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

Wave	10k Qualifying Time	Marathon	1/2 Marathon	10 Mile	15k	8k	4 Mile	5k
A	Sub 40:00	<3:03:56	<1:28:13	<1:06:13	<1:01:27	<31:33	<25:04	<19:11
B	40:00 - 43:59	<3:22:20	<1:37:03	<1:12:50	<1:07:35	<34:43	<27:34	<21:06
C	44:00 - 47:59	<3:40:44	<1:45:52	<1:19:27	<1:13:44	<37:52	<30:04	<23:01
D	48:00 - 50:59	<3:54:32	<1:52:29	<1:24:26	<1:18:21	<40:14	<31:57	<24:27
E	51:00 - 52:59	<4:03:44	<1:56:54	<1:27:44	<1:21:25	<41:49	<33:13	<25:25
F	53:00 - 54:59	<4:12:56	<2:01:19	<1:31:03	<1:24:30	<43:24	<34:28	<26:22
G	55:00 - 55:59	<4:17:32	<2:03:31	<1:32:42	<1:26:02	<44:11	<35:05	<26:51
H	56:00 - 57:59	<4:26:44	<2:07:56	<1:36:01	<1:29:07	<45:46	<36:21	<27:49
J	58:00 - 59:59	<4:35:56	<2:12:21	<1:39:20	<1:32:11	<47:20	<37:36	<28:46
K	60:00 - 60:59	<4:40:32	<2:14:33	<1:40:59	<1:33:43	<48:08	<38:14	<29:15
L	61:00 - 62:59	<4:49:44	<2:18:58	<1:44:18	<1:36:48	<49:42	<39:29	<30:13