

PROSPECT MOUNTAIN ROAD RACE

UPHILL PACE CHART

"What kind of splits should I run?"

"What is a good time for me in a 5.67 mile uphill race?"

Many runners new to mountain running do not have any idea what time to shoot for in a primarily uphill race. The following chart might help. During the first three years of this race I compared the finishers times with a recent 10 KM time. I found the mountain times to be 17% to 23% slower than the 10 KM time.

The splits listed with times reflect the fact the miles in the PMRR are quite variable; the first and third miles are relative flat while the second, fourth, and fifth miles are nearly all uphill. The proportions calculated come from actual splits taken from several finishers in the early years of the race.

Note: These times can only estimate an average time. Some runners who are especially strong (or motivated) may have a faster time and others might be slower. Enjoy!

Brian Teague

| RECENT 10 KM TIME | PREDICTED EQUIVALENT PMRR TIME | OVERALL AVERAGE PACE | S | P | L | I | T | S |
|-------------------------|--------------------------------------|----------------------------|--------|--------|--------|--------|---------|---|
| | | | 1 MILE | 2 MILE | 3 MILE | 4 MILE | 5 MILE | |
| 30:00 | 35:06 | 6:11 | 5:08 | 11:44 | 17:16 | 23:47 | 30:33 | |
| 31:00 | 36:20 | 6:24 | 5:19 | 12:09 | 17:52 | 24:37 | 31:37 | |
| 32:00 | 37:34 | 6:38 | 5:30 | 12:34 | 18:28 | 25:28 | 32:42 | |
| 33:00 | 38:48 | 6:51 | 5:41 | 12:58 | 19:05 | 26:18 | 33:46 | |
| 34:00 | 40:03 | 7:04 | 5:52 | 13:23 | 19:42 | 27:09 | 34:51 | |
| 35:00 | 41:18 | 7:17 | 6:03 | 13:48 | 20:18 | 27:59 | 35:57 | |
| 36:00 | 42:33 | 7:30 | 6:14 | 14:14 | 20:55 | 28:50 | 37:02 | |
| 37:00 | 43:48 | 7:44 | 6:25 | 14:39 | 21:32 | 29:41 | 38:08 | |
| 38:00 | 45:04 | 7:57 | 6:36 | 15:04 | 22:10 | 30:33 | 39:13 | |
| 39:00 | 46:20 | 8:10 | 6:47 | 15:29 | 22:27 | 31:24 | 40:19 | |
| 40:00 | 47:36 | 8:24 | 6:58 | 15:55 | 23:24 | 32:16 | 41:26 | |
| 41:00 | 48:52 | 8:37 | 7:09 | 16:20 | 24:02 | 33:07 | 42:32 | |
| 42:00 | 50:09 | 8:51 | 7:20 | 16:46 | 24:39 | 33:59 | 43:39 | |
| 43:00 | 51:26 | 9:04 | 7:31 | 17:12 | 25:17 | 34:51 | 44:45 | |
| 44:00 | 52:43 | 9:18 | 7:43 | 17:37 | 25:55 | 35:43 | 45:53 | |
| 45:00 | 54:00 | 9:31 | 7:54 | 18:03 | 26:33 | 36:36 | 47:00 | |
| 46:00 | 55:18 | 9:45 | 8:05 | 18:29 | 27:11 | 37:28 | 48:07 | |
| 47:00 | 56:35 | 9:59 | 8:17 | 18:55 | 27:49 | 38:21 | 49:15 | |
| 48:00 | 57:53 | 10:13 | 8:28 | 19:21 | 28:28 | 39:14 | 50:23 | |
| 49:00 | 59:12 | 10:26 | 8:40 | 19:47 | 29:06 | 40:07 | 51:31 | |
| 50:00 | 1:00:30 | 10:40 | 8:51 | 20:14 | 29:45 | 41:00 | 52:39 | |
| 51:00 | 1:01:49 | 10:54 | 9:03 | 20:40 | 30:24 | 41:53 | 53:48 | |
| 52:00 | 1:03:08 | 11:08 | 9:14 | 21:06 | 31:02 | 42:47 | 54:56 | |
| 53:00 | 1:04:27 | 11:22 | 9:26 | 21:33 | 31:41 | 43:41 | 56:05 | |
| 54:00 | 1:05:46 | 11:36 | 9:37 | 21:59 | 32:20 | 44:34 | 57:14 | |
| 55:00 | 1:07:06 | 11:50 | 9:49 | 22:26 | 33:00 | 45:28 | 58:24 | |
| 56:00 | 1:08:26 | 12:04 | 10:01 | 22:53 | 33:39 | 46:23 | 59:33 | |
| 57:00 | 1:09:46 | 12:18 | 10:12 | 23:19 | 34:18 | 47:17 | 1:00:43 | |
| 58:00 | 1:11:06 | 12:32 | 10:24 | 23:46 | 34:58 | 48:11 | 1:01:53 | |
| 59:00 | 1:12:27 | 12:47 | 10:36 | 24:13 | 35:37 | 49:06 | 1:03:03 | |
| 1:00:00 | 1:13:48 | 13:01 | 10:48 | 24:40 | 36:17 | 50:01 | 1:04:14 | |
| 1:01:00 | 1:15:10 | 13:16 | 11:01 | 25:07 | 37:58 | 50:58 | 1:05:26 | |
| 1:02:00 | 1:16:32 | 13:30 | 11:14 | 25:34 | 38:39 | 51:55 | 1:06:38 | |