20:00	03:30:59
05:05	00:25:25	00:50:50	01:16:15	01:41:40	01:47:15	02:07:05	02:32:30	02:57:55	03:23:20	03:34:29
05:10	00:25:50	00:51:40	01:17:30	01:43:20	01:49:00	02:09:10	02:35:00	03:00:50	03:26:40	03:38:00
05:15	00:26:15	00:52:30	01:18:45	01:45:00	01:50:46	02:11:15	02:37:30	03:03:45	03:30:00	03:41:31
05:20	00:26:40	00:53:20	01:20:00	01:46:40	01:52:31	02:13:20	02:40:00	03:06:40	03:33:20	03:45:02
05:25	00:27:05	00:54:10	01:21:15	01:48:20	01:54:17	02:15:25	02:42:30	03:09:35	03:36:40	03:48:33
05:30	00:27:30	00:55:00	01:22:30	01:50:00	01:56:02	02:17:30	02:45:00	03:12:30	03:40:00	03:52:04
05:35	00:27:55	00:55:50	01:23:45	01:51:40	01:57:48	02:19:35	02:47:30	03:15:25	03:43:20	03:55:35
05:40	00:28:20	00:56:40	01:25:00	01:53:20	01:59:33	02:21:40	02:50:00	03:18:20	03:46:40	03:59:06
05:45	00:28:45	00:57:30	01:26:15	01:55:00	02:01:19	02:23:45	02:52:30	03:21:15	03:50:00	04:02:37
05:50	00:29:10	00:58:20	01:27:30	01:56:40	02:03:04	02:25:50	02:55:00	03:24:10	03:53:20	04:06:08
05:55	00:29:35	00:59:10	01:28:45	01:58:20	02:04:50	02:27:55	02:57:30	03:27:05	03:56:40	04:09:39
06:00	00:30:00	01:00:00	01:30:00	02:00:00	02:06:35	02:30:00	03:00:00	03:30:00	04:00:00	04:13:10
06:05	00:30:25	01:00:50	01:31:15	02:01:40	02:08:21	02:32:05	03:02:30	03:32:55	04:03:20	04:16:41
06:10	00:30:50	01:01:40	01:32:30	02:03:20	02:10:06	02:34:10	03:05:00	03:35:50	04:06:40	04:20:12
06:15	00:31:15	01:02:30	01:33:45	02:05:00	02:11:52	02:36:15	03:07:30	03:38:45	04:10:00	04:23:43
06:20	00:31:40	01:03:20	01:35:00	02:06:40	02:13:37	02:38:20	03:10:00	03:41:40	04:13:20	04:27:14
06:25	00:32:05	01:04:10	01:36:15	02:08:20	02:15:23	02:40:25	03:12:30	03:44:35	04:16:40	04:30:45
06:30	00:32:30	01:05:00	01:37:30	02:10:00	02:17:08	02:42:30	03:15:00	03:47:30	04:20:00	04:34:16
06:35	00:32:55	01:05:50	01:38:45	02:11:40	02:18:54	02:44:35	03:17:30	03:50:25	04:23:20	04:37:47
06:40	00:33:20	01:06:40	01:40:00	02:13:20	02:20:39	02:46:40	03:20:00	03:53:20	04:26:40	04:41:18
06:45	00:33:45	01:07:30	01:41:15	02:15:00	02:22:24	02:48:45	03:22:30	03:56:15	04:30:00	04:44:49
06:50	00:34:10	01:08:20	01:42:30	02:16:40	02:24:10	02:50:50	03:25:00	03:59:10	04:33:20	04:48:20
06:55	00:34:35	01:09:10	01:43:45	02:18:20	02:25:55	02:52:55	03:27:30	04:02:05	04:36:40	04:51:51
07:00	00:35:00	01:10:00	01:45:00	02:20:00	02:27:41	02:55:00	03:30:00	04:05:00	04:40:00	04:55:22
07:05	00:35:25	01:10:50	01:46:15	02:21:40	02:29:26	02:57:05	03:32:30	04:07:55	04:43:20	04:58:53
07:10	00:35:50	01:11:40	01:47:30	02:23:20	02:31:12	02:59:10	03:35:00	04:10:50	04:46:40	05:02:24
07:15	00:36:15	01:12:30	01:48:45	02:25:00	02:32:57	03:01:15	03:37:30	04:13:45	04:50:00	05:05:55
07:20	00:36:40	01:13:20	01:50:00	02:26:40	02:34:43	03:03:20	03:40:00	04:16:40	04:53:20	05:09:26
07:25	00:37:05	01:14:10	01:51:15	02:28:20	02:36:28	03:05:25	03:42:30	04:19:35	04:56:40	05:12:57
07:30	00:37:30	01:15:00	01:52:30	02:30:00	02:38:14	03:07:30	03:45:00	04:22:30	05:00:00	05:16:28

Vielen Dank für deinen Support von derJogger.de
 Besuche [derJogger](#) auf Facebook