

Marathon Pace Chart

| Mile | Pace Per Mile | | | | | | | | | | | | | | |
|------|---------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| | 6:00 | 6:10 | 6:20 | 6:30 | 6:40 | 6:50 | 7:00 | 7:10 | 7:20 | 7:30 | 7:40 | 7:50 | 8:00 | 8:10 | 8:20 |
| 1 | 6:00 | 6:10 | 6:20 | 6:30 | 6:40 | 6:50 | 7:00 | 7:10 | 7:20 | 7:30 | 7:40 | 7:50 | 8:00 | 8:10 | 8:20 |
| 2 | 12:00 | 12:20 | 12:40 | 13:00 | 13:20 | 13:40 | 14:00 | 14:20 | 14:40 | 15:00 | 15:20 | 15:40 | 16:00 | 16:20 | 16:40 |
| 3 | 18:00 | 18:30 | 19:00 | 19:30 | 20:00 | 20:30 | 21:00 | 21:30 | 22:00 | 22:30 | 23:00 | 23:30 | 24:00 | 24:30 | 25:00 |
| 4 | 24:00 | 24:40 | 25:20 | 26:00 | 26:40 | 27:20 | 28:00 | 28:40 | 29:20 | 30:00 | 30:40 | 31:20 | 32:00 | 32:40 | 33:20 |
| 5 | 30:00 | 30:50 | 31:40 | 32:30 | 33:20 | 34:10 | 35:00 | 35:50 | 36:40 | 37:30 | 38:20 | 39:10 | 40:00 | 40:50 | 41:40 |
| 6 | 36:00 | 37:00 | 38:00 | 39:00 | 40:00 | 41:00 | 42:00 | 43:00 | 44:00 | 45:00 | 46:00 | 47:00 | 48:00 | 49:00 | 50:00 |
| 7 | 42:00 | 43:10 | 44:20 | 45:30 | 46:40 | 47:50 | 49:00 | 50:10 | 51:20 | 52:30 | 53:40 | 54:50 | 56:00 | 57:10 | 58:20 |
| 8 | 48:00 | 49:20 | 50:40 | 52:00 | 53:20 | 54:40 | 56:00 | 57:20 | 58:40 | 1:00:00 | 1:01:20 | 1:02:40 | 1:04:00 | 1:05:20 | 1:06:40 |
| 9 | 54:00 | 55:30 | 57:00 | 58:30 | 1:00:00 | 1:01:30 | 1:03:00 | 1:04:30 | 1:06:00 | 1:07:30 | 1:09:00 | 1:10:30 | 1:12:00 | 1:13:30 | 1:15:00 |
| 10 | 1:00:00 | 1:01:40 | 1:03:20 | 1:05:00 | 1:06:40 | 1:08:20 | 1:10:00 | 1:11:40 | 1:13:20 | 1:15:00 | 1:16:40 | 1:18:20 | 1:20:00 | 1:21:40 | 1:23:20 |
| 11 | 1:06:00 | 1:07:50 | 1:09:40 | 1:11:30 | 1:13:20 | 1:15:10 | 1:17:00 | 1:18:50 | 1:20:40 | 1:22:30 | 1:24:20 | 1:26:10 | 1:28:00 | 1:29:50 | 1:31:40 |
| 12 | 1:12:00 | 1:14:00 | 1:16:00 | 1:18:00 | 1:20:00 | 1:22:00 | 1:24:00 | 1:26:00 | 1:28:00 | 1:30:00 | 1:32:00 | 1:34:00 | 1:36:00 | 1:38:00 | 1:40:00 |
| 13 | 1:18:00 | 1:20:10 | 1:22:20 | 1:24:30 | 1:26:40 | 1:28:50 | 1:31:00 | 1:33:10 | 1:35:20 | 1:37:30 | 1:39:40 | 1:41:50 | 1:44:00 | 1:46:10 | 1:48:20 |
| 14 | 1:24:00 | 1:26:20 | 1:28:40 | 1:31:00 | 1:33:20 | 1:35:40 | 1:38:00 | 1:40:20 | 1:42:40 | 1:45:00 | 1:47:20 | 1:49:40 | 1:52:00 | 1:54:20 | 1:56:40 |
| 15 | 1:30:00 | 1:32:30 | 1:35:00 | 1:37:30 | 1:40:00 | 1:42:30 | 1:45:00 | 1:47:30 | 1:50:00 | 1:52:30 | 1:55:00 | 1:57:30 | 2:00:00 | 2:02:30 | 2:05:00 |
| 16 | 1:36:00 | 1:38:40 | 1:41:20 | 1:44:00 | 1:46:40 | 1:49:20 | 1:52:00 | 1:54:40 | 1:57:20 | 2:00:00 | 2:02:40 | 2:05:20 | 2:08:00 | 2:10:40 | 2:13:20 |
| 17 | 1:42:00 | 1:44:50 | 1:47:40 | 1:50:30 | 1:53:20 | 1:56:10 | 1:59:00 | 2:01:50 | 2:04:40 | 2:07:30 | 2:10:20 | 2:13:10 | 2:16:00 | 2:18:50 | 2:21:40 |
| 18 | 1:48:00 | 1:51:00 | 1:54:00 | 1:57:00 | 2:00:00 | 2:03:00 | 2:06:00 | 2:09:00 | 2:12:00 | 2:15:00 | 2:18:00 | 2:21:00 | 2:24:00 | 2:27:00 | 2:30:00 |
| 19 | 1:54:00 | 1:57:10 | 2:00:20 | 2:03:30 | 2:06:40 | 2:09:50 | 2:13:00 | 2:16:10 | 2:19:20 | 2:22:30 | 2:25:40 | 2:28:50 | 2:32:00 | 2:35:10 | 2:38:20 |
| 20 | 2:00:00 | 2:03:20 | 2:06:40 | 2:10:00 | 2:13:20 | 2:16:40 | 2:20:00 | 2:23:20 | 2:26:40 | 2:30:00 | 2:33:20 | 2:36:40 | 2:40:00 | 2:43:20 | 2:46:40 |
| 21 | 2:06:00 | 2:09:30 | 2:13:00 | 2:16:30 | 2:20:00 | 2:23:30 | 2:27:00 | 2:30:30 | 2:34:00 | 2:37:30 | 2:41:00 | 2:44:30 | 2:48:00 | 2:51:30 | 2:55:00 |
| 22 | 2:12:00 | 2:15:40 | 2:19:20 | 2:23:00 | 2:26:40 | 2:30:20 | 2:34:00 | 2:37:40 | 2:41:20 | 2:45:00 | 2:48:40 | 2:52:20 | 2:56:00 | 2:59:40 | 3:03:20 |
| 23 | 2:18:00 | 2:21:50 | 2:25:40 | 2:29:30 | 2:33:20 | 2:37:10 | 2:41:00 | 2:44:50 | 2:48:40 | 2:52:30 | 2:56:20 | 3:00:10 | 3:04:00 | 3:07:50 | 3:11:40 |
| 24 | 2:24:00 | 2:28:00 | 2:32:00 | 2:36:00 | 2:40:00 | 2:44:00 | 2:48:00 | 2:52:00 | 2:56:00 | 3:00:00 | 3:04:00 | 3:08:00 | 3:12:00 | 3:16:00 | 3:20:00 |
| 25 | 2:30:00 | 2:34:10 | 2:38:20 | 2:42:30 | 2:46:40 | 2:50:50 | 2:55:00 | 2:59:10 | 3:03:20 | 3:07:30 | 3:11:40 | 3:15:50 | 3:20:00 | 3:24:10 | 3:28:20 |
| 26 | 2:36:00 | 2:40:20 | 2:44:40 | 2:49:00 | 2:53:20 | 2:57:40 | 3:02:00 | 3:06:20 | 3:10:40 | 3:15:00 | 3:19:20 | 3:23:40 | 3:28:00 | 3:32:20 | 3:36:40 |
| 26.2 | 2:37:19 | 2:41:41 | 2:46:03 | 2:50:25 | 2:54:48 | 2:59:10 | 3:03:32 | 3:07:54 | 3:12:16 | 3:16:39 | 3:21:01 | 3:25:23 | 3:29:45 | 3:34:07 | 3:38:30 |

Continued on next page.....

Marathon Pace Chart Continued.....

| Mile | Pace Per Mile | | | | | | | | | | | | | | |
|------|---------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| | 8:30 | 8:40 | 8:50 | 9:00 | 9:10 | 9:20 | 9:30 | 9:40 | 9:50 | 10:00 | 10:10 | 10:20 | 10:30 | 10:40 | 10:50 |
| 1 | 8:30 | 8:40 | 8:50 | 9:00 | 9:10 | 9:20 | 9:30 | 9:40 | 9:50 | 10:00 | 10:10 | 10:20 | 10:30 | 10:40 | 10:50 |
| 2 | 17:00 | 17:20 | 17:40 | 18:00 | 18:20 | 18:40 | 19:00 | 19:20 | 19:40 | 20:00 | 20:20 | 20:40 | 21:00 | 21:20 | 21:40 |
| 3 | 25:30 | 26:00 | 26:30 | 27:00 | 27:30 | 28:00 | 28:30 | 29:00 | 29:30 | 30:00 | 30:30 | 31:00 | 31:30 | 32:00 | 32:30 |
| 4 | 34:00 | 34:40 | 35:20 | 36:00 | 36:40 | 37:20 | 38:00 | 38:40 | 39:20 | 40:00 | 40:40 | 41:20 | 42:00 | 42:40 | 43:20 |
| 5 | 42:30 | 43:20 | 44:10 | 45:00 | 45:50 | 46:40 | 47:30 | 48:20 | 49:10 | 50:00 | 50:50 | 51:40 | 52:30 | 53:20 | 54:10 |
| 6 | 51:00 | 52:00 | 53:00 | 54:00 | 55:00 | 56:00 | 57:00 | 58:00 | 59:00 | 1:00:00 | 1:01:00 | 1:02:00 | 1:03:00 | 1:04:00 | 1:05:00 |
| 7 | 59:30 | 1:00:40 | 1:01:50 | 1:03:00 | 1:04:10 | 1:05:20 | 1:06:30 | 1:07:40 | 1:08:50 | 1:10:00 | 1:11:10 | 1:12:20 | 1:13:30 | 1:14:40 | 1:15:50 |
| 8 | 1:08:00 | 1:09:20 | 1:10:40 | 1:12:00 | 1:13:20 | 1:14:40 | 1:16:00 | 1:17:20 | 1:18:40 | 1:20:00 | 1:21:20 | 1:22:40 | 1:24:00 | 1:25:20 | 1:26:40 |
| 9 | 1:16:30 | 1:18:00 | 1:19:30 | 1:21:00 | 1:22:30 | 1:24:00 | 1:25:30 | 1:27:00 | 1:28:30 | 1:30:00 | 1:31:30 | 1:33:00 | 1:34:30 | 1:36:00 | 1:37:30 |
| 10 | 1:25:00 | 1:26:40 | 1:28:20 | 1:30:00 | 1:31:40 | 1:33:20 | 1:35:00 | 1:36:40 | 1:38:20 | 1:40:00 | 1:41:40 | 1:43:20 | 1:45:00 | 1:46:40 | 1:48:20 |
| 11 | 1:33:30 | 1:35:20 | 1:37:10 | 1:39:00 | 1:40:50 | 1:42:40 | 1:44:30 | 1:46:20 | 1:48:10 | 1:50:00 | 1:51:50 | 1:53:40 | 1:55:30 | 1:57:20 | 1:59:10 |
| 12 | 1:42:00 | 1:44:00 | 1:46:00 | 1:48:00 | 1:50:00 | 1:52:00 | 1:54:00 | 1:56:00 | 1:58:00 | 2:00:00 | 2:02:00 | 2:04:00 | 2:06:00 | 2:08:00 | 2:10:00 |
| 13 | 1:50:30 | 1:52:40 | 1:54:50 | 1:57:00 | 1:59:10 | 2:01:20 | 2:03:30 | 2:05:40 | 2:07:50 | 2:10:00 | 2:12:10 | 2:14:20 | 2:16:30 | 2:18:40 | 2:20:50 |
| 14 | 1:59:00 | 2:01:20 | 2:03:40 | 2:06:00 | 2:08:20 | 2:10:40 | 2:13:00 | 2:15:20 | 2:17:40 | 2:20:00 | 2:22:20 | 2:24:40 | 2:27:00 | 2:29:20 | 2:31:40 |
| 15 | 2:07:30 | 2:10:00 | 2:12:30 | 2:15:00 | 2:17:30 | 2:20:00 | 2:22:30 | 2:25:00 | 2:27:30 | 2:30:00 | 2:32:30 | 2:35:00 | 2:37:30 | 2:40:00 | 2:42:30 |
| 16 | 2:16:00 | 2:18:40 | 2:21:20 | 2:24:00 | 2:26:40 | 2:29:20 | 2:32:00 | 2:34:40 | 2:37:20 | 2:40:00 | 2:42:40 | 2:45:20 | 2:48:00 | 2:50:40 | 2:53:20 |
| 17 | 2:24:30 | 2:27:20 | 2:30:10 | 2:33:00 | 2:35:50 | 2:38:40 | 2:41:30 | 2:44:20 | 2:47:10 | 2:50:00 | 2:52:50 | 2:55:40 | 2:58:30 | 3:01:20 | 3:04:10 |
| 18 | 2:33:00 | 2:36:00 | 2:39:00 | 2:42:00 | 2:45:00 | 2:48:00 | 2:51:00 | 2:54:00 | 2:57:00 | 3:00:00 | 3:03:00 | 3:06:00 | 3:09:00 | 3:12:00 | 3:15:00 |
| 19 | 2:41:30 | 2:44:40 | 2:47:50 | 2:51:00 | 2:54:10 | 2:57:20 | 3:00:30 | 3:03:40 | 3:06:50 | 3:10:00 | 3:13:10 | 3:16:20 | 3:19:30 | 3:22:40 | 3:25:50 |
| 20 | 2:50:00 | 2:53:20 | 2:56:40 | 3:00:00 | 3:03:20 | 3:06:40 | 3:10:00 | 3:13:20 | 3:16:40 | 3:20:00 | 3:23:20 | 3:26:40 | 3:30:00 | 3:33:20 | 3:36:40 |
| 21 | 2:58:30 | 3:02:00 | 3:05:30 | 3:09:00 | 3:12:30 | 3:16:00 | 3:19:30 | 3:23:00 | 3:26:30 | 3:30:00 | 3:33:30 | 3:37:00 | 3:40:30 | 3:44:00 | 3:47:30 |
| 22 | 3:07:00 | 3:10:40 | 3:14:20 | 3:18:00 | 3:21:40 | 3:25:20 | 3:29:00 | 3:32:40 | 3:36:20 | 3:40:00 | 3:43:40 | 3:47:20 | 3:51:00 | 3:54:40 | 3:58:20 |
| 23 | 3:15:30 | 3:19:20 | 3:23:10 | 3:27:00 | 3:30:50 | 3:34:40 | 3:38:30 | 3:42:20 | 3:46:10 | 3:50:00 | 3:53:50 | 3:57:40 | 4:01:30 | 4:05:20 | 4:09:10 |
| 24 | 3:24:00 | 3:28:00 | 3:32:00 | 3:36:00 | 3:40:00 | 3:44:00 | 3:48:00 | 3:52:00 | 3:56:00 | 4:00:00 | 4:04:00 | 4:08:00 | 4:12:00 | 4:16:00 | 4:20:00 |
| 25 | 3:32:30 | 3:36:40 | 3:40:50 | 3:45:00 | 3:49:10 | 3:53:20 | 3:57:30 | 4:01:40 | 4:05:50 | 4:10:00 | 4:14:10 | 4:18:20 | 4:22:30 | 4:26:40 | 4:30:50 |
| 26 | 3:41:00 | 3:45:20 | 3:49:40 | 3:54:00 | 3:58:20 | 4:02:40 | 4:07:00 | 4:11:20 | 4:15:40 | 4:20:00 | 4:24:20 | 4:28:40 | 4:33:00 | 4:37:20 | 4:41:40 |
| 26.2 | 3:42:52 | 3:47:14 | 3:51:36 | 3:55:58 | 4:00:21 | 4:04:43 | 4:09:05 | 4:13:27 | 4:17:49 | 4:22:12 | 4:26:34 | 4:30:56 | 4:35:18 | 4:39:40 | 4:44:03 |