

Table 11.2 VDOT Values for Popular Race Distances

VDOT	Mile	5K	10K	Half marathon	Marathon
30	9:11	30:40	63:46	2:21:04	4:49:17
31	8:55	29:51	62:03	2:17:21	4:41:57
32	8:41	29:05	60:26	2:13:49	4:34:59
33	8:27	28:21	58:54	2:10:27	4:28:22
34	8:14	27:39	57:26	2:07:16	4:22:03
35	8:01	27:00	56:03	2:04:13	4:16:03
36	7:49	26:22	54:44	2:01:19	4:10:19
37	7:38	25:46	53:29	1:58:34	4:04:50
38	7:27	25:12	52:17	1:55:55	3:59:35
39	7:17	24:39	51:09	1:53:24	3:54:34
40	7:07	24:08	50:03	1:50:59	3:49:45
41	6:58	23:38	49:01	1:48:40	3:45:09
42	6:49	23:09	48:01	1:46:27	3:40:43
43	6:41	22:41	47:04	1:44:20	3:36:28
44	6:32	22:15	46:09	1:42:17	3:32:23
45	6:25	21:50	45:16	1:40:20	3:28:26
46	6:17	21:25	44:25	1:38:27	3:24:39
47	6:10	21:02	43:36	1:36:38	3:21:00
48	6:03	20:39	42:50	1:34:53	3:17:29
49	5:56	20:18	42:04	1:33:12	3:14:06
50	5:50	19:57	41:21	1:31:35	3:10:49
51	5:44	19:36	40:39	1:30:02	3:07:39
52	5:38	19:17	39:59	1:28:31	3:04:36
53	5:32	18:58	39:20	1:27:04	3:01:39
54	5:27	18:40	38:42	1:25:40	2:58:47
55	5:21	18:22	38:06	1:24:18	2:56:01
56	5:16	18:05	37:31	1:23:00	2:53:20
57	5:11	17:49	36:57	1:21:43	2:50:45
58	5:06	17:33	36:24	1:20:30	2:48:14
59	5:02	17:17	35:52	1:19:18	2:45:47
60	4:57	17:03	35:22	1:18:09	2:43:25
61	4:53	16:48	34:52	1:17:02	2:41:08
62	4:49	16:34	34:23	1:15:57	2:38:54
63	4:45	16:20	33:55	1:14:54	2:36:44
64	4:41	16:07	33:28	1:13:53	2:34:38
65	4:37	15:54	33:01	1:12:53	2:32:35

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