

# Ukrop's Monument Avenue 10k

## Qualifying Time Conversion Chart

Using the Runner's World Pace Calculator at: <http://www.runnersworld.com/tools/race-times-predictor>

<u>Wave</u>	<u>10k Qualifying Time</u>	<u>Marathon</u>	<u>1/2 Marathon</u>	<u>10 Mile</u>	<u>8k</u>	<u>5k</u>
<b>A</b>	Sub 40:00	<3:03:56	<1:28:13	<1:06:13	<31:33	<19:11
<b>AA</b>	40:00 - 41:59	<3:13:08	<1:32:38	<1:09:31	<33:08	<20:08
<b>AB</b>	42:00 - 43:59	<3:22:20	<1:37:03	<1:12:50	<34:43	<21:06
<b>B</b>	44:00 - 45:59	<3:31:32	<1:41:27	<1:16:09	<36:17	<22:03
<b>BA</b>	46:00 - 46:59	<3:36:08	<1:43:40	<1:17:48	<37:05	<22:32
<b>BB</b>	47:00 - 47:59	<3:40:44	<1:45:52	<1:19:27	<37:52	<23:01
<b>C</b>	48:00 - 48:59	<3:45:20	<1:48:05	<1:21:07	<38:39	<23:30
<b>CA</b>	49:00 - 49:59	<3:49:56	<1:50:17	<1:22:46	<39:27	<23:58
<b>D</b>	50:00 - 50:59	<3:54:32	<1:52:29	<1:24:26	<40:14	<24:27
<b>E</b>	51:00 - 51:59	<3:59:08	<1:54:42	<1:26:05	<41:02	<24:56
<b>F</b>	52:00 - 52:59	<4:03:44	<1:56:54	<1:27:44	<41:49	<25:25
<b>G</b>	53:00 - 53:59	<4:08:20	<1:59:07	<1:29:24	<42:36	<25:54
<b>H</b>	54:00 - 54:59	<4:12:56	<2:01:19	<1:31:03	<43:24	<26:22
<b>J</b>	55:00 - 55:59	<4:17:32	<2:03:31	<1:32:42	<44:11	<26:51
<b>K</b>	56:00 - 56:59	<4:22:08	<2:05:44	<1:34:22	<44:58	<27:20
<b>L</b>	57:00 - 57:59	<4:26:44	<2:07:56	<1:36:01	<45:46	<27:49
<b>M</b>	58:00 - 58:59	<4:31:20	<2:10:08	<1:37:40	<46:33	<28:17
<b>N</b>	59:00 - 59:59	<4:35:56	<2:12:21	<1:39:20	<47:20	<28:46
<b>P</b>	60:00 - 60:59	<4:40:32	<2:14:33	<1:40:59	<48:08	<29:15
<b>Q</b>	61:00 - 61:59	<4:45:08	<2:16:46	<1:42:38	<48:55	<29:44
<b>R</b>	62:00 - 62:59	<4:49:44	<2:18:58	<1:44:18	<49:42	<30:13