

Augúst Road Race Pace Chart

Using the Truncate Method (e.g. 5:59.9 = 5:59, i.e. "sub-6")

TIME	PACE	TIME	PACE	TIME	PACE	TIME	PACE	TIME	PACE	TIME	PACE
19:00	5:00	19:30	5:07	20:00	5:15	20:30	5:23	21:00	5:31	21:30	5:39
19:01	5:00	19:31	5:08	20:01	5:16	20:31	5:23	21:01	5:31	21:31	5:39
19:02	5:00	19:32	5:08	20:02	5:16	20:32	5:24	21:02	5:32	21:32	5:40
19:03	5:00	19:33	5:08	20:03	5:16	20:33	5:24	21:03	5:32	21:33	5:40
19:04	5:01	19:34	5:08	20:04	5:16	20:34	5:24	21:04	5:32	21:34	5:40
19:05	5:01	19:35	5:09	20:05	5:17	20:35	5:25	21:05	5:32	21:35	5:40
19:06	5:01	19:36	5:09	20:06	5:17	20:36	5:25	21:06	5:33	21:36	5:41
19:07	5:01	19:37	5:09	20:07	5:17	20:37	5:25	21:07	5:33	21:37	5:41
19:08	5:02	19:38	5:10	20:08	5:17	20:38	5:25	21:08	5:33	21:38	5:41
19:09	5:02	19:39	5:10	20:09	5:18	20:39	5:26	21:09	5:33	21:39	5:41
19:10	5:02	19:40	5:10	20:10	5:18	20:40	5:26	21:10	5:34	21:40	5:42
19:11	5:02	19:41	5:10	20:11	5:18	20:41	5:26	21:11	5:34	21:41	5:42
19:12	5:03	19:42	5:11	20:12	5:18	20:42	5:26	21:12	5:34	21:42	5:42
19:13	5:03	19:43	5:11	20:13	5:19	20:43	5:27	21:13	5:35	21:43	5:42
19:14	5:03	19:44	5:11	20:14	5:19	20:44	5:27	21:14	5:35	21:44	5:43
19:15	5:03	19:45	5:11	20:15	5:19	20:45	5:27	21:15	5:35	21:45	5:43
19:16	5:04	19:46	5:12	20:16	5:20	20:46	5:27	21:16	5:35	21:46	5:43
19:17	5:04	19:47	5:12	20:17	5:20	20:47	5:28	21:17	5:36	21:47	5:43
19:18	5:04	19:48	5:12	20:18	5:20	20:48	5:28	21:18	5:36	21:48	5:44
19:19	5:05	19:49	5:12	20:19	5:20	20:49	5:28	21:19	5:36	21:49	5:44
19:20	5:05	19:50	5:13	20:20	5:21	20:50	5:28	21:20	5:36	21:50	5:44
19:21	5:05	19:51	5:13	20:21	5:21	20:51	5:29	21:21	5:37	21:51	5:45
19:22	5:05	19:52	5:13	20:22	5:21	20:52	5:29	21:22	5:37	21:52	5:45
19:23	5:06	19:53	5:13	20:23	5:21	20:53	5:29	21:23	5:37	21:53	5:45
19:24	5:06	19:54	5:14	20:24	5:22	20:54	5:30	21:24	5:37	21:54	5:45
19:25	5:06	19:55	5:14	20:25	5:22	20:55	5:30	21:25	5:38	21:55	5:46
19:26	5:06	19:56	5:14	20:26	5:22	20:56	5:30	21:26	5:38	21:56	5:46
19:27	5:07	19:57	5:15	20:27	5:22	20:57	5:30	21:27	5:38	21:57	5:46
19:28	5:07	19:58	5:15	20:28	5:23	20:58	5:31	21:28	5:38	21:58	5:46
19:29	5:07	19:59	5:15	20:29	5:23	20:59	5:31	21:29	5:39	21:59	5:47

Augúst Road Race Pace Chart

Using the Truncate Method (e.g. 5:59.9 = 5:59, i.e. "sub-6")

TIME	PACE	TIME	PACE	TIME	PACE	TIME	PACE	TIME	PACE	TIME	PACE
22:00	5:47	22:30	5:55	23:00	6:03	23:30	6:11	24:00	6:18	24:30	6:26
22:01	5:47	22:31	5:55	23:01	6:03	23:31	6:11	24:01	6:19	24:31	6:27
22:02	5:47	22:32	5:55	23:02	6:03	23:32	6:11	24:02	6:19	24:32	6:27
22:03	5:48	22:33	5:56	23:03	6:03	23:33	6:11	24:03	6:19	24:33	6:27
22:04	5:48	22:34	5:56	23:04	6:04	23:34	6:12	24:04	6:20	24:34	6:27
22:05	5:48	22:35	5:56	23:05	6:04	23:35	6:12	24:05	6:20	24:35	6:28
22:06	5:48	22:36	5:56	23:06	6:04	23:36	6:12	24:06	6:20	24:36	6:28
22:07	5:49	22:37	5:57	23:07	6:05	23:37	6:12	24:07	6:20	24:37	6:28
22:08	5:49	22:38	5:57	23:08	6:05	23:38	6:13	24:08	6:21	24:38	6:28
22:09	5:49	22:39	5:57	23:09	6:05	23:39	6:13	24:09	6:21	24:39	6:29
22:10	5:50	22:40	5:57	23:10	6:05	23:40	6:13	24:10	6:21	24:40	6:29
22:11	5:50	22:41	5:58	23:11	6:06	23:41	6:13	24:11	6:21	24:41	6:29
22:12	5:50	22:42	5:58	23:12	6:06	23:42	6:14	24:12	6:22	24:42	6:30
22:13	5:50	22:43	5:58	23:13	6:06	23:43	6:14	24:13	6:22	24:43	6:30
22:14	5:51	22:44	5:58	23:14	6:06	23:44	6:14	24:14	6:22	24:44	6:30
22:15	5:51	22:45	5:59	23:15	6:07	23:45	6:15	24:15	6:22	24:45	6:30
22:16	5:51	22:46	5:59	23:16	6:07	23:46	6:15	24:16	6:23	24:46	6:31
22:17	5:51	22:47	5:59	23:17	6:07	23:47	6:15	24:17	6:23	24:47	6:31
22:18	5:52	22:48	6:00	23:18	6:07	23:48	6:15	24:18	6:23	24:48	6:31
22:19	5:52	22:49	6:00	23:19	6:08	23:49	6:16	24:19	6:23	24:49	6:31
22:20	5:52	22:50	6:00	23:20	6:08	23:50	6:16	24:20	6:24	24:50	6:32
22:21	5:52	22:51	6:00	23:21	6:08	23:51	6:16	24:21	6:24	24:51	6:32
22:22	5:53	22:52	6:01	23:22	6:08	23:52	6:16	24:22	6:24	24:52	6:32
22:23	5:53	22:53	6:01	23:23	6:09	23:53	6:17	24:23	6:25	24:53	6:32
22:24	5:53	22:54	6:01	23:24	6:09	23:54	6:17	24:24	6:25	24:54	6:33
22:25	5:53	22:55	6:01	23:25	6:09	23:55	6:17	24:25	6:25	24:55	6:33
22:26	5:54	22:56	6:02	23:26	6:10	23:56	6:17	24:26	6:25	24:56	6:33
22:27	5:54	22:57	6:02	23:27	6:10	23:57	6:18	24:27	6:26	24:57	6:33
22:28	5:54	22:58	6:02	23:28	6:10	23:58	6:18	24:28	6:26	24:58	6:34
22:29	5:55	22:59	6:02	23:29	6:10	23:59	6:18	24:29	6:26	24:59	6:34

Augúst Road Race Pace Chart

Using the Truncate Method (e.g. 5:59.9 = 5:59, i.e. "sub-6")

TIME	PACE	TIME	PACE	TIME	PACE	TIME	PACE	TIME	PACE	TIME	PACE
25:00	6:34	25:30	6:42	26:00	6:50	26:30	6:58	27:00	7:06	27:30	7:14
25:01	6:35	25:31	6:42	26:01	6:50	26:31	6:58	27:01	7:06	27:31	7:14
25:02	6:35	25:32	6:43	26:02	6:51	26:32	6:58	27:02	7:06	27:32	7:14
25:03	6:35	25:33	6:43	26:03	6:51	26:33	6:59	27:03	7:07	27:33	7:15
25:04	6:35	25:34	6:43	26:04	6:51	26:34	6:59	27:04	7:07	27:34	7:15
25:05	6:36	25:35	6:43	26:05	6:51	26:35	6:59	27:05	7:07	27:35	7:15
25:06	6:36	25:36	6:44	26:06	6:52	26:36	7:00	27:06	7:07	27:36	7:15
25:07	6:36	25:37	6:44	26:07	6:52	26:37	7:00	27:07	7:08	27:37	7:16
25:08	6:36	25:38	6:44	26:08	6:52	26:38	7:00	27:08	7:08	27:38	7:16
25:09	6:37	25:39	6:45	26:09	6:52	26:39	7:00	27:09	7:08	27:39	7:16
25:10	6:37	25:40	6:45	26:10	6:53	26:40	7:01	27:10	7:08	27:40	7:16
25:11	6:37	25:41	6:45	26:11	6:53	26:41	7:01	27:11	7:09	27:41	7:17
25:12	6:37	25:42	6:45	26:12	6:53	26:42	7:01	27:12	7:09	27:42	7:17
25:13	6:38	25:43	6:46	26:13	6:53	26:43	7:01	27:13	7:09	27:43	7:17
25:14	6:38	25:44	6:46	26:14	6:54	26:44	7:02	27:14	7:10	27:44	7:17
25:15	6:38	25:45	6:46	26:15	6:54	26:45	7:02	27:15	7:10	27:45	7:18
25:16	6:38	25:46	6:46	26:16	6:54	26:46	7:02	27:16	7:10	27:46	7:18
25:17	6:39	25:47	6:47	26:17	6:55	26:47	7:02	27:17	7:10	27:47	7:18
25:18	6:39	25:48	6:47	26:18	6:55	26:48	7:03	27:18	7:11	27:48	7:18
25:19	6:39	25:49	6:47	26:19	6:55	26:49	7:03	27:19	7:11	27:49	7:19
25:20	6:40	25:50	6:47	26:20	6:55	26:50	7:03	27:20	7:11	27:50	7:19
25:21	6:40	25:51	6:48	26:21	6:56	26:51	7:03	27:21	7:11	27:51	7:19
25:22	6:40	25:52	6:48	26:22	6:56	26:52	7:04	27:22	7:12	27:52	7:20
25:23	6:40	25:53	6:48	26:23	6:56	26:53	7:04	27:23	7:12	27:53	7:20
25:24	6:41	25:54	6:48	26:24	6:56	26:54	7:04	27:24	7:12	27:54	7:20
25:25	6:41	25:55	6:49	26:25	6:57	26:55	7:05	27:25	7:12	27:55	7:20
25:26	6:41	25:56	6:49	26:26	6:57	26:56	7:05	27:26	7:13	27:56	7:21
25:27	6:41	25:57	6:49	26:27	6:57	26:57	7:05	27:27	7:13	27:57	7:21
25:28	6:42	25:58	6:50	26:28	6:57	26:58	7:05	27:28	7:13	27:58	7:21
25:29	6:42	25:59	6:50	26:29	6:58	26:59	7:06	27:29	7:13	27:59	7:21

Augúst Road Race Pace Chart

Using the Truncate Method (e.g. 5:59.9 = 5:59, i.e. "sub-6")

TIME	PACE	TIME	PACE	TIME	PACE	TIME	PACE	TIME	PACE	TIME	PACE
28:00	7:22	28:30	7:30	29:00	7:37	29:30	7:45	30:00	7:53	30:30	8:01
28:01	7:22	28:31	7:30	29:01	7:38	29:31	7:46	30:01	7:53	30:31	8:01
28:02	7:22	28:32	7:30	29:02	7:38	29:32	7:46	30:02	7:54	30:32	8:02
28:03	7:22	28:33	7:30	29:03	7:38	29:33	7:46	30:03	7:54	30:33	8:02
28:04	7:23	28:34	7:31	29:04	7:38	29:34	7:46	30:04	7:54	30:34	8:02
28:05	7:23	28:35	7:31	29:05	7:39	29:35	7:47	30:05	7:55	30:35	8:02
28:06	7:23	28:36	7:31	29:06	7:39	29:36	7:47	30:06	7:55	30:36	8:03
28:07	7:23	28:37	7:31	29:07	7:39	29:37	7:47	30:07	7:55	30:37	8:03
28:08	7:24	28:38	7:32	29:08	7:40	29:38	7:47	30:08	7:55	30:38	8:03
28:09	7:24	28:39	7:32	29:09	7:40	29:39	7:48	30:09	7:56	30:39	8:03
28:10	7:24	28:40	7:32	29:10	7:40	29:40	7:48	30:10	7:56	30:40	8:04
28:11	7:25	28:41	7:32	29:11	7:40	29:41	7:48	30:11	7:56	30:41	8:04
28:12	7:25	28:42	7:33	29:12	7:41	29:42	7:48	30:12	7:56	30:42	8:04
28:13	7:25	28:43	7:33	29:13	7:41	29:43	7:49	30:13	7:57	30:43	8:05
28:14	7:25	28:44	7:33	29:14	7:41	29:44	7:49	30:14	7:57	30:44	8:05
28:15	7:26	28:45	7:33	29:15	7:41	29:45	7:49	30:15	7:57	30:45	8:05
28:16	7:26	28:46	7:34	29:16	7:42	29:46	7:50	30:16	7:57	30:46	8:05
28:17	7:26	28:47	7:34	29:17	7:42	29:47	7:50	30:17	7:58	30:47	8:06
28:18	7:26	28:48	7:34	29:18	7:42	29:48	7:50	30:18	7:58	30:48	8:06
28:19	7:27	28:49	7:35	29:19	7:42	29:49	7:50	30:19	7:58	30:49	8:06
28:20	7:27	28:50	7:35	29:20	7:43	29:50	7:51	30:20	7:58	30:50	8:06
28:21	7:27	28:51	7:35	29:21	7:43	29:51	7:51	30:21	7:59	30:51	8:07
28:22	7:27	28:52	7:35	29:22	7:43	29:52	7:51	30:22	7:59	30:52	8:07
28:23	7:28	28:53	7:36	29:23	7:43	29:53	7:51	30:23	7:59	30:53	8:07
28:24	7:28	28:54	7:36	29:24	7:44	29:54	7:52	30:24	8:00	30:54	8:07
28:25	7:28	28:55	7:36	29:25	7:44	29:55	7:52	30:25	8:00	30:55	8:08
28:26	7:28	28:56	7:36	29:26	7:44	29:56	7:52	30:26	8:00	30:56	8:08
28:27	7:29	28:57	7:37	29:27	7:45	29:57	7:52	30:27	8:00	30:57	8:08
28:28	7:29	28:58	7:37	29:28	7:45	29:58	7:53	30:28	8:01	30:58	8:08
28:29	7:29	28:59	7:37	29:29	7:45	29:59	7:53	30:29	8:01	30:59	8:09

Augúst Road Race Pace Chart

Using the Truncate Method (e.g. 5:59.9 = 5:59, i.e. "sub-6")

TIME	PACE	TIME	PACE	TIME	PACE	TIME	PACE	TIME	PACE	TIME	PACE
31:00	8:09	31:30	8:17	32:00	8:25	32:30	8:33	33:00	8:41	33:30	8:48
31:01	8:09	31:31	8:17	32:01	8:25	32:31	8:33	33:01	8:41	33:31	8:49
31:02	8:10	31:32	8:17	32:02	8:25	32:32	8:33	33:02	8:41	33:32	8:49
31:03	8:10	31:33	8:18	32:03	8:26	32:33	8:33	33:03	8:41	33:33	8:49
31:04	8:10	31:34	8:18	32:04	8:26	32:34	8:34	33:04	8:42	33:34	8:50
31:05	8:10	31:35	8:18	32:05	8:26	32:35	8:34	33:05	8:42	33:35	8:50
31:06	8:11	31:36	8:18	32:06	8:26	32:36	8:34	33:06	8:42	33:36	8:50
31:07	8:11	31:37	8:19	32:07	8:27	32:37	8:35	33:07	8:42	33:37	8:50
31:08	8:11	31:38	8:19	32:08	8:27	32:38	8:35	33:08	8:43	33:38	8:51
31:09	8:11	31:39	8:19	32:09	8:27	32:39	8:35	33:09	8:43	33:39	8:51
31:10	8:12	31:40	8:20	32:10	8:27	32:40	8:35	33:10	8:43	33:40	8:51
31:11	8:12	31:41	8:20	32:11	8:28	32:41	8:36	33:11	8:43	33:41	8:51
31:12	8:12	31:42	8:20	32:12	8:28	32:42	8:36	33:12	8:44	33:42	8:52
31:13	8:12	31:43	8:20	32:13	8:28	32:43	8:36	33:13	8:44	33:43	8:52
31:14	8:13	31:44	8:21	32:14	8:28	32:44	8:36	33:14	8:44	33:44	8:52
31:15	8:13	31:45	8:21	32:15	8:29	32:45	8:37	33:15	8:45	33:45	8:52
31:16	8:13	31:46	8:21	32:16	8:29	32:46	8:37	33:16	8:45	33:46	8:53
31:17	8:13	31:47	8:21	32:17	8:29	32:47	8:37	33:17	8:45	33:47	8:53
31:18	8:14	31:48	8:22	32:18	8:30	32:48	8:37	33:18	8:45	33:48	8:53
31:19	8:14	31:49	8:22	32:19	8:30	32:49	8:38	33:19	8:46	33:49	8:53
31:20	8:14	31:50	8:22	32:20	8:30	32:50	8:38	33:20	8:46	33:50	8:54
31:21	8:15	31:51	8:22	32:21	8:30	32:51	8:38	33:21	8:46	33:51	8:54
31:22	8:15	31:52	8:23	32:22	8:31	32:52	8:38	33:22	8:46	33:52	8:54
31:23	8:15	31:53	8:23	32:23	8:31	32:53	8:39	33:23	8:47	33:53	8:55
31:24	8:15	31:54	8:23	32:24	8:31	32:54	8:39	33:24	8:47	33:54	8:55
31:25	8:16	31:55	8:23	32:25	8:31	32:55	8:39	33:25	8:47	33:55	8:55
31:26	8:16	31:56	8:24	32:26	8:32	32:56	8:40	33:26	8:47	33:56	8:55
31:27	8:16	31:57	8:24	32:27	8:32	32:57	8:40	33:27	8:48	33:57	8:56
31:28	8:16	31:58	8:24	32:28	8:32	32:58	8:40	33:28	8:48	33:58	8:56
31:29	8:17	31:59	8:25	32:29	8:32	32:59	8:40	33:29	8:48	33:59	8:56

Augúst Road Race Pace Chart

Using the Truncate Method (e.g. 5:59.9 = 5:59, i.e. "sub-6")

TIME	PACE	TIME	PACE	TIME	PACE	TIME	PACE	TIME	PACE	TIME	PACE
34:00	8:56	34:30	9:04	35:00	9:12	35:30	9:20	36:00	9:28	36:30	9:36
34:01	8:57	34:31	9:05	35:01	9:12	35:31	9:20	36:01	9:28	36:31	9:36
34:02	8:57	34:32	9:05	35:02	9:13	35:32	9:21	36:02	9:28	36:32	9:36
34:03	8:57	34:33	9:05	35:03	9:13	35:33	9:21	36:03	9:29	36:33	9:37
34:04	8:57	34:34	9:05	35:04	9:13	35:34	9:21	36:04	9:29	36:34	9:37
34:05	8:58	34:35	9:06	35:05	9:13	35:35	9:21	36:05	9:29	36:35	9:37
34:06	8:58	34:36	9:06	35:06	9:14	35:36	9:22	36:06	9:30	36:36	9:37
34:07	8:58	34:37	9:06	35:07	9:14	35:37	9:22	36:07	9:30	36:37	9:38
34:08	8:58	34:38	9:06	35:08	9:14	35:38	9:22	36:08	9:30	36:38	9:38
34:09	8:59	34:39	9:07	35:09	9:15	35:39	9:22	36:09	9:30	36:39	9:38
34:10	8:59	34:40	9:07	35:10	9:15	35:40	9:23	36:10	9:31	36:40	9:38
34:11	8:59	34:41	9:07	35:11	9:15	35:41	9:23	36:11	9:31	36:41	9:39
34:12	9:00	34:42	9:07	35:12	9:15	35:42	9:23	36:12	9:31	36:42	9:39
34:13	9:00	34:43	9:08	35:13	9:16	35:43	9:23	36:13	9:31	36:43	9:39
34:14	9:00	34:44	9:08	35:14	9:16	35:44	9:24	36:14	9:32	36:44	9:40
34:15	9:00	34:45	9:08	35:15	9:16	35:45	9:24	36:15	9:32	36:45	9:40
34:16	9:01	34:46	9:08	35:16	9:16	35:46	9:24	36:16	9:32	36:46	9:40
34:17	9:01	34:47	9:09	35:17	9:17	35:47	9:25	36:17	9:32	36:47	9:40
34:18	9:01	34:48	9:09	35:18	9:17	35:48	9:25	36:18	9:33	36:48	9:41
34:19	9:01	34:49	9:09	35:19	9:17	35:49	9:25	36:19	9:33	36:49	9:41
34:20	9:02	34:50	9:10	35:20	9:17	35:50	9:25	36:20	9:33	36:50	9:41
34:21	9:02	34:51	9:10	35:21	9:18	35:51	9:26	36:21	9:33	36:51	9:41
34:22	9:02	34:52	9:10	35:22	9:18	35:52	9:26	36:22	9:34	36:52	9:42
34:23	9:02	34:53	9:10	35:23	9:18	35:53	9:26	36:23	9:34	36:53	9:42
34:24	9:03	34:54	9:11	35:24	9:18	35:54	9:26	36:24	9:34	36:54	9:42
34:25	9:03	34:55	9:11	35:25	9:19	35:55	9:27	36:25	9:35	36:55	9:42
34:26	9:03	34:56	9:11	35:26	9:19	35:56	9:27	36:26	9:35	36:56	9:43
34:27	9:03	34:57	9:11	35:27	9:19	35:57	9:27	36:27	9:35	36:57	9:43
34:28	9:04	34:58	9:12	35:28	9:20	35:58	9:27	36:28	9:35	36:58	9:43
34:29	9:04	34:59	9:12	35:29	9:20	35:59	9:28	36:29	9:36	36:59	9:43

Augúst Road Race Pace Chart

Using the Truncate Method (e.g. 5:59.9 = 5:59, i.e. "sub-6")

TIME	PACE	TIME	PACE	TIME	PACE	TIME	PACE	TIME	PACE	TIME	PACE
37:00	9:44	37:30	9:52	38:00	10:00	38:30	10:07	39:00	10:15	39:30	10:23
37:01	9:44	37:31	9:52	38:01	10:00	38:31	10:08	39:01	10:16	39:31	10:23
37:02	9:44	37:32	9:52	38:02	10:00	38:32	10:08	39:02	10:16	39:32	10:24
37:03	9:45	37:33	9:52	38:03	10:00	38:33	10:08	39:03	10:16	39:33	10:24
37:04	9:45	37:34	9:53	38:04	10:01	38:34	10:08	39:04	10:16	39:34	10:24
37:05	9:45	37:35	9:53	38:05	10:01	38:35	10:09	39:05	10:17	39:35	10:25
37:06	9:45	37:36	9:53	38:06	10:01	38:36	10:09	39:06	10:17	39:36	10:25
37:07	9:46	37:37	9:53	38:07	10:01	38:37	10:09	39:07	10:17	39:37	10:25
37:08	9:46	37:38	9:54	38:08	10:02	38:38	10:10	39:08	10:17	39:38	10:25
37:09	9:46	37:39	9:54	38:09	10:02	38:39	10:10	39:09	10:18	39:39	10:26
37:10	9:46	37:40	9:54	38:10	10:02	38:40	10:10	39:10	10:18	39:40	10:26
37:11	9:47	37:41	9:55	38:11	10:02	38:41	10:10	39:11	10:18	39:41	10:26
37:12	9:47	37:42	9:55	38:12	10:03	38:42	10:11	39:12	10:18	39:42	10:26
37:13	9:47	37:43	9:55	38:13	10:03	38:43	10:11	39:13	10:19	39:43	10:27
37:14	9:47	37:44	9:55	38:14	10:03	38:44	10:11	39:14	10:19	39:44	10:27
37:15	9:48	37:45	9:56	38:15	10:03	38:45	10:11	39:15	10:19	39:45	10:27
37:16	9:48	37:46	9:56	38:16	10:04	38:46	10:12	39:16	10:20	39:46	10:27
37:17	9:48	37:47	9:56	38:17	10:04	38:47	10:12	39:17	10:20	39:47	10:28
37:18	9:48	37:48	9:56	38:18	10:04	38:48	10:12	39:18	10:20	39:48	10:28
37:19	9:49	37:49	9:57	38:19	10:05	38:49	10:12	39:19	10:20	39:49	10:28
37:20	9:49	37:50	9:57	38:20	10:05	38:50	10:13	39:20	10:21	39:50	10:28
37:21	9:49	37:51	9:57	38:21	10:05	38:51	10:13	39:21	10:21	39:51	10:29
37:22	9:50	37:52	9:57	38:22	10:05	38:52	10:13	39:22	10:21	39:52	10:29
37:23	9:50	37:53	9:58	38:23	10:06	38:53	10:13	39:23	10:21	39:53	10:29
37:24	9:50	37:54	9:58	38:24	10:06	38:54	10:14	39:24	10:22	39:54	10:30
37:25	9:50	37:55	9:58	38:25	10:06	38:55	10:14	39:25	10:22	39:55	10:30
37:26	9:51	37:56	9:58	38:26	10:06	38:56	10:14	39:26	10:22	39:56	10:30
37:27	9:51	37:57	9:59	38:27	10:07	38:57	10:15	39:27	10:22	39:57	10:30
37:28	9:51	37:58	9:59	38:28	10:07	38:58	10:15	39:28	10:23	39:58	10:31
37:29	9:51	37:59	9:59	38:29	10:07	38:59	10:15	39:29	10:23	39:59	10:31

Augúst Road Race Pace Chart

Using the Truncate Method (e.g. 5:59.9 = 5:59, i.e. "sub-6")

TIME	PACE	TIME	PACE	TIME	PACE	TIME	PACE	TIME	PACE	TIME	PACE
40:00	10:31	40:30	10:39	41:00	10:47	41:30	10:55	42:00	11:03	42:30	11:11
40:01	10:31	40:31	10:39	41:01	10:47	41:31	10:55	42:01	11:03	42:31	11:11
40:02	10:32	40:32	10:40	41:02	10:47	41:32	10:55	42:02	11:03	42:32	11:11
40:03	10:32	40:33	10:40	41:03	10:48	41:33	10:56	42:03	11:03	42:33	11:11
40:04	10:32	40:34	10:40	41:04	10:48	41:34	10:56	42:04	11:04	42:34	11:12
40:05	10:32	40:35	10:40	41:05	10:48	41:35	10:56	42:05	11:04	42:35	11:12
40:06	10:33	40:36	10:41	41:06	10:48	41:36	10:56	42:06	11:04	42:36	11:12
40:07	10:33	40:37	10:41	41:07	10:49	41:37	10:57	42:07	11:05	42:37	11:12
40:08	10:33	40:38	10:41	41:08	10:49	41:38	10:57	42:08	11:05	42:38	11:13
40:09	10:33	40:39	10:41	41:09	10:49	41:39	10:57	42:09	11:05	42:39	11:13
40:10	10:34	40:40	10:42	41:10	10:50	41:40	10:57	42:10	11:05	42:40	11:13
40:11	10:34	40:41	10:42	41:11	10:50	41:41	10:58	42:11	11:06	42:41	11:13
40:12	10:34	40:42	10:42	41:12	10:50	41:42	10:58	42:12	11:06	42:42	11:14
40:13	10:35	40:43	10:42	41:13	10:50	41:43	10:58	42:13	11:06	42:43	11:14
40:14	10:35	40:44	10:43	41:14	10:51	41:44	10:58	42:14	11:06	42:44	11:14
40:15	10:35	40:45	10:43	41:15	10:51	41:45	10:59	42:15	11:07	42:45	11:15
40:16	10:35	40:46	10:43	41:16	10:51	41:46	10:59	42:16	11:07	42:46	11:15
40:17	10:36	40:47	10:43	41:17	10:51	41:47	10:59	42:17	11:07	42:47	11:15
40:18	10:36	40:48	10:44	41:18	10:52	41:48	11:00	42:18	11:07	42:48	11:15
40:19	10:36	40:49	10:44	41:19	10:52	41:49	11:00	42:19	11:08	42:49	11:16
40:20	10:36	40:50	10:44	41:20	10:52	41:50	11:00	42:20	11:08	42:50	11:16
40:21	10:37	40:51	10:45	41:21	10:52	41:51	11:00	42:21	11:08	42:51	11:16
40:22	10:37	40:52	10:45	41:22	10:53	41:52	11:01	42:22	11:08	42:52	11:16
40:23	10:37	40:53	10:45	41:23	10:53	41:53	11:01	42:23	11:09	42:53	11:17
40:24	10:37	40:54	10:45	41:24	10:53	41:54	11:01	42:24	11:09	42:54	11:17
40:25	10:38	40:55	10:46	41:25	10:53	41:55	11:01	42:25	11:09	42:55	11:17
40:26	10:38	40:56	10:46	41:26	10:54	41:56	11:02	42:26	11:10	42:56	11:17
40:27	10:38	40:57	10:46	41:27	10:54	41:57	11:02	42:27	11:10	42:57	11:18
40:28	10:38	40:58	10:46	41:28	10:54	41:58	11:02	42:28	11:10	42:58	11:18
40:29	10:39	40:59	10:47	41:29	10:55	41:59	11:02	42:29	11:10	42:59	11:18

Augúst Road Race Pace Chart

Using the Truncate Method (e.g. 5:59.9 = 5:59, i.e. "sub-6")

TIME	PACE	TIME	PACE	TIME	PACE	TIME	PACE	TIME	PACE	TIME	PACE
43:00	11:18	43:30	11:26	44:00	11:34	44:30	11:42	45:00	11:50	45:30	11:58
43:01	11:19	43:31	11:27	44:01	11:35	44:31	11:42	45:01	11:50	45:31	11:58
43:02	11:19	43:32	11:27	44:02	11:35	44:32	11:43	45:02	11:51	45:32	11:58
43:03	11:19	43:33	11:27	44:03	11:35	44:33	11:43	45:03	11:51	45:33	11:59
43:04	11:20	43:34	11:27	44:04	11:35	44:34	11:43	45:04	11:51	45:34	11:59
43:05	11:20	43:35	11:28	44:05	11:36	44:35	11:43	45:05	11:51	45:35	11:59
43:06	11:20	43:36	11:28	44:06	11:36	44:36	11:44	45:06	11:52	45:36	12:00
43:07	11:20	43:37	11:28	44:07	11:36	44:37	11:44	45:07	11:52	45:37	12:00
43:08	11:21	43:38	11:28	44:08	11:36	44:38	11:44	45:08	11:52	45:38	12:00
43:09	11:21	43:39	11:29	44:09	11:37	44:39	11:45	45:09	11:52	45:39	12:00
43:10	11:21	43:40	11:29	44:10	11:37	44:40	11:45	45:10	11:53	45:40	12:01
43:11	11:21	43:41	11:29	44:11	11:37	44:41	11:45	45:11	11:53	45:41	12:01
43:12	11:22	43:42	11:30	44:12	11:37	44:42	11:45	45:12	11:53	45:42	12:01
43:13	11:22	43:43	11:30	44:13	11:38	44:43	11:46	45:13	11:53	45:43	12:01
43:14	11:22	43:44	11:30	44:14	11:38	44:44	11:46	45:14	11:54	45:44	12:02
43:15	11:22	43:45	11:30	44:15	11:38	44:45	11:46	45:15	11:54	45:45	12:02
43:16	11:23	43:46	11:31	44:16	11:38	44:46	11:46	45:16	11:54	45:46	12:02
43:17	11:23	43:47	11:31	44:17	11:39	44:47	11:47	45:17	11:55	45:47	12:02
43:18	11:23	43:48	11:31	44:18	11:39	44:48	11:47	45:18	11:55	45:48	12:03
43:19	11:23	43:49	11:31	44:19	11:39	44:49	11:47	45:19	11:55	45:49	12:03
43:20	11:24	43:50	11:32	44:20	11:40	44:50	11:47	45:20	11:55	45:50	12:03
43:21	11:24	43:51	11:32	44:21	11:40	44:51	11:48	45:21	11:56	45:51	12:03
43:22	11:24	43:52	11:32	44:22	11:40	44:52	11:48	45:22	11:56	45:52	12:04
43:23	11:25	43:53	11:32	44:23	11:40	44:53	11:48	45:23	11:56	45:53	12:04
43:24	11:25	43:54	11:33	44:24	11:41	44:54	11:48	45:24	11:56	45:54	12:04
43:25	11:25	43:55	11:33	44:25	11:41	44:55	11:49	45:25	11:57	45:55	12:05
43:26	11:25	43:56	11:33	44:26	11:41	44:56	11:49	45:26	11:57	45:56	12:05
43:27	11:26	43:57	11:33	44:27	11:41	44:57	11:49	45:27	11:57	45:57	12:05
43:28	11:26	43:58	11:34	44:28	11:42	44:58	11:50	45:28	11:57	45:58	12:05
43:29	11:26	43:59	11:34	44:29	11:42	44:59	11:50	45:29	11:58	45:59	12:06