

Name \_\_\_\_\_



### Running Estimation Word Problems Answer Key

1. The estimated distance covered in a half marathon is approximately 21.1 kilometers.
2. The estimated time for the runner to complete a 10-kilometer race is approximately 50 minutes.
3. The estimated total distance covered in 4 weeks is approximately 100 miles.
4. The estimated time for the runner to complete a 1600-meter interval is approximately 6 minutes.
5. The estimated time for the runner to complete a 10-kilometer race is approximately 1 hour and 15 minutes.
6. The estimated percentage of participants the runner finished ahead of is approximately 90% (20th place / 200 participants x 100%).
7. The estimated time for the runner's heart rate to return to its resting rate is approximately 20 minutes (20 beats per minute x 5 minutes).
8. The estimated number of calories burned during a 7-mile run is approximately 700 calories (100 calories/mile x 7 miles).
9. The estimated number of pairs of shoes needed to run 2000 miles is approximately 4-5 pairs (2000 miles / 400-500 miles per pair).
10. The estimated target time for the runner's next 5K race is approximately 27 minutes (30 minutes - 10% of 30 minutes).