

Equinox Marathon Pace Table for 3:10:00 Pace

Checkpoint	Mile	Cumulative
1 Mile		7:02
2 Mile	6:36	13:37
Yankovitch		16:26
3 Mile	7:10	20:48
4 Mile	7:54	28:42
5 Mile	6:57	35:39
Miller Hill		40:16
6 Mile	6:44	42:24
7 Mile	6:40	49:04
8 Mile	6:40	55:44
9 Mile	6:44	1:02:28
St. Patrick's		1:02:50
10 Mile	8:42	1:11:10
11 Mile	9:47	1:20:57
12 Mile	9:25	1:30:22
Top of Dome		1:33:35
13 Mile	7:23	1:37:45
Half-Mar.		1:38:32

Checkpoint	Mile	Cumulative
14 Mile	7:06	1:44:52
Turnaround		1:50:50
15 Mile	7:58	1:52:50
16 Mile	7:58	2:00:48
17 Mile	7:23	2:08:12
Top of Chute		2:08:37
18 Mile	7:23	2:15:35
19 Mile	6:27	2:22:02
20 Mile	6:23	2:28:25
21 Mile	6:23	2:34:47
Hend/Gold Hill		2:37:59
22 Mile	6:27	2:41:14
23 Mile	6:53	2:48:07
24 Mile	6:23	2:54:30
25 Mile	6:23	3:00:53
26 Mile	7:32	3:08:25
Finish		3:10:00