

VDOT Times Associated With Times Raced Over Some Popular Distances

VDOT	1500	Mile	3K	2-Mile	5K	10K	15K	¹ / ₂ Marathon	Marathon	VDOT
30	8:30	9:11	17:56	19:19	30:40	63:46	98:14	2:21:04	4:49:17	30
31	8:15	8:55	17:27	18:48	29:51	62:03	95:36	2:17:21	4:41:57	31
32	8:02	8:41	16:59	18:18	29:05	60:26	93:07	2:13:49	4:34:59	32
33	7:49	8:27	16:33	17:50	28:21	58:54	90:45	2:10:27	4:28:22	33
34	7:37	8:14	16:09	17:24	27:39	57:26	88:30	2:07:16	4:22:03	34
35	7:25	8:01	15:45	16:58	27:00	56:03	86:22	2:04:13	4:16:03	35
36	7:14	7:49	15:23	16:34	26:22	54:44	84:20	2:01:19	4:10:19	36
37	7:04	7:38	15:01	16:11	25:46	53:29	82:24	1:58:34	4:04:50	37
38	6:54	7:27	14:41	15:49	25:12	52:17	80:33	1:55:55	3:59:35	38
39	6:44	7:17	14:21	15:29	24:39	51:09	78:47	1:53:24	3:54:34	39
40	6:35	7:07	14:03	15:08	24:08	50:03	77:06	1:50:59	3:49:45	40
41	6:27	6:58	13:45	14:49	23:38	49:01	75:29	1:48:40	3:45:09	41
42	6:19	6:49	13:28	14:31	23:09	48:01	73:56	1:46:27	3:40:43	42
43	6:11	6:41	13:11	14:13	22:41	47:04	72:27	1:44:20	3:36:28	43
44	6:03	6:32	12:55	13:56	22:15	46:09	71:02	1:42:17	3:32:23	44
45	5:56	6:25	12:40	13:40	21:50	45:16	69:40	1:40:20	3:28:26	45
46	5:49	6:17	12:26	13:25	21:25	44:25	68:22	1:38:27	3:24:39	46
47	5:42	6:10	12:12	13:10	21:02	43:36	67:06	1:36:38	3:21:00	47
48	5:36	6:03	11:58	12:55	20:39	42:50	65:53	1:34:53	3:17:29	48
49	5:30	5:56	11:45	12:41	20:18	42:04	64:44	1:33:12	3:14:06	49
50	5:24	5:50	11:33	12:28	19:57	41:21	63:36	1:31:35	3:10:49	50
51	5:18	5:44	11:21	12:15	19:36	40:39	62:31	1:30:02	3:07:39	51
52	5:13	5:38	11:09	12:02	19:17	39:59	61:29	1:28:31	3:04:36	52
53	5:07	5:32	10:58	11:50	18:58	39:20	60:28	1:27:04	3:01:39	53
54	5:02	5:27	10:47	11:39	18:40	38:42	59:30	1:25:40	2:58:47	54
55	4:57	5:21	10:37	11:28	18:22	38:06	58:33	1:24:18	2:56:01	55
56	4:53	5:16	10:27	11:17	18:05	37:31	57:39	1:23:00	2:53:20	56
57	4:48	5:11	10:17	11:06	17:49	36:57	56:46	1:21:43	2:50:45	57
58	4:44	5:06	10:08	10:56	17:33	36:24	55:55	1:20:30	2:48:14	58
59	4:39	5:02	9:58	10:46	17:17	35:52	55:06	1:19:18	2:45:47	59
60	4:35	4:57	9:50	10:37	17:03	35:22	54:18	1:18:09	2:43:25	60
61	4:31	4:53	9:41	10:27	16:48	34:52	53:32	1:17:02	2:41:08	61
62	4:27	4:49	9:33	10:18	16:34	34:23	52:47	1:15:57	2:38:54	62
63	4:24	4:45	9:25	10:10	16:20	33:55	52:03	1:14:54	2:36:44	63
64	4:20	4:41	9:17	10:01	16:07	33:28	51:21	1:13:53	2:34:38	64
65	4:16	4:37	9:09	9:53	15:54	33:01	50:40	1:12:53	2:32:35	65
66	4:13	4:33	9:02	9:45	15:42	32:35	50:00	1:11:56	2:30:36	66
67	4:10	4:30	8:55	9:37	15:29	32:11	49:22	1:11:00	2:28:40	67
68	4:06	4:26	8:48	9:30	15:18	31:46	48:44	1:10:05	2:26:47	68
69	4:03	4:23	8:41	9:23	15:06	31:23	48:08	1:09:12	2:24:57	69
70	4:00	4:19	8:34	9:16	14:55	31:00	47:32	1:08:21	2:23:10	70
71	3:57	4:16	8:28	9:09	14:44	30:38	46:58	1:07:31	2:21:26	71
72	3:54	4:13	8:22	9:02	14:33	30:16	46:24	1:06:42	2:19:44	72
73	3:52	4:10	8:16	8:55	14:23	29:55	45:51	1:05:54	2:18:05	73
74	3:49	4:07	8:10	8:49	14:13	29:34	45:19	1:05:08	2:16:29	74
75	3:46	4:04	8:04	8:43	14:03	29:14	44:48	1:04:23	2:14:55	75
76	3:44	4:02	7:58	8:37	13:54	28:55	44:18	1:03:39	2:13:23	76
77	3:41 +	3:58 +	7:53	8:31	13:44	28:36	43:49	1:02:56	2:11:54	77
78	03:38.8	03:56.2	7:48	8:25	13:35	28:17	43:20	1:02:15	2:10:27	78
79	03:36.5	03:53.7	7:43	8:20	13:26	27:59	42:52	1:01:34	2:09:02	79
80	03:34.2	03:51.2	07:37.5	08:14.2	13:17.8	27:41.2	42:25	1:00:54	2:07:38	80
81	03:31.9	03:48.7	07:32.5	08:08.9	13:09.3	27:24	41:58	1:00:15	2:06:17	81
82	03:29.7	03:46.4	07:27.8	08:03.7	13:01.1	27:07	41:32	59:38	2:04:57	82
83	03:27.6	03:44.1	07:23.1	07:58.7	12:53.0	26:51	41:06	59:01	2:03:40	83
84	03:25.5	03:41.8	07:18.5	07:53.7	12:45.2	26:34	40:42	58:25	2:02:24	84
85	03:23.5	03:39.6	07:14.1	07:48.9	12:37.4	26:19	40:17	57:50	2:01:10	85