

Estimated running zones by Km pace based on a 5 Km or 10 Km time in a running race (not triathlon split)

CORE ASSESSORIA ESPORTIVA

Your time for		Estimated running zones by Km pace (in min:sec)											
5Km	10Km	1 zone	2 zone		3 zone		4 zone		5a zone		5b zone		5c zone
14:15	30:00	4:08	3:40	4:08	3:24	3:39	3:13	3:23	3:06	3:12	2:53	3:06	2:52
14:45	31:00	4:16	3:46	4:15	3:30	3:45	3:18	3:30	3:11	3:18	2:58	3:11	2:57
15:15	32:00	4:23	3:53	4:23	3:36	3:52	3:24	3:36	3:17	3:23	3:03	3:16	3:02
15:45	33:00	4:30	3:59	4:30	3:42	3:58	3:30	3:41	3:23	3:29	3:08	3:22	3:07
16:10	34:00	4:38	4:05	4:37	3:48	4:05	3:35	3:48	3:28	3:35	3:13	3:28	3:11
16:45	35:00	4:45	4:11	4:44	3:54	4:11	3:41	3:53	3:33	3:40	3:18	3:33	3:18
17:07	36:00	4:52	4:18	4:51	4:00	4:18	3:46	4:00	3:39	3:46	3:23	3:38	3:23
17:35	37:00	5:00	4:25	4:59	4:06	4:24	3:52	4:05	3:45	3:51	3:28	3:44	3:28
18:05	38:00	5:06	4:31	5:06	4:12	4:30	3:58	4:11	3:50	3:57	3:33	3:50	3:33
18:30	39:00	5:14	4:37	5:13	4:18	4:36	4:03	4:17	3:55	4:03	3:38	3:55	3:38
19:00	40:00	5:21	4:44	5:20	4:24	4:43	4:09	4:23	4:01	4:08	3:43	4:00	3:43
19:30	41:00	5:28	4:50	5:28	4:30	4:50	4:15	4:29	4:06	4:14	3:48	4:06	3:48
19:55	42:00	5:36	4:56	5:35	4:36	4:56	4:20	4:35	4:12	4:20	3:53	4:11	3:53
20:25	43:00	5:43	5:03	5:42	4:41	5:02	4:26	4:41	4:17	4:25	3:58	4:16	3:58
20:50	44:00	5:50	5:10	5:50	4:48	5:09	4:31	4:47	4:23	4:31	4:04	4:22	4:03
21:20	45:00	5:57	5:16	5:56	4:54	5:15	4:37	4:53	4:28	4:36	4:09	4:28	4:08
21:50	46:00	6:05	5:22	6:04	5:00	5:21	4:43	4:59	4:33	4:42	4:14	4:33	4:13
22:15	47:00	6:12	5:29	6:11	5:06	5:28	4:48	5:05	4:39	4:48	4:19	4:38	4:18
22:42	48:00	6:19	5:35	6:18	5:11	5:35	4:54	5:11	4:45	4:53	4:24	4:44	4:23
23:10	49:00	6:26	5:41	6:26	5:18	5:41	5:00	5:17	4:50	4:59	4:29	4:50	4:28
23:38	50:00	6:34	5:48	6:33	5:23	5:47	5:05	5:23	4:55	5:05	4:34	4:55	4:33
24:05	51:00	6:41	5:55	6:40	5:30	5:54	5:11	5:29	5:01	5:10	4:39	5:00	4:38
24:35	52:00	6:48	6:01	6:48	5:35	6:00	5:16	5:35	5:06	5:16	4:44	5:06	4:43
25:00	53:00	6:55	6:07	6:55	5:41	6:06	5:22	5:41	5:12	5:21	4:49	5:11	4:48
25:25	54:00	7:03	6:13	7:02	5:47	6:13	5:28	5:46	5:17	5:27	4:55	5:16	4:54
25:55	55:00	7:10	6:20	7:10	5:53	6:20	5:33	5:53	5:23	5:33	5:00	5:22	4:59
26:30	56:00	7:17	6:26	7:16	6:00	6:26	5:39	5:59	5:28	5:38	5:05	5:28	5:04
26:50	57:00	7:25	6:33	7:24	6:05	6:32	5:45	6:05	5:33	5:44	5:10	5:33	5:09
27:20	58:00	7:31	6:39	7:31	6:11	6:38	5:50	6:11	5:39	5:50	5:15	5:38	5:14
27:45	59:00	7:39	6:46	7:38	6:17	6:45	5:56	6:16	5:45	5:55	5:20	5:44	5:19
28:15	60:00	7:46	6:52	7:46	6:23	6:51	6:01	6:23	5:50	6:01	5:25	5:50	5:24