



MARATHON PACE CHART

MEN

Avg Km	5km	10km	15km	20km	Half	25km
30km	35km	40km	42km			
2:58/km	14:50	29:40	44:30	59:20	1:02:36	1:14:10
1:29:00	1:43:50	1:58:40	2:05:12			
2:59/km	14:56	29:51	44:47	59:43	1:03:00	1:14:39
1:29:34	1:44:30	1:59:20	2:06:00			
3:00/km	15:00	30:00	45:00	1:00:00	1:03:18	1:15:00
1:30:00	1:45:00	2:00:00	2:06:36			
3:01/km	15:05	30:10	45:15	1:00:20	1:03:39	1:15:25
1:30:30	1:45:35	2:00:40	2:07:18*			
3:02/km	15:10	30:20	45:30	1:00:40	1:04:00	1:15:50
1:31:00	1:46:10	2:01:20	2:08:00			
3:03/km	15:15	30:30	45:45	1:01:00	1:04:21	1:16:15
1:31:30	1:46:45	2:02:00	2:08:43**			
3:04/km	15:20	30:40	46:00	1:01:20	1:04:42	1:16:40
1:32:00	1:47:20	2:02:40	2:09:25			
3:05/km	15:25	30:50	46:15	1:01:40	1:05:04	1:17:05
1:32:30	1:47:55	2:03:20	2:10:07***			

* 2:07:05

** 2:08:04

*** 2:10:09

Canadian soil record (2013)

Ottawa Marathon Course Record (2013)

Canadian National Record (1975)



WOMEN

Avg Km 30km	5km 35km	10km 40km	15km 42km	20km	Half	25km
3:22/km 1:40:57	16:49 1:57:46	33:39 2:14:36	50:28 2:22:00*	1:07:18	1:11:00	1:24:07
3:23/km 1:41:30	16:55 1:58:25	33:50 2:15:20	50:45 2:22:47	1:07:40	1:11:23	1:24:35
3:24/km 1:42:00	17:00 1:59:00	34:00 2:16:00	51:00 2:23:29	1:08:00	1:11:44	1:25:00
3:25/km 1:42:30	17:05 1:59:35	34:10 2:16:40	51:15 2:24:11	1:08:20	1:12:06	1:25:25
3:26/km 1:43:00	17:10 2:00:10	34:20 2:17:20	51:30 2:24:53	1:08:40	1:12:27	1:25:50
3:27/km 1:43:30	17:15 2:00:45	34:30 2:18:00	51:45 2:25:35**	1:09:00	1:12:48	1:26:15
3:28/km 1:44:00	17:20 2:01:20	34:40 2:18:40	52:00 2:26:18	1:09:20	1:13:09	1:26:40
3:29/km 1:44:30	17:25 2:01:55	34:50 2:19:20	52:15 2:27:00	1:09:40	1:13:30	1:27:05
3:30/kkm 1:45:00	17:30 2:02:30	35:00 2:20:00	52:30 2:27:42	1:10:00	1:13:51	1:27:30
3:31/km 1:45:30	17:35 2:03:05	35:10 2:20:40	52:45 2:28:24***	1:10:20	1:14:12	1:27:55

* 2:22:43

Canadian soil record

** 2:25:30

Ottawa Marathon Course Record (2013)

*** 2:28:00

Canadian National Record (2013)