

MARATHON PREDICTION CHART

5K TIME	EST MARATHON TIME	5K TIME	EST MARATHON TIME	5K TIME	EST MARATHON TIME
12:30	2:04:57	12:40	2:06:37	12:50	2:08:17
13:00	2:09:57	13:10	2:11:37	13:20	2:13:17
13:30	2:14:57	13:40	2:16:37	13:50	2:18:17
14:00	2:19:57	14:10	2:21:37	14:20	2:23:17
14:30	2:24:57	14:40	2:26:36	14:50	2:28:16
15:00	2:29:56	15:10	2:31:36	15:20	2:33:16
15:30	2:34:56	15:40	2:36:36	15:50	2:38:16
16:00	2:39:56	16:10	2:41:36	16:20	2:43:16
16:30	2:44:56	16:40	2:46:36	16:50	2:48:16
17:00	2:49:56	17:10	2:51:36	17:20	2:53:16
17:30	2:54:56	17:40	2:56:36	17:50	2:58:16
18:00	2:59:56	18:10	3:01:36	18:20	3:03:16
18:30	3:04:56	18:40	3:06:36	18:50	3:08:15
19:00	3:09:55	19:10	3:11:35	19:20	3:13:15
19:30	3:15:55	19:40	3:16:35	19:50	3:18:15
20:00	3:19:55	20:10	3:21:35	20:20	3:23:15
20:30	3:24:55	20:40	3:26:35	20:50	3:28:15
21:00	3:29:55	21:10	3:31:35	21:20	3:33:15
21:30	3:34:55	21:40	3:36:35	21:50	3:38:15
22:00	3:39:55	22:10	3:41:35	22:20	3:43:15
22:30	3:44:55	22:40	3:46:35	22:50	3:48:15
23:00	3:49:54	23:10	3:51:34	23:20	3:53:14
23:30	3:54:54	23:40	3:56:34	23:50	3:58:14
24:00	3:59:54	24:10	4:01:34	24:20	4:03:14
24:30	4:04:54	24:40	4:06:34	24:50	4:08:14
25:00	4:09:54	25:10	4:11:34	25:20	4:13:14
25:30	4:14:54	25:40	4:16:34	25:50	4:18:14
26:00	4:19:54	26:10	4:21:34	26:20	4:23:14
26:30	4:24:54	26:40	4:26:34	26:50	4:28:14
27:00	4:29:54	27:10	4:31:33	27:20	4:33:13
27:30	4:34:53	27:40	4:36:33	27:50	4:38:13
28:00	4:39:53	28:10	4:41:33	28:20	4:43:13
28:30	4:44:53	28:40	4:46:33	28:50	4:48:13

MARATHON PREDICTION CHART

5K TIME	EST MARATHON TIME	5K TIME	EST MARATHON TIME	5K TIME	EST MARATHON TIME
29:00	4:49:53	29:10	4:51:33	29:20	4:53:13
29:30	4:54:53	29:40	4:56:33	29:50	4:58:13
30:00	4:59:53	30:20	5:03:13	30:40	5:06:33
31:00	5:09:53	31:20	5:13:12	31:40	5:16:32
32:00	5:19:52	32:20	5:23:12	32:40	5:26:32
33:00	5:29:52	33:20	5:33:12	33:40	5:36:32
34:00	5:39:52	34:20	5:43:12	34:40	5:46:32
35:00	5:49:52	35:20	5:53:12	35:40	5:56:31
36:00	5:59:51	36:20	6:03:11	36:40	6:06:31
37:00	6:09:51	37:20	6:13:11	37:40	6:16:31