

Comrades Pace Chart



RUNNERS

RUNNERS

RUNNERS

**SUB
9:00**

**SUB
11:00**

**SUB
12:00**

**85km
00:15**

**85km
00:18**

**85km
00:25**

**75km
01:18**

**75km
01:35**

**75km
01:47**

**65km
2:21**

**65km
2:50**

**65km
3:10**

**55km
3:21**

**55km
4:07**

**55km
4:35**

**Half Way
4:24**

**Half Way
5:27**

**Half Way
6:00**

**35km
5:21**

**35km
6:37**

**35km
7:16**

**25km
6:21**

**25km
7:49**

**25km
8:35**

**15km
7:19**

**15km
9:00**

**15km
9:54**

**5km
8:24**

**5km
10:20**

**5km
11:18**

**Finish!
8:54**

**Finish!
10:58**

**Finish!
11:59**

**AVE
PACE
6:12**

**AVE
PACE
7:35**

**AVE
PACE
8:16**