

VDOT	5km Time	5km Pace	CV Pace	60 min	90 min	120 min	150 min	180 min
30	30:40	6:08.1	6:12.2	6:21.2	6:30.8	6:37.6	6:42.5	6:45.8
31	29:51	5:58.3	6:02.7	6:11.6	6:21.0	6:27.7	6:32.4	6:35.7
32	29:05	5:49.0	5:53.8	6:02.4	6:11.7	6:18.2	6:22.8	6:26.1
33	28:21	5:40.2	5:45.3	5:53.8	6:02.8	6:09.2	6:13.8	6:16.9
34	27:39	5:31.9	5:37.2	5:45.5	5:54.4	6:00.7	6:05.1	6:08.2
35	26:59	5:23.9	5:29.5	5:37.7	5:46.4	5:52.6	5:56.9	6:00.0
36	26:22	5:16.4	5:22.2	5:30.2	5:38.7	5:44.8	5:49.1	5:52.1
37	25:46	5:09.2	5:15.3	5:23.1	5:31.5	5:37.4	5:41.6	5:44.5
38	25:11	5:02.3	5:08.6	5:16.3	5:24.5	5:30.4	5:34.5	5:37.3
39	24:39	4:55.8	5:02.2	5:09.8	5:17.8	5:23.6	5:27.6	5:30.5
40	24:08	4:49.5	4:56.1	5:03.6	5:11.5	5:17.1	5:21.1	5:23.9
41	23:38	4:43.5	4:50.3	4:57.6	5:05.4	5:10.9	5:14.8	5:17.5
42	23:09	4:37.8	4:44.7	4:51.9	4:59.5	5:05.0	5:08.8	5:11.5
43	22:41	4:32.3	4:39.4	4:46.4	4:53.9	4:59.3	5:03.0	5:05.7
44	22:15	4:27.0	4:34.2	4:41.2	4:48.5	4:53.8	4:57.5	5:00.1
45	21:50	4:21.9	4:29.3	4:36.1	4:43.3	4:48.5	4:52.2	4:54.7
46	21:25	4:17.0	4:24.5	4:31.2	4:38.4	4:43.4	4:47.0	4:49.5
47	21:02	4:12.4	4:19.9	4:26.5	4:33.6	4:38.6	4:42.1	4:44.6
48	20:39	4:07.8	4:15.5	4:22.0	4:28.9	4:33.9	4:37.3	4:39.8
49	20:17	4:03.5	4:11.3	4:17.7	4:24.5	4:29.3	4:32.8	4:35.1
50	19:56	3:59.3	4:07.2	4:13.5	4:20.2	4:25.0	4:28.3	4:30.7
51	19:37	3:55.3	4:03.2	4:09.4	4:16.0	4:20.7	4:24.1	4:26.4
52	19:17	3:51.4	3:59.4	4:05.5	4:12.0	4:16.7	4:19.9	4:22.2
53	18:58	3:47.6	3:55.7	4:01.8	4:08.2	4:12.7	4:15.9	4:18.2
54	18:40	3:44.0	3:52.2	3:58.1	4:04.4	4:08.9	4:12.1	4:14.3
55	18:22	3:40.5	3:48.7	3:54.6	4:00.8	4:05.2	4:08.4	4:10.5
56	18:05	3:37.1	3:45.4	3:51.2	3:57.3	4:01.7	4:04.7	4:06.9
57	17:49	3:33.8	3:42.1	3:47.9	3:53.9	3:58.2	4:01.2	4:03.4
58	17:33	3:30.6	3:39.0	3:44.7	3:50.6	3:54.9	3:57.9	3:59.9
59	17:17	3:27.5	3:36.0	3:41.5	3:47.4	3:51.6	3:54.6	3:56.6
60	17:02	3:24.5	3:33.1	3:38.5	3:44.3	3:48.5	3:51.4	3:53.4
61	16:48	3:21.6	3:30.2	3:35.6	3:41.3	3:45.4	3:48.3	3:50.3
62	16:34	3:18.8	3:27.4	3:32.8	3:38.4	3:42.4	3:45.3	3:47.3
63	16:20	3:16.1	3:24.7	3:30.0	3:35.6	3:39.6	3:42.4	3:44.3
64	16:07	3:13.4	3:22.1	3:27.3	3:32.8	3:36.8	3:39.5	3:41.5
65	15:54	3:10.8	3:19.6	3:24.8	3:30.2	3:34.0	3:36.8	3:38.7
66	15:41	3:08.3	3:17.1	3:22.2	3:27.6	3:31.4	3:34.1	3:36.0
67	15:29	3:05.9	3:14.7	3:19.8	3:25.0	3:28.8	3:31.5	3:33.4
68	15:17	3:03.5	3:12.4	3:17.4	3:22.6	3:26.3	3:29.0	3:30.8
69	15:06	3:01.2	3:10.1	3:15.1	3:20.2	3:23.9	3:26.5	3:28.3
70	14:55	2:59.0	3:07.9	3:12.8	3:17.9	3:21.5	3:24.1	3:25.9
71	14:44	2:56.8	3:05.8	3:10.6	3:15.6	3:19.2	3:21.7	3:23.5
72	14:34	2:54.7	3:03.7	3:08.4	3:13.4	3:17.0	3:19.5	3:21.2
73	14:23	2:52.6	3:01.6	3:06.3	3:11.2	3:14.8	3:17.2	3:19.0
74	14:13	2:50.6	2:59.7	3:04.3	3:09.1	3:12.6	3:15.1	3:16.8
75	14:03	2:48.7	2:57.7	3:02.3	3:07.1	3:10.5	3:13.0	3:14.7
76	13:54	2:46.7	2:55.8	3:00.4	3:05.1	3:08.5	3:10.9	3:12.6
77	13:44	2:44.9	2:54.0	2:58.5	3:03.2	3:06.5	3:08.9	3:10.5
78	13:35	2:43.1	2:52.2	2:56.6	3:01.3	3:04.6	3:06.9	3:08.6
79	13:26	2:41.3	2:50.4	2:54.8	2:59.4	3:02.7	3:05.0	3:06.6
80	13:18	2:39.6	2:48.7	2:53.1	2:57.6	3:00.8	3:03.1	3:04.7
81	13:10	2:37.9	2:47.0	2:51.3	2:55.8	2:59.0	3:01.3	3:02.9
82	13:01	2:36.2	2:45.4	2:49.7	2:54.1	2:57.3	2:59.5	3:01.1
83	12:53	2:34.6	2:43.8	2:48.0	2:52.4	2:55.5	2:57.8	2:59.3
84	12:45	2:33.0	2:42.2	2:46.4	2:50.7	2:53.9	2:56.1	2:57.6
85	12:37	2:31.5	2:40.7	2:44.8	2:49.1	2:52.2	2:54.4	2:55.9