

THE MIDDLE HALF PACE CHART

MILE	LOCATION	PACE PER MILE										
		6:00	7:00	8:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00
1	Bell Street	6:00	7:00	8:00	9:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00
2	N. University	12:00	14:00	16:00	18:00	20:00	22:00	24:00	26:00	28:00	30:00	32:00
3	E. Main @CMS	18:00	21:00	24:00	27:00	30:00	33:00	36:00	39:00	42:00	45:00	48:00
4	Oaklands Historic House	24:00	28:00	32:00	36:00	40:00	44:00	48:00	52:00	56:00	1:00:00	1:04:00
5	Downtown Square	30:00	35:00	40:00	45:00	50:00	55:00	1:00:00	1:05:00	1:10:00	1:15:00	1:20:00
6	E Main @ Bilbro	36:00	42:00	48:00	54:00	1:00:00	1:06:00	1:12:00	1:18:00	1:24:00	1:30:00	1:36:00
7	Mercury Blvd	42:00	49:00	54:00	1:03:00	1:10:00	1:17:00	1:24:00	1:31:00	1:38:00	1:45:00	1:52:00
8	Mercury @ Rutherford	48:00	56:00	1:04:00	1:12:00	1:20:00	1:28:00	1:36:00	1:44:00	1:52:00	2:00:00	2:08:00
9	Alumni Drive	54:00	1:03:00	1:12:00	1:21:00	1:30:00	1:39:00	1:48:00	1:57:00	2:06:00	2:15:00	2:24:00
10	N. Rutherford	1:00:00	1:10:00	1:20:00	1:30:00	1:40:00	1:50:00	2:00:00	2:10:00	2:20:00	2:30:00	2:40:00
11	N. Rutherford	1:06:00	1:17:00	1:28:00	1:39:00	1:50:00	2:01:00	2:12:00	2:23:00	2:34:00	2:45:00	2:56:00
12	Old Lascassas	1:12:00	1:24:00	1:36:00	1:48:00	2:00:00	2:22:00	2:24:00	2:36:00	2:48:00	3:00:00	3:12:00
13	Champions Way	1:18:00	1:31:00	1:44:00	1:57:00	2:10:00	2:33:00	2:36:00	2:49:00	2:62:00	3:15:00	3:28:00