

**Twin Cities Marathon  
4:00 Marathon Pace Chart**

Mile	Target Mile	Pace Variation	Target Average	Target Total	Target Avg Total	Variance	
1	0:09:32	4.00%	0:09:10	0:09:32	0:09:10	0:00:22	Deficit
2	0:09:32	4.00%	0:09:10	0:19:03	0:18:19	0:00:44	Deficit
3	0:09:26	3.00%	0:09:10	0:28:29	0:27:29	0:01:00	Deficit
4	0:09:21	2.00%	0:09:10	0:37:50	0:36:38	0:01:11	Deficit
5	0:09:10	0.00%	0:09:10	0:47:00	0:45:48	0:01:11	Deficit
6	0:09:04	-1.00%	0:09:10	0:56:04	0:54:58	0:01:06	Deficit
7	0:08:59	-2.00%	0:09:10	1:05:02	1:04:07	0:00:55	Deficit
8	0:08:59	-2.00%	0:09:10	1:14:01	1:13:17	0:00:44	Deficit
9	0:08:53	-3.00%	0:09:10	1:22:54	1:22:27	0:00:27	Deficit
10	0:08:53	-3.00%	0:09:10	1:31:47	1:31:36	0:00:11	Deficit
11	0:08:53	-3.00%	0:09:10	1:40:40	1:40:46	0:00:05	Cushion
12	0:08:53	-3.00%	0:09:10	1:49:33	1:49:55	0:00:22	Cushion
13	0:08:53	-3.00%	0:09:10	1:58:27	1:59:05	0:00:38	Cushion
14	0:08:59	-2.00%	0:09:10	2:07:25	2:08:15	0:00:49	Cushion
15	0:08:59	-2.00%	0:09:10	2:16:24	2:17:24	0:01:00	Cushion
16	0:08:59	-2.00%	0:09:10	2:25:22	2:26:34	0:01:11	Cushion
17	0:08:59	-2.00%	0:09:10	2:34:21	2:35:44	0:01:22	Cushion
18	0:08:59	-2.00%	0:09:10	2:43:20	2:44:53	0:01:33	Cushion
19	0:08:59	-2.00%	0:09:10	2:52:18	2:54:03	0:01:44	Cushion
20	0:08:59	-2.00%	0:09:10	3:01:17	3:03:12	0:01:55	Cushion
21	0:09:04	-1.00%	0:09:10	3:10:21	3:12:22	0:02:01	Cushion
22	0:09:26	3.00%	0:09:10	3:19:47	3:21:32	0:01:44	Cushion
23	0:09:26	3.00%	0:09:10	3:29:13	3:30:41	0:01:28	Cushion
24	0:09:26	3.00%	0:09:10	3:38:39	3:39:51	0:01:11	Cushion
25	0:09:43	6.00%	0:09:10	3:48:22	3:49:00	0:00:38	Cushion
26	0:09:48	7.00%	0:09:10	3:58:10	3:58:10	0:00:00	On Pace
26.2	0:01:50	0.00%	0:01:50	4:00:00	4:00:00	0:00:00	On Pace
<b>Total</b>	4:00:00	0.00%	4:00:00				