

# Ironmate Triathlon Pace Chart

Get 100's of Ironman and Triathlon Training Tips, latest Ironman and Triathlon news and Coaching advice from Ironmate Mark at [ironmate.co.uk](http://ironmate.co.uk)



## Swim Performance

Your swim performance is generally measured in time as opposed to speed or pace so simply find your time to complete 25 or 100 meters (at the appropriate pace for the required distance) and then read across to find the time it would take to complete the target distance at that pace.

25 METERS	100 METERS	SUPER SPRINT	SPRINT	OLYMPIC	HALF IRON	IRON	DOUBLE IRON
Meters	100	400	750	1500	1931	3862	7725
Miles	-	-	-	-	1.2	2.4	4.8
Seconds	mm:ss	mm:ss	mm:ss	mm:ss	hh:mm:ss	hh:mm:ss	hh:mm:ss
15	01:00	04:00	07:30	15:00	00:19:19	00:38:37	01:17:15
16	01:04	04:16	08:00	16:00	00:20:36	00:41:12	01:22:24
17	01:08	04:32	08:30	17:00	00:21:53	00:43:46	01:27:33
18	01:12	04:48	09:00	18:00	00:23:10	00:46:21	01:32:42
19	01:16	05:04	09:30	19:00	00:24:28	00:48:55	01:37:51
20	01:20	05:20	10:00	20:00	00:25:45	00:51:30	01:43:00
21	01:24	05:36	10:30	21:00	00:27:02	00:54:04	01:48:09
22	01:28	05:52	11:00	22:00	00:28:19	00:56:39	01:53:18
23	01:32	06:08	11:30	23:00	00:29:37	00:59:13	01:58:27
24	01:36	06:24	12:00	24:00	00:30:54	01:01:48	02:03:36
25	01:40	06:40	12:30	25:00	00:32:11	01:04:22	02:08:45
26	01:44	06:56	13:00	26:00	00:33:28	01:06:57	02:13:54
27	01:48	07:12	13:30	27:00	00:34:46	01:09:31	02:19:03
28	01:52	07:28	14:00	28:00	00:36:03	01:12:06	02:24:12
29	01:56	07:44	14:30	29:00	00:37:20	01:14:40	02:29:21
30	02:00	08:00	15:00	30:00	00:38:37	01:17:15	02:34:30
31	02:04	08:16	15:30	31:00	00:39:55	01:19:49	02:39:39
32	02:08	08:32	16:00	32:00	00:41:12	01:22:24	02:44:48
33	02:12	08:48	16:30	33:00	00:42:29	01:24:58	02:49:57
34	02:16	09:04	17:00	34:00	00:43:46	01:27:33	02:55:06
35	02:20	09:20	17:30	35:00	00:45:04	01:30:07	03:00:15
36	02:24	09:36	18:00	36:00	00:46:21	01:32:42	03:05:24
37	02:28	09:52	18:30	37:00	00:47:38	01:35:16	03:10:33
38	02:32	10:08	19:00	38:00	00:48:55	01:37:51	03:15:42
39	02:36	10:24	19:30	39:00	00:50:13	01:40:25	03:20:51
40	02:40	10:40	20:00	40:00	00:51:30	01:43:00	03:26:00
41	02:44	10:56	20:30	41:00	00:52:47	01:45:34	03:31:09
42	02:48	11:12	21:00	42:00	00:54:04	01:48:09	03:36:18
43	02:52	11:28	21:30	43:00	00:55:22	01:50:43	03:41:27
44	02:56	11:44	22:00	44:00	00:56:39	01:53:18	03:46:36
45	03:00	12:00	22:30	45:00	00:57:56	01:55:52	03:51:45
46	03:04	12:16	23:00	46:00	00:59:13	01:58:27	03:56:54
47	03:08	12:32	23:30	47:00	01:00:31	02:01:01	04:02:03
48	03:12	12:48	24:00	48:00	01:01:48	02:03:36	04:07:12
49	03:16	13:04	24:30	49:00	01:03:05	02:06:10	04:12:21
50	03:20	13:20	25:00	50:00	01:04:22	02:08:45	04:17:30
51	03:24	13:36	25:30	51:00	01:05:40	02:11:19	04:22:39
52	03:28	13:52	26:00	52:00	01:06:57	02:13:54	04:27:48
53	03:32	14:08	26:30	53:00	01:08:14	02:16:28	04:32:57
54	03:36	14:24	27:00	54:00	01:09:31	02:19:03	04:38:06
55	03:40	14:40	27:30	55:00	01:10:49	02:21:37	04:43:15
56	03:44	14:56	28:00	56:00	01:12:06	02:24:12	04:48:24
57	03:48	15:12	28:30	57:00	01:13:23	02:26:46	04:53:33
58	03:52	15:28	29:00	58:00	01:14:40	02:29:21	04:58:42
59	03:56	15:44	29:30	59:00	01:15:58	02:31:55	05:03:51

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## Bike Performance

Bike performance is usually estimated by the speed you can maintain over the required distance. Look up the speed you can maintain in one of the two left columns (mph or kph) and then read across to find the time it would take to complete the target distance at that speed.

SPEED		SUPER SPRINT	SPRINT	OLYMPIC	HALF IRON	IRON	DOUBLE IRON
Kilometres	-	20	20	40	90	180	360
Miles	-	12.4	12.4	24.9	56	112	224
MPH	KPH	hh:mm:ss	hh:mm:ss	hh:mm:ss	hh:mm:ss	hh:mm:ss	hh:mm:ss
10.00	16.09	01:14:34	01:14:34	02:29:08	05:36:00	11:12:00	22:24:00
10.50	16.90	01:11:01	01:11:01	02:22:02	05:20:00	10:40:00	21:20:00
11.00	17.70	01:07:47	01:07:47	02:15:34	05:05:27	10:10:55	20:21:49
11.50	18.51	01:04:50	01:04:50	02:09:41	04:52:10	09:44:21	19:28:42
12.00	19.31	01:02:08	01:02:08	02:04:16	04:40:00	09:20:00	18:40:00
12.50	20.12	00:59:39	00:59:39	01:59:18	04:28:48	08:57:36	17:55:12
13.00	20.92	00:57:21	00:57:21	01:54:43	04:18:28	08:36:55	17:13:51
13.50	21.73	00:55:14	00:55:14	01:50:28	04:08:53	08:17:47	16:35:33
14.00	22.53	00:53:16	00:53:16	01:46:31	04:00:00	08:00:00	16:00:00
14.50	23.34	00:51:25	00:51:25	01:42:51	03:51:43	07:43:27	15:26:54
15.00	24.14	00:49:43	00:49:43	01:39:25	03:44:00	07:28:00	14:56:00
15.50	24.94	00:48:06	00:48:06	01:36:13	03:36:46	07:13:33	14:27:06
16.00	25.75	00:46:36	00:46:36	01:33:12	03:30:00	07:00:00	14:00:00
16.50	26.55	00:45:11	00:45:11	01:30:23	03:23:38	06:47:16	13:34:33
17.00	27.36	00:43:52	00:43:52	01:27:43	03:17:39	06:35:18	13:10:35
17.50	28.16	00:42:37	00:42:37	01:25:13	03:12:00	06:24:00	12:48:00
18.00	28.97	00:41:25	00:41:25	01:22:51	03:06:40	06:13:20	12:26:40
18.50	29.77	00:40:18	00:40:18	01:20:37	03:01:37	06:03:15	12:06:29
19.00	30.58	00:39:15	00:39:15	01:18:29	02:56:51	05:53:41	11:47:22
19.50	31.38	00:38:14	00:38:14	01:16:29	02:52:18	05:44:37	11:29:14
20.00	32.19	00:37:17	00:37:17	01:14:34	02:48:00	05:36:00	11:12:00
20.50	32.99	00:36:22	00:36:22	01:12:45	02:43:54	05:27:48	10:55:37
21.00	33.80	00:35:30	00:35:30	01:11:01	02:40:00	05:20:00	10:40:00
21.50	34.60	00:34:41	00:34:41	01:09:22	02:36:17	05:12:33	10:25:07
22.00	35.41	00:33:54	00:33:54	01:07:47	02:32:44	05:05:27	10:10:55
22.50	36.21	00:33:08	00:33:08	01:06:17	02:29:20	04:58:40	09:57:20
23.00	37.01	00:32:25	00:32:25	01:04:50	02:26:05	04:52:10	09:44:21
23.50	37.82	00:31:44	00:31:44	01:03:28	02:22:59	04:45:57	09:31:55
24.00	38.62	00:31:04	00:31:04	01:02:08	02:20:00	04:40:00	09:20:00
24.50	39.43	00:30:26	00:30:26	01:00:52	02:17:09	04:34:17	09:08:34
25.00	40.23	00:29:50	00:29:50	00:59:39	02:14:24	04:28:48	08:57:36
25.50	41.04	00:29:14	00:29:14	00:58:29	02:11:46	04:23:32	08:47:04
26.00	41.84	00:28:41	00:28:41	00:57:21	02:09:14	04:18:28	08:36:55
26.50	42.65	00:28:08	00:28:08	00:56:17	02:06:48	04:13:35	08:27:10
27.00	43.45	00:27:37	00:27:37	00:55:14	02:04:27	04:08:53	08:17:47
27.50	44.26	00:27:07	00:27:07	00:54:14	02:02:11	04:04:22	08:08:44
28.00	45.06	00:26:38	00:26:38	00:53:16	02:00:00	04:00:00	08:00:00
28.50	45.87	00:26:10	00:26:10	00:52:20	01:57:54	03:55:47	07:51:35
29.00	46.67	00:25:43	00:25:43	00:51:25	01:55:52	03:51:43	07:43:27
29.50	47.48	00:25:17	00:25:17	00:50:33	01:53:54	03:47:48	07:35:36
30.00	48.28	00:24:51	00:24:51	00:49:43	01:52:00	03:44:00	07:28:00

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## Run Performance

Run performance is usually estimated by the pace you can maintain over the required distance. Look up the pace you can maintain in one of the two left columns (mph or kph) and then read across to find the time it would take to complete the target distance at that pace.

PACE		SUPER SPRINT	SPRINT	OLYMPIC	HALF IRON	IRON	DOUBLE IRON
Kilometres	-	5.00	5.00	10.00	21.08	42.16	84.33
Miles	-	3.11	3.11	6.21	13.10	26.20	52.40
Min/M	Min/K	mm:ss	mm:ss	hh:mm:ss	hh:mm:ss	hh:mm:ss	hh:mm:ss
06:00	03:44	18:38	18:38	00:37:17	01:18:36	02:37:12	05:14:24
06:10	03:50	19:10	19:10	00:38:19	01:20:47	02:41:34	05:23:08
06:20	03:56	19:41	19:41	00:39:21	01:22:58	02:45:56	05:31:52
06:30	04:02	20:12	20:12	00:40:23	01:25:09	02:50:18	05:40:36
06:40	04:09	20:43	20:43	00:41:25	01:27:20	02:54:40	05:49:20
06:50	04:15	21:14	21:14	00:42:28	01:29:31	02:59:02	05:58:04
07:00	04:21	21:45	21:45	00:43:30	01:31:42	03:03:24	06:06:48
07:10	04:27	22:16	22:16	00:44:32	01:33:53	03:07:46	06:15:32
07:20	04:33	22:47	22:47	00:45:34	01:36:04	03:12:08	06:24:16
07:30	04:40	23:18	23:18	00:46:36	01:38:15	03:16:30	06:33:00
07:40	04:46	23:49	23:49	00:47:38	01:40:26	03:20:52	06:41:44
07:50	04:52	24:20	24:20	00:48:40	01:42:37	03:25:14	06:50:28
08:00	04:58	24:51	24:51	00:49:43	01:44:48	03:29:36	06:59:12
08:10	05:04	25:22	25:22	00:50:45	01:46:59	03:33:58	07:07:56
08:20	05:11	25:53	25:53	00:51:47	01:49:10	03:38:20	07:16:40
08:30	05:17	26:25	26:25	00:52:49	01:51:21	03:42:42	07:25:24
08:40	05:23	26:56	26:56	00:53:51	01:53:32	03:47:04	07:34:08
08:50	05:29	27:27	27:27	00:54:53	01:55:43	03:51:26	07:42:52
09:00	05:36	27:58	27:58	00:55:55	01:57:54	03:55:48	07:51:36
09:10	05:42	28:29	28:29	00:56:58	02:00:05	04:00:10	08:00:20
09:20	05:48	29:00	29:00	00:58:00	02:02:16	04:04:32	08:09:04
09:30	05:54	29:31	29:31	00:59:02	02:04:27	04:08:54	08:17:48
09:40	06:00	30:02	30:02	01:00:04	02:06:38	04:13:16	08:26:32
09:50	06:07	30:33	30:33	01:01:06	02:08:49	04:17:38	08:35:16
10:00	06:13	31:04	31:04	01:02:08	02:11:00	04:22:00	08:44:00
10:10	06:19	31:35	31:35	01:03:10	02:13:11	04:26:22	08:52:44
10:20	06:25	32:06	32:06	01:04:13	02:15:22	04:30:44	09:01:28
10:30	06:31	32:37	32:37	01:05:15	02:17:33	04:35:06	09:10:12
10:40	06:38	33:08	33:08	01:06:17	02:19:44	04:39:28	09:18:56
10:50	06:44	33:39	33:39	01:07:19	02:21:55	04:43:50	09:27:40
11:00	06:50	34:11	34:11	01:08:21	02:24:06	04:48:12	09:36:24
11:10	06:56	34:42	34:42	01:09:23	02:26:17	04:52:34	09:45:08
11:20	07:03	35:13	35:13	01:10:25	02:28:28	04:56:56	09:53:52
11:30	07:09	35:44	35:44	01:11:27	02:30:39	05:01:18	10:02:36
11:40	07:15	36:15	36:15	01:12:30	02:32:50	05:05:40	10:11:20
11:50	07:21	36:46	36:46	01:13:32	02:35:01	05:10:02	10:20:04
12:00	07:27	37:17	37:17	01:14:34	02:37:12	05:14:24	10:28:48
12:10	07:34	37:48	37:48	01:15:36	02:39:23	05:18:46	10:37:32
12:20	07:40	38:19	38:19	01:16:38	02:41:34	05:23:08	10:46:16
12:30	07:46	38:50	38:50	01:17:40	02:43:45	05:27:30	10:55:00
12:40	07:52	39:21	39:21	01:18:42	02:45:56	05:31:52	11:03:44
12:50	07:58	39:52	39:52	01:19:45	02:48:07	05:36:14	11:12:28
13:00	08:05	40:23	40:23	01:20:47	02:50:18	05:40:36	11:21:12
13:10	08:11	40:54	40:54	01:21:49	02:52:29	05:44:58	11:29:56
13:20	08:17	41:25	41:25	01:22:51	02:54:40	05:49:20	11:38:40
13:30	08:23	41:57	41:57	01:23:53	02:56:51	05:53:42	11:47:24

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## About Ironmate Mark Kleanthous

Mark Kleanthous has been competing in triathlon and Ironman almost since they were first conceived.

Mark is one of the most experienced triathletes in the world and has been passing on his vast knowledge of the sport through his Ironmate website since the year 2004 making [ironmate.co.uk](http://ironmate.co.uk) one of the longest established triathlon websites on the web.

Mark is available for personal coaching at all levels from beginner to professional and is also able to provide numerous services such as commission based article writing services for magazines and corporate events and presentations.

For further details and examples of previous work, testimonials etc.. please see the [Ironmate website](http://ironmate.co.uk).

### ***Sporting Achievements***

- Mark has competed in over 1,000 races world wide in more than 14 countries.
- Swimming - 100m, Triathlon Sprint, Olympic and Ironman distance, Swimathon (5k) twice in a day, and swimming the English Channel (relay).
- Cycling - 10, 25, 50, 100 mile time trials and 12 hour time trials. Cycled from Land's End to John O Groat's 874 miles (1,399k)
- Running - Mile, 5k, 10k, 21k, Marathon, double Marathon, 100k and beyond.
- Completed over 70 Marathons.

### ***Triathlon Achievements***

- Mark has crossed the finish line in over 450 triathlons worldwide.
- Completed more than 35 Ironman events.
- From Super Sprint races to Olympic, Middle, Ironman, Double and Triple Iron distance events.
- Once won a triathlon outright in the morning and finished 2nd in another in the afternoon!

### ***Other Events***

- 1,000 Push ups (Press ups) in 28 minutes.
- Competed in the British Telecom Tower (London) race and climbed 870 steps/650 feet in less than 5 minutes.
- Pizza eating completion winner!

### ***Qualifications***

- Mark has currently achieved British Triathlon level 1 & 2 coaching award.