

# MIL-15: Pace Calculator

MIL-15:front



MIL-15:back

TIMES FOR THE FOLLOWING DISTANCES:							
Minutes per mile	5K 3.1 mi	4 mi	5 mi	10K 6.2 mi	Half Marathon 13.1 mi	Marathon 26.2 mi	
6:00	18:39	24:00	30:00	37:17	1:18:39	2:37:19	
6:15	19:25	25:00	31:15	38:50	1:21:56	2:43:52	
6:30	20:12	26:00	32:30	40:23	1:25:13	2:50:25	
6:45	20:58	27:00	33:45	41:57	1:28:29	2:56:59	
7:00	21:45	28:00	35:00	43:30	1:31:46	3:03:32	
7:15	22:32	29:00	36:15	45:03	1:35:02	3:10:05	
7:30	23:18	30:00	37:30	46:36	1:38:19	3:16:39	
7:45	24:05	31:00	38:45	48:10	1:41:36	3:23:12	
8:00	24:51	32:00	40:00	49:43	1:44:52	3:29:45	
8:15	25:38	33:00	41:15	51:16	1:48:09	3:36:18	
8:30	26:25	34:00	42:30	52:49	1:51:26	3:42:52	
8:45	27:11	35:00	43:45	54:22	1:54:42	3:49:25	
9:00	27:58	36:00	45:00	55:56	1:57:59	3:55:58	
9:15	28:44	37:00	46:15	57:29	2:01:15	4:02:32	
9:30	29:31	38:00	47:30	59:02	2:04:32	4:09:05	
9:45	30:18	39:00	48:45	1:00:35	2:07:49	4:15:38	
10:00	31:04	40:00	50:00	1:02:08	2:11:05	4:22:11	
10:30	32:37	42:00	52:30	1:05:15	2:17:39	4:35:18	
11:00	34:11	44:00	55:00	1:08:21	2:24:12	4:48:25	
11:30	35:44	46:00	57:30	1:11:28	2:30:45	5:01:31	
12:00	37:17	48:00	1:00:00	1:14:34	2:37:18	5:14:38	
12:30	38:50	50:00	1:02:30	1:17:41	2:43:52	5:27:44	
13:00	40:23	52:00	1:05:00	1:20:47	2:50:25	5:40:51	
13:30	41:57	54:00	1:07:30	1:23:53	2:56:58	5:53:57	
14:00	43:30	56:00	1:10:00	1:27:00	3:03:32	6:07:04	

Please remove all guideline indicators before submitting artwork



= **Final Cut Size: 2.125" x 3.375"**



= **Ad Copy Area: 1.875" x 3.125"**

Art must be within clearances - 0.125" on all sides.



= **Art Bleed Area: 2.375" x 3.625"**

When appropriate, artwork should include - 0.125" bleed on all sides.