

9/14/2005

EquinoxPaceTables.xls -- PaceTables-Women -- page 1 of 1

1:55 PM

Equinox Marathon Pace Table for 2:55:00 Pace

Checkpoint	Mile	Cumulative
1 Mile		6:28
2 Mile	6:04	12:33
Yankovitch		15:08
3 Mile	6:36	19:09
4 Mile	7:17	26:26
5 Mile	6:24	32:50
Miller Hill		37:05
6 Mile	6:12	39:03
7 Mile	6:08	45:11
8 Mile	6:08	51:20
9 Mile	6:12	57:32
St. Patrick's		57:53
10 Mile	8:01	1:05:33
11 Mile	9:01	1:14:33
12 Mile	8:41	1:23:14
Top of Dome		1:26:12
13 Mile	6:48	1:30:02
Half-Mar.		1:30:45

Checkpoint	Mile	Cumulative
14 Mile	6:32	1:36:35
Turnaround		1:42:05
15 Mile	7:21	1:43:55
16 Mile	7:21	1:51:16
17 Mile	6:48	1:58:04
Top of Chute		1:58:27
18 Mile	6:48	2:04:53
19 Mile	5:56	2:10:49
20 Mile	5:52	2:16:42
21 Mile	5:52	2:22:34
Hend/Gold Hill		2:25:31
22 Mile	5:56	2:28:31
23 Mile	6:20	2:34:51
24 Mile	5:52	2:40:43
25 Mile	5:52	2:46:36
26 Mile	6:56	2:53:32
Finish		2:55:00