

VDOT	1500	Mile	3K	2-Mile	5K	10K	15K	Half-Marath	Marathon	VDOT
30	8:30	9:11	17:56	19:19	30:40:00	63:46:00	98:14:00	2:21:04	4:49:17	30
31	8:15	8:55	17:27	18:48	29:51:00	62:03:00	95:36:00	2:17:21	4:41:57	31
32	8:02	8:41	16:59	18:18	29:05:00	60:26:00	93:07:00	2:13:49	4:34:59	32
33	7:49	8:27	16:33	17:50	28:21:00	58:54:00	90:45:00	2:10:27	4:28:22	33
34	7:37	8:14	16:09	17:24	27:39:00	57:26:00	88:30:00	2:07:16	4:22:03	34
35	7:25	8:01	15:45	16:58	27:00:00	56:03:00	86:22:00	2:04:13	4:16:03	35
36	7:14	7:49	15:23	16:34	26:22:00	54:44:00	84:20:00	2:01:19	4:10:19	36
37	7:04	7:38	15:01	16:11	25:46:00	53:29:00	82:24:00	1:58:34	4:04:50	37
38	6:54	7:27	14:41	15:49	25:12:00	52:17:00	80:33:00	1:55:55	3:59:35	38
39	6:44	7:17	14:21	15:29	24:39:00	51:09:00	78:47:00	1:53:24	3:54:34	39
40	6:35	7:07	14:03	15:08	24:08:00	50:03:00	77:06:00	1:50:59	3:49:45	40
41	6:27	6:58	13:45	14:49	23:38	49:01:00	75:29:00	1:48:40	3:45:09	41
42	6:19	6:49	13:28	14:31	23:09	48:01:00	73:56:00	1:46:27	3:40:43	42
43	6:11	6:41	13:11	14:13	22:41	47:04:00	72:27:00	1:44:20	3:36:28	43
44	6:03	6:32	12:55	13:56	22:15	46:09:00	71:02:00	1:42:17	3:32:23	44
45	5:56	6:25	12:40	13:40	21:50	45:16:00	69:40:00	1:40:20	3:28:26	45
46	5:49	6:17	12:26	13:25	21:25	44:25:00	68:22:00	1:38:27	3:24:39	46
47	5:42	6:10	12:12	13:10	21:02	43:36:00	67:06:00	1:36:38	3:21:00	47
48	5:36	6:03	11:58	12:55	20:39	42:50:00	65:53:00	1:34:53	3:17:29	48
49	5:30	5:56	11:45	12:41	20:18	42:04:00	64:44:00	1:33:12	3:14:06	49
50	5:24	5:50	11:33	12:28	19:57	41:21:00	63:36:00	1:31:35	3:10:49	50
51	5:18	5:44	11:21	12:15	19:36	40:39:00	62:31:00	1:30:02	3:07:39	51
52	5:13	5:38	11:09	12:02	19:17	39:59:00	61:29:00	1:28:31	3:04:36	52
53	5:07	5:32	10:58	11:50	18:58	39:20:00	60:28:00	1:27:04	3:01:39	53
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55	4:57	5:21	10:37	11:28	18:22	38:06:00	58:33:00	1:24:18	2:56:01	55
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59	4:39	5:02	9:58	10:46	17:17	35:52:00	55:06:00	1:19:18	2:45:47	59
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62	4:27	4:49	9:33	10:18	16:20	34:23:00	52:47:00	1:15:57	2:38:54	62
63	4:24	4:45	9:25	10:10	16:07	33:55:00	52:03:00	1:14:54	2:36:44	63
64	4:20	4:41	9:17	10:01	16:07	33:28:00	51:21:00	1:13:53	2:34:38	64
65	4:16	4:37	9:09	9:53	15:54	33:01:00	50:40:00	1:12:53	2:32:35	65
66	4:13	4:33	9:02	9:45	15:42	32:35:00	50:00:00	1:11:56	2:30:36	66
67	4:10	4:30	8:55	9:37	15:29	32:11:00	49:22:00	1:11:00	2:28:40	67
68	4:06	4:26	8:48	9:30	15:18	31:46:00	48:44:00	1:10:05	2:26:47	68
69	4:03	4:23	8:41	9:23	15:06	31:23:00	48:08:00	1:09:12	2:24:57	69
70	4:00	4:19	8:34	9:16	14:55	31:00:00	47:32:00	1:08:21	2:23:10	70
71	3:57	4:16	8:28	9:09	14:44	30:38:00	46:58:00	1:07:31	2:21:26	71
72	3:54	4:13	8:22	9:02	14:33	30:16:00	46:24:00	1:06:42	2:19:44	72
73	3:52	4:10	8:16	8:55	14:23	29:55:00	45:51:00	1:05:54	2:18:05	73
74	3:49	4:07	8:10	8:49	14:13	29:34:00	45:19:00	1:05:08	2:16:29	74
75	3:46	4:04	8:04	8:43	14:03	29:14:00	44:48:00	1:04:23	2:14:55	75
76	3:44	4:02	7:58	8:37	13:54	28:55:00	44:18:00	1:03:39	2:13:23	76
77	3:41	3:58	7:53	8:31	13:44	28:36:00	43:49:00	1:02:56	2:11:54	77