

<b>Pace (mpm)</b>	<b>Speed (mph)</b>	<b>Pace (mpm)</b>	<b>Speed (mph)</b>	<b>Pace (mpm)</b>	<b>Speed (mph)</b>	<b>Pace (mpm)</b>	<b>Speed (mph)</b>	<b>Pace (mpm)</b>	<b>Speed (mph)</b>
5.0	12.00	8.0	7.50	11.0	5.45	14.0	4.29	17.0	3.53
5.1	11.76	8.1	7.41	11.1	5.41	14.1	4.26	17.1	3.51
5.2	11.54	8.2	7.32	11.2	5.36	14.2	4.23	17.2	3.49
5.3	11.32	8.3	7.23	11.3	5.31	14.3	4.20	17.3	3.47
5.4	11.11	8.4	7.14	11.4	5.26	14.4	4.17	17.4	3.45
5.5	10.91	8.5	7.06	11.5	5.22	14.5	4.14	17.5	3.43
5.6	10.71	8.6	6.98	11.6	5.17	14.6	4.11	17.6	3.41
5.7	10.53	8.7	6.90	11.7	5.13	14.7	4.08	17.7	3.39
5.8	10.34	8.8	6.82	11.8	5.08	14.8	4.05	17.8	3.37
5.9	10.17	8.9	6.74	11.9	5.04	14.9	4.03	17.9	3.35
6.0	10.00	9.0	6.67	12.0	5.00	15.0	4.00	18.0	3.33
6.1	9.84	9.1	6.59	12.1	4.96	15.1	3.97	18.1	3.31
6.2	9.68	9.2	6.52	12.2	4.92	15.2	3.95	18.2	3.30
6.3	9.52	9.3	6.45	12.3	4.88	15.3	3.92	18.3	3.28
6.4	9.38	9.4	6.38	12.4	4.84	15.4	3.90	18.4	3.26
6.5	9.23	9.5	6.32	12.5	4.80	15.5	3.87	18.5	3.24
6.6	9.09	9.6	6.25	12.6	4.76	15.6	3.85	18.6	3.23
6.7	8.96	9.7	6.19	12.7	4.72	15.7	3.82	18.7	3.21
6.8	8.82	9.8	6.12	12.8	4.69	15.8	3.80	18.8	3.19
6.9	8.70	9.9	6.06	12.9	4.65	15.9	3.77	18.9	3.17
7.0	8.57	10.0	6.00	13.0	4.62	16.0	3.75	19.0	3.16
7.1	8.45	10.1	5.94	13.1	4.58	16.1	3.73	19.1	3.14
7.2	8.33	10.2	5.88	13.2	4.55	16.2	3.70	19.2	3.13
7.3	8.22	10.3	5.83	13.3	4.51	16.3	3.68	19.3	3.11
7.4	8.11	10.4	5.77	13.4	4.48	16.4	3.66	19.4	3.09
7.5	8.00	10.5	5.71	13.5	4.44	16.5	3.64	19.5	3.08
7.6	7.89	10.6	5.66	13.6	4.41	16.6	3.61	19.6	3.06
7.7	7.79	10.7	5.61	13.7	4.38	16.7	3.59	19.7	3.05
7.8	7.69	10.8	5.56	13.8	4.35	16.8	3.57	19.8	3.03
7.9	7.59	10.9	5.50	13.9	4.32	16.9	3.55	19.9	3.02