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1:56 PM

Equinox Marathon Pace Table for 3:00:00 Pace

Checkpoint	Mile	Cumulative
1 Mile		6:40
2 Mile	6:15	12:54
Yankovitch		15:34
3 Mile	6:48	19:42
4 Mile	7:29	27:11
5 Mile	6:35	33:47
Miller Hill		38:09
6 Mile	6:23	40:10
7 Mile	6:19	46:29
8 Mile	6:19	52:48
9 Mile	6:23	59:11
St. Patrick's		59:32
10 Mile	8:14	1:07:25
11 Mile	9:16	1:16:41
12 Mile	8:55	1:25:37
Top of Dome		1:28:40
13 Mile	7:00	1:32:37
Half-Mar.		1:33:21

Checkpoint	Mile	Cumulative
14 Mile	6:44	1:39:20
Turnaround		1:45:00
15 Mile	7:33	1:46:54
16 Mile	7:33	1:54:27
17 Mile	7:00	2:01:27
Top of Chute		2:01:50
18 Mile	7:00	2:08:27
19 Mile	6:07	2:14:34
20 Mile	6:02	2:20:36
21 Mile	6:02	2:26:39
Hend/Gold Hill		2:29:40
22 Mile	6:07	2:32:45
23 Mile	6:31	2:39:17
24 Mile	6:02	2:45:19
25 Mile	6:02	2:51:21
26 Mile	7:08	2:58:30
Finish		3:00:00