

## EQUIVALENT PERFORMANCES AT DIFFERENT DISTANCES

(based on the WMA tables)

<u>PLP</u>	<u>5K</u>	<u>10K</u>	<u>HALF MARATHON</u>	<u>MARATHON</u>	<u>5K</u>	<u>10K</u>	<u>HALF MARATHON</u>	<u>MARATHON</u>
0.86	0:15:00	0:31:23	1:09:32	2:25:58	0:22:40	0:47:25	1:45:04	3:40:34
0.85	0:15:10	0:31:44	1:10:18	2:27:35	0:22:50	0:47:46	1:45:50	3:42:12
0.84	0:15:20	0:32:05	1:11:04	2:29:13	0:23:00	0:48:07	1:46:36	3:43:49
0.83	0:15:30	0:32:26	1:11:51	2:30:50	0:23:10	0:48:28	1:47:23	3:45:26
0.82	0:15:40	0:32:47	1:12:37	2:32:27	0:23:20	0:48:49	1:48:09	3:47:04
0.81	0:15:50	0:33:08	1:13:23	2:34:05	0:23:30	0:49:10	1:48:55	3:48:41
0.80	0:16:00	0:33:29	1:14:10	2:35:42	0:23:40	0:49:31	1:49:42	3:50:18
0.79	0:16:10	0:33:49	1:14:56	2:37:19	0:23:50	0:49:52	1:50:28	3:51:56
0.79	0:16:20	0:34:10	1:15:42	2:38:57	0:24:00	0:50:13	1:51:14	3:53:33
0.78	0:16:30	0:34:31	1:16:29	2:40:34	0:24:10	0:50:34	1:52:01	3:55:10
0.77	0:16:40	0:34:52	1:17:15	2:42:11	0:24:20	0:50:55	1:52:47	3:56:48
0.76	0:16:50	0:35:13	1:18:01	2:43:48	0:24:30	0:51:16	1:53:34	3:58:25
0.75	0:17:00	0:35:34	1:18:48	2:45:26	0:24:40	0:51:36	1:54:20	4:00:02
0.75	0:17:10	0:35:55	1:19:34	2:47:03	0:24:50	0:51:57	1:55:06	4:01:39
0.74	0:17:20	0:36:16	1:20:20	2:48:40	0:25:00	0:52:18	1:55:53	4:03:17
0.73	0:17:30	0:36:37	1:21:07	2:50:18	0:25:10	0:52:39	1:56:39	4:04:54
0.73	0:17:40	0:36:58	1:21:53	2:51:55	0:25:20	0:53:00	1:57:25	4:06:31
0.72	0:17:50	0:37:19	1:22:40	2:53:32	0:25:30	0:53:21	1:58:12	4:08:09
0.71	0:18:00	0:37:40	1:23:26	2:55:10	0:25:40	0:53:42	1:58:58	4:09:46
0.71	0:18:10	0:38:01	1:24:12	2:56:47	0:25:50	0:54:03	1:59:44	4:11:23
0.70	0:18:20	0:38:21	1:24:59	2:58:24	0:26:00	0:54:24	2:00:31	4:13:01
0.69	0:18:30	0:38:42	1:25:45	3:00:02	0:26:10	0:54:45	2:01:17	4:14:38
0.69	0:18:40	0:39:03	1:26:31	3:01:39	0:26:20	0:55:06	2:02:03	4:16:15
0.68	0:18:50	0:39:24	1:27:18	3:03:16	0:26:30	0:55:27	2:02:50	4:17:53
0.68	0:19:00	0:39:45	1:28:04	3:04:54	0:26:40	0:55:48	2:03:36	4:19:30
0.67	0:19:10	0:40:06	1:28:50	3:06:31	0:26:50	0:56:08	2:04:22	4:21:07
0.66	0:19:20	0:40:27	1:29:37	3:08:08	0:27:00	0:56:29	2:05:09	4:22:44
0.66	0:19:30	0:40:48	1:30:23	3:09:45	0:27:10	0:56:50	2:05:55	4:24:22
0.65	0:19:40	0:41:09	1:31:09	3:11:23	0:27:20	0:57:11	2:06:42	4:25:59
0.65	0:19:50	0:41:30	1:31:56	3:13:00	0:27:30	0:57:32	2:07:28	4:27:36
0.64	0:20:00	0:41:51	1:32:42	3:14:37	0:27:40	0:57:53	2:08:14	4:29:14
0.64	0:20:10	0:42:12	1:33:28	3:16:15	0:27:50	0:58:14	2:09:01	4:30:51
0.63	0:20:20	0:42:32	1:34:15	3:17:52	0:28:00	0:58:35	2:09:47	4:32:28
0.63	0:20:30	0:42:53	1:35:01	3:19:29	0:28:10	0:58:56	2:10:33	4:34:06
0.62	0:20:40	0:43:14	1:35:47	3:21:07	0:28:20	0:59:17	2:11:20	4:35:43
0.62	0:20:50	0:43:35	1:36:34	3:22:44	0:28:30	0:59:38	2:12:06	4:37:20
0.61	0:21:00	0:43:56	1:37:20	3:24:21	0:28:40	0:59:59	2:12:52	4:38:58
0.61	0:21:10	0:44:17	1:38:07	3:25:59	0:28:50	1:00:20	2:13:39	4:40:35
0.60	0:21:20	0:44:38	1:38:53	3:27:36	0:29:00	1:00:40	2:14:25	4:42:12
0.60	0:21:30	0:44:59	1:39:39	3:29:13	0:29:10	1:01:01	2:15:11	4:43:50
0.59	0:21:40	0:45:20	1:40:26	3:30:51	0:29:20	1:01:22	2:15:58	4:45:27
0.59	0:21:50	0:45:41	1:41:12	3:32:28	0:29:30	1:01:43	2:16:44	4:47:04
0.58	0:22:00	0:46:02	1:41:58	3:34:05	0:29:40	1:02:04	2:17:30	4:48:41
0.58	0:22:10	0:46:23	1:42:45	3:35:42	0:29:50	1:02:25	2:18:17	4:50:19
0.57	0:22:20	0:46:44	1:43:31	3:37:20	0:30:00	1:02:46	2:19:03	4:51:56
0.57	0:22:30	0:47:04	1:44:17	3:38:57				