

How good or bad? 11:12 mile?



[looseit08](#) 21 posts since

Jul 22, 2008

I just finished W8D2 last night. I ran (wogged) 2.5 miles in 28 minutes. So I went to the little calculator trying to figure out how good or bad that really is. I felt like I had gone so much farther! I am running 9wogging) my first 5k on Oct 26th and I am worried I will be the last one. Can someone tell me if this is a moderate or slow pace?



[Kyle39](#) 142 posts since

Sep 8, 2008 1. **Re: How good or bad? 11:12 mile?** Sep 19, 2008 9:53 AM

I hate to be vague, but good or bad is all relative. But you won't be last in a 5K. In a typical 5K you'll see paces ranging from a 5 minute mile to a 20 minute mile, and there will be plenty of people around your pace. I had that same fear when I ran my first 5K - I thought it was all hardcore runners. The great thing about most races is that there is a very wide range of abilities and fitness levels. To see for yourself, go to the "results" section on active.com and check out the results of some 5K races. They are often broken out by age/gender groups, so you can look at it and get a general idea of where you'll fit in overall, as well as compared to people of your age and gender.

And, of course, the main thing is that you're faster than all of the people sitting on their couches at home! Keep it up and you will only get faster!



[spicegeek](#) 2,406 posts since

Jan 14, 2007 2. **Re: How good or bad? 11:12 mile?** Sep 19, 2008 10:55 AM

How good or bad? 11:12 mile?

It's awesome - because you should not be comparing yourself to other people - but where you were a week , a month or a year ago

There are a lot of factors that effect your own pace - hills + humidty are 2 biggies

The average pace if you wish will be effected by sex and age aswell as environmental factors.

you`ll probabrly run a little faster in your race - becuae it`s a race - and you`ll put a little spurt on at the end and push yourself in the middle - so figure an 11 mm - unless this is some special elite race you managed to signed up for there will LOTS of people behind you - and more than likely one of them will be a guy half your age.- But I don`t know the race - so maybe you will be last - if you are so what ?? .. you will have completed your first 5k - you have won the second you put your running shoe on the starting line.


Good Luck - enjoy yourself !!

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[silvereagle](#) 800 posts since

Dec 10, 2007 3. **Re: How good or bad? 11:12 mile?** Sep 19, 2008 12:30 PM

 in response to: [spicegeek](#)

I agree,

Times are only good for you and only you. This is a starting point for you know where your at, try not to worry about your time just enjoy yourself and get stronger.

Goodluck,

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[teri dacto](#) 177 posts since

May 18, 2008 4. Re: **How good or bad? 11:12 mile?** Sep 20, 2008 8:14 AM

Looseit08,

You will be around the middle when you run your 5k. Don't worry (easier said than done) about your time. I think we all get overzealous and hope for or think we should be much faster....it takes time. Use your first 5k as the measure for how you will continue to do. I remember running that pace and in no time at all had dropped a minute off of my time. It's doable but not overnight. One thing I highly recommend is to have someone run with you who can help you pace...my husband helped me along, kind of fooled me actually by telling me I was running a particular pace when he was actually pushing me to go a bit faster.

You can do it and don't be discouraged!

Teri