

**KLCC PACE TABLE**

KLCC lap	Pace per K	3K	5K	6.5K (5 laps)	10K	10.4K (8 laps)	13K (10 laps)	16K (13 laps)	10.7K	15K	Half Marathon	Marathon
9:06	7:00	21:00	35:00	45:30	1:10.00	1:12.48	1:31.00	1:52.00	1:14.54	1:45.00	2:27.00	4:55.24
9:00	6:55	20:45	34:35	45:00	1:09.10	1:11.56	1:29.55	1:50.40	1:14.00	1:43.45	2:25.15	4:51.53
8:45	6:43	20:09	33:35	43:39	1:07.10	1:09.51	1:27.19	1:47.28	1:11.52	1:40.45	2:21.03	4:43.26
8:40	6:40	20:00	33:20	43:20	1:06.40	1:09.20	1:26.40	1:46.40	1:11.20	1:40.00	2:20.00	4:41.20
8:35	6:36	19:48	33:00	42:54	1:06.00	1:08.38	1:25.48	1:45.36	1:10.37	1:39.00	2:18.36	4:38.31
8:30	6:32	19:36	32:40	42:28	1:05.20	1:07.56	1:24.56	1:44.32	1:09.54	1:37.60	2:17.12	4:35.42
8:20	6:24	19:12	32:00	41:36	1:04.00	1:06.36	1:23.12	1:42.24	1:08.28	1:36.00	2:14.24	4:30.04
8:15	6:20	19:00	31:40	41:10	1:03.20	1:05.52	1:22.20	1:41.20	1:07.46	1:34.60	2:13.00	4:27.16
8:00	6:09	18:27	30:45	40:00	1:01.30	1:03.57	1:19.57	1:38.24	1:05.48	1:32.15	2:09.09	4:19.31
7:48	6:00	18:00	30:00	39:00	1:00.00	1:02.00	1:18.00	1:36.00	1:04.00	1:30.00	2:06.00	4:13.12
7:45	5:57	17:51	29:45	38:40	59.30	1:01.52	1:15.50	1:35.12	1:03.39	1:29.15	2:04.57	4:11.05
7:40	5:53	17:39	29:25	38:14	58:50	1:01.11	1:16.29	1:34.08	1:02.57	1:28.15	2:03.33	4:08.16
7:35	5:50	17:30	29:10	37:55	58:20	1:00.40	1:15.50	1:33.20	1:02.25	1:27.30	2:02.30	4:06.10
7:30	5:46	17:18	28:50	37:29	57:40	59:58	1:14.58	1:32.16	1:01.42	1:26.30	2:01.06	4:03.21
7:25	5:42	17:06	28:30	37:03	57:00	59:16	1:14.06	1:31.12	1:00.59	1:25.24	1:59.42	4:00.32
7:15	5:34	16:42	27:50	36:11	55:40	57:56	1:12.22	1:29.04	59:33	1:23.30	1:56.54	3:54.54
7:00	5:23	16:09	26:55	35:00	53:50	56:00	1:09.59	1:26.08	57:36	1:20.45	1:53.03	3:47.09
6:45	5:11	15:33	25:55	33:41	51:50	53:54	1:07.23	1:22.56	55:27	1:17	1:48.51	3:38.44
6:30	5:00	15:00	25:00	32:30	50:00	52:00	1:05.00	1:20.00	53:30	1:15	1:45.00	3:31.00
6:15	4:48	14:24	24:00	31:12	48:00	49:55	1:02.24	1:16.48	51:21	1:12	1:40.48	3:22.33
6:00	4:36	13:48	23:00	30:00	46:00	48:00	59:48	1:13.36	49:13	1:09	1:36.36	3:14.07
5:50	4:29	13:27	22:25	29:08	44:50	46:37	58:17	1:11.44	47:58	1:07	1:34.09	3:09.11
5:40	4:21	13:03	21:45	28:16	43:30	45:14	56:33	1:09.36	46:32	1:05	1:31.21	3:03.34
5:30	4:13	12:39	21:05	27:24	42:10	43:51	54:49	1:07.28	45:07	1:03	1:28.33	2:57.56
5:20	4:06	12:18	20:30	26:39	41:00	42:38	53:18	1:05.36	43:52	1:01	1:26.06	2:53.01
5:10	3:58	11:54	19:50	25:47	39:40	41:15	51:34	1:03.28	42:26	59:30	1:23.18	2:47.23
5:00	3:50	11:30	19:10	25:00	38:20	40:00	49:50	1:01.20	41:01	57:30	1:20.30	2:41.46

Compiled by Carboman at <http://carboman.blogspot.com>