



Course Pace Chart

	Mile	Fastest Pace		Median Pace		Slowest Pace	
Marathon & 1/2 Marathon	Start	0:00:00	7:30 AM	0:00:00	7:40 AM	0:00:00	7:45 AM
	1	0:05:30	7:35 AM	0:09:00	7:49 AM	0:16:30	8:01 AM
	2	0:11:00	7:41 AM	0:18:00	7:58 AM	0:33:00	8:18 AM
	3	0:16:30	7:46 AM	0:27:00	8:07 AM	0:49:30	8:34 AM
	4	0:22:00	7:52 AM	0:36:00	8:16 AM	1:06:00	8:51 AM
	5	0:27:30	7:57 AM	0:45:00	8:25 AM	1:22:30	9:07 AM
	6	0:33:00	8:03 AM	0:54:00	8:34 AM	1:39:00	9:24 AM
	7	0:38:30	8:08 AM	1:03:00	8:43 AM	1:55:30	9:40 AM
	8	0:44:00	8:14 AM	1:12:00	8:52 AM	2:12:00	9:57 AM
	9	0:49:30	8:19 AM	1:21:00	9:01 AM	2:28:30	10:13 AM
	10	0:55:00	8:25 AM	1:30:00	9:10 AM	2:45:00	10:30 AM
	11	1:00:30	8:30 AM	1:39:00	9:19 AM	3:01:30	10:46 AM
	12	1:06:00	8:36 AM	1:48:00	9:28 AM	3:18:00	11:03 AM
	13	1:11:30	8:41 AM	1:57:00	9:37 AM	3:34:30	11:19 AM
	13.1	1:12:03	8:42 AM	1:57:54	9:37 AM	3:36:09	11:21 AM
	14	1:17:00	8:47 AM	2:06:00	9:46 AM	3:51:00	11:36 AM
	15	1:22:30	8:52 AM	2:15:00	9:55 AM	4:07:30	11:52 AM
	16	1:28:00	8:58 AM	2:24:00	10:04 AM	4:24:00	12:09 PM
	17	1:33:30	9:03 AM	2:33:00	10:13 AM	4:40:30	12:25 PM
	18	1:39:00	9:09 AM	2:42:00	10:22 AM	4:57:00	12:42 PM
	19	1:44:30	9:14 AM	2:51:00	10:31 AM	5:13:30	12:58 PM
	20	1:50:00	9:20 AM	3:00:00	10:40 AM	5:30:00	1:15 PM
	21	1:55:30	9:25 AM	3:09:00	10:49 AM	5:46:30	1:31 PM
	22	2:01:00	9:31 AM	3:18:00	10:58 AM	6:03:00	1:48 PM
	23	2:06:30	9:36 AM	3:27:00	11:07 AM	6:19:30	2:04 PM
	24	2:12:00	9:42 AM	3:36:00	11:16 AM	6:36:00	2:21 PM
	25	2:17:30	9:47 AM	3:45:00	11:25 AM	6:52:30	2:37 PM
26	2:23:00	9:53 AM	3:54:00	11:34 AM	7:09:00	2:54 PM	
26.2	2:24:06	9:54 AM	3:55:48	11:35 AM	7:12:18	2:57 PM	

	Mile	Fastest Pace		Median Pace		Slowest Pace	
5K	Start	0:00:00	8:00 AM	0:00:00	8:02 AM	0:00:00	8:05 AM
	1	0:05:15	8:05 AM	0:09:00	8:11 AM	0:16:30	8:21 AM
	2	0:10:30	8:10 AM	0:18:00	8:20 AM	0:33:00	8:38 AM
	3	0:15:45	8:15 AM	0:27:00	8:29 AM	0:49:30	8:54 AM
	3.1	0:16:16	8:16 AM	0:27:54	8:29 AM	0:51:09	8:56 AM