

Half marathon spilt times

Target time	Cumulative mile splits													
	1	2	3	4	5	6	7	8	9	10	11	12	13	13.1
01:30:00	00:06:52	00:13:44	00:20:37	00:27:29	00:34:21	00:41:13	00:48:05	00:54:58	01:01:50	01:08:42	01:15:34	01:22:27	01:29:19	01:30:00
01:31:00	00:06:57	00:13:54	00:20:50	00:27:47	00:34:44	00:41:41	00:48:38	00:55:34	01:02:31	01:09:28	01:16:25	01:23:22	01:30:18	01:31:00
01:32:00	00:07:01	00:14:03	00:21:04	00:28:05	00:35:07	00:42:08	00:49:10	00:56:11	01:03:12	01:10:14	01:17:15	01:24:16	01:31:18	01:32:00
01:33:00	00:07:06	00:14:12	00:21:18	00:28:24	00:35:30	00:42:36	00:49:42	00:56:48	01:03:54	01:11:00	01:18:05	01:25:11	01:32:17	01:33:00
01:34:00	00:07:11	00:14:21	00:21:32	00:28:42	00:35:53	00:43:03	00:50:14	00:57:24	01:04:35	01:11:45	01:18:56	01:26:06	01:33:17	01:34:00
01:35:00	00:07:15	00:14:30	00:21:45	00:29:00	00:36:16	00:43:31	00:50:46	00:58:01	01:05:16	01:12:31	01:19:46	01:27:01	01:34:16	01:35:00
01:36:00	00:07:20	00:14:39	00:21:59	00:29:19	00:36:38	00:43:58	00:51:18	00:58:38	01:05:57	01:13:17	01:20:37	01:27:56	01:35:16	01:36:00
01:37:00	00:07:24	00:14:49	00:22:13	00:29:37	00:37:01	00:44:26	00:51:50	00:59:14	01:06:38	01:14:03	01:21:27	01:28:51	01:36:16	01:37:00
01:38:00	00:07:29	00:14:58	00:22:27	00:29:55	00:37:24	00:44:53	00:52:22	00:59:51	01:07:20	01:14:49	01:22:17	01:29:46	01:37:15	01:38:00
01:39:00	00:07:33	00:15:07	00:22:40	00:30:14	00:37:47	00:45:21	00:52:54	01:00:27	01:08:01	01:15:34	01:23:08	01:30:41	01:38:15	01:39:00
01:40:00	00:07:38	00:15:16	00:22:54	00:30:32	00:38:10	00:45:48	00:53:26	01:01:04	01:08:42	01:16:20	01:23:58	01:31:36	01:39:14	01:40:00
01:41:00	00:07:43	00:15:25	00:23:08	00:30:50	00:38:33	00:46:16	00:53:58	01:01:41	01:09:23	01:17:06	01:24:49	01:32:31	01:40:14	01:41:00
01:42:00	00:07:47	00:15:34	00:23:22	00:31:09	00:38:56	00:46:43	00:54:30	01:02:17	01:10:05	01:17:52	01:25:39	01:33:26	01:41:13	01:42:00
01:43:00	00:07:52	00:15:44	00:23:35	00:31:27	00:39:19	00:47:11	00:55:02	01:02:54	01:10:46	01:18:38	01:26:29	01:34:21	01:42:13	01:43:00
01:44:00	00:07:56	00:15:53	00:23:49	00:31:45	00:39:42	00:47:38	00:55:34	01:03:31	01:11:27	01:19:23	01:27:20	01:35:16	01:43:12	01:44:00
01:45:00	00:08:01	00:16:02	00:24:03	00:32:04	00:40:05	00:48:05	00:56:06	01:04:07	01:12:08	01:20:09	01:28:10	01:36:11	01:44:12	01:45:00
01:46:00	00:08:05	00:16:11	00:24:16	00:32:22	00:40:27	00:48:33	00:56:38	01:04:44	01:12:49	01:20:55	01:29:00	01:37:06	01:45:11	01:46:00
01:47:00	00:08:10	00:16:20	00:24:30	00:32:40	00:40:50	00:49:00	00:57:11	01:05:21	01:13:31	01:21:41	01:29:51	01:38:01	01:46:11	01:47:00
01:48:00	00:08:15	00:16:29	00:24:44	00:32:59	00:41:13	00:49:28	00:57:43	01:05:57	01:14:12	01:22:27	01:30:41	01:38:56	01:47:11	01:48:00
01:49:00	00:08:19	00:16:38	00:24:58	00:33:17	00:41:36	00:49:55	00:58:15	01:06:34	01:14:53	01:23:12	01:31:32	01:39:51	01:48:10	01:49:00
01:50:00	00:08:24	00:16:48	00:25:11	00:33:35	00:41:59	00:50:23	00:58:47	01:07:11	01:15:34	01:23:58	01:32:22	01:40:46	01:49:10	01:50:00
01:51:00	00:08:28	00:16:57	00:25:25	00:33:54	00:42:22	00:50:50	00:59:19	01:07:47	01:16:16	01:24:44	01:33:12	01:41:41	01:50:09	01:51:00
01:52:00	00:08:33	00:17:06	00:25:39	00:34:12	00:42:45	00:51:18	00:59:51	01:08:24	01:16:57	01:25:30	01:34:03	01:42:36	01:51:09	01:52:00
01:53:00	00:08:38	00:17:15	00:25:53	00:34:30	00:43:08	00:51:45	01:00:23	01:09:00	01:17:38	01:26:16	01:34:53	01:43:31	01:52:08	01:53:00
01:54:00	00:08:42	00:17:24	00:26:06	00:34:49	00:43:31	00:52:13	01:00:55	01:09:37	01:18:19	01:27:01	01:35:44	01:44:26	01:53:08	01:54:00
01:55:00	00:08:47	00:17:33	00:26:20	00:35:07	00:43:54	00:52:40	01:01:27	01:10:14	01:19:00	01:27:47	01:36:34	01:45:21	01:54:07	01:55:00
01:56:00	00:08:51	00:17:43	00:26:34	00:35:25	00:44:16	00:53:08	01:01:59	01:10:50	01:19:42	01:28:33	01:37:24	01:46:16	01:55:07	01:56:00
01:57:00	00:08:56	00:17:52	00:26:48	00:35:44	00:44:39	00:53:35	01:02:31	01:11:27	01:20:23	01:29:19	01:38:15	01:47:11	01:56:06	01:57:00
01:58:00	00:09:00	00:18:01	00:27:01	00:36:02	00:45:02	00:54:03	01:03:03	01:12:04	01:21:04	01:30:05	01:39:05	01:48:05	01:57:06	01:58:00
01:59:00	00:09:05	00:18:10	00:27:15	00:36:20	00:45:25	00:54:30	01:03:35	01:12:40	01:21:45	01:30:50	01:39:55	01:49:00	01:58:05	01:59:00

Target time	Cumulative mile splits													
	1	2	3	4	5	6	7	8	9	10	11	12	13	13.1
02:00:00	00:09:10	00:18:19	00:27:29	00:36:38	00:45:48	00:54:58	01:04:07	01:13:17	01:22:27	01:31:36	01:40:46	01:49:55	01:59:05	02:00:00
02:01:00	00:09:14	00:18:28	00:27:43	00:36:57	00:46:11	00:55:25	01:04:39	01:13:54	01:23:08	01:32:22	01:41:36	01:50:50	02:00:05	02:01:00
02:02:00	00:09:19	00:18:38	00:27:56	00:37:15	00:46:34	00:55:53	01:05:11	01:14:30	01:23:49	01:33:08	01:42:27	01:51:45	02:01:04	02:02:00
02:03:00	00:09:23	00:18:47	00:28:10	00:37:33	00:46:57	00:56:20	01:05:44	01:15:07	01:24:30	01:33:54	01:43:17	01:52:40	02:02:04	02:03:00
02:04:00	00:09:28	00:18:56	00:28:24	00:37:52	00:47:20	00:56:48	01:06:16	01:15:44	01:25:11	01:34:39	01:44:07	01:53:35	02:03:03	02:04:00
02:05:00	00:09:33	00:19:05	00:28:38	00:38:10	00:47:43	00:57:15	01:06:48	01:16:20	01:25:53	01:35:25	01:44:58	01:54:30	02:04:03	02:05:00
02:06:00	00:09:37	00:19:14	00:28:51	00:38:28	00:48:05	00:57:43	01:07:20	01:16:57	01:26:34	01:36:11	01:45:48	01:55:25	02:05:02	02:06:00
02:07:00	00:09:42	00:19:23	00:29:05	00:38:47	00:48:28	00:58:10	01:07:52	01:17:33	01:27:15	01:36:57	01:46:38	01:56:20	02:06:02	02:07:00
02:08:00	00:09:46	00:19:33	00:29:19	00:39:05	00:48:51	00:58:38	01:08:24	01:18:10	01:27:56	01:37:43	01:47:29	01:57:15	02:07:01	02:08:00
02:09:00	00:09:51	00:19:42	00:29:33	00:39:23	00:49:14	00:59:05	01:08:56	01:18:47	01:28:38	01:38:28	01:48:19	01:58:10	02:08:01	02:09:00
02:10:00	00:09:55	00:19:51	00:29:46	00:39:42	00:49:37	00:59:33	01:09:28	01:19:23	01:29:19	01:39:14	01:49:10	01:59:05	02:09:00	02:10:00
02:11:00	00:10:00	00:20:00	00:30:00	00:40:00	00:50:00	01:00:00	01:10:00	01:20:00	01:30:00	01:40:00	01:50:00	02:00:00	02:10:00	02:11:00
02:12:00	00:10:05	00:20:09	00:30:14	00:40:18	00:50:23	01:00:27	01:10:32	01:20:37	01:30:41	01:40:46	01:50:50	02:00:55	02:11:00	02:12:00
02:13:00	00:10:09	00:20:18	00:30:27	00:40:37	00:50:46	01:00:55	01:11:04	01:21:13	01:31:22	01:41:32	01:51:41	02:01:50	02:11:59	02:13:00
02:14:00	00:10:14	00:20:27	00:30:41	00:40:55	00:51:09	01:01:22	01:11:36	01:21:50	01:32:04	01:42:17	01:52:31	02:02:45	02:12:59	02:14:00
02:15:00	00:10:18	00:20:37	00:30:55	00:41:13	00:51:32	01:01:50	01:12:08	01:22:27	01:32:45	01:43:03	01:53:22	02:03:40	02:13:58	02:15:00
02:16:00	00:10:23	00:20:46	00:31:09	00:41:32	00:51:55	01:02:17	01:12:40	01:23:03	01:33:26	01:43:49	01:54:12	02:04:35	02:14:58	02:16:00
02:17:00	00:10:27	00:20:55	00:31:22	00:41:50	00:52:17	01:02:45	01:13:12	01:23:40	01:34:07	01:44:35	01:55:02	02:05:30	02:15:57	02:17:00
02:18:00	00:10:32	00:21:04	00:31:36	00:42:08	00:52:40	01:03:12	01:13:44	01:24:16	01:34:49	01:45:21	01:55:53	02:06:25	02:16:57	02:18:00
02:19:00	00:10:37	00:21:13	00:31:50	00:42:27	00:53:03	01:03:40	01:14:16	01:24:53	01:35:30	01:46:06	01:56:43	02:07:20	02:17:56	02:19:00
02:20:00	00:10:41	00:21:22	00:32:04	00:42:45	00:53:26	01:04:07	01:14:49	01:25:30	01:36:11	01:46:52	01:57:33	02:08:15	02:18:56	02:20:00